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Volume 19, Issue 7

"The Little Green Paper"

April 5, 2018

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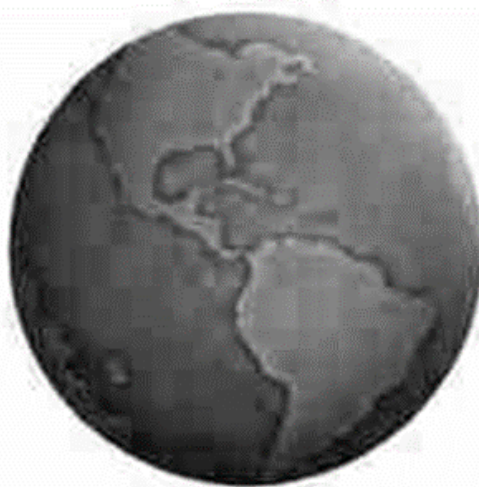
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Earth Day April 22



From trees to oceans, the Earth needs nature and so do you. Do you know how vital nature is to our daily lives? For Earth Day, test your knowledge of the facts about the importance of nature.

1. More than half of the breathable oxygen in the world comes from where?
 - a) Forests
 - b) The Ocean
 - c) Flowering Plants
 - d) Clouds
2. How much of the world's oxygen is produced by just the Amazon rainforest?
 - a) 1%
 - b) 5%
 - c) 10%
 - d) 20%
3. How much oxygen does an average 50-year-old tree provide?
 - a) Enough for 1 person a year
 - b) Enough for 4 people a year
 - c) Enough for 8 people a year
 - d) Enough for 10 people a year
4. Which of the following ailments can be treated by prescription drugs derived from plants found in the rainforest?

langleydrug.net Julia Brown
Pharm.D.

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- a) Cancer
 - b) Asthma
 - c) Hypertension
 - d) All of the above
5. Around the world, how many indigenous people live in forests?
- a) 1 million
 - b) 5 million
 - c) 8 million
 - d) 50 million
6. Which land-based ecosystem holds the most biodiversity, i.e. concentration of plants and animals?
- a) Tropical forests
 - b) African Savannah
 - c) South Pacific islands
 - d) Coral reefs
7. How many people in the world are dependent on fish as their main source of daily protein?
- a) 1 out of every 10 people
 - b) 2 out of every 10 people
 - c) 3 out of every 10 people
 - d) 8 out of every 10 people

ANSWERS:

- 1) b
More than half of our breathable oxygen comes from the ocean. The majority of which is provided by tiny plants called Phytoplankton.
- 2) d
Trees convert carbon dioxide into oxygen. More than 20 percent of the world's breathable oxygen – one in five breaths – is produced in the Amazon rainforest alone.
- 3) b
Assuming that it lives 50 years, a single tree will generate 6000 pounds of breathable oxygen in its life time, enough for about four people a year.
- 4) d
Over 120 prescription drugs sold worldwide have been derived from plants found in rainforests, including Vincristine, a cancer

drug, and Theophylline, which is used to treat asthma.

- 5) d
Forests are home to 50 million indigenous people around the world, more than the population of Tokyo, Mexico City, London, New York City and Cairo combined.
- 6) a
Tropical forests cover less than 7 percent of Earth's land mass but are home to about 50 percent of all living things on the plant.
- 7) c
How often do you eat fish? 43% of the world's population eats fish everyday.

Data Master: Tino Hensley

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Vegetarian Dish Borani Reyhan (Basil)



This is a delightful and healthy dish that is made with stewed fresh tomatoes, basil and spinach, with a hint of tangy yogurt cooked into the borani. Borani Reyhan (Reyhan Boranisi in Azeri) is an Azeri/Persian dish that traditionally is made with Reyhan (basil). The type of basil used in this dish is known as the cinnamon basil (also called Thai basil). This species of basil has shiny dark green leaves and purple stems. In comparison to the more common Italian basil (or sweet basil), the cinnamon basil has narrower leaves that are slightly serrated with visible purple veins. Cinnamon basil is not as delicate as the sweet basil and the flavor has a hint of spiciness, hence the name “cinnamon basil.”

A close relative of this species of basil is grown in Iran that has a slightly milder flavor, lighter color leaves and smoother edges. The cinnamon basil available in the States is almost too spicy and it overpowers the rest of the flavors. So I decided to substitute some of the basil with fresh baby spinach! Since spinach is not an aromatic herb it does not change the basil flavor that I really like to come through in this recipe, also spinach is readily available in the States with a more reasonable price than fresh basil.

In this recipe the yogurt is mixed with eggs and then it is cooked into the dish for a few minutes. This is a very quick, healthy, and tasty vegetarian dish that is made with all fresh and wholesome ingredients. It is not recommend any substitutions using frozen, dried, canned, or low fat ingredients; not because it can't be done, but a lot of the flavor will

be lost and the texture will not be quite as smooth.

The cinnamon or Thai basil is available in Asian markets. If you're not able to find this basil, you may substitute sweet basil in the recipe. Wash and prepare the ingredients according to the recipe below and set them aside. Fry the sliced onions in a large skillet until golden brown, add tomato paste and saute a bit longer. Then add the sliced scallions and roughly chopped baby spinach to the skillet and saute over medium high heat until the spinach has wilted. The high heat will prevent the spinach from releasing too much liquid. Add the diced tomatoes, whole basil leaves (no stems), and seasoning. Cover and simmer on low to medium low heat for about 20 minutes. At this point the tomatoes should be very tender and most of the liquid is cooked off. Use a fork to slightly beat the eggs before mixing it with yogurt and the optional saffron powder. Drizzle the yogurt mixture on top of the ingredients in the skillet. Cover and cook for 5-6 minutes until the eggs are cooked into the tomato mixture.

Borani Reyhan is best served warm as an appetizer, side dish, or main dish with sangak (Persian flat bread), lavash, or pita bread. A side of Salad Shirazi, some hot peppers, or sabzi khordan (fresh herbs) is also highly recommended!!



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Recipe Details:

Serves 3-4

Cook Time: About 1 hour

Author: Homa

Recipe type: Side Dish/Appetizer/Main Dish

Cuisine: Azeri/Persian

INGREDIENTS

4 ounces whole cinnamon basil leaves, no stems

10 ounces baby spinach, chopped roughly

1 large yellow onion, thinly sliced

3 TBSP vegetable oil for frying the onion

1 TBSP tomato paste

5 ounces sliced scallions (about 1 ½ cups)

4 medium ripe Roma tomatoes, diced medium

¾ tsp kosher salt

½ tsp freshly cracked black pepper

Dash of ground cayenne pepper

2 large eggs

1 cup plain whole fat yogurt

A pinch of saffron (optional)

Optional garnish:

Grape tomatoes

Fresh basil leaves



INSTRUCTIONS

1. Remove the stems from fresh basil. Add whole leaves to a bowl of cold water and change the water couple of times. Drain in a colander and set aside.
2. Clean the scallions, slice to about ¼ inch. Place in a medium bowl and fill with cold water. Change the water a few times to get rid of any possible grit trapped in the scallions. Drain completely in a colander and set aside.
3. Wash the baby spinach in plenty of cold water to get rid of any grit. Drain in a colander. Chop roughly and set aside.
4. Dice the Roma tomatoes to medium size cubes and set aside.
5. In a large nonstick skillet fry the sliced onions until golden brown. Add 1 tablespoon tomato paste to the skillet and saute over low heat for couple of minutes, until aromatic.
6. Add the sliced scallions and chopped baby spinach to the skillet; stir and saute for 2-3 minutes over medium high heat until wilted. Stirring over high heat prevents the spinach from releasing too much moisture.
7. Add the diced tomatoes. Add the whole cinnamon basil leaves to the skillet. Add kosher salt and ground peppers. Stir briefly, cover the skillet and simmer over the setting between low and medium low for about 20 minutes. Stir several times. After 20 minutes or so, the tomatoes should be very soft and tender and the liquid will be reduced to a thick sauce that barely covers the bottom of the skillet.
8. In a medium bowl briefly beat the eggs with a fork. Stir in the yogurt and an optional pinch of saffron. Mix to blend.
9. Gently pour the yogurt mixture on top of the tomato mixture. Cover the skillet and cook over medium low heat for 5-7 minutes until the eggs are cooked into the sauce. Use a spatula to move the mixture around to prevent sticking to the bottom of the skillet, but leave the yogurt mixture on top intact and let it cook in large pieces.
10. Borani Reyhan tastes wonderful with lavash, sangak (both are Persian flat breads), Indian naan, or pita bread. Some suggested sides are sabzi khordan (fresh herbs), Salad Shirazi, and fresh sweet or hot peppers.

Data Master: Tino Hensley

All the Difference in The World

Every Sunday morning I take a light jog around a park near my home. There's a lake located in one corner of the park. Each time I jog by this lake, I see the same elderly woman sitting at the water's edge with a small metal cage sitting beside her.

This past Sunday my curiosity got the best of me, so I stopped jogging and walked over to her. As I got closer, I realized that the metal cage was in fact a small trap. There were three turtles, unharmed, slowly walking around the base of the trap. She had a fourth turtle in her lap that she was carefully scrubbing with a spongy brush.

"Hello," I said. "I see you here every Sunday morning. If you don't mind my nosiness, I'd love to know what you're doing with these turtles."

She smiled. "I'm cleaning off their shells," she replied. "Anything on a turtle's shell, like algae or scum, reduces the turtle's ability to absorb heat and impedes its ability to swim. It can also corrode and weaken the shell over time."

"Wow! That's really nice of you!" I exclaimed.

She went on: "I spend a couple of hours each Sunday morning, relaxing by this lake and helping these little guys out. It's my own strange way of making a difference."

"But don't most freshwater turtles live their whole lives with algae and scum hanging from their shells?" I asked.

"Yep, sadly, they do," she replied.


I scratched my head. "Well then, don't you think your time could be better spent? I mean, I think your efforts are kind and all, but there are fresh water turtles living in lakes all around the world. And 99% of these turtles don't have kind people like you to help them clean off their shells. So, no offense... but how exactly are your localized efforts here truly making a difference?"

The woman giggled aloud. She then looked down at the turtle in her lap, scrubbed off the last piece of algae from its shell, and said, "Sweetie, if this little guy could talk, he'd tell you I just made all the difference in the world."

The moral: You can change the world – maybe not all at once, but one person, one animal, and one good deed at a time. Wake up every morning and pretend like what you do makes a difference. It does.

Data Master: Eric Peachey

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John 3:16 tries to describe the indescribable, to measure the immeasurable. “For God so loved the world...” Why does it matter how much God loves us? Why can’t we simply say God loves us a lot? When it comes to love between two persons, there are always limits. There is always an offense that is unforgivable thus exceeding the limits of that love.

We need to know how much God loves us so that we don’t despair when we fall into sin. God wants us to know without a doubt that there is no offense so great that we stumble outside His boundaries of forgiveness. Each and every sin will be forgiven those who repent and ask for His forgiveness, no exception. Jesus life was infinitely sinless and righteous. If God is willing to sacrifice this perfect Son, the sacrifice is sufficient to cover the sins of the unrighteous no matter how great or how often. Even in our sinfulness we can approach our merciful God knowing how much He truly loves us. With sins washed clean in Jesus blood, we can gladly anticipate a heavenly future.

