

Volume 21, Issue 18

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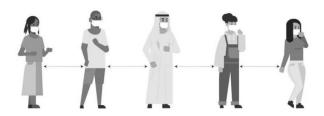
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"The Little Green Paper"

September 20, 2020

International Day of Democracy 15 September



The unprecedented COVID-19 crisis has resulted in major social, political and legal challenges globally. As states around the world adopt emergency measures to address the crisis, it is critical that they continue to uphold the rule of law, protect and respect international standards and basic principles of legality, and the right to access justice, remedies and due process.

UN Secretary General António Guterres has urged governments to be transparent, responsive and accountable in their COVID-19 response and ensure that any emergency measures are legal, proportionate, necessary and nondiscriminatory. "The best response is one that responds proportionately to immediate threats while protecting human rights and the rule of law," he said.

The Secretary-General's policy brief says states must respect and protect, among other rights, freedom of expression and of the press, freedom of information, freedom of association and of assembly. Concerns in many countries

COVID-19: A Spotlight on Democra- in the context of COVID-19 include:

- Measures to control the flow of information and crackdown on freedom of expression and press freedom against an existing background of shrinking civic space.
- Arrest, detention, prosecution or persecution of political opponents, iournalists, doctors and healthcare workers, activists and others for allegedly spreading "fake news".
- Aggressive cyber-policing and increased online surveillance.
- Postponement of elections is raising serious constitutional issues in some cases and may lead to rising tensions.

The crisis raises the question how best to counter harmful speech while protecting freedom of expression. Sweeping efforts to eliminate misinformation or disinformation can result in purposeful or unintentional censorship, which undermines trust. The most effective response is accurate,

clear and evidence-based information from sources people trust.

Around the world civil society organizations have answered the UN's call to action to address and counteract the wide range of ways the Covid-19 crisis may impair democracy and increase authoritarianism, by:

- developing media literacy and digital safety, more critical than ever as activism is forced online, so as to address the risk of suppression, interference and closing of civic space;
- fighting misinformation, disinformation and hate speech, which have mushroomed in the crisis;
- training journalists remotely to report on the impact of the pandemic with in-depth, fact-checked coverage, while staying safe on the front line;
- empowering women against gender-based violence, which has surged amid Covid-19 lockdowns, quarantines, and social and economic pressures;
- helping to highlight the challenges of inequality and weak service delivery made worse by the crisis, with specific focus on the needs and rights of women, youth, minorities and other marginalized populations, so as to help hold governments to account.

Background

The International Day of Democracy provides an opportunity to review the state of democracy in the world. Democracy is as much a process as a goal, and only with the full participation of and support by the international community, national governing bodies, civil society and individuals, can the ideal of democracy be made into a reality to be enjoyed by everyone, everywhere.

The values of freedom, respect for human rights and the principle of holding periodic and genuine elections by universal suffrage are essential elements of democracy. In turn, democracy provides the natural environment for the protection and effective realization of human rights. These values are embodied in the Universal Declaration of Human Rights and further developed in the International Covenant on Civil and Political Rights, which enshrines a host of political rights and civil liberties underpinning meaningful democracies.

The link between democracy and human rights is captured in article 21(3) of the Universal Declaration of Human Rights, which states:

"The will of the people shall be the basis of the authority

of government; this will shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or by equivalent free voting procedures."

The rights enshrined in the International Covenant on Economic, Social and Cultural Rights and subsequent human rights instruments covering group rights (e.g. indigenous peoples, minorities, people with disabilities) are equally essential for democracy as they ensure an equitable distribution of wealth, and equality and equity in respect of access to civil and political rights.

DATA MASTER: Steven Burdick







This Family's Announcement Of Their 4th Child Is Hilarious

I'm not sure who the family is, but this photo shoot is hilarious.

Before



After



"You know what it's like having a fourth kid? Imagine you're drowning, then someone hands you a baby." - Jim Gaffigan

DATA MASTER: Nikki Hamilton









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Indian Women's Pocahontas Club Higher Education Scholarship

Announcing: The Indian Women's Pocahontas Club Higher Education Scholarship Recipients for the upcoming 2020-2021 academic year are:

Madison Gray Erica Taylor Kylea Anderson
Hannah Guthrie Halle Tatham Cheyanne Miller
Kylea Terrell Kacee Ramsey Chas McClain
Hannah Henson Jesse Rader Cloe Dennis

Jasper Rader Rachel McKisick

The Indian Women's Pocahontas Club sponsor ten (10) Cherokee students, male or female, entering college or vocational school, with a \$600.00 per academic year scholarship, along with one (1) recipient of the Oklahoma State University Foundation, Dawson-Nelson Akanadi Endowed Scholarship Fund and three (3) recipients of the Rogers State University Foundation, Foreman Faulkner Scholarship Endowment. Join us in congratulating these outstanding students and wishing them success in their academic endeavors.

The Indian Women's Pocahontas Club will also be hosting our annual "Hats off to Will Rogers" birthday celebration, and wreath laying ceremony at the Will Rogers Memorial Museum in Claremore, OK on November 7, 2020. Mark your calendars. For more information contact Jennifer at 918-402-3057.

Orca That Carried Her Dead Calf For 2 Weeks Gives Birth To A Healthy Baby

An orca who carried her dead calf for more than two weeks in 2018 in a heart-wrenching display of mourning has become a mother again -- this time to a healthy baby.

The new calf was spotted swimming alongside its mother in the the Strait of Juan de Fuca, according to the Center for Whale Research.



In August 2018, the mother carried her deceased calf for 17 days and 1,000 miles, refusing to let the calf go.

The Center for Whale Research, which is based in Washington state, described the new calf as "healthy and precocious."

"The calf was seen and seen to be rambunctious enough and keeping up with all three pods that were here in this region," said Deborah Giles, a whale research biologist at the University of Washington's Center for Conservation Biology.

