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Volume 21, Issue 03

"The Little Green Paper"

February 05, 2020

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Black History Month



Black History Month is an annual celebration of achievements by African Americans and a time for recognizing the central role of blacks in U.S. history. Also known as African American History Month, the event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.

Origins of Black History Month

The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States.

That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by black Americans and other peoples of African descent.

Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures.

Did you know? The NAACP was found-

ed on February 12, 1909, the centennial anniversary of the birth of Abraham Lincoln.

In the decades that followed, mayors of cities across the country began issuing yearly proclamations recognizing Negro History Week. By the late 1960s, thanks in part to the civil rights movement and a growing awareness of black identity, Negro History Week had evolved into Black History Month on many college campuses.

President Gerald Ford officially recognized Black History Month in 1976, calling upon the public to “seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history.”

Black History Month 2020 Theme

Since 1976, every American president has designated February as Black History Month and endorsed a specific theme.

The Black History Month 2020 theme, “African Americans and the Vote,” is in honor of the centennial anniversary of the Nineteenth Amendment (1920) granting women’s suffrage and the sesquicentennial of the Fifteenth Amendment (1870) giving black men the right to vote.

In the Radical Reconstruction period that followed the Civil War, newly freed black men made great political gains, winning office in Southern state legislatures and even Congress. The Southern backlash was swift and marked by the passage of “black codes” designed to intimidate black voters, prompting a call for formal, national legislation on the right to vote.

The women’s rights movement grew out of the abolitionist movement, with activists like Frederick Douglas working alongside Elizabeth Cady Stanton to secure the right to vote for all. That goal was reached with the passage of the nineteenth amendment in 1920.

DATA MASTER: Heather Conn

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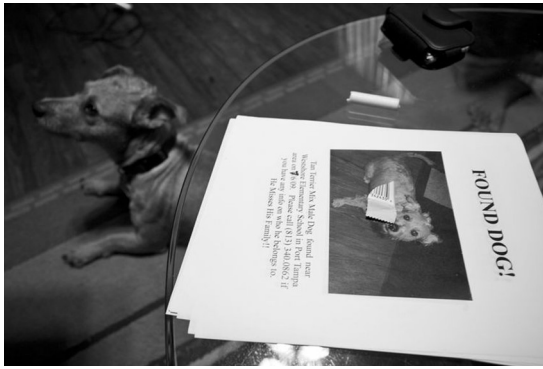
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Lost Dog Saves a Life

Yolanda Sevogia's neighbor, Stacey Savage, knocked on her door one morning asking if she could keep an eye on a lost terrier she found



roaming around the local elementary school. Yolanda agreed to watch the dog, but told Stacey it would only be for the day. The two women took photos of the dog and printed off 4,000 FOUND fliers, stuffed them in mailboxes and also placed an ad on Craigslist.

In the meantime, Yolanda went to the dollar store and bought some pet supplies, warning her two sons not to fall in love with the dog. At the time Yolanda's son Azaiah was 10 years old, and Christian was 21 years old. Christian has Down syndrome and an assortment of other ailments, and had recently undergone heart and kidney surgeries.

Four days later Yolanda was still looking after the dog, who they had started to call RaeLee (pronounced Riley). When she arrived home from work, the dog flung himself against the screen door and barked madly at her. As soon as she opened the door, RaeLee sprinted into the boys' room where Yolanda found Christian in the middle of a violent seizure. RaeLee ran over to Christian, but as soon as Yolanda bent over to help him the dog went silent.

"If he hadn't come to get me, the neurologist said Christian would have choked on his own blood and died," Yolanda reported to the Tampa Bay Times. At this point, no one had called to claim the dog so Yolanda decided to keep him.

The next morning Stacey got a call; a man named Randy recognized his lost dog and called the number on the flier. Stacey started crying, and told him, "That dog saved my friend's son."

Randy drove to Yolanda's house to pick up his dog, and saw Azaiah crying on the porch and Christian in the window. After a few moments Randy said, "Maybe Odie was supposed to find you, maybe you should keep him."

DATA MASTER: Karen Deffenbaugh

Dog Stays by His Master's Grave For Six Years



The bond between dog and master goes beyond the grave, as evidenced by Capitán's unyielding loyalty to his master Miguel Guzmán, from Argentina. Capitán went missing for a few days, but he was eventually found lying in the cemetery next to Guzmán's resting place.

The remarkable part about this story is that Miguel died in a hospital, and his body was taken to a funeral home far away from where he lived. Capitán had never been to the cemetery before.

The first time the funeral director saw Capitán, he arrived at the cemetery alone. The dog did a few laps through the tombstones before finding his master's grave — all on his own. Capitán continues to visit his old master every single day, at 6:00 p.m., like clockwork.

If this isn't a display of true dedication, we don't know what is.

For another extraordinary story, check out this Italian dog Ciccio who continued to go to his owner's church, even after he passed away.

DATA MASTER: Karen Deffenbaugh

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Dog Mourns at Casket of Navy SEAL



This photo yanked at the heart-strings of millions of Americans in August 2011, as images of a grieving Labrador retriever graced the pages of newspapers across the country. At the funeral of Navy SEAL Jon Tumilson, attendees could see his faithful companion Hawkeye lying by the casket. In front of 1,500 mourners at the beginning of the service, Hawkeye ambled up to the front of the room and laid down next to his master — showing his loyalty until the end.

DATA MASTER: Karen Deffenbaugh

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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.

WIND CHILL IS CALCULATED USING A PRECISE FORMULA.

When the weatherman reports a “real feel” temperature of -10 degrees outside, it may sound like he’s coming up with that number on the spot. But wind chill is actually calculated using a complicated equation devised by meteorologists. For math nerds who’d like to test it at home, the formula reads: $Wind\ Chill = 35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})$.

CITIES ARE FORCED TO DISPOSE OF SNOW IN CREATIVE WAYS.

When snow piles up too high for cities to manage, it’s usually hauled away to parking lots or other wide-open spaces where it can sit until the weather warms up. During particularly snowy seasons, cities are sometimes forced to dump snow in the ocean, only to be met with criticism from environmental activists. Some cities employ snow melters that use hot water to melt 30 to 50 tons of snow an hour. This method is quick but costly—a single machine can cost \$200,000 and burn 60 gallons of fuel in an hour of use.

WET SNOW IS BEST FOR SNOWMAN-BUILDING, ACCORDING TO SCIENCE.

Physics confirms what you’ve likely known since childhood: Snow on the wet or moist side is best for building your own backyard Frosty. One scientist pegs the perfect snow-to-water ratio at 5:1.

SNOWFLAKES AREN'T ALWAYS UNIQUE.

Snow crystals usually form unique patterns, but there’s at least one instance of identical snowflakes in the record books. In 1988, two snowflakes collected from a Wisconsin storm were confirmed to be twins at an atmospheric research center in Colorado.

THERE'S A DIFFERENCE BETWEEN FREEZING RAIN AND SLEET

Freezing rain and sleet can both have scary effects on driving conditions, but their formations differ in some key ways. Both types of precipitation occur when rain formed in warm air in the sky passes through a layer of cold air near the ground. Thicker layers of cold air create sleet, a slushy form of water that’s semi-frozen by the time it reaches the Earth. Thinner layers don’t give rain enough time to freeze until it hits the surface of the ground—it then forms a thin coat of ice wherever it lands.

DATA MASTER: Eric Peachey



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From where I stand: “I can build a solar lamp in twenty minutes”

Martha Benavente, from Tukurú, a small municipality in Guatemala trained for six months to become a solar engineer, and she is bursting with energy. She can't wait to start building solar lamps so that her community can have sustainable energy at last. One solar lamp could sell for up to 200 Quetzals, a lucrative business opportunity for a woman in a traditionally male-dominated field.

There are more than 90 families in this community, none of the homes have access to energy.



Seven months ago, the Mayor of Tukurú

selected me to go to the Barefoot College in India to learn solar engineering. I said, give me thirty minutes to think about it, the Mayor said, you have fifteen.

When I got on the airplane and it took off, I screamed! It was my first time, flying over the Pacific Ocean.

I used to be a domestic worker at a professor's house in Tukurú before joining this programme. My day started at four in the morning. I would wake up early to go to the mill to get the corn for the tortillas for my children. Then I ran to work by 6:30 am. At my employer's house, I cooked, swept the house, did dishes, showered the children and took them to school... and then ran to pick them up from school in the afternoon. For all this work, I got 500 Quetzals every month. It wasn't enough to meet all our needs.

The six months I spent in India at the Barefoot College were also not easy. I got sick, and sometimes wondered if it was better to remain a domestic worker. But little by little, I learned everything. I learned how to make solar lamps.

Look at this solar lamp that I made at Barefoot College. Before I had the lamp, I used to spend 5 – 10 Quetzals every day to light candles. Or we would stay in the dark sometimes, because the store wouldn't give us credit to buy more candles. I had to finish all my chores at home by 7 p.m.

Now, if I have all the materials, I can build a solar lamp in 20 minutes!

Right now, the biggest challenge is how to put into practice what I learned in India and to train more women. There are many mothers here who want to learn and who can benefit...I just need the materials to build lamps.

My dream is that my community benefits from solar energy. I made a very big effort to go to India, not only for me, but for the whole community. People come up to me and say, we are so happy that you're back. Now we will have light!"

Martha Alicia Benavente, 45 years old, is a mother of four children whom she raised alone after her husband passed away. She has recently graduated as a solar engineer from the Barefoot College in India, through the UN Joint Programme on Accelerating Progress towards the Economic Empowerment of Rural Women implemented by FAO, WFP, IFAD and UN Women in Guatemala, and funded by the Governments of Norway and Sweden. Her story relates to the Sustainable Development Goal (SDG) 7, on access to affordable, reliable, sustainable and modern energy for all; as well as SDG 5 on gender equality and women's empowerment and SDG 8, which promotes decent work and sustainable economic empowerment for all.

