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*"The Little Green Paper"*

February 5, 2018

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## Valentine's Day History



Every February 14, across the United States and in other places around the world, candy, flowers and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint, and where did these traditions come from? Find out about the history of this centuries-old holiday, from ancient Roman rituals to the customs of Victorian England.

The history of Valentine's Day—and the story of its patron saint—is shrouded in mystery. We do know that February has long been celebrated as a month of romance, and that St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. But who was Saint Valentine, and how did he become associated with this ancient rite?

The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice

of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl—possibly his jailor's daughter—who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories all emphasize his appeal as a sympathetic, heroic and—most importantly—romantic figure. By the Middle Ages, perhaps thanks to this reputation, Valentine would become one of the most popular saints in England and France.

ORIGINS OF VALENTINE'S DAY: A  
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While some believe that Valentine's Day is celebrated in the middle of February to commemorate the anniversary of Valentine's death or burial—which probably occurred around A.D. 270—others claim that the Christian church may have decided to place St. Valentine's feast day in the middle of February in an effort to "Christianize" the pagan celebration of Lupercalia. Celebrated at the ides of February, or February 15, Lupercalia was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to the Roman founders Romulus and Remus.

To begin the festival, members of the Luperci, an order of Roman priests, would gather at a sacred cave where the infants Romulus and Remus, the founders of Rome, were believed to have been cared for by a she-wolf or lupa. The priests would sacrifice a goat, for fertility, and a dog, for purification. They would then strip the goat's hide into strips, dip them into the sacrificial blood and take to the streets, gently slapping both women and crop fields with the goat hide. Far from being fearful, Roman women welcomed the touch of the hides because it was believed to make them more fertile in the coming year. Later in the day, according to legend, all the young women in the city would place their names in a big urn. The city's bachelors would each choose a name and become paired for the year with his chosen woman. These matches often ended in marriage.

#### VALENTINE'S DAY: A DAY OF ROMANCE

Lupercalia survived the initial rise of Christianity and but was outlawed—as it was deemed "un-Christian"—at the end of the 5th century, when Pope Gelasius declared February 14 St. Valentine's Day. It was not until much later, however, that the day became definitively associated with love. During the Middle Ages, it was commonly believed in France and England that February 14 was the beginning of birds' mating season, which added to the idea that the middle of Valentine's Day should be a day for romance.

Valentine greetings were popular as far back as the Middle Ages, though written Valentine's didn't begin to appear until after 1400. The oldest known valentine still in existence today was a poem written in 1415 by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. (The greeting is now part of the manuscript collection of the British Library in London, England.) Several years later, it is believed that King Henry V hired a writer named John Lydgate to compose a valentine note to Catherine of Valois.

#### TYPICAL VALENTINE'S DAY GREETINGS

In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France and

Australia. In Great Britain, Valentine's Day began to be popularly celebrated around the 17th century. By the middle of the 18th, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes, and by 1900 printed cards began to replace written letters due to improvements in printing technology. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings.

Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the "Mother of the Valentine," made elaborate creations with real lace, ribbons and colorful pictures known as "scrap." Today, according to the Greeting Card Association, an estimated 1 billion Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.) Women purchase approximately 85 percent of all valentines.

Data Master: Steve Burdick

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## Senior Companion Volunteer



Jeri Collins has been a Senior Companion Volunteer for fifteen years and in April will begin her sixteenth year. She has been selected as the Rogers County "Champion of Compassion" for January 2018, because of her time and dedication to this great volunteer program. Jeri said, "I really enjoy it because it's not only helping others, but it's helping me by getting me out of the house and around others." Since Jeri has been such a wonderful volunteer, we wanted you to get to know her a little better. We asked her what her favorite time of the year is, she quickly said "Thanksgiving, where all my family finds time to get together." Another fun fact about Jeri is she enjoys ventriloquism, Particularly Freddy Fatter. When asked what her first job was she stated, she worked at her local Five and Dime as a stocker. Lastly, when asked what was the most interesting place she had ever visited, she said Alaska. Jeri went on to say, she took a 10 day Alaskan cruise with her eldest son. Jeri thank you for your hard work and dedication, without you and the other volunteers this program would not be the success that it is today. The Senior Companion Program is currently accepting application for stipend volunteer positions. Please contact the Rogers County Health Department 918-341-3166. This article was made possible by the Multimedia and Graphic Arts Department, NTC, Afton Campus.

Data Master: Eric Peachy



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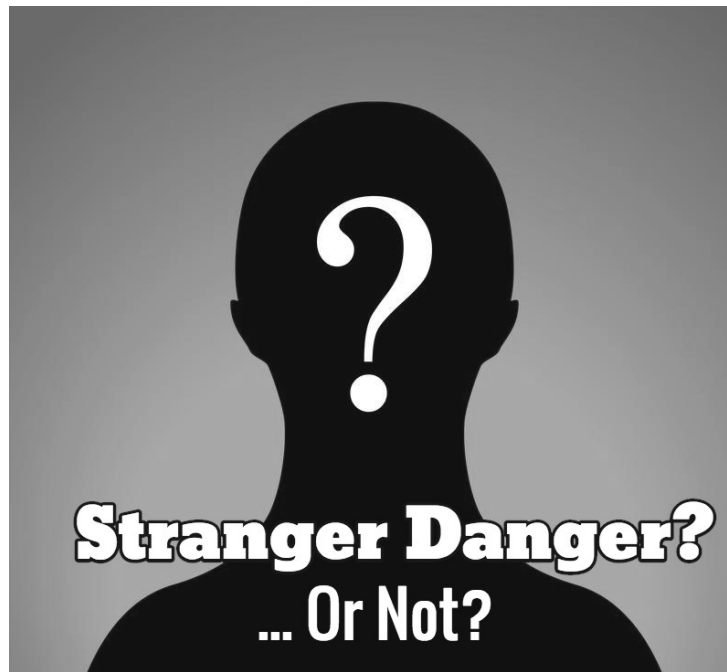
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## ‘Stranger Danger’ Is Over — Here's What Parents Are Teaching Their Kids Instead



Anyone who came of age since the 1960s knows about “stranger danger,” the concept of warning children that any unknown adult could be a potential “bad guy.” But it's high time we moved beyond that black and white way of thinking and focused on “tricky people” instead.

The “tricky people” phrasing came about in the mid-2000s and is becoming a popular tool among millennial parents to teach their children how to identify safe vs. unsafe adults (strangers or otherwise) — and protect themselves from abduction and sexual abuse. Shifting away from the helicopter-parenting approach of previous generations, many millennials are instead focusing on empowering their kids and fostering their independence — what Time magazine described as “following and responding to their kids more than directing and scheduling them.”

Although the stranger danger warning has been a default parenting strategy to protect kids for many years, it's outdated and doesn't teach decision-making skills. Here are some

of the main reasons stranger danger doesn't work, why the concept of tricky people may be more effective and some of the top safety tips we can teach our kids to help them think critically, make smart choices and avoid predators.

Why stranger danger doesn't work

### 1. It's based on fear

When I was a little girl, my mom taught me to be afraid of strangers. I was also very shy, so I was absolutely terrified to talk to anyone I didn't know (and some people I did know). I was convinced a strange, unknown kidnapper was going to show up and snatch me from my bedroom in the middle of the night. I obsessively checked all the doors and windows — more than once — every night to make sure they were locked before I went to bed. It's scary as a child to imagine the entire world, which is inherently filled with strangers, is bad and out to get you. And it's also just incorrect, because...

### 2. Not all strangers are bad

Simply following the ingrained “don't talk to strangers”

advice many of us were raised with does not actually protect kids from many real threats they may face. A whopping 90 percent of all childhood sexual abuse is initiated by someone the child knows, not a stranger. Plus, avoiding all strangers can be problematic when a child may need to ask an unfamiliar adult (a police officer, for example) for help in an emergency.

### 3. The concept of "stranger" is abstract

Another reason stranger danger isn't very effective is because it can be a difficult concept for young children to understand. In a study a few years ago, with permission from parents, a police officer dressed in street clothes asked several young children in a park to help him find his lost puppy; most of them went with him without question. When asked by their parents later about why they would go with a stranger, the children all had similar answers along the lines of, "He wasn't a stranger; he seemed nice." Possibly due to the stranger danger warning overload, many very young children may think of a stranger as simply someone who looks dangerous — who appears mean or different from them or who is wearing dark clothes and a hat, like the figure in a neighborhood watch sign.

So, what is a tricky person?

The term tricky person was coined by Pattie Fitzgerald, child safety advocate and prevention education consultant who founded Safely Ever After with the goal of teaching parents and children "effective skills and tools to keep them safe from predators." The term tricky person is a way for kids to think about the situation they are in and identify dangerous people based on their actions, not simply whether they're a stranger.

How to identify a tricky person

#### 1. Focus on behavior, not appearance

You can start talking to kids as young as 3 years old about tricky people by teaching them to be skeptical of any adults who are displaying suspicious or potentially dangerous behavior. Make a point to help them understand that tricky people might seem friendly or nice and won't necessarily look mean or scary; they might even be friends, teachers or family members.

#### 2. Behaviors to watch for

Teaching kids about tricky people empowers them to ask questions and think critically about the situation they are in. Kids can learn to be wary of adults who exhibit suspicious behaviors, such as asking a child for help, trying to plan alone time with a child, giving kids random gifts or constant praise or attention, asking a child to keep a secret from their parents or teachers or touching a child too much (including tickling, hugging, wrestling) or in private areas. It's important to teach kids that any of these tricky behaviors are not normal, regardless of whom they're coming from. And for your part, make sure you take your children seriously if they share that any of these have happened.

#### 3. Explain to kids what to do if they encounter a tricky person

Once your kids understand what a tricky person is, you also need to tell them what to do about it. Here are some things you can tell your child:

Tell a trusted adult.

Don't go anywhere alone with one adult unless they are a trusted adult (parent, for example).

If someone offers to give them something (a treat, money, a puppy) out of context (i.e., not at their birthday party), they should not take it. They should tell the adult they need to ask their parents if it's OK.

Trust their gut. If something gives them a yucky feeling, it's probably not safe.

Choose a safety password as a family (remind your kids they

have to keep it a secret, even from their teachers and friends). Tell them that way, if another adult has to pick them up from school in an emergency, they can ask them for the safety password before going with them.

Follow the top 10 kid safety rules.

The bottom line

We know it can be scary to be a parent. You want to protect your children from harm, but you can't be with them every minute of every day, especially as they get older. An important part of parenthood is empowering our children with the skills, confidence and knowledge they need to make good decisions on their own — to be independent and to become contributing citizens in our communities. Teaching kids about how to think critically to identify and respond to tricky people (rather than simply writing off all strangers as bad and all known adults as good) is a valuable skill that will help protect them from harm and prepare them to be out in the world on their own.

Data Master: Alyssa Hollingsworth

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# Getting to know the Lutherans

## A True Valentine

For centuries we have celebrated Valentine’s Day as a celebration of romantic love. One tradition of the early church speaks of a priest named St. Valentine who married young men to their brides against the ordinance of the emperor. The emperor believed that he could strengthen his army by keeping the men single. St. Valentine eventually lost his life for his Christian faith. While romantic love makes our lives pleasant, there is a love that is much greater. The true God, creator of all things loved us so much that He sent His Son to save us from sin and death by dying on the cross and rising again. This is not a reciprocating love; He doesn’t love us because we loved Him. God loved us when we were His enemies. “For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life?” (Romans 5:10) Now that is a true valentine! If you want to hear more, just pick up His love letter to you – the Holy Bible, or join us at your local Lutheran Church.

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Data Master: Nikki Hamilton

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## Can Tattoos Still Keep You From Getting a Job?

Imagine that you're a hiring manager. You're conducting interviews, and after reviewing the résumé of your next candidate, you're feeling really excited to meet her. On paper, she seems to have all the necessary experience and skills.

Then, your office door opens — and in walks a woman with visible tattoos and pink hair.

What's your first impression? Are you suddenly less interested in hiring her? Chances are, your age influences the way you answer these questions. Indeed, our latest research found that younger hiring professionals are more open to hiring women with less conventional appearances.

In our survey, we showed hiring managers images of 15 different professional women. These women's appearances varied in their attire, hairstyle, age, body size and race. We then asked participants to share their assessments of the candidates. In general, we found that younger respondents were much more accepting of the woman with visible tattoos than their older peers. This is, of course, great news for professional women who don't have a necessarily cookie-cutter look and points to the hope that old biases may be becoming less relevant as millennials and those after them take over leadership positions.

And it isn't just workplace biases against tattoos that, thanks to millennials, may be lifting. Here's a look at what our data revealed:

### Older women

If you're over a certain age and have ever tried a career change, you know it's difficult, as people tend to feel more enthusiastic toward young talent. Hiring managers who are older themselves, though, more than likely don't buy into this same bias toward mature job seekers. Right? Interestingly, our study found that this isn't always the case.

The survey included an image of an older woman with gray hair. Surprisingly, hiring professionals between ages 25 and 34 were actually much more likely to hire her (30 percent) than respondents over 54 (15.3 percent). Younger hiring managers were also more likely to describe the older woman as professional and leadership material — two of the top qualities hiring managers said were the most important when evaluating candidates. That data broke down as follows:

Hiring professionals between 25 and 34 who said the older candidate was:

Professional: 63.4 percent  
Leadership material: 41 percent

Hiring professionals over 54 who said the older candidate was:

Professional: 61.5 percent

Leadership material: 23 percent

### Plus-size women

Many plus-size women (and women in general, really) worry people will automatically judge them by their size. Unfortunately, in the hiring process, they often do.

In our survey, the heavier-set candidate was more likely to be labeled "lazy." Older respondents were the harshest assessors — of those aged 54 or older, 23 percent described her as lazy and only 7.7 percent said she was leadership material. In comparison, 21.7 percent of 25- to 34-year-olds said she was lazy and 18.9 percent described her as a leader.

Younger hiring professionals were also more likely to hire the plus-size woman. Only 7.7 percent of the oldest respondents would hire her, but 17.2 percent of the youngest would.

