

# LINKS

FREE

VOLUME 8, ISSUE 1

*"The Little Green Paper"*

June 20th, 2007

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## 9 Year Old Donates to "Locks of Love"





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Pretty Jhonna Gilmore of Welch celebrated her 9<sup>th</sup> birthday on June 9, 2007 by cutting her hair for "Locks of Love"

The hair is being donated in memory of her cousin, Katelyn Holt, that passed away several years ago at the age of 6 with cancer.

Jhonnas is the daughter of Cathy Gilmore and the late John Gilmore. Even though Jhonna's daddy didn't have cancer, he passed away last June and it is also in memory of him. He knew that Jhonna was growing her hair to donate and gave his blessings. The haircut took place at "Envy Hair Salon" in Miami and Brittany Brown was the stylist.

A group of nearly 20 friends and family gathered to watch the cutting.

Jhonna's grandparents, Jim and Peggy Tharp, had made wooden plaque mementoes for everyone in attendance. Later in the day, Jhonna had a wiener roast with more friends and family.

## WHAT IS LOCKS OF LOVE?

Locks of Love is a public non-profit organization that provides hairpieces to financially disadvantaged children under age 18 suffering from long-term medical hair loss from any diagnosis. We meet a unique need for children by using donated hair to create the highest quality hair prosthetics. Most of the children helped by Locks of Love have lost their hair due to a medical condition called alopecia areata, which has no known cause or cure. The prostheses we provide help to restore their self-esteem and their confidence, enabling them to face the world and their peers.

For more information, contact Locks of Love at 561-963-1677 or online at [info@locksoflove.org](mailto:info@locksoflove.org)

## 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 July 10<sup>th</sup> Edition will be featuring Delaware County History. If you have information please write or call us.**

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

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

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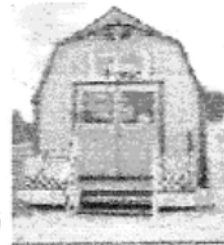
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## GLSPS Gathers for a “Dock Night” at the Reynolds’



Members of the Grand Lake Sail & Power Squadron gather at the railing during the recent “Dock Night” at the Reynolds’.

The Grand Lake Sail & Power Squadron (GLSPS) held its second “Dock Night” of the year on Friday evening, June 1 at the home of Jim and Cindy Reynolds. About 50 squadron members and guests arrived by boat and by car to attend the event, which began with a short business meeting.

Squadron Commander Terry Chastain announced that the squadron gained 15 new members from among those who attended the BoatSmart course in May. Captain “Cook” Adzigian gave

an energetic report on the May 31<sup>st</sup> PWC run down south to the Dam and back, describing many of the sights they saw along the way. Plans for the upcoming Shoreline Cleanup on June 9 were discussed, and it was noted that the squadron will have three or four pontoon boats available to transport foam blocks and other trash from the shoreline to the dumpster location.

At the conclusion of the meeting, everyone headed for the Pot-Luck table for a bite to eat. Some of the favorites included the Butterfly Pasta Salad, the Sausage Squares and the Deviled Eggs. The GLSPS has “Dock Night” get-togethers for members and guests about once or twice per month throughout the summer and into the fall, as weather permits. Friday’s event concluded with enough time for all those who arrived by boat to get home before the rains came later in the night.

## SPECIAL TIME

by Kathleene S. Baker

Admittedly, I pitched a bit of a fit when my dad informed me he was driving down to Texas from Kansas!

He'd not made the journey by himself for two years. But, with his new knee and a few minor health problems under control, he was back in charge at the age of 88 and darned proud of his independence.

"Dad, I'll just have a pow-wow with Jerry and Marland and see what they think about you driving. I'll let you know what we decide."

"Well, you guys just pow-wow on! I'll call when I know what day I'm coming." That was it. Period! End of conversation. He hung up the phone.

My husband, Jerry, and older brother, Marland, didn't like the idea much more than I did, but what do you do? Our pow-wow was a pitiful failure. Dad's driver's license had just been renewed, and he had a brand new reliable car. Short of hog-tying him, there was nothing to do but wait, wonder, and pray. We lost and Dad won another round.

The phone call finally came.

"I'll be coming on Wednesday or Thursday. I'm expecting a bill and want to get it paid before I leave."

"Just let me know which day it is, so I'll know when to start worrying." I made it sound light-hearted, but I was dead serious.

On the other hand, Dad thought it was hysterical and nearly broke my eardrum.

The highlight of Dad's trip was a few days at The High Lonesome deer lease in Central Texas. He's hunted all sorts of game in numerous states, but he blindsided us when he announced his need to hunt down a wild hog. Again, what do you do?

You hustle to make plans, and thank your lucky stars that an aging father is still able to enjoy life and tackle new adventures. After the excitement of the hunt, I was concerned that the rest of his visit might seem on tad on the tame side -- two solid weeks of being stuck in the big city!

But, we wrestled a couple of jigsaw puzzles -- a great way to stay busy and visit at the same time. He told wonderful stories of his childhood as we stewed and fought over puzzle pieces, and I hung on to each word as if I might never hear them again.

Dad delighted in the discovery of our new Western Channel, and I watched more westerns in two weeks than I had in my entire lifetime. After about a week he remarked, "I've seen some old movies didn't even know existed, and I thought I'd seen them all. Most of them several times, in fact!" He shook his head at the revelation, and then tuned in for the next one about to air.

We shopped for a new suit, found one, and he looked especially handsome as he modeled it. Driving away from the mall he announced, "This won't get much wear except to church, and the last time I wear it I won't ever have to change clothes again."

It took me a minute to grasp what he was saying. "Oh, Dad! If I'd known we were looking for burial attire I wouldn't even have even taken you shopping." He simply laughed at me and his blue eyes danced with mischief.

I let some things slide around the house in order to savor every moment of

our time together. Evidently Dad noticed! The day I ran a few crucial errands, he cleaned all the tile floors while I was gone. I was humiliated! Within the hour, one of the dogs deposited a piece of dead grass on "his" sparkling floor and he spied it in a flash. "How the heck did I miss that?" he questioned with a frustrated scowl.

All too soon it was time for our visit to end. Dad's car was packed, hog meat and all, and he was heading home.

"I love you, Dad. I hope you weren't bored. I don't feel like we did anything very special while you were here. At least nothing that compared with your hunting trip."

Dad held on tight and stroked my back as we said goodbye. The past few years we both seem to hang on a little bit longer each time we part. Dad squeezed me a little tighter and his voice cracked, "Every single minute we were together was special."

I pulled back slightly to see tears in his eyes and his chin quivering. It's a sight seldom seen from a man that still envisions himself as John Wayne.

"You're right. Nothing is more special than our time together."

I was batting back tears hoping he wouldn't spot them. Feeling the need to lighten things up, I jokingly said, "You call as soon as you get home so I'll know when I can stop worrying!"

"Yeah, yeah! You need to quit all that worrying. Don't you know it'll make an old woman out of you."

With that, he climbed in the car, waved, and drove away just as the sun made a spectacular appearance. It made for a perfect, sunny finale to our "special time" together.

Happy  
Fathers  
Day!



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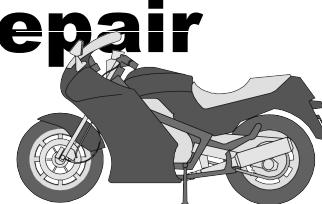


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## 22 Ways to Tackle Life's Biggest Energy Zappers.

Every day, 2.2 million Americans complain of being tired. Most of us chalk it up to having too much to do and not enough time to do it in, especially during extra-busy periods. But often the true culprits are our everyday habits: what we eat, how we sleep, and how we cope emotionally. Read on for some simple recharging changes that can help you tackle all of the energy stealers in your life.

### Energize Your Diet

Why is it that filling up on pasta or Chinese food for lunch leaves us snacky and sleepy an hour later? Or that falling short on fluids makes us forgetful and foggy? Fact is, eating habits play a powerful role in how well we function on every level. Below, six top fatigue-fighting nutrition strategies to chew on.

