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Community Links

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"The Little Green Paper"

February 20, 2019

February 12th—Paul Bunyan Day

According to legend, Paul Bunyan was so huge at birth, it took five exhausted storks to deliver him to his parents.



The story of Paul Bunyan, the giant lumberjack, is one of the most enduring tall tales in North America. The folktale is a favorite in children's classrooms and immortalized in cartoons and tourist attractions all over the United States. Here's a quick refresher on the story:

According to legend, Paul Bunyan was so huge at birth, it took five exhausted storks to deliver him to his parents. When he was a week old, he fit into his father's clothes. He ate 40 bowls of porridge a day. He got a big blue ox named Babe for his first birthday. Babe grew so large that her footsteps around Minnesota created the state's 10,000 lakes. And Paul created the Grand Canyon simply by dragging his axe behind him. As a team, Paul and Babe the Blue Ox were unbeatable loggers. They became legendary across the United States for hiring teams of large men and clearing forests in an instant.

Of course, this is a literal tall tale, but

is it based in fact? Was there a real Paul Bunyan?

Perhaps!

Some historians believe Paul Bunyan was based on a real person — a French -Canadian logger named Fabian "Joe" Fournier. Fournier, born in Quebec around 1845, moved to Michigan after the Civil War to take advantage of the high-paying logging industry. His brawn, 6-foot height, and supposed two sets of teeth made him strong, efficient and fearsome among his peers. He died in 1875 after being struck in the back of the head with a mallet during a brawl.

As what usually happens with tall tales, this story grew bigger and bigger as it was told and retold over the years. People added more details, exaggerations and hyperbole. At some point, the story intertwined with that of another French -Canadian war hero by the name of Bon Jean. The tales of Bon Jean and Fabian Fournier combined to take their

place in American folklore under the name Paul Bunyan [source: Browning].

Some historians believe the tale of Paul Bunyan would never have elevated to folklore or tall-tale status at all, if not for an advertising campaign. In 1914, the Red River Lumber Company, in an effort to spice up its advertising, hired William Laughead to draw a series of pamphlets about a little story of a big guy named Paul Bunyan. Laughead embellished the story and added imaginative details, and suddenly the story of Paul Bunyan was hugely popular all over the country. Children clamored for the comics and books, and the ads were all the rage. Many say Laughead was actually responsible for the "birth" of Paul Bunyan [source: Forest History Society].

Regardless of his origins, Paul Bunyan is still one of the quintessential heroes of American folklore. Why else would at least six towns in the United States claim him as their own?

DATA MASTER: Nikki Hamilton





HOW DO YOU WANT TO BE REMEMBERED?



More than a decade ago, a man was reading his morning newspaper. To his surprise and horror, he read his name in the obituary column. The news papers had mistakenly reported the death of the wrong person for sure. He was shocked to read news headline about his death. When he regained his composure, He read it to find out what people had said about him.

The obituary included sentences like, "Dynamite King Dies." and "He was the merchant of death.". The man was the inventor of dynamite and when he read the words "merchant of death," he asked himself a question,

"Is this how I am going to be remembered?" he asked himself. He decided that this was not the way he wanted to be remembered and he decided to change.

From that day on, he started working toward world peace. His name was Alfred Nobel and he is remembered today by the great Nobel Prize, the greatest of all the prizes.

The Nobel Prize has been honoring men and women from all corners of the globe for outstanding achievements in physics, chemistry, medicine, literature, and for work in peace since 1901. The foundations for the prize were laid in 1895 when Alfred Nobel wrote his last will, leaving much of his wealth to the establishment of the Nobel Prize.

Moral: It is never late to start over.



Human Nature

At a fundraising dinner for a school that serves learning-disabled children, the father of one of the students delivered a speech that would never be forgotten by all who attended. After extolling the school and its dedicated staff, he offered a question: "When not interfered with by outside influences, everything nature does is done with perfection. Yet my son, Shay, cannot learn things as other children do. He cannot understand things as other children do. Where is the natural order of things in my son?"

The audience was stilled by the query.

The father continued. "I believe that when a child like Shay, physically and mentally handicapped comes into the world, an opportunity to realize true human nature presents itself, and it comes in the way other people treat that child."

Then he told the following story:

Shay and his father had walked past a park where some boys Shay knew were playing baseball. Shay asked, "Do you think they'll let me play?" Shay's father knew that most of the boys would not want someone like Shay on their team, but the father also understood that if his son were allowed to play, it would give him a much-needed sense of belonging and some confidence to be accepted by others in spite of his handicaps.

Shay's father approached one of the boys on the field and asked (not expecting much) if Shay could play. The boy looked around for guidance and said, "We're losing by six runs and the game is in the eighth inning. I guess he can be on our team and we'll try to put him in to bat in the ninth inning."

Shay struggled over to the team's bench and, with a broad smile, put on a team shirt. His Father watched with a small tear in his eye and warmth in his heart. The boys saw the father's joy at his son being accepted. In the bottom of the eighth inning, Shay's team scored a few runs but was still behind by three. In the top of the ninth inning, Shay put on a glove and played in the right field. Even though no hits came his way, he was obviously ecstatic just to be in the game and on the field, grinning from ear to ear as his father waved to him from the stands. In the bottom of the ninth inning, Shay's team scored again. Now, with two outs and the bases loaded, the potential winning run was on base and Shay was scheduled to be next at bat.

At this juncture, do they let Shay bat and give away their

chance to win the game? Surprisingly, Shay was given the bat Everyone knew that a hit was all but impossible because Shay didn't even know how to hold the bat properly, much less connect with the ball.

However, as Shay stepped up to the plate, the pitcher, recognizing that the other team was putting winning aside for this moment in Shay's life, moved in a few steps to lob the ball in softly so Shay could at least make contact. The first pitch came and Shay swung clumsily and missed. The pitcher again! took a few steps forward to toss the ball softly! towards Shay. As the pitch came in, Shay swung at the ball and hit a slow ground ball right back to the pitcher.

The game would now be over. The pitcher picked up the soft grounder and could have easily thrown the ball to the first baseman. Shay would have been out and that would have been the end of the game.

Instead, the pitcher threw the ball right over the first baseman's head, out of reach of all team mates. Everyone from the stands and both teams started yelling, "Shay, run to first! Run to first!" Never in his life had Shay ever run that far, but he made it to first base. He scampered down the baseline, wide-eyed and startled.

Everyone yelled, "Run to second, run to second!" Catching his breath, Shay awkwardly ran towards second, gleaming and struggling to make it to the base. By the time Shay rounded towards second base, the right fielder had the ball . .. the smallest guy on their team who now had his first chance to be the hero for his team. He could have thrown the ball to the second-baseman for the tag, but he understood the pitcher's intentions so he, too, intentionally threw the ball high and far over the third-base man's head. Shay ran toward third base deliriously as the runners ahead of him circled the bases toward home.

All were screaming, "Shay, Shay, Shay, all the Way Shay"

Shay reached third base because the opposing shortstop ran to help him by turning him in the direction of third base, and shouted, "Run to third! Shay, run to third!"

As Shay rounded third, the boys from both teams, and the spectators, were on their feet screaming, "Shay, run home! Run home!" Shay ran to home, stepped on the plate, and was cheered as the hero who hit the grand slam and won the game for his team.

"That day", said the father softly with tears now rolling down his face, "the boys from both teams helped bring a piece of true love and humanity into this world".

Shay didn't make it to another summer. He died that winter, having never forgotten being the hero and making his father so happy, and coming home and seeing his Mother tearfully embrace her little hero of the day!

DATA MASTER: Breanna McDowell

CONCERNED HUSBAND



Once there lived a happy couple who had been together for decades. But after spending years together, husband was concerned that his wife was not hearing well as she used to hear. He thought that she might need a hearing aid but he wasn't sure how to approach her.

He called his family doctor asked for suggestion. The doctor told him to test it with a simple idea. The doctor said, "Stand 40 feet away from her and speak as loud as you would speak to her in a normal conversation. Observe if she hears you. If not, reduce the distance into 30 feet, then 20 feet, and so until you get a response. The distance will help us to estimate her requirements for the hearing aid "

Next day, the husband saw his wife cooking dinner in the kitchen. So he took the opportunity to check the doctor's Idea. He got 40 feet away from his wife and asked, "dear what is there for dinner?". He waited for response but did not get any.

He moved a bit closer and asked "dear, what is there for dinner?". He still did not get any response from his wife.

He then stood twenty feet away from his wife and asked the same question, hoping he would get a response this time. But the wife did not respond.

He then stood just ten feet away from his wife and asked "Dear, What is there for dinner." He did not get any response

By now the husband was very concerned and felt pity about how bad is his wife's hearing.

