

# LINKS

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Volume 20, Issue 13

*"The Little Green Paper"*

July 05, 2019

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## Community Options, Inc. Celebrating Twentieth Anniversary

Twenty years of uninterrupted support of people with disabilities by promoting individualization, independence, dignity, and community inclusion



We invite you and the community to come join us to celebrate 20th anniversary:

**Date:** July 12, 2019

**Time:** 1:00pm to 5:00pm

**Enjoy games, refreshments and door prizes**

Community Options, Inc. was founded by Pat Fitzgerald, Grace Peterson, and Connie Patrick in July 1999.



Pat Fitzgerald

The company was established on 50 years of reputable experience of supporting people with disabilities.



Grace Peterson

Community Options, Inc. started small with two clients for vocational services. Today, we have Residential Services in the surrounding counties and four Vocational sites, Community Links of Chelsea, Clothes and More in Claremore and

Vinita, and Little Green Shop in Chelsea.

Community Options, Inc. maintains an open-door policy encouraging clients and staff to come visit management at any time. The main goal of the company is discovering vision, creating opportunities,

and delivering support to individuals to assist in discovery and move toward an independent future.

Community Options, Inc. strives to maintain a warm family environment that encourages communication, creativity and independence. Community Options, Inc. believes employees are a crucial element that made it possible for the company to expand and offer these services to enrich the lives of adults and children who are mentally and/or physically challenged. Community Options, Inc. vows to continue to strive toward improving the lives of disabled individuals and give them hope for tomorrow.

## 14-Year-Old Boy Fights Off Leopard, Saves His 7-Year-Old Cousin

A 14-year-old boy saved his 7-year-old cousin from the jaws of a leopard in a village near Thane, India.



Naresh Kaluram Bhala and Harshad Vitthal Bhala were playing outside and searching for berries when the leopard attacked Harshad.


Naresh used a stick to beat the leopard off of his cousin.

The boys' grandmother came rushing to their aid as the leopard fled.

The local police station congratulated the boys for their bravery.

"Naresh showed unusual courage for such a young lad to save his cousin," policeman Suhas Kharmate said.

DATA MASTER: Steven Burdick



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# Disaster Field Operations Center West

**Release Date: June 18, 2019**  
**Release Number: OK 15973-03**

**Contact: Richard A. Jenkins, (916) 735-1500,**  
**Richard.Jenkins@sba.gov**

## **SBA to Open Business Recovery Center in Muskogee to Help Businesses Impacted by Severe Storms, Straight-line Winds, Tornadoes and Flooding**

**SACRAMENTO, Calif.** – The U.S. Small Business Administration and the Oklahoma Small Business Development Center today announced the opening of an SBA Business Recovery Center in Muskogee on Monday, June 24, to provide a wide range of services to businesses impacted by severe storms, straight-line winds, tornadoes and flooding that occurred May 7 - June 9, 2019.

“Due to the severe property damage and economic losses the severe storms, straight-line winds, tornadoes and flooding inflicted on Oklahoma businesses, we want to provide every available service to help get them back on their feet,” said SBA’s Director Tanya N. Garfield of the U.S. Small Business Administration’s Disaster Field Operations Center-West. “The center will provide a one-stop location for businesses to access a variety of specialized help. SBA customer service representatives will be available to meet individually with each business owner,” she added. No appointment is necessary. All services are provided free of charge. The center will open as indicated below.

### **MUSKOGEE COUNTY**

#### **Business Recovery Center**

**Indian Capital Technology Center - Building C**  
**2403 North 41st St. East, Room 300**  
**Muskogee, OK 74403**

**Opens 8:00 a.m. Monday, June 24**  
**Mondays - Thursdays, 8 a.m. - 5 p.m.**

“SBA customer service representatives will meet with each business owner to explain how an SBA disaster loan can help finance their recovery. They will answer questions about SBA’s disaster loan program, explain the application process and help each business owner complete their electronic loan application,” Garfield said.

According to State Director Michele Campbell, Oklahoma Small Business Development Center business advisors are available by appointment to provide business assistance to clients on a wide variety of matters designed to help small business owners re-establish their operations, overcome the effects of the disaster and plan for their future. “Services include assessing business working capital needs, evaluating the business’s strength, cash flow projections, and most importantly, a review of options with the business owner to help them evaluate their alternatives and make decisions that are appropriate for their situation,” she said.

According to Garfield, businesses of any size and private nonprofit organizations may borrow up to \$2 million to repair or replace damaged or destroyed real estate, machinery and equipment, inventory, and other business assets. These loans cover losses that are not fully covered by insurance or other recoveries.

For small businesses, small agricultural cooperatives, small businesses engaged in aquaculture, and most private, nonprofit organizations of any size, SBA offers Economic Injury Disaster Loans to help meet working capital needs caused by the disaster. Economic Injury Disaster Loan assistance is available regardless of whether the business suffered any property damage.

For business owners who are unable to visit the business recovery center, they may apply online using SBA’s secure website at <https://disasterloan.sba.gov/ela>.

SBA representatives will meet with business owners and residents at disaster recovery centers located throughout the impacted area as they are established. For a list of locations, or to receive additional disaster assistance information, visit SBA’s website at [www.sba.gov/disaster](http://www.sba.gov/disaster). Applicants may also call SBA’s Customer Service Center at (800) 659-2955 or email [disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov) for more information. Individuals who are deaf or hard of hearing may call (800) 877-8339. Completed applications should be mailed to U.S. Small Business Administration, Processing and Disbursement Center, 14925 Kingsport Road, Fort Worth, TX 76155.

**The deadline to apply for property damage is July 31, 2019. The deadline to apply for economic injury is March 2, 2020.**

# A Helping Hand for a Brother and Sister Original Written by Harrysran, Posted on Jun. 18th, 2019

One day, I went to Safeway a little late at night. There were only Two cash Registers open at 12 AM, and a woman and her younger brother were ahead of me. They had a bag full of food and were using their food stamps to pay it off. Unfortunately, there was not enough in their budget to afford the food they had bought.

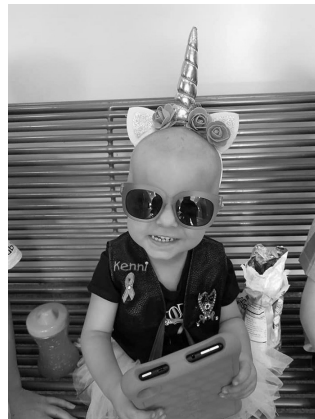
The woman and her brother had already held up the line by asking the cashier if there may have been an error. The cashier called someone, who then pulled them to the side to explain everything. Then the cashier started to check my stuff out, I asked the cashier what the price was for the food they had bought.

It totaled around \$45 and I told her I would pay for it. After paying for the groceries, I left Safeway before they were told by the cashier that their groceries were paid for. I don't know what their reaction was or what they said, but I hope I relieved a little of their stress. I think it is best to help someone anonymously instead of telling everyone about it, that way it benefits both sides.

DATA MASTER: Nikki Hamilton

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# Toddler Diagnosed With Rare Ovarian Cancer Is Now Cancer-Free



In February, Kenni was diagnosed with stage 3 ovarian cancer.

After surgery to remove the tumors and four rounds of chemotherapy, parents Mike and Meagan Xydias received the good news of their daughter's clear bill of health.

"Today, we saw the oncologist and were told that all of Kenni's scans were clear. No evidence of disease in her abdomen (everything that was left over after surgery has been taken care of). X-rays showed no evidence of disease in her chest (so nothing spread)."



"We can't say 'Thank you' enough to everyone for all of the love, support, and prayers that our sweet Kenni and family have received over the last four months," Meagan wrote in a Facebook post.

Now that Kenni is cancer-free, Mike and Meagan are sharing their advice with other parents. They also plan to pay it forward for all the support they received over the past four months.

"People are genuinely good and they want to help," Mike told GMA. "[We want to] pay it forward to everyone who helped us."

# Scientists Are Using Music To Help Build The Brains Of Premature Babies

Researchers in Switzerland have discovered that certain music helps strengthen brain development in premature babies.



Babies born very prematurely are at high risk of developing neuropsychological disorders, so researchers at the University of Geneva (UNIGE) and the University Hospitals of Geneva (HUG) proposed a unique solution: music written especially for them.

Results published in the Proceedings of the National Academy of Sciences (PNAS) in the United States, show that the neural networks of premature infants who have listened to this music, and in particular a network involved in many sensory and cognitive functions, are developing much better.

The Neonatal Intensive Care Unit at the HUG welcomes each year 80 children born between 24 and 32 weeks of pregnancy. The vast majority will survive, but half will later develop neurodevelopmental disorders, including learning difficulties, attentional or emotional disorders.

"At birth, these babies' brains are still immature. Brain development must therefore continue in the intensive care unit, in an incubator, under very different conditions than if they were still in their mother's womb," said Petra Hüppi, professor at the UNIGE Faculty of Medicine and Head of the HUG Development and Growth Division, who directed this work.

"Brain immaturity, combined with a disturbing sensory environment, explains why neural networks do not develop normally."

As the hearing system is functional early on, music appeared to be a good option.

"Luckily, we met the composer Andreas Vollenweider, who had already conducted musical projects with fragile populations and who showed great interest in creating music suitable for premature children," said Hüppi.

To choose instruments suitable for premature babies, Andreas Vollenweider played many kinds of instruments to the children, in the presence of a nurse specialized in developmental support care. "The instrument that generated the most reactions was the Indian snake charmers' flute (the punji)," said Lara Lordier. "Very agitated children calmed down almost instantly, their attention was drawn to the music!"