Data Master: Karen Deffenbaugh

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<p><i>Guests are always welcome. See you Sunday at worship.</i></p>	<p>St. John Lutheran Church 607 SE 9th Street, Pryor, OK. Sunday School and Bible Class 9:15 a.m. Worship 10:30 a.m. 918-825-1926 Email: stjohncpyor@sbcglobal.net - Website: www.stjohncpyor.org</p>

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The faith of a starving man

Once, there was a wandering dervish of great piety and faith who was starving and lost in the desert. As he was walking along an old pathway in search of something to eat, he found an empty fruit sack that had been thrown by the road by a previous passer-by. The dervish picked up the sack and swung it over his shoulder while praying loudly, "Thank God for giving a starving man an empty sack of fruit," as he continued to walk.



After he walked some more, he came across an old hunting bow whose string was broken. He picked up the bow and put it in his sack, and prayed out loud, "Thank God for giving a starving man a hunting bow with a broken string."

A bit further down the road, he saw an old tree that was dead and bore no fruit. He broke a few dry branches off of the old tree and put them in his sack, and again said loudly, "Thank God for leading a starving man to a dead fruit tree," and then he continued his way.

He walked some more and found a dented old cooking pot. He picked up the old pot off the ground, blew the dust off of it and put it in his sack too. He again loudly prayed, "Thank god for giving a starving man a dented old pot full of dust."

As he continued walking, he found on the ground a fishing hook but no fishing pole. He picked up the fishing hook, put it in his sack and again declared loudly, "Thank God for giving a starving man a fishing hook with no fishing pole."

Finally, after days of walking, his path ended in at a river that was so large he couldn't see the other side. The old dervish fell to his knees at the river bank and prayed loudly, "Thank God for leading a starving man to a river so great that he cannot hope to cross it."

Then, he tied the fishing hook to the broken string on the hunting bow, and using it as a fishing pole, he caught himself a fish that he cooked in the old pot over a fire he had made from the dried tree branches.

Data Master: Alyssa Hollingsworth



This Month in History: April

April 1

April 1, 1865 - During the American Civil War, Confederate troops of General George Pickett were defeated and cut off at Five Forks, Virginia. This sealed the fate of Confederate General Robert E. Lee's armies at Petersburg and Richmond and hastened the end of the war

April 1, 1998 - A federal judge in Little Rock, Arkansas, dismissed a sexual harassment case against President Bill Clinton, stating the case had no "genuine issues" worthy of trial. Although President Clinton had denied any wrongdoing, a unanimous ruling by the U.S. Supreme Court in May 1997 allowed the case to proceed, thereby establishing a precedent allowing sitting presidents to be sued for personal conduct that allegedly occurred before taking office.

April 2

April 2, 1513 - Spanish explorer Ponce De Leon sighted Florida and claimed it for the Spanish Crown after landing at the site of present day St. Augustine, now the oldest city in the continental U.S.

April 2, 1792 - Congress established the first U.S. Mint at Philadelphia.

April 2, 1863 - A bread riot occurred in the Confederate capital of Richmond, Virginia, as angry people demanded bread from a bakery wagon then wrecked nearby shops. The mob dispersed only after Confederate President Jefferson Davis made a personal plea and threatened to use force.

April 2, 1865 - General Robert E. Lee informed Confederate President Jefferson Davis that he must evacuate the Confederate capital at Richmond, Virginia. Davis and his cabinet then fled by train.

April 2, 1982 - The beginning of the Falkland Islands War as troops from Argentina invaded and occupied the British colony located near the tip of South America. The British retaliated and defeated the Argentinians on June 15, 1982, after ten weeks of combat, with about 1,000 lives lost.

Birthday - Fairy tale author Hans Christian Andersen (1805-1875) was born in Odense, Denmark. He created 168 fairy tales for children including the classics *The Princess and the Pea*, *The Snow Queen* and *The Nightingale*.

Birthday - French writer Emile Zola (1840-1902) was born in Paris. His works included a series of 20 books known as the *Rougon-Macquart Novels* in which he defined men and women as products of heredity and environment, portraying them as victims of their own passions and circumstances of birth. In his later years, he became involved in resolving the Dreyfus affair, a political-military scandal in which Captain Alfred Dreyfus had been wrongly accused of selling military secrets to the Germans was sent to Devil's Island.

April 3

April 3, 1860 - In the American West, the Pony Express service began as the first rider departed St. Joseph, Missouri. For \$5 an ounce, letters were delivered 2,000 miles to California within ten days. The famed Pony Express riders each rode from 75 to 100 miles before handing the letters off to the next rider. A total of 190 way stations were located about 15 miles apart. The service lasted less than two years, ending upon the completion of the overland telegraph.

April 3, 1865 - The Confederate capital of Richmond surrendered to Union forces after the withdrawal of General Robert E. Lee's troops.

April 3, 1944 - The U.S. Supreme Court ruled 8 to 1 that African Americans can not be barred from voting in the Texas Democratic primaries. The Court stated that discrimination against blacks violates the 15th Amendment and that political parties are not private associations.

April 3, 1948 - President Harry S. Truman signed the European Recovery Program, better known as the Marshall Plan, intended to stop the spread of Communism and restore the economies of European countries devastated by World War II. Over four years, the program distributed \$12 billion to the nations of Western Europe. The program was first proposed by Secretary of State George C. Marshall during a historic speech at Harvard University on June 5, 1947.

April 3, 1995 - Supreme Court Justice Sandra Day O'Connor became the first woman to preside over the Court, sitting in for Chief Justice William H. Rehnquist who was out of town.

Birthday - American writer Washington Irving (1783-1859) was born in New York City. His works include; *Rip Van Winkle*, *The Legend of Sleepy Hollow* and historical biographies such as the *Life of Washington*.

Birthday - Tammany Hall 'Boss' William M. Tweed (1823-1878) was born in New York City. From 1851 to 1871, his 'Tweed Ring' of political corruption looted millions from New York City, bringing the city to the verge of bankruptcy. Methods included padding city bills by 85 percent and writing checks to non-existent persons and companies. His power was broken after a series of critical editorial cartoons by Thomas Nast were published in *Harper's Weekly* magazine. Tweed was arrested and convicted on charges of larceny and forgery. He died in prison.

April 4

April 4, 1949 - Twelve nations signed the treaty creating NATO, the North Atlantic Treaty Organization. The nations united for common military defense against the threat of expansion by Soviet Russia into Western Europe.

April 4, 1968 - Civil Rights leader Rev. Dr. Martin Luther King was shot and killed by a sniper in Memphis, Tennessee. As head of the Southern Christian Leadership Conference, he had championed non-violent resistance to end racial oppression and had been awarded the Nobel Peace Prize in 1964. He is best remembered for his *I Have a Dream* speech delivered at the 1963 Civil Rights March on Washington. That march and King's other efforts helped the passage of the Civil Rights Act of 1964 and the Voting Rights Act of 1965. In 1986, Congress established the third Monday in January as a national holiday in his honor.

Birthday - American social reformer Dorothea Dix (1802-1887) was born in Hampden, Maine. She founded a home for girls in Boston while only in her teens and later crusaded for humane conditions in jails and insane asylums. During the American Civil War, she was superintendent of women nurses.

Birthday - Japanese Admiral Isoroku Yamamoto (1884-1943) was born in Nagaoko, Honshu. He was the main strategist behind the failed Japanese attack on Midway Island in June of 1942, which turned the course of the war against Japan. He was killed on April 18, 1943, after Americans intercepted radio reports of his whereabouts and shot down his plane.

April 5

April 5, 1986 - A bomb exploded at a popular discotheque frequented by American military personnel in West Berlin, killing two U.S. soldiers and a Turkish woman. American intelligence analysts attributed the attack to Muammar Qaddafi of Libya. Nine days later, President Ronald Reagan ordered a retaliatory air strike against Libya.

Birthday - African American educator Booker T. Washington (1856-1915) was born a slave in Franklin County, Virginia. Freed by the Civil War, he taught himself the alphabet and eventually graduated from an agricultural institute. In June of 1881, he was asked to become the principal of a new training school for blacks at Tuskegee, Alabama. The Tuskegee Institute began in single building with 30 students but through his efforts grew into a modern university.

April 6

April 6, 1896 - After a break of 1500 years, the first Olympics of the modern era was held in Athens, Greece.

April 6, 1917 - Following a vote by Congress approving a declaration of war, the U.S. entered World War I in Europe.

April 6, 1994 - The beginning of genocide in Rwanda as a plane carrying the presidents of Rwanda and Burundi was shot down. They had been meeting to discuss ways of ending ethnic rivalries between the Hutu and Tutsi tribes. After their deaths, Rwanda descended into chaos, resulting in genocidal conflict between the tribes. Over 500,000 persons were killed with two million fleeing the country.

Birthday - Renaissance artist Raphael (1483-1520) was born in Urbino, Italy. He created some of the world's greatest masterpieces including 300 pictures with a Madonna theme. He died on his 37th birthday in Rome.

April 7

April 7, 1712 - In New York City, 27 black slaves rebelled, shooting nine whites as they attempted to put out a fire started by the slaves. The state militia was called out to capture the rebels. Twenty one of the slaves were executed and six committed suicide.

April 8

April 8th - Among Buddhists, celebrated as the birthday of Buddha (563-483 B.C.). An estimated 350 millions persons currently profess the Buddhist faith.

April 8, 1952 - President Harry S. Truman seized control of America's steel mills to prevent a shutdown by strikers. However, on April 29th, the seizure was ruled unconstitutional by a U.S. District Court. Workers immediately began a strike lasting 53 days, ending it when they received a 16-cents per-hour wage increase and additional benefits.

April 8, 1913 - The 17th Amendment to the U.S. Constitution was ratified requiring direct popular election of U.S. senators. Previously, they had been chosen by state legislatures.

April 8, 1990 - Ryan White died at age 18 of complications from AIDS. As a young boy, White, a hemophiliac, contracted the Acquired Immune Deficiency Syndrome from a blood transfusion. At age ten, he was banned from school. He then moved with his mother to Cicero, Indiana, where he was accepted by the students. As his plight was publicized, he gained international celebrity status and helped promote understanding of the dreaded disease.

April 9

April 9, 1865 - After over 500,000 American deaths, the Civil War effectively ended as General Robert E. Lee surrendered to General Ulysses S. Grant in the village of Appomattox Court House. The surrender occurred in the home of Wilmer McLean. Terms of the surrender, written by General Grant, allowed Confederates to keep their horses and return home. Officers were allowed to keep their swords and side arms.

April 9, 1866 - Despite a veto by President Andrew Johnson, the Civil Rights Bill of 1866 was passed by Congress granting blacks the rights and privileges of U.S. citizenship.

Birthday - African American actor and singer Paul Robeson (1898-1976) was born in Princeton, New Jersey. Best known for his performance in *The Emperor Jones*, he also enjoyed a long run on Broadway in Shakespeare's *Othello*. In 1950, amid ongoing anti-Communist hysteria, Robeson was denied a U.S. passport after refusing to sign an affidavit on whether he had ever been a member of the Communist Party.

April 10

April 10, 1942 - During World War II in the Pacific, the Bataan Death March began as American and Filipino prisoners were forced on a six-day march from an airfield on Bataan to a camp near Cabanatuan. Some 76,000 Allied POWs including 12,000 Americans were forced to walk 60 miles under a blazing sun without food or water to the POW camp, resulting in over 5,000 American deaths.

