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History of Daylight Saving Time



Daylight Saving Time (DST) is used to save energy and make better use of daylight. It was first used in 1908 in Thunder Bay, Canada.

What Is Daylight Saving Time?
DST is a seasonal time change measure where clocks are set ahead of standard time during part of the year, usually by one hour. As DST starts, the Sun rises and sets later, on the clock, than the day before.

Today, about 40% of countries worldwide use it to make better use of daylight and to conserve energy.

Does DST really save energy?

DST can cause health problems

First Used in Canada in 1908
While Germany and Austria were the first countries to use DST in 1916, it is a little-known fact that a few hundred Canadians beat the German Empire by eight years. On July 1, 1908, the residents of Port Arthur, Ontario, today's Thunder Bay, turned their clocks forward by one hour to start the world's

first DST period.

The world's first clock change in detail

Other locations in Canada soon followed suit. On April 23, 1914, Regina in Saskatchewan implemented DST. The cities of Winnipeg and Brandon in Manitoba did so on April 24, 1916. According to the April 3, 1916, edition of the Manitoba Free Press, Daylight Saving Time in Regina "proved so popular that bylaw now brings it into effect automatically."

Germany Popularized DST
However, the idea did not catch on globally until Germany introduced DST in 1916. Clocks in the German Empire, and its ally Austria, were turned ahead by one hour on April 30, 1916—2 years into World War I. The rationale was to minimize the use of artificial lighting to save fuel for the war effort.

Within a few weeks, the idea was followed by the United Kingdom,

France, and many other countries. Most of them reverted to standard time after World War I, and it wasn't until the next World War that DST made its return in most of Europe.

Winter time is the same as standard time

Who Invented DST?

If you think Daylight Saving Time is a good idea, thank New Zealand scientist George Vernon Hudson and British builder William Willett. In 1895, Hudson presented a paper to the Wellington Philosophical Society, proposing a 2-hour shift forward in October and a 2-hour shift back in March. There was interest in the idea, but it was never followed through.

In 1905, independently from Hudson, British builder William Willett suggested setting the clocks ahead 20 minutes on each of the four Sundays in April, and switching them back by the same amount on each of the four Sundays in September, a total of eight time switches per year.

First Daylight Saving Bill

Willett's Daylight Saving plan caught the attention of the British Member of Parliament Robert Pearce who introduced a bill to the House of Commons in February 1908. The first Daylight Saving Bill was drafted in 1909, presented to Parliament several times and examined by a select committee. However, the idea was opposed by many, especially farmers, so the bill was never made into a law.

Willett died in 1915, the year before the United Kingdom started using DST in May 1916. It is not known if he was aware that his idea had become a reality seven years prior to his death in a small town in Ontario.

Benjamin Franklin, the Father of DST?

Many sources also credit Benjamin Franklin with being the first to suggest seasonal time change. However, the idea voiced by the American inventor and politician in 1784 can hardly be described as fundamental for the development of modern DST. After all, it did not even involve turning the clocks. In a letter to the editor of the Journal of Paris, which was entitled "An Economical Project for Diminishing the Cost of Light", Franklin simply suggested that Parisians could economize candle usage by getting people out of bed earlier in the morning. What's more: Franklin meant it as a joke.

An Ancient Idea

Although modern DST has only been used for about 100 years, ancient civilizations are known to have engaged in comparable practices thousands of years ago. For example, the Roman water clocks used different

scales for different months of the year to adjust the daily schedules to the solar time.

Daylight Saving Today

Daylight Saving Time is now used in over 70 countries worldwide and affects over one billion people every year. The beginning and end dates vary from one country to another.

DATA MASTER: Heather Conn



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10 facts you might not know about the adorable otter

You already know that otters are adorable. But here are 10 facts you might not know about this amazing animal...



1. Otters come in all shapes and sizes

There are 13 types of otter in the world, of all different shapes and sizes. Members of the otter family include

the South American giant otter — which can reach up to 1.7m in length; the Asian small-clawed otter — the smallest of the otter family; and the sea otter, the heaviest, weighing in at up to 45kg.

2. Otters are part of a much bigger family

The otter is part of the weasel family which includes other carnivorous animals like the weasel, stoat, badger, mink and ferret. But the otter is the only one of this family who's taken to the water.

3. Otters can be found all over the world — except two places

Otters have been highly successful in making their habitats in oceans, lakes, rivers and wetlands around the world. They can be found from North to South America, Africa to Asia, and all across Europe. However, otters have never set up shop in Australia or Antarctica.



4. Otters are very active carnivores

Otters have teeth perfectly adapted for crushing their favourite food — fish, shellfish and crabs! While crabs form as much as 80 per cent of the otter's diet, they will also eat other water creatures such as fish and snails as well as small land animals such as lizards, frogs and mice. Otters will use their sensitive paws, claws and stiff whiskers to forage for food. They need to eat often and will hunt throughout the day — up to five hours!

5. Otters have a huge appetite

Because most otters live in and around cold water, they have to have to keep warm — and the best way they do

that is by keeping their metabolism up. This means eating lots of food! The sea otter has to eat around 20 per cent of its body weight everyday and the European otter around 15 per cent. That's a lot of fish.



6. Otters make great use of tools

If one of your favourite foods includes shellfish, you're going to need something to break them open. When sea otters dive to the bottom of the

ocean to find their food, they also bring up small rocks to smash the shellfish open. Dinner is served.

7. Otters are incredibly social

Otters are well known for their playfulness and sense of curiosity. Playing together helps keep family bonds strong and teaches the pups important skills such as how to find food. Otters have many sounds to communicate with, including different sounds for greeting, playing, courting and even a special call for raising the alarm! The otter's great sense of smell also allows them to communicate using scent marks.



8. Otters have the thickest fur coat in the world

The Sea Otter lives in the cold coastal waters of the Pacific and spends most of its time out in the water. The Sea Otter has no blubber so keeps the cold at bay with the thickest fur in the world — around 150,000 hairs per square centimetre!



9. Otters have a long history with humans

Perhaps because of their playful nature, otters have become part of myths and stories from all around the world. On a more practical level,

small-clawed otters are traditionally trained in parts of India, China and South-east Asia to help fishermen: catching fish and returning them to the boat in exchange for a reward. Unfortunately, the relationship between otters and humans has not always been so mutual — otters have been hunted for their fur for hundreds of years.

10. Otters are in danger

Sadly, 12 out of 13 of the Otter species worldwide are under threat or endangered. Their numbers are declining due to reasons including hunting otters for the illegal fur trade, habitat destruction and reduction in available prey. They are also affected by pollution of waterways, including pesticide run-off from farmland. Water pollution and over-fishing reduce the availability of prey species, such as crabs, that the otters eat.

DATA MASTER: Karen Deffenbaugh



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A LEPRECHAUN STORY



From the fun-loving magically delicious Lucky Charms mascot to the sinister serial killer who stalked a pre-Friends Jennifer Aniston in a cult horror film that spawned a franchise of bad horror films, the leprechaun has left a very definitive footprint in pop culture. But how did this mischievous yet loveable creature get its reputation?

The modern day leprechaun's image is one that most people are familiar with. Their iconic red beards, top hats, buckled shoes and green attire are everywhere come St. Patrick's Day. But according to ancient Gaelic mythology, the original leprechaun wore red garments and had no green in its wardrobe. Leprechauns adopted their modern depiction around the 20th century when green became the color of everything associated with St. Patrick's Day and Ireland. But some claim that the leprechauns became green because it made it easy for them to camouflage themselves in all of the greenery that is Ireland.



Derived from the Gaelic word *luchorpan* which means "small body", the quintessential leprechaun was a solitary sort of fellow who made shoes for a living and stowed

his profits in secret places only known to him. Anyone fortunate enough to happen upon a leprechaun gets access to its wealth of gold. But these mischievous little creatures aren't so easy to catch. They say one way to track a leprechaun is to listen carefully for sometimes you can hear the sound of its hammer mending shoes. Such was the case of Michael O'Grady.

As legend has it, one fine morning Michael O'Grady decided to wander up into the wooded hills for a walk. He became intrigued by the distant sound of tapping. Curious, O'Grady followed the sound only to stumble upon a leprechaun tap-tap-tapping away at a pair of shoes. Michael knew that this was his lucky day for the site of a leprechaun meant surely there was a pot of gold hidden somewhere nearby. These cunning little creatures had a reputation that preceded them, however, and Michael knew that he could not trust the little imp.

O'Grady slowly crept up behind the leprechaun, refusing to take his eyes off of it even for an instant as these creatures had the ability to vanish in a flash. He grabbed the creature with both hands, looked into his eyes and forcefully commanded, "tell me where your pot of gold is!" The creature attempted to break free but O'Grady's grip was far too strong. Defeated, the leprechaun said, "Come with me" and led Michael O'Grady deep into the woods onto a cluster of trees. The leprechaun pointed at one tree in particular and said, "Underneath that tree is your pot of gold".



Michael hadn't expected that when he left the house that morning he would be digging for gold. He realized he would need a shovel but how would he ever remember what tree the pot of gold was buried under? Just then Michael O'Grady came up with a brilliant idea. He would use the red garter around his leg to identify the tree! After he wrapped it around the stem, he menacingly said to the leprechaun, "Now promise me that you will not remove the garter from the tree". The leprechaun crossed his heart and swore that he would not. Michael ran through the forest and back to his home to pick up a shovel. By the time he got back to the woods, however, all the trees had a red garter tied around the stem and he could not determine which one had the pot of gold beneath it. The devious little creature had tricked Michael.

And so the story of the leprechaun goes. When you're out and about this St. Patrick's Day and you stumble upon a leprechaun, do not trust this mischievous little creature for you might encounter a fate similar to that of Michael O'Grady.

