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Volume 21, Issue 09

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Assembled at Midco Inc. Little Green Shop & Community Links in Chelsea

Community Links

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May 05, 2020

NATIONAL SPACE DAY



National Space Day is observed annually on the first Friday in May. This day is dedicated to the extraordinary achievements, benefits and opportunities in the exploration and use of space. The goal of National Space Day is to promote math, science, technology and engineering education in young people to inspire them to pursue a career in science, especially a career in space-related jobs.

HOW TO OBSERVE

HISTORY

Teachers, students, space-related organizations, groups and agencies hold celebrations, demonstrations and educational programs each year on National Space Day. National Space Day has grown so fast in recent years; the day is celebrated worldwide as International Space Day.

DATA MASTER: Nikki Hamilton

Space Day.



National Space Day was created in

ration as a one-day event. In 2001,

astronaut and Senator John Glenn

1997 by the Lockheed Martin Corpo-

due to its extreme popularity, former

expanded Space Day to International

National Hoagie Day



Cinco de Hoagie?

Well, sort of. After all, we do celebrate National Hoagie Day on May 5. These monster sandwiches, filled with a variety of meats, cheeses, vegetables, seasonings and sauces, come on a long Italian roll or French bread. Italian workers, who lived in a section of Philadelphia known as Hog Island, introduced the sandwich in 1953.

At least that's one theory.

This instant classic became known as the "Hog Island" sandwich — later shortened to hoagie. But that's just one nickname. Read on to learn about other quite colorful names for this extremely popular treat.

NATIONAL HOAGIE DAY ACTIVITIES

Build your own. Personalize your hoagie with an imaginative grocery list. Our personal fave? The slow-cooker meatball sub.

Visit the motherland

Philadelphia's the birthplace of America (sort of) and the home of more Liberty Bell trinkets than you can possibly imagine. You can build up quite an appetite in that town.

Go veggie

Even the meat's optional when you have this many choices.

DATA MASTER: Nikki Hamilton



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Can't Hug People? Hug A Tree, Says Iceland Forest Service

The Icelandic Forestry Service is encouraging people to hug trees while social distancing measures prevent people from being in contact with other people.



Forest rangers in Hallormsstaður National Forest in Iceland have been clearing snow-covered paths to ensure that locals can enjoy the great outdoors without coming in contact with other visitors.

Forest rangers say trees and nature can offer a sense of comfort and joy.

"When you hug [a tree], you feel it first in your toes and then up your legs and into your chest and then up into your head," says forest ranger Por Porfinnsson. "It's such a wonderful feeling of relaxation and then you're ready for a new day and new challenges."

He also encourages a good, long hug. "Five minutes is really good, if you can give yourself five minutes of your day to hug [a tree], that's definitely enough," he says. "You can also do it many times a day – that wouldn't hurt. But once a day will definitely do the trick, even for just a few days."



Porfinnsson added that it is dangerous to hug the same tree, so he recommends that people walk deeper into the forest, rather than stopping at the first tree they encounter.

"There is enough of the trees now so people don't have to hug the same tree," he said. "It doesn't have to be big and black. It can be all sizes but the main thing is to crush it a bit. It is also good to close your eyes while hugging a tree. I lean my cheek against the tree and find the warmth and currents flowing from the tree into me."

DATA MASTER: Doug WM Stone

Dog Steals A Rack Of Ribs From The Neighbors

A dog that must not be happy with his quarantine diet escaped the house and brought home something better to eat.

Peter Lyons, from the UK, said his dog escaped and came home with a full rack of ribs.



"Just want to apologise to any of our neighbours that are missing a rack of ribs," says Peter Lyons. "Our dog escaped through the fence and came back an hour later with this."

Can you imagine being the person looking for these ribs?

DATA MASTER: Doug WM Stone

May Special Day Cinco de Mayo

What does Cinco de Mayo celebrate?

Cinco de Mayo is a celebration of Mexican heritage, culture, and pride.

When is Cinco de Mayo celebrated?

May 5th. This is in honor of when the Mexican army defeated the French in the Battle of Puebla on May 5, 1862.

Who celebrates this day?

The day is mostly celebrated by people of Mexican heritage in the United States. It is also celebrated in some areas of Mexico, especially the state of Puebla. Many non-Mexicans in the United States celebrate the day.

What do people do to celebrate?

The day is celebrated with parades, carnivals, street fairs, and sometimes fireworks at night. There are some

traditional Mexican celebrations such as the Baile Folklorico dance along with mariachi music. People dress up in traditional Mexican clothing as well. Some parades or festivals may include a reenactment of the Battle of Pueblo.

Major celebrations in the United States include:

Chicago - A large festival is held each year in Douglas Park including live music, food, cultural displays, and games for kids.

San Antonio - The famous Market Square is home to a huge celebration including outdoor concerts and food. Denver - The Cinco de Mayo Culture Festival in Denver specializes in all types of Mexican music and lasts for two days.

San Marco - Another Texas town with a big celebration. They have a salsa contest and crown their own Miss Cinco de Mayo.

Los Angeles - Probably the largest Cinco de Mayo celebration in the world is held in downtown Los Angeles, California.

The day is also used to educate people on the heritage of Mexican Americans. This includes programs put on by schools and libraries. Important icons and people are studied including Cesar Chavez and Our Lady of Guadalupe.

Many celebrations include Mexican food and music. The holiday is fairly commercial with restaurants and bars using the day to get people to come out and spend money.

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History of Cinco de Mayo

The day marks a historical battle between the Mexican army and the French. The Battle of Puebla took place on May 5, 1862. The Mexicans were largely outnumbered by the French. However, led by Mexican General Ignacio Zaragoza Seguin they managed to hold off and defeat the French.

It is thought the day was first celebrated by Mexicans living in California during the American Civil War. The holiday became more popular in the 1960s and then became widespread in the United States with commercialization in the 1990s.

Fun Facts About Cinco de Mayo

The 5th of May is not Mexico's Independence Day, which is celebrated on September 16th.

Not too long after winning the Battle of Pueblo, the Mexicans lost their capital to the French and the French took control of the country. The French rule only lasted a few years, however.

The holiday is more celebrated in the United States than in Mexico.

In Chandler, Arizona they hold Chihuahua dog races on this day.

Around 70 million pounds of avocados are eaten on Cinco de Mayo in the US.

DATA MASTER: Breanna McDowell

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Our 5-yr-old: Alone But Not Lonely

You cannot be lonely if you like the person you're alone with. --Wayne Dyer



Our 5-yr-old son Aum had been playing on his own at the farm for two hours. About an hour into it, my wife Nisha admonished me: "You really enjoyed your child-hood with your two siblings, kids in the neighborhood and at school. Now look at him, being alone, no one to play with and nowhere to go. Do something!" 4 years ago, we'd made a conscious leap into a rural India, leaving high-tech careers in the Silicon Valley to do natural farming.

Nisha has just as much conviction about our decision as I do, and yet, on occasion, she and many other loved ones have genuinely felt bad because Aum does not have company. He is our only child and he doesn't go to school (we farm-school him) and there are only three kids in the nearby farms, none of whom have much time for him since they go to school).

Everyone in Aum's life is concerned about his loneliness. Except Aum and me. The evidence that he is not "lonely" or "bored" is right in front of everyone's eyes -- when we are not engaged with him, Aum is busy most of the time with his own thoughts, things, games, dancing, etc. Occasionally he throws in his share of mischief and tantrums, just to remind us that he is a kid. Otherwise, I have never seen him unhappy for the reasons most adults in his life feel he "should" be unhappy.

Aum does not have the company of his peers as much or as frequently as other kids. We don't have a TV at home.

We have never bought him any toys except one lego set and one tinkertoys box that Nisha got after she felt bad about not having bought any toy for him. Most of his clothes are gifted by family and friends. We give him one or two candies a week and ice cream once a month. He doesn't have cookies, chocolates, carbonated drinks, fast food or any snack that comes in a package and is sold in a retail store. He must be one miserable kid, right? If I say, "No", one might respond with, "Well, he doesn't know what he is missing and he is being brought up in an extremely protective environment." Not true either.

He knows the reasons for all the choices we have made for him and he has willingly embraced them. In fact, he is ever-ready to explain his choices to anyone who wants to know. He has tasted/experienced everything other kids have and is presented the opportunities many times, given our frequent visits to many relatives and friends in different places. Of course he gets tempted at times and rebels. Steering away from the extremes of bribing and punishing, we manage to strike a balance and help him stick to his better choices.

He doesn't have grand ideas and concepts for what would bring him happiness. He is just fully living his life. Everything has meaning for him. He doesn't overlook this moment expecting another; he is not chasing after anything and has no plans for tomorrow. He goes around as if he has an unlimited reserve of energy, curiosity, time, faith and willingness to be engaged with whatever and whoever comes his way as if ... as if he intuitively knows what he wants. If he could answer the question "What do you want in your life?" it would probably be, "I don't know, but I want it all anyway, moment by moment." And he does not seem to be bothered if many of those moments are spent alone. But it does rattle quite a few others.

