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"The Little Green Paper"

September 20th, 2007

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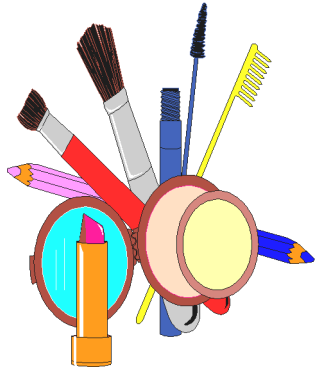
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The Playmakers premier **The Comedy** *"Bad Dates"*





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The Playmakers offer another Oklahoma community theatre premier. The comedy, *Bad Dates*, a one-woman show featuring Shonna Hodge opens Friday, September 14 at The Playmakers, 121 W. 3rd in Grove. The play by Theresa Rebeck shows how bad dates can be fun--when they're someone else's.

Performances are scheduled for September 14 through 29. All evening performances, Fridays, Saturdays, and Tuesdays, begin at 7:30 pm. Sunday matinee performances on Sept. 16 and 23 are at 2:00 pm. *Bad Dates* is directed by Linda Fracek with production coordination by Karon Wheat. It is produced with assistance from the Oklahoma Arts Council and in cooperation with Samuel French, Inc.

Audiences from high school age to senior citizens will find laughs in this production. Having a bad date is a fairly universal experience. It might appear to be a "girls night out" kind of play, but there's a lot in it for men to learn about women. Ms. Hodge, a veteran comedic Playmaker actor, describes the character she plays, Haley, with a bit more seriousness. She says that Haley is "a woman coming to terms with her life, finding the good that's already there, and living through the bad dates that provide comic relief twists and turns while doing so. I can relate to this nit-wit of a woman and many of her experiences," she adds.

Haley, a 40-something single mother, is a Texas gal with a teenage daughter who's trying to make it in New York, a city where women outnumber eligible or willing males. She moved to New York after a rough divorce with her pot-smoking hubby. The young mother was forced to face the world with a child, no husband and a penchant for gross overspending. After years raising her daughter while managing a high-end Manhattan restaurant for the Romanian mob, she's decided she had to get out more. Haley isn't a male-basher. Actually, she's quite fond of men...and shoes...and clothes. While recounting the wild and funny events in her life, not all of which are

about dates, she constantly changes her many clothes and shoes, trying to find the perfect look for the evening. The play may start as a kind of *Sex and the City* for working girls -- and not the ladies-who-lunch kind -- but it ends more like *Married to the Mob*.

The Playmakers and the Grand Lake Family YMCA are again offering a special "parents' night out" service for the three Friday night performances September 14, 21, & 28. If you have children, aged 1-7 years old, The YMCA Super-Sitters will entertain your children while you enjoy the play for only \$10 per child for the evening. The YMCA will be open at 7:00 pm for this service. Pick them up immediately after the play. When you make your reservations for the show with the Playmakers, reserve a space for your child (ren)--by Wednesday for the following Friday. The service is provided for Playmaker audiences only, so please do not call the YMCA.

Adult tickets are \$13.50 including tax; elementary students through high school are \$6.75 including tax. The Playmakers accept Visa/MC. The minimum maturity level is whenever your child is dating. Otherwise, the material might not be understood. Upper elementary students will be allowed if accompanied by an adult. All performances are in the Off Broadway Arts Building, 121 W. 3rd Street, Grove, OK. For further information and *necessary reservations*, call 918-786-8950 or email play_theatre05@sbcglobal.net.

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The series, monthly editions, features a different small town in Northeast Oklahoma. Each issue has a brief history and interesting facts about that town. We will visit city officials, business owners, schools and citizens of the community.

The October 10th Edition will be featuring Ottawa County History. If you have information please write or call us.

Many Thanks to those who sent in information for the Nowata County History. We are proud to be able to deliver our newest editions to Rogers, Mayes, Ottawa, Delaware and Craig & Nowata Counties.

If you have any information for future features or would like to place an ad, please contact us.

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American Red Cross Prepares the Community for Disaster



September is National Preparedness Month and in its honor, the Rogers/Mayes County Service Center of the American Red Cross is conducting a disaster and safety educational drive.

On Wednesday, September 5th, the Rogers/Mayes County Service Center will begin "Walkthrough Wednesdays," which consist of door-to-door distribution of safety information. The first walkthrough will be at Deer Run Apartments in Claremore. Families in the complex will receive information on fire prevention and emergency action steps.

The American Red Cross mission is to help families prevent, prepare for and respond to emergencies. "We hope this step in preparedness will help families know how to get their family ready for whatever might happen," said Mark Ogle, Rogers/Mayes County Service Center Director. "Knowing what to do during a disaster can help reduce the trauma during the event."

To request a walkthrough or for safety information for your family, call the Rogers/Mayes County Service Center of the American Red Cross at (918)343-1803 or stop by the office at 400 W. Will Rogers Blvd. , Claremore.

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Robby's Night

At the prodding of my friends, I am writing this story. My name is Mildred Hondorf. I am a former elementary school music teacher from Des Moines, Iowa. I've always supplemented my income by teaching piano lessons-something I've done for over 30 years. Over the years I found that children have many levels of musical ability. I've never had the pleasure of having a prodigy though I have taught some talented students.

However I've also had my share of what I call "musically challenged" pupils. One such student was Robby. Robby was 11 years old when his mother (a single Mom) dropped him off for his first piano lesson. I prefer that students (especially boys!) begin at an earlier age, which I explained to Robby.

But Robby said that it had always been his mother's dream to hear him play the piano. So I took him as a student. Well, Robby began with his piano lessons and from the beginning I thought it was a hopeless endeavor. As much as Robby tried, he lacked the sense of tone and basic rhythm needed to excel. But he dutifully reviewed his scales and some elementary pieces that I require all my students to learn.

Over the months he tried and tried while I listened and cringed and tried to encourage him. At the end of each weekly lesson he'd always say, "My mom 's going to hear me play someday." But it seemed hopeless. He just did not have any inborn ability. I only knew his mother from a distance as she dropped Robby off or waited in her aged car to pick him up. She always waved and smiled but never stopped in.

Then one day Robby stopped coming to our lessons.

I thought about calling him but assumed because of his lack of ability, that he had decided to pursue something else. I also was glad that he stopped coming. He was a bad advertisement for my teaching!

Several weeks later I mailed to the student's homes a flyer on the upcoming

recital. To my surprise Robby (who received a flyer) asked me if he could be in the recital. I told him that the recital was for current pupils and because he had dropped out he really did not qualify. He said that his mother had been sick and unable to take him to piano lessons but he was still practicing "Miss Hondorf I've just got to play!" he insisted.

I don't know what led me to allow him to play in the recital. Maybe it was his persistence or maybe it was something inside of me saying that it would be all right. The night for the recital came. The high school gymnasium was packed with parents, friends and relatives. I put Robby up last in the program before I was to come up and thank all the students and play a finishing piece. I thought that any damage he would do would come at the end of the program and I could always salvage his poor performance through my "curtain closer."

Well, the recital went off without a hitch. The students had been practicing and it showed. Then Robby came up on stage. His clothes were wrinkled and his hair looked like he'd run an eggbeater through it. "Why didn't he dress up like the other students?" I thought. "Why didn't his mother at least make him comb his hair for this special night?"

Robby pulled out the piano bench and he began. I was surprised when he announced that he had chosen Mozart's Concerto #21 in C Major. I was not prepared for what I heard next. His fingers were light on the keys; they even danced nimbly on the ivories. He went from pianissimo to fortissimo. From allegro to virtuoso. His suspended chords that Mozart demands were magnificent! Never had I heard Mozart played so well by people his age. After six and a half minutes he ended in a grand crescendo and everyone was on their feet in wild applause.

Overcome and in tears I ran up on stage and put my arms around Robby in

joy. "I've never heard you play like that Robby! How'd you do it? " Through the microphone Robby explained: "Well Miss Hondorf. Remember I told you my Mom was sick? Well, actually she had cancer and passed away this morning and well. She was born deaf so tonight was the first time she ever heard me play. I wanted to make it special."

There wasn't a dry eye in the house that evening. As the people from Social Services led Robby from the stage to be placed into foster care, noticed that even their eyes were red and puffy and I thought to myself how much richer my life had been for taking Robby as my pupil.

No, I've never had a prodigy but that night I became a prodigy . . . Of Robby's. He was the teacher and I was the pupil for it is he that taught me the meaning of perseverance and love and believing in yourself and maybe even taking a chance in someone and you don't know why.

Robby was killed in the senseless bombing of the Alfred P. Murrah Federal Building in Oklahoma City in April of 1995.



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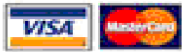
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Lead Paint Spurs More Toy Recalls

Barbie Accessories Among Nearly 800,000 More Mattel, Fisher-Price Toys Recalled

The toy company Mattel is recalling nearly 800,000 more Mattel and Fisher-Price toys due to lead paint.

Here is the latest list of recalled Mattel and Fisher-Price toys, along with links to photos and details of the recalled toys on the web site of the Consumer Product Safety Commission (CPSC).

Various Barbie accessory toys. Mattel is recalling about 675,000 Barbie accessory toys due to excessive lead paint. [Click here for photos and details on the CPSC's web site.](#)

Geo Trax Locomotive toys. Fisher-Price is recalling about 90,000 of these toy trains due to excessive lead paint. [Click here for photos and details on the CPSC's web site.](#)

Big Big World 6-in-1 Bongo Band toys. Fisher-Price is recalling about 8,900 of these toys due to excessive lead paint. [Click here for photos and details on the CPSC's web site.](#)

No injuries have been reported with any of these most recent toy recalls. However, the CPSC advises parents and other caregivers to immediately take the recalled toys away from children and [contact Mattel or Fisher-Price for a free replacement toy.](#)

[Lead poisoning](#) can permanently harm children, but it typically doesn't happen overnight.

Toy recalls due to lead paint have frequently been in the headlines since the beginning of August.

The toys in the latest recall were made in China. Mattel has beefed up testing and inspections of its toy-production process. But

the toy company can't promise that there won't be more recalls.

"We hope that we don't have to recall any more products, but if we do, we will address the matter promptly and inform you quickly," Mattel pledges on its web site.

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TEACHING BY THE SWORD

I'm not sure what was most impressive about Mr. B on the first day of high school in 1970. Perhaps it was the steely gaze he fixed upon the sophomores who straggled into his Speech 1 class that hot August morning. Or it might have been the sharpness of his voice as he barked seating instructions to everyone who entered the room. Or maybe it was the sword.

Yes, that's right. I said "sword." You know – long pointy thing, famous in song, story and video game? Of course, Mr. B didn't threaten anyone with it. He just used it as a walking stick as he stalked the room, occasionally leaning on it or jauntily resting it on his shoulder. But as long as he had that sword, he had our attention.

So, yeah – maybe it WAS the sword. At least, at first. But then he did some stuff that made us forget all about the blade in his hand. Like calling roll.

