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"The Little Green Paper"

June 05, 2020

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NATIONAL BOONE DAY June 7



National Boone Day

www.NationalDayCalendar.com

June 7

#NationalBooneDay



National Boone Day, observed each year on June 7, commemorates the day frontiersman Daniel Boone (November 2, 1734 – September 26, 1820) first began exploring the valleys and forests of the present day Bluegrass State of Kentucky on June 7, 1769. Boone founded the village of Boonesborough, Kentucky which is one of the first American settlements west of the Appalachians.

Daniel Boone, an American pioneer, explorer, and frontiersman, was born on November 2, 1734. His frontier exploits made him one of United States first folk heroes. By the end of the 18th century, following the route marked by Boone, more than 200,000 European people had migrated to Kentucky/Virginia.

Daniel Boone married Rebecca Bryan on August 14, 1756. They lived in a cabin on his father's farm and had ten

children. He supported his family as a market hunter, collecting pelts for the fur trade.

During the Revolutionary War, Boone was a militia officer and in 1778 was captured by the Shawnee warriors who adopted him into their tribe. He later left the Indians, returning to Boonesborough to help defend the European settlements in Kentucky/Virginia.

Following the war, Daniel Boone emigrated to eastern Missouri where he spent most of the last two decades of his life. Boone died of natural causes on September 26, 1820, at the age of 85. His last words were, "I'm going now, my time has come."

Many places in the United States are named after Daniel Boone including the Daniel Boone National Forest, the Sheltopee Trace Trail, the town of

Boone, North Carolina, and seven different counties. Schools are also named after Boone, including locations in Pennsylvania, Tennessee, and Chicago.

A legend in his lifetime, Boone remains an iconic figure in American history.

HOW TO OBSERVE

How much do you know about Daniel Boone? Is it folklore or historical fact? Explore the history books, museums and historical sites in the places he lived and on the trails he blazed to find out. Use #NationalBooneDay to share on social media.

HISTORY

The Kentucky Historical Society founded Boone Day over 140 years ago and the day is still going strong.

DATA MASTER: Breanna McDowell

NATIONAL GARDENING EXERCISE DAY – June 6



National Gardening Exercise Day is observed each year on June 6 and encourages us to maximize the benefits we reap from gardening by adding some stretches and a few extra steps or squats.

Gardening on its own is therapeutic, builds muscles and burns calories. Some of the gardening activities that are excellent for working your muscles and for burning calories include weeding, digging, spading, planting, pruning, mowing, raking, and walking.

Many of us do not realize the amount of healthy exercise that we can get while working outside in the garden. It involves a lot of walking back and forth as well as bending up and down along with other things. Being out in the fresh air and sunshine are also an added benefit. Incorporating stretching into a gardening routine

may help to prevent injury, much like it does for any athletic endeavor. Adding those squats will contribute to building or maintaining muscle, and extra steps may make gardening more aerobic if it increases the heart rate. Gardening and exercise are excellent stress relievers, too!

Other suggestions to get the most exercise out of your gardening:

Start slowly. Just like any new workout program, small steps.

Use the right and left hands equally. When raking or shoveling, switch hands every 5-10 minutes to give each side a good workout.

Make sure to breathe. Deep, cleansing breaths bring oxygen to those working muscles.

Lift with your legs! When lifting, bend your knees. Don't lift with your back.

Drink plenty of water.

Enjoy your garden. Visit it often!

HOW TO OBSERVE

Pull those weeds, plant some seeds and get your muscles moving! Your garden will look great, and you will feel fantastic, too! Show us how you celebrate by using #GardeningExerciseDay on social media.

HISTORY

Within our research, we were unable to find the origin of National Gardening Exercise Day.

DATA MASTER: Trinity Terry



FIRST DAY OF RETIREMENT

My mother was browsing in a store when a saleswoman offered assistance. Mom admitted she didn't have anything particular in mind, and the pair started chatting. The woman quickly learned that Mom was retired. Interested, she confessed that she, too, was considering retirement. Mom immediately started telling her how much she liked no longer working and how the saleswoman would enjoy it too. Finally, convinced by Mom's enthusiasm, she asked, "How long have you been retired?" Mom said, "This is my first day."

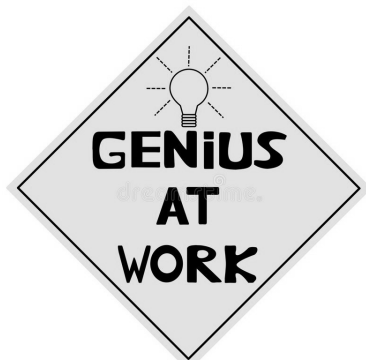
DATA MASTER: Doug WM Stone



MEET THE GENIUS

We Uber drivers never know whom we're going to end up with as a passenger. One day, I was driving over a new bridge, the design of which was very confusing. Completely confounded, I muttered, "I'd love to meet the genius who designed this mess." With that, my passenger extended his hand in my direction and said, "Well, today is your lucky day. My name is Mike, I work for the county engineer's office, and I'm the genius who designed this!" Surprisingly, he still gave me a tip.

DATA MASTER: Doug WM Stone



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Walk-In Customer Leaves Hairstylist \$2,500 Tip And \$3,300 For Staff

A hairstylist was left in tears after a customer tipped her \$2,500 before leaving another \$3,300 for salon staff who were just returning to work after closure due to the coronavirus pandemic.



Ilisia Novotny wasn't even supposed to work on Saturday, the first day Floyd's 99 barbershop at the University of Denver was allowed to reopen after Denver's stay-at-home order.

At the end of the busy day, she got a walk-in customer who had just moved to Denver from Chicago.

After his cut, he walked out of the barbershop, looked back at Ilisia and said, "Just so you know, it's not a mistake."

Ilisia was confused by what the man meant before her coworkers rushed over and informed her that the stranger had left a \$2,500 tip.

"I cried," Ilisia told The Denver Post. "I'm a single mother. It's been rough the last few months not knowing what's going to happen, not knowing when we might reopen so I could go back to work."

In addition to the large tip, the anonymous client also left \$500 for the receptionist and another \$1,000 for the general manager. He also left another \$1,800 for the rest of the employees.

In total, he gave \$5,800.

Ilisia said Saturday's tip allowed her to pay June's rent in advance. Money was tight during the two months away from work, and she had to work out deals with

her landlord and utility company so she could keep the lights on.

Now, things are looking up.

"Coming back and having clients, even people you don't know, show so much love, it felt great," Ilisia said.

DATA MASTER: Nikki Hamilton

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NATIONAL OKLAHOMA DAY



National Oklahoma Day on June 7 recognizes the 46th state to be granted statehood.

The panhandled state of Oklahoma is a dotted series of granite mountain peaks, sloping sandstone ridges, rolling hills, and plains. In 1803, the land became part of the United States through the Louisiana Purchase.

Across the state, significant sites record the result of the Indian Removal Act of 1830. The Trail of Tears National Historic Trail crosses nine states and describes the brutal impact on the lives of Cherokees, Chickasaws, Choctaws, Creeks, and Seminoles.

In 1889, several counties in Oklahoma became open to settlement by Land Run. Settlers could claim quarter sections of land only after a specific time (usually noon) on a set date. Some eager settlers would cross the boundary into the county seeking their preferred quarter section sooner than the stroke of noon, earning them (and the state) the nickname “Sooners.”

From the Arkansas River to the Neosho River, Oklahoma has scenic views, lakes and mountain trails. Put on your hiking boots and make some trail mix for an afternoon adventure. After a good hike, take in Route 66 for a drive and maybe pick up some barbecue or something fried. Oklahomans seem to have cornered the market on nearly everything fried. To mention a few, we came across fried okra and lamb balls and catfish. For something fresh, don't forget the state fruit. Strawberries!

HOW TO OBSERVE

Join National Day Calendar as we celebrate National Oklahoma Day. We'll take a drive out on the open highway, and work up an appetite. Discover the best eateries in the state and explore the history that goes with them. Find adventure in The Sooner State and use

#NationalOklahomaDay to share on social media.

Will Rogers - Humorist/Actor - (November 4, 1879 - August 15, 1935)

Will Rogers cowboy humor found its way into his performances and writing throughout his career. Into his wit, Will wove a logic that rang true with the working class and rural populations.

Jim Thorpe - Athlete - (May 28, 1887 - March 28, 1953)

All around athlete and Olympian, Jim Thorpe competed in 15 events during the 1912 Summer Olympics in Stockholm, Sweden. He became the first Native American to earn an Olympic gold medal when he took first place in both the pentathlon and decathlon. Thorpe also made a solid showing in the other 13 events. However, Thorpe was stripped of his medals after the International Olympic Committee learned he had played minor-league baseball violating the amateurism rule.

Thorpe would go on to play professional football and professional basketball proving once again that his abilities stretch from field to court and beyond.

