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"The Little Green Paper"

January 20, 2020

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Martin Luther King, Jr.



Martin Luther King, Jr., original name Michael King, Jr., (born January 15, 1929, Atlanta, Georgia, U.S.—died April 4, 1968, Memphis, Tennessee), Baptist minister and social activist who led the civil rights movement in the United States from the mid-1950s until his death by assassination in 1968. His leadership was fundamental to that movement's success in ending the legal segregation of African Americans in the South and other parts of the United States. King rose to national prominence as head of the Southern Christian Leadership Conference, which promoted nonviolent tactics, such as the massive March on Washington (1963), to achieve civil rights. He was awarded the Nobel Peace Prize in 1964.

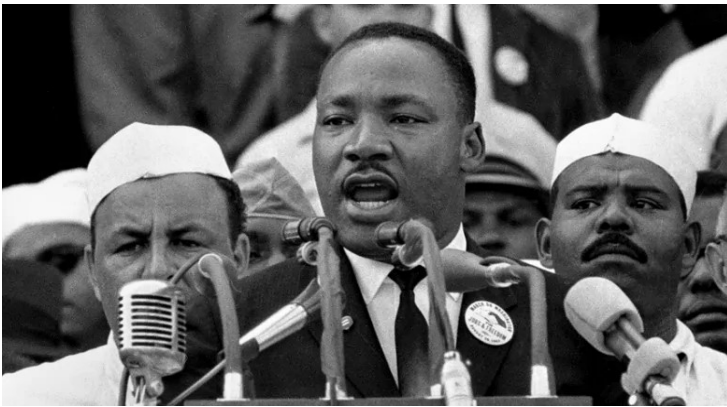
The Letter From The Birmingham Jail



In Birmingham, Alabama, in the spring of 1963, King's campaign to end segregation at lunch counters and in hiring practices drew nationwide attention when police turned dogs and fire hoses on the demonstrators. King was jailed along with large numbers of his supporters, including hundreds of schoolchildren. His supporters did not, however,

include all the black clergy of Birmingham, and he was strongly opposed by some of the white clergy who had issued a statement urging African Americans not to support the demonstrations. From the Birmingham jail, King wrote a letter of great eloquence in which he spelled out his philosophy of nonviolence:

You may well ask: "Why direct action? Why sit-ins, marches and so forth? Isn't negotiation a better path?" You are quite right in calling for negotiation. Indeed, this is the very purpose of direct action. Nonviolent direct action seeks to create such a crisis and foster such a tension that a community which has constantly refused to negotiate is forced to confront the issue.



Near the end of the Birmingham campaign, in an effort to draw together the multiple forces for peaceful change and to dramatize to the country and to the world the importance of solving the U.S. racial problem, King joined other civil rights leaders in organizing the historic March on Washington. On August 28, 1963, an interracial assembly of more than 200,000 gathered peacefully in the shadow of the Lincoln Memorial to demand equal justice for all citizens under the law. Here the crowds were uplifted by the emotional strength and prophetic quality of King's famous "I Have a Dream" speech, in which he emphasized his faith that all men, someday, would be brothers.



Legacy

As with the lives of other major historical figures, King's life has been interpreted in new ways by successive generations of scholars, many of whom have drawn attention to the crucial role of local black leaders in the African American protest movements of the 1950s and '60s. Recognizing that grassroots activists such as Rosa Parks, Fred Shuttlesworth, and others prepared the way for King's rise to national prominence, biographers and historians have questioned the view that Southern black protest movements relied on King's charismatic guidance. Nonetheless, studies of King continue to acknowledge his distinctive leadership role. For example, though he often downplayed his contribution to the Montgomery bus boycott, King's inspirational leadership and his speeches helped to transform a local protest over bus seating into a historically important event. More generally, studies of King have suggested that his most significant contribution to the modern African American freedom struggle was to link black aspirations to transcendent, widely shared democratic and Christian ideals. While helping grassroots leaders mobilize African Americans for sustained mass struggles, he inspired participants to believe that their cause was just and consistent with traditional American egalitarian values. King also appealed to the consciences of all Americans, thus building popular support for civil rights reform. His strategy of emphasizing nonviolent protest and interracial cooperation enabled him to fight effectively against the Southern system of legalized racial segregation and discrimination, but it also proved inadequate during his final years as he sought to overcome racial and economic problems that were national in scope.

DATA MASTER: Breanna McDowell
Karen Deffenbaugh

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Community Option's Christmas Party Prize Winners

We would like to share pictures of our dear employees who won prizes in the year 2019 Christmas party of the Community Options, Inc.:

Debbie Walters

Prize: Bluetooth Speakers



Rhea Partovi

Prize: Duffle Bag



Sammy Peterson

Prize: Back Pack



Regina Sutton

Prize: TV Set



Mary Riddle

Prize: Air Fryer



Surprising Facts About Winter Weather

Whether you enjoy bundling up in your coziest gear or are already counting down the days until spring, here are some facts about what's happening outdoors this time of year.

IT DOESN'T TAKE LONG FOR THE TEMPERATURE TO DROP.

Don't take mild conditions in the middle of January as an excuse to leave home without a jacket. Rapid City, South Dakota's weather records from January 10, 1911, show just how fast temperatures can plummet. The day started out at a pleasant 55°F, then over the course of 15 minutes a wicked cold front brought the temperature down to 8 degrees. That day still holds the record for quickest cold snap in history.

THE EARTH IS CLOSEST TO THE SUN DURING THE WINTER.

Every January (the start of the winter season in the northern hemisphere) the Earth reaches the point in its orbit that's nearest to the Sun. Despite some common misconceptions, the seasonal drop in temperature has nothing to do with the distance of our planet to the Sun. It instead has everything to do with which direction the Earth's axis is tilting, which is why the two hemispheres experience winter at different times of the year.

MORE THAN 22 MILLION TONS OF SALT ARE USED ON U.S. ROADS EACH WINTER.

That comes out to about 137 pounds of salt per person.

THE SNOWIEST CITY ON EARTH IS IN JAPAN.

Aomori City in northern Japan receives more snowfall than any major city on the planet. Each year citizens are pummeled with 312 inches, or about 26 feet, of snow on average.

SOMETIMES SNOWBALLS FORM THEMSELVES.

Something strange happened earlier this year in northwest Siberia: Mysterious, giant snowballs began washing up on a beach along the Gulf of Ob. It turns out the ice orbs were formed naturally by the rolling motions of wind and water. With some spheres reaching nearly 3 feet in width, you wouldn't want to use this frozen ammunition in a snowball fight.

DATA MASTER: Eric Peachey

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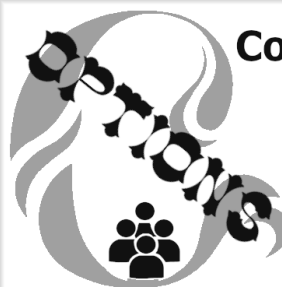
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our website can be accessed at:
<https://community-options.net>

Funny Things Kids Say

4 Year Old: What happens if your phone goes in the potty?

Me: Why?

4 Year Old: Never mind.

4 Year Old: Can we get a kitten?

Me: I'm allergic. We can't be in the same house.

4 Year Old: You could sleep outside.

Me: Someday, you'll have feelings for boys.

6 Year Old: I already have feelings for them.

Me: Really?

6 Year Old: They make me mad.

6 Year Old: Why do bad guys always try to take over?

Me: They want to be in charge and make all the rules

6 Year Old: Why don't they become moms?

7 Year Old: Mom, what's a humanitarian?

6 Year Old: I got this Ma. Its like a vegetarian, but they eat humans.

Dad: Come on, you guys are LATE!!!

11 Year Old: You should have started YELLING at us earlier!

4 Year Old: What did I earn for being good today?

Me: My love and affection

4 Year Old [cries] I don't want that!

Girl: Why would someone dress like a hamster?

Me: ... Do you mean hipster?

Girl: What's the difference?

Mom, you were my best friend until I actually got friends.

4 Year Old: What happens if your phone goes in the potty?

Me: WHY?

4 Year Old: Never mind.

5 Year Old: I am not cheating, I'm only helping myself win.

Bea: Can you quiz me on my book "A Dog Tail"

Me: How long's the tail?

Bea: No idea.

Me: Dog's name?

Bea: I ONLY READ THE BOOK ONCE, GOD!

Me: Hey, Maddox. What do you want to make today?

Do you want to make cookies? Or ornaments? Or...

Maddox: Money.

6 Year Old: Dad just needs to get mom something so he'll be ungrounded. I'm gonna go make her something and say it's from him.