### Tattooed women

Traditionally, people see women with tattoos as being unprofessional. But that is slowly changing. Hiring managers are learning that someone can have visible tattoos and still be a committed, respectable employee.

For instance, 53.8 percent of respondents who were 54 or older described our tattooed candidate as unprofessional. For that demographic, she ranked No. 1 for being unprofessional. However, only 37.5 percent of 25- to 34-year-olds said she was unprofessional.

Visible tattoos also affected this candidate's hirability with the older hiring managers subset. Only 7.7 percent of these respondents would consider giving her the job, while almost a third of the youngest hiring managers would.

### What this means for women

Are women still facing biases during the hiring process that are based on their appearances? Yes. It's unfortunate, but since younger hiring professionals are more accepting of a larger variety of women's appearances, positive changes are coming. As these professionals continue to age and hold more hiring positions, the workplace will hopefully become more inclusive and value people for their actual merits, not their looks.

As for now, there are still things women can do to work around existing hiring biases. For example, older women shouldn't hesitate to apply at up-and-coming startups. Hiring professionals at these companies may actually be more likely to hire you than those at an established corporation. And once older hiring managers begin to see that they're receiving fewer applicants, perhaps they'll become more open-minded — or otherwise risk missing out on great talent.

Data Master: Karen Deffenbaugh

# This Month in History: February

February 1, 1960 - In Greensboro, North Carolina, four African American students sat down and ordered coffee at a lunch counter inside a Woolworth's store. They were refused service, but did not leave. Instead, they waited all day. The scene was repeated over the next few days, with protests spreading to other southern states, resulting in the eventual arrest of over 1,600 persons for participating in sit-ins.

February 1, 2003 - Sixteen minutes before it was scheduled to land, the Space Shuttle Columbia broke apart in flight over west Texas, killing all seven crew members. The accident may have resulted from damage caused during liftoff when a piece of insulating foam from the external fuel tank broke off, piercing a hole in the shuttle's left wing that allowed hot gases to penetrate the wing upon re-entry into the Earth's atmosphere. This was the second space shuttle lost in flight. In January 1986, Challenger exploded during liftoff.

Birthdays - Hattie Caraway (1878-1950) the first woman elected to the U.S. Senate, was born in Bakersville, Tennessee. Her husband became the U.S. Senator from Arkansas. Following his death in 1931, she filled the remainder of his term, then was elected herself, serving a total of 14 years.

Birthdays - Hollywood director John Ford (1895-1973) was born in Cape Elizabeth, Maine. Known for *The Grapes of Wrath* and *The Searchers*, he also served in World War II as chief of the Photographic Unit of OSS, and earned two Academy Awards for documentaries made during the war.

February 2, 1848 - The war between the U.S. and Mexico ended with the signing of the Treaty of Guadalupe Hidalgo. In exchange for \$15 million, the U.S. acquired the areas encompassing parts or all of present day California, Nevada, Utah, Arizona, New Mexico, Colorado, Wyoming, and Texas. The treaty was ratified on March 10, 1848.

February 2, 1990 - In South Africa, the 30-year-old ban on the African National Congress was lifted by President F.W. de Klerk, who also promised to free Nelson Mandela and remove restrictions on political opposition groups.

Birthdays - Irish novelist and poet James Joyce (1882-1941) was born in Dublin, Ireland. His works include; *Dubliners*, *A Portrait of the Artist as a Young Man*, *Ulysses*, and *Finegan's Wake*.

February 3, 1865 - A four-hour peace conference occurred between President Abraham Lincoln and Confederate Vice President Alexander Stephens at Hampton Roads, Virginia. The meeting was unsuccessful as President Lincoln insisted there could be no armistice until the Confederates acknowledged Federal authority. The Confederates wanted an armistice first. Thus the Civil War continued.

February 3, 1870 - The 15th Amendment to the U.S. Constitution was ratified, guaranteeing the right of citizens to vote, regardless of race, color, or previous condition of servitude.

February 3, 1913 - The 16th Amendment to the U.S. Constitution was ratified, granting Congress the authority to collect income taxes.

February 3, 1943 - An extraordinary act of heroism occurred in the icy waters off Greenland after the U.S. Army transport ship *Dorchester* was hit by a German torpedo and began to sink rapidly. When it became apparent there were not enough life jackets, four U.S. Army chaplains on board removed theirs, handed them to frightened young soldiers, and chose to go down with the ship while praying.

Birthdays - The first female physician in the U.S., Elizabeth

Blackwell (1821-1910) was born near Bristol, England. As a girl, her family moved to New York State. She was awarded her MD by the Medical Institute of Geneva, New York, in 1849. She then established a hospital in New York City run by an all-female staff. She was also active in training women to be nurses for service in the American Civil War.

Birthdays - American artist and illustrator Norman Rockwell (1894-1978) was born in New York City. Best known for depicting ordinary scenes from small town American life for the covers of *Saturday Evening Post* magazine.

February 4, 1861 - Apache Chief Cochise was arrested in Arizona by the U.S. Army for raiding a ranch. Cochise then escaped and declared war, beginning the period known as the Apache Wars, which lasted 25 years.

February 4, 1985 - Twenty countries in the United Nations signed a document entitled "Convention Against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment."

Birthdays - Thaddeus Kosciuszko (1746-1817) was born in Poland. He served in the American Revolution, building the first fortifications at West Point. He then returned to Poland and fought against a Russian invasion.

Birthdays - Aviation pioneer Charles Lindbergh (1902-1974) was born in Detroit, Michigan. He made the first non-stop solo flight from New York to Paris, May 20-21, 1927.

February 5, 1917 - The new constitution of Mexico, allowing for sweeping social changes, was adopted.

February 6, 1788 - Massachusetts became the sixth state to ratify the new U.S. Constitution, by a vote of 187 to 168.

February 6, 1933 - The 20th Amendment to the U.S. Constitution was adopted. It set the date for the Presidential Inauguration as January 20th, instead of the old date of March 4th. It also sets January 3rd as the official opening date of Congress.

February 6, 1952 - King George VI of England died. Upon his death, his daughter Princess Elizabeth became Queen Elizabeth II, Queen of the United Kingdom of Great Britain and Northern Ireland. Her actual coronation took place on June 2, 1953.

Birthdays - Aaron Burr (1756-1836) was born in Newark, New Jersey. In 1804, Vice President Burr challenged Alexander Hamilton to a duel over Hamilton's negative remarks and mortally wounded him. Burr was later tried for treason over allegations he was planning to invade Mexico as part of a scheme to establish his own empire in the Southwest, but was acquitted.

Birthdays - Legendary baseball player George Herman "Babe" Ruth (1895-1948) was born in Baltimore, Maryland. Ruth held or shared 60 Major League records, including pitching 29 consecutive scoreless innings and hitting 714 home runs.

Birthdays - Ronald Reagan, (1911-2004) the 40th U.S. President, was born in Tampico, Illinois. Reagan spent 30 years as an entertainer in radio, film, and television before becoming governor of California in 1966. Elected to the White House in 1980, he survived an assassination attempt and became the most popular president since Franklin Roosevelt.

February 7, 1795 - The 11th Amendment to the U.S. Constitution was ratified, limiting the powers of the Federal Judiciary over the states by prohibiting Federal lawsuits against individual states.

Birthdays - Thomas More (1478-1535) was born in London, England. He was a lawyer, scholar, and held the title Lord Chancellor of England. As a devout Catholic, he refused to acknowledge the divorce of King Henry VIII from Queen Catherine, thereby refusing to acknowledge the King's religious supremacy. He was



charged with treason, found guilty and beheaded in 1535, with his head then displayed from Tower Bridge. Four hundred years later, in 1935, he was canonized by Pope Pius XI.

Birthdays - British novelist Charles Dickens (1812-1870) was born in Portsmouth, England. He examined social inequalities through his works including; David Copperfield, Oliver Twist, and Nicholas Nickleby. In 1843, he wrote A Christmas Carol in just a few weeks, an enormously popular work even today.

Birthdays - American social critic and novelist Sinclair Lewis (1885-1951) was born in Sauk Center, Minnesota. He received the Nobel Prize for Literature in 1930. His works include; Main Street, Babbitt, and It Can't Happen Here.

February 8, 1587 - Mary Stuart, Queen of Scots, was beheaded at Fotheringhay, England, after 19 years as a prisoner of Queen Elizabeth I. She became entangled in the complex political events surrounding the Protestant Reformation in England and was charged with complicity in a plot to assassinate Elizabeth.

February 8, 1910 - The Boy Scouts of America was founded by William Boyce in Washington, D.C., modeled after the British Boy Scouts.

Birthdays - Union Civil War General William Tecumseh Sherman (1820-1891) was born in Lancaster, Ohio.

February 9, 1943 - During World War II in the Pacific, U.S. troops captured Guadalcanal in the Solomon Islands after six months of battle, with 9,000 Japanese and 2,000 Americans killed.

Birthdays - William Henry Harrison (1773-1841) the 9th U.S. President was born in Berkeley, Virginia. He took office on March 4, 1841 and died only 32 days later after developing pneumonia from the cold weather during his inaugural ceremonies.

February 10, 1942 - The first Medal of Honor during World War II was awarded to 2nd Lt. Alexander Nininger (posthumously) for heroism during the Battle of Bataan.

February 10, 1967 - The 25th Amendment to the U.S. Constitution was ratified, clarifying the procedures for presidential succession in the event of the disability of a sitting president.

February 11th - Celebrated in Japan as the founding date of the Japanese nation, which occurred with the accession to the throne of the first Emperor, Jimmu, in 660 BC.

February 11, 1929 - Italian dictator Benito Mussolini granted political independence to Vatican City and recognized the sovereignty of the Pope (Holy See) over the area, measuring about 110 acres.

February 11, 1990 - In South Africa, Nelson Mandela, at age 71, was released from prison after serving 27 years of a life sentence on charges of attempting to overthrow the apartheid government. In April 1994, he was elected president in the first all-race elections.

February 11, 2011 - In Egypt, President Hosni Mubarak resigned amid a massive protest calling for his ouster. Thousands of young Egyptians and others had protested non-stop for 18 days in Cairo, Alexandria and elsewhere. Mubarak had ruled Egypt for nearly 30 years, functioning as a virtual dictator.

Birthdays - American inventor Thomas Edison (1847-1931) was born in Milan, Ohio. Throughout his lifetime he acquired over 1,200 patents including the incandescent bulb, phonograph and movie camera. Best known for his quote, "Genius is one percent inspiration and ninety-nine percent perspiration."

February 12, 1999 - The impeachment trial of President Bill Clinton in the U.S. Senate ended. With the whole world watching via television, Senators stood up one by one during the final roll call to vote "guilty" or "not guilty." On Article 1 (charging Clinton with perjury) 55 senators, including 10 Republicans and

all 45 Democrats voted not guilty. On Article 2 (charging Clinton with obstruction of justice) the Senate split evenly, 50 for and 50 against the President. With the necessary two-thirds majority not having been achieved, President Clinton was thus acquitted on both charges and served out the remainder of his term of office lasting through January 20, 2001.

Birthdays - Abraham Lincoln (1809-1865) the 16th U.S. President was born in Hardin County, Kentucky. He led the nation through the tumultuous Civil War, freed the slaves, composed the Gettysburg Address, and established Thanksgiving.

Birthdays - Author and naturalist Charles Darwin (1809-1882) was born in Shrewsbury, England. Best known for his work Origin of the Species concerning the theory of evolution.

February 13

February 13, 1635 - Boston Latin School, the first tax-payer supported (public) school in America was established in Boston, Massachusetts.

February 13, 1945 - During World War II in Europe, British and American planes began massive bombing raids on Dresden, Germany. A four-day firestorm erupted that was visible for 200 miles and engulfed the historic old city, killing an estimated 135,000 German civilians.

Birthdays - American artist Grant Wood (1892-1942) was born near Anamosa, Iowa. Best known for his painting American Gothic featuring a farm couple.

February 14th - Celebrated as (Saint) Valentine's Day around the world, now one of the most widely observed unofficial holidays in which romantic greeting cards and gifts are exchanged.

February 14, 1849 - Photographer Mathew Brady took the first photograph of a U.S. President in office, James Polk.

February 14, 1929 - The St. Valentine's Day massacre occurred in Chicago as seven members of the Bugs Moran gang were gunned down by five of Al Capone's mobsters posing as police.

February 15 Return to Top of Page

February 15, 1898 - In Havana, the U.S. Battleship Maine was blown up while at anchor and quickly sank with 260 crew members lost. The incident inflamed public opinion in the U.S., resulting in a declaration of war against Spain on April 25, 1898, amid cries of "Remember the Maine!"

February 15, 1933 - An assassination attempt on newly elected U.S. President Franklin D. Roosevelt occurred in Miami, Florida. A spectator deflected the gunman's aim. As a result, Chicago Mayor Anton Cermak was shot and killed instead. The gunman, an Italian immigrant, was captured and later sentenced to death.

February 15, 1989 - Soviet Russia completed its military withdrawal from Afghanistan after nine years of unsuccessful involvement in the civil war between Muslim rebel groups and the Russian-backed Afghan government. Over 15,000 Russian soldiers had been killed in the fighting.

Birthdays - Astronomer and physicist Galileo Galilei (1564-1642) was born in Pisa, Italy. He was the first astronomer to use a telescope and advanced the theory that the sun, not the earth, was the center of the solar system.

Birthdays - Inventor Cyrus McCormick (1809-1884) was born in Rockbridge County, Virginia. He invented the horse-drawn mechanical reaper, a machine that freed farmers from hard labor and contributed to the development and cultivation of vast areas of the American Great Plains.

Birthdays - Susan B. Anthony (1820-1906) was born in Adams, Massachusetts. A pioneer in women's rights, she worked tirelessly for woman's suffrage (right to vote) and in 1872 was arrested after voting (illegally) in the presidential election. She was commemorated in 1979 with the Susan B. Anthony dollar coin, thus

became the first American woman to have her image on a U.S. coin.

