

# LINKS

FREE

VOLUME 7, ISSUE 16

*"The Little Green Paper"*

February 5th, 2007

## Community Links

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## Have A Heart Campaign Receives Donation



**Pictured are members from Iota Tau of Beta Sigma Phi  
sorority presenting a \$1,000 donation to Safenet  
Services, Inc.**

**Donna Grabow, Executive Director of Safenet Services; Annette  
Livengood; Becky Lawson, presenting for Iota Tau; Kim Larmon;  
Kathy Keating, Safenet Services Therapist for Pryor; (seated)  
Sally Blair, Cheryl Perkins, and Kendall Ruffin**



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The proceeds were the result of a successful Silent Auction this fall and will be used for Safenet Services' shelter campaign, *Have a Heart For Those Who Have Broken Ones*. This facility will be utilized for residents of Rogers and Mayes County that need emergency shelter due to domestic violence. Safenet Services is very thankful to the Iota Tau members who worked so hard and for all the public support to make this project such a success.

Safenet Services is a United Way program and certified through the Office of the Attorney General.

Donations and volunteers are always welcome, call 825-0190!

## ANNOUNCEMENTS ANNOUNCEMENTS ANNOUNCEMENTS

Due to weather and road conditions, we have decided to postpone the Tourism Buzz Session scheduled in Beaver, OK on Thursday, Jan. 18<sup>th</sup>. We have rescheduled the Tourism Buzz Session for **FEB 7<sup>th</sup> from 1:30 to 3:30 at the Beaver Chamber of Commerce.**

**FALSE INFORMATION** An Article ran in an earlier issue about being able to input your PIN number in backward if you were being "Forced" to withdraw money **HAS BEEN FOUND FALSE**. Many area banks are NOT aware of any such action.

## LINKS HOMETOWN OKLAHOMA!"

**"Special Edition Series.**

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 March 1<sup>st</sup> Edition will be featuring Tragic events, Unsolved Mysteries & Outlaws in Oklahoma. If you have information please write or call us.**

**Many Thanks to those who sent in information for the Outstanding Oklahomans: All Fields!**

**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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# Community Partnership Looks for Location for Craig County Community Clinic

VINITA, Okla.-The Craig County Community Partnership is seeking a location for the Craig County Community Clinic, The Craig County Community Clinic plans to provide health care for the medically underserved in Craig County.

Local non-profit agencies saw the need for a free clinic when services were not being provided to those who cannot afford health care. The Partnership is hoping by providing a free clinic that emergency room visits for primary care will be eliminated.

Currently the clinic has health care that are willing to volunteer their services. The partnership is seeking a location to be donated or leased for minimal cost. Also, the partnership is looking for residents of Craig County that would have an interest in serving on the board, volunteering or providing resources.

Please contact a coalition member if you would be interested in helping with the free clinic. We are currently in need of a location for the clinic, furniture, equipment, volunteer staff ( including nonhealth professional) . The next Craig County Community Clinic meeting will be Wednesday, February 7 at noon located Craig General Hospital in the classroom.

- Linda Jones, Craig County Health Dept  
256-7531
- Marcheta Magnon, Grand Lake Mental Health,  
256-6476
- Misty Bingham, Craig General Hospital,  
256-7551
- Rebecca Fincher ,  
918-902-7561
- Janea Hogan , Craig County Health Dept.  
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- Carolyn Elmer , Craig county Community  
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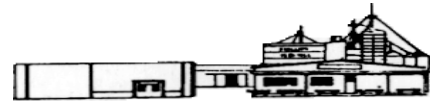
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# A BROKEN HEART

by Bob Perks

She walked into the room and his eyes lit up.

She didn't have to say a word. Just being there was proof enough that she loved him. They had both lost someone they loved. So this day, of all days, was a difficult one. She wanted to make this work. She was hurt, lonely and afraid. It wasn't supposed to be this way.

But the fact was he knew how she felt. There was an obvious pain in his heart, too. So the one thing that strengthened their love for each other was heartache -- the most sorrowful kind.

Their eyes locked. He smiled and she responded. He had a special way of bringing a smile to her face. It was the little things he would do that would touch her heart. But we all know that the essence of true love and commitment is in the little things.

She stood there in the doorway and he motioned to her to sit next to him. Not trusting the childish grin he now had on his face, she hesitated for a moment, but gave in. She always did.

She sat at the far end of the couch teasing him, he quickly responded by sliding right next to her. She laughed and he knew it was alright. He seemed to be stumbling for just the right words. There was an awkward moment of silence between them.

In an effort to calm his nerves she reached over and held his hand. He looked at her with a grateful smile and returned the favor by placing his hand on hers.

They looked at each other again, somehow knowing that this was a difficult time for both of them.

Then suddenly he reached behind the pillow placed strategically nearby.

He pulled out a large red envelope and nervously handed it to her.

She snapped back with a look of surprise because she really hadn't expected this.

"Wait, this goes with it," he said. Then he handed her a small box, wrapped perfectly in white tissue paper of hearts and flowers.

She couldn't believe what was happening. How could he have pulled this off? And why?

"Now," he said, "read the card."

In great anticipation she ripped the envelope without hesitating. She wanted desperately to see what he had to say to her. She hung on every word.

It read as follows:

*I know that this isn't easy for you. It has been a tough year for both of us. I know that Valentine's Day is a special day for people in love.*

*I am sure that you would rather be out at a fancy dinner, I'm*

*sorry. But I want you to know that... I love you.*

*I know that Valentines are supposed to get chocolate. I went to the store today to buy some for you. I got the last piece. I told the clerk it was just perfect.*

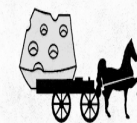
She stopped for a moment and looked at him. Her eyes sparkled in the light as tears formed in each corner. He knew he had done the right thing.

Slowly she unwrapped the box, careful not to rip the paper for she was sure that this was a keeper, a moment she will never forget.

Removing the lid she found a chocolate heart that was broken into pieces along with a note:

*The lady said all she had left was a broken heart. I told her so did we. I am so sorry that Dad left us, Mom. But I just wanted you to know we still have each other.*

*Happy Valentines Day,  
Love, Your son,  
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# STALKING

## MYTHS & REALITIES

**Only celebrities are stalked.**

1.4 million people are stalked every year in the United States. We may hear more about celebrity stalking cases in the media, but the vast majority of stalking victims are ordinary citizens.

**If you ignore stalking, it will go away.**

Stalkers seldom "just stop." In fact, behaviors can turn more and more violent as time goes on. Victims should seek help from advocates, law enforcement, and the courts to intervene to stop the stalking.

**Stalking is creepy but not dangerous.**

Stalking is creepy and dangerous. Three out of four women who were murdered by an intimate partner had been previously stalked by the killer.

**Stalking is annoying but not illegal.**

Stalking is a crime under the laws of all 50 states, the District of Columbia, and the federal government.

**You can't be stalked by someone you are still dating.**

If your current girlfriend or boyfriend tracks your every move or follows you around in a way that causes you fear, that is stalking.

**Modern surveillance technology is too expensive and confusing for most stalkers to use.**

Stalkers can buy surveillance software and hardware for as little as \$30 and can easily track victims' every move on a computer.

**If you confront the stalker, he'll go away.**

Stalkers can be unreasonable and unpredictable. Confronting or trying to reason with a stalker can be dangerous.

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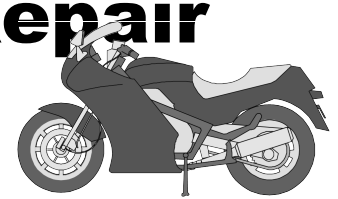
This document was developed under grant number 2004-WT-AC-00050 from the Office on Violence Against Women (OVW) of the US Department of Justice. The opinions and views expressed in this document are those of the author(s) and do not necessarily represent the official position or policies of the Office on Violence Against Women of the U.S. Department of Justice. All rights reserved.



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## Want a Happy Marriage? Be Nice, Don't Nitpick True Compatibility Doesn't Exist, so Shrug off Little Conflicts

Thermostat settings. Dirty socks. Toothpaste caps. Our little habits make our spouses crazy. But no two people are ever truly compatible, so quit nitpicking each other, relationship experts advise. Save the battles for the big issues -- and you'll have a happy marriage.

Susan Boon, PhD, a social psychologist at the University of Calgary in Alberta, Canada, teaches classes in interpersonal relationships. A few years ago, she picked up the book, *Seven Principles for Making Marriages Work*, by John Gottman, MD, psychologist, relationship researcher for 30 years, and founder of The Gottman Institute in Seattle. Ever since discovering the book, Boon has recommended it to her students.

### Secrets of a Happy Marriage

Long-lasting, happy marriages have more than great communication, Boon says. "Dr. Gottman brings up something no one ever talks about -- that irreconcilable differences are normal, that you just have to come to terms with them, not try to resolve the unresolvable. On some level, that should have been obvious, but it hasn't been," she tells WebMD.

Most marriage therapists focus on "active listening," which involves paraphrasing, validating, affirming your spouse's feedback, says Boon. "That's all well and good and may help you get through some conflicts in a less destructive way. But, as Dr. Gottman puts it, 'you're asking people to do Olympic-style gymnastics when they can hardly crawl.' Many people will fail at those techniques. Research indicates that most people are dissatisfied with the outcome of marital therapy, that the problems come

back."

In happy marriages, Boon points out, couples don't do any of that!

Instead, you must be nice to your partner, research shows. Make small gestures, but make them often. "The little things matter," says Boon. "What a happy marriage is based on is deep friendship, knowing each other well, having mutual respect, knowing when it makes sense to try to work out an issue, when it is not solvable. Many kinds of issues simply aren't solvable."

Learn how to identify issues that must be resolved, that can be "fruitfully discussed," she notes. "Learn to live with the rest. Just put up with it. All you do is waste your breath and get angry over these things that can't be changed. You're better off not trying to change them. Work around them. Commit to staying together, even though this is something you don't like."