DATA MASTER: Steven Burdick

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Meet Dindim, the penguin who returns to his human soulmate every year

Seabird makes annual trek to his rescuer on Brazilian island

Joao Pereira with Dindim (University of Rio de Janeiro)



Four years ago, Joao Pereira de Souza, 71, found a South American Magellanic penguin covered in oil and starving on a beach on an island off the coast of Rio de Janeiro. A friendship was born.

Since they met in 2011, the creature, which normally breeds on the Patagonia coasts of Argentina and Chile, three to five thousand miles away, has become a faithful companion, swimming every year from its habitat to spend up to eight months living with the retired fisherman in his house on the island.

“I love the penguin like it’s my own child and I believe the penguin loves me,” said Mr Pereira de Souza in an interview with Globo TV, in which the bird honks with delight as he recognises his human friend. “No one else is allowed to touch him. He pecks them if they do. He lays on my lap, lets me give him showers, allows me to feed him sardines and to pick him up,” said Mr Pereira who has named the penguin Dindim.

Mr Pereira de Souza believes Dindim formed a bond with him after he found it stranded on the beach and took him home. Over a week he cleaned the creature’s tarred feathers in the shower, fed him a daily diet of fish to improve his strength then took him back to the sea to let him go.

“But he wouldn’t leave, he stayed with me for 11 months and then just after he changed his coat with new feathers he disappeared,” recalled Mr Pereira de Souza. “Everyone said he wouldn’t return but he has been coming back to visit me for the past four years. He arrives in June and leaves to go home in February and every year he becomes more affectionate as he appears even happier to see me.”

Biologist Joao Paulo Krajewski, who interviewed Mr Pereira de Souza for Globo TV, told The Independent: “I have never seen anything like this before. I think the penguin believes Joao is part of his family and probably a penguin as well. When he sees him he wags his tail like a dog and honks with delight.”

Penguins live for about 25 years and are known for their loyalty to their mates, staying with the same partner until they die. However, environmentalists warn that, while hundreds of the Magellanic species are known to naturally migrate thousands of miles north in search of food, there has been a worrying rise in the phenomenon of oceanic creatures washing up on Brazil’s beaches. Between 2010 to 2013, the Humpback Whale Institute in Bahia recorded more than 180 cases of mammals stranded along the Brazilian coast.

Dindim the penguin was first discovered stranded on the beach (University of Rio de Janeiro)



Professor David Zee, an oceanographer from Rio de Janeiro’s State University, said the increase is due in part to global climatic changes.

He explained: “Every year the strong ocean currents from the Falkland region traps and brings many species of seals, whales, dolphins, turtles and penguins to the Brazilian coast. This is becoming more problematic due to environmental changes and the increasing frequency of el Niño, in which the Pacific Ocean is warming up for prolonged periods of time.

“The marine creatures get confused and lost as they are dragged away on the surf from their normal habitat and end up in areas where they are unable to survive.”



Professor Zee added sea animals face “increased danger with the ongoing contamination of the oceans with oil and other derivatives” spilled by oil tankers.

Luckily the ending for Mr Pereira de Souza and Dindim has been a happy one, even though it is illegal in Brazil to keep wild animals as pets.

Prof Krajewski said: “Professionals who work with an-

imals try to avoid relationships like this occurring so they are able to reintroduce the animal into the wild. But in this isolated case the authorities allowed Dindim to stay with Joao because of his kindness.”

“I’m flattered Dindim is happy to exchange his home with thousands of other penguins every year to find his way here to spend one-to-one time with me,” said Mr Pereira de Souza. “It’s a very special relationship.”

DATA MASTER: Breanna McDowell

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A Pigeon That Can't Fly Befriended A Puppy That Can't Walk

Meet Herman the pigeon and Lundy the chihuahua!



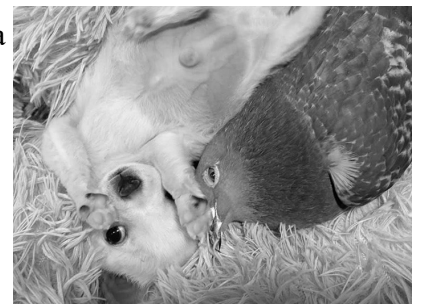
The unlikely duo met through the Mia Foundation, a rescue organization in Rochester, New York, that rehabilitates animals with birth defects and physical deformities.

Herman suffered neurological damage more than a year ago and can't fly.

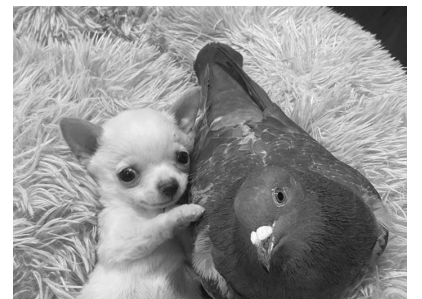


Lundy, a newborn chihuahua puppy, can't use his back legs. But stick them together and the two will snuggle up as though they're family.

Herman was found over a year ago in a parking lot, where he sat on the pavement, unmoving, for three whole days. Eventually his rescuers realized the poor pigeon couldn't fly.



Breeders in South Carolina sent Lundy to the Mia Foundation because he had trouble using his hind legs, a condition known as swimmers syndrome.



Sue Rogers, the nonprofit's founder, said she sat

the two together while attending to Lundy and saw the way they snuggled up almost immediately.

Herman will likely stay in Rogers' care for the rest of his life. If Lundy does get adopted, hopefully they'll take Herman, too!

DATA MASTER: Doug WM Stone

Saint Patrick's Day How and why we celebrate this day

Saint Patrick's Day, feast day (March 17) of St. Patrick, patron saint of Ireland. Born in Roman Britain in the late 4th century, he was kidnapped at



the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 to convert the Irish to Christianity. By the time of his death on March 17, 461, he had established monasteries, churches, and schools. Many legends grew up around him—for example, that he drove the snakes out of Ireland and used the shamrock to explain the Trinity. Ireland came to celebrate his day with religious services and feasts.

It was emigrants, particularly to the United States, who transformed St. Patrick's Day into a largely secular holiday of revelry and celebration of things Irish. Cities with large numbers of Irish immigrants, who often wielded



political power, staged the most extensive celebrations, which included elaborate parades. Boston held its first St. Patrick's Day parade in 1737, followed by New York City in 1762. Since 1962 Chicago has coloured its river green to mark the holiday. (Although blue was the colour traditionally associated with St. Patrick, green is now commonly connected with the day.) Irish and non-Irish alike commonly participate in the "wearing of the green"—sporting an item of green clothing or a shamrock, the Irish national plant, in the lapel. Corned beef and cabbage are associated with the holiday, and even beer is sometimes dyed green to celebrate the day. Although some of these practices eventually were adopted by the Irish themselves, they did so largely for the benefit of tourists.

DATA MASTER: Eric Peachey

This Village With No Roads Is Straight Out Of A Fairytale

In a land far far away, it is so peaceful, so different and has such simple beauty that it hardly seems real.

The remote village Giethoorn, in the Netherlands, also dubbed "Venice of the North", has no roads, only canals.



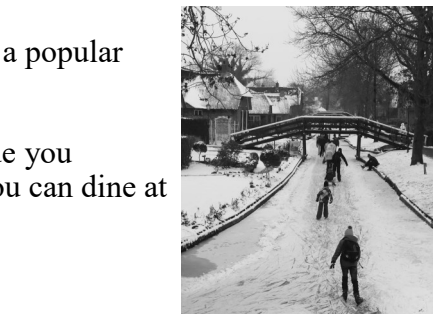
You won't find any cars or buses. In fact, the loudest sound you'll probably hear is the quacking of a duck.



The islands are connected with more than 150 bridges.



Giethoorn's name originates from the first inhabitants' discovery of hundreds of goat horns (gietehorens) in the marshland.



The village has become a popular Dutch tourist attraction.

Local skippers will guide you through the town and you can dine at canal-side restaurants.



George Mallory

Mountaineer

George Herbert Leigh Mallory (18 June 1886 – 8 or 9 June 1924) was an English mountaineer who took part in the first three British expeditions to Mount Everest, in the early 1920s.



During the 1924 British Mount Everest expedition, Mallory and his climbing partner, Andrew "Sandy" Irvine, disappeared on the north-east ridge during their attempt to make the first ascent of the world's highest mountain. The pair were last seen when they were about 800 vertical feet (245 m) from the summit.

Mallory's ultimate fate was unknown for 75 years, until his body was discovered on 1 May 1999 by an expedition that had set out to search for the climbers' remains.

Climbing

In 1910, in a party led by Irving, Mallory and a friend attempted to climb Mont Vélan in the Alps, but turned back shortly before the summit due to Mallory's altitude sickness.

By 1913, he had ascended Pillar Rock in the English Lake District, with no assistance, by what is now known as "Mallory's Route"—currently graded Hard Very Severe 5a (American grading 5.9). It is likely to have been the hardest route in Britain for many years.

Mallory participated in the initial 1921 British Reconnaissance Expedition, organised and financed by the Mount Everest Committee, that explored routes up to the North Col of Mount Everest.

In 1922, Mallory returned to the Himalayas as part of the party led by Brigadier General Charles Bruce and climbing leader Edward Strutt, with a view to making a serious attempt on the summit. Eschewing their bottled oxygen, which was at the time seen as going against the spirit of mountaineering, Mallory, along with Howard Somervell and Edward Norton, almost reached the crest of the North-East Ridge.

Mallory's last climb

Mallory joined the 1924 Everest expedition, led, as in 1922, by Gen. Charles Bruce. Mallory, who was 37 at the time of the expedition, believed his age would make this his last opportunity to climb the mountain, and when touring the US, he proclaimed that the expedition would successfully reach the summit.