April 10, 1945 - The Nazi concentration camp at Buchenwald was liberated by U.S. troops. Located near Weimar in Germany, Buchenwald was established in July 1937 to hold criminals and was one of the first major concentration camps. It later included Jews and homosexuals and was used as a slave labor center for nearby German companies. Of a total of 238,980 Buchenwald inmates, 56,545 perished. Following its liberation, Supreme Allied Commander, General Dwight D. Eisenhower, and other top U.S. commanders visited the sub-camp at Ohrdruf. U.S. Troops also forced German civilians from nearby towns into the camp to view the carnage.

April 10, 1998 - Politicians in Northern Ireland reached an agreement aimed at ending 30 years of violence which had claimed over 3,400 lives. Under the agreement, Protestants and Catholics in Northern Ireland would govern together in a new 108-member Belfast assembly, thus ending 26 years of "direct rule" from London.

Birthday - Publisher Joseph Pulitzer (1847-1911) was born in Budapest, Hungary. He came to America in 1864 and fought briefly in the Civil War for the Union. He then began a remarkable career in journalism and publishing. His newspapers included the *St. Louis Post-Dispatch* and the *New York World*. He also endowed the journalism school at Columbia University and established a fund for the Pulitzer Prizes, awarded annually for excellence in journalism.

April 11

April 11, 1968 - A week after the assassination of Martin Luther King, the Civil Rights Act of 1968 was signed into law by President Lyndon B. Johnson. The law prohibited discrimination in housing, protected civil rights workers and expanded the rights of Native Americans.

April 11, 1970 - Apollo 13 was launched from Cape Kennedy at 2:13 p.m. Fifty-six hours into the flight an oxygen tank exploded in the service module. Astronaut John L. Swigert saw a warning light that accompanied the bang and said, "Houston, we've had a problem here." Swigert, James A. Lovell and Fred W. Haise then transferred into the lunar module, using it as a "lifeboat" and began a perilous return trip to Earth, splashing down safely on April 17th.

Data Master: Cody Welch

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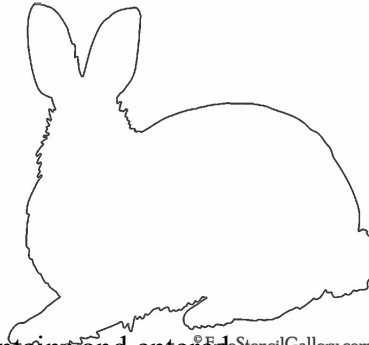
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The Smart Rabbit

Far away from here there was once a lovely tree-covered valley, surrounded by high mountains. A mighty river ran through this valley, watering all the variety of trees and other plants that grew there. Many animals made this valley their home — rabbits, birds, squirrels, and deer. They all lived happily in the valley, because there were no wolves or lions there to eat them.



But one day, a wolf climbed down the mountains and entered the valley. No sooner had he arrived than he started to chase after the helpless animals, and ate them one by one. Only on rare occasions would one of the animals manage to run away unscathed, but all the animals were worried that next, it would be their turn.

In their worry, the animals turned to the old owl, and asked him to find a way to rid the valley of the wolf. The owl replied that there was no way to fight the wolf, whose fangs and paws were more powerful than any other animal in the valley, and so they must learn to live with the wolf, the old owl counseled.

The animals protested that they could live in constant fear of being eaten, and so they hatched a desperate plan: it was agreed everyday, one of the animals would be selected by the others, who would go to the wolf and be eaten. That way, the rest of the animals would rest peacefully, knowing that the wolf had eaten that day and would not be chasing them.

Naturally the wolf, who was tired of chasing the animals and relished the idea of his food coming to him by itself, agreed to this plan without hesitation.

And so the following day, the animals gathered together in the early morning and decided that the little rabbit, who was the smallest and weakest resident of the valley, was to be fed to the wolf.

The rabbit was scared and first tried to run away, but soon realized that he had nowhere to go. He then considered fighting the wolf, but soon realized that the wolf was far too powerful for him. So he meekly trudged to the wolf's lair, and once there, cried out "Oh wolf! Oh wolf! Come out of your lair, for I am to be your supper today."

The wolf immediately came out of its lair, and sniffed the rabbit hungrily. "Why, what a delicious little morel you will make!" said the wolf, "I can't believe my luck in finding this valley where the animals sacrifice themselves to me so willingly!"

"It is true, I was brought here by my own four little feet," the rabbit sighed, "for I know that I cannot escape my fate, and such a mighty wolf as you, even though you're not the scariest or most powerful wolf in the valley."

At this, the vain wolf was dumbfounded. "Wha..? What do you mean, I'm not the scariest or most powerful wolf in this valley? I am the only wolf here, and there are no other wolves in this valley!" cried the wolf, indignantly.

"Oh, you don't know about the other wolf," said the rabbit. "No matter, you should go ahead and eat me now, for even if I escape your clutches, no

animal could ever hope to escape the other, scarier and more powerful, wolf." The rabbit then tried to climb into the wolf's mouth.

The wolf bristled at the rabbit's words, shook him out of his mouth and said, "Take me to this other wolf, and I will spare you for today, my delicious little morsel. Show me were this other wolf who thinks he's better than me lives."

The rabbit let out a little sigh and said, "Oh what difference does it make to me, for in the end I will be eaten by a wolf, whether it is you or the other wolf, with the bigger teeth and stronger legs. Follow me then."

"Humph!" said the wolf, "We shall see who is bigger and stronger. Lead on!"

So the wolf followed the rabbit as they walked a ways, until they reached an old abandoned well.

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“There,” pointed the rabbit, “There is the lair of the other wolf, who is stronger and meaner than you. All you have to do is look down into the well, and I am sure you will see him in there, resting from his last feast.”

At this, the wolf jumped up onto the well wall, and peered down into the darkness.

“I don’t see anything, it is too dark!” said the wolf.

“You have to look more closely, for I am sure he’s in there. Put your whole head down into the well, and you will see him looking back at you,” replied the rabbit.

So the wolf bent over, and stuck his head into the well. After a few moments, when his eyes had a chance to adjust to the darkness, the wolf saw his own reflection in the water at the bottom of the well, as if it was another wolf looking back at him.


“Aha! Now I see you, you coward!” the wolf yelled into the well. No sooner had he done this, than his own voice echoed back from the bottom of the well.

“Did you just call me a coward? How dare you! Come here, and we’ll see who is the nastier wolf!” yelled the wolf. But again, his own voice echoed back to him from the well.

The rabbit, who had witnessed the wolf arguing with himself in the well, told the wolf, “I don’t think he’s coming out here. Naturally, the bigger and scarier wolf will have to chase after the smaller, less-scary one.”

The wolf heard the rabbit and without hesitation, jumped into the well, chasing after his own reflect in the water. But since the wolf did not know how to swim, he never came out of the old well, and the valley was rid of the evil old wolf — thanks to a small, weak rabbit.

DATA MASTER: Alyssa Hollingsworth



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TWO FRIENDS (Part Two of Two)

Guy de Maupassant

Monsieur Sauvage made no reply.

Again they stood side by side.

The officer issued his orders; the soldiers raised their rifles.

Then by chance Morissot's eyes fell on the bag full of gudgeon lying in the grass a few feet from him.

A ray of sunlight made the still quivering fish glisten like silver. And Morissot's heart sank. Despite his efforts at self-control his eyes filled with tears.

“Good-by, Monsieur Sauvage,” he faltered.

“Good-by, Monsieur Morissot,” replied Sauvage.

They shook hands, trembling from head to foot with a dread beyond their mastery.

The officer cried:

“Fire!”

The twelve shots were as one.

Monsieur Sauvage fell forward instantaneously. Morissot, being the taller, swayed slightly and fell across his friend with face turned skyward and blood oozing from a rent in the breast of his coat.

The German issued fresh orders.

His men dispersed, and presently returned with ropes and large stones, which they attached to the feet of the two friends; then they carried them to the river bank.

Mont-Valerien, its summit now enshrouded in smoke, still continued to thunder.

Two soldiers took Morissot by the head and the feet; two others did the same with Sauvage. The bodies, swung lustily by strong hands, were cast to a distance, and, describing a curve, fell feet foremost into the stream.

The water splashed high, foamed, eddied, then grew calm; tiny waves lapped the shore.

A few streaks of blood flecked the surface of the river.

The officer, calm throughout, remarked, with grim humor:

“It's the fishes' turn now!”

Then he retraced his way to the house.

Suddenly he caught sight of the net full of gudgeons, lying forgotten in the grass. He picked it up, examined it, smiled, and called:

“Wilhelm!”

A white-aproned soldier responded to the summons, and the Prussian, tossing him the catch of the two murdered men, said:

“Have these fish fried for me at once, while they are still alive; they'll make a tasty dish.”

Then he resumed his pipe.

Guy de Maupassant

French writer

Henri René Albert Guy de Maupassant was a French writer, remembered as a master of the short story form, and as a representative of the naturalist school of writers, who depicted human lives and destinies and social forces in disillusioned and often pessimistic terms.

Maupassant was a protégé of Flaubert and his stories are characterized by economy of style and efficient, effortless *dénouements* (outcomes). Many are set during the Franco-Prussian War of the 1870s, describing the futility of war and the innocent civilians who, caught up in events beyond their control, are permanently changed by their experiences. He wrote some 300 short stories, six novels, three travel books, and one volume of verse. His first published story, "Boule de Suif" ("Ball of Fat", 1880), is often considered his masterpiece.

Born: August 5, 1850, Tourville-sur-Arques, France

Died: July 6, 1893, Passy, Paris, France

Movies: Masculin Féminin, Le Plaisir, A Woman's Life, Bel Ami, MORE

Education: Lycée Pierre-Corneille (1868–1869), Lycée Henri-IV, University of Paris

Quotes

It is the lives we encounter that make life worth living.

Patriotism is a kind of religion; it is the egg from which wars are hatched.

A legal kiss is never as good as a stolen one.

Data Master: Steve Burdick

Mulla Nasrudin's Folk Tales



Mulla/Hodja/Hoca Nasrudin is the starring character in a vast number of amusing tales told in regions all over the world, particularly countries in or near the Middle East. The character is a unique spin on a wise sage or philosopher character. He is sometimes wise, sometimes foolish, and sometimes both. He tends to be illogical yet logical, rational yet irrational, bizarre yet normal, and simple yet profoundly wise. Each Mulla Nasrudin tale depicts him in a different situation, and through his viewpoint they humorously reveal commentary and lessons on various life themes. The great allure of the tales is that they are funny as well as and educational and thought provoking. And although most of them depict Nasrudin in an early small village setting, the tales deal with concepts that have relevance to today's universe and people.

It is believed that the Mulla Nasrudin character is based on a real man who lived in the 1300s. However, many countries claim to be the origin of the actual man and his tales, and the true origins of Mulla Nasrudin are uncertain. Based on what we know, it seems like most of the tales are basically regional folktales and/or jokes, and not attributable to any one source.

Today, Mulla Nasrudin stories are told in a wide variety of regions, and have been translated into many languages. In many regions, Mulla Nasrudin is a major part of the culture, and is quoted or alluded to frequently in daily life. Since

there are thousands of different Nasrudin stories, one can be found to fit almost any occasion. Sufis also use Nasrudin stories frequently as learning and meditation tools, similar to the way Zen Buddhism practitioners use koans.