"There was a lot of socialization going on that day ... and the calf was seen socializing with other members and keeping up with everybody and demonstrating a lot of surface active behaviour."

Giles says the last healthy calf born to the southern residents, which consists of three pods within the Northeastern portion of North America Pacific Ocean, was in May 2019.

"That's a huge amount of time to go by. Usually a population of this size and this type of animals should be having six to eight calves be born every year and live," she said.

With this new calf, there are now believed to be 73 southern resident orcas.

DATA MASTER: Doug WM Stone

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For Immediate Release Date: September 1, 2020

Contact: Nancy Bro G.A.R. Cemetery Office Manager (918) 541-2288 <u>nbro@miamiokla.net</u> <u>www.garcemeterymiamiok.com</u> <u>www.miamiokla.net</u>

Press Release

G.A.R. Cemetery to Host Jonathan Appell's

48 States in 48 Days - Gravestone Restoration Tour

https://48statetour.com/

https://www.facebook.com/48statetour

On Thursday, September 24, 2020 from 9:00 a.m. through 3:30 p.m. G.A.R. Cemetery will be hosting Jonathan Appell during his trek across America to visit 48 cemeteries, in 48 States, in 48 days on his Gravestone Restoration Tour.

Jonathan has worked with numerous people and organizations for the past 20 years, sharing his experience and techniques on how to clean and restore gravestones and monuments. His plan is to conduct 48 workshops, in 48 states, in 48 days. With all events being 100% free to the public!

"We are embarking on a mission to preserve America's graveyards." Jonathan Appel states on his website.

If you are you looking for a volunteer opportunity to do something worthwhile for your community, then this may be just what you are looking for. This free educational event is designed to train volunteers to maintain and restore historical markers with Jon's "simple and effective hands on techniques". "We are super excited to ... meet you in person to teach you how to repair and preserve gravestones and monuments!" ~ Jon Appell

There are only 15 spaces available, so act today to reserve your spot in this one of a kind educational opportunity. G.A.R. Cemetery will provide box lunches and bottled water the day of the event. Call the G.A.R. Cemetery office at (918) 541-2288 or email nbro@miamiokla.net no later than 5:00 p.m. on Friday, September 18th to be included as one of the 15 volunteers.

Orphaned Hare Makes Daily Visits To The Family Who Saved Her

A family in England rescued a baby hare and now receives daily visits from the critter after releasing her back into the wild.



Natasha Terry and her family found the baby hare in their garden at the beginning of the lockdown. Having previously seen an adult hare that had died a day before, the family realized it was an orphan.

Natasha tried to take her to an animal rescue, but were unable due to the pandemic. Instead they got to researching online, buying supplies hand-rearing the leveret at their home.

The family named her Clover, and cared for her for eight weeks before releasing her into fields nearby.



But two months on, Clover still regularly comes into the family's garden, and even ventures back into the house.

"We feel a bit like Snow White really," Terry told the PA news agency.

"She came through the back door into the house, which we were surprised about, and she went upstairs and looked into the mirror on our wardrobe – it was like she'd turned up to check how muc

she'd turned up to check how much she'd grown."

"It's not really like having a little bunny rabbit that quite happily hops around your lounge, she's definitely far more a wild animal," Terry said.





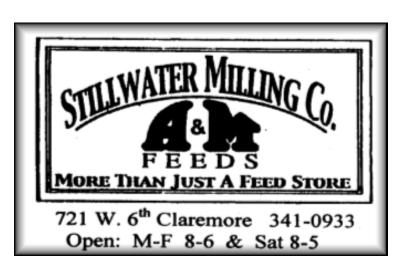
"And things are very much on her terms – if she didn't want you to touch her, that was it, but if she fancied having a little cuddle she'd come and jump up and sit on your lap."

After the family released Clover towards the back of their garden, they thought they might see her again once or twice.

"But to our surprise she comes back on a daily basis pretty much to come and say hi."

DATA MASTER: Breanna McDowell





Claremore Nursing Home - Employee of the Month



If you would like to join, "Susan Grimmett" as a Certified Nurse Aide, please apply in person. Now taking applications for Certified Nurse Aides both days and nights. Must pass a background check. New pay scale for CNA's.

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

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

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

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

Maya Angelou

Claremore Nursing Home 920 E. 16th St. Claremore, Ok. 74017 918-341-1717



Bakery Hilariously Misunderstands Words For Wedding Cake

This will be their wedding horror story for sure.

A photographer shared a hilarious photo of the wedding cake his clients ordered by phone from a local grocery store.

"This is why you hire professionals," he said. "My clients bought this from our local grocery store bakery. It's supposed to say 'Wiser Wedding'.



Instead the bakery staff wrote: "Why's There A Wedding?"

"I don't know, with the current state of things, I feel this is a legitimate question - maybe the store staff did too," one user commented.

"Honestly, I think I'd find this just hilarious and get tons of photos with it and show it off to everyone!" shared another.

DATA MASTER: Nikki Hamilton



Why do we mark International Days? United Nation's View

International days are occasions to educate the general public on issues of concern, to mobilize political will and resources to address global problems, and to celebrate and reinforce achievements of humanity. The existence of international days predates the establishment of the United Nations, but the UN has embraced them as a powerful advocacy tool.

Each international day offers many actors the opportunity to organize activities related to the theme of the day. Organizations and offices of the United Nations system, and most importantly, governments, civil society, the public and private sectors, schools, universities and, more generally, citizens, make an international day a springboard for awareness-raising actions.

Who chooses them and how?

It's the most representative organ of the Organization, the General Assembly, that designates a particular date as an International Day International days are proposed to the UN General Assembly by Member States. The General Assembly then decides by consensus whether to adopt the resolution establishing the particular day.

The themes of international days are always linked to the main fields of action of the United Nations, namely the maintenance of international peace and security, the promotion of sustainable development, the protection of human rights, and the guarantee of international law and humanitarian action.

