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August 20, 2021

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Union Pacific 4014



Union Pacific 4014, also known as the "Big Boy", is a steam locomotive owned and operated by the Union Pacific (UP) as part of their heritage fleet. It is a four-cylinder simple articulated 4-8-8-4 "Big Boy" type built in 1941 by the American Locomotive Company (ALCO) of Schenectady, New York. No. 4014 is the only operating Big Boy of the eight that remain in existence.

The locomotive operated in revenue service until 1959, when it was donated to the Railway and Locomotive Historical Society in late 1961 and thereafter displayed in Fairplex at the RailGiants Train Museum in Pomona, California. In 2013, UP re-acquired the locomotive and launched a restoration project at their Steam Shop in Cheyenne, Wyoming.

In May 2019, No. 4014 was operated for the first time after sitting dormant for almost six decades. It ran its first excursion, double-headed with Union Pacific 844, three days later on May 4, 2019. Now part of the Union Pacific's heritage fleet, it now operates in excursion service, in addition to hauling revenue freight during ferry moves.

Design: The Big Boy class was developed by Union Pacific (UP) and the American Locomotive Company (ALCO) to handle the 1.14% eastbound ruling grade of the Wasatch Range. UP determined that its goals for the new class could be achieved by making several changes to the existing 4-6-6-4 Challenger design by enlarging the firebox to about 235 by 96 inches (5.97 m × 2.44 m) (about 155 sq ft or 14.4 m²), lengthening the boiler, adding four driving wheels and reducing the diameter of the driving wheels from 69 to 68 in (1,753 to 1,727 mm).

The Big Boy was articulated like the Mallet locomotive design, although without compounding. It was designed for stability at 80 miles per hour (130 km/h), allowing for a wide margin of reliability and safety, as steam locomotives normally operated well below that speed in freight service. Peak horsepower was reached around 35 mph (56 km/h); optimal tractive effort was reached around 10 mph (16 km/h). It is longer than two city buses and weighs more than a Boeing 747.

Revenue Service and Retirement: ALCO built No. 4014 in November 1941 and delivered it the following month to Union Pacific, where it was placed in revenue service. No. 4014 was part of the first group of 20 Big Boys, classified as 4884-1. Designed to haul 3,600-short-ton (3,214-long-ton; 3,266 t) trains over Utah's Wasatch Range, No. 4014 and the 24 other Big Boys routinely pulled trains of up to 4,200 short tons (3,750 long tons; 3,810 t). No. 4014's last routine repairs took place in 1956.

No. 4014 completed its final revenue run on July 21, 1959, just hours before the last revenue run by any Big Boy. It had traveled 1,031,205 miles (1,659,564 km) during its twenty years of revenue service. Union Pacific retired No. 4014 on December 7, 1961. All of the Big Boys were retired by 1962, their duties assumed by diesel locomotives and gas turbine-electric locomotives (GTLEs).

That same year, Union Pacific donated No. 4014 to the Southern California chapter of the Railway and Locomotive Historical Society in Pomona, California, where it became one of the eight Big Boys preserved around the United States.

Ownership Transfer: In late 2012, Union Pacific officials announced that they would obtain a Big Boy locomotive, restore it to operating condition, and use it in excursion service. On July 23, 2013, the Southern California chapter of the Railway and Locomotive Historical Society agreed to transfer ownership of No. 4014 back to Union Pacific.

On November 14, 2013, No. 4014 began its journey to the UP Steam Shop in Cheyenne. It was pulled from its display site at the museum, on temporary track, to the adjacent parking lot. On January 26, 2014,

No. 4014 was pulled from the Los Angeles County Fairplex to the Covina station on Metrolink trackage by No. 1996, an SD70ACe diesel locomotive painted in Southern Pacific colors. It presently arrived at UP's West Colton Yard in Bloomington, California, where it sat on display until April 28, when it began its journey to Cheyenne.

After arriving at the Steam Shop's roundhouse on May 8, No. 4014 sat largely idle for two years while the UP steam crew worked to overhaul No. 844. The Steam Shop also used the time to expand and upgrade its facilities to accommodate a Big Boy. Restoration (2016–2019): In August 2016, a month after No. 844's repairs and inspection were complete,

The UP officials announced that restoration work on No. 4014 had begun under Heritage Fleet Operations director Ed Dickens. By early 2017, the locomotive had been completely disassembled. Some new parts were fabricated, including the rod brasses, top boiler check valve and lubricator check valves.

The driving wheels were sent to be repaired by the Strasburg Rail Road in Strasburg, Pennsylvania, for crankpin and axle work and installing new tires. The work included one major alteration: converting the coal-burning locomotive to run on No. 5 fuel oil. This was done by replacing the firebox grates with a fire pan and an oil burner.

This made No. 4014 the first Big Boy to undergo a coal-to-oil conversion since No. 4005, which ran on oil from 1946 until it was converted back to coal in 1948 due to uneven heating in its large, single-burner firebox. No. 4014's old firebox grates were saved and sent for the restoration of Milwaukee Road No. 261.

In March 2018, it was reported that the process of putting the locomotive back together had begun; ten months later, the locomotive's restoration was nearly finished.

Excursion Service: Upon the completion of the restoration, No. 4014 joined the railroad's never-retired No. 844 in excursion service. No. 4014 also became the world's largest operational steam locomotive, displacing (and later replacing) No. 3985, which was in poor mechanical condition.

In May 2019, No. 4014 made its first excursion run amid the celebrations marking 150 years since the completion of the First Transcontinental Railroad. Following its May 4 christening at the Cheyenne Depot Museum, No. 4014 — double-headed along with No. 844 — traveled to Ogden, Utah. No. 4014 subsequently made two tours on its own, with the first taking it through the Midwestern United States, including a brief stop at the Lake Superior Railroad Museum, from July 8 to August 8; and the second taking it through the Southwestern United States from September 27 to November 26.

Due to the COVID-19 pandemic, UP announced in March 2020 that it would cancel that year's steam operations, including by Nos. 4014 and 844. No. 4014 resumed operations in August and September 2021 with scheduled stops in Fort Worth and Houston, Texas; New Orleans, Louisiana; St. Louis, Missouri; and Denver, Colorado

In December 2018, Union Pacific asked the Federal Railroad Administration (FRA) to exempt UP Nos. 4014, 844, and 3985 from federal Positive Train Control (PTC) requirements; in February 2019, the FRA officials responded that such waivers were not needed. On February 6, 2019, No. 4014's boiler passed a hydrostatic test.

The locomotive was successfully test fired on April 9. Around 9 p.m. on May 1, 2019, it moved under its own power for the first time in more than 59 years. The following evening, the locomotive made its first test run, from Cheyenne to Nunn, Colorado. Incidents: On May 16, 2019, No. 4014 partially derailed for unknown reasons. Two axles from one set of drive wheels fell into the gauge while entering the yard at Rawlins, Wyoming; the derailed drive wheels were returned to the rails within three hours.

DATA MASTER: Nikki Hamilton



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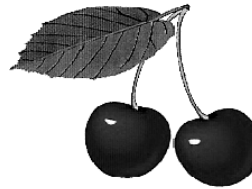
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The Pastor Comes by Your House

A Pastor went out one Saturday afternoon to visit his church members. At one house, it was obvious that someone was home, but nobody came to the door even though the preacher knocked several times. Finally, the preacher took out his card, wrote out 'Revelation 3:20' on the back of it, and stuck it in the door:

"Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and dine with him, and he with me."

- Revelation 3:20

The next morning, the card turned up in the collection plate. Below the preacher's message was written the following notation:

"I heard your voice in the garden, and I was afraid because I was naked; and I hid myself."

- Genesis 3:10



DATA MASTER: Steven Burdick

Pastoral Hospital Visit

Elder Jackson is in the Hospital and his good friend and pastor comes to visit him. The pastor realizes how serious his condition must be with all the medical equipment attached to the elder. He kneels down next to Elder Jackson's bed to pray for him. Upon doing so, the elder begins waving a worn hand at him, and makes a motion toward the pen and writing pad on the nearby nightstand. The pastor reaches for the pen and pad and hands it to his friend, who immediately begins writing furiously. But suddenly, he passes away. He dies without being able to finish his note.

At the funeral for his friend, the pastor tells the family and friends:

"I was blessed to know him, and to be with him at the moment of his death. As a matter of fact, I have his last thoughts with me, written by his own hand."

The pastor begins reading the paper for the first time:

"Please get up now Pastor!!! You are kneeling on my oxygen hose!!!"



DATA MASTER: Steven Burdick

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Faith Through the Storm

A young man applied for a job as a farmhand. When the farmer asked for his qualifications, he said. "I can sleep through a storm."