In different regions, the character goes by such aliases as Mulla Nasrudin, Hodja / Hoca Nasreddin, Nasreddin Hodja / Hoca, and Effendi. (Variations of Mulla: Molla, Mullah, Mollah, Mauallana. Variations of Nasrudin: Nasreddin, Nasruddin, Nasiruddin, Nastradin, Nasreddine, Nasredin, Nastradhin, Nasrettin, Nastratin, Nasr Eddin, Nasr Ud Din, Nasr Id Deen, Nasirud Din, Nasr Ed Dine, Stradin. Variations of Hodja / Hoca: Hocca, Hodscha, Khoja, Hoja, Hogia, Hodza, Hogeia, Hodza, Khodja, Chotza, Chotzas, Joha, Juha. Variations of Effendi: Ependi, Afandi, Efendi)

Cold Day

It was a cold winter day, and a heavily dressed man noticed Nasrudin outside wearing very little clothing.

"Mulla," the man said, "how is it that I am wearing all these clothes and still feel a little cold, while you are barely wearing anything, and seem unaffected by the weather?"

"Well," replied Nasrudin, "I don't have any more clothes, so I can't afford to feel cold. But you have plenty of clothes, and thus have the liberty to feel cold."

Are You Asleep?

Nasrudin was lying on his couch with his eyes

closed. His brother-in-law went up to him and asked, "Are you asleep?" "Why do you ask?" Nasrudin replied. "I was wondering if you could loan me three hundred dollars," said the other. "Well," answered Nasrudin, "let's go back to you your fist question-- 'Am I asleep.' The answer is yes, I am--so leave me alone!"

The Missed Appointment

A philosopher made an appointment with Nasrudin to have a scholarly discussion. When the day came, the philosopher dropped by Nasrudin's house as planned. However, Nasrudin wasn't home. The philosopher angrily took his pencil out of his pocket, wrote "Butt Head" on Nasrudin's door, and then left. Nasrudin finally came home later and saw this. He quickly realized that he had missed his appointment, and he darted off to the philosopher's house. "Forgive my error," Nasrudin told the philosopher when he got there. "I totally forgot about our appointment today. But when I got home and saw that you had written your name on my door, I came here as fast as I could."

Sack of Vegetables

Nasrudin snuck into someone's garden and began putting vegetable in his sack. The owner saw him and shouted, "What are you doing in my garden?"

"The wind blew me here," Nasrudin confidently responded.

"Well then," said the other. "Can explain how those vegetables were pulled out from my garden?"

"Oh, that's simple," Nasrudin explained. "I had to grab them to stop myself from being thrown any further by the wind."

"Well," the man continued, "then tell me this-- how did the vegetables get in your sack?"

"You know what," Nasrudin said, "I was just standing here and wondering that same thing myself!"

Man is Stuck in Tree

One day, a local man climbed up a rather tall tree.

Shortly thereafter, however, as he tried to make his way back down, he soon discovered that the trip down might not be as easy as the trip up. In fact, try as he might, he simply could not figure out a way to get down the tree without putting his body at great risk of falling to the ground.

He asked a few passers-by for help, but no one knew what to do.

A few local people gathered near him and tried to help, but he remained stuck. Then Nasrudin walked by and devised a plan. He threw a rope up to the man and said, "Tie this around

doing. They asked him his plan, but he calmly replied, "Just trust me--this works."

When the man had the rope tied around his waist, Nasrudin pulled on the rope. Upon his doing this, the man fell from the tree and hurt himself. The bystanders, horrified to see this happen, remarked, "What kind of a plan was that?"

"Well," Nasrudin replied, "I once saved someone's life doing the exact same thing."

"Are you sure," one man asked.

"Yes," Nasrudin replied. "The only thing I'm not sure about is whether I saved him from a well or from a tree."

Mulla Nasrudin's family was upset because the girl he was planning to marry was an atheist. "We'll not have you marrying an atheist," his mother said. "What can I do? I love her," the young Nasrudin said. "Well," said his mother, "if she loves you, she will do anything you ask. You should talk religion to her. If you are persistent, you can win her over." Several weeks went by, then one morning at breakfast the young Mulla seemed absolutely brokenhearted. "What's the matter?" his mother asked. "I thought you were making such good progress in your talks about religion to your young girlfriend." "THAT'S THE TROUBLE," said Nasrudin. I OVER DID IT. LAST NIGHT SHE TOLD ME SHE WAS SO CONVINCED THAT SHE IS GOING TO STUDY TO BE A NUN."

The young lady's hopes had been high for two years while Mulla Nasrudin remained silent on the question of marriage. Then one evening he said to her, "I had a most unusual dream last night. I dreamed that I asked to marry you. I wonder what that means." "THAT MEANS," said his girlfriend, "THAT YOU HAVE MORE SENSE ASLEEP THAN YOU HAVE AWAKE."

Mulla Nasrudin was talking to a friend about his recently broken romance. "Do you mean," asked the friend, "that at her request, you gave up drinking, and smoking, and gambling, and dancing, and playing pool?" "Yes, just because she insisted," said the Mulla. "Then why didn't you marry her?" the fellow asked. "WELL, AFTER ALL THAT REFORMING," said Nasrudin, "I DECIDED I COULD DO BETTER."

DATA MASTER: Karen Deffenbaugh

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17 Women share how they've handled their insecurity about weight

Weight is a fraught topic for many women. We're surrounded by images of thin, fit bodies and often fail to live up to them. And women who naturally have slender bodies are hounded for being too thin. We asked our community of Experts about how they've handled their feelings toward weight and body size.

"I've always been insecure about my "mummy tummy." I've had three huge babies and ended up with diastasis recti, which means I'll never have a flat tummy like others — and I envy those who do. I have lost weight (50 pounds, but I'm still struggling with the last 10 on/off) and gotten in incredible shape, and I feel so much better about myself overall that this insecurity has faded away quite a bit. I now don spandex to do triathlons and try to be proud that my body is capable of doing half Ironmans, after doing a great job at birthing three babies!" — Cynthia Steele

"Being diagnosed with an autoimmune disease (hypothyroidism) affects your self-image due to weight gain, hair loss, depression and hormonal imbalances. I am insecure about these things because I look at my photos and am reminded of how I once had a slim waist and energy but now have to go up in size, have painful menstrual cycles, low libido and ugly comments from family members and friends. I am overcoming get

ting out of bed and reminded myself that everyday is going to be a great day. I remember that I couldn't get out of bed due to joint pain, depression and giving up on myself. Now, I jump out of bed and serve in my purpose and passion of being inspirational to others." — Andrea Imafidon

"I have always been insecure about my weight. I have always been big boned and not naturally thin, but I have subconsciously stayed fat for a long time. I am still dealing with it, but I am going to work on facing it and getting through it." — Miriam Slozberg

"As a former figure skater and current actress, much of my life has been defined by my looks, and often, I question how to balance who I am with how I need to look in order to be successful. Despite what the media says, there is more than one type of beautiful, and we should celebrate our healthy bodies. Skinny. Curvy. Whatever fruit shape you are, self-acceptance can feel like a constant battle, but we win when we talk about our body issues and accept our bodies for the beautiful creations they are." — Ashley C

Continued on page 22



April Word Search

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What Are the Health Benefits of Epsom Salt?



If you suffer from aches and pains, sore muscles or dry skin, there's a good chance you've tried at least one over-the-counter product made to treat these conditions. And if you're like most people, you've probably spent a decent amount of money and experienced some unpleasant side effects trying to find the right fix for your ailment.

The good news is you don't have to go broke or break out in hives in order to get relief. Your local drugstore has a safe and affordable home remedy you can try instead: Epsom salt.

What is Epsom salt?

Epsom salt is pure magnesium sulfate, which has several health benefits, such as relieving tension and stress, muscle pain, headaches and constipation, Indiana University Health cosmetic dermatologist Dr. Melanie Kingsley tells SheKnows. Named for a saline spring at Epsom in Surrey, England, Epsom salt is not actually salt, but a naturally occurring mineral compound of magnesium and sulfate. Epsom salt is most commonly added to a warm bath in order to reap the health benefits.

What's so great about bathing in Epsom salt?

Epsom salt baths have been used for years as a natural remedy to help ease achy muscles and reduce stress. If you've ever taken a bath with these salts, you know exactly how good it feels.

But why is the combination of Epsom salt and bath water so good for us? Board-certified dermatologist Dr. Anna Guaniche explains that in bath water, Epsom salt separates into magnesium and sulfate, which relaxes achy muscles.

"Theoretically, the salt in the bath water may osmotically reduce swelling — although there are no studies to support this," says Guaniche. The other theory, she explains, is that the magnesium is absorbed through the skin, which helps relieve achy muscles.

Registered nurse Rebecca Lee, who specializes in natural remedies for various health ailments, also believes that an Epsom salt bath is great for soothing aches and pains.

"Magnesium is a natural muscle relaxer, and in the

salt form, it pulls excess water and lactic acid buildup away from the injured tissues and reduces swelling,” explains Lee.

That’s why people use Epsom salt after a hard workout and for sore and injured muscles. She says these baths are also used a lot to detoxify the skin and reduce inflammation and pain that stem from gout flare-ups.

Other benefits of using Epsom salt

Dr. Carolyn Dean, a health, diet and nutrition expert, says magnesium in the form of Epsom salt can calm nerves, reduce anxiety and help alleviate depression since magnesium facilitates the production of serotonin (the feel-good hormone). Epsom salt also increases energy, decreases headaches, treats insomnia and helps you have a deeper, quality sleep.

Caitlin Hoff, health and safety investigator for ConsumerSafety.org, says that in addition to relief from aches and pains, other benefits of Epsom salt include gentle exfoliation, sunburn relief and itching relief of bug bites. Plus, it’s also recommended for people with arthritis or fibromyalgia.

Tips for using Epsom salt

If you’re ready to experience the amazing benefits of this affordable and safe home remedy, check out a few of the tips the experts swear by.

Skin care expert and registered nurse Robin Hillary recommends using Epsom salt as an exfoliant for dry winter skin. She says it’s best to use on your legs and arms (especially elbows). While in the shower, take a small handful of salt and rub it into wet skin. She suggests avoiding the face, but does recommend lightly massaging it into your neck and shoulders.

The best way to use Epsom salt is to dissolve it in water. Kingsley says the salt absorbs better into the skin this way.

Buying Epsom salt is easy and affordable. You can find it in most drugstores, health food stores, online and in grocery stores. It’s typically sold in a large bag, and you can store it at room temperature in a cabinet. Make sure you seal it after each use since it makes a huge mess if it is spilled. When taking an Epsom salt bath, make sure the water is very warm. Add the Epsom salt while the water is running. This helps it dissolve. Most bags come with directions, but usually, 1 to 2 cups per standard-size bathtub is recommended for treating the body.

DATA MASTER: Eric Peachley



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the silent lands as though it were flying home...”

