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VOLUME 8, ISSUE 10

"The Little Green Paper"

November 5th, 2007

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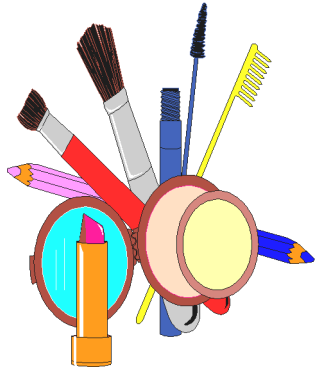
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Commander Terry Chastain presented the Grove Library with a new copy of Chapman's book on safe boating and piloting.



Grand Lake Sail and Power Squadron Commander Terry Chastain recently presented a copy of Chapman Piloting and Seamanship to Grove Public Library interim manager Barbara Cross. The squadron donated the book in hopes that the Grand Lake community will continue to benefit from safe boating educational classes provided by members of the squadron. For information about the work of GLSPS call Terry Chastain @ 786-4830.



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here from Inola. She was an Assembly Line Worker for Zebco for 16 years, retiring in 1983. Mary was married to Robert L. Callison on March 12, 1949 in Vinita, Oklahoma. She was a member of the First Baptist Church where she had taught Sunday School and had been a very active member. Betty enjoyed fishing and picking blackberries. She was a very devoted mother to her two sons.

She is survived by her husband Robert L. Callison of the home, sons Bobby Callison of Chelsea, Billy Callison and wife Nanette of Pryor, granddaughter Tara Cox, sisters Bill Barrett of Tulsa, Rosie Best of Vinita. She was preceded in death by her parents Orie and Myrtle (Sherill) Kallam, brothers Pete and Lewis, sisters Yvonne and Ruth.

If you wish to send condolences to Betty's family or to sign her "Memory Book" you may do so at www.stephensmemorialchapel.com

Funeral services for Lillian A. "Betty" Callison, 82, Pryor, were held on Monday, October 22, 2007, 2:00 PM at Stephens Memorial Chapel. Pastor Tom Dunca officiated and burial followed at Graham Memorial Cemetery. Services were entrusted to Stephens Memorial Chapel.

Betty was born May 18, 1925 in Centralia, Oklahoma; she passed away on October 16, 2007 in Pryor.

Betty had lived in Pryor for about the last 9 years, she moved

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The December 10th Edition will be featuring Centennial Celebration, Outstanding Oklahomans & Oklahoma History. If you have information please write or call us.

Many Thanks to those who sent in information for the Hometown Heros. 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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Grief Workshop Scheduled November 10th, 2007

The Welch United Methodist Church is presenting a Grief Workshop for those who have been widowed. The purpose of the workshop is to provide emotional and educational support as well as encouragement while sharing common experiences with grieving. The workshop will help participants understand the natural process of grief, utilize effective coping strategies and accomplish the tasks in mourning. The facilitator will be Carolyn Hudson, a licensed marital and family therapist. The co-facilitators have all experienced the loss of a loved one. To enroll in the Workshop, call (918) 788-3276 or (918) 788-3519. Attend this workshop and challenge yourself to rebuild your life and live again.

The workshop will be from 8:30am to 4:45pm. The church location is 4th & Commercial in Welch Ok. For more information please call (918) 788-3276.



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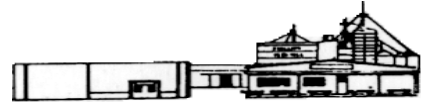
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SPEND AN EXTRA MINUTE

They crossed in front of me as I was driving out of the store parking lot.

My first reaction was anger at being delayed for a whole ten seconds. I was quickly jarred back into reality when I realized that this was an elderly couple who briefly delayed my departure.

The man was large in stature but bent over from a lifetime of hard work. He leaned on his wife who walked in front of him. He not only used her for support but it was obvious that he was visually impaired as well. She was his eyes and his crutch, not just in the emotional sense, but literally as well.

The two of them worked as one -- each needing the other to function in this fast changing world.

That little example of true strength changed my whole personal, perception of life that day.

Suddenly, I wasn't so mad about having to work a few extra hours on Saturday. I had my strength and I was still relatively young. That's the term most of us "Baby Boomers" use for growing old gracefully.

That picture of those two elderly people, walking with dignity and strength, stayed with me the entire week. My life wasn't so bad after all. I had my health and a good job. I had a wonderful supportive wife. I started to think, not only was I lucky to have it all, but so was that wonderful old couple, who despite the trials and tribulations of a long life, still had the love and support of each other to carry them through this world.

You can't put a dollar value on true love and emotional support.

There are so many people out there just like that couple. We should all have a little extra time and patience when it comes to helping our elder friends. My wife and I sometimes picture ourselves in our old age, walking arm in arm into the sunset.

That image always gives us a warm feeling of comfort. Just remember, none of us would be here if it wasn't for our elders.

Spend that extra minute to listen, learn and help.

by Frank P. Cotter



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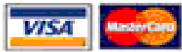


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SEPTEMBER SALINA MUSIC SUPER KIDS



Salina Elementary Music September "Super Kids" pictured are: (Front L-R) Jayde Ryan, Dathan Leach, Jeffrey Armstrong, Jaiden Cash and Anissa Giles. (Back L-R) Erika Ford, Alex Kirk, Jessi Jordan, Sequoyah Sandoval and Gabe Cooper.



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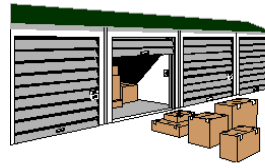
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Dathan Leach

Dathan Leach has been selected as one of the Salina Elementary Kindergarten Music Super Kid's for September. He is five-years old; his birthday is Dec. 22; he has two sisters and three pets. Dathan said he is happiest when he gets to play outside and his proudest accomplishment is his dad.

Dathan's favorite's are: color, black; book, Harry Potter; ice cream flavor, chocolate; sport, football; hobby, riding his bike; toy, basketball toy; holiday, Christmas; TV show, Billy & Mindy; movie, Garfield; food, toast; pet, dog named "Maggie"; school subject, music; and pizza topping, meat.

Jaiden Cash

Jaiden Cash has been selected as one of the Salina Elementary Kindergarten Music Super Kid's for September. She is five-years old; her birthday is in October; she has three brothers and seven pets. Jaiden said she is happiest when its morning and her proudest accomplishment is cleaning her room.

Jaiden's favorite's are: color, red; book, Butterfly Book; ice cream flavor, vanilla; sport, swimming; hobby, playing; toy, dolls; TV show, Dragon Tales; movie, Bratz; food, macaroni & cheese; pet, dog named "Sis"; school subject, music; and pizza topping, cheese.

Jeffrey Armstrong

Jeffrey Armstrong has been selected as one of the Salina Elementary 1st Grade Music Super Kid's for September. He is seven-years old; his birthdate is August 26; has one sister; one brother and one pet. Jeffrey said he is happiest when it is winter and his proudest accomplishment is making "Snow Angels."

Jeffrey favorite's are: color, red; book, Sponge Bob; ice cream flavor, twist; sport, baseball; hobby, swimming; toy, Ninja Turtle; holiday, Christmas; T.V. show, Sponge Bob; movie, Jurassic Park; food, corn; pet, cat named "Taco"; school subject, music; and pizza topping, cheese.

Jayde Ryan

Jayde Ryan has been selected as one of the Salina Elementary 1st Grade Music Super Kid's for September. She is six-years old; her birthday is May 24; has one brother; one sister; and two pets. Jayde said she is happiest when she is at school and her proudest accomplishment is being a good singer.

Jayde's favorite's are: color, pink; book, High School Musical; ice cream flavor, chocolate; sport, cheerleading; hobby, going to the library; toy, Bratz Dolls; holiday, Christmas; TV show, Ninja Turtles; movie, Sleeping Beauty; food, macaroni & cheese; school subject, music; and pizza topping, cheese.

Gabe Cooper

Gabe Cooper has been selected as one of the Salina Elementary 2nd Grade Music Super Kid's for September. He is eight-years old; his birthdate is December 22; he has three brothers and one sister. Gabe said he is happiest when he is playing with his friends and his proudest accomplishment was peeling a potato.