I know, I know – it's sort of hard to imagine anything particularly impressive about calling roll. But Mr. B did it by calling roll on the first day of school from memory – in alphabetical order – as he prowled through the class trying to match names to faces.

"George Alley . . ." he said, scanning the freshly scrubbed (remember, this is 1970) faces in front of him. "George Alley . . ." Then he stopped in front of a red-haired, freckle-faced teenager trying to avoid his gaze. Mr. B nodded and smiled. "George Alley – right?"

George looked at him suspiciously. "How did you know?" he asked.

"I just know, Mr. Alley," he said. "Never forget that. I know."

By the time Mr. B got around to me, the magic was beginning to fade a little. He'd missed a couple of names, and even though he got mine right, it wasn't all that impressive. I mean, the only students left were me, Bryan Young and Lynette Zabriskie, and he already knew Bryan. And I mentioned that to Mr. B when he finished with a flourish.

"You think this is easy, Mr. Walker?" he asked.

I shrugged in that maddeningly nonchalant way that only a 15-year-old can shrug. "I don't think it would be that tough," I said.

"Fine," Mr. B said. "Why don't you give it a try?"

"OK," I said confidently. "That's George Alley." That was easy. I'd known George most of my life. "That's Wanda Bangerter." Another easy call. I had noted her name because my Mom's name was Wanda – and also because she was cute. "That's Kay Burningham." A good friend from junior high. This was going to be easier than I thought. A snap. A piece of . . .

Suddenly it occurred to me that I had absolutely no idea who was next.

"Mr. Walker?" Mr. B asked. "Would you like some help?"

"No," I said. I looked around the room, where people were beginning to laugh. "Well, OK – maybe just a little help."

"Wrong, Mr. Walker," Mr. B announced. "You need a LOT of help." Everyone was laughing – especially Wanda. But then Mr. B looked directly into my eyes, and I thought I could see a glimmer of compassion on his face. "But I'm pretty sure I can help you."

And he did – more than I could possibly describe here. For the next three years Mr. B was my mentor, my critic, my counselor, my big brother and my friend. He was a teacher in every sense of the word, and my life continues to reverberate with his influence to this day.

I've been thinking about Mr. B a lot lately as my youngest son, Jon, begins his high school career. And I'm hoping that sometime during the next few years he'll cross educational paths with a teacher who can reach into his soul the way Mr. B reached into mine. They're out there, you know. Teachers who care enough to make a difference in the lives of their students.

With or without the sword.

ValueSpeak

A Weekly Column

By Joseph Walker

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Aggressive New Asthma Tactics

New Asthma Guidelines Would Make Disease Milder, Prevent Severe Attacks

New NIH asthma guidelines promise to make a child's asthma milder and to prevent severe asthma attacks before they happen.

The guidelines come from a panel of asthma experts convened by the National Heart, Lung, and Blood Institute (NHLBI). They closely follow the 2002 update of the original 1997 guidelines.

But two major changes represent a fundamental shift in the goals of asthma treatment, panel chairman William W. Busse, MD, chairman of the department of medicine at the University of Wisconsin-Madison, said in a news conference.

Those changes: a new focus on reducing asthma severity and a new emphasis on keeping asthma symptoms under control.

"We firmly believe that asthma control can be achieved in nearly every patient with asthma," Busse said. "We anticipate, expect, and hope these new recommendations will pave way to control of asthma, reduction of risks, and continuing efforts to cure this disease."

NHLBI Director Elizabeth G. Nabel, MD, expressed similar optimism.

"Asthma affects over 22 million Americans, including 6.5 million children, but there is one truth: Asthma control is achievable for nearly every patient," she said at the news conference. "As health care providers, we should accept nothing less."

New Changes

What will change from a patient's point of view?

If their primary care doctor is following the new guidelines, asthma patients can expect a much more thorough evaluation of their disease. Doctors will no longer be satisfied if they hear a patient is doing well -- they'll use questionnaires, lung-function tests, and medication checks to see exactly how well a person is keeping asthma under control.

"If we do this, the impairments from disease will be reduced quite significantly," Busse said.

Panel member Robert F. Lemanske, MD, professor of pediatrics and medicine at the University of Wisconsin-Madison, noted that the new guidelines now have separate rec-

ommendations for children aged 0-4 years, 5-11 years, and 12 and older.

"Preschool kids are much different than kids who enter school -- and both differ from the adolescent period -- in terms of treatment approaches, adherence, and so on," Lemanske said at the news conference. "This will give us a better handle on the different things that can happen to children at different ages."

It's hoped that by keeping asthma under tighter control, more kids will avoid the surge of hospitalizations that happens every September and October. The reason for this is that kids catch colds when they go back to school. This triggers severe asthma attacks, noted panel member Homer A. Boushey, MD, professor of medicine at the University of California, San Francisco.

"Taking inhaled corticosteroids is not only important for improving daily function, but also for preventing asthma attacks," Boushey said at the news conference. "That is what we want people to think about: Remember to take your inhaled corticosteroids. By doing this, we hope to reduce these peaks of exacerbation."

Boushey noted that many parents confuse inhaled corticosteroids -- which have very few system-wide effects -- with the anabolic steroids abused by athletes.

"Inhaled corticosteroids really are quite safe, even in growing children," he said. "These drugs are effective and safe, and we should encourage their use."

"These guidelines represent the best and most up-to-date science," Nabel said. "They now provide critical guidance to patients and their families and to others in the community, including the school community."

The guidelines are available on the NHLBI web site.

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2007 Collinsville Fall Festival Saturday, September 29, 9:00-5:00

Merchants along Main Street will be holding sales that day, some with special items or demonstrations out on the sidewalk in front of their businesses

The Patchworkers Quilt Club will host a quilt display in the library meeting room
§ The Collinsville Round-up Club will host pony rides and dummy roping contests on the lawn between the Library and the pharmacy
§ There will be a free street dance hosted by the Collinsville Roundup Club on 12th Street Plaza from 6-9; live music and concessions for sale
§ There will be entertainment throughout the day presented by Charis Music Studio, featuring the following performers:

Katie-Lee Wilson, Ally Koons, Hope Kjar, Cherish Cobly, Hannah Bright, Kylee Kinney, Carol Gonzalez, Hayden Warr, Jaime Highfill, Melanie Wells, Brooke Koons, Katelyn Davis, Cheyenne Taylor, Mollie Lewis, Natalie Reed and Bill Sheets

§ The SPCA Mobile Adoption Center will be here with a selection of puppies and kittens available for adoption

The Department of Corrections will host a job fair in the Chamber office

The Oklahoma Department of Human Services will be here offering information on fostering and adoption

Local organizations will host activities for fundraising, to be announced as the information becomes available

Musician Greg Dunn will be performing outside My Secret Closet

Local artisan Danny Eagle will be displaying and selling his flutes

Victory Cherokee Organization will be face painting

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If any of you have any ideas to make this event bigger and better, please let me know; I am always open to suggestions.

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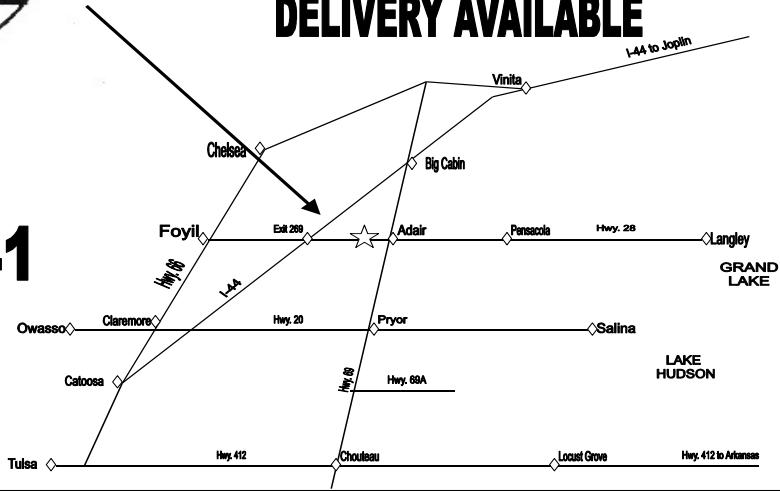


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COMPETITION HEATS UP FOR THE 14TH ANNUAL HOOK-N-COOKOFF

Are you ready to Rumble? Then join us at the 14th Annual Hook-N-Cookoff on Saturday, September 22 at Pelican Landing to witness the catfish cookoff competition.

Joe Johnson, Champion of People's Choice Award (and Mayor of Vinita), and his team are preparing to do battle with other expert and amateur cooking teams. Challenges by the Mudcats, Champion of the Best Spirit Award in 2006, and Tim Toohey, Pelican Landing Resort, have been issued to Joe Johnson. They are ready to do battle with Joe Johnson, representing Water's Edge RV Park, for the People's Choice Award.

Other teams will be competing with First State Bank to unseat them from the championship role of Best Catfish, while Grand Lodge competes to retain their place for the Best Hushpuppies ever cooked at the Hook-N-Cookoff.

The gates will open at 9:30 a.m. with the judging of the competition beginning at 10 a.m. During the judging and the remainder of the day, spectators will enjoy the arts & craft booths, coffee and pastries, Kids Zone and entertainment by Vicki Rose, Ketchum Cheerleaders, Oklahoma All-Star Cheer Squad and music by Lickety Split.

Promptly at 11:30 a.m. a frenzy of feeding will take place as spectators purchase tasting kits and visit the competing team booths for samples of catfish, hushpuppies and coleslaw. Spectators are also a part of choosing the People's Choice Award winner by voting for the best overall competitor.

Advance tickets for the Tasting Frenzy are now on sale at the Chamber office (located next to Subway in Langley). Advance tickets may be purchased for \$5 for Adults, \$3 for children and children under 6 eat for free. Ticket price will increase at the gate to \$6 for Adults, \$4 for children and children under 6 still eat for free.

For more information or advance tickets, contact the Grand Lake Area Chamber of Commerce at 918-782-3214 or via email at info@grandlakechamber.org. or stop by the office next to Subway in Langley. See you there!