Then he walked right behind her and says, "Honey, what is there for dinner."

The wife shouted, "John, This is the the fifth time I'm saying, CHICKEN..!!"

Moral:

Most often, the problem may not be with others but could be very much within us.

DATA MASTER: Steven Burdick





THE MOST BEAUTIFUL HEART



A young man was proud of his healthy and beautiful heart. One day, standing in the middle of the town, he proclaimed that he had the most beautiful heart in the whole valley. A large crowd gathered to have a look at his heart. His heart was smooth, shiny and looked very healthy. Indeed, the man had the most beautiful heart in the valley, everyone agreed.

The proud young man felt delighted and boasted his perfect heart which everyone admired. Suddenly, a voice from the crowd said, "Your heart is not as beautiful as mine." The young man searched for the person behind the voice and an old man appeared in front him.

"Show us your heart if you believe you have got more beautiful heart than mine." said the young man. The old man carefully showed his heart. The crowd and the young man looked at the old man's heart. The heart was beating strongly and healthily but it was not smooth and shiny as the young man's heart. Instead, it had scars all over it. It had places where some pieces of the heart had been removed and other pieces were put in. The other pieces didn't fit perfectly and there were several uneven edges. In some places, there were deep gouges where some pieces were missing.

The crowd laughed at the old man's heart. "How can he claim that he has the most beautiful heart when it is all scared and uneven.", they thought.

The young man looked at the old man's heart and laughed." You must be kidding. Compare your heart and mine. My heart looks perfect and smooth and yours is a mess of scars and tears."

"Yes, Your heart looks perfect, but I would never trade your heart with mine", said the old man. "Every scar in my heart represents a person whom I have given my love. I tear a piece of my heart and give to them. Often, my loved one gives me back a piece of their heart which fits into the empty place in my heart. Since everyone loves each other in a different way. Their piece of heart may not perfectly fit my heart, so you can see some rough edges. These scars and rough edges remind me of the love we shared.", he continued.

"Sometimes I would give a piece of my heart, but the other person may not return a piece of his heart to me. These are the empty gouges. Although these gouges are painful, these remind me of the love I have for these people too. So do you now see what a true beauty?" asked the old man.

The young man and the crowd stood silently with tears running down their cheeks. The young man walked to the old man, reached into his perfect young and beautiful heart, ripped a piece out of it and offered it to the man with trembling hands.

The old man gratefully received is offering, placed it in his heart and then took a piece from his old heart and placed it in the young man's heart.

The young man looked at his heart, it did not look shiny and smooth like it used to. But, it was now more beautiful because he could feel the love from the old man's heart flowing into him.

They embraced and walked away side by side.



DATA MASTER: Breanna McDowell

THE RIGHT

Once, there was a renowned monk who lived in a beautiful monastery with many of his pupils. His teachings were known to be very effective and many of his students grew up to become great masters themselves.

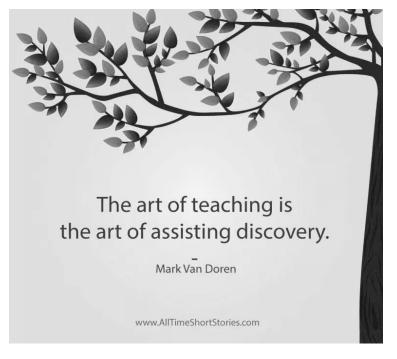
One day, one of them was caught stealing from his fellow-students and they reported him to the monk. But he took no action against the boy.

A few days later the same boy was again caught stealing. And again the head monk did nothing to punish him.

This angered the other students who drew up a petition asking for the dismissal of the thief. They threatened to leave en masse if the boy was allowed to stay in the monastery.

The teacher called a meeting of the students. When they had assembled, he said to them: "You are good boys who know what is right and what is wrong. If you leave, you will have no trouble in joining some other school. But what about your brother who does not even know the difference between right and wrong? Who will teach him if I don't? No, I cannot ask him to go even if it means losing all of you."

Tears coursed down the cheeks of the boy who had stolen. He never stole again and in later life became renowned for his integrity.



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When you do things from your soul, you feel a river moving in you, a joy.

Rumi

THE SMARTEST MAN IN THE WORLD



A doctor, a lawyer, a little boy and a priest were flying on a small private plane. Suddenly, the plane developed engine trouble. In spite of the best efforts of the pilot, the plane started to go down. Finally, the pilot grabbed a parachute and yelled to the passengers that they better jump, and he himself bailed out.

Unfortunately, there were only three parachutes remaining.

The doctor grabbed one of the parachutes and said "I'm a doctor, I save lives, so I must live to save other's lives," and jumped out.

The lawyer then said, "I'm a lawyer and lawyers are the smartest people in the world. I deserve to live." He also grabbed a parachute and jumped.

The priest looked at the little boy and said, "My son, I've lived a long and full life. You are young and have your whole life ahead of you. Take the last parachute and live in peace."

The little boy handed the parachute back to the priest and said, "Do not worry Father. The smartest man in the world just took off with my back pack."



DATA MASTER: Doug WM Stone

BALLOON EXERCISE: OUR HAPPINESS IS WITH OTHERS

Everyone wants to find happiness in life. No matter what our circumstances, and no matter what hand we are dealt, the search for true contentment is at the heart of everyone's goals.

The question, then, is how? How are we supposed to even begin looking for it? A group of people gathered in a room attending a seminar about life and happiness to learn to find happiness in their lives.

They were being taught various skills and lessons about life. Suddenly, the speaker stopped and started giving each person a balloon. He asked everyone to write one's name on it using a pen. All the balloons were then collected and taken to an another room.

Now, these delegates were let in that room and asked to find the balloon which had their name written, within 5 minutes.

Everyone was frantically searching for their name, pushing, colliding with each other, and there was utter chaos.

No one could find their balloons within the given five minute time and they all had to return to the other room empty handed.

Then they were told to go to the other room and randomly collect a balloon and give it to the person whose name was written on it.

Within five minutes everyone was carrying the balloon with their name on it.

The speaker began: This is exactly happening in our lives. Everyone is frantically looking for happiness all around, not knowing where it is. Our happiness lies in the happiness of other people. Give them their happiness, you will get your own happiness.

And this is the purpose of human life.



DATA MASTER:

Nikki Hamilton

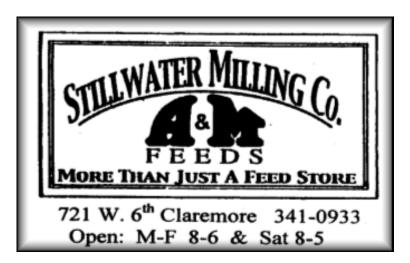
Today I Learned To Never Judge A Book By Its Cover

I am a 27 year old trying to go back to college after a long break from any formal schooling. I am taking a college algebra class and struggling to keep up. I sit behind a young man who upon first glance looks like a thug or overall someone I would never think would be able to help me learn algebra. I was dead wrong. Today in class we were learning linear regression which requires a lot of specific inputs on a graphing calculator. I kept getting a number that was thousands off of the correct answer.

The "thug" that sits in front of me turns around and says "I got you bro. Let me see what you got."

After about 5 minutes I was crushing these regression formulas. Now I know to never make a judgement on someone because of how they look/dress.

DATA MASTER: Steven Burdick



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Simple, powerful, real life stories written by the people who lived them

- 1. Today would have been the 127th day in a row that I visited her at the hospital as she rested in a coma. But last night I had a dream that she died, and I woke up in tears this morning and couldn't bring myself to drive to the hospital to see her lying there like that. So I stayed in bed, staring at the ceiling, and thinking of how I was going to have to learn to live without her for the rest of my life. And then my phone rang, and it was her.
- 2. Today, about an hour after I lost my wallet, a man showed up at my front door with it. Everything was intact including the \$200 in cash. As I expressed my gratitude, he explained to me that he hopes doing the right thing pays off for him. "Oddly enough, I lost my wallet sometime this morning too," he said. "I had about the same amount of cash in there that you have and all my cards and IDs." Without thinking about it, I pulled out \$100 and handed it to him. "Take this, I insist," I said. "Just in case you don't find your wallet, we'll split the cash." He gratefully accepted the money and left. This evening he knocked on my door again. "Here's your \$100 back," he said. "A woman found my wallet and returned it and all my cash about an hour ago."
- 3. Today, while I was browsing in a secondhand bookshop, I found a copy of a book that had been stolen from me when I was a kid. I opened it and saw, on the first page, in familiar hand writing, my own name. It had been a gift from my (now late) grandfather. Next to my name my grandfather wrote, "I hope you rediscover this book someday when you're older, and it makes you think about the important things in life."
- 4. Today at 7AM, I pulled over on my way to work to help a lady change a flat tire. At 4PM, she saved my life when she randomly saw me downtown and yanked me backward out of a crosswalk as a car ran the red light.
- 5. Today, I have a disorder which frequently makes me faint for a few seconds, making it hard for me to be independent and hold down a steady job. I used to be really depressed about it, but my family and friends turned my illness into a game, seeing who could make me laugh the hardest when I returned to consciousness. They have also turned catching me into a sport. Believe it or not, I haven't hit the floor once in the past two years. Someone has always been there to catch me.
- 6. Today was my first day back on the job after more than a year on disability leave due to a freak explosion in the plant that, among other injuries, left me legally deaf

in both ears. When I walked into the plant this morning several of my colleagues signed me phrases like "Great to see you," "Welcome back," and "We missed you." It turns out that nine of my colleagues got together and took a sign language course, just like I did, over the last several months. They did this so they could easily communicate with me when I returned. Their compassion make me think.