In its resolutions, the General Assembly usually explains what prompted it to proclaim the International Day. For example, in declaring 23 May the International Day for the Eradication of Obstetric Fistula, the resolution cited "the interlinkages between poverty, malnutrition, lack of or inadequate or inaccessible health-care services, early childbearing, child marriage, violence against young women and girls and gender discrimination as root causes of obstetric fistula, and that poverty remains the main social risk factor."

Many people may never have heard about this disease, which causes some of the most devastating injuries that can occur in childbirth, despite the fact that some two million women in developing countries live with it, and

between 50,000 and 100,000 new cases occur every year. This is a great example of the crucial awareness-raising job that International Days do.

In addition, this UN body points out in its resolutions which aspects of the problem are of the most concern to UN Member States – or in other words, to humanity as a whole, given that the Assembly is made up of 193 countries, that is, most of the states of the world. A great example of this is the resolution that designates 23 June as International Widows' Day, in which the General Assembly states that it is: "deeply concerned that millions of children of widows face situations of hunger, malnutrition, child labor, difficult access to health care, water and sanitation, loss of schooling, illiteracy and trafficking in persons."

Some of international days are proclaimed not by the General Assembly, but by specialized agencies of the United Nations to draw the attention of the public to topics under their field of expertise, such as health, aviation, intellectual property, etc. For example, World Press Freedom Day, which is celebrated on 3 May, was proclaimed by the United Nations Educational, Scientific and Cultural Organization (UNESCO), based in Paris, and was later adopted by the General Assembly.

In addition to raising awareness, the UN takes advantage of these Days to advise States on actions to tackle the serious problems around which many of these dates revolve. An example is the resolution on the International Day of Biological Diversity, celebrated on 22 May, in which the Organization invites its Member States to sign and ratify the Cartagena Protocol on the protection of biological diversity.

How do we measure the impact of these Days?

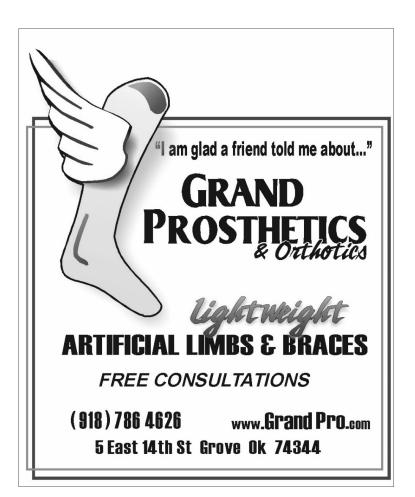
The international observances (which also include weeks, years and decades) are some of the most visited pages on the UN website. Each international day has a dedicated website, available in the UN's six official languages.

The International Days also serve as an indicator of the interest that a given subject attracts in each part of the world. To find this out, we look at the level of engagement that these commemorations receive in different regions and languages across the world. A case well worth highlighting is the International Day of Human Rights, which takes place on 10 December. This Day is observed all around the world with initiatives ranging from military and police officers swapping guns for running shoes in South Sudan, to a student competition in Russia, or a exhibit in Brazil. All in all, a multitude of individuals from all walks of life get involved, in a way or another, in the celebration of this special day.

Other most popular days include International Women's Day (8 March), World Water Day (22 March) and the International Day of Peace (21 September).

You may also be interested to know that 21 March is the date of five different international days, and June is the month with the most international days.

DATA MASTER: Steven Burdick



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Julia Brown, Pharmacist

Farmer Plants Over 2 Million Sunflowers, Invites Visitors To Take A Dozen Home

A family in Wisconsin has planted more than 22 acres of sunflowers to bring a little light to these dark times.



Scott Thompson's family has been running the Thompson Strawberry Farm in Bristol, WI, for more than 70 years, and this is the first year that flowers are in the spotlight.

The pick-your-own farm usually consists of strawberries, rasberries, and pumpkins. This year the family said they wanted to give locals a place to go and spread a little happiness.

"As the season went on, the pandemic never went anywhere ... and we thought people might be looking for something to do, and what a great way to social distance and ... smile, basically," Thompson told CNN.

he 22 acres makes for over 2 million blooms of sunflowers.

"One of the things that's so cool about this is everyone is so happy," Thompson said.

"We get all these comments on Facebook, or if I'm out in the field, everybody is like, 'Thanks

for doing this' (and) 'This is what I needed.' People are so happy to be out there and have a place to go."

Thompson said the sunflowers will now be a regular thing at the farm, even without a pandemic.

DATA MASTER: Doug WM Stone







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

Meet Aston - The 2,800 Pound Bull Who Thinks He's A Horse

A male calf born on a small cattle farm in France was destined to be slaughtered, until he formed a special bond with a local horse trainer.



Sabine Rouas, 45, met Aston the bull seven years ago when she started helping out at a nearby cow farm. She formed a close bond with the newborn calf - then called M309 - and convinced the farmer to let her buy him and save him from slaughter.

Sabine raised him alongside her pony, Sammy, and noticed the baby cow was picking up the tricks she was teaching her new horse.

"I was teaching Sammy some basic tricks, and Aston was taking notice," Sabine told SWNS. "I tried to teach tricks to Aston. I wasn't riding him then, but tricks like following my voice, and walking him. That's when I had the idea of trying to ride him when he was bigger."

Getting a 2,800-pound bull used to being ridden was a bit complicated, but Aston was quite receptive and Sabine was very patient with him.

It took about a year for Aston to really become comfortable with Sabine on his back, but he has since picked up some showjumping tricks as well!

"He's very proud when he feels that he's made me happy," Sabine said.

DATA MASTER: Breanna McDowell



Georgia Police Officer Gives His New Bike To A Man He Spotted Walking To Work

When Officer Dennis Rowe of the Hapeville Police Department learned that a citizen had his bike stolen and had to walk to and from work in the Georgia heat, he knew he had to do something more than take a police report.