This puzzled the farmer... but he liked the young man. So he hired him.

A few weeks later, the farmer and his wife were awakened in the night by a violent storm ripping through the valet. He jumped out of bed and called out for his new hired man, but found him sleeping soundly in the midst of the storm.

He quickly began to check things to see if all was secure. They found that the shutters of the farmhouse had been securely fastened. A good supply of logs had been set next to the fireplace.

The farmer and his wife then inspected their property. They found that the farm tools had been placed in the storage shed, safe from the elements and wheat bales had been bound and wrapped in tarps.

The tractor had been moved into its garage. The barn was properly locked tight. Even the animals were calm and had plenty of feed. All was well.

The farmer then understood the meaning of the young man's words.

"I can sleep through the storm."


Because the farmhand did his work loyally and faithfully when the skies were clear, he was prepared for any storm. So when the storm did actually break, he was not concerned or afraid. He could sleep in peace.

DATA MASTER: Becca Thornton



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Raise a Glass of Water

The speaker explained stress management to his audience by raising a glass of water and asking, "How heavy is this glass of water?" Answers called out ranged from 20g to 500g.

The lecture replied, "The absolute weight doesn't matter. It depends on how long you try to hold it."

"If I hold it for a minute, that's not a problem."

"If I hold it for an hour, I'll have an ache in my right arm."

"If I hold it for a day, you'll have to call an ambulance."

"In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden."

"So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can."

Great ways to deal with life's stress burdens:

Accept that some days you're the pigeon, and some days you're the statue.

Always keep your words soft and sweet, just in case you have to eat them.

Always read stuff that will make you look good if you die in the middle of it.

Drive carefully. It's not only cars that can be recalled by their maker.

If you can't be kind, at least have the decency to be vague.

If you lend someone \$20 and never see that person again, it was probably worth it.

It may be that your sole purpose in life is simply be kind to others.

Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

Nobody cares if you can't dance well. Just get up and dance.

Since it's the early worm that gets eaten by the bird, sleep late.

The second mouse gets the cheese.

When everything's coming your way, you're in the wrong lane.

Birthdays are good for you. The more you have, the longer you live.

You may be only person in the world, but you may also be the world to one person.

Some mistakes are too much fun to only make once.

We could learn a lot from crayons... some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.

DATA MASTER: Karen Deffenbaugh



13 Legitimately Fun Things You Can Do In Oklahoma Without Spending A Dime

1. Keystone Ancient Forest, Sand Springs

This 1,360 acre nature park is open to the public on select Saturdays and is full of hiking trails surrounded by 500-year-old post oaks and 300-year-old cedars. Address: 160 Ancient Forest Dr., Sand Springs, OK 74063.

2. Center of the Universe, Tulsa

The Center of the Universe is an acoustic anomaly – when standing in the center of the circle and making noises, only you can hear it echo...loudly! The Center of the Universe is a great spot for photos, a fun night out with friends or a cool place to keep kids entertained for hours. Address: Downtown Tulsa near the pedestrian overpass between Archer and 1st Street.

3. Martin Park Nature Center, Oklahoma City

Martin Park Nature Center is over 140-acres of an outdoor oasis focused on education. They have a hands-on nature center, three hiking trails, ponds, woodlands and places for animal watching. Address: 5000 W Memorial Rd., Oklahoma City, OK 73142.

4. Express Clydesdales Ranch, Yukon

You'll find some of the world's most beautiful Clydesdale horses at Express Clydesdales Ranch at Chisholm Hills in Yukon. The ranch houses a 1936 barn and is open six days a week to visitors. Address: 12701 W Wilshire Blvd., Yukon, OK 73099.

5. Showmen's Rest at Olivet Cemetery, Hugo

In the little town of Hugo, Oklahoma sits a circus-themed cemetery dedicated to circus animals and performers. Showmen's Rest is a section within Mount Olivet Cemetery filled with animal themed pedestals and gravesites. The town of Hugo was once known as "Circus City, USA" and is now the final resting place for many circus folks. Address: Trice & S 8th St., Hugo, OK 74743.

6. Robbers Cave State Park, Wilburton

Robbers Cave State Park is located in the San Bois Mountains of southeastern Oklahoma. The area has over 12 miles of trails that wind you through caves, lakes, streams and breathtaking scenery. The popular caves are made of sandstone and were popular hideouts for outlaws Jesse James and Belle Star. Address: Hwy 2 N., Wilburton, OK 74578.

7. Tulsa Garden Center at Woodward Park, Tulsa

The park is committed to educating visitors on horticultural and environmental subjects. The center houses a beautiful rose garden, a historic mansion, arboretum, conservatory and fountains. Address: 2435 S Peoria Ave., Tulsa, OK 74114.

8. Conoco Museum, Ponca City

This state of the art energy museum is filled with memorabilia, interactive exhibits, oil industry replicas and much more. Address: 501 W South Ave., Ponca City, OK 74601.

9. Fred Jones Jr. Museum of Art, Norman

The University of Oklahoma is home to the Fred Jones Jr. Museum - one of the best higher education art museums in the country. You'll find an assortment of art ranging from Asian to Native American to French. Address: 555 Elm Ave., Norman, OK 73019.

10. The Round Barn, Arcadia

This iconic Route 66 landmark is the only true round barn in Oklahoma. The barn was built in 1898 and has been fully restored. It is open to the public and houses exhibits and a gift shop. Address: 07 E Hwy 66, Arcadia, OK 73007.

11. Wichita Mountains Wildlife Refuge, Lawton

Located in the southwestern portion of Oklahoma, The Wichita Mountains are rock promontories and rounded hills made of igneous rocks, sedimentary rocks and large boulders. The area is an outdoor oasis filled with some of the most breathtaking scenery in the state.

12. 45th Infantry Division Museum, Oklahoma City

The museum features many aspects of Oklahoma's own 45th Infantry Division of the National Guard (also known as the Thunderbirds) along with American military history. Any history buff will love a visit to this fascinating museum. Address: 2145 NE 36th St., Oklahoma City, OK 73111.

13. Twister Museum, Wakita

The movie Twister was filmed in Wakita, Oklahoma and you can visit the town and see the water tower and other famous landmarks from the movie. The museum is open April-September. Address: 101 W Main St., Wakita, OK 73771.

DATA MASTER: Nikki Hamilton



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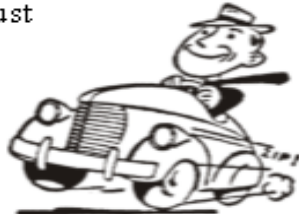
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Funny Excuses for Arriving Late to the Office

According to a recent CareerBuilder.com survey, 15% of workers admit to arriving late at least once a week.

Here are some of the funnier reasons workers gave for arriving late to the office:

While rowing across the river to work, I got lost in the fog.

Someone stole all my daffodils.

I had to go audition for American Idol.

My ex-husband stole my car so I couldn't drive to work.

My route to work was shut down by a Presidential motorcade.

I have transient amnesia and couldn't remember my job.

I was indicted for securities fraud this morning.

The line was too long at Starbucks.

I was trying to get my gun back from the police.

I didn't have money for gas because all of the pawn shops were closed.

I was trapped in my pajamas!

My dog wouldn't let me leave

I thought it was still Sunday

I forgot to come in today

I was out of cereal

DATA MASTER: Becca Thornton



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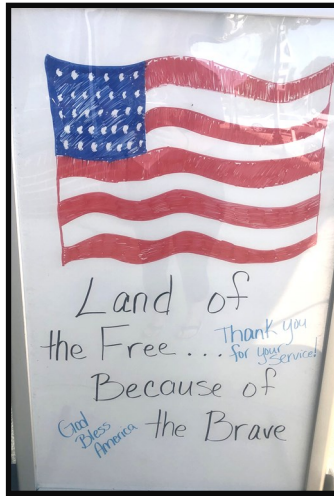
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Working Hard or Hardly Working?



KITT - The Complete Guide to the Knight Rider Car



"Knight Rider" premiered on NBC in 1982 and would stay on the air for four seasons. The show made David Hasselhoff an international superstar, and it also made a star out of its premiere car, the KITT. Hasselhoff's character, Michael Knight, was the series protagonist and drove KITT, the Knight Rider Trans Am, while fighting crime. One of the show's big twists was that the KITT was enabled with artificial intelligence (AI) and could speak. The 1982 series by famed showrunner Glen A. Larson was a hit, generating high merchandise sales and reaching U.S. syndication in 1986. If you're a fan of the show or just love TV automotive history, you should know all about the legendary KITT.

What Kind of Car Was KITT?