Have breakfast... even if you don't feel hungry. You'll be a lot perkier: Studies show that people who eat breakfast feel better both mentally and physically than those who skip their morning meal. British researchers at Cardiff University even found that spooning up a bowl of breakfast cereal every morning is associated with low levels of the stress hormone cortisol.

Eat every three to four hours. Having three smallish meals and two snacks throughout the day can keep your blood sugar and energy levels stable all day long, says Roberta Anding, R.D., spokesperson for the American Dietetic Association (ADA). Note the word "smallish." Supersized meals demand more of your energy to digest, which can leave you feeling lethargic. At each mini-meal, get a mix of carbohydrates (which the body uses for energy), protein (which helps sustain energy if needed), and healthy fats like those found in fish, nuts,

and olives -- these fats and protein contribute to meal satisfaction, so you don't go hunting for sweets an hour later and wind up with a short-lived sugar high and subsequent crash. A few meal ideas: a low-fat yogurt parfait with berries and a couple of tablespoons of whole-grain granola; salmon over mixed greens with whole-grain crackers; and beef tenderloin with a baked sweet potato and asparagus.

Fill up on more fiber. Fiber has a time-releasing effect on carbs, so they enter your bloodstream at a slow and steady pace, giving your energy staying power, says Anding. When choosing your mini-meals (see above), include fiber-filled options that add up to the daily recommended 25 to 30 grams of fiber (the average person gets only between 10 and 15 grams). Some suggestions: a bowl of raisin bran (5 grams of fiber per cup); black beans and cheese wrapped in a multigrain tortilla (beans have 7.5 grams per 1/2 cup; one tortilla has 5 grams); air-popped popcorn (3.6 grams per 3 cups); an apple with the skin (3.3 grams); and whole-wheat spaghetti (6.3 grams per cup).

Fuel your brain with omega-3s. Found in fatty fish (such as tuna and salmon), walnuts, and canola oil, these essential fatty acids play a role in keeping brain cells healthy and helping you feel mentally alert. Another potential bonus: Omega-3s encourage the body to store carbs as glycogen — the storage form of glucose (blood sugar) and the body's main source of stored fuel — rather than as fat.

Stay hydrated. Water makes up the majority of your blood and other body fluids, and even mild dehydration can cause blood to thicken, forcing the

heart to pump harder to carry blood to your cells and organs and resulting in fatigue. Also, ample fluids keep energy-fueling nutrients flowing throughout the body, says Nancy Clark, R.D., author of *Nancy Clark's Sports Nutrition Guidebook*. To gauge your hydration, Clark recommends monitoring how often you urinate. You should be going every two to four hours, and your urine should be clear or pale yellow in color. Tip: Besides drinking more, you can also consume foods that naturally contain water, such as yogurt, broccoli, carrots, and juicy fruits, like watermelons, oranges, and grapefruits.

Watch caffeine intake after noon. Typically, consuming a moderate amount of caffeine — 200 to 300 mg, the amount found in two to three cups of coffee — can make you more energetic and alert in the hours following, says Anthony L. Komaroff, M.D., a professor of medicine at Harvard Medical School. But when caffeine is consumed in large quantities — or anytime in the afternoon or evening — the quality of your sleep that night can take a nosedive, leaving you with heavy eyelids the next day. One caution for those who are highly sensitive to caffeine: Although switching to a decaf latte in the afternoon sounds like the answer, researchers at the University of Florida found that out of 22 decaffeinated coffee beverages tested, all but one contained some caffeine.

### Energize Your Spirit

We're all familiar with physical exhaustion, but mental strain — sadness, boredom, worry, anger, and general stress (the biggie) — can take an even heavier toll on vitality, completely wearing you out. Life happens, and these



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difficult emotions will, too. But if you react wisely, your brain and body will rebound — along with your vim and vigor.

Splash some water on your face or take a shower when you're feeling burned-out. Some 55 percent of study participants reported using these types of "water therapy" to successfully increase their energy, according to findings in the *Journal of Personality and Social Psychology*. Apparently, a little H<sub>2</sub>O refresher can instantly help take the edge off when you're feeling overwhelmed.

Suit up in a "power" outfit to beat the blahs. Fight the tendency to throw on sweats when you're feeling sluggish. Although it may seem counterintuitive to slip into the skirt you save for special occasions, it helps to look in the mirror and see an energizing image — not a deflating one that confirms and reinforces your internal state, says Alice D. Domar, Ph.D., founder and executive director of the Domar Center for Complementary Healthcare in Waltham, MA. Dressing for success will give you a big mental boost every time you catch sight of your reflection (or receive a compliment) throughout the day.

Vent your feelings. Keeping fear, anxiety, and stress pent up inside may seem like a grown-up way to deal with these emotions. But discussing negative feelings with another person can ease them far better than keeping them bottled up; by airing them, you reduce their ability to sap your stamina, says Komaroff, who is also the editor-in-chief of the *Harvard Health Letter*.

Turn on some tunes. Listening to music is one of the most effective ways to change a bad mood, decrease tension, and increase energy. Consider this: Runners in one study who listened to music while on the treadmill ran faster than those who jogged in silence — no matter how loud the volume or how fast the tempo, according to new findings in the journal *Ergonomics*. Other research suggests that music effectively distracts you from feeling fatigue. Try burning a CD of your favorite songs and playing it anytime you need a pick-me-up. (If you exercise, so much the better — but the music will move you either way.)

Let go of grudges. Nursing a grudge prompts your mind and body to react as if they're under chronic stress,

increasing your heart rate and blood pressure and potentially resulting in an impaired immune system and exhaustion over time, according to a study in the journal *Psychological Science*. On the other hand, practicing empathy and forgiveness after you've been wronged makes you feel as if you're back in control, which keeps the body's stress responses in check. The next time you find yourself harboring ill feelings, repeat a stress-relieving mantra to yourself, such as, "Forgiveness makes me a happier and stronger person."

Take belly breaths. When we're under stress, we're prone to take "chest breaths" — short, shallow ones, says Domar. Chest breathing brings less air into the lungs and reduces the supply of energizing oxygen to the body and brain, leaving you physically and mentally drained. The goal is deep, diaphragmatic breathing — like that of a sleeping infant: When you breathe in, your belly should round and fill like a balloon; on an exhale, your belly should slowly deflate. Of course, remembering to practice deep breathing isn't the first thing on your mind when you're under the gun, so as a visual reminder, try posting a tranquil picture (such as a pool of water or your kids smiling) with the word "breathe" next to your computer, or anywhere you tend to feel on edge.

De-clutter a corner. Go through that teetering pile of papers or overflowing closet and clear it out. Clutter can make you feel out of control and overwhelmed, especially when you're already feeling stressed or down. Plus, simply accomplishing a goal, no matter how seemingly minor, can be energizing, says Domar.

Do some good. Acts of altruism can lend a little pep to your step. In fact, one study in the *Journal of Health and Social Behavior* found that volunteer work can boost your energy in six ways: It enhances happiness, life satisfaction, self-esteem, sense of control over life, physical health, and mood. Find short- and long-term volunteer opportunities at [volunteermatch.org](http://volunteermatch.org) and [charityguide.org](http://charityguide.org).

**More in the Next Issue**

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## Duck Creek's Fireworks Spectacular

The Independence Day holiday is extra special around Grand Lake. Every year, thousands of people fill the Duck Creek area to see the newest addition to the Duck Creek Fireworks Spectacular; the largest fireworks show in the state.

The night sky is illuminated with thousands of shimmering lights dancing on the moonlit waters of beautiful Grand Lake. People on the shore and in boats start arriving in Duck Creek in the middle of the afternoon to make sure that not a moment is missed. As music plays, and the boats parade up and down the main part of the Creek, people throw beads, wave to everyone and dance to the music.

While everyone waits for the fireworks to begin, vintage airplanes perform a spectacular air show. They travel up and down Duck Creek rolling and "buzzing" the hundreds of boats below. This nostalgic look back, sets the patriotic tone for the evening's festivities.