Joseph von Eichendorff



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17 Women share how they've handled their insecurity about weight (From page 16)

"I have always struggled with a fear of being overweight as I was 50 pounds overweight until I was 16 years old. Although I am in good shape now, I still struggle with seeing myself through a false lens and have to fight thoughts that tell me I am still "fat" like I was as a young girl." — Jenna

"I have polycystic ovarian syndrome, which brings with it symptoms like weight gain, excessive hair growth, acne and infertility. I've experienced all of these symptoms and together, they've taken a toll on my self-esteem. Through a wonderful support team (in my daily life and through the blogosphere) and through much prayer, I've overcome these insecurities and know that my worth lies in the One who created me perfectly. We are all wonderfully made, in spite of our shortcomings!" — Logan Andreotta

"Small. That's all I've ever wanted to be — small. Nothing about my person is small; I palmed a women's basketball in my playing days, wore pants around my hips out of necessity (and was thankful when capris with boots were in fashion) and have dreamed of walking into a shoe store and selecting an armful of different styles to try. I spent my late teens through mid 20s attempting to starve myself small, but my fatless frame was still in the double digits. Now in my late 30s, I've embraced who and how I am." — Lauren Stevens

"I have been so hard on myself for not losing the baby weight now that my youngest is 6. I hate that I carry it all in front and people ask me if I am still pregnant! Well, two months ago, I joined a CrossFit gym and I am watching my body change for the better! I would love to do a piece on how making a change for your own health and body image really does have to be done for you!! It does not matter what other people think. It only matters that you are happy with who you are from the inside out!! I am so happy with the changes but happier that I am finally doing something selfishly good for me... no matter how I look in the end!" — Lori Pace

Weight is a fraught topic for many women. We're surrounded by images of thin, fit bodies and often fail to live up to them. And women who naturally have slender bodies are hounded for being too thin. We asked our community of Experts about how they've handled their feelings toward weight and body size.

"As a 1960s child, Twiggy (so-called because of her thin, waifishness) was the ideal toward which most women aimed. The women in my family are pear-shaped and we joke that we have legs like a piano. Following this example, I learned to hide my insecurities and deflect the pain by making weight jokes at my own expense. It took years to unravel, and it was only when I realized how uncomfortable those quips made other people feel that I actually looked at what they meant. I nick named myself "Big Sexy" and then worked to live up to that instead." — Suzanne Foreman

"A frenemy is described as someone with whom you are friendly with despite a fundamental dislike or rivalry. That is how I feel about "Mia," otherwise known as bulimia. She has been a part of my life now since I was 19 years old. At 40, I still feel the daily struggle with my frenemy. She haunts me at every corner, disturbing date nights with my husband and holidays with my family. It all stemmed from my insecurity with my body. As a former pageant contestant, I strove to be perfect. Little did I know, the pursuit of a flawless figure would spiral its way into a lifelong struggle with an eating disorder that has controlled for

most of my adult life. Every day is a battle, but it is one I most diligently try to overcome through prayer, perseverance and finding peace in accepting the body I was given." — Mili Wifey

"My 2-year-old is helping me embrace the skin I'm in. For as long as I can remember, I have battled body issues. At my thinnest, I was 108 pounds and, in hindsight, looked sickly and unwell. It was the one time I felt completely in control — even though I was out of control. Now, after having a child, I am 10 pounds over my comfort zone, but I have come to realize that my body issue is not my own anymore. It belongs to my 2-year-old daughter too. She sees and hears everything, including the way I communicate how I feel about my body. I don't want my issues to be hers, and so the journey continues — to a place where I can love the skin I am in as much as my daughter does." — Amanda Logan

"I always wanted to cover my belly up, but yoga helped me to love my body just as it is. My belly will never be super flat and perfect, but I love it anyway, and I am happy to show it. By being open and confident in my own body, just as it is, I am sexier and I hope to be a positive role model to others so that they can feel happy and sexy in their body just as it is." — Tara Hire

"I fought excess weight for 25 years, hating my body entirely. I waited to live; I waited to love; I waited to look good. What I didn't realize was that I was creating a food addiction, driven by my hatred. I also didn't realize that all bodies are different and mine was never going to be supermodel thin, or actressy shaped. After losing over 90 pounds, I finally realized that my shape is what it is, my bones are placed in a certain proportion... and I've learned to live and love and become highly sexual just as I am. Owning a body is more important than what it looks like. Feeling it is the best way to lose weight. Hating never works." — Pat Barone

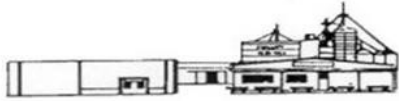
"I developed body image issues as a young girl even though I was never really overweight. I did go through a phase of bulimia and diet pills to get my weight down during my teens but luckily got over it. I've obsessed over my body and my weight my whole life just like my mom did. But I don't want that struggle to rub off on my three girls. So, what I have consciously done is not verbalize any of my own body issues in their presence. If I have thoughts like that, I just keep them in my head. I have two teenagers and one toddler. And my two teenagers, I'm pretty confident, don't have any body issues, which is quite an achievement. So, perhaps I'm doing something right." — Kimberly Kupiecki

DATA MASTER: Nikki Hamilton





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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: Veterans for 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.
8-341-8688

Mar 15, 2018 to Apr 22, 2018 Tulsa Botanic Blooms Enjoy intoxicating fragrances and a kaleidoscope of color when more than 100,000 blossoms usher in spring at Tulsa Botanic Garden. At the annual Tulsa Botanic Blooms festival, guests can meander through one of the largest flower bulb displays in the area, which includes more than 62,000 tulips planted in Art Deco-inspired patterns. Walk through the Tandy Floral Terraces, Children's Discovery Garden and Lakeside Promenade trail, and take in views of hyacinths, daffodils, crocus, redbuds, irises and viburnums growing throughout the garden. Tulsa Botanic Garden 3900 Tulsa Botanic Dr Tulsa, OK 74127 Phone: 918-289-0330

Apr 01, 2018 to Apr 30, 2018 Azalea Festival - Muskogee's Honor Heights Park boasts 40 acres of manicured gardens with over 30,000 azaleas in 625 varieties. Visit this stunning park throughout the month of April for one of the top events in the South. The annual Azalea Festival celebrates the blooming of azaleas, tulips, dogwoods and wisteria as these buds begin to unfurl during the warmer temperatures of spring to the delight of visitors. Honor Heights Park Muskogee, OK 74401 Phone: 918-682-2401 Toll Free: 866-381-6543 Fax: 918-682-2403.

Apr 06, 2018 to Apr 07, 2018 Spring Mountain Man Encampment - Experience living history at its best at the Spring Mountain Man Encampment with approximately 125 tents and teepees set up for this annual Western heritage event formerly known as the Spring Traders Encampment. Spend the weekend at Woolaroc in Bartlesville and join participants from all over the United States as they recreate the rugged pioneer life of the men and women who trapped and traded throughout 1820s and 1840s

-era Indian Territory. Step back in time at the Spring Mountain Man Encampment and observe their lifestyle, learn about their backgrounds and interests, watch their craft demonstrations and check out their wares. The public is invited to browse through the encampment while enjoying food and living history demonstrations. Woolaroc Museum & Wildlife Preserve 1925 Woolaroc Ranch Rd Bartlesville, OK 74003 Phone: 918-336-0307.

Apr 06, 2018 to Apr 15, 2018 Tulsa Performing Arts Center presents: Disgraced - Come experience Ayad Akhtar's Pulitzer Prize-winning play, Disgraced, live onstage at the Liddy Doenges Theatre in the Tulsa Performing Arts Center. This provocative work introduces Amir Kapoor, a successful Pakistani-American lawyer living the American dream: an Upper East Side apartment, fancy suits and the promise of becoming partner at his law firm. When he and his American wife, an artist influenced by Islamic imagery, host a dinner party for their friends and colleagues, lies and deception threaten to shatter Amir's carefully-constructed life of cultural assimilation. The play deals with themes of race, religion and class in a post-9/11 America. Talkbacks with community and cultural leaders will be held following the Sunday matinee performances to discuss the material with the cast and creative team. This production is recommended for mature audiences. Liddy Doenges Theatre 110 E 2nd St Tulsa, OK 74103 Phone: 918-596-7111.

Apr 06, 2018 Mirror Mirror Gala Come to the DoubleTree Hotel at Warren Place in Tulsa for the Mirror Mirror Gala. This festive evening of delicious food, live music and a live auction is sure to be a night to remember. This year's Gala will have a sports-related theme, so come dressed casually in your favorite team jersey and jeans. Proceeds from the event will support after-school and summer enrichment programs for Tulsa youth. You won't want to miss this unforgettable night in Tulsa. DoubleTree Hotel at Warren Place 6110 S Yale Ave Tulsa, OK 74136.

Apr 06, 2018 Bartlesville Community Center presents: The Buddy Holly Story - Learn more about rock & roll musician Buddy Holly as "The Buddy Holly Story" unfolds on the Bartlesville Community Center stage. This live show tells the true story of Buddy's meteoric rise to fame from the moment in 1957 when "That'll Be the Day" hit the airwaves until his tragic death less than two years later. Seen by more than 22 million people around the world, "The Buddy Holly Story" will have you on your feet and send you out of the theater on an unstoppable high. Bartlesville Community Center 300 SE Adams Blvd

Bartlesville, OK 74003 Phone: 918-336-2787 Fax: 918-337-3783.

Apr 06, 2018 MercyMe & Tenth Avenue North in Concert - Take a seat inside the Tulsa Mabee Center to catch a live set by MercyMe as they pay a visit to this Oklahoma City venue. Contemporary Christian band Tenth Avenue North will warm up the crowd with top hits like "I Have This Hope" and "By Your Side" before handing off the mic to headliner, MercyMe. Best-known for their Billboard Decade Award-winning tracks like "Word of God Speak," contemporary Christian band MercyMe will deliver a night to remember with their inspiring tunes like "I Can Only Imagine," "Flawless," and "Greater." Tulsa Mabee Center 7777 S Lewis Ave Tulsa, OK 74171 Phone: 918-495-6000.