Due to its many abilities and ridiculously fast speeds, people sometimes ask if KITT is a real car. While the car couldn't top out at over 200 miles per hour (mph), and many of its added features were aided by TV magic, it was based on a real vehicle. The KITT from the original series was a 1982 Pontiac Trans Am. This car was a two-door coupe, featuring a rear-wheel drive and front engine. In the show, the KITT's engine had a turbojet with customized afterburners. The vehicle could be set to autopilot, and the transmission featured an eight-speed micro-processor turbo drive.

What Was the Car's Name in "Knight Rider"?

KITT's full name is the Knight Industries Two Thousand. Among fans of the show, however, the car is mainly referred to as the KITT rather than its full name.

How Did the Pontiac Trans Am Become the KITT?

When "Knight Rider" was in development, the show's creators homed in on the Pontiac Trans Am to be its primary car. However, Pontiac's promotion manager, Jim Graham, thought the show sounded corny and didn't want the car to be associated with it. This aversion to placing the Trans Am in the show wasn't shared by everyone at Pontiac. The president of Pontiac's West Coast public relations agency, Eric Dahlquist, was a major fan of the idea of the show using the car. Many others at Pontiac were on board with placing the car in the show to generate attention and raise Pontiac's decreasing sales. Dahlquist even got the new Pontiac general manager, Bill Hoglund, on his side. Hoglund said he wouldn't go

against Graham's decision, but if Dahlquist could figure out how to get the car into the show, he would sign off on any paperwork. With Hoglund in his corner, Dahlquist got the cars to come out of dealer allocations with a bit of wheeling and dealing involved to secure the original three Trans Ams used by the show. Dahlquist also contacted the show's staff to design a modified version of the Trans Am to get the desired look for the series. They planned to change the look of the car's nose so it could feature a red light. Doing this would make it look like the Cylon Warrior from Larson's previous "Battlestar Galactica" series.

Initial Setbacks in Producing the KITT

There were a few delays in producing the new Pontiac Trans Ams needed for the show. The automakers also had issues with getting the cars into the showrunners' hands. The vehicles weren't included in the company's budgets for promotional programming. They couldn't be delivered through the Pontiac dealer, either, meaning it wasn't certain how the cars would get to the set of "Knight Rider." Finally, Dahlquist got a call at his agency from an unidentified speaker. This caller told him to be at the Pacific Motor Transport lot by 4 p.m. — this was a transportation company owned by General Motors (GM). The cryptic caller informed Dahlquist that the three black Trans Ams would be waiting for him with the keys left in them. Dahlquist would never find out who made the call, but the person wasn't lying. The cars were there, and Dahlquist was able to use them in the show.

Shaping the KITT's Design

With the Trans Ams in the show's hands, the staff of "Knight Rider" would begin further modifications on the vehicles to give them a futuristic look. Working off detailed renderings from John Schinella, Pontiac's design chief, the staff modified the cars' interiors and exteriors to create the KITT's signature appearance. Besides making exterior changes that fit the Cylon Warrior look, they also modified the interiors with new buttons, screens and digital readouts. The cars also received fiberglass coverings over the dashboards. The decision to allow "Knight Rider" to use the Trans Am ended up being an excellent move by Pontiac. The show was a huge success and put the Trans Am in front of millions of viewers. In addition

to the TV show's popularity, the car also gained notoriety due to the high merchandise sales the series generated. It's almost unthinkable now to imagine the KITT as any car but the Trans Am.

Who Voiced KITT the Car?

Since the Knight Rider Trans AM could think and talk, the show needed an actor to provide the voiceover. William Daniels turned out to be the man for the job and even influenced how the car was characterized. While the show's producers wanted the automobile's voice to be more robotic, Daniels eventually convinced them to let him make the vehicle more human-like, with a brighter and more amusing voice. One interesting tidbit from the show was that Daniels and Hasselhoff didn't meet each other until a Christmas party held when the series was already a hit. Since Daniels only gave the KITT's voiceover, he didn't have to be in the same room as Hasselhoff during filming. Daniels also chose not to have his name appear in the show's opening and closing credits during its time on air. He did not want to be credited because he wanted audience members to get the sense that the car had a mind of its own. Despite Daniels' desire to stay relatively anonymous, he quickly became recognized by fans that he was the Knight Rider car voice.

What Could the KITT Car Do?

The KITT car had numerous features that prepared it for almost any situation. As a sentient car, it would use its voice synthesizer to communicate with others. A primary part of the KITT was its Knight 2000 microprocessor. This microprocessor was essentially the car's brain, making it self-aware and able to think for itself. Some other primary KITT features included:

Molecular bonded shell: The KITT's molecular bonded shell gave it incredibly tough armor that protected it from explosive devices and firearms. The car could only sustain damage from rockets and heavy artillery. However, the shell would still be intact after blasts, with this heavy-duty weaponry only damaging the internal components. The bonded shell even covered the tires, allowing the car to drive over explosives and shield others from blasts. It also protected Knight and the car from electricity and fire.

Pyroclastic lamination: With its pyroclastic lamination, the KITT could withstand high temperatures. Its thermal-resistant coating allowed it and Knight to survive temperatures as high as 800 degrees Fahrenheit.

Electronic jamming system: The car's electronic jamming system incorporated a microwave ignition sensor, an electronic field disrupter and an electromagnetic field generator. This system allowed the automobile to control other electronic machines. The KITT primarily utilized it to disable vehicles that were trying to escape. It also used the system to break electronic locks, scramble security cameras and cheat at slot machines.

Turbo boost: The car's turbo boost capabilities enabled it to accelerate quickly and reach impressive speeds.

The turbo boost system ran on undercarriage rocket motors that could fire backward or forward. Besides giving the car a speed boost, the turbo system also made it possible for the vehicle to jump 40 feet into the air and push or pull heavy objects.

Silent mode: Whenever the KITT needed some stealth, it could activate silent mode. In this mode, the engine noise would be kept to a minimum, allowing the car to sneak up on enemies and stay hidden.

Flame throwers, tear gas and flares: When the car needed to get aggressive, it had a few options at its disposal. It had a flamethrower placed under the bumpers to shoot flames at enemies. It also had tear gas it could launch for offensive or defensive purposes. Additionally, its magnesium flares helped misdirect incoming heat-seeking missiles.

Passive laser restraint system: When Knight and other passengers were placed in harm's way by sudden stops and impacts, the passive laser restraint system protected them from the shock.

Chemical analyzer: Who needs a CSI-like lab when your car has a chemical analyzer built into it? The KITT's analyzer could scan fingerprints, break down the chemical properties of various substances and evaluate ballistic information from bullets. This analyzer also had exterior sensors to examine chemical properties outside the car.

Surveillance mode: In surveillance mode, the car could monitor and trace telephone communications and radio transmissions. This ability helped the KITT track people and find out where they were. This feature also enabled the KITT to hack into computer systems, uploading and downloading information. Additionally, the KITT could figure out the structural schematics of buildings and keep Knight aware of any dangers when sneaking around an area.

Manual override: The KITT had a built-in function that allowed the driver to override the AI and lock it out from controlling the vehicle. This manual override feature let Knight control the automobile entirely on his own, stopping the KITT from activating its auto cruise. Understandably, the KITT wasn't always too happy about this function, often vocally protesting whenever Knight switched it on.

Grappling hook: The KITT famously had a grappling hook and winch for times when the car needed to get creative. The grappling hook was often placed behind the taillights and underneath the front bumper. The grappling hook and winch gave the car even more opportunities for awesome stunts.

Seat ejection system: When Knight needed to get out of the car fast and reach rooftops or fire escapes quickly, the seat ejection system was there to help. The car featured two front ejection seats that could propel Knight out of the vehicle and high into the air.

DATA MASTER: Steven Burdick

Claremore Skilled Nursing & Therapy

The Employee Of The Month



Rachel Dewitt was born on a July 15th in Claremore. She is an Evening Charge Nurse. This September she will celebrate her 20th Anniversary with this Facility. In August she will start RN School. She has been married for 30 years and has 2 fur babies. Her hobbies are reading, cross-stitch, candle making, soap making and is now learning to knit. We all know how much she loves Christmas but did not know she has to have her M&Ms separated by color before she can eat them. Says she loves the residents the most and how much love that they show the staff.

If you would like to join, "Rachel Dewitt" 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.

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

Maya Angelou

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August 10, 2021

NEWS RELEASE

RELEASE TIME: Immediate
CONTACT PERSON: Lahona Young, Ombudsman Supervisor

Dehydration – A Silent Signal for Help

Dehydration can lead into self-neglect or caregiver neglect. It is important to keep hydrated now that summer is here. Dehydration can happen often in long-term care settings, and older adults have a tendency to feel less thirsty, less quickly than younger persons. A resident may be dehydrated if they:

- Drink less than six cups of liquids per day
- Have a dry mouth, cracked lips or sunken eyes
- Suffer from dark urine, frequent vomiting, diarrhea or fever
- Need help drinking from a cup or glass, or have trouble swallowing liquids
- Act confused or extremely tired.