A long-lasting, happy marriage is about knowing your partner, being supportive, and being nice. Research shows that, "for every one negative thing you do, there must be five positive things that balance it out," Boon tells WebMD. "Make sure to balance the negatives with positives. Your marriage has to be heavily in favor of the positives."

While it sounds easy -- and while it can be easy -- this commitment to being nice is no small matter, Boon says. "You have to do nice things often. But it's harder to be nice when the heat is on, when you're really angry, or when something has happened for the 15th time. Nevertheless, the balance must be heavily, heavily stacked in the positive,

to have a happy marriage."

Also, couples must stay in touch with their special ways of repairing the relationship, Boon says. "It can be humor; it can be whatever helps diffuse the escalating heat. In happy marriages, couples naturally do this. They deflect the anger, and get back on an even keel."

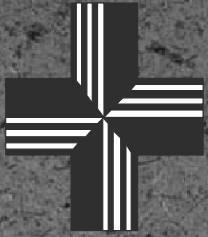
### A Happy Marriage Means Respecting Spouse

It's true, research has shown that couples in satisfying, happy marriages have more positive emotions in their interactions -- including discussions of problems, says Shae Graham Kosch, PhD, director of the behavioral medicine program in community health and family at the University of Florida at Gainesville.

Kosch has been married (to the same man) for 32 years. She has counseled unhappy couples just as long.

"Most marital conflicts don't ever get resolved," she tells WebMD. "There are always issues around in-laws, children. Solving the problems doesn't really matter. What's crucial is keeping things positive. You have to accept the other person's perspective, have an appropriate discussion without getting critical or blaming."

Other tips from Kosch: Men in good relationships don't react emotionally during conflicts. Men in bad relationships are more likely to withdraw from the discussion. They might actually leave the room, look at the ceiling, or tune out the conversation. Wives in negative relationships also get entrenched in their particular viewpoint



# S.A.S.S.Y.

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and ultimately feel greater anger and contempt.

Your attitude toward your spouse plays a huge role, she adds. "Couples that have good marriage have mutual respect and understanding of each other -- discussions of their differences -- will stay together."

The Myers-Briggs personality test helps couples tune into their own psyches -- whether they are sensing or feeling type, decisive or perceiving, or flexible. "It helps them get into themselves help their relationships. "It's a self-measurement. It doesn't say that anyone is too rational or emotional. We all have these characteristics; in some cases, one is more dominant."

Most importantly, for a happy marriage, be committed to your partner's perspective, she tells WebMD. "Have patience to understand, make changes in yourself, and find ways to get out of negative communication patterns -- negotiation doesn't escalate. Sometimes that couple just can't move forward and develop what I call 'manure-colored glasses.'"

One trick that works: Discussing conflict over the phone, rather than face to face. "That removes the cues. She won't see him looking at the ceiling; he won't see her rolling her eyes. It keeps things more positive."

### Step by Step to Resolving Issues

"Conflict is common, and a healthy dose of it is OK," says Terri Orbuch, PhD, a research professor at the Institute for Social Research at the University of Michigan in Ann Arbor. She's also a family therapist and the "Love Connection" host on Detroit radio station.

In her research, Orbuch has studied one good way for the past 16 years. "How you deal with it, that's what makes a happy marriage," she tells WebMD. "You have to be calm. You cannot be at problem-solving best when you're angry. Come back to the situation when you're not, and you'll have a whole new perspective."

Also, pick your battles. "You can't have everything. We call it 'kitchen sinking' -- bringing up everything that happened five, 10 years ago," says Orbuch.

For a happy marriage, here's how to deal with conflict. Bring it up in a nonthreatening way. "Be direct, but not calling," she advises.

Bring up specific issues or behaviors, rather than personality qualities. In a happy marriage, there's no attacking the person. "Bring up the specific time, how you felt about it, then people can change the behavior," Orbuch tells WebMD. "Otherwise, they don't know what to do about it, they're boxed in."

Use "I" statements. Instead of "you're a very messy person" say "I'm really bothered when you put clothes on the floor." Such statements show how you feel about a specific behavior, and that's important in a happy marriage, she says.

Try to stay calm. Studies show that the calmer you are, the more you will be taken seriously, she says. "Take a breath, count to 10, breathe. Try to be nonthreatening."

Take a break. "If you're going back and forth, if you find your blood pressure going up, take minutes or seconds," she says. "Don't take hours. If you take too long, it festers in the other person, they've had time to analyze it; you're dismissing their feelings and opinions, dismissing them."

Don't bring it up at night. Choose the right time -- not when people are tired, hungry, when the kids are all around, when you've got a deadline at work. Those are not best times."

Consider your spouse's point of view, if you want a truly happy marriage. "I'm a true believer in this," says Orbuch. "Studies show that every single action has a different meaning depending on if you are male, female, your race, your background. That is important to remember in conflict resolution."

Her research "has shown, time and time again, that conflict is not important, that how you manage conflict, how you handle it over the long haul, really is important to a happy marriage," Orbuch tells WebMD. "I'm a big believer in direct, meaningful communication -- but you have to choose the right time."

Also, compromise is necessary in long-term relationships, she adds. "But each partner has to feel that it's reciprocal. One can't feel that they're making all the compromises." When one spouse makes all the compromises, it's uncomfortable for both -- not just the one giving in.

"You have to remember there are ebbs and flows in relationships," Orbuch says. "There will be times when you're making the compromises. But there will be other times when your partner is making them. As long as in the long-term things are reciprocal, that's what is important."

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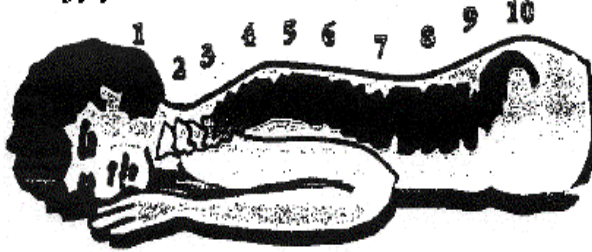
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## Kids Korner

By Faye Love

Well. Here I am again, with some wonderful, exciting news as I promised. Paul and I were going to Africa. This was the only country we had not visited. We went first to Johanasburg. This is a large, busy city. Not at all like the other places we would visit. As usual we met the ruling parties and presented our peace plan and, I sang my song of peace over each place we visited. As we traveled farther into the interior, strange stories began to filter into our conversations with the African people.

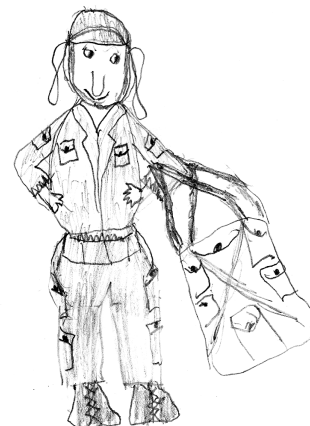
The stories were of a huge green dragon that protected all the villages from fighting each other. For centuries Africa was a peaceful nation, but a few years ago the guardian dragon disappeared. Another dragon took his place, but being a female, she had no fire or long claws to control the fighting between tribes. Some of the tribes got together and managed to trap and kill her. As we traveled further into the jungle, the stories got even stranger. I gave all our guards and Paul the ability to understand their language. I didn't want them to miss a word of these stories. Frankly, I was beginning to doubt my own mind. I wanted to see if they all heard the same thing. Maybe we could do a little exploring.

As we had accomplished everything the President had asked of us, we were now free to do whatever we wanted to do. We tried to send the body guards home, but they refused to go. They had been with us all these months, and if we were going on a FUN adventure, they wanted to go too. At the next village, which was the last one we would come to, we traded our jeeps for backpacks and food. We could no longer drive through the jungle and we had a long trek ahead of us. A young man of the village agreed to guide us through the jungle. As we didn't know what we

would find, we checked our guns to be sure we had plenty of ammunition. The guide armed himself with a bow and arrow dipped in Cure'. Cure' is a deadly poison found a certain plant which they use for big game when they go hunting for food. He also armed us all with machetes to cut away the jungle growth so we could pass through.

The native guide constantly babbled about dragons coming to his village soon to destroy it because they had become a warrior tribe. He beat his chest, grinned and said he was not afraid. He would kill the dragons himself and be a big hero. Maybe then his girl would marry him. We traveled for 3 days and on the 4<sup>th</sup> day we heard a very strange noise like a huge cat purring. I turned to ask our guide what it was, but he was running as fast as he could back in the direction of his village. He was clearly terrified. He wasn't going to be a hero today, that's for sure.

For the next 2 hours, we tried to follow the sound. Suddenly Paul shouted and pointed upwards. We were looking straight up at a huge mountain. The top was shrouded in a weird, green fog, which kept it from being seen from the air. The noise appeared to be coming from somewhere within the mountain. Oops, sorry folks, but I've run out of time. Next issue will be even more thrilling. Can you guess how this adventure will turn out?





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## OMBUDSMAN VOLUNTEERS NEEDED

### WHAT IS AN OMBUDSMAN?

An Ombudsman is a person who visits with residents living in long-term care facilities and informs them of their rights. Ombudsman Volunteers are available to residents and their families. Volunteers listen to the residents concerns they may experience with staff, family or other agencies associated with their care in the facility. They do informal problem solving and support residents and families in solving their own problems. An Ombudsman helps to improve the quality of life and the quality of care available for the residents.

The volunteers in this area are very committed to the program and the residents serve. Several of the Ombudsman Volunteers in the area have been with the program for many years. The volunteers say the residents count on their coming and look forward to their weekly visits. To become a volunteer in the Ombudsman Program, the applicant must have a concern about older people; be able to work with many types of personalities without being judgmental; be responsible; be willing to follow problems through to their resolution; be able to accept training and supervision; be able to spend at least two hours per week in the program;

and be free from conflict of interest.