- 7. Today, I am an Iraq and Afghanistan veteran. Upon arriving home three years ago from my final tour to Afghanistan I found out that my wife had been cheating on me and had spent/stole almost all of our money. I had nowhere to stay and no phone and was suffering from severe anxiety problems. One of my close friends from high school, Shawn, and his wife, seeing that I was in need of help, took me in and let me live with their family of five. They helped me deal with my divorce and get my life together. Since then, I've moved into my own place, opened a fairly successful diner, and my friend's kids call my Uncle Jay when they see me. The way they adopted me into their family in my desperate time of need will always make me think.
- 8. Today, I have been a counselor for foster care children for almost 15 years. This afternoon I ran into one of my previous foster children I hadn't seen in over 5 years. About 10 years ago, on a day he was really upset and mad at life, I drew him a sketch of a superhero and wrote him a note on an index card about how he is a superhero and that superheroes always rise up and win in the end. I saw him today as I walked past the local fire station. He's now a fire fighter. He recognized me as I walked by and ran up to me. We talked for about a half hour, and then before we parted ways he took his wallet out of his pocket and pulled out the superhero index card I made for him when he was a kid.
- 9. Today, it's been ten years since my best friend became ill and needed a kidney transplant. As I was a fitting donor, I chose to donate one of my healthy kidneys to her even after doctors said her chance of survival was only 30%, and that there would be inherent risks to my health as well. But here I am at 10AM, getting ready to drive to her wedding venue where, in just a few short hours, I will be her maid of honor as she marries the love of her life who she happened to meet at the hospital ten years ago.

DATA MASTER: Doug WM Stone

THE KISS

Fifteen years later, no one would remember he was late for a meeting, but a little girl would never ever forget that her father drove all the way back home just to kiss her goodbye.



Getting late for a meeting, need to run', he said, as he slung his coat over the shoulder, and bounded out of the house. As he drove away, she came running down the stairs two at a time. 'Wait, wait', she said, but he had already left.

Her mouth crumpled like used wrapping paper. 'He forgot to give me a goodbye kiss', she whispered in a voice that trembled under the weight of her hurt. She called him, 'you left without giving me a kiss', she said accusingly. 'I am sorry sweetheart', he said, his voice contrite. 'It is okay', she said, trying to be all grown up as she cut the call.

She gulped down her breakfast morosely, wore her shoes, picked up her school bag and started to walk out of the door, her shoulders slumped. As she climbed down the steps, the car glided to a stop outside the house. He got out of the car. She ran to him, her whole face lit up like a Christmas tree.

'I am sorry I forgot', he said, as he picked her up and hugged her. She said nothing. Her jaw ached from smiling.

Fifteen years later, no one would remember he was late for a meeting, but a little girl would never ever forget that her father drove all the way back home just to kiss her goodbye!

DATA MASTER: Karen Deffenbaugh



April is the cruelest month, breeding lilacs out of the dead land, mixing memory and desire, stirring dull roots with spring rain.

T. S. Eliot

The Power of Love to Transform and Heal

I believe in the ingredients of love, the elements from which it is made. I believe in love's humble, practical components and their combined power.

We adopted Luke four years ago. The people from the orphanage dropped him off at our hotel room without even saying goodbye. He was nearly six years old, only twenty-eight pounds, and his face was crisscrossed with scars. Clearly, he was terrified. "What are his favorite things?" I yelled. "Noodles," they replied as the elevator door shut.

Luke kicked and screamed. I stood between him and the door to keep him from bolting. His cries were anguished, animal-like. He had never seen a mirror and tried to escape by running through one. I wound my arms around him so he could not hit or kick. After an hour and a half he finally fell asleep, exhausted. I called room service. They delivered every noodle dish on the menu. Luke woke up, looked at me, and started sobbing again. I handed him chopsticks and pointed at the food. He stopped crying and started to eat. He ate until I was sure he would be sick.

That night we went for a walk. Delighted at the moon, he pantomimed, "What is it?" I said, "The moon, it's the moon." He reached up and tried to touch it. He cried again when I tried to give him a bath until I started to play with the water. By the end of his bath the room was soaked and he was giggling. I lotioned him up, powdered him down, and clothed him in soft PJs. We read the book One Yellow Lion. He loved looking at the colorful pictures and turning the pages. By the end of the night he was saying, "one yellow lion."

The next day we met orphanage officials to do paperwork. Luke was on my lap as they filed into the room. He looked at them and wrapped my arms tightly around his waist.

He was a sad, shy boy for a long time after those first days. He cried easily and withdrew at the slightest provocation. He hid food in his pillowcase and foraged in garbage cans. I wondered then if he would ever get over the wounds of neglect that the orphanage had beaten into him.

It has been four years. Luke is a smart, funny, happy fourth-grader. He is loaded with charm and is a natural athlete. His teachers say he is well-behaved and works very hard. Our neighbor says she has never seen a happier kid. When I think back, I am amazed at what transformed this abused, terrified little creature. It was not therapy, counselors, or medications. It did not cost money or require connections or great privilege. It was love: just simple, plain, easy to give. Love is primal. It is comprised of compassion, care, security, and a leap of faith. I believe in the power of love to transform. I believe in the power of love to heal.

DATA MASTER: Eric Peachey

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I wish I could show you when you are lonely or in darkness the astonishing light of your own being.

Hafez

In Giving I Connect with Others

Novelist Isabel Allende shares the amazing story of how her daughter's death brought her to a new understanding of giving. She is the author of "The House of the Spirits" and niece of assassinated Chilean presi-



dent Salvador Allende. This essay is from "This I Believe: The Personal Philosophies of Remarkable Men and Woman," which was inspired by the popular NPR show.

When Loss Brings a Gift

Best-selling novelist Isabel Allende discovers the great gift of giving through the loss of her beloved daughter.

By Isabel Allende

I have lived with passion and in a hurry, trying to accomplish too many things. I never had time to think about my beliefs until my twenty-eight-year-old daughter Paula fell ill. She was in a coma for a year, and I took care of her at home until she died in my arms in December of 1992.

This essay is from the book, "This I Believe: The Personal Philosophies of Remarkable Men and Women," edited by Jay Allison and Dan Gediman. Copyright ©2006 by This I Believe, Inc.

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My Year of Agony and Remembering

During that year of agony and the following year of my grieving, everything stopped for me. There was nothing to do—just cry and remember. However, that year also gave me an opportunity to reflect upon my journey and the principles that hold me together. I discovered that there is consistency in my beliefs, my writing, and the way I lead my life. I have not changed; I am still the same girl I was fifty years ago, and the same young woman I was in the seventies. I still lust for life, I am still ferociously independent, I still crave justice, and I fall madly in love easily.

Abundance Comes to Those Who Give

Paralyzed and silent in her bed, my daughter Paula taught me a lesson that is now my mantra: You only have what you give. It's by spending yourself that you become rich.

My Daughter's Legacy

Paula led a life of service. She worked as a volunteer helping women and children, eight hours a day, six days a week. She never had any money, but she needed very little. When she died she had nothing and she needed nothing. During her illness I had to let go of everything: her laughter, her voice, her grace, her beauty, her company and, finally, her spirit.

Thought I Had Lost Everything

When she died I thought I had lost everything. But then I realized I still had the love I had given her. I don't even know if she was able to receive that love. She could not respond in any way, her eyes were somber pools that reflected no light. But I was full of love, and that love keeps growing and multiplying and giving fruit.

Reclaiming the Joy of Loving Others

The pain of losing my child was a cleansing experience. I had to throw overboard all excess baggage and keep only what is essential. Because of Paula, I don't cling to anything anymore. Now I like to give much more than to receive. I am happier when I love than when I am loved. I adore my husband, my son, my grandchildren, my mother, my dog, and frankly I don't know if they even like me. But who cares? Loving them is my joy.