Researchers found that without music, premature babies generally had poorer functional connectivity between brain areas than full-term babies, confirming the negative effect of prematurity.

The first children enrolled in the study are now 6 years old, at which age cognitive problems begin to be detectable. Scientists will now meet again their young patients to conduct a full cognitive and socio-emotional assessment and observe whether the positive outcomes measured in their first weeks of life have been sustained.

DATA MASTER: Steven Burdick

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Marie White Agent

# Being Homeless For 2 Yrs Of College Was The Best Thing To Ever Happen To Me

I grew up 3 hours outside of Pittsburgh, PA with my mother and 3 younger siblings. My mom was a single mother and worked a minimum wage job, so we never had much, but that was ok, we made ends meet anyhow. Freshman year of HS I got a job at a local bakery and immediately started saving money for college, to help out around the house, and to buy myself a car.

Junior year of high school I bought a 2002 Dodge caravan. Senior year I was accepted into the University of Pittsburgh and received some academic scholarships that covered my tuition. Room and board were not covered so I opted to pay for the meal plan but not the housing because it was way too expensive for me.

Whenever it was time to head out for college I scrapped all of the back row seating in my caravan (the old caravan seats were removable) and I purchased a twin mattress and laid it on the floor of my van, I also saved enough money to have my windows tinted. I purchased a parking pass on campus, chose a spot on the top level of the parking garage and lived out of my van for the next 2 years.

Like I said, this was the best thing to ever happen to me, did living out of a van suck? Of course it did. The weather in Pittsburgh sucks. Super hot and humid in the summer time and freezing cold and snowy in the winter time. That being said, being homeless forced me to take advantage of everything the campus had to offer since I wanted to spend as little time in my van as possible. I ended up spending most of my time throughout the week at the library and consequentially ended up studying and reviewing classroom material a lot more than I would have if I had the luxury of going home and turning on the tv or falling asleep for hours in my room.

I frequented my professors office hours if I had questions about course material after class was over because what else did I have to? Go sit around in my hot or freezing cold car? I ended up getting really close to some of my professors because of this, and it really helped me excel in the classroom.

Our campus had a free gym available to students, complete with locker rooms and showers, so every morning I would wake up at 6 am, head to the gym. Workout

for an hour and a half or so, take a shower at the gym, then go about the rest of my day. I learned a lot about my body during this time and absolutely fell in love with physical fitness. I was able to construct work out routines for myself that I still follow everyday, I also ended up doing a lot of jogging around campus and frequented Schenley Park and really develop an appreciation for the outdoors.

I attended a lot of social events, guest speakers, plays, charities, student life events around campus too and this was really good for me because I ended up meeting a lot of new friends by attending all these things. Prior to college I would have considered myself and introvert, I didn't really speak much unless spoken to, but again not wanting to sit around in my van all day made me venture outside of my comfort zone and do new things and I really developed an outgoing personality because of it.

Other than that my time was spent with my new found friends or working at the campus book store.

Junior year I moved into a house with a group of friends and stayed there senior year too. All of those girls are still my best friends 7 yrs later.

Even after I moved out of the van I continued to spend hours at the library, working out everyday, attending events, etc and I really think that having to deal with the struggles that I had to go through really made me into a better person.

Since then I got a really got job and have been helping my siblings prepare for life after hs and I've even been able to help my mother out a little bit.

It just feels good

DATA MASTER: Eric Peachey

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## Claremore Nursing Home - Employee of the Month



Bart Sanders, Maintenance Supervisor was voted Employee of the Month by the Resident Council. He has worked for this facility for 7.5 years. He was born in Bartlesville OK on August 23, 1978. His beautiful wife of 14 years is also employed here. They have no children but have raised numerous nieces and nephews.

Bart became a Black Belt in Taekwondo and Jujitsu in his teens. His hobbies are tractoring, fishing and video games. When asked what he loved about our facility he said "That's easy —The Residents."

**If you would like to join, "Bart Sanders" as a Certified Nurse Aide, please apply in person. Now taking applications for Certified Nurse Aides both days and nights. Must pass a background check. New pay scale for CNA's.**

*"They may forget your name, but they will never forget how you made them feel."*

*Maya Angelou*

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# COW STORIES FROM REAL DAIRY FARMERS



Every day, dairy farmers go to great lengths to care for their cows – the humans can't rest until the cows are comfortable. So we asked some of our real farm wives to share the times they went the extra mile.

## A Calf in the House

Jodi Jackson

We had a newborn calf whose mother had stepped on and broken her leg. I wrapped her up in a blanket, put her in the front of the truck in the floorboard and took her to a veterinarian, who casted her leg. I then kept her in our house, and fed her a bottle two to three times a day until she got her strength back. The room where I was keeping her had a tile floor, so she soon needed to be returned outside – not only was I ready to quit cleaning up after her, but she also needed to get traction on the dirt to start moving around and get her mobility back.

## Sneaking Extra Feed

Jodi Jackson

I've kind of got a soft spot for an older cow in our herd. The other cows are always pushing her away from the feed, so when I go out to the pasture, I'll bring extra feed and call her over to the other side of the truck, out of sight of the rest of the herd, and give her a little extra handout. I have to be very quiet so as not to let the other cows know what's going on, or they'll catch on to my little trick.

## Losing All My Blankets

Tara Vander Dussen

During the cold months on our dairy, we take extra precautions to care for our newborn calves. We try to get them indoors and dried off as quickly as possible. We

have a heater in the barn and heat lamps above each of them. They each have their warm bottles of milk. We want them to be nice and toasty! Earlier this year, we had a major snowstorm. You might have heard of it: winter storm Goliath.

Well, Goliath created some extremely cold temperatures. Our normal cold weather routines were not enough. We decided to use some blankets to wrap them up with and add to their beds. Well, the dairy only had so many blankets and towels on hand. And during the storm there was no "running to town" to get more supplies, since the roads were closed. Luckily, our house is only about 200 steps to the dairy barn. I collected every blanket I could from my house, including most of the blankets I store in my coffee table, old college dorm blankets, throw blankets and even some extra blankets from my daughter's nursery. Well the storm passed and now we are back to business as usual, but I never got my blankets back. It's OK though, because every time we have a colder night, I can go into the barn and still see my family's blankets laid down for the calves to keep them warm. Seeing them reminds me how important our cows and calves are to us.

## Preemie with a Snake Bite

Anita van der Laan

Our heifer was born about five weeks premature. About 25 lbs. No hair – in February. I fed her six times a day: 4 a.m. was her first bottle and 11 p.m. her last. She lived in our house for a couple days, then in a box with two heat lamps. After she got weaned, she got a snakebite, and we had to drain her leg for weeks, with icepacks every night. Now, she's doing super and is just as big or bigger than the rest of herd. She got pregnant and the girl delivered twins!

## The Cow that Saved My Life

Anita van der Laan

This story is not what I did for the animal, but what she did for me. She found my breast cancer. I still truly believe she was an angel send from God to help me. I would not have found the lump this early or easily.

Gemma found my cancer by bumping me in that breast. I remember it very well. It hurt a lot. For days. So I started feeling around. Big bruise on the inside. It got a little smaller but then it stopped getting smaller and just stayed the same. And it was hurting. Cancer doesn't hurt, so they say. My doctor was really thinking it was an infection from the bruise. I had a differ-



ent feeling from day one. Finally, three months and three visits later, I asked him about a sonogram. He agreed. They found fluid in an abscess – not a sign of cancer. Still, I was pushing for a biopsy. When they did that, I knew it. I've seen enough cancer tissue with the cows. It was the same.

If it was not for Gemma, I would have found it even later. I'm SO THANKFUL she bumped me that hard in my breast. God knows how to send you a message. I know I'm not always listening to people; he knew I had to have a cow speak to me. Cows are my life, and now one saved my life.

We lost her when I was going through chemo. It broke my heart when she died. It was in matter of hours. They found her and she did not respond to anything. First, I was so upset and cried. But know I'm at peace with it. It just confirmed to me that she was that special angel and had to go help other people. Angels don't always come in the form we think they do. God sends them in the form you need. It was a Brown Swiss calf for me.

Since then she has had two sisters: Gloria and Gertrude. Both names mean "glory to God." They will go to Stillwater this year and will be shown. I will be crying again when they go in the show ring, but happy tears and so thankful.

DATA MASTER: Karen Deffenbaugh



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# D-Day Veteran Reunites With Lost Love After 75 Years Apart



An American soldier has been reunited with the French woman he fell in love with in World War II — 75 years later.

Army veteran K.T. Robbins had never forgotten the French girl he had fallen in love with in 1944 while he was fighting in France. He held on to a photograph of her as the only reminder of the time they shared together when he was 24 and she was 18.

During an interview with a French news station, Robbins described his World War II experience, and he showed them the old photograph of Jeannine and reminisced about their time together.

The reporters tracked down Jeannine in France, who was living just 40 miles from where they first met.

Last week, Robbins returned to France for the D-Day commemorations and the news station reunited the long lost lovers.

DATA MASTER: Breanna McDowell

# Divers Set World Record For Cleaning Trash From Ocean Floor



633 divers picked up litter from the sea floor near the Deerfield Beach International Fishing Pier in Florida.

The record was overseen by Guinness officiator Michael Empric, who flew from New York to do the official head count.

Divers had to stay in the water for at least 15 minutes to count towards the record.

It is still not known exactly how much trash was collected, the Sun Sentinel reports. But diver and environmentalist RJ Harper reported that divers collected 1,600 pounds of lead fishing weights alone.