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*Teams and sponsors confirmed to date...more on the way!!!!
Contact the Claremore Chamber of Commerce
918-341-2818
or valerie@claremore.org



COUNTRY FESTIVAL

EDEN MENNONITE CHURCH – INOLA, OK
(1 ½ miles South of HWY 412 on Rogers/Mayes County Line)

September 29, 2007

918-543-2739



◇◇◇ **BREAKFAST 7:30 – 9:00** ◇◇◇

Pancakes & Sausage
Cost – Donation

◇◇◇ **AUCTION – 9:30** ◇◇◇

Jon Mullen Auction Service

- Featured Quilt:** “Light in the Valley” (Queen Size)
Stained Glass Picture (Cross)
Cedar Yard Trio Set (Bench-Chair-Side Table)
Handcrafted Solar Lighthouse
Quilt “Trellis” w/ Machine Embroidered Butterflies
(King Size)
Children’s Picnic Table
Tied Comforter (King Size)
Antique Clawfoot Oak Table
Antique Plant Stand
China Hutch
John Deere Rag Quilt (Twin Size)
Horse Tire Swing
Wood Carved Fisherman Candle Holders
Antique Vintage Table
Wood Wheelbarrow Cart with Flowers
Hand Carved Hunting Knife
Antique Lightning Rod
Western Wall Hanging Silhouette
Quilted Lighthouse Wall Hanging
Antique Cane Chair
Doll House
Old School Desk
Children’s Teepee (2)
Nemo Baby Quilt
Antique Wooden Sunday School chairs (2)
Noah’s Ark Child’s Quilt w/ “Ark” Bean Bag Game
Brocade Sofa Throw w/ Buttons & Matching Pillows
Pair of Sofa Pillows (Roses)
Lighthouse Denim Tied Throw (52” x 66”)
22” Doll, named “Karenza”
(Reconditioned -- with clothes plus High Chair)
Grandma & Grandpa Dolls on a Bench *(well made)*
“Lil Precious” Doll (battery) talks & moves head
(with Pine Cradle)
“Rosita” Baby doll from Spain
(Reconditioned -- with Painted Cradle)
Sugar-n-Spice Embroidered & Quilted Child’s Quilt
(54” x 77” plus Pillowcase)
Set of 7 Tea Towels (“Little Girls”)
Pink Fleece Blanket (40” x 36”) Embroidered
(“Now I Lay Me Down to Sleep”)
Pair of Embroidered Tulip Pillowcases
Blue Crib Quilt (Animals)
Quilted Table Runner w/matching oven mitts/towels

<><> *More items added by day of auction* <><>

◇◇◇ **BAKE SALE** ◇◇◇

- Various Sweet Breads
- Homemade Bread
- Pies
- Cinnamon Rolls
- Homemade Noodles
- Cookies
- Cakes – Angel Food

◇◇◇ **ETHNIC FOODS** ◇◇◇

- Zwieback
- New Year’s Cookies
- Peppernuts
- Borscht Soup
- Chicken Noodle Soup
- German Sausage
- Brats & Sauerkraut
- Bierocks

BOOTHS OPEN 8:00 – 2:00

◇◇◇ **CONCESSIONS** ◇◇◇

- Kettle Corn
- Barbeque Pork Loin Sandwiches
- Homemade Ice Cream
- Pie – By the Slice
- Nachos

◇◇◇ **COUNTRY FAIR FUN** ◇◇◇

- 9:00 – Kiddy Tractor Pull
- 10:30 – Tug of War
- 11:00 – Free Throw Shoot
- 12:00 – 3 on 3 Basketball
- 1:00 – Fly-Knock Contest
- 1:30 – 3-legged Sack Race

◇◇◇ **FREE KID’S PLACE** ◇◇◇

- Petting Zoo
- Spin Art
- Jupiter Jump
- Miniature Train Rides

◇◇◇ **HOMEMADE JAMS & JELLIES** ◇◇◇

- Blackberry – Peach – Apple Butter

◇◇◇ **ENTERTAINMENT** ◇◇◇

- Eden’s Gospel Quartet – 9:00 am & 1:00 pm

SILENT AUCTION

- \$50 Meat Chest – Garage Door Installed
- Chinese Dinner – Police Car Ride
- Dinner for 8 – “Night on the Town” (& More)

◇◇◇ **HAND MADE CRAFTS** ◇◇◇

- Flower Arrangements
- Tea Towels/Pillowcases
- Christmas Items
- Fall Decorations
- Quilts
- Gift Baskets
- Solar Yard Decorations
- (Many More Items)*

◇◇◇ **KIDDY TRACTOR PULL** ◇◇◇

- State Qualifier Kiddy Pedal Pull
- Ages 4-12 - Starts 9:00 a.m.

◇◇◇ **DEMONSTRATIONS** ◇◇◇

- Making Apple Butter
- Quilting
- Antique Tractor & Working Saw

◇◇◇ **ANTIQUÉ CAR SHOW** ◇◇◇

Adjacent Attraction

- Amish “Horsin’ Around” Arena – 11:00 am
- Amish Buggy Rides – 10:00 am to 2:00 pm

Proceeds will go to:
Mennonite Central Committee
Meat Canning
◇◇◇◇◇
Short Term Mission Fund
◇◇◇◇◇
Church Building Fun



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Each Cabin/Cottage is very cozy and makes for a great home away from home. It is conveniently located between our full size basketball court and the sand volleyball court.

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Southern Oaks Resort & Spa is conveniently located and just minutes away from everything you would want to do on Grand Lake. Tourists have a wide variety of choices when visiting Grand Lake O' The Cherokee's from water sports, outdoor theater, collectibles, river boat rides, festivals, and many more things for the whole family to enjoy.

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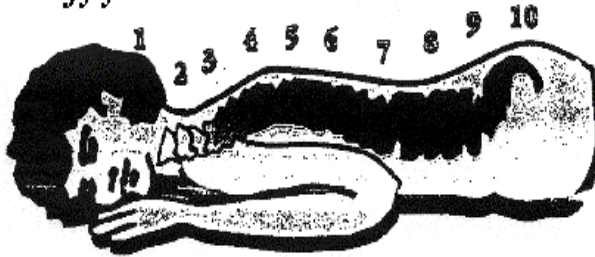
Bonnie Carpenter

Resort Manager & Minister

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- | | |
|--|---|
| 1. Headaches, nervousness, dizziness, tension, face pain | 6. Gall bladder, pancreas, dysfunction of upper bowel |
| 2. Neck Pain, torticollitis, bursitis, arm pain | 7. Kidney disorders, skin disorders, mid backache |
| 3. Muscular pain of upper back, shoulder, arms | 8. Lumbago, low back pain, hip pain |
| 4. Difficulty in breathing, bronchitis, asthma, chest pain | 9. Scistias, constipation |
| 5. S. stomach and liver dysfunction | 10. Bladder disturbances, colon disorders, leg pain |

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Things I have learned living in Oklahoma:

1. Possums sleep in the middle of the road with their feet in the air
2. There are 5,000 types of snakes and 4,998 live in Oklahoma .
3. There are 10,000 types of spiders. All 10,000 live in Oklahoma plus a couple no one's seen before.
4. If it grows, it sticks; if it crawls, it bites.
5. Onced and twiced are words.
6. It is not a shopping cart; it is a buggy.
7. Fire ants consider your flesh as a picnic.
8. People actually grow and eat okra.
9. Fixinto is one word.
10. There is no such thing as "lunch". There is only dinner and then there is supper.
11. Ice tea is appropriate for all meals and you start drinking it when you're two. We do like a little tea with our sugar!
12. Backards and forwards means "I know everything about you."
13. 'Jeet?' is actually a phrase meaning "Did you eat?"
14. You don't have to wear a watch because it doesn't matter what time it is. You work until you' re done or it's too dark to see.
15. You don't PUSH buttons, you MASH them.

Friends of Langley Public Library Sponsor Logo Contest

The Friends of Langley Public Library (FOLPL) are sponsoring a Logo Contest. The wining Logo will be used by the Friends of Langley Public Library and should be suitable for use on letterheads, name tags, T-shirts, signage, etc. Entries should reflect the purpose, focus, or activities of the Friends of Langley Public Library's organization and its place in the grater Grand Lake Community. The creator of the winning artwork will be presented with the a prize of \$100.00.

All entries must be received by 5:00 pm, October 12, 2007 at the Library. Entry forms and the rules for the contest are available at the Langley Public Library at 325 West Osage. Please contact the Library at 918-782-4461 for more information regarding the contest.

The Friends of Langley Public Library is a non-profit organization whose purpose is to stimulate public interest in the library, provide funds to purchase library materials, and support other functions of the library. Volunteers conduct semiannual book sales, sponsor an annual bridge tournament, and carry out several other activities to raise funds for the Library. FOLPL members also teach computer classes, conduct the Youth Poetry Contest, work on legislative committees, assist with Summer Reading Program, sponsor book signings featuring various Oklahoma authors, and many, many other activities.



ANNOUNCING THE 14TH ANNUAL

HOOK-N-COOK OFF

Sept. 22, 2007
at Pelican Landing Resort

(4-1/2 miles east of Ketchum)

Gates Open at 9:30

Food Served from 11:30 -2:00

For team entry, vendor information or advance tickets,
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918-782-3214

or stop by 959 N. 3rd

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Safe Boating Supported by Nautical Flea Market



Scenes from last year's Nautical Flea Market, held at Pelican Landing. This year, the Nautical Flea Market will be held in the Grove area at Bear's Den Resort, 1/2 mile north of Sailboat Bridge on Friday and Saturday, October 5 & 6 2007.

The Grand Lake Sail and Power Squadron is sponsoring it's Second Annual Nautical Flea Market in support of its efforts to provide free safe boating courses to boaters in the Grand Lake area. The flea market will be held Friday and Saturday, October 5 – 6 at Bear's Den Resort, north of Grove, on Hwy 59 near Sailboat Bridge.

The idea of having a nautical flea market in this area is the result of efforts by a local Power Squadron member who was impressed by a similar one in the Florida Keys. The "Gigantic Nautical Flea Market" is an annual event there. It brings individuals and vendors together with boaters from all over Florida and several neighboring states to buy and sell boats, marine equipment, nautical arts & crafts, and other new and used boating stuff.

While many local marinas and commercial vendors have already signed up for booth spaces, there is still plenty of room for more marinas and private individuals to sign up for space to sell new and used nautical items. A 12'x12' space is \$30 and a 12'x80' space is \$50 for this two day event. Remember, if you sell your boat at the end of summer, you can save the expense of having it winterized or stored until next spring. Multiple spaces are available for people with large or a lot of items; or an individual with just a few items might choose to share a space with someone else. Proceeds from the sale of items goes to the people who rent the spaces. Space rental proceeds go to the Power Squadron to help fund its educational programs.

The GLSPS is anticipating an increase in demand for its BoatSmart course due to the enactment of the "Kyle Williams Boating Safety Education Act". This new law, which took effect January 1, 2007, requires a person less than 16 years of age to complete a boating safety educational course and an examination before they can operate most motorized vessels and larger sailboats. The Power Squadron is able to offer its BoatSmart course to boaters free of charge through the success of fundraisers such as the Nautical Flea Market.

The Nautical Flea Market will be open on Friday, Oct. 5, from 3pm-7pm, and on Saturday, Oct. 6, from 8am-5pm. For information about the flea market or space rentals call Bill Skea at: 918-786-4488 or e-mail to: vermaireskea@allegiance.tv. The Grand Lake Sail & Power Squadron web-site can be found on-line at: <http://www.usps.org/lc/grandlake>.