Gabe's favorite's are: color, blue; book, Star Wars; ice cream flavor, cookies & cream; sport, baseball; hobby, roller skating; toy, Scooby Doo; holiday, Halloween; T.V. show, Scooby Doo; movie, Chuckie; food, spaghetti; school subject, gym; and pizza topping, cheese.

Anissa Giles

Anissa Giles has been selected as one of the Salina Elementary 2nd Grade Music Super Kid's for September. She is seven-years old; her birthday is February 22; she has two brothers; one sister and 24 pets. Anissa said she is happiest when she is playing with her dogs and her proudest accomplishment is being good at music.

Anissa's favorite's are: color, pink; book, Cat In The Hat; ice cream flavor, chocolate; sport, cheerleading; hobby, playing with dogs; toy, dog; holiday, Halloween; TV show, Wink's Club; movie, The Never Ending Story; food, pizza; pet, dog named "Precious"; school subject, music; and pizza topping, pepperoni.

Alex Kirk

Alex Kirk has been selected as one of the Salina Elementary 3rd Grade Music Super Kid's for September. He is nine-years old; his birthdate is September 22; he has three brothers and two pets. Alex said he is happiest when they were state baseball champions and his proudest accomplishment was hitting a homerun.

Alex's favorite's are: color, red; book, Super Fudge; ice cream flavor, vanilla; sport, basketball; hobby, Play Station 2; toy, race car; holiday, Christmas; T.V. show, Scooby Doo; movie, Superman; food, pizza; pet, kitten named "Sox"; school subject, math; and pizza topping, supreme.

Erika Ford

Erika Ford has been selected as one of the Salina Elementary 3rd Grade Music Super Kid's for September. She is eight-years old; her birthdate is November 28; he has one brother and three pets. Erika said she is happiest when she is staying at Pa Pa's and her proudest accomplishment is playing the piano.

Erika's favorite's are: color, baby blue; book, Titanic; ice cream flavor, chocolate chip cookie dough; sport, basketball; hobby, watching TV; toy, Pookie Bear; holiday, birthday; T.V. show,

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Grade Music Super Kid's for September. She is eight-years old; her birthdate is November 28; he has one brother and three pets. Erika said she is happiest when she is staying at Pa Pa's and her proudest accomplishment is playing the piano.

Erika's favorite's are: color, baby blue; book, Titanic; ice cream flavor, chocolate chip cookie dough; sport, basketball; hobby, watching TV; toy, Pookie Bear; holiday, birthday; T.V. show, Drake & Josh; movie, Uptown Girls; food, strawberries; pet, cat named "Alley"; school subject, PE and pizza topping, extra-cheese.

Sequoyah Sandoval

Sequoyah Sandoval has been selected as one of the Salina Elementary 4th Grade Music Super Kid's for September. He is ten-years old; his birthdate is September 8; he has one brother and one sister. Sequoyah said he is happiest when he is playing football and his proudest accomplishment is getting all "A's" in the third grade.

Sequoyah's favorite's are: color, red; book, Takedown; ice cream flavor, lemon sherbert; sport, football; hobby, video games; holiday, Christmas; T.V. show, wrestling; movie, Jeepers Creepers; food, pizza; school subject, Math; and pizza topping, pepperoni.

Jessi Jordan

Jessi Jordan has been selected as one of the Salina Elementary 4th Grade Music Super Kid's for September. She is nine-years old; her birthdate is March 5; she has one brother; one sister and four pets. Jessi said she is happiest when she is playing basketball and her proudest accomplishment is beating Locust Grove at basketball.

Jessi's favorite's are: color, pink; book, High School Musical 2; ice cream flavor, twist; sport, basketball; hobby, playing basketball; holiday, Christmas; T.V. show, Hannah Montana; movie, High School Musical 2; food, pizza; pet, dog named "Sugars"; school subject, math; and pizza topping, cheese.

Flying Lessons

My ex-wife started taking flying lessons about the time our divorce started and she got her license shortly before our divorce was final, later that same year.

Yesterday afternoon, she narrowly escaped injury in the aircraft she was piloting when she was forced to make an emergency landing in Southern Tennessee because of bad weather. Thank God our kids were with me at the Beach House this weekend.

The NTSB issued a preliminary report, citing pilot error: Judy was flying a single engine aircraft in IFR (instrument flight rating) conditions while only having obtained a VFR (visual flight rating) rating.

The absence of a post-crash fire was likely due to insufficient fuel on board. No one on the ground was injured.

Photographs below were taken at the scene show the extent of damage to her aircraft.

She was very lucky.



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“Joy in the Light”

It was a cool summer evening in June. The sun had left it's warmth behind. The breeze was so slight that the lake seemed like a sheet of glass. The flicker of light from the fireflies caught my attention as they lit just a small portion of the dark as it was meeting the night.

When her mom suggested to the seven year old girl the prospect of capturing the fireflies in a jar the joy and anticipation filled the room. Her joy was heightened with the capture of each fire fly as she ran around the yard from one fly to another. When she returned to the house, as the dusk turned to dark, she was excited and joyful.

She was especially happy that one of the fire flies had landed on her arm. With the light touch of a fire fly God had let Christine know how much love he has for her.

It's a joy knowing God lights up her life.

When they were released each fire fly thanked Christine, with a blink, blink as they flew off into the night.

By John R. Short III

Food For Thought

I dialed a number and got
the following recording:

"I am not available right now, but
Thank you for caring enough to call.
I am making some changes in my life.
Please leave a message after the
Beep. If I do not return your call,
You are one of the changes."

My wife and I had words,
But I didn't get to use mine.

Frustration is trying to find your glasses
without your glasses.

Blessed are those who can give without remembering
And take without forgetting.

The irony of life is that, by the time
You're old enough to know your way
Around, you're not going anywhere.

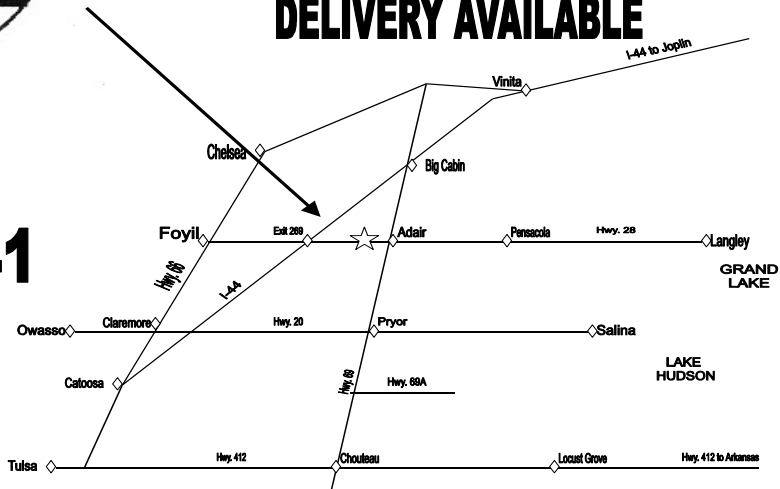


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GLSPS September Dinner Meeting at Megan Cove

The Grand lake Sail & Power Squadron held a recent dinner meeting in the clubhouse at Megan Cove.. After a full 60 minutes of Happy Hour socializing, the meeting was called to order. The first order of business was to quickly suspended the meeting and proceed directly to a tasty barbeque dinner catered by Rib Crib.

The featured speaker for the evening was Captain Debbie Graham of the Island Fever Sailing School on South Grand Lake. Captain Debbie explained how her innate fear of the water was overwhelmed by a beautiful vision of a sailboat seen at sunset from a beach in Florida. She returned to Grand Lake and knowing nothing about boats, let alone how to sail one, she bought a sailboat and dreamed of being a sailor. Now she runs a sailing school where the girls are called Skipper. They can be found online at: www.islandfeversailing.com.

The dinner meeting continued with the installation of two new members, Larry and Donna Reed. Capt. Cook (aka: David Adzigian) reported on the future plans for PWC runs to explore various parts of the lake. Reports were given on the GLSPS Booth at Pelican Fest, and the Nautical Flea Market at Bear's Den Resort.

To conclude the meeting, Commander Terry Chastain presented the coveted "Commander's Cup" award to Jay Spicer for his tireless efforts in support of the Power Squadron's Vessel Safety Check program.