Officer Rowe was working an off-duty job in Hapeville on Saturday when he spotted Craig Magby returning home from work on foot.

"He was kind of hot and sweaty. We got to talking and he was explaining to me that he normally rides his bike home from work, and it was recently stolen from him. Since the bike was stolen, he gets himself back and forth to work by walking," Rowe told FOX 5.

The Walmart employee had recently purchased his bike and would ride it back and forth to work, locking it. Last week, someone stole the bike and lock he had used to secure it during his shift.



Officer Rowe's mind flashed on his own bike purchased just a few months ago for a camping trip, now sitting in his driveway getting little use.

"When he told me his bike was taken from him I didn't say anything to him, but I immediately knew I was going to bring that bike to him, and give it to him in hopes he could use it," the officer said.

On Monday, Officer Rowe made a special delivery.

""When I saw something that I had that I wasn't using, and there was somebody that desperately could use it every day, I knew that I had to make that happen for

him. It was just part of the way I was raised, the way I was brought up, to give back and to give where I can," he said.

Magby is grateful for the act of kindness. He said the officer is a godsend.

"I had talked to God about it. He was like consider it done and he sent Officer Rowe my way. I'm grateful, thankful," Magby said.



DATA MASTER: Nikki Hamilton

Some Strange National Days Celebrated in September

Skyscraper Day

Date When Celebrated: This holiday is always held on September 3

Skyscraper Day is a day to appreciate and admire the world's tallest skyscrapers.

Skyscrapers are truly engineering and architectural marvels. In many crowded cities, space is in short supply, and real estate prices are ever increasing. Building "up" becomes more and more logical. As technical capabilities in construction improved, skyscraper buildings have become taller and taller. In addition, there is a certain prestige to have one of the tallest buildings in the world in your city and country.

Bring Your Manners to Work Day
Date When Celebrated: This holiday is always celebrated on the first Friday in September

Did you notice that people seem to be overly engrossed with their cell phones and their busy lives nowadays? We seem to have forgotten our manners. Good social behaviors, politeness and respect is lacking everywhere you look. Simple things like saying please and thank you are being skipped. Having good manners and being polite, has taken a back seat at work, at home and on the Internet. Yes sireee, Bring Your Manners to Work Day is today and has come along at just the right time. This day is celebrated across all industries and professions, and it applies to everyone without exception.

Bring Your Manners to Work Day exists to remind us of how important good manners are at work. This applies to both employees and the "boss". Here are couple examples: You want a day off and you say to your supervisor "I want to take Tuesday off." You'll get a much better reception if you say "May I please take Tuesday off?" How many times have you heard your boss say something like "Get me last week's sales report." You'll likely do it quicker, and your moral will be better, if the boss says "Would you please get me last week's sales report?" Saying please and thank you is a basic example of good manners and should be used everywhere. Using good manners at work reaps significant results. It helps to build good working relationships, improves moral, lowers employees turnover, and increases productivity.

When we think of good manners, were talking about practicing proper social behaviors. It includes being friendly, using proper etiquette, treating people with respect, being courteous, and treating people with dignity. Good manners is a building block to good relations. Just think about it, more people will like you and they will think better of you!

Be Late For Something Day Date When Celebrated: This holiday is always held on September 5

Be Late For Something Day is a great day to be a procrastinator. If you are among the millions of us who never seem to be able to stay on schedule, then you will certainly enjoy today.

Being late for something as a common occurrence. It's caused by a whole host of reasons. Some are intentional, some are not. Fall behind schedule early in the day today, and you will be late for everything that follows. Doctors and lawyers are notoriously late for something....their appointment with you! It's proper to be "fashionably late" for parties.

Important Note: We hope you thoroughly enjoy and participate in theism day. But, whatever you do, don't' be late for dinner!

It is easy and natural to enjoy this special day. All you have to do is be late for something. That's easy for procrastinators. And, perhaps its easy for you.

DATA MASTER: Steven Burdick

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

Boy With Cleft Lip Finds Companion In Puppy With Cleft Lip

A Michigan boy with a cleft lip found his perfect companion: a tiny puppy who also has a cleft lip.



Brandon Boyer went to the Jackson County Animal Shelter in Michigan to look at chickens when a 2-month -old puppy with a cleft lip caught his eye.

He knew they had to bring her home to show his 2-yearold son Bentley he isn't alone.

"To see him have something in common with a puppy means a lot because he can grow up and understand that he and his puppy both have something that they can

share in common," said Bentley's mother, Ashley.

The shelter posted heartwarming photos of Bentley and his new best friend to their official Facebook account.

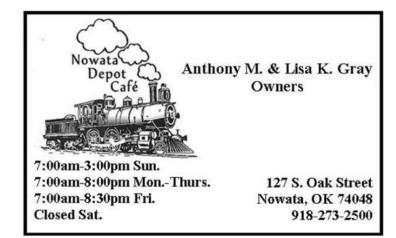
"It's so hard to put into words how meaningful this adoption is to all of us so we are going to let the pictures speak for themselves," the shelter said.

"Introducing Bentley and his new puppy. At 2 years old and with surgeries already under his belt for his cleft lip, Bentley found his match today in this tiny pup who also has a cleft lip.

They instantly loved each other. We wish many years of joy as this special pair grow up together!"











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

Denmark Opens The First Ever Happiness Museum

Denmark is now home to The Happiness Museum, an institution dedicated to the idea of happiness and how it has been perceived and discussed over the centuries.



"The aim of the Happiness Museum is to create a small museum about he big things in life," says Meik Wiking, the museum's CEO."We hope to inspire people, make people happier, and also make the world a better place."

Created by the Happiness Research Institute, an organization that studies the science of happiness, the museum contains seven interactive exhibits to explore happiness from different perspectives.

The Geography of Happiness

Finland is the happiest country in the world. But so is Paraguay. How does your country fare on the atlas of happiness?