DATA MASTER: Heather Conn

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Fun Holiday – Day of the Crêpe

Called jour des crêpes, the holiday is associated with the Catholic feast of Candlemas. On this day households all over France make crêpes. This is because it is believed that crêpes symbolize prosperity.



Thin Pancakes

Crêpes are thin pancakes made from a batter of flour, eggs, milk or water, and butter. Thought to have originated in Brittany, France, they were traditionally made with buckwheat flour, though these days they are made with a variety of different flours including white flour, chickpea flour, and almond flour.

Don't Drop the Coin

In many French households, it is customary to make crêpes while holding a coin in your hand. The belief is that if you flip the crêpe in the air and catch it in the pan without dropping the coin, the upcoming year will be a prosperous year for you.

How to Celebrate?

Make crepes, of course!

Not French or Catholic? That shouldn't stop you from celebrating this delicious dish which is perfect for any meal of the day.

Have crêpes for all your meals of the day – sweet crêpes for breakfast and dessert and savory crêpes with savory fillings for lunch and dinner.

Did You Know...

...that the word crêpe comes from the Latin word crispus, meaning wrinkled and curled?

DATA MASTER: Nikki Hamilton

Fun Holiday – Play Your Ukulele Day

On February 2 bring out your ukulele and strum it all day long because it is Play Your Ukulele Day.



The holiday was first celebrated in 2011. Since its inception, the holiday is celebrated all around the world under the slogan bring the world together, four strings at a time.

Hawaiian Instrument

A ukulele, also sometimes called a uke, is a four-stringed instrument that was first popularized in Hawaii in the late 19th century. The instrument was a version of the machete, a four-stringed instrument native to the Madeira region of in the Portugal. It is thought that the ukulele was created by Portuguese immigrants to Hawaii.

Popular Again Today

The ukulele found its way to mainland United States in the early 20th century, where it became an important instrument in the jazz music and dance scene during the 1920s. It fell out of favor as the instrument of choice for musicians until the early 2000s, when the proliferation of online music and instructional videos made the ukulele a popular musical instrument again.

The holiday is also known by several other names including International Play Your Ukulele Day, World Play Your Ukulele Day and World Ukulele Day. It is sometimes also celebrated on May 2.

How to Celebrate?

Know how to play the instrument? Take out your ukulele and entertain friends and family by playing it. If you have always wanted to learn how to play one, now is the time to make a trip to the music instrument store and get one and start learning how to play it. Start a band that showcases your ukulele playing skills.

Did You Know...

...that the word ukulele in Hawaiian means jumping flea? It is thought that the instrument was so named because of the way the players fingers jumped around the strings.

DATA MASTER: Nikki Hamilton

An advertisement for MUNS MUSIC. It features a stylized guitar graphic. The text includes the address: 1005 W. Archer, Claremore, OK. Below the guitar graphic, it says "MUNS MUSIC" and "EQUIPMENT ~ ACCESSORIES ~ LESSONS ~ REPAIRS". At the bottom, the phone number 918-342-4044 is displayed in a large, outlined font.

Groundhog Day



On February 02, 1887, Groundhog Day, featuring a rodent meteorologist, is celebrated for the first time at Gobbler's Knob in Punxsutawney, Pennsylvania. According to tradition, if a groundhog comes out of its hole on this day and sees its shadow, it gets scared and runs back into its burrow, predicting six more weeks of winter weather; no shadow means an early spring.

Groundhog Day has its roots in the ancient Christian tradition of Candlemas, when clergy would bless and distribute candles needed for winter. The candles represented how long and cold the winter would be. Germans expanded on this concept by selecting an animal—the hedgehog—as a means of predicting weather. Once they came to America, German settlers in Pennsylvania continued the tradition, although they switched from hedgehogs to groundhogs, which were plentiful in the Keystone State.


Groundhogs, also called woodchucks and whose scientific name is *Marmota monax*, typically weigh 12 to 15 pounds and live six to eight years. They eat vegetables

and fruits, whistle when they're frightened or looking for a mate (they're sometimes called whistle pigs) and can climb trees and swim.

They go into hibernation in the late fall; during this time, their body temperatures drop significantly, their heartbeats slow from 80 to five beats per minute and they can lose 30 percent of their body fat. In February, male groundhogs emerge from their burrows to look for a mate (not to predict the weather) before going underground again. They come out of hibernation for good in March.

In 1887, a newspaper editor belonging to a group of groundhog hunters from Punxsutawney called the Punxsutawney Groundhog Club declared that Phil, the Punxsutawney groundhog, was America's only true weather-forecasting groundhog. The line of groundhogs that have since been known as Phil might be America's most famous groundhogs, but other towns across North America now have their own weather-predicting rodents, from Birmingham Bill to Staten Island Chuck to Shubenacadie Sam in Canada. In 1993, the movie *Groundhog Day* starring Bill Murray popularized the usage of "groundhog day" to mean something that is repeated over and over. Today, tens of thousands of people converge on Gobbler's Knob in Punxsutawney each February 2 to witness Phil's prediction. The Punxsutawney Groundhog Club hosts a three-day celebration featuring entertainment and activities.

DATA MASTER: Steven Burdick



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In the run up to 14 February 2012, London publican Nick Gibson realized that, for people not in happy relationships, Valentine's Day wasn't so cheerful. He wanted to do something good for them.

And so Gibson wrote an announcement on the pub blackboard: all his takings on Valentine's Day would be donated to the charity Refuge. Since then he has repeated the donation each year, with the message spreading on social media.

So famous is his annual act of generosity that this Valentine's Day was one of the busiest Sundays ever at his pub, The Drapers Arms in Islington. Gibson was able to present Refuge with a cheque for nearly £10,000.

"I hope you'll forgive a tiny sense of relief that next Valentine's Day is a Monday!" Gibson wrote on social media. He intends to keep up the tradition – an example of a community pub genuinely taking care of people.

DATA MASTER: Doug WM Stone

Protecting People at All Costs

During World War II, German industrialist Oskar Schindler saved the lives of over 1,000 Jews by employing them in his various factories. Schindler bribed Nazi officials with large sums of money and luxury goods in order to protect his workers from being sent to the concentration camps and their likely deaths. Schindler nearly spent his entire fortune on bribes to ensure the safety of his employees.

DATA MASTER: Doug WM Stone

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International Day of Women and Girls in Science



2019 Theme: "Investment in Women and Girls in Science for Inclusive Green Growth"

Science and gender equality are both vital for the achievement of the internationally agreed development goals, including the 2030 Agenda for Sustainable Development. Over the past 15 years, the global community has made a lot of effort in inspiring and engaging women and girls in science. Yet women and girls continue to be excluded from participating fully in science.

At present, less than 30 per cent of researchers worldwide are women. According to UNESCO data (2014 - 2016), only around 30 per cent of all female students select STEM-related fields in higher education. Globally, female students' enrolment is particularly low in ICT (3 per cent), natural science, mathematics and statistics (5 per cent) and in engineering, manufacturing and construction (8 per cent).

Long-standing biases and gender stereotypes are steering girls and women away from science related fields. As in the real world, the world on screen reflects similar biases—the 2015 Gender Bias Without Borders study by the Geena Davis Institute showed that of the onscreen characters with an identifiable STEM job, only 12 per cent were women.

In order to achieve full and equal access to and participation in science for women and girls, and further achieve gender equality and the empowerment of women and girls, the United Nations General Assembly adopted resolution A/RES/70/212 declaring 11 February as the International Day of Women and Girls in Science.

On 11 February, the United Nations, partners worldwide, women and girls will mark the International Day of Women and Girls in Science. Why does it matter?

Joint statement

In a message for the International Day for Women and Girls in Science, Phumzile Mlambo-Ngcuka, Executive Director of UN Women and Audrey Azoulay, Director-General of UNESCO highlight the importance of encouraging a new generation of women and girl scientists to tackle to major challenges of our time.

Recent studies suggest that 65 per cent of children entering primary school today will have jobs that do not yet exist. While more girls are attending school than before, girls are significantly under-represented in STEM subjects in many settings and they appear to lose interest in STEM subjects as they reach adolescence. Debunking the myths that girls do not like the sciences and other and gender stereotypes, along with investment in teacher trainings, gender-responsive technology and innovation can reverse these trends.

With Sustainable Development Goal 9, part of the Global Goals that world leaders agreed to in 2015 with a deadline of 2030, countries around the world have pledged to “build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation”. Yet, a look at where funding is allocated a different picture. At present, only 1.7 per cent of the global GDP is dedicated for research and experimental development

Less than 30% of scientific and technological researchers are women.

As the fourth industrial revolution starts, women still have less than two-third of the economic opportunity that men have. The jobs of the future will be driven by technology and innovation, and if the gender divide in Science Technology Engineering and Mathematics (STEM) is not bridged soon, the overall gender gap is likely to widen.

Less than 30 per cent of researchers worldwide are women. With too few women in decision making roles and higher-paying STEM jobs, the gender gap in STEM has deep implications for the future of global economy. For instance, women stand to gain only one new STEM job for every 20 lost, in stark contrast to men, who gain one new STEM job for every four lost. Improved recruitment, retention and promotion policies, as well as continuous learning and up-skilling for women can go a long way towards closing this gap.

On International Day of Women and Girls in Science, lets change this narrative. Join us in celebrating women and girls who are leading innovation and call for actions to remove all barriers that hold them back.

DATA MASTER: Steven Burdick



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In Service of Future Generations

Following the 2011 nuclear disaster in Fukushima, Japan, a group of over 400 elderly and retired engineers banded together to resolve the crisis. The group, who called themselves the Skilled Veteran Corps, believed that the radiation exposure would be less of a concern to older people, as younger people would likely face many more years, if not decades, of health issues related to radiation exposure.