In October 1982, the IOC added James Thorpe's name to the list of 1912 crowned Olympic champions and delivered two replica medals to his family. However, the IOC noted that the official report of the games would not be modified.

Clarence Nash - Voice Actor - (December 7, 1904 - February 20, 1985)

Clarence Nash voiced the lovable sputterings of Donald Duck and his nephews. He worked in the world of Disney for 50 years.

Karl Guthe Jansky - Physicist - (October 22, 1905 - February 14, 1950)

On a clear night far from the city lights, the Milky Way Galaxy can be easily identified. Deep within its center, Karl Jansky discovered radio waves emanating from the constellation Sagittarius. It was Jansky's discovery that launched radio astronomy as a new science.

Woody Guthrie - Singer Songwriter - (July 14, 1912 - October 3, 1967)

Woody Guthrie's folk music spoke to the working public. From his anthems to his poetic lullabies, Guthrie spoke sung openly of the human condition or softly of its sweetest moments.

Ralph Ellison - Author - (March 1, 1914 - April 16, 1994)

Author of *Juneteenth* and *Invisible Man*, Ralph Ellison also wrote two collections of essays. *The Invisible*

Man earned Ellison the National Book Award and became a national bestseller.

Sam Walton - Businessman - (March 29, 1918 - April 5, 1992)

Founder of Walm-Mart stores, Sam Walton challenged the retail world with his discount pricing.

Paul Harvey - Broadcaster - (September 4, 1918 - February 28, 2009)

Over the radio, Paul Harvey's voice told The Rest of the Story for 33 years. He was a nuanced storyteller whose commentary, humor and news made for an enlightening part of millions of American's day, but he also authored several books appeared on television and news shows.

Naomi Parker Fraley - Waitress/xxx -(August 26, 1921 - January 20, 2018)

Naomi Parker Fraley's chance photograph taken by J. Howard Miller in 1942 became the iconic image millions are familiar with today as "Rosie the Riveter." It just took nearly 74 years to prove it. For years, another woman was identified as the inspiration for the "We Can Do It!" posters produced by Westinghouse Electric.

Maria Tallchief - Ballerina - (January 24, 1925 - April 11, 2013)

The highly honored prima ballerina, Maria Tallchief, became the first Native American women to study ballet. Tallchief excelled in her career and together with her sister would found Chicago City Ballet.

Mickey Mantle - Baseball player - (October 20, 1931 - August 13, 1995)

First baseman, Mickey Mantle wow the fans for his entire 18 years in pinstripes. The New York Yankee earned seven World Series Championships and three American League MVPs titles. Mantle was the AL home run leader for four seasons, chasing Babe Ruth's record of 61 home runs alongside teammate Roger Maris. Mantel would never break the record.

Darla Hood - Actress - (November 8, 1931 - June 13, 1979)

Darla Hood played little rascal, Darla, in the popular Our Gang series which began in 1935.

Chuck Norris - Martial Artist - (March 10, 1940 -)

Chuck Norris doesn't #Celebrate Every Day. Every day celebrates Chuck Norris.

Wilma Mankiller - Cherokee Leader - (November 18, 1945 - April 6, 2010)

Wilma Mankiller became the first woman to lead the Cherokee Nation as their chief. As an advocate during

her tenure, she improved access to healthcare, education, and housing. As a result, membership increased.

Johnny Bench - Baseball player - (December 7, 1947 -)

Catcher, Johnny Bench, played 16 seasons for the Cincinnati Reds. The Hall of Famer earned two World Series Championships, World Series MVP in 1976, and two National League MVPs during his career. He was a 14-time All-Star and a 10-time Golden Glove recipient.

Ron Howard - Actor/Director - (March 1, 1954 -)

Ron Howard, known for his many roles in his youth from The Andy Griffith Show, American Graffiti and Happy Days, now makes a name for himself as a filmmaker. For decades he's been producing thought-provoking and entertaining movies for all ages and earning recognition for his work.

Reba McEntire - Singer - (March 28, 1955 -)

Country music singer, Reba McEntire, also produces music and stars in television sitcom Malibu Country.

Anita Hill - Attorney - (July 30, 1956 -)

Attorney, Anita Hill, is most known for her testimony during Justice Clarence Thomas's Supreme Court nomination hearing. While Thomas was appointed to the Supreme Court, Hill's testimony shined a spotlight on workplace behavior.

Garth Brooks - Singer-Songwriter -(February 7, 1962 -)

Garth Brooks is the country music artist with Friends in Low Places and the man who put country music back on the map. He retooled the sound, the look, and the concerts, then stepped away and handed over the reins, albeit temporarily, to the next generation.

DATA MASTER: Trinity Terry



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Anna Rose Becomes The First Person With Down Syndrome To Graduate From Rowan University

Rowan University is celebrating its first graduate who has Down syndrome.



Anna Rose Rubright is a member of Rowan University's Class of 2020. She is the college's first graduate who has Down syndrome.

Anna Rose graduated with a Bachelor of Arts in radio, television and film and a minor in journalism with a 3.426 GPA.

Anna Rose's mother, Lin Rubright, said "when she decides to do something, she goes all the way."

"She wanted to go to college like her friends and she wanted to make that dream a reality, so she did."

Rowan University says students like Anna Rose are held to the same standard as every other student.

"None of the courses for Anna Rose or other students with disabilities are 'watered down.' The standards are not lower," said John Woodruff, the director for the academic success center and disability resources at Rowan. "They have the same expectations to complete and pass the course."

College students with disabilities are more likely to drop out of school, and only 34 percent complete a four-year program, according to Forbes.

"There were times when I watched her frustration, I watched her struggle, and I said to her 'you have an associates degree, you can be done if you want, you've already done so much,'" Lin Rubright said. "But she just wouldn't quit."

And now that she has her degree, Anna Rose wants to be an entrepreneur. She's in the process of establishing her own production company.

DATA MASTER: Nikki Hamilton

DO IT RIGHT THE FIRST TIME

After doing some DIY projects around the house, I have a new motto: Do your best to do things right the first few times.

BIRTHDAYS TO GROW

I asked the kids in my nursery school class what they needed in order to grow up nice and strong. One little girl answered, "Birthdays!"

LADY GODIVA

When the box with my Halloween costume arrived, it was empty. I called the company and asked where my Maid Marian costume was. "We're sorry, ma'am. We'll send your costume tomorrow," the representative said. "In the meantime, feel free to keep the Lady Godiva costume you got by mistake."

LAZY AWARD

At an event famous for giving out awards in bizarre categories, the emcee enthusiastically announces, "The next prize will go to the laziest person in the audience. If you think you qualify, raise your hand." Everyone raises their hands except a middle-aged man who seems to show little interest. "Congratulations! You are the winner," says the emcee to the man. "Your prize is this \$100 bill!" Still showing no emotion, the man replies, "Would you mind coming over here and putting it in my pocket?"

IRRITATED SCALP

Suffering from an unsightly scaly rash, my friend Denise made an appointment with a dermatologist who happened to be very attractive. After a full examination, the doctor cocked his head and asked, "Denise, did you get your hair done?" "Why, yes. Thank you for noticing," said Denise, flattered. "I thought so," the doctor replied. "Because your scalp looks red and irritated."

DATA MASTER: Doug WM Stone

WORLD REEF AWARENESS DAY



World Reef Awareness Day on June 1st is a call to action for consumers, businesses, and organizations to reflect on the delicate ecosystem of our ocean's coral reefs. The day brings together the general public, influencers and opinion leaders to create active change through education and engagement.

Coral reefs are living communities of colonial organism made of individual polyps that excrete a bone-like skeleton. This skeleton forms large rock-like structures that are homes for thousands of organisms.

The health of a reef tells us a lot about the health of an ocean. Many fish and ocean animals rely on the protection of the healthy, living reef for spawning season. The reef provides more than protection; it also supplies a rich, thriving food chain. From plankton and algae to the largest sea creatures, the reef ecosystem is a significant life support system.

The benefits of a healthy reef ecosystem go far beyond the ocean:

- **essential** to the plant and fish-life
- **contribute** to a lively fishing industry
- **protect** beaches and coastlines from erosion
- **acts** as the oceans filter
- **provide** life-saving medicines and
- **possibly** the one animal on the planet capable of consuming plastic

In recent years, our most productive reefs have been in decline due to coral bleaching. For example, the Great Barrier Reef decreased by 40 percent. It's even worse along the Florida Keys and Caribbean, where decline is between 85 to 99 percent! According to Dr. Craig Downs, Executive Director of Haereticus Environmental Lab, about 90 percent of the reefs in the Caribbean have disappeared since 1980.

What causes coral reefs to die off?

- **Rising** sea temperatures
- **Industrial** pollution, plastic pollution, sewage
- **Chemical** sunscreens and
- **Unmanaged**, high-density tourism all threaten coral reefs.