"Obviously, trash was collected, but the beauty of it is with 633 divers, we were able to do a very thorough cleaning," Harper told the news outlet.

The previous record for the most divers taking part in an underwater cleanup was 614, in a dive organized in the Red Sea in Egypt in 2015.

"It doesn't matter what happens today with the Guinness World Records," said Empric. "What really matters is that everyone is out there cleaning up around the pier and trying to improve the community."

DATA MASTER: Doug WM Stone

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## My Dad Is A Hero

My dad works at an automotive plant and while working he noticed the lights flicker and heard a noise indicative of electrocution. He ran to the area and saw three men standing outside of a machine in shock. When he asked if everyone was okay they said no and that someone was dead.

My dad asked if someone was in the machine still and when they answered yes he ran inside, felt for a pulse (there was none), pulled him out of the machine and brought him to the ground floor.

My father had radioed his coworker who was a volunteer paramedic at the plant already and when his friend got there they cut his shirt off, preformed cpr, and used an adp on him.

Everyone truly believed this man was dead but my dad said he could just feel that he wasn't, that he saw life in his eyes still.

The man is alive today after receiving more than 14,000 volts of electricity, only losing a pinky finger in the trauma.

The electricity entered through his finger and out of his elbow.

My dad and the few others who helped are hero's and his humility makes it 10x more amazing.

DATA MASTER: Karen Deffenbaugh

## Our Best Friends


I woke up with drool on my pillow this morning. I wouldn't have minded except it wasn't mine. The alarm clock rang, I reached over to turn it off, and then as I laid my face back down on the pillow I felt the wet, slimy drool on my pillow case. I opened my eyes and saw a smiling, panting, furry face gazing down at me. I tried to get up but she was too fast. My face was suddenly covered in kisses with one slurp going straight up my nostril and another right in my ear. I laughed, reached out, picked up the 8 pound love machine and held her away from my dripping face. It was just another morning in a life with dogs.

Why do we welcome these guys into our homes and into our hearts? We know going in that we are most likely going to outlive them and have our hearts broke when they age quickly and pass away after ten to fifteen years. We know going in that there will be vet bills, flea baths, and enough shed fur to make a vacuum cleaner cry. We know going in that our ears will ring from the barking, that we will be picking up poop every single day, and that we will never get to finish a full sandwich again.

Yet, we also know going in that when we are feeling down or blue there will always be a furry head on our lap needing to be petted. We also know that when we get home after a long day's work there will be a happy face at the door waiting for us. We also know that our lives will be full of balls to throw, bellies to scratch, antics to laugh at, and a love and loyalty that will warm our hearts and uplift our souls for all of our days here.

For thousands of years now dogs have been our best friends. They remain one of the greatest gifts God has ever given to us. And even if they can't love us for the rest of our lives, they will always love us for all of theirs. Thank you dear God for dogs.

DATA MASTER: Doug WM Stone



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# Police Officer Talks Suicidal Man Off Bridge By Offering A Hug

A police officer in Chandler, Arizona, saved a man's life by offering the man a much-needed hug.

The Chandler Police Department released footage of the incident in which a 26-year-old man climbed the railing on a bridge over Highway 101 with the intent to jump.

Officer A. Little arrived at the bridge and, after developing a rapport with the man, Officer Little was able to convince him to climb off the railing and back to safety.

"I'll hug you, man. I just want to talk to you. I swear," Little says in the video.

"Come give me that hug."

The man can then be heard crying as he hugs Officer Little.

DATA MASTER: Eric Peachey



# Substitute Teacher Gives Shoes Off His Feet So Student Can Walk Across Graduation Stage

A substitute teacher is being praised for his act of kindness toward a 5th grade student on graduation day.

The student's shoes broke shortly before he walked across the stage to graduate from George Mason Elementary in Richmond, Virginia.

The school's guidance counselor brought the student and his mother to the art teacher hoping to find some supplies to patch the boy's shoes back up.

But the supplies didn't work.

That's when Vohn Lewis, known to most as Mr. Lewis, stepped in and saved the day.



But Lewis did ask the boy for one thing in return.

"I told him that he had to make a promise to me because it was nothing for me to do something like that for him," Lewis said. "But he has to keep in mind that one day he's going to be in the position of Mr. Lewis and he has to do the same thing."

DATA MASTER: Breanna McDowell

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# The Unlikely Service That Helped Save My Life

I started having this strange feeling of loneliness, self-pity, and sadness in my first year in college. I had no idea what it was, but one thing I knew was that it all started when my teacher called me out in front of the whole class for not carrying out the tasks that were assigned to me.

My name is Eric Silver, and this is my story. I was a brilliant student in school, even though I could be nonchalant sometimes, which I felt was commonplace amongst kids my age.

I was given a task by my teacher, which was to make a list of items needed for a particular class experiment. She, as always, saw me as this care-free and unserious person, and so she wanted to start tasking me with responsibilities, even if it wasn't necessary. I never took this to heart until she called me out in front of the whole class. After that experience, I couldn't listen in class; thoughts of that scenario kept playing in my head and my grades dropped drastically. Unfortunately, no one noticed anything, so I felt it was just a part of me. There was this particular incident, where I approached a couple of students and told them (jokingly) about my intentions to burn down the whole school for making students feel slow. After that, my friends started avoiding me, thinking I was acting weird. I was. Immediately after that, my parents advised me to see a doctor. My father felt that maybe I was stressed. My mother, on the other hand, knew. I will get to that in a moment.

I refused help because I thought they were treating me like a sick person. I started imagining weird things. One minute I was overly excited, while the next minute I was all moody. At this point, I had been withdrawn from school; they felt I might be a danger to other students. My family couldn't pinpoint what was particularly wrong with me, and I refused every form of therapy advised. The class incident was always in my head; I was stigmatized. Whenever my parents mentioned treatment, I would retort with "nothing is wrong with me." Until I reached a breaking point and couldn't go on any longer by myself. I needed help.

Now, therapy isn't new to me. Neither is bipolar disorder. My mother has suffered from it for as long as I can remember, and has been in therapy for years. But, this is something I always tried to black out. I never took the time to learn about it. After weeks of finally understanding what bipolar disorder is, I realized I was in

serious need of therapy. Unfortunately, therapy is costly and definitely out of my budget. So, I decided to look for alternatives. That was when I stumbled upon online counseling.

Although I initially was filled with excitement, online counseling was new to me. In fact, it's still considered new even today. That initial excitement died down, but I didn't give up. I learned that this type of service had experienced therapists who help patients suffering from mental health disorders – all via the internet. I (hesitantly) applied for a service, and I was assigned to a therapist who started engaging me multiple times a week. I was ultimately diagnosed with "bipolar disorder" as I suspected. "I'll help you manage it." That was what she said to me.

At first, it was boring and annoying, but my parents, specifically my mother, kept telling me to continue with it, which I did. I started noticing significant changes in my behavior. I could sleep better, eat well, talk amongst people, and do other stuff I couldn't do before. After a few weeks, I finally felt like myself again, due to the help of my online therapist.

For those of you out there that have any mental health disorder, this is my recommendation. If you are scared of getting professional help because of the shame or stigma, there are alternative options you can consider like online therapy. If you can't afford therapy like most people, try it out, at least for a few weeks. Recognize that you need help and your issues won't go away on their own, and are likely to worsen if left untreated. There are a range of benefits to counseling. You would be wise to take advantage of that.

About the author:

Eric Silver has been helping a close family member learn to cope with depression for nearly twenty years. Over the years, he's developed a passion for mental health awareness. Mr. Silver has researched and written extensively within the mental health area, specifically in regard to bi-polar, depression, stress, and anxiety issues. You can follow his writing at [E-counseling.com](http://E-counseling.com), where he is an editor.

DATA MASTER: Nikki Hamilton

# History of Inclusion & Improvement in Educating Students with Disabilities

**Inclusion Strategies for Mainstreamed Classrooms /  
By Stephanie Torreno / Special Ed Info Teachers & Parents**

## **A Legal History of Inclusion**

Educators continue to debate and determine the best ways to teach students with disabilities. As more children with physical, intellectual, emotional, and other impairments learn alongside typical children, teachers continue to discover how to include these students in their classroom. Challenges, as well as benefits, of inclusion continue to emerge for educators, children with disabilities, and their non-disabled peers. However, nearly everyone agrees that education for students with disabilities has improved greatly. Taking a look at the legal history shows just how much progress has been made in educating students with disabilities in the United States, and how much more is needed.

## **The Beginning of Special Education**

As recent as a hundred years ago, children with disabilities received little, if any, formal education. In the tradition of segregating students during the middle to late 19th century, special schools for those with disabilities continued to be created in the early 1900s. These schools claimed to educate children; however, they primarily served as residential facilities and institutions. Even in 1918, as states began creating a nationwide public school system, children with disabilities were usually excluded.

Between 1850 and 1950, special classes with people trained to care for individuals with disabilities began to develop as teachers noted differences among students. During these years, groups of parents of children with developmental disabilities started schools and programs. Although these developments were sporadic, they began to positively change ideas about teaching these children. Attitudes continued to change in the mid-1920s as educators began to see the value of education and community involvement for individuals with disabilities. Still, children continued being placed in institutions as many parents believed these facilities offered the only educational opportunity available to their child. Special education was typically only offered in large cities.