Mallory and Bruce had made the first attempt, which was inexplicably aborted by Mallory at Camp 5.

Norton and Somervell set off from Camp 6, and in perfect weather, Norton managed, without oxygen, to reach 28,120 ft (8,570 m), a new record height.

On 4 June 1924, Mallory and Andrew Irvine set off from Advanced Base Camp (ABC) at 21,330 ft (6,500 m) and already began using oxygen from the base of the North Col, which they climbed in 2 1/2 hours. Mallory had been converted from his original scepticism about oxygen usage by his failure on his initial assault and recalling the very rapid ascent of Finch in 1922.

At 08:40 on 6 June, they set off, climbing to Camp 5. On 7 June, they reached Camp 6. Mallory wrote he had used only 3/4 of one bottle of oxygen for the two days, which suggests a climb rate of some 856 vertical feet per hour.

On 8 June, expedition member Noel Odell was moving up behind the pair in a "support role". Around 26,000 ft (7,925 m), he spotted the two climbing a prominent rock step, either the First or Second Step, about 13:00, although Odell might, conceivably, have been viewing the higher, then-unknown, "Third Step".

At the time, Odell observed that one of the men surmounted the Second Step of the northeast ridge. Apart from his testimony, though, no evidence has been found that Mallory and Irvine climbed higher than the First Step; one of their spent oxygen cylinders was found shortly below the First Step, and Irvine's ice axe was found nearby in 1933. They never returned to their camp.

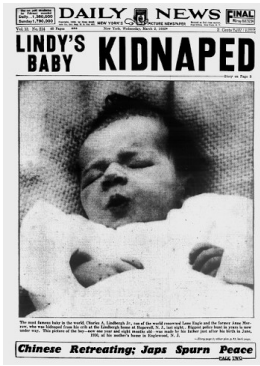
Presumably, Mallory and Irvine died either late the same evening or on 9 June. The news of Mallory and Irvine's disappearance was widely mourned in Britain and the two were hailed as national heroes. A memorial service was held in London at St Paul's Cathedral on 17 October and was attended by a great assembly of family, friends, and dignitaries including King George V and members of the royal family, Prime Minister Ramsay MacDonald, and his entire Cabinet.

DATA MASTER: Breanna McDowell

Some historical events that happened in March

1 March 1932: The 'Lindbergh baby' vanishes

On the evening of 1 March 1932, the pioneering aviator Charles Lindbergh was at home in New Jersey with his wife, Anne, and 20-month-old son, Charles Jr. At 7.30pm, a nanny laid the toddler down to sleep in his crib. About two hours later, Charles heard a noise he thought sounded like a crate smashing, but thought nothing of it.



Then at 10pm, the nanny, frantic with worry, reported that the baby had disappeared. In his bedroom, Charles found a handwritten, misspelled note: "Dear Sir! Have 50000\$ redy 25000\$ in 20\$ bills 15000\$ in 10\$ bills and 10000\$ in 5\$ bills ... We warn you for making anyding public or for notify the Police. The child is in gut care."

So began one of the most lurid cases in American criminal history. Amid massive publicity, crowds swiftly swarmed to the Lindbergh estate, destroying any chance of finding footprints. Amateur detectives, military men and even Chicago mobsters offered their assistance. More ransom notes arrived. In early April, Lindbergh delivered \$50,000 to the kidnapper via an intermediary. But there was no baby.

Then, on 12 May, a truck driver found a child's body in woods near Lindbergh's home. It was little Charles. Two years later, the police arrested a German-born carpenter, Bruno Richard Hauptmann, who had a record of robbery and whose garage contained notes from the ransom money. Protesting his innocence, he went to the electric chair. But many observers were convinced that he must have had help. And for the novelist Agatha Christie, the case inspired one of her greatest books, *Murder on the Orient Express*.

2 March 537: Belisarius saves Rome from the Goths

In the first days of AD 537, the people of Rome waited nervously for attack. Once the capital of the world's greatest empire, now a miserable, ruined shadow, the ancient city had long since yielded its role to Constantinople.

In the fifth century it had fallen to the Goths, but at the end of 536 it was retaken by Constantinople's greatest general, Belisarius. But since Belisarius had only a few thousand men, he knew he faced a struggle to keep it.

At last, on the second day of March, the enemy revealed themselves. From seven great camps overlooking the city's main gates, the Goths began their siege of Rome. Equipped with vast siege engines, their armies were 10 times bigger than Belisarius's little band. But even as the city began to starve, Belisarius refused to panic. His secretary, Procopius, even recorded that the general laughed on seeing the Goths' great siege towers. He knew that reinforcements were on their way: all he had to do was wait.

When peace talks broke down, Belisarius took the initiative, sending his general John to seize the towns in the Goths' rear. Some 374 days after the siege had begun, word reached the Goths that Rimini had fallen, leaving John barely a day's march from their capital, Ravenna.

As smoke rose from the Goths' camps, Belisarius knew that his gamble had paid off. He waited until half the retreating Gothic forces were across the Milvian Bridge, and then ordered his troops out of the city. They killed thousands of Goths, and many more were drowned. Belisarius had won. For the time being at least, Rome remained Roman.

4 March 1918: 'Spanish' flu strikes and kills 100 million

When Private Albert Gitchell awoke on Monday 4 March 1918, he felt awful. A company cook at Fort Riley, Kansas, Gitchell was supposed to be serving breakfast to hundreds of young American recruits, who were waiting to be shipped off to the battlefields of France. But when the doctors had a look at him, they realised that, with a temperature of more than 103, Gitchell was in no state to work in the mess.

A few hours later, another man, Corporal Lee Drake, appeared at the infirmary with similar symptoms. Then another, Sergeant Adolph Hurby. Still the men kept coming: there were 107 by lunchtime and more than 500 by the end of the week. By the end of the month, no fewer than 1,127 men at Fort Riley had come down with flu – and 46 of them had died.

In the next few months, as American soldiers flooded into Europe, they brought the deadly influenza with them. With vast armies surging across an exhausted continent, the conditions were perfect for a pandemic. This was one of history's deadliest disasters. Across the world, some 500 million people had been struck down by flu by the end of 1920, perhaps 100 million of them fatally.

Many governments banned public gatherings or buried the victims in mass graves. Reporting restrictions in the combatant nations meant that the disease's progress in neutral Spain drew disproportionate attention: hence its

nickname, Spanish flu. Only one populated part of the world reported no cases at all: the island of Marajo, at the mouth of the Amazon.

5 March 1946: Churchill warns of an 'iron curtain' falling across Europe

In the spring of 1946, Winston Churchill arrived in Fulton, Missouri. The little Midwestern town seemed an unlikely destination for the man who, until the previous summer, had been leading the world's largest empire. But Churchill, rejected by the British electorate, was in the doldrums. When President Harry Truman invited him to give a lecture at a little college in his home state, Churchill saw it as a chance to revive his American reputation.

Churchill and Truman travelled to Fulton by train and on the way the president read a draft of the former prime minister's talk. It was, he declared, excellent. But when Churchill stood up on 5 March, in the packed gymnasium at Westminster College, few could have expected that his words would resound in history.

A shadow, he explained, had fallen "upon the scenes so lately lighted by the Allied victory" – thanks entirely to Stalin's Soviet Union. "From Stettin in the Baltic to Trieste in the Adriatic," he declared, "an iron curtain has descended across the continent." That made Anglo-American co-operation all the more important. Theirs, Churchill added, was a "special relationship".

Churchill was not the first man to use the words 'iron curtain', but he was unquestionably the most famous. After that day in Fulton, there was no doubt that the alliance between Stalin's Soviet Union and the two great western powers was over – and that the Cold War had begun.

DATA MASTER: Breanna McDowell

Lending Some Weight

I had just passed a car with its flashers on, as I thought to myself, "why don't I stop to help?"



That happens often. After about 200 ft, I pulled over. I trotted back to the disabled car and saw a gentleman, who looked to have taken 80 laps around the sun, getting ready to give up on changing his tire.

I asked him if I could help and he excitedly accepted. He was having trouble loosening the lug nuts. I said how they (mechanics) tend to torque on the nuts way too tight. Fortunately, I was able to loosen them; I had to rely on my entire body weight for one! After loosening them, I asked if he needed anymore help and he replied, "No, I have it from here. Thank you!"

My question to me (I often talk to myself:)) is always "why?" Why did I stop? Nowadays I find myself driving right by more and more. I justify it by saying, "they probably have a cell phone" or "they probably have some road-side service."

Turns out, this gentleman did have AAA, he just didn't want to spend the time waiting for them, but rather preferred to change the tire himself.

I hope this is a lesson to me. Sometimes just having the opportunity to connect with someone else is enough reason to stop.

DATA MASTER: Nikki Hamilton

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Claremore Nursing Home - Employee of the Month



Susan Grimmatt was unanimously elected by Resident Council as February honoree. She has been part of the Housekeeping Department for 5 1/2 years.

Born on the East Coast, Susan has been married but says, "Never again." Her 2 girls and 1 boy have given her 4 grandchildren.

Even though she is a private kind of person with most, Susan loves the residents and takes good care of them. Her favorite thing is talking with them and listening to their interesting stories.

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

Maya Angelou

If you would like to join, "Susan Grimmatt" 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.

Claremore Nursing Home
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Complaints or Gratitude?

I wanted to share something which changed my life today. While returning home from my office, I saw a man with no legs at all. He was able to move very little with the pressing of his hands. I parked my vehicle and gave him some money.