Acts of Giving Brought Me Back to Life

Give, give, give—what is the point of having experience, knowledge, or talent if I don't give it away? Of having stories if I don't tell them to others? Of having wealth if I don't share it? I don't intend to be cremated with any of it! It is in giving that I connect with others, with the world, and with the divine.

My Daughter Remains Alive in Me

11 It is in giving that I feel the spirit of my daughter inside

me, like a soft presence.

DATA MASTER: Breanna McDowell



The Power of Presence

Presence is a noun, not a verb; it is a state of being, not doing. In it, there is an intimate connection with another that is perhaps too seldom felt in a society that strives for ever faster "connectivity"



I believe in the power of presence.

I was recently reminded of this belief when I and several other Red Cross volunteers met a group of evacuees from Hurricane Katrina. We were there, as mental health professionals, to offer "psychological first aid." Despite all the training in how to "debrief," to educate about stress reactions, and to screen for those needing therapy, I was struck again by the simple healing power of presence. Even as we walked in the gate to the shelter, we were greeted with a burst of gratitude from the first person we encountered. I felt appreciated, but somewhat guilty, because I hadn't really done anything yet.

Presence is a noun, not a verb; it is a state of being, not doing. States of being are not highly valued in a culture that places a high priority on doing. Yet, true presence or "being with" another person carries with it a silent power—to bear witness to a passage, to help carry an emotional burden, or to begin a healing process. In it, there is an intimate connection with another that is perhaps too seldom felt in a society that strives for everfaster "connectivity."

I was first hurled into an ambivalent presence many years ago, when a friend's mother died unexpectedly. Part of me wanted to rush down to the hospital, but another part of me didn't want to intrude on this acute and very personal phase of grief. I was torn about what to do. Another friend with me at the time said, "Just go. Just be there." I did, and I will never regret it.

Since then I have not hesitated to be in the presence of others for whom I could "do" nothing. I sat at the bed-side of a young man in a morphine coma to blunt the pain of his AIDS-related dying. We spoke to him about his inevitable journey out of this life. He later told his parents—in a brief moment of lucidity—that he had felt us with him.

Another time I visited a former colleague dying of cancer in a local hospice. She too was not awake and presumably unaware of others' presence with her. The atmosphere was by no means solemn. Her family had come to terms with her passing and were playing guitars and singing. They allowed her to be present with them as though she were still fully alive.

With therapy clients, I am still pulled by the need to do more than be, yet repeatedly struck by the healing power of connection created by being fully there in the quiet understanding of another. I believe in the power of presence, and it is not only something we give to others. It always changes me—and always for the better.

DATA MASTER: Nikki Hamilton

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6-Year-Old Beats the Odds and Walks Again After Being Declared 99.8-Percent Brain Dead

Family and friends have set up an online fundraiser on GoFundMe to help with Mackinlee's ongoing medical costs.

DATA MASTER: Breanna McDowell

Only eight months ago, Mackinlee Anderson's family was told to expect the worst. The six-year-old was severely injured in a horrific car crash. It was likely that

Mackinlee, if she survived, would never walk or talk again. The tragic car crash occurred in Port Macquarie, Australia, killing Mackinlee's grandmother and injuring her mother and brother. Her fundraising page



says, "Day 2: the Neurosurgeon said I was 99.8% brain dead."

Mackinlee's list of injuries was frightening: She had a broken pelvis in three places, a broken femur, a ruptured bladder, a dislocated hip, extensive brain trauma and injury, and left side paralysis. The young girl was even put into an induced coma for 15 days."We were pretty much in a place there where the doctors thought there was no hope for her," her mother, Kylee, told nine.com.au.

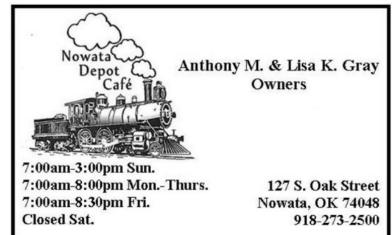
The crash occurred in September 2017, involving four cars and a semi-trailer. It killed Mackinlee's grandmother on impact and injured her brother and Kylee. For the next five months, Mackinlee was in the hospital, including two weeks in the ICU.

But just last week, Mackinlee took her first steps unaided since the accident. "It is amazing, we are still just in shock," Kylee told nine.com.au.

"Mackinlee amazes me every day with her determination. Every day the doctors say she can't do something, and the next day she can do it." The single mom-of-four adds, "She takes us by sur-



prise every day. They told me that she wouldn't be the same little girl. Well, she is the same little girl she was before the accident."



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The summary of the advice of all prophets is this; Find yourself a mirror.

Shams Tabrizi

Homeless Man Bravely Saves Two Young Kids From Burning Apartment

A homeless man named Anival Angulo was walking the streets of Las Vegas one morning when he suddenly noticed that an apartment was on fire. When Angulo heard the sounds of children screaming from inside the



building, he knew he had to do something.

So the 36-year-old sprung into action. He broke through the security door of the apartment to rescue a 10-monthold boy and a 3-year-old girl, who were both trapped inside.

"[I] went to the door and saw the babies so I jumped the fence and I pulled on the screen door and I wrapped up the babies and pulled them out," Angulo said. "I knew I had to get them out."

The fire, which had started around 11:30 a.m., was caused by food burning on the stove. The grandfather had been watching the two young kids, but they got separated in the fire and he was unable to reach them by the time the flames had flared up.

Las Vegas Fire and Rescue (LVFR) arrived less than 20 minutes later to put the flames out.

LVFR spokesman Tim Szymanski said, "The children

were in the living room. Food was cooking on the stove. The grandfather was watching the children. He was in a back bedroom. The kids say the stove caught on fire, it got bigger, and they started yelling. The granddad couldn't get to them because of the fire."

Fortunately, because of Angulo's quick thinking skills, he was able to pull both children to safety. The kids did need to be treated for smoke inhalation at the hospital, but it was not life-threatening to either of them. And according to first responders, it could've been a lot worse.

"It's obvious if this person hadn't been there, these children could've been burned or may have been killed in the fire," said Szymanski.

Now, Angulo is hesitant to call himself a hero — but if he won't say it, we gladly will!

DATA MASTER: Breanna McDowell





All Around Us

Miracles come in moments. Sometimes they save our lives. Sometimes they change our lives. Sometimes they offer us insight. And sometimes they give us a gentle reminder and the strength to go on. The scene of this minor miracle takes place in the living room of my house under an old, broken ceiling fan with a little glass angel hanging from its pull string.

My youngest son has a severe form of Autism. Even though he is in his twenties now he still has the mind of a small child. He speaks only a few words. He is lost in his own world most of the time. Things I find silly delight him and little changes that wouldn't bother me at all bother him greatly. Most of the time he is happy but there are also times when he can be terribly upset. He will tear things up and cry for no reason that I can see. He will even hit himself. It always hurts me to see him suffer this way especially when there is little I can do to help. This morning was particularly trying for him. He ripped up a new shirt I'd bought him and cried on and off for an hour. Finally he calmed down again. I was still feeling stressed, however, and wearily sat down at my computer to see if I could get a little work done.

As I was turning it on, though, I heard my son laugh for the first time all day. I turned my head and saw him standing directly under the glass angel hanging from our ceiling fan. The light from our house lamps seemed to shine and sparkle all around him like a halo. His eyes sparkled too as the little angel swung gently above his head. He laughed again and smiled at me. In that moment my heart opened. I could see that God was reminding me that my son was more than his Autism. I instead saw the shining soul within. I saw the love and light of his spirit and knew he was here for a purpose. I could see too that angels were watching over him today and always. My eyes watered and I thanked God for this minor miracle and gentle reminder of His love for all of us.

Miracles and angels are all around us, but we can't always see them with our eyes. We often have to see them with our hearts. Keep your heart open to them then. Let God's love speak to you in your own life. Let Heaven guide you through your own days. And let yourself be the miracle you were meant to be!

DATA MASTER: Eric Peachey



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The Elephant's Rope

Once a man was passing by some elephants, he suddenly stopped, dazzled by the fact that such mighty and strong creatures were tied only by weak and thin ropes on their legs. It was obvious that the strength of such



mighty being could, at anytime, break away from there. But, for some reasons, they did not.

He saw an elephant trainer nearby and asked why the elephants just stood there and made no attempts to break free. "Well", replied the elephant trainer," when the elephants were younger and less powerful, we used the same ropes to tie them. At that age, these ropes were enough to hold them. As the elephant grew up, they were conditioned to believe that they cannot break away. They believe that the ropes can still hold them, so never try to break free."