One easy step we can take to protect these precious resources is by wearing non-nano zinc oxide sunscreen

According to Dr. Craig Downs, "When ingredients are uncoated and nano-size (less than 100 nanometers in diameter), they can enter the cells of invertebrates and fish and cause tissue damage, stressing all these marine organisms. Your best bet is to go for non-nano zinc oxide larger than 150 nanometers. At that point, the acute toxicity drops off, and the impact to ecosystems is mitigated"

HOW TO OBSERVE

On World Reef Day, educate yourself and spread awareness about how we can make simple choices today to save our reefs for tomorrow.

Enter the World Reef Day sweepstakes to win a trip for 4 to Hawaii with reef-focused experiences – sweepstakes ends 6/2/19 at 11:59 pm

Join the viral social campaign by posting the World Reef Day tile and suggested caption. Download the World Reef Day toolkit to get started.

Attend the World Reef Day celebration in at Duke's in Waikiki at 8 am on 6/1

Use #WorldReefDay to share on social media

For more information, visit www.worldreefday.org

WE CAN MAKE A DIFFERENCE



HISTORY

Raw Elements founded World Reef Awareness Day on June 1st to inform the world about the importance of our reefs and how we can protect them.

The Registrar at National Day Calendar proclaimed World Reef Awareness Day to be observed on June 1 annually.

For general inquiries, please email contact@rawelementsusa.com and for media inquiries, please contact danni@rawelementsusa.com

ABOUT RAW ELEMENTS

Raw Elements USA®, a certified-natural sunscreen company that has pioneered the reef-safe movement with their non-nano zinc oxide based sunscreens, founded World Reef Awareness Day on June 1st in support of its focus on sustainability, responsibility, and education.

The day was created to inform the world about the importance of our reefs and how we can protect them. World Reef Day is the largest educational activity Raw Elements has carried out to date, and is in line with their active awareness campaigns which include partnerships Aqua-Aston Hospitality, Hawaiian Airlines, Marriott and the Shore Hotel, their sponsorship of grassroots efforts of nonprofits and environmental groups, support of the Safe Sunscreen Coalition, as well as support for research and lobbying for the Sunscreen Ban Bill in Hawaii (which was signed into law in July 2018).

The Registrar at National Day Calendar proclaimed World Reef Day to be observed on June 1 annually.

DATA MASTER: Breanna McDowell



D-Day – June 6



June 6, 1944, is known most commonly by the term D-Day. It refers to the landing of Allied forces on the beaches of Normandy, France staging one of the pivotal attacks against Germany during World War II.

World War II museums, memorials, and ceremonies will be honoring the American, British and Canadian forces who landed along the 50 mile stretch of beaches that day 75 years ago.

HOW TO OBSERVE

Use #DDay to share on social media.

HISTORY

The landing of troops on the beaches of Normandy on June 6, 1944, known around the world as D-Day, was given the name Operation Overlord. Leading up to the attack, plans of deception were carried out to mislead Germany.

The attack included more than 5,000 ships, 11,000 aircraft and landed more than 156,000 troops in Normandy. There are estimates of approximately 4,000 Allied casualties that day alone.

DATA MASTER: Trinity Terry



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New Study Reveals Dogs Also Go Through A 'Moody Teen' Phase During Puberty

Just like humans, dogs go through the same defiant stage during puberty, a new study finds.



Researchers at Newcastle University's School of Natural and Environmental Sciences have found dogs will disregard and disobey their owners during adolescence at around eight months of age.

Lucy Asher, a behavioral ethologist and lead author of the new study, said this is a very important time in a dog's life.

"This is when dogs are often rehomed because they are no longer a cute little puppy and suddenly, their owners find they are more challenging and they can no longer control them or train them," she said.

"But as with human teenage children, owners need to be aware that their dog is going through a phase and it will pass."

To see exactly how puberty changes a dog's behavior, Asher and her team monitored 70 female German shepherds, golden retrievers, and labrador retrievers being raised as potential guide dogs.

They analyzed how obedient the dogs were before adolescence, when they were around five months old, and during adolescence, when they reached eight months of age.

They found dogs were much harder to train when they

were going through puberty and more likely to ignore commands given by their owners, but not others -- mirroring the behavior of human teenagers with their parents.

Adolescent dogs that were stressed by separation from their caregiver were also increasingly disobedient to that person.

Further, dogs that weren't securely attached to their caregivers were even more willing to follow the stranger's dictates -- again, much like human teenagers.

"It's very important that owners don't punish their dogs for disobedience or start to pull away from them emotionally at this time," Asher said. "This would be likely to make any problem behaviour worse, as it does in human teens."

DATA MASTER: Nikki Hamilton

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Aquarium Month – June



National Zoo and Aquarium Month was first proclaimed in 1982 by President Ronald Regan.

DATA MASTER: Breanna McDowell

National Zoo and Aquarium Month is an excellent time to plan your trip and make a donation to favorite zoo or aquarium.

Launch into summer by visiting an aquarium or zoo near you. All around the country, parks are gearing up for visitors. They offer programs all year round regarding the wildlife they support that are education and fun.

HOW TO OBSERVE

There's more than one way to explore your zoo or aquarium.

Many zoos offer passes that are good at other wildlife parks and aquariums across the country.

Learn about vanishing habitat and conservation while visiting the wildlife parks.

Check out their rehabilitation programs and learn how zoologist and veterinarians help injured animals return to the wild.

Sponsor one of your favorite creatures! Many programs offer a way to help support the wildlife we enjoy most, especially those that are endangered.

Speaking of endangered species, learn about reduced populations and find out which ones are making comebacks.

Which zoos have nurseries? Several wildlife programs pair up to create conservative breeding programs to help create a sustainable population. Ask if your zoo participates in Species Survival Plans.

Use #ZooAndAquariumMonth

HISTORY



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STRAW UP YOUR NOSE

A few of us were discussing the perils of drinking and driving when my five-year-old granddaughter threw in her two cents. "I can see why it would be dangerous to drink and drive," she said. "The straw could go up your nose."

FULL TIME SOON

I was in a small store in a nearby town one evening. Wanting to find out when it opened the next morning, I stopped a teenage staffer on her way out and asked, "What are your hours?" Her reply: "Right now, six to nine because I'm in school. But next month it will be full-time."

GROW UP TO BE A MOTHER

My three-year-old son: I don't know what I want to be when I grow up. Me: You can be anything you want. Son: (after a few seconds) I think I'll be a mother.

IN HIS TERMS

After my beloved dog Lucky passed away, my daughter tried to explain to her four-year-old son what had happened in terms he might understand. "Remember that baby bird we found on the sidewalk the other day?" she asked. As the truth sank in, Ian grew alarmed: "Lucky fell out of a tree?"

MOM'S SIDE OF THE CAR

In his late 80s, my father-in-law went to the DMV to renew his driver's license. At one point during the road test, he approached a four-way stop, looked to his left, and cruised straight through the stop sign. "Sir! You didn't look to your right," yelled the frightened inspector. My father-in-law calmly shook his head. "That's Mom's side."

DATA MASTER: Doug WM STone



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

Bull Tries To Scratch His 'Itchy Bum' On A Pole, Causes Massive Power Outage

A bull named Ron cut power to about 800 homes in South Lanarkshire, Scotland, during an attempt to relieve his itchy bottom.



The four-year-old bull accidentally knocked a transformer off an electricity pole that he was using as a butt scratcher.

Ron miraculously managed to avoid the box as it landed in his field, and escaped an 11,000 volt shock from the tumbling cables.

But it left hundreds of homes in three nearby villages without electricity.


Farm owner Hazel Laughton said she was joined by Ron while assessing the damage.

"We were standing looking at it and the bull just sheepishly walked up to the fence. He just looked a bit stunned. I don't think he really knew what had happened," she told the BBC.

While the local energy company repaired the damage, Laughton decided to post a letter of apology on a local Facebook group on the bull's behalf.

"Our bull Ron would like to apologise to everyone in Chapelton and Strathaven for causing last night's power cut to over 700 homes!! He had a itchy bum so scratched it on the electricity pole and knocked the transformer box off! He's just happy to be alive this morning after somehow escaping 11,000 volts and a large bump on the head! Think we will rename him 'Sparky'!"

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Reaching Across Borders



I have a kindness story that is breaking and remaking my heart. Some of you may know that I have a company dedicated to spreading stories of kindness, creativity and joy called Joyfuel. I am connected to many people doing work as volunteers all over the world.

12 days ago, I was contacted by someone I know through mutual contacts, a person from Kenya (with a vetted and proven stellar track record of community servant leadership) inquiring about how to tell a story about his work for kindness and joy. In his sharing I discovered his families of seven brothers and families had not had food since March 23 because of lockdown.

For one day I was grief stricken for them. I mean, how could I, in North Carolina, possibly do anything to help feed a man and 50 people on the other side of the world?