Apr 06, 2018 to Apr 07, 2018 Tulsa Oilers vs. Rapid City Rush Cheer on the Tulsa Oilers as they take on the Rapid City Rush for two consecutive nights at the BOK Center in downtown Tulsa. Get in on the fast-paced hockey action as these two teams compete for control of the puck. Enjoy a snack and a cold beer while cheering on the team as they battle for victory on the ice. BOK Center 200 S Denver Ave Tulsa, OK 74145 Phone: 918-632-7825

Apr 06, 2018 First Friday Art Crawl Since 2007, the Tulsa Arts District has presented the community with rotating art displays as part of the monthly First Friday Art Crawl events. Every first Friday of the month, visitors can explore artwork inside galleries, studios and museums and catch a few live music performances or even an exciting fireworks display. As an added bonus, art crawlers can take advantage of free museum and gallery admission while shopping later than normal business hours would allow. Hit the district early for dinner, or stay a little later for a craft cocktail best enjoyed on an outdoor patio. Various locations in Tulsa Arts District Tulsa, OK 74103 Phones: 918-527-8170 918-492-7477

Apr 06, 2018 to Apr 08, 2018 Claremore Home & Garden Show This spring home and garden show will feature a wide variety of home products, lawn and garden equipment, seminars and an extensive selection of plants and flowers. Held at the Claremore Expo Center, the Claremore Home & Garden Show offers visitors the opportunity to browse through commercial vendor booths in a family-friendly environment. Learn more about home DIY projects, remodeling projects, interior design, exterior home care and more. The Claremore Home & Garden Show will feature entertainment and activities for all ages, including a children's area. Over the past 20 years, this Claremore Home & Garden Show has provided northeast Oklahoma with a vast array of products for all home and lifestyle improvement needs. Come visit with the top businesses in the region to prepare for upcoming seasonal interests. The Claremore Home & Garden Show will feature storage buildings, lawn care, roofing, heating and air units, electrical advice, arts and crafts, cooking ware, cutlery, jewelry, live seminars, tractors, lawnmowers and much more. This is an event for all ages and one you will not want to miss. Claremore Expo Center 400 Veterans Parkway Claremore, OK 74017 Phone: 918-341-8688

April 26-29, 2018 Miami Little Theatre SYLVIA is coming to the Coleman Theatre Beautiful in Miami, Oklahoma, April 26-29, 2018 courtesy of Miami Little Theatre! The entire community is supporting this production, with restaurants offering Sylvia specials, and special appearances by Miami Animal Alliance adoptable pets. Directed by MLT veterans, Jerry Venis and Judy

Pittman, this family-friendly show will attract audiences of all ages. Cast includes the father-daughter team of Rick and Breanna Warner, Elaine Rarik, Ross Tomlinsons, Linda Kerby, Kristi Riggs and Aiden Harkins. Mark your calendars now and save the date for this smart, silly, sophisticated and occasionally salty comedy about relationships, nature and growing older. OH.... and if your name is SYLVIA, your admission is FREE!! For ticket information, contact the Coleman at 918-540-2425 or purchase tickets online at www.miamilittletheatre.com
April 10: Just a Noticeable Difference: The Key to Cutting Through the Competition Clutter LIVE WEBINAR DURATION: 1 Hour DATE & TIME: April 10, 2018, 1:00pm EDT Struggling in your business? The reason is simple. You look just like everyone else. It's better to be different than to be the best. In this webinar, Susan Solovic, THE Small Business Expert, will offer tips to create your noticeable difference from the competition. Learn how to: Identify ways to make your product or service unique, Understand the importance of giving the market a reason to change its buying habits, Create a problem-solving approach to your business, Gain a clear understanding of what you're selling (It's not what you think.) Source: https://tulsa.score.org/content/take-workshop-292?utm_source=Upcoming+Seminars+03%2F18%2F18&utm_campaign=Upcoming+Seminars_03_18_2018&utm_medium=email

April 19: HR 101 - Hiring, Onboarding and Paying Employees LIVE WEBINAR DURATION: 1 Hour DATE & TIME: April 19, 2018, 1:00pm EDT Finding, onboarding and compensating quality employees can be difficult. But with the right information, you'll be equipped to perform this critical function consistently and successfully. This webinar presented by Paychex will provide a roadmap for doing just that. We'll give you practical steps on: Crafting a job description, Interviewing and hiring, Forms I-9, Employee classification, Overtime rules, Family and Medical Leave Act (FMLA), Paying employees Source: https://tulsa.score.org/content/take-workshop-292?utm_source=Upcoming+Seminars+03%2F18%2F18&utm_campaign=Upcoming+Seminars_03_18_2018&utm_medium=email

Data Master: Nikki Hamilton

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

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Library News

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Friday: 9am to 12pm & 1pm to 3pm
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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:

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Tues, Thur. – 10AM to 3PM
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DELAWARE COUNTY LIBRARY

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

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

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LANGLEY PUBLIC LIBRARY

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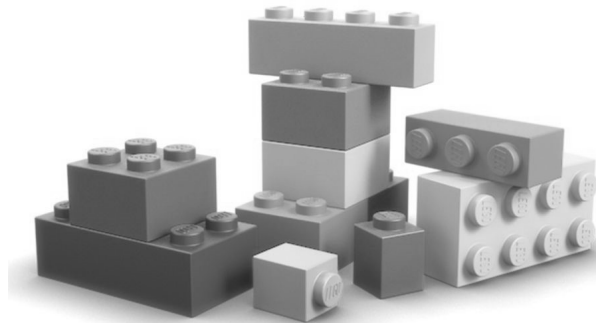
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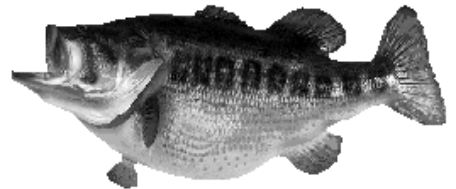
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THE \$30,000 BEQUEST (Part One of Ten)

CHAPTER I

Lakeside was a pleasant little town of five or six thousand inhabitants, and a rather pretty one, too, as towns go in the Far West. It had church accommodations for thirty-five thousand, which is the way of the Far West and the South, where everybody is religious, and where each of the Protestant sects is represented and has a plant of its own. Rank was unknown in Lakeside—unconfessed, anyway; everybody knew everybody and his dog, and a sociable friendliness was the prevailing atmosphere.

Saladin Foster was book-keeper in the principal store, and the only high-salaried man of his profession in Lakeside. He was thirty-five years old, now; he had served that store for fourteen years; he had begun in his marriage-week at four hundred dollars a year, and had climbed steadily up, a hundred dollars a year, for four years; from that time forth his wage had remained eight hundred—a handsome figure indeed, and everybody conceded that he was worth it.

His wife, Electra, was a capable helpmeet, although—like himself—a dreamer of dreams and a private dabbler in romance. The first thing she did, after her marriage—child as she was, aged only nineteen—was to buy an acre of ground on the edge of the town, and pay down the cash for it—twenty-five dollars, all her fortune. Saladin had less, by fifteen. She instituted a vegetable garden there, got it farmed on shares by the nearest neighbor, and made it pay her a hundred per cent. a year. Out of Saladin's first year's wage she put thirty dollars in the savings-bank, sixty out of his second, a hundred out of his third, a hundred and fifty out of his fourth. His wage went

to eight hundred a year, then, and meantime two children had arrived and increased the expenses, but she banked two hundred a year from the salary, nevertheless, thenceforth. When she had been married seven years she built and furnished a pretty and comfortable two-thousand-dollar house in the midst of her garden-acre, paid half of the money down and moved her family in. Seven years later she was out of debt and had several hundred dollars out earning its living.

Earning it by the rise in landed estate; for she had long ago bought another acre or two and sold the most of it at a profit to pleasant people who were willing to build, and would be good neighbors and furnish a general comradeship for herself and her growing family. She had an independent income from safe investments of about a hundred dollars a year; her children were growing in years and grace; and she was a pleased and happy woman. Happy in her husband, happy in her children, and the husband and the children were happy in her. It is at this point that this history begins.

The youngest girl, Clytemnestra—called Clytie for short—was eleven; her sister, Gwendolen—called Gwen for short—was thirteen; nice girls, and comely. The names betray the latent romance-tinge in the parental blood, the parents' names indicate that the tinge was an inheritance. It was an affectionate family, hence all four of its members had pet names, Saladin's was a curious and unsexing one—Sally; and so was Electra's—Aleck. **(Continued on page 30)**

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Find the differences in the two pictures.

THE \$30,000 BEQUEST (Continued from page 28)

All day long Sally was a good and diligent book-keeper and salesman; all day long Aleck was a good and faithful mother and housewife, and thoughtful and calculating business woman; but in the cozy living-room at night they put the plodding world away, and lived in another and a fairer, reading romances to each other, dreaming dreams, comrading with kings and princes and stately lords and ladies in the flash and stir and splendor of noble palaces and grim and ancient castles.

CHAPTER II

Now came great news! Stunning news—joyous news, in fact. It came from a neighboring state, where the family's only surviving relative lived. It was Sally's relative—a sort of vague and indefinite uncle or second or third cousin by the name of Tilbury Foster, seventy and a bachelor, reputed well off and corresponding sour and crusty. Sally had tried to make up to him once, by letter, in a bygone time, and had not made that mistake again. Tilbury now wrote to Sally, saying he should shortly die, and should leave him thirty thousand dollars, cash; not for love, but because money had given him most of his troubles and exasperations, and he wished to place it where there was good hope that it would continue its malignant work. The bequest would be found in his will, and would be paid over. PROVIDED, that Sally should be able to prove to the executors that he had *Taken no notice of the gift by spoken word or by letter, had made no inquiries concerning the moribund's progress toward the everlasting tropics, and had not attended the funeral.*

As soon as Aleck had partially recovered from the tremendous emotions created by the letter, she sent to the relative's habitat and subscribed for the local paper.

Man and wife entered into a solemn compact, now, to never mention the great news to any one while the relative lived, lest some ignorant person carry the fact to the death-bed and distort it and make it appear that they were disobediently thankful for the bequest, and just the same as confessing it and publishing it, right in the face of the prohibition.

For the rest of the day Sally made havoc and confusion with his books, and Aleck could not keep her mind on her affairs, not even take up a flower-pot or book or a stick of wood without forgetting what she had intended to do with it. For both were dreaming.

"Thir-ty thousand dollars!"

All day long the music of those inspiring words sang through those people's heads.

From his marriage-day forth, Aleck's grip had been upon the purse, and Sally had seldom known what it was to be privileged to squander a dime on non-necessities.

"Thir-ty thousand dollars!" the song went on and on. A vast sum, an unthinkable sum!

All day long Aleck was absorbed in planning how to invest it, Sally in planning how to spend it.

There was no romance-reading that night. The children took themselves away early, for their parents were silent, distraught, and strangely unentertaining. The good-night kisses might as well have been impressed upon vacancy, for all the response they got; the parents were not aware of the kisses, and the children had been gone an hour before their absence was noticed. Two pencils had been busy during that hour—note-making; in the way of plans. It was Sally who broke the stillness at last. He said, with exultation:

"Ah, it'll be grand, Aleck! Out of the first thousand we'll have a horse and a buggy for summer, and a cutter and a skin lap-robe for winter."

Aleck responded with decision and composure—

"Out of the *capital*? Nothing of the kind. Not if it was a million!"

Sally was deeply disappointed; the glow went out of his face.

"Oh, Aleck!" he said, reproachfully. "We've always worked so hard and been so scrimped: and now that we are rich, it does seem—"

He did not finish, for he saw her eye soften; his supplication had touched her. She said, with gentle persuasiveness:

"We must not spend the capital, dear, it would not be wise. Out of the income from it—"

"That will answer, that will answer, Aleck! How dear and good you are! There will be a noble income and if we can spend that—"

"Not *all* of it, dear, not all of it, but you can spend a part of it. That is, a reasonable part. But the whole of the capital—every penny of it—must be put right to work, and kept at it. You see the reasonableness of that, don't you?"

"Why, ye-s. Yes, of course. But we'll have to wait so long. Six months before the first interest falls due."

"Yes—maybe longer."

"Longer, Aleck? Why? Don't they pay half-yearly?"

"*That* kind of an investment—yes; but I sha'n't invest in that way."

"What way, then?"

"For big returns."

"Big. That's good. Go on, Aleck. What is it?"

"Coal. The new mines. Cannel. I mean to put in ten thousand. Ground floor. When we organize, we'll get three shares for one."

"By George, but it sounds good, Aleck! Then the shares will be worth—how much? And when?"

"About a year. They'll pay ten per cent. half yearly, and be worth thirty thousand. I know all about it; the advertisement is in the Cincinnati paper here."

"Land, thirty thousand for ten—in a year! Let's jam in the whole capital and pull out ninety! I'll write and subscribe right now—tomorrow it maybe too late."