The Politics of Happiness

Bhutan has been measuring Gross National Happiness since the 1970s, but how are other governments around the world adapting well being as a goal for society?

The Happiness Lab

Where in our brains do feelings of joy come from? How does happiness change with age?

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Can you recognize a fake and a genuine smile? Why is laughter contagious?

The History of Happiness

How has our understanding of happiness changed over 2,000 years?

Nordic Happiness

It rains, on average, 170 days a year in Denmark - so why do Denmark and the other Nordic countries consistently rank among the happiest in the world?

The Future of Happiness

Will artificial intelligence become emotionally intelligent? Will our phones know how we feel?

People from around the world have also sent in artifacts of happiness -- things that represent joy to them -- which form a large part of the display.

The Happiness Museum officially opened on July 14. It can be visited in the Danish capital from Tuesday to Sunday between 11am and 5pm local time.

DATA MASTER: Breanna McDowell

Kroger Manager Hires Homeless Woman Who Was Sleeping In The Store's Parking Lot

A manager at a Kroger grocery store in Nashville hired a woman who had been sleeping in its parking lot for a year.



LaShenda Williams told USA Today that she had been battling drug addition and had been spending the nights in her car at a Nashville Kroger after driving around different locations during the day.

"I would lean my seat all the way back so no one would see me because, you know, I knew I wasn't supposed to be there," Williams told Today. At the end of last year, Jackie Vandal, a hiring manager at Kroger, noticed Williams and encouraged her to attend an upcoming job fair. With some help from Vandal, Williams spent a few hours filling out the application. Once Vandal saw the message indicating she had successfully applied, Vandal hired her on the spot.

"I've been here, actually this month, the 10th will be 10 months. You know it's a great day!" exclaimed Williams.

Williams' happiness overflows. Her smile, from ear to ear.

"I love it, I get excited every day to come in. I can't wait to see the workers who I work with. I can't wait to see the customers," said Williams.

Her positive attitude has been a blessing to the staff, too.

"She's a fantastic worker, I wish I had 120 of her," said Vandal told WKRN.

"We are so lucky to have Lashenda as part of our Kroger family. Her uplifting spirit is contagious. She has made such a positive impact on her fellow team members, and so many customers as well," Melissa Eads, a corporate affairs manager for Kroger told Today.

Williams says it is easy to be enthusiastic after everything that has happened.

"I was sleeping in a parking lot and looking for something to eat. Now, all my babies here love on me. No one abuses me, and no one calls me dumb and stupid. For the first time in my life, I finally got peace," Williams told USA Today.

DATA MASTER: Doug WM Stone

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

Church Uses Only Kitchen Utensils and Microwave Beeps to Record 'Don't Worry Be Happy' – With Amazing Results

The Victory Family Church in Norman, Oklahoma used a Zoom call to record "Don't Worry Be Happy", using only kitchen appliances, utensils, and voices.

Colten Dean is the church's audio director and told GNN that members of the congregation regularly get creative with what they call "Jams", thinking of creative ways to use unconventional instruments to put a song together.

"Usually these would be during our regular church services, but during quarantine we thought it would be fun to find a way to do one while everyone was stuck at home."

The church's pastor suggested one idea that most of the team really liked—the idea of using kitchen utensils.

"Many people have been cooking at home a lot more recently... Someone tossed out the song Don't Worry Be Happy, and it immediately just made sense; I think we really just wanted to do something positive and uplifting for everyone," says Colten.

"Once the idea started coming together, we quickly realized that it was just a great representation of all the different people in our community, and how we're all in this together."

And, you don't need to be a cook—or belong to a church—to appreciate their masterful artistry.

DATA MASTER: Nikki Hamilton



Woman Overcome With Emotion After Meeting 11-Year-Old Who's Helping Single Parents

This amazing 11-year-old boy in Hampton, Va., is collecting diapers for single parents in his community who can't afford them.

"When I was little, I used to see a lot of people struggling," Cartier Carey said. Motivated by the struggles of some of his friends' families, he chose to help single parents, according to his mom Britany Stewart-Carey.

So, this summer Cartier started selling lemonade and snacks to his neighbors for a few hours every day.



At the end of each day, he uses the earnings to buy diapers and baby wipes.

It didn't take long for Cartier's mission, which he named "Kids 4 Change," to generate a following.

An online GoFundMe fundraiser has generated more than \$19,000 of donations.

"You guys are amazing!!! We have reached our 10,000 goal!!!" Stewart-Carey wrote on GoFundMe. "Your donations are continuing to help us put diapers and wipes in households that can not afford them. We have started to ship diapers to different states and are planning to deliver more diapers. We are also working to help more families outside of Virginia. We are hoping to get a work van so that we can safely transport all of the diapers and wipes."

One woman, who came by to donate \$200, became emotional when she met Cartier, explaining how she used to be homeless and relied on the donations of strangers to provide for her children.

"You are helping so many people, you don't even know," she said.

DATA MASTER: Breanna McDowell

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 Thursday 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.