I'm still not used to being in the double digits. It's all so strange. I'm old! - my 10 year old student

7 Year Old: Most inventors are smart, but not the person who invented homework. They are the worst of all the inventors.

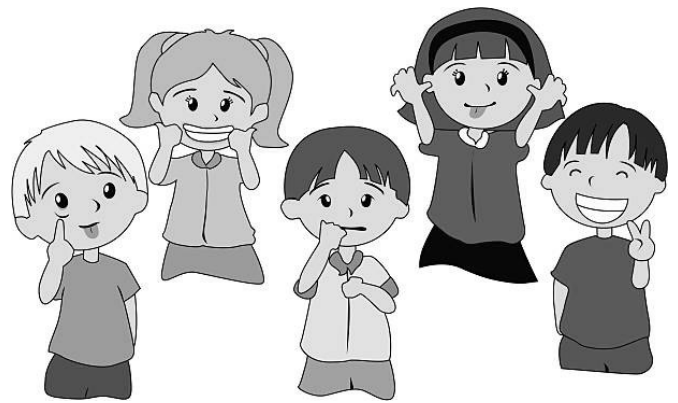
5 Year Old: Can I have a Twik?

Me: You mean Twix?

5 Year Old: No. I only want one.

I sat down with my 3 year old daughter who was playing at her dollhouse. I asked her which doll I could be and she replied, "The one that does the dishes."

DATA MASTER: Doug WM Stone





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Adopting her neighbor's kids and a big surprise

Audrey asked her neighbor, Tisha Beauchmin, to watch her three kids while she went to the hospital for testing. Beauchmin agreed. Audrey then discovered she had stage 2 esophageal and stomach cancer, and asked Beauchmin to be legal guardian to her children. She passed away soon after.

Beauchmin, who grew up in an orphanage, chose to adopt her neighbor's three children, despite already having five children of her own. Their friend, Elizabeth Thames, reached out to the FOX5 Surprise Squad to help the family of ten.

Beauchmin showed FOX5's Cassandra Jones around her home, explaining that some of her children were sharing small rooms and others were sleeping in open living spaces. Jones told Beauchmin that they would have to add an interior wall to their home so that she could make an enclosed room for the boys — a requirement if she wanted to legally adopt the three children.

FOX5 sent the family on a three day trip and then replaced all of the carpeting, painted, landscaped, and brought in new furniture and a Christmas tree, as well as a brand new 12-seater van. "It's really overwhelming that somebody would do this for me, for my family," Beauchmin said. "I didn't do anything too special. I did what anybody in my shoes would have done."

DATA MASTER: Eric Peachey

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Getting Involved And Making A Huge Difference In A Family's Life

Last year I worked patrol on Christmas Eve and I came across these two (and their 3 kids) who were living in a vehicle at a park.



A huge storm was rolling in and they needed a miracle. Letters To Santa Charity (LTS) came in like Santa himself.

With only a simple text to the board (Justin Crone, Aileen Crone, Betty Julian, Sargon Eddy, Megan Bruce, and Nick Bashaw), elves went to work. Even though it was Christmas Eve, LTS worked - hard.

Two weeks in a hotel with toys for the kids followed by a rental house that donors completely furnished. LTS stood by them since then and this year I stopped by and visited where she works full time to take a pic. They are now off public assistance, cooking a turkey dinner and they have a beautiful tree with gifts under it.

Last year the kids wondered how Santa would find them in a car at a park. I guess Santa found a way. Merry Christmas everyone.

Neil Cervenka Turlock Police Department

DATA MASTER: Heather Conn



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We Are Worthy

I wouldn't say I'm particularly rich by societies standards, but on the front of wealth measured by experience and valuable lessons, I would consider myself very wealthy. On another hand I would rather say "grateful".

I have almost completely lost interest in exploring for what I can see, and I have discovered far more beauty lying beneath the surface of the people all around me. Traveling as I am, staying in each place for an average of six months has enabled me to not only see the beauty of the place lying on the surface, but also the glories and riches embedded in the cultures built by the people dwelling in them. The call to travel is definitely one that has addressed my heart unignorably. But not just for the sights and the sounds of what is foreign, but for the hearts of the people there and their stories. I would definitely say that these gems some call nothing MORE than stories are what I find MOST valuable. My soft heart leaps from my chest with every tale of every real person I have had such an amazing opportunity to meet; One broken and left out to dry by the man she gave her purest love to, another recklessly passionate and inspiringly unstoppable in his pursuit for what drives him, yet another overflowing with wisdom gained by experiences many of us could not even bare the thought of encountering ourselves.

Yet these stories are unknown and left hidden beneath the lack of an accepting world. Often greeted by disregard and disvalue, shunned by society and left to be ignored for their lack of conformity to what the masses would call publicly acceptable. Now uncovered by a willing heart eager to find them, I call them beautiful.

However! I do not disvalue those that join the ranks of the disapproving masses! Instead, I also find you beautiful. Among you are some of the most beautiful souls one can find. I find these stories adrift among the angry, the joyful, the judgmental, the accepted, the broken, the proud, the loved and the hated. With every beating heart and the legend left by those that beat on with in each of us, there lies a beauty that cannot be summed in words, but by the humbled eye, beheld.

Behold this beauty for yourself, and I guarantee you, you will find it difficult to hold back the gates that seal your prying tears. We ARE the beauty of this world. Together, apart, united, divided, in greatness and awe, in brokenness and shamed... YOU... are the beauty of this world.

YOU are the priceless gems that make our world worthy.

YOU, the sum of all that is good and all that is bad

within you that makes you who you are... YOU are WORTHY.

DATA MASTER: Heather Conn

Off Duty Firefighter Spots Elderly Woman Struggling, Carries Her All The Way Up The Stairs

An off duty firefighter noticed a woman struggling on the stadium stairs, so he helped her to her seat and then carried her out of the stadium after the show.

Shayla and Thomas Harwell were attending the the Houston Livestock Show and Rodeo when they noticed the older woman having trouble getting to her seat.



Thomas helped the woman down the stairs and to her seat, but he and his wife kept an eye on the family until the show ended. They knew the woman would need to come back up the stairs in order to exit the stadium.

"I helped her downstairs, and I wasn't going to leave until I helped her upstairs," Thomas said.

Shayla snapped a photo of her husband carrying the elderly woman up the stairs and posted it to Facebook.

"She did not have the strength to come back up the stairs," she wrote. "So, he carried her!"

Thomas has been a firefighter with Hardin Volunteer Fire Department for 15 years and said it's always been in his blood to help people, and not just when he's on the clock.

"I'm a senior captain in the fire department. My job is to help people," he said.

DATA MASTER: Jennifer Dove

Man Collapses In Airport As He Sees His Wife And Kids For First Time In Years



In 2012, a pregnant wife arrived in Fort Worth, Texas, with her two children. Having fled their village in war-torn Sudan, Alik was separated from her husband Dyan who was stuck in a refugee camp in northern Africa.

He didn't think he would ever see his family again.

Meanwhile, two moms from The Village Church in Fort Worth were looking for a way for their families to put feet to their Christian faith. Molly and Mary Claire signed up to volunteer with Catholic Charities, one of the larger refugee resettlement agencies in Texas and were matched with Alik and her family.

They did everything in their power to reunite Alik and the kids with Dyan but were told "It'll be a miracle if this happens."

DATA MASTER: Jennifer Dove

Trail Cam Captures Opossum Pulling Ticks Off A Deer's Face



This trail cam photo beautifully demonstrates a symbiotic relationship -- a special interaction between species that provides a balance that can only be achieved by working together.

The photo, posted by the Vermont Wildlife Coalition, shows an opossum pulling ticks off a deer's face.

Tick infestations are serious in the dry months and have even killed young deer.

And possums love to eat ticks.

"We found that the average opossum kills thousands of ticks every week wandering through the forest," says Felicia Keesing, a biologist at Bard College and an Adjunct Scientist at the Cary Institute of Ecosystem Studies.

"So, the opossum wanders through the woods and ticks get on them just like they might get on any mammal wandering through the woods. But the opossums groom them off and kill them in the process of the tick wandering around trying to find a place to feed."

Opossums are the unsung heroes in curbing Lyme disease.

DATA MASTER: Jennifer Dove





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A Story Of Kindness As A Gift



I began a new practice last year, which I have continued. After many years of being on the receiving end of gifts from my students, especially around this time of the year, I asked my students to forgo giving me anything.

Rather than getting me something that I don't need, I asked them to take that money and make a donation to a non-profit and I gave them names of a few that I like to support.

There are so many beings whose basic needs are not even met. I have an abundance of all that is important! Or, I asked them to do an act of kindness and write me a card telling me about it.

On Monday a student gave me a card and said, "don't worry, there's no gift card in here." She began my telling her her act of kindness. She volunteered at a hospital and told me about a 30 minute conversation that she had with an elderly man. What made it even more special was when she told me how much fun she had and how much she enjoyed it! I have never been so moved by a gift. Little does she know, this was the best gift ever!

DATA MASTER: Breanna McDowell

Humanizing The Homeless



Recently I invited a homeless man to have lunch with me at the Soup Plantation so that he could eat as much as he wanted to fill his tummy. I met him over the phone when I was calling Father Benno's, a soup kitchen. Something within me stirred to invite him to lunch. Since he did not have a car, I offered to pick him up.

We had a wonderful four-hour lunch. I learned a lot about his struggles but more importantly, I left lunch feeling a greater gratitude for a roof over my head, warm shower, comfortable bed, and food on the table – all of which we may not think twice about. He, too, enjoyed the connection, his lunch, and a rest from spending his afternoon on the streets.