After a dreadful sleepless night I awoke with clarity to give the money my church gives me each month as youth director, to these families. It was not a lot of money, but all that I had and I was determined to find a way to get the funds to Kenya from US (no easy task). My friend has been able to make the money go far buying corn, oil, fruit and vegetables to feed 20 adults and 30 children.

And now they have food, they have been sneaking food to others who are starving.

We have gifts flowing to support them--artwork for a raffle to thank contributors (including this beautiful piece from my friend Jess), prayers for our friends, and money gifts to continue gifting small amounts of money for feed while they endure lockdown.

Each day presents a new problem. Many more people in other countries in Africa have reached out to me asking for help. It is heartbreaking. I cannot help everyone with money but I am determined to help everyone I can with telling their stories.

We have created a new branch on the Joyfuel tree, called Joy Corps, dedicated to training people all over the world, in how to use social media to tell their stories of needs and kindnesses: Global Storytellers for Kindness.

I feel like I am living inside an active prayer.

I told my Kenyan friend that his children are my children, and my children are theirs. I told them we do this for kindness, for Ukarimu which means kindness in Swahili.

I am in very deep. I realize that if I had chosen to continue to believe that I could not help them, my days would be easier and more predictable. But now I live in the wild unknown most days, wondering how I can possibly accomplish things I intend,--listening to my heart's directive... act for love... act out of kindness. to trust if knowable actions elude me, I vow to hold my friend's hand on the other side of the world, to weep together.

I asked my friend for a list of the children in his family. So now I sit with a list of 30 names, ages and school years... wondering what on earth can we do for these children? Each night I sleep with a question and pray my dreams will give me guidance during my awake time.

Each day is filled with problems and difficulties I could never have imagined, and also thoughts, actions and ideas that are blossoming to extend love and compassion between many humans between many countries. I am grateful and baffled.

p.s. I should add, it is important to vet people asking for this kind of radical support. I have done many days due diligence with another organization to ensure the legitimacy of my friends' needs and body of work.

p.p.s. I share here to ask for your prayers. For my friends. For answers and a way to be shown to us all. I share here for the children whose names are under my pillow. I share here because I know I am not alone and this community (<https://www.kindspring.org/>) is the most creative community I know... a community for creative kindness. Thank you for holding these stories with me.

I'LL TAKE SOMETHING ELSE

My 35-year-old son and I had just finished our meal when I realized I'd left my wallet in my truck. As I headed out the door, I told the waitress what had happened. "But don't worry," I said with a grin. "I'm leaving my son for collateral." She looked at him. He winked at her. She turned back to me. "What else you got?"

SHE LOOKS LIKE YOU

Sometimes honesty isn't the best policy. A patient showed up at our medical office and asked, "You're Mary, aren't you?" I smiled. "No, sorry, I'm not." "Are you sure? You look just like someone I know named Mary." "Well, I hope she's young and skinny." "No," he said, settling into his chair. "She looks like you."

Helicopter Ride

Walter took his wife Ethel to the state fair every year, and every time he would say to her, "Ethel, you know that I'd love to go for a ride in that helicopter." But Ethel would always reply, "I know that Walter, but that helicopter ride is 50 dollars and 50 dollars is 50 dollars."

Finally, they went to the fair, and Walter said to Ethel, "Ethel, you know I'm 87 years old now. If I don't ride that helicopter this year, I may never get another chance." Once again Ethel replied, "Walter, you know that helicopter is 50 dollars and 50 dollars is 50 dollars."

This time the helicopter pilot overheard the couple's conversation and said, "Listen folks, I'll make a deal with you. I'll take both of you for a ride; if you can both stay quiet for the entire ride and not say a word I won't charge you! But if you say just one word, it's 50 dollars."

Walter and Ethel agreed and up they went in the helicopter. The pilot performed all kinds of fancy moves and tricks, but not a word was said by either Walter or Ethel.


The pilot did his death-defying tricks over and over again, but still there wasn't so much as one word said.

When they finally landed, the pilot turned to Walter and said, "Wow! I've got to hand it to you. I did every-

thing I could to get you to scream or shout out, but you didn't. I'm really impressed!"

Walter replied, "Well to be honest I almost said something when Ethel fell out but, you know, 50 dollars is 50 dollars!"

DATA MASTER: Doug WM Stone



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Home Delivery of Connection



My 16-year old daughter is amazing. She's been stuck in the house with her parents and has not gone cuckoo, nor driven us cuckoo.

She has a biology teacher that she misses terribly. She always speaks very highly of her. Yesterday, on our doorstep I found a bag of jellybeans attached to a note.


Turns out, this teacher keeps a jar of jellybeans in the class for her students. They are her "Chill Pills". The note attached to the chill pills told my daughter how much she was missed and how she hoped my daughter was doing her art and enjoying family and being able to sleep in. She thanked her for being diligent in her assignments.

The moment my daughter saw the note attached to the Chill Pills, her face broke out into a huge smile.


As a teacher myself, I fully respect this woman for taking the time to write my daughter a personal note and hand-deliver it to our doorstep. This is kindness at it's best!

DATA MASTER: Nikki Hamilton

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Up-coming Events

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

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

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

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

Food Truck Wednesdays —Every Wednesday, grab some tasty eats and gather on the grounds of Guthrie Green. During Food Truck Wednesdays, lunchtime transforms into a community-wide affair, with roaming food trucks posting up at this Tulsa park. While you dine on delicious food, be sure to enjoy the live music and fresh air. Guthrie Green 111 E Brady St Tulsa, OK 74103 Phone: 918-574-2421

Big Cabin Senior Exercise Program—Fitness program for seniors held at the Big Cabin Baptist Church gym three times a week, Monday, Wednesday and Friday, from 10 to 11 a.m.

American Legion Post 178 in Grove, OK – Bingo every Saturday evening at 6pm. Family atmosphere. Contact Lee Cathy for any questions at: 901-487-9060

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

Jun 5, 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. The Papilion is currently the only captive butterfly house in Oklahoma, with up to 26 varieties native to the southeast United States. See butterflies emerging daily in the chrysalis house, along with themed displays

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,

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

Hardship level: Moderate

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

Solutions are printed in page 36

in the teaching gardens. Border beds are full of 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: Potential visitors should check at 918-684-6303 for specific dates and times, or on the Butterfly Papilion Facebook page. The butterfly house is closed in inclement weather or if lightning is in the area. Hours 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. Address: Honor Heights Park 1513 N 48th St Muskogee, OK 74401 Phone: 918-684-6303, 918-684-6302.

Jun 6, 2020 Dewey Antique Show - Antique and collectible dealers from four states flock to Dewey for the annual Dewey Antique Show. The annual fair and show features antiques & vintage collectibles from multiple states. Enjoy shopping for antique books, quilts, glass, furniture, pottery, jewelry, western artifacts, and much more. Browse row after row of nostalgic items inside the spacious Washington County Fair Building. From mid-century modern furniture to Victorian antiques, this one-day fair caters to numerous decor eras and aesthetics. The show boasts more than 100 booths specializing in hard-to-find pieces such as authentic farmhouse primitives and Depression-era glass. Find your next treasure at the Dewey Antique Show..Hours Saturday: 8:00 am - 5:00 pm Address: Washington County Fair Building 1109 N Delaware St Dewey, OK 74029 Phone:918-333-5200, 918-876-1851

Jun 12, 2020 - Jun 14, 2020 Toes in the Grand Summer Kickoff Festival - Slow down and kick off your summer by getting on lake time during the laidback Toes in the Grand Summer Kickoff Festival. Headquartered at Wolf Creek Park in Grove, this festival promises to be the largest free Trop Rock music celebration in Oklahoma. In addition to the easy-going music, this three-day party features a fantastic variety of family-friendly activities including arts and crafts, food trucks, Thunder on Wolf Creek boat races, the American Heritage Music Festival and fiddle competition, helicopter rides, Island Fun & Games, the Tiki Man 5K and a great fireworks show - all on the shores of the gorgeous Grand Lake O' the Cherokees. Hours Friday: 8:00 am - 10:00 pm Saturday: 8:00 am - 10:00 pm Sunday: 8:00 am - 10:00 pm. Address: Wolf Creek Park 963 N 16th St Grove, OK 74344 Phone: 918-786-9079, 918-964-6867.

Jun 13, 2020 Gospel Singing & Dessert Social - Join in for an afternoon of gospel singing and picking at Shepherd's Cross, an authentic working sheep farm in Claremore. This one-day event features an open stage where you can bring a musical instrument and sing your favorite songs. Families, individuals and groups are welcome to attend this free event, which will be held in-

doors at the Tour Barn. While you're there, take an educational and interactive tour of the farm museum, sill and Bible garden. Guided tours depart every 30 minutes, and self guided tours are also available. The Shepherd's shop will also be open for guests to browse work from over 50 local crafters, as well as Amish jams, yarn and more. Visitors are welcome to pack a picnic and enjoy it on the farm, although snacks and drinks will be available for purchase. Hours: Saturday: 1:00 pm - 4:00 pm. Address: Shepherd's Cross 16792 E 450 Rd Claremore, OK 74017. Phone: 918-342-5911.