Birthday - Entertainer and politician Sonny Bono (1935-1998) was born in Detroit, Michigan. Following a career as a popular singer, he became mayor of Palm Springs, California, then became a Republican congressman, serving until his accidental death from a skiing mishap.

February 17, 1865 - During the American Civil War, Fort Sumter in South Carolina was returned to the Union after nearly a year and a half under Confederate control. The fort had been the scene of the first shots of the war.

February 17, 1909 - Apache Chief Geronimo (1829-1909) died while in captivity at Fort Sill, Oklahoma. He had led a small group of warriors on raids throughout Arizona and New Mexico. Caught once, he escaped. The U.S. Army then sent 5,000 men to recapture him.

February 20, 1943 - German Field Marshal Erwin Rommel broke through American lines at Kasserine Pass in North Africa as inexperienced U.S. Troops lost their first major battle of World War II in Europe, with 1,000 Americans killed.

February 20, 1962 - Astronaut John Glenn became the first American launched into orbit. Traveling aboard the "Friendship 7" spacecraft, Glenn reached an altitude of 162 miles (260 kilometers) and completed three orbits in a flight lasting just under five hours. Glenn was the third American in space, preceded by Alan Shepard and Virgil "Gus" Grissom who had each completed short sub-orbital flights. All of them had been preceded by Russian cosmonaut Yuri Gagarin who was the first human in space, completing one orbit on April 12, 1961 - a feat that intensified the already ongoing Space Race between the Russians and Americans. Glenn's successful flight showed the Americans had caught up and was followed in September 1962 by President John F. Kennedy's open call to land an American on the moon before the decade's end.

February 21, 1965 - Former Black Muslim leader Malcolm X (1925-1965) was shot and killed while delivering a speech in a ballroom in New York City.

February 21, 1972 - President Richard Nixon arrived in China for historic meetings with Chairman Mao Tse-tung and Premier Chou En-lai.

February 21, 1994 - CIA agent Aldrich Ames was arrested on charges he spied for the Soviet Union from 1985 to 1991.

February 22, 1956 - In Montgomery, Alabama, 80 participants in the three-month-old bus boycott voluntarily gave themselves up for arrest after an ultimatum from white city leaders. Martin Luther King and Rosa Parks were among those arrested. Later in 1956, the U.S. Supreme Court mandated desegregation of the buses.

Birthday - George Washington (1732-1799) was born in Westmoreland County, Virginia. He served as commander of the Continental Army during the American Revolution and became the first U.S. President.

February 23, 1942 - During World War II, the first attack on the U.S. mainland occurred as a Japanese submarine shelled an oil refinery near Santa Barbara, California, causing minor damage.

February 23, 1991 - In Desert Storm, the Allied ground offensive began after a devastating month-long air campaign targeting Iraqi troops in both Iraq and Kuwait.

Birthday - African American educator and leader W.E.B. Du Bois (1868-1963) was born in Great Barrington, Massachusetts.

Birthday - Historian William L. Shirer (1904-1993) was born in Chicago, Illinois. As a news reporter stationed in Europe, he witnessed the rise of Adolf Hitler and reported on the surrender of France. Following the war he wrote the first major history of Nazi Germany, *The Rise and Fall of the Third Reich*.

February 24, 1582 - Pope Gregory XIII corrected mistakes on the Julian calendar by dropping 10 days and directing that the day after October 4, 1582 would be October 15th. The Gregorian, or New Style calendar, was then adopted by Catholic countries, followed gradually by Protestant and other nations.

February 24, 1867 - The House of Representatives voted to impeach President Andrew Johnson. The vote followed bitter opposition by the Radical Republicans in Congress toward Johnson's reconstruction policies in the South. However, the effort to remove him failed in the Senate by just one vote.

February 26, 1848 - The Communist Manifesto pamphlet was published by two young socialists, Karl Marx and Friedrich Engels. It advocated the abolition of all private property and a system in which workers own all means of production, land, factories and machinery.

February 26, 1994 - Political foes of Russian President Boris Yeltsin were freed by a general amnesty granted by the new Russian Parliament.

February 27, 1950 - The 22nd Amendment to the U.S. Constitution was ratified, limiting the president to two terms or a maximum of ten years in office.

February 27, 1991 - In Desert Storm, the 100-hour ground war ended as Allied troops entered Kuwait just four days after launching their offensive against Saddam Hussein's Iraqi forces.

Birthday - American poet Henry Wadsworth Longfellow (1807-1882) was born in Portland, Maine. Best known for Paul Revere's Ride, The Song of Hiawatha, and The Wreck of the Hesperus.

February 28, 1844 - During a demonstration of naval fire power, one of the guns aboard the USS Princeton exploded, killing several top U.S. government officials on the steamer ship, and narrowly missed killing President John Tyler.

February 28, 1986 - Swedish Prime Minister Olof Palme (1927-1986) was assassinated in Stockholm while exiting a movie theater with his wife.

February 28, 1994 - NATO conducted its first combat action in its 45 year history as four Bosnian Serb jets were shot down by American fighters in a no-fly zone.

Data Master: Tino Hensley

# 5 Reasons Your Child Is Hungry All the Time

Anyone who's had a child knows that food — how much, what kind, how often — can be a complicated issue. Dealing with kids' appetites can be one of the most frustrating things about parenthood. There are those children who are super-finicky eaters who don't seem to be taking in enough food and others who are bottomless pits. And while it's true some kids do just have a healthy appetite, an insatiable hunger might be signaling something else is going on.

Here are five surprising reasons children say they are hungry — and easy fixes for the problem.

## 1. They are making food associations

If every time a child gets in the car, is upset or sits in front of the TV and claims to be hungry, it's likely he is learning to eat for other reasons than hunger. Kids say they are hungry because they know how that pushes parents' buttons — and it's more likely to produce the food they want.

The fix: Parents are better off feeding kids on a flexible schedule in a designated place than feeding on demand. That means instead of eating in front of the tube or in the car, families eat together at the table at regular intervals. This helps children regulate food intake and will decrease the frequent requests for food.

## 2. They feel deprived

There's a phenomenon in the research world called "eating in the absence of hunger." It tends to occur in children at higher weights, who are more likely to be restricted at mealtime. For example, a child may not be allowed to have seconds or eat sweets, and this in turn makes him obsess about food, eating more when it's available.

The fix: In addition to a regular routine of eating at the table, allow children to decide when they are done eating. Kids feeling deprived may eat more at first, but eventually they'll settle down when they can get enough. Include balanced meals and sweets sensibly, while watching your own tendency to restrict followed by overeating, as studies show kids tend to model such eating habits.

## 3. A lack of filling foods

One mom came to me perplexed by how her young child could be hungry every hour. Once I saw what he was eating, I instantly knew he needed more fat. She was so focused on healthy foods like fruits and veggies that fat, a satisfying part of a diet and a macronutrient that kids need at higher levels, was missing. In other cases, too many processed foods fail to satisfy, keeping kids on the edge of hunger.

The fix: Providing a variety of food groups with carbohydrates, protein and fat are a great way to satisfy kids' appetites. At main meals, provide three to five servings of food groups, such as tacos with lean meat, whole wheat tortillas, beans, veggie toppings and guacamole. At snack time, provide at least two servings, which might be yogurt topped with nuts, cheese and fruit, or half a sandwich.

## 4. The table is void of food they enjoy

Little Joey hated dinnertime because there was nothing there that appealed to him. He would take his required bites and say he was "full," only to come back an hour later asking for snacks.

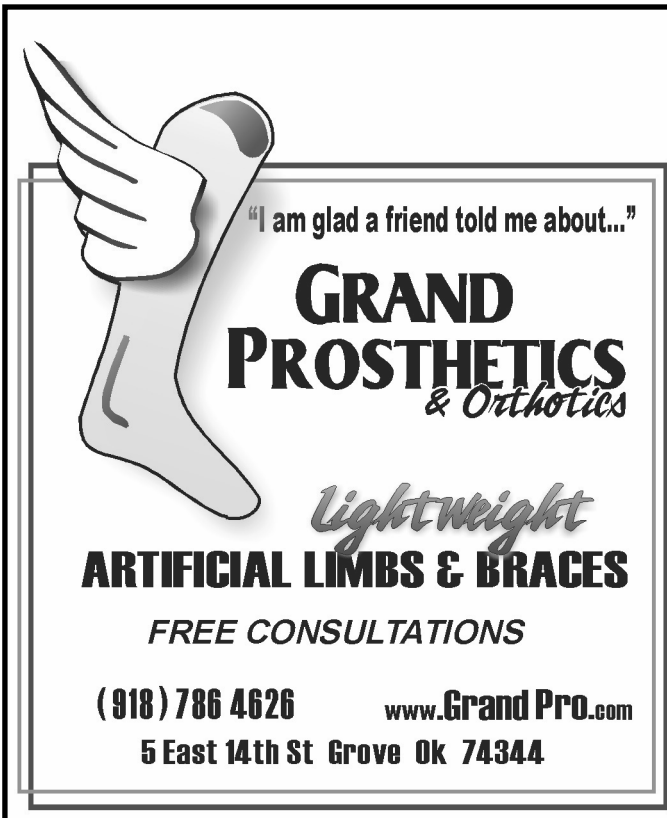
The fix: Plan meals with the whole family in mind and make sure there is at least one (if not two) things a child is likely to eat. Better yet, serve meals family-style, in bowls passed around, letting little ones pick and choose. Unless it's a planned bedtime nosh, nix the snacking after dinner.

## 5. They are going through a growth spurt

Sometimes a hungry child is just that: hungry. Children grow in spurts, meaning they don't always eat the same amount each day. When they are growing, they will be hungrier than usual, asking for seconds and sometimes thirds, and waking up ready to eat.

The fix: The good news is that by feeding on a routine, letting children regulate their intake and providing filling foods with a mix of the familiar and unfamiliar, you will be able to tell it's a growth spurt. Simply feed your child nutritious food with love and watch him grow.

Data Master: Cody Welch



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# Baking Without Eggs Is Possible With These 6 Substitutes

Whether you're allergic to eggs or are just a baking fiend who can't seem to keep enough huevos stocked up in the fridge, you probably know by now that whipping up baked goods sans eggs is a serious problem. Yup, it seems like pretty much every recipe under the sun calls for the suckers, which means you may be stuck running to the grocery store when you get a late-night baked goods craving.

However, there are alternatives to eggs that you can use to pull off your culinary endeavors. Next time you're knee deep in a baking project that calls for eggs, give these substitutes a try.

## 1. Applesauce

Use 1/4 cup of unsweetened applesauce in place of one egg in most baking recipes. Some sources say to mix it with 1/2 teaspoon of baking powder. If all you have is sweetened applesauce, then simply reduce the amount of sugar in the recipe. Applesauce is also a popular healthy replacement for oil in many baked goods.

## 2. Banana

Use 1/4 cup of mashed banana (from about half a banana) instead of one egg when baking. Note that this may impart a mild banana flavor to whatever you are cooking, which could be a good thing.

## 3. Flaxseeds

Believe it or not, hearty-healthy flaxseeds can be used as an egg substitute! Simply mix 1 tablespoon of ground flaxseeds with 3 tablespoons of water until fully absorbed and viscous. Use in place of one egg. (You can use pre-ground flaxseeds or grind them yourself in a spice or coffee grinder.)

## 4. Vegetable oil

Typically 1/4 cup of vegetable oil can be substituted for one egg when baking. If you are short more than one egg, you will want

to try another method, as any more vegetable oil may make the recipe too oily or greasy.

## 5. Water, oil and baking powder

Whisk together 2 tablespoons of water, 1 teaspoon of oil (like corn or vegetable oil) and 2 teaspoons of baking powder. Use this in place of one egg. When used in cookies and other baked goods, it works so well no one would ever know.

## 6. Aquafaba

The hot new egg replacement is bean juice — specifically the liquid that comes in your can of chickpeas. It may not work for everything, but if your recipe calls for egg whites, whip up some aquafaba instead (about 3 tablespoons per replaced egg). For best results, use an unsalted variety.

After successfully using these food substitutions, you may employ them for more than emergency backup in the future. They are all vegan alternatives and, with the exception of the vegetable oil, are more heart-healthy than eggs. Using banana, applesauce or other puréed fruit in baked goods is a wonderful tactic to boost flavor and make them incredibly moist. Talk about a happy accident!

Data Master: Karen Deffenbaugh



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# 10 amazing gorilla facts



## 1 East vs west

There are two species of gorilla - eastern and western. Each of these is divided into two subspecies - eastern lowland and mountain (eastern) and western lowland and cross river (western). The two species live in central Africa, separated by a vast swathe of rainforest.

## 2 Number crunching

The western lowland gorilla is the most numerous of the four subspecies, with population estimates often cited at 100,000-200,000. However, due to its dense, remote habitat, no one knows for sure how many exist. The least numerous is the cross river gorilla, which is confined to scattered areas of forest in Nigeria and Cameroon, and is thought to number no more than 300 individuals.

## 3 Size matters

Gorillas are the world's largest primates. They are closely related to humans, with 98% of their DNA identical to that of *Homo sapiens*.

## 4 Seeds of survival

As roaming herbivores, gorillas play a vital role in seed dispersal. Many large fruit trees depend upon these animals to survive.

## 5 Able apes

Gorillas are highly intelligent. They use tools and have various methods of communication, including some 25 different sounds. One famous captive-born individual, Koko, has been taught sign language since she was a year old. By the age of 40, she had a library of about 1,000 signs and could understand some 2,000 words of English.

## 6 Food factors

Gorillas are mainly herbivores. They spend most of their day

foraging for bamboo, fruit and leafy plants, though western lowlands also eat small insects. Adult gorillas can eat up to 30kg of food each day.

## 7 Nesting instincts

Gorillas build nests in which to sleep, both on the ground and in trees, made of leaves and branches. Counting abandoned nests is an effective way for scientists to estimate population size.