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,

		9	6	3		5		
	7					2		
				2		4	6	1
9		6	8		7		4	
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5	9	3		4				
		4					9	
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Hardship level: Moderate

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8	7						5	1
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			7			6	1	
5		1	2		3			

See butterflies emerging daily in the chrysalis house, along with themed displays 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. Honor Heights Park 1513 N 48th St Muskogee, OK 74401 Phone: 918-684-6303

Sep 22, 2020 - Nov 7, 2020- Pumpkin Festival at Shepherd's Cross - Celebrate fall with pumpkins, hayrides and harvest educational activities at Shepherd's Cross, an authentic working farm in Claremore. Come out and select a pumpkin from truckloads available in all shapes and sizes at the Pumpkin Festival at Shepherd's Cross. Guests can also take home straw bales and corn stalks for fall decorating. At this annual pumpkin festival, walk the hay maze, create a scarecrow, take a hayride, pet the animals in the petting zoo and make memories. In 2020, guests can also take part in the Drive-Through Pumpkin Patch, featuring a take-home fun bag with toys, crafts and pumpkins. Enjoy lots of fun games and activities for the whole family, farm demos and festive fall storytime while celebrating the harvest season. Shepherd's Cross 16792 E 450 Rd Claremore, OK 74017 Phone:918-342-5911

Sep 25, 2020 - Sep 26, 2020 - Pioneer Days at Har-Ber Village - Get a taste of life in the 1800s at Har-Ber Village's Pioneer Days. Life 200 years ago required hard work and ingenuity. Har-Ber Village Museum in Grove will bring these days of yore to life through demonstrations of heritage crafts and trades. With regular admission, visitors can get a look at daily life with hands-on activities, demonstrations, music and more. A variety of presentations will provide an eye-opening look at how families went through their day-to-day activities. Mark your calendar to get a glimpse of the past at this family friendly event. Har-Ber Village Museum 4404 W 20th St Grove, OK 74344

Phone: 918-786-6446

Oct 1, 2020 - Oct 31, 2020 ZooRun (Virtual) - Whether you're a strolling tortoise or a racing hare, there is a course for you at the 2020 ZooRun. This year's event is going completely virtual, which will allow runners the chance to complete the run at their own pace throughout the entire month of October. With 5k, 10k and a 1-mile FunRun, there is a race and pace for everyone. The Zoo-Run has occurred yearly for nearly half a century, making it one of the oldest track events statewide. Tulsa, OK 74115 Phone: 918-669-6600

Oct 1, 2020 - Oct 3, 2020 Wine, Jazz & World Fete Gather on Guthrie Green in Tulsa for a weekend filled with world-class jazz and top-shelf wines. The annual Wine, Jazz & World Fete will feature a range of music and wine samplings that pair well together, as well as a Latin Food Fair. The kids can enjoy family-friendly en-

tertainment and circus acts while folk artists take the stage. Guests are encouraged to grab a glass of wine and sit down on the Guthrie Green grounds to discover their new favorite jazz band in the Tulsa Arts District Guthrie Green 111 E Brady St Tulsa, OK 74120 Phone:505-670-0755

Oct 2, 2020 - Oct 4, 2020 - Okie Jeep Jam Gear up for three action-packed days in Muskogee during the Okie Jeep Jam. This family-friendly event will be packed full of obstacles, trails and mud courses for Jeeps of all kinds. Watch as drivers perform impressive stunts, then enjoy a variety of live music performances, delicious food and more fun. address: 4000 Border Ave Muskogee, OK 74401 Phone:918-913-3868

Oct 2, 2020 - Oct 31, 2020 Haunted Castle Halloween Festival - The Castle of Muskogee is Oklahoma's largest haunted attraction with over 62 acres of spine chilling thrills and excitement. Come celebrate more than 20 years of thrills with a combination of indoor and outdoor attractions with activities, vendors, games, shows, rides, shops, food and fun for all ages. There are 10 spooktacular events to test your nerves in the scariest and rated one of the best haunted attractions in the state. The Castle of Muskogee 3400 W Fern Mtn Rd Muskogee, OK 74401

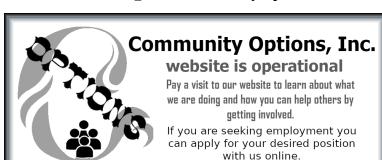
Phone:918-687-3625 Toll-Free Office:800-439-0658

Data Master: Steven Burdick

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



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

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







Getting to know the Lutherans

LIFE'S PUZZLE PIECES

Friends,

It is likely that when we choose a jigsaw puzzle to put together, we do so based on a beautiful or intriguing picture on the box. But when we open the box, the puzzle looks nothing like the picture on the outside. It is just a big jumble of pieces.

We all face struggles that can leave us puzzled by worry, anger, or sadness. We may feel broken, like the puzzle pieces in the box. But God can always see the bigger picture – the "outside -of-the-box" picture. In the Bible book of Ecclesiastes it says, "[God] has made everything beautiful in its time" (Ecclesiastes 3:11).

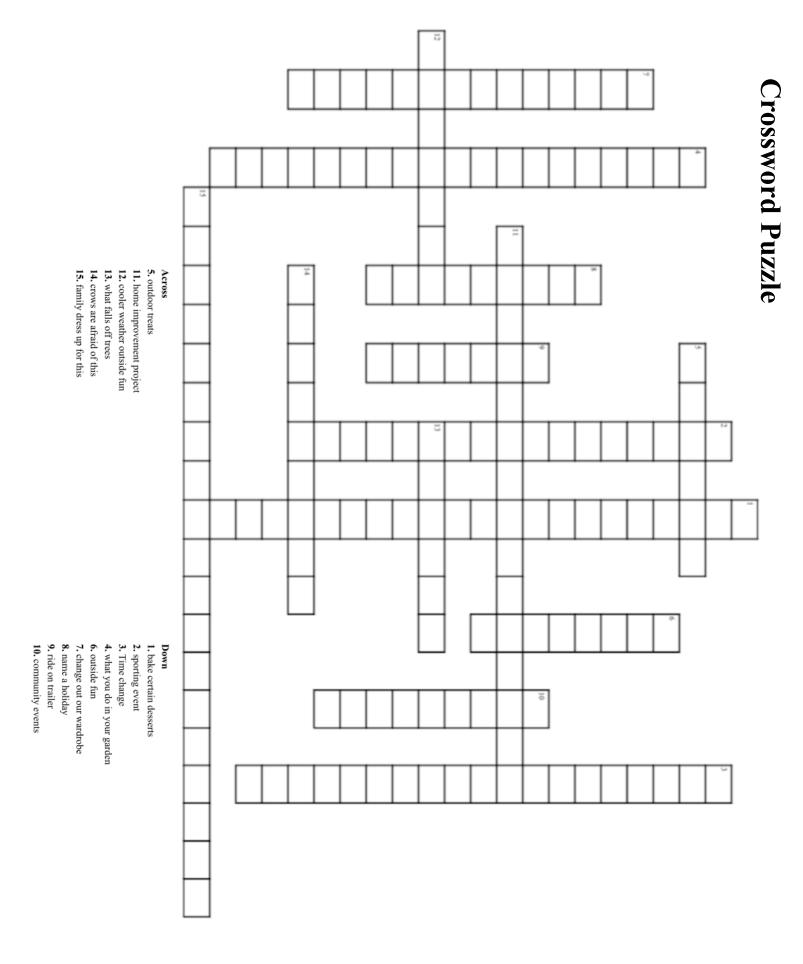
Although the burdens of life will arise, God takes the broken pieces of our pain, sadness, worry, and grief and works in them to create something beautiful and whole. God knows and works what is potential. When our hearts are heavy and our strength is low, we can trust that with God, our puzzles will be completed.