I learned long ago that one person alone cannot solve the homeless epidemic in California or the U.S.; however, each person can make an effort to humanize the homeless in their own way. Did you know that 40% of the U.S. population lives paycheck to paycheck? Should a financial emergency or burden occur, any one of those 40% can end up homeless on the streets.

For this holiday season, perhaps you may want to try something new. Buy a meal for the person asking for money instead of giving him spare change. If you can make the time and find courage, invite them to share a meal with you. Jesse Jackson once said, "Never look down on anybody unless you are helping them up," and Rumi reminds us, "When we practice loving kindness and compassion, we are the first one to profit."

DATA MASTER: Breanna McDowell

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What A Way To ...



What a way to start my morning.

Walked to the beach to Touch The Ocean, while listening to my audiobook and talking to my mom.

Then, headed to Sprouts for items for breakfast. On the way out I saw a woman who appeared to be in need. I offered her one of my "homeless bags." She was grateful. I asked how she was doing with socks. She needed some, so I told her I'd get some for her.

Ended up buying her socks, gloves and a knit cap. When I came out of the store, there was another woman in need with the first woman. The first woman gave this new woman some of the food I had given her.


So, I gave her a bag of her home which she didn't want to accept at first, but turned out she had no food. It had been stolen the night before by other homeless folks by the tracks.

She told me and asked so much:

- She was a teacher and a musician and got her Ph.D. in Finland.
- She was a musician and was starting a band and was getting married to her man on February 14th and that I should come to the wedding.
- She was out of food because she spent all of her money on the prison commissary where her fiance was residing.
- She put on make-up today.
- "Who won the football game?"
- "Are you a Christian?"
- "Are you Agnostic?"
- "What's your name? Oh, do you like The Kings of Leon?"

Both women thanked me, called me "Sweetie", and hugged me. As I was about to drive off, one made the sign of the cross and touched the hood of my van, I'm assuming to bless me.

DATA MASTER: Breanna McDowell



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Claremore Nursing Home - Employee of the Month



If you would like to join, "Samantha Walker" 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.

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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Police Were Called For A Woman Screaming 'Help! Let Me Out' Inside A Home. It Was A Parrot

Deputies with the Palm Beach County Sheriff's Office responded to reports of a woman screaming for help from inside a neighbor's home.

They showed up to the home only to discover that the "woman" was actually a parrot.

The homeowner was working on his car when the deputies arrived and notified him that his neighbor had called to report that there was a woman screaming inside asking for help and to be let out.

"I was changing the brakes on my wife's car and had my 40-year-old parrot, Rambo, on his outside perch where he sings and talks," the homeowner said. "Sometime later four police officers showed up saying a neighbor called because she heard a woman screaming for help.

I promptly introduced the officers to Rambo and we all had a good laugh.

Afterward, I also introduced Rambo to the neighbor who called in the screaming. She too had a good laugh.

Sometimes Rambo yells 'help, help, let me out'. Something I taught him when I was a kid and Rambo lived in a cage."



DATA MASTER: Nikki Hamilton

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Baby Koala Makes Amazing Recovery After Nearly Dying In Australian Bushfire



A baby koala will be released back into the wild after being rescued from Australia's raging bushfires.

Keli the koala was found abandoned on the street in New South Wales in very poor condition. He had a fungal infection and weighed about 10 ounces.

He had lost most of his fur.

So, Keli was taken to the Port Macquarie Koala Hospital where he has made an incredible recovery.

"Just a brighter moment in all the tragedy in Australia at the moment we wanted to share something good," the hospital wrote.

Keli now weighs over 2 pounds, the fungal infection is gone and all of his fur is regrowing.

"It's still early days yet, we will get very excited when he makes 2.5 kg and its time for him to come into the 'dehumanising trees' in preparation for release back to the wild. Release will not happen until the cooler months, and thankfully there is still some good habitat left in selected locations," the hospital wrote.

DATA MASTER: Nikki Hamilton

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This Mom's Post On Punishing Kids Is Giving Parents A Lot To Think About

A mom's Facebook post about punishing your children has plenty of parents talking on social media.

This is what she wrote on her Facebook page "Play at Home Mom" after her daughter accidentally caused some damage to their house:

"Our girls were messing around yesterday. One of them happened to put their body through the drywall. My nine year old came downstairs crying and frantic saying she had to show me something. I walked upstairs to the damaged wall. The remorse was already displayed all over her body."

Mom continued:

"She didn't need me to make her feel guilty.

She didn't need me to shame her.

She didn't need me to make an already crappy situation worse.

'I'm sorry!!!'

I know you are.

'Daddy is going to be so mad!!! I'm not ready to tell him yet.'

That is OK. When you are ready, you will tell him.

She knew. She knew that he was the one most impacted by this. He would be the one taking time from his day to fix this.

Dairy Snack

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I walked downstairs and told my husband.

The kids put a hole in the wall. A big one. M is really upset about it. She's working up the courage to come and tell you about it.

We have two choices here.

1. Scream and yell and make her feel more awful than she already does.
2. Accept that little girl for each bit of awesome that she is... even in her mistakes. To realize that it was SO hard for her to come down and tell you how she made a mistake.

Our response will 100% determine how she comes to us with mistakes in the future.

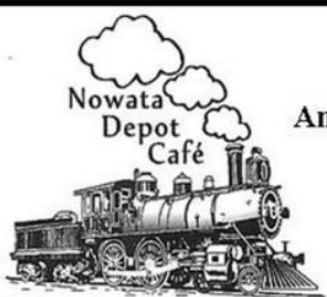
How do you respond?

Today, my daughter walks around with a little more trust. She walks around feeling loved and connected. She walks around knowing that she can tell her parents anything and that she is safe.

This was the best gift I could ever receive this Christmas.

And yes. She still feels sorry. She offered to not receive any Christmas presents this year, all her savings, and her time to help fix it. She didn't need screaming parents to make her feel this. She did it all on her own."


DATA MASTER: Nikki Hamilton



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our website can be accessed at:
<https://community-options.net>

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 15 Year Blessing From A Homeless Person



This is a story that happened 15 years ago but it has always stayed with me since then.

On the way back from work every evening, more often than not there would be a homeless man standing at the exit of the freeway. He looked to be in his late 40's but was probably a lot younger. He had shoulder length straight black hair a short beard, and he was of average stature.

His eyes were what struck me the most about him, they were brown and they had a sparkle. Like an inside light that was beaming out of his eyes. His eyes, I thought, represented the man in general. People say they can tell a lot from a person's eyes. It was certainly true in his case. He always waved at every car, he was always happy and smiling and sometimes almost dancing.

Every day after work I would remember to gather any spare change, and put it aside to give to him if I saw him. A feeling of joy would come over me every time I saw him, as I came off the ramp. He had that effect.

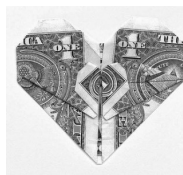
I'd quickly roll down my window and give him the coins. Occasionally the red light would be on for a minute and we would ask each other about our day. His answer would always be the same, "I'm blessed!"

I knew what his answer was going to be every time, yet I would still ask. It amazed me that even in his situation of being homeless he was so positive, and his answer would remind me of how blessed I was. A single mother of four amazing kids, with a place to call home and with a job to provide for my kids.

Then one day I was called into my boss's office and was told that I was being laid off due to the economy. A feeling of worry engulfed me, and for the rest of that day all I could think of was "how am I going to provide

for my kids, how am I going to pay rent, what am I going to do?"

Needless to say that on my way home that day I was very sad and upset. I didn't remember to look for my spare change and keep it ready like I usually did. I wasn't feeling the joy as I got off the ramp where the homeless man would be. Yet there he was as always, as I turned the ramp. He set his eyes on me, while still smiling and waving at others.



I'd hoped to catch the green light, but I missed it. While I was waiting for the red light to turn, he strolled over to my car. He had a big smile he looked me straight in the eyes and said "today I will give you a dollar". He then reached into his pocket and pulled out a dollar bill. I was blown away. I burst into tears. I wanted to jump out of my car and hug him!

You see that day he gave me more than a dollar bill, he taught me a valuable lesson. No matter what material things are taken from you, no one can take away your choice to be joyful. My ride home was smooth sailing, I had lost my job, had no savings, but I knew I was blessed!

Every time I'm faced with challenges, I think of the homeless man's valuable lesson and remember that I am blessed.

DATA MASTER: Karen Deffenbaugh



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True Teacher Stories: Funny Stuff Kids Say in the Classroom

I was teaching at a Christian school at the time, and we did a week-long study of Martin Luther. We learned all about the Protestant Reformation and Luther's life. At the end of the unit, the book had a picture of Martin Luther. When one student saw it, his response was, "I always thought that guy was black."

My first week of my first year of teaching, I turned my head for a moment during an art project and I had two students cut their hair!! I'll never forget that! [I also had this happen. The child had about fifty braids on her head and one got snipped off. The parent was so furious that she demanded her child be removed from my class! The principal was so dumbfounded he just told her to think that over and if she still really wanted to take her out of my class the next day, he would do it. She called the next day and apologized, hehe. -Angela].