Captain Debbie Graham and her husband, Ken, before her presentation regarding the Island Fever Sailing School.



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Commander Terry Chastain installs new members,
Donna and Larry Reed.



Jay Spicer received the "Commander's Cup" award
for his work with the squadron's Vessel Safety
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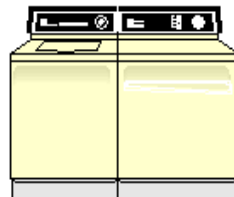
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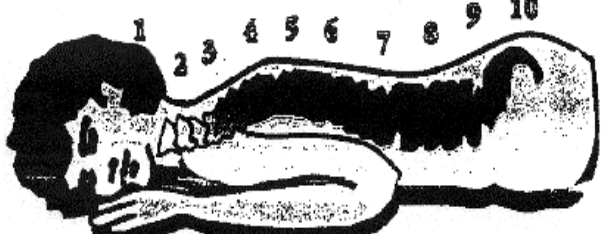


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Prepare Now for Grass Fires That Could Strike Our Area

The California wildfires bring to mind the grass fires that struck northeast Oklahoma around Thanksgiving 2005.

More and more people are making their homes in woodland settings – in or near forests, rural areas or remote sites. There, homeowners enjoy the beauty of the environment but face the very real danger of wildfire.

Reduce your risk by preparing now – *before* wildfire strikes. Meet with your family to decide what to do and where to go if wildfires threaten your area.

Practice Wildfire Safety

Contact your local fire department or forestry office for information on fire laws. Make sure that fire vehicles can get to your home.

Clearly mark all driveway entrances and display your name and address.

Report hazardous conditions that could cause a wildfire.

Teach children about fire safety. Keep matches out of their reach.

Post fire emergency telephone numbers.

Plan several escape routes away from your home – by car and by foot.

Talk to your neighbors about wildfire safety. Plan how the neighborhood could work together after a wildfire. Make a list of your neighbors' skills, such as medical or technical. Consider how you could help neighbors who have special needs, such as elderly or disabled persons. Make plans to take care of children who may be on their own if parents can't get home.

Protect Your Home

Design and landscape your home with wildfire safety in mind.

Select materials and plants that can help contain fire rather than fuel it. Use fire-resistant or noncombustible materials on the roof and exterior structure of the dwelling. Plant fire-resistant shrubs and trees. For example, hardwood trees are less flammable than pine, evergreen, eucalyptus or fir trees.

Regularly clean roof and gutters.

Inspect chimneys at least twice a year. Clean them at least once a year.

Install a smoke alarm on each level of your home. Test monthly and change the batteries two times each year.

Teach family members how to use the fire extinguisher.

Rake leaves, dead limbs and twigs. Clear all flammable vegetation.

Remove dead branches that extend over the roof.

Prune tree branches and shrubs within 15 feet of a stovepipe or chimney outlet.

Ask the power company to clear branches from power lines.

Mow grass regularly.

Store gasoline, oily rags and other flammable materials in approved safety cans.

Stack firewood at least 100 feet away and uphill from your home.

Consider installing protective shutters or heavy fire-resistant drapes.

Keep handy household items that can be used as fire tools: a rake, axe, hand/chainsaw, bucket and shovel.

Plan Your Water Needs

Identify and maintain an adequate outside water source such as a small pond, well, swimming pool or hydrant.

Have a garden hose that is long enough to reach any area of the home and other structures on the property.

Install freeze-proof exterior water outlets on at least two sides of the home and near other structures on the property. Install additional outlets at least 50 feet from the home.

Consider obtaining a portable gasoline-powered pump in case electrical power is cut off.

When Wildfire Threatens

If you are warned that a wildfire is threatening your area, listen to your battery-operated radio for reports and evacuation information. Follow the instructions of local officials.

Back your car into the garage or park it in an open space facing the direction of escape. Shut doors and roll up windows. Leave the key in the ignition. Close garage windows and doors, but leave them unlocked. Disconnect automatic garage door openers.

Confine pets to one room. Make plans to care for your pets in case you must evacuate.

Arrange temporary housing at a friend or relative's home outside the threatened area.

If advised to evacuate, do so immediately.

Wear protective clothing – sturdy shoes, cotton or wool clothing, long pants, a long-sleeved shirt, gloves and a handkerchief to protect your face.

Take your disaster supplies kit.

Lock your home.

Tell someone when you leave and where you are going.

Choose a route away from fire hazards. Watch for changes in the speed and direction of fire and smoke.

If you're sure you have time, take steps to protect your home:

Inside

Close windows, vents, doors, Venetian blinds and heavy drapes. Remove lightweight curtains.

Shut off gas at the meter. Turn off pilot lights.

Open fireplace damper. Close fireplace screens.

Move flammable furniture into the center of the home away from windows and sliding-glass doors.

Turn on a light in each room to increase the visibility of your home in heavy smoke.

Outside

Seal attic and ground vents with pre-cut plywood or commercial seals.

Turn off propane tanks.

Place combustible patio furniture inside.

Connect the garden hose to outside taps.

Set up the portable gasoline-powered pump.

Place lawn sprinklers on the roof and near above-ground fuel tanks. Wet the roof.

Wet or remove shrubs within 15 feet of the home.

Gather fire tools.

Wildfire and other types of disasters can strike quickly and without warning. You can cope by preparing in advance and working with your family to devise a family disaster plan which includes a disaster supplies kit. Discuss with your family why it is important to have a plan and practice your plan frequently.

For additional information on wildfires or other disaster safety tips, contact the Rogers/Mayes County Service Center of the American Red Cross at (918) 343-1803 or visit the website at www.oklahomaredcross.org.



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Why Garlic Is Good for You

Garlic Relaxes Blood Vessels, Increases Blood Flow

The health benefits of garlic have been touted for centuries, but now researchers may have pinpointed at least one reason why.

A new study shows red blood cells process compounds from digested garlic and turn them into the cell messenger hydrogen sulfide (H₂S), which relaxes blood vessels and increases blood flow. Therefore, eating garlic may increase our natural supply of this vital chemical and play a role in reducing the risk of heart disease.

Previous studies on garlic's health effects have produced mixed results. For example, some studies of garlic have found few benefits, but others have been shown to lower the risk of heart disease.

But researchers say if further studies confirm these findings, testing the ability to produce hydrogen sulfide may be used to standardize garlic supplements to produce greater health benefits.

Finding Garlic's Effect

In the study, researcher Gloria Benavides, of the University of Alabama at Birmingham, and colleagues analyzed the effects of juice extracted from supermarket garlic on human red blood cells in the lab.

They found the red blood cells immediately began producing hydrogen sulfide after getting a tiny dose of garlic. The amount of garlic tested in the lab was roughly equal to two garlic cloves for a typical adult.

Further tests showed the key chemical reaction occurred at the membranes of the red blood cells, but a small amount of hydrogen sulfide was also produced inside the cells.

Few plants other than garlic contain the building blocks of hydrogen sulfide to provide these health benefits, and researchers say garlic is the only one commonly used in the human diet.

Their results appear in the *Proceedings of the National Academy of Sciences*.



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And The Winners Are



First Place in the Costume Contest was awarded to Josh Carlisle for his Scarecrow costume and he even gave out creature rings while at the dance



Second Place in the Costume Contest was awarded to Amber Lins for her penguin costume from the movie Surfs Up. She even waddled like one when the judging took place



Third Place in the Costume Contest was awarded to Ronnie Williams for his Daniel Boone costume which looked like a true frontiersman

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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

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E-Mail: communitylinks1999@yahoo.com

Upcoming and Chamber Events

PRYOR LUMBER COMPANY

Monday-Friday

7:30-5:30

Saturday

7:30-5:00

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Chelsea Tag Office

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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

NOVEMBER

November 5 U.S. Navy Band - Time: 7:00 PM Free to the Public (Ticket will be required) Robson Performing Arts Center: For Information and/or Tickets Call 699-7390

November 6 & 7 SRES 3rd & 4th Grade Musical 7:00 PM Robson Performing Arts Center: For Information and/or Tickets Call 699-7390

11/6/2007 & 1/17/07 Integris Grove General Hospital and Ambulatory Care Center 1310 South Main

Grove, OK 74344 CANDY SALE CHERRY RED VOLUNTEER FUND RAISER FROM THE CANDY HOUSE IN JOPLIN TUESDAY, NOVEMBER 6TH AT INTEGRIS GROVE GENERAL HOSPITAL 8:00 A.M. - 4:00 P.M. WEDNESDAY, NOVEMBER 7TH AT AMBULATORY CARE CENTER 8:00 A.M. - 4:00 P.M.