The man was amazed by the trainer's answer. These powerful animals could any time free themselves from their restraints, but they are stuck right where they are because they believed they were incapable of doing so.

Like these elephants, many of us go through life holding onto a belief that we cannot do something, simply because we failed at it once before.

Failure is part of learning; we should never give up trying. Because, we might be just an attempt away from breaking free.

DATA MASTER: Steven Burdick

One armed Champion

An energetic young boy despite the fact that he was born without a left arm joined to learn judo with an old Japanese Judo

The old Japanese Judo master taught him a very exciting judo throw on the first week of the training. On the second week, he was asked to practice the same

master.

judo move. Every other week the young boy was taught to practice the same one technique over and over again. He could see other students learning different Judo techniques, but he couldn't understand why, even after three months of training the master had taught him only one move.

"Sensei," the boy finally said, "Shouldn't I be learning more moves?"

The Sensei replied – "Just focus on this one throw. This is the only move you know, but this is the only move you'll ever need to know"

The little boy did not quite understand what his teacher was up to, but continued his training like his Sensei instructed.

Several months later, the Sensei took the boy to his first tournament. The young boy was terrified to enter the tournament filled with other well trained and experienced Judo Players. Surprising himself and the audience, the boy easily won his first two matches. The third one was a little harder, but the young boy pulled off the technique – the only technique he knew, and won. The fourth round amazingly went the same way and the young boy found himself in the tournament final facing a much bigger, stronger and tougher opponent. For some time in the finals, the young boy without an arm appeared to be overmatched. Concerned that the boy might get hurt during the match, the referee called for a time out. The referee was about to stop the match, but the old Sensei intervened and insisted on letting the boy continue.

After the match resumed, his opponent made a mistake and dropped his guard. Promptly, the boy used his move to pin him. The boy had won the match and the tournament. The boy deftly used his one and only move throughout the tournament and came out as a winner.

On the way home, the Sensei and the boy reviewed every move in each and every match of the boy. Surprised by his own victory, the boy summoned courage to ask the Sensei how he was able to win the tournament with only one move.

"You won for two reasons," the Sensei answered. "First, with several months of dedicated practice you've almost mastered one of the most difficult throws in all of judo. And second, the only known defense for the move you learnt is for your opponent to grab your left arm."

With the boy's hard work and the Sensei's sagacity, the boy's biggest weakness was transformed into his biggest strength.

DATA MASTER: Steven Burdick



Getting to know the Lutherans

THE LORD'S FAVOR

"The Spirit of the Lord is upon me . . . to proclaim the year of the Lord's favor" – Luke 4:19

Not often does it happen that we are called to carry out a very important task – delivering food to the needy; assisting with cleanup for tornado or flood victims. By responding to the needs of others we are serving the Lord God himself.

Being a Christian should not mean that we are "roped" or "forced" into doing something. There is a more important reason and motivation. Our love to others is a response to being loved by God himself and our walk with him on a daily basis.

This means that the "Spirit of the Lord" is upon us in seeing that our needs, and the needs of others, goes far beyond the gadgets and all the other things that preoccupy our hearts and minds.

Our deepest need has been accomplished in the cross and open tomb of Jesus Christ – the forgiveness of sins and everlasting life. So the sign along the highway – "Jesus is the answer" – is more than a trite and worn cliché. It's true! Christ is always the answer to our brokenness. As the Lord has "favored" us in love, so we take the opportunity of "favoring" others with Jesus' love.

DATA MASTER: Eric Peachey

| Messiah Lutheran Church 460 N. Wilson, Vinita, OK. Sunday School and Bible Class 9:00 a.m. Worship 10:00 a.m. 918-256-3223 Email: messiahvinita@aol.com | St. Paul Lutheran Church Washington and Pine, Fairland, OK. Sunday School and Bible Class 9:15 a.m. Worship 10:30 a.m. 918-676-3059 Email: stpaulluthch@aol.com |
|---|---|
| Bethlehem Lutheran Church 6911 West 380 Road, Adair, OK 74330 Worship 9:00 a.m. 918-785-2994 Sunday School and Bible Class 10:15 a.m. | Immanuel Lutheran Church 706 Rockwood Drive, Grove, OK. Worship 9:30 a.m. 918-786-4585 Website: www.lutheransonline.com/lo/Groveok |
| Mt. Olive Lutheran Church 2337 North Main, Miami, OK 74354 Worship 2:00 p.m. (918) 542-4681 Sunday School and Bible Class 3:00 p.m. Email: mtolive@cableone.net | Redeemer Lutheran Church 220 N. Seminole, Claremore, OK. Sunday School and Bible Class 9:00 a.m. Worship 10:30 a.m. 918-341-1429 Email: rluther@sbcglobal.net—Website www.rlccok.org |
| Guests are always welcome. See you Sunday at worship. | St. John Lutheran Church 607 SE 9 th Street, Pryor, OK. Sunday School and Bible Class 9:15 a.m. Worship 10:30 a.m. 918-825-1926 Email: stjohnpryor@sbcglobal.net-Website: www: stjohnpryor.org |

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.

Food Truck Wednesdays — Every Wednesday, grab some tasty eats and gather on the grounds of Guthrie Green. During Food Truck Wednesdays, lunchtime transforms into a community-wide affair, with roaming food trucks posting up at this Tulsa park. While you dine on delicious food, be sure to enjoy the live music and fresh air. Guthrie Green 111 E Brady St Tulsa, OK 74103 Phone: 918-574-2421

Chelsea Dance and Jam Session—Every Friday Night 6:00 pm—9:00 pm—Bring a dish for potluck at 6:30 pm. Musicians are welcome. Civic Center 618 Pine street Chelsea, OK 74016

Big Cabin Senior Exercise Program—Fitness program for seniors held at the Big Cabin Baptist Church gym three times a week, Monday, Wednesday and Friday, from 10 to 11 a.m.

American Legion Post 178 in Grove, OK – Bingo every Saturday evening at 6pm. Family atmosphere. Contact Lee Cathy for any questions at: 901-487-9060 March 16, 2019 St. Patrick's Day Dinner—The Nowata County Historical Society will be hosting at the Glass Mansion. The event will be held at 6 pm, 324 W. Delaware in Nowata Oklahoma. The cost is \$15/ per person or \$25/couple. Seating is limited to 30, so make your reservations soon! For reservations, call 918-273-3629 (and leave a message) no later than March 8th. Come join us for a fun event with great food and entertainment by the Tenor Twins. March 16, 2019 St. Patricks Day Dinner—The Nowata County Historical Society will be hosting the dinner at the Glass Mansion at 6p.m. The cost is \$15 per person or \$25 couple. Seating is limited to 30. For reserva-

tion call 918-273-3629 (and leave a message) no later

SUDOKU PUZZLES

Fill in the grid with digits in such a manner that every row, every column and every 3X3 box accommodates the digits 1-9, without repeating any.

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Hardship level: Moderate

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than March 8th. The Glass Mansion 324 W. Delaware in Nowata Oklahoma.

March 23, 2019 Steeped in Tradition—"Wild Onion Feast" The Indian Women's Pocahontas Club Higher Education Scholarship Fundraiser. Noon—2:00 p.m. at the First United Methodist Church, 1615 N. Hwy 88, Claremore, OK. Phone: 918-760-7499, 918-798-0771. Feb 15, 2019 - Feb 24, 2019 American Theatre Company presents: Sunday in the Park with George—Visual art and music combine onstage at Tulsa Performing Arts Center during "Sunday in the Park with George," a musical by Stephen Sondheim and James Lapine. Inspired by French post-Impressionist artist Georges Seurat's painting "A Sunday Afternoon on the Island of La Grande Jatte," this acclaimed musical studies Seurat's legacy in art history. Spanning multiple time periods, this fictionalized version of Seurat's life merges past and present to relay poignant ideas about love, life and art. Don't miss this Tony award-winning musical presented by American Theatre Company in Tulsa. Tulsa Performing Arts Center 110 E 2nd St Tulsa, OK 74103 Phone: 918-747-9494, 918-596-7111 Feb 21, 2019 - Feb 24, 2019 Miami Little Theatre presents: Gaslight—Miami Little Theatre presents: Gaslight tells the story of the Manninghams, who live on Angel Street in 19th century London. As the curtain rises, all appears to be the essence of Victorian tranquility. It is soon apparent, however, that Mr. Manningham is slowly driving his wife to the brink of insanity. While

that is convinced she is a homicidal maniac. See this stunning show at the Coleman Theatre in Miami. Coleman Theatre 103 N Main St Miami, OK 74354Phone: 918-540-2425