The next Ombudsman Volunteer Training is scheduled for Thursday February 8<sup>th</sup> and 15<sup>th</sup>, 2007 from 9:00 a.m. – 4:00 p.m. at the Miami Senior Citizens Center, 2104 Denver Harner Drive, Miami. Evening or weekend training is available upon request.

Anyone is welcome to attend the training without being certified as an Ombudsman Volunteer. For more information please contact Trisha Dodd or Lahona Young, Ombudsman Supervisors at Grand Gateway Area Agency on Aging at 1-800-482-4594.

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F A

## Safenet Services considered for a Reynold's Foundation Grant.

Good News! - Safenet Services has been selected to be considered for a Reynold's Foundation Grant.

There will be an important *community needs focus group* meeting 2/22/07 @ 12:00 (location to be announced). This will be led by Donna Grabow and Sue Mosher from Segue Counseling.

As most of you know, we are trying to raise funds to build at least a 25 bed facility for residents of Rogers and Mayes Counties.

Please put this on your calendar and feel free to invite anyone in law enforcement, judicial system, social services, etc.

We will need you to RSVP (via e-mail if possible) with an approximate # in attendance and with what agency.

Tentative Menu: Soup & Salad/\$5

Thank you, Pam

**Safenet Services, Inc.**

21 N. Vann, Unit 4

Pryor, OK 74361

Phone 918-825-0190

Fax 918-825-1451

[mcsafenet@sbcglobal.net](mailto:mcsafenet@sbcglobal.net)

Pam - Advocate/Monday - Friday 9:00 to 5:00

Kathy, LCSW - Therapist/Tuesday & Thursday 9:00 to 5:00

## Things To Ponder:

Can you cry under water?

How important does a person have to be before they  
Are considered assassinated instead of just  
murdered?

When you "put your two cents in" why are you only  
Offered "a penny for your thoughts"? Where is that  
Extra penny going to?

Once you're in heaven, do you get stuck wearing  
The clothes you were buried in for all eternity?

Why does a round pizza come in a square box?

What disease did cured ham have?

How is it that we put a man on the moon before we  
Figured out it would be a good idea to put wheels on  
Luggage?

Why is it that people say they "slept like a baby"  
When babies wake up like every two hours?

If a deaf person has to go to court, is it still  
Called a hearing?

Why are you IN a movie, but you're ON TV?

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## Six Layers and a Chip Dip

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- 2 cloves garlic
- 2 teaspoons kosher salt
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can pinto beans, drained and rinsed
- 2 teaspoons chili powder
- 2 tablespoons water
- 1 tablespoon extra-virgin olive oil
- 2 cups lowfat shredded Cheddar
- 2 ripe avocados, preferably Hass
- 1 jalapeno, stemmed, finely chopped, (with seeds for more heat)
- 2 cups chopped romaine lettuce
- 1 1/2 cups nonfat yogurt, preferably Greek
- 1/2 cup fresh cilantro, leaves and some stems, roughly chopped, plus more for garnish
- 3 ripe medium tomatoes, diced
- 5 scallions (white and green), thinly sliced
- Baked tortilla chips, for dipping

On a cutting board, smash the garlic cloves, sprinkle with 1 teaspoon of the salt, and, with the flat side of a large knife, mash and smear the mixture to a coarse paste. Put the garlic, beans, chili powder, water, and olive oil in the bowl of a food processor and blend until smooth. Spread in the bottom of a 2 quart casserole or gratin dish, or in individual sized dishes, as desired.

Scatter the cheese over the beans. Halve and seed the avocados, then mash with the jalapeno and another teaspoon of salt in a small bowl. Spread a layer of the avocado over the cheese, and then scatter the lettuce on top.

Mix the yogurt with the cilantro and then spread over the lettuce. Add a layer of tomatoes and finally scatter the scallions on top. Chill until ready to serve.



**Gary Spencer**

Insurance Agent

Lakewood Plaza

Langley, Oklahoma  
[gary.spencer@aaaok.org](mailto:gary.spencer@aaaok.org)

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# Chelsea B

By Terry Smith

We sure had quite an ice storm that our state on January 19<sup>th</sup>. It didn't clear the following day, leaving up to 6 inches of h sleet in some areas! Thousands of electric power and some even lost their w were set up across the state. The end res governor Brad Henry declared all 77 cour area. This made it possible for Pr approve federal aid for Oklahoma.

There were no schools in session t January 15<sup>th</sup>. Chelsea schools resumed January 22<sup>nd</sup>, much to the disappointment children! I was surprised at the condition roads, though! Some of them are still haz slid taking my granddaughter, Tianna, to by the high school had been sanded and p ones by McIntosh Elementary had not! I much trouble the school busses had picki who lived out of town. Several schools v on January 22<sup>nd</sup>: White Oak and Vinita am

We never lost our electric, thank g did what most everyone else did a groceries, candles, ect. Before the winter in. The snow storm that we had in Nover called the "Storm of the Century". I won ice storm will be remembered as? I hope Chelsea managed to stay safe and winter storm. Until next time, take care!

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# Upcoming and Chamber Events

## PRYOR LUMBER COMPANY

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**Saturday**

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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.

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

1<sup>ST</sup> 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.

3<sup>rd</sup> 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.

### FEBRUARY

February 7, 2007 PACC FORUM LUNCHEON Mayor Jimmy Tramel will deliver his Annual State of the City Address 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](http://www.pryorok.com) Web: [info@pryorok.com](mailto:info@pryorok.com)

February 8, 2007 Business After Hours 5:00 PM to 7:30 PM DoubleTree Hotel Downtown 616 W. 7th Street Tulsa OK 74127 Presented by: United Ford Hosted by: DoubleTree Hotel Downtown

2/9/2007 to 1/11/07 - 9th Annual Home & Garden Show 3pm CIVIC CENTER 1720 S. Main Grove, OK 74344 (918)786-9079 Hosted by: Grove Area Chamber of Commerce & Greater Grand Lake Home Builders Assoc. \*This annual event features over 75 exhibits of home and garden products. "How to" seminars and demonstrations and cooking shows are held throughout the weekend. Hosted by the Grove Area Chamber of Commerce.

Feb 9-11<sup>th</sup> SCT Presents "Picnic"- call 227-2169 for info. In Sapulpa

February 10 – Collinsville Valentines Dinner

2/10/2007 Mardi Gras Gala Mark your calendars for the Mardi Gras Gala at the Oklahoma Aquarium, February 10th from 7:00 pm to midnight. It's an elaborate celebration of the New Orleans spirit, complete with a recreation of Bourbon Street, authentic cuisine, live music, a casino and a premier silent auction. All funds raised will benefit Aquarium expansion projects such as a home for the sea turtles. Tickets are \$150 per couple. Table sponsorships are available beginning at \$1,500 by contacting Teri Bowers, 528-1505 [tbowers@okaquarium.org](mailto:tbowers@okaquarium.org). More to come!

## **GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:**

1. No matter how hard you try, you can't baptize cats.
2. When your Mum is mad at your Dad, don't let her brush your hair.
3. If your sister hits you, don't hit her back. They always catch the second person.
4. Never ask your 3-year old brother to hold a tomato.
5. You can't trust dogs to watch your food.
6. Don't sneeze when someone is cutting your hair.
7. Never hold a Dust-Buster and a cat at the same time.
8. You can't hide a piece of broccoli in a glass of milk.
9. Don't wear polka-dot underwear under white shorts.
10. The best place to be when you're sad is Grandpa's lap.

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**Do you have an Upcoming or  
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 like published?**

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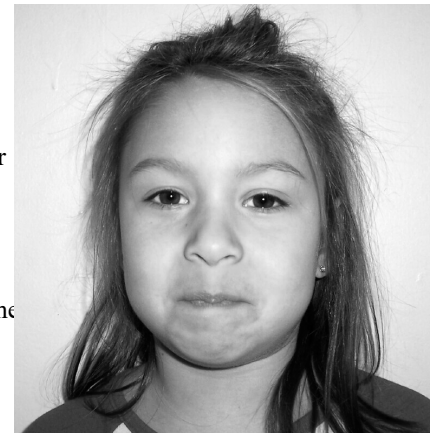
# SALINA ELEMENTARY DECEMBER MUSIC SUPER KIDS

**Each month a boy and a girl, from each grade K-4, are named as Salina Elementary Music "Super Kids of the Month." Selection is based on overall class participation and good behavior. Congratulation's to this months winners.**



Peyton Byrd has been selected as one of the Salina Elementary Kindergarten Music Super Kid's for December. He is six-years old; has three brothers and two sisters. Peyton said he is happiest when he goes somewhere and his proudest accomplishment is being selected as a "Music Super Kid."

Peyton's favorite's are: color, red; book, Horses; ice cream flavor, vanilla; sport, t-ball; hobby, playing Duck Duck Goose; toy, bear; holiday, Christmas; TV show, Mr. Whiskers; movie, Cars; food, weinies; school subject, spelling; and pizza topping, sausage.



Kylie Arthurs has been selected as one of the Salina Elementary Kindergarten Music Super Kid's for December. She is five-years old; has one brother; two sisters and four pets. Kylie said she is happiest when she sees her friends and her proudest accomplishment is being selected as a "Music Super Kid."

Kylie's favorite's are: color, purple; book, Beauty & The Beast; ice cream flavor, orange; sport, basketball; hobby, swimming; toy, Barbie Dolls; holiday, Christmas; TV show, Bratz; movie, Bench Warmers; food, macaroni & cheese; pet, puppy name "Cheyenne"; school subject, music; and pizza topping, pepperoni.



Nash Lynn has been selected as one of the Salina Elementary 1st Grade Music Super Kid's for December. He is seven-years old; his birthdate is Oct. 12; has two brothers and two sisters. Nash said he is happiest when his mom tickles him and his proudest accomplishment is getting to play and not clean.

