

Volume 20, Issue 22

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Community Links

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"The Little Green Paper"

November 20, 2019

Thanksgiving

The First Thanksgiving at Plymouth, oil on canvas, by Jennie Augusta Brownscombe, 1914



Thanksgiving is a national holiday in the United States, celebrated on the fourth Thursday of November. It originated as a harvest festival. Thanksgiving has been celebrated nationally on and off since 1789, with a proclamation by George Washington after a request by Congress. Thomas Jefferson chose not to observe the holiday, and its celebration was intermittent until the presidency of Abraham Lincoln, when Thanksgiving became a federal holiday in 1863, during the American Civil War. Lincoln proclaimed a national day of "Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens," to be celebrated on the last Thursday in November. Under President Franklin D. Roosevelt, the date was changed between 1939 and 1941 amid significant controversy. From 1942 onwards, Thanksgiving has been proclaimed by Congress as being on the fourth Thursday in November. Thanksgiving is regarded as being the beginning of the fall-winter

holiday season, along with Christmas and the New Year, in American culture.

The event that Americans commonly call the "First Thanksgiving" was celebrated by the Pilgrims after their first harvest in the New World in October 1621. This feast lasted three days, and—as accounted by attendee Edward Winslow—it was attended by 90 Native Americans and 53 Pilgrims. The New England colonists were accustomed to regularly celebrating "thanksgivings"—days of prayer thanking God for blessings such as military victory or the end of a drought.

Early thanksgiving observanc-

Setting aside time to give thanks for one's blessings, along with holding feasts to celebrate a harvest, are both practices that long predate the European settlement of North America. The

first documented thanksgiving services in territory currently belonging to the United States were conducted by Spaniards and the French in the 16th century. Wisdom practices such as expressing gratitude, sharing, and giving away, are integral to many indigenous cultures and communities..

Thanksgiving services were routine in what became the Commonwealth of Virginia as early as 1607, with the first permanent settlement of Jamestown, Virginia holding a thanksgiving in 1610. In 1619, 38 English settlers arrived at Berkeley Hundred in Charles City County, Virginia. The group's London Company charter specifically required "that the day of our ships arrival at the place assigned... in the land of Virginia shall be yearly and perpetually kept holy as a day of thanksgiving to Almighty God." Three years later, after the Indian massacre of 1622, the Berkeley Hundred site and other outlying locations were abandoned and colonists moved their celebration to Jamestown and other more secure spots.

Harvest festival observed by the Pilgrims at Plymouth

The most prominent historic thanksgiving event in American popular culture is the 1621 celebration at the Plymouth Plantation, where the settlers held a harvest feast after a successful growing season. Autumn or early winter feasts continued sporadically in later years, first as an impromptu religious observance and later as a civil tradition.

The Plymouth settlers, known as Pilgrims, had settled in land abandoned when all but one of the Patuxet Indians died in a plague. After a harsh winter killed half of the Plymouth settlers, the last surviving Patuxet, Squanto (who had learned English and avoided the plague as a slave in Europe), came in at the request of Samoset, the first native American to encounter the Pilgrims. Squanto taught the Pilgrims how to catch eel and grow corn and served as an interpreter for them until he too succumbed to plague a year later. The Wampanoag leader Massasoit also gave food to the colonists during the first winter when supplies brought from England were insufficient.

The Revolutionary War to nationhood

During the American Revolutionary War the Continental Congress appointed one or more thanksgiving days each year, each time recommending to the executives of the various states the observance of these days in their states.

The First National Proclamation of Thanksgiving was given by the Continental Congress in 1777 from its temporary location in York, Pennsylvania, while the

British occupied the national capital at Philadelphia. Delegate Samuel Adams created the first draft. Congress then adapted the final version.

George Washington, leader of the revolutionary forces in the American Revolutionary War, proclaimed a Thanksgiving in December 1777 as a victory celebration honoring the defeat of the British at Saratoga.

Thanksgiving proclamations in the early Republic

The Continental-Confederation Congress, the legislative body that governed the United States from 1774 to 1789, issued several "national days of prayer, humiliation, and thanksgiving", a practice that was continued by presidents Washington and Adams under the Constitution, and has manifested itself in the established American observances of Thanksgiving and the National Day of Prayer today. This proclamation was published in The Independent Gazetteer, or the Chronicle of Freedom, on November 5, 1782, the first being observed on November 28, 1782.

On Thursday, September 24, 1789, the first House of Representatives voted to recommend the First Amendment of the newly drafted Constitution to the states for ratification. The next day, Congressman Elias Boudinot from New Jersey proposed that the House and Senate jointly request of President Washington to proclaim a day of thanksgiving for "the many signal favors of Almighty God". Boudinot said that he "could not think of letting the session pass over without offering an opportunity to all the citizens of the United States of joining, with one voice, in returning to Almighty God their sincere thanks for the many blessings he had poured down upon them."

As President, on October 3, 1789, George Washington made the proclamation and created the first Thanksgiving Day designated by the national government of the United States of America.

DATA MASTER: Steven Burdick



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We would like to congratulate La'Tasha Ingram and Misty Gilbert for a job well done!

DDS Employee of the Month La'Tasha Ingram

She is what leadership should look like. The ERC has made attempts to try to boost the moral these past few years due to the rift and uncertainties of funding for programs. It has been pretty tough but La'Tasha has always been very supports. She participates in all activities; she is gracious with her donations to the ERC and other group activities. She recently purchased a Valentine's Day blow pop for everyone in the Tulsa office and she purchased on for all of the security guards. Although she is very busy, she takes time to participate in activities that we have throughout the year. She is brilliant, always has an answer or knows how to find the answer. She helps when needed and she is very resourceful. She knows her stuff and she is always willing to lend a helping hand. I admire and respect her and appreciate all she does for us here at DDS. Thanks for being a GREAT leader!

Direct Care Staff of the Month Misty Gilbert

Misty Gilbert with Community Options Inc. in Chelsea. She has worked for the company for 10 years now. She recently moved from being a Vocational PC for the company to a Residential PC. This was a side that Misty has never worked for before. She jumped in 100% ready to go and has done wonderful since day 1. She has been encouraging and brought a fresh face to many teams, especially with the professionals. I have yet to hear a single complaint of disappointment in her new role from herself or any team members that work with her. She is going above and beyond to make better changes for our individuals, no matter how uncomfortable the change might be for her to present to Guardians or even her own agency. She has worked numerous shifts and all hours of the night in houses in the last 8 months- filling in for staff when they call in. Often times, she will work all night and then go on into the office the following morning to resume her PC duties. She makes sure all her people are cared for even if it's at her own expense- i.e. buying a gown and jewelry for some ladies earlier this year for Night to Shine Prom in Tulsa. She has been a fantastic asset all around to her agency and the people she serves.

DATA MASTER: Heather Conn

Pride of a Clergyman

One day, in his journey in the desert, a prophet reaches a temple and sees a clergyman in the yard. He goes in and they start a conversation.

Meanwhile, a young man, who has done numerous bad things and was infamous for his doings, passes the temple. When he sees them talking he stops and feels like he cannot move his legs. He says to himself

"God, I am very ashamed of bad things that I have done. Forgive me, please. I repent. If the prophet sees me, he will rebuke me. What can I do? God, please forgive me and let me keep my dignity."

The clergyman sees the young man. He looks into the sky and says:

"God, do not let him be with me in the after life."

God asks the prophet to tell the clergyman that:

"...you prayer has been answered. In the after life, you will not be in the young man's company. The young man has repented. I have cleared all his sins. He will go to heaven as opposed to you who are selfish will be in hell."