To my mind, the rural and middle-class people of the last generation and before, had the right perspective on elusive states like peace, happiness, joy etc. They communicated through many proverbs and clichés -- that meaningful engagement at work, being with family and friends and with oneself, pretty much covered all the real causes of happiness and peace. The meaning for engagement could come from both tragic and comic life situations (and more often than not, their lives were full of tragic meaning). People did not make decisions with the sole focus on whether it would make them happy. Happiness was just one of the considerations. Perhaps meaning was a more important consideration. There is no other way to explain sacrifices that I know of in history and even in my own family. My own father has always been a happy-go-lucky man all his life, in spite of having access to very limited resources, very few choices and very many responsibilities. I look at

6

him and I know I can be happy, no matter what.

Being in the farming world, someone asked me recently whether there is a specific gene in fruits that give them sweetness. He speculated that if we could find that gene, then we could increase the quality and quantity of sweetness in fruits. But what if sweetness is not an isolated characteristic of a fruit? What if it is the culminating effect of the entire growth process -- from seed to ripening? Of course, we don't eat fruit that is not ripe and sweet. But do we eat fruit only for its sweetness? Would anyone be satisfied to extract only the sweetness of a fruit and take it as a tablet? Can happiness, then, be had at any moment as an instant thing to be consumed? Yet, we behave every moment of our lives as if our only aim is to avoid everything that would bring unhappiness and seek things that would bring happiness:

Being alone, having nothing to do, sacrifices, inconveniences, criticism, waiting, bad luck, randomness, an uncertain future ... these are supposed to bring unhappiness and we avoid them.

Constant engagement of mind/and or body with work, people or entertainment, selfishness, creature comforts, instant gratification, security, certainty, greed ... these are supposed to bring happiness and we seek them at any cost.

The Art of Happiness has been lost perhaps because by chasing it, we have chased it away. The Art of Suffering has been lost perhaps because by running away from it we have tightened its knot on us.

Many saints and religions have said that it is human nature to be constantly oscillating between cravings and aversions. Knowing this, throughout history, people in all cultures created norms, rituals, customs, traditions, practices, ceremonies and attitudes to contain excitement and embrace difficulties (the middle path, the golden mean). In fact, "to mature into an adult" was supposed to mean that one has learned to discern and implement his or her cultural baggage without superficially considering it as a burden. Even blindly following one's culture was considered better than simply being blind to it. Yet that is precisely what seems to have happened on the backs of our over-sized, overpaced materialistic and technological growth. If we were to personify our zeitgeist, it would be a person with over-sized hands, legs and brain. And a small, feeble heart. No wonder we eat but we starve; we have more of everything and feel empty; we can do everything super-fast and yet do not have enough time for anything.

Our idea of moving to a farm in a village was to create a space from scratch in which we could reinvent many of those old, middle-path practices to suit our current potentials and pathologies. Outside of the context of our farm (and sometimes even within), I find it difficult to follow these values and practices because, I guess, the human psyche has seen too much evidence of the inefficacy of the old secrets. I often feel like a fully-suited man in a beach. But it is only because we have hurriedly created suffocating spaces that have given birth to many unskillful and even vicious cycles. What we need are airy and nourishing spaces where we can relearn the old arts.



I am only 38, yet I feel like an old man of another era when I catch myself reacting to someone's complaints or ambitions that are normal in this era. I am neither poor, nor rich, nor middle class. I am in the process of going off-the-class. Yet, I'd like to keep the older middle-class attitudes towards life. Without the aid of great philosophy or religion, all the secrets of everyday happiness - hard work, honesty, grit, grace, patience, wonderment, contentment, romance, even innocence – it was all there in that class. I'd like to be a permanent student in that class and have my son Aum be the teacher.

DATA MASTER: Nikki Hamilton

FedEx 'Ring Bearer' Saves Wedding By Delivering Ring To Beach Ceremony

A FedEx delivery driver saved a couple's wedding day by delivering a wedding ring to their beach ceremony.



The coronavirus pandemic forced Savannah Kulenic and Dylan Perkins to cancel their Hawaiian wedding day, honeymoon and other celebrations. The couple, from Raleigh, proceeded with a last minute ceremony on the North Carolina coast instead.

They ended up having to wait until the last minute for the groom's wedding band because the company making the band had temporarily closed due to the pandemic.

Just in time, the company reopened and agreed to send the band overnight. The ceremony was scheduled for 3 p.m., but the ring wasn't set to arrive until 4:30 p.m.

"We had to leave a note on the front door to ask if he would bring the ring down to the beach," read a Facebook post from Seaside Topsail Photography. "We began the ceremony on the beach and at the end of the ceremony, my friend, Brandy, yelled, 'Look! It's the FedEx man!""

"This sweet man came running down the sand, waving the package. It was amazing. This should be a FedEx commercial."

WNCN-TV confirmed the driver to be Joe Engel, who said he was so happy he didn't "ruin it" by being late with the special delivery.

"I'm so happy that they had a great wedding," Engel told

the local station, "and I didn't ruin it by being the last-minute ring bearer."

DATA MASTER: Breanna McDowell





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There's A Monument In A Small Irish Town In Appreciation Of The American Choctaw Tribe

The kindness of strangers.

In a small town in County Cork, Ireland, a monument stands in appreciation to the American Choctaw Indian tribe. Although impoverished, shortly after being forced to walk the "Trail of Tears", the tribe somehow gathered \$170 to send to Ireland for famine relief in 1847.

That's roughly \$5,362.84 in today's money.



The sculpture consists of nine 20-foot stainless steel eagle feathers arranged in a circle, no two feathers being identical, forming a bowl shape to represent a gift of a bowl of food.

It was created by Alex Pentek at the Sculpture Factory in Cork, Ireland, with assistance from students of the Crawford College of Art and Design, and installed in Bailick Park in 2015.

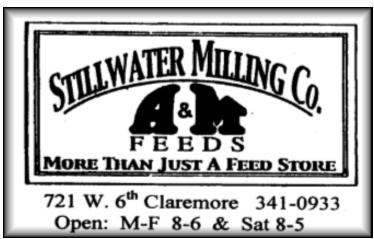
A million people died in Ireland and another two million left the country when the potato crop failed for successive years, removing a vegetable that poor people ate every day.

The memorial exemplifies the incredible generosity of the Choctaw people, because just 16 years prior, they were forced to leave their ancestral lands and march 500 miles on the Trail of Tears in terrible winter conditions.

"We had been through so much, losing so many of our people through death because of the weather, starvation and disease that 16 years later we heard about the Famine and the horrible situation that they were going through, we felt such empathy that we wanted to help," said historian Julie Allen.

"This is just such a blessing to us, that the links between our nations can be strengthened with this sculpture."

DATA MASTER: Breanna McDowell





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Sparrows In The Kitchen



It's getting hot. It's time to put on lighter clothes and open up the windows.

Yesterday brought an unforeseen visit to the kitchen during the brief time we were out. Two daring sparrows had ventured into a hostile territory to enjoy the freshness of our sink and some other breadcrumbs on our kitchen counter.

When you come across such sudden callers, you are liable to sense it as an intrusion into your comfort zone, or you might receive it as a lovely wink of life. We opted for the second option, with no hesitation. After all, we've never ceased to feel prompted to consolidate the relationship with our sparrows more and more each

We can't stop observing and celebrating their dance from our window. We stuffed them with the leftovers on our tablecloth after every meal. And we have provided them with every kind of bases and stands on our terrace.

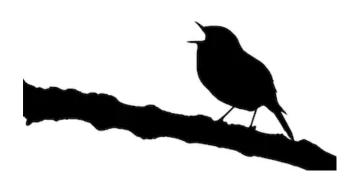
Undoubtedly, they feel at ease in our backyard. And that has led them to pluck up courage and take the plunge into our house. Perhaps because they have the feeling that we don't consider them intruders, but friendly neighbors, who only leave some stools from time to time.

The presence of our dear sparrows, as it happens with almost everything, holds magical parallelisms and synchronicities with real life. And we've been having lovely sparrows coming over lately, whose presence draws us out of our lethargic daily grind and shows us the underlying beauty and charm.

These sparrows often take different human forms. We've met sparrows like those, of all shapes and colors. And they're everywhere. I can tell you for sure! Perhaps 10

all of them are willing to surprise us. Perhaps all of them are willing to call our attention. They only ask from us not to be afraid of them or feel reluctant to their presence

DATA MASTER: Doug WM Stone



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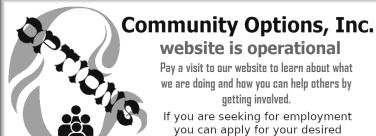
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Hidden Gems Rediscovered



There are probably many others like myself, wondering how to continue to practice and spread kindness and compassion in this extraordinary time. Many of us are confined to home, with limited ability to physically be with others. I applaud and support all who are making the effort to help curtail this pandemic by staying home and by practicing physical distancing from each other. We will get through this and any kindnesses we share will continue to ripple in the world.