Nash's favorite's are: color, blue; book, Dinosaurs; ice cream flavor, twist; sport, soccer; hobby, X-Box; toy, cars; holiday, Easter; T.V. show, Scooby-Doo; movie, Cody Banks; food, sandwich; school subject, homework; and pizza topping, pepperoni.

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Kaylee Hipp has been selected as one of the Salina Elementary 1st Grade Music Super Kid's for December. She is six-years old; her birthday is February 4; has one brother; one sister and three pets. Kaylee said she is happiest when she sees her cousin Nicky and her proudest accomplishment was catching her cousin Nena..

Kaylee's favorite's are: color, blue; book, Green Egg's & Ham; ice cream flavor, Bunny Tracks; sport, soccer; hobby, catching leaves; toy, stereo; holiday, Easter; TV show, Scooby Doo; movie, Fern Gully, The Last Rain Forest; food, pizza; school subject, music; and pizza topping, cheese.

Alex Kirk has been selected as one of the Salina Elementary 2nd Grade Music Super Kid's for December. He is eight-years old; his birthdate is September 22; he has three brothers and two pets. Alex said he is happiest because he was selected as a "Music Super Kid" and his proudest accomplishment is getting an A+ on a spelling test.

Alex's favorite's are: color, blue; book, Green Egg's & Ham; ice cream flavor, vanilla; sport, basketball; hobby, Play Station 2; toy, race cars; holiday, Independence Day; T.V. show, Scooby Doo; movie, Superman; food, pizza; pet, wolf named "Boomer"; school subject, math; and pizza topping cheese.

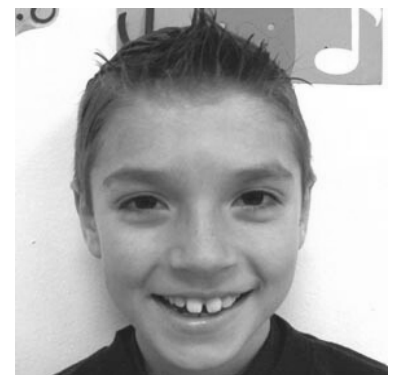


Shaylee Morgan has been selected as one of the Salina Elementary 2nd Grade Music Super Kid's for December. She is seven-years old; her birthday is June 22; has one sister and one pet. Shaylee said she is happiest when she is playing with her dog and her proudest accomplishment is being good at basketball.

Shaylee's favorite's are: color, lime green; ice cream flavor, cookie dough; sport, basketball; hobby, riding her bike; toy, Build-A-Bear; holiday, Christmas; TV show, Suite Life of Zack & Cody; movie, High School Musical; food, Pizza; pet, dog named "Spot"; school subject, English; and pizza topping, cheese.

Coby Backward has been selected as one of the Salina Elementary 3rd Grade Music Super Kid's for December. He is eight-years old; his birthdate is April 8; has one sister and one pet. Coby said he is happiest when he wins a ballgame and his proudest accomplishment was when his baseball team won state.

Coby's favorite's are: color, blue; book, Ghost Hunters; ice cream flavor, chocolate; sport, basketball; hobby, collecting baseball cards; toy, Play Station 2; holiday, Christmas; T.V. show, Myth Buster's; movie, RV; food, pizza; pet, dog named "Roscoe"; school subject, reading; and pizza topping, cheese.



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Kari Nichols has been selected as one of the Salina Elementary 3rd Grade Music Super Kid's for December. She is nine-years old; her birthdate is January 11; has four brothers; two sisters and two pets. Kari said she is happiest when her family visits and her proudest accomplishment is helping her mom clean.

Kari's favorite's are: color, purple; book, Junie B. Jones; ice cream flavor, chocolate; sport, softball; hobby, playing softball; holiday, Christmas; T.V. show, Sponge Bob; movie, Sponge Bob; food, pizza; pet, bird named "Lollypop"; school subject, math and pizza topping, cheese.

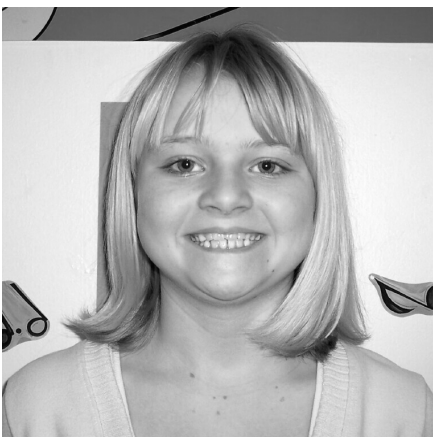
Joseph Blevins has been selected as one of the Salina Elementary 4th Grade Music Super Kid's for December. He is eleven-years old; his birthdate is September 26; he has three sisters and eight pets. Joseph said he is happiest when he hunts and his proudest accomplishment was passing third grade.

Joseph's favorite's are: color, blue; book, Boxcar Children; ice cream flavor, twist; sport, football; hobby, hunting; toy, gun; Game Boy SP; holiday, Independence Day; T.V. show, Bill Dance; movie, XXX; food, corn; pet, dog named "Marit"; school subject, reading; and pizza topping, supreme.



Sarah Taylor has been selected as one of the Salina Elementary 4th Grade Music Super Kid's for December. She is nine-years old; her birthdate is March 28; has one brother and three pets. Sarah said she is happiest when she visit's her dad and her proudest accomplishment is when she got an "A" in Science..

Sarah's favorite's are: color, blue; book, June B. Jones; ice cream flavor, strawberry; sport, basketball; hobby, riding bikes; toy, piano; holiday, Christmas; T.V. show, Reba; movie, Mary Kay Ashley; food, nacho's; pet, cat names "Suzy"; school subject, math; and pizza topping, cheese.





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1. Give God what's right -- not what's left.
2. Man's way leads to a hopeless end -- God's way leads to an endless hope.
3. A lot of kneeling will keep you in good standing.
4. He who kneels before God can stand before anyone.
5. In the sentence of life, the devil may be a comma -- but never let him be the period.
6. Don't put a question mark where God puts a period.
7. Are you wrinkled with burden? Come to the church for a face-lift.
8. When praying, don't give God instructions - just report for duty.
9. Don't wait for six strong men to take you to church.
10. We don't change God's message -- His message changes us.
11. The church is prayer-conditioned.
12. When God ordains, He sustains.
13. WARNING: Exposure to the Son may prevent burning.
14. Plan ahead -- It wasn't raining when Noah built the ark.
15. Most people want to serve God, but only in an advisory position.
16. Suffering from truth decay? Brush up on your Bible.
17. Exercise daily -- walk with the Lord.
18. Never give the devil a ride -- he will always want to drive.
19. Nothing else ruins the truth like stretching it.
20. Compassion is difficult to give away because it keeps coming back.
21. He who angers you controls you.
22. Worry is the darkroom in which negatives can develop.
23. Give Satan an inch and he'll be a ruler.
24. Be ye fishers of men -- you catch them and He'll clean them.
25. God doesn't call the qualified, He qualifies the called.
26. Read the Bible! -- It will scare the hell out of you.