Jun 13, 2020 Webbers Falls Day Festival - Rise and shine with a pancake breakfast at 6am outside Webbers Falls First Baptist Church. After you and the family are fueled and ready to go, head to historic old town to enjoy arts, crafts, music and a variety of food vendors. Browse through artisans and crafts exhibitors from around the area. Later in the morning, watch a tractor pull, which includes a kiddy tractor pull for little ones. Entertainment will occur throughout the afternoon and evening, like recreations of the Old West and great music by local bands. With raffle drawings, contests, games and more, this day presents excitement around every corner. Bring the whole family to this event for a fun-filled day. Hours: Saturday: 9:00 am - 4:00 pm. Address: Downtown Webbers Falls Webbers Falls, OK 74470. Phone: 580-748-0561.

Jun 19, 2020 - Jun 21, 2020 Peoria Powwow - The annual Peoria Powwow in Miami is a grand festival of Native American culture and dance. This American Indian event features a wide range of contest dancing, including gourd dancing and straight dancing, as well as grass, traditional and fancy dancing. Other categories of dance will also include cloth, buckskin, jingle and fancy shawl. Come to the Peoria Powwow in Miami and join the Master of Ceremonies as he or she leads visitors throughout the festival's various events. Hours: Grand entry: Friday at 8pm. Address: 60610 E 90 Rd Miami, OK 74354. Phone:918-540-2535.

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

By Nikki Hamilton and Doug WM Stone





www.hiddenpicturepuzzles.com





Getting to know the Lutherans

OUR FATHER...

During the month of June, a day has been set aside to honor fathers. Some people have had a very positive experience with their father, while for others, their experience is more negative. Some individuals have also never known the presence of a father in their lives. The words, **Our Father**, are familiar to many Christians. They are the first words of the Lord's Prayer (Matt. 6:9, Luke 11:2), a model prayer given to believers by Jesus Christ. Because of his life, death and resurrection, we are given the very special privilege of speaking to God as our Father.

When we say "Our Father", we are talking about a very close and personal relationship. We are given special status because God calls us his own dear children. The deep and everlasting love that God has for his own was displayed when Jesus died on the cross for the forgiveness of sins.

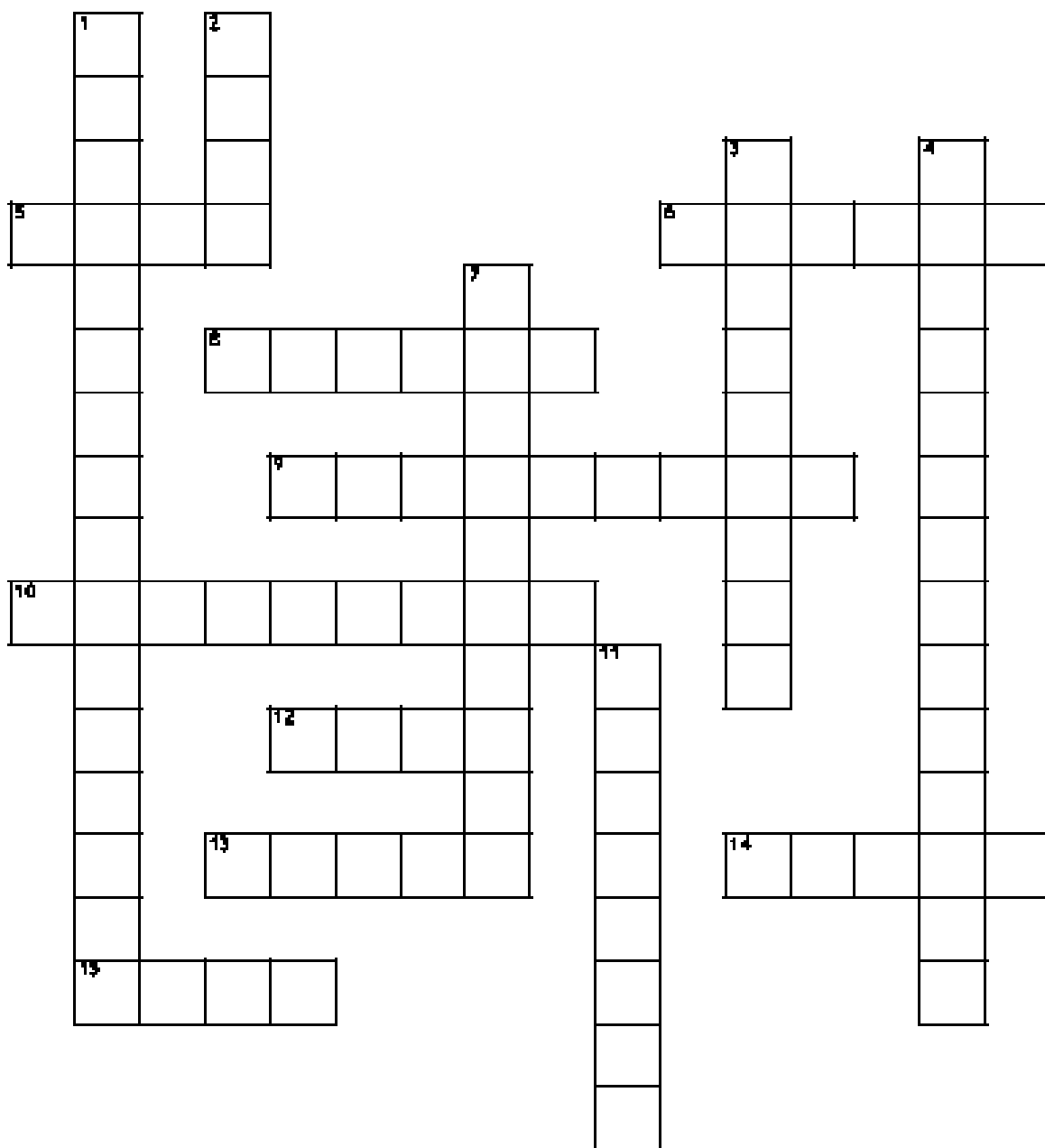
Because of all that God has done for us and gives to us in Jesus Christ, we honor our Father by giving ourselves to him in return for his goodness and mercy. In response to his unending love to us, we seek to love others around us. God, our Father, has richly blessed us so that we can be a blessing to one another.

DATA MASTER: Trinity Terry

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

*Guests are always welcome.
See you Sunday at worship.*

Crossword Puzzle



Across

- 5. Another Body of Water
- 6. What you wear on your Head
- 8. Other than Swimming, Do in Summer
- 9. Who Pool Side
- 10. Other Stuff in the Pool
- 12. After Sunset, when you have movies at
- 13. Best Food for Picnic
- 14. Name one of body of water
- 15. Another body of water

Down

- 1. Other Activities than Swimming
- 2. Stuff in Pool with
- 3. Put on before you go out in the sun
- 4. Another Sport
- 7. Other than Lifeguard Save you
- 11. What You Wear (2)

Word Search Puzzle

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

Abby Wambach Jefferson Davis Tony Curtis Dennis Weaver Donald F Duncan Sr Kenny G

John Maynard Keynes Allen Ginsberg King George V Dana Carvey Martha Washington

Andy Griffith British Troops Amphibious Assault Juno Beach US Troops Brits Ally Troops
Normandy

CryptoQuote Puzzles

Title: Anger VS Happiness **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	
F												K														

_____ **M** _____ **A** _____ **A** _____
 N D W A Q A W T K S R P E A T D P F W A F R V W T

 T D P Z D G A G S Y E T G A H D R M G D N

A _____ .
 B F X X S R A G G

Title: Personal Development **From:** Friedrich Nietzsche

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	
O																		R								

_____ **A** _____ **S** ' _____ **S** _____
 Z S O Z G S F M S U E D R J Z L F I I V R

A _____ **S** _____ **S** _____ **S** _____
 W O L D R V R R Z K E J Q D K

Title: Staying True To Yourself **From:** Andre Gide

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	
V	L																		O							

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 N O S L M O O M A O C L M P V O M Q X C A

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 E P V O W C F V A M O P V R O C L M K C B M Q

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 X C A E P V O W C F V A M R C O

By Nikki Hamilton and Doug WM Stone

Solution is on page 34

Nature Is Our Best Antiviral

Many countries are already demonstrating how we can build stronger bonds between nature, our economy, and our health. And the Seychelles' recent marine-protection initiative offers hope that if every country, no matter how small, does its part, the planet can be safer and more prosperous for all of us – just as nature promises.