Before the sun sets and the fireworks begin, the Oklahoma Air National Guard's F-16 Fighters\* set the evening sky ablaze as they pass over the thousands awaiting the sonic boom that begins the nearly one hundred thousand dollar burst of fireworks. As you watch the orange glow from the afterburners of the fighter jets, you are reminded of the military might that made it possible for us to celebrate our Grand day of Freedom in America.

The celebration is paid for with private donations and by selling Duck Creek Fireworks Shirts. So, it is a MUST that you dress for the grand occasion with a shirt that will remind you of this special day.

For more information on the event, or to purchase a T-shirt, contact the Grand Lake Area Chamber of Commerce at 918-782-3214, Fax: 918-782-3215 or via [email](mailto:).

## NOAH is Back From Performing for Over 400 Musicians

Nashville recording artist, fifteen year old Noah of Joplin recently returned from the "CIA Summit". IndieHeaven is the sponsor of the Christian Indie Artist Conference in Franklin, Tennessee where Noah was honored to perform for over four hundred musicians in attendance from all over the US and as far as Holland. A sample of topics covered at the annual three day event included, Business Management, Booking Concerts, Music Law, a Record Producers Panel and an Industry Professional Panel Discussion.

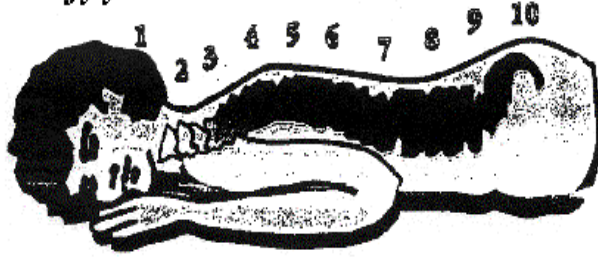
IndieHeaven is an alliance of independent Christian artists from around the globe, featuring most genres of music. Indieheaven provides an advanced set of tools for its members to promote, market, and distribute their music and missions online. Online since 2002, Indieheaven has over 700 members and is like its members, independently owned and operated.

Noah is a member of Indieheaven which entitles him to receive 100% of the sale of his music, a first for any retail website. His music can be ordered via CD and shipped from the warehouse in Franklin, TN, or via Indieheaven's digital download program. Noah debuted his brand new self-titled album last month at The Bridge, in Joplin, last month. If you missed his show make sure you catch him at the GodStock Festival coming in Sept. To find out more about Noah or Indieheaven please visit [www.noahsings.com](http://www.noahsings.com) or [www.myspace.com/noahsings](http://www.myspace.com/noahsings)

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## 51 Years Ago Comments made in the year 1855:

Submitted by Tony Renard

"I'll tell you one thing, if things keep going the way they are, it's going to be impossible to buy a week's groceries for \$20."

"Have you seen the new cars coming out next year? It won't be long before \$2000 will only buy a used one."

"If cigarettes keep going up in price, I'm going to quit. A quarter a pack is ridiculous."

"Did you hear the post office is thinking about charging a dime to mail a letter?"

"If they raise the minimum wage to \$1, nobody will be able to hire outside help at the store."

"When I first started driving, who would have thought gas would some day cost 29 cents a gallon. Guess we'd be better off leaving the car in the garage."

"Kids today are impossible. Those duck tail hair cuts make it impossible to stay groomed. Next thing you know, boys will be wearing their hair as long as the girls."

"I'm afraid to send my kids to the movies any more. Ever since they let Clark Gable get by with saying 'damn' in *Gone With the Wind*. It seems every new movie has either "hell" or "damn" in it.

"I read the other day where some scientist thinks it's possible to put a man on the moon by the end of the century. They even have some fellows they call astronauts preparing for it down in Texas."

"Did you see where some baseball player just signed a contract for \$75,000 a year just to play ball? It wouldn't surprise me if someday they'll be making more money than the president."

"I never thought I'd see the day all our kitchen appliances would be electric. They are even making electric typewriters now."

"It's too bad things are so tough nowadays. I see where a few married women are having to work to make ends meet."

"It won't be long before young couples are going to have to hire someone to watch their kids so they can both work."

"Marriage doesn't mean a thing any more; those Hollywood stars seem to be getting divorced at the drop of a hat."

"I'm just afraid the Volkswagen car is going to open the door to a whole lot of foreign business."

"Thank goodness I won't live to see the day the Government takes half our income in taxes. I sometimes wonder if we are electing the best people to congress."

"The drive-in restaurant is convenient in nice weather, but I seriously doubt they will ever catch on."

"There is no sense going to Lincoln or Omaha anymore for a weekend. It costs nearly \$15 a night to stay in a hotel."

"No one can afford to be sick any more; \$35 a day in the hospital is too rich for my blood."

"If they think I'll pay \$1.00 for a hair cut, forget it."



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## *Hoskin Named to National Panel*

OKLAHOMA CITY –State Rep. Chuck Hoskin , a former teacher and principal, will soon use his educational expertise representing Oklahoma on a national legislative panel.

Hoskin has been appointed by House Speaker Lance Cargill (R-Harrah) to serve on the Education Standing Committee of the National Conference State Legislatures (NCSL).

“It is an honor to be appointed to such significant committee. As a former teacher and school administrator, I have a continuing passion for a interest in improving education — this appointment will give me that opportunity on a national stage,” said Hoskin (D-Vinita).

NCSL is a bipartisan organization that serves the legislators and staffs of the nation's 50 states, its commonwealths and territories. NCSL provides research, technical assistance and opportunities for policymakers to exchange ideas on the most pressing state issues. NCSL is an effective and respected advocate for the interests of state governments before Congress and federal agencies.

“I look forward to working with representatives from other states in sharing information, brainstorming ways to improve our nation’s educational system and bringing back policies that other states have implemented with successful results,” said Hoskin. The committee will meet three times a year to discuss state-federal policy positions, educational issues in their state, innovative ways to improve education and legislation to implement the policy recommendations.

## There's some mighty fine advice in these words

### **EIGHT.**

Never laugh at anyone's dream. People who don't have dreams don't have much.

### **NINE.**

Love deeply and passionately. You might get hurt but it's the only way to live life completely.

### **TEN.**

In disagreements, fight fairly. No name calling.

### **ELEVEN.**

Don't judge people by their relatives.

### **TWELVE.**

Talk slowly but think quickly.

### **THIRTEEN.**

When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"

### **FOURTEEN.**

Remember that great love and great achievements involve great risk..

### **FIFTEEN.**

Say "bless you" when you hear someone sneeze.

### **SIXTEEN.**

When you lose, don't lose the lesson

### **SEVENTEEN.**

Remember the three R's: Respect for self; Respect for others; and responsibility for all your actions.

### **EIGHTEEN.**

Don't let a little dispute injure a great friendship.

### **NINETEEN.**

When you realize you've made a mistake, take immediate steps to correct it.

### **TWENTY.**

Smile when picking up the phone. The caller will hear it in your voice.

### **TWENTY-ONE.**

Spend some time alone.



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# Carbon Monoxide a Danger in the Summertime, Too

Carbon monoxide poisoning usually is associated with winter, the season when carbon monoxide-related deaths spike because of faulty heating systems.

But families can't let their guard down in the warmer months. Boat exhaust fumes, as well as grills, generators, stoves and faulty RV exhaust all can be dangerous.

Carbon monoxide can kill entire families while they sleep.

Samantha Henry knows that fact all too well. In 1998, her brother-in-law and four nephews died from carbon monoxide poisoning while they slept at their home in Mississippi. Henry's sister Tina was the sole survivor, having recovered from a coma. No matter the season, Henry tries to remind everyone about the symptoms of carbon monoxide poisoning and what to do if it is affecting you. If everyone in the house has the same symptoms, they should leave and seek medical attention, Henry says. Her family's tragedy led to Henry's working at the Tulsa Area Chapter of the American Red Cross. One of her primary concerns is saving others from carbon monoxide poisoning

### What is carbon monoxide?

Carbon monoxide is a colorless, odorless gas that is poisonous to animals and people because it displaces oxygen in the blood. It is produced by the incomplete burning of fuels. Every year, more than 200 people in the United States die from carbon monoxide poisoning.