## **Improved Educational Opportunities**

While the Supreme Court ruled in 1954 that students

could not be separated in schools because of race, the parents' movement worked to change the belief that individuals with disabilities could not be taught. The movement additionally improved conditions in state institutions, created educational and employment opportunities, and proposed legislation. In public schools, however, more than a million students were excluded and another 3.5 million did not receive appropriate services. As many laws specifically exclude children with certain disabilities, only one in five have the right to an education.

## **IDEA**

Beginning with the Rehabilitation Act of 1973 and its amendments of 1986 and 1992, employment and educational rights of people with disabilities were guaranteed from institutions receiving federal funding. Then, with the passage of the Individuals with Disabilities Education Act (IDEA), all school districts were required to develop and provide a free, appropriate public education for all children. The first major legislation of its kind, IDEA required that education be provided in the least restrictive environment for each child, meaning that students with disabilities should be taught in neighborhood schools in general education classes.

The U.S. Court of Appeals ruling, with *Timothy v. Rochester School District*, established that all school districts have the responsibility for educating every child, including those with disabilities. The Americans with Disabilities Act of 1990 further protected school-aged children with disabilities outside of education in employment and access to public and private services.

## **Inclusion: Another Way to Educate**

Although still rare in many school districts, real special education inclusion began in the 1990s when children with physical disabilities gained access to neighborhood schools. For children with developmental disabilities in 1993, though, separate classes remain the norm. The reauthorization of IDEA in 1997 guaranteed more than access to education for students with disabilities; it ensured the rights to a quality education and quality outcomes. Another reauthorization of IDEA

occurred in 2004 to align it more closely with the general education No Child Left Behind Act of 2001, while retaining, expanding, and clarifying important elements of the 1997 law.

The onset of inclusion has resulted in over 90% of students with disabilities receiving education in typical schools and almost half were included in the general classroom 80% of the day during the 1999-2000 school year. An increasing number of students with disabilities are graduating from high school, with over half earning a diploma. Full inclusion is still years away, though, as millions with disabilities learn in special education classrooms.

DATA MASTER: Nikki Hamilton

## **The Generous Cabbie** **Original Written by** **Amita, June 24th, 2019**

The other day, I was travelling on an app-based cab. My daughter was accompanying me. It was hot and humid. We stopped at the traffic signal. Suddenly, there was a top on the window. A homeless man was standing outside in the heat. He hands were crooked and shaking. He could not speak properly, But explained in both signs as well as some unintelligible words that he was very thirsty and wanted some water to drink. Just as I opened my purse to give him money for a water bottle, I was pleasantly surprised to see the cab driver's thoughtfulness. He rolled down the window and gave the man a big unopened cold water bottle, which he must have purchased for himself.

The man took the bottle, walked hurriedly to the curb and sat down, gulping the water thirstily. I silently thanked God for putting such kind, generous and thoughtful souls into a world slowly going towards apathy and a non-caring attitude.

DATA MASTER: Nikki Hamilton



## **Small Acts Bring Big Rewards**

### **Original Written by** **MissTina, Posted by Jun.** **27th, 2019**

This was such a small thing, but seeing how grateful they were was surprising! I recently started a new job as a server in a new restaurant. For a majority of the employees this was their first time working in a restaurant. They did require that many "Server Items" aka books, notepads, pens, aprons, etc.

I already had these items from previous restaurant jobs and while usually the extras were back ups for me I gifted several items to those I felt needed it most. I was overwhelmed with their gratitude, especially for what I thought would be so insignificant.

DATA MASTER: Nikki Hamilton

An advertisement for Stillwater Milling Co. Feeds. The logo features the company name in an arch over a stylized 'A&M' monogram, with 'FEEDS' below it. Underneath is the slogan 'MORE THAN JUST A FEED STORE'. The address '721 W. 6th Claremore 341-0933' and hours 'Open: M-F 8-6 & Sat 8-5' are listed at the bottom.

**STILLWATER MILLING Co.**  
**A&M**  
**FEEDS**  
**MORE THAN JUST A FEED STORE**  
721 W. 6<sup>th</sup> Claremore 341-0933  
Open: M-F 8-6 & Sat 8-5

An advertisement for Reid's Discount Pharmacy & Compounding Lab. The text includes the business name, address '206 S. Ash Nowata, OK', and phone number '918-273-0433'. On either side of the address is a logo featuring a mortar and pestle inside a circular atomic-style symbol.

**Reid's Discount Pharmacy**  
**& Compounding Lab**  
206 S. Ash  
Nowata, OK  
918-273-0433

# 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

Jul 04, 2019 to Jul 07, 2019 Quapaw Tribal Powwow - Head to Quapaw this July to experience American Indian traditions with the Quapaw tribe. The tribe holds an annual celebration over the 4th of July weekend that includes dancing, contests, vendors and plenty of family fun. Come celebrate the culture and history of the Quapaw Tribe. 5681 S 630 Rd Quapaw, OK 74363 Phone: 918-542-1853

## 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.

6				4			2	3
	3	9		1			7	
		2			3		9	4
8					4			
			7	5	9			
			3					7
9	8		5			2		
	4			8		6	3	
2	1			9				8

Hardship level: Moderate

	8		2			9	3	
				1	9		6	
		5	3		4			
					3	6		
	5	4	7		1	3	2	
		7	6					
			9		8	1		
	2		1	6				
	1	6			7		5	



Jul 04, 2019 to Jul 06, 2019 Huckleberry Festival - Hop on over to Jay for the city's annual Huckleberry Festival and celebrate the wild huckleberries that thrive in the area. The unique berry, more intense in flavor than the common blueberry, has spawned this festival that draws visitors from around the state and beyond. Browse through exhibit halls filled to the brim with arts and crafts, a quilt show, homemade goods and various vendors. Sign up for the annual Huckleberry 5K run or take it easy and meander through classic cars and street rods in the festival's car show. City Wide Jay, OK 74346 Phone: 918-253-8698

Jul 07, 2019 High Noon Shootout - At JM Davis Arms & Historical Museum, experience a High Noon Shootout straight out of an old Western film. The Tri-State Gunfighters will stage a bank robbery, jailbreak and other Wild West skits on special dates throughout the year. Travel to this Claremore museum to witness 1870s gunfighters in the modern era, and grant little buck-a-roos the chance to be deputized and receive badges. JM Davis Arms & Historical Museum 330 N JM Davis Blvd Claremore, OK 74017 Phone: 918-341-5707 Fax: 918-341-577

Jul 09, 2019 Family Fishing Clinic - Introduce the kids to the art of fishing at a free Family Fishing Clinic in Oklahoma. Held at Jenks Aquarium, this family-friendly fishing clinic at Zebco Casting Pond features the basics of the sport, starting with fish identification. Teach the kids how to tie knots, use equipment and cast lines from the Oklahoma Department of Wildlife Conservation experts. All bait, rods and lines will be provided during this free fishing event. Zebco Casting Pond 300 Aquarium Dr Jenks, OK 74037 Phone: 918-299-233

Jul 11, 2019 to Jul 14, 2019 Rodger's and Hammerstein's "Oklahoma!" is celebrating its 75th anniversary and Children's Musical Theatre will be bringing this classic musical to life on stage at the Bartlesville Community Center this summer. See this classic musical about a high-spirited rivalry between local farmers and cowboys during Oklahoma's journey to statehood. Don't miss this energetic, youthful performance full of memorable tunes for the whole family. Bartlesville Community Center 300 SE Adams Blvd Bartlesville, OK 74003 Phone: 918-337-2787 Phone: 918-336-0558

Jul 12, 2019 Crayons Improv Comedy Show - Get ready to laugh at this family-friendly, improvised comedy show. Crayons Improv uses audience suggestions, participation and drawings to create unique and hilarious scenes in a G-rated show that is suitable for the whole family. Get to know Crayons' whacky and memorable characters as the troupe performs their own brand of short-form comedy, featuring old-time favorite improv

games along with brand new ones. Come to the Heritage United Methodist Church in Broken Arrow and see a fun, light-hearted comedy troupe that has been tickling funny bones across the country since 2007. Heritage United Methodist Church 5300 E Kenosha St Broken Arrow, OK 74014 Phone: 918-557-5616

Jul 12, 2019 to Jul 14, 2019 An Affair of the Heart - An Affair of the Heart, one of the largest arts and craft shows in the United States, is known for its quality and variety of merchandise. Come to An Affair of the Heart, held at Expo Square in Tulsa, for a truly unique marketplace and shopper's dream, with booths occupying multiple buildings throughout the fairgrounds. Voted the No. 1 contemporary craft show in the U.S. by Sunshine Artist magazine's readership, an Affair of the Heart offers a vast array of arts, crafts, antiques, collectibles, furniture, decorative items, accessories, jewelry, clothing, gourmet foods and more. Tulsa Expo Square 4145 E 21st St Tulsa, OK 74112 Phone: 405-632-2652 Toll Free: 800-755-5488

Jul 12, 2019 to Jul 14, 2019 Tokyo in Tulsa: Worlds Collide - Tokyo in Tulsa: Worlds Collide is a Japanese and pop culture convention centered on Japanese animation (anime). Guests of Tokyo in Tulsa will enjoy live music, creative art and writing, gaming and fashion. Enjoy shopping from vendors, artists and exhibitors from all over the country while competing for thousands of dollars in prizes and giveaways. Industry guests, actors from anime games and movies, and hundreds of hours of panels and events will all be featured. Tokyo in Tulsa will feature amateur art contests and awards for cosplay, as well as console, tabletop and CCG gaming tournaments. Come to Tokyo in Tulsa: Worlds Collide for a full weekend of non-stop fun. Pre-registration is available, but tickets will be available at the door. Cox Business Center 100 Civic Center Tulsa, OK 74103 Phone: 918-850-1025