By Zia Partovi



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A 5K Run Becomes An Exercise In Compassion

Sometimes the people who are noticed the least can do the most to lift us up...

On Thanksgiving morning I got up early to run in the local 5K run. I figured it might give me the motivation to get back into running. It was nearly freezing that morning so everyone getting ready to run was hopping around trying to stay warm.



On the side of the road, sit-

ting in the grass, was a man wrapped in a blanket. It was pretty obvious he was homeless and as usual, most people pretended not to see him. I went over and talked with him for a few minutes before the race. In the midst of the idle chit-chat, he told me that he was a veteran and had hoped he might be able to earn a few dollars that morning to be able to go buy a Thanksgiving dinner. He had a glimmer of happy memories in his eyes when he talked about hot turkey and stuffing. With only a brief moment to sit with him, I had to start the race but I told him I'd talk to him more when I had finished. He said he would be there watching "the parade" that he hadn't expected that morning, and would watch to see me cross the finish line.



I thought about this man during most of the race. I'm in the military and it always hurts me to see someone who served going through such a rough time. He hadn't asked me for anything, but I wanted

to do something for him. But what? I only had a couple dollars, certainly not enough for a thanksgiving dinner for the man.

After the race I went back over and sat in the grass next to him, that got me more than a few odd looks from other runners. During our conversation I gave him the cash I had. He didn't want to accept it, but I told him I wanted him to have it and that it may get him a little something extra during the day. He then said, "This has been so nice. Thank you. I haven't really talked to any-

body in a real long time."

"Wow", I thought. This man is thanking me for just talking to him? I'm nobody special."

After I said good bye, I went up to a couple of other people who were involved with the race. I asked them if they had a couple of dollars for a homeless veteran who just wanted to buy a hot Thanksgiving dinner. I think he ended up getting enough for a good dinner that night.

I went to the run to try to do something for myself, but he did more for me than I could ever have gotten out of just running. He showed me how to smile through the rough times and reminded me not to take for granted the many blessings I have.

Source: KingSpring – Small Acts That Change The

World

By: cappjoc99

Website: https://www.kindspring.org/story/

view.php?sid=20748

DATA MASTER: Karen Deffenbaugh



To share your story with us contact: Zia Partovi at 918-244-0457 or 918-789-2862 or email him at links@links.community-options.net

A Pledge For Grateful Living

4 Love 4 Awakin FeatureIn thanksgiving for life, I pledge to overcome the illusion of entitlement by reminding myself that everything is gift and, thus, to live gratefully. In thanksgiving for life, I pledge to overcome my greed, that confuses wants with needs, by trusting that enough for all our needs is given to us and to share generously what i so generously receive. In thanksgiving for life, I pledge to overcome apathy by waking up to the opportunities that a given moment offers me and so to respond creatively to every situation. In thanksgiving for life, I pledge to overcome violence by observing that fighting violence by violence leads to more violence and death and, thus, to foster life by acting non-violently. In thanksgiving to life, i pledge to overcome fear which is the root of all violence by looking at whatever i fear as an opportunity

Source: Awakin Organization – Walking up to Wisdom In Stillness and Community

By: Brother David Steindl-Rast

for a peaceful future.

Website: http://www.awakin.org/read/view.php?

tid=979

DATA MASTER: Eric Peachey

and, thus, courageously to lay the foundation





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THE KING AND THE PAGE

Many years ago there was a king of Prussia, whose name was Frederick; and because he was very wise and very brave, people called him Frederick the Great. Like other kings, he lived in a beautiful palace and had many officers and servants to wait upon him.

Among the servants there was a little page whose name was Carl. It was Carl's duty to sit outside of the king's bedroom and be ready to serve him at any time.

One night the king sat up very late, writing letters and sending messages; and the little page was kept busy running on errands until past midnight.

The next morning the king wished to send him on another errand. He rang the little bell which was used to call the page, but no page answered.

"I wonder what can have happened to the boy," he said; and he opened the door and looked out. There, sitting in his chair, was Carl, fast asleep. The poor child was so tired after his night's work that he could not keep awake.

The king was about to waken him roughly, when he saw a piece of paper on the floor beside him. He picked it up and read it.

It was a letter from the page's mother:—

Dearest Carl; You are a good boy to send me all your wages, for now I can pay the rent and buy some warm clothing for your little sister. I thank you for it, and pray that God will bless you. Be faithful to the king and do your duty.

The king went back to the room on tiptoe. He took ten gold pieces from his table and wrapped them in the little letter. Then he went out again, very quietly, and slipped them all into the boy's pocket.

After a while he rang the bell again, very loudly.

Carl awoke with a start, and came quickly to answer the call.

"I think you have been asleep," said the king.

The boy stammered and did not know what to say. He was frightened and ready to cry.

He put his hand in his pocket, and was surprised to find the gold pieces wrapped in his mother's letter. Then his eyes overflowed with tears, and he fell on his knees before the king.

"What is the matter?" asked Frederick.

"Oh, your Majesty!" cried Carl. "Have mercy on me. It is true that I have been asleep, but I know nothing about this money. Some one is trying to ruin me."

"Have courage, my boy," said the king. "I know how you must have been overwearied with long hours of watching. And people say that fortune comes to us in our sleep. You may send the gold pieces to your mother with my compliments; and tell her that the king will take care of both her and you."

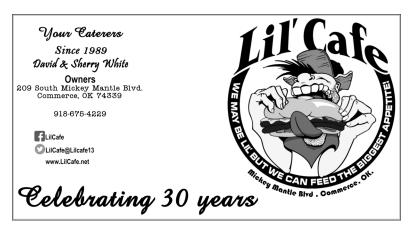
Source: Gutenberg Project

By: James Baldwin

Website: http://www.gutenberg.org/cache/epub/6168/

pg6168-images.html





To share your story with us contact: Zia Partovi at 918-244-0457 or 918-789-2862 or email him at links@links.community-options.net

My First Thanksgiving

At 47 years old who would have thought I would have been wearing a "Baby's First Thanksgiving" bib?

Although I didn't actually wear a bib, last year was my first "real" Thanksgiving.



I came from a broken home and when I married 25 years ago, I sought to make my family everything I didn't have growing up. I'm afraid I had that "white picket fence" mentality. Every holiday needed to be picture perfect. The food, the dishes, the house decorations, even down to the cozy sweater I had purchased especially for the occasion. I was so wrapped up in how things were suppose to be, losing sight of what meant most. So many of my years wasted on being decieved.

That was then this is now. Being alone now, separated from my husband, and our son serving in the military, I was blessed to have the opportunity to truly serve. A small group of friends and I served food at a women's shelter. We gave food to the homeless, women who had been battered, children without daddies. I saw people with hurt and pain in their hearts through their eyes. i saw the loneliness, I knew the loneliness. But in all that, I felt so much love. Volunteers reaching out with loving smiles, warm conversation and a gentle touch. God's genuine, real love...serving.

This was where I was suppose to be, see this shelter was located less than a block from where I grew up. I knew the stories of these people I was serving. I knew their hearts. I was one of those children.

Here was my white picket fence, although the dogs were running out in the street, the men homeless, the women hurt, the children without their daddies, the silverware and plates plastic, the food a burrito and the drink punch... here there was genuine love.

I have learned that love is to be had daily, not just once or twice a year. I need to remember that the person who is standing in the grocery line may be hurting in some kind of way, and may need a smile, or the woman cleaning the restroom at the place where I shop, may be one who is battered with small children and her home is a room at a shelter. To have a heart compassionate to all, this is the real blessing of Thanksgiving.