One I will NEVER forget... I was teaching kinder in South Los Angeles: rough neighborhood, gangs, prostitutes, drugs, etc. So, I never knew what was going to come out of my students' mouths. We had a few tricycles on our little playground and only one red one. Well, one of my kids loved that red bike. We came out to recess and another little boy was on it. My student went up to this boy, put his hands on the handlebars, and said, "Get off the bike, b****!"

My first year of teaching I had a boy named Patrick who never hung up his coat. I was tired of it and I warned him that it was going in the trash can the next time I found it on the floor. Well, the next time it happened... I threw it in the trash, with the good intention of taking it out within a few minutes. Within that few minutes a student felt sick and vomited in the trash can! Did I have some explaining to do to the parents. I was very lucky because I knew the parent and had worked with him before I became a teacher. I called him to explain, and he laughed and said they had the same problem with him at home. Boy, was I lucky. I offered to get it dry cleaned, but they said "No. Send it home in a garbage bag!"

My students were sitting around talking about what their dads do for a living. One of mine said "My dad fixes boobies!" I later asked the mom what dad did. She replied, "He is an anesthesiologist". I told her the comment, and she told us that relatives had recently asked dad what his favorite surgery was. He said boob jobs, because he sits at the patient's eye level and gets to tell the dr. if they are even!!! Apparently junior overheard the conversation. I laugh about this every time I think

about it!

I teach kindergarten and when I was urging a student to get down to work, he looked up and me and said, "You do know that I didn't sign up for this. My dad did it."

My first year of teaching I had a terribly naughty little boy (he tried to pull the fire alarm on the first day of school). About midway through the year he drew a picture at free time and brought it up to show me. He pointed to the pictures saying, "Look, this is me and on my shoulders I drew those two guys that tell you to do good things or bad things... I like to listen to the bad one!" It was so funny (and true) all I could do was hug him and laugh!

Another time we had been talking about healthy eating and our bodies and one boy raised his hand and said, "If you look at your arms you can see the VINES inside your body."

One moment happened several years ago when I taught grade one. Each primary class had received one of those colorful carpets with the seven continents on it. Well, day 2 of having this carpet, Andre got very sick, and threw up. When his dad came to take him home, Andre proudly says, "Daddy, I threw up all over North America AND South America!"

This one came from my then 4-year old grandson... I had promised to take him to the local ice cream shop one summer evening. He had been playing with some neighborhood friends and if we were going to get to the shop before it closed we needed to leave. As I put him in the car, he protested because he wanted to play some more. Well, we were driving and I turned to him and asked, "What kind of ice cream are you going to get tonight?" He would not answer me. So I turned to my husband who was driving and said, "I guess I'm getting the silent treatment." From the backseat we heard, "I don't think they have that kind."

I was teaching in a rural school district in a town of about 1200 people. It was 3rd grade. We were discussing Native American Indians. The kids were really into the discussion, when one little girl named Alysha raised her hand and said, "I know a whole lot about Native American Indians!" I said, "Oh you do? She said, "Yes, the reason I know so much about them is because my daddy is FULL BLOODED REDNECK!"

My favorite came from child in my pre-first grade class. He'd been gone for several days because his grandfather had passed away. When he returned I told him we'd missed him. He told me, "I had to go to Iowa because my grandpa died and I had to be at the back

and be a polar bear.” When I called the mom to share that with her, she told me that indeed, all the grandsons ages six to adult had been the pallbearers. I’ve never been to a funeral since that I don’t think of that and smile.

DATA MASTER: Steve Burdick

I Was Dropping My ...

I was dropping my mom and sister off at the train station after their holiday visit. On the way I saw a man in a wheelchair in an empty lot. It looked like he wasn't wearing shoes.

After dropping off my family, I went back to the lot and he was there. His chair was on the incline that lead to the street and it looked like he was struggling with his bare foot to keep from sliding into the street. I asked if he wanted me to pull him back up. He nodded. I asked him to pick up his feet and pulled him back

up into the lot. He didn't respond when I asked if this was far enough. Then, I opened the box I had brought with me. It was a shoe box with an old pair of shoes that I had kept in my car in case I found someone in need.

You should have seen the look on his face. First it was shock, then it was sheer delight. When he spoke, I couldn't understand what he said, but I knew he was thanking me.

On the way back to my car I saw a couple who were in need and gave them a couple of my homeless bags. As I drove past the first man, I saw he had already put on one shoe and was working on a second.

Keeping old pairs of shoes in my car for situations like this is so much more important than throwing them out or selling them at a yard sale.

DATA MASTER: Jennifer Dove

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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

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)

Jan 10, 2020 - Jan 26, 2020 Theatre Tulsa presents: The Music Man - The classic musical-comedy "The Music Man" is coming to Tulsa Performing Art Center. See the story of con man Harold Hill, who poses as a band director to "sell" instruments to unsuspecting Midwestern townsfolk. Hill's plan hits a snag when he is found out – and falls in love – with a prim and proper piano teacher. Featuring the beloved hit "Til There Was You," this musical has memorable songs and a

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.

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

Hardship level: Moderate

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

By: Nikki Hamilton

Solutions are printed in page 36

heartwarming story for all ages to enjoy. Hours: January 10, 11, 17, 18, 24, 25: 8pm January 12, 19, 25, 26: 2pm. Tulsa Performing Arts Center 110 E 2nd St Tulsa, OK 74103 Phone: 918-596-7111

Jan 20, 2020 - Jan 22, 2020 Celebrity Attractions presents: Blue Man Group - The world-renowned bald and blue trio Blue Man Group is embarking on a new journey of discovery, the result of more than 27 years spent observing humanity. See their newest show "Speechless" at Tulsa Performing Arts Center, featuring new and original compositions, acts and instruments alongside iconic Blue Man Group moments. Experience all the joy, art, music, social commentary and hilarious absurdity this trio is known for during three performances in downtown Tulsa. All performances start at 7:30pm. Tulsa Performing Arts Center. 110 E 2nd St Tulsa, OK 74103 Phone: 918-596-7111

Jan 23, 2020 First Month Hike - Kick off the New Year with First Month Hikes held at Sequoyah State Park. Join in on one of twelve guided hikes throughout the park, or experience all eight trails on your own time. Complete all ten miles of trails by the end of January, and take home a First Month Hikes sticker to commemorate your 2020 achievement. January 23: Easy hike at 1pm. Sequoyah State Park 17131 Park 10 Hulbert, OK 74441 Phone: 918-772-2046

Jan 23, 2020 BRET MICHAELS IN CONCERT - Get ready to rock out at the Hard Rock Hotel & Casino Tulsa when Bret Michaels takes the stage for an electrifying show. For this stop on his "Unbroken" tour, Michaels will be performing some of his best-loved songs for fans new and old. Known as the frontman for legendary 80s hard rock band Poison, Michaels has continued his career in music along with forays into reality TV, business and philanthropy. Starts at 8pm. Hard Rock Casino 777 W Cherokee St Catoosa, OK 74015 Phone: 918-266-4352 Toll-Free: 800-760-6700

Jan 25, 2020 Bald Eagle Nest Tour - Stop by the Three Forks Nature Center in beautiful Sequoyah State Park for a tour to view eagles in their natural habitat. The Bald Eagle Nest Tour highlights the Fort Gibson and Hulbert area, and begins with an overview of eagles at the nature center. This program is followed by an educational eagle video and a chance to meet the nature center's live eagle. Sequoyah State Park 19460 Park 80 Hulbert, OK 74441 Saturday: 8:30 am - 12:30 pm Phone: 918-772-2108, 918-772-2046 Fax: 918-772-2108

Jan 27, 2020 - Feb 2, 2020 Tulsa Boat, Sport & Travel Show - The 64th annual Tulsa Boat, Sport & Travel Show at Tulsa Expo Square will feature displays of canoes, runabouts, sail boats, house boats, cruisers, boat

docks, vans, tent campers, trailers, pick-up camper units, motorhomes and motorcycles. Come see hundreds of boats, including fishing boats, cruisers, ski boats, pontoon, personal watercraft and more. Hours Monday: 5:00 pm - 9:00 pm Tuesday: 12:00 pm - 9:00 pm Wednesday: 12:00 pm - 9:00 pm Thursday: 12:00 pm - 9:00 pm Friday: 12:00 pm - 10:00 pm Saturday: 10:00 am - 10:00 p.m. Sunday: 11:00 am - 5:00 pm Tulsa Expo Square 4145 E 21st St Tulsa, OK 74112 Phone: 918-519-1210 Office Fax: 918-712-7447

Jan 31, 2020 WWE Smackdown Live - Don't miss an action-packed evening as WWE Smackdown Live takes over Tulsa's BOK Center. See the "Big Dog" Roman Reigns, Universal Champion Bray Wyatt, Smackdown Women's Champion Bayley, Braun Strowman, Sasha Banks, The Miz and other fan favorites compete in heart-stopping, awe-inducing matches during this exciting night in Tulsa. Starts at 6:45pm. BOK Center 200 S Denver Ave Tulsa, OK 74103 Phone: 918-894-4445