Jul 13, 2019 to Jul 14, 2019 Tulsa Rock & Mineral Society Gem & Mineral Show - Head to Tulsa Expo Square to join other gem & mineral enthusiasts in a two-day gathering. Head inside the Exchange Center to browse through vendor booths filled with unique gemstones and pieces of art created from minerals. From sands collected across the continent to jewelry showcasing precious gems, visitors have plenty of options to choose from. Fossils, beads and crystals are also available for purchase, and some vendor spaces will include working exhibits. This kid-friendly event will even feature a free kid's zone and educational demonstrations like concrete-making workshops. Tulsa Expo Square 4145 E 21st St Tulsa, OK 74114 Phone: 918-232-8514 Phone: 918-346-7299

Jul 19, 2019 to Jul 21, 2019 Green Country RV & Boat Show - Visit the Green Country RV Show held in the River Spirit Expo building at the Tulsa Expo Square for three days of the latest and greatest in outdoor recreation. Guests will enjoy 260,000 square feet of motor homes, fifth wheels, travel trailers, camping equipment and more. From the newest models and outdoor products to special appearances and outdoor living exhibits, this show offers something for everyone. Tulsa Expo Square 4145 E 21st St Tulsa, OK 74114 Phone: 505-761-3150 Phone: 505-761-3152 Toll Free: 800-552-1993 Fax: 505-761-3153

693-1179


**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: 918-789-5296**

DATA MASTERS: Steven Burdick and Breanna McDowell

Jul 19, 2019 to Jul 21, 2019 Home & Garden Expo of Oklahoma - The Home & Garden Expo of Oklahoma at Tulsa Expo Square is the largest summertime home and garden show of its kind in northeast Oklahoma. With over 300 booths and approximately 170 exhibitors, this event is overflowing with products and ideas for your home, lawn and personal health. Safe rooms, beds, siding, windows, spas and outdoor living accessories are just some of the exhibitions at this exciting show. Grab a friend and take advantage of this opportunity to see and compare a wide variety of home and garden products. Tulsa Expo Square 4145 E 21st St Tulsa, OK 74112 Phone: 918-523-2003 Phone: 918-523-2067 Fax: 918-493-5357

Jul 20, 2019 Aquapalooza at Grand Lake - Head to Grand Lake near Grand Lake RV Resort for the area's largest water concert and raft-up event. Swim over to the 30 ft x 50 ft barge anchored in Duck Creek to get up close and personal with the live music. Relax on the provided water mats or play with aquatic toys like noodles while you swim near the makeshift stage. Those within reach of the barge may even end up with free giveaways tossed from the stage. You can either anchor your boat into the cove or head to the stage via event shuttles that will drop you off at the swim area. Grand Lake RV Resort 31527 S 4510 Rd Afton, OK 74331 Phone: 918-782-9546 Phone: 918-284-7161

Jul 20, 2019 The Tripp Haggard Memorial Steak Cookoff - The Tripp Haggard Memorial Steak Cookoff takes place at Siegi's Sausage Factory in Tulsa. This steak cookoff is the only annual SCA points-earning festival in the city and is held in memory of Tripp Haggard, the man who originally organized this great event. Be sure to bring a big appetite for a day full of food. Your mouth will water at the smell of charbroiled steaks wafting through the air as you listen to local musicians take the stage and entertain everyone. There will also be drinks and beer available for purchase as well as festival merchandise. Come check out the vendors, and you could even win a great prize. Siegi's Sausage Factory 8104 S Sheridan Rd Tulsa, OK 74133 Phone: 469-



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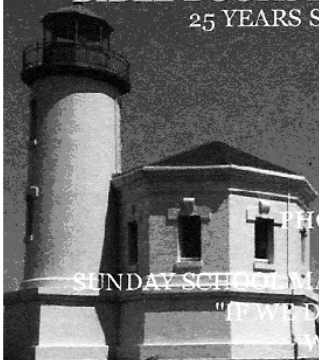
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# Getting to know the Lutherans

## HE DIED ALREADY

A young man did not want to serve in Napoleon Bonaparte's army. When he was drafted, a friend volunteered to go in his place. The substitute was later killed in battle. Through a clerical error, the young man was drafted again. He objected, "You can't take me. I'm dead. I died on the battlefield." When the officials checked the record of the dead, they found that the man's name on it, with another name written beside it.

The case finally went to the emperor himself. After examining the evidence, Napoleon said, "Through a surrogate, this man has not only fought, but has died in his country's service. No man can die more than once, therefore the law has no claim on him."

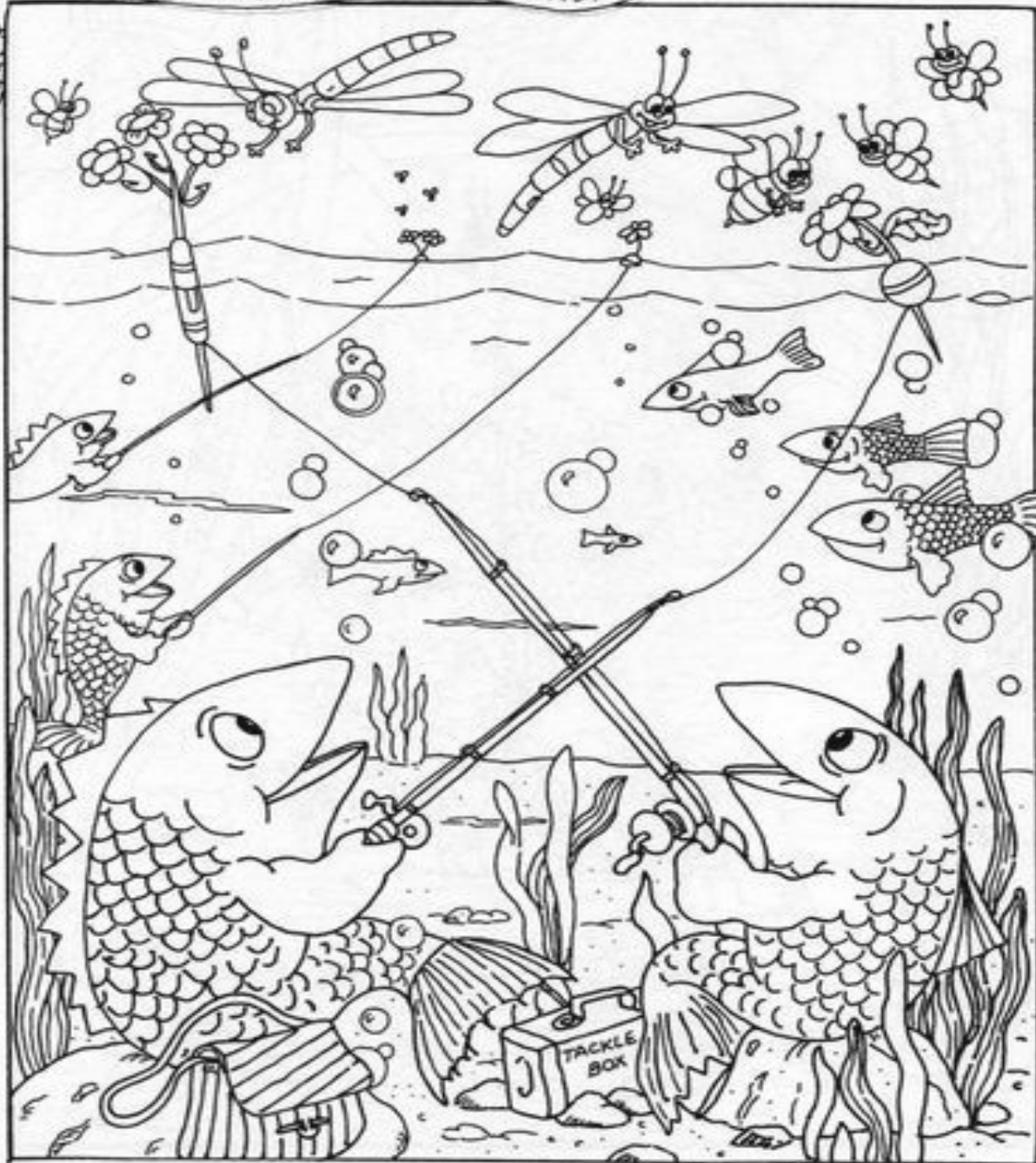
Two thousand years ago, Jesus went to the cross to bear the penalty that rightly belongs to us. He died in our place. And through Him, our names are written in the book with His name written beside ours. Come visit one of our Lutheran churches where you will regularly hear of the One who died in your place!

DATA MASTER: Heather Conn

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



HOW MANY HIDDEN OBJECTS DID YOU FIND?



I like hidden picture puzzles!

Have a FUN summer!