Join us online or in person at any of our northeast Oklahoma Lutheran churches where in Christ we get the whole, unscrambled picture of our redemption!

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.



Word Search Puzzle

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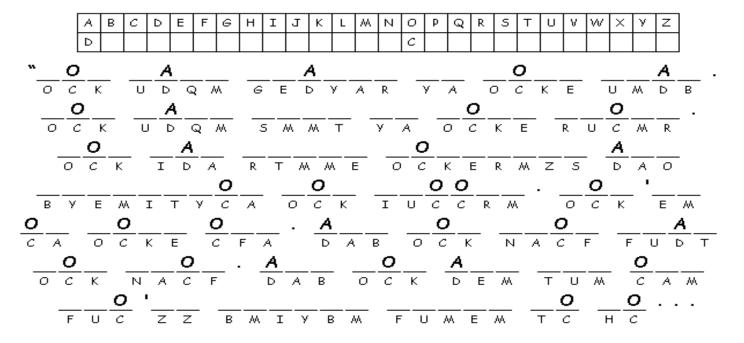
Chow-Chow Border Collie Fox Terrier Beagle Chocolate Lab Eskimo Collie Poodle Bassett Hound Maltese King Charles Spaniels Brown Lab Irish Setter Austrailian Sheepdog Black Lab Bull Dogs Pitbull Golden Retriever Basset Jack Russell Terrier Huskie German Shephard Doberman Pincher Great Dane

CryptoQuote Puzzles

Title: Love Do Not Hate From: Martin Luther King, Jr.



Title: Your Decisions Shape Your Life From: Dr. Seuss



By Breanna McDowell

Solution is on page 34

Math Problems

By Breanna McDowell Solution in page 27

Test Your Knowledge of English Idioms and Proverbs

Idioms

1. A drop in the bucket

- A. A very small part of something big or whole.
- B. Significant
- C. Consequential
- D. Substantial

2. A piece of cake

- A. Lightly
- B. A task can be accomplished easily
- C. Easily
- D. Smoothly
- 3. Add fuel to the fire
 - A. Dissatisfactory
 - B. Unsatisfactory
- C. Whenever something is done to make a bad situation worse
 - D. unacceptable



Proverbs

1. A thing of beauty is a joy forever

- A. Righteousness
- B. The experience of beauty is blissful and lasting
 - C. Gorgeousness
 - D. Beautifulness

2. Absolute power corrupts absosutely

A. Absolute corrupts absolutely conveys the opinion that as a person's power increases. Their moral sense diminishes.

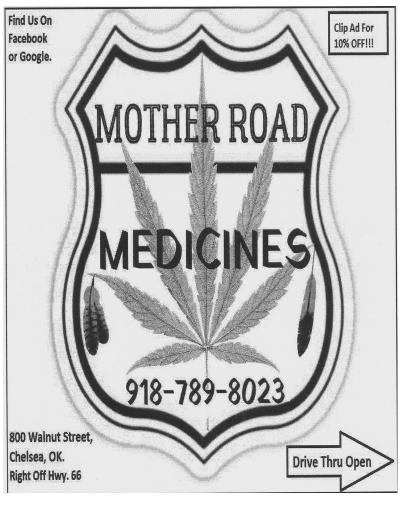
- B. Degraded
- C. Demoralized
- D. Depraved

3. All publicity is good publicity

A. There's none notion that all mentions in the media did a person's cause. Even if they put them in a bad light.

- B. Antecedent
- C. Causality
- D. Causation





Math Problems Answers

1. 1945	2. 1125	3. 2595	4. 79
5. 93	6. 65	7. 68	8. 83
9. 69	10. 36		

By Breanna McDowell



Arithmetic

Man Is Rewarded With \$1,000 After His \$13 Act Of Kindness

A man in San Antonio turned \$13 into \$1,000 after he helped an elderly woman who didn't have enough money in a Walmart checkout line.

Delmaretta Stipp, 75, says she remembered hearing people groan as she held up the line at checkout.



"I started digging," she told Fox San Antonio. "And, the more I dug, the worse I felt."

Her total was \$151. She only had \$138 in her wallet.

"All of the sudden the clerk next to the lady that was taking care of me said, 'hold it', someone wants to pay'. And, I said, 'no, no. She's going to take this off'. And, then this guy, don't even know where he was, came through and said, 'I want to pay'."

That kind stranger was Robert Navarro, a 36-year-old security guard.

Stipp was so grateful she called the local news station to tell them about Navarro's good deed.

The news station planned a reunion for the two strangers outside of Stipp's home. Navarro was told he was there for a thank you card and some coffee.

Ryan Wolf of Fox San Antonio had bigger plans.

"You made a difference in her life, not because of the amount you spent, but because you chose to stand up and do something for her that nobody else did," Wolf told Navarro. "In my pocket, on behalf of Miracle Body & Paint and Fox San Antonio, this my friend is for you."