WASHINGTON, DC – The Seychelles, a string of 115 verdant, rocky islands in the Indian Ocean, recently announced – in the midst of the coronavirus pandemic – that it would protect 30% of its glittering turquoise waters from commercial use.

Safeguarding some 410,000 square kilometers (158,000 square miles) of the sea will benefit wildlife on the shore and in the water, including 100,000 giant tortoises and some of the world's last pristine coral reefs. But, beyond helping such species, establishing the new Marine Protected Areas – which was made possible through an innovative debt-swap deal – will also bolster the health, wellbeing, and prosperity of the Seychellois, who number under 100,000 but cater to more than 350,000 visitors each year.

Currently hosting only a handful of tourists stranded by the pandemic, the country is under a lockdown aimed at preventing the further spread of the virus. President Danny Faure's decision to press ahead with this protection effort, even as his country deals with a public-health emergency, serves as a powerful reminder of the importance of nature to people's physical and economic wellbeing – and not just in the Seychelles.

The human, economic, and social consequences of the rapid and devastating global spread of the coronavirus will last for years to come. And with the pandemic still unfolding, the most urgent priority is to support those directly affected by the virus and its associated hardships.

But this pandemic has also provided us with unprecedented and compelling proof of how closely our fate is

linked with the health of the natural world. And right now, our relationship with nature is broken. We have cut down forests, overgrazed grasslands, built ports and roads, and expanded our cities at a rapid rate, destroying countless natural habitats. At the same time, we trade wildlife globally, moving common and endangered species alike across the world as if they were inanimate commodities.

All of this is bringing us into closer and more frequent contact with viruses that can spread from animals to people, including the COVID-19 coronavirus and dozens of other deadly and debilitating illnesses, from HIV to Ebola. Likewise, our degradation of marine ecosystems causes blooms of pathogens that can cause potentially fatal diseases such as cholera.

The good news is that far-sighted political leaders and the United Nations are already formulating nature-focused action plans that could help to stop the next pandemic before it starts. These strategies include conserving ecosystems and wilderness that are still untouched by human activity, clamping down on wildlife trade (including by educating people about the risks of consuming wildlife), and restoring and protecting significant areas of land and ocean.

The world already safeguards 15% of its land and 7% of the ocean. But, for the sake of our health and prosperity, we must do more. Indeed, there is increasing agreement among countries that we need to return half the planet to nature and use the other half responsibly, and that we should start by protecting at least 30% of it by 2030.

Both nature and people would benefit. Research shows that abundant animals, plants, insects, and microbes living in complex, mature ecosystems can limit the spread of disease from animals to people.

But natural places do much more than provide a safety net against illness. They also shield us from the destructive power of extreme weather, safeguard us from our own pollution, and supply us with food, medicine, and leisure opportunities.

The Seychellois depend on the land and sea for their incomes and food. Fishing employs 17% of the country's workforce and provides the population with a low-cost, sustainable source of protein. Tourism, which is concentrated along the Seychelles' coastlines and is driven by the country's natural beauty on land and underwater, employs some 25%.

Safeguarding 30% of the country's waters will end harmful activities within the fully protected areas while bolstering sustainable fishing around them. And keep-

ing the country's natural places pristine – including, in addition to its seas, its mangrove forests, seagrass beds, and salt marshes – can help to ensure that the Seychelles remains the natural paradise that draws responsible visitors.

When the worst of the pandemic has passed and the world embarks on the hard work of nursing its people, societies, and economies back to health, we must not overlook the need to care for nature and let nature care for us. A healthy environment is our best antiviral, and protecting more of it will help us to rebound from this pandemic and stop the next one before it starts. Many countries are already demonstrating how we can build stronger bonds between nature, our economy, and our health. And the Seychelles' recent marine-protection initiative offers hope that if every country, no matter how small, does its part, the planet can be safer and more prosperous for all of us – just as nature promises.

DATA MASTER: Nikki Hamilton

Psychic Daughter

Bill is putting his young daughter to bed one night and as he walks out the bedroom door he hears her saying her prayers. She says, “God bless mommy, daddy, and grandma, rest in peace grandpa.”

Bill rushes back into her bedroom and asks her, “Why did you say the last part?” His daughter replies, “Because I needed to.” The next day, grandpa dies of a heart attack. Bill is worried about his daughter but thinks, “It must just be a sad coincidence.”

That night he tucks his daughter into bed again and once again he hears her saying her prayers. She says, “God bless mommy and daddy, rest in peace grandma.”

Bill is now really worried and thinking to himself, “Can my daughter really see into the future?” The next day, grandma dies and now Bill is convinced his daughter can predict the future.

For the rest of the week nothing happens, but on the Sunday night as Bill leaves his daughter's bedroom he waits outside and listens for any more prayers.

Sure enough, he hears her say, “God bless you mommy, rest in peace daddy.” Now Bill is really panicking and thinking, “Oh God, I'm going to die tomorrow!”

The following day Bill is in a complete mess all day in work; a real nervous wreck. He constantly checks the clock, looks around the room and is on edge all the time

expecting to die at any moment.

He is so nervous that he doesn't leave the office until it's past midnight. Once it turns midnight he says to himself with relief, “How is this possible? I should be dead!”

He goes home and walks into the house to find his wife sitting on the sofa with a scared look on her face. She asks him, “Where have you been? What took you so long?”

Bill replies, “Listen honey, today I haven't had the best of days” and he is just about to tell her what has happened when she starts crying and bursts out, “I saw the mailman die yesterday!”

DATA MASTER: Doug WM Stone

THE STORY OF LIFE

Sometimes people come into your life and you know right away that they were meant to be there, to serve some sort of purpose, teach you a lesson, or to help



you figure out who you are or who you want to become. You never know who these people may be (possibly your roommate, neighbor, coworker, longlost friend, lover, or even a complete stranger) but when you lock eyes with them, you know at that very moment that they will affect your life in some profound way.

And sometimes things happen to you that may seem horrible, painful, and unfair at first, but in reflection you find that without overcoming those obstacles you would have never realized your potential, strength, willpower, or heart.

Everything happens for a reason. Nothing happens by chance or by means of luck. Illness, injury, love, lost moments of true greatness, and sheer stupidity all occur to test the limits of your soul. Without these small tests, whatever they may be, life would be like a smoothly paved, straight, flat road to nowhere. It would be safe and comfortable, but dull and utterly pointless.

The people you meet who affect your life, and the success and downfalls you experience help to create who you become. Even the bad experiences can be learned from. In fact, they are probably the most poignant and important ones. If someone hurts you, betrays you, or breaks your heart, forgive them, for they have helped

you learn about trust and the importance of being cautious when you open your heart. If someone loves you, love them back unconditionally, not only because they love you, but because in a way, they are teaching you to love and how to open your heart and eyes to things. Make every day count!!! Appreciate every moment and take from those moments everything that you possibly can for you may never be able to experience it again. Talk to people that you have never talked to before, and actually listen. Let yourself fall in love, break free, and set your sights high. Hold your head up because you have every right to. Tell yourself you are a great individual and believe in yourself, for if you don't believe in yourself, it will be hard for others to believe in you. You can make of your life anything you wish. Create your own life then go out and live it with absolutely no regrets.

DATA MASTER: Nikki Hamilton

AN 87 YEAR OLD COLLEGE STUDENT NAMED ROSE

The first day of school our professor introduced himself and challenged us to get to know someone we didn't already know.

I stood up to look around when a gentle hand touched my shoulder. I turned around to find a wrinkled, little old lady beaming up at me with a smile that lit up her entire being.

She said, "Hi handsome. My name is Rose. I'm eighty-seven years old. Can I give you a hug?"

I laughed and enthusiastically responded, "Of course you may!" and she gave me a giant squeeze.

"Why are you in college at such a young, innocent age?" I asked.

She jokingly replied, "I'm here to meet a rich husband, get married, and have a couple of kids..."

"No seriously," I asked. I was curious what may have motivated her to be taking on this challenge at her age. "I always dreamed of having a college education and now I'm getting one!" she told me.

After class we walked to the student union building and shared a chocolate milkshake. We became instant friends. Every day for the next three months, we would leave class together and talk nonstop. I was always mesmerized listening to this "time machine" as she shared her wisdom and experience with me.

Over the course of the year, Rose became a campus icon and she easily made friends wherever she went. She loved to dress up and she reveled in the attention bestowed upon her from the other students. She was living it up.

At the end of the semester we invited Rose to speak at our football banquet. I'll never forget what she taught us. She was

introduced and stepped up to the podium.

As she began to deliver her prepared speech, she dropped her three by five cards on the floor. Frustrated and a little embarrassed she leaned into the microphone and simply said, "I'm sorry I'm so jittery. I gave up beer for Lent and this whiskey is killing me! I'll never get my speech back in order so let me just tell you what I know."