**I cried because
I had no shoes,
then I met a man
who had no
feet.**

- Mahatma Gandhi

The Aum Nation.com

I wondered how he did his basic things such as even using the restroom. After that, I went to a park and sat thinking. How can I complain about my life? I decided that from now onwards, I will be thankful for everything in my life. I will be happy with whatever God showers on me. I will happily do any job. We all should be happy about the blessings in our life such as home, food, water etc. This was a provoking thought for me. But, not many may witness and learn from this. I think differently now and it serves me a lot.

I pray for all those who are struggling in this way without food, water or home. Dear friends, stay blessed and importantly forget about society labels and ego. Continue to observe around and learn. I will not regret not having a car or a mansion. At least I have the basic needs which I am happy about. I feel more humble and I will not compare or complaint about my life anymore. This was my learning experience.

DATA MASTER: Nikki Hamilton

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Doctor Covers All Patients' Co-Pays To Remind Others To Be Kind To Each Other

A doctor in Lincoln, Nebraska, is hoping to spread kindness in his community by covering all of his patients' co-pays on Random Acts of Kindness Day.

As patients came into the Urgent Care Clinic of Lincoln, they were given a special kindness card and told by Dr. Don Rice that he was going to be paying their co-pays for the visit.



"I think that we have a culture that sometimes forgets that we can have a much better world if we start being kinder to each other," said Dr. Rice.

The clinic saw nearly 80 patients on Monday and Dr. Rice estimates he took care of \$4,000 worth of co-pays.

"It's just a nice surprise because nobody likes being sick so it was a nice little feeling to feel like someone cares," said Marsha Artz.

Dr. Rice says the random act of kindness was inspired by a close family friend, who died from cancer.

"Even though she had two types of cancer, was always giving to other people, so we thought it would be fun to do this in her honor," said Dr. Rice.

DATA MASTER: Nikki Hamilton

"Rogers County's oldest name in propane"

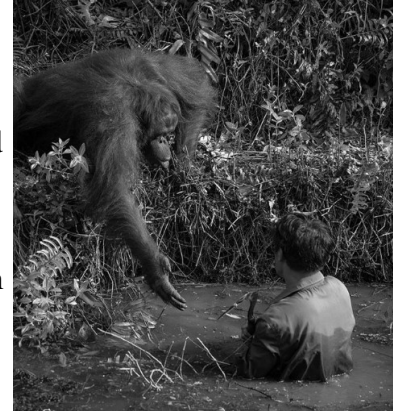
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Orangutan Lends A Helping Hand To A Man In Snake-Infested Water

A photographer from Indonesia captured the heart-warming moment an orangutan lent a helping hand to a man clearing away snakes from a conservation area to protect the orangutans.

Amateur photographer Anil Prabhakar had been out trekking with friends in Borneo when he spotted the touching encounter taking place.



He later found out the man worked for the Borneo Orangutan Survival Foundation, a nonprofit aimed at protecting the species.

The worker, submerged up to his chest in a muddy river, had been clearing away snakes from the area to help keep the orangutans safe before his friend came over to offer assistance.

"I saw an orangutan come very close to him and just offer him his hand," Prabhakar said.

Prabhakar said it was difficult for the worker to move in the muddy water. "It seemed as if the orangutan was saying 'May I help you?' to the man," he said.

Prabhakar revealed the worker actually ended up refusing the orangutan's hand.

When asked why, "He said, 'they're completely wild, we don't know how they'll react!'"

DATA MASTER: Karen Deffenbaugh

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This Is Life!

Once, a middle aged man took his eighty years old father to the park. His father used a stick for walking. While the old man stepped out from the car, his stick fell down, and he lost his balance. But, immediately before falling, his son gripped his hand tightly, and saved him. The old man smiled at his son gratefully.

The son said, 'Papa put that stick aside. I will support you for walking.' Holding his son's hand, the old man walked slowly. They sat on a bench. The old man taking a deep breath said, 'You know what? This is life!'

The son amusingly asked, 'What do you mean, papa?'

The man said, 'Look! Once, when you were a kid, I was holding your hand to support you for walking. Now, you are holding my hand to support me! Years ago, you were identified as my son, now I am under your care! This is what the game of life!'

The man smiled at his dad's comments. Very fondly he put his dad's thin skinned hand on his own, and stroked it softly. He said, 'Nothing new papa! Let us enjoy the life, the way it runs! We all are passing through the phases of life. So nothing new, nothing to worry!'

'You know, son? What is the funniest part of life?'

'What?!' mischievously the son questioned his dad.

The old man triumphantly replied, 'We all want to be 'young' forever! Ageless!'

Obviously the son's perception of 'ageless' was different from his father. Out of curiosity he asked, 'Why, papa?'

'Ha, you know why! Young age is always full of excitement, thrilling, and phenomenal! When you are a child, it is carefree life. No stress, no liabilities, nothing. Friends, gossips, games, everything is so enjoyable, that never happens again when you catch ages. When you are in teen's, the world looks beautiful. Everything seems colourful, which is not true in reality! In the middle period after education, the service life begins, and slowly grabs your peace of mind with stress, strain, and pressures from all sides, such as: official work, family maintenance, children's upbringing blah, blah, blah. You would be loaded with full of responsibilities. When you grow up further more, the stress of old age, loneliness, diseases big or small and financial concept would drag you into black hole. So, everybody wants to be young to enjoy their life. Right?'

His son laughed aloud, said, 'Papa, are you still roaming around, in your time? Now, it has been changed, papa! The school going children are also under tremendous

pressure! Forget about the elders! We are not exempted a single day without stress, and struggling for survival. However, we have to manage. So, don't think too much.'

The old man swayed his head, grinned at his son. He leaned back at the bench with a deep sigh, spreading one leg forward for relaxation, he said, 'I wish I could be a child again to play like these children playing so happily! My childhood days beckoned me so many times. Within all these eighty years, I think childhood is the best time! Stress free life! If I could be a child again!'

'But, papa, you have gone through all the phases of life, because of which you are haunted by the golden time of 'childhood', if there would be no growth of period, how could you compare the childhood as remarkable?! As you said papa, 'This is the game of life!'

Once again, the old man waggled his head. 'Oh, yes! You are right! There is a huge difference between now and then!'

DATA MASTER: Karen Deffenbaugh

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Strange Days in March

Namesake Day

Date When Celebrated: First Sunday in March

Who were you named after? Why were you named after that person(s)? And, why were you named after the person?

These are all excellent questions to explore and find the answer to on Namesake Day.

Your parent selected a name to give to you for very good reasons. As parents-in-waiting, we spend countless hours pouring through baby name books. We seek names that sound good, and names that honor someone we love or respect. We read up on what the meaning of the names on our short list represent. Then, on the day you are born, we bestow a first and middle name for very good and purposeful reasons.

Don't know why mom and dad named you Billy, or Susie, Mason or Carter? Maybe, mom and dad anointed Alex or Erica, simply because it was on the Top 10 list of names the year you were born. If you don't know why you were given the name that you have, don't you think it's time to find out! On Namesake Day it's time to contact mom and dad, to get the answers. If mom and/or dad are no longer around, perhaps a grandparent, an aunt or an uncle can offer the insight to this question. While you are performing this research, try to find out more about your namesake(s). We also encourage you to take this event as an opportunity to explore your family Ancestry.

Middle Name Pride Day

Date When Celebrated : This holiday is always March 10

Middle Name Pride Day honors the seldom used middle name that often sets you apart from others. It was selected with care, so you should be proud of it.

Here's two big reasons to be proud of your middle name:

First, there are plenty of John Smiths and Mary Jones. Its the middle name your parents gave you that makes your name unique.

Second, your parents chose your middle name with great care. It often was selected to honor a friend or relative. That person may have possessed certain characteristics that they want you to inherit.

Do you know why your were given your middle name? If not, todays the day to find out. If it was in honor of someone, find out a little more about that person.

We encourage you to enjoy your middle name on Middle Name Pride Day, and every day!

National Pig Day and Yellow Pig Day

Date When Celebrated: always March 1st

National Pig Day recognizes and gives thanks to domesticated pigs. For some unknown reason, big, pot-bellied pigs seen in zoos, are often the symbol of the day. Pigs are clever and intelligent animals. But, most people are unaware of this high level of intelligence. They can be taught to do tricks. Some people even keep them as pets. Today is a day to give pigs the respect that they deserve.

National Peanut Butter Lovers' Day

Date When Celebrated : This holiday is always March 1

Today is a sticky day. National Peanut Butter Lover's Day salutes America's favorite sandwich spread. What kid didn't grow up loving a PB&J sandwich? It's a staple in our house.

Smooth Peanut Butter is by far the most popular. Crunchy peanut butter is also on the market, and is enjoyed by many. Peanut Butter is not limited to a Peanut Butter and Jelly (PB&J) sandwich. It's popular on crackers, celery and other "peanut butter" holders. It is also used in recipes for cookies and snacks. And, don't forget peanut butter candies, too!

Did you Know? Peanut Butter is 90% or more peanuts. While it has no artificial preservatives, an opened jar is stored on a shelf at room temperature.

Celebrate today with a little (or a lot) of Peanut Butter. If you can, make your own Peanut Butter. Its a fun project that the kids will enjoy doing with you. See a recipe.

Note: If you don't get enough peanut butter today, April 2nd is National Peanut Butter and Jelly Day. and September 13th is National Peanut Day.

DATA MASTER: Steven Burdick

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79-Year-Old Dancing Cop Brings Smiles To New Jersey

A traffic control officer has been keeping people in New Jersey safe -- and smiling -- for more than five decades.

Ed "Butch" Larkin is known as the "dancing cop."



The 79-year-old started working at the intersection of Scotland Road and South Orange Avenue in South Orange at age 23.

"I do all kind of moves; left, right around the back, I do everything," Larkin told ABC 7. "I give 110% when I go out there."