He handed him \$1,000 in cash.

Navarro said he helped Stipp because she reminded him of his late mother.

"My mom would have done the same thing for her," he told Wolf. "And, I was feeling like my mom was sending me a message right then and there. Help her, son. Just the way she raised us as a single mother with me and my sister."

Navarro said he plans to use the unexpected cash for a down payment on a car.

DATA MASTER: Breanna McDowell



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Order forms for **our other services** will be added to the website as they become available. If you are seeking **employment** you can apply for your desired position with us online. You can also read the years 2018 and 2019 issues of **Little Green Paper** online or download them to read later. We are adding old and current issues of the paper as they become available.

You can also place ads on the website. Of course, ADs on the website can be in color and animated and they are live and attract more attention.

For any inquiry you can reach us at: (918) 789-2862 or (918) 244-0457 ask for Debbie or Zia

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



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website is operational

Pay a visit to our website to learn about what we are doing and how you can help others by getting involved.

If you are seeking employment you can apply for your desired position with us online.

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

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

$Dot\ To\ Dot\ Picture\ Puzzle\ ({\tt Connect\ dots\ to\ complete\ the\ picture})$





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WILL ROGERS LIBRARY

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LANGLEY PUBLIC LIBRARY

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Library

News

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224 S. Pine (918)273-3363 Fax: (918)273-1818 Hours: Mon-Fri 10_{am} -5:30_{pm}; Sat-Sun Closed

PRYOR PUBLIC LIBRARY 505 E. Graham, Pryor 918-825-0777

Hours:

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Tuesday, Wednesday & Friday:9:00 AM-5:00 PM

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

SALINA PUBLIC LIBRARY

420 E. Ferry St. (918) 434-8001 Hours: Tue. 12pm-7pm, Wed. 12pm-5pm,

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Idioms and Proverbs Answers

Idioms

1. A

2. B

3. C

Proverbs

1. B

2. A

By Breanna McDowell



GRAND REOPENING! Sept 2020 WE ARE ADAPTING NEW WAYS TO RENOVATE THE SEN-IOR COMPANION SERVICES.

- THE SENIOR COMPANION VOLUNTEERS ARE NOW DOING HOME VISITATIONS (WITH RESCRICTIONS).
- VOLUNTEERS WILL START SEEING ESTABLISHED CLI-ENTS FIRST, BUT THE PROGRAM IS TAKING NEW RE-FERRALS.
- CLIENTS MUST SIGN A WAVIER AND AGREE TO TAKE PRECAUTIONS AND FOLLOW CDC GUIDELINES FOR SAFETY.
- ALL SENIOR COMPANIONS WILL BE WEARING MASK AND FOLLOWING CDC GUIDELINES FOR SAFE-TY.
- VOLUNTEERS CAN ASSIST WITH SHOPPING, RESPITE FOR CAREGIVERS AND OTHER SUPPORT ACTIVI-TIES.
- NOT READY TO HAVE SOMEONE IN YOUR HOME? WE DO TELEPHONE VISITATION!



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MARY PARKER, OTTAWA COUNTY 918-5402481 maryp@health.ok.gov
JENNY ALLEN, ROGERS COUNTY 918-3413166 jennyja@health.ok.gov
JANEA HOGAN, CRAIG COUNTY 918-256-

7531 janeah@health.ok.gov

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CryptoQuote Puzzles Solution

Title: Love Do Not Hate From: Martin Luther King Jr.

Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that.

Title: Your Decisions Shape Your Life From: Dr. Seuss

You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go...

By Breanna McDowell



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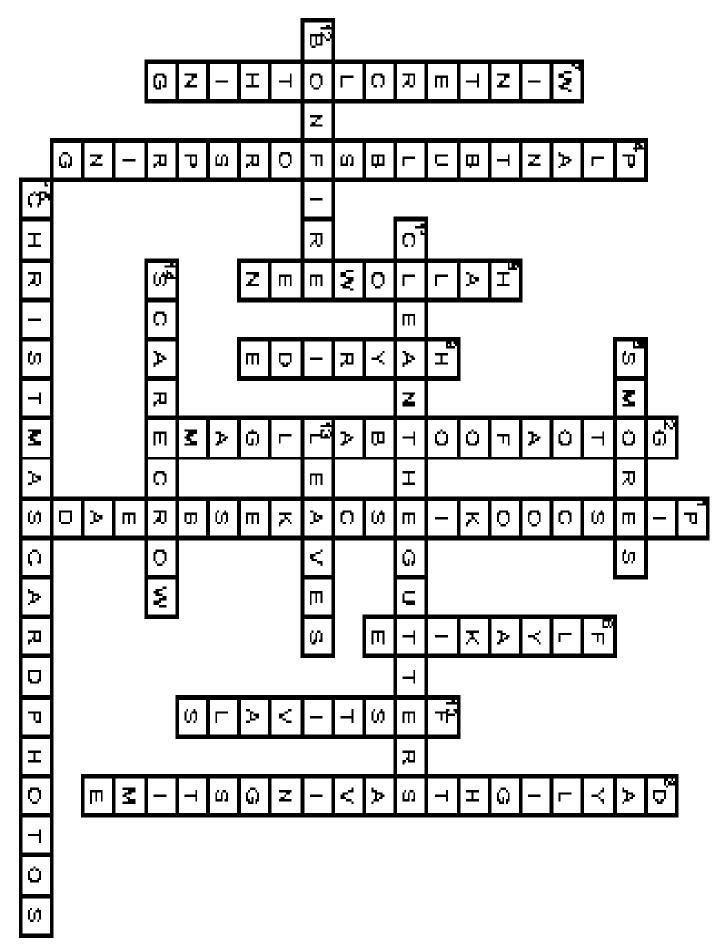
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Sudoku Puzzle Easy Solution

Sudoku Puzzle Moderate Solution

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