As we laughed she cleared her throat and began, "We do not stop playing because we are old; we grow old because we stop playing. There are only four secrets to staying young, being happy, and achieving success. You have to laugh and find humor every day.

You've got to have a dream. When you lose your dreams, you die.

We have so many people walking around who are dead and don't even know it! There is a huge difference between growing older and growing up.

If you are nineteen years old and lie in bed for one full year and don't do one productive thing, you will turn twenty years old.

If I am eighty-seven years old and stay in bed for a year and never do anything I will turn eighty-eight.

Anybody can grow older. That doesn't take any talent or ability. The idea is to grow up by always finding opportunity in change.

Have no regrets.

The elderly usually don't have regrets for what we did, but rather for things we did not do. The only people who fear death are those with regrets."

She concluded her speech by courageously singing "The Rose."

She challenged each of us to study the lyrics and live them out in our daily lives.

At the year's end Rose finished the college degree she had begun all those years ago. One week after graduation Rose died peacefully in her sleep.

Over two thousand college students attended her funeral in tribute to the wonderful woman who taught by example that it's

never too late to be all you can possibly be. When you finish reading this, please send this peaceful word of advice to your friends and family, they'll really enjoy it!

These words have been passed along in loving memory of ROSE.

REMEMBER, GROWING OLDER IS MANDATORY. GROWING UP IS OPTIONAL.

We make a Living by what we get, We make a Life by what we give.

DATA MASTER: Nikki Hamilton

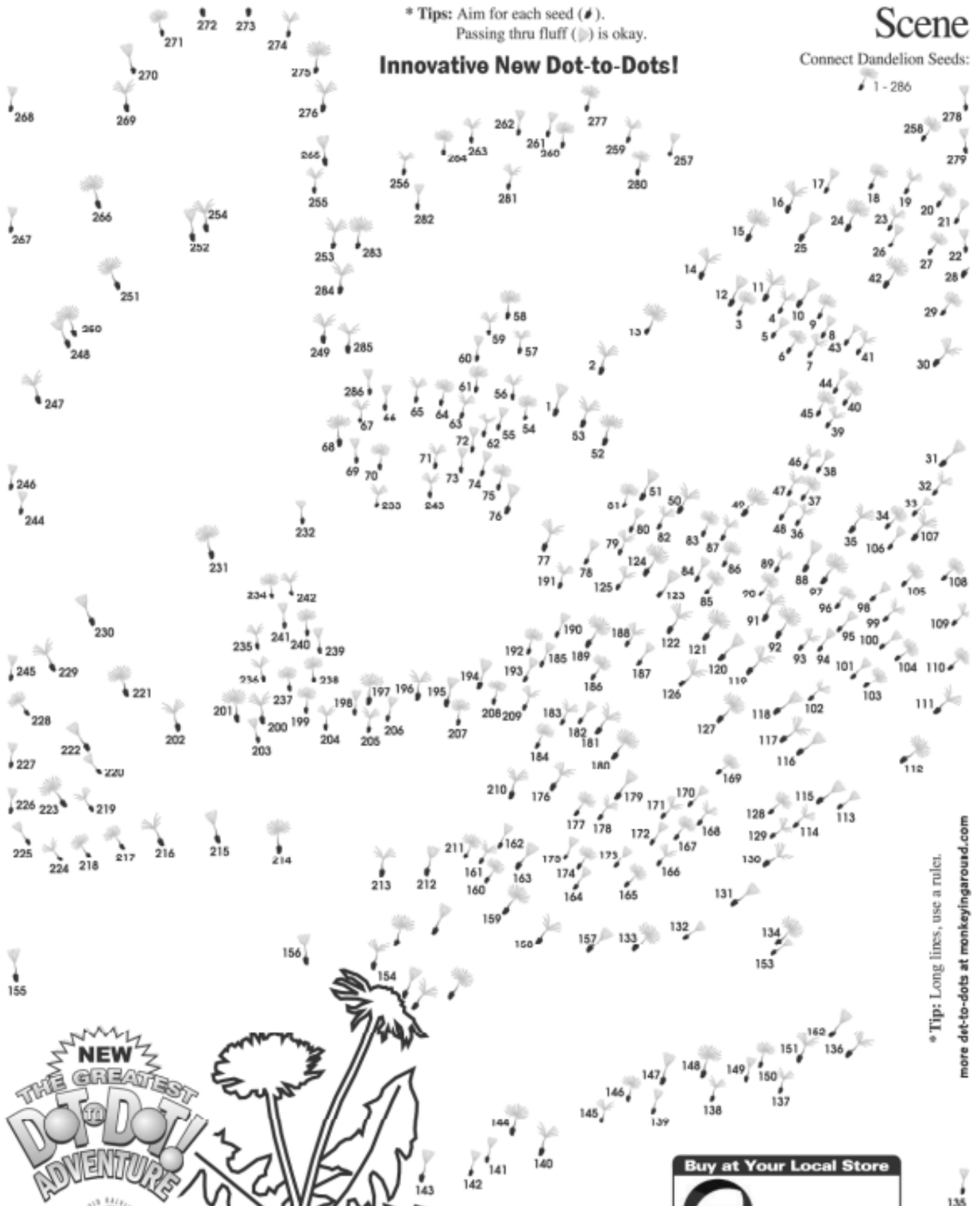
Dot To Dot Picture Puzzle (Connect dots to complete the picture)

* Tips: Aim for each seed (♣).
Passing thru fluff (☁) is okay.

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* Tip: Long lines, use a ruler!
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THE STARFISH STORY

An old man walked across the beach until he came across a young boy throwing something into the breaking waves. Upon closer inspection, the old man could see that the boy was tossing stranded starfish from the sandy beach, back into the ocean.

“What are you doing, young man?” He asked.

“If the starfish are still on the beach when the sun rises, they will die,” the boy answered.

“That is ridiculous. There are thousands of miles of beach and millions of starfish. It doesn’t matter how many you throw in; you can’t make a difference.”

“It matters to this one,” the boy said as he threw another starfish into the waves. “And it matters to this one.”

DATA MASTER: Nikki Hamilton



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CryptoQuote Puzzles Solution

Title: Anger VS Happiness **From:** Ralph Waldo Emerson

For every minute you are angry you lose sixty seconds of happiness.

Title: Personal Development **From:** Friedrich Nietzsche

That which doesn't kill us makes us stronger

Title: Staying True To Yourself **From:** Andre Gide

It's better to be hated for what you are than to be loved for what you are not.

By Nikki Hamilton and Doug WM Stone

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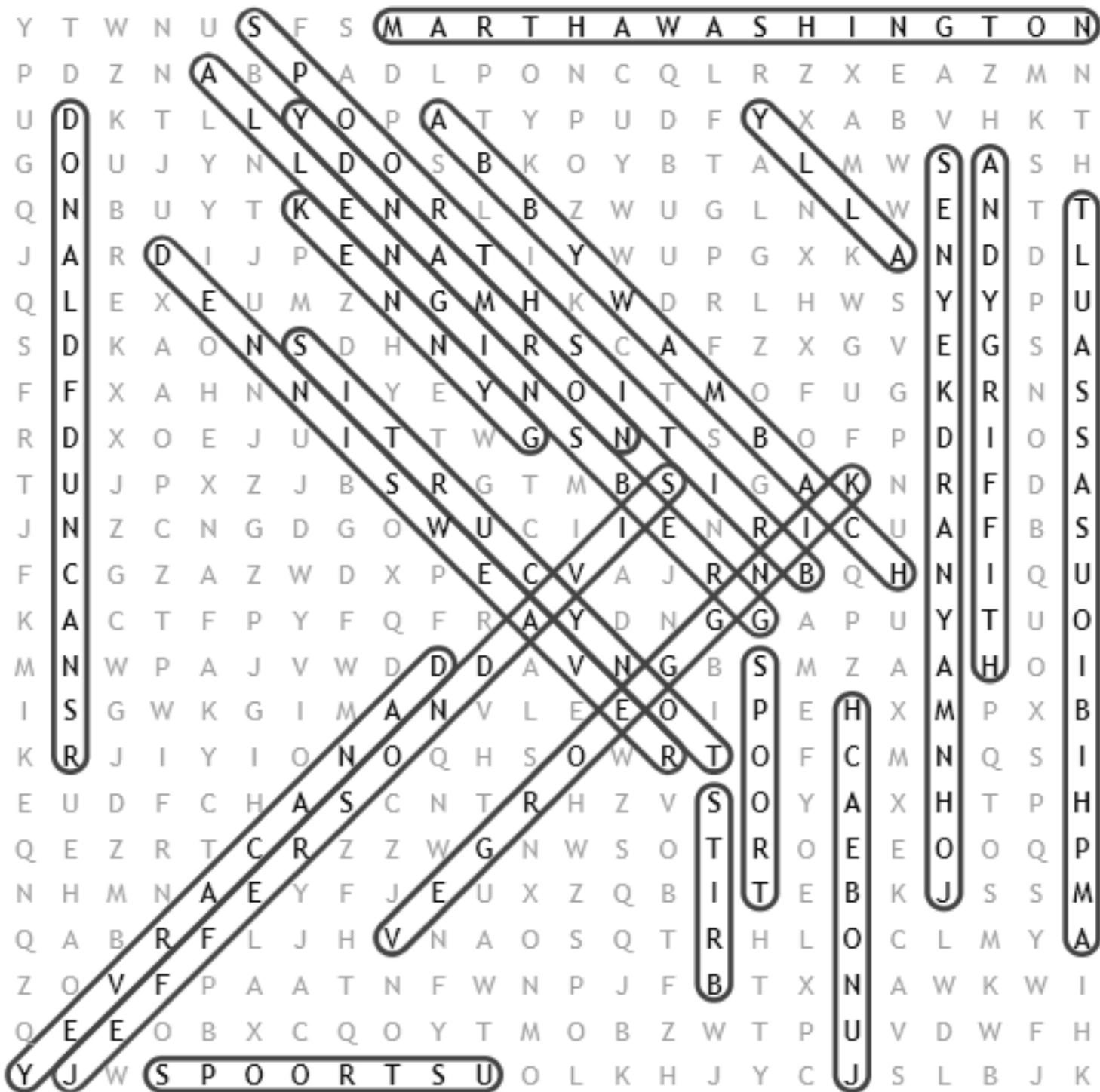