With that in mind here are some loving kindness practices we can do every day.

Stay connected with friends and family. Use whatever technology you can to reach out. Face time people, make a real phone call, smile at your neighbors, extend your love in appropriately distanced activities.

If you can go outside, do it. When walking through your neighborhood, take time to notice the beauty of this world. As I walked this morning, there were so many things to notice and appreciate - things that were always there, but sometimes hidden from my awareness by my distracted mind. Today, I slowed down and noticed.

I sent intentions of loving kindness and health to every home I passed and every car I saw. I thanked the postal worker, sanitation worker and others I saw who are still on the job, helping us continue to live in community together.

We will make it through this and can come out more compassionate and loving people. Each one of us matters and is an important connection in this chain. Blessings to all of you and yours.

DATA MASTER: Doug WM Stone

National Teacher Day



W hat does National Teacher Day celebrate?

National Teacher Day is a day to thank and honor our teachers for all the hard work they do.

When is National Teacher Day celebrated?

It is on Tuesday during the first full week of May, which is National Teacher Week.

Who celebrates this day?

This day is celebrated in the United States. Students and parents of students celebrate the day.

What do people do to celebrate?

Student and parents take the day to do something to let their teachers (past or present) know that they are appreciated. This could be anything such as a nice card, an email, a gift card, or a piece of chocolate. The important thing is that you let your teacher know how much you appreciate their hard work and patience.

Ideas for National Teacher Day

Gift Card - This doesn't need to be a lot of \$, but anything is much appreciated by teachers. It could be to the local sandwich shop, coffee shop, or office supply store. Whatever it is, it will go to good use.

Homemade Card - Young children can make a homemade card for their teacher. Let them write or draw something nice that the teacher has done for them during the year.

Bring in Lunch - Get together with the PTA and bring in lunch for the teachers. You can make something or have it brought in by the local sandwich shop. Every teacher loves a free lunch!

Other Gift Ideas - Some other gift ideas include an ap-

ple, plants, flowers, a nice pen, and (if your feeling really generous) a coupon to the local spa. History of National Teacher Day

It is thought that National Teacher Day was first proposed in 1944 by Arkansas teacher Mattye Woodridge. She first worked with local leaders and then wrote to the president's wife, First Lady Eleanor Roosevelt. Finally, in 1953 Eleanor convinced Congress to declare a National Teacher Day.

It was years later until Congress once again declared a National Teacher Day on March 7, 1980. After that the day has been supported by the National Education Association (NEA). The NEA celebrated the day on March 7th until 1985 when they moved the day to the Tuesday of the first week in May.

Fun Facts About National Teacher Day
There are over 3 million teachers in the United States
in K-12 schools. There are around 56 million students.
Teachers are thought of differently in different areas of
the world. In China teachers are highly respected and
well paid.

In Ancient Greece teachers were some of the most highly paid skilled workers. However, many teachers in Ancient Rome were Greek slaves.

Around 1.1 million students are home-schooled. There are around 98,000 public schools in the United States.

DATA MASTER: Nikki Hamilton



Living Gratefully in the Time of Corona Virus

As life becomes harder and more threatening, it also becomes richer, because the fewer expectations we have, the more the good things of life become unexpected gifts that we accept with gratitude. --Etty Hillesum

At A Network for Grateful Living we often refer to gratefulness as an orientation to life with an unconditional and expansive embrace. One that isn't reserved for that which is pleasant, desired, or going our way, rather an embrace that accepts and includes the great fullness of life — the entirety of our experience. Such an embrace opens us to the teachings and opportunities within every moment. It offers us what we need not merely to survive difficult times but to appreciate their gifts, even when the gifts take time to reveal themselves. When life feels too small or too big to handle, too predictable or too uncertain, this is when we need gratefulness most.

In the midst of times of uncertainty it serves us to reflect on how gratefulness might help to calm us, reduce fears and expectations, open us to greater clarity and love, and fuel action grounded in our deep intentions. Gratitude is not a panacea. It may not cure or solve our anxiety or concerns but it can foster ease, connection, kindness, and well-being — all valuable qualities which would be good to "go viral" these days. Gratitude cannot save us from sickness or suffering, but it can change how we experience sickness, and it may change our relationship to suffering.

So, what might this mean with regard to how we respond to the immediate concerns of COVID-19? How might gratefulness impact what we do, how we do it, and who we are during this time? How might we seek out and treasure the unexpected opportunities of the moment? In the midst of losses, how can we direct our attention toward the gifts that remain in our lives so as to build greater capacity to face what is challenging?

Here are some possibilities:

Reflect on Goodness — Reflect with gratitude on the sacrifices of front-line workers and all those who are self-quarantining; adjusting habits and lives; working overtime to do research, make tests and vaccines, and provide important, accurate and timely information. Notice the many ways you can orient your attention to notice all the ways that people are caring for fellow human beings around the globe.

Wash your Hands — The 20 seconds recommended to "lather up" offer us an opportunity to slow down to experience gratitude for the gift of hot and cold running water, the miracle of soap, and the wonder of our hands themselves. Consider making a sacred ritual of washing your hands, welcoming the opportunity to meditate on these blessings.

Stay Connected — If steering clear of events or planned events are being canceled, might this be an opportunity to connect by phone, text or email with family, friends, and neighbors to see how they're doing? How does it feel to reflect with gratitude on the relationships in our lives and let people know we care about them? Keep in touch and offer connection in all the ways that you can.

Be Generous — Extend compassion to those whose lives are impacted most by this crisis. Recognize that people's health and livelihoods are in jeopardy and nervous systems are taxed. Try being more patient, kinder, take a deep breath before responding, offer smiles and gratitude freely. Give to organizations whose operations and fundraising efforts are being impacted but whose services will be needed more than ever. Support local businesses struggling as many of us stay home. Consider making a donation in someone's honor or buying a gift certificate.

See the Privileges of the Ordinary — In the midst of a focus on how much is being lost, keep noticing all the blessings that remain. Allow yourself to appreciate and be in awe of what is available to you: phones, electricity, showers, the beauty and resilience of the natural world, all the parts of your body that work, the services and systems that serve your ability to function, and so much more.

Commit to that which Sustains You — Allow yourself to stay grounded in the things that preserve your



integrity and reinforce the beliefs that help you have faith and hope in difficult times. Maintain or increase the rituals, traditions, reminders, and practices that help you to find calm in the midst of any storm. Read, write, or share poetry. Treat yourself and/or others to A Grateful Day.

And finally we offer you this poem currently being shared widely on social media:

Pandemic

What if you thought of it as the Jews consider the Sabbath—the most sacred of times? Cease from travel.
Cease from buying and selling. Give up, just for now, on trying to make the world different than it is.
Sing. Pray. Touch only those to whom you commit your life. Center down.

And when your body has become still, reach out with your heart.
Know that we are connected in ways that are terrifying and beautiful. (You could hardly deny it now.)
Know that our lives are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your words.
Reach out your words.
Reach out all the tendrils of compassion that move, invisibly, where we cannot touch.

Promise this world your love for better or for worse, in sickness and in health, so long as we all shall live.

— Lynn Ungar 3/11/20

When life becomes more trying and challenging, may each of us discover the gifts of gratefulness, and the promise of our love — for better or for worse, in sickness and in health, so long as we all shall live.

DATA MASTER: Breanna McDowell

NATIONAL LOYALTY DAY



National Loyalty Day is observed annually on May 1. This day is set aside for the reaffirmation of loyalty to the United States and the recognition of the heritage of American freedom.

HOW TO OBSERVE

The President of the U.S. issues a proclamation annually on May 1 as part of celebratory activities of National Loyalty Day. Communities throughout the country also celebrate this patriotic day with parades and ceremonies.

HISTORY

First observed in 1921 as "Americanization Day," this holiday was intended to counterbalance the Communist celebration of Labor Day on May Day. On July 18, 1958, it was made an official holiday by the U.S. Congress (Public Law 85-529). President Dwight D. Eisenhower proclaimed May 1, 1959, the first official observance of Loyalty Day. This day has been recognized with an official proclamation every year, by every president, since its inception as a legal holiday in 1958.

DATA MASTER: Doug WM Stone



NATIONAL MOTHER GOOSE DAY



National Mother Goose Day is observed each year on May 1. This day honors Mother Goose, the imaginary author of a collection of fairy tales and nursery rhymes we loved as children. Mother Goose is often illustrated as an elderly country woman in a tall hat and shawl, but she is also sometimes depicted as a goose wearing a bonnet.