Feb 21, 2019 - Feb 24, 2019 Tulsa Ballet presents: The Sleeping Beauty—Watch as Tulsa Ballet performs "The Sleeping Beauty," one of the most beloved story ballets of all time, at the Tulsa Performing Arts Center for a limited run. Be there as love triumphs over evil during a unforgettable night of music and dancing from Oklahoma's premiere ballet company. Featuring choreography by Artistic Director, Marcello Angelini, this show is sure to be a captivating experience. Tulsa Performing Arts Center 110 E 2nd St Tulsa, OK 74103 Phone: 918-749-6030 Fax: 918-749-0532

he is out, Mrs. Manningham has an unexpected caller

Feb 21, 2019 Cain's Ballroom presents: Fred Armisen—Fred Armisen got his start in the entertainment industry as a drummer for Trenchmouth and Blue Man Group before devoting his attention to the comedy scene. Best-known for his time on the Saturday Night Live circuit, Fred Armisen continued garnering a large fanbase as half of the regular Portlandia sketch duo. Fans have the chance to see Fred Armisen deliver his "Comedy for Musicians But Everyone is Welcome" show live at Cain's Ballroom in Tulsa. Cain's Ballroom 423 N Main St Tulsa, OK 74103 Phone: 918-584-2306

Feb 22, 2019 - Mar 02, 2019 Theatre Tulsa presents: My Fair Lady—Theatre Tulsa presents one of the most acclaimed and beloved musicals in modern theater. See "My Fair Lady" live at the Tulsa Performing Arts Center for the comedic story of distinguished, high society Professor Henry Higgins and brash, cockney-speaking Eliza Doolittle. Hear famous tunes like "Just You Wait," "I Could Have Danced All Night" and "The Rain in Spain." Inspired by George Bernard Shaw's "Pygmalion," watch as Henry and Eliza's relationship transforms from challenging to inspirational during this family-friendly performance. Tulsa Performing Arts Center 110 E 2nd St Tulsa, OK 74103 Phone: 918-596-7111, 918-596-7122 Feb 22, 2019 Stoney LaRue in Concert—Head to Cain's Ballroom in Tulsa for an evening of Red Dirt and Texas music with Stoney LaRue. LaRue, who cut his writing chops while living in Stillwater with Cody Canada and Jason Boland, has built a strong following on the strength of his unique voice, energetic live shows and songwriting craftsmanship. The prolific songwriter's catalog includes songs like "Feet Don't Touch the Ground," "First One to Know" and anthemic crowd favorite. "Oklahoma Breakdown." Get to Cain's early and check out up-and-coming Texas music favorite Austin Meade as he opens for LaRue. Cain's Ballroom 423 N Main St Tulsa, OK 74103 Phone: 918-584-2306 Feb 23, 2019 Home Sweet Home Chocolate Festival— Bring your sweet tooth and get ready for an evening of tempting chocolate delights at the Home Sweet Home Chocolate Festival in Muskogee. Over 30 vendors will present chocolate cakes, chocolate candies and unique creations made of chocolate for guests to sample. The Home Sweet Home Chocolate Festival also features live entertainment and a silent auction. Come dressed to impress and enjoy this delightful night full of sweets and fun. The Castle of Muskogee 3400 W Fern Mountain Rd Muskogee, OK 74401 Phone: 918-681-1470

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

Community Links of Chelsea
1100 Walnut/PO Box 85

Chelsea, OK. 74016
Ph: 918-789-2862

Fax: 918-680-6914

Fax: 918-789-5296

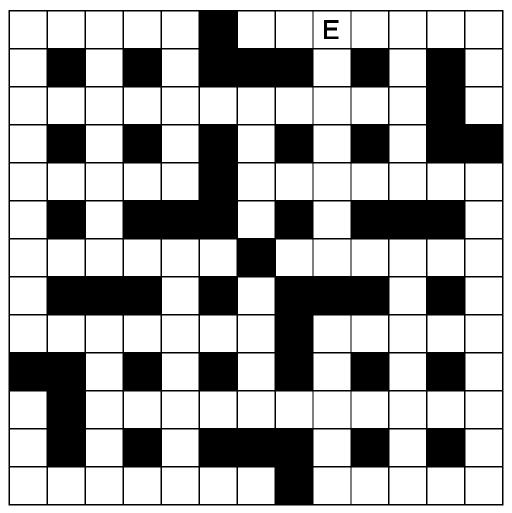
DATA MASTER: Steven Burdick





Crossword Puzzle

The first letter of each answer is written next to its clue in alphabetical order. One letter has already been entered. Can you find the words then fit them correctly into the grid?



- A. Sharp (5)
- A. Remedied (7)
- A. Protective garment (5)
- C. Hoard (5)
- C. Tapers (7)
- C. Group of bovines (6)
- C. Fake (11)
- E. Epoch (3)
- E. No longer in existence (7)
- G. Chivalrous (7)
- Lit up (11)
- L. Terse (7)
- L. Lackadaisical (7)

- L. Prevarication (3)
- M. Award (5)
- N. Pleasant (4)
- N. Observed (5)
- O. Sumptuous (7)
- R. Send payment (5)
- S. Short tail (4)
- S. Begin (5)
- S. Powerful (6)
- S. Proposed (9)
- T. Rising current of warm air (7)
- W. Bet (5)
- W. Capricious (9)

Word Search Puzzle

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Shock

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Sissy

Stick

Stool

Discriminatory

Coups

CryptoQuote Puzzle

| A | В | C | D | E | F | G | Н | I | J | K | L | M | N | 0 | P | Q | R | S | T | U | ٧ | W | X | Y | Z |
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- Shaquille O'Neal

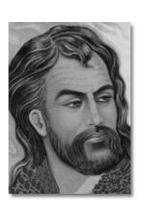
DATA MASTER: Breanna McDowell

Solution is on page 33



Whatever is procured in haste goes easily to waste.

Saadi



Even After All this time The Sun never says to the Earth, "You owe me." Look What happens With a love like that, It lights the whole sky.

Hafez

Logic Puzzle

| V | | F | irst I | lame | s | | Soft I | Orinks | 5 | | Deli I | Meats | ; | | | | | | | | | |
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| s con | ned beef | | | | | | | | | | _ | | | | zle | | | | | | | |
| ₩ li | verwurst | | | | | | | | | | | | | | de Ba | | | | | | | |
| | salami | | | | | | | | | | | | | | GH d mor | | zles | ao to | , | | | |
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| oran gra | nge soda | | | | | | | | 00pm 80pm | | \vdash | | | | | | | - | | | | \dashv |
| ľ | root beer | | | | | | | | 00pm | | + | | | | | | | | | | | \dashv |
| - | | | | | | ı | | 8:3 | 30pm | | | | | | | | | | | | | |

- 1. Either the one who drinks orange soda or the one who drinks root beer is Melody.
- The one who drinks root beer has an earlier reservation than the one who loves salami.
- 3. The one who drinks grape soda has an earlier reservation than Melody.
- 4. The person with a reservation at 5:30pm is not Clara.
- 5. The one who loves salami is not Courtney or Camille.
- The one who loves bologna never drinks cola or orange soda.
- 7. The one who drinks grape soda is not Courtney.
- 8. The person with a reservation at 8:00pm always orders bologna.
- Of Melody and the one who drinks root beer, one has the 5:30pm reservation and the other has the 8:00pm reservation.
- The one who loves corned beef loves to drink grape soda.

Quotes From Thinkers Around The World

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

Ralph Waldo Emerson

"I'm the one that's got to die when it's time for me to die, so let me live my life the way I want to."

Jimi Hendrix

"But better to get hurt by the truth than comforted with a lie."

Khaled Hosseini

"We are what we pretend to be, so we must be careful about what we pretend to be."

Kurt Vonnegut, Mother Night

"The fear of death follows from the fear of life. A man who lives fully is prepared to die at any time."

Mark Twain

We all carry within us our places of exile, our crimes, and our ravages. But our task is not to unleash them on the world; it is to fight them in ourselves and in others.

Albert Camus

A novel is never anything but a philosophy put into images.

Albert Camus

Instead of killing and dying in order to produce the being that we are not, we have to live and let live in order to create what we are.

Albert Camus

Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well.

Voltaire

It is forbidden to kill; therefore all murderers are punished unless they kill in large numbers and to the sound of trumpets.

Voltaire

The secret of being a bore is to tell everything. **Voltaire**

I disapprove of what you say, but will degend to the death your right to say it.

Voltaire

Common sense is not so common. **Voltaire**

Those who can make you believe absurdities can make you commit atrocities.