DATA MASTER: Karen Deffenbaugh

The Human Life Preserver

Harold Lowe was an officer of the British Merchant Navy aboard the RMS Titanic during its fateful maiden voyage. Lowe initially led one of the many lifeboats that transported shipwrecked passengers to safety. After the ship began to founder, he then arranged a flotilla of lifeboats to pick up even more passengers. Lowe then courageously took one of the lifeboats to where the ship had sunk and attempted to rescue people out of the water.

He managed to rescue four men, and though one died, the three others lived. Lowe's lifeboat was one of only two to return to the scene of the shipwreck.

DATA MASTER: Karen Deffenbaugh

Helping Others in Need of Transplants

Anthony Nolan was born in the UK in 1971 with a rare condition called Wiskott-Aldrich syndrome, which required a bone marrow transplant. Unfortunately, none of his family members were a match. With bone marrow transplants between non-related persons still new, Anthony's mother Shirley decided to set up a bone marrow register that would help people find life-saving transplants.

Although the register wasn't able to save Anthony, who died in 1979 at the age of eight, it has helped thousands of patients suffering from blood cancers and other diseases to find donor transplants. Today, the register, now simply known as Anthony Nolan, contains over 700,000 potential donors.

DATA MASTER: Karen Deffenbaugh



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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."

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Maya Angelou

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NATIONAL LAME DUCK DAY

On February 6 National Lame Duck Day recognizes the ratification of the 20th Amendment to the United States Constitution or the Lame Duck Amendment.

The term “lame duck” originated as a description of stockbrokers in 1700s England who could not pay off their debts. The name later carried over to those in business who, while known to be bankrupt, would continue to do business.

In politics a lame duck is a person currently holding a political office who has either:

- lost a re-election bid
 - chosen not to seek another term
 - been prevented from running for re-election due to a term limit
 - holds a position that has been eliminated
- Prior to the ratification of the 20th Amendment to the United States Constitution, there was for Congress a 13-month delay between election day and the day the newly elected officials took office. In the case of a lame duck, this was a 13 month notice his or her job was terminating crippling their influence. Hence the ‘lame’ or injured duck.

An awful lot of people are confused as to just what is meant by a lame duck Congress. It’s like where some fellows worked for you and their work wasn’t satisfactory and you let ’em out, but after you fired ’em, you let ’em stay long enough so they could burn your house down. – Will Rogers

The same applied to the president. The 20th Amendment changed the date the newly elected president took office from March 4th to January 20th.

During a lame duck session, members of Congress are no longer accountable to their constituents. It is possible for their focus to switch to more personal gain instead of acting on behalf of their constituents with an eye toward re-election.

The 20th Amendment shortened this period from 13 months to 2 months. While lame duck sessions still occur (20 such sessions have occurred since the amendment took effect in 1935), there is less time for sweeping legislation to be approved. Even so, lame duck Congresses have declared war, impeached a president, censured a senator and passed the Homeland Security Act among other actions.

It is also considered a time when the peaceful transition

of power occurs. Preparations take place for the outgoing president to leave office and the newly elected president to take over the role.

HOW TO OBSERVE

If you are a Lame Duck: Reflect back on what you have learned, and on your successes and triumphs.

If you know a Lame Duck: Say thank you, give recognition for their success and support for their future.

If you are not a Lame Duck or do not Know a Lame Duck: Enjoy today in everything you do and share the information you learned about Lame Duck Day.

Use #NationalLameDuckDay to post on social media.

HISTORY

February 6th was chosen as National Lame Duck Day as this was the day in 1933 that the 20th Amendment was proclaimed by the U.S. Secretary of State.

DATA MASTER: Breanna McDowell

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Saint Valentine

Saint Valentine was a widely recognized 3rd-century Roman saint, commemorated in Christianity on February 14. From the High Middle Ages his Saints' Day is associated with a tradition of courtly love.



There are two different Saints' Lives for a St Valentine on February 14, but they are probably the same man. Saint Valentine was a clergyman – either a priest or a bishop – in the Roman Empire who ministered to persecuted Christians. He was martyred and his body buried at a Christian cemetery on the Via Flaminia close to the Ponte Milvio to the north of Rome, on February 14, which has been observed as the Feast of Saint Valentine (Saint Valentine's Day) since 496 AD.

Relics of him were kept in the Church and Catacombs of San Valentino in Rome, which "remained an important pilgrim site throughout the Middle Ages until the relics of St. Valentine were transferred to the church of Santa Prassede during the pontificate of Nicholas IV". His skull, crowned with flowers, is exhibited in the Basilica of Santa Maria in Cosmedin, Rome; other relics of him were taken to Whitefriar Street Carmelite Church in Dublin, Ireland, where they remain; this house of worship continues to be a popular place of pilgrimage, especially on Saint Valentine's Day, for those seeking love. For Saint Valentine of Rome, along with Saint Valentine of Terni, "abstracts of the acts of the two saints were in nearly every church and monastery of Europe", according to Professor Jack B. Oruch of the University of Kansas.

Saint Valentine is commemorated in the Anglican Communion and the Lutheran Churches on February 14. In the Eastern Orthodox Church, he is recognized on July 6; in addition, the Eastern Orthodox Church observes the feast of Hieromartyr Valentine, Bishop of Interamna, on July 30. In 1969, the Roman Catholic Church removed his name from the General Roman Calendar, leaving his liturgical celebration to local calendars, though use of the pre-1970 liturgical calendar is also authorized under the conditions indicated in the *motu proprio Summorum Pontificum* of 2007. The Roman Catholic Church continues to recognize him as a saint, listing him as such in the February 14 entry in the Roman Martyrology, and authorizing liturgical veneration

of him on February 14 in any place where that day is not devoted to some other obligatory celebration, in accordance with the rule that on such a day the Mass may be that of any saint listed in the Martyrology for that day.

Identification

Saint Valentine does not occur in the earliest list of Roman martyrs, the *Chronography of 354*, although the patron of the *Chronography's* compilation was a wealthy Roman Christian named Valentinus. However, it is found in the *Martyrologium Hieronymianum*, which was compiled between 460 and 544 from earlier local sources. The feast of St. Valentine of February 14 was first established in 496 by Pope Gelasius I, who included Valentine among all those "... whose names are justly revered among men, but whose acts are known only to God." As Gelasius implies, nothing was then known about his life.

The Catholic Encyclopedia and other hagiographical sources speak of three Saints Valentine that appear in connection with February 14. One was a Roman priest, another the bishop of Interamna (modern Terni, Italy) both buried along the Via Flaminia outside Rome, at different distances from the city. The third was said to be a saint who suffered on the same day with a number of companions in the Roman province of Africa, of whom nothing else is known.

Though the extant accounts of the martyrdoms of the first two listed saints are of a late date and contain legendary elements, a common nucleus of fact may underlie the two accounts and they may refer to a single person. According to the official biography of the Diocese of Terni, Bishop Valentine was born and lived in Interamna and while on a temporary stay in Rome he was imprisoned, tortured, and martyred there on February 14, 269. His body was hastily buried at a nearby cemetery and a few nights later his disciples retrieved his body and returned him home.

The Roman Martyrology, the Catholic Church's official list of recognized saints, for February 14 gives only one Saint Valentine: a martyr who died on the Via Flaminia.

Other saints with the same name

The name "Valentine" derived from *valens* (worthy, strong, powerful), was popular in Late Antiquity. About eleven other saints having the name Valentine are commemorated in the Roman Catholic Church. Some Eastern Churches of the Western rite may provide still other different lists of Saint Valentines. The Roman martyrology lists only seven who died on days other than February 14: a priest from Viterbo

(November 3); Valentine of Passau, papal missionary bishop to Raetia, among first bishops of Passau, and later hermit in Zenoburg, near Mais, South Tyrol, Italy, where he died in 475 (January 7); a 5th-century priest and hermit (July 4); a Spanish hermit who died in about 715 (October 25); Valentine Berrio Ochoa, martyred in 1861 (November 24); and Valentine Jaunzarás Gómez, martyred in 1936 (September 18). It also lists a virgin, Saint Valentina, who was martyred in 308 (July 25) in Caesarea, Palestine.

DATA MASTER: Steven Burdick

Fun Holiday – Create a Vacuum Day

They say that nothing ever happens in a vacuum, but this holiday - Create a Vacuum Day, on February 4 - seems to have emerged from one.

The source, or even the purpose, of this fun and geeky holiday are unknown, so we can only guess that the holiday calls for people to learn more about the science behind a vacuum and experiment with it (as much as they can with common household equipment).

The word, vacuum comes from the Latin word *vacuus*, meaning empty or vacant, and is used by scientists to refer to a space that does not have any matter or where the pressure is lower than atmospheric pressure.

No Perfect Vacuum

While theoretically, a perfect vacuum can exist, practically creating one is almost impossible. This is because of, what scientists call virtual particles – particles that can enter and exit a vacuum. Such particles include photons and quarks. Outer space is considered by scientists as being closest to a state of perfect vacuum as there can be, even though it is not completely devoid of matter. Apart from space debris that includes comets and asteroids, outer space has stray atoms of gases and different forms of radiation.

Household Applications

In addition to its theoretical applications, the concept of vacuum has led to many industrial and household items that we find indispensable today. In our homes, a vacuum can be used to suck up dirt through the vacuum cleaner and even light up our rooms through incandescent light bulbs. Outside, vacuum is used to pack food and other items, in vacuum pumps, and to build electron microscopes. Even car brakes work by creat-

ing a form of vacuum.

How to Celebrate?

Learn more about the science behind vacuum, a space completely empty of matter, and its practical uses.

Take out the vacuum cleaner from the closet and use it - you are due to clean your home anyway.

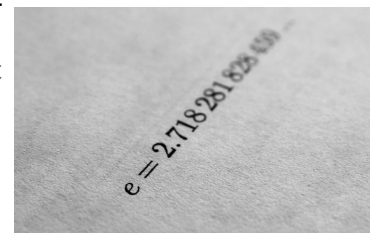
Did You Know...