## 8 Nose knows

Gorillas have unique noseprints, much like human fingerprints, which can be used to identify individuals.

## 9 Precious progeny

Females usually produce just one baby every four to six years. In total, a female will only give birth three or four times. Such a low reproduction rate makes it difficult for populations to bounce back following a decline.

## 10 Chatter matters

A study in 2012 on captive populations revealed that female western lowland gorillas use a type of 'baby talk' to communicate with their babies. Scientists observed that mothers used more tactile and more repetitive gestures with their young than with other adults.

# Toddler With Down Syndrome Sings Duet With Sister, World Melts

Let's face it. Navigating this world can be stressful and draining. But every so often, something grabs our attention and reminds us that life can honestly be as simple and beautiful as we make it. Take, for example, this darling video of a toddler with Down syndrome singing "You Are My Sunshine" with his older sister, Lydia. His name is Bo Gray.

According to Us Weekly, the kids' mom, Amanda Bowman Gray, posted the now-viral heartwarming sing-along video on her Facebook page on Monday with an inspiring message about the benefits of music therapy.

"My daughter Lydia was watching Bo while I was in the shower. Came out to this," she wrote. "If she didn't have a guitar I don't know if she would know how to babysit him. This is her go to. It's proof that music therapy works. Bo is 25 months old and has a 12-word vocabulary. Every word he has learned has been through music and singing."

We're not crying, you're crying.

Aside from being straight-up adorable, Bowman Gray's video is also an inspiration — and a testament to the power of music. A study conducted for the National Center for Biotechnology Information found that listening to music can have a profound impact on children with delayed speech development by introducing them to words, patterns and repetition. Additionally, listening to music can help reduce stress and calm children's nerves while also improving social and communication skills. Though there are many music therapy centers across the country, Gray's Facebook post is a reminder that there are plenty of ways families can introduce the benefits of music, singing and dance at home.

Plus, music is an excellent way for children of all ages to bond.

As Us Weekly notes, Bowman Gray recently shared a 2016 video of her and her husband singing "You Are My Sunshine" to infant Bo when he was hospitalized following intensive heart surgery. The song, she wrote in a Facebook post, became a way for Bowman Gray and her husband, Caleb, to bond with their son and was soon dubbed his "theme song."

If little Bo grows up to be anything like his parents and big sister, he's going to be quite musically talented.

Data Master: Alyssa Hollingsworth

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# Valentine's Day Word Search

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v h o i k a c p s r t  
a o g u y h e a r t s  
l o v e r r d e g o f  
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valentine  
arrow  
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red  
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## Insider Travel Tips From a Flight Attendant



Anybody who's ever traveled through an airport has probably wished things could go a little... smoother. Whether it's forgetting the things you need at home, struggling with your packing job at security or finding yourself famished before boarding and having to wait until hitting altitude to even look at a pack of pretzels, the reality is flying is not all roses.

That's why we reached out to Heather, a Miami-based flight attendant of nearly four years. She gave us all the best travel tips she's collected from her frequent flying.

What she keeps in her carry-on

Health is the first priority in a carry-on, Heather says. "Hand sanitizer, Emergen-C, any meds I might need — Advil, Tums, vitamins, etc.," she tells me. After that, the things that keep you comfortable and prepared should be prioritized: headphones, a pen, a phone charger, some kind of entertainment, whatever make-up is necessary and the savior of all flights, mints or gum.

How she fights the dryness of airplanes

Of course, drink water, Heather says. You can keep a small moisturizer in your carry-on or purse. A few other things that work wonders according to Heather are "nasal spray for those super-dry flights and altitude change, eye drops and some medicated lip balm for dry lips."

The best time to travel

No big insider secrets here, she says. Flights tend to be cheaper Monday through Thursday and distant from holidays. If you're trying to find an uncrowded flight, stay away from Fridays and Sundays and "any holiday or season where kids and colleges are out of school."

How to avoid jet lag

Get a good night's sleep before your flight, eat well and stay super-hydrated, she told me, as well as trying to exercise and get your circulation going on the day of your flight. "If it's a long red-eye flight, I take a couple-hour nap when I get in and then force myself to get up and move around so as not to ruin my sleep later that evening," she said. She also tries to eat on the schedule she would at home. For example, she says, "If you're from New York and going to LA and normally eat dinner at 6 or 7 p.m. Eastern, aim for a bigger meal at 3 or 4 p.m. Pacific."

If you're going to pack one food or beverage, make it...

...ginger ale. "Flights can sometimes run out of ginger ale because of its popularity, and I don't like to take that chance," Heather says.

What she wishes you knew about air travel

Kindness is key, she says. "You have no idea what people are going through or where they might be headed (funeral, family crises, stressful job interview or meeting, etc.). Being nice and courteous goes a long way and can avoid many issues."

On a lighter note, planes are just not that clean, she says. "Wear your shoes when getting out of your seat and especially when going to the [lavatory]."

Data Master: Steve Burdick



## New Year, New Locations, New Services!

As Community Health Center of Northeast Oklahoma, Inc. looks back at 2017, there have been a lot of new and exciting things that were begun there and that are making the new year ahead look even brighter for our area. Being community based means more than just a name, it's being involved and caring about the communities we serve.

We began operations in 2014 as Route 66 Health Clinic, assuming that it would be many years before we would expand and leave our initial location on Main Street in Afton; however, in 2016 our Board of Directors approved a request by the CEO to establish a site in Grove and so the Grove Community Health Center was established and Dr. Durick relocated his practice from Afton to the site located at 10405 US Highway 59 and was joined in practice by Russ Peters, APRN. But we didn't stop there.

Last July, a business decision was made by St. Francis to close their clinic in Welch. Knowing that CHCNEO had an interest in the location, they contacted CHCNEO administration and offered to lease the site if there was still an interest. Again, the CHCNEO Board of Directors approved the request to establish a site in Welch and in October, after receiving authorization from the federal government, Welch Community Health Center was opened and continued their tradition of providing quality primary health care for the people in northern Craig and Ottawa counties. The staff at Welch, including Bill Evans, P.A., were excited about becoming part of the CHCNEO team and as a result, the Welch center has expanded its hours and is now open 8:00 am to 5:00 pm Monday through Friday and busy taking care of the community they have served for over 17 years.

Expansion does not necessarily mean adding locations but can also mean relocating to a site that is more accessible and a viable part of the community. As such, Afton Community Health Center (formerly Route 66 Health Clinic) moved into a new facility at 21965 Bison Drive just off Highway 59, west of Miller Pecan Company. The new care center has 5 treatment rooms and a larger lab but has maintained the culture of the former site and remains the primary care site supported by Melinda Bailey, ARNP. Although the site remains a work in progress, landscaping and signage, patients and staff are enjoying the new facility and looking forward to the Spring beautification project that will take place.

In addition to the new location, Afton Community Health Center is pleased to announce the hiring of Diane Vinson, LCSW, who provides on-site behavioral health counseling with emphasis on reducing dependency on opioid medications and adolescent counseling. It's tough being a young person. Diane is accepting new patients through our referral system and looking forward to providing care in support of the three-county region.

In addition to physical locations, CHCNEO has expanded its availability and interaction to the area via a new website, [www.chcneo.com](http://www.chcneo.com), FaceBook page, Twitter, Instagram and YouTube accounts. If you are active in those areas, please connect with us there as well.

"We are excited about the new locations, building and services and look forward to continuing our quest to provide the finest quality healthcare to the folks in northeast Oklahoma" said CEO Patrick Peer, "we will be developing plans to expand to other rural locations in 2018 and years to come. Community based primary health care is what we do and what we do well and will remain the focus of our mission, vision and values."

For details or to schedule an appointment contact (918) 257-8029, (918) 801-7504 or (918) 788-3918.

Data Master: Nikki Hamilton

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## How I Made the Switch to Natural & Cruelty-Free Personal Care Products



Before going vegan, I never gave much thought to the ingredients in my personal care products. I rarely considered whether the chemicals were harmful to my body or the planet or tested on animals. I kept just two things in mind: how well they worked and whether or not they made me look good.

But just one year after my conversion to a vegan lifestyle, the shiny rows of makeup, hair and body products at mainstream retailers were no longer appealing. I was spending more time at the local health food store because sometimes that was the only place I could get specialty food items, and the personal care items sold there were more aligned with the kind of person I was becoming.

Adopting a vegan diet for ethical reasons has opened my eyes to all the various ways in which animals are being exploited in our society, including animal testing in beauty products. But it also inspired a greater interest in both my health and the environment. I no longer want to put products on my skin that are chock-full of sketchy ingredients or contribute to the pollution of our environment.

### Beeswax & lanolin

Many natural makeup products contain beeswax, which technically isn't vegan. Having talked to my vegan friends about the subject of using products derived from bees — including honey, bee pollen and beeswax — it seems that some are willing to let it slide while others aren't. In general, I try to avoid products made with beeswax, but I will cop to sometimes buying products that contain it, such as the RMS cult favorites "Un" Cover-Up and Living Luminizer.

Another non-vegan ingredient found in natural makeup products is lanolin, a byproduct of the wool industry taken from the sebaceous glands of sheep. I'm always extra-careful to read the list of ingredients in lip balm since that's where it's often found lurking. Anything that comes from animals (with the exception of insects) is a deal-breaker for me.

### Animal testing

Because natural products don't contain potentially hazardous chemicals, animal testing usually doesn't enter the pic-

ture, but it's always worth checking the product packaging for the Leaping Bunny logo or visiting the company's website to double check. A helpful resource worth perusing is Cruelty Free International's database of companies that don't test on animals.

### Soap

The first thing I switched out was soap. I had noticed the big bottles of Alaffia African Black Soap at my health food store and was intrigued, so I tried it and was happy to discover that it can double as shampoo. African black soap is a centuries-old West African formula consisting of shea butter and oil, saponified with ashes. Black soap usually contains palm oil, which has been under scrutiny in recent years for causing rainforest destruction, but Alaffia makes an effort to ensure that theirs is sustainably sourced.

### Moisturizer

I soon became hip to the idea of using straight-up oils instead of lotions since they're generally more potent and give you more bang for your buck. There are lots of natural oils out there, including argan, Moringa, tamanu, baobab, rose hip and sea buckthorn. All of them have interesting but subtle differences in texture and smell. Pure shea butter is another great moisturizer and is especially effective as a hand salve.

### Hair

Oils were a total game-changer for my hair regimen since they add moisture and shine without any buildup. In addition to using argan oil as a hair gloss, I now try to look for shampoos and conditioners with oils, such as Giovanni's Avocado and Olive Oil Hair Mask.

### Skin

Hyaluronic acid serum helps skin to retain its moisture and elasticity. I now wear vegan hyaluronic acid followed by argan oil and MyChelle Dermaceuticals Sun Shield Liquid Tint SPF 50, which doubles as my foundation. When my skin needs a good cleaning, I'll use a clay mask, such as Aztec Secret Indian Healing Clay. When combined with apple cider vinegar, it synergistically works to extract impurities and shrink pores.

### Makeup

Whole Foods' Whole Body section has an extensive inventory of natural makeup brands to experiment with, including brands such as Dr. Hauschka and Gabriel. Online, I discovered the vegan companies Ecco Bella, Modern Minerals, Ilia and Inika.

Conventional makeup brushes are derived from the hair of minks, sables or ponies. The environmentally friendly brand EcoTools sells a variety of inexpensive brushes made with recycled synthetic material and bamboo.

### Dental care

At first, I was not particularly discerning about which natural toothpaste brand I used until I learned about the potential hazards of carrageenan — an additive that is sometimes included in food, personal products and most natural toothpaste brands. These days, I switch it up between Himalaya Botanique's ayurvedic toothpaste and Weleda's salt toothpaste, both of which are carrageenan-free.

### Deodorant

When it comes to natural products, deodorant is a noto-

riously shaky area. After a few hits and misses, I settled on the brand Herban Cowboy, which is mostly targeted toward men, but has a few feminine scents.

### Fragrance

As I weaned myself off products containing synthetic fragrances, I became more appreciative of natural essential oils and the amazing scents they can provide. They are great when combined with a carrier oil such as jojoba, sesame, or coconut oil or when added to a diffuser.

One of my favorite places to get scented products is Aveda. They have a great collection of body sprays intended to correlate with different chakras as well as essential oils, perfumes and candles that evoke the rainforest.

Once I made the switch to natural, cruelty-free products, I knew that I'd never go back. Not only is it a relief to know that what I'm buying doesn't contain any suspicious ingredients; it also feels good to support ethically minded businesses that care about the environment, animals and their workers.