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YOU KNOW YOU'RE FROM OKLAHOMA IF:

1. You measure distance in minutes.
 2. You've ever had to switch from "heat" to "A/C" in the same day.
 3. You use "fix" as a verb. Example: "I'm fixing to go to the store"
 4. All the festivals across the state are named after a fruit, vegetable, grain, insect or animal.
 5. You install security lights on your house and garage and leave both unlocked.
 6. You know what a "DAWG" is.
 7. You carry jumper cables in your pickup...for your OWN pickup.
 8. You only own four spices: salt, pepper, Tabasco and ketchup.
 9. The local papers cover national and international news on one page but require 6 pages for local gossip and sports.
 10. You think that the first day of deer season is a national holiday.
 11. You find 100 degrees Fahrenheit "a little warm".
 12. You know all four seasons: Almost Summer, Summer, still Summer and Christmas.
 13. You know whether another Okie is from, north or south as soon as they open their mouth.
 14. Going to Wal-mart is a favorite past time known as "goin' Wal-martin" .
 15. You describe the first cool snap (below 70 degrees) as good pinto-bean weather.
 16. A carbonated soft drink isn't a soda, cola or pop. it's a Coke, regardless of brand or flavor. Example: "What kinda coke you want?"
 17. Fried catfish is the other white meat.
 18. We don't need no stinking driver's ed....if our mama says we can drive, we can drive.
 19. You understand these jokes and forward them to your friends from Oklahoma (and those who just wish they were).
- Not EVERYONE can be an Okie, it's an art form and a gift from God!**

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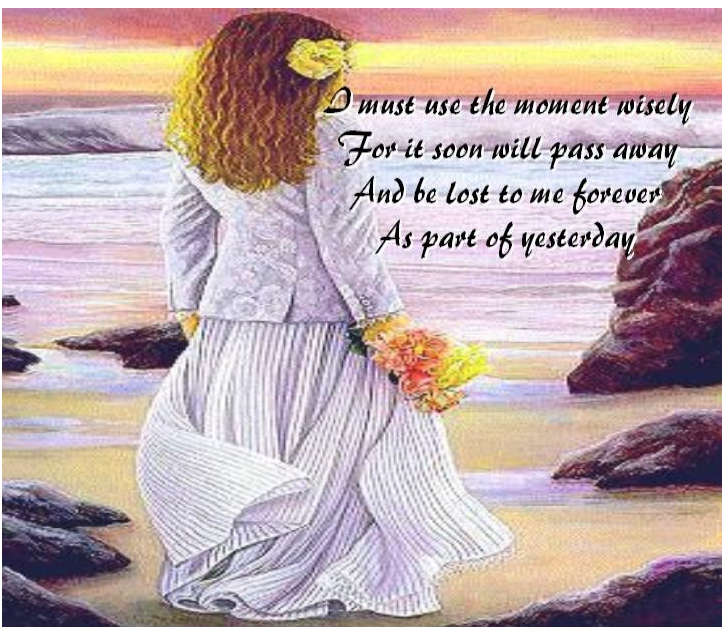
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Our Deadlines are the 10th of the month for the 20th Issue and the 25th of each month for the 5th Issue.

Community Links of Chelsea

Phone: (918) 789-2862

Fax: (918) 789-5296

E-Mail: communitylinks1999@yahoo.com

Upcoming and Chamber Events

PRYOR LUMBER COMPANY

Monday-Friday

7:30-5:30

Saturday

7:30-5:00

**1031 W. Highway 20
Pryor, OK. 74361
Phone: (918) 825-2260**

Chelsea Tag Office

336 W. 6th * Chelsea, OK.
789-2332

Open Monday thru Friday
9am to 12pm 1pm to 5pm
and 9am to 12 pm Saturday
Marie White Agent

ANNOUNCEMENTS

1st Tues of the month-Aglow women's meeting, Aglow meeting, 6:30 p.m. Call Peggy Winfrey at 256-7344 or Lavon Lewis at 256-2138 for more information. **October 2nd is the next meeting**

Senior Citizen's Inside Garage Sale - Monday thru Friday 9:00am to 3:00pm at Northpark in Vinita, OK.

1ST Friday of each month GOSPEL SINGING at 7:00pm Bring your tapes, music instruments, and you love for the Lord. Everyone Welcome. Covered dish dinner afterwards. Fourth Street Mission 439 N. Fourth Street Vinita, OK. 74301 Phone: (918) 323-0439

Every Friday of every month - Chelsea Jams for good clean fun bring your instruments to the Chelsea Civic Center at 6:30 pm. We are located at 618 Pine in Chelsea.

3rd Friday of each month. Gospel Singing at 6:45pm at the Full Gospel Lighthouse located 828 A street N.W., Miami, OK. Bring your songs and music and join in the singing. Covered Dish dinner after singing. Everyone welcome Phone: (918) 542-1531.

April-October - Adair Trader's Day 3rd Saturday & Sunday of Each Month. Beginning at 7:00am 1 Block west of HWY 69 & 28 Junction Call (918) 785-2125 for more information. Garage sale items, Arts & Crafts, Antiques, Vegetables, Buy-Sell-trade. Not responsible for accidents. Table & Space available for \$5.00 or 12x12 Space available on parking lot for \$15.00

parking lot for \$15.00

SEPTEMBER

September 20, 2007 Black Buggy Day Location Guy Williams Park Hwy 69 & Harrison Chouteau OK 74337 For More Information Phone: 918-476-8222

9/21 & 22 /2007 24th Annual Pelican Festival Flying Cow Arena 6 miles North of Sailboat Bridge Grove, OK 74344 Free Admission Schedule of Activities: Friday, September 21st : Pelican Festival Begins At Flying Cow Arena: Doors Open 3:00 pm: Activities from 3-7 pm: Barn Dance and Pie Auction - 7-10 pm Saturday, September 22nd: Pelican Festival Continues at Flying Cow Arena: Doors Open 9:00 am: Archery Competition 9-5 pm (registration - 8 am): Pelican Festival Parade Downtown Grove - 10 am From Broadway to Main South to 18th - Featuring the Marching Cobras, local bands and Shriners: Performance at Flying Cow Arena by Marching Cobras at 1:00 pm: Antique Tractor Show - all day: Barn Dance 7-10 pm For further information call Denise Winn at 786-2289.

9/22/2007 14th Annual-6th National Hook-N-Cookoff Pelican Landing Resort 4-1/2 miles East of Ketchum OK contact the Grand Lake Area Chamber of Commerce via phone, 918-782-3214 or email at info@grandlakechamber.org.

September 23 EDGAR CRUZ GUITAR FORUM NSU Center for the Performing Arts Tahlequah, OK Imagine an evening

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featuring a rare gathering of four of the finest virtuoso guitarists. Edgar Cruz, a native Oklahoman, has carefully selected the best to play by his side. Michael Kelsey, a Progressive Acoustic guitarist from Indiana, won Guitar Players "Guitarmageddon" in Los Angeles. Richard Smith, a finger style master from England whom the legendary Chet Atkins called "The most amazing guy I know on the guitar. He can play anything I know, only better." And brother, Mark Anthony Cruz, a two-time top prize recipient at the National Fingerpicking Championship at Winfield, Kansas. Imagine the music that these four will create during the EDGAR CRUZ GUITAR FORUM! For further information contact Megan White, Director, The Sequoyah Institute Northeastern State University at (918) 458-2075 or visit online at www.nsuok.edu/si.

Sept 27 Grand Lake Area Chamber - Membership Meeting: Pensacola Pizza & Pasta Thurs, Sept. 27, 2007 11:30 am (Langley) Cost to Attend: \$10.00 Reservations by 09-25-07 required: 918-786-3214 info@grandlakechamber.org

September 28th-30th- Reenactment of the Battle of Cabin Creek This event is sponsored by the Friends of Cabin Creek and the Oklahoma Historical Society. It is to take place on the Dean's Farm, located southeast of Vinita. There will tours of historical camp grounds, historical presentations and the reenactments will take place on Saturday and on Sunday.

29th: Green Country Dressage Show at the Claremore Expo. Contact Paula Walker at 918-543-8797 for more information.

September 29, 9:00-5:00 Collinsville 2007 Fall Festival

9/29/2007 Taste of Grand 6:30pm Integris Medical Plaza 900 E 13th St Grove, OK 74344 Taste of Grand will take place on September 29th, 2007 at the INTEGRIS Medical Plaza, 900 E 13th Street in Grove. Taste of Grand is the largest food and wine tasting event in the area and benefits the INTEGRIS Grove General Hospital Foundation. Last year over 450 people attended this event. Taste of Grand will feature an impressive selection of foods from restaurants and caterers all over the Grand Lake area. There will also be a great selection of wine and spirits, as well as a live band. For more information contact Kristi Wallace at (918) 787-3855.

OCTOBER

10/1/2007 to 10/8/07 BOATSMART Safe Boating Course Grand Lake Visitors Center 9630 US Highway 59 North, Suite B Grove, OK GRAND LAKE SAIL & POWER SQUADRON BOATSMART SAFE BOATING COURSE OCTOBER 1,4, & 8 6 to 9 PM GRAND LAKE VISITORS CENTER FREE Safe Boating Course!! Learn basics in safe, courteous and practical boat operation. Save! Permanent reductions on your boat insurance. Receive discounts on boating equipment and accessories For more information or to register call: (918) 791-0223

October 3, 2007 PACC FORUM LUNCHEON Time 11:45 AM Location Elks Lodge 1100 W. Graham Ave.

Pryor OK 74361 For More Information Phone: 918-825-0157 Email: www.pryorok.com Web: info@pryorok.com

10/5/2007 & 10/6/07 Grand Lake Sail and Power Squadron Bear's Den Resort on Highway 59 North Grove, OK 2nd Annual Nautical Flea Market (NFM) Grand Lake Sail and Power Squadron

October 5th and 6th Heads up for the 2nd Annual Nautical Flea Market (NFM) sponsored by the Grand Lake Sail and Power Squadron. The NFM event will be held on Friday, October 5th from 3-7 p.m. and on Saturday, October 6th from 8 a.m. to 5 p.m. We have a fantastic location for this year's event - Bear's Den Resort on Highway 59 north. Bear's Den Resort will also be hosting a craft show. This year's event should be bigger than ever. There should be many nautical "bargains" to be found from boats, jet skis, marine equipment, fishing gear, and nautical arts and crafts. The GLSPS will also have a booth. Admission to the public is free and we will also have several items to raffle off. We need the squadron's help. Duties include:

1. set-up of the squadron booth on Friday Morning
2. traffic control and parking attendants
3. man the squadron booth on Friday from 3-7 p.m.
4. man the squadron booth on Saturday 8 a.m. to 5 p.m.
5. booth take down on Saturday evening and clean up
6. donate a "nautical" item to be sold to he public via our booth

This is a major fundraiser for the GLSPS. Your participation in this yearly event is greatly appreciated. If you have items to donate and/or can participate in one of th duties listed above, please contact Jay and Connie Spicer at 791-0223 or email cjfjas@grandsavingsbank.com

5th: Claremore Chamber Golf Classic at Heritage Hills Golf Course. For more info call the Chamber at 918-341-2818.