### Symptoms

Headache, fatigue, shortness of breath, nausea, dizziness

### What to do

- Install a carbon monoxide detector that is listed with Underwriter's Laboratories.
- Install in hallway near every separate sleeping area. Don't cover it with furniture or drapes.

For additional safety information, call the Rogers/Mayes County Service Center at (918) 343-1803.

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## Take Precautions During The Summer Heat

The American Red Cross encourages everyone to take extra precautions to prevent heat emergencies. Temperatures during the summer months can reach in the high 90s and even over a 100, at times. Heat can affect anyone but is most likely to affect young children, elderly people, people with health problems and those who work outdoors.

Heat cramps are muscular pains and spasms due to heavy exertion.

Heat exhaustion typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating.

Heat stroke is the most serious heat emergency. It is life-threatening. The victim's temperature-control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Some tips to protect yourself and your family:

⌚ Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 a.m. and 7 a.m.

⌚ Stay indoors as much as possible. If a conditioning is not available, stay on the lowest floor out of the sunshine.

⌚ Wear lightweight, light-colored clothing to reflect away some of the sun's energy.

⌚ Drink plenty of water regularly and often.

⌚ Drink plenty of fluids even if you do not feel thirsty.

⌚ Water is the safest liquid to drink during heat

⌚ Eat small meals and eat more often. Avoid foods that are high in protein, which increase metabolic heat.

⌚ Avoid using salt tablets unless directed to do so by a physician.

For additional information about outdoor and disaster safety tips, call the Rogers/Mayes County Service Center of the American Red Cross at (918) 343-1803.

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## Great American Quilt Show & Sale Jenks, America

As part of Oklahoma's Centennial Celebration, Jenks will be hosting The Great American Quilt Show & Sale. We invite quilters everywhere to participate through the entry of their quilts exhibition.

### Opportunity Quilt Show Information

#### Where:

Jenks Church of Christ  
 2101 W 118th Street South - directions  
 Jenks, OK 74037

#### Show Hours:

Thursday - 6pm to 8pm  
 Friday - 9am to 5pm  
 Saturday - 9am to 5pm

#### Cost of Admission: \$5

The Great American Quilt Show will be offering a opportunity quilt. Chances to win can be purchased for \$1.00. In addition to regular quilt entries, there will be a special exhibit of historical quilts, a lecture presentation by Judy Howard (author of Centennial Stitches) and free demonstrations.



### Who is Judy Howard?

Since 1976, Judy Howard has owned and operated Buckboard Antiques and Quilts in Oklahoma City, Oklahoma.

Her love of quilts developed while taking a class from nationally renowned fiber artist Terrie Mangat. Judy became a charter member of the Oklahoma Quilt Guild, and antique quilts became her specialty.

Judy is also an award winning author, all three books were awarded the Golden Seal as Oklahoma Centennial Projects, as well as Judy's programs and quilt show. Heavenly Patchwork I and II received Best NonFiction book awards in the 2005 Oklahoma Writers Federation Inc. regional contest. Individual stories within her books won second and two third place awards in the OWFI contest, plus four second place awards and two honorable mentions in the OCWI contest. One story appears in Chicken Soup for the Christian Soul II. OKC Metro Library placed Heavenly Patchwork in its Judy now presents Historic Quilts of America, and Oklahoma History Seen Through Quilts power-point programs including 250 quilts from museums, her personal collection of thirty years, and from her Heavenly Patchwork books. She exhibits Oklahoma Historical Quilts like Kristen Chenoweth's great-great-grandmother's 1860 Eagle quilt that made the 1889 Land Run to Indian Territory, the "9/11" and Murrah Memorial Quilts and quilts from Heavenly Patchwork at quilt shows, guilds, book signings, libraries, women's clubs, schools, art galleries, museums and churches and others. Judy sponsored The Oklahoma Centennial Quilt Contest for children and adults and offered the collection of 81 winning quilts as a traveling exhibit for \$100. She will publish winners in a book with their stories.

"What do Sam Walton, Will Rogers, Wiley Post, Willard Stone, Bob Wills and the Texas Playboys, Kate Barnard, Carrie Nation, Alfalfa Bill Murray, Frank Phillips and John Wayne have in common? Their stories and quilts are included in Centennial Stitches--Oklahoma History in Quilts available in this limited collectors edition for \$39.95. This full color, hard cover coffee table gift book contains the eighty centennial quilt contest winners with stories, along with fifty-six stories of other Oklahoma historic quilts and thirty-two pages of a sampling of 1800's cherished legacy quilt photos that would have traveled into Oklahoma in covered wagons prior to statehood.

"Thanks Judy. You've done our state proud on our 100th birthday." Excerpt from Foreword by **Mary Fallin, Lieutenant**



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“As a boy, I was happiest when wrapped in one of several family quilts, the origins of which are left to the dim recollections of assorted aunts and uncles. I was less interested in their provenance than I was in their coolness and the colorful assortment of colors, squares and circles that represented family and safety. Judy Howard has done a marvelous public service. She shares the story of Oklahoma through the creativity and joy of Oklahoma’s long line of quilt makers. Hers are truly quilt stories stitched with love.”

**Frank Keating, former Oklahoma Governor**  
You can visit Judy's website [www.buckboardquilts.com](http://www.buckboardquilts.com)

Or for more information call her at (405) 751-3885 or send her an email at [buckboardquilts@cox.net](mailto:buckboardquilts@cox.net)



Judy Howard

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- 2nd Place in Each Category – \$75
- 3rd Place in Each Category – \$25
- The Good Life Designs Challenge – \$150

To fill out the entry form, simply click on : **2007 Great American Quilt Show Entry Form**

For more information contact:

Mary M. Covey at 918-299-2750 or you can email her at [mmcovey@aol.com](mailto:mmcovey@aol.com)

Or visit her website at: [www.thegoodlifedesigns.com](http://www.thegoodlifedesigns.com)



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# Upcoming and Chamber Events

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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. **JULY 10<sup>th</sup> is the next meeting**

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.

### Mayes County Pioneer Celebration

A celebrating honoring Pre-statehood pioneers and their descendants will take place Saturday, September 15, in the Pryor Community Building. This event is sponsored by the Mayes County Genealogical Society.

There were over 3000 of these men, women and children living

and working in Mayes County prior to November 1907. Descendants of these pioneers who might like to attend this celebration or who would like more information should send their request to Mayes County Pioneer Celebration, PO Box 765, Pryor, OK. 74362

April-October – Adair Trader's Day 3<sup>rd</sup> 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

### June

21<sup>st</sup>: Cherokee Casino Will Rogers Downs presents their summer concert series featuring Roy Clark and Mel Tillis. Call 918-283-8800 for more info or go to [www.cherokeecasino.com/WillRogersDowns](http://www.cherokeecasino.com/WillRogersDowns)

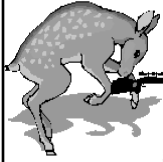
June 21, 22, 23, 24. ATTENTION!... The ESPN Bassmaster Elite Series is back for the BASS! ~ So book your rooms now... Brought to you by the Grand Lake Association...

June 28, 2007 thru Monday, July 2, 2007 Salina Carnival Location Salina OK For More Information Phone: 918-434-8181

June 30, 2007 Alpha Company Graduation Cycle 2-06

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**JULY**

July 1, 2007 thru Monday, July 2007 Salina Carnival Location Salina OK For More Information Phone: 918-434-8181

7/3/2007 City of Grove Independence Day Celebration 08:30 PM FREE Admission Grove Sports Complex East of Main Street on 13th Street Grove, OK Call for details and time 918-786-6107

7/4<sup>th</sup>: City of Claremore's Independence Day Celebration at Claremore Lake Park. For more information call the Claremore CVB at 918-341-8688 or go [www.visitclaremore.org](http://www.visitclaremore.org).