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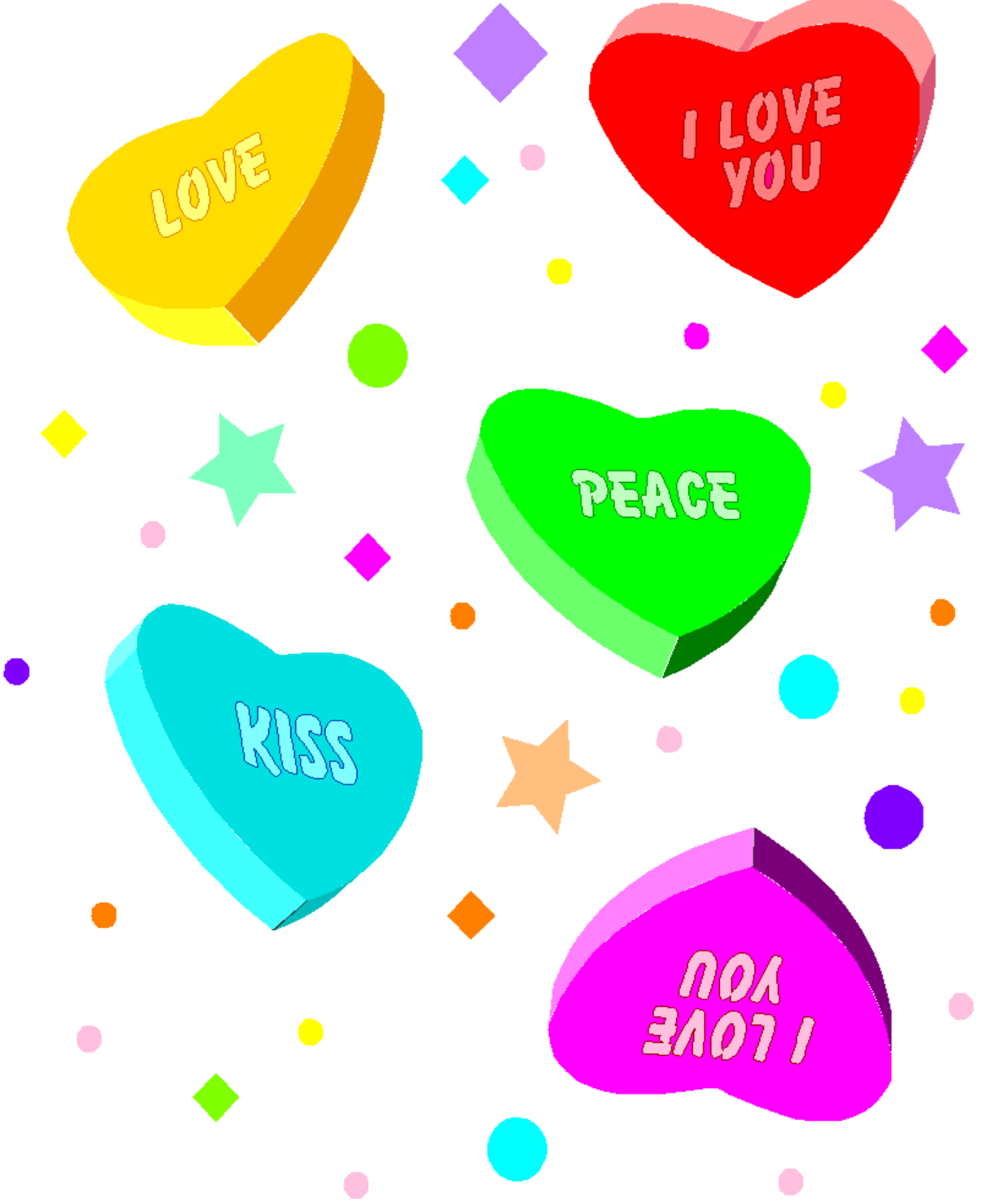
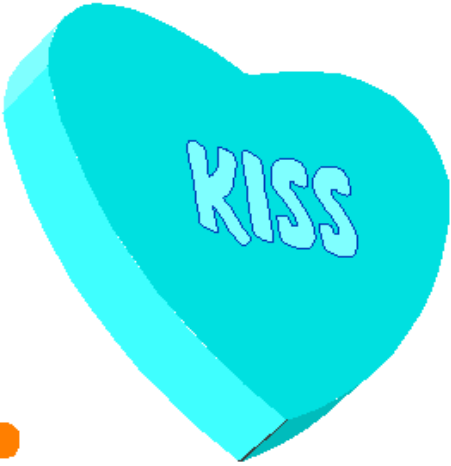
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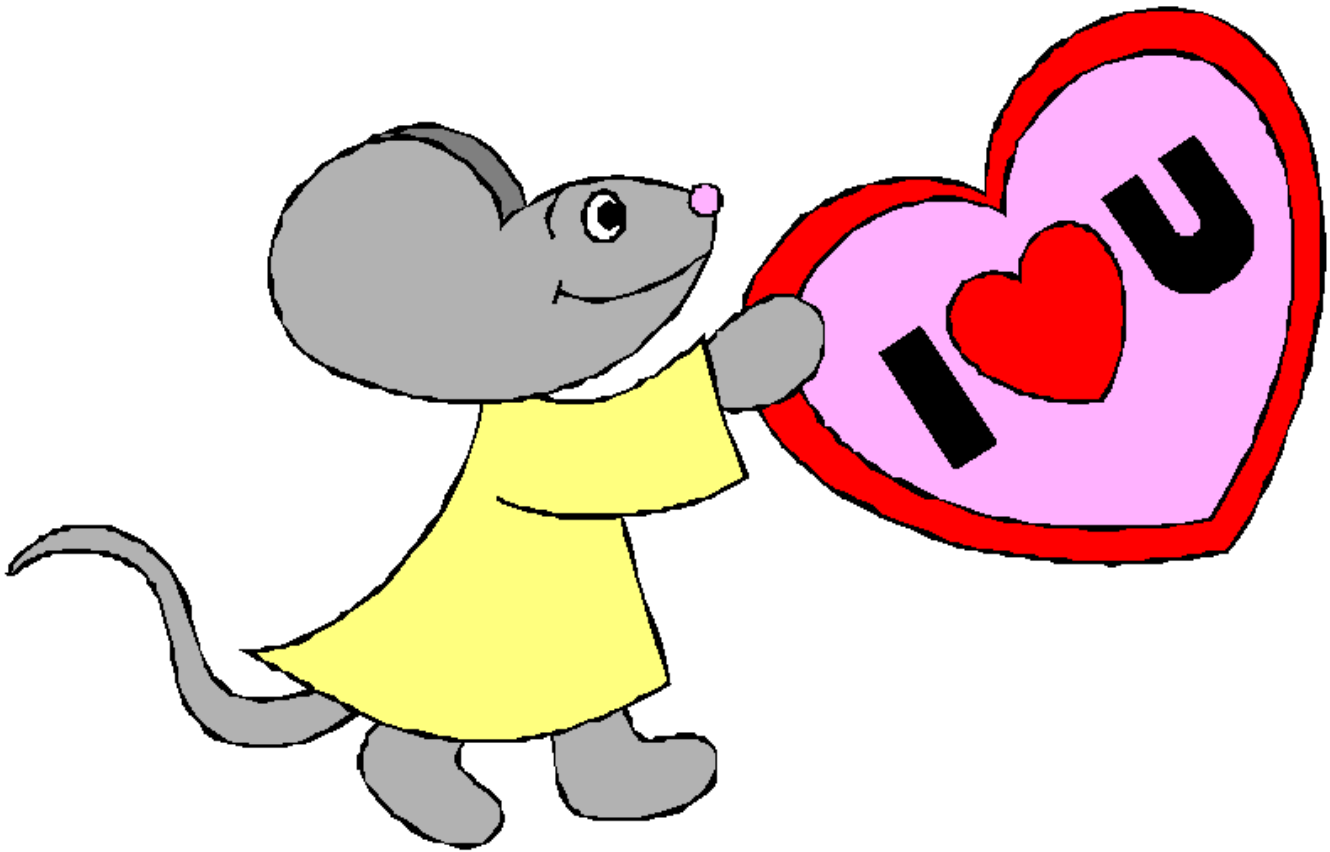
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appointed Recreation Commission. The Lieutenant Governor is assured a position on the board by virtue of state statutes; however, the Chair, Vice Chair and Secretary of the Commission are appointed by the Governor.

"This Centennial year provides us a unique opportunity to showcase our state and promote Oklahoma tourism," said Lt. Governor Askins. "I am eager to start work with the members of the Commission to seize the moment and build upon our state's incredible success in tourism and recreation."

"The appointment of Lieutenant Governor Askins as the Chair of the Commission is very exciting for our department and industry," Tourism Executive Director Hardy Watkins said. "She brings a high-level of enthusiasm and a distinguished background in state government that will most certainly propel us to new heights."

Also appointed this week were Melvin Moran as Vice Chair and Becky Switzer as Secretary. Moran, a member of the Commission since May of 2003, operates the Jasmin Moran Children's Museum in Seminole. Switzer, also a member of the Commission since May of 2003, was the former women's gymnastics coach for the University of Oklahoma and recently retired from the university's sports marketing office.

Watkins said the appointments of Moran and Switzer were a "homerun" by the Governor. "Commissioners Moran and Switzer have been extremely dedicated to our mission; their leadership has been invaluable guiding this agency through many obstacles during their time on the board," Watkins said. "Having enthusiastic members as support in the two other leadership roles will help to make the Lieutenant Governor's transition that much easier."

The Tourism & Recreation Commission consists of eight members serving six-year terms, with the Lieutenant Governor serving as an ex officio voting member. Members are appointed by the Governor and confirmed by the State Senate. There must be one member from each of the state's five congressional districts and three at-large members.

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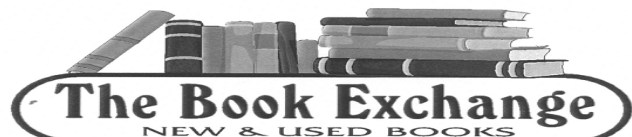
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## Weight Loss Surgery Soars in U.S.

More than 9 Times as Many Went Under Knife to Lose Weight in 2004 vs. 1998

Jan. 11, 2007 -- Weight loss surgery is soaring in the U.S., especially among baby boomers and women, a government report shows.

Weight loss, or bariatric, surgery is for morbidly obese people and those who are obese with serious medical conditions related to their weight. Perhaps the best known type of this surgery is gastric bypass surgery.

The new report shows bariatric surgery was nine times more common in 2004 than in 1998 in the U.S.

In 1998, 13,386 bariatric surgeries were performed on people of all ages. That figure rose to 121,055 in 2004.

Most of those operations were gastric bypass surgeries, according to the report by the Agency for Healthcare Research and Quality (AHRQ).

### Boomers Lead Trend

The fastest growth in bariatric surgery was among people aged 55-64, but younger adults and teens also became more likely to opt for it.

"This report shows that more Americans are turning to obesity surgery and that an increasing number of younger people are undergoing these procedures," says AHRQ Director Carolyn Clancy in an AHRQ news release.

"As the rate of obesity continues to climb, the health care system needs to be prepared for continued escalation in the rate of this surgery and its potential complications," Clancy says. Bariatric surgery was 20 times more common among people aged 55-64 in 2004 than six years earlier (772 surgeries in 1998; about 15,800 in 2004).

People 45-54 had more than a tenfold increase in bariatric surgeries, rising from 3,320 in 1998 to about 35,900 in 2004.

### Younger Adults Getting Weight Loss Surgery

Meanwhile, weight loss surgery grew sixfold in adults 18-44 during the years studied.

In 2004, more than 36,700 of those 35-44 got bariatric surgery, as did more than 30,400 adults 18 to 34.

Teens and older adults are also being caught up in the trend.

In 1998, there were too few bariatric surgery patients in these two age groups to count, says the AHRQ.

In 2004, 349 teens aged 12-17 and more than 1,400 adults 65 and older got bariatric surgery.

### Men, Women Getting Weight Loss Surgery

Bariatric surgery increased for both sexes but was more common among women. Women accounted for about eight in 10 bariatric surgery patients in 2004, the study shows.

The number of bariatric surgeries performed on men rose more than eight times higher during the years studied, from 2,527 in 1998 to nearly 21,000 in 2004.

Bariatric surgeries performed on women increased more than nine times, from nearly 10,860 in 1998 to about 99,300 in 2004.

Bariatric surgery can have complications, but the report shows a drop in the hospital inpatient death rate.

In 2004, 230 patients died in hospital stays in which bariatric surgery was performed, down nearly 80% from 1998, according to the report.

If you're considering weight loss surgery, ask your doctor about the risks, benefits, and a long-term healthy lifestyle plan to keep the pounds off.