Mother Goose may have started in the nursery, but there is no question that today her works are considered an important aspect of literature. But even more than literary importance—from century to century—from generation to generation—from season to season—from day to day—Mother Goose has been an important part of our lives.

Fine artists all have their own ways of illustrating Mother Goose rhymes. Of particular note are the following (though some are old editions, reprints are readily available): Randolph Caldecott (most drawn 1880-1886), Walter Crane (1877 & 1879), Raymond Briggs (1966), Marguerite de Angeli (1954), W. W. Denslow (1901), Roger Duvoisin (1936), Kate Greenaway (1881 & c1990), Lois Lenski (1927), Helen Oxenbury (1975), Maud & Miska Petersham (1945), Alice & Martin Provensen (1976), Peter Spier (1967), Arthur Rackham (1913), Jessie Wilcox Smith (1914), Gustaf Tenggren (1940), Tasha Tudor (1944).

Enjoy two different versions of Peter, Peter, Pumpkin Eater:

(Originally dated in Mother Goose's Quarto c1825)

Peter, Peter, pumpkin eater, Had another, and didn't love her; Peter learned to read and spell, And then he loved her very well.

(Most well-known version)

Peter, Peter, pumpkin eater, Had a wife and couldn't keep her; He put her in a pumpkin shell And there he keeps her very well.

HOW TO OBSERVE

In honor of Mother Goose Day, revisit those wonderful childhood stories with your children. Share your favorite Mother Goose story using #NationalMotherGooseDay on social media.

HISTORY

Charles Perrault is believed to be the initiator of the fairy tale genre when he published his fairy tale collection in 1695. His publication marks the first authenticated starting point for the Mother Goose stories. An English version of Perrault's collection appeared in 1729: Robert Samber's Histories or Tales of Past Times, Told by Mother Goose. These fairy tales introduced Sleeping Beauty, Little Red Riding Hood, Puss in Boots, Cinderella and others. Mother Goose's Melody – A book of poems for children was published in 1781 and has been enjoyed by billions since then.

Mother Goose Day was founded in 1987 by Gloria T. Delamar in tandem with the publication of her book, Mother Goose; From Nursery to Literature. For more information on National Mother Goose Day visit The Official Home of the Mother Goose Society.

DATA MASTER: Doug WM Stone



Mother's Day



When is Mother's Day in 2020? Mother's Day in 2020 is on the Sunday, 10th of May (5/10/2020).

Mother's Day is on the 131th day of 2020. There are 235 days left in the year.

Mother's Day Facts

Mother's Day celebrates motherhood and the contribution of mothers in society. The holiday is celebrated worldwide as an international day. The International Mother's Day is observed on the second Sunday in May every year. It is often marked by people sending Mother's Day gifts and cards to their mother figures.

History of Mother's Day

The origin of Mother's Day is attributed to two women, Julia Ward Howe and Anna Jarvis, who are believed to have established the idea of Mother's Day in the USA. In 1870, Julia advocated for an annual celebration of Mother's Day as a way to encourage pacifism and disarmament amongst women. For the next ten years, the holiday was held in Boston under Julia's sponsorship. The trend however died soon after. Julia is therefore notable for coming up with the idea of an official celebration of Mother's Day.

Anna Jarvis, also known as the mother of Mother's Day, held a private Mother's Day in 1907 as a memorial to her late mother. Anna launched a campaign for Mother's Day to be widely recognized, a quest that was financially supported by a clothing merchant from Philadelphia by the name John Wanamaker.

In 1908, Anna Jarvis organized and gave a sermon at the Andrew's Methodist Episcopal Church in Grafton, West Virginia. More than 400 kids and their mothers attended this service. Today, the church is a National Historic Landmark and has become the International Mother's Day Shrine.

In the years that followed, Anna's compassion for motherhood was evident as she campaigned for the recognition of Mother's Day, a national holiday in the US.

On May 8th, 1914, her efforts bore fruit after President Woodrow Wilson signed a joint resolution that designated Mother's Day USA to be celebrated on the second Sunday in May.

How Is Mother's Day Celebrated?

Mother's Day in the USA has been commercialized in a big way. In fact, it is ranked position three after Christmas and Valentine's Day. People make an effort to treat their mothers and sending them Mother's Day flowers with sweet messages. Some of the popular Mother's Day gifts you can give to your mother figures include a day at the spa, cards, chocolate, jewelry, and clothing.

You can also take your mom out for dinner or lunch, but be sure to book a spot well in advance. Most restaurants are usually filled to the brim on the mother's day weekend as kids don't want their mothers to cook on such a special day. It will not be a wonder if you receive breakfast in bed on this day. It is a common trend for husbands and children to treat their special mother.

If you can not afford to give your mother figure a treat on this day, a simple phone call wishing her a happy Mother's Day will suffice. Better still, offer to clean or de-clutter the house for them.

Mother's Day Traditions across the World

Besides being marked on different days, versions of Mother's Day traditions vary from one country to another. In Thailand, Mother's Day is observed in August, which happens to be the birthday of Sirikit, the current queen of the land.

As for Ethiopia, the Mother's Day is marked by a large feast and families singing songs to praise motherhood. This day is commonly known as Antrosht.

Mother's Day in the US and many other countries is seen as a time to launch feminist causes. For instance, in 1968, the wife of Martin Luther King Jr. used the day to host a march that would support underprivileged women and children in society. A similar movement was used in 1970 to highlight the need for equality for all and access to childcare.

Alternative Days for Mother's Day

Mother's Day is an international holiday but observed

on different days across the globe. Most countries mark the day on the second Sunday in May. However, the UK and Ireland observe it on the fourth Sunday in Lent. For the majority of Arab countries, Mother's Day is on March 21st every year. On the other hand, most East European countries celebrate the day on March 8th.

Good deeds and random acts of kindness during COVID-19

When faced with adversity, some people really rise to the occasion. From small acts of kindness to good deeds affecting hundreds of people, plenty of Tulsans are doing what they can to help out in the midst of COVID-19 chaos.

Witness something you want to share? Email a photo and a brief explanation of what happened to blayklee@langdonpublishing.com, and we'll add it to the list.

- Libby Billings, owner of Elote Cafe and Catering, partnered with Growing Together to provide weekly meal kits during COVID-19 to families in need. Food for Families is a program that values "local business, local food and our local community," according to the website. Each meal kit, prepared by Elote, will serve a family of four two meals. Growing Together will work with its staff and trusted community partners to identify families in need and distribute or deliver the meal kits every week. To learn more or donate, visit the website: https://www.elotetulsa.com/food-for-families/
- Assistant Professor of Theatre Emily Westerfield (pictured) and TCC Costume Shop Assistant Alyssa Yepez have made dozens of masks, headbands and surgical caps. With a an ER nurse mom in Colorado, and a pharmacy technician sister in Wisconsin, Westerfield felt compelled to make masks for her family and their coworkers, according to a TCC press release. Westerfield has made about 50 masks so far and expanded to surgical caps and headbands with buttons to help relieve the pressure from wearing the masks all day. Yepez has made more than 70 masks and sent them to family and friends in Texas, Atlanta, Seattle, Arizona and Salt Lake City. She is sending some to Florida to some medical professionals, TCC Media Relations Manager Nicole Burgin says. She also is selling masks because she realized disposable masks from other businesses were taking around a month to arrive.
- The Pencil Box, Tulsa's free-store for teachers, is

- giving away more than 5,000 books to support Tulsa-area public schools students during the COVID-19 health crisis. Books will be distributed through Tulsa Public Schools and other partnering districts. The books were received, disinfected, boxed and isolated several months prior to the COVID-19 outbreak.
- Hideaway Pizza is donating around 1,500 large pizzas to hospitals in the Tulsa area. Be sure to tell the health care workers in your life. Here is a list of drop off dates and times:
 - * Ascension St. John Broken Arrow: Tuesday, April 7, noon and 7 p.m.
 - * St. Francis Hospital 61st and Yale: Tuesday, April 7, 11 a.m. and 8 p.m.
 - * Ascension St. John on Utica: Tuesday, April 7, 11 a.m. and 8 p.m.
 - * Ascension St. John Owasso: Tuesday, April 7, 11 a.m. and 8 p.m.
 - * Hillcrest on Utica Tulsa: Tuesday, April 7, 11 a.m. and 8 p.m.
 - * St. Francis South: Wednesday, April 8, noon and 9 p.m.
 - * Jane Phillips Medical Center Bartlesville: The week after Easter, time and date TBD
- On Friday, April 10, first responders in the Tulsa area can visit participating McDonald's locations for free hot cakes. The offer, supported in part by Bama Companies, is available as a carry-out order or through the drive-thru. Here is list of some of the participating locations in Tulsa:
 - * East First Street and South Utica Avenue
 - * North Peoria Avenue and Pine Street
 - * East 15th Street and South Peoria Avenue
 - * East 41st Street and South Yale Avenue
 - * East 21st Street and South Sheridan Avenue
 - South 49th Street West and Interstate 44
 Southwest Boulevard and West 23rd Street
 - * Gilcrease Road and U.S. 412
 - East 21st Street and South Garnett Road
 - * East Admiral Place and South Memorial Drive
 - * East 41st Street and South Garnett Road
- Fabric distributor Fabricut is making masks for health care workers in the Tulsa area. Workers in the Samples Department are making two kinds of masks: one with Fabricut fabric in a reversible design, and one using medical grade fabric provided to Fabricut by a local medical center. The medical fabric masks are the solid ones in blues and pinks. Typically Samples Department makes memos, showroom sample displays, and other samples of their products but switched to masks in just one day.