"Everyone recognizes him when they come to town," says Lt. Moore, "and I think people look forward to it."

Larkin promises to continue dancing until he can't give 110%.

"Then I'll have to retire," Larkin said.

Hopefully that is no time soon.

DATA MASTER: Steven Burdick

An Indian Couple Has Been Buying Land Next To A Tiger Reserve Just To Let The Forest Expand

Over the last 20 years, Aditya and Poonam Singh have bought tracts of land which shares its boundary with a tiger reserve just to let the forest expand.

Photographer Aditya Singh quit his civil services job within a year of joining, left Delhi and moved to Sawai Madhopur city in Rajasthan just outside Ranthambore Tiger Reserve, to be closer to nature.



Over the last two decades, Singh has bought about 35 acres of land adjacent to the tiger reserve. The land-holding is now a lush green forest patch that is frequented by wild animals, including tigers, throughout the year.

"The area is called Bhadlav. I had first gone to this area soon after settling in Ranthambore along with a BBC filmmaker. This area adjacent to the boundary of the Ranthambore reserve was visited by predators like tigers who used to come for prey. As a result, farmers were selling their land," Singh told Mongabay-India.

To afford the land, Singh worked as a photographer and his wife Poonam and he opened a tourist resort there to earn their living.

During a conversation with Mongabay-India, Singh admitted that he is often subjected to questions for not carrying out projects on his land which is now well worth over Rs. 10 million despite getting so many proposals.

"Money was never the consideration. It is just about my love for nature and wildlife. Instead, these days I am getting queries from people across India who want to replicate a similar model in their state," he said. Singh says he plans to buy more land adjacent to his fields and hopes to inspire others in the area to follow suit.

DATA MASTER: Steven Burdick

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

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)

Mar 14, 2020 – Mar 21, 2020 Vinita Library Spring Book Sale - The Vinita Public Library announces their bi-annual Bag O' Books Sale. Patrons can fill a paper bag with any items from the book sale tables for \$5 a bag. Bags O' Books start at \$5 and each day are reduced by a dollar. Monday, Mar. 16 bag of books are \$4; Tuesday, bag of books are \$3; Wednesday, bag of books are \$2; Thursday-Saturday bag of books are \$1. Prices on individual items are \$1 each for hardbound,

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	5		1					6
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Hardship level: Moderate

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				5			7	
	2	1	4		9			3

audio and DVDs and \$.25 for paperbacks. The Vinita Public Library is located at 215 West Illinois Ave, in Vinita. Library hours are 11 am to 5:30 pm on weekdays and 11 a.m. to 2:30 p.m. on Saturdays. No credit/debit cards accepted. Cash or approved check only. Contact the library at 918-256-2115 or email at library@cityofvinita.com with any questions.

Mar 4, 2020 - Mar 8, 2020 Oklahoma Reining Horse Association Ride & Slide - The Oklahoma Reining Horse Association Ride & Slide is an action-packed display of equestrian skills at Tulsa Expo Square. Watch cowboys and cowgirls of all ages and abilities compete in a variety of challenging events that will keep you on the edge of your seat. Riders will guide horses through precise patterns of circles, spins and sliding stops at speeds alternating between a slow lope and a fast gallop. Cheer for your favorites as green reiner, rookie, non-pro derby, youth, professional and novice riders take to the arena in this thrilling show. Tulsa Expo Square 4145 E 21st St Tulsa, OK 74114 Phone: 405-826-6147

Mar 6, 2020 - Mar 8, 2020 Celebrity Attractions presents: STOMP - The explosive, unforgettable performing arts experience STOMP is coming to the Tulsa Performing Arts Center. An utterly unique show for all ages, STOMP is an eight-member troupe that uses everything but conventional percussion instruments – matchboxes, wooden poles, brooms, garbage cans and more – to fill the stage with magnificent rhythms. Don't miss an electrifying performance for a limited time in downtown Tulsa. March 6: 8pm, March 7: 2pm & 8pm, March 8: 1pm & 6:30pm. Tulsa Performing Arts Center 110 E 2nd St Tulsa, OK 74103. Phone: 918-596-7111

Mar 12, 2020 KISS in Concert - Get ready to "Rock 'n Roll All Nite" with KISS at Tulsa's BOK Center as part of their "End of the Road World Tour." Celebrate the end of an era jamming to hits like "God of Thunder," "Detroit Rock City" and "I Was Made for Lovin' You." Gene Simmons and his crew are known for their exciting shows, so you won't want to miss this final performance in Tulsa. Starts at 7:30pm. BOK Center 200 S Denver Ave Tulsa, OK 74103 Phone: 918-894-4445

Mar 13, 2020 ZZZs in the Seas - Sleep with the sharks at the unique ZZZs in the Seas event. During this special Oklahoma Aquarium function in Jenks, get to know the sea creatures swimming in the aquarium's waters. Guests will embark on a self-guided scavenger hunt, flashlight tour and movie early in the night in preparation for the main feature. Once all the exploratory fun has come to an end, spread out your sleeping bag in the Shark Tunnel, Sea Turtle Island or Extreme Amazon exhibits. Friday: 7:00 pm - 8:00 am. Oklahoma Aquarium 300 Aquarium Dr Jenks, OK 74037 Phone: 918-296-3474

Mar 13, 2020 - Mar 14, 2020 Tulsa IrishFest - Converge on Guthrie Green for the annual Tulsa IrishFest. This is

a free, family-friendly way to celebrate St. Patrick's Day with plenty of activities and entertainment for all ages. Experience music by world-class Celtic bands from Ireland, Scotland and Nova Scotia, along with authentic Celtic vendors and some great traditional Irish and modern Irish-fusion food. Friday: 4:00 pm - 8:00 pm, Saturday: 12:00 pm - 8:00 pm. Guthrie Green 111 E Brady St Tulsa, OK 74103 Phone: 918-596-2008

Mar 14, 2020 St. Paddy's Party - Wear your green and celebrate St. Patrick's Day in downtown Claremore. This annual celebration of Celtic traditions includes live music, games and drink specials. Play games on the Melton "Paddy Pavilion," visit all five participating locations to fill up your event passport to win prizes and food, and take a ride on the party bus to all the locations so you don't miss any of the fun. This fun event will have something for all ages. Saturday: 12:00 pm - 10:00 pm. 419 W Will Rogers Blvd Claremore, OK 74017 Phone: 918-341-5881

Mar 14, 2020 Tulsa Symphony presents: Star Wars In Concert—Jump in the Millennium Falcon and journey to Tatooine, Alderaan and beyond with a complete showing of "Star Wars: A New Hope" on a giant screen in high-definition, with John Williams' Oscar-winning score played live by Tulsa Symphony. Luke Skywalker leaves his home planet, battles the evil empire and learns the ways of the Force in the iconic film that started it all. Don't miss this unique experience at the Tulsa Performing Arts Center for one night only. Starts at 7:30pm. Tulsa Performing Arts Center 110 E 2nd St Tulsa, OK 74103 Phone: 918-584-3645

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

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1100 Walnut/PO Box 85

Chelsea, OK. 74016

Ph: 918-789-2862

Fax: 918-789-5296

Email: links@links.community-options.net

DATA MASTERS: Doug WM Stone and Eric Peachey



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918-476-8858
email: cherrysmall@fairpoint.net

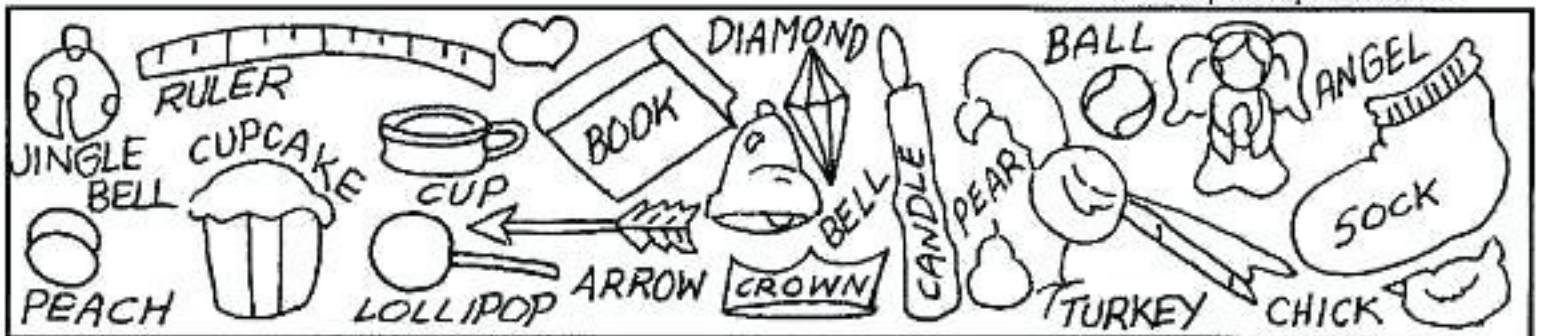
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Getting to know the Lutherans