# Crossword Puzzle

## Crossword #NDD6238B



### Down

1. Baseball star's nickname
2. River to the Colorado
3. Prepared in advance, in product names
4. Come \_\_\_\_ the cold
5. \_\_\_\_ Ikuko Toguri ("Tokyo Rose")
6. Org. in a 1982 children's movie
7. Joy
8. \_\_\_\_ said than done
9. Make louder
10. Thai's neighbor
11. Wall, in France
12. Not at all recent (abbr.)
13. "Boo" follower, sometimes
18. White-cell fluid
22. Miracle-\_\_\_\_ (garden brand)
24. Symbol of redness
26. Enterprise voyage
27. Spin around
28. Dubai royalty
29. Fable master
30. "Dharma & Greg" costar
31. "Nature" author's monogram
32. "She's \_\_\_\_ a kind"
33. White-hat wearers
34. "Now He Sings, Now He Sobs" jazz pianist

### Across

1. Rural prefix
5. "Picnic" playwright William
9. Covergirl rival
14. Nothing, in Normandy
15. Home improver Bob
16. Loa or Kea preceder
17. Ones who may still carry a torch
19. Stoop
20. Supermarket section
21. "27 Dresses" star
23. Fed. numbers-crunching gp.
25. Red Sea nation
30. Augustus, for one
33. One-sixth of MD
35. Downed, as trees
36. Tibetan sightings
37. "The Tao of Pooh" author
39. Canines or bicuspid
42. Syrup brand
43. Bombeck and others
45. Man \_\_\_\_ (race horse)
47. Abbr. on a cough syrup bottle
48. Availability extremes
52. Western capital
53. Dill doubled
54. E equivalent
57. One of \_\_\_\_
61. Amiable satire
65. Pistol, in slang
67. "\_\_\_\_ are saying is give peace a chance"
68. Without significance
69. British sympathizer of 1776
70. Computer programmer, e.g.
71. List, at sea
72. Affixes

40. Old competitor of Pan Am
41. Pig of "Toy Story"
44. Hired help
46. Be a match for
49. Bug spray brand
50. Yield
51. "La Femme \_\_\_\_"
55. Here in Mexico
56. Agriculturalist Jethro
58. Preppy shirt label
59. Egghead
60. Teetotalers
61. Biological container
62. Arafat's org.
63. Antiquated
64. Be beholden
66. Key letters

# Word Search Puzzle

Word Search Puzzle #S767EX

E	R	U	T	S	E	G	D	E	I	A	D	V	K
L	E	G	E	N	D	S	O	U	N	D	E	R	I
B	U	R	S	T	E	S	R	T	D	E	C	W	N
I	O	P	E	S	D	E	E	E	I	W	E	C	D
S	N	E	E	Z	E	S	P	T	V	E	I	L	E
N	O	I	T	A	C	I	T	S	I	H	P	O	S
E	A	P	H	R	W	A	L	I	D	C	A	T	T
H	M	M	E	S	E	R	M	P	U	E	K	H	U
E	B	P	D	N	K	P	I	S	A	Q	E	E	S
R	E	A	L	N	S	P	A	A	L	M	O	S	T
P	D	R	E	O	A	A	L	U	I	O	T	P	O
M	B	E	A	D	Y	S	C	C	T	S	I	I	O
O	U	N	F	L	T	E	X	E	Y	O	L	N	L
C	G	T	Y	P	F	D	E	C	E	A	S	E	S

Aisle	Comprehensible	Loins	Sores
Almost	Crepe	Opens	Sound
Antes	Deceases	Parent	Stools
Appraises	Edges	Pieced	Swiped
Askew	Employee	Plies	Ticket
Autos	Exclaim	Quits	Under
Beady	Flare	Sandman	Verse
Bedbug	Gesture	Sauce	
Burst	Individuality	Seeds	
Ceded	Kindest	Seethe	
Chewed	Leafy	Sneezes	
Clothespin	Legends	Sophistication	

# Cryptogram Puzzles

DPQ GFKCQA EM QPDYBC KD BDLQAP DPQ CYPVAQV MDPM, UYK PDK F  
CYPVAQV MDPM DPQ GFKCQA.

— George Herbert

LGZC DNUC DNFS-ANOCH MHCNL ACWNRLC QDCMX MHCNFL NXC KGQ DCNQCH  
RJ CKGRPD.

— Unattributed

SEN C WEJBGYK YFGCYW BYW LBWCRXGL BW YSG YFVG DGCWVFG ET C  
JBPBXBACYBEZ.

— Chen Guangcheng

OWVYQ NSSNWQPUGQGVR QN ZVJS NQZVWR RVJINC BNCV, KPQ RCYJJ NUVR  
RPWWNPUI PR VMVWA IYA.

— Sally Koch

DATA MASTERS: Breanna McDowell and Steven Burdick

Solution is on page 34

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# Logic Puzzle



	First Names				Film Genres				Hobbies			
	Ashlynn	Brenden	Skylar	Tori	action	comedy	sci-fi	sports	botany	carpentry	painting	scrapbooking
Orders	fourth											
	fifth											
	sixth											
	eighth											

Hobbies	botany							
	carpentry							
	painting							
	scrapbooking							
Film Genres	action							
	comedy							
	sci-fi							
	sports							

## Logic Puzzles

Presented by Puzzle Baron

Puzzle ID: G097AV

For hints, solutions and more puzzles, go to [www.Printable-Puzzles.com](http://www.Printable-Puzzles.com)!

Orders	First Names	Film Genres	Hobbies
fourth			
fifth			
sixth			
eighth			

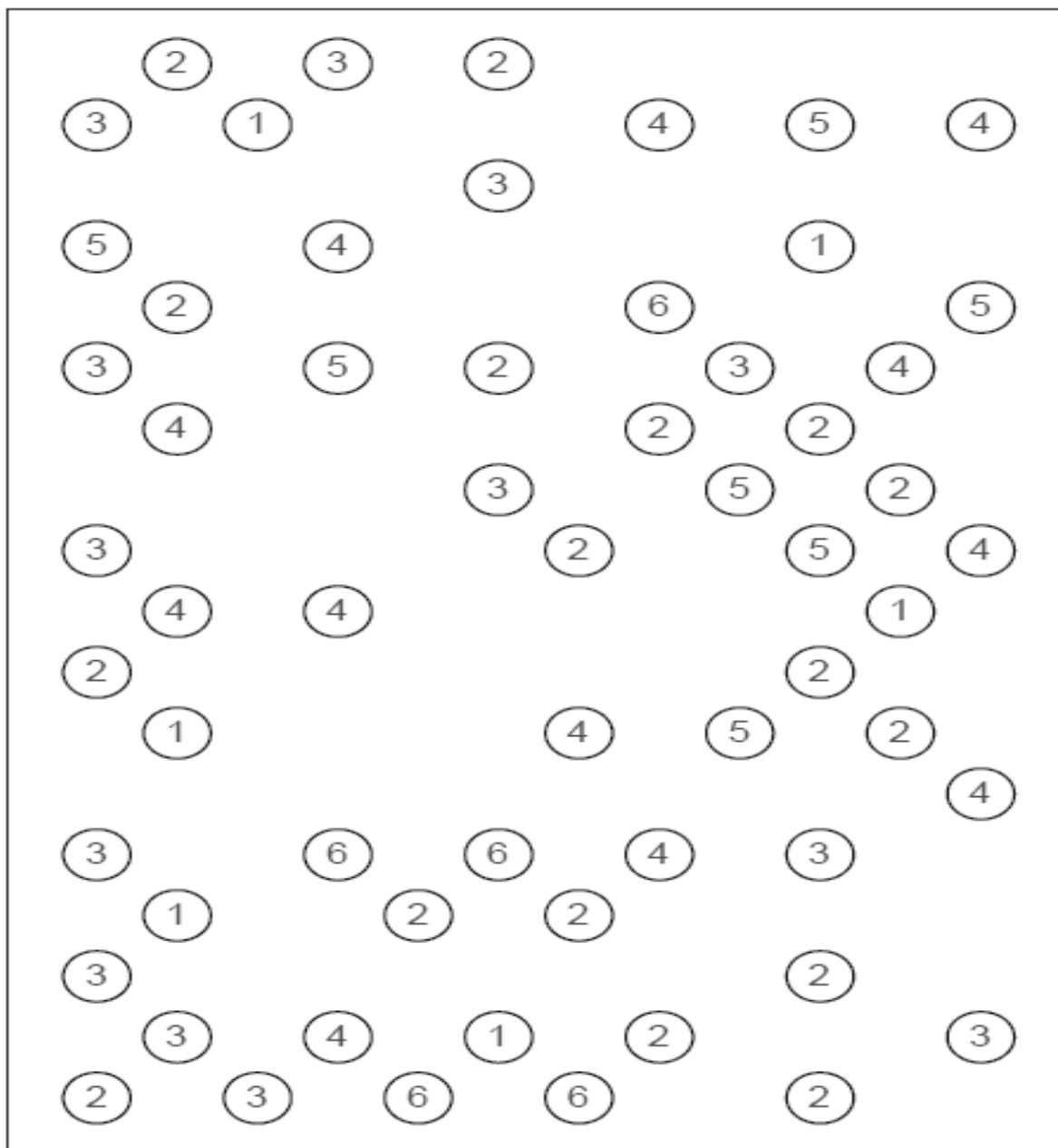
- The one who is sixth in line does not enjoy botany or painting.
- The person who enjoys painting doesn't enjoy action films and is not Brenden.
- Of the comedy film buff and the sci-fi film buff, one enjoys carpentry and the other is fifth in line.
- The person who enjoys carpentry is farther down the line than the person who enjoys scrapbooking.
- The comedy film buff is Ashlynn.
- Either the one who is fourth in line or the one who is eighth in line is Skylar.
- The person who enjoys scrapbooking is Skylar.
- The person who enjoys painting is closer to the front of the line than the sports film buff.
- The person who enjoys carpentry is not Brenden or Tori.