DATA MASTER: Nikki Hamilton

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)

May 20, 2020 Snakes of Oklahoma—Join Cherokee National Treasure, Woody Hanson as he teaches us about the snakes who live in Oklahoma. He will bring some of his "Special Pets". Woody will also entertain us with his stories regarding snakes and snaking. Delaware County Library at Jay. May 20, Wednesday 1:00

Apr 9, 2020 - May 13, 2020 Kendall Whittier After Five: Virtual Edition - Kendall Whittier After Five

SUDOKU PUZZLES

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

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Hardship level: Moderate

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brings the Tulsa community together for Thursday evening fun. At this special virtual April Art Walk, view local art exhibits from the safety of your own home. Check out the Facebook photo gallery featuring creative works crafted by talented of local artists. All month long, view these stunning pieces and consider purchasing an original to bring a little light to your space during quarantine. Thursday: 5:30 pm - 9:00 pm Online Only Phone: 918-633-1934

May 8, 2020 - May 10, 2020 Tulsa Drillers vs Northwest Arkansas Naturals - Gather your crew and head to ONEOK Field for a dose of Double-A baseball when the Tulsa Drillers take on the Northwest Arkansas Naturals. Grab a cold brew and a dog, then kick back and experience America's past time in the heart of downtown Tulsa. May 8 & 9: 7pm May 10: 1pm ONEOK Field 201 N Elgin Ave Tulsa, OK 74120 Phone: 918-744-5901, 918-744-5998 Office Fax: 918-747-3267

May 9, 2020 - Sep 30, 2020 Butterfly House at the Papilion - Get an up-close look at beautiful butterflies at Honor Heights Park in Muskogee. The Papilion is a teaching garden and open air butterfly house that welcomes visitors to get a great view of these winged wonders. There are up to 26 varieties of butterflies native to the southeast United States, and the Papilion is currently the only captive butterfly house in Oklahoma. A chrysalis house provides the opportunity to see butterflies emerging daily. The teaching gardens 10 raised beds are themed displays that change annually. Border beds are full of both butterfly nectar and host plants that attract countless native butterflies to the area. A children's garden offers kids an opportunity to explore herbs, vegetables and flowers through sensory observations. Please note, the butterfly house is closed in inclement weather or if lightning is in the area. Monday: 9:00 am - 4:00 pm Tuesday: 9:00 am - 4:00 pm Wednesday: 9:00 am - 4:00 pm Thursday: 9:00 am - 4:00 pm Friday: 9:00 am - 4:00 pm Saturday: 9:00 am - 4:00 pm Sunday: 1:00 pm - 4:00 pm Holiday hours: 9am-2pm Honor Heights Park 1513 N 48th St Muskogee, OK 74401 Phone: 918-684-6303, 918-684-6302

May 9, 2020 Second Saturday Architecture Tour - Take a fun and educational walking tour through downtown Tulsa during Second Saturday Architecture Tours hosted by the Tulsa Foundation for Architecture. Participate in these monthly one-and-a-half hour walking tours for an insightful look into the exciting architecture that abounds in downtown Tulsa. Hit the highlights of Tulsa's prestigious architectural collection and learn something new about the buildings around you on a Second Saturday Architecture Tour. Starts at 10am. Varies Tulsa, OK 74103 Phone: 918-583-5550

May 13, 2020 - May 16, 2020 Muskogee Open - Amateur and professional golfers alike are invited to compete in the Muskogee Open. Held at the Muskogee Golf

Club, this four-day tournament will feature 72 holes of stroke play. Competitors will have the chance at taking home cash earnings for top rankings. Spectators are welcome, and players earn free lunch during the first three rounds of competition. Cheer on competitive golfers at the Muskogee Open golf tournament. Muskogee Golf Club 2400 N Country Club Rd Muskogee, OK 74403 Phone: 918-682-2401 Toll-Free Office: 866 -381-6543 Office Fax: 918-682-2403

May 15, 2020 - May 17, 2020 May 15, 2020 - May 17, 2020 - Bring the family out to Duvall's Steer Wrestling in Checotah to enjoy one of the world's largest steer wrestling events. Cowboys compete for numerous prizes and money in this exciting contest. Witness firsthand all the action in the arena, and see who wins the top awards. Contestants from all over the nation attend this event, as well as competitors from Canada, Brazil and Australia. Come out to celebrate tradition and the rodeo spirit at Duvall's Steer Wrestling. Checotah Round-Up Club Checotah, OK 74426 Phone: 918-640-0533

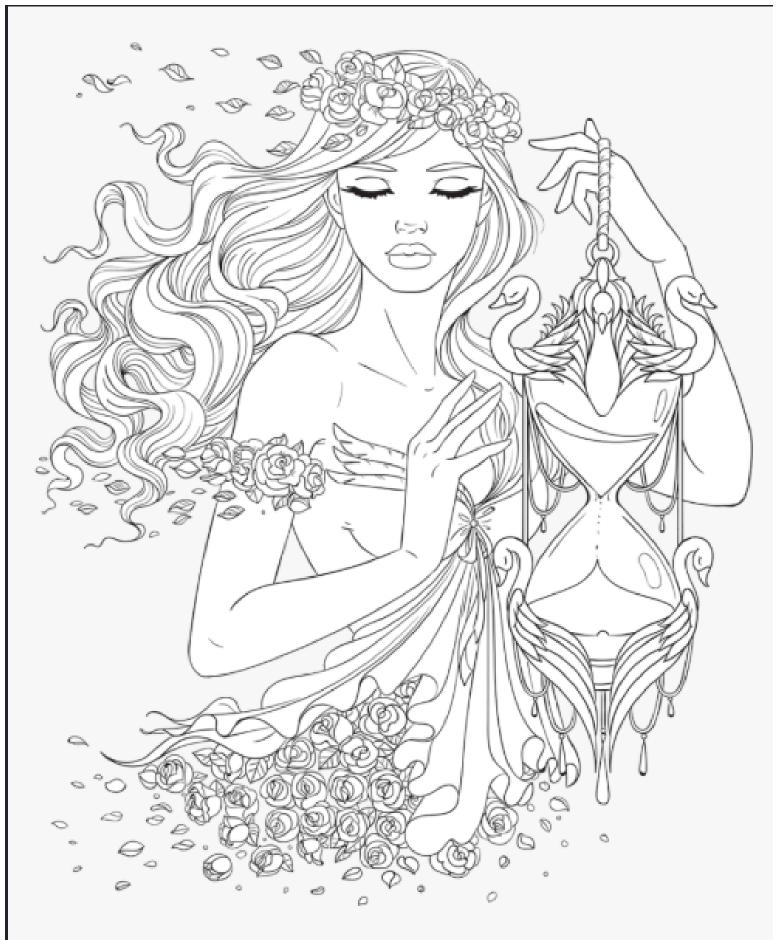
May 16, 2020 Kick Off to Summer Block Party - Celebrate the onset of summer with a special afternoon spent at Spavinaw Youth & Neighborhood Center. At this annual Kick-Off to Summer Block Party, gather with Spavinaw community members for kid-friendly fun. Attendees can look forward to live entertainment from local Christian bands. Other festive activities include a dessert auction, silent auction, raffle, door prizes, games and Jupiter Jump. When it's time to refuel, be sure to grab a few Indian tacos before chatting with fellow families. Bring you lawn chairs and family out for a full fun day at SYNC. Saturday: 11:00 am - 8:00 pm Spavinaw Youth & Neighborhood Center 100 N Main St Spavinaw, OK 74366 Phone: 918-589-7962, 918-213-5282

May 16, 2020 Tulsa Athletic vs Ozark FC - Put on your green and yellow, and cheer the Athletic team to victory in downtown Tulsa. In their first season in 2013, the Tulsa Athletic National Premier Soccer League division team had a great record and advanced to the Conference Semi-Finals, coming out on top as the South Central Conference Champions. at Veterans Park. Starts at 2pm. Veterans Park 1811 S Boulder Ave Tulsa, OK 74120 Phone: 918-584-8167

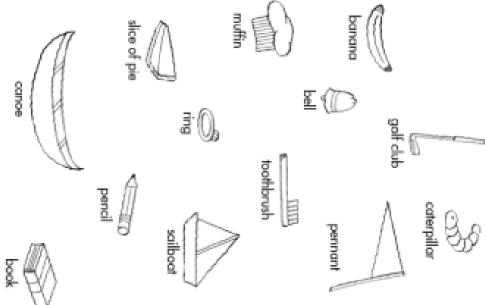
Do You have an event that you would like to share?