July 4, 2007 Pryor Independence Day Celebration Celebrate our country's freedom and independence with Pryor's annual fireworks display. Location Tiger Stadium Pryor OK 74361 For More Information Phone: 918-825-4077

July 4th Bluejacket Fireworks Display and Entertainment This celebration is sponsored by the Bluejacket Volunteer Fire Department, and area businesses. The night is full of live entertainment, food, and games. The fireworks show begins at dusk. Call 918.784.2382 for more information

7/4/07 Duck Creek's Fireworks Spectacular

7/4/2007 Cajun Festival 9:00 AM Grove Civic Center 1720 South Main Grove, OK 74344 A fun day with great Cajun Music and Food with Vendors of all kinds. Free admission. For more information contact Kathleen Pixley at (918) 786-8896.

7/4 to 7/2007 33rd Annual Quilt Show Presented by the Grand Lake O' the Cherokees Quilt Guild Grove Community Center 104 W. 4<sup>th</sup> Grove, OK 74344 918-787-2249

7/6<sup>th</sup>-8<sup>th</sup>: 2007 Gathering of the Guard, Patriot Guard Riders annual convention.

July 7, 2007 First Saturday Traders Day Whitaker Park is the location for this community shopping arena where citizens and vendors can market their merchandise. Location Whitaker Park Pryor OK 74361 For More Information Phone: 918-825-0157 Email: [www.pryorok.com](mailto:www.pryorok.com) Web: [info@pryorok.com](mailto:info@pryorok.com)

July 12, 2007 Bravo Company Graduation Cycle 28

7/12 - 7/14/2007 Jenks, America - Great American Quilt Show & Sale

July 13, 2007 thru Sunday, July 15, 2007 Rock Fever Roll on over to the festival grounds and Rock on. Location Catch the Fever Festival Grounds Pryor OK For More Information Phone: 918-824-2288

7/13/2007 to 8/18/2007 The Man Who Ran Picture In Scripture Amphitheater PO Box 190 Disney, OK 74340 918-435-8207 Presented by Picture In Scripture Amphitheater July 13th thru August 18<sup>th</sup> Performance Schedule

6:30pm to 8:00pm- Pavilion Dining  
8:00pm- Gospel Singing Sunset- Play Begins Ticket Prices- \$12 adults/ \$4 children

For more information, please contact (918) 435-8207 or visit our website [www.pictureinscripture.com](http://www.pictureinscripture.com)

7/15<sup>th</sup>: Motorcycle Swap Meet at the Claremore Expo Center; for more information call Jeff Williams at 816-228-5811.

July 18, 2007 PACC Ambassador's Meeting Time Noon Location Pryor OK For More Information Phone: 918-825-0157 Email: [www.pryorok.com](mailto:www.pryorok.com) Web: [info@pryorok.com](mailto:info@pryorok.com)

July 21, 2007 thru Sunday, July 22, 2007 American Cowboy Traders Day Cowboy Trade Days, Square Dancing, Live Entertainment. Location Whitaker Park and Downtown 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)

July 30th- August 4th Craig County Free Fair This event is held at the Craig County Fairgrounds and is hosted by the Craig County Free Fair Board. The fair includes exhibits, livestock show, children games and nightly events. Call 918.256.7569 for more information

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

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# Oklahoma's



# House

May 20, 2009

"A motion to adjourn is always in order."  
~Robert Heinlein

In the final week of Session, many bills were considered late into the night as we worked to hear legislation important to Oklahomans. I am pleased to report that the House of Representatives completed the First Regular Session of the 51<sup>st</sup> Legislature and adjourned in the afternoon of May 25. Adjournment was made without the need for a Special Session for the first time in four years.

The bipartisan comprehensive budget package was approved, paving the way for movement on other legislation. The \$7.1 billion state budget provides tax relief for working Oklahomans, a boost in teacher pay and retirement funding and includes important funds for critical state services such as public safety, roads and veterans care.

Last week I spent a lot of time lobbying my colleagues to support two important pieces of legislation which included language from bills I authored this Session. Both bills strive to advance the health care insurance needs of Oklahoma's children and workers.

HB 1225 improves the *Insure Oklahoma* program also known as O-EPIC (Oklahoma Employer/Employee Partnership for Insurance Coverage) by increasing the income guidelines. This enables more working Oklahomans to become eligible to apply for coverage. *Insure Oklahoma* helps small businesses offer affordable health insurance to working Oklahomans through revenue generated from the tobacco tax approved by voters in 2004.

SB 424, also known as the *All Kids Act*, widens the window of eligibility for children without health insurance and helps the state qualify for matching federal funds. Oklahoma has consistently ranked in the bottom quarter of

states in the number of insured children. The *All Kids Act* seeks to increase the number of children who have access to the best medical care possible through insurance.

When I campaigned and became your State Representative, I pledged to *Put People First*. I am very proud to say that these two pieces of legislation, along with others I authored and voted for this Session, aim to put Oklahomans first. I look forward to being back in the District visiting with you about our State government.

If you have any questions or comments, please contact me by calling 800-522-8502 or 918-256-3229; emailing [chuck.hoskin@okhouse.gov](mailto:chuck.hoskin@okhouse.gov); or writing to Representative Chuck Hoskin, PO Box 941, Vinita, OK 74301. It has been my great pleasure to represent you in Oklahoma's House this Session.

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# ALWAYS THERE

by James "Poppy" Kisner

What can I say about you dad that qualifies as praise? The way you show your love for me in many different ways.

The words may not be spoken to express that love for me, But I know dad you love me, it's in everything I see.

I see how hard you work to earn a living everyday, And I know where the money goes when you receive your pay.

You take care of the family as you work to earn a living, But more than monetarily you just can't stop from giving.

Unselfishly you sacrifice your time and energy, And always when I need your help you still have time for me.

There's nothing you won't do for me if it is for my best, Even times when it may seem that I am just a pest.


You've made me realize that I can always count on you, That I will have your full support in anything that I do.

To know I have your backing when I have tried different things, Gives me so much courage as I try to spread my wings.


Never have you wavered in responsibility, Always being just exactly what a dad should be.

You have always been there for me and you know it's true, That is why I say these words with pride "Dad I love you."

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# Oklahoma's House

by State Representative Chuck Hoskin, District 6



June 4, 2007

“When you leave here, don’t forget why you came.”  
 ~Adlai Stevenson


The quotation above was meant for college graduates but I find it very appropriate at the end of my first session as your State Representative.

My wife, Stephanie, and I traveled back to the Capitol on Monday to watch Governor Henry sign two important pieces of legislation that I helped work on this session. One bill will help insure more Oklahoma’s children and the other will help reduce the number of uninsured working Oklahomans. On the turnpike along the way we talked about how fast the session seemed to go by and we reminisced about the first five months of the year. Stephanie said that she thought I held my own very well as a freshman legislator and congratulated me for graduating.

Now if that were the end of the story or the end of my work for the year, we would go back home, unplug the phones, ignore the email and not be seen in the District until January of 2008. But the reality is that my work as your State Representative will continue when I leave the Capitol and return home for the rest of the year. My father taught me that it wasn’t enough to look people in the eye and ask for their vote at election time. He emphasized that the true measure of a representative would come after he was elected—when he returned and looked the same people in the eye confident that he had worked his hardest and did his best.

When I pledged to *Put People First* on the campaign trail, it wasn’t just for the first five months of the year. I went to the Capitol to represent you in the House of Representatives and I leave now to return home and work for you in the District. I will return your phone calls, check the email and be with you in public at meetings and events all over the district. I will return home to talk about the session that just ended and to listen. I am leaving Oklahoma City for the rest of the year, but I will not forget why I came in the first place...you.

Please do not hesitate to contact me if you ever have any questions, comments or concerns by calling 800-522-8502 or 918-256-3229; emailing [chuck.hoskin@okhouse.gov](mailto:chuck.hoskin@okhouse.gov); or writing to Representative Chuck Hoskin, P.O. Box 941, Vinita, OK 74301. It has been my great pleasure to serve you in Oklahoma’s House this session and I look forward to visiting with you back home.



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## June 23 election lies at the very heart of Indian, Cherokee sovereignty

Today, American Indians stand at a crossroad in history. We have endured generations of genocide, forced assimilation and other threats to our survival as distinct peoples.

Only in the last 30 years could we trust that our right to self-government would not be overridden for the sake of self-interest by those who sought to control us and our lands because of the Indian Self-determination Act of 1975.