Life is hard for most of us. But if we take the time to reach out to one another, with a smile, a kind hello, a moment to genuinely ask "how are you"... it makes the journey a little easier for everyone.

My first Thanksgiving, my cup continues to overflow!

Source: KindSpring – Small Acts That Change The

World

By: BlueByrd47

Website: https://www.kindspring.org/story/view.php?

sid=20738

DATA MASTER: Steven Burdick



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Employee Of The Month... Samantha Walker voted Employee of the Month by the residents. She was born in San Antonio, TX on November 15th. She has been a CNA here for 10 years. She has two daughters but no longer married. Her hobbies are fishing and swimming but really likes doing anything with her girls. Not many people knows she likes to paint and draw. We all know she loves to mow but only with a push mower. "I love the fact that Claremore Nursing Home feels like home and we work as a team."

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

Maya Angelou

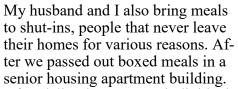
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To share your story with us contact: Zia Partovi at 918-244-0457 or 918-789-2862 or email him at links@links.community-options.net



Thanksgiving Hugs

Every Thanksgiving my family and I, along with others, prepare and serve Thanksgiving meals for the people in our small mountain community.





After delivering to some individual apartments, we went to the central dining room and placed the boxes filled with turkey, ham, stuffing, yams, mashed potatoes, gravy and green bean casserole in front of each seat.

People invited us to stay, and thanked us, but we had other deliveries and had to leave. As we started to exit, I turned around and saw them all watching us. Impulsively, I asked, "Would anybody like a hug?" They lined up. There was so much warmth in each hug.

My eyes filled with tears and my heart with love. I now visit occasionally to chat and, of course, hug. This year at my Thanksgiving delivery, when they line up for their hugs, I am going to have them turn around and hug each other. These people have no family at Thanksgiving---what could be better for them than hugs!

Source: KindSpring – Small Acts That Change The

World

By: karynwestervelt

Website: https://www.kindspring.org/story/view.php?

sid=66932

DATA MASTER: Karen Deffenbaugh

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Inviting Everyone

Every Thanksgiving a lot of families gather around a table full of food and give thanks for the blessings we have. Starting many years ago my family learned to



spread the blessings to others not only on Thanksgiving but for every holiday. Back when I was young I always remembered people I didn't know showing up at Thanksgiving, Christmas, about any holiday!

I learned later on the tradition my family started years ago that we still partake even today. Every holiday that my family and I celebrate we challenge ourselves for each family member to invite someone who doesn't have somewhere to go on the holiday. Sometimes we have tons of people and sometimes not too many. Our tradition includes taking pictures and looking over the pictures sometimes we cant even remember the names of everyone in the picture!

At Thanksgiving yesterday I had invited a neighbor who I know didn't have anywhere to go to come to my family's Thanksgiving. He happily agreed. Before we eat we stand in a big circle holding hands and say a small prayer. Then we each say three things we are thankful for. When it came for my neighbors turn to say something he choked up and said "I am thankful that I get to share a warm meal with other people as I haven't even ate a meal with anyone in a long time" The meal conversations, and the bonding was amazing. When we left and went home my neighbor told me "I haven't felt this welcomed and good in many years, thank you for this blessing"

Source: KindSpring – Small Acts That Change The

World

By: emackaroni83

Website: https://www.kindspring.org/story/view.php?

sid=73262

DATA MASTER: Karen Deffenbaugh



Mindful Bigs Inspiring Littles Spotlight: Middle Schoolers Making Lunches for the Homeless



For the past year and a half, middle school students at Joaquin Moraga Intermediate School in Moraga, CA have given up their lunch period to make lunches for a homeless community just a few miles down the road at the Oakland/Emeryville border.

Led by math teacher Brett Lorie and a handful of dedicated parents, the students are learning firsthand how they can make a difference in their community.

Here is the story of 10,000 Lunches...

A History of Service

Over the past 15 years, Brett Lorie has initiated a variety of programs at his middle school to provide students an opportunity to give back and instill in them that no matter how young you are, you can make a difference in the world.

10,000 Lunches was founded by Brett and parents Kim Anderson and Matt Vattuone in January 2018. The name "10,000 Lunches" originates from Brett's aspiration to one day serve 10,000 lunches to the homeless.

Before 10,000 Lunches, though, Brett, along with the aid of a handful of dedicated teachers and parents, spearheaded several other volunteer programs with his students. First, he and the students created a toy drive for two elementary schools in Concord. Next, they served the homeless at Glide Memorial Church in the Tenderloin district of San Francisco. And most recently, they visited the Loaves and Fishes center in Martinez to make hot breakfasts and bagged lunches for the community-in-need there.

Brett's early inspiration grew from discussions with his peers.

"We had conversations centering on how fortunate we

were and are to live in the community that we do and have the opportunities we have," he says. "Initially, it was an opportunity for us to try to make a difference, however small it might be. But as we had kids of our own, we realized this was an important lesson for them to learn, and a wonderful chance for it to become part of their day-to-day life from an early age."

Weekly Operations

10,000 Lunches currently operates out of Joaquin Moraga Intermediate School. Each week 10 to 12 students and two to three adults volunteer their time during lunch period to prepare approximately 100 bagged lunches.

All students, grades 6ththrough 8th, have the opportunity to volunteer; students register in advance via a sign-up sheet. At the beginning of each week, adult volunteers place an order through Costco for most of the supplies. Volunteers supplement by donating bread, bananas, and dog food.

On Fridays, they convene in the "foods room." After spending a few minutes quickly eating their own lunches, they get to work. Each bag contains a peanut butter sandwich, a turkey and cheese sandwich, two granola bars, an instant oatmeal packet, a banana, mustard, mayo, jelly, and two bottles of water. The turkey sandwiches are refrigerated overnight and the lunches are picked up on Saturday morning for delivery.

Over the summer, local swim clubs and other sports teams volunteer their time to prepare lunches each week.

At their current rate of 100 meals per week, students and volunteers have already surpassed the halfway mark to Brett's dream of delivering 10,000 lunches.

Going Beyond Delivery

To ensure student safety, adult volunteers currently deliver the weekly meals. Founders Brett, Kim, and Matt explored a few areas of homeless encampments before deciding to work with the one at Peralta and 34th Street near the Oakland/Emeryville border.

They tend to see many of the same people when they distribute the bagged lunches each week and have garnered additional insight from them through occasional deeper discussions. "The thing that stands out to me is how much they appreciate when we simply listen to them," Kim shares.

"For example, we spoke with a young man a few months back who told us that it gets very cold at night and that hand warmers can make a huge difference.

One of our parent volunteers got wind of the story and donated money for us to purchase several hundred handwarmers. When we went back the following week and saw the young man, he was so proud that something he had suggested had come to fruition," she explains.

The founders agree that seeing the appreciation on the faces of those they're helping when they deliver the meals and explain that they were made by middle school students is "rewarding beyond words."

The students also experience gratification from giving back. Eighth grader Zoe explains, "Mr. Lorie has told us that when he goes to drop off the food, this is sometimes the only meal for these people in a day or a couple of days. He always tells us that the people want him to bring back their thanks to the lunch makers. It is nice to know how much these lunches mean. We've also started adding oatmeal, dog food and socks in addition to the basic lunch. [We're] trying to provide these people with more comforts."

Yet Brett and his team are also faced with the stark realization that the pool of people in need is beyond their current capabilities.