Three Important Words

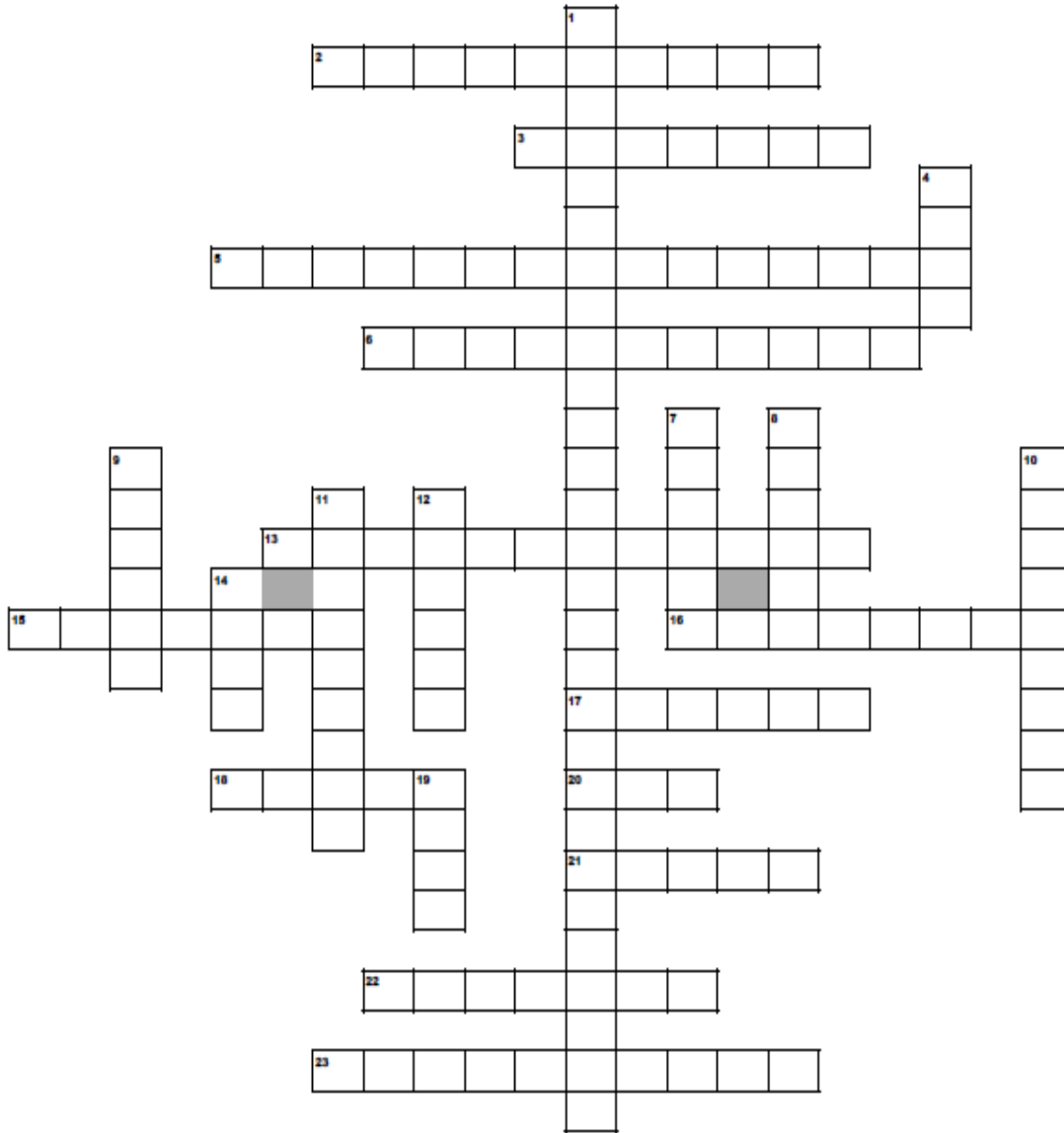
The importance of confessing our sins is ever highlighted during the season of Lent. Confession and Absolution are always meant to be coupled together. For as Christians whenever we confess our sins to God, we have the promise of Christ that has secured for us forgiveness and grace. There are times when we have wronged someone in our family, and we see how much our words have wounded them, we recognize our need to ask for their forgiveness. And then in turn, when that spouse or loved one is ready to listen to our heartfelt confession and apology, many times they are excited to speak those words our ears long to hear again, "I forgive you."

Those words mean that mercy has been given. Forgiveness is the greatest gift a sinner can receive because they are keenly aware of how little they deserve that mercy that was shared with them. When it comes to confessing to our Heavenly Father, He is eager to hear from us, when we confess our shortcomings and sins so that we will depend on His strength more and more and less on our own strength. Those three important words we depend on in our relationship with God, and in our relationships with each other.

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

2. Florida spring-break destination
3. Spring break mecca
5. EASTER
6. RECESS
13. Spring break destination (two words)
15. *Like typical Spring Break travele
16. THE SEVENTH DAY OF WEEK
17. Spring Break destination
18. "___ Gras: Spring Break"; 2011 movie
20. Spring-break acquisitions, perhaps
21. Spring-break destination
22. Spring break preceder, often
23. Cruise ship during spring break?

Down

1. Baja spring break mecca, briefly
4. Spring break wheel
7. Spring break
8. Spring break plan?
9. Spring break plan?
10. Spring break fun-lover
11. Spring break fun-lover
12. Destination of some spring break participants EASTER Spring-break time
14. St. ___ (spring break spot)
19. Spring break destination, perhaps

By: Eric Peachey and Steve Burdick

Solution is printed in page 37

Word Search Puzzle

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

legend Dublin blarney St. Paddy's Day luck of the Irish harp fortune
Gaelic wish shamrock parade four leafed clover pot of gold limerick
holiday Irish clover gold lucky rainbow March leprechaun green
Ireland

CryptoQuote Puzzles

Title: Follow Your Dreams **Quote From:** Roy T. Bennett

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
Y			O														X								

"D O T U ' N A L D R W I L O Y X T R U O A P
 N I L G L Y X W V U P T R X B V U O A L
 Q L O A P N I L O X L Y B W V U P T R X
 A R R D .
 I L Y X N ."

Title: Moving Forward **Quote From:** Ralph Waldo Emerson

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
				Q															P					O	

" I L G L V X Q Y B X C Y O Y G C K Q C A G Q
 T T . Y E E T
 S L P X L P O A W X Y T Q C A G Q S X Y P
 y O A W B A W J C . V A F Q K J W G C Q R V Y G C
 T E T E T
 Y K V W R C L P L Q V G A C A W K P B R Q D P
 L G ; I A R M Q P P X Q F Y V V A A G Y V
 y O A W B Y G . T E
 O A W B Y G P A F A R R A S L V Y G Q S
 y . y E T E E E
 C Y O O A W V X Y J J K Q M L G L P V Q R Q G Q J
 y O Y G C S L P X P A A X L M X Y V D L R L P
 T E E E E T Y
 P A K Q Q G B W F K Q R Q C S L P X O A W R
 A J C G A G V Q G V Q ."

Creators: Steven Burdick and Eric Peachey

Solution is on page 34



Strengthening Families Parenting Course

In collaboration with community Partners, Grand Lake Mental Health Center is hosting an open to the community free Strengthening families parenting class. This class will take part February 3rd through May 4th, and will support Craig Counties high-risk and general population families in improving parenting skills and family relationships.

At the start of every class, a meal is provided for the families, this is a time for them to decompress from the day and enjoy time together alongside the staff that is providing the training. Following dinner, the children are broken up into different age groups and are presented with a session that correlates with what the parents are learning. Following the individual sessions, the family comes together again to eat desert and practice the skills they have just learned. we do drawings for gift baskets and provide incentives for attendance along the way.

We are currently enrolling 5 to 8 families to partake in this class with a max of 55 individuals including staff to participate. We are in the need of the following donations: sponsorship of a Monday meal and gift baskets. We also encourage Volunteers, if you would like to teach alongside us, or have a family that you believe could benefit from this service.

Below is a breakdown of topics discussed during Strengthening families.

The parenting sessions review appropriate developmental expectations, teach parents to interact positively with children (such as showing enthusiasm and attention for good behavior and letting the child take the lead in play activities, increasing attention and praise for positive children's behaviors, positive family communication including active listening and reducing criticism and sarcasm, family meetings to improve order and organization, and effective and consistent and effective discipline including reasonable and logical consequences and time-outs.

The children's skills training content includes communication skills to improve parents, peers, and teacher relationships, hopes and dreams, resilience skills, problems solving, peer resistance, feeling identification, dealing

with criticism, anger management and coping skills.

The family sessions allow the parents and children to practice what they learned in their individual sessions in experiential exercises. This is also a time for the group leaders to coach and encourage family members for improvements in parent/child interactions.

The program will start rotation again in August 2020. It is important that all families get enrolled within the first 4 weeks, so they do not miss too much of the foundational principals, etc.

Thank you for your consideration in sponsoring family success within our community. We look forward to your participation in Strengthening families.

DATA MASTER: Eric Peachey



STRENGTHENING FAMILIES

Our Strengthening Families course is a great tool for families that want to grow closer together and better interact with each other in fun and healthy ways. Several families meet together for 14 sessions where certified clinicians work with the children and parents separately, then bring everyone together to strengthen their relationships and address everyone's needs.

CONTACT YOUR GLMHC TEAM FOR MORE INFORMATION.

 GRAND LAKE MENTAL HEALTH CENTER, INC.	CRAIG COUNTY CLINIC 405 E Excelsior Ave Vinita, OK 74301 918.256.6476
---	--

Test Your Knowledge of Idioms and Proverbs

Idioms

1. Slap on the wrist
 - A. a mild punishment
 - B. chastisement
 - C. maltreatment
 - D. disciplinary
2. Stir up a hornets nest
 - A. It's not that the management , isn't aware of few false bills here and there.
 - B. Counterfactual
 - C. Misrepresentative
 - D. Mendacious
3. Upset someone's applecart
 - A. Disarrayed
 - B. The increased in customs duty by the government has upset the applecart
 - C. Ruffled
 - D. Distressed
4. Drive a hard bargain
 - A. Treaty
 - B. If you drive a hard bargain , you argue hard to get a favorable deal.
 - C. Recommendatory
 - D. Complimentary
5. Burn your boats/ bridges
 - A. You do something that makes it impossible to change your plans and go back to the earlier position
 - B. Unapproachable
 - C. Theoretical
 - D. Unrealizable
6. Make no bones about something
 - A. Clearly expressed
 - B. Self- explanatory
 - C. Easily understood
 - D. If you make no bones about something, you say clearly what you feel or think.