6th: Dickens of a Ride Bike Rally presented by Claremore Main Street, Inc. for more info call 918-341-5881.

October 6, 2007 First Saturday Traders Day Whitaker Park is the location for this community shopping arena where citizens and vendors can market their merchandise. Location Whitaker Park Pryor OK 74361 For More Information Phone: 918-825-0157 Email: www.pryorok.com Web: info@pryorok.com

7th: J.M. Davis Good Old Days at the J.M. Davis Arms & Historical Museum. Call Kim Thompson at 918-341-5707 or go to www.thegunmuseum.com for more information.

10/8/2007 2007 NEOBR Golf Tournament The Coves at Bird Island Golf Course 2007 NEOBR BENEFIT GOLF TOURNAMENT The 2007 NEOBR Golf Tournament is scheduled for Monday, October 8, 2007 and will be held at The Coves at Bird Island Golf Course, Tee time is 9 a.m. WE NEED SPONSORS AND GOLFERS! For more information contact Mary Chrisman at 918-230-4865. If you can also spare a few hours to work the tournament please contact Mary Chrisman, you will only have to work 2 hours. Lunch will be served for players and workers.

October 13th- Oktoberfest This event is sponsored by the Holy Ghost Catholic Church and held on the Church grounds each fall. Activities include, live entertainment, great food and arts & craft booths.

Oct 13 SECOND SATURDAYS AT SIX Come to Downtown Grove for Second Saturdays at Six for Shopping, Art, Food and Fun from 6:00pm to 8:00pm on the Second Saturday of each month. For further information please call (918) 787-2481. Website: grovescondsaturdays.com

October 13, 2007 Jean Pierre Chouteau Festival in Salina Celebrate history and heritage with the community of Salina. Location Salina OK For More Information Phone: 918-434-8181

10/13/07 Art Weedin Auction Arrowhead Yacht Club

October 18, 2007 thru Friday, October 19, 2007 State Teachers' Meeting and Holiday

October 18 & 19th Cirque Le Masque 8 PM For Tickets Call 699-7390 at the Robson Performing Arts Center Claremore, OK

October 20th- Pumpkin Fest This event is held in Welch. The event starts at 9:00 am and runs throughout the afternoon. The festival is full of food, fun, games, and a pumpkin decorating contest. Call 918.788.3616 for more information.

26th: Senior Pro Rodeo Associa-

tion Finals at the Claremore Expo Center. Contact Jim Mudd at 918-733-2365 for more information.

26th-28th: The original... "Oklahoma!" The original... "Oklahoma!" Premiering at Claremore Cinema. For show times call 877-341-8688/918-341-8688 or go to www.visitclaremore.org.

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Things I Have Learned From My Dog

When loved ones come home run to greet them.

Never pass up the opportunity of a joy ride.

Allow the wind and fresh air in your face to be pure ecstasy.

If what you want lies buried, dig till you find it.

Never pretend to be something you are not.

No matter how often you are scolded, don't buy into the guilt thing and pout...run right back and make friends.

Let others know when they've invaded your territory.

Run, romp and play daily.

Thrive on attention and let people touch you.

Avoid biting when a simple growl will do.

On warm days, stop and lie on your back in the grass.

On hot days drink lots of water and lie in the shade of a tree.

Be loyal.

When your happy, dance around and wag your entire body.

When it's in your best interests, practice obedience.

Delight in the simple joy of a long walk.

Eat with gusto and enthusiasm, but stop when you've had enough.

And most of all...when someone is having a bad day, be silent, sit close by and nuzzle them gently.



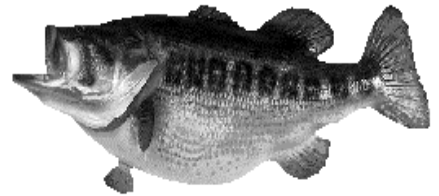
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I HELD THE FLAG TODAY

I held the flag today
It's been awhile, and it's not my style
But I touched it where it lay
It's been in a drawer, it's been in a war
That took my dad away
It brought back tears of grieving years
From that military day
I remember the shoot - the gun salute
And saw my mother pray.

I held the flag today
Mom almost collapsed when they
began the taps
For it took her breath away.
It was solemn and sad and she thought
of my dad
Yet a smile broke through her dismay
As they folded the banner in a rever-
ent manner
My mom began to sway
As they presented it to her-her mind
was a blur
As she held the flag that day.

I held the flag today
Thinking of mom who is now gone
Now I'm proud to say
I reclaim my land and pledge this
hand
To honor and obey
As my countrymen die ashamed am I
Before I could allay
All of the doubt I harbored throughout

For I've been sympathy's prey.

I held the flag today
When the New York sky was terror
most high
And our Capitol was in disarray
Yet over a rural field victims didn't
yield
And caused their plane to stray
As our eyes were locked as we
gazed in shock
When the towers suddenly gave
way
Then those heroes in strife search-
ing for life
Their spirit had something to say.

I held the flag today
As our nation reached out to help
pull them out
For that's our American way
To see our leaders react and vowed
to attack
And that someone is going to pay
I felt its fiber and thread, its living
and dead
And I could hear it say
If we forget we'll always regret
Until our dying day.

I displayed the flag today
It's flying aloft that beautiful cloth
Ready for the fray

Whomever the foe they'll reap what
they sow
Starting from today
I'm humble and proud and I say it
aloud
I'm an American-come what may.

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-- Jerry Plantz



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PROTECTING ME FROM ME

I've never been much of a hat person.

There are two reasons for this. First is my history. I grew up during the free-wheeling, devil may care, we-love-the-feeling-of-the-wind-in-our-long-flowing-hair 1960s and 1970s. Our fathers wore hats. So did cowboys, detectives and Mouseketeers. The only really cool people who wore hats were baseball players. But they only wore their hats while they were playing baseball. They were utilitarian. And I wasn't interested in anything utilitarian. That was way too "establishment" for me.

The second reason is . . . well, my head. It's huge. And my face is kind of round. Picture one of those yellow smiley faces. Now put a hat on it. Sorta dorky, huh?

I rest my case.

So when my wife, Anita, suggested that I wear a hat to the football game last Saturday, I pretty much shrugged it off.

"I don't think I'll need one," I said.

"It's going to be hot, and you'll be sitting in the sun all afternoon," she said.

"I'll be fine," I said. And out the door I went with my teenage son, Jon.

When we got to the stadium Jon decided that HE needed a hat. He picked out a great one, and urged me to do the same.

"I'll be fine," I said.

"Well, at least get some sun block," he said, pressing a small tube into my hand.

I put the sun block back on the shelf. "I'll be fine," I said.

You already know what's coming, don't you?

We had a great time at the game – our team won! We had terrific seats in the east bleachers – facing the afternoon sun. All told we sat there, broiling in 95 degree temperatures, for more than four hours.

I was feeling exhilarated – albeit a little over-baked – as we made our way back to the car. We talked about the game and decided our team would do well against next week's nationally ranked opponent. By the time we fought through the post-game traffic and pulled into our driveway we had strategized an undefeated season and a national championship.

Unfortunately, my face was on fire. And my arms. My head ached, I was sore all over, the room was spinning and my stomach was churning.

Other than that, I was fine.

"You look fried," Anita said as she reached for the pain-killing antiseptic spray.

"Maybe a little," I moaned as I collapsed into the first chair that spun past me.

"I tried to get him to wear some sun block," Jon said. "I really tried."

"I know," Anita said as she vigorously sprayed my arms and face. "Sometimes you just can't save him from himself."

I didn't care for the way they were speaking about me as if I wasn't there. But when I tried to object, my mouth wouldn't move. I think it was welded shut. So I just sat there while my wife tenderly ministered to me. To her credit, she never said "I told you so." But she was thinking it. I could tell by the bemused little smile on her face. She was thinking it. Big time.

And with good reason. People who love me tried to protect me. But I refused to be protected. Unfortunately, there are a lot of us who do that. Despite warnings and objections from important people in our lives we don't eat right. We don't get enough exercise. We don't wear a seat belt when we drive. We don't get enough sleep. We think we're fine. We've got everything under control. Then one day we get burned – sometimes literally.

Well, I don't know about you, but I'm going to start paying more attention to those who are trying to warn me about . . . well . . . me. I can't promise that I'll always do what they tell me to do. But I'll at least listen.

And I'll wear that hat.

ValueSpeak

A Weekly Column

By Joseph Walker

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NO MATTER WHAT

For more than a week now, national media attention has been focused on a small mining community in the mountains not far from where I live, as anxious families wait to learn the fate of six miners who have been trapped deep within a coal mine.

I can't even imagine the pain and anguish of loved ones as they wait and wonder, clinging to every small glimmer of hope that is offered despite the ominous possibilities that loom larger with each passing hour. Nor can I begin to understand what may or may not have been going on inside the mine behind the wall of rubble. To be honest, I try not to think about it, although I do find myself praying for them.

A lot.

I don't think I'm alone in that. I'm sure countless prayers have been offered for the miners and their families during the past week or so. Nothing mobilizes and energizes this nation's faith like a crisis. Americans are believers, by and large, and we are quick to exercise our faith when it is needed.

But I have also been impressed by those who have been exercising more than their faith in behalf of the trapped miners. From the moment of the cave-in there have been miners on the other side of the rubble clawing at the rocks and debris, sometimes with bare hands. Never mind the fact that part of the mine had just collapsed, or the occasional tremors that quivered beneath the surface of the earth. Miners from all around the world have come and are working shoulder-to-shoulder with local miners in a desperate race against time.

Every hour of every day.

"Those are good men down there," said one miner, obviously weary after a long shift pulling rocks and dirt and who know what else out of the mine. "They're our brothers, and you never give up on your brother."

And so they work – grueling, hard, exhausting work – hour after hour, day after day, in a mine that has already trapped six of their colleagues. At this point they don't know if their function is rescue or recovery. To be honest, they don't really care. The moment the ceiling of the mine collapsed separating them from six fellow miners this stopped being a job. Now, it's more of a mission – a quest. And it's personal – deeply, intimately, painfully so.

"We're all kind of a family up here," one grizzled veteran said as he strapped on his safety gear and prepared to enter the mine one more time. "We watch out for each other and we take care of each other no matter what. That's what families do."

At least, that's what families SHOULD do. But as I watch how these men and women cling to each other through this heart-wrenching ordeal, it occurs to me that our families could probably learn a few things from the way this "family" functions: how they love each other. How they respect each other. How they care about each other. And how they are there for each other. No matter what.

Of course, crisis has a way of bringing together even the most dysfunctional families. But there is something real among these miners – something solid that binds them together and gives them strength. And somehow you understand that the tangible synergy of this "family" will see them through whatever the future holds for them.

Just as it can for our families.

No matter what.

ValueSpeak
A Weekly Column
By Joseph Walker



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THE THING TO DO

I ran into a guy not long ago that I knew back in the 60s. During our conversation, I asked if he was married and he said, "Yes, 5 times."