...that the world's first vacuum cleaner was invented in 1866 by Ives W. McGaffey in the United States?

DATA MASTER: Steven Burdick

Fun Holiday – e-Day

e-Day celebrates the mathematical constant e , which has a value of 2.7182818. It is celebrated on February 7 in countries that follow the month/day (m/d) date format. This is because the first two digits of the date - 2/7 - correspond to the first two digits of the constant.



People living in countries that follow the day/month (d/m) format celebrate it on January 27. The first three digits of this date - 27/1 - match up with the first three digits of e (2.71).

Euler's Number

Also known Euler's number, after the Swiss mathematician Leonhard Euler, e is an irrational number that represents the idea that all continually growing systems are a scaled version of a common rate. It is mostly used in logarithms, exponential growth, and complex numbers. It is one of the most important numbers in mathematics, including 0, 1 and π (π).

e is also sometimes called the Napier's Constant and is often incorrectly referred to Euler's Constant. Euler's Constant is denoted by lower case gamma (γ) and has a value of 0.57721.

Other e Days

Many European countries celebrate Euro Day, sometimes also called e Day. The day is observed on January 1 and celebrates the anniversary of the adoption of the Euro, Europe's common currency in 2002. In New Zealand, eDay is a day where people can get rid of e-waste or old electronics such as computers and old appliances so they can be recycled rather than being placed in a landfill. Engineer's Day is observed in Paducah, Kentucky on February 21, where many people participate in an egg drop contest, create edible

cars, and tape people to walls.

Other Mathematical Holidays

The year is full of mathematical and scientific holidays. Some of these include: Yellow Pig Day, Mole Day, Fibonacci Day, Palindrome Day, and Pi-Day. Use our Date Pattern Calculator to find out other interesting calendar dates during the year.

How to Celebrate?

Celebrate this fun mathematical holiday by learning more about Euler's number and its importance in mathematics and science.

Eat foods that begin with e - make eggs, eggplant, or eclairs. Make eggnog as a before dinner refreshment or eggs benedict for breakfast.

Did You Know...

...that there is an island in northern Scotland called Eday?

DATA MASTER: Steven Burdick

What Kids Say



I had gotten dressed up to go out for dinner with my hubby. My oldest saw me and exclaimed excitedly, "Mom! You look beautiful! Just like a bat!" In his opinion, that is high praise. :) -Tara Knott

My 2 and a half year old: "You're killing me, Dani" complete with a hand up in the air and then down to slap her knee. -Danielle Chavez

My 3 year old was holding his grilled cheese in his hands looking at it and said, "Mom, is this kosher?" - Annie Dibra

A man with a white beard was helping out with lacrosse practice and when my son got in the car he said, "Santa was my lacrosse coach." - Michelle Smith McCracken

At the Starbucks drive-thru, my 5 year old said to me "How much was that?" I answered "\$6", to which she

replied, "You're wasting your money!!" - Heather Dixon

"Grandma is so good with kids! Why didn't she have any of her own?!" - Deanna Rahier

My son found my bra on the floor and said "Mommy you left your boobie goggles on the floor". The word 'bra' has forever been replaced with 'boobie goggles' in this house. - Meredith Watson

My daughter wanted to go down to the basement while my husband was on a call for work. I said to her, "You can't go right now. Daddy would be angry if you go while he is working. He isn't taking any visitors." My daughter: "I'm not a visitor. I'm his KID!!!" - Andrea Brodie

I asked my 3 year old to clean her toy room which was extremely messy. Five minutes later, she came upstairs...

Me: You cleaned your WHOLE toy room already? She nodded.

Me: So any toys that are left on the ground can be given to poor kids?

Her: "Yep"long pause...."But you can't go down to check because there's a monster down there!"

- Vanessa Ruddell

DATA MASTER: Breanna McDowell



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Cavalier King Charles Spaniel

The Cavalier King Charles Spaniel is a small spaniel classed as a toy dog by The Kennel Club and the American Kennel Club, that originated in the United Kingdom. Since 2000, it has grown in popularity in the United States and ranks as the 19th most popular pure-breed in the United



States. It has a silky, smooth coat and commonly a smooth undocked tail. The breed standard recognizes four colors: Blenheim (chestnut and white), Tricolor (black/white/tan), Black and Tan, and Ruby. The breed is generally friendly, affectionate and good with both children and other animals; however, they require a lot of human interaction. Since they are family dogs, it is recommended to not leave one alone for long periods at a time. The expected average lifespan of a Cavalier King Charles Spaniel is between nine and fourteen years.

The Cavalier King Charles changed dramatically in the late 17th century, when it was interbred with flat-nosed breeds. Until the 1920s, the Cavalier shared the same history as the smaller King Charles Spaniel. Breeders attempted to recreate what they considered to be the original configuration of the breed, a dog resembling Charles II's King Charles Spaniel of the Restoration. Various health issues affect this particular breed.

Origin United Kingdom

Weight 13-18 lb

Height 12-13 inches

Color Blenheim, Black and Tan, Ruby, and Tri-Color

History

During the early part of the 18th century, John Churchill, 1st Duke of Marlborough, kept red and white King Charles type spaniels for hunting. The duke recorded that they were able to keep up with a trotting horse. His estate was named Blenheim in honor of his victory at the Battle of Blenheim. Because of this influence, the red and white variety of the King Charles Spaniel and thus the Cavalier King Charles Spaniel became known as the Blenheim.



Attempts were made to recreate the original Cavalier King Charles Spaniel as early as the turn of the 20th century, using the now extinct Toy Trawler Spaniels. These attempts were documented by Judith Blunt-Lytton, 16th Baroness Wentworth, in the book "Toy Dogs and Their Ancestors Including the History And Management of Toy Spaniels, Pekingese, Japanese and Pomeranians" published under the name of the "Hon. Mrs Neville Lytton" in 1911.

Divergence from King Charles Spaniel

In 1926, the American Roswell Eldridge offered a dog show class prize of twenty-five pounds of sterling silver each as a prize for the best male and females of "Blenheim Spaniels of the old type, as shown in pictures of Charles II of England's time, long face, no stop, flat skull, not inclined to be domed, with spot in center of skull." The breeders of the era were appalled, although several entered what they considered to be sub-par Cavalier King Charles Spaniels in the competition. Eldridge died before seeing his plan come to fruition, but several breeders believed in what he said and in 1928 the first Cavalier club was formed. The first standard was created, based on a dog named "Ann's Son" owned by Mostyn Walker, and the Kennel Club recognized the variety as "King Charles Spaniels, Cavalier type".



The Second World War caused a drastic setback to the emerging breed, with the vast majority of breeding stock destroyed because of wartime hardship and food shortages. For instance, in the Ttiweh Cavalier Kennel, the population of sixty dogs dropped to three during the 1940s. Following the war, few dogs survived as the new beginning from which all present-day Cavaliers descend. And in 1945, the Kennel Club first recognized the breed in its own right as the Cavalier King Charles Spaniel.



The history of the breed in America is relatively recent. The first recorded Cavalier living in the United States was brought from the United Kingdom in 1956 by W. Lyon Brown, together with Elizabeth Spalding and

other enthusiasts, she founded the Cavalier King Charles Club USA which continues to the present day. In 1994, the American Cavalier King Charles Spaniel Club was created by a group of breeders to apply for recognition by the American Kennel Club. The Cavalier would go on to be recognized by the American Kennel Club in 1995, and the ACKCSC became the parent club for Cavaliers.



Description

"A mostly red coloured dog with long ears standing in snow. It has a grey streak down the middle of its forehead, and often wears a collar with a pendant. There are clumps of snow around its legs."

Ruby Cavalier in the snow



Historically the Cavalier King Charles Spaniel was a lap dog and is small for a spaniel, with fully grown adults comparable in size to adolescents of other larger spaniel breeds. Breed standards state that height of a Cavalier should be between 12 to 13 inches (30 to 33 cm) with a proportionate weight between 13 to 18 pounds (5.9 to 8.2 kg). The tail is usually not docked, and the Cavalier should have a silky coat of moderate length. Standards state that it should be free from curl, although a slight wave is allowed. Feathering can grow on their ears, feet, legs and tail in adulthood. Standards require this be kept long, with the feathering on the feet a particularly important aspect of the breed's features.

The Cavalier King Charles Spaniel and the English Toy Spaniel can be often confused with each other. In the United Kingdom, the English Toy Spaniel is called the King Charles Spaniel while in the United States, one of the colors of the Toy Spaniel is known as King Charles. The two breeds share similar history and only diverged from each other about 100 years ago. There are several major differences between the two breeds, with the primary difference being the size. While the Cavalier weighs on average between 13 to 18 pounds (5.9 to 8.2 kg), the King Charles is smaller at 9 to 15 pounds (4.1 to 6.8 kg). In addition their facial features while similar, are different; the Cavalier's ears are set higher and its skull is flat while the King Charles's is domed. Finally the muzzle length of the Cavalier tends to be longer than that of its King Charles cousin.

Color

"Two dogs with long ears sit on a wooden platform overlooking the sea. They are mostly white, but have black ears and black and brown markings on their faces. Their fur is ruffled by the breeze."

Tricolour Cavalier King Charles Spaniels

Cavalier King Charles Spaniel, Blenheim variety, with chestnut brown markings on a white background on its back, patches over eyes and all brown ears. The breed has four recognized colors. Cavaliers which have rich chestnut markings on a pearly white background are known as Blenheim in honor of Blenheim Palace, where John Churchill, 1st Duke of Marlborough, raised the predecessors to the Cavalier breed in this particular color. In some dogs there is a chestnut spot in the middle of the forehead: this is called the "Blenheim" spot. The Blenheim spot is also known as the mark of the "Duchess Thumb Print", based on the legend that Sarah Churchill, Duchess of Marlborough while awaiting news of her husband's safe return from the Battle of Blenheim, pressed the head of an expecting dam with her thumb, resulting in five puppies bearing the lucky mark after news that the battle had been won. Black and Tan are dogs with black bodies with tan highlights, particularly eyebrows, cheeks, legs and beneath the tail. Black and Tan is referred to as "King Charles" in the King Charles Spaniel. Ruby Cavaliers should be entirely chestnut all over, although some can have some white in their coats which is considered a fault under American Kennel Club conformation show rules. The fourth color is known as Tricolor, which is black and white with tan markings on cheeks, inside ears, on eyebrows, inside legs, and on underside of tail. This color is referred to as "Prince Charles" in the King Charles Spaniel.