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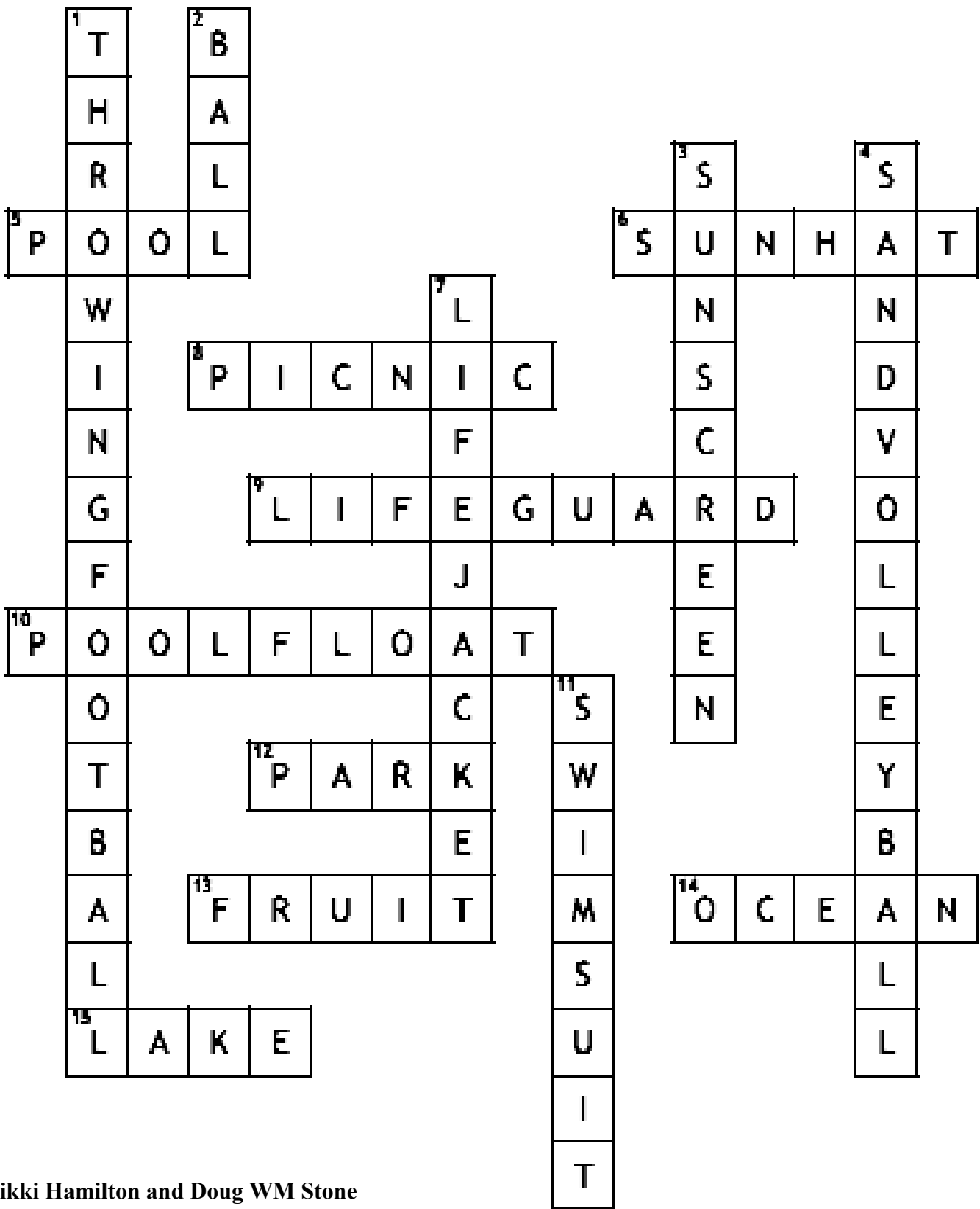
Sudoku Puzzle Easy Solution

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

Sudoku Puzzle Moderate Solution

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

Crossword Puzzle Solution



By Nikki Hamilton and Doug WM Stone

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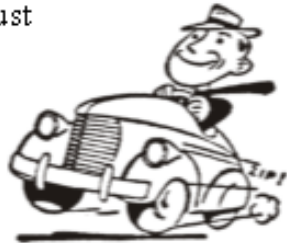
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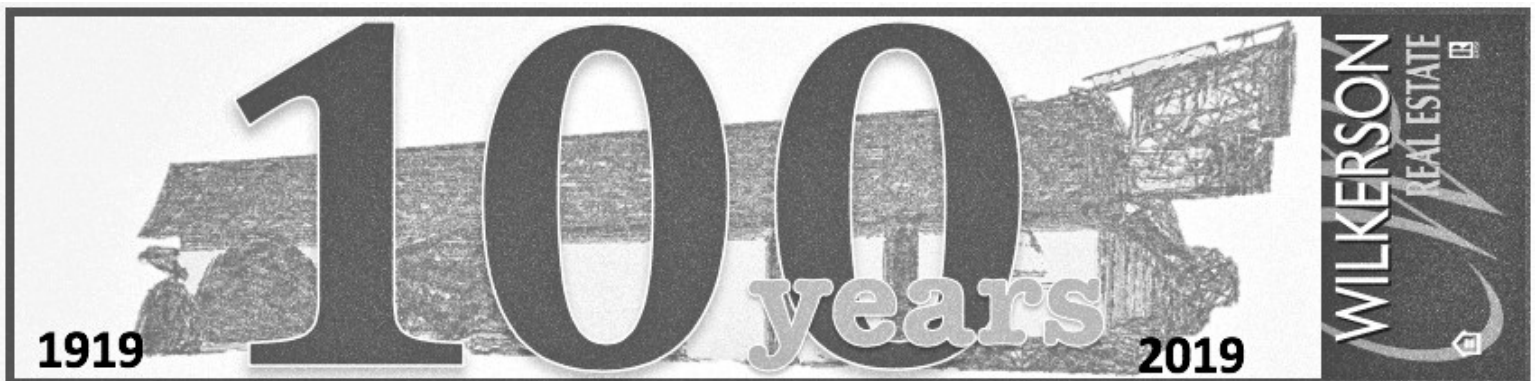
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Contents of this paper is compiled from available original sources.

THE SEASONS OF LIFE

There was a man who had four sons. He wanted his sons to learn to not judge things too quickly. So he sent them each on a quest, in turn, to go and look at a pear tree that was a great distance away.

The first son went in the winter, the second in the spring, the third in summer, and the youngest son in the fall. When they had all gone and come back, he called them together to describe what they had seen.

The first son said that the tree was ugly, bent, and twisted.

The second son said no – it was covered with green buds and full of promise.

The third son disagreed, he said it was laden with blossoms that smelled so sweet and looked so beautiful, it was the most graceful thing he had ever seen.

The last son disagreed with all of them; he said it was ripe and drooping with fruit, full of life and fulfillment.

The man then explained to his sons that they were all right, because they had each seen but one season in the tree's life.

He told them that you cannot judge a tree, or a person, by only one season, and that the essence of who they are – and the pleasure, joy, and love that come from that life – can only be measured at the end, when all the seasons are up.

If you give up when it's winter, you will miss the promise of your spring, the beauty of your summer, fulfillment of your fall.

Don't judge a life by one difficult season. Don't let the pain of one season destroy the joy of all the rest.

DATA MASTER: Nikki Hamilton



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