"Good grief," I said, "why did you get married so many times?" And he said, "It seemed like the thing to do at the time."

Isn't that the way life is? This is the answer when asked why a person drove drunk, "It seemed like the thing to do at the time." When a unwed girl finds out she is pregnant. When a drug addict faces the judge on a possession charge.

Proverbs 14:12 says, "There is a way which seemeth right unto a man, but the end thereof are the ways of death."

My body, mind, and emotions desire to rule me. What "I think" is more important to me than what anyone else thinks. I think that what I think is the truth, sometimes even when I am proved wrong. My feelings or emotions are even more important to me than what I think. And it seems like what my body is telling me is more important than what I read in the Holy Bible.

This was Paul's dilemma too. He tells us in Romans chapter 7 that the very thing his body wanted to do was what his spirit was telling him not to do. People read this passage and feel like Paul is saying there is no hope to be able to overcome trials and temptations while we live here on this earth. They feel that they will always be a sinner, because we cannot resist temptations while we still live in this body. However what Paul is saying is that this is the way it is before Christ, but after we are born again, we can be conquerors through Jesus Christ our Lord.

Your spirit through the power of the Holy Spirit is always trying to tell you the right thing to do. Add to that reading the Bible, God's Word;

praying; attending Bible study and church; and contact, fellowship, and accountability with other believers.

What "seems the right thing to do at the time" might be the wrong thing.

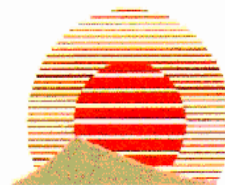
Lavon Hightower Lewis

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Learn how to pray for your children with my new email group, <http://groups.yahoo.com/group/howtoprayforyourchildren>

Remember this: "Your spirit is always trying to tell you the right thing to do. What seems like the right thing to do at the time might be the wrong thing." Lavon



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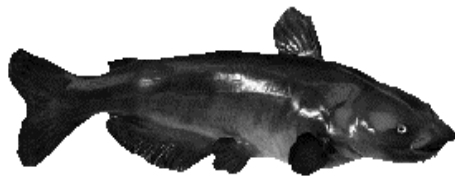
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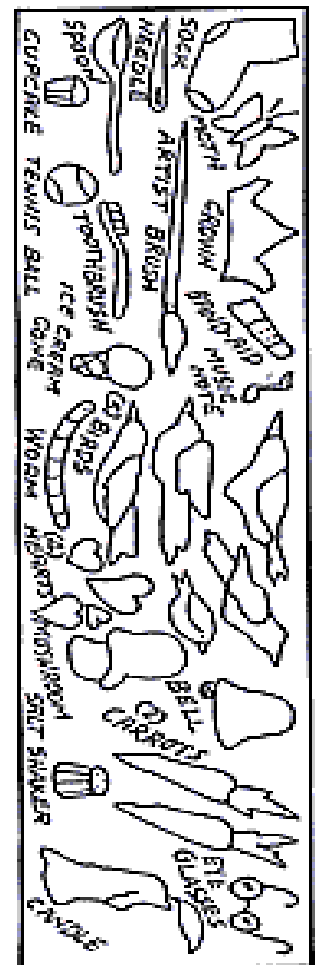
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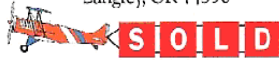
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10 Ways to Lose Weight Without Dieting

Simple changes to your lifestyle can help you lose weight and keep it off.

Sure, you can lose weight quickly. There are plenty of fad diets that work to shed pounds rapidly -- while leaving you feeling hungry and deprived. But what good is losing weight only to regain it? To keep pounds off permanently, it's best to lose weight slowly. And many experts say you can do that without going on a "diet." Instead, the key is making simple tweaks to your lifestyle.

One pound of fat -- is equal to 3,500 calories. By shaving 500 calories a day through dietary and exercise modifications, you can lose about a pound a week. If you only need to maintain your current weight, shaving 100 calories a day is enough to avoid the extra 1-2 pounds most adults gain each year.

Adopt one or more of these simple, painless strategies to help lose weight without going on a "diet":

Eat Breakfast Every Day. One habit that's common to many people who have lost weight and kept it off is eating breakfast every day. "Many people think skipping breakfast is a great way to cut calories, but they usually end up eating more throughout the day, says Elizabeth Ward, MS, RD, author of *The Pocket Idiot's Guide to the New Food Pyramids*. "Studies show people who eat breakfast have lower BMIs than breakfast-skippers and perform better, whether at school or in the boardroom." Try a bowl of whole-grain cereal topped with fruit and low-fat dairy for a quick and nutritious start to your day.

Close the Kitchen at Night. Establish a time when you will stop eating so you won't give in to the late-night munchies or mindless snacking while watching television. "Have a cup of tea, suck on a piece of hard candy or enjoy a small bowl of light ice cream or frozen yogurt if you want something sweet after dinner, but then brush your teeth so you will be less likely to eat or drink anything else," suggests Elaine Magee, MPH, RD, WebMD's "Recipe Doctor" and the author of *Comfort Food Makeovers*.

Choose Liquid Calories Wisely. Sweetened drinks pile on the calories, but don't reduce hunger like solid foods do. Satisfy your thirst with water, sparkling water with citrus, skim or low-fat milk, or small portions of 100% fruit juice. Try a glass of nutritious and low-calorie vegetable juice to hold you over if you get hungry between meals. Be careful of alcohol calories, which add up quickly. If you tend to drink a glass or two of wine or a cocktail on most days, limiting alcohol to the weekends can be a huge calorie saver.

Eat More Produce. Eating lots of low-calorie, high-volume fruits and vegetables crowds out other foods that are higher in fat and calories. Move the meat off the center of your plate and pile on the vegetables. Or try starting lunch or dinner with a vegetable salad or bowl of broth-based soup, suggests Barbara Rolls, PhD, author of *The Volumetrics Eating Plan*. The U.S. government's 2005 Dietary Guidelines suggest that adults get 7-13 cups of produce daily. Ward says that's not really so difficult: "Stock your kitchen with plenty of fruits and vegetables and at every meal and snack, include a few servings," she says. "Your diet will be enriched with vitamins, minerals, phytonutrients, fiber, and if you fill up on super-nutritious produce, you won't be reaching for the cookie jar."

Go for the Grain. By substituting whole grains for refined grains like white bread, cakes, cookies, and pretzels, you add much-needed fiber and will fill up faster so you're more likely to eat a reasonable portion. Choose whole-wheat breads and pastas, brown rice, bran flakes, popcorn, and whole-rye crackers.

Control Your Environments. Another simple strategy to help cut calories is to control your environment -- everything from stocking your kitchen with lots of healthy options to choosing the right restaurants. That means avoiding the temptation by staying away from all-you-can-eat restaurants. And when it comes to parties, "eat a healthy snack before so you won't be starving, and be selective when you fill your plate at the buffet," suggests Ward. Before going back for more food, wait at least 15 minutes and have a big glass of water.

Trim Portions. If you did nothing else but reduce your portions by 10%-20%, you would lose weight. Most of the portions served both in restaurants and at home are bigger than you need. Pull out the measuring cups to get a handle on your usual portion sizes, and work on paring them down. Get instant portion control by using small bowls, plates, and cups, says Brian Wansink, PhD, author of *Mindless Eating*. You won't feel deprived because the food will look plentiful on dainty dishware.

Add More Steps. Get yourself a pedometer and gradually add more steps until you reach 10,000 per day. Throughout the day, do whatever you can to be more active -- pace while you talk on the phone, take the dog out for an extra walk, and march in place during television commercials. Having a pedometer serves as a constant motivator and reminder.

Have Protein at Every Meal and Snack. Adding a source of lean or low-fat protein to each meal and snack will help keep you feeling full longer so you're less likely to overeat. Try low-fat yogurt, small portion of nuts, peanut butter, eggs, beans, or lean meats. Experts also recommend eating small, frequent meals and snacks (every 3-4 hours), to keep your blood sugar levels steady and to avoid overindulging.

Switch to Lighter Alternatives. Whenever you can, use the low-fat versions of salad dressings, mayonnaise, dairy products, and other products. "You can trim calories effortlessly if you use low-fat and lighter products, and if the product is mixed in with other ingredients, no one will ever notice," says Magee. More smart substitutions: Use salsa or hummus as a dip; spread sandwiches with mustard instead of mayo; eat plain roasted sweet potatoes instead of loaded white potatoes; use skim milk instead of cream in your coffee; hold the cheese on sandwiches; and use a little vinaigrette on your salad instead of piling on the creamy dressing.

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A TIME TO SIT ON THE BENCH

A few of my nephews are forming a recreational league softball team. They insist that they want Uncle Joe – that would be me – to play. I think this shows either a stunning lack of judgment on their part, or a sense of humor so frighteningly warped as to warrant psychiatric observation. Perhaps commitment.

I am pleased that they are forming the team, and I told them – honestly – that I will be excited to watch them play. But my intention was to watch them from the stands – not the pitcher's mound.

Even at my best I was a painfully mediocre softball player. And I am definitely not at my best these days. My best was sometime during the summer of 1975, when I hit a towering blast that forced an outfielder all the way to the fence in deep left center before he made a spectacular catch. The greatest, most exciting moment in my entire softball career, and it was an out.

That was 32 years ago. It's been downhill ever since.

Steeplly.

My wife, Anita, understands the predicament in which I find myself. She knows how much I love my nephews and how I want to support them. But she isn't interested in becoming a widow at this point in her life.

"You can't play," she said lovingly last week in the midst of our 30th wedding anniversary celebration. "I just barely got you trained."

Christopher, the nephew who is pulling the team together, has compassion for his Aunt Anita – and probably for his teammates, as well.

"We'll only play you if we really, really, really need you," he promised. Then he added: "But there's a pretty good chance that we're going to need you."

At first I thought he was saying they'd play me if they needed a timely hit or a well-pitched inning. But then I remembered: this is me we're talking about, not Roger Clemens. They will play me only if they can't field an entire team without me. I would be a warm body to avoid forfeiting the game – nothing more – and they'd put me where they felt I would do the least amount of damage. I even heard him whisper to Anita – HEY, I'M NOT DEAF . . . YET! – that they had arranged to have someone run for me if by some miracle I should actually get a hit.

And I'm OK with that. Really, I am. So, I'm sure, are my hamstrings, my quads, my ligaments and the bean counters at Ubetcha Life & Casualty. I've reached the point in my life at which there are no more illusions of grandeur – physical or otherwise. Let Barry Bonds have the headlines and the home run record. As an old guy named Paul once told his young friend

Timothy: "I have learned that whatsoever state I am in, therewith to be content."

And I am. Content, that is. Oh sure, there are things in my life I'd change if I could. The hair growing along the edges of my ears, for one thing. And the way my brain shuts down at 10 o'clock – both a.m. AND p.m. And I wouldn't mind if Ed McMahon had come through with that check from Publisher's Clearinghouse back when I used to fantasize about that.