On the Horizon

To that end, 10,000 Lunches is considering future growth opportunities. Although still in the brainstorming stage, ideas include: involving more schools, increasing fundraising to make more lunches and/or purchase other necessities, and finding a kitchen in Oakland where the students can assemble meals and have more contact with the community they're helping.

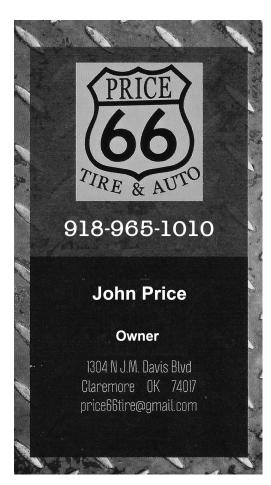
If you are interested in supporting this incredible organization, monetary donations can be made on their website, 10000lunches.org, To donate food, supplies, or dog food, or to volunteer your time to deliver meals, contact Brett at brett@10000lunches.org.

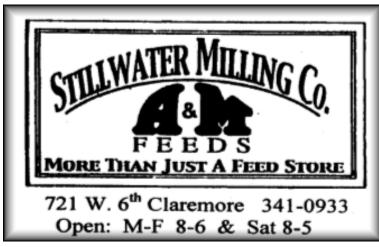
Source: mindful littles **By:** Jennifer Freedman

Website: https://mindfullittles.org/min

making-lunches-homeless/

DATA MASTER: Breanna McDowell







Three Homeless Men

A friend of mine in Chicago sent me an e-mail with her description of an uplifting event that she witnessed...

"And talking about beautiful...yesterday I was witness to such a heartwarming ran-



dom act of kindness. It will forever be imprinted in my mind. I had to run downtown to help Bonnie out for a few hours (it was not part of my original plans for Monday). On my bus ride back to the train station, we were in gridlock traffic right by the opera house. As I stare out my window a handsome young man (25ish to 30ish) walks out of the side door of the Opera House. It's cold and windy outside. He has on a heavy armyissued jacket and a scarf wrapped around his neck.

SubmitAs he's walking towards the bridge there are three homeless men with their cups, each sitting maybe 15 feet from one other. The young man goes to the first beggar, digs into his pocket and pulls out some money he says a few words to the first homeless man and puts the money in his cup. The young man starts walking and now sees the second homeless beggar. He pauses for a minute, digs into his pocket, says a few words and then gives this second man a candy bar. After it is accepted and acknowledged the young man moves on.

Now he sees the third homeless man. The third man is shivering and cold. The young man now stops by him, pauses for a brief second and removes his scarf and wraps it around the beggar's neck in a very loving way and with a huge smile says a few words and moves on.

Well I must say I don't know who was smiling more, me who witnessed this beautiful moment, the young man who gave so willingly from his heart, or the toothless beggar who was grinning ear to ear and for a brief moment was feeling that someone genuinely cared and that he mattered. And just like any old crazy lady, my eyes filled with tears and I sent all those men a prayer filled with love and blessings."

Source: KindSpring – Small Acts That Change The

World

By: Mike Adams

Website: https://www.kindspring.org/story/view.php?

sid=334

DATA MASTER: Doug WM Stone

Look Good, Feel Good, Do Good.



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TRY, TRY AGAIN!

There was once a famous ruler of Tartary whose name was Tamerlane.

Like Alexander the Great, he wished to become the master of the whole

world. So he raised a great army and made war against other countries.

He conquered many kings and burned many cities. But at last his army was beaten; his men were scattered; and Tamerlane fled alone from the field of battle.

For a long time he wandered in fear from place to place. His foes were looking for him. He was in despair. He was about to lose all hope.

One day he was lying under a tree, thinking of his misfortunes. He had now been a wanderer for twenty days. He could not hold out much longer. Suddenly he saw a small object creeping up the trunk of the tree. He looked more closely and saw that it was an ant. The ant was carrying a grain of wheat as large as itself.

As Tamerlane looked, he saw that there was a hole in the tree only a little way above, and that this was the home of the ant. "You are a brave fellow, Mr. Ant," he said; "but you have a heavy load to carry."

Just as he spoke, the ant lost its footing and fell to the ground. But it still held on to the grain of wheat.

A second time it tried to carry its load up the rough trunk of the tree, and a second time it failed.

Tamerlane watched the brave little insect. It tried three times, four times, a dozen times, twenty times—but always with the same result.

Then it tried the twenty-first time. Slowly, one little step at a time, it crept up across the rough place where it had slipped and fallen so often. The next minute it ran safely into its home, carrying its precious load. "Well done!" said Tamerlane. "You have taught me a lesson. I, too, will try, try again, till I succeed."

And this he did.

Of what other story does this remind you?

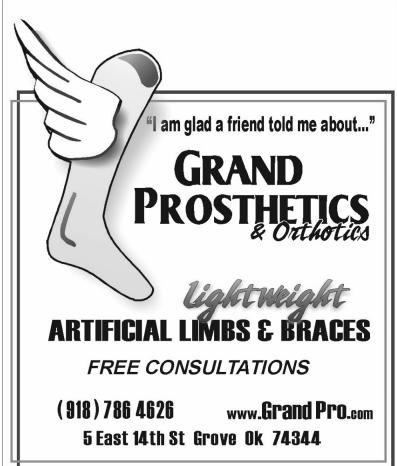
Source: Gutenberg Project

By: James Baldwin

Website: http://www.gutenberg.org/cache/epub/6168/

pg6168-images.html

DATA MASTER: Jennifer Dove



LANGLEY DRUG

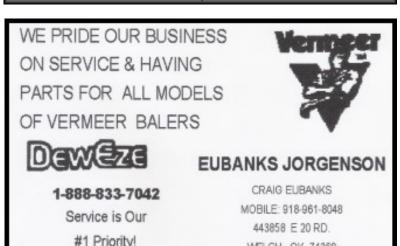
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Why He Carried the Turkey

In Richmond, Virginia, one Saturday morning, an old man went into the market to buy something. He was dressed plainly, his coat was worn, and his hat was dingy. On his arm he carried a small basket.

"I wish to get a fowl for to-morrow's dinner," he said.

The market man showed him a fat turkey, plump and white and ready for roasting.

"Ah! that is just what I want," said the old man. "My wife will be delighted with it."

He asked the price and paid for it. The market man wrapped a paper round it and put it in the basket.

Just then a young man stepped up. "I will take one of those turkeys," he said. He was dressed in fine style and carried a small cane.

"Shall I wrap it up for you?" asked the market man.

"Yes, here is your money," answered the young gentleman; "and send it to my house at once."

"I cannot do that," said the market man. "My errand boy is sick to- day, and there is no one else to send. Besides, it is not our custom to deliver goods."

"Then how am I to get it home?" asked the young gentleman.

"I suppose you will have to carry it yourself," said the market man.

"It is not heavy."

"Carry it myself! Who do you think I am? Fancy me carrying a turkey along the street!" said the young gentleman; and he began to grow very angry. The old man who had bought the first turkey was standing quite near. He had heard all that was said.

"Excuse me, sir," he said; "but may I ask where you live?"

"I live at Number 39, Blank Street," answered the young gentleman; "and my name is Johnson."

"Well, that is lucky," said the old man, smiling. "I happen to be going that way, and I will carry your turkey, if you will allow me."

"Oh, certainly!" said Mr. Johnson. "Here it is. You may follow me."

When they reached Mr. Johnson's house, the old man

politely handed him the turkey and turned to go.

"Here, my friend, what shall I pay you?" said the young gentleman.

"Oh, nothing, sir, nothing," answered the old man. "It was no trouble to me, and you are welcome."