# Building Bridge Puzzle

## PUZZLES and BRAINS

### 12 BY 18 BUILD BRIDGES (No. 11)

CONNECT ALL ISLANDS INTO A SINGLE GROUP BY DRAWING HORIZONTAL OR VERTICAL LINES (BRIDGES). YOU CAN DRAW A SINGLE OR DOUBLE LINE BETWEEN EACH ISLAND (NOT MORE). THE TOTAL NUMBER OF BRIDGES THAT CONNECT AN ISLAND MATCHES THE NUMBER ON IT. THE BRIDGES MAY NOT CROSS EACH OTHER.



1218 BUILD BRIDGES 11

Solution on page 30

copyright: [www.puzzlesandbrains.com](http://www.puzzlesandbrains.com)

# Some Riddles

1. A man and a woman live peacefully in a house together. But one day the woman shoots her husband. Then she holds him under water for over five minutes. Finally, she hangs him, but ten minutes later they go out and enjoy a wonderful dinner. How can this be?

2. Q: Throw away the outside and cook the inside, then eat the outside and throw away the inside. What is it?

3. Q: Which letter of the alphabet has the most water?

4. Q: In a one-story pink house, there was a pink person, a pink cat, a pink fish, a pink computer, a pink chair, a pink table, a pink telephone, a pink shower—everything was pink! What color were the stairs?

5. Q: What word is spelled wrong in every dictionary?

6. What 3 common songs have the same melody?

7. Q: A cowboy rides into town on Friday, stays for three days, then leaves on Friday. How did he do it?

8. Why couldn't Goldilocks sleep?

9. How was the robot gorilla fixed?

10. Why don't zombies eat popcorn with their fingers?

11. Who won the zombie war?

12. These are a type of starchy food:  
Mashed or fried they can be found  
They often come from Idaho  
And they are grown underground

DATA MASTERS: Breanna McDowell and Steven Burdick

Answers are printed on page 28

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### Hours:

Monday thru Thursday: 9am to 7pm

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

Saturday: 10am to 2pm

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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

307 W Main Phone: 918-476-4445

### Hours:

Mon - Fri - 10AM to 5PM

Closed Saturday & Sunday

## DELAWARE COUNTY LIBRARY

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

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

### Hours:

Mon., Wed., & Fri. 9:00am to 6:00pm

Tues. & Thurs 9:00am to 8:00pm

Sat. 9:00am to 1:00pm

Closed Sundays and Holidays

## GROVE PUBLIC LIBRARY

1140 NEO Loop (918) 786-2945

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

Fax: (918) 786-5233

### Hours:

Mon., Wed., & Fri.: 8:30am-5:00pm

Tues. & Thurs.: 8:30am-9:00pm

Sat. 8:00am-12:00pm

Closed Sunday

## LANGLEY PUBLIC LIBRARY

325 W Osage Ave. (918) 782-4461

### Hours:

Mon.-. 1:00pm to 7:00pm

Tue.-Fri. 9:00am to 12:00pm

And 1:00pm to 5:00pm

Closed Sat. & Sun.

## MIAMI PUBLIC LIBRARY

200 N. Main (918) 541-2292

### Hours:

Sun. 1:00pm

Mon., Wed., Thurs., 9:00am to 8:00pm

Tues., Fri., Sat., 9:00am to 5:00pm

## NOWATA CITY-COUNTY LIBRARY

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

Hours: Mon-Fri 10<sup>am</sup> -6<sup>pm</sup>; Sat 9<sup>am</sup>-12<sup>pm</sup>

## PRYOR PUBLIC LIBRARY

505 E. Graham, Pryor 918-825-0777

### Hours:

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

Tuesday, Wednesday & Friday:9:00AM-5:00PM

## SALINA PUBLIC LIBRARY

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

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

Thurs. & Fri. 10am-5pm

Closed Saturday, Sunday & Monday

## TALALA AREA PUBLIC LIBRARY

106 W Watova St. (918) 275-4540

### Hours:

Monday - Friday 2pm to 5pm

Monday and Thursday evening 6pm to 9pm

Saturday 11am to 2pm

## VINITA PUBLIC LIBRARY

215 W. Illinois (918) 256-2115

### Hours:

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

Thurs. 11:00am to 7:00pm

Sat. 11:00am to 3:00pm

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## WILL ROGERS LIBRARY

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### Hours:

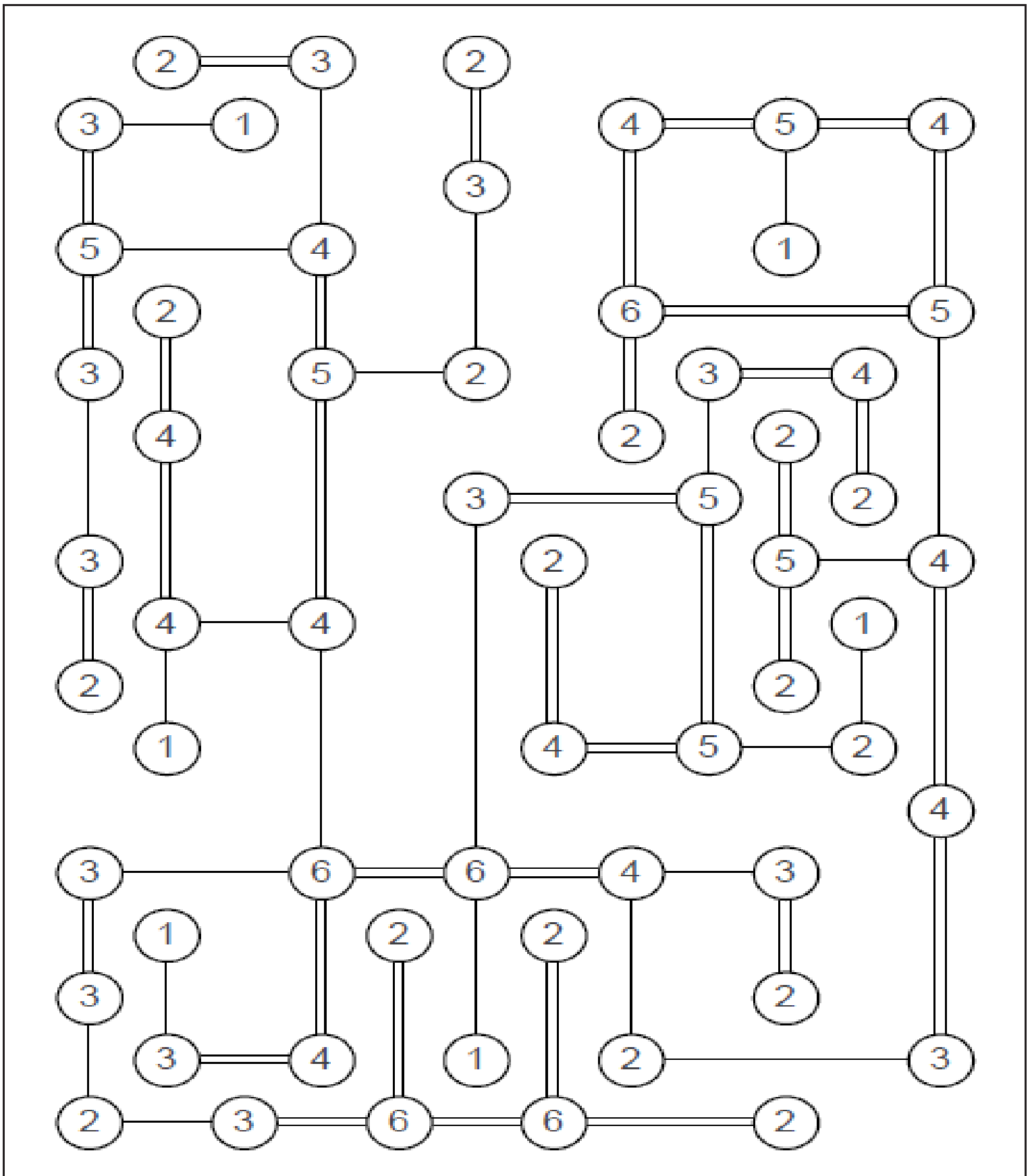
Mon & Tues. 9:30am to 8:00pm

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

Fri. & Sat. 9:30am to 5:00pm

29 Closed Sunday

# Building Bridge Puzzle Solution



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# Cryptogram Puzzles Solution

George Herbert

One father is enough to govern one hundred sons, but not a hundred sons one father.

Unattributed

Some have half-baked ideas because their ideals are not heated up enough.

Chen Guangcheng

How a society treats its disabled is the true measure of a civilization.

Sally Koch

Great opportunities to help others seldom come, but small ones surround us every day.