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









Getting to know the Lutherans

Mother's Day Thank You

May brings 'May Flowers' and oh, yeah, Mother's Day (May 10th). About a month later we have Father's Day. Both are significant days but the importance of celebrating them can easily be lost in the barge of sales going on. If you live in Japan May fifth is Children's day. Think that one over. A day for the whole family. Add in Grandparents Day (September 13th) and no one is left out. From a Church standpoint none of these days hold a religious significance – but don't you dare forget to say something. Not that I'm against this practice, quite the opposite. The 4th Commandment says to "honor your father and mother". Thus there is a spiritual reason to remember Mother's Day. In these latter days, there is much confusion about the meaning of sexuality and family. The Devil attacks marriage and children, the Church can stand firm on God's Word and resist world views that lead to destruction. Satan hates pregnant women, always remembering God's promise that the seed of the woman would strike the serpent's head. A pregnant mother gave birth to the Savior fulfilling this promise. So It is fitting to give thanks to God – on Mother's Day and at all times – for the blessed motherhood of Mary, for our spiritual mother the Church and for all mothers who honor God with their lives by bearing and nurturing children.

DATA MASTER: Doug WM Stone

Messiah Lutheran Church 460 N. Wilson, Vinita, OK. Sunday School and Bible Class 9:00 a.m. Worship 10:00 a.m. 918-256-3223 Email: messiahvinita@aol.com St. Paul Lutheran Church Washington and Pine, Fairland, OK. Sunday School and Bible Class 9:15 a.m. Worship 10:30 a.m. 918-676-3059 Email: stpaulluthch@aol.com

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

Immanuel Lutheran Church 706 Rockwood Drive, Grove, OK. Worship 9:30 a.m. 918-786-4585 Website: www.lutheransonline.com/lo/Groveok

Mt. Olive Lutheran Church 2337 North Main, Miami, OK 74354 Worship 2:00 p.m. (918) 542-4681 Sunday School and Bible Class 3:00 p.m. Email: mtolive@cableone.net

Redeemer Lutheran Church 220 N. Seminole, Claremore, OK. Sunday School and Bible Class 9:00 a.m. Worship 10:30 a.m. 918-341-1429 Email: rluther@sbcglobal.net-Website www.rlccok.org

Guests are always welcome. See you Sunday at worship. St. John Lutheran Church 607 SE 9th Street, Pryor, OK. Sunday School and Bible Class 9:15 a.m. Worship 10:30 a.m. 918-825-1926 Email: stjohnpryor@sbcglobal.net-Website: www: stjohnpryor.org

Crossword #AC339R7H

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Across

- 1. "____ Street Journal"
- 5. Pentateuch bk.
- 9. Greek hymnist
- 14. "Of wrath," in a hymn
- 15. Transcont. bridge
- 16. ___ in the neck
- 17. Brine
- 19. Big name in boy bands
- 20. Come into conflict
- Movie judge played by Stallone
- 23. Blast
- 25. Helps out
- 30. Lindbergh flew over it to Paris
- 33. Big fuss
- 35. Stable youngster
- 36. Fury
- 37. Baby doll's cry
- 39. Like ____ in the face (insulting)
- 42. "____ a Putty Tat" (Tweety cartoon short)
- 43. African virus

- 45. Nagy of Hungary
- 47. Spanish queen, 1906-31
- 48. Omnipotence
- 52. World Series team manager of 1977,
- 1978, 1981 and 1988
- 53. "Hot enough ____ you?"
- 54. "Of thee" follower
- 57. Prepare to pray
- 61. Getting an A+ on
- 65. It contains 64 parishes
- 67. FBI head Louis J.
- 68. Holds title to
- 69. Those, to José
- 70. Title character in a Sacha Baron

Cohen mockumentary

- 71. Declaim violently
- 72. Network: Abbr.

Down

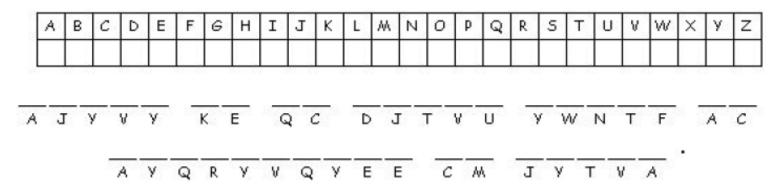
- 1. Minn. neighbor
- 2. Asia's ____ Sea
- 3. Refrain parts
- 4. "Hurry up!"
- 5. 24 horas
- 6. Founded, on town signs (abbr.)
- 7. German kid on "The Simpsons"
- 8. It may end with "or else!"
- 9. Wood shop tool
- 10. Abbr. word after black or covert
- 11. Spring month
- 12. "Ich bin Berliner"
- 13. GOP leadership org.
- 18. Quay
- 22. Internet access option, for short
- 24. Ancient Greek meeting spot
- 26. Crucifix inscription
- 27. Declarant
- 28. Mythical giant
- 29. Inverted "e"
- 30. What a rolling stone gathers
- 31. Experiences
- 32. Jane Curtin title role
- 33. Sit down to ___
- 34. "Yabba ___ doo"
- Saag ____ (Indian potato and spinach dish)
- 40. Current unit
- 41. Faculty figure, briefly
- 44. O.K., informally
- 46. "Return of the Jedi" creatures
- 49. Formal "you", in Mexico (abbr.)
- 50. Gown adjuster
- 51. Banks and Pyle
- 55. "Is ____ good time?"
- 56. Actor Moses
- 58. A piece of cake
- 59. Seth's famous son
- 60. Stand the test of time
- 61. Fliers' mil. post
- 62. Bos. neighbor
- 63. Comparative suffix
- 64. Teachers' gp.
- 66. German form of "to be"

Word Search Puzzle

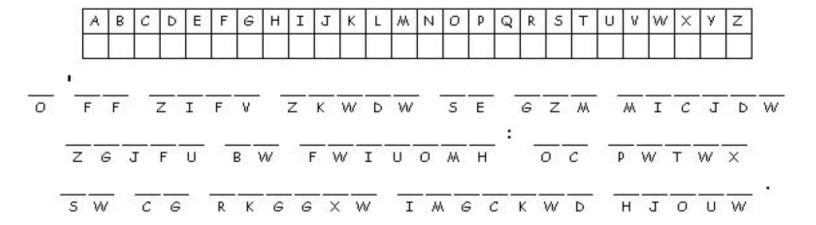
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CryptoQuote Puzzles

Title: Tenderness and Charm From: Jane Austen



Title: Our nature is our guide From: Emily Bronte



Title: The best of us From: Charles Dickens

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Simply, Kindness With No Expectation

A few years ago, I was circling the block to find a parking space so I could get a cup of coffee. A woman walking by flagged me down and said she would go in and get me the coffee if I gave her my order. While she was inside, a spot opened up and I was waiting by my car when she exited. I thanked her when she came out and went to hand her money. She said the coffee was on her. She went on to explain that she had metastatic cancer and with the time she had left, she wanted to do as many good deeds as possible. I shared with her that I was a cancer survivor and the two of us — complete strangers — shared a hug and some tears. She asked me to pay it forward as often as possible, and ever since that day I make sure to do random acts of kindness for others as often as I can. —Sara Marsi, Providence, Rhode Island

It was in a restaurant in downtown Chicago in the midsixties. I was sitting across from a table of ten or twelve soldiers. When they headed to pay their bill, they were told that a guest had already paid and wanted to be anonymous. The soldiers look around the restaurant searching for the benefactor and said, "Whoever you are, thank you." They were the ones who deserved the thanks. I've never forgotten that moment of grace. Made me aware of the impact of acts of kindness with no need for recognition. —**Mike Grunsten, Chicago**

About 20 years ago, a man named John drove me home from the train station in the middle of the night. I had fallen asleep and missed my stop and landed up two towns down the line. This was before Uber and there were no taxis available. My husband was asleep so he didn't pick up. I was all alone, shivering in the cold, and John asked me if I needed a ride. Naturally, I was hesitant but I surmised quickly that if he were a serial killer, stumbling onto me, his next victim, was an unusual stroke of luck. He drove out of the way for me, dropped me off, made sure I got into my car at the station safely and refused gas money. I will always be grateful to him and think of him every now and again. —Peggy Buck, Wheaton, Illinois