November 7, 2007 PACC FORUM LUNCHEON 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

November 8, 2007 Bravo Company Graduation Cycle 29 Pryor, OK

November 8 WES 3rd Grade Program - 7:00 PM Robson Performing Arts Center: For Information and/or Tickets Call 699-7390

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9-11th: A.A.T.R.C. Team Roping at the Claremore Expo Center. Call Buddy or Kelly Norman at 580-657-3705 for information.

11/10/2007 40 Various Retailers Grove's Annual Christmas Open House Grove Area Retailers

November 10, 2007 9:00 am - 5:00 pm Featuring 40 lake area merchants, this annual Christmas Open House offers shoppers a great time at the lake buying gifts for loved ones and themselves! Visit the many unique shops Grove has to offer and enjoy store specials and sampling gourmet goodies. For further information contact Grove Area Chamber of Commerce at 918-786-9079.

11/10/2007 Patricia Island Estates & Golf Club 4980 Clubhouse Road Grove, OK 74344 Pelican Power Cherokee Nation/Healthy Nation and the Grand Lake YMCA

November 10, 2007 5K & fun run 9:00 a.m. Registration begins at 8:00 a.m. Pre-Registration \$10.00 Race Day \$15.00 Patricia Island Estates & Golf Club, Grove, Oklahoma For further information contact Ida Sue Gray for Pre-Registration at (918)-253-4271 ext. 288

November 15 CHS Band Spectacular - 6:45 PM Robson Performing Arts Center: For Information and/or Tickets Call 699-7390

November 16 Claremore's Best & Brightest Concert - 7:00PM - Robson Performing Arts Center: For Information and/or Tickets Call 699-7390

16th & 17th: Dickens on the Boulevard by Claremore Main Street, Inc. call 918-341-5881 for more information.

17th Festival of Trees This is a benefit for Craig County Crisis Center. The evening consists of dinner, fellowship, live auction, and a silent auction. There will be several Christmas trees decorated by different businesses, which will be sold at silent auction. The festival of trees is a fundraiser for abused women.

18th Christmas Open House Come shop Vinita Area Merchants during this kick off day of the Christmas season. There will be warm apple cider, cookies, and punch to greet customers. The merchants will have Christmas music playing and great ideas for Christmas presents. Downtown Vinita 918-256-7133

November 20 SRES 2nd Grade Thanksgiving Play - 10:00AM Robson Performing Arts Center: For Information and/or Tickets Call 699-7390

November 16 & 17 Dickens on the Boulevard 918-341-5881

DECEMBER

1st: Claremore Christmas Parade; downtown Claremore. Call the Claremore Chamber of Commerce for more information, 918-341-2818.

1st - 22nd: Christmas at the Boulevard continues! Call 918-341-5881 for more information.

December 2nd- Christmas Parade of Homes This event is sponsored by Vinnie Ream Cultural Center. The home tours will consist of several outstanding homes in the Vinita area. The tours will give excellent examples on how to decorate your home for Christmas.

December 6th- Christmas Parade Sponsored by the Vinita Area Chamber of Commerce the annual parade of lights is a winter favorite. The parade begins at 7:00 p.m. in Downtown Vinita. And don't forget to see Santa after the parade at the Chamber of Commerce.

7th: ACRA Rodeo Yearend Finals at the Claremore Expo Center. Contact Paul Williams at 918-633-8343 for more information.

December 15th- Christmas Bucks Giveaway Sponsored by the Vinita Area Chamber of Commerce and the City of Vinita this is an annual event that promotes shopping at home. Thousands of dollars will be given out to consumers who shopped at home. The drawing will take place in downtown Vinita.

Do you have an Upcoming or Chamber event that you would like published?

Please contact us!

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Bubba Goes To Revival

Bubba goes to the revival and listens to the preacher. After the sermon, the preacher asks anyone with needs to come forward and be prayed over.

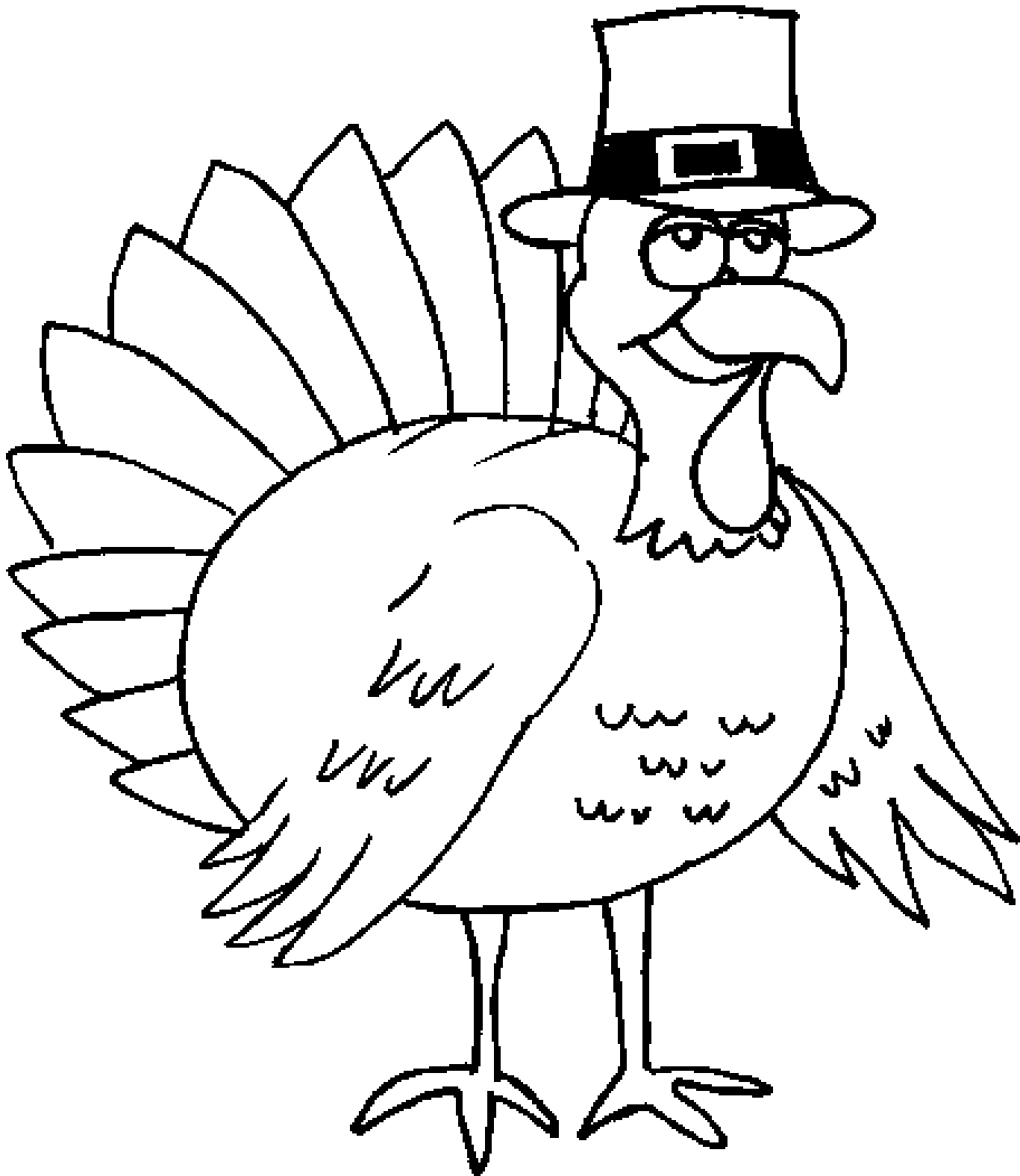
Bubba gets in line and when it's his turn the preacher says, "Bubba, what you want me to pray about?"

Bubba says, "Preacher, I need you to pray for my hearing."