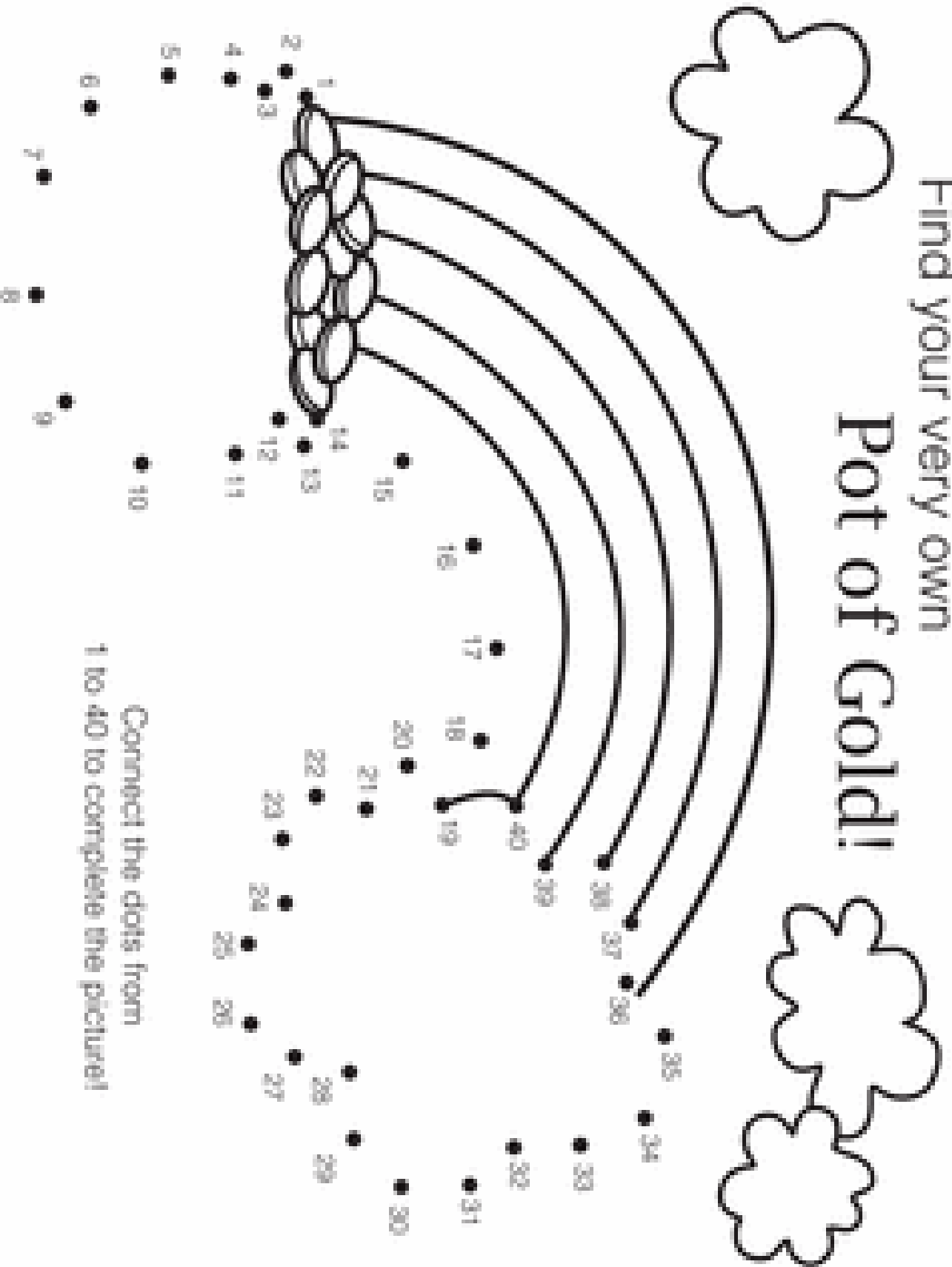
Proverbs

1. Fortune favors the bold
 - A. Reinforce
 - B. Nurture
 - C. Strengthens
 - D. People who have the courage to follow their plans
2. If it ain't broke, don't fix it
 - A. If something is going well or working properly it should be left as it is, shouldn't be interfered.
 - B. Get in the way
 - C. Fix differences
 - D. Fool with
3. If you want something done right, you have to do it yourself
 - A. Reckon
 - B. It's better to do the work yourself than rely on someone else and not be sure of the results
 - C. Depend
 - D. Precipitate
4. People who live in glass houses shouldn't throw stones at others
 - A. It means to say that a person shouldn't criticize
 - B. Chastise
 - C. Denunciate
 - D. Fulminate
5. To make the tea cloudy
 - A. It means to be evasive or non- committal about something
 - B. Sophistical
 - C. Casuistical
 - D. Equivocating
6. A drink preceded a story
 - A. Intoxicated
 - B. When a man is inebriated. They're more likely to tell stories or occurrences that they normally wouldn't
 - C. Wasted
 - D. Plastered

Dot To Dot Picture Puzzle (Connect dots to complete the picture)

Find your very own

Pot of Gold!



Connect the dots from
1 to 40 to complete the picture!

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Library News

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Friday: 9am to 12pm & 1pm to 3pm
Saturday: 10am to 2pm
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CHELSEA PUBLIC LIBRARY

618 Pine (918) 789-3364

Hours:

Tuesday: 10:00am to 7:00pm
Wednesday, Thursday & Friday: 10:00am to 4:00pm
Saturday: 9:00am to Noon Closed Sunday & Monday

CHOUTEAU PUBLIC LIBRARY

307 W Main Phone: 918-476-4445

Hours:

Mon - Fri - 10AM to 5PM
Closed Saturday & Sunday

DELAWARE COUNTY LIBRARY

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

Web: www.eodls.lib.ok.us/jay.html

Hours:

Mon., Wed., & Fri. 9:00am to 6:00pm
Tues. & Thurs 9:00am to 8:00pm
Sat. 9:00am to 1:00pm
Closed Sundays and Holidays

GROVE PUBLIC LIBRARY

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Tues. & Thurs.: 8:30am-9:00pm
Sat. 8:00am-12:00pm
Closed Sunday

LANGLEY PUBLIC LIBRARY

325 W Osage Ave. (918) 782-4461

Hours:

Mon.-. 1:00pm to 7:00pm
Tue.-Fri. 9:00am to 12:00pm
And 1:00pm to 5:00pm
Closed Sat. & Sun.

MIAMI PUBLIC LIBRARY

200 N. Main (918) 541-2292

Hours:

Sun. 1:00pm
Mon., Wed., Thurs., 9:00am to 8:00pm
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NOWATA CITY-COUNTY LIBRARY

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

Hours: Mon-Fri 10^{am} -5:30^{pm}; Sat-Sun Closed

PRYOR PUBLIC LIBRARY

505 E. Graham, Pryor 918-825-0777

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Saturday:9:00 AM-12:00 PM (Noon)

SALINA PUBLIC LIBRARY

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

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Thurs. & Fri. 10am-5pm
Closed Saturday, Sunday & Monday

TALALA AREA PUBLIC LIBRARY

106 W Watova St. (918) 275-4540

Hours:

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Monday and Thursday evening 6pm to 9pm
Saturday 11am to 2pm

VINITA PUBLIC LIBRARY

215 W. Illinois (918) 256-2115

Hours:

Mon., Tues., Wed., & Fri. 11:00am to 6:00pm
Thurs. 11:00am to 7:00pm
Sat. 11:00am to 3:00pm
Closed Sunday

WILL ROGERS LIBRARY

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Hours:

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Wed. & Thurs. 9:30am to 6:00pm
Fri. & Sat. 9:30am to 5:00pm



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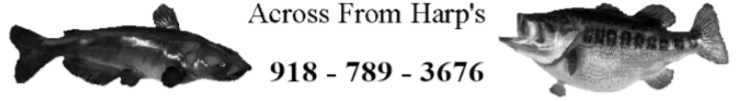
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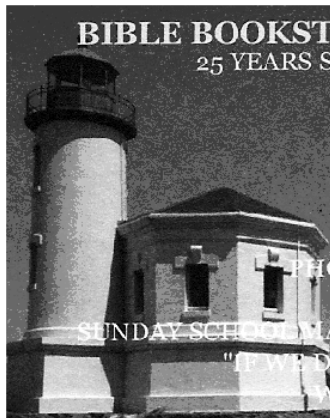
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CryptoQuote Puzzles Solution

Title: Follow Your Dreams **Quote From:** Roy T Bennet

“Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.”