Do You have an event that you would like to share ?
Community Links of Chelsea
1100 Walnut/PO Box 85
Chelsea, OK. 74016
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Fax: 918-789-5296
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DATA MASTERS: Steven Burdick and Eric Peachey

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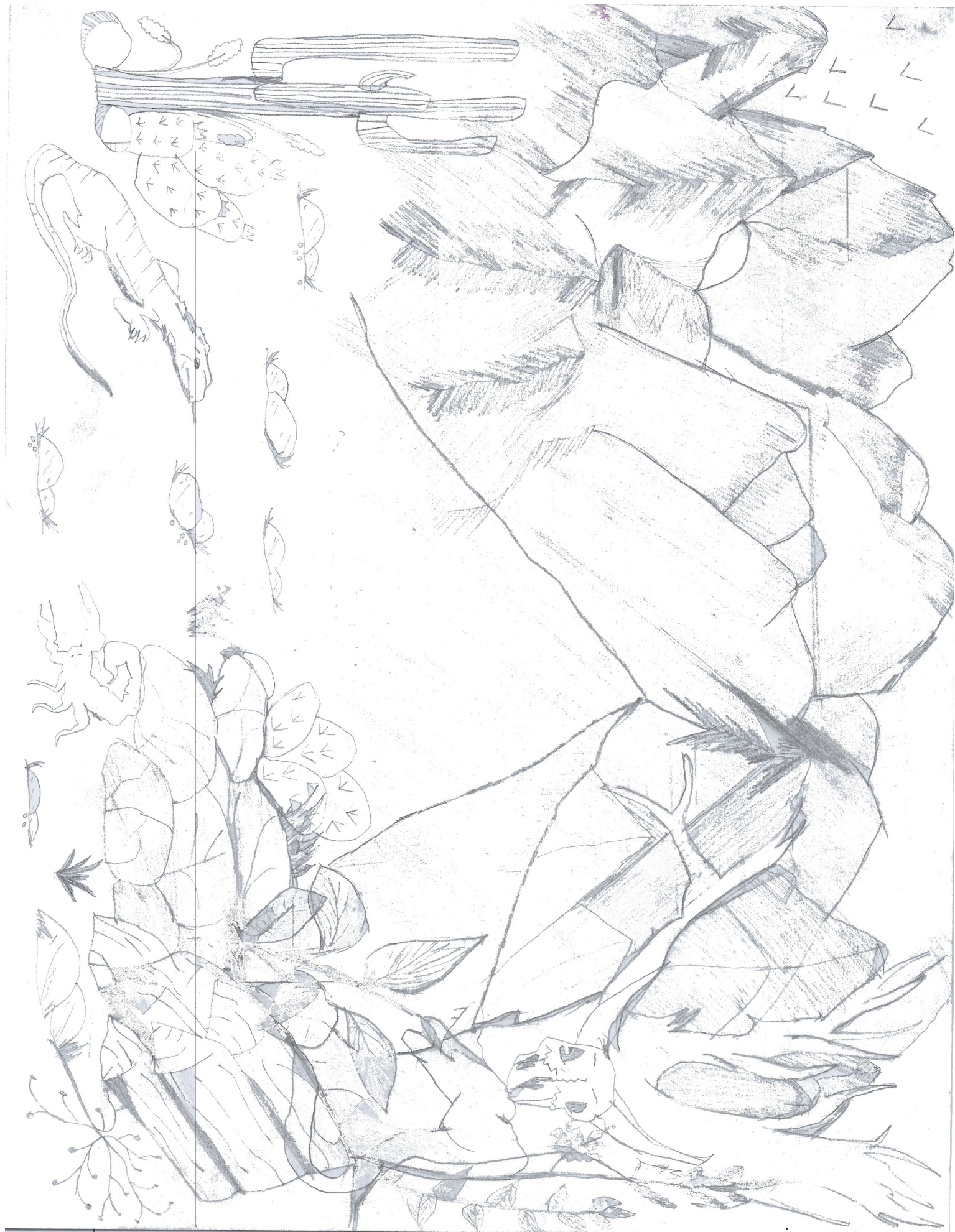
HARBROOK KENDA Most Brands