We were very poor growing up and couldn't afford very many special outings. We were out somewhere when I was about 7 or so and there was a makeshift ice skating rink there. Growing up in New Zealand, we don't get ice and snow so this was the first time I'd ever seen anything like that. I thought it was amazing. I knew there was no point in asking my parents if I could go skating as we just wouldn't be able to afford it, so I just watched longingly from the side at people having fun. The man running the rink must of felt sorry for me

or something and asked if I wanted a go. I said I couldn't as I didn't have any money, but he said it was OK. I had so much fun ice skating for the first time and have never forgotten that kind man or the chance to experience something new and exciting. —Shelene Crane, Auckland, New Zealand

I had recently moved to Boston from Florida. I take the commuter rail into the city, and one stormy winter's day the train was delayed for hours. People were cold, wet, tired and grumpy. When I finally made it to my car, well after dark, I found it covered with snow and blocked by a two-and-a-half-foot wall of snow from a plow. Without a shovel and feeling frustrated and tearyeved, I searched my car for a makeshift tool. I had to resort to using my hands to clear the snow. We New Englanders have a reputation of being "cold" and I dreaded asking someone to lend me something, further delaying their journey home. After making a couple of passes with my arms and hands to clear the snow off my car, I looked up to see a fellow commuter not only shoveling my car out, but offering me his snow brush to clear off my windows. I couldn't thank that man enough! We made fairly quick work of digging my car out and we both went our separate ways. On my way home, I cried like a baby from happiness and the unexpected kindness bestowed upon me. —L. Lou Dan, **Boston**

I was pregnant at my job, a high-volume, low-cost vet clinic. I worked in surgery, eventually couldn't do the physical labor, and my job's HR department refused to help find me placement or help accommodate me. They effectively let me go, and not having protection or means (my husband stayed home to care for our special needs daughter), I applied for unemployment. They actually FOUGHT me on it and I was so fortunate to have a compassionate case worker to help with my claim. The second time around, my assessor listened to me bawling, pregnant and scared trying to figure stuff out. A week after I spoke to that woman, I received an anonymous check for \$200 to help with groceries. I don't know her name but that woman saved us. If you're reading this, know you fed my family, helped take some bills off our plate and made a lasting impression for life. —Teresa Banks, Chicago

After hiking to an obscure waterfall for a few hours of our weeklong backpacking vacation, we returned to our car to find that it had been broken into, belongings gone. We had our plane tickets, ID, and the keys to the car. No cash, no clothes, no wallets. We drove to the nearest town and asked if there was a police station where we could report the theft. The officer on duty was a native Hawaiian woman who was very sympathetic, took our information and then invited us to have

dinner with her. At the end of her shift, she took us to her own home and we were welcomed as precious guests by her large family. They insisted that we stay the night with them. The next morning, our angel police officer took us to the office of a local lawyer who managed an emergency fund for locals fallen on hard times. He suggested we borrow some money from this fund to get us home and pay it back when we could. After filling out some paperwork, we had enough cash to survive and an invitation to have lunch with the lawyer. This experience, which could have been a disaster for us, ended up being the highlight of the trip, and I will never forget the kindness and generosity of this small community. —Carolyn Reynolds, Maui, Hawaii

I was the recipient of a kidney from an altruistic donor, an event that significantly changed my life. Because of my age at 74, I had not considered that a transplant would be an option for me. Candy, my altruistic donor, and I met in pre-op on the morning of the surgery, and only then did we discover that we are both educators. She was a third grade teacher and former teacher of the year, and I was a teacher in North Carolina. My daughter, Jennifer, had not hesitated to offer one of her kidneys, but we were not a match. Jennifer was determined to "pay it forward," and just four-and-a-half weeks after my transplant, she had her surgery. The recipient of her kidney was a 35-year-old man in Columbus, Ohio, who had been waiting for a kidney for five years. —Sharon Dole, Augusta, Georgia

Inspiring Tales of Homeless People Teaching Humanity How to Be Human

Chuck and Ron. A Homeless Man Changes Tires for Strangers and a Formerly Homeless Man Now Gives Back to the Community.

A small café in Utah became the talk of the town on Facebook when a picture capturing a homeless man changing a strangers' tire went viral. The man in the photo, whose name is Chuck, is often seen sleeping in the grass of a local park in nearby Ogden. While his childhood was a traumatic experience that included molestation and jail time served at the tender age of 7, Chuck has been working his way through the pain and finding peace in the quaint Utah café called Jessie Jean's where he regularly cleans floors, helps customers, and performs random acts of kindness.

When asked in an interview what makes the café such a special place, Chuck began to tear up.

As it turns out, Ron Davidson, co-owner of Jessie Jean's

is formerly homeless himself. After enduring the unsheltered homeless experience for more than two years, Ron decided to dedicate his life and his business to helping fellow homeless people and the community at large. Behind his cozy kitchen brimming with Italian cream soda and house-made bread pudding, there lies a message of acceptance, and a mission to bring forth positive change. Here in Ogden, two homeless stories collide and the end result is a positive atmosphere for all who venture by.

Jay. A Homeless Man with a Heart of Gold Turns a Social Experiment into an Unexpectedly Inspirational Moment.

When multimedia influencer Waqas Shah set out to conduct a social experiment regarding what a homeless man's reaction would be to finding a wallet full of wads of cash, he probably did not expect to meet Jay, a generous man living homeless with his pregnant wife. Upon discovering the wallet, Jay made every effort to return it, along with the \$2,000 cash inside, to its rightful owner. With zero knowledge that the cameras were rolling, Jay called after Waqas and alerted him to the fact that he had dropped his wallet.

Waqas Shah turned back and questioned Jay, "Are you homeless?" and Jay responded with an affirmative nod.

Moved by Jay's noble act of honesty, Waqas Shah offered him a cash reward. At this point, the story was already one to pull tightly at the heartstrings. But that was only the beginning. Jay followed up his act of honesty with one of kindness and generosity when he decided to spend his reward money buying food for fellow homeless people. To the pleasant surprise of the hundreds of thousands of viewers who watched and shared the video online, Jay's reasoning behind his selfless acts was simple.

"Giving back is what you do," he explained.

Giving back is something all of us should be thinking about; particularly when we see our neighbors living without the security of their own homes. Remember that the person most likely to give you the shirt right off their own back is often the person who is walking around with no shirt right now.

Kindness is not synonymous with wealth. In fact, poverty and loss can create unparalleled empathy and a kind of selflessness that only comes with experiencing hardship.

It's Actually Really Expensive Being Homeless

Today I noticed something that really stunned me. I spend significantly less money now that I am housed. In fact, I spend even less money today than I ever did. While I learned survival skills through my homeless experience, which was a big part of it, I'm certain that the biggest contributor is simply a roof over my head. The fact of the matter is: it's actually really expensive not having a home. It's really expensive being poor. It's even more expensive being homeless.

While I was homeless, I spent more money simply trying to survive than at any other time in my life. As my money and resources drained, my options drained, too. Lack of resources and lack of choices forces you to settle ... not for what's most affordable, or what's the best value, but instead, for what's available. Although I was poor and on the verge of homelessness for a long time, homelessness further removed me from the ability to choose anything. In fact, the threat of homelessness, the threat of no longer having a choice, further perpetuated my own poverty, my own homelessness.

Poverty Is a Monster

That's how it looks to me – a monster too big, too great, too powerful for me to fight alone. I can't take out this monster by myself. I'm not lucky enough. The cards are stacked against me. A lot of the time, I feel it growling, breathing down my neck. That's what being poor feels like. And, believe it or not, neither the trend of minimalism nor "not spending more than you earn" is going to get rid of that monster.

Not to mention, you can't save money you don't have either. If you're a paycheck away from the streets, you're probably not able to save money. You probably don't earn a living wage to begin with. You probably don't have cable to cut, or a contract cellular plan to ditch. There are no electronics laying around to pawn. You probably don't own a car you can sell. Perhaps you don't even take the bus to work. Perhaps you walk several miles there and back.

When I made my way to El Camino, a family shelter in Jamaica, Queens, I was told I could not bring outside food into the shelter.

Although we didn't have a refrigerator, we did have a big, spacious locker. With that said, I eventually sneaked in some bread and peanut butter, powdered milk, cornflakes, instant mashed potatoes, and tea bags. If I let the faucet in the tub run for a while, the water would get hot enough to brew some tea and nearly cook the pouch of flaked potato starch.

After getting the worse-case of food poisoning in my life within the first week, I avoided the cafeteria at all costs. Under-cooked meals and bruised, rotten fruit wasn't worth vomiting uncontrollably over for three days.

I had no choice but to survive off of the iconic New York City dollar slice of street cart pizza. Of course, this was after I burned through my food stamps buying deli sandwiches at the only grocery store within walking distance from the shelter. This was also before I learned the instant mashed potatoes and tub water trick. Eventually, I spent a lot of time browsing the aisles of Dollar Tree.