One of the most central features of true self-government is the right to determine what is in our own Constitution. Today, some seek to compromise Indian self-government, and Cherokee voters should send a clear message on June 23 that the right of Indian self-government is not negotiable. Cherokees should vote yes again on June 23 to remove federal oversight and approval of our Cherokee Nation Constitution.

The history that has led to this moment is well documented. For more than 40 years, the Cherokee Nation has worked to rejuvenate its heritage and reaffirm a cultural identity damaged by more than a century of federal policies — including BIA policies — aimed at assimilating Native Americans and stripping us of our identities. In the course of this effort, the Cherokee Nation thoughtfully considered the crucial question on what it means to be a nation.

In 2003, our voters agreed that a sovereign Nation does not grant another nation the power of approval over its constitutional process. They amended our 1975 Constitution to revoke a provision that had been voluntarily included in the original document, giving the federal government a role in approving our constitutional amendments.

Our tribal courts later ruled that because the provision had been self-imposed, it could be revoked at the people's will. And it was overwhelmingly.

The BIA, therefore, has no inherent "right" to approve or reject our Constitutional amendments. It is worth noting further that nowhere in the historical paper trail articulating the Cherokee Nation's relationship with the United States is the United States granted authority to approve Cherokee Nation constitutional language. In particular, the 1866 treaty does not grant that authority. It was solely a voluntary provision by the people themselves in 1975, and they have now revoked it. It should be noted that no other government in the United States, including state, county or city governments, must submit their laws to a federal agency for approval.

Meanwhile, the BIA does not treat every tribe's constitution as subject to federal approval. They do not, for example, have the right to approve the Constitution of the Muscogee (Creek) Nation, our close neighbor in Muskogee.

Cherokee Nation must not have its sovereign right to self-governance infringed upon because of a voluntary provision now removed from our Constitution, while the same right for other tribes is treated as absolute.

Some would have you believe that this is a racial issue. It is not.

What is fundamentally at stake in this matter is for Indians to be able to decide for ourselves the content of our Constitution. This right lies at the core of self-governance and tribal identity. So enough patronage and paternalism. Enough broken promises. Enough Trails of Tears.

On June 23, the Cherokee Nation must stand strongly against efforts to turn back the clock on Indian self-government. For in the end, self-government is our only safeguard against our destruction as a people.

*Chad Smith is principal chief of the Cherokee Nation.*

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## THE WISDOM TO KNOW THE DIFFERENCE

The conversation was lively even though the subject was . . . well, unmentionable.

Not that there was anything unseemly being discussed. It was a perfectly appropriate conversation between a mother and her teenage daughter. They were talking about . . . you know . . . stuff. Lady stuff. The kind of lady stuff about which moms need to talk with their teenage daughters.

Unfortunately, it wasn't just my wife, Anita, and 17-year-old Beth in the kitchen last Sunday. There was also 15-year-old Jon, who was playing a computer game in the next room and who was therefore well within earshot (although "within earshot" doesn't necessarily mean he's hearing anything – witness my repeated attempts to get him to take out the garbage).

Then there was me. I was trying to be mature about the whole thing. I sat there at the kitchen counter, listening, occasionally nodding my head or offering what I thought was a useful comment. But beneath the surface, where no one could see, I had my hands over my ears and I was loudly chanting "La\_la\_la\_la\_la . . ."

Hey, I may be a father, but I'm also a guy. And talking about lady stuff makes guys go "la-la-la-la."

So we were talking (or not, as the case may be), when all of a sudden an adolescent male voice emanated from the office: "I have a question."

Those are chilling words to a parent, especially coming out of the mouth of a 15\_year\_old. Especially when he's male, and the topic on the table is . . . well, you know. We wondered how much he had heard. We wondered how much he had understood. We wondered how long it would be before we saw his face on the cover of the National Enquirer with the headline: "Psychopathic Teenager Blames Parents Who Forced Him to Listen to Lady Stuff."

We braced ourselves: "What is it, Jon?"

He paused thoughtfully. Then he asked: "Can I

have something to eat?"

Turns out Jon wasn't at all concerned about the things that were being discussed around him. He was content in his own world, except for one thing: he was hungry. But he knew what he could do about that, and he focused on taking care of the situation.

In many ways, I wish I could be more like Jon. I find myself spending an awful lot of time worrying about Things I Can't Do Anything About. Some of them are cosmic and incomprehensible. Others are just silly, uncontrollable irritants in an imperfect world. Recently, for example, it's been the NBA Playoffs. When my team won I worried that they would become complacent. When they lost I worried that they had lost confidence. When the breaks went their way I worried that the victory would be tainted. When the breaks went against them I worried that the entire NBA was conspiring to get them.

I worried about my team a lot. But when it came right down to it, my worrying didn't make a bit of difference. It didn't help them to play better or to have a better attitude or to STOP TAKING SO MANY STUPID SHOTS AND PLAY BETTER DEFENSE!!!

See what I mean?

It just frustrated me, and that doesn't help anyone. Which is not to say that I'm recommending a "don't worry, be happy" approach to life. There are plenty of things about which we should be concerned, and we should do everything we can to make positive changes in the world. But in the words of a well-known prayer, we need to ask God to grant us "the courage to change the things that I can change, the serenity to accept the things I can't change, and the wisdom to know the difference."

Unmentionable or not.

**VALUESPEAK**

*A Weekly Column*

**By Joseph Walker**

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- 2 tablespoons honey
- 4 tablespoons peanut butter
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In a large bowl, mix together the honey and peanut butter. Using a spatula, stir in the granola.

Add enough milk to just moisten--you want it to stick together. Form into balls. Chill until ready to



## Chocolate-Dipped Frozen Bananas

- 8 medium bananas, peeled
- 8 wooden popsicle sticks
- 32 ounces semisweet chocolate, chopped or chips
- 4 tablespoons unsalted butter

Dipping decorations: granola, chopped nuts, sprinkles, jimmies, crushed cookies, and toasted coconut  
Line a sheet pan with waxed paper. Cut 1-inch off the end of each banana. Insert a popsicle stick into the cut-end of each banana,

- 8 medium bananas, peeled
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GLSPS Vessel Examiners Were at South Winds Marina and Indian Hills Resort on Saturday, June 2<sup>nd</sup> to Offer Free Boat Inspections to the Public.



Pictured are VSC examiners Bill Miller, Don Chapupnik, Jay Spicer, and



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"Da-aaad..."

"What?"

"I'm thirsty. Can you bring drink of water?"

"No, You had your chance. Lights out."

Five minutes later: "Da-aaaaad..."

"WHAT?"

"I'm THIRSTY. Can I have a drink of water?"

I told you NO! If you ask again, I'll have to spank you!!"

Five minutes later... "Daaaa-aaaaad..."

"When you come in to spank me, can you bring a drink of water?"

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An exasperated mother, whose son was always getting into mischief, finally asked him, "How do you expect to get into Heaven?" The boy thought it over and said, "Well, I'll run in and out and in and out and keep slamming the door until St. Peter says, 'For Heaven's sake, Dylan, come in or stay out!'"

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- ESTATE
- FARM
- FIELD
- FODDER
- GEESE
- GOAT
- HARVEST
- HOMESTEAD
- HORSES
- LIVESTOCK
- MEADOW
- MILL
- PASTORAL
- PASTURE
- PROVINCIAL
- RANCH
- RURAL
- RUSTIC
- SHEEP
- SILAGE
- SILO
- STABLE
- TRACTOR

# Getting to Know the Lutherans

The Lutheran Churches of Northeast Oklahoma  
invite you to worship with us.

## ORDINARY TIME

*Rich and poor have this in common: The LORD is the Maker of them all.  
(Proverbs 22:2)*

Lutherans follow the liturgical calendar of the Church Year. Most of the seasons of the Christian church year are organized around two major festivals that mark sacred time, Christmas and Easter. The Christian year doesn't end with Pentecost and take up again with Advent, however. Counted time after Pentecost always begins with Trinity Sunday (the first Sunday after Pentecost) and ends with Christ the King Sunday or the Reign of Christ the King (last Sunday before the beginning of Advent) and is called Ordinary Time and is the longest season of the Church Year. Ordinary Time was derived from the word *ordinal* or "numbered." Since Pentecost Sunday (this year celebrated on 2005) Lutherans have been in the liturgical time of the Church Year commonly called Ordinary Time, a time for new growth.