Title: Moving Forward **Quote From:** Ralph Waldo Emerson

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

By Steven Burdick and Eric Peachey

Answers to Idioms and Proverbs Questions

Idioms

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

Proverbs

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

By Breanna McDowell and Nikki Hamilton



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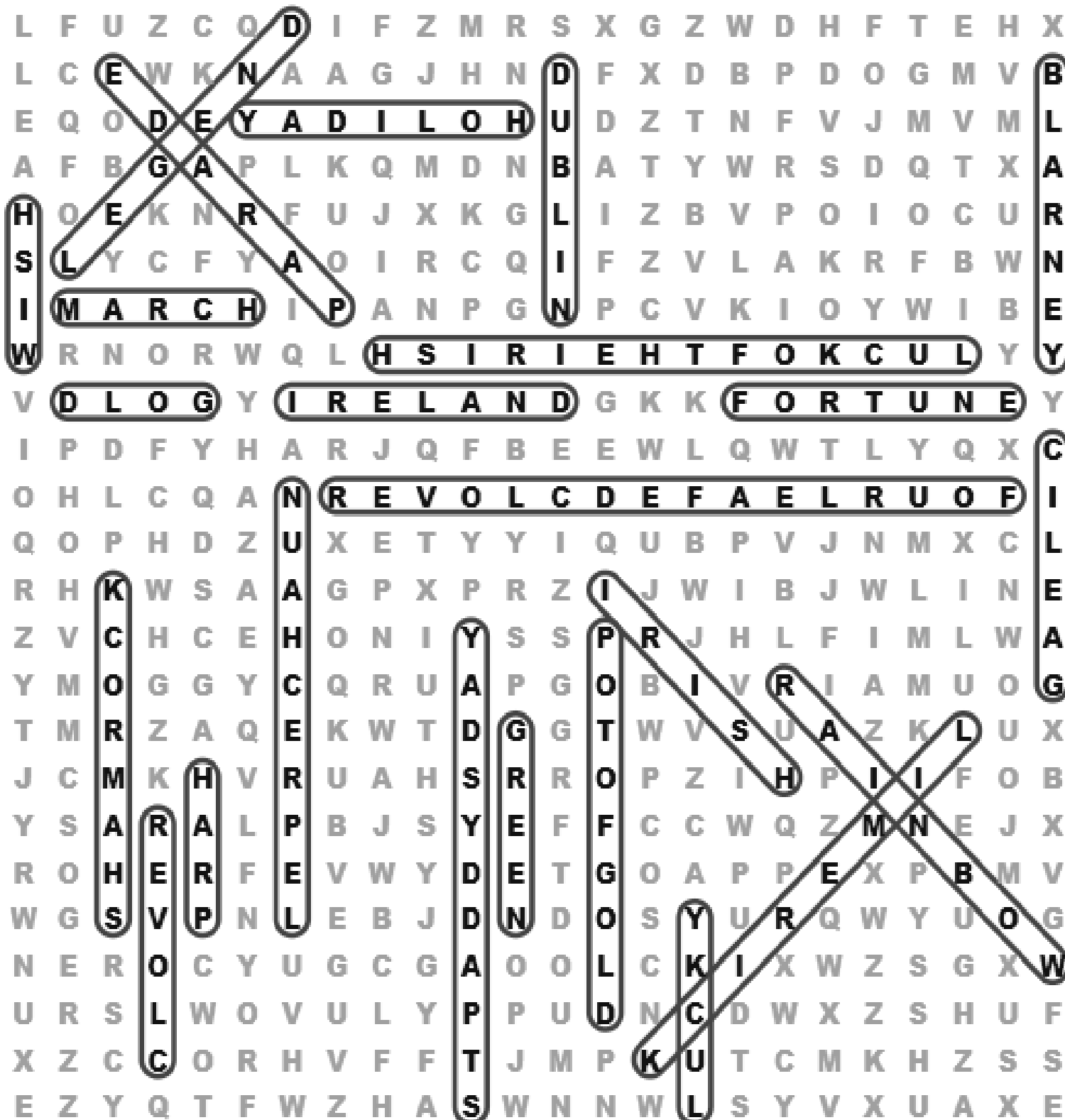
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Sudoku Puzzle Easy Solution

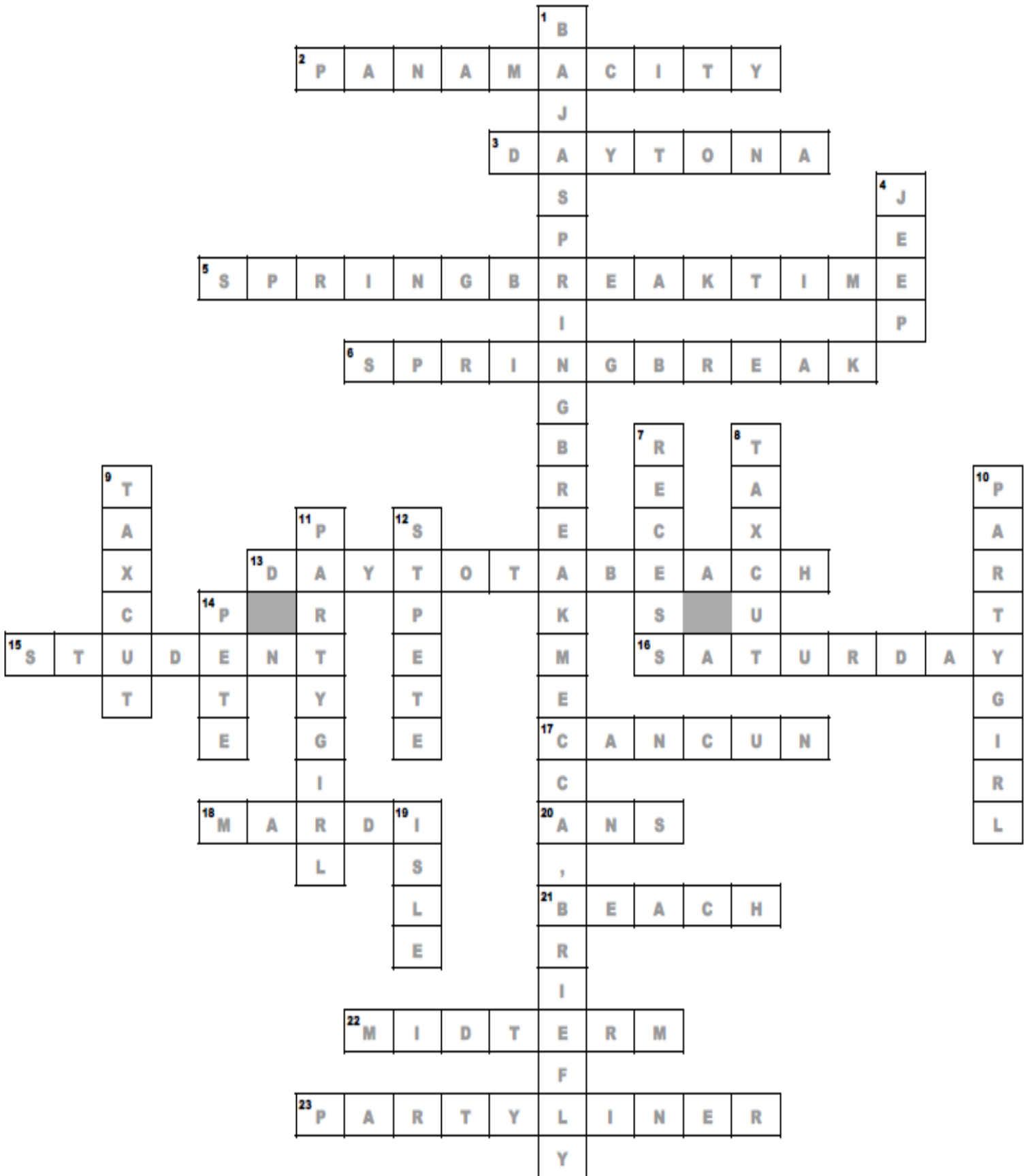
6	1	3	7	9	8	4	2	5
7	5	9	1	4	2	8	3	6
8	4	2	3	6	5	7	1	9
9	8	6	4	5	3	1	7	2
3	7	1	9	2	6	5	8	4
4	2	5	8	7	1	9	6	3
1	9	8	6	3	4	2	5	7
5	6	7	2	1	9	3	4	8
2	3	4	5	8	7	6	9	1

Sudoku Puzzle Moderate Solution

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

BY: Doug WM Stone and Nikki Hamilton

Crossword Puzzle Solution



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Casey's General Store
Woodshed

Afton

Afton City Hall
Evans Roofing

Big Cabin

Big Cabin Senior Citizens

Chelsea

Bank of Commerce
Chelsea Family Pharmacy
Chelsea Library
Chelsea Post Office
Chelsea Sr. Citizens
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
Classy Cuts and Wigs
Kum N Go (W Will Rogers)
Kum N Go E Hwy 20
Midco Clothes & More
Stillwater Milling
Emerald Care Center

Commerce

Eastwood Manor
Lil' Cafe

Fairland

Fairland Sr. Citizen's

Grove

Eagles Landing
Drakes
Grand Prosthetics & Artificial
Limbs
Grandwood
Mr. M's Convenience Store
Grove Sr. Citizens
Harps Grocery
Tom Cat Corner

Jay

Sinclair Station
Delaware County Library
Jay Senior Citizen's

Ketchum

Buddy's Foods
Woodshed

Langley

4 State Insurance
Langley Drug
Reasor's Grocery Store
Langley Western Store

Miami

Marvin's Grocery
Windridge
Wal-Mart Supercenter
Mt. Olive Lutheran Church

Nowata

D&L's
Homeland
Nowata Depot Café
Nowata Senior Citizens Cen-
ter
Ranch Supply
Reid's Discount Pharmacy

Oologah

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

Pryor

Innovations in Hair
Mayes Co. Nutritional Center
Wilkerson Real Estate
Pryor Library
Shady Rest Nursing Home
Paulie's Donuts
The Book Exchange

Spavinaw

T-General Store

Vinita

Burrough Manor
Carter's IGA
Grand Lake Mental Health
Heartsworth House
Midco Clothes & More
Sam's Tire
Veterans Clinic
Vinita Sr. Center
Vinita DHS
Vinita Post Office
Wood Shed
Young's Tire

Welch

Welch State Bank

Winganon

Winganon Bait Shop



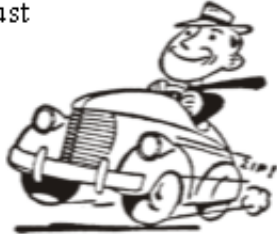
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