So the preacher puts one finger in Bubba's ear and the other hand on top of his head and prays for a while. After a few minutes, he removes his hands and says, "Bubba, how's your hearing now?"

Bubba says, "I don't know preacher, it's not til next Wednesday."

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Safenet Services would like to thank all the Mayes County supporters who ordered purple roses for domestic violence awareness month.

The first order received was from Rebecca Kemp, pictured with the first delivery, and two more generations of supporters!

The Flower Power campaign "sold out" and Safenet Services, Inc. will definitely order more next year!

Thanks again, Pam

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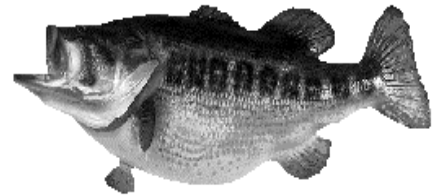
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My timing was perfect.
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The commuter train was still idling at the station as I approached it from behind. I could hear the bell sounding, indicating that the train would be pulling away soon. I picked up my pace and moved closer to the tracks so I could be clearly seen in the driver's rear-view mirror. Surely he or she would wait the 10 seconds it was going to take me to reach the train door closest to me. Surely he or she would.

Or not.

I was within 20 feet of the train when it started to pull away from the station.

"No!" I shouted as I broke into a full gallop – or at least, as full of a gallop as these tired old legs can deliver. "Wait!"

I waved frantically, hoping the operator would see me and take pity on me. But it was no use. The train, as they say, had left the station – and left me standing there on the platform, panting and perspiring and fuming.

"Ten seconds!" I muttered angrily at the operator, who I figured was laughing at the chubby old guy he had stranded. "Ten blasted seconds!"

Only I didn't say "blasted."

Thankfully, no one was close enough to hear my private little train tantrum. The closest person to me was a young woman who was likewise running to catch the train, only she was about 20 yards behind me. I'm sure she saw me waving at the train as it was pulling away, but I don't think she heard . . . you know . . . "blasted."

"Oh, man, that's frustrating," I said, huffing and puffing with exertion and exasperation as the young woman approached.

"I know," she said, smiling a frustrated little smile. "If I had been just a minute faster I could have been on that train."

"Well, yeah," I said. "Or if the train operator had waited just a few seconds . . ."

She shrugged her shoulders. "Well, he's got a schedule to keep," she said without an ounce of animosity. "He can't wait for every straggler. It's his job to leave on time. It's my job to be here on time."

Suddenly I felt guilty – and inspired. Instead of blaming someone else for her predicament she was assuming full responsibility for the elements of the situation over which she had control – something I happen to believe in, but don't always do. I started thinking about everything I could have done that morning that would have allowed me to get to the train station 10 or 15 seconds earlier. I'm embarrassed to admit that it was easy to come up with enough dinking around on my part that I not only would have made that train, but probably the train before that.

And the train before that.

It's a natural thing to want to blame others for our problems. And sometimes it's true: people DO make choices that impact us adversely. But before we get too wrapped up in our anger, we probably ought to take a good, hard look at ourselves. Most of the time we'll find that there are contributing circumstances over which we have some control.

In other words, we're probably part of the "blasted" problem. And our timing isn't as perfect as we thought it was.

ValueSpeak

A Weekly Column

By Joseph Walker



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New Directors Elected to Serve Grand Lake Area Chamber

The Grand Lake Area Chamber announced the newly elected board of directors for 2008 at the General Membership Meeting held October 25. The new slate of directors will be inducted at the upcoming chamber banquet on November 19 and will officially begin their term of office on January 1, 2008.

The new slate of directors' charge is to represent the chamber membership in achieving goals and objective set each year by members of the organization. "The chamber is organized for the primary purpose and goal of promoting economic development, member businesses and tourism," said Cindy Morris, Executive Director of the Grand Lake Area Chamber.

Newly elected board members include: Richard Carriger, Pensacola Pizza & Pasta; Tiffany Green, Pier 13 Liquor; Donna Belt, Arrowhead Yacht Club; Tonya Moorehead, Old Town Bistro; Holly Moore, GRDA; and Rusty Fleming, Around the Pond Promotions/G.L.U.E., elected to again serve a new term.

Board members serving through 2008 and 2009 include: Brent Howard, Howard Classic Boats; Judy Florida, Harbors View Marina; Gary Kirby, Bank of the Lakes; Art Box, Pine Lodge Resort; Linda Goldner, Picture in Scripture; Paula Harbuck, Paula's Acorn; Joe Johnson, Mayor of Vinita; Tiffany McKibben, McKibben & Company Realty; Michelle Robertson & Brian Ruth, Chronicle of Grand Lake; Jim Sellers, The Artichoke; and Jay Vickers, Grand Xplorer.

Board members whose terms end on December 31, 2007 are Joyce Duke, The Shebang Restaurant; Dick Segress, Wavelinx; Becky Roberts, First National Bank; and Pat Hopper, Pensacola Dam Tour Guide. "These directors have been a tremendous resource of expertise, knowledge, and leadership for the Chamber," said Cindy Morris, Executive Director. "And though they each will stay involved with the chamber through committee work, on a task force

or as a member, their enthusiasm and strength will be immensely missed."

The incoming board of directors has a new Business Plan to serve as a road map for future growth and promotion. The plan will assist the board and staff as they build on the future of the area. "Giant steps have been made this past year to reach the goals and objectives set forth last year," said Cindy Morris, Executive Director. "The 2007 and previous Chamber Board of Directors have provided direction, vision and support as this Chamber moved forward. And that work ethic will continue with the 2008 goals and objectives focused on increased economic development efforts, providing additional services to our members and implementing new advertising promotions to visit Grand Lake."

All business owners, managers, and individuals are welcome to be a part of a growing Chamber. For more information about the Grand Lake Area Chamber, contact the Chamber office by calling 782-3214 or via email at info@grandlake.org.



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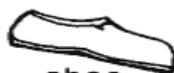
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Why Parents Drink

A boss wondered why one of his most valued employees had not phoned in sick one day.

Having an urgent problem with one of the main computers, he dialed the employee's home phone number and was greeted with a child's whisper.

"Hello?"

"Is your daddy home?" he asked.

"Yes," whispered the small voice.

"May I talk with him?"

he child whispered, "No,"

Surprised and wanting to talk with an adult, the boss asked, "Is your Mommy there?"

"Yes,"

"May I talk with her?"

Again the small voice whispered, "No,"

Hoping there was somebody with whom he could leave a message, the boss asked, "Is anybody else there?"

"Yes," whispered the child, "a policeman".

Wondering what a cop would be doing at his employee's home, the boss asked, "May I speak with the

policeman?"

"No, he's busy" whispered the child.

"Busy doing what?"

"Talking to Daddy and Mommy and the Fireman," came the whispered answer.

Growing more worried as he heard a loud noise in the background through the earpiece on the phone, the boss asked, "What is that noise?"

"A helicopter" answered the whispering voice.

"What is going on there?" demanded the boss, now truly apprehensive.

Again, whispering, the child answered, "The search team just landed in a helicopter."

Alarmed, concerned and a little frustrated the boss asked,

"What are they searching for?"

Still whispering, the young voice replied with a muffled giggle..... "ME"

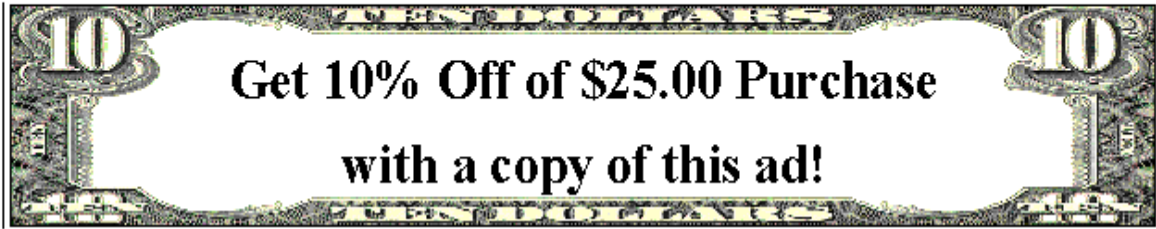
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ESCALATOR ANGEL

It was our problem. Our issue. Our business. But somebody – a total stranger, if you can believe it – decided to stick their nose into it. And I'd just like to say thanks.