But for the most part I'm happy to be where I am. "To every thing there is a season," said The Preacher, "and a time to every purpose under the heaven:

"A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted . . .

"A time to weep, and a time to laugh; a time to mourn, and a time to dance."

A time to play, and a time to sit on the bench.

Or better yet, in the stands.

ValueSpeak

A Weekly Column

By Joseph Walker

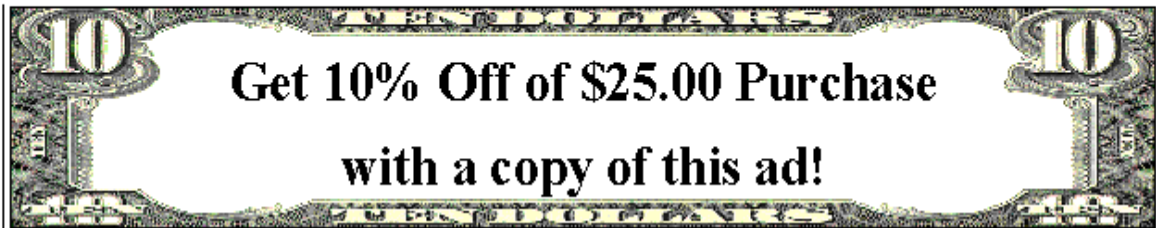
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WHAT MY MOTHER TAUGHT ME!

My mother taught me TO APPRECIATE A JOB WELL DONE - "If you're going to kill each other, do it outside - I just finished cleaning!"

My mother taught me RELIGION - "You better pray that will come out of the carpet."

My mother taught me about TIME TRAVEL: "If you don't straighten up, I'm going to knock you into the middle of next week!"

My mother taught me LOGIC: "Because I said so, that's why."

My mother taught me FORESIGHT - "Make sure you wear clean underwear, in case you're in an accident."

My mother taught me IRONY - "Keep laughing and I'll *give* you something to cry about."

My mother taught me about the science of OSMOSIS - "Shut your mouth and eat your supper!"

My mother taught me about CONTORTIONISM—"Will you *look* at the dirt on the back of your neck!"

My mother taught me about STAMINA - "You'll sit there til all that spinach is finished."

My mother taught me about WEATHER - "It looks as if a tornado swept through your room."

My mother taught me how to solve PHYSICS PROBLEMS—"If I yelled because I saw a meteor coming toward you; would you listen then?"

My mother taught me about HYPOCRISY

- "If I've told you once, I've told you a million times - Don't exaggerate!!!"

My mother taught me THE CIRCLE OF LIFE

- "I brought you into this world, and I can take you out."

My mother taught me about BEHAVIOR MODIFICATION—"Stop acting like your father!"

My mother taught me about ENVY - "There are millions of less fortunate children in this world who don't have wonderful parents like you do!"

THANKS, MOM!
Have a great day!

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The clerk then proceeds to go to the back of the store to find the manager. The clerk finds the manager and says, "There is some goofy fool up front who wants to buy half a head of lettuce!"

The clerk suddenly realizes through his peripheral view that he was followed by the client, so the clerk adds, "...and this nice gentleman would like to purchase the other half."



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Tragedies and difficulties have a way of doing that to us. They stop us in our tracks and make us evaluate what is important in life. That certainly happens when the power of death takes a loved one or threatens us personally.

Thankfully God provides us with rescue. Jesus not only suffered and died for us; He also rose from the dead and has conquered death. He assures us that all who believe in Him shall also conquer death and live eternally in His presence. Death is powerful but the life that God gives us in Christ is far more powerful. Faith in Christ Jesus is indeed the most important item of life.

You are invited to the Lutheran churches in northeast Oklahoma to find out more about the real and eternal life that is found in Christ Jesus.

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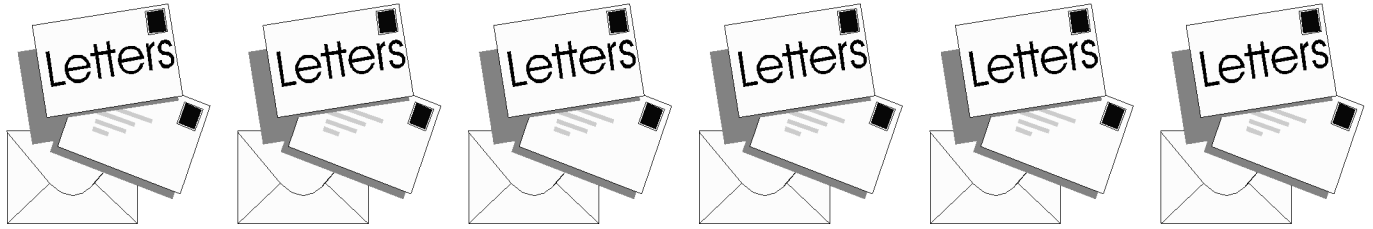
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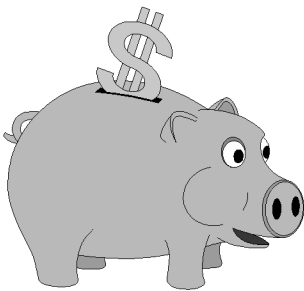
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2. Set all the alarm clocks to go off at 10 minute intervals.
3. Make a trail of orange juice on the floor to the rest rooms.
4. Walk up to an employee and tell him/her in an official tone, "I think we have a code 3 in housewares," and see what they do.
5. Turn all the radios to a polka station, then turn them all on and turn the volumes to 10.
6. Challenge other customers to duel with tubes of gift wrap.
7. Put M&M's on layaway.
8. Move "CAUTION WET FLOOR" signs to carpet areas.
9. Set up a tent in the camping department; tell others you'll only invite them in if they bring pillows from the bedding department.
10. When someone asks if they can help you, begin to cry and ask, "Why won't you people leave me alone!"
11. Look right into the security camera and use it as a mirror while you pick your nose.
12. Take up an entire aisle in toys by setting up a full scale battlefield with GI Joe's and G-men.
13. Ask other customers if they have any Gray Poupon.
14. While handling guns in the hunting department, ask the clerk if he knows where the anti-depressants are.
15. Switch signs on the men's and women's bathrooms.
16. Dart around suspiciously while humming the theme from "Mission Impossible".
17. Set up a "Valet Parking" sign out front.
18. In the auto department, practice your "Madonna look" using different size funnels.
19. Hide in the clothing rack and when people browse through, say "PICK ME! PICK ME!"
20. When an announcement comes over the loud speaker, assume the fetal position and scream "NO!NO! It's those voices again !!!!!!"
21. Go to the food court, get a soft drink, tell them you don't get out much and would they please put one of those little umbrellas in it.
22. Go into the fitting room and yell real loud..... "Hey, we're out of toilet paper in here !!!!!"

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Believe In Yourself

There may be days when you get up in the morning and things aren't the way you had hoped they would be.

That's when you have to tell yourself that things will get better. There are times when people disappoint you and let you down.

But those are the times when you must remind yourself to trust your own judgments and opinions, to keep your life focused on believing in yourself.

There will be challenges to face and changes to make in your life, and it is up to you to accept them.

Constantly keep yourself headed in the right direction for you. It may not be easy at times, but in those times of struggle you will find a stronger sense of who you are.

So when the days come that are filled with frustration and unexpected responsibilities, remember to believe in yourself and all you want your life to be.

Because the challenges and changes will only help you to find the goals that you know are meant to come true for you.

Keep Believing in Yourself

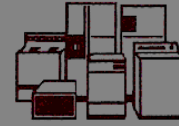


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Chinese Hot and Spicy Chicken

(Serves 4)

Ingredients:

- 2 lb. Chicken Breasts, chopped into bite-size pieces
- 1 Tbs. fresh Ginger, grated
- 1 Tbs. Sherry
- 3 Tbs. Soy Sauce, divided
- 1 Scallion or Green Onion
- 2 to 3 Hot Peppers, your choice
- 1/4 cup Olive Oil
- 2 Tbs. Rice Wine Vinegar
- 2 tsp. Anise Pepper
- 1 Tbs. Granulated Sugar
- 1/2 tsp. Salt
- 1/2 cup Chicken Broth
- 1 Tbs. Cornstarch

Marinate the prepared and cut chicken for 15 to 20 minutes in a mixture of fresh ginger, sherry, and two tablespoons of the soy sauce.

Meanwhile, cut the scallion and hot peppers diagonally into 1-inch pieces.

Grind the anise pepper to a powder with a mortar and pestle; reserve.

In a large skillet over medium-high heat, sauté the prepared scallion and peppers in the olive oil for a few minutes to soften.

Add the chicken with its marinade to the skillet and begin to brown it with the vegetables, stir-fry style. When partially cooked, add the rice wine vinegar, sugar, salt, and anise pepper. Continue to stir-fry a few minutes more.

Add the chicken broth and mix well. Cover the skillet and continue to cook over a low heat setting until the chicken is tender, about 20 to 30 minutes.

Blend the cornstarch with a bit of water and the rest of the soy sauce, and add to the skillet. Stir gently until thickened, about 10 minutes more. Serve warm. Great with plain rice or oriental noodles.


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INVENTIONS

History of Video Games

Marsha Kinder starts her book on the meaning of video games with an quote from her eight-year-old son: "A long time ago then were no toys and everyone was bored. Then they had TV but they were bored again. They wanted control. So they invented video games."

Donald Katz put the same idea another way in an article in *Esquire*: "Nintendo is like a 50's fantasy wedding with 60's nightmare and 80's technology. It's about getting inside the television set and becoming one with it, being of it instead of outside looking in."

He was looking for something to do with the television set other than, as he put it, "turn it on and off." Baer's patent covered the basic idea of a ball-and-paddle game a.k.a. Pong. Magnavox introduced the odyssey in 1972. It sold for \$99, and before long more than 100,000 were sold.

Magnavox had granted licenses to over twenty companies by June 1974. It was cheap to make—in 1975 General Instrument offered a microchip for \$5 that could operate six different games and millions were sold. In 1976 there were more than seventy video game manufacturers.

Nolan Bushnell, who had discovered "SpaceWar" while at the University of Utah, and who had seen an early version of the Odyssey, decided that there was a market for video game machines in arcades. Along with fellow Am-pex engineers Red Dabney and Al Acorn, he introduced "Pong" in 1972.

The next year, Bushnell founded Atari, to sell the game. He sold 100,000 copies in 1974; every bar and student lounge needed one. In 1980, 4 million home video game systems were sold; in 1982, 7 million. Over 16% of American households owned game systems, and in the year they bought more than 60 million video game cartridges. Americans spent \$8 billion on video arcade games and \$3 billion on home video game systems and cartridges in 1982—more money than they spent on movie or music. Video games were blamed for the decline of the record industry. Then the market crashed. Suddenly you couldn't give the things away.

In 1983 Atari lost \$530 million, Mattel \$200 million. Total sales of home video game systems in 1985 were only \$100 million. The problem was that the games were exciting only when you first got them. After you figured them out they were no fun.