DATA MASTER: Karen Deffenbaugh

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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 31, 2020 - Feb 16, 2020 Grove Community Playmakers presents: Underneath the Lintel - Follow the time-traveling journey of a librarian who discovers a book 113 years overdue during Grove Community Playmakers' production of "Underneath the Lintel" by Glen Berger. A dilapidated Baedeker Travel Guide sends the curious librarian on a quest during this energetic one-man show. Messages in margins become clues as he attempts to track down the miscreant who

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

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Hardship level: Moderate

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checked out the book, known only as "A."... The book even takes him back some 2000 years into the past, where he learns the truth about a mysterious medieval figure. Don't miss an invigorating story this winter in Grove. January 31-February 16: Friday and Tuesday evenings: 7:30pm Sunday matinees: 2pm. Adults: \$15 Students (middle school and above): \$8 While every effort has been made to ensure the accuracy of the pricing listed above, prices are subject to change without notice. 121 W 3rd St Grove, OK 74344 Phone: 918-786-8950

Feb 6, 2020 - Feb 9, 2020 World Stage Theatre presents: I Have Before Me a Remarkable Document...from Rwanda - Inspired by the real life experiences of Rwandan refugees in the UK, "I Have Before Me a Remarkable Document Given to Me By a Young Lady from Rwanda" tells the story of two people from entirely different worlds who meet at a refugee center in London. Conveying the healing power of writing, this play contains a unique mix of darkness and humor, as a relationship develops across a wide cultural and age divide. See this inspirational story at the Tulsa Performing Arts Center. February 6, 7, 8 : 8pm February 8 & 9: 3pm \$25 While every effort has been made to ensure the accuracy of the pricing listed above, prices are subject to change without notice. Tulsa Performing Arts Center 110 E 2nd St Tulsa, OK 74103 Phone: 918-596-7111

Feb 7, 2020 - Feb 9, 2020 BMX Sooner Nationals - Head to Tulsa Expo Square for a fun and exciting weekend of intense BMX competition. The Sooner Nationals feature events for men and women of all age groups and skill levels. Winners will be decided on Saturday with the runner-up events on Sunday. Be sure to come out for the pre-race on Friday and see the racers prepare for the big event. There will be plenty of concessions and no shortage of exhilarating races to watch, so come out and cheer on these talented riders. Event schedules and registration fees available on website. Friday: 1:00 pm - 8:00 pm Saturday: 7:30 am - 6:00 pm Sunday: 8:00 am - 1:00 pm Address: Tulsa Expo Square 4145 E 21st St Tulsa, OK 74114 Phone: 480-961-1903, 918-744-1113

Feb 7, 2020 - Feb 9, 2020 Home & Garden Show - Visit the annual Home & Garden Show in Grove for new ideas and products to improve your home or garden. Browse nearly 100 vendor booths filled with a wide selection of useful products, and attend informative how-to seminars. Talk to area contractors at the Home & Garden show, then check out the latest in home improvements, decorating ideas, landscaping and remodeling tips. The Home & Garden Show also offers cooking demonstrations so visitors can either brush up on their cooking skills or learn new tricks in the kitchen. Hours Friday: 3:00 pm - 8:00 pm Saturday: 10:00 am - 6:00 pm Sunday: 11:00 am - 3:00 pm Address: Grove Civic Center 1720 S Main Grove, OK 74344 Phone: 918-786-

9079 Office Fax: 918-786-2909

Feb 7, 2020 First Friday Art Crawl - Since 2007, the Tulsa Arts District has presented the community with rotating art displays as part of the monthly First Friday Art Crawl events. Every first Friday of the month, visitors can explore artwork inside galleries, studios and museums and catch a few live music performances or even an exciting fireworks display. As an added bonus, art crawlers can take advantage of free museum and gallery admission while shopping later than normal business hours would allow. Hit the district early for dinner, or stay a little later for a craft cocktail best enjoyed on an outdoor patio. Friday: 6:00 pm - 9:00 pm Various locations in Tulsa Arts District Tulsa, OK 74103 Phone: 918-527-8170, 918-492-7477

Feb 7, 2020 - Feb 9, 2020 Tulsa Fishing & Hunting Expo - Make plans to attend the Tulsa Fishing & Hunting Expo for plenty of outdoor-themed fun for the family. Head to Tulsa Expo Square, and browse row upon row of fishing and hunting gear found under one roof. After shopping for new fishing and hunting products, be sure to have a blast with family-friendly attractions and live entertainment by professional sportsmen. Adult (16 & up): \$10. Senior (55 & up): \$8. Young adult (12-15) / Police, fire & military w/ valid ID: \$5. Child (11 & under): free. Hours Friday: 12:00 pm - 8:00 pm Saturday: 9:00 am - 8:00 pm Sunday: 10:00 am - 5:00 pm Address: Tulsa Expo Square 4145 E 21st St Tulsa, OK 74112 Phone: 918-699-9452

Feb 7, 2020 Miranda Lambert in Concert - Country singer Miranda Lambert returns to Tulsa's BOK Center as part of her highly-anticipated "Wildcard Tour" featuring special guests Randy Rogers Band and Parker McCollum. Hear this CMA Female Vocalist of the Year nominee and seven-time winner perform new tracks like "It All Comes Out in the Wash," and enjoy popular hits like "The House That Built Me" and "Mama's Broken Heart." Don't miss an evening of energetic country music in Tulsa. Pricing \$38.75-93. 75 Starts at 7pm. BOK Center 200 S Denver 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