Data Master: Cody Welch



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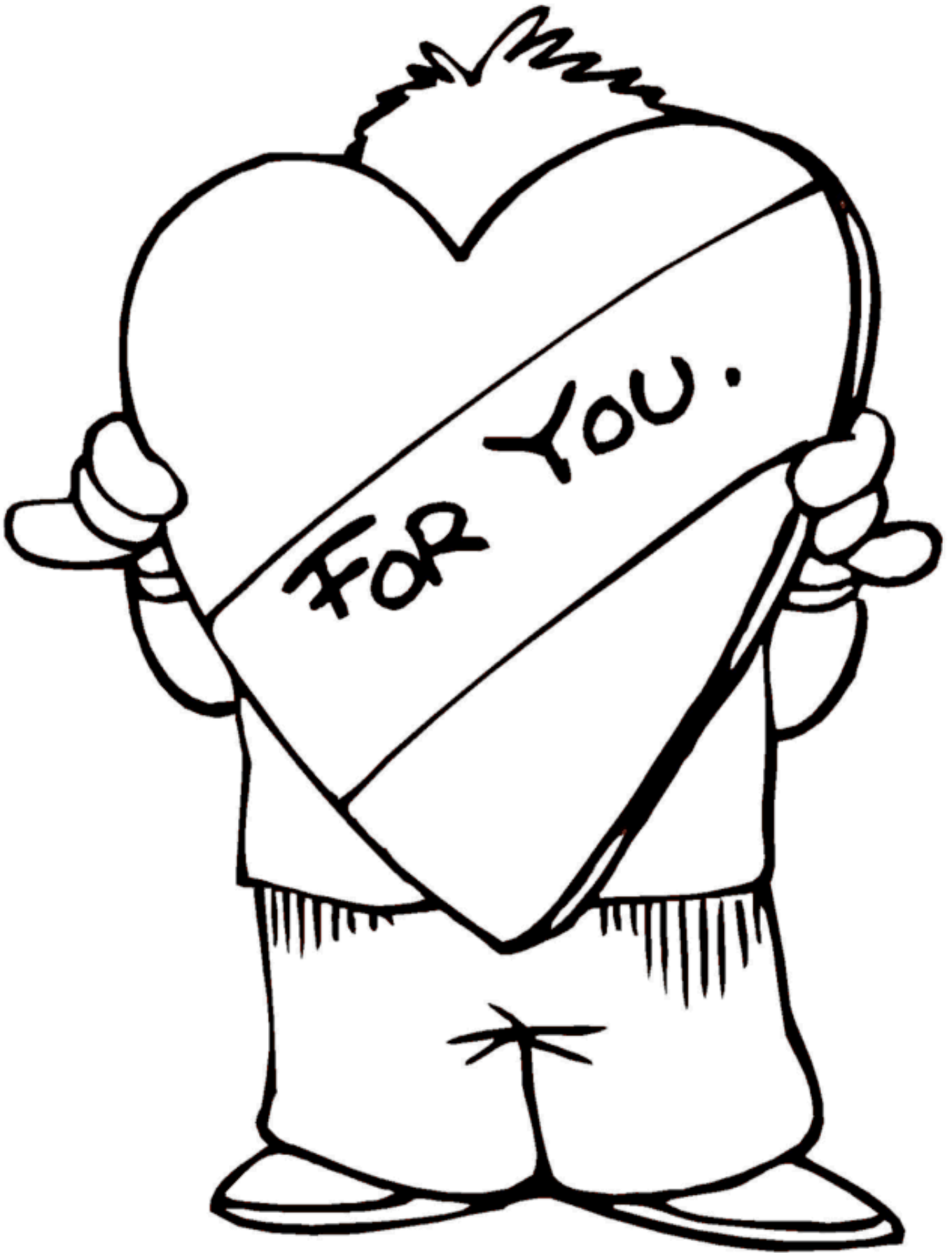
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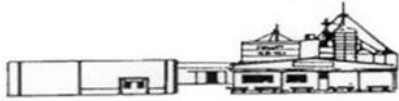




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## Up-Coming Events

TOPS #570 We meet 9am to 11am Monday morning at Mt. Olive Lutheran Church in Miami 2337 N. Main St. "Taking off pounds sensibly!"

TOPS #567 meet every Thursday at 10am 433 N Mississippi in Nowata.

TOPS #506 in Miami Heavenly Winds Worship Center meet every 6pm Monday evening. For more info call Susan Walls at 918-540-0570

Every 4th Saturday of the month Veteran's Support Group: Veteran sfor Veterans. Have you served in the military? Are you struggling with readjustment? Anxious about the future? Struggling to connect with friends and family? Struggling with school? WE CAN HELP! Free veterans support group at 10am every 4th Saturday of the month. The Landing 502 West Corner Fairland, Ok. For more information call Larry Boyd (918) 541-7592 or Cindy (918) 676-3228.

Feb 09, 2018 to Feb 18, 2018 Broken Arrow Community Playhouse presents: The Comedy of Errors Come see "The Comedy of Errors," one of Shakespeare's early and most uproarious comedies, live onstage at the Broken Arrow Community Playhouse. This farcical play tells the story of two sets of identical twins separated at birth. Antipholus of Syracuse and his servant, Dromio, arrive in Ephesus which turns out to be the home of their twin brothers of the same names. What follows is a series of wild mishaps based on mistaken identities that will leave you in stitches. You won't want to miss this hilarious production at the Broken Arrow Community Playhouse. Broken Arrow Community Playhouse 1800 S Main St Broken Arrow, OK 74012 Phone: 918-258-0077

Feb 09, 2018 to Feb 11, 2018 Sooner Nationals Head to Tulsa's Expo Square for a fun and exciting weekend of intense BMX competition. The Sooner Nationals feature events for men and women of all age groups and skill levels. The number one winners will be decided on Saturday with the runner-up events on Sunday. Be sure to come out for the pre-race on Friday and see the racers prepare for the big event. There will be plenty of concessions and no shortage of exhilarating races to watch, so come out and cheer on these talented riders. Event schedules and registration fees available on website. Tulsa Expo Square 4145 E 21st St Tulsa, OK 74114 Phone: 602-625-3051 Phone: 918-744-1113

Feb 09, 2018 to Feb 11, 2018 Home & Garden Show Visit the annual Home & Garden Show in Grove for new ideas and products to improve your home or garden. Browse nearly 100 vendor booths filled with a wide selection of useful products, and attend one of the how-to seminars. Talk to area contractors at the Home & Garden show, then check out the latest in home im-

provements, decorating ideas, landscaping and remodeling tips. The Home & Garden Show in Grove also offers cooking demonstrations so visitors can either brush up on their cooking skills or learn new tricks in the kitchen. Grove Civic Center 1720 S Main Grove, OK 74344 Phone: 918-786-9079 Fax: 918-786-2909

Feb 10, 2018 Pedro the Lion in Concert Pedro the Lion fans can catch this indie rock artist live as he makes a comeback at the Vanguard in Tulsa. Eleven years after their breakup, gather near the stage, or watch Pedro the Lion from the balcony, and sing along as lead singer David Bazan delivers a mix of tracks off his four full albums and five EPs. Listen close as Pedro the Lion sings some of their most popular tunes live, from "Options" and "A Mind of Her Own" to "Bad Diary Days" and "Bands with Managers." The Vanguard 222 N Main St Tulsa, OK 74103 Phone: 918-561-6885

Feb 10, 2018 Eagle Tour & Loon Watch Come to the Sequoyah National Wildlife Refuge and see southern bald eagles in their natural habitat. You will begin the tour by watching eagles from the refuge's webcam before taking off on the 25-person tour bus. Guests are encouraged to bring binoculars. Stops will be made at two nesting sites as well as other points of interest where eagles frequently appear. Two spotting scopes will be provided for a close-up look at these incredible birds. After spending the morning at the refuge, take a break and have a leisurely lunch in Vian. Then, make your way to Tenkiller State Park's Driftwood Nature Center to continue your bird-watching adventure with more eagles and lots of loons, including the common loon, the red-throated loon, the pacific loon and the yellow-billed loon. Come out and catch sight of this famed bird of the northeast and beyond. Tours will occur unless there is a travel advisory for the area. Sequoyah National Wildlife Refuge & Tenkiller State Park Vian, OK 74962

Phone: 918-489-5641 Phone: 918-489-5025 Fax: 918-489-2111  
Feb 10, 2018 River Spirit Casino Resort presents: Jim Gaffigan Get ready to laugh as Jim Gaffigan brings his sidesplitting brand of observational humor to Paradise Cove at the River Spirit Casino Resort in Tulsa. This Grammy Award-nominated comedian, actor, writer and producer is known around the world for his unique brand of comedy which largely revolves around fatherhood and his observations on everyday life. Come see the comedian the A.V. Club calls "one of our most intelligent observational humorists" at this can't-miss comedy event in Tulsa. Paradise Cove 8330 Riverside Pkwy Tulsa, OK 74137

Feb 10, 2018 to Feb 11, 2018 Greater Tulsa Survival & Green Living Expo Prepare for the unexpected with a trip to the Greater Tulsa Survival & Green Living Expo. Held at Tulsa Expo

Square, the Exchange Center will transform into a one-stop shop for long-term food storage, solar power, bug-out kits and tactical gear. Stock up and be ready to survive without power after a visit to this survival expo in Tulsa. Tulsa Expo Square 4145 E 21st St Tulsa, OK 74114 Phone: 563-927-8176 Phone: 563-927-8207

Feb 10, 2018 to Feb 11, 2018 Great Train Show Head to the Tulsa Expo Square for the beloved traveling Great Train Show. If you're a train enthusiast or just love learning new things, this show is an entertaining exhibition of all things locomotive. The show will feature operating train models, train dealers, collectors, hands-on exhibits, demonstrations, workshops and more. Bring the whole family out for this fun and educational event. Tulsa Expo Square 4145 E 21 St Tulsa, OK 74114 Phone: 630-608-4988

Feb 10, 2018 to Feb 11, 2018 Tulsa Women's Expo Head to the River Spirit Expo at Tulsa's Expo Square for the Women's Living Expo. This event will be packed with an incredible variety of exhibits to browse, people to see and products to try. Over 200 exhibits will be set up for browsing as well as runway fashion shows and experts in a variety of areas like health, fitness, beauty, fashion, finance, food and entertaining, and more. There will be notable stylists that will be available to cut and style your hair and demonstrate all kinds of new beauty products. Make sure to plan ahead so you can fit everything in at this exciting event. Tulsa Expo Square 4145 E 21st St Tulsa, OK 74114 Phone: 203-259-3351 Fax: 203-259-3354

Feb 15, 2018 Blake Shelton in Concert Tulsa's BOK Center welcomes award-winning entertainer Blake Shelton to the stage for an unforgettable night of music. The Oklahoma native brings his Country Music Freaks tour to Tulsa on the heels of his latest album, *Texoma Shore*, which debuted at number four on the US Billboard 200 charts. Shelton will be performing with special guest Trace Adkins, along with openers Brett Eldredge and Carly Pearce. Come sing along with hits like "Ol' Red," "Austin" and "Honey Bee" at this can't-miss performance at the BOK Center in Tulsa. BOK Center 200 S Denver Tulsa, OK 74103 Phone: 918-894-4445

Feb 15, 2018 Tulsa Performing Arts Center presents: James Ehnes Come to the John H. Williams Theater at the Tulsa Performing Arts Center for a lecture by renowned violinist James Ehnes. Having established himself as one of the foremost violinists of his generation, Ehnes is gifted with a rare combination of stunning virtuosity, serene lyricism and an unfaltering musicality, making him a favorite guest of many of the world's most respected conductors including Vladimir Ashkenazy, Marin Alsop, Sir Andrew Davis and more. Don't miss this stirring presentation by a violin virtuoso as part of the President's Performing Arts & Lecture Series at the Tulsa Performing Arts Center. 110 E 2nd St Tulsa, OK 74103 Phone: 918-596-7122

Feb 15, 2018 to Feb 18, 2018 State Fiddlers Winter Convention Visitors to the State Fiddlers Winter Festival will enjoy live music performed by professional fiddle players along with daily and evening dances. Formerly known as the Western Hills Fiddlers Festival, some of Oklahoma's best fiddle players will be on-hand at this annual event. Come for a weekend filled with fiddling, dancing and musical workshops. Jam sessions will be held throughout the event in the hotel lobby. Come and celebrate American folk music, bluegrass and Western swing and stick around for all that Sequoyah State Park has to offer. Sequoyah Lodge 19808 Park 10 Wagoner, OK 74441 Phone: 918-772-2545 Toll Free: 800-368-1486

Feb 16, 2018 to Feb 18, 2018 Vintage Tulsa Show Some of the finest vintage and antique dealers in the nation are headed to Tulsa Expo Square to present their wares at the Vintage Tulsa

Show. More than 55,000 square feet of merchandise will be set up at this show to the delight of antique and vintage lovers. Browse row after row of unique goods in a climate-controlled space with concessions available. From antique furniture and collectibles to vintage clothing and linens, find it all at the Vintage Tulsa Show. Tulsa Expo Square 4145 E 21st St Tulsa, OK 74112 Phone: 918-619-2875

Feb 16, 2018 to Feb 18, 2018 Darryl Starbird's National Rod & Custom Car Show The Darryl Starbird's National Rod & Custom Car Show at the Tulsa Expo Square is a can't miss for automobile lovers. With over 1,000 entries, this car show is a highly competitive and full of astonishing classic and custom cars from across the nation. Spend hours browsing through all of the stunning cars and be sure to hang around for the awards where the "Fine Nine" top cars will take their titles and one car will win the "Go for the Gold" cash award. Don't miss this one-of-a-kind car show with a legend. Tulsa Expo Square 4145 E 21st St Tulsa, OK 74114 Phone: 918-257-4235 4145 E 21st St Tulsa, OK 74114 Phone: 918-342-5357 Phone: 417-863-6353

Feb 16, 2018 to Feb 18, 2018 Midsouth Tackle, Hunting & Boat Show Come to Grove in northeastern Oklahoma for the Midsouth Tackle & Hunting Show. This event will feature hundreds of vendors presenting the latest merchandise and technologies in outdoor sports with special hunting and fishing demonstrations by pro fishermen and hunters. This expo will also include a kids' fishing pond, the Fetch-N-Fish dog show, bowfishing, archery and more. Spend the day browsing vendor booths filled with retail hunting and fishing supplies, camping gear, lures, boating accessories and outdoor apparel for men and women. Peruse new boats, RVs or ATVs on display and talk to local lake associations, outfitters and fishing clubs to find new fishing hot spots. Bring the family and celebrate the great outdoors at the Midsouth Tackle & Hunting Show. Grove Civic Center 1702 Main St Grove, OK 74344 Phone: 918-520-3474

Feb 17, 2018 Tulsa Opera presents: The Stars Align Come see world-famous opera star Susan Graham in a rousing production of *The Stars Align* at the Tulsa Performing Arts Center. Graham is a mezzo-soprano with one of the most commanding voices in opera today, and she will be joined onstage by soprano Sarah Coburn along with tenors Aaron Blake and David Portillio. The opera will be conducted by Oklahoma native Timothy Long, who has held faculty positions at the Yale School of Music and The Juilliard School. Come to the Chapman Music Hall inside the Tulsa Performing Arts Center for a night at the opera you won't soon forget. Tulsa Performing Arts Center 110 E 2nd St Tulsa, OK 74103 Phone: 918-587-4811

Phone: 918-582-4035 Fax: 918-592-0380

Feb 17, 2018 to Feb 18, 2018 Rogers Country Spring Horse Show The Rogers County Spring Horse Show brings horse enthusiasts, riders and a wide variety of breeds to the Claremore Expo Center in Claremore. Come see the cowboys and cowgirls compete in several events like barrel racing and take in the pageantry for yourself during this two day show that is fun for everyone. Claremore Expo Center

400 Veterans Pkwy Claremore, OK 74017 Phone: 918-341-8688

**Do You have an event that you would like to share ?**

**Community Links of Chelsea**

**1100 Walnut/PO Box 85**

**Chelsea, OK. 74016**

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**Fax: 918-789-5296**

# You're Less Likely to Get Paid Well If You Have One of These Names

A recent global survey by job site Adzuna revealed the highest-earning female name, Liz, typically earns more than \$30,000 less than the highest-earning male name, Ed. Specifically, Liz earns a salary of about \$52,000 on average, while Ed earns about \$82,000.