We were traveling as a family group – my wife, Anita, her parents and her brother and his wife – and were trying to find a place to sit during a long layover at a busy airport. Brent (Anita's brother), who logs more business flight time than Superman, was leading us to an area where he figured we could find a bench or two for us and our luggage. We dutifully followed him down the airport escalator, with me – as always – bringing up the rear (I don't know why I am always last in line; I think it has something to do with being the youngest of eight children and always being told by my mother that "last is best of all the game" – whatever that means).

We were gliding toward the bottom of the long escalator when I noticed a commotion ahead. As Brent reached the floor below, his sandal somehow became wedged in the collapsible escalator stairs. He struggled to pull away from the mechanical teeth that were chewing up his sandal, and in his struggle he lost his balance and fell back onto his father, who was standing right behind him on the still-moving escalator. Immediately my father-in-law was involved in the same struggle against the suddenly menacing metallic monster, which now was chomping on one of his shoes as well as Brent's sandal, and he fell back against his wife.

The moment is still frozen vividly in my mind. Here at the tail end of a wonderful trip together, we were about to be eaten alive by a mechanical conveyance. Everything seemed to move in horrifyingly slow motion as we all tried to quickly understand what was happening and determine an appropriate response. Should we jump over the hand-rail to the floor 20 feet below? Should we leap down the escalator and try to free Brent and his father and risk making things worse (I have this big, clumsy body and no mechanical ability – believe me, I know all about making things worse)? Should we start running against the crowd back up the escalator?

I was still working numbly through the possibilities – the perfect response finally hit me about 15 minutes later – when a sound caught my attention. At first I thought it was the toothy, motorized beast snarling as it continued to chew away at shoes and pull a full load of dazed travelers inextricably toward its brutal steel jaws. Then I realized it was a cry – not a full-blown scream, but clearly a call for help – coming from my mother-in-law, who was absorbing the brunt of the predicament, stretched out as she was on the escalator

ized it was a cry – not a full-blown scream, but clearly a call for help – coming from my mother-in-law, who was absorbing the brunt of the predicament, stretched out as she was on the escalator steps with her husband, her son and a few odd pieces of luggage piling on top of her.

I reached out for Anita, who was next in line behind her mother and was about to be drawn into the rapidly escalating (if you'll pardon the expression) crisis, just as the escalator stopped. We moved quickly to get everyone up and off the machine. For the next hour we dealt with the aftermath – filling out reports, working with technicians to free one sandal and one shoe from the escalator's "jaws of death," and a much-needed visit with airport paramedics for Anita's mother. Things were just beginning to calm down when I asked my father-in-law, who understands all things mechanical, if the jammed footwear had forced the escalator to shut down.

"No," he said. "Somebody must have hit the emergency 'off' button."

An emergency "off" button? I had seen them on other escalators before, but I hadn't noticed one on this particular escalator.

"It's a good thing, too," Anita's father continued, "because we were about a second away from real serious problems." He glanced at his wife, who was badly cut and bruised during the incident (and who, truth be told, is still suffering with some back problems as a result of the experience), and then back at me. "I hate to think what might have happened if that escalator had been going for even another two or three seconds, with people and suitcases piling up . . ."

I didn't want to think about it, either. But I do want to think about that stranger who had the presence of mind to push the panic button. What are the odds of having the perfect person – someone who was aware of what was going on around them and knew exactly what to do in a moment of alarm – in the perfect position at the perfect time? How grateful we are as a family for our escalator angel, an everyday hero who was willing to get involved in our problem.

Thank you, whoever you are. Feel free to stick your nose into our business anytime.

ValueSpeak

A Weekly Column

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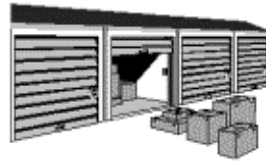
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Someone caught going too fast might well hear the cliché, “Where’s the fire?” Implicit in that question is the assumption that the one going so fast really does not have to use that much speed. Yet the possibility does exist that the need for swiftness is genuine, as with the likes of fire trucks or ambulances.

“Where’s the fire?” Christians know. It’s where Jesus Himself clearly said it is: “*the unquenchable fire*” (Mark 9:43); “*the fire [that] never goes out*” (Mark 9:48); and “*the eternal fire*” (Matthew 25:41). This is where we do not want anyone for unbelief or rebellion or ignorance to go.

So, Christians “fight fire with fire.” We draw upon that same fire of the Holy Spirit that once divided and rested on believers at the first Pentecost, and which St. Paul urged early believers not to put out (1 Thessalonians 5:19). With this fire, the working of God’s Spirit through the means of God’s word and sacraments, we fight to bring others into God’s eternal kingdom.

We Lutherans in northeast Oklahoma along with Lutherans all across our country and around the world have engaged in a movement called “*Ablaze!*” to share the “fireproof”, eternal hope we have through the life, death, and resurrection of Jesus Christ. Want to know more? Contact us!

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Email: www.lutheransonline.com/lo/Groveok

St. John Lutheran Church

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PLAYING GAMES

My little grandson loves to play an aquarium game on the computer. The object of the game is to feed your fish, win points from the "shell money" the fish drop, and keep the monster from eating your fish. At the top of the screen is a place to buy bigger guns if you have collected enough shell money, special food for your baby fish, or pets.

I should say, my grandson likes to watch me play it and win, but lately since he is growing up, he is learning to do these things for himself. He loves to fight the monsters, shooting them until they die, then collecting the "diamonds" that they drop.

God does not expect babies to provide for themselves or fight their own monsters. He lovingly provides other more mature Christians to lead the baby Christians and help them to "fight the monsters" in faith. Church leaders pray with them and for them as well as teach them the Word of God, so that when they get grown up in Christ they can pray for themselves.

God is always watching out for His children. He provides for our needs and takes care of the monsters for us.

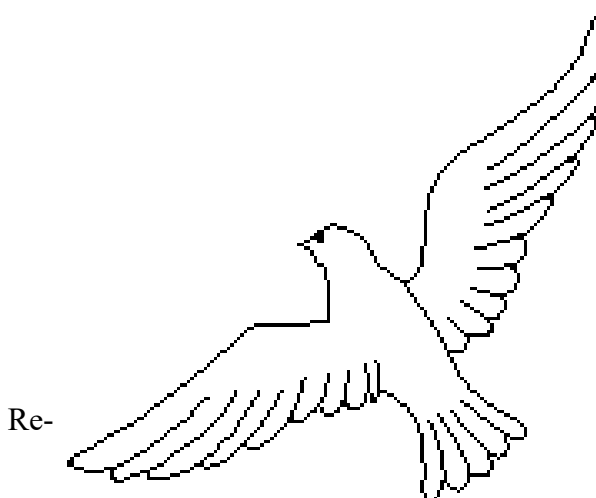
However this is where the analogy ends. God is not some great manipulator in the heavens, playing games with our lives. He is our Father God, who lovingly watches over us, going before us to provide for our every need. All scripture points to the loving God, kind and good that cares deeply for His children.

Jesus spoke of this in Luke 12 (NKJV) when He said, ". . .do not worry about your life, what you will eat; nor about the body, what you will put on. Life is more than food, and the body is more than clothing. . .But seek the kingdom of God, and all these things will be added to you. Do not fear, little flock, for it is your Father's pleasure to give you the kingdom."

Father God takes pleasure in providing for His little children.

Lavon Hightower Lewis

Email me at llewis2138@sbcglobe1.net
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Re-

member this: "It is your Father's pleasure to give you the kingdom." Luke 12:32.

GREAT ADVICE!

If a dog was the teacher you would learn stuff like:

When loved ones come home, always run to greet them.

Never pass up the opportunity to go for a joyride.

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

When it's in your best interest, practice obedience. !

Let others know when they've invaded your territory.

Take naps.

Stretch before rising.

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 to lie on your back in the grass.

On hot days, drink lots of water and lie under a shady tree.

When you're happy, dance around and wag your entire body.

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

Delight in the simple joy of a long walk.

Eat with gusto and enthusiasm. Stop when you have had enough.

Be loyal. Never pretend to be something you're not.

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

When someone is having a bad day, be silent, sit close by and nuzzle them gently.