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# SAYING GRACE

"God is great, God is good  
 Let us thank Him for our food."

We used to say grace or the blessing over our food at every meal, when I was a kid. Now when we have guests or when it's a holiday, we usually have someone say the blessing. But it isn't a habit like it used to be.

Did you ever wonder what the practice of saying Grace or blessing the food means? Most denominations pray over food. There are a couple of scriptures that point to this practice. Exodus 23:25 says "You shall serve the Lord your God: He shall bless your bread and water and I will take sickness from your midst." 1Tim 4:4-5 "For every creature of God is good, and nothing to be refused, if it be received with thanksgiving: For it is sanctified by the word of God and prayer."

When you think of the outbreaks of disease (like the E. Coli from undercooked beef), it only makes good sense to bless our food. Only God knows what kind of contaminants are in our food. Although we need to be informed and make wise food choices, there are times that we have no choice in the matter.

Saying grace over the food is not some good luck charm or chant. When we teach our children those cute rhymes to bless the food, we also need to teach them the meaning. We could say something like this, "When we bless our food, God takes sickness out of it. And when we thank God for our food, He makes sure we have all the food we need." There is something else we can do at the end of our meal. Deut. 8:10 says, "When thou hast eaten and art full, then you shall bless the Lord your God..."

What a revolutionary thought! Saying the blessing at the end of the meal.

Lavon in Oklahoma

Email me at [llewis2138@sbcglobal.net](mailto:llewis2138@sbcglobal.net)

Learn how to pray for your children with my new email group,

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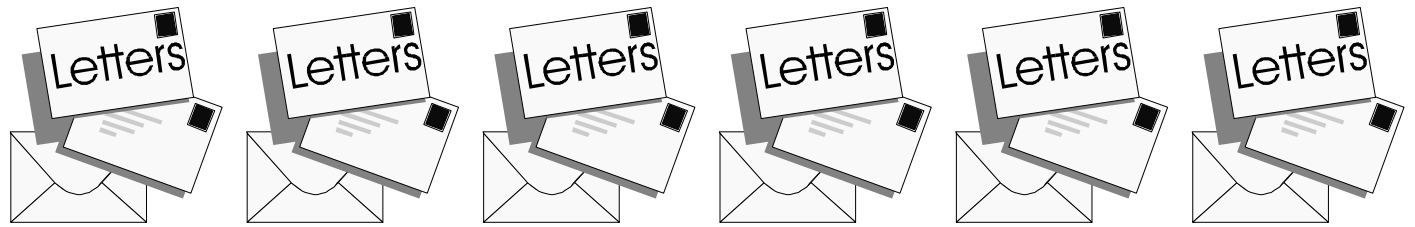
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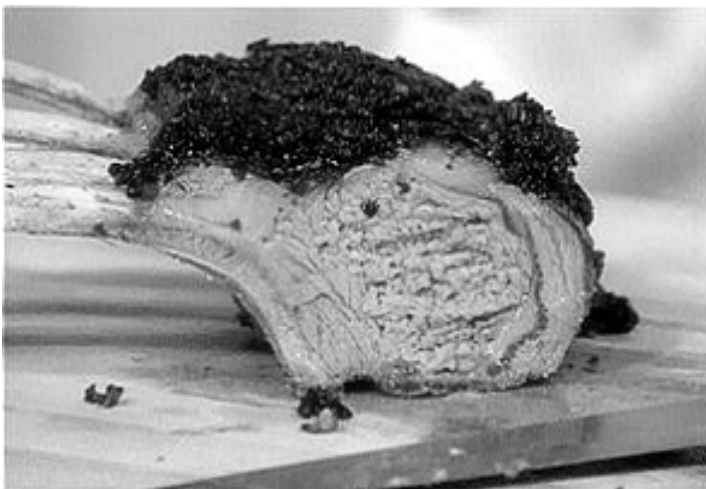
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## Rack of Lamb with Caramelized Shallots and Thyme Crust



In a small skillet, heat oil over moderate heat until hot but not smoking and cook shallots with salt and pepper, stirring, until golden, about 5 minutes. Add vinegar and boil until liquid is evaporated. Remove skillet from heat and stir in bread crumbs and thyme. Season with salt and pepper, to taste.

Season lamb with salt and pepper. Heat vegetable oil in a saute pan and sear the lamb on all sides. Transfer, rib side down, to a small roasting pan. Spread the meat side with mustard and pat on crumb mixture, making an even coating. Roast lamb in middle of oven until a meat thermometer registers 120 degrees F for medium-rare, about 25 to 30 minutes.

Carefully transfer lamb to a cutting board and let stand 5 to 10 minutes. Slice lamb into chops.

- 1 1/2 tablespoons olive oil
- 3 large shallots, chopped (about 1/2 cup)
- Salt and freshly ground black pepper
- 3 tablespoons balsamic vinegar
- 1/2 cup pulverized fresh bread crumbs
- 1 1/2 tablespoons chopped fresh thyme leaves or 2 teaspoons dried thyme, crumbled
- 1 rack of lamb (7 or 8 ribs), frenched, at room temperature, trimmed of as much fat as possible
- 1 tablespoon vegetable oil
- 1 teaspoon Dijon mustard
- Preheat oven to 400 degrees F.

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Fill the mini muffin papers with the mixture and put in the refrigerator, on a small sheet pan or tray, for at least 1 hour.



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## PRAYING FOR THOSE WHO PRAY

The advice was the same from every reputable source: don't travel.

Weather.com said it. Transportation departments throughout the Midwest said it. The web site for Madam Helga's Horoscope and Auto Detailing said it. Everyone said don't travel.

But Joe Jr. had to. He really had no choice. He and his family were here for his big sister AmyJo's wedding (welcome to the family, Brock!) but they had to get back to school and work commitments on the other side of the country. "Don't travel" was not on their list of options. The only real choice they had was which of three interstate routes to take.

So they picked the southern route (which seemed to have the fewest number of "don't travels" associated with it) and loaded up their minivan with fuel, maps and Diet Dr Pepper. A few minutes after AmyJo and Brock said "I do" Joe and Jen and their three little girls took off in an anxious attempt to beat the predicted winter storm across the country.

The ice storms caught up to them about the time they were driving through the Texas pan handle. Joe slowed to 30 miles per hour — sometimes less — and pressed forward despite the icy buildup on I-40 and the dozens of vehicles that were slipping and sliding off the road.

"The good news is you're in the middle of the lead story on the Weather Channel," I told Jen via cell phone during the trip. "The bad news is . . . well . . . you're in the middle of the lead story on the Weather Channel."

A little later I talked to Joe during a fuel stop in Oklahoma. He sounded tired, frustrated by the driving conditions and concerned about the safety of his family.

"I don't know what to do," he confessed, his voice edged with white-knuckled tension. "Should I hunker down at the next motel and wait it out? Or should I try to get through this?"

Thankfully computer technology allowed me to counsel him based on weather radar, road reports and . . . you know . . . Madam Helga. They pushed ahead, mile by icy mile, until they stopped for the night. Refreshed, they continued battling the elements through the next morning, and by noon they were cruising along at 65 miles per hour

on the other side of the storm.

I'm sure you can imagine how relieved I was when they finally made it home safely. As ice storms continued to blow across America's heartland, leaving a trail of destruction, inconvenience and even death in their wake, I continued to count my familial blessings. I shared my harrowing story with several folks at work, including Mike, who listened attentively and even shook his head and said "Oh my goodness" in all the right places.

"I know how you feel," he said. "That's how I felt when my son was in Iraq."

Suddenly I had new appreciation for what Mike had experienced during the year his son fulfilled his military duty in a war zone. Only his son had no family with him. And he was gone for a year. And other people were trying to kill him. And Mike couldn't get on the phone and use the computer to guide him to safety. Other than that, it was exactly the same. Sort of.

OK, so maybe my experience was completely different from Mike's. But those two harrowing days did give me a little taste of what it must be like for the families of our fighting men and women — not to mention the families of our police officers and fire fighters — who must listen daily to frightening news reports while they wait and wonder and pray.

Which, come to think of it, seems like a good idea: prayer. Now more than ever we need to pray for peace, in the world and in our communities, and to pray for the safety and well-being of those who fight in our behalf on both fronts. But we also need to remember their loved ones back home, who have little choice but the waiting, the wondering and the praying.

With or without advice from Madam Helga.

ValueSpeak

*A Weekly Column*

By Joseph Walker



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# Can You Read Without Laughing Out Loud

How do crazy people go through  
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They take the psycho path.

How do you get holy water?

You boil the hell out of it.

What do fish say when they hit a  
concrete wall?

Dam!

What do Eskimos get from sitting  
on the ice too long?

Polaroids

What do you call a boomerang that  
doesn't work?

A stick.

What do you call cheese that isn't  
yours?

Nacho cheese.

What do you call Santa's helpers?  
Subordinate clauses.

What do you call four bullfighters  
in quicksand?

Quatro sinko.

What do you get from a pampered  
cow?

Spoiled milk.

What do you get when you cross a  
snowman with a vampire?

Frostbite.

What lies at the bottom of the  
ocean and twitches?

A nervous wreck.

What's the difference between  
roast beef and pea soup?

Anyone can roast beef

Where do you find a dog with no  
legs?

Right where you left him.

Why do gorillas have big nostrils?

Because they have big fingers.

Why don't blind people like to sky  
dive?

Because it scares the hell out of  
the dog.

Why don't blind people like to sky  
dive?

Because it scares the hell out of  
the dog.

What kind of coffee was served on  
the Titanic?

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# Getting to Know the

## *St. Valentine's Day*

There are many myths and legends connected with the story of St. Valentine. In the Roman Empire, Valentine's Day is commemorated as a celebration for lovers and sweethearts. Its symbol is usually a red heart.