In fact, the first female name to appear on the list of the highest-earning names ranks in 317th place, which clearly exposes the gender pay gap that adversely affects women.

Enter: The name game.

The job search engine's ValueMyName tool took first name and salary data from half a million résumés to provide an average salary for 1,200 first names, and they found that 9 out of 10 of the lowest-earning names are female. These names included Paige, Chelsea and Bethany.

A wealth of research suggests your name could make or break your career. While the aforementioned survey suggests having a female name might earn you less, we also know that having an uncommon female name might earn you less and make you less likely to be hired. A 1986 Marquette University study found that names that are viewed as the least unique are more likable, and therefore, people with common names are more likely to be hired; on the contrary, people with uncommon names are least likely to be hired. This may be because if you're a younger woman with an uncommon name, people tend to associate you with criminal activity. That's according to a 2009 study carried out at Shippensburg University.

Moreover, if you've got an uncommon female name that's difficult to pronounce, chances are you'll be less likely to get hired, and if you do, you may just earn less and people may not like you quite as much. A New York University study found that individuals with easier-to-pronounce names are often afforded higher-status opportunities. Adam Alter, one of the study's psychologists, has put it this way: "When we can process a piece of information more easily, when it's easier to comprehend, we come to like it more."

And we can keep going. Having an uncommon female name that's difficult to pronounce and doesn't sound white means you might earn less and people might not like you as much, but none of that matters if you can't get a job; you'll be the least likely to get hired. A 2014 study published by the American Economic Association found that white-sounding names like Emily Walsh and Greg Baker got nearly 50 percent more callbacks than candidates with black-sounding names such as Lakisha Washington and Jamal Jones. The researchers actually concluded that having a white-sounding name is worth as much as eight years of experience.

Let that all sink in.

But don't sweat the name game too much — there are some steps you can take to stem the tides, or you might just want to consider quitting your job to get paid more. You know, because this is your burden to bear, not systematic sexism...

For example, apparently, using your middle initial makes people think you're more competent. The European Journal of Social Psychology published findings that using a middle initial actually increases people's perceptions of your intellectual capacity and performance. This, in other words, makes you sound smarter. How do the researchers know? They asked students to rate es-

says with one of four styles of author names, and not only did the ones with middle initials receive top reviews, but the ones with the most initials actually received the most rave reviews.

But don't just use your initial; use your whole name — that's what successful female CEOs are doing, anyway. In a 2011 LinkedIn study, researchers realized that the most common names of female CEOs include Deborah, Cynthia and Carolyn, and these women used their full names unlike men in the same positions. The researchers posit that using one's full names projects professionalism.

If all else fails, go to court and obtain an order from a judge to change your birth certificate and other documents to represent the noblest of names. Well, at least your last name will need to be noble. In a study of German names and ranks within companies, published on Sage Journals, researchers found that individuals with last names such as Kaiser (which means emperor) or König (king) occupied more managerial positions than those with last names like Koch (cook) or Bauer (farmer).

As for your first name, it doesn't have to be quite as drastic. But if you're a woman with a gender-neutral or more masculine name in male-dominated fields such as engineering and law, you'll fare a lot better. You just don't want to be a woman in a male-dominated field with a feminine name — especially a woman in a male-dominated field with an uncommon, hard-to-pronounce, black-sounding feminine name.

Because that's logical, right?

Wrong.

Here's a better idea: Let's all stop name-shaming, shall we?

Data Master: Doug Stone



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# Library News

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### Hours:

Monday thru Thursday: 9am to 7pm  
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Saturday: 10am to 2pm  
Closed Sunday

## CHELSEA PUBLIC LIBRARY

618 Pine (918) 789-3364

### Hours:

Tuesday: 10:00am to 7:00pm  
Wednesday, Thursday & Friday: 10:00am to 4:00pm  
Saturday: 9:00am to Noon Closed Sunday & Monday

## CHOUTEAU PUBLIC LIBRARY

PO BOX 353, 111 N McCracken Phone: 918-476-4445

### Hours:

Mon, Wed, Fri – 10AM to 5PM  
Tues, Thur. – 10AM to 3PM  
Closed Saturday & Sunday

## DELAWARE COUNTY LIBRARY

429 S. 9th St. Jay, Oklahoma (918) 253-8521

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

### Hours:

Mon., Wed., & Fri. 9:00am to 6:00pm  
Tues. & Thurs 9:00am to 8:00pm  
Sat. 9:00am to 1:00pm  
Closed Sundays and Holidays

## GROVE PUBLIC LIBRARY

1140 NEO Loop (918) 786-2945

Toll free in the 918 area code: 1-888-291-8150

Fax: (918) 786-5233

### Hours:

Mon., Wed., & Fri.: 8:30am-5:00pm  
Tues. & Thurs.: 8:30am-9:00pm  
Sat. 8:00am-12:00pm  
Closed Sunday

## LANGLEY PUBLIC LIBRARY

325 W Osage Ave. (918) 782-4461

### Hours:

Mon.-. 1:00pm to 7:00pm  
Tue.-Fri. 9:00am to 12:00pm  
And 1:00pm to 5:00pm  
Closed Sat. & Sun.

## MIAMI PUBLIC LIBRARY

200 N. Main (918) 541-2292

### Hours:

Sun. 1:00pm  
Mon., Wed., Thurs., 9:00am to 8:00pm  
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## NOWATA CITY-COUNTY LIBRARY

224 S. Pine (918)273-3363 Fax: (918)273-1818

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**SALINA PUBLIC LIBRARY**

420 E. Ferry St. (918) 434-8001

**Hours:** Tue. 12pm-7pm, Wed. 12pm-5pm,

Thurs. & Fri. 10am-5pm

Closed Saturday, Sunday & Monday

**TALALA AREA PUBLIC LIBRARY**

106 W Watova St. (918) 275-4540

**Hours:**

Monday - Friday 2pm to 5pm

Monday and Thursday evening 6pm to 9pm

Saturday 11am to 2pm

**VINITA PUBLIC LIBRARY**

215 W. Illinois (918) 256-2115

**Hours:**

Mon., Tues., Wed., & Fri. 11:00am to 6:00pm

Thurs. 11:00am to 7:00pm

Sat. 11:00am to 3:00pm

Closed Sunday

**WILL ROGERS LIBRARY**

1515 N. Florence, Claremore OK (918) 341-1564

**Hours:**

Mon & Tues. 9:30am to 8:00pm

Wed. & Thurs. 9:30am to 6:00pm

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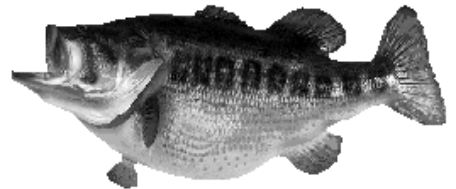
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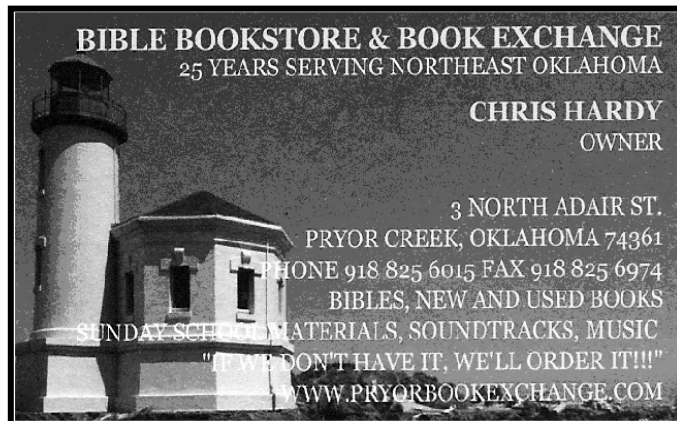
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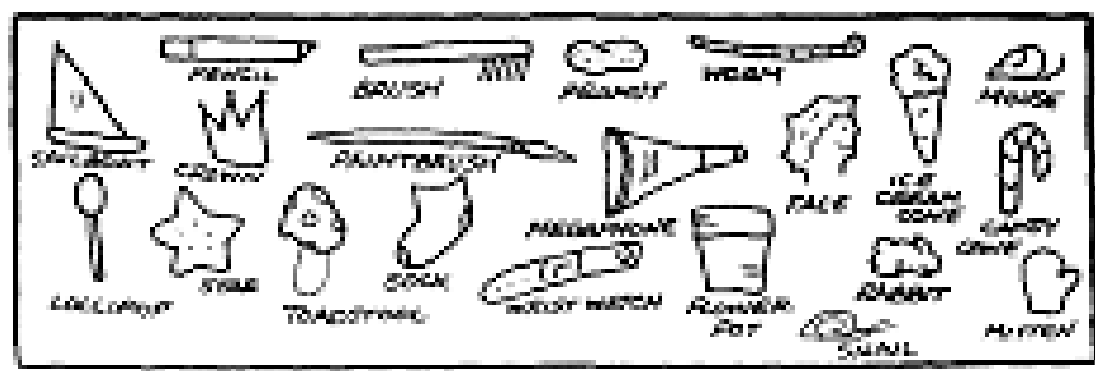
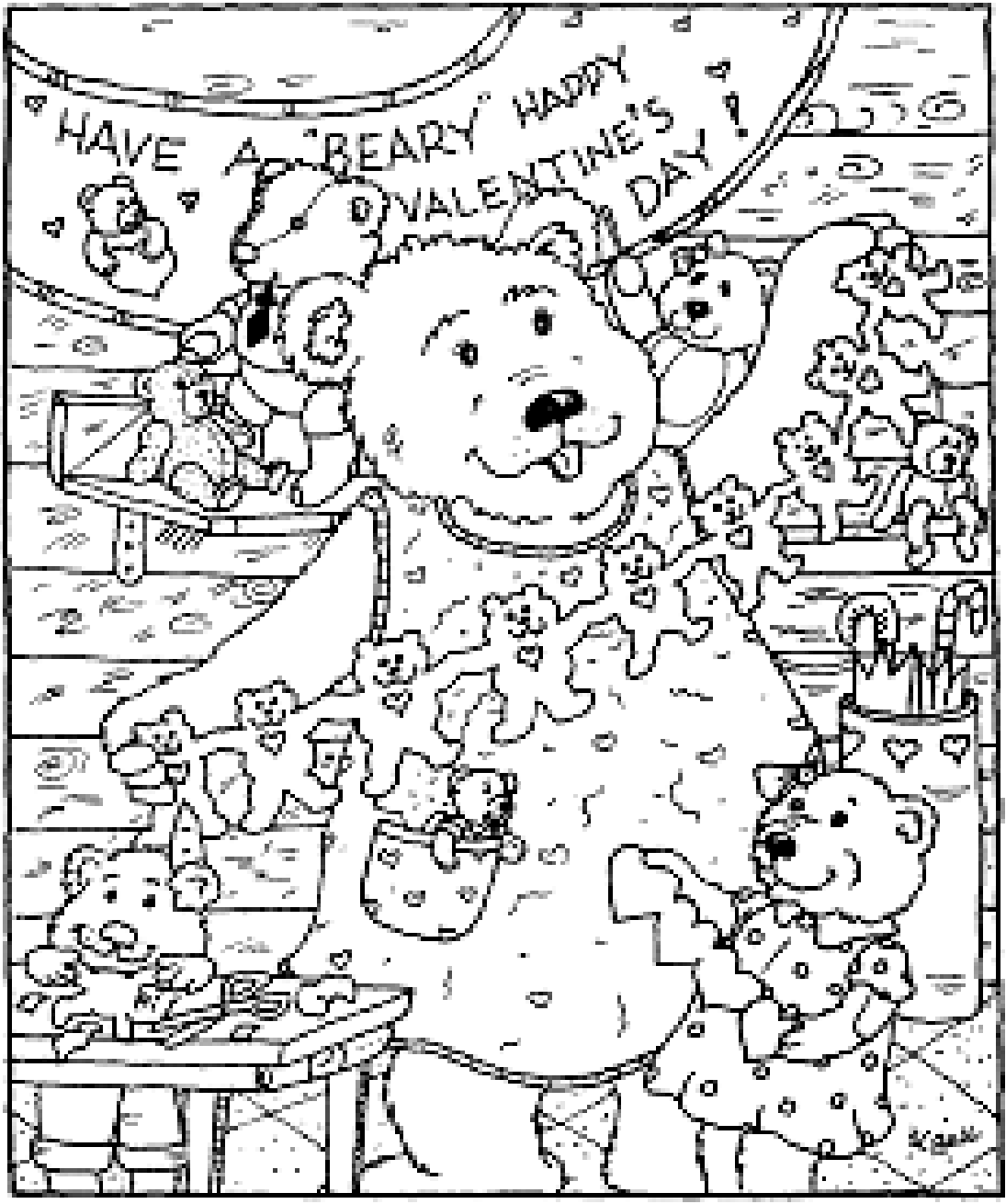
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# What Causes Hair Loss in Women, & How Can I Make It Stop?