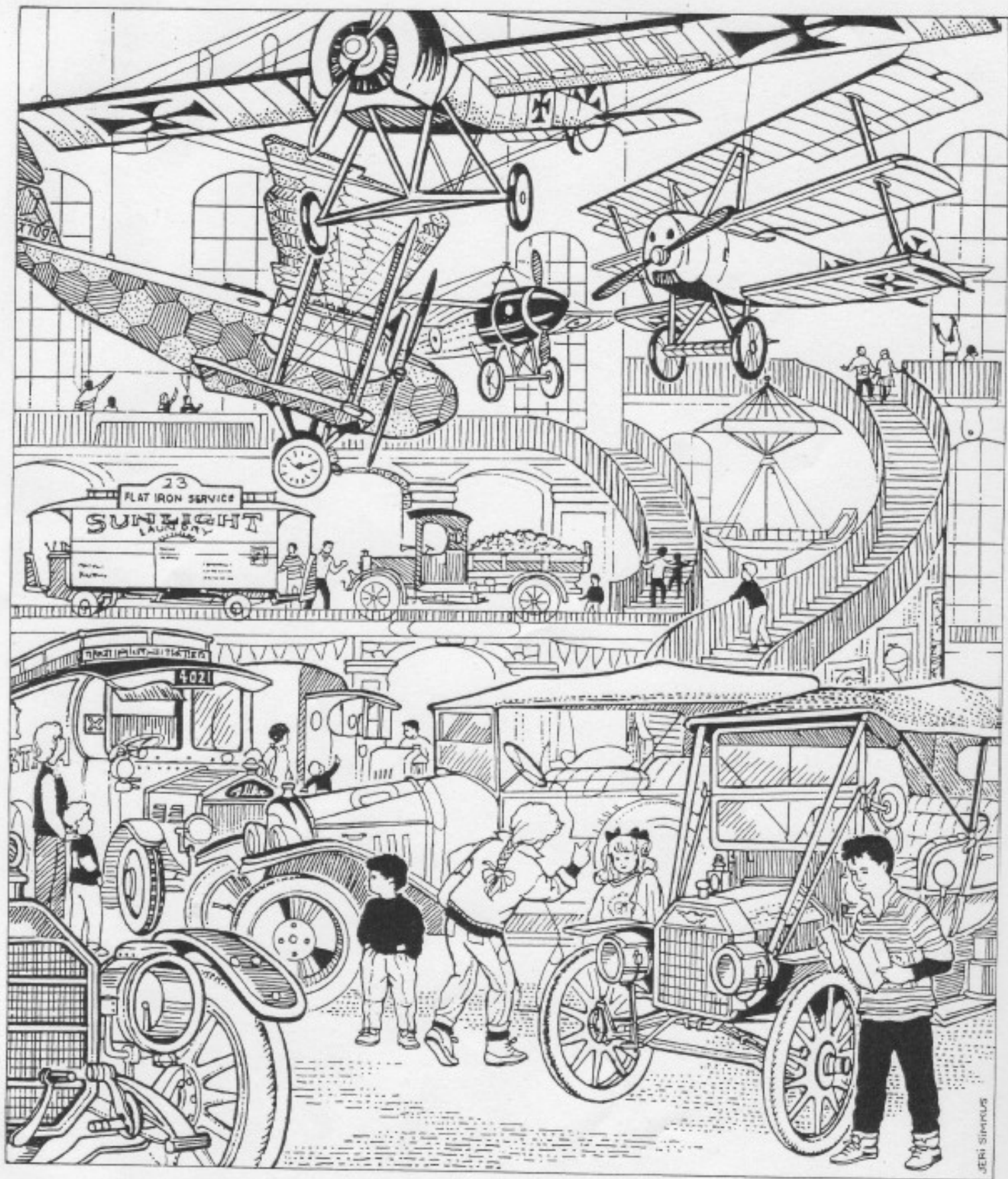


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Transportation Museum

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

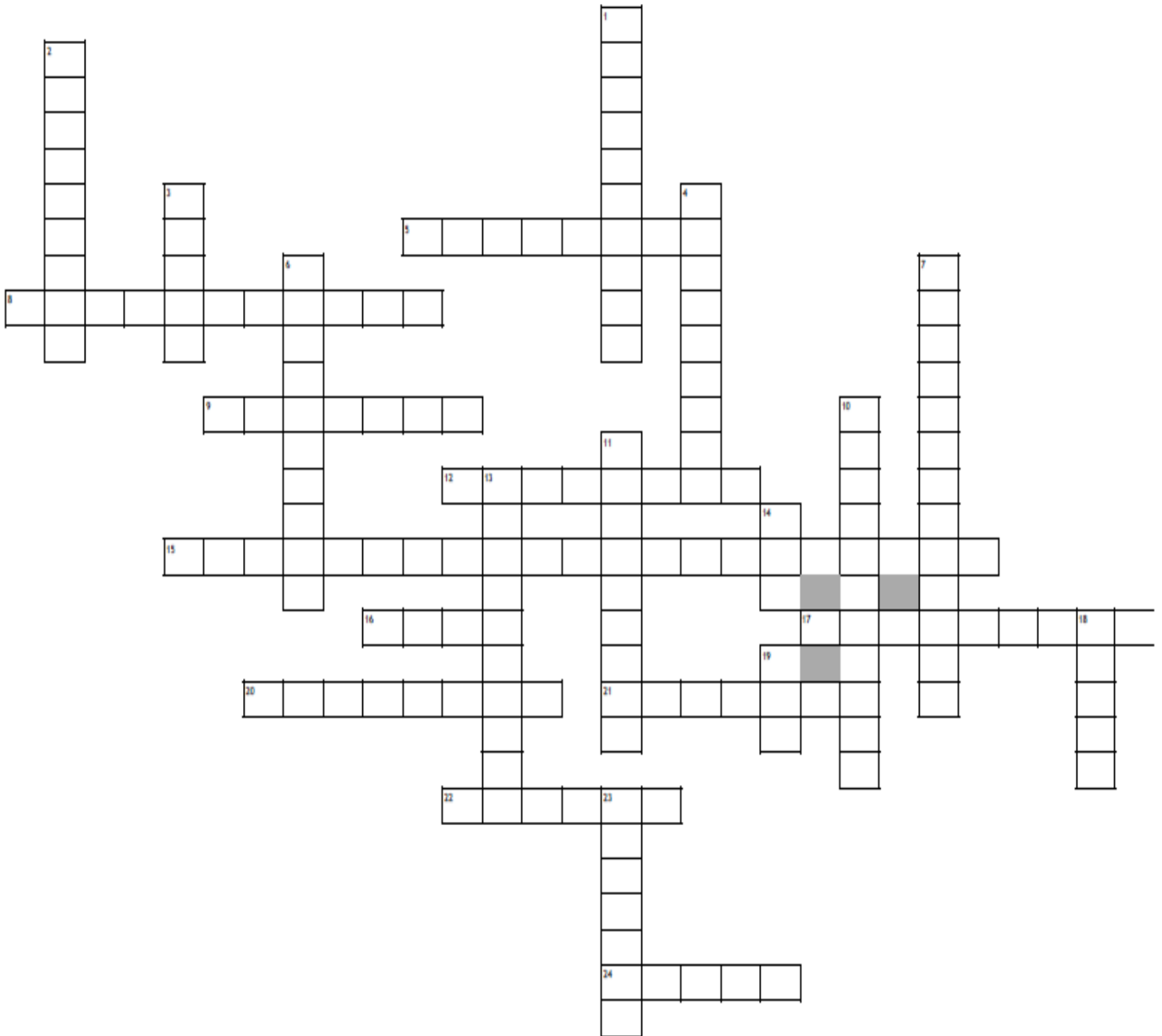
A STATEMENT OF FAITH

A Christian profession of faith states: "I believe in Jesus Christ." What does this mean for us? I believe that Jesus Christ, true God, begotten of the Father from eternity, and also true man, born of the Virgin Mary, is my Lord, who has redeemed me, a lost and condemned creature, purchased and won me from all sins, from death, and from the power of the devil; not with gold or silver, but with His holy, precious blood and with His innocent suffering and death, that I may be his own, and live under Him in everlasting righteousness, innocence, and blessedness, even as He has risen from the dead, lives and reigns to all eternity. This is most certainly true.

DATA MASTER: Heather Conn

<p>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</p>	<p>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</p>
<p>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.</p>	<p>Immanuel Lutheran Church 706 Rockwood Drive, Grove, OK. Worship 9:30 a.m. 918-786-4585 Website: www.lutheransonline.com/lo/Groveok</p>
<p>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@cablone.net</p>	<p>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</p>
<p><i>Guests are always welcome. See you Sunday at worship.</i></p>	<p>St. John Lutheran Church 607 SE 9th Street, Pryor, OK. Sunday School and Bible Class 9:15 a.m. Worship 10:30 a.m. 918-825-1926 Email: stjohncpyor@sbcglobal.net - Website: www.stjohncpyor.org</p>

Crossword Puzzle



Across

5. *When daylight saving time ends
8. Observance
9. What's gained or lost with daylight saving time
12. Observance
15. RESETS
16. When daylight savings time officially goes into effect
17. Proverbial saving time ___ umbrella time
20. Observance
21. State that doesn't observe daylight saving time
22. Adjusts for daylight saving time
24. When clocks are set back for the end of daylight saving time

Down

1. Game available from new kebab stall
2. Observance
3. Month daylight-saving time begins
4. Observance
6. Popular sport in the US
7. Observance
10. Observance
11. Proverbial saving time
13. COMMITMENT
14. Non-Daylight Saving Time
18. Month daylight-saving time begins
19. Mo. when daylight saving time ends
23. Time to which you "spring forward" in daylight saving

Solution is printed in page 37

By: Eric Peachey and Steve Burdick

Word Search Puzzle

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

GALLERIES

CITIES

RESTAURANTS

FRIENDLIES

SHARINGS

OFFICE HOLDERS

VILLAINS

CONGREGATIONS

FAMES

WELFARES

ATTENTIONS

Persons

Tempers

Rarities

Spirits

Selfs

Singlenesses

Temperaments

Tempers

VIPs

Worthies

Well-known
identities

Celebrities

Famous individual

Personalities

By: Eric Peachey and Steven Burdick

Solution is on page 35

CryptoQuote Puzzles

Title: Exercise Wisdom **Quote From:** Mark Twain

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

T S C N G W G N G P M C H G W G J G P I T R G
 G J I G L M R X G G L T W U C W B P G R M T W U

Title: Too Small To Make a Difference **Quote From:** Dalai Lama

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

L D F S Y M K L O N F S Y W C V M S S I B W J J
 M S B W N V W T L D D V C V O X V M C F
 I J V V A L O E Q L M K W B S I R Y L M S

Title: To Succeed **Quote From:** Reba McEntire

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

O L Q Z A A B B H F J U F N B G L Z J B B H
 O M R B B O M F J D Q T V F Q M X L J B
 T X T A E X L J B T J H T N Z J J G X L J B

Title: Ignorance **Quote From:** Thomas Sowell

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

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

The Art of Listening

Erich Fromm's Six Rules of Listening

“An experience makes its appearance only when it is being said,” wrote Hannah Arendt in reflecting on how language confers reality upon existence. “And unless it is said it is, so to speak, non-existent.” But if an experience is spoken yet unheard, half of its reality is severed and a certain essential harmony is breached. The great physicist David Bohm knew this:



“If we are to live in harmony with ourselves and with nature,” he wrote in his excellent and timely treatise on the paradox of communication, “we need to be able to communicate freely in a creative movement in which no one permanently holds to or otherwise defends his own ideas.”

How to do that is what the influential humanistic philosopher and psychologist Erich Fromm (March 23, 1900–March 18, 1980) explored in a 1974 seminar in Switzerland, the 400-page transcript of which was eventually adapted into the posthumously published *The Art of Listening* (public library).

Listening, Fromm argues, is “is an art like the understanding of poetry” and, like any art, has its own rules and norms. Drawing on his half-century practice as a therapist, Fromm offers six such guidelines for mastering the art of unselfish understanding:

The basic rule for practicing this art is the complete concentration of the listener.

Nothing of importance must be on his mind, he must be optimally free from anxiety as well as from greed.

He must possess a freely-working imagination which is sufficiently concrete to be expressed in words.

He must be endowed with a capacity for empathy with another person and strong enough to feel the experience of the other as if it were his own.

The condition for such empathy is a crucial facet of the capacity for love. To understand another means to love him — not in the erotic sense but in the sense of reaching out to him and of overcoming the fear of losing oneself.

Understanding and loving are inseparable. If they are separate, it is a cerebral process and the door to essential understanding remains closed.

In the remainder of the *The Art of Listening*, Fromm goes on to detail the techniques, dynamics, and mindsets that make for an optimal listening relationship, in therapy and in life. Complement it with Ursula K. Le Guin on the magic of real human communication and Alain de Botton on what makes a good communicator, then revisit Fromm on the art of living, the art of loving, how to transcend the common laziness of optimism and pessimism, and the key to a sane society.