There was a bishop who was martyred in 273 A.D. by the Roman government because he helped soldiers marry their sweethearts. The Roman soldiers were not allowed to marry so that they would be better soldiers and more ready to give their lives in battle.

Another tradition has it that while the bishop was imprisoned his daughter would attempt to visit him. He gave her a piece of parchment in the form of a heart with a message that assured the youngster of his love and God's love. Thus the custom of exchanging valentines.

Another tradition that has been passed down through the ages is that on February 14<sup>th</sup> the birds begin mating. One of the common symbols for Valentine's Day is lovebirds. So when a person was chosen as a "valentine" it symbolized that he or she was wanted as a mate and this was a pledge of love and faithfulness.

We should all realize that our Heavenly Father has shown us His love and faithfulness in sending us the "Real Valentine", a true symbol of His love—Jesus Christ. By His death on the cross Jesus demonstrated His love for us. "Greater love has no man than this, that he lay down his life for his friends." John 15:13

Celebrate God's love to you and through you!

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**Worship 10:00 a.m. (918) 256-3223**  
**Email: messiahvinita@aol.com**

**St. Paul. Lutheran Church**  
Washington and Pine  
Fairland, OK.

**Sunday School and Bible Class 9:15 a.m.**  
**Worship 10:30 a.m. (918) 676-3059**  
**Email: stpauluthch@aol.com**

**Mount Olive Lutheran Church**  
2337 N. Main  
Miami, OK.

**Sunday School and Bible Class 9:15 a.m.**  
**Worship 10:30 a.m. (918) 542-4681**  
**Email: www.mtolivemiami.com**

**Immanuel Lutheran Church**  
107 Broadway  
Grove, OK.

**Sunday School and Bible Class 9:30 a.m.**  
**Worship 8:30 a.m. (918) 220-0436**  
**Email: www.lutheransonline.com/lo/Groveok**

**St. John Lutheran Church**  
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Pryor, OK.

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**Worship 10:30 a.m. (918) 825-1926**  
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**Redeemer Lutheran Church**  
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Claremore, OK.

**Sunday School and Bible Class 9:00 a.m.**  
**Worship 10:30 a.m. (918) 341-1429**  
**Email: rluther@sbcglobal.net**

# The Doll & The Rose

I was walking around in a Target store, when I saw a Cashier hand this little boy some money back. The boy couldn't have been more than 5 or 6 years old. The Cashier said, "I'm sorry, but you don't have enough money to buy this doll."

Then the little boy turned to the old woman next to him: "Granny, are you sure I don't have enough money?"

The old lady replied: "You know that you don't have enough money to buy this doll, my dear."

Then she asked him to stay there for just 5 minutes while she went to look around. She left quickly.

The little boy was still holding the doll in his hand.

Finally, I walked toward him and I asked him who he wished to give this doll to.

"It's the doll that my sister loved most and wanted so much for Christmas. She was sure that Santa Claus would bring it to her."

I replied to him that maybe Santa Claus would bring it to her after all, and not to worry.

But he replied to me sadly. "No, Santa Claus can't bring it to her where she is now. I have to give the doll to my mommy so that she can give it to my sister when she goes there."

His eyes were so sad while saying this. "My Sister has gone to be with God. Daddy says that Mommy is going to see God very soon too, so I thought that she could take the doll with her to give it to my sister."

My heart nearly stopped.

The little boy looked up at me and said: "I told daddy to tell mommy not to go yet. I need her to wait until I come back from the mall."

Then he showed me a very nice photo of him where he was laughing. He then told me "I want mommy to take my picture with her so she won't forget me."

"I love my mommy and I wish she doesn't have to leave me, but daddy says that she has to go to be with my little sister."

Then he looked again at the doll with sad eyes, very quietly.

I quickly reached for my wallet and said to the boy. "Suppose we check again, just in case you do have enough money for the doll?"

"OK" he said, "I hope I do have enough." I added some of my money to his without him seeing and we started to count it. There was enough for the doll and even some spare money.

The little boy said: "Thank you God for giving me enough money!"

Then he looked at me and added, "I asked last night before I went to sleep for God to make sure I had enough money to buy this doll, so that mommy could give it to my sister. He heard me!"

"I also wanted to have enough money to buy a white rose for my mommy, but I didn't dare to ask God for too much. But He gave me enough to buy the doll and a white rose."

"My mommy loves white roses."

A few minutes later, the old lady returned and I left with my basket.

I finished my shopping in a totally different state

from when I started. I couldn't get

Then I remembered a long ago, which mentioned a drunk occupied by a young woman and

The little girl died right critical state. The family had to d the life-sustaining machine, because the young woman would not be able to recover from the coma.

Was this the family of the little boy?

Two days after this encounter with the little boy, I read in the newspaper that the young woman had passed away.

I couldn't stop myself as I bought a bunch of white roses and I went to the funeral home where the body of the young woman was exposed for people to see and make last wishes before her burial.

She was there, in her coffin, holding a beautiful white rose in her hand with the photo of the little boy and the doll placed over her chest.

I left the place, teary-eyed, feeling that my life had been changed forever. The love that the little boy had for his mother and his sister is still, to this day, hard to imagine. And in a fraction of a second, a drunk driver had taken all this away from him.

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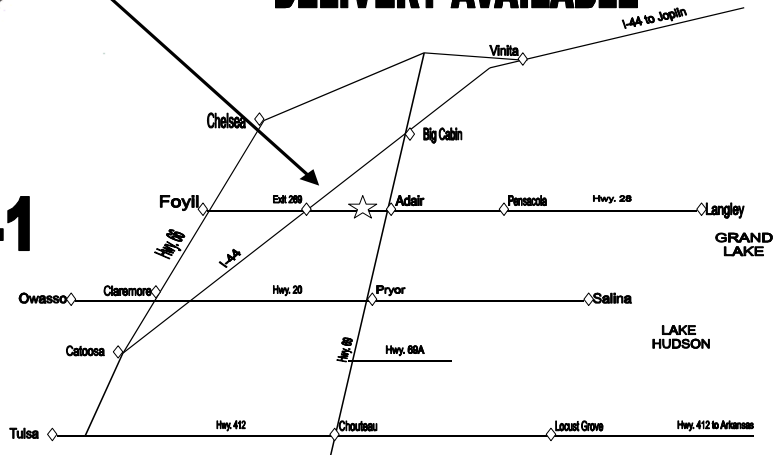


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## The Art of Power Snacking

One of the biggest myths about snacking is that it's a bad thing. The truth is that it's not snacking itself that's bad for us. It's all the junk food people like to snack on that gives snacking a bad name: chips, candy bars, french fries, soda, and so on.

In fact, if you eat until you are comfortable (not "full") at lunch, chances are you'll need a mid-afternoon snack to tide you over until dinner with plenty of energy. The secret is to snack only when you need to and to select smarter snacks.

### 7 Tips for Smart Snacking

#### 1. Give healthy snacks a chance.

If you try some of the healthier snack alternatives out there, you may well find that you enjoy them. This appears to be true even of college students. One college dining hall discovered that when it offered healthy snacks along with traditional ones, a significant portion of the student population actually opted for health. The dining hall, which regularly sold snack bags containing sugar-laden soda, cookies, and candy, began also offering "smart snack bags," containing baked chips, low-fat cookies, fruit cups, sunflower seeds, and water. And for every two students who bought the traditional, sugar-soaked snack bag, there was one who bought the "smart" snack alternative.

If you're one of the many people whose idea of a good snack is something crunchy and salty, know that you can have your crunch and eat smart, too. Here are a few possibilities for more healthful crunchy snack foods:

- Low Fat Kettle Crisps (110 calories, 1.5 grams fat, 0 g saturated fat, and 2 grams fiber per 1 ounce.)
- Baked Tostitos (110 calories, 1 gram fat, 0 g saturated fat, and 2 grams fiber per 1 ounce.)
- Reduced Fat Triscuits (120 calories, 3 grams fat, 0 g saturated fat, and 3 grams fiber per 1 ounce)
- Padrinos Reduced Fat Tortilla Chips (130 calories, 4 grams fat, 0.5 grams saturated fat, and 1 gram fiber per ounce.)

#### 2. Avoid trans fats.

You've no doubt heard of the trouble with trans fats by now (they raise "bad" cholesterol and lower "good" cholesterol). Well, guess which type of food they tend to lurk in? Snack foods - things like crackers, snack cakes and pies, frozen fried microwave snacks, and cookies. Anything with "partially hydrogenated vegetable oil" listed among the top three ingredients on the label is suspect. Some manufacturers have done a good job of reformulating products to remove trans fats, but keep an eye out anyway.

#### 3. Be a label detective.

Don't decide whether to buy a food based on the advertising banners on the front of the package. Check out the Nutrition Information label on the back, too. This will tell you what the company calls a portion of that food. Prepare to be amazed: What they say is a serving and what you actually eat may be completely different. The Nutrition Information label lists the calories; grams of fat, saturated fat and trans fat; and, sometimes, grams of sugar. So if the label says a serving is 1 ounce of chips and you eat 2 or 3 ounces, double or triple the nutrition information numbers.

#### 4. Be careful with energy bars.

There are all kinds of "energy" or "power" bars being marketed under the guise of convenience and good nutrition. The truth is, these carry-anywhere bars can come in handy. But a review of many different energy bar labels reveals that choosing a bar is a matter of "picking your poison." That is, deciding what means most to you - taste, fat, fiber, protein, sugars? Generally, if bars are "low in carbs" they're also low in fiber and/or higher in fat. (Some even have quite a bit of saturated fat.) And if a bar tastes pretty good, it probably has at least 12 grams of sugars per serving.

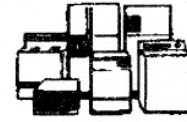
When picking one, look for at least 3 grams of fiber (preferably 5 grams), at least 5 grams of protein (preferably 10

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grams), lower amounts of fat with no saturated fat, and fewer than 20 grams of sugar.