The 33/34 Sundays of Ordinary Time are used to focus on various aspects of the Christian faith, especially the mission of the church in the world. Ordinary time is a season that brings home to Lutherans the holiness of day-in-day-out living. We're not preparing for a major feast; we're not celebrating a major feast; we are simply living in God's world in the time given us. Ordinary time gives us the opportunity to look for the wonderful things that can spring up from living together in faithfulness, paying attention to the smaller acts and the inward signs of God.

Even the sanctuary color for Ordinary Time expresses this time of new growth. The predominant liturgical color for Ordinary Time is dark green although other shades of green are commonly used. Green has traditionally been associated with new life and growth. Even in Hebrew in the Old Testament, the same word for the color "green" also means "young." In Christian tradition, green came to symbolize the life of the church following Pentecost, as well as symbolizing the hope of new life in the resurrection.

Even though Ordinary Time involves the everyday problems and struggles of life, we, as Lutherans, also know that we are saved by One Who, through His birth, life, death and resurrection, saved us and is with us every day of our everyday lives. We will never understand why He chooses to be with us, but with us He is and our lives will never be the same.

**Messiah Lutheran Church**  
460 N. Wilson  
Vinita, OK.

Sunday School and Bible Class 9:00  
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  
Worship 10:30 a.m. (918) 542-4681  
Email: [www.mtolive@cablone.net](mailto:www.mtolive@cablone.net)  
Website: [www.mtolivemiamiok.memberco](http://www.mtolivemiamiok.memberco)  
School: [www.mtoliveschool@yahoo.com](http://www.mtoliveschool@yahoo.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.lutheranonline.com/lo/Groveok](http://www.lutheranonline.com/lo/Groveok)

**St. John Lutheran Church**  
607 SE 9<sup>th</sup> Street  
Pryor, OK.

Sunday School and Bible Class 9:15 a.m.  
Worship 10:30 a.m.(918) 825-1926  
Email: [stjohnpryor.org](mailto:stjohnpryor.org)

**Redeemer Lutheran Church**  
220 N. Seminole  
Claremore, OK.

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

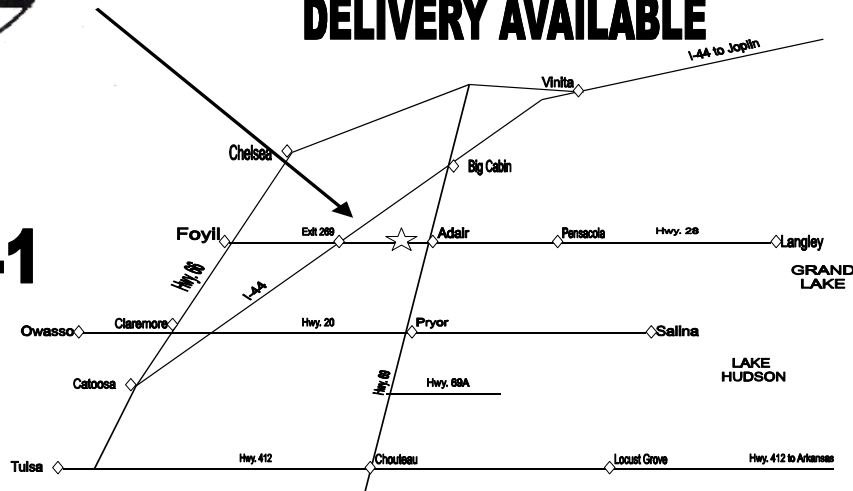


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It seems you can't bear it - perhaps can't go on -  
When deep in the heart there's no trace of a song.

Some words that would comfort -  
when late in the night the trials return and -  
you're too tired to fight.  
Or the tears flow so often it seems you'll run dry.  
And life gets so tough that you just want to die -  
Or at least go and hide -  
where you're safe from all pain.  
Someplace you can rest 'til you find joy again.

What are the words you so need to hear -  
That will help and will heal and remove all the fear -  
That builds up inside 'til you think you'll explode -  
What are the words that will lighten the load?

If only I knew the right words to say.  
To encourage and Bless you or comfort some way.  
I know not the words but this I can do.  
I shall offer up Prayers to the Father for you.



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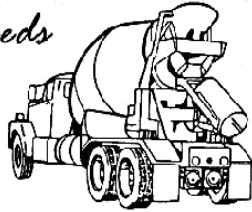
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## Birthing & Children

### Birth Order of children

**1st baby:** You begin wearing maternity clothes as soon as your OB/GYN confirms your pregnancy.

**2nd baby:** You wear your regular clothes for as long as possible.

**3rd baby:** Your maternity clothes ARE your regular clothes.

### Preparing for the Birth:

**1st baby:** You practice your breathing religiously.

**2nd baby:** You don't bother because you remember that last time, breathing didn't do a thing.

**3rd baby:** You ask for an epidural in your eighth month

### The Layette:

**1st baby:** You pre-wash newborn's clothes, color-coordinate them, and fold them neatly in the baby's little bureau.

**2nd baby:** You check to make sure that the clothes are clean and discard only the ones with the darkest stains.

**3rd baby:** Boys can wear pink, can't they?

### Worries:

**1st baby:** At the first sign of distress--a whimper, a frown--you pick up the baby.

**2nd baby:** You pick the baby up when her wails threaten to wake your firstborn.

**3rd baby:** You teach your three-year-old how to rewind the mechanical swing

### Pacifier:

**1st baby:** If the pacifier falls on the floor, you put it away until you can go home and wash and boil it.

**2nd baby:** When the pacifier falls on the floor, you squirt it off with some juice from the baby's bottle.

**3rd baby:** You wipe it off on your shirt and pop it back in.

### Diapering:

**1st baby:** You change your baby's diapers every hour, whether they need it or not.

**2nd baby:** You change their diaper every two to three hours, if needed.

**3rd baby:** You try to change their diaper before others start to complain about the smell or you see it sagging to their knees.

### Activities:

**1st baby:** You take your infant to Baby Gymnastics, Baby Swing, and Baby Story Hour.

**2nd baby:** You take your infant to Baby Gymnastics.

**3rd baby:** You take your infant to the supermarket and the dry cleaner.

### Going Out:

**1st baby:** The first time you leave your baby with a sitter, you call home five times.

**2nd baby:** Just before you walk out the door, you remember to leave a number where you can be reached.

**3rd baby:** You leave instructions for the sitter to call only if she sees blood.

### At Home:

**1st baby:** You spend a good bit of every day just gazing at the baby.

**2nd baby:** You spend a bit of everyday watching to be sure your older child isn't squeezing, poking, or hitting the baby.

**3rd baby:** You spend a little bit of every day hiding from the children.

### Swallowing Coins (a favorite):

**1st child:** When first child swallows a coin, you rush the child to the hospital and demand x-rays.

**2nd child:** When second child swallows a coin, you carefully watch for the coin to pass.

**3rd child:** When third child swallows a coin you deduct it from his allowance!

### GRANDCHILDREN:

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## Can You Identify Balls That Are Used in an Assortment of Sports

1. An air filled leather sphere with a circumference of 68-70cm (27"-28") and a dry weight of 410-450 gms (14-16 ozs) which is inflated to a pressure of 60-110 kPa (8.5-15.6 psi).

Gaelic Football  
Football (soccer ball)  
Softball  
Water Polo ball

2. This spherical ball is made from a cork core, layered with tightly wound string which is encased in a leather case with a raised seam around the equator. It must weigh between 155.9-163 gms (5.5-5.75 ozs). Its circumference must be 224-229 mm (8 13/16"-9") in circumference.

Field Hockey ball  
Croquet ball  
Handball  
Cricket ball

3. This spherical ball has been made in an assortment of ways over the centuries but is most commonly constructed of a liquid filled core, wound with layers of thin rubber thread and coated in a plastic or synthetic dimpled membrane. It may not weigh more than 45.93 gms (1.62 oz) and its diameter not less than 42.67 mm (1.68").

Squash ball  
Snooker ball  
Rugby Union ball  
Golf ball

4. This spherical ball is a gas filled celluloid ball with a diameter of 40 mm, a weight of 2.7 gms and a coefficient of restitution of 0.4. Invariably white, this ball has a matte finish.

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 Sat. 8 am-12 pm

Volleyball  
 Tennis ball  
 Softball ball  
 Baseball

6. **This prolate spheroid ball is slightly pointed at each end. It is made with four leather panels, stamped with a pebble-grain texture. Two panels are laced together and the whole encases a polyurethane or rubber bladder. The ball is 28 cm (11") long and at its widest point is 56 cm (22") in circumference. It must weigh 397-425 gms (14-15 ozs).**

Hurling ball  
 Gaelic Football  
 Netball  
 American Football

7. **This ball is made of a solid high compact plastic, although in days gone by it has been made of bamboo or willow root. It is 3"-3.5" in diameter and weighs 4.25-4.75 ozs.**

Pool ball  
 Polo ball  
 Ten Pin Bowling ball  
 Lacrosse ball

8. **These balls are made with two hemi-spheres of rubber compound, glued together to form a hollow sphere and which is then buffed to a matte finish. Different balls are manufactured to accommodate different temperature and atmospheric conditions and standards of play. The ball types are denoted by coloured dots.**

Water Polo ball  
 Table Tennis ball  
 Squash balls  
 Petanque ball

9. **This spherical ball is made of a cork or rubber core (or a mixture of the two). The core is layered with twine, yarn or sometimes wool. It has a two**

**piece leather cover which is stitched together using 22.9-23.5 cm (9"-9.25") in diameter and weighs 142 gms (5ozs).**


Shinty ball  
 Baseball  
 Quidditch ball  
 Croquet ball

10. **This spherical ball is constructed of a solid rubber in either white or orange colours. Its diameter must be 19.69 - 20.32 cm (7.75" - 8"). It must weigh between 5 and 5.25 ounces. When dropped from a height of 72" onto a solid wood floor it must bounce up 49".**

Crown Green Bowls ball  
 Cricket ball  
 Basketball  
 Lacrosse ball

## ANSWERS

1. Football (soccer ball)
2. Cricket ball.
3. Golf ball.
4. Table Tennis ball
5. Tennis ball
6. American Football
7. Polo ball.
8. Squash balls.
9. Baseball
10. Lacrosse ball.

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# Inventions

## History of Hit Movies of the Past

The sound of *The Jazz Singer* came from record synchronized with the film. The Western Electric system that Warner Brothers used soon gave way to one that put sound directly on film. Using a principle developed by inventor Lee De Forest, a microp converted sound to electricity. Variations in the current were indicated by the changing intensity of a lamp. The camera filming the scene had a two-track film, one for sight and the other for sound. The lamp's pattern of light was picked up by the sound track. When the movie was projected, the squiggling line of the sound track electronically converted back to sound and amplified through a loudspeaker array in the theater.

The inventions associated with sound had an unexpected effect on the artistry of movies. No cameras had to be encased in soundproof housings limiting mobility. A new technician, the sound engineer challenged the tyranny of temperamental directors who were used to yelling at the cast during filming. While directors silently fumed on the now sound-conscious set the actors spoke their lines in ways that the director might not want. For it was the engineer who decided where to hide cumbersome microphones and the serpentine cables.

So it would be their newcomer, not the director, who would decide where an actor turned (toward the potted plant or the star's bosom, for instance) and when he spoke—or perhaps shouted—his lines. Soon, though, shouting directors learned to live with new techniques. They photographed scenes without sound and, thanks to other inventions, dubbed the sound in later.

Color arrived erratically, first as hand-tinted frames, then as variations on the still camera's early three-filter process. Kodachrome film, introduced by the Eastman Kodak Company in 1928, was intended for amateurs, but moviemakers adapted it with moderate success. Finally came Technicolor, which began its

career in 1917 in a railway car that rolled from Boston, where the bulky color-filming equipment was loaded aboard, to Jacksonville, Florida, where a pioneer color movie, *The Gulf Between*, was being made.

The system was so complicated that its originator and promoter, Herbert Kalmus, said it needed a projector operator "who was a cross between a college professor and an acrobat." Technicolor evolved from that primitive two-color technology to a full-spectrum system that used an unwieldy three-film camera, and finally to a simplified process that used a variation of Kodachrome film.

For the advent of color there was no epochal film like *The Jazz Singer*. Color fitted in and out of the movies, teasing the moviegoer with hints of tints to come. We sat there in the black-white darkness, awaiting the rainbow. Then one day it came, as suddenly and unexpectedly as so many things come to the spectators of technology.

Like all images that really matter this one would stay always in the newsreels of our minds: There, one moment, was Dorothy in a black and white Kansas tornado. A gray door opened—and the next moment she was somewhere over the rainbow in the brilliant, sparkling colors of Oz. In that dazzling darkness we knew that we all had been taken to a new place and, unlike Dorothy, we would never go back.

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# Senior Citizen's News

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

2<sup>nd</sup> Monday Every Month – Musi  
6:30pm to 10:00pm  
2<sup>nd</sup> Wednesday Every Month – Po  
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.  
Homebound in City Limits. 618 Pine (9  
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

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Rosalie Holt, Manager

## **DOCS GROVE SENIOR CITIZENS CENTER**

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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 1<sup>st</sup> and 3<sup>rd</sup>  
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.



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## **FLEAS 4 SALE**

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# Library News

## CHELSEA PUBLIC 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 who family.

## DELAWARE COUNTY LIBRARY

429 S. 9th St. Jay, OK 74346

918-253-8521 fax 918-253-8726

Web: [www.eodls.lib.ok.us/jay.html](http://www.eodls.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

3<sup>rd</sup> 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 h open

## PRYOR PUBLIC LIBRARY

(918) 825-0777

### HOURS:

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

Tuesday, Wednesday and Friday -

AM-5:00 PM

Saturday - 9:00AM-12:00 Noon

Sunday - Closed

Genealogy second Monday 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 is Open Monday-Friday 1:00 PM.-4:00 PM.

Remember this is done by volunteers, please call ahead especially if you live out of town.

Literacy Reading Program is available at the libraryPlease call for information.

Genealogy 1:00 PM-4:00 PM

Monday-Friday. Please call ahead to assure time and days.

**Do you have Library News?  
Just send it in!**

## CHELSEA FAMILY PHARMACY

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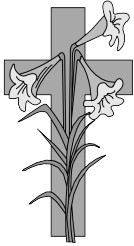
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JEWELS FROM THE WORD

# MY DADDY

Until I was in my 20's, I was a daddy's girl. I adored my daddy and even as a grown woman would sit close to him. When I was a little girl, I told everyone, "Isn't my daddy handsome? And I look just like him." I had his green eyes and droopy eyelids, his eyebrows that grew together in the middle, which I plucked so often they disappeared.

Daddy was a self-educated man. He only went to school through the 5th grade, which was fairly common back then. Daddy

hands read everything he could get his hands on, all the time, everywhere. It was told that his dad made him turn out why I was taking classes, to learn the coal-oil lantern late at night, just what all those difficult technical terms meant.

Daddy also believed in hard work. He went to work at a very young age, going to Colorado to C.C.C. camp (Civilian Conservation Corps) during the 1930's and then off to World War II. When he returned to his home, he opened his own garage in partnership with Shorty Riddle, another war veteran and his childhood friend. Then school.

during the Korean Conflict he served in the Army. As my sister and I walked onto that football field to receive

He worked for many years for the railroad, but in the 1950s also took a correspondence course in TV repair. saying "Good job, girls."

The table by his chair always held the latest magazine or book.

In the early 80s, about the same time he and Mom retired, I returned to college, taking evening classes in digital electronics. I would always rush to show Daddy my grades, even before I showed them to my husband. I bought computer magazines and books, which he always read, too.

Then he would ask me,

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

**Remember this:** You will come through this problem too, because God is faithful. I Cor 10:13.



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