Studies show that residents who live in long-term care facilities are at greater risk of becoming dehydrated than those living in the community. It is thought that some residents may drink less as to not have to ask for assistance to use the bathroom or get out of the bed. Dehydration can cause increased risk of urinary tract infections, coronary events and death. Certain medications can also decrease thirst. After checking swallowing precautions for the resident, follow these steps (when appropriate) to ensure that they stay hydrated and prevention of neglect:

- Encourage the resident to take a drink every time you see them.
- Offer ice chips frequently.
- Offer sips of liquid between bites of food.
- Confirm a pitcher and cup are nearby and light enough for resident to lift themselves.
- Offer assistance as needed if resident cannot drink without help.
- Be sure to alert staff to any behaviors that may signal a resident is dehydrated.
- Encourage milk, decaffeinated tea or juice instead of caffeinated drinks like soda and coffee. (Remember: caffeinated drinks do not count as much toward fluid intake.)

We encourage everyone to check on their neighbors and loved ones during the extreme hot weather. During this pandemic, there have been several families who have taken their loved one home. If you or someone you know is interested in doing so, there is a program available to assist in transitioning residents back out into the community, it is called Living Choice. If you have questions or concerns and need to speak to an area long-term care Ombudsman please contact Lahona Young ext. 220 or Shelly Ferris, 226 at 1-800-482-4594 you can also send an e-mail: lyoung@grandgateway.org, sferris@grandgateway.org.

Funding for this is provided in part by state and Older Americans Act funds from Grand Gateway AAA and DHS Aging Services. Grand Gateway AAA serves all individuals who are eligible for its programs without regard to race, national origin, ancestry, color, religion, sex, age or disability.

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 Cindy (918) 676-3228.

Every 3rd Saturday of the month, 10am—12pm, Big Cabin Baptist Church Clothes Closet. Contact Marie McKee for any questions at: 918-323-2664 or Gary Coppedge 918-244-5632.

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

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

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

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

May 8 - Sep 30, 2021 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 visi

SUDOKU PUZZLES

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

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

Hardship level: Moderate

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

By Nikki Hamilton

Solutions on page 36

tors 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. Mon—Sat: 9:00 am—3:00 pm Sun: 1:00 pm—4:00 pm. Honor Heights Park 1513 N 48th St Muskogee, OK 74401 Phone: 918-684-6303, 918-684-6302

Aug 13, 2021 - Aug 29, 2021 Theatre Tulsa presents: Matilda the Musical: Experience the magic of the hysterical, uplifting and visually stunning blockbuster adored by millions around the world at the Tulsa Performing Arts Center. Roald Dahl's "Matilda" comes to life in musical form during this show that is sure to capture the hearts of all ages. Hours: August 13, 14, 20, 21, 27, 28: 8pm. August 15, 22, 29: 2pm. Tulsa Performing Arts Center, 110 E 2nd St. Tulsa, OK 74103. Phone: 918-596-7111.

Aug 25, 2021 - Aug 28, 2021 Will Rogers Memorial Rodeo - The Will Rogers Memorial Rodeo, a PRCA sanctioned rodeo held each year in Vinita, will feature all of the exciting rodeo events fans have come to expect. Grab a seat at this year's rodeo and enjoy the eight main events that include barrel racing, bareback bronc riding, saddle bronc riding, steer wrestling, steer roping, calf roping, bull riding and team roping. American Legion Rodeo Grounds, 26585 S 4410 Rd. Vinita, OK 74301. Phone: 918-256-7133 or Office Fax: 918-256-8261.

Aug 26, 2021 Food Truck Thursday - Once a month, downtown Claremore transforms into a community hub teeming with people. During Join in on all the fun on Food Truck Thursdays, featuring local musicians, late night shopping, book signings and free children's activities. While exploring all Claremore has to offer, be sure to munch on delicious food truck fare from a large array of local vendors. Hours - Thursday: 6:00 pm - 9:00 pm. Downtown Claremore, OK 74017. Phone: 918-341-5881 or Office Fax: 918-342-0663.

Aug 27, 2021 - Sep 25, 2021 Cherokee Homecoming Art Show & Sale - Visit Cherokee Springs Plaza in Tahlequah for the Cherokee Homecoming Art Show & Sale. View authentic Cherokee artwork by artists from all across the nation. Open to citizens of the Cherokee Nation, United Keetoowah Band of Cherokees and Eastern Band of the Cherokees, this show will display many examples of traditional and contemporary art. Cherokee Springs Plaza, 3377 Cherokee Springs Plaza, Tahlequah, OK 74464. Phone: 918-456-7311.

Aug 27, 2021 - Aug 28, 2021 Rodeo Miami - Travel to Miami in northeast Oklahoma for Rodeo Miami, a two-day rodeo event filled with exciting acts, vendors and concessions at the Miami Fairgrounds. Rodeo Miami has been named the ACRA Rodeo of the Year since 2010. Hours: Gates open at 5pm. 1129 E St SW, Miami, OK 74354. Phone: 918-542-4432.

Aug 27, 2021 Alan Jackson in Concert - Country Music Hall of Famer Alan Jackson will bring decades of hits to fans in Oklahoma with a concert at BOK Center in Tulsa. One of the best-selling country artists of all time, Jackson has recorded 16 studio albums, amassing fans across generations. Hear Jackson's hits like "Chattahoochee," "It's Five O'Clock Somewhere" and "Country Boy" during this exciting performance in downtown Tulsa. Hours: Starts at 7pm. BOK Center, 200 S Denver Ave. Tulsa, OK 74103. Phone: 918-894-4445.

Aug 28, 2021 Maker Faire Tulsa - Experience a day of creativity at the award-winning, family-friendly Maker Faire Tulsa. In celebration of technology, education, science, arts, crafts, engineering, food, sustainability and making of all kinds, over 150 "makers" and inventors will fill Tulsa Expo Square with amazing projects and ideas. Hours: Saturday: 10:00 am - 5:00 pm. Tulsa Expo Square, 4145 E 21st St. Tulsa, OK 74112. Phone: 918-779-6025.

Sep 2, 2021 - Sep 5, 2021 Cherokee National Holiday - The Cherokee National Holiday in Tahlequah celebrates the signing of the Cherokee Nation Constitution in 1839. This annual event is a celebration of Cherokee heritage and cultural awareness. The Cherokee National Holiday attracts visitors from across the United States as well as from around the world. The four-day holiday is full of activities for all ages. Hours: September 2-4: Drive-In Movie Nights at One Fire Field, Inter-Tribal Powwow: September 3-4 & Quilt Show & Art Show: September 3-5. Various Locations, Tahlequah, OK 74465. Phone: 918-453-5544 or Phone: 918-453-1689.

Sep 2, 2021 - Sep 5, 2021 Rooster Days Festival - Make your way to the annual Rooster Days Festival in Broken Arrow, one of the oldest continually running festivals in Oklahoma, for a large carnival, a parade, live entertainment and more. Visitors to this fun festival will also enjoy a children's area and 20,000 sq. ft. of arts and crafts. Rooster Days has something for everyone including twirling amusement rides. Hours: Thursday: 5:00 pm - 10:00 pm, Friday: 5:00 pm - 11:00 pm, Saturday: 10:00 am - 11:00 pm & Sunday: 12:00 pm - 6:00 pm. *Rides close one hour before festival closes.* Central Park, 1500 S Main St. Broken Arrow, OK 74012. Phone: 918-251-1518.

Sep 3, 2021 LA2021: Lemon-Aid Kick-Off Event - Start the Labor Day Weekend off right on the patio at Tulsa's Mother Road Market with live music, games, arts and crafts, and of course, lemonade, during this community-focused event. In conjunction with the beloved tradition of children's lemonade stands, the Lemon-Aid Project is helping families have fun while using their energy to give back to the local communi-

ty. Hours: Friday: 3:00 pm - 8:00 pm. Mother Road Market, 1124 S Lewis Ave. Tulsa, OK 74104. Phone: 415-684-8528.

Sep 3, 2021 - Sep 5, 2021 Rocklahoma - Enjoy an epic three-day rock music festival featuring more than 70 entertainment acts on three stages. The world's largest rock festival of its type, Rocklahoma features high-energy acts, the sound of thrashing guitars, pyrotechnics and roaring vocals. Embrace your inner rocker and mingle with the likes of bikers, 80s metal enthusiasts and classic rock fans. 1421 W 450 Rd. Pryor, OK 74361. Toll-Free Office: 866-310-2288.