He was flying to the writing-desk, but Aleck stopped him and put him back in his chair. She said:

"Don't lose your head so. *We* mustn't subscribe till we've got the money; don't you know that?"

Sally's excitement went down a degree or two, but he was not wholly appeased.

"Why, Aleck, we'll *have* it, you know—and so soon, too. He's probably out of his troubles before this; it's a hundred to nothing he's selecting his brimstone-shovel this very minute. Now, I think—"

Aleck shuddered, and said:

"How *can* you, Sally! Don't talk in that way, it is perfectly scandalous."

"Oh, well, make it a halo, if you like, *I* don't care for his outfit, *I* was only just talking. Can't you let a person talk?"

"But why should you *want* to talk in that dreadful way? How would you like to have people talk so about *you*, and you not cold yet?"

"Not likely to be, for *one* while, I reckon, if my last act was giving away money for the sake of doing somebody a harm with it. But never mind about Tilbury, Aleck, let's talk about something worldly. It does seem to me that that mine is the place for the whole thirty. What's the objection?"

"All the eggs in one basket—that's the objection."

"All right, if you say so. What about the other twenty? What do you mean to do with that?"

"There is no hurry; I am going to look around before I do anything with it."

"All right, if your mind's made up," sighed Sally. He was deep in thought awhile, then he said:

"There'll be twenty thousand profit coming from the ten a year from now. We can spend that, can't we, Aleck?"

Aleck shook her head.

"No, dear," she said, "it won't sell high till we've had the first semi-annual dividend. You can spend part of that."

"Shucks, only *that*—and a whole year to wait! Confound it, I—"

"Oh, do be patient! It might even be declared in three months—it's quite within the possibilities."

"Oh, jolly! oh, thanks!" and Sally jumped up and kissed his wife in gratitude. "It'll be three thousand—three whole thousand! how much of it can we spend, Aleck? Make it liberal!—do, dear, that's a good fellow."

Aleck was pleased; so pleased that she yielded to the pressure and conceded a sum which her judgment told her was a foolish extravagance—a thousand dollars. Sally kissed her half a dozen times and even in that way could not express all his joy and thankfulness. This new access of gratitude and affection carried Aleck quite beyond the bounds of prudence, and before she could restrain herself she had made her darling another grant—a couple of thousand out of the fifty or sixty which she meant to clear within a year of the twenty which still remained of the bequest. The happy tears sprang to Sally's eyes, and he said:

"Oh, I want to hug you!" And he did it. Then he got his notes and sat down and began to check off, for first purchase, the luxuries which he should earliest wish to secure. "Horse—buggy—cutter—lap-robe—patent-leathers—dog—plug-hat—church-pew—stem-winder—new teeth—*say*, Aleck!"

"Well?"

"CIPHERING away, aren't you? That's right. Have you got the twenty thousand invested yet?"

"No, there's no hurry about that; I must look around first, and think."

"But you are ciphering; what's it about?"

"Why, I have to find work for the thirty thousand that comes out of the coal, haven't I?"

"Scott, what a head! I never thought of that. How are you getting along? Where have you arrived?"

"Not very far—two years or three. I've turned it over twice; once in oil and once in wheat."

"Why, Aleck, it's splendid! How does it aggregate?"

"I think—well, to be on the safe side, about a hundred and eighty thousand clear, though it will probably be more."

"My! isn't it wonderful? By gracious! luck has come our way at last, after all the hard sledding. Aleck!"

"Well?"

"I'm going to cash in a whole three hundred on the missionaries—what real right have we care for expenses!"

"You couldn't do a nobler thing, dear; and it's just like your generous nature, you unselfish boy."

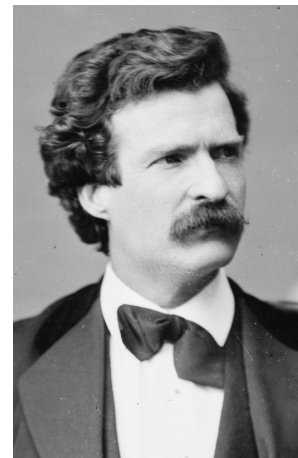
The praise made Sally poignantly happy, but he was fair and just enough to say it was rightfully due to Aleck rather than to himself, since but for her he should never have had the money.

Then they went up to bed, and in their delirium of bliss they forgot and left the candle burning in the parlor. They did not remember until they were undressed; then Sally was for letting it burn; ; he said they could afford it, if it was a thousand. But Aleck went down and put it out.

A good job, too; for on her way back she hit on a scheme that would turn the hundred and eighty thousand into half a million before it had had time to get cold.

MARK TWAIN

Samuel Langhorne Clemens (November 30, 1835 – April 21, 1910), better known by his pen name **Mark Twain**, was an American writer, humorist, entrepreneur, publisher, and lecturer. Among his novels are *The Adventures of Tom Sawyer* (1876) and its sequel, the *Adventures of Huckleberry Finn* (1885),^[2] the latter often called "The Great American Novel".



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SECTION 8 HOUSING VOUCHERS ACCEPTED

The Tulsa Zoo

The **Tulsa Zoo** is a 85-acre (34 ha) non-profit zoo located in Tulsa, Oklahoma, United States. The Tulsa Zoo is owned by the City of Tulsa, but since 2010 has been privately managed by Tulsa Zoo Management, Inc. The zoo is located in Mohawk Park, one of the largest municipal parks in the United States. The zoo is involved in many conservation efforts, such as a push to reduce the use of palm oil, FrogWatch USA, and efforts to encourage ocean conservation. The Tulsa Zoo is accredited by the Association of Zoos and Aquariums.



walk through exhibit simulates the overall experience of the rainforest by maintaining 80 degree temperatures and a humidity level of 85%. Spanning 13,000 square feet of indoor exhibit space, exotic species include black howler monkeys, a green anaconda, piranhas, dwarf caimans, jaguars, and golden-headed lion tamarins. Many species are not caged, including rainforest birds, two-toed sloths, and Jamaican fruit bats to allow for a more realistic jungle feel.

Distinctions

In 2005, the Tulsa Zoo was named as "America's Favorite Zoo" by Microsoft Game Studios and was granted \$25,000 in a contest designed to promote the Zoo Tycoon 2 computer game. The contest counted votes from zoo visitors across the country for many of America's top zoos, including the San Diego Zoo and the Bronx Zoo.

Animals and Exhibitions

Robert J. LaFortune Wild Life Trek

The Robert J. LaFortune WildLIFE Trek is a four-building complex, formerly the North American Living Museum, and is the recipient of many awards, including best new exhibit when it was constructed in 1978. As of spring 2013 each building focuses on animals from around the world and their adaptations to life in the water, desert, forest, and cold. Animals in this complex include Siberian cranes, bush baby, albino alligator, chinchilla, peccary, seahorses and grizzly bears.

Lost Kingdom: Elephant

Gunda, who arrived at the Tulsa Zoo in 1954 has surpassed all staff and animals at the age of 64. Encompasses a 2.5-acre (1 ha) area for the zoo's three elephants and includes an Elephant Interpretive Center which highlights of the life of the Asian elephant species. And includes a life size climbable elephant sculpture. Visitors can view the elephants from both indoor and outdoor viewing areas and the exhibit includes an elephant demonstration yard.

Tropical American Rain Forest

A living, naturalistic re-creation of a Central and South American rain forest environment. This

Throughout this dramatic exhibit is evidence of native cultures. From the colossal Olmec Head which marks the entrance to the exhibit, to murals and structures incorporated within exhibits. The roof itself is composed of translucent panels to illuminate the canopy of the rain forest, and a path that guides visitors through the 52 ft. high building.

Chimpanzee Connection

This large outdoor island habitat provides chimpanzee's access to an extensive climbing structure, cargo nets, ropes, caves, a termite mound and plenty of vegetation to explore. The cage-less open air habitat allows the guests an unbarred view of this truly amazing social species. In 1991, the "Chimpanzee Connection" building was completed. This provides year-round, indoor viewing through an inch-and-a-quarter of glass. This indoor experience offers a glimpse into the private lives of the chimpanzees as they climb their log structure; sit atop their rockwork and build their nests of hay to rest, all the while being surrounded by natural light. After the completion of the indoor habitat, Dr. Goodall proclaimed the facility to be one of the "best she has ever seen".

Helmerich Sea Lion Cove

A naturalistic habitat for California sea lions, opened in 2012. The exhibit features a saltwater pool, large underwater viewing window wall, waterfall, rock haul-out areas, themed holding building and a large covered seating area for visitors. A behavioral conditioning program, intended to provide visitors with information about the resident sea lions (named Cis

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co, and Reyes), is demonstrated for the public midday on the weekend.

Penguin Habitat

The exhibit opened to the public in 2002 after a four-year fund-raising campaign. The penguin enclosure is the foundation of "Oceans and Islands," an exhibit area for the zoo that includes a naturalistic California sea lion exhibit and a flamingo colony and also black and white ruffed lemurs. The design for the penguin habitat includes geo-thermal heating and cooling to regulate the water temperature for the warm water inhabitants. A "wave pool" or water action simulator, plus a rocky coastline setting, imitates their natural habitat. Special viewing windows were built into the wall of the exhibit for visitors observe the penguins under water. The exhibit currently holds 20 penguins, and can hold up to 30.

Tulsa Penguins On Parade

The African black-footed penguin exhibit was funded through a citywide art campaign, popularized by the gifting of 6-foot (1.8 m) sculptures, depicting a penguin with certain visual characteristics based on its location or owner, to businesses or organizations who donated to the exhibit. There are currently 29 of these sculptures throughout the city; they are popularly known as "Tulsa Penguins".

African Plains

The African Plains area of the zoo features a variety of animals including meerkats, giraffes, lions, aldabra tortoise, white rhinos, and African wild dogs. The zoos recently opened the Mary K. Chapman Rhinoceros Reserve, which replaced an older facility and hosts the zoo's two white rhinoceroses. It encompasses a 3-acre outside yard and a new 8,925 square foot barn.

Asian Area

The northeastern portion of the zoo has been designated as the Asian area. Current exhibits in the area include the Siamang Island, which features a raised overlook providing views of siamangs and spectacled langur monkeys. The Elephant Encounter houses the zoo's three Asian elephants, and includes the Elephant Interpretive Center featuring educational displays. Plans for expansion of the area in 2014 include naturalistic habitats for Malayan tigers, snow leopards and Komodo dragons.

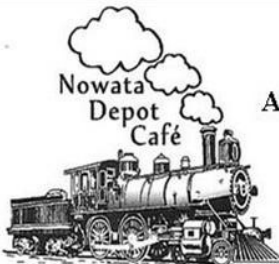
Children's Zoo

The Children's Zoo has a contact yard where kids can get up close and personal with Nigerian dwarf goats, Southdown sheep, Katadin sheep, earless Lamancha goats, Nubian goats, and rabbits. Open March 1 to October 31. There are also llamas, alpacas, miniature horses and Guinea forest hogs. This exhibit also contains the Australian Outback Area, which has red kangaroos. The Children's Zoo also includes North American river otters.

Dave Zucconi Conservation Center

Constructed in 1957, The Conservation Center has a large variety of animals including primates, reptiles, birds, and fish. Some animals exhibited include American flamingos, wrinkled hornbills, Komodo dragons, snakehead fish, radiated tortoises, saki monkeys, Fiji iguanas, and a Grand Cayman Island blue iguana.