Voltaire

"To love. To be loved. To never forget your own insignificance. To never get used to the unspeakable violence and the vulgar disparity of life around you. To seek joy in the saddest places. To pursue beauty to its lair. To never simplify what is complicated or complicate what is simple. To respect strength, never power. Above all, to watch. To try and understand. To never look away. And never, never to forget."

Arundhati Roy

This was the trouble with families. Like invidious doctors, they knew just where it hurt.

Arundhati Roy

When you hurt people, they begin to love you less. That's what careless words do. They make people love you a little less.

Arundhati Roy

Until you make the unconscious conscious, it will direct your life and you will call it fate.

C.G. Jung

Everything that irritates us about others can lead us to an understanding of ourselves.

Carl Jung

A man who has not passed through the inferno of his passions has never overcome them.

Carl Jung

Knowing your own darkness is the best method for dealing with the darknesses of other people.

Carl Jung

The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.

Carl Jung

DATA MASTER: Breanna McDowell

This Month in History - Feb

18th

1932 Sonja Henie won her 6th straight World Women's figure skating title in Montreal

1937 Dust storms hit five states-in Kansas, Colorado, Oklahoma, Texas, and New Mexico

2001 Dale Earnhardt died in a crash during the Daytona 500

2005 Fox hunting with dogs becomes illegal in England and Wales

19th

1942 President Roosevelt signs Executive Order 9066 2004 Former Enron Corp. chief executive Jeffrey Skilling is charged

2008 Fidel Castro retires as President of Cuba

20th

1933 Repeal of the 18th Amendment 1986 The Soviet Union launches the world's biggest space station, Mir

21st

1947 Land Camera Demonstrated (1st Polaroid) 1965 Malcolm X Assassinated

1995 Steve Fossett becomes the first person to fly solo across the Pacific Ocean in a balloon

22nd

1879 1st Woolworth 5 Cents Store Opened 1967 The Tet offensive By North Vietnam Ends 1997 Scottish scientists announce Cloned Sheep (Dolly)

23rd

1945 US Marines Land On Iwo Jimaa and Take Control 1954 Polio Vaccines Start in United States 1991 Allied ground offensive against Iraqi forces begins

2009 Shares are their lowest for twelve years Dow Jones closes at 7,114.8

24th

1942 Voice of America goes on the air for the first time 1972 President Nixon visits the Great Wall of China

25th

1913 The Sixteenth Amendment, which paved the way for the United States adoption of income tax, was ratified

2010 2/3 of the worlds population using mobile phones

26th

1919 Congress established Grand Canyon National Park

1972 Buffalo Creek Valley Flooding

1995 Barings PLC, Britain's oldest investment banking firm, collapses

27th

1922 Nineteenth Amendment To The Constitution passed

1938 Los Angeles Flood Begins

1951 22nd amendment to the Constitution is ratified

28th

1954 DNA Double Helix Discovered

1975 Moorgate Underground Crash

1986 Olof Palme, the Swedish Prime Minister is shot dead

1991 Gulf War Ends

1993 Waco, Texas bloody gun battle

DATA MASTER: Doug WM Stone



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28 Closed Sunday

Logic Puzzle Solution

| 5:00pm | Camille | Grape soda | Corned beef |
|--------|----------|-------------|-------------|
| 5:30pm | Melody | Orange soda | Liverwurst |
| 8:00pm | Courtney | Root beer | Bologna |
| 8:30pm | Clara | Cola | Salami |

DATA MASTER: Nikki Hamilton

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See what we did there...
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"tree branch"...
"grow!"



The wound is the place where the Light enters you.

Rumi



A life without love is of no account. Don't ask yourself what kind of love you should seek, spiritual or material, divine or mundane, eastern or western...divisions only lead to more divisions. Love has no labels, no definitions. It is what it is, pure and simple. Love is the water of life. And a lover is a soul of fire! The universe turns differently when fire loves water.

Shams Tabrizi



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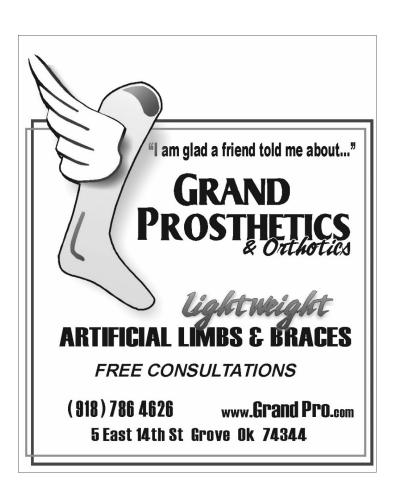
We have pop, candy, gum, mints, Gatorade, energy drinks, bottled water

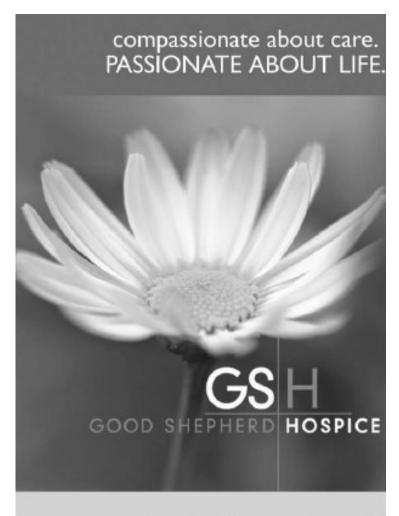
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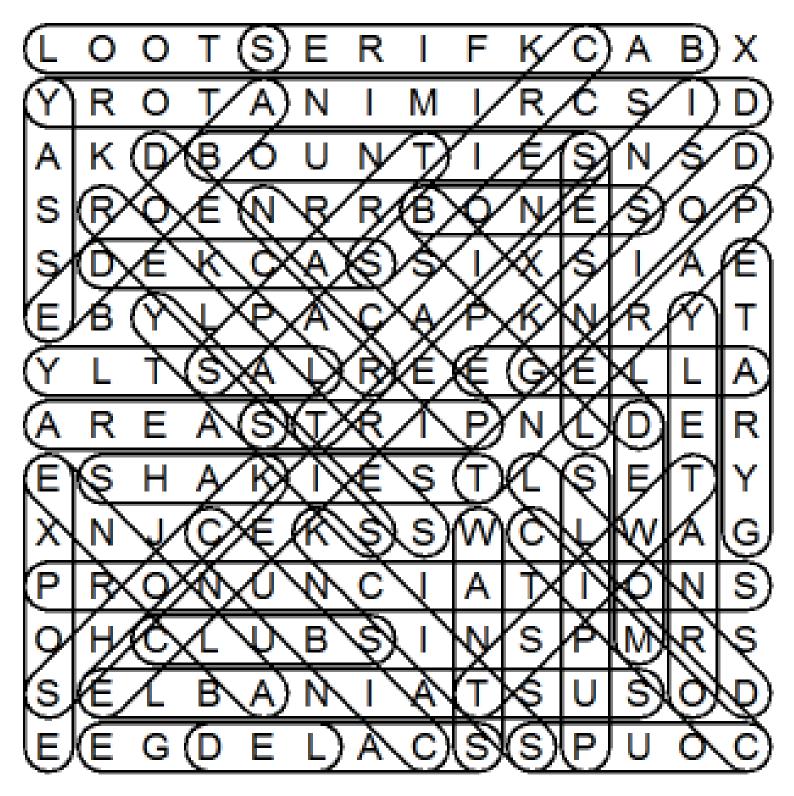
CryptoQuote Puzzle Solution

| | | | | <u> </u> |
|----------------|--------------|------------|--------------|----------------|
| | | 2 = | | 2 - |
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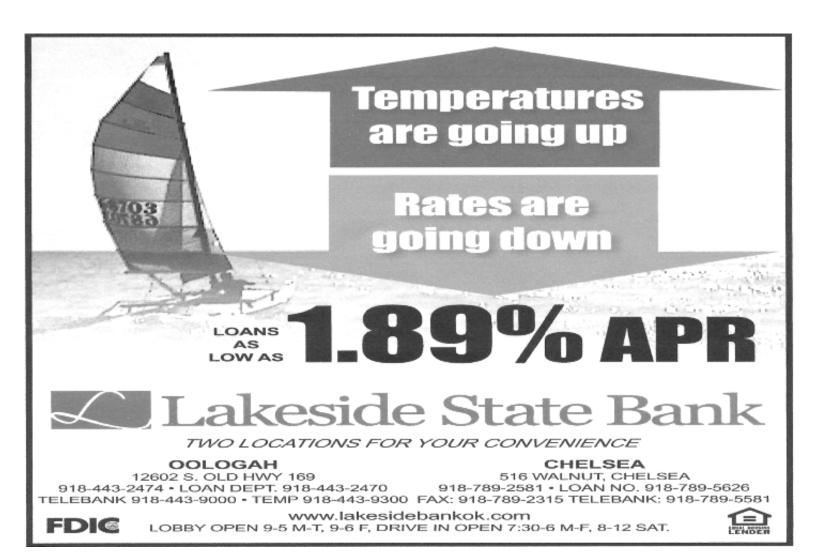
I'm tired of hearing about money, money, money, money, money. I just want to play the game, drink Pepsi, wear Reebok. -Shaquille O'Neal