Sep 4, 2021 Oklahoma Beatdown Derby - Cheer on your favorite drivers and cars at the Oklahoma Beatdown Derby in Miami. Held annually, this event offers hours of family-friendly entertainment through a series of demolition derby races. From an automobile jump contest to traditional derby races, you'll be on the edge of your seat to see which cars and drivers make it to the winner's circle. Hours: Saturday: 4:00 pm - 10:00 pm. 1129 E SW. Miami, OK 74354. Phone: 918-542-1688.

Sep 4, 2021 Show Me Reptile & Exotics Show - From geckos to snakes, learn about the wonderful world of reptiles at the Show Me Reptile & Exotics Show at the Stoney Creek Hotel and Conference Center in Broken Arrow. One of the largest shows in the region, you'll find quality reptile feeders and supplies and see a variety of different reptiles. Hours: Saturday: 10:00 am - 3:30 pm, VIP: 9am entry. 200 W Albany St. Broken Arrow, OK 74012. Phone: 636-528-0962.

Sep 5, 2021 Rooster Days Run - Save the date for the Rooster Days Run in Broken Arrow's Rose District. Held prior to the city's annual festival, this fun event is a great way to start Rooster Days off on the right foot. Sign up for the 5K or fun run, or join the crowd cheering runners on at Chisholm Trail South Park. Hours: 5K and Fun Run begin at 8am. Rose District. Broken Arrow, OK 74012. Phone: 918-251-1518.

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

Community Links of Chelsea

1100 Walnut/PO Box 85

Chelsea, OK. 74016

Ph: 918-789-2862

Fax: 918-789-5296

Email: links@links.community-options.net

DATA MASTER: Nikki Hamilton

Air Fryer Coconut Shrimp

Ingredients:

1/2 cup all-purpose flour
1 1/2 teaspoons ground black pepper
2 large eggs
2/3 cup unsweetened flaked coconut
1/3 cup panko bread crumbs
12 ounces uncooked medium shrimp (peeled and deveined)
Cooking spray
1/2 teaspoon kosher salt, divided
1/4 cup honey
1/4 cup lime juice
1 serrano chile, thinly sliced
2 teaspoons chopped fresh cilantro



Directions:

Step 1: Stir together flour and pepper in shallow dish. Lightly beat eggs in a second shallow dish. Hold each shrimp by the tail, dredge in flour mixture, and shake off excess. Then dip floured shrimp in egg, and allow any excess to drip off. Finally, dredge in coconut mixture, pressing to adhere. Place on a plate. Coat shrimp well with cooking spray.

Step 2: Preheat air fryer to 400 degrees F (200 degrees C). Place 1/2 the shrimp in the air fryer and cook about 3 minutes. Turn shrimp over and continue cooking until golden, and about 3 minutes more. Season with 1/4 teaspoon salt. Repeat with remaining shrimp.

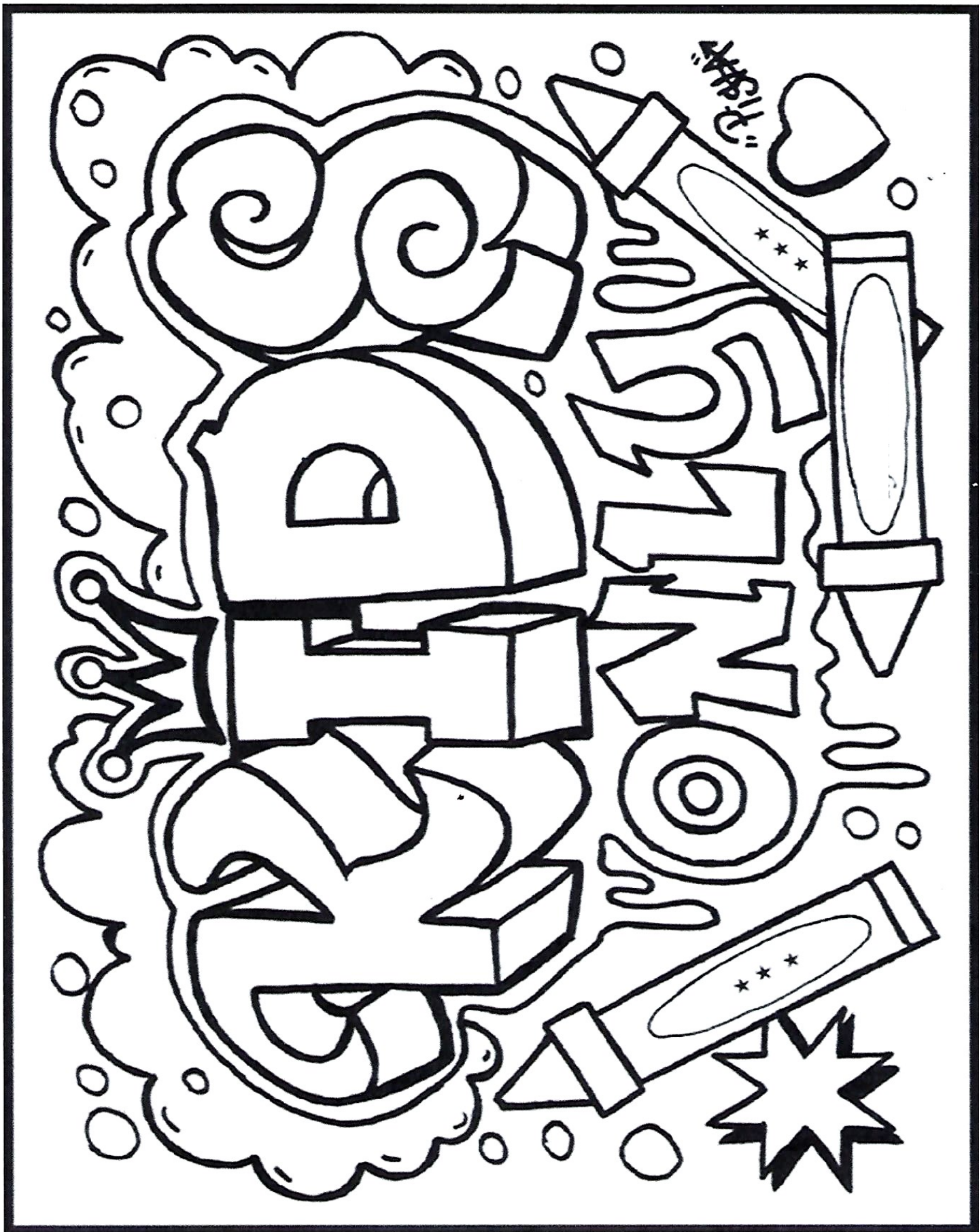
Step 3: Meanwhile, whisk together honey, lime juice, and serrano chile in small bowl for the dip.

Step 4: Sprinkle fried shrimp with cilantro and serve with dip.

Cook's Note:

You can substitute the serrano chile with 2 teaspoons crushed red pepper.

DATA MASTER: Becca Thornton





Getting to know the Lutherans

Dependence Day

Blessed is the one who fears the Lord always, but whoever hardens his heart will fall into calamity. Proverbs 28:14

We just celebrated another Independence Day, a day that is worthy of our observance. It is a celebration of our liberation from Great Britain, who treated her citizens in the New World unfairly. Though our nation has established a government of our own, we are still under the power, authority and providence of our Creator. Though we have freed ourselves from earthly monarchs, we are not free from the King of Kings.

Americans delight in independence maybe too much. We consider ourselves self-sufficient, self-made while in fact God is everything. It is our Creator who gives us life and all that we need. It is our Creator who gives talent, skills, knowledge and every opportunity. We are in fact totally dependent. We are commanded to respect our earthly authorities as long as they don't cause us to sin, But God is still our Divine Commander in Chief.

Though He is almighty, our God still serves. His only begotten Son has been born into this world to accept the punishment you deserve for your sin. God has done infinitely more than providing for us a free nation. He has freed us from sin. Celebrate your dependence.