DATA MASTERS: Breanna McDowell and Steven Burdick

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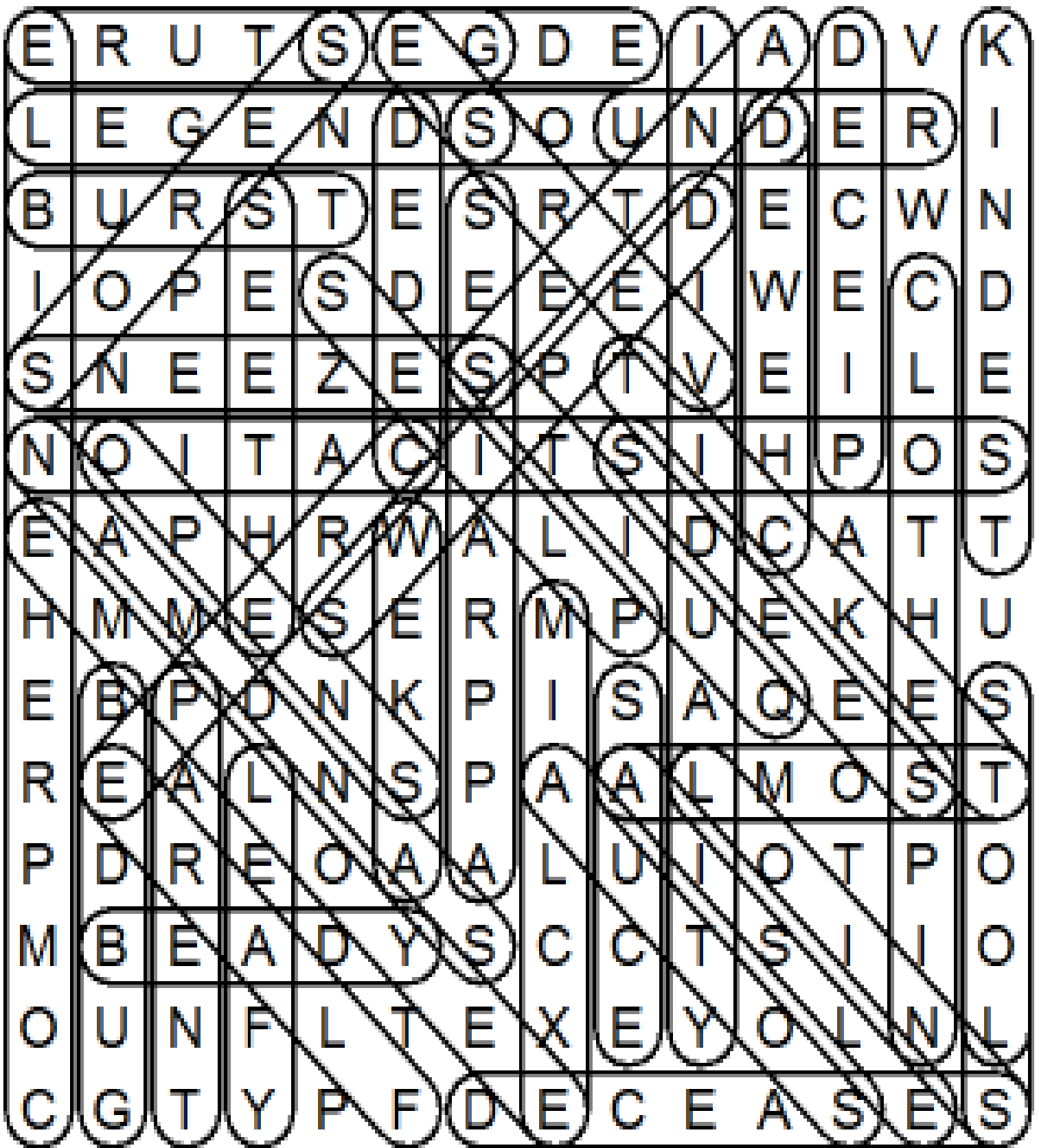
LilCafe@Lilcafe13

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*Celebrating 30 years*

# Word Search Puzzle Solution



DATA MASTERS: Eric Peachey and Heather Conn

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### Sudoku Puzzle Easy Solution

6	7	8	9	4	5	1	2	3
4	3	9	8	1	2	5	7	6
1	5	2	6	7	3	8	9	4
8	9	7	1	2	4	3	6	5
3	6	1	7	5	9	4	8	2
5	2	4	3	6	8	9	1	7
9	8	6	5	3	7	2	4	1
7	4	5	2	8	1	6	3	9
2	1	3	4	9	6	7	5	8

### Sudoku Puzzle Moderate Solution

7	8	1	2	5	6	9	3	4
3	4	2	8	1	9	5	6	7
9	6	5	3	7	4	8	1	2
2	9	8	5	4	3	6	7	1
6	5	4	7	9	1	3	2	8
1	3	7	6	8	2	4	9	5
5	7	3	9	2	8	1	4	6
4	2	9	1	6	5	7	8	3
8	1	6	4	3	7	2	5	9

DATA MASTER: Nikki Hamilton

# Crossword Puzzle Solution

1	2	3	4		5	6	7	8		9	10	11	12	13	
A	G	R	I		I	N	G	E		A	L	M	A	Y	
14					15					16					
R	I	E	N		V	I	L	A		M	A	U	N	A	
17				18						19					
O	L	D	F	L	A	M	E	S		P	O	R	C	H	
20						21			22						
D	A	I	R	Y		H	E	I	G	L					
			23		24			25		26	27	28	29		
			O	M	B			E	R	I	T	R	E	A	
		30				31	32								
		E	M	P	E	R	O	R	O	F	R	O	M	E	
33	34			35						36					
C	C	L		H	E	W	N			Y	E	T	I	S	
37			38		39			40	41		42				
H	O	F	F		T	E	E	T	H		K	A	R	O	
43				44				45		46		47			
E	R	M	A	S				O	W	A	R		T	S	
48					49	50					51				
F	E	A	S	T	O	R	F	A	M	I	N	E			
52										53					
S	A	N	T	A	F	E				M	V	I			
				54				55	56		57		58	59	60
				F	F	L	A	T			A	K	I	N	D
61	62	63	64					65		66					
S	P	O	O	F				E	Q	U	A	L	I	Z	E
67													69		
A	L	L	W	E									T	O	R
70								71					72		
C	O	D	E	R				T	I	L	T		A	D	D
															S

DATA MASTERS: Eric Peachey and Heather Conn

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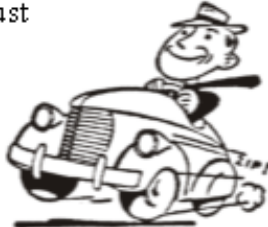
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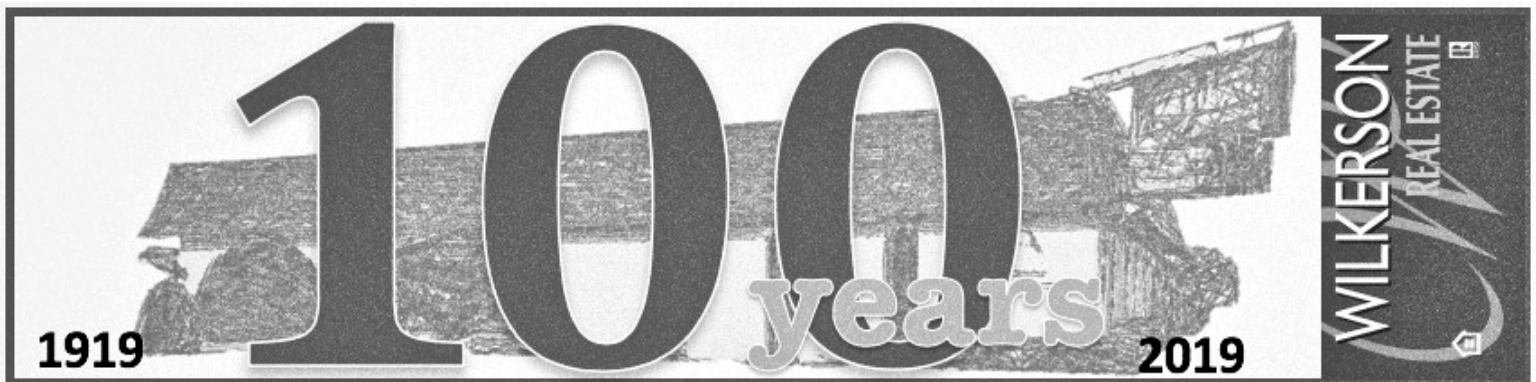
# LINKS

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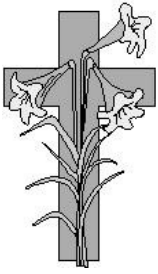
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Contents of this newspaper is compiled from available original sources.



# JEWELS FROM THE WORD

## FISHING IN THE RIVER

Years ago, I went to San Antonio to a telephone company school for 2 weeks. That weekend while I was there, several of the students who were from the area invited us

who were from out of state to go downtown to The River.

We parked on the street, which was almost totally deserted and walked down the stairs to where shops and cafés lined the river on both sides. The river was packed with people, walking on the banks, shopping, and riding in flat-bottom boats on the river.

When I saw the famous "River," I was astonished. "You call this a river? It's no bigger than Bull Creek in Vinita, Oklahoma," I told them. "I'll bet I could wade across that river and it would never reach my waist. We have the Grand River in northeast Oklahoma, and what about the Mississippi River? Now those are rivers." But of course, those San Antonians were proud of their river, as they should be, so no offense.

I remember lying on a quilt in the back of the station-

wagon in the dark, listening to Daddy and Granddad talk in hushed voices while they fished off the bank of some river all night. It was probably Grand River, below the dam at Langley. Dad also loved to fish at Spavinaw below the dam and we camped there too.

There's another river that I love to think about, but I've never been there. It's been described several places by different people, but my favorite description is in Revelation.

"And he showed me a pure river of water of life, clear as crystal, proceeding from the throne of God and of the Lamb. . . . There shall be no night there: They need no lamp nor light of the sun, for the Lord God gives them light." Revelation 22:1, 5 NKJV.

I can just imagine Daddy and Granddad sitting on the banks of the River of Life in heaven, pure and clear, fishing and enjoying their new life, but they won't be fishing in the dark. No, the Lord Himself is the Light.

Lavon Hightower Lewis To read more devotional, go to:

<http://jewelsfromtheword.com/> Email me at llewis2138@sbcglobal.net

DATA MASTER: Heather Conn



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