Hair loss is a reality for many people, but it's certainly not exclusive to men. In fact, less than 45 percent of women go through life with a completely intact, full head of hair. But what causes hair loss in women, and can we do anything about it? Let's find out.

## Hair loss in women: Common causes

All hair loss is not the same, and there are, unsurprisingly, many potential causes of hair loss in women. Here are a few of the most common types and their causes (and keep in mind this list is not exclusive — your physician will be the one to help you discover the cause of your hair loss, which may not be included here).

### Androgenetic alopecia

According to Dr. Robert Nettles, hair loss expert and the founder of Stop and Regrow, the single most common cause of hair loss in women is androgenetic alopecia, also known as female pattern hair loss.

"Unfortunately many doctors and even dermatologists are not aware of quite how pervasive it is with women, and we often see patients in our clinic after their local physical or dermatologist has told them either they are imagining it or there is nothing that can be done," he says.

It has a genetic component, and it's inherited by around 25 percent of women, Nettles says. While this can affect men and women, it affects both sexes differently. In women, hair loss is generally diffuse — instead of developing a bald spot or a receding hairline like men tend to do, women instead experience a gradual, all-over thinning.

### Telogen effluvium

Another common cause of hair loss in women is telogen effluvium. This type of hair loss is also diffuse and is usually caused by physical stress, such as experiencing a severe illness, surgery, childbirth and so on. It can also be caused by medications. This type of hair loss isn't always permanent — generally, recovery happens on its own in around six months.

### Alopecia areata

Alopecia areata is where the hair loss appears in patches, often circular, and is thought to be autoimmune in origin.

### Underlying disorders

There are also a number of disease processes that can result in hair loss. Thyroid disease, scalp infections, diabetes, lupus (or other autoimmune diseases) and others can be the culprit. Hormones can also deal your shining crown of hair a blow — even the biologically normal process of menopause.

### Vitamin deficiency

Hair loss can be attributed to vitamin deficiencies, says Dr. Arielle Levitan, cofounder of Vous Vitamin. "Many women do not know that they run low in iron or Vitamin D, which are some of the most common offenders," she explains. "As a physician of internal medicine, I see women all the time very distressed about thinning hair." A simple blood test can help determine some of the more common culprits.

### How do you treat hair loss?

Hair loss treatment really depends on the type of hair loss you're experiencing and what the causes are. This means your physician will need an accurate diagnosis, and for those with underlying medical conditions, treating the disease can often lead to less hair

loss or regrowth.

For women who are experiencing hair loss due to vitamin deficiencies, there are various strategies you can put into place to improve your outcome. "Repleting vitamin D with healthy doses of D3 and correcting iron deficiency — by giving supplemental iron paired with vitamin C for better absorption — is essential, and biotin, a B vitamin, can be added to help the process, as it acts as a building block for new hair," says Levitan. "The challenge is this is a slow process, and it can easily take three to six months to see hair thickness and amounts improve."

For those with female pattern hair loss (androgenetic alopecia), the solution can be a little more complex. There are medical treatments available, however. Dr. Ken L. Williams Jr., surgeon, founder of Orange County Hair Restoration in Irvine, California, and author of Hair Transplant 360 — Follicular Unit Extraction, notes that the only FDA-approved medical treatment for this type of hair loss is Minoxidil 2 percent topical treatment. He also states that it seems to work better for women than for men.

There are other medical treatments available, so be sure to check with your doctor to find one that's right for you and your hair-loss situation.

It's important to keep in mind, however, that one treatment may not be the ultimate solution for your own head of hair. "Where hair loss becomes complex for women is because quite often there are multiple causes happening at once," says Nettles. This is why it's crucial to get a proper diagnosis and custom-tailored treatment.


### Nutritional considerations

Also, even if medical reasons have been ruled out, it's a good idea to look at your overall diet and see if there are improvements that can be made. Jeanette Kimszal, a registered dietitian-nutritionist, recommends ensuring there is adequate protein in the diet in addition to eating foods high in iron, vitamin B's and vitamin C.

Unfortunately, there is no single solution that can halt hair loss or regrow hair. It's vital to consult with a doctor who can explore medical reasons and work with you to find an answer that might be able to work for you. Hair loss is certainly no fun, but there is a chance that with proper diagnosis and treatment, you may be able to do something about it.

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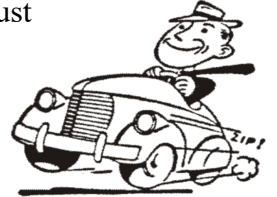


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SECTION 8 HOUSING VOUCHERS ACCEPTED

# Does Comfort Food Really Help You Feel Better?

Can the food you eat actually have an effect on your mood? What about comfort food? You know what we're talking about here — Mom's chicken soup, a heaping bowl of ice cream or mashed potatoes and gravy. Food impacts our lives in more ways than one, but is there really anything to the notion that comfort foods happy us up? Let's find out.

What are comfort foods?

When you say "comfort food," this can mean different things to different people. Often, comfort foods are firmly tied to nostalgia and can be traced back to childhood. For some, they're hearty, home-cooked foods, and for others, they're sweets or other snacks. Many times, these foods are loaded with carbs, sugar or fat, so they're not always the healthiest choices, but if you think they make you feel better, then it seems like a good idea to go ahead and dig in.

Do these foods really make you feel better, though?

Thankfully, there have been research studies on the very topic of comfort foods and mood. A study out of the University of Minnesota, for example, found that while people may be driven to comfort food in hopes it will improve their mood, these particular foods don't seem to make a difference when compared to other options.

Additionally, while comfort foods, especially those of the sugary sort, can trigger the release of dopamine (the brain's pleasure hormone), this mood boost does not last according to Rachel Kelly, author of *The Happiness Diet: Good Mood Food*. "The immediate high we feel when eating sugary things might help to relieve anxiety temporarily, but we soon experience a crash as our blood-sugar levels drop suddenly," Kelly tells SheKnows.

She also notes there are differences between comfort eating and eating for hunger, as comfort eating usually comes on suddenly and often involves specific cravings for sugar or carbs. Physical hunger, instead, comes on gradually and doesn't feel as urgent, and when you eat for hunger, you eat until you are full and feel satisfied.

"By contrast, with comfort eating, you don't respond to normal feelings of fullness, but keep on eating and often feel guilty afterwards," Kelly explains. She says this is another solid reason comfort eating generally does not improve our mood long-term and can leave us feeling pretty crummy when all is said and done.

Give your comfort food a health boost

Instead of diving in to your old-favorite dishes or snacks (that you have to admit probably aren't all that great for you) when you're feeling blue, you can instead make some swaps so it doesn't take such a toll on your mood (and your health).

Zucchini, kale, parsnip or sweet potato chips instead of regular chips (but consume them in moderation, as they contain high levels of fat)  
Cauliflower rice for white rice

Zucchini or butternut squash noodles or buckwheat noodles instead of pasta

Coconut cream instead of regular cream

Coconut flour, quinoa flour, gram flour made from chickpeas, spelt flour or buckwheat flour instead of white flour in baking

Coconut sugar or maple syrup instead of refined sugar

Dark chocolate or homemade cacao-rich chocolates instead of milk or white chocolate

Cacao, dates, flaxseed, ground almonds, desiccated coconut or almond butter for flavor and consistency in baking

Unsweetened natural yogurt or coconut yogurt with added fruit instead of store-bought fruit yogurts or low-fat desserts

Unsalted butter or coconut oil rather than vegetable oil when baking cakes

So, while comfort foods may make you feel better in the short-term,

it's been found that they really don't make much of a difference psychologically and may actually make you feel worse. Eat comfort foods in moderation if you can't quell the cravings, and make quality substitutions when digging around for your favorite foods — you might just find yourself feeling better about the food choices you're making, which is a win-win.

Data Master: Steve Burdick

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## 7 Ways to Add More Fruits & Veggies to Your Kid's Plate



Look. It's hard enough to eat vegetables as an adult (sometimes burritos just sound better without trying to play the healthy card). So, if we're being honest here, who can really blame kids if they don't rejoice over broccoli on their plate?

Still, kids want to be healthy, and they'll eat healthy, too — as long as food tastes good. Since fruits and vegetables need to be eaten one way or another, here a few ideas for getting them down the preferred way: with a smile.

### 1. Swap real spaghetti with spaghetti squash

Melt some butter and mix some pesto and marinara sauce over a plate of baked spaghetti squash. No need to spill your secret. Just put it in front of your kids and see what they think. Who knows? They might not miss a beat.

### 2. Snack on fruit pouches with veggies mixed in

There are fruit pouches — or, as I like to call them because it's more fun, squeezers — and there are fruit pouches with veggies mixed in that will go undetected by all but the most discerning small mouths. GoGo squeeZ manages to weave butternut squash into its Mighty Mango pouch and carrots into its Mighty Berry. A true win-win.

### 3. Have make-your-own smoothie days

Don't want to make smoothies yourself? Try getting the kiddos excited about creating their own. Lay out some ingredients, and then let them choose a few and dump them into the blender.

### 4. Have baked sweet potato fries with dinner

Kids love fries. Just swap potatoes for sweet potatoes

and the fryer for the oven. You can even try purple potatoes, which have loads of antioxidants. Your kids might just think purple fries are the coolest thing since sliced bread.

### 5. Get creative with cauliflower

This magical vegetable can be disguised as mashed potatoes, rice, pizza crust and even mac and cheese. I didn't believe it either until I tried it myself. Here are a few recipes to slate into your meal planning.

### 6. Think small — very small

Cutting vegetables isn't the time to go big or go home. The smaller you chop them, the easier they are to mix into other dishes. For example, put minced broccoli in scrambled eggs or mac and cheese, add diced bell peppers to pasta sauce or cut squash into baby pieces and toss into a cheesy omelet. Yum.

### 7. Add to casseroles and soups

You could add shredded cheese to soups and casseroles, but you could also add shredded veggies like carrots, squash and potatoes. It's easy to avoid those big, chunky veggies that make kids go "ew." Additionally, grilled cheese and soup? Not something kids hate. What they don't know is that you pureed butternut squash or tomatoes to help make that creamy base.

Data Master: Alyssa Hollingsworth

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## Man Who Eats Raw Salmon Daily Has Terrifying Tapeworm Experience



You might want to rule out sushi as your lunch or dinner option today after reading this story about a man and his truly terrifying tapeworm experience.

It all started when the unnamed man, who loves raw fish so much he reportedly eats it daily, felt sick, experiencing abdominal cramping and bloody diarrhea. While in the bathroom, he noticed something hanging out of his body.

"He grabs it, and he pulls on it, and it keeps coming out," emergency physician Dr. Kenny Banh recounted on a recent episode of the podcast *This Won't Hurt A Bit*. Banh was the doctor on call at the local emergency room in Fresno where the man went. Banh said the man then held it in front of him and "it starts moving."

Banh continues to say the man, who asked to be treated for worms, was carrying a plastic bag in his hand. In it, Banh said he saw the worm wrapped around a cardboard toilet paper tube. Banh would soon discover it to be a 5-1/2-foot-long tapeworm after unraveling it onto paper towels on the emergency room floor.

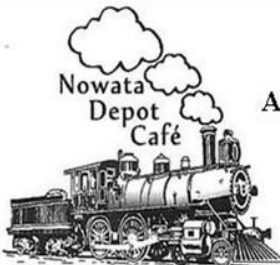
No, the man didn't just arrive from a foreign country or do anything unusual that could have exposed him to the parasite, according to Banh. Instead, Banh would discover the man just really loved raw salmon sashimi.

The risk of getting a tapeworm from eating raw or undercooked fish is low, but it's still possible. Around this time last year, it was reported that the tapeworm known to infect salmon from the Asian Pacific was also present in fish from U.S. waters.

The best way to protect yourself? Eat seafood that's been thoroughly cooked. If cooked seafood isn't your jam, experts also recommend only buying raw or undercooked fish from restaurants that are up to par with their health grades and have great food-storage practices.

So, you might want to rethink the sushi you pick up from convenience stores. Because as we've learned from the man in this story, pulling a 5-foot tapeworm from your body just isn't worth it.

Data Master: Doug Stone



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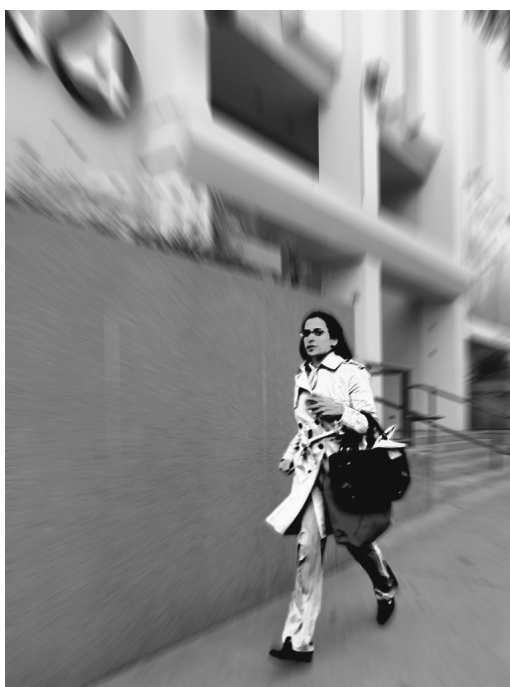


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## Never Be Late Again: Morning Hacks From a Mom of 5



Once you have kids, you'll laugh that pre-children you never could figure out how to arrive places on time. Because back then, you weren't dealing with a toddler you would dress and would then suddenly be naked again two minutes later for some inexplicable reason. Or a child who couldn't possibly go to school because her ponytail just doesn't look right. Or a teenager you swore was awake but is now apparently sleeping again.

Parents resort to all kinds of tactics to get their kids out of the house on time. One mom I know even uses a megaphone (you know, so she won't have to yell). But after spending the past 13 years trying to get my five kids out of the house, I've come across a few hacks that actually really work — no megaphone required (unless you just like using it).