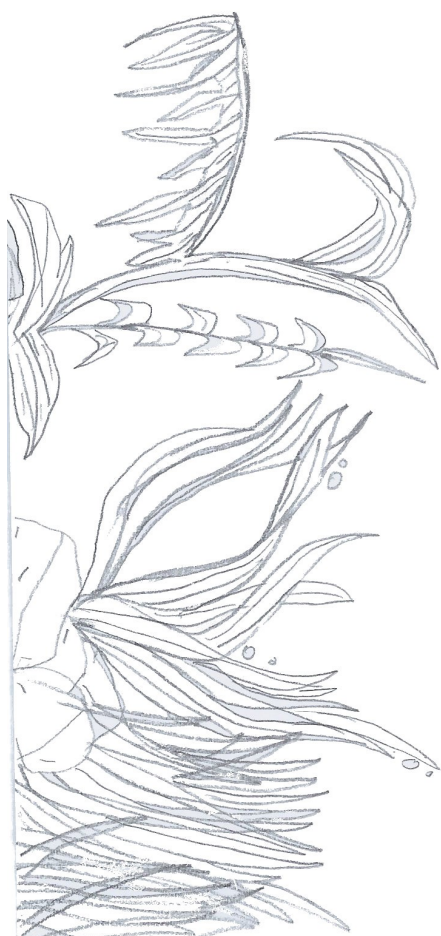
Chelsea, OK. 74016

Ph: 918-789-2862

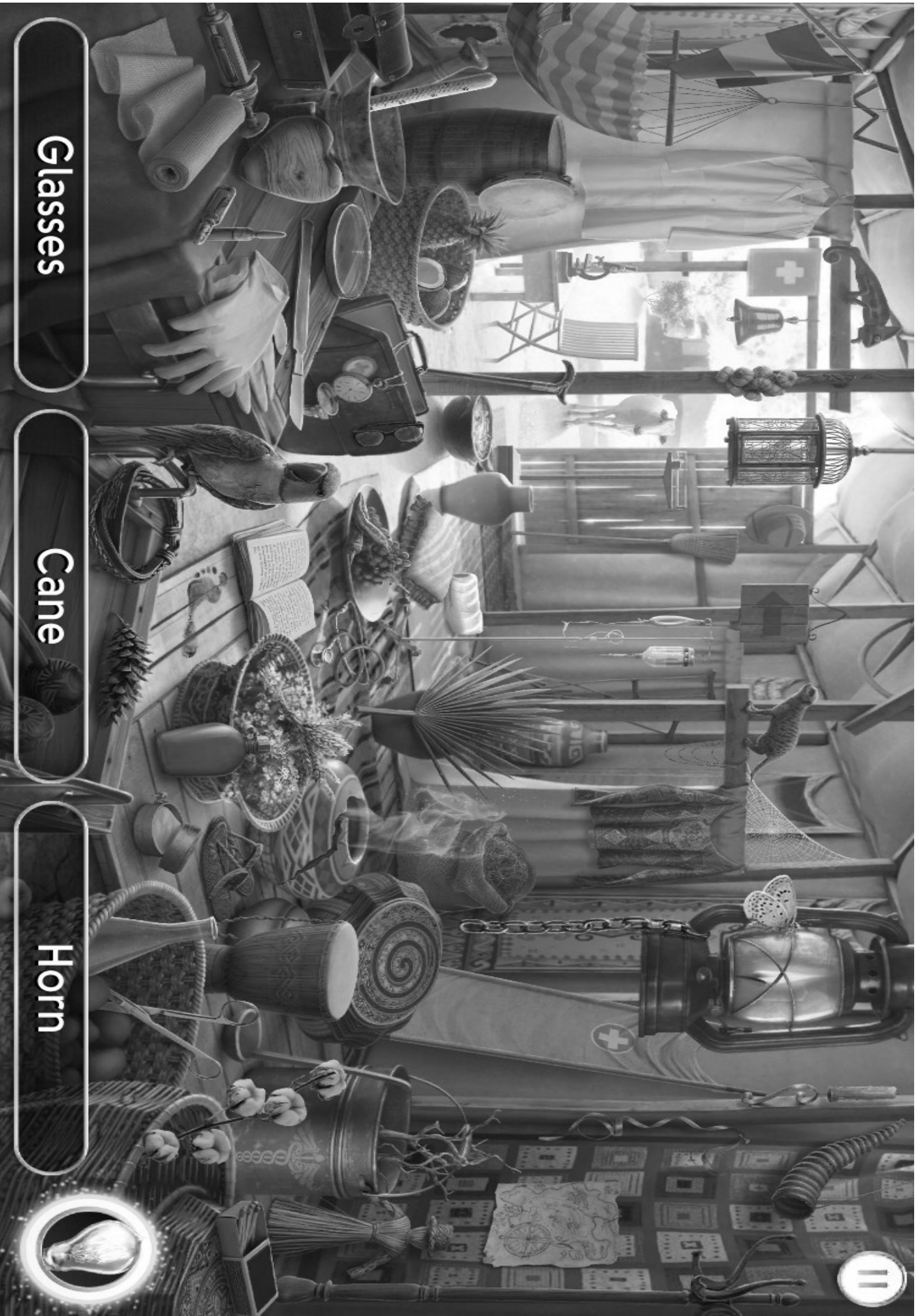
Fax: 918-789-5296

Email: links@links.community-options.net

DATA MASTERS: Steven Burdick and Eric Peachey



By Breanna McDowell



Glasses

Cane

Horn

Can you find glasses, cane, and horn in this picture?

DATA MASTER: Karen Deffenbaugh



Getting to know the Lutherans

The Perfect Light

Friends,

Although on each of these February days daylight becomes a bit longer and night time a bit shorter, we still have plenty of need to turn lamps on in our homes and headlights on our cars to shine light into the darkness. Similarly, there is plenty of “darkness” in this world in which we live – any source of the daily news will reveal that to us. What is more, if we are honest with ourselves and God, there is the “darkness” of sin which dwells within each of us.

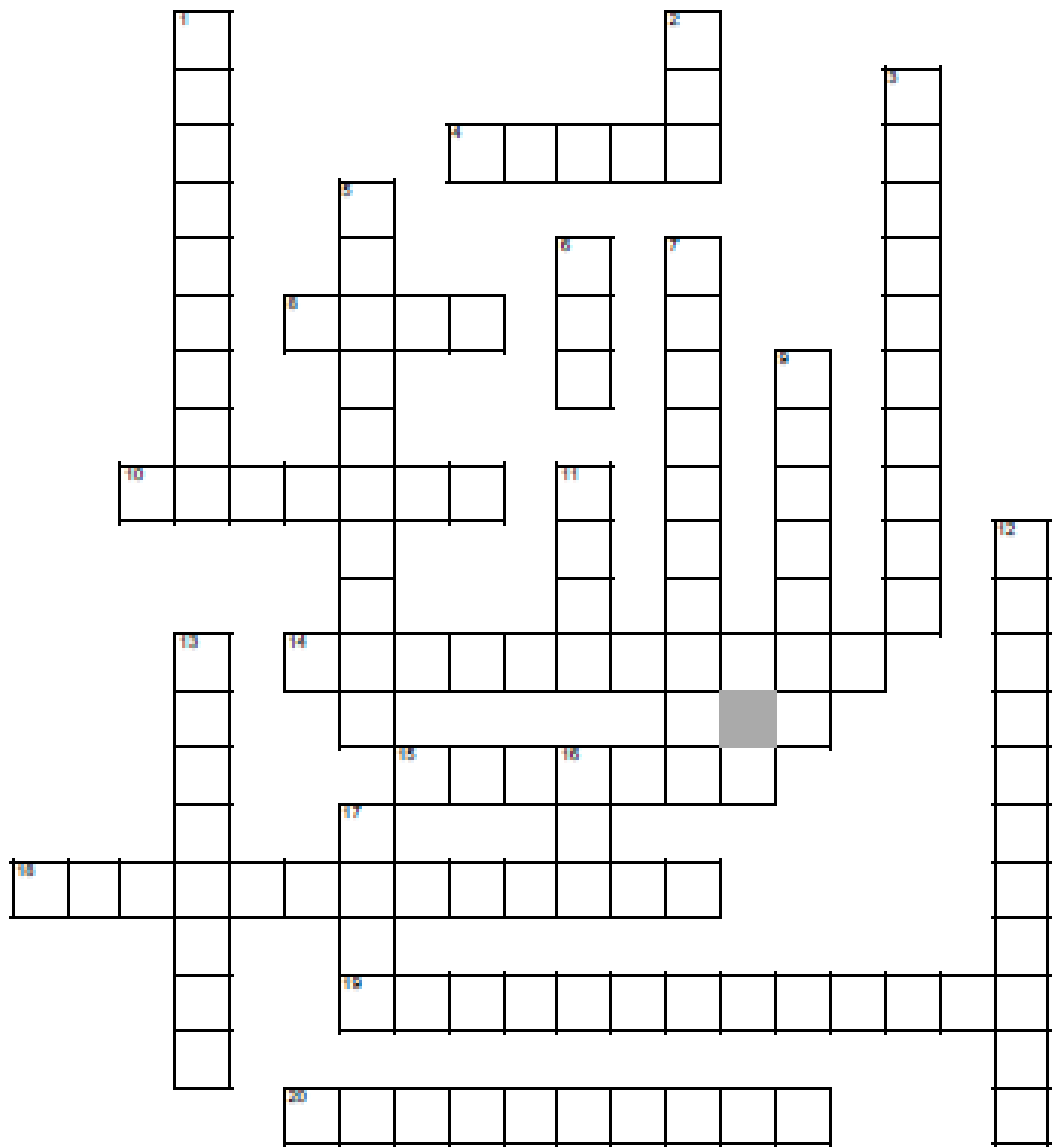
Although there are other ways to describe the good news that comes to us, a wonderful way we celebrate it in this after-Christmas season called “Epiphany” is that there is Light to dispel this darkness in our lives. This true and perfect Light is Jesus Christ. To provide the light of forgiveness, hope, and salvation is what Jesus came into our world to do. Assured of that, it is now our task to share the good news about Jesus our Light with others who still live in the darkness.

Come join with us at any of the churches listed on this page where you can be sure you will hear this good news of Jesus the Light proclaimed and delivered to you.

<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.rlcck.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

Valentine's Day



Across

- 4. Valentine's Day figure
- 8. Flower for Valentine's Day
- 10. Valentine gift for women
- 14. Like most valentines
- 15. Busy person on Valentine's Day
- 18. February 14
- 19. Too shy a lover
- 20. Valentines' chit-chat

Down

- 1. February 14 beverage
- 2. Busy co. on Valentine's Day
- 3. February 14, ___ Day
- 5. February 14 sweets
- 6. Informal Valentine word
- 7. February 14 and March 17
- 9. *Flowery Valentine's gift
- 11. Symbol of Valentine's Day
- 12. Valentines
- 13. February 14 phrase
- 16. Valentine's Day color
- 17. X, in valentines

By: Eric Peachey and Steve Burdick

Solution is printed in page 37

Word Search Puzzle

Groundhog Day

By: Eric Peachey and Steven Burdick

Solution is on page 35

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

tunnel	burrow	emerge	temperature
winter	warning	woodchuck	groundhog day
meteorology	forecast	six weeks	shadow
prediction	punxsutawney phil	underground	late spring
stormy	hibernation	february	early spring

CryptoQuote Puzzles

Title: Altruism vs Selfishness **Quote From:** Martin Luther King

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	
			Δ	Ξ								Γ											N			

E **E** **M** **M** **D E** **D E** **W** **E** **E**
 E A E K Z Γ ϑ Π Γ Υ ϕ ⊙ Δ Ξ Μ Χ Δ Ξ Ν Λ Ξ ⊙ Λ Ξ Κ
E **W** **W** **E**
 Λ Ξ Ν Χ Ε Ε Ν ϑ Ε Ξ Χ Π ⊙ Λ Ξ Ε Χ Ρ Λ ⊙
E **E** **M**
 Ψ Ο Μ Κ Ξ ϑ ⊙ Χ Α Ξ ϑ Ε ⊙ Κ Υ Χ ϕ Γ Ψ Κ Χ Π
E **D** **E** **D E** **E**
 ⊙ Λ Ξ Δ ϑ Κ Ξ Π Ξ ϕ ϕ Ψ Ο Δ Ξ ϕ ⊙ Κ Υ Μ ⊙ Χ Α Ξ
E **E**
 ϕ Ξ Ε Ο Χ ϕ Λ Π Ξ ϕ ϕ

Title: Love and giving **Quote From:** Mother Teresa

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								U												

O **O** **G**
 N W M B U W X U Q F H G X Q P C N D P R H W
O **O** **O**
 X U Q F H G X O U D P Q P A H W N B W U
G **G**
 C N D N B C

Title: Success and Humanity **Quote From:** Sammy Davis Jr.

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	
				W															V							

E **S** **E S S** **S** **E**
 P W Q U V X N N W V V A V M Y J Y M J B W
S **E** **E** **S** **E** **S**
 V J Q O W L X J Y T T J B W V J Q O W Q V
E
 Q B X S Q M L W A M O Q M Z B Y G E Y X
E **E**
 O W J Q U Y M O G A J B E Y X P T W U U Y G
S **Q** **M**

Title: Overcoming Life Hardship **Quote From:** Stephen Hawking

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	E																						

D **F F** **F**
 Q F I T M T Y B P E E P D X W H W P E T N U R
D **D** **D**
 G T T N H Q T Y T P G U W I U R G G F N T H Q P S A
 R F X D U S B F U S B G X D D T T B U H

Maintaining Connections



Recently I visited my former high school teachers over Christmas Break to see how they were doing and to catch up. I visited my school counselor as well. It struck me that many students forget to think about their former school counselors and support staff who helped them get to where they are today.