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](https://lutheransonline.com/lo/Groveok)
[706 Rockwood Drive, Grove, OK.](https://lutheransonline.com/lo/Groveok)
[Worship 9:30 a.m.https://lutheransonline.com/lo/Groveok](https://lutheransonline.com/lo/Groveok)
[918-786-4585](https://lutheransonline.com/lo/Groveok)
[Website: www.lutheransonline.com/lo/Groveok](https://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@cablone.net

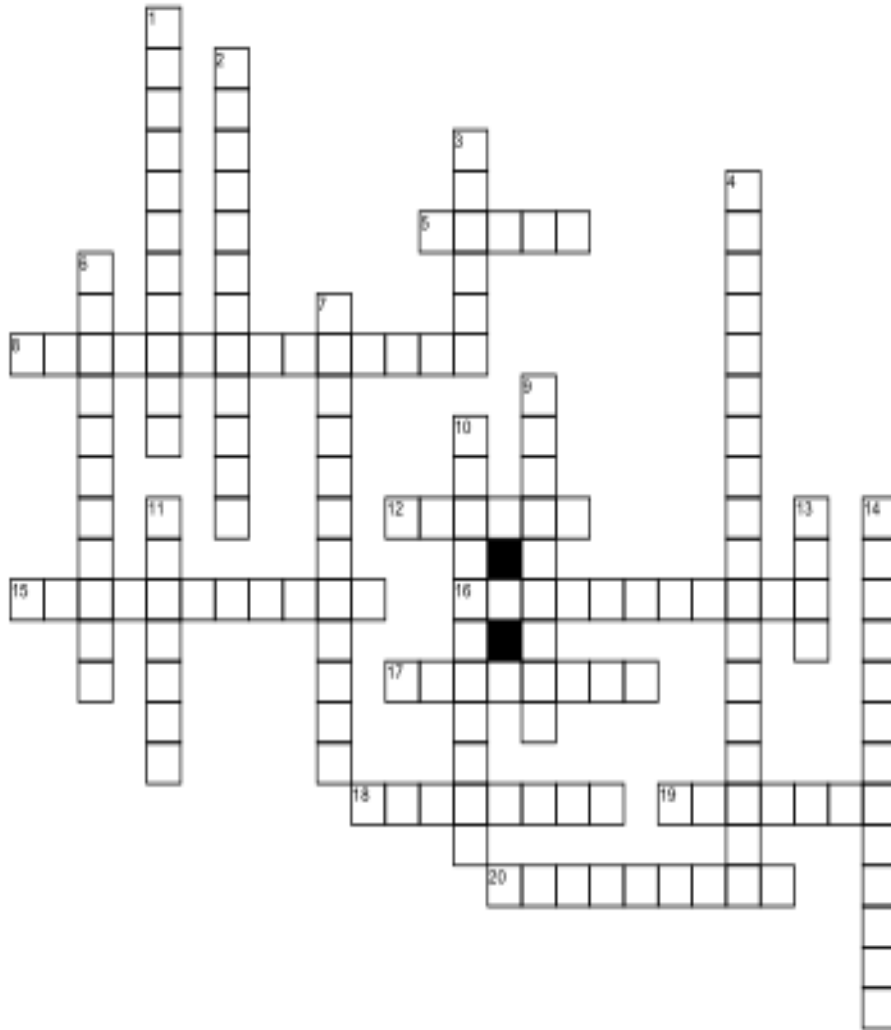
Redeemer Lutheran Church
220 N. Seminole, Claremore, OK.
Sunday School and Bible Class 9:00 a.m.
Worship 10:30 a.m. 918-341-1429
Email: rluther@sbcglobal.net – Website www.rlcck.org

St. John Lutheran Church
607 South East 9th st.
Pryor, OK 74361
Sunday School and Bible Class 9:00 am
Worship 10:30 am
(918) 825-1926
Email: stjohncpyor@yahoo.com

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

Crossword Puzzle

Movies and TV



Across

5. What Movie had the flying Elephant
8. What was the sitcom where they had a butler named Lurch
12. Who was the show with the Collie who was asked to come home
15. WHAT OTHER MOVIE DID MILEY CYRUS PLAY IN
16. Family were all superheroes
17. Who was the talking horse?
18. What movie did basketball star Michael Jordan play in ?
19. Who was the dolphin who had his own sitcom?
20. Olson twins sitcom

Down

1. what Tv series was the KITT car in
2. What sitcom did Robin Williams play an alien from another planet?
3. Horror movies with the killer doll
4. Show that involves the Clampitt family in the big city
6. What family had a dragon as a pet?
7. Miley Cyrus played this character in her own TV show
9. What sitcom was the witch that wiggled her nose in
10. Sitcom where the Robinson were in space?
11. Who was the talking Mule
13. What was the sitcom that they were in the army?
14. What movie had a Yellow brick road