But I also wondered what other moms were doing to get out on time. So, I've rounded up these tips and more from moms across the country along with my own; of course, not every hack will be a game-changer with every kid, so try them out and see

which ones make a difference for your family. And then, prepare for the stares of awe and the feeling of satisfaction when you find yourself at your intended destination, on time and stress-free.

Do everything the night before

And I mean everything. Look, I know how it goes: Who wants to make all those lunches when you're so snuggly on the couch watching Game of Thrones?! But put the television on pause and make those lunches. Also make sure the coffee is ready to go, the backpacks and athletic equipment are by the door, the winter gear is lined up, permission slips are signed and clothes are picked out for the next day. In fact, some particularly morning-averse kids can even benefit from sleeping in their clothes. Look, I don't want to sleep in daytime clothes myself — but if it works for them, go for it.

And remember: You're not a personal assistant. So, as your kids get older, they should be doing a lot of these things

themselves. Write up a checklist and make sure they take care of all this stuff before they get TV/YouTube/Xbox Live time at night.

#### Set your alarm 15 minutes earlier

You're already getting up too early — so why not be less stressed while you do it? As one mom I spoke with, Alexandra, points out, "It really doesn't make a difference physically because tired is tired whether at 6:15 or 6:30 a.m. But it makes a huge difference in ETA."

Another mom I interviewed, Amanda, agrees that simply getting up earlier can make a difference in having a smoother, more efficient morning. She says, "I can gently tell the kids, 'Hey, guys, good morning! I made cinnamon toast and it's almost ready!' Rather than just barging in with a grumpy, tired expression demanding they rise." Who wouldn't get up for delicious cinnamon toast?

#### Take breakfast with you

If the whole cinnamon toast scenario doesn't work out, here's another option: Have breakfast on the go. This works really well in my house and saves a ton of time. So what do you take? Breakfast bars, granola bars, yogurt drinks, cereal in a bag (no milk), whatever they want — as long as it's not a box of Junior Mints. (Although, yum.)

#### Keep extra essentials near the kitchen

If you live in a house where the bedrooms are on a second floor, make sure to keep some morning necessities on the main level. There will always be a kid who forgot socks, and not having to run back up and downstairs saves precious minutes.

Along those lines, it's a great idea to have children brush their teeth in the kitchen or a nearby bathroom. When kids head back upstairs for personal hygiene tasks, they have a mysterious way of completely disappearing for a long stretch of time — time that, in the morning, you don't have to spare. My daughter recently got her ears pierced, for example, so we keep the cleaning solution and cotton balls right by the front door.

#### Motivate with tech if you must

Some children are highly motivated by television or their smartphone. So, consider telling your kids that they can watch a few minutes of TV or use their phone if they get everything done on time in the morning. But be warned: This can seriously backfire if your child throws a fit when you tell them it's finally time to go.

Or here's another idea: If you're driving your kids to school, put their screens in the car while they get ready in the house. Let them know they can use the devices when they're ready to go, with seatbelts on. And never be afraid to shut the Wi-Fi off in your home to get those dawdling teenagers out of the house faster. I mean, with no Wi-Fi, what's even the point of trying to stay home, kids? (\*Wink\*)

#### Double the drive-time

Does the drive take 10 minutes? Schedule 20. Assume there will be traffic or meltdowns or missing items you need to turn back for. This way, when your kid suddenly knocks a dish to the floor, you've got built-in padding minutes to do a quick clean-up and still arrive on time.

#### Put shoes on in the car

For some reason, it can take a kid an awfully long time to put on a pair of shoes. And toddlers tend to kick them off in the car anyway. So just throw their shoes on when you reach your destination. And let your older kids spend time lacing up sneakers while you're sitting in traffic instead of when you're trying to motivate them out the door.

After all that, if you're still late once and awhile, go easy on yourself. Remember: You'll get another chance when that alarm goes off at 6:30 a.m. tomorrow. Godspeed.

Data Master: Karen Deffenbaugh



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# 11 Flexible Jobs Perfect for Working Moms

Being a mom is a wonderful gift. It's also stressful and nonstop and there aren't any paid vacations. But even if you're lucky enough not to be the main earner in your family, you might find yourself needing to drum up some extra cash without having the lack of flexibility of a nine-to-five.

Having a job can feel rewarding too and offer you a chance to talk to other adult humans or flex your creative muscles. With that in mind, we collected the top jobs that are flexible enough for moms that can also get some extra money in your pocket fast. Most of them allow you to set your own schedule and won't require endless amounts of time and effort.

## 1. Realtor or appraiser

Real estate agents set their own schedule but typically must be available on nights and weekends. This is ideal for women who have husbands who work 9 to 5 and do not want their children in day care. An appraiser determines the value of a property based on comparisons of similar homes and an evaluation of the property itself. Though both jobs require certifications, both are extremely flexible and offer competitive pay and benefits.

## 2. Accountant

Ideally, you'll need to have at least a bachelor's degree in accounting but can always start out as an assistant to someone first. A career in accounting is one of the most-stable careers you can have — which is a top consideration for working moms. With accounting, you can work for yourself (for example, preparing clients' taxes), work for a company, freelance or work part time.

## 3. Hair dresser or makeup artist

Since beauty likely won't ever disappear, there's always going to be a need for beauticians (hair dressers, makeup artists, aestheticians and more). Beauticians can work from home, work out of a salon, take time off when needed, set their own hours and work as much or as little as they'd like. They can also specialize in weddings or other formal events, which typically pay higher rates than strictly working out of a salon.

## 4. Server

Maybe you're looking to get out of the house for a bit and earn some extra cash. If so, consider being a waitress or bartender. Both make money instantly in tips, and the pay is significantly higher than minimum wage. Also, most restaurants are always in need of weekend servers, so you can plan on being home with your family during the week and picking up shifts on the weekends.

## 5. Virtual assistant

Have serious organizational skills? Consider being a virtual assistant. Tasks can include sending emails, organizing travel and other administrative tasks for entrepreneurs and executives. Pay varies and tends to average around \$15/hour.

## 6. Retail associate

Maybe, as a mom, you just need to get out of the house for a few hours per week. Sometimes, a short break every now and then is just what we need to parent to the best of our abilities. If this is you, consider getting a part-time job in retail. You can work for a small candle shop, a jewelry counter in your favorite department

store or at a local coffee shop, for example. Though the pay isn't necessarily the best, the flexibility and the time away from home may be priceless.

## 7. Fitness instructor

If working out is one of your top priorities, consider becoming a fitness instructor. You can teach as little as one class per week or become certified in a specialized field, such as Pilates, and teach private lessons along with group classes. Group instructors can average \$20 per hour, and private instructors can charge significantly more per hour depending on credentials, location and types of clients.

## 8. Small business owner

Are you crafty and have a passion for baking, making jewelry, or blogging? Zone in on your talents, and open up your own small business out of the comfort of your own home. Etsy, for instance, lets you create your own little handmade shop on the worldwide web. You can also sell your services via a personal website, advertising and referrals.

## 9. Tutor

Whether you do it locally or remotely, tutoring can be a great way to earn extra cash. There are several places you can tutor online, including Chegg, K12 and Tutor.com. Tutors earn anywhere from \$10 to \$20 an hour.

## 10. Nanny

If you're at home with your own kids all day (and love it), consider being a nanny for someone else's kids or starting your own at-home day care. Both options allow you to stay with your own children and bring in some additional income as well.

## 11. Freelancer

Freelancing goes beyond writing or editing, which are what most people think of when they hear the word "freelance." Freelancing is simply working for a company without a long-term commitment. Basically, you work as an independent contractor, usually from the comfort of your own home. You may be hired on temporarily to complete a project, assist in grant writing or bookkeeping and more. While it isn't the most stable of jobs, it is one of the most flexible, and freelancers often make more than \$20/hour

Data Master: Nikki Hamilton

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Chelsea Library  
Chelsea Motor Inn  
Chelsea Post Office  
Chelsea Sr. Citizens  
Chelsea Terrace  
Community Links  
Cowboy Barber Shop  
Dollar General  
Don's Auto Repair  
General Store Pawn  
Harp's Grocery  
Jiffy Mart  
Lakeside State Bank  
Little Green Shop  
Main Street Diner

**Chouteau**

Burger Station  
Cherry's Chouteau Mall  
Chouteau Public Library &  
Senior Citizens Center  
Dutch Pantry  
Marvin's Grocery  
Pizza Corral

**Claremore**

Bill's Sporting Goods  
Brook Field Nursing Home  
Claremore DHS  
Claremore Nursing Home  
Claremore Senior Citizen's  
Claremore Veteran's Center  
Darrell's Barber Shop  
Fried Pie LLC  
Midco Clothes & More  
Muns Music Store

Security Finance  
Stillwater Milling  
Warehouse Market  
Willow Tree  
Wood Manor Nursing Center

**Commerce**

Eastwood Manor

**Fairland**

Fairland Family Restaurant  
Fairland Sr. Citizen's  
Kristy's Hair/Nail  
The Landing

**Foyil**

Okie Mart

**Grove**

Eagles Landing  
Dixie Finance  
Drakes  
Grand Prosthetics & Artificial  
Limbs  
Grandwood  
Grove Eye Center  
Grove Sr. Citizens  
Harps Grocery  
MidCo Clothes & More  
Rancho Viejo  
Tom Cat Corner

**Jay**

Delaware County Library  
Jay Senior Citizen's  
Savannah Park Apartments  
Yippe Skippee

**Ketchum**

Blue Moon Bait & Tackle  
Buddy's Foods  
Bobbars Café  
Sticky Fingers

**Langley**

4 State Insurance  
Betty's Beauty Shop  
Langley Drug  
Reasor's Grocery Store  
The Dam Stop

**Miami**

Marvin's Grocery  
Miami DHS  
Miami Library  
Miami Senior Citizen  
Mr. Ed's Barber  
Windridge  
Wal-Mart Supercenter  
Lil Café (Commerce)

**Nowata**

Eagle Fuel  
D&L's  
Wash & Dry  
Homeland  
Katie's Donuts  
Nowata Depot Café  
Nowata Senior Citizens Center  
Ranch Supply  
Regent Bank  
Reid's Discount Pharmacy

**Oologah**

Pump - N - Petes #15  
Tacora Mart (Conoco)

**Pryor**

Deana's Chop Shop  
Innovations in Hair  
Mayes Co. Nutritional Center  
Pryor DHS  
Pryor Library  
Shady Rest Nursing Home  
Sinclair's  
The Book Exchange



**600 Walnut \* Chelsea**  
**918-789-2241**

**Email: [chelseafp@sbcglobal.net](mailto:chelseafp@sbcglobal.net)**  
**[www.chelseafamilypharmacy.com](http://www.chelseafamilypharmacy.com)**

**Joe Forcum, D. PH**  
**Wendy Forcum**

**Spavinaw**

Spavinaw Community Center  
T-General Store

**Vinita**

Burrough Manor  
Carter's IGA  
El Cabrito Mexican Restaurant  
Grand Lake Mental Health  
Heartsworth House  
McSpadden Fast Lube  
Midco Clothes & More  
Sam's Tire  
V & V Drug  
Vinita DHS  
Vinita Post Office  
Vinita Public Library  
Vinita Tag Office  
Wood Shed  
Young's Tire

**Welch**

Happy Cow  
Spinners  
Thomas Funeral Home  
Welch State Bank

**White Oak**

The Rancher Convenience/Deli

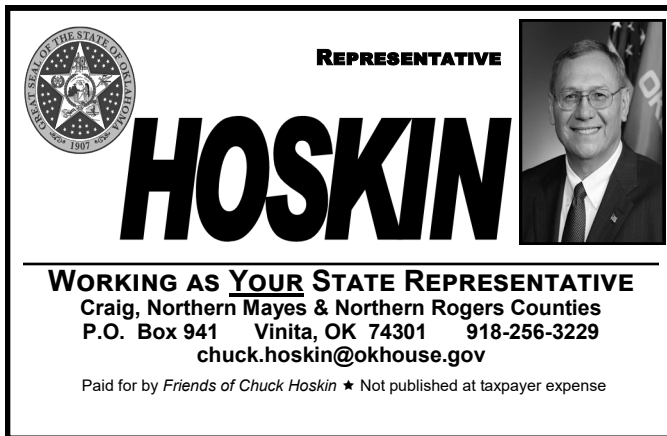
# LINKS

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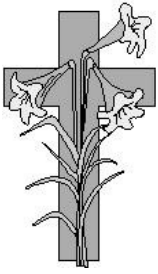


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# JEWELS FROM THE WORD

## WASHING FEET

When I was young, we always went to church on New Year's Eve for a "Watch Night" service, to pray out the old year and pray in the New Year. We sang gospel songs, the preacher taught us from the Bible, and exhorted us about living a sinless life.

Then we females gathered on one side of the church and the men and boys on the other and held a "foot-washing service." We poured warm water in a white enamel dishpan, and washed each other's feet. One person started at the end and washed the feet of the lady next to her. Then that lady knelt and washed the next person's feet.

If you've never taken part in a "foot-washing" service, there is something very humbling in washing the feet of another person. I can remember as a young girl, thinking how old and crippled-looking were the feet of the older ladies. As I washed the feet of one of the little granny ladies, I realized how much I loved her and all the little granny ladies in the church.

As I washed the lady's feet, I thought of the Last Supper when Jesus

took a towel, wrapped it around his waist, and washed the feet of his disciples.

"So when He had washed their feet, taken His garments, and sat down again, He said to them, "Do you know what I have done to you? You call Me Teacher and Lord, and you say well, for so I am. If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet." John 13:12-14 New King James Version.

Then it was my turn to have my feet washed. The person who was washing my feet was doing something for me that I felt I could and should be doing for myself. I felt unworthy to be having that done for me. I felt as though I should be washing everyone else's feet.

The foot-washing service wasn't really about cleaning our feet, but about humbling our hearts. It's all in the attitude of the heart.

Data Master: Steve Burdick

**Lavon Hightower Lewis** Email me at: [llewis2138@sbcglobal.net](mailto:llewis2138@sbcglobal.net) to read more devotionals, go to <http://jewelsfromtheword.com>



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