I talked to my former guidance counselor about how my first semester of college went and how well I am doing. He really helped me in my senior year of high school so I thought that paying him a visit would be a great act of kindness.

As I was leaving the guidance office, I heard one guidance counselor say, "I feel like they forget about us once they graduate." And my heart felt so big, knowing that I thought to visit them. I am in my first year of university now. I could really see how happy my teachers were to see that I had visited them.

DATA MASTER: Nikki Hamilton

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Ronda Cole, owner

Dad Builds Adapted Nintendo Controller for Disabled Daughter—And Her Reaction is Adorable



A devoted dad is going viral after he shared his daughter's reaction to his newly-designed adaptive Nintendo Switch controller which had been tailored specifically to her disability.

Since 9-year-old Ava Steel has hereditary spastic paraplegia, she has trouble with controlled motor function and speech. These symptoms make it particularly difficult for her to play video games the way her friends do—but that has all changed thanks to her father Rory Steel.

Steel, who has always been a self-admitted "tinkerer", designed a custom arcade-style Nintendo controller that can hook up to an adaptive Microsoft Xbox controller.

With dual joysticks and multiple, easily-accessible buttons, Steel bought all the parts for the contraption off of eBay for about \$144 (£110).

Steel later posted an adorable Twitter video of his delighted daughter playing "The Legend of Zelda: Breath of the Wild" with ease—and it has since been viewed more than one million times. It even garnered some feedback from Bryce Johnson, the founder of Microsoft's Inclusive Tech Lab and an inventor of the adaptive Xbox controller used in Steel's device.

Although Steel says the controller's final design is an ongoing effort, he soon plans to post DIY instructions for its assembly on the internet so other parents of disabled children can build one themselves.

DATA MASTER: Nikki Hamilton

Test Your Knowledge of Idioms and Proverbs

Idioms

1. It's raining cats and dogs
 - A. It's raining very hard
 - B. It's a blue sky
 - C. Shower
 - D. Light shower
2. It costs an arm and a leg
 - A. Unaffordable
 - B. It's very expensive
 - C. Cost a pretty penny
 - D. beyond your means
3. Going on a wild goose chase
 - A. Withdraw from
 - B. Stop
 - C. Bail out
 - D. Go on a futile search or pursuit
4. Call it a day
 - A. Leave service
 - B. Relinquish
 - C. It's time to stop working on something
 - D. Continue
5. Fit as a fiddle
 - A. Very healthy and strong
 - B. Under the weather
 - C. Weak
 - D. Feverish
6. To give somebody the cold shoulder
 - A. Brush off
 - B. Bury one's head in the sand
 - C. To intentionally ignore somebody
 - D. Pay no mind

Proverbs

1. Kill two birds with one stone
 - A. Achieve two goals at once
 - B. Fall through
 - C. Get done
 - D. None of the above
2. Birds of a feather flock together
 - A. Similar people usually become friends
 - B. Resembling
 - C. Twin
 - D. Identical
3. Your guess is as good as mine
 - A. Indeterminate
 - B. I'm unsure of the answer or solution to a problem
 - C. Fluctuant
 - D. Undecided
4. Look before you leap
 - A. Determined
 - B. Reckoned
 - C. Take calculated risks
 - D. Estimated
5. Save up for a rainy day
 - A. Separately
 - B. Privately
 - C. In reserve
 - D. Put some money aside for whenever it may be needed
6. A cat has nine lives
 - A. Outlived
 - B. Existed
 - C. Cat can survive seemingly fatal events
 - D. Withstand



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By Breanna McDowell and Nikki Hamilton

Solution in Page 34

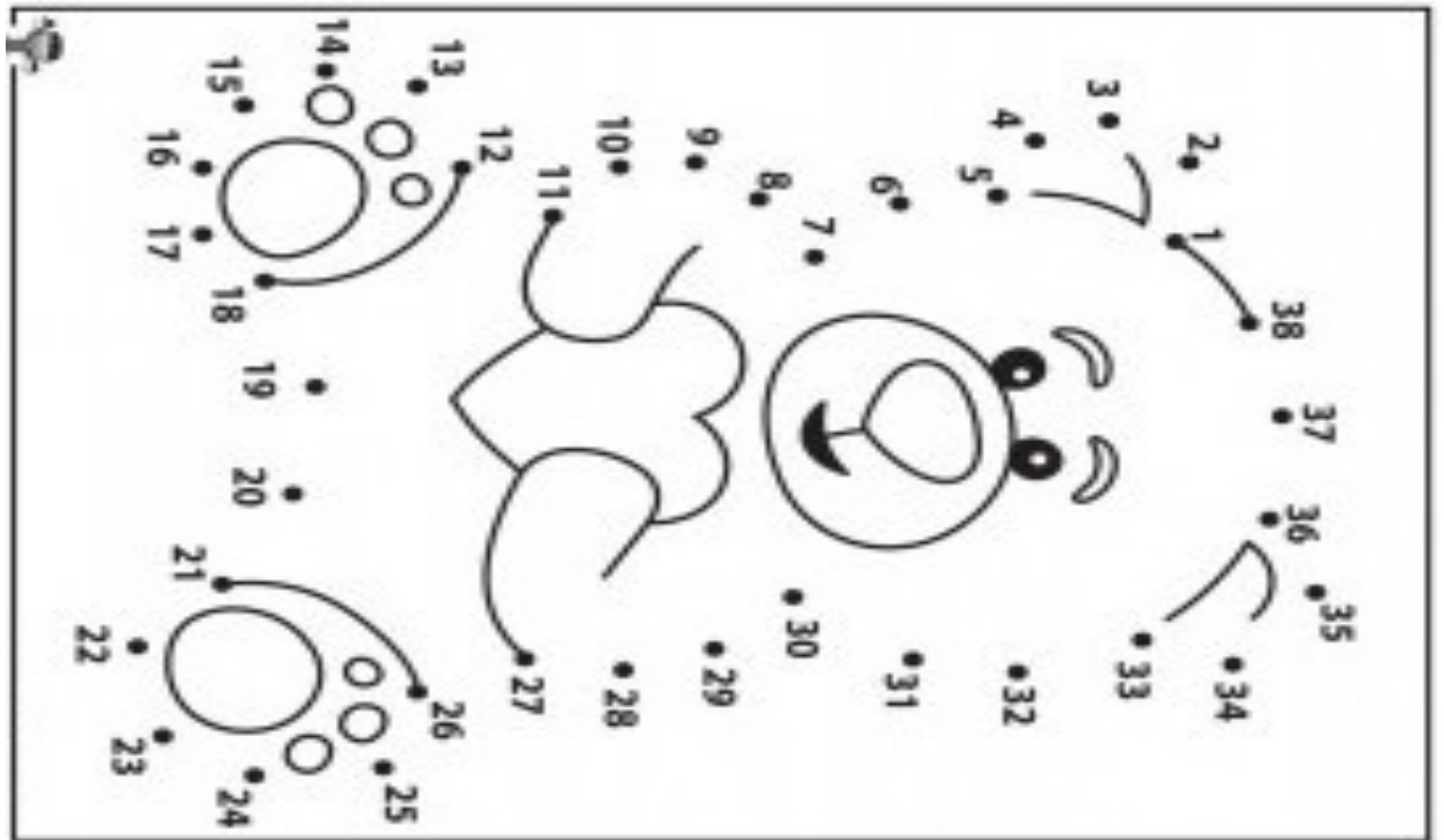
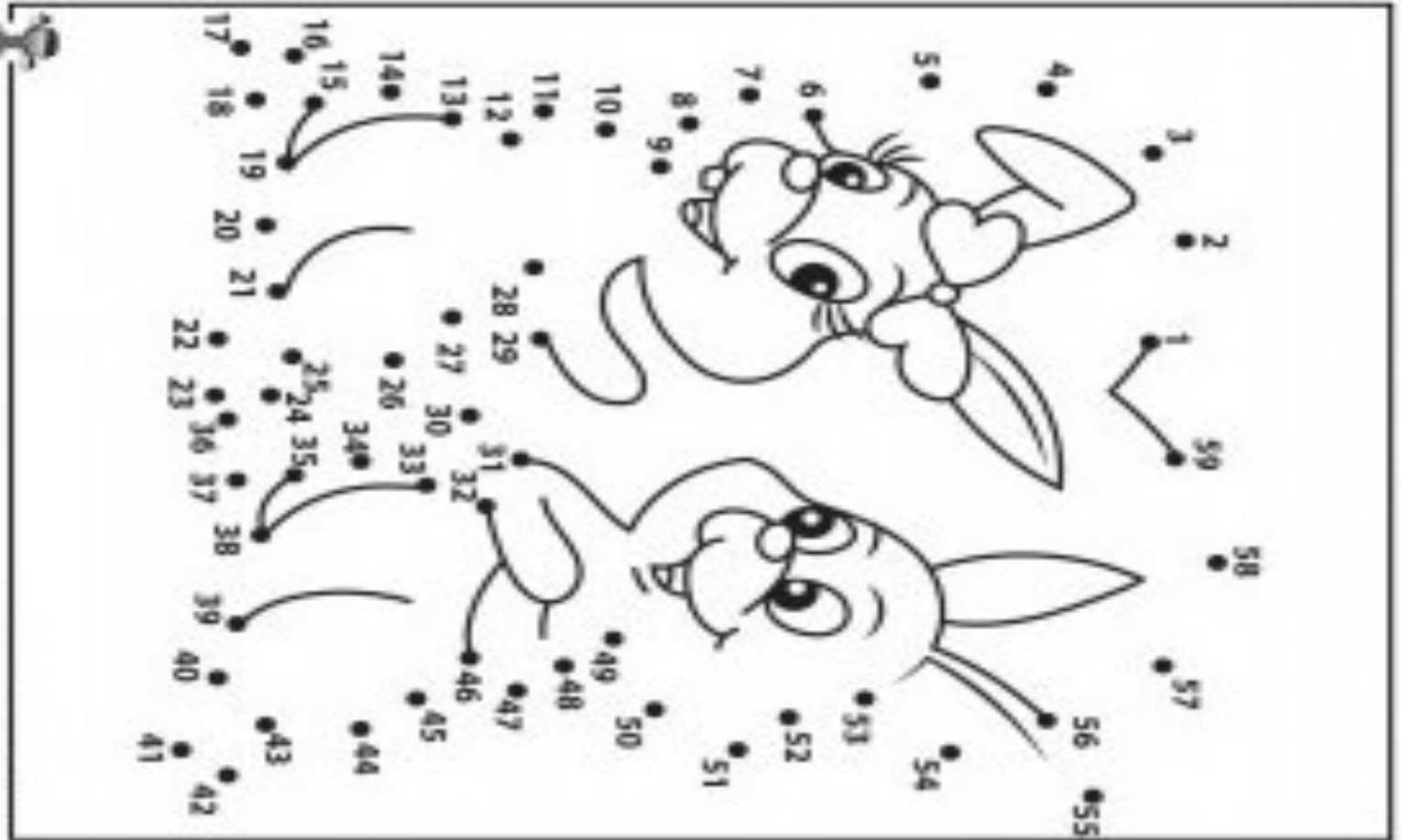
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Dot Picture Puzzle (Connect dots to complete the picture)