He bowed and went on. Young Mr. Johnson looked after him and wondered.

Then he turned and walked briskly back to the market. "Who is that polite old gentleman who carried my turkey for me?" he asked of the market man.

"That is John Marshall, Chief Justice of the United States. He is one of the greatest men in our country," was the answer.

The young gentleman was surprised and ashamed. "Why did he offer to carry my turkey?" he asked.

"He wished to teach you a lesson," answered the market man.

"What sort of lesson?" "He wished to teach you that no man should feel himself too fine to carry his own packages."

"Oh, no!" said another man who had seen and heard it all. "Judge Marshall carried the turkey simply because he wished to be kind and obliging. That is his way."

Source: Gutenberg Project

By: James Baldwin

Website: http://www.gutenberg.org/cache/

epub/6168/pg6168-images.html

DATA MASTER: Breanna McDowell

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15

Why Busyness is Actually Modern Laziness



Action addiction is an advanced sort of laziness. It keeps us busily occupied with tasks. The busier we keep ourselves, the more we avoid being confronted with questions of life and death. As we keep ourselves occupied with tasks, important or not, we avoid facing life. We keep a safe and comfortable distance to the issues that are sometimes hard to look at. Have we chosen the right career? Are we present enough with our children? Is our life purposeful?

With all our activity we believe we get closer to something bigger. We might not know what it is, but we keep working at it. It's like climbing a ladder as fast as we can, hoping to get to the top. And someday we get there. We reach the top in the form of a job promotion or a newly acquired house. But what's the point of reaching the top of the ladder only to realize it's leaning against the wrong wall?

One time, the Dalai Lama was coming to town. More than 10,000 people were coming together to see him. Over 500 volunteers, dozens of security people, and masses of journalists had to be coordinated. The man

behind it all, Lakha, was a little man in his late 70s and an old friend and study mate of the Dalai Lama. When I asked him, "Hi, Lakha, are you busy?" he turned, looked at me calmly and said, "There is lots of activity, but I am not busy." His presence spoke louder than his words. Lakha was overseeing a massive project with numerous deadlines and details to manage. There was lots going on, but it did not get to him. He was not busy.

On that day I realized clearly that busyness is a choice. We may have deadlines, projects, and activities, but we have the freedom to choose whether we become action addicts and busy-lazy, or just observe the experience of many activities. It's a choice. And the ability to make that choice comes from developing a clear mind, free of action addiction.

Nowadays we tend to all be busy, overburdened, and perhaps stressed. It is part of our identity. If we are busy we are important. If we are stressed, it's because we are committed and working hard. It's in the DNA of our modern societies. If we are not busy and stressed, we are not trying hard enough. Something is wrong with us. But Lakha showed a clear alternative; having many activities and being highly effective and productive, but maintaining mental clarity and calm -- not giving in to action addiction. Not being existentially lazy.

Source: Daily Good – News that Inspires **By:** Rasmus Hougaard and Jacqueline Carter **Website:** <a href="http://www.dailygood.org/story/2294/why-busyness-is-actually-modern-laziness-rasmus-hougaard-and-jacqueline-carter-laziness-rasmus-hougaard-and-jacqueline-carter-laziness-rasmus-hougaard-and-jacqueline-carter-

listen-btn/

DATA MASTER: Steven Burdick



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Up-coming Events

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

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

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

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

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

PRYOR DANCE—Every 1st. and 3rd. Thursday of the month. 6:15 pm—9 pm—Cost is \$5.00 per person, Double H Band will be playing. Cookies and Coffee will be serving. It's for seniors but all ages are welcome. Mayes County Nutrition Center 851 SE 9th Pryor (just east of 9th and Elliott intersection)

Oct 18, 2019 - Dec 29, 2019 The Woolaroc Retrospective Exhibit & Sale - If you love art or just have a great appreciation for wildlife and nature, you won't want to miss out on this exciting exhibit on display at

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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By: Nikki Hamilton

Solutions are printed in page 36

Bartlesville's Woolaroc Museum this fall. Bringing together nine acclaimed landscape and wildlife artists from across the country, "The Woolaroc Retrospective Exhibit" will feature an impressive array of works. Woolaroc Museum & Wildlife Preserve 1925 Woolaroc Ranch Rd Bartlesville, OK 74006 Phone: 918-336-0307 Toll Free: 888-966-5276 Fax: 918-336-0084

Nov 08, 2019 - Dec 22, 2019 Blue Dome Pop-Up Shops - Get your holiday shopping fix at the Blue Dome District in downtown Tulsa during this series of pop-up markets featuring original works by local artists and hand-crafters. Each weekend throughout November and December, the pop-up market will feature a fresh set of merchants and items. Blue Dome 202 S Elgin Ave Tulsa, OK 74120 Phone: 918-645-5349

Nov 15, 2019 - Jan 05, 2020 Rose District Ice Rink - Skate under the festive twinkle lights at Broken Arrow's only outdoor skating rink. Bring your ice skates or rent them directly on-site and glide across the ice under the pavilion at the Rose District Plaza. The Rose District Ice Rink invites everyone out to create new holiday memories at this fun attraction, which opens before Thanksgiving and runs through the New Year. Group rates, private ice and birthday party packages available. 418 S Main St Broken Arrow, OK 74012

Nov 22, 2019 to Nov 23, 2019 Dickens on the Boulevard - Dickens on the Boulevard is a Victorian-themed holiday festival in historic downtown Claremore. Visitors to Dickens on the Boulevard will enjoy live stage entertainment, food, pictures with Santa and more. A Victorian street dance will be held both nights of the event and a Territorial Marshals re-enactment will entertain crowds with plenty of Western-themed action. Living window displays will pepper the downtown area, while an artisan village will feature living history demonstrations. Visitors will be able to learn about life in the Victorian era while re-enactors portraying blacksmiths, spinners, wood carvers and potters answer questions from the crowd and sell their wares. 419 W Will Rogers Blvd Claremore, OK 74017 Phone: 918-341-5881 Fax: 918-342-0663

Nov 23, 2019 to Jan 05, 2020 Winterfest - Downtown Tulsa is transformed into a festive wonderland during Winterfest, an annual holiday tradition. Bring friends and family together for holiday festivities and share the joyful spirit of the season. Experience the thrill of outdoor ice skating, see Oklahoma's tallest outdoor Christmas tree, take a ride in a horse-drawn carriage, listen to live entertainment and browse beautiful holiday light displays. Downtown Tulsa, OK 74103 Phone: 918-894-4268

We the Kings experienced break-out success with their debut self-titled album in 2007. Since then, We the Kings have toured extensively, filling arenas and outdoor stages with their beloved "Secret Valentine," "Check Yes Juliet" and "Say You Like Me" anthems. Come hear your favorite We the Kings tunes as the band performs a live set at the Vanguard in Tulsa, and sing along to newer tracks like "The Ocean and the Sun."The Vanguard 222 N Main St Tulsa, OK 74103 Phone: 918-561-6885

Dec 01, 2019 SNAILS in Concert - Prepare to dance your feet off as SNAILS makes his way to Cain's Ballroom in Tulsa. Listen to mixes created by this Canadian DJ, and dance along as the bass drops. Guests can expect to hear familiar fan favorites off his "Slimageddon" and "The Shell" releases, from "Redline" and "Magnets" to "Into the Light" and "Only Want U." Cain's Ball Cain's Ballroom 423 N Main St Tulsa, OK 74103 Phone: 918-584-2306