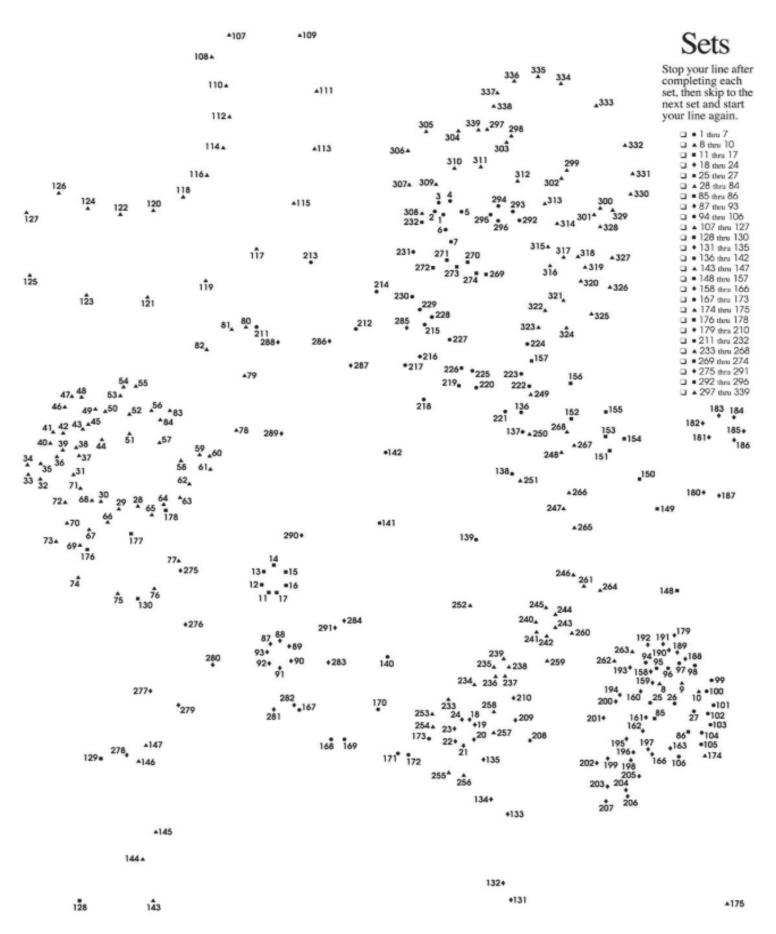
It's strange to remember how I felt then: Stuck, like I had no authority, no control over the circumstances of my life. It's a weird feeling to be restricted in such a way, where the rules prevent you from helping yourself. In some cases, they further perpetuate your situation. Quite literally too! Because to not follow those rules of the shelter means to lose the very little you've managed to hold on to (including the roof). It's not a pleasant feeling to choose between survival and survival with both options being kinda sucky.

Today, I'm glad to say I'm doing better.

Finally, I can take advantage of grocery delivery services, coupons, and buying in bulk. I could technically go to Costco, assuming I can get a friend to drive me there and back. When they go on sale, I can fill my pantry with basic goods such as sugar, flour, or rice. I can do this, not only because I now have the financial power to do so, but also because I have the space and opportunity.



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





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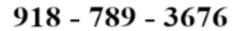
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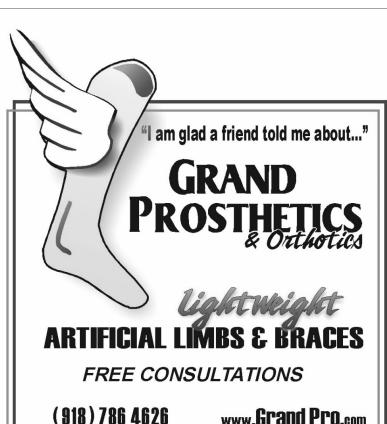
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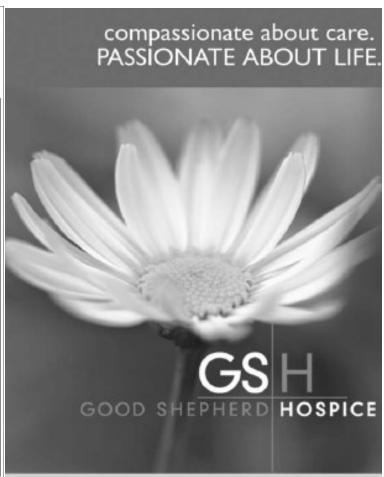
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CryptoQuote Puzzles Solution

Title: Tenderness and Charm From: Jane Austen

There is no charm equal to tenderness of heart.

Title: Our nature is our guide From: Emily Bronte

I'll walk where my own nature would be leading: It vexes me to choose another guide.

Title: The best of us From: Charles Dickens

Do the wise thing and the kind thing too, and make the best of us and not the worst.



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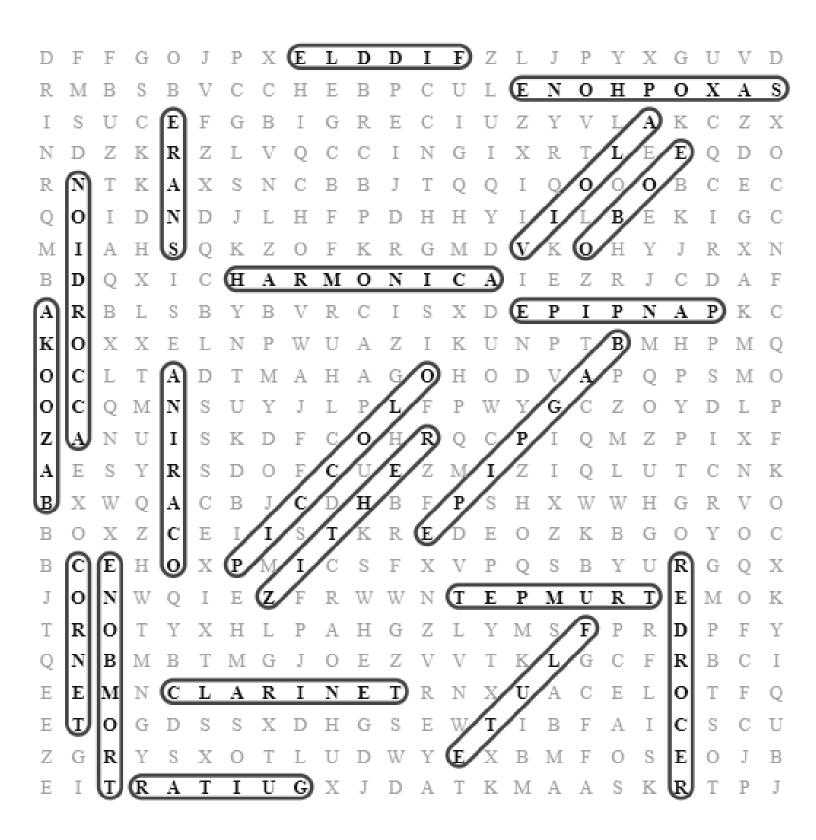


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Word Search Puzzle Solution





Sudoku Puzzle Easy Solution

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

Sudoku Puzzle Moderate Solution

	2	4	9	5	1	6	3	7	8
	3	7	8	9	4	2	6	1	5
	6	5	1	3	7	8	2	9	4
	8	3	7	6	5	9	1	4	2
	9	2	4	7	3	1	8	5	6
	5	1	6	8	2	4	7	3	9
	4	6	3	2	9	7	5	8	1
	7	9	2	1	8	5	4	6	3
36	1	8	5	4	6	3	9	2	7

Crossword Puzzle Solution

¹ W	² A	3 L	⁴ L		D	⁶ E	⁷ U	8 T		θН	10 O	11 M	12 E	13 R
14 	R	Α	Ε		15	S	Т	Н		16 A	Р	Α	ı	N
17 S	Α	L	Т	18 W	Α	Т	Ε	R		¹⁹ Z	S	Υ	N	С
20 C	L	Α	S	Н		²¹ D	R	Ε	²² D	D				
			23 G	Α	²⁴ S			²⁵	S	S	26	27 S	28 T	29 S
		30 N	0	R	T	31 H	32 A	Т	L	Α	N	Т	ı	С
33 A	34 D	0		₃₅ F	0	Α	L			» ا	R	Α	T	Н
37 M	Α	M	³⁸ A		₃ 4	S	L	⁴⁰	41 P		42	Т	Α	w
43 E	В	0	L	44 A			45	М	R	46 E		⁴⁷ E	N	Α
48 A	В	S	0	L	⊕	50 T	Е	Р	0	W	⁵¹ E	R		
52 L	Α	S	0	R	D	Α			53 F	0	R			
				54	S	_	55 N	56 G		⁵⁷ K	N	⁵⁸ E	59 E	60 L
61 A	62 C	63	64 N	G		65 L	0	J	66	S	I	Α	N	Α
67 F	R	Е	E	Н		ွဝ	W	N	S		_® E	S	0	S
70 B	0	R	Α	T		71 R	Α	N	Т		72 S	Υ	s	T

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