The came Nintendo, Nintendo, a Japanese toy company, introduced Famicon—Family Computer—a video game system, in 1983, in Japan. In the next eighteen months 2.1 million of them were sold. The game entered the U.S. market in 1985, and by 1989 Nintendo controlled 80% of the market, which was back to the \$3 billion point it had reached before the crash. Nintendo accounted for 20% of the entire U.S. toy market, 25 of the thirty top-selling toys in 1989 were video game-related. One in five homes had a Nintendo system. By 1991 there were 30 million Nintendo sets in the U.S., more than all other computers put together.

One secret of Nintendo's success is a wide assortment of software, at the right levels of complexity. Much of the most popular

software combines the graphic imagery and fast action of the first computer games with story lines based on the early adventure games. This means that there's not only shoot-'em-up excitement but also a narrative, and a continually increasing level of difficulty. Kids can play the same game for months. "Super Mario Brothers," introduced in September 1985, sold 2.5 million copies in the next four months. Some \$50 million game cartridges are sold each year. Games such as "Super Mario Brothers" and "Sonic Hedgehog" come with lots of commercial ties, everything from TV shows to clothing, "cereal systems," and toys. Several magazines with circulations of more than a million serve the craze. Today, Nintendo and a handful of competitors dominate children's play, the most popular toys by far.

They have little competition for the attention of boys between the ages of eight and fifteen (Most players are boys: one survey found that 60% of Nintendo players are males between eight and fifteen; Nintendo itself claims that 50% of players are over eighteen, 36% of Female.)

Nintendo and its competitors are the most widespread manifestation of the Information Age marriage of computers and television. Not only are they the most popular computers by far, they are the ones that people have the closest interactions with.

One need only look at the sheer concentration on the face of a kid playing his Game Boy to know that the game's important to him. But why? There are as many interpretations as there are observers. *Newsweek* interpreted the Nintendo phenomenon as an expression of primitive maleness: Something in the games, the magazine suggested, "speaks to something primal and powerful in their bloody-minded little

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psyches, the warrior instinct that in another culture would have sent them out on the hunt or on the warpath.”

John Fiske, a student of popular culture, offers a political reason for The popularity of the games. Video arcades are popular among “Subordinated males” (by class, race, or age) because, he suggests, they “can be used to think through, to rehearse in practice, the experiential gap between the masculine ideology of power and performance and social experience of powerlessness.” Kids learn to beat the system, winning free plays. They can participate, changing the story, more than they can with TV. In the video arcade “the skill, performance, and self-esteem of the subordinate receive rewards and recognition that they never do in society.” (The same, it might be said, applies to computer hackers more generally; see SOFTWARE.) Sherry Turkle considered video games in her analysis of computer hackers, *The Second Self*, a study of the personality of computer programmers. The games “are a window onto a new kind of intimacy with machines that is characteristic of the nascent computer culture. The special relationship that players form with video games has elements that are common to interactions with other kinds of computers. The holding power of video games, their almost hypnotic fascination, is computer holding power.” There has been no end of psychological and educational studies of video games. These studies often come down to one final concern:

Should parents worry when their kids play the games? Or are kids learning something valuable? Nolan Bushnell, the first video game millionaire, claiming not only that video games increase hand-eye coordination, but that they also inspire people to “experience the essential creativity they knew as children,” and teach children problem-solving skills.”

Others disagree. The U.S. Surgeon General warned that games are addictive and can lead to aberrant behavior in children. Researchers who analyzed typical story lines found that the games encourage values of masculine domination, violence, and consumerism. (Women rarely play active roles in the games.) Eugene F. Provenzo, Jr., who surveyed the many studies of video games, found contradictory results. His summary put problems above benefits. Video games, he writes, allow children no room to construct their own fantasies.

They “do little or nothing to help the child develop an inner culture, a sense of self, an awareness that while world provides challenges and problems, resourcefulness and the use of one’s imagination and knowledge of self are an important part of being able to confront those challenges. . . . Compared to the worlds of imagination provided by play with dolls and blocks, they ultimately represent impoverished cultural and sensory environments for the child.”

Other, more hopeful interpretations suggest that video games are a first, easy step to the world of computers, or that the games can help with the development of visual and spatial skills, or that they might have educational and therapeutic value. (If so, these writers suggest, girls should be playing the games, or they will fall behind on these vital Information Age skills.) The military found that video game—like trainers were good practice for pilots and tank drivers. Humorist P.J. O’Rourke suggested that the success of American soldiers operating “smart weapons” in the Persian Gulf War can be traced to these skills. He wrote in *Rolling Stone*: [The soldiers] grew up in video arcades. This is the mother of all Mario Bros., the Gog and Magog of hacker networks, the devil’s own person core dump. And our soldiers have an absolutely intuitive, Donkey Kong—honed, gut-level understanding of the technology behind it.” (General Normale Schwarzkopf put attitudes like this in useful perspective when he reminded us that war “is not a Nintendo game.”) Perhaps the most far reaching and interesting claim about video games is that they somehow represent the world of the future.

Leonard Steinhorn, writing on the op-ed page of the *Washington Post* in 1992, suggested that video games (along with fast-cutting videos and TV ads) define “a dynamic intercultural milieu”: “Through video and computer games and all the fast-paced and disjointed videos on MTV, young Americans have been processing information in a way that makes little sense to the uninitiated, but is really the wave of the future. To them, ideas and information come visually, in images. . . all the hours playing Nintendo are preparing them for a new age of interactive technology.”

information in a way that makes little sense to the uninitiated, but is really the wave of the future. To them, ideas and information come visually, in images. . . all the hours playing Nintendo are preparing them for a new age of interactive technology.”

Steinhorn goes on to suggest that American’s future strength with the based on the ability to manipulate images, to play with software, We should be worry that the United States is falling behind in math and science, he says, “it’s kids who know how to play video games and watch TV who will lead us to the brave new world. This may be so; it’s true that the American music, video, and movie businesses are larger than the Japanese electronics business. But it seems clear that the Information Age must mean more than just playing with images; in must also mean playing with ideas and information.

A kid who plays Nintendo doesn’t need to know anything about how the technology works; it might as well be magic. But images, ideas, and information do overlap, more and more. Connect a computer to cable television and get interactive TV.

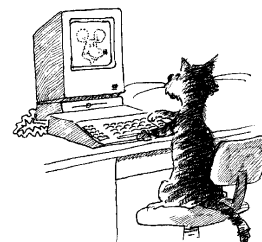
Exploit the archives of movies and television programs to produce video games. Publish newspapers and magazines in interactive, on-line format. Use the telephone and cable TV wiring for computer communications. Connect a CD-ROM player to a computer and you’ve got the potential for interactive sound, graphics, text, and video.

Add enough computer power and interactive virtual reality is a possibility, too. Firms in every segment of the information industry began to look for new ways to connect entertainment software with electronics hardware. And so entertainment companies—TV networks, movie studios, record producers and video game manufacturers—are merging with information companies, phone companies, cable TV providers, and computer and electronics manufacturers in a desperate search for synergy. Sony paid \$3.4 billion for Columbia Pictures Entertainment in 1989.

Matsushita another Japanese electronics giant, purchased the movie studio MCA for \$4 billion. The company that pushed this “digital convergence” furthest was Time Warner. Time, Inc., a published and pay-TV powerhouse, purchased Warner Communications, a music, cable television, and movie empire, to create Time Warner, the world’s largest communications company, in 1989. Two years later Time Warner formed a joint-venture partnership with Toshiba and C.Itoh, Japanese electronics manufacturers, each of which invented \$500 million for a few percent of the company.

In 1993 Time Warner was also involved with joint ventures with phone U.S. West, Video game manufacturer Sega, cable TV powerhouse Tele-Communications, and software leader, Microsoft, among others. Microsoft was already working with Intel, the leading chip manufacturer, and General Instruments, a major supplier of cable TV equipment. All of these firms and many others are fighting for a foothold in what they’re sure will be a brave new world of complementary technologies—where communications and information processing will merge, where software will sell hardware and hardware will sell software, where there’s no easy way to draw a line between computers and television, video games and movies, or even, it seems to some, entertainment and information. Just as the businesses have converged, so have the technologies. Digital electronics has become a universal solvent.

Some analysts predict that by the year 2000 the digital interactive multi-media industry may be worth over \$3 trillion. The Information Age is here. Ready or not! Everything’s changing for the Future.



Library News



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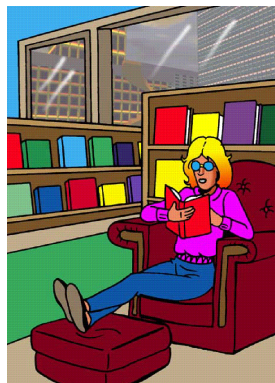
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Check out the new books that have been added to the "Books for Sale" area.

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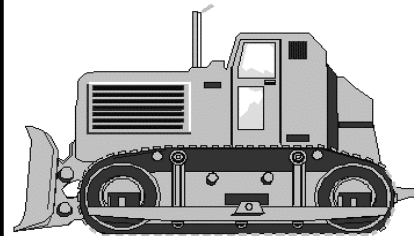
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Wednesday, 9:30-11:30 a.m.

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Viet Nam Vets Wives Meeting -
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Viet Nam Vets Support Group -
3rd Thursday, 7-9 p.m.

Fibromyalgia Chronic Pain Syn-
drome Support Group - 3rd Thursday, 7:00
p.m.

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3:00 p.m.

Pool Tournaments (Billiards) -
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tion, and free use of game computer - M-F,
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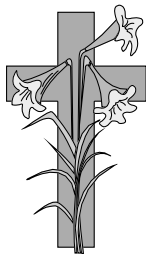
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When you are born again, the Holy Spirit comes to live in you and re-creates your heart, your spirit, bringing

the attributes of the Holy Spirit, the fruit of the Spirit, into your heart.

"...the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith..." Gal 5:22.

When you are faced with problems, reach down inside your heart, your spirit, and bring up the fruit of the Spirit to deal with them. You have love, joy, and peace, in fact, all the fruit of the Spirit, in your heart, whether you "feel" them emotionally or not.

I am love because the Spirit of Love lives in me.

I am joy because Jesus said, in John 15:11, "These things have I spoken unto you, that my joy might remain in you, and that your joy might be full."

I am peace and I demonstrate peace wherever I go.

I am longsuffering and always bear with others even when what they are doing makes me want to give up.

I am gentle because the Holy Spirit lives in me and He is a gentleman.

I am good and I always do good to every person I come in contact with. I never "do" evil since evil is not in me.

I am full of faith and live a life of faith in all areas of my life.

I can demonstrate the fruit of the Holy Spirit in my life, because I will be governed by my spirit controlled by and empowered by the Holy Spirit, not by my body or my emotions and mind.

"I can do all things through Christ who strengthens me." Phil 4:13

Lavon Hightower Lewis

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