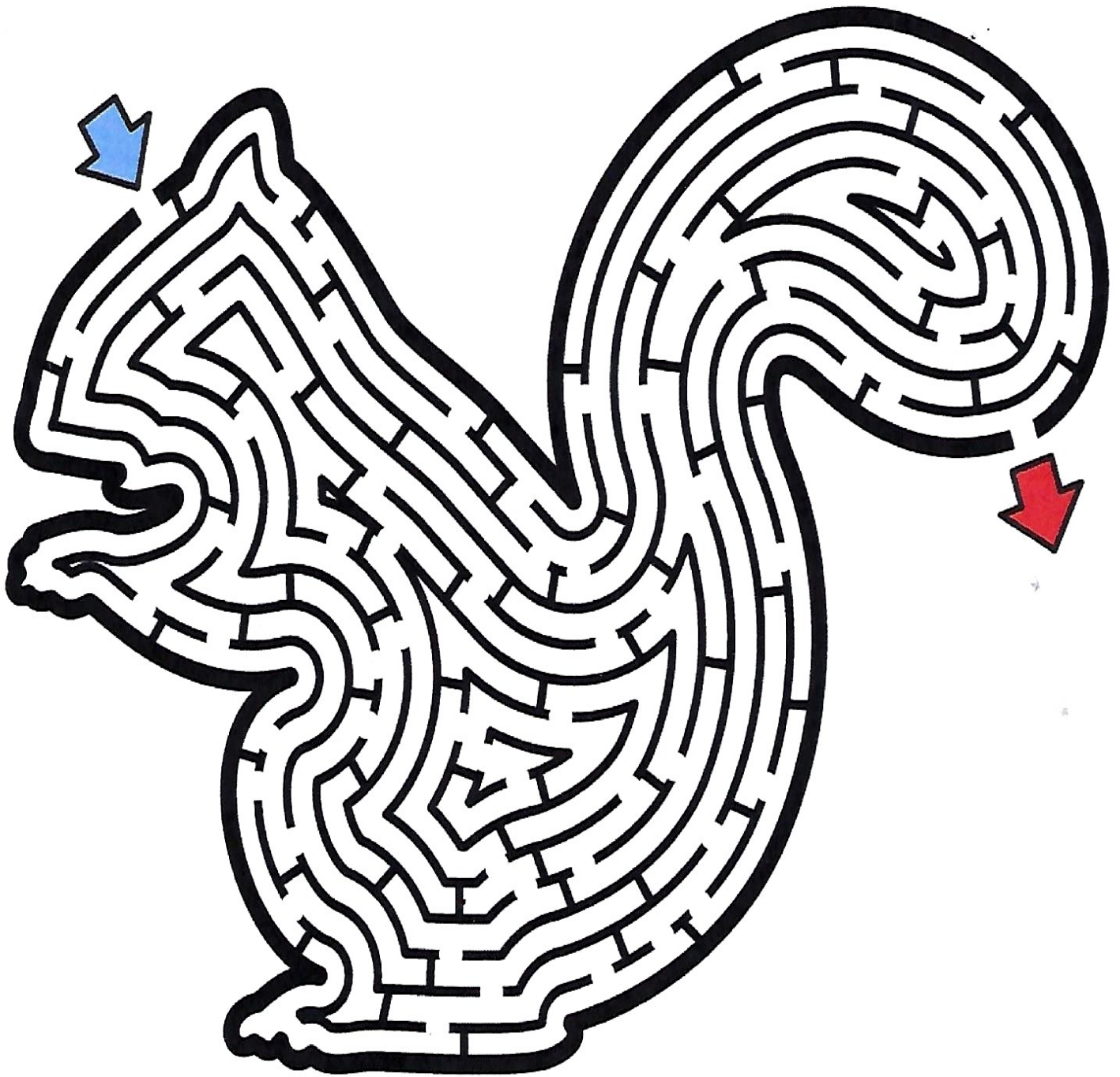
Word Search Puzzle

Back to School

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

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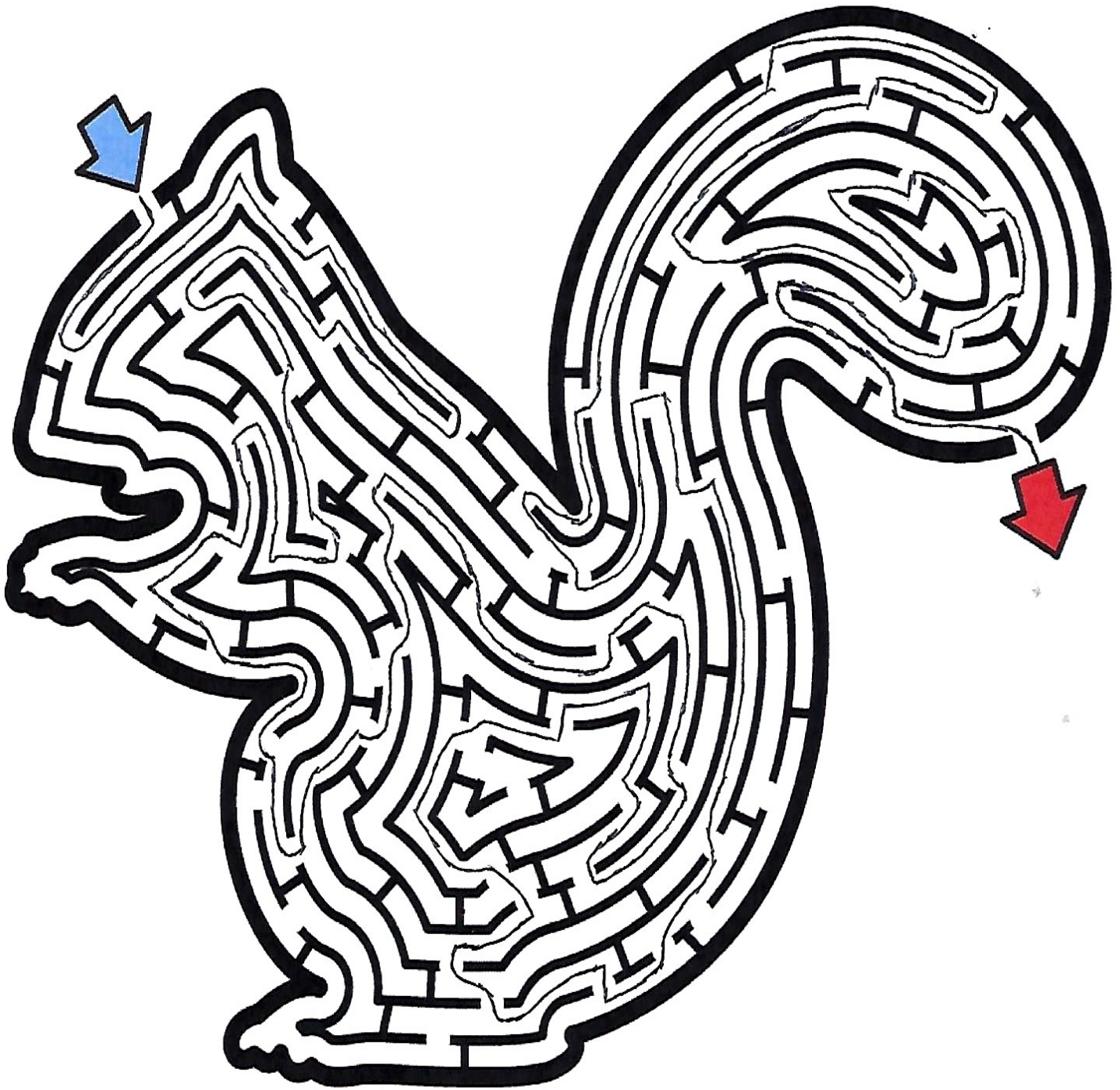
Maze Puzzle



Remember When...



Maze Puzzle Solution



The Twister Movie Museum Wakita, Oklahoma



Calling anything in Wakita a “landmark” might be pushing things a little bit, especially in a town with only a 350 population, but just about any movie buff will recognize the town’s water tower.

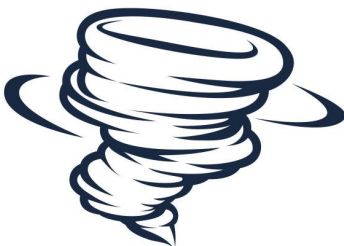
Wakita was, of course, the small Oklahoma town at the center of the Hollywood blockbuster Twister. The then-mayor came up with the idea to create a Twister Movie Museum. While small, the museum has an impressive amount of memorabilia from the 1996 film including “Dorothy” (the tornado probe) and several thousand photos. The museum’s curator is super friendly and will always greet you with a warm welcome.

You may be interested to learn that Wakita has an interesting history when it comes to tornadoes. The town was named after a local Cherokee Chief Wakita (pronounced Wok-ih-taw) of local notoriety. As legend records it, Chief Wakita’s tribe cast a spell to protect the area from tornadoes for at least 100 years.

Wakita was founded on September 16, 1893, and the post office opened on November 14. When Oklahoma became a state in 1907 the population was 388.

On May 10, 2010, a tornado outbreak occurred in Grant County and there were numerous tornadoes that caused damage near Wakita. However, the town itself was not destroyed.

DATA MASTER: Karen Deffenbaugh



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If I Had My Life to Live Over

I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained, or the sofa faded.

I would have eaten popcorn in the 'good' living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

If I had my life to live over, I would have taken the time to listen to my grandfather ramble about his youth.

I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would of sat on the lawn with my children and not worried about grass stains.

I would have cried and laughed less while watching television and more while watching life.

If I had my life to live over, I would have shared more of the responsibility carried by my husband.

I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.

I would never have bought anything just because it was practical, wouldn't show soil, or was guaranteed to last a lifetime.

Instead of wishing away nine months of pregnancy , I'd have cherished every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.

If I had my life to live over, when my kids kissed me impetuously, I would never have said, "Later. Now go get washed up for dinner."

There would have been more "I Love You's"... more "I'm sorry's"... but mostly, given another shot at life, I would seize every minute... look at it and really see it... live it... and never give it back.

Stop sweating the small stuff. Don't worry about who doesn't like you, who has more, or who's doing what.

Instead, let's cherish the relationships we have with those who Do love us.

Let's think about what God HAS blessed us with!

*Live every moment,
Laugh everyday,
Love beyond words.*

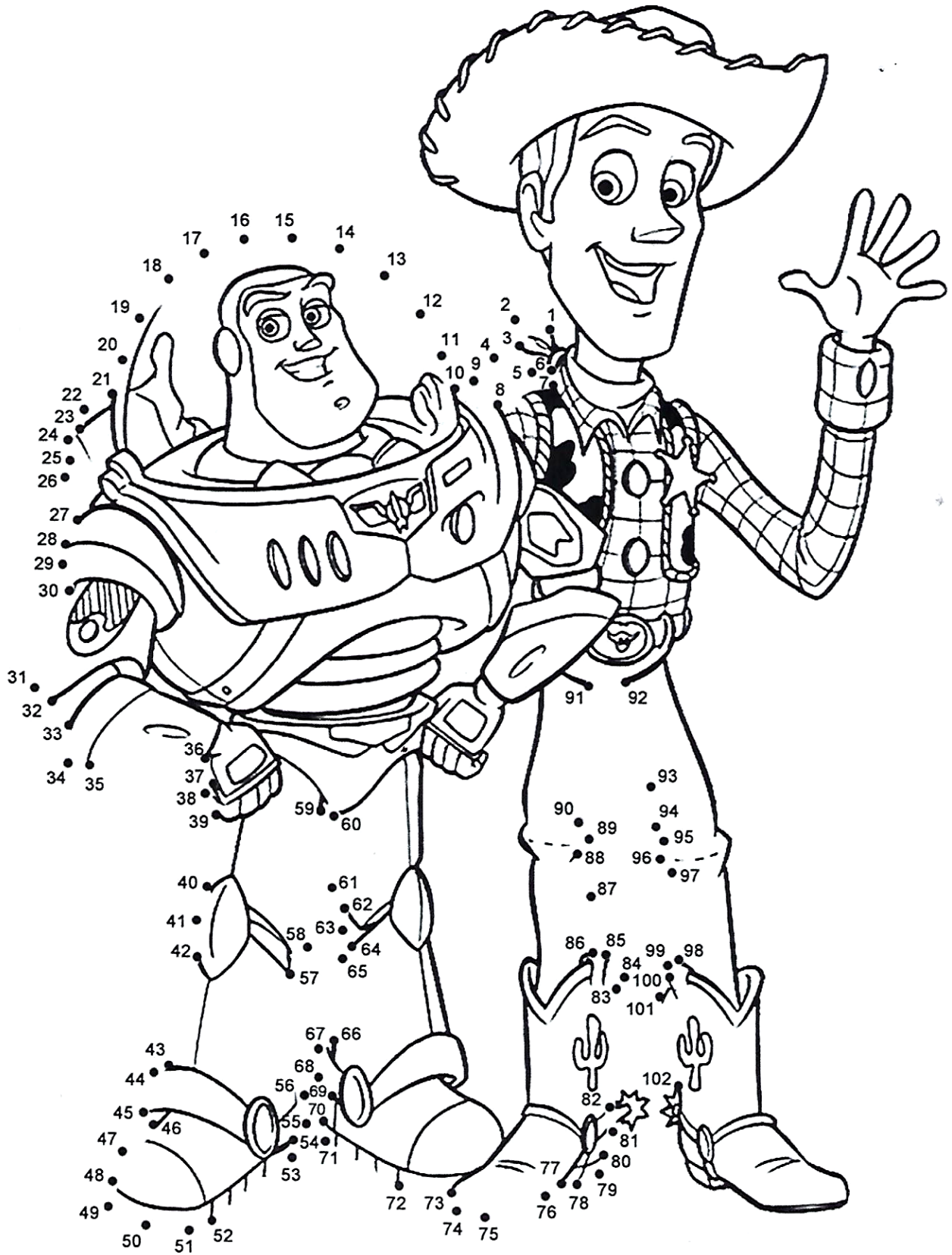
DATA MASTER: Nikki Hamilton



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



DATA MASTER: Doug WM Stone



Library News

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Saturday: 9am to 1pm

Sunday: Closed

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

Hours: Monday thru Friday: 10am to 5:30pm

Saturday & Sunday: Closed

PRYOR PUBLIC LIBRARY

505 E. Graham, Pryor 918-825-0777

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Tuesday, Wednesday & Friday: 9am—5pm