Dec 01, 2019 First Lady Nog and Glögg Off - Get ready for a spirited evening in Tulsa during the annual First Lady Nog and Glogg Off. This event is a friendly contest between the Tulsa Arts District's restaurants and bars, providing guests a unique opportunity to sample the establishments' eggnog and glogg (spiced mulled wine) quaffs at one event. Along with a large selection of seasonally flavored drinks, the Nog Off will include live music and hors d'oeuvres. Celebrate the holiday season during this festive Tulsa event.ögg Off Living Arts of Tulsa 307 E Reconciliation Way Tulsa, OK 74120 Phone: 918-527-8170

Dec 04, 2019 Choregus Productions presents: Yale University Whiffenpoofs - Let the Yale Whiffenpoofs get you in the holiday spirit with a lively performance at All Souls Unitarian Church in Tulsa. Every year, 14 senior Yale men are selected to be in the Whiffenpoofs, one of the world's oldest collegiate a cappella groups. Founded in 1909, the "Whiffs" began as a senior quartet that met for weekly concerts at Mory's Temple Bar, the famous Yale tavern. All Souls Unitarian Church 2952 S Peoria Ave Tulsa, OK 74114 Phone: 918-688-6112, 918-295-5965

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

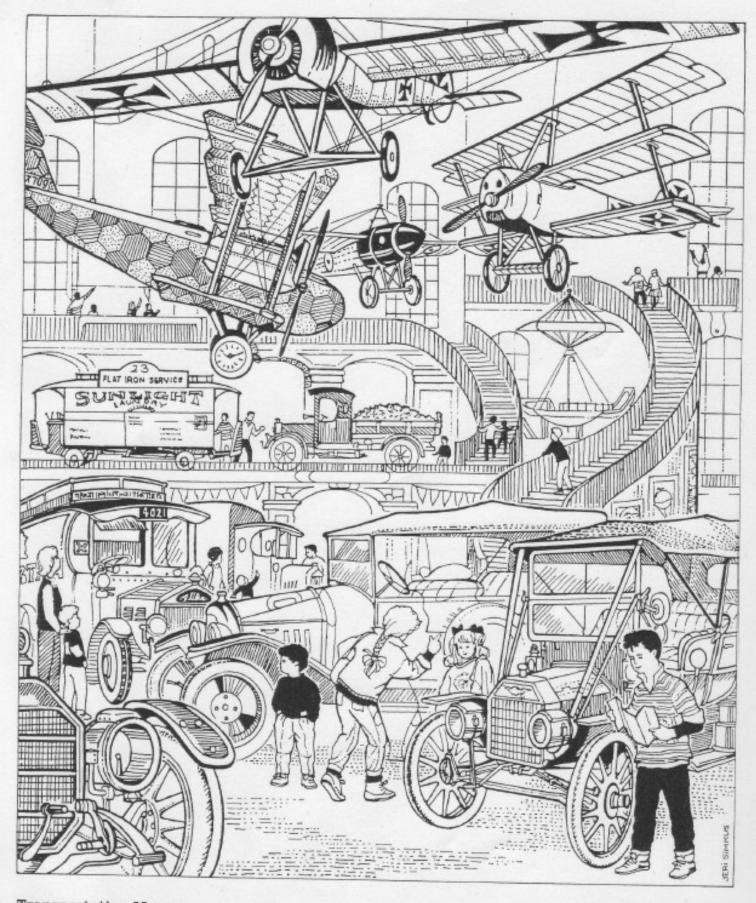
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1100 Walnut/PO Box 85
Chelsea, OK. 74016
Ph: 918-789-2862

Fax: 918-789-5296

Email: links@links.community-options.net

DATA MASTERS: Steven Burdick and Eric Peachey





Transportation Museum

With the help of a museum, it's easy and fun to learn about life in the past. In this museum picture there are twenty hidden objects. Can you find a pocket watch, golf club, flag, diamond ring, megaphone, skate, umbrella, sailboat, comb, needle, nail, paintbrush, cowboy boot, ladder, spinning top, envelope, vase, scrub brush, table, and top hat?



Getting to know the Lutherans

Thanksgiving

In 1789 President Washington declared a national holiday to "acknowledge with grateful hearts the many signal favors of Almighty God." The newly formed United States had experienced every possible obstacle one could imagine and some unimaginable. But still there was reason to give thanks. It is through times of need and hopelessness that our Lord meets us. Jesus said "My grace is sufficient for you, for my power is made perfect in weakness." (2 Cor 12:9) We see our weakness when we are unable to put food on our tables, overcome an illness or repair broken relationships. But God promises to be our strength when we are weak and helpless.

This is nowhere more evident than in our sinful condition. We are dead in our sins and helpless to save ourselves but Christ gave His life for us. When our pantries are empty our strength is used up and we are completely alone we still can give thanks! Because Jesus has come that we may have life and have it to the full (John 10:10). We have many things to be thankful for especially when we are in want. Because when we are empty Jesus offers Himself to fill our lives with hope.

DATA MASTER: Jennifer Dove

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

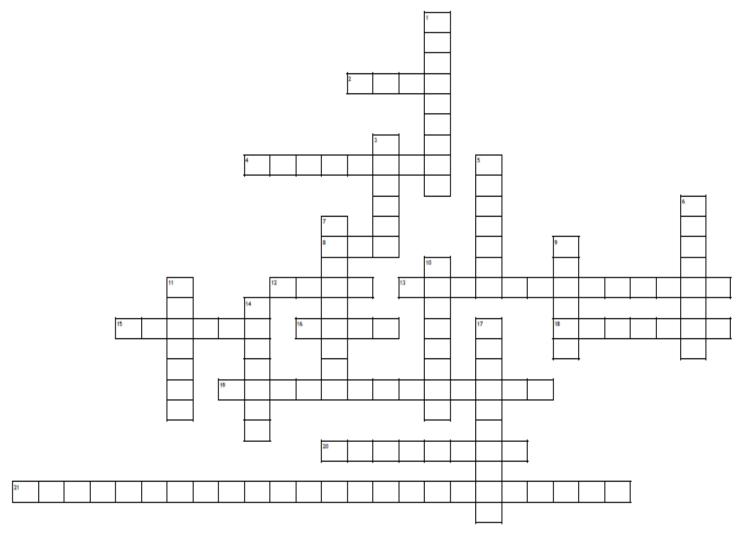
Bethlehem Lutheran Church 6911 West 380 Road, Adair, OK 74330 Worship 9:00 a.m. 918-785-2994 Sunday School and Bible Class 10:15 a.m.