**5. Don't snack if you aren't really hungry.**

Some French researchers studied the effect of two types of snacks (one high in carbohydrate and one high in protein), given a few hours after lunch, on eight lean young men. They concluded that when people who aren't hungry eat a snack -- whether it's high in carbs or protein -- they do not tend to reduce the number of calories they eat at dinner. The researchers believe this is evidence that snacking can play a role in obesity.

Are you wondering why these men weren't "hungry" a few hours after eating lunch? Researcher Didier Chapelot, MD, PhD, of the University of Paris, said that, in France, people don't eat anything between lunch and dinner. He also noted that people who usually eat three times a day (as the men in this study regularly did), are not generally hungry until 5-7 hours after lunch.

**6. Avoid high-fat snacks.**

There are lots of reasons to avoid fatty snacks, including the possibility that they actually encourage overeating. Pennsylvania State University researchers found that rats who were regularly fed a high-fat diet ended overeating high-calorie, high-fat foods, compared with rats fed a low-fat diet. The researchers suspect this has to do with a decrease in sensitivity to a hormone that normally sends a "stop eating" message to the brain.

**7. Look out for TV temptations.**

Convenience and fast foods high in fat and sodium made up 57% of the food advertised during the most popular TV shows, according to research by University of Illinois speech communication professor Kristen Harrison, PhD.

Harrison's research also revealed that snacking is featured in food advertising more often than all three meals combined (breakfast, lunch, and dinner). So if you watch TV, keep in mind that food companies are working to lure you into buying their snack foods and junk foods.

**5 Easy Power Snacks**

The perfect snack is one that packs some nutritional power but comes with a low caloric price tag.

To hold hunger at bay and provide a constant supply of energy, you want a snack that includes some carbohydrate, fiber, protein, and a little fat (preferably "smart fats" like monounsaturated and polyunsaturated fats). Look for at least 5 grams of protein and about 5 grams of fiber.

These five simple "power snacks" have all this and more:

Pear with cheese (1 large pear with 1 1/2 ounces of reduced-fat cheese like light Jarlsberg): 242 calories, 13 g protein, 5 g fiber, 8 g fat

A handful of almonds (3 tablespoons) and dried fruit (3 tablespoons): 250 calories, 7 g protein, 4 g fiber, 14 g fat (mostly monounsaturated).

1 ounce baked tortilla chips with 1/4 cup fat-free refried beans topped with an ounce of reduced-fat cheese and 1/8 cup tomato salsa: 250 calories, 13 g protein, 4.5 g fiber, 9 g fat.  
 6 ounces low-fat or nonfat light yogurt with 1/2 cup fruit, topped with 1/4 cup low-fat granola: 207 calories, 10 g protein, 5 g fiber, 2.5 g fat.

1 cup edamame with shells, or 1/2 cup edamame without shells, drizzled with 1 teaspoon olive oil and a sprinkling of black pepper: 159 calories, 10 g protein, 5 g fiber, 9 g fat (mostly monounsaturated). (Edamame, boiled green soybeans, are available in the frozen food section of many supermarkets)

**Quotes to Quicken  
Your Thinking**

"No man fails who does his best."  
 -- Orison Swett Marden

"Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be encumbered with your old nonsense."  
 -- Ralph Waldo Emerson

"To keep our faces toward change, and behave like free spirits in the presence of fate, is strength undefeatable."  
 -- Helen Keller

"Each of us has the right to assess the roads which lie ahead and those over which we have traveled, and if the future road looms ominous or unpromising, and the roads back uninviting, then we need to gather our resolve and, carrying only the necessary baggage, step off that road into another direction. If the new choice is unpalatable, without embarrassment, we must be ready to change that as well."  
 -- Maya Angelou

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# Inventions

## Hamburger & Cheeseburger

The origin of hamburger is unknown, but the hamburger patty and sandwich were probably brought by 19<sup>th</sup>-century German immigrants to the United States, where in a matter of decades it came to be considered an archetypal American food.

The trademark for the name “cheeseburger” was awarded in 1935 to Louis Ballast of the Humpty Dumpty Drive-In, in Denver, Colorado.

## Metal Lunchbox History

The first metal lunchbox produced was the Hopalong Cassidy created by Aladdin Company of Nashville in 1950. They made a blue and a red lunchbox with a four-inch decal on the front side. The profits from the new lunchboxes enabled Aladdin to build a new lunch box manufacturing plant. Their second lunch box design was the decaled Tom Corbett Space Cadet box made in 1952. The American Thermos Company their Lunchboxes to being fully lithographed instead of using decals, in 1954.

Metal lunchboxes were banned in the early 1970's, as a result of a campaign of “concerned” Florida mothers against the steel lunchboxes. Children being children, were using the metal lunchboxes as a type of weapon, cases of permanent head injuries were being reported. Box makers switched from metal boxes to softer plastic boxes. The last steel metal lunchbox was a Sylvester Stalone's Rambo model, produced by KST in 1985.

## The History of the Poppin' Fresh, Pillsbury Doughboy

The Pillsbury Doughboy is a famous Doughboy. A trademark is a special design or word that is used to represent a service or product. Inventions “do things,” a car transports people, an umbrella protects you from the rain, Etc.

### Famous Trademark

Some well know trademarks are: GotMilk?, Channel No.5, Calvin Klein, The Pillsbury Doughboy figure, the sound of the NBC chimes and the graphical image of the NBC peacock.

### History of the Pillsbury Doughboy

The Pillsbury Doughboy was created by an ad agency called Leo Burnett. Pacific Data Images, a pioneer in the world computer graphics for film and video, created the animated version of the figure for the commercials. The name of the artist who actually first drew Poppin' Fresh (The Pillsbury Doughboy) was Martin Nodell. Nodell was working for the ad agency at the time, and he is the one who actually conceived of Poppin' Fresh and drew him. Mart Nodell is well known in the comic book world as the creator of the original.

In October of 1965, Pillsbury debuted the loveable 14-ounce, 8 ¾ -inch character in a Crescent Roll commercial. The original voice of the Doughboy was performed by the actor Paul Frees (1920-1986). The Doughboy's costar in the commercial was Maureen McCormick.

### Pillsbury Doughboy Trivia

Other trivia about the Pillsbury Doughboy: his formal name is Poppin' Fresh, the only music he ever performed was rap, he is all dough, He has blue eyes, he always wears a bakers hat and scarf, he originates from Minneapolis, MN, he loves to bake and twenty years ago he had a wife and two pets.

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## A Redneck Letter

Dear Billy Joe Bob,

I'm writing this slow because I know you can't read fast. We don't live where we did when you left home. Your Pa read in the newspaper that most accidents happen within 20 minutes of your home, so we moved. I won't be able to send you the address because the last family that lived here took the house numbers when they moved so they wouldn't have to change their address.

This place is really nice. I even has a washing machine. I'm not sure it works so well, though, Last week I put a load of clothes in and pulled the chain, we haven't seen it since.

The weather isn't bad here. It only rained twice last week; the first time for three days and the second time for four days.

About that coat you wanted me to send; your Uncle Bubba said it would be too heavy to send in the mail with the buttons on, so we cut them off and put them in the pockets.

Bubba locked his keys in the car yesterday. We were really worried because it took him two hours to get me and your father out.

Your sister had a baby this morning, but I haven't found out what it is yet so I don't know if you are an aunt or uncle. The baby looks just like your brother.

Uncle Bobby Ray fell into a whiskey vat last week. Some men tried to pull him out but he fought them off and drowned. We had him cremated; he burned for three days.

Three of your friends went off a bridge in a pickup truck. Butch was driving. He rolled down the window and swam to safety. Your other two friends were in the back, they drowned because they couldn't get the tailgate down.

Your Favorite Aunt





# Library News



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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

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President Brian Green

# Senior Citizen's News

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

2<sup>nd</sup> Monday Every Month – Music  
6:30pm to 10:00pm

2<sup>nd</sup> 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. – 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 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays and  
noon

OHCE 2<sup>nd</sup> 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.  
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Rosalie Holt, Manager

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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  
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children)

## VINITA SENIOR CITIZEN'S

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Vinita, OK 74301

(918) 256-8270

Announcements:

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Wednesday each month.

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reservation necessary, \$1.50 donation.

Recreation-card games, dominoes,  
pool, etc.

Bingo each Friday at 1:30 PM.

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Wednesday.

Open Monday-Friday 8:30 AM.-  
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JEWELS FROM THE WORD

GOOD ADVICE

Jesus' mother came to him and made a strange statement. The bridal party had run out of wine. You remember His response. "What do you want me to do? It's not time yet for me to start my ministry." But Mary knew her son. To the servants she said, "Whatever He tells you to do, do it." She knew something was different, that He was now operating under the anointing power of the Holy Spirit. It showed on His

face, in every act He did, in the way He treated everyone.

Jesus simply told the servants to fill the water pots with water and take a drink to the governor. He didn't tell the bridegroom, or the father, or the governor, or even His mother, only the servants. They did what He said to do, like His mother told them. They filled the pots with water, which must have taken a while, but it was still water. Then they poured a drink for the governor, just like Jesus told them to, and it was still water. They gave it to the governor, expecting him to be furious when he drank the water, but to their astonishment, at the moment the governor drank, it turned to wine.

The servants knew that they had filled the pots with water. They knew they had poured water into the cup. They knew they had handed a cup of water to the governor, so when he praised the bridegroom for the best wine, they knew it was a miracle. They were the ones who excitedly told everyone that Jesus had performed a miracle. The servants, the slaves, were the first ones to ever see Jesus perform

a miracle. But it only happened as they were obedient to His word.

So let's follow Mary's good advice. Whatever He tells you to do, do it.

Lavon in Oklahoma  
Email me at  
llewis2138@sbcglobal.net  
Learn how to pray for your children with my new email group,  
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**Remember this:** "Let's follow Mary's good advice. Whatever God's word says to do, do it."



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