Test Your Knowledge of Idioms and Proverbs

Idioms

1. Best of both worlds
 - A. The advantage of a good education
 - B. Superiority of position or condition
 - C. To take the upper hand
 - D. All the advantages
2. Burn the midnight oil
 - A. Coming or remaining after the due, usual, or proper time
 - B. To work late into the night, alluding to the time before electric lighting
 - C. Having been such at some previous time
 - D. Of relating to, or imposed because of tardiness
3. Caught between two stools
 - A. When someone finds it difficult to choose between two alternatives
 - B. Hard to deal with, manage, or overcome
 - C. Hard to understand
 - D. Requiring considerable physical or mental effort
4. Cut the mustard
 - A. To turn out well
 - B. To succeed, to come up to expectations, adequate enough to complete or participate
 - C. To flourish
 - D. Wholesome
5. Drastic times call for drastic measures
 - A. Moved by despair or utter loss of hope
 - B. Giving no ground for hope
 - C. When you're extremely desperate you need to take drastic actions
 - D. Hopeless
6. Elvis has left the building
 - A. The show has come to an end, it's all over
 - B. The part of an area that lies at the boundary
 - C. A point that marks the extent of something
 - D. Exceedingly

Proverbs

1. Cowards die many times before their deaths
 - A. Cowards suffer the effects of death many times over in their lives
 - B. To put up with especially as inevitable or unavoidable
 - C. To submit to be forced to endure
 - D. To allow especially by reason of indifference
2. Cross the stream where it's shallowest
 - A. Involving minimal difficulty or effort
 - B. To do things in the easiest possible way
 - C. Uncomplicated
 - D. Unchallenging
3. A picture is worth a thousand words
 - A. A statement regarding the facts pertinent to a situation in question
 - B. An account of incidents or events
 - C. An image can tell a story
4. A watched pot never boils
 - A. The measured or measurable period during or continues
 - B. If something takes time to do, it doesn't help to constantly check on it. You just have to give it time
 - C. An appointed, fixed, or customary moment or hour for something to happen, begin or end
 - D. To inspect, examine, or look at appraisingly or appreciatively used with out or over
5. No man is an island
 - A. Not requiring or relying on others
 - B. You can't live completely independently, everyone needs help from other people
 - C. Being enough to free from the necessity of working for a living
 - D. Showing a desire for freedom
6. A friend in need is a friend indeed
 - A. If somebody helps you when you're in trouble, that person is a true friend
 - B. A source of difficulty
 - C. An angry disturbance
 - D. A strong feeling of anxiety

Dot Picture Puzzle (Connect dots to complete the picture)



DATA MASTER: Doug WM Stone

ONE FLOWER IN HER GARDEN OF KINDNESS



I will never forget the first time I heard about how Carol Miller was spreading kindness in the world... I was at a conference in Santa Fa and she was talking about how she gives Free Hugs downtown Chicago.... I knew in that moment that I needed to get involved.

You see, I had been offering free listening and I was creating Facebook posts about 'Everyday Heroes' offering ways we can spread kindness. But when I heard about offering free hugs, it changed my life.

I reached out to Carol to let her know that I was offering free hugs in Canada the first weekend of each month and she added me to her Free Hug Movement, an effort to give out 1 million hugs globally this year.

Carol also offered to meet me at the border and give out hugs together in Niagara Falls. That was one of the most special days of my life because we were able to collectively give out over 500 hugs to strangers from all over the world in just 90 minutes.

Hugging touches the heart of most people. The uncomfortable ones are curious, and the open ones are so appreciative. I know that when I am out hugging, I am impacting so many people and role modelling love and kindness. Hugs lift people up immediately and start a chain reaction.

It makes me so proud to be one flower in Carol Miller's garden of kindness. I am proud to share her work and her efforts with others. She has been an amazing role model and I feel blessed to have met her.

DATA MASTER: Nikki Hamilton

Childhood Books for Local Library



This morning I donated a box full of my childhood books to the Local library. I hope that those who read these books can gain some knowledge which may help them in the future. It is said that knowledge is the best gift you can give, and I hope to donate more books for children to read.

It feels really good to donate!! While I was there, I also signed up to volunteer to read to the children on my free days. This will be a wonderful experience which I await eagerly.

DATA MASTER: Nikki Hamilton

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Hospital Janitor Forges Lasting Friendship Between 2 Boys in Isolation After Noticing a Love of LEGOS

When two young hospital patients were undergoing treatment in isolation, their friendly custodian took it upon himself to help them form a lasting friendship through their shared love of LEGOs.

Ki-Jana “KJ” Upshaw is responsible for regularly changing the linens in all 82 of the patient rooms in the Bone Marrow Transplant Unit at Cincinnati Children’s Hospital in Ohio.

Earlier this year, Upshaw befriended a 7-year-old patient named Cohen Bramlee who was always playing with LEGOs. Upshaw then noticed that there was another boy across the hall named Keagan Atkins who also spent his spare time building elaborate structures out of the toy bricks.

Upshaw believed that both of the boys were destined to be friends—but because of the hospital’s isolation rules, they were unable to visit each other’s rooms.

Upshaw then spent the following months helping the boys to forge a friendship by swapping messages and communicating between them about their LEGO creations.

Cohen’s mom Carrie Bramlee told the hospital: “It was kind of like a daily report on what the other child was building, and so he kind of enjoyed getting to hear about what someone else had in common with him while he was here, and just getting to talk to KJ, because, you know, our world is pretty small right now. We were in that room, and Cohen was in isolation, he couldn’t leave, and it was just a bright spot in the day when [KJ] would come in and just sit there and chat with Cohen for a second.”

The friendship helped both of the youngsters recover until they were finally able to meet each other in person; on the day that Keagan was well enough to go home from the hospital, Cohen was healthy enough to wear a mask and walk across the hall to Keagan’s door so he could give him a LEGO set as a farewell gift.

The boys’ mothers are already arranging a LEGO playdate for the boys once Cohen is out of the hospital—and it is all thanks to Upshaw.

DATA MASTER: Nikki Hamilton



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CryptoQuote Puzzles Solution

Title: Exercise Wisdom **Quote From:** Mark Twain

I have never taken exercise except sleeping and resting.

Title: Too Small To Make a Difference **Quote From:** Dalai Lama

If you think you are too small to make a difference, try sleeping with a mosquito.

Title: To Succeed **Quote From:** Reba McEntire

To succeed in life, you need three things: a wishbone, a backbone and a funny bone.

Title: Ignorance **Quote From:** Thomas Sowell

It takes considerable knowledge just to realize the extent of your own ignorance.

By Steven Burdick and Eric Peachey

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email him at links@links.community-options.net



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Answers to Idioms and Proverbs Questions