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 9th 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

Crossword Puzzle



Across

- 2. Hindu spiritual teacher or head of a religious sect
- 4. Unmarried, especially in obedience to a religious vow
- 8. You might learn to draw in an ___ class
- Franz _____, German artist whose works include the 1912 oil painting The Shepherds
- 13. Much graffiti writing
- 15. Oil painting
- What dark clouds might represent to a superstitious person
- 18. Gerhard -, German artist whose works include 1988 oil painting St John
- 19. Justice
- Punishment needing official approval
- 21. Picasso oil painting of 1937

By: Eric Peachey and Steve Burdick

Down

- 1. Lacking protection
- 3. Mark of official approval
- 5. Crazy about name attached to a religious painting?
- 6. Given official approval to act
- 7. Religion
- 9. The --- Night, oil painting referenced in the movie poster for Woody Allen's Midnight In Paris
- 10. Approval shown by clapping
- 11. Old Roman adviser
- 14. Island nation of Africa, home to one from a religious sect
- Non-oil painting method

Solution is printed in page 37

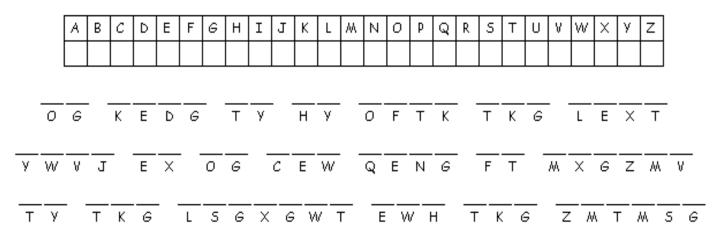
Word Search Puzzle

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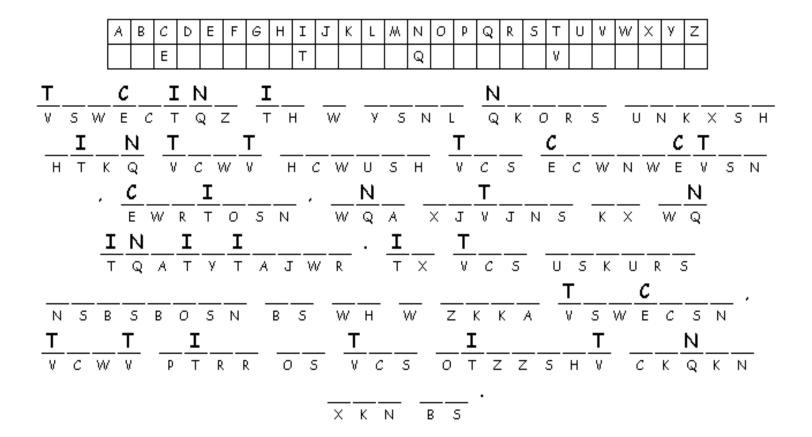
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ARMISTICE	MEGALOPOLIS	COSMOPOLIS	MUNICIPALITY
TYRANNICAL	PEREMPTORY	AUTOCRATIC	AUTHORITARIAN
VIRTUOUS	HONORABLE	GENUINE	INDIGNATION
RIGHTEOUSNESS	GUILELESS	UNPRETENTIOUS	SANCTION
INTERDICTION	ECCLESIASTICAL		

CryptoQuote Puzzles

Title: Learn From Past Quote From: Frederick Douglas



Title: Teacher **Quote From:** A. P. J. Abdul Kalam



Doublet Puzzle

In 1879, Lewis Carroll (who wrote Alice in Wonderland) devised a "verbal torture" to amuse two young ladies. Carroll called this puzzle doublets. This is how a doublets puzzle works: You start with two words, both with the same number of letters. You link these two words by interposing other words, each of which differing from the previous word by one letter only. You begin by changing one letter in the first word to create a new word. You repeat this process, changing one letter at a time and creating new words, until you end up with the second word.

В	A		L		L		
G	A		M	-	E		
В	L	A		C	K		
W	Н	I		T	E		
Н	E		A		D		
Т	A		I		L		

Test Your Knowledge of Idioms and Proverbs

Idioms

- A blessing in disguise

 a.A good thing that seemed bad at first
 b.A bad thing that seemed good at first
 c.Worshiping in hiding
 d.None of the above
- 2. Break a leg
 a.Do as you promised
 b.Kick his heinie
 c.Good luck
 d.Break his shin
- 3. Easy does it
 a.Pace up your work
 b.Slow down
 c.Stop
 d.None of the above
- a. 4. On the ballb.Terriblec.Doing a bad jobd.Greate.Doing a good job
- 5. Add insult to injurya.Hurtb.To make a bad situation worsec.Heald.To make a good situation better
- 6. Barking up the wrong three
 a.To be right
 b.To be mistaken, to be looking for solutions in the wrong place
 c.Cut the rope
 d.None of the above

By Breanna McDowell

Solution in Page 29

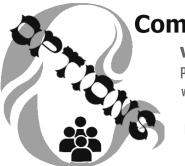
To share your story with us contact: Zia Partovi at 918-244-0457 or 918-789 -2862 or email him at links@links.community-options.net

Proverbs

- 1. Time flies when you're having fun a.Time speeds up when you are having fun b.Time seems to move faster when you're enjoying something c.Time goes by when you are not sad d.None of the above
- Every cloud has a silver lining

 a.Difficult situations usually have at least one positive aspect
 b.Negative thinking
 c.Positive thinking
 d.None of the above
- 3. Good things come to those who wait a.Bad things will happen if you do not wait b.Have patience c.You succeed if you hurry d.None of the above
- Curiosity killed the cat

 a.Be curious to learn new things
 b.Don't be late or you will fail
 c.Being inquisitive may get you in trouble
 d.None of the above
- 5. The ship has sailed a.It's too early to plan for a trip b.You missed the ship c.It's too late d.None of the above
- 6. An apple a day keeps the doctor away a.Doctors are bad for you b.Apples are good for your health c.Apple can replace doctor's needle d.None of the above



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Hashi (Bridge Building) Puzzle

Puzzle Rules: The goal is to connect all of the islands by drawing a series of bridges between the islands. The bridges must follow certain criteria: 1) They must begin and end at distinct islands, travelling a straight line in between. 2) They must not cross any other bridges or islands. 3) They may only run orthogonally (i.e. they may not run diagonally). 3) At most two bridges connect a pair of islands. 4) The number of bridges connected to each island must match the number on that island. 5) The bridges must connect the islands into a single connected group.

2	_	2		(5)		(5)	_	3	_	2		_	1	
	1	1)		6)		(5)	1	4	3		4	(3)	2	2
2		U		w		U		4		1	9	2	<u>ک</u>	
	<u> </u>	1		3		<u> </u>		1			3		α	2
3	2		2			3		3	(1)	3		3	1	3
•	2		•		3				3	•	(5)		2	•
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(5)	(1)	2	3		(1)	3	(3)		(2)	(3)	4		(1)	
					_	2					3			3
4	1	3	3	1	4		2			2	2			<u></u>
•	1		2	U	2		2			3	٧	1		٧

Doublet Puzzle Solution

В	A	L	L
G	A	L	L
G	A	L	E
G	A	M	E

В	L	Α	С	K
В	L	Α	N	K
С	L	Α	N	K
С	L	I	N	K
С	Н	I	N	K
С	Н	I	N	E
W	Н	I	N	E
W	Н	I	T	Е

Н	E	A	D
Н	E	A	L
T	E	A	L
T	A	A	L
T	A	I	L

By: Eric Peachey and Steven Burdick

Answers of Idioms and Proverbs

Idioms

- 1. A A good thing that seemed bad at first
- 2. C Good luck
- 3. B Slow down
- 4. D Doing a good job
- 5. B To make a bad situation worse
- 6. B To be mistaken, to be looking for solutions in the wrong place

Proverbs

- 1. B Time seem to move faster when you're enjoying something
- 2. A Difficult situations usually have at least one positive aspect.
- 3. B Have patience
- 4. C Being inquisitive may get you in trouble
- 5. C It's too late
- 6. B Apples are good for your health

By Breanna McDowell



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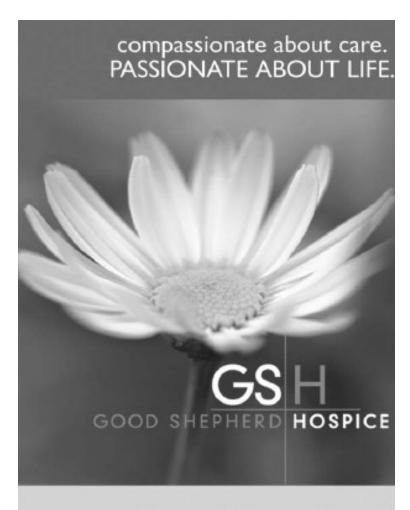
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CryptoQuote Puzzles Solution