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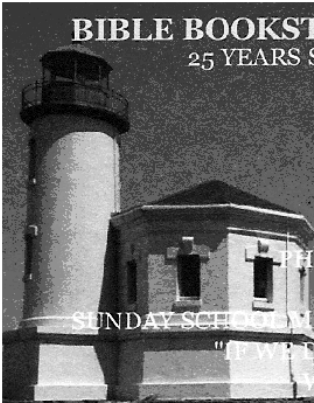
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CryptoQuote Puzzles Solution

Title: Altruism vs Selfishness **Quote From:** Martin Luther King

Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.

Title: Love and giving **Quote From:** Mother Teresa

It's not how much we give but how much love we put into giving.

Title: Success and Humanity **Quote From:** Sammy Davis Jr.

Real success is not on the stage, but off the stage as a human being, and how you get along with your fellow man.

Title: Overcoming Life Hardship **Quote From:** Stephen Hawking

However difficult life may seem, there is always something you can do and succeed at.

By Steven Burdick and Eric Peachey



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Answers to Idioms and Proverbs Questions

Idioms

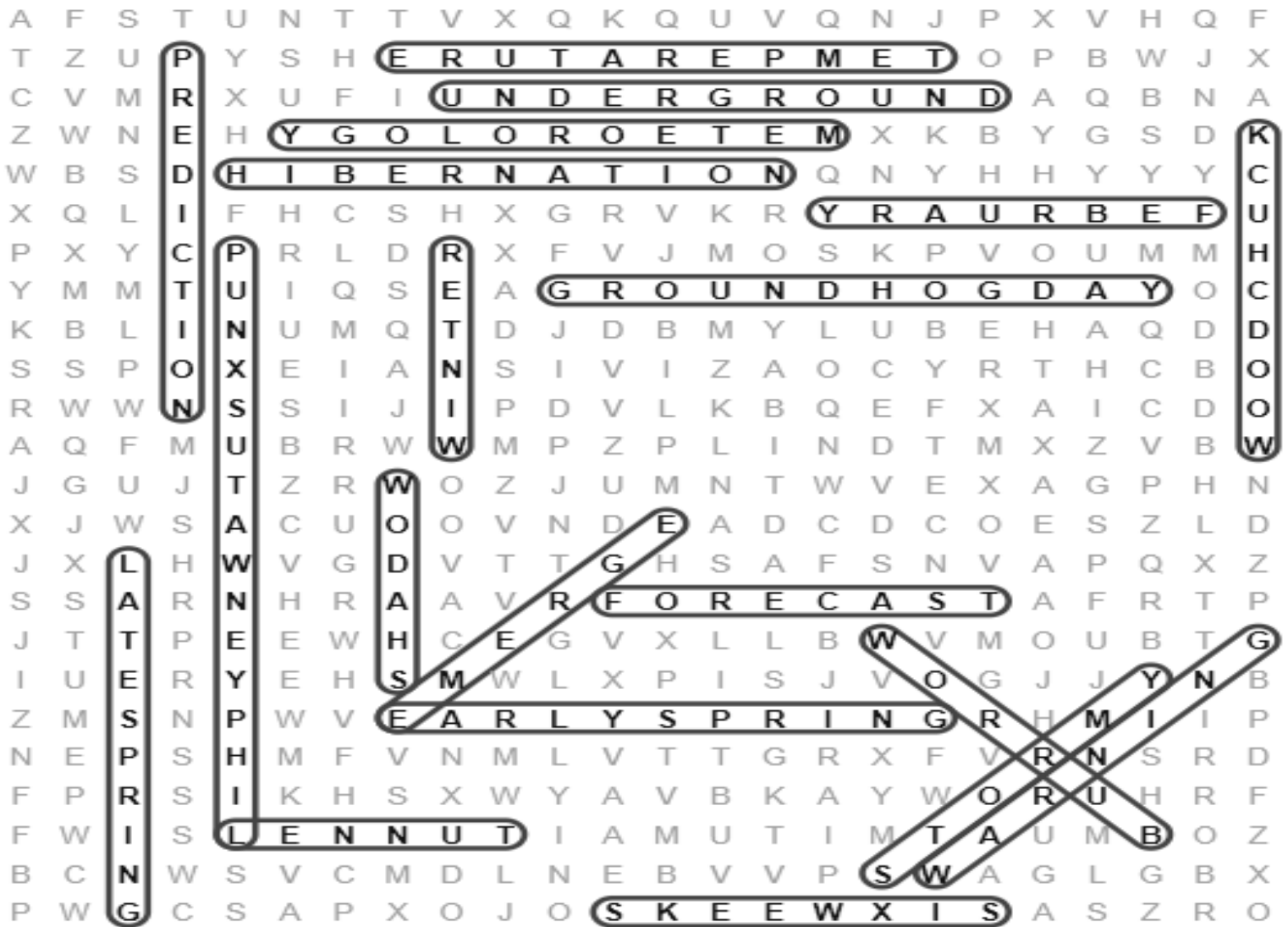
1. A
2. B
3. D
4. C
5. A
6. C

Proverbs

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

Word Search Puzzle Solution

Groundhog Day



By: Eric Peachey, and Steven Burdick

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Sudoku Puzzle Easy Solution

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

Sudoku Puzzle Moderate Solution

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

BY: Doug WM Stone

Crossword Puzzle Solution

Valentine's Day

BY Eric Peachey and Steven Bur-

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Community Links
Dollar General
Harp's Grocery
Jiffy Mart
Lakeside State Bank
Little Green Shop
Main Street Diner

Chouteau

Cherry's Chouteau Mall
Chouteau Public Library &
Senior Citizens Center
Dutch Pantry
Marvin's Grocery
Pizza Corral

Claremore

Bill's Sporting Goods
Brook Field Nursing Home
Casey's
Claremore DHS
Claremore Nursing Home
Claremore Senior Citizen's
Claremore Veteran's Center
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Kum N Go (W Will Rogers)
Kum N Go E Hwy 20
Midco Clothes & More
Stillwater Milling
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Grove Sr. Citizens
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Jay Senior Citizen's

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ter
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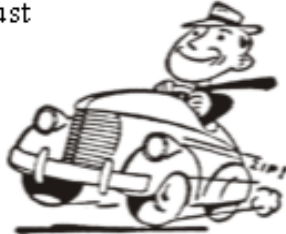
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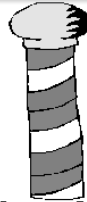
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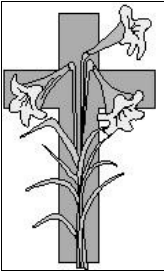
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JEWELS FROM THE WORD

TRAIN UP A CHILD My Aunt Rosa Mae passed away recently. She used to talk a lot about the old days when all 8 kids were at home on the small farm in the 1930s. An idyllic life, going to school and going to church, working the farm. Running those hills. Setting rabbit

traps for rabbit stew for supper. Picking persimmons, apples, pears.

Her daddy who they called Poppie worked in the hay fields and as his children started growing up, he started his own hay-ing crew. Each child had a job. Mommie and the babies brought them lunch and water. It was a true family business. At the end of hay season, Poppie took the family to town, went into First National Bank to pay off his loan, and then took the kids to each get new shoes for school.

Poppie Ela Swift had come to Jesus as an adult man. In about 1910, he had come into Bluejacket, Oklahoma, from Warsaw, Mo., and found work during hay season working with a crew of local men. He had his eye on Miss Gertie but she wouldn't "court" anyone who wasn't a Christian.

One day in the hay field the men were talking about the revival going on at the Kelso school building, about how good God was, and that God was healing people. Ela said, "If your God

is so good, do you think He would heal me?" They gathered around him and prayed for him, and the Lord Jesus healed him. That night he went to the revival meeting at the Kelso school and gave His heart to the Lord.

Ela lived to be 93 years old. All his life he loved to talk about what God had done for him. The people at church loved to hear Brother Swift testify because he usually got happy and started dancing a jig. The family story was that Poppie would preach & testify to a fence post if there was no one around.

"Train up a child in the way he should go [teaching him to seek God's wisdom and will for his abilities and talents], Even when he is old he will not depart from it." Proverbs 22:6 Amplified Bible.

Poppie Ela Swift raised 8 kids to serve the Lord. A few came back to the Lord in their old age. I hope that gives you hope for your children.

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**

Lavon Hightower Lewis To read more devotoials, go to:

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