Word Search Puzzle Solution



DATA MASTER: Nikki Hamilton



Sudoku Puzzle Easy Solution

| 6 | 8 | 7 | 3 | 2 | 9 | 5 | 4 | 1 | |
|---|---|---|---|---|---|---|---|---|--------------------|
| 1 | 2 | 9 | 5 | 6 | 4 | 8 | 3 | 7 | |
| 3 | 5 | 4 | 7 | 1 | 8 | 9 | 6 | 2 | Hamilton |
| 8 | 3 | 2 | 4 | 9 | 6 | 1 | 7 | 5 | ikki H |
| 7 | 4 | 5 | 8 | 3 | 1 | 2 | 9 | 6 | Z |
| 9 | 1 | 6 | 2 | 7 | 5 | 4 | 8 | 3 | IASTI |
| 2 | 6 | 1 | 9 | 8 | 3 | 7 | 5 | 4 | DATA MASTER: Nikki |
| 5 | 9 | 3 | 1 | 4 | 7 | 6 | 2 | 8 | <u> </u> |
| 4 | 7 | 8 | 6 | 5 | 2 | 3 | 1 | 9 | |

Sudoku Puzzle Moderate Solution

| 1 | 6 | 1 | 2 | 5 | 7 | 4 | 3 | 8 | 9 |
|------|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | |
| | 7 | 3 | 8 | 6 | 1 | 9 | 2 | 5 | 4 |
| | 5 | 4 | 9 | 8 | 3 | 2 | 7 | 1 | 6 |
| | 1 | 9 | 5 | 4 | 8 | 7 | 6 | 3 | 2 |
| | 2 | 6 | 7 | 9 | 5 | 3 | 8 | 4 | 1 |
| | 4 | 8 | 3 | 1 | 2 | 6 | 9 | 7 | 5 |
| | 9 | 5 | 1 | 7 | 6 | 8 | 4 | 2 | 3 |
| | 8 | 2 | 4 | 3 | 9 | 1 | 5 | 6 | 7 |
| 35 - | 3 | 7 | 6 | 2 | 4 | 5 | 1 | 9 | 8 |

Crossword Puzzle Solution

| W | Α | G | Е | R | | Τ | Н | E | R | М | А | L |
|---|----------|---------|-----------|-----------|---|-----------|---|----------|---|-----------|----------|-----------|
| Н | | Α | | ш | | | | Χ | | Ш | | |
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| | | Þ | | O | | \supset | | ш | | Ш | | ß |
| Е | | O | 0 | \supset | Z | Τ | Ш | R | F | Ш | | Т |
| R | | Η | | | | | | 0 | | N | | Ш |
| Α | М | E | Ν | | E | D | | N | 0 | Τ | Е | |

DATA MASTER: Eric Peachey







Have patience. All things are difficult before they become easy.

Saadi

Some Riddles

- 1. A boy has as many sisters as brothers, but each sister has only half as many sisters as brothers. How many brothers and sisters are there in the family?
- 2. In 2000, a 40-year-old doctor told his son that when a little boy he decided to be a doctor by seeing a internet web site about performing a heart transplant on a puppy with a defective heart so that the puppy would live a normal life. I then thought that I would be a doctor so that I could help people in a similar way. What is the defect in this story?
- 3. A prisoner is told "If you tell a lie we will hang you; if you tell the truth we will shoot you." What can he say to save himself?
- 4. Marking mortal privation, when firmly in place. An enduring summation, inscribed in my face. What am I?
- 5. A boy Was Born In 1955 he just had his 18th birth day today how did that happen
- 6. A man phoned his daughter to ask her to buy a few things he needed for a trip. He told her she would find enough dollar bills for the purchase in an envolope on his desk. She found the note with 98 written on it. In the store she bought \$90 dollars worth of things, but when it was time to pay she not only did have \$8 left over but she was short. By how much and why?
- 7. My first is often at the front door. My second is found in the cereal family. My third is what most people want. My whole is one of the United States.

Answers:

- 1. Four brothers and three sisters.
- 2. The internet did not exist when the doctor was a little boy.
- 3. You will hang me.
- 4. A Tombstone.
- 5. 1955 is not the year he was born it was the hospital room he was born in
- 6. (A). \$4. She had read 86 upside down. (B). Turn 9 upside down and exchange it with the 8. Both columns will add to 18.
- 7. Matrimoney. (mat + rye + money). Matrimony is certainly a "united state"!

DATA MASTER: Breanna McDowell

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Grand Prosthetics & Artificial

Limbs Grandwood

Grove Eye Center Grove Sr. Citizens Harps Grocery

MidCo Clothes & More

Rancho Viejo Tom Cat Corner

Jav

Sinclair Station

Delaware County Library Jay Senior Citizen's

Savannah Park Apartments

Ketchum

Buddy's Foods

Langley

4 State Insurance Betty's Beauty Shop Langley Drug

Reasor's Grocery Store

The Dam Stop

Miami

Marvin's Grocery Miami DHS Miami Library Miami Senior Citizen

Windridge

Wal-Mart Supercenter Lil Café (Commerce)

Nowata

Eagle Fuel D&L's Wash & Dry Homeland Katie's Donuts Nowata Depot Café

Nowata Senior Citizens Cen-

Ranch Supply Regent Bank

Reid's Discount Pharmacy

Oologah

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

Pryor

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Prvor DHS **Pryor Library**

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Sinclair's

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Spavinaw

T-General Store

Vinita

Burrough Manor Carter's IGA

El Cabrito Mexican Restau-

rant

Grand Lake Mental Health

Heartsworth House McSpadden Fast Lube Midco Clothes & More

Sam's Tire V & V Drug Vinita DHS Vinita Post Office Vinita Public Library Vinita Tag Office Wood Shed Young's Tire

Welch

Happy Cow Spinners

Thomas Funeral Home Welch State Bank

White Oak

The Rancher Convenience/ Deli



Have patience. All things are difficult before they become easy.

Saadi



Have patience. All things are difficult before they become easy.

T. S. Eliot



Instead of resisting to changes, surrender. Let life be with you, not against you. If you think 'My life will be upside down' don't worry. How do you know down is not better than upside?

Shams Tabrizi

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Monday -Friday 8am to 4:00pm



Out beyond ideas of wrongdoing and rightdoing there is a field. I'll meet you there. When the soul lies down in that grass the world is too full to talk about.

Rumi

JEWELS FROM THE WORD

MY VALENTINES

My Valentines from first grade showed up at Mother's home a few years ago. What a treat! Names I hadn't thought of in 30 years showed up wishing me Happy Valentine's Day. Be Mine. U

R sweet. With love. Best friends.

In 1999, Mother's home was flooded with 3 feet of water, the third time since she has lived there. The first two times, in the 1960s, were disastrous, but this time was a blessing in disguise. Mother never throws much of anything away, so as we started going through the wet things in her home, we ran across items that would normally have been discarded.

Most people of our generation only get to go through their parent's home after a death or a move to the nursing home, so we felt privileged to be able to do it with Mother still alive. (She will be 87 later this month.) We made a party out of it. We could laugh and cry over things we found; some could be salvaged, some could not, so the things we had to throw away we treasured for that moment, then tossed in the trash.

We discovered that the valuable items were not hurt by the

Lavon Hightower Lewis To read more devotioals, go to: http://jewelsfromtheword.com/ Email me at llewis2138@sbcglobal.net

flood. Letters from my daddy when he was away in World War II dried out nicely. Most photos were not ruined by water; they were separated and allowed to dry naturally. The edges curled, but the images were fine. The old solid-wood furniture wasn't damaged; the cheap pressed wood stuff fell apart. The stuffed furniture and bedding had to be replaced, but most appliances dried out and worked fine.

During that time we discovered just where our priorities were. Mother was fine, after being taken out of her home by two nephews walking a rowboat through her yard up to her doorstep. Even if she had lost everything, we have her and that is all that matters.

You cannot take your first-grade Valentine cards to heaven with you. Your pictures, your antique furniture, your knick-knacks and fine china will pass to someone else. Your money will be left behind.

I Cor. 13:13 says And now abide faith, hope, love, these three; but the greatest of these is love.

What can you take to heaven with you? Only the ones you love.

DATA MASTER: Doug WM Stone