Title: Learn From Past Quote From: Frederick Douglas

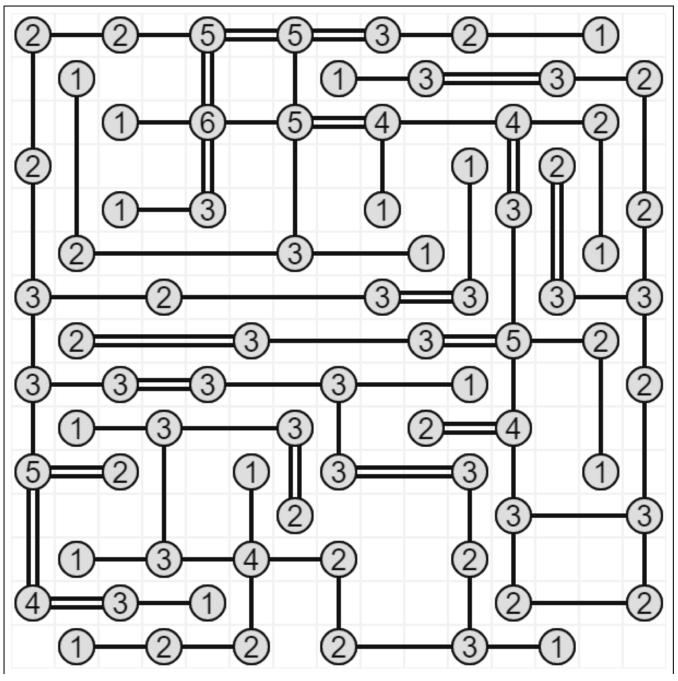
We have to do with the past only as we can make it useful to the present and the future.

Title: Teacher **Quote From:** A. P. J. Abdul Kalam

Teaching is a very noble profession that shapes the character, caliber, and future of an individual. If the people remember me as a good teacher, that will be the biggest honour for me.

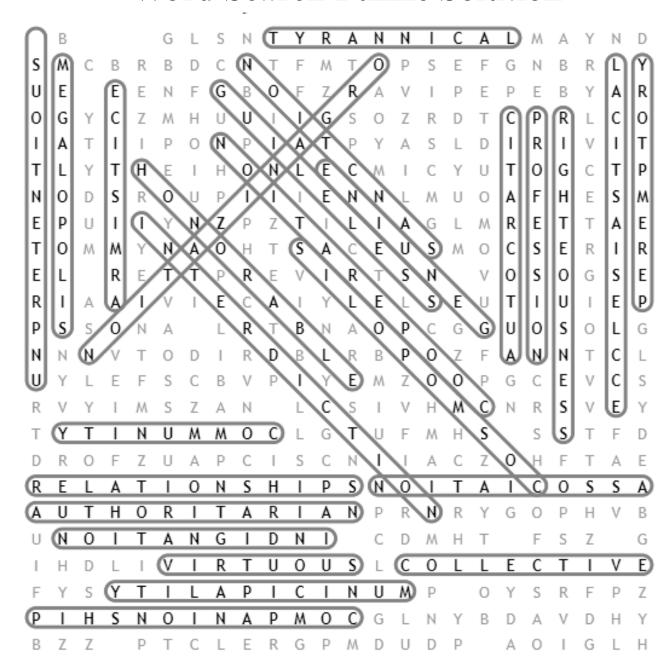
By: Eric Peachey and Steven Burdick

Hashi (Bridge Building) Puzzle Solution



By: Breanna McDowell

Word Search Puzzle Solution



By: Eric Peachey, and Steven Burdick

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BY: Nikki Hamilton

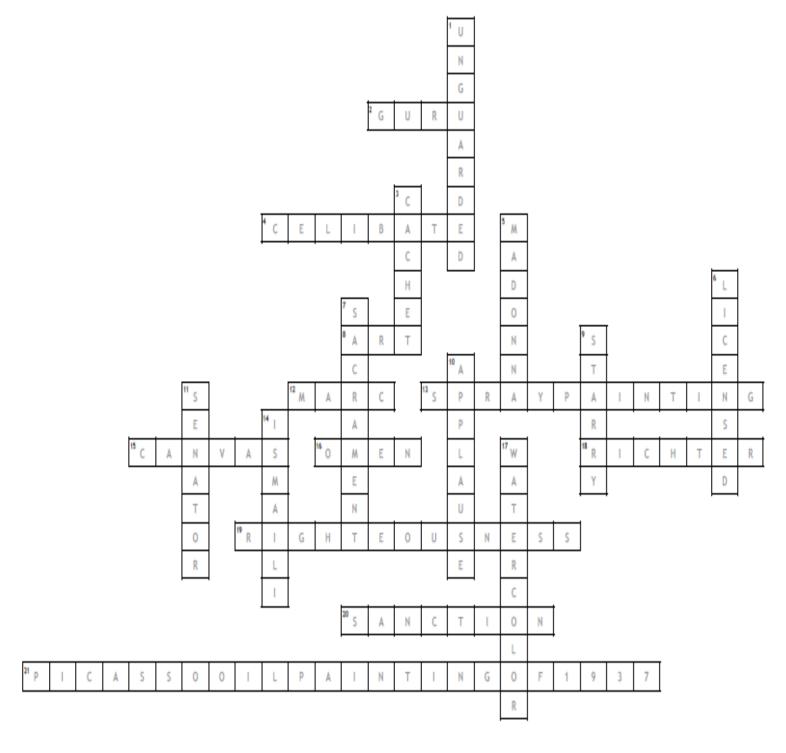
Sudoku Puzzle Easy Solution

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

Sudoku Puzzle Moderate Solution

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

Crossword Puzzle Solution



BY Eric Peachey and Steven Burdick

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Contents of this newspaper is compiled from available original sources. The sources URL addresses are provided for readers' further reading, if so desired.



JEWELS FROM THE WORD

OUTDOOR LIVING I sat at the dining table, gazing out the window, lost in thought. When I came to myself, I saw 3 squirrels chasing each other around the yard, up and down the crabapple tree. Suddenly

all three went up the tree and out of sight. A very large blue jay sat on the fence, while several robins and sparrows pecked at the ground. I watched the shadows on the lawn and felt the tensions of the day drop away.

I've never been an outdoors person, although I have gardened for many years. I only went outside when I had to work in the garden or to get in the car and go somewhere. Our previous home didn't draw a person outside. Although I made a few feeble attempts to make the backyard more inviting, it meant work, not pleasure.

Now I am drawn out into the yard. In this home, the patio seems like an extension of the living room and it is just natural to wander out and look around. Before I know it, I have pulled a few weeds, smelled the roses, and got

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

some fresh air and exercise without even trying. The birds and squirrels roam around keeping me company. Outdoor living is more enjoyable every day.

Jesus said, "Are not 2 sparrows sold for a copper coin? And not one of them falls to the ground apart from your Father's will. But the very hairs of your head are all numbered. Do not fear therefore; you are of more value than many sparrows." Matthew 10:29-31 NKJV

He knows my name, He knows where I am, and the very hairs on my head are numbered. Before I ever called on Him for salvation, He knew me and was just waiting for that moment.

Watching the robins and sparrows, I realize how much God values and loves me.

DATA MASTER: Heather Conn

To share your story with us contact: Zia Partovi at 918-244-0457 or 918-789-2862 or email him at links@links.community-options.net