Idioms

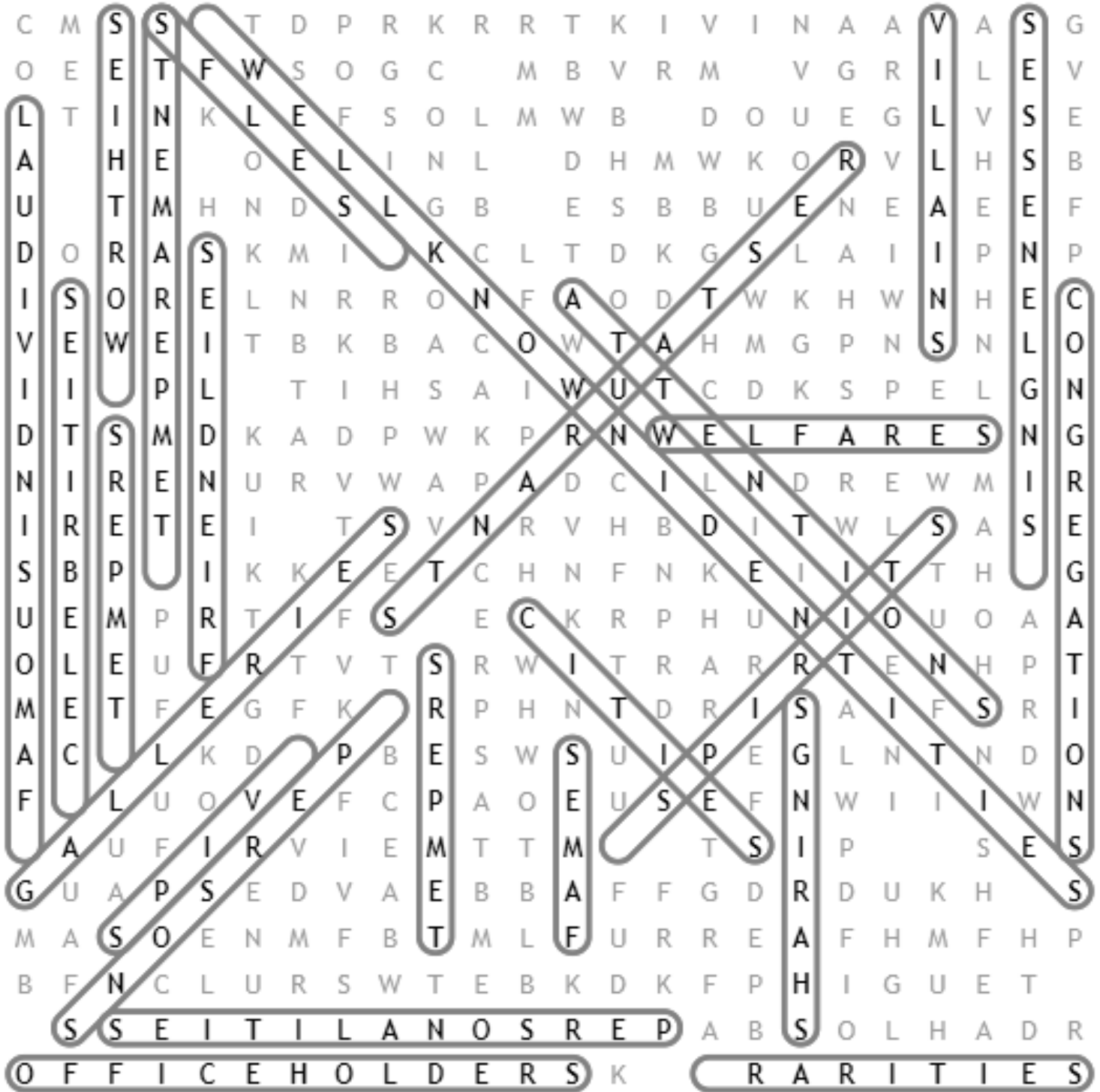
- 1.D
- 2.B
- 3.A
- 4.B
- 5.C
- 6.A

Proverbs

- 1.A
- 2.B
- 3.C
- 4.B
- 5.B
- 6.A

By Breanna McDowell

Word Search Puzzle Solution



By: Eric Peachey, and Steven Burdick

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Sudoku Puzzle Easy Solution

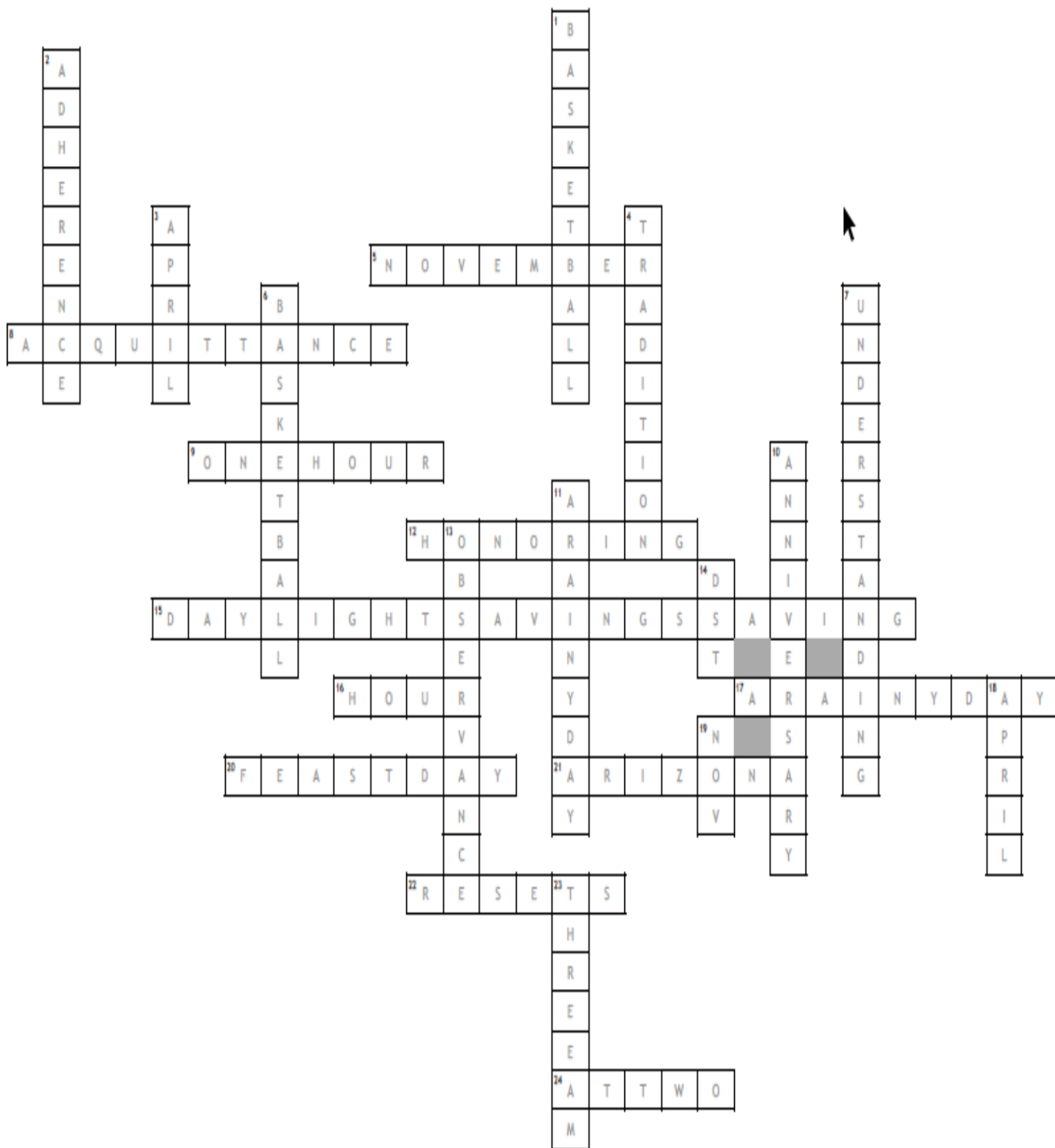
9	7	3	8	1	6	4	5	2
8	4	6	5	2	9	3	1	7
7	1	8	6	9	5	2	4	3
5	9	2	1	3	4	8	7	6
3	6	4	2	7	8	5	9	1
6	2	5	4	8	1	7	3	9
4	8	9	3	6	7	1	2	5

Sudoku Puzzle Moderate Solution

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

BY: Nikki Hamilton

Crossword Puzzle Solution



BY Eric Peachey and Steven Burdick

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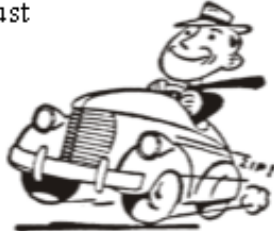
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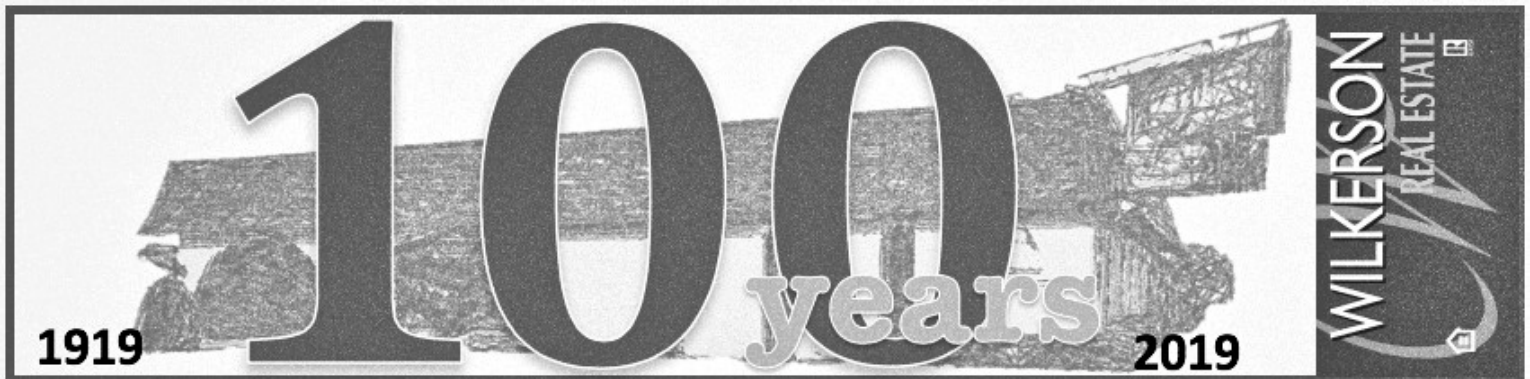
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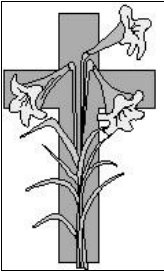
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Contents of this paper is compiled from available original sources.



JEWELS FROM THE WORD

Singing God's Praises

"I'll Fly Away" was my granddaddy's favorite song. He learned to read music, but didn't play any instrument. Granddad sang bass and Grandmother Hightower sang the melody and

played the guitar. Grandmother put me in front of the church when I was 5 years old to sing "I've got a mansion just over the hilltop," with Grandmother. I started taking piano lessons in third grade and continued through my senior year, with one year in college at ORU. We kids all took lessons. I like to play piano, but singing is my first love.

One of my favorite memories is hearing my mom sing as she went about her housework. "Oh, how I love Jesus, Oh, how I love Jesus, Oh, how I love Jesus, Because He first loved me."

Everything on earth has its own sound, a musical note, associated with it. Sound waves move through the air, as frequency and even if a person can't hear it, the frequency can be measured. If God had not put air surrounding the earth, there would no sound or music, because music cannot be produced in a vacuum.

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

On the day of Jesus' triumphal entry into Jerusalem described in Luke 19:37-40 NIV, "the whole crowd of disciples began joyfully to praise God in loud voices for all the miracles they had seen. "Blessed is the king who comes in the name of the Lord! Peace in heaven and glory in the highest!" Some of the Pharisees in the crowd said to Jesus, "Teacher, rebuke your disciples!" "I tell you," he replied, "if they keep quiet, the stones will cry out."

In the Bible, the last mention of music is in heaven. "Then I heard every creature in heaven and on earth and under the earth and on the sea, and all that is in them, singing: "To him who sits on the throne and to the Lamb be praise and honor and glory and power, forever and ever!" Revelation 5:13

At creation, God put music into everything on this earth, as a symbol of the music in heaven..

DATA MASTER: Jennifer Dove

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