Saturday: 9am to 12pm

Sunday: Closed

SALINA PUBLIC LIBRARY

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

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Wednesday: 12pm to 5pm

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Saturday & Sunday: Closed

Foyil, Oklahoma – More Small Town 66

Foyil, Oklahoma is a small town located on Route 66 in Rogers County about 10 miles northeast of Claremore. For most of the 1800s, this area belonged to the Cherokee Nation. However, during the Civil War, some of the Cherokee aligned themselves with the Confederacy which caused them to forfeit rights and land when the war was over. The Treaty of 1866 forced the Cherokee to cede land and rights to the railroad lines. In 1881-82 the Atlantic and Pacific Railroad, which later became the St. Louis-San Francisco Railway, laid tracks from Vinita to Tulsa, making its way through the Foyil area. The first settler in what would later become the town of Foyil was Alfred Foyil. After serving as a Confederate soldier and courier during the Civil War, he made his way to Oklahoma in 1875. After marrying the daughter of a leading Cherokee family, he settled on land in Rogers County where he established a farm and a general store. In 1890, a post office was established and Alfred Foyil became the first postmaster. The town was named for him.

By 1898 the town had a drugstore and a furniture store, and by 1905 a bank was added. In 1910, the town was incorporated, at which time it boasted about 150 residents. The next year, the town was recorded as having a hotel, a bank, two blacksmiths, a barber, a carpenter, three general stores, two doctors, a drugstore, a lumberyard, a hardware store, a lawyer, a school system with nine teachers, and a newspaper called the Foyil Leader

By 1920, the town boasted 109 residents and in 1926 Route 66 came through the community, boosting traffic and visitors.

In 1928 Foyil native Andy Payne won a transcontinental foot race called the “Bunion Derby”. A member of the Cherokee tribe, he was raised in Foyil and loved running. The race was part of a plan by Charles C. Pyle to promote Route 66. The event began in Los Angeles, California on March 24, 1928, and ended on May 26, 1928, in New York, a distance of 3,423.5 miles. Only one in four of the original runners made it to the Madison Square Garden’s finish line. In fact, of the 275 who entered the race, half of them had dropped out by the fourth day.

Crossing the finish line 84 days after the race began, Payne’s total running time was 573 hours, 4 minutes, 34 seconds, at an average speed of six miles per hour. After he won the footrace and received the \$25,000 prize, he used the money to pay off the mortgage on his father’s farm. An Andy Payne statue commemorating the race can be seen in a park located between Route 66 and Andy Payne Boulevard.

Foyil’s main street, the original alignment of Route 66, was renamed Andy Payne Boulevard, where visitors can still drive on an original stretch of pinkish Portland Cement concrete.

By 1930, Foyil had grown to 184 people, but the Great Depression and the Dust Bowl of the 1930s took its toll on Foyil, as it did many communities in Oklahoma. By 1940, the population had dropped to 170.

In 1946 the town had two gas stations, two general stores, and a grocery store, but Claremore served as the nearest banking community. That year, Jack D. Rittenhouse, in his Guide Book to Highway 66, described the town: “Pop. 170; gas; small garages; groceries; no cafes or courts. A small hamlet serving the farms and cattle ranches of the region”

In 1962, Route 66 was realigned a short distance to the west, killing some of the businesses on Andy Payne Boulevard.

Area businesses continued to cater to local farmers and ranchers. In 1970 the town’s population stood at 164, and in 1980 it had increased to 191 before dropping to 86 in 1990.

In 1999 the nearby folk art of Nathan Edward Galloway, which includes a 90-foot-tall, concrete totem pole, was listed in the National Register of Historic Places as Totem Pole Park.

In the year 2000, the town’s population stood at 234 and increased to 344 by 2010, 47% increase.

While in Foyil be sure to check out Annie’s Diner at 12015 S. Poplar Street. This site, built in the 1970s long served as the Top Hat Dairy Bar. Also see the restored Route 66 Texaco Station at 12243 South Andy Payne Blvd. This station began operations in 1926 and continued to service customers until 1963. The station began and ended as a Texaco Filling Station making it one of the oldest Texaco stations still standing on Route 66. Foyil native Andrew Hartley Payne ran past the Filling Station on his way to winning the Great Transcontinental Footrace of 1928. Singer/Actor Gene Autry was well acquainted with it from rooming at a boarding house across the street while working as a relief telegraph operator for the Frisco Railroad. The station is being restored by Kean Isaacs.

A great side attraction can be seen just four miles east of Foyil on Highway 28A. Ed Galloway’s Totem Pole Park, features the world’s largest concrete totem pole. At 90 feet, the totem pole towers over the park in a vivid array of folk art colors. The park also features Galloway’s eleven-sided “Fiddle House” that previously housed hundreds of hand-carved fiddles and today serves as a small museum. Throughout the park are numerous colorful totems that display a variety of Indian Folk Art. This is a definite side trip worth the taking.

DATA MASTER: Becca Thornton

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The Jerk-Free Workplace: Common Office Employee Pet Peeves That Drive Employees Batty

It's just an awareness issue – people don't know that their behavior is bugging everyone else because nobody's ever told them! So this becomes a really safe way to let people know without pointing fingers at everyone, that their behavior might be driving some people nuts.

So let me share some of the top ones:

- Leaving a mess in a communal kitchen.
- Not arriving on time for meetings.
- Coming to work late or leaving early consistently.
- Chatting incessantly in open-office work areas.
- Speaking too loudly in open-office areas.
- Constantly interrupting coworkers with personal chatter.
- Speaking too loudly on phone calls.
- Using speaker phone when unnecessary.
- Spreading gossip.
- Chewing gum too loudly.
- Forgetting to just say please and thank you.
- Grumpiness.

Moodiness.

Never taking any initiative.

Never admitting to being wrong.

Blaming everyone else for your own mistakes.

Taking credit for other people's work.

Criticizing people behind their back constantly.

Being condescending.

Never chipping in for birthday presents.

Being a seagull and crapping all over everyone's ideas.

Constantly interrupting or dominating meetings.

And then there's these very specific ones:

Sniffing colleagues who won't get a tissue.

Typing so loudly that it sounds like an apocalyptic hailstorm.

Humming show tunes all day.

Clipping toenails during a video conference call.

Repeated pen clicking. (Oh, those dreaded pen-clickers.)

Loudly slurping of one's coffee.

And yes, one person even complained about peeling a banana from the wrong end. Who does that!?

DATA MASTER: Becca Thornton

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Word Search Puzzle Solution

Back to School

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

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21 Apples From Max

When my grandson Max told his mother, Andrea, to donate any check she would give him for his 21st birthday, Andrea got an idea. She handed Max's brother Charlie a video camera. Then she took out 21 \$10 bills from the bank and bought 21 apples at the supermarket. When they spotted a homeless man, Andrea told him, "Today is my son Max's 21st birthday, and he asked me to give a gift to someone to help him celebrate." She handed the man a \$10 bill and an apple. The man smiled into the camera and announced, "Happy birthday, Max!" Soon, they passed out their booty to men and women waiting in line at a soup kitchen. In a unified chorus, they wished Max, "Happy birthday!" At a pizza parlor, Andrea left \$50 and told the owners to feed the hungry. "Happy birthday, Max!" they shouted. With one last \$10 bill and apple, they stopped at Andrea's sister's office. Unable to contain her laughter or her tears, she bellowed into the camera, "Happy birthday, Max!"—Dr. Donald Stoltz, Philadelphia, Pennsylvania

DATA MASTER