DATA MASTER: Tino Hensley



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THE MYSTERY OF SASASSA Part two of two

VALLEY, By A. Conan Doyle

"We'll take it down to Cape Town," continued Tom, "and if we can't dispose of it with advantage there, it will be worth our while to ship for London with it. Let us go along to Madison's first, though; he knows something of these things, and can perhaps give us some idea of what we may consider a fair price for our treasure."

We turned off from the track accordingly, before reaching our hut, and kept along the narrow path leading to Madison's farm. He was at lunch when we entered; and in a minute we were seated at each side of him, enjoying South African hospitality.

"Well," he said, after the servants were gone, "what's in the wind now? I see you have something to say to me. What is it?"

Tom produced his packet, and solemnly untied the handkerchiefs which enveloped it. "There!" he said, putting his crystal on the table; "what would you say was a fair price for that?"

Madison took it up and examined it critically. "Well," he said, laying it down again, "in its crude state about twelve shillings per ton."

"Twelve shillings!" cried Tom, starting to his feet. "Don't you see what it is?"

"Rock-salt!"

"Rock-salt be d—d! a diamond."

"Taste it!" said Madison.

Tom put it to his lips, dashed it down with a dreadful exclamation, and rushed out of the room.

I felt sad and disappointed enough myself; but presently, remembering what Tom had said about the pistol, I, too left the house, and made for the hut, leaving Madison open-mouthed with astonishment. When I got in, I found Tom lying in his bunk with his face to the wall, too dispirited apparently to answer my consolations. Anathematising Dick and Madison, the Sasassa demon, and everything else, I strolled out of

the hut, and refreshed myself with a pipe after our wearisome adventure. I was about fifty yards from the hut, when I heard issuing from it the sound which of all others I least expected to hear. Had it been a groan or an oath, I should have taken it as a matter of course; but the sound which caused me to stop and take the pipe out of my mouth was a hearty roar of laughter! Next moment Tom himself emerged from the door, his whole face radiant with delight. "Game for another ten-mile walk, old fellow?"

"What! for another lump of rock-salt, at twelve shillings a ton?"

"No more of that, Hal, an you love me," grinned Tom. "Now look here, Jack. What blessed fools we are to be so floored by a trifle! Just sit on this stump for five minutes, and I'll make it as clear as daylight. You've seen many a lump of rock-salt stuck in a crag, and so have I, though we did make such a mull of this one. Now, Jack, did any of the pieces you have ever seen shine in the darkness brighter than any fire-fly?"

"Well, I can't say they ever did."

"I'd venture to prophesy that if we waited until night, which we won't do, we would see that light still glimmering among the rocks. Therefore, Jack, when we took away this worthless salt, we took the wrong crystal. It is no very strange thing in these hills that a piece of rock-salt should be lying within a foot of a diamond. It caught our eyes, and we were excited, and so we made fools of ourselves, and *left the real stone behind*. Depend upon it, Jack, the Sasassa gem is lying within that magic circle of chalk upon the face of yonder cliff. Come, old fellow, light your pipe and stow your revolver, and we'll be off before that fellow Madison has time to put two and two together."

I don't know that I was very sanguine this time. I had begun, in fact, to look upon the diamond as a most unmitigated nuisance. However, rather than throw a damper on Tom's expectations, I announced myself eager to start. What a walk it was! Tom was always a good mountaineer, but his excitement seemed to lend him wings that day, while I scrambled along after him as best I could.

When we got within half a mile he broke into the "double," and never pulled up until he reached the round white circle upon the cliff. Poor old Tom! when I came up, his mood had changed, and he was standing with his hands in his pockets, gazing vacantly before him with a rueful countenance.

"Look!" he said, "look!" and he pointed at the cliff. Not a sign of anything in the least resembling a diamond there. The circle included nothing but a flat slate-coloured stone, with one large hole, where we had extracted the rock-salt, and one or two smaller depressions. No sign of the gem.

"I've been over every inch of it," said poor Tom. "It's not there. Some one has been here and noticed the chalk, and taken it. Come home, Jack; I feel sick and tired. Oh, had any man ever luck like mine!"

I turned to go, but took one last look at the cliff first. Tom was already ten paces off.

"Hollo!" I cried, "don't you see any change in that circle since yesterday?"

"What d' ye mean?" said Tom.

"Don't you miss a thing that was there before?"

"The rock-salt?" said Tom.

"No; but the little round knob that we used for a fulcrum. I suppose we must have wrenched it off in using the lever. Let's have a look at what it's made of."

Accordingly, at the foot of the cliff we searched about among the loose stones.

"Here you are, Jack! We've done it at last! We're made men!"

I turned round, and there was Tom radiant with delight, and with the little corner of black rock in his hand. At first sight it seemed to be merely a chip from the cliff; but near the base there was projecting from it an object which Tom was now exultingly pointing out. It looked at first something like a glass eye; but there was a depth and brilliancy about it such as glass never exhibited. There was no mistake this time; we had certainly got possession of a jewel of great value; and with light hearts we turned from the valley, bearing away with us the "fiend" which had so long reigned there.

There, sir; I've spun my story out too long, and tired you perhaps. You see, when I get talking of those rough old days, I kind of see the little cabin again, and the brook beside it, and the bush around, and seem to hear Tom's honest voice once more. There's little for me to say now. We prospered on the gem. Tom Donahue, as you know, has set up here, and is well known about town. I have done well, farming and ostrich-raising in Africa. We set old Dick

Wharton up in business, and he is one of our nearest neighbours. If you should ever be coming up our way, sir, you'll not forget to ask for Jack Turnbull—Jack Turnbull of Sasassa Farm.



Sir Arthur Ignatius Conan Doyle KStJ DL (22 May 1859 – 7 July 1930) was a British writer best known for his detective fiction featuring the character Sherlock Holmes. Originally a physician, in 1887 he published *A Study in Scarlet*, the first of four novels about Holmes and Dr. Watson. In addition, Doyle wrote over fifty short stories featuring the famous detective. The Sherlock Holmes stories are generally considered milestones in the field of crime fiction.

Doyle was a prolific writer; his non-Sherlockian works include fantasy and science fiction stories about Professor Challenger and humorous stories about the Napoleonic soldier Brigadier Gerard, as well as plays, romances, poetry, non-fiction and historical novels. One of Doyle's early short stories, "J. Habakuk Jephson's Statement", helped to popularise the mystery of the *Mary Celeste*.

DATA MASTER: Doug Stone



The Weight of the Glass



Shark Bait

“There’s always room for a story that can transport people to another place.”

—J.K. Rowling

Once upon a time a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they’d be asked the typical “glass half empty or glass half full” question. Instead, with a smile on her face, the professor asked, “How heavy is this glass of water I’m holding?”

Students shouted out answers ranging from eight ounces to a couple pounds.

She replied, “From my perspective, the absolute weight of this glass doesn’t matter. It all depends on how long I hold it. If I hold it for a minute or two, it’s fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn’t change, but the longer I hold it, the heavier it feels to me.”

As the class shook their heads in agreement, she continued, “Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them.”

The moral: It’s important to remember to let go of your stresses and worries. No matter what happens during the day, as early in the evening as you can, put all your burdens down. Don’t carry them through the night and into the next day with you. If you still feel the weight of yesterday’s stress, it’s a strong sign that it’s time to put the glass down. (Angel and I discuss this process of letting go in the Adversity and Self-Love chapters of 1,000 Little Things Happy, Successful People Do Differently.)

During a research experiment a marine biologist placed a shark into a large holding tank and then released several small bait fish into the tank.

As you would expect, the shark quickly swam around the tank, attacked and ate the smaller fish.

The marine biologist then inserted a strong piece of clear fiberglass into the tank, creating two separate partitions. She then put the shark on one side of the fiberglass and a new set of bait fish on the other.

Again, the shark quickly attacked. This time, however, the shark slammed into the fiberglass divider and bounced off. Undeterred, the shark kept repeating this behavior every few minutes to no avail. Meanwhile, the bait fish swam around unharmed in the second partition. Eventually, about an hour into the experiment, the shark gave up.

This experiment was repeated several dozen times over the next few weeks. Each time, the shark got less aggressive and made fewer attempts to attack the bait fish, until eventually the shark got tired of hitting the fiberglass divider and simply stopped attacking altogether.

The marine biologist then removed the fiberglass divider, but the shark didn’t attack. The shark was trained to believe a barrier existed between it and the bait fish, so the bait fish swam wherever they wished, free from harm.

The moral: Many of us, after experiencing setbacks and failures, emotionally give up and stop trying. Like the shark in the story, we believe that because we were unsuccessful in the past, we will always be unsuccessful. In other words, we continue to see a barrier in our heads, even when no ‘real’ barrier exists between where we are and where we want to go. (Read *The Road Less Traveled*.)

DATA MASTER: Cody Welch

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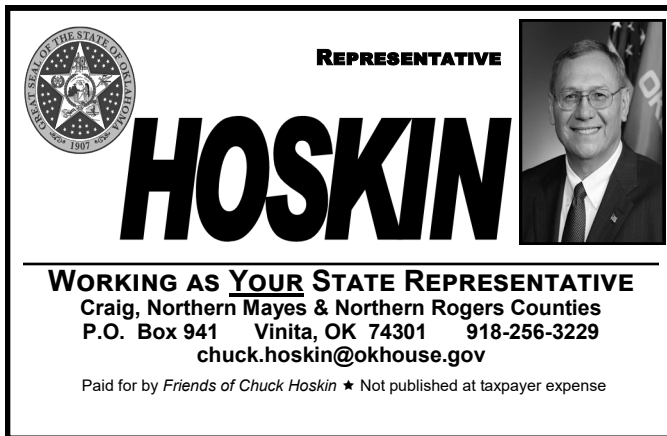
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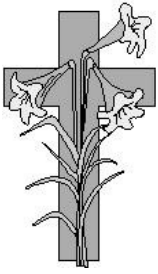


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JEWELS FROM THE WORD

TWO OR THREE

My younger sister and I are less than two years apart in age, so we often were like twins as we grew up.

We didn't look alike or act alike, but we were always together. In fact, we really were very different. I was

the leader, she was the follower; I was aggressive and she was passive; I was talkative and she was quiet; I was bold and she was shy.

This isn't true now. We're growing more alike as we grow old.

She and I had the same best friend—our next-door neighbor girl Velta who was between us in age. We were quite a three-some. We did everything together. We sang together as a trio in church. We became the triplets, always together. We added a lot of other friends to our original gang through high school, but we three girls were the core group. We all loved each other, but we had our spats too. We frequently didn't see eye-to-eye on things. Sometimes two of the three of us would agree and force the other one to either go along with us or leave us alone. It is hard to get three kids to get along together. Two can do pretty well. But when you add the third person into the equation, things get mixed up.

We still love each other to this day. My sister and I live in the same

town now, but Velta is in Florida. She comes home to visit occasionally, and we have found there is still a bond there and always will be.

If you can get three people in unity with each other, there is not much they cannot do. Jesus said, *"If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father who is in heaven. For where two or three are gathered together in my name, there am I in the midst of them."* Matt 18:19.

In Ecclesiastes 4:12, the Bible says, *"A three-fold cord cannot be easily broken."* O.T. Amplified.

Find yourself two friends you can agree with and pray together. God will move heaven and earth to answer those prayers.

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