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"The sirens screamed out eulogies,"
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"A mother, trapped inside her car,"
Was heard above the noise;
Her plaintive plea near split the air:
"Oh, God, please spare my boys!"
She fought to loose her pinned
hands;
"She struggled to get free,"
But mangled metal held her fast
In grim captivity.
Her frightened eyes then focused
"On where the back seat once had
been,"
But all she saw was broken glass and
Two children's seats crushed in.
Her twins were nowhere to be seen;
"She did not hear them cry, "
"And then she prayed they'd been
thrown free, "
"Oh, God, don't let them die! "
Then firemen came and cut her
loose, "
"But when they searched the back, "
"They found therein no little boys, "
But the seat belts were intact.
They thought the woman had gone
mad
"And was traveling alone, "
"But when they turned to question
her, "
They discovered she was gone.
Policemen saw her running wild

And screaming above the noise
"In beseeching supplication, "
Please help me find my boys!
They're four years old and wear
blue shirts;
"Their jeans are blue to match.""
"One cop spoke up, ""They're in
my car, "
And they don't have a scratch.
They said their daddy put them
there
"And gave them each a cone, "
Then told them both to wait for
Mom
To come and take them home
"I've searched the area high and
low, "
But I can't find their dad.
"He must have fled the scene, "
"I guess, and that is very bad."
"The mother hugged the twins and
said, "
"While wiping at a tear, "
"He could not flee the scene, you
see, "
"For he's been dead a year."
"The cop just looked confused and
asked, "
"Now, how can that be true? "
"The boys said, ""Mommy, Dad-
dy came
"And left a kiss for you."" "
He told us not to worry
"And that you would be all right, "
And then he put us in this car with
"The pretty, flashing light. "
"We wanted him to stay with us, "
"Because we miss him so, "
"But Mommy, he just hugged us

tight "
And said he had to go.
He said someday we'd understand
"And told us not to fuss, "
"And he said to tell you, Mommy, "
"He's watching over us."
The mother knew without a doubt
"That what they spoke was true, "
" For she recalled their dad's last
words, " " I will watch over
you."
The firemen's notes could not ex-
plain
"The twisted, mangled car, "
And how the three of them escaped
Without a single scar.
"But on the cop's report was
scribed, "
"In print so very fine, "
An angel walked the beat tonight on
Highway 109.



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Hours: M F 8 am 5 pm
Sat. 8 am noon

INVENTIONS

History of Ambulance

During the Crusades of the 11th Century, the Knights of St. John received instruction in first-aid treatment from Arab and Greek doctors. The Knights of St. John then acted as the first emergency workers, treating soldiers on both sides of the war of the battlefield and bringing in the wounded to nearby tents for further treatment. The concept of ambulance service started in Europe with the Knights of St. John, at the same time it had also become common practice for small Rewards to be paid to soldiers who carried the wounded bodies of other soldiers in for medical treatment.

The Surgeon-in-Chief of the French Grand Army, "Baron Dominique Larrey" created the first official army medical corp. in 1792. Trained attendants with equipment moved out from the field hospitals to give first-aid to the wounded on the battlefield and/or carried them back by stretcher, hand-carts and wagons to the field hospitals.

Motorized ambulance vehicles have been in use since the beginning of the 20th century. In the 1950's the United States pioneered helicopter-ambulances during the Korean War. In 1968, St. Vincent's Hospital in New York City started the first mobile coronary care unit.

History of Fuel Cells

Hydrogen Fuel Cells
Innovation For The 21st Century

In 1839, the first fuel cell was conceived by Sir William Robert Grove, a Welsh judge, inventor and physicist. He mixed hydrogen and oxygen in the presence of an electrolyte, and produced electricity and water. The invention, which later became known as a fuel cell, didn't produce enough electricity to be useful.

In 1889, the term "cell" was first coined by Ludwig Mond and Charles Langer, who attempted to build a working fuel cell using air and industrial coal gas. Another source states that it was William White Jaques who first coined the term "fuel cell." Jaques was also the first researcher to use phosphoric acid in the electrolyte bath.

In the 1920's, fuel cell research in Germany paved the way to the development of the carbonate cycle and solid oxide

fuel cells today. In 1932, engineer began his vital research into fuels cells.

Early cell designers used porous platinum electrodes and sulfuric acid as the electrolyte bath. Using platinum was expensive and using sulfuric acid was corrosive. Bacon improved on the expensive platinum catalysts with a hydrogen and oxygen cell using a less corrosive alkaline electrolyte and inexpensive nickel electrodes.

It took Bacon until 1959 to perfect his design, when he demonstrated a five-kilowatt fuel cell that could power an welding machine. Francis T. Barcon, a direct descendent of the other well known Francis Bacon, named his famous fuel cell design the "Bacon Cell."

In October of 1959, Harry Karl Ihrig, an engineer for the Allis-Chalmers Manufacturing Company, demonstrated 20-horsepower tractor that was the first vehicle ever powered by a fuel cell.

During the early 1960's, General Electric produced the fuel-cell-based electrical power system for NASA's Apollo space capsule. General Electric used principles found in the "Bacon Cell" as the basis of it's this today, the electricity is provided by fuel cells, and the same fuel cells provide drinking water for crew.

NASA decided that using nuclear reactors was too high a risk, and using batteries or solar power was too bulky use in space vehicles. NASA had funded more than 200 research contracts exploring fuel-cell technology, bringing the technology to a level now viable for the private sector.

The first bus powered by a fuel cell was completed in 1993, and several fuel-cell cars are now being built in European and in the United States. Daimler Benz and Toyota launched prototype fuel-cell powered cars in 1997.

Food for Thought

The irony of life is that, by the time
You're old enough to know your way
Around, you're not going anywhere.

God made man before woman so as to
give him time to think
Of an answer for her first question.

I was always taught to respect my el-
ders,
But it keeps getting harder to find
one.

*

Every morning is the dawn
of a new error.

The quote of the month is by Jay Leno:

"With hurricanes, tornados, fires out of
control, mud slides, flooding, severe
thunderstorms tearing up the country
from one end to another, and with the
threat of bird flu and terrorist attacks,
"Are we sure this is a good time to take
God out of the Pledge of Allegiance?"



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Library News



CHELSEA FAMILY PHARMACY

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(918) 789-2241
 406 W. 6th Street
 Chelsea, OK. 74016
 Fax: 789-3705
 Chad Jones, Pharm. D.
 Drew Turner, D.Ph.

CHELSEA PUBIC LIBRARY

618 Pine * Chelsea, OK 74016
 (918) 789-3364

HOURS:

Tues-Fri . 9:00am to 6:30pm
 Sat. 9:00am to 1:00pm
 Sun. & Mon Closed

Literacy Reading Program is available at the library. Please call for information.
 265 New Books for all ages. A MUST come and see for the whole family.

DELAWARE COUNTY LIBRARY

429 S. 9th St. Jay, OK 74346
 918-253-8521 fax 918-253-8726

Web: www.codls.lib.ok.us/jay.html

Mon., Wed., and Fri. 8:30-5:00
 Tues. and Thurs. 8:30am-9:00pm
 Sat. 9:00am-1:00pm

Closed Sundays and holidays

Saturday Storytime at 10:30am

3rd Wed. Books and Buffet potluck program at noon.

Continuous used book sale in lobby.

Summer reading Program iJune 2 thru July 28th

GROVE PUBLIC LIBRARY

Hours Sunday Closed

Mon. 8:30am-5:00pm

Tues. 8:30am-9:00pm

Wed. 8:30am-5:00pm

Thurs. 8:30am-9:00pm

Fri. 8:30am-5:00pm

Sat. 8:00am-12:00pm

LANGLEY PUBLIC LIBRARY

Hours

Mon. - 9 to 12 & 1 to 5

Tues. - 9 to 12 & 1 to 6

Wed. - 9 to 12 & 1 to 5

Thurs. - 9 to 12 & 1 to 6

Fri. 9 to 12 & 1 to 5

Library is closed Sat. & Sun.

MIAMI PUBLIC LIBRARY

(918) 542-3064

Hours:

Sun. - 1:00pm to 5:00pm

Mon. - 9:00am to 8:00pm

Tues. - 9:00am to 5:00pm

Wed. - 9:00am to 8:00pm

Thurs. - 9:00am to 8:00pm

Fri. - 9:00am to 5:00pm
 Sat. - 9:00am to 5:00pm
 Genealogy Department - Call for hours open

PRYOR PUBLIC LIBRARY

(918) 825-0777

HOURS:

Monday & Thursday - 1:00 PM-9:00 PM

Tuesday, Wednesday and Friday - 9:00

AM-5:00 PM

Saturday - 9:00AM-12:00 Noon

Sunday - Closed

Genealogy second Monday of each month at 7:00 PM.

VINITA PUBLIC LIBRARY

215 W. Illinois Vinita, OK. 74301

(918) 256-2115

HOURS:

Mon. 12 to 7pm

Tues. 12 to 6pm

Wed. 12 to 6pm

Thurs. 12 to 7pm

Fri. 12 to 6pm

Sat. 12 to 3pm

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

Eastern Trails Museum New Fall and Winter Open times: 1:30pm to 4:00pm. Days Closed Tuesday & Saturday & Sunday. & Holidays. All on volunteer time from out of town Please call Wanda Norton (918) 256-2115

Literacy Reading Program is available at the library. Please call for information.

Genealogy 1:00 PM-4:00 PM Monday-Friday. Please call ahead to assure time and days.



Defining Forces

You hear the jokes about the war, and make fun of men like him.

He hears the gunfire, bombs and screams of the wounded.

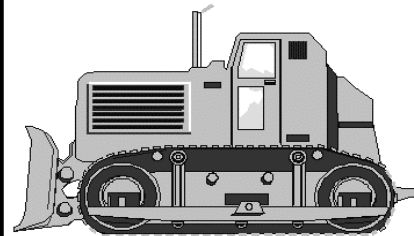
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Senior Citizen's

AFTON SENIOR CITIZENS 201 SW First Street, Afton, OK (918) 257-5506

2nd Monday Every Month – Music
6:30pm to 10:00pm
2nd Wednesday Every Month – Pot
Luck Dinners

Every Thursday Night – Recreation
& Card Games 6:30pm to 10:00pm. Dominoes, Pool ETC.

BIG CABIN SENIOR CITIZEN'S Seniors Welcome

CHELSEA SENIOR CITIZEN'S

Open Mon, Wed. & Fri. Meals on M.W.F
Homebound in City Limits. 618 Pine (918) 789-2326

COMMUNITY ACTION RESOURCE & DEVELOPMENT INC; Formerly known as WA-RO-MA SENIOR CITIZEN'S

Announcements:

Senior Citizen's open Monday-Friday
7:00 AM-1:00 PM.

Lunch served daily at 11:30 AM.
Seniors 60+ \$1.50 all others \$3.50

We serve 450 meals per day to Pryor,
Locust Grove, Disney and Salina.

Bingo held on Monday and Friday.

JAY SENIOR CITIZEN'S CENTER INC. 816 Main / PO Box 382 Jay, OK. (918) 253-8405

Open Mon-Fri. 7:30am to 1:00pm

Lunch served Mon-Fri 11am to 12:30pm No Reservation Necessary. Senior 55 and over \$3.00 donation, 54 and under \$3.50, Children 10 and under \$1.25.

Home deliveries with in city limits of Jay \$2.50 Please call by 10:30am for deliveries. All meals include salad bar and drinks and are all you can eat.

Tuesday and Friday Dominoes

Pool and Cards everyday

Lions Club 2nd & 4th Tuesdays and noon

OHCE 2nd Monday at 11:30am

Narcotics Anonymous Tues. & Sat. at 7pm

Crafts for sale in our craft room. All crafts 15% off the first week of every month. Come check us out.

Meeting room available for different groups. Give us a call. We also do catering Thank You

Rosalie Holt, Manager

Ketchum Senior Center

Open Mon, Tues, Wed, 11:30am-12:30

Great hot Meals...All Seniors Welcome
DOCS GROVE SENIOR CITIZENS CENTER

145 E. O'Daniel Parkway, Grove, OK
74344 (918) 786-6310

Fun, Fellowship, Friends, Good Meals, Caring,
Loving One Another.

All Seniors WELCOME!

Open Mon-Fri 8:00 a.m. to 3:00 p.m. Hot meals served Mon-Fri at 11:30 A.M. Meal reservation needed (call day before or before 8:30 a.m. same day. If you call after business hours, leave message on telephone answering machine). Seniors 60 and older. Meals are paid for on a donation basis; recommended donation is \$2.00. Home deliveries, call to make arrangements and for info.

Bingo - 1st and 3rd Mondays,
10:00 a.m.

Line Dance - Every Monday and 1st, 2nd, 4th, and 5th Thursday and every 3rd Friday - 7-9 p.m.

Exercise - Every Tuesday and Thursday - 12:15 p.m.

Blood Pressure Test, Free - 4th Wednesday, 9:30-11:30 a.m.

Birthday Party (monthly) - 4th Friday, 11:30 a.m.

Viet Nam Vets Wives Meeting - 2nd and 4th Tuesday, 7:00 p.m.

Alzheimer's Disease Support Group - 3rd Thursday, 10:00 a.m.

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

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

Pool (Billiards) - M-F, 8:00 a.m.-3:00 p.m.

Pool Tournaments (Billiards) - When they come up (announced).

Crafts, puzzles, games, conversation, and free use of game computer - M-F, 8:00 a.m.-3:00 p.m.

Newsletter, meal calendar (shows which meals will be served), and events calendar - 1st of every month.

Linda J. McAhren, Manager

LANGLEY SENIOR CITIZEN'S

Cancer Support Meeting Every Monday Night at 6:30 pm at the St Francis of Rome Catholic Church Langley

PRYOR CREEK SERTOMA CLUB - SENIOR CITIZEN'S BUILDING SERTOMA SENIOR CITIZEN'S

Announcements:

Tuesday and Friday buffets \$2.50 for Senior Citizen's (50+, guests and children)

VINITA SENIOR CITIZEN'S

North Park, 222 W. Sequoyah
Vinita, OK 74301

(918) 256-8270

Announcements:

Blood Pressure taken every Friday 12:00-2:00 PM.

Free Hearing Tests-1st and 3rd Wednesday each month.

Hot noon meals each day, reservation necessary, \$1.50 donation.

Recreation-card games, dominoes, pool, etc.

Bingo each Friday at 1:30 PM.

Assisted shopping-every Wednesday.

Open Monday-Friday 8:30 AM.-4.00 PM.



www.okstatebank.com

120 West Canadian, Vinita, OK. 74301

(918) 256-5585

Hwy 82, Langley, OK. 74350

(918) 782-0011

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JEWELS FROM THE WORD

ABUNDANCE OF THINGS

Our ladies group at church had a clothing exchange. Then later we did a purse exchange, then a jewelry and knick-knack exchange. When we did the purse exchange I had everyone empty their purses into a large bowl and then we went around the table having each person explain what she carried in her purse.

Some women are all hung up on name-brand accessories. I would name some of the brands, but I honestly can't. I don't know any of them. My idea of shopping

is to spend a couple of hours at "The Store" in town. If I had to go to Tulsa or Joplin to buy new clothes, I would do without.

Don't feel bad for me though. I have a closet full of clothes, drawers full of stuff, cabinets full, pantry full, linen closet full. I have books and magazines everywhere, in bookshelves, in the bathroom, on the coffee table. (And I have read them all!)

However, lately I have been trying really hard to get rid of stuff. Several years ago when I moved, I gave 5 garbage bags of clothing and other stuff to a local charity, plus threw away 10-year-old magazines and papers. I have been going through papers, shredding old bank statements and checks and filing the most important.

In Luke 12:15 NKJV, Jesus said, "Take heed and beware of covetousness, for one's life does not consist in the abundance of things he possesses." My possessions do not determine who I am.

My life is more than the name brand of clothing I wear and the designer purse I carry.

Have you ever thought that hoarding stuff is a form of greed or covetousness? Yes, that was a staggering thought to me too. I guess it is time to start giving some more of it away.

No wonder Jesus said it is more blessed to give than to receive.

Lavon Hightower Lewis

Email me at

llewis2138@sbcglobal.net

Learn how to pray for your children

With my new email group,

<http://groups.yahoo.com/group/howtoprayforyourchildren>

Remember this: My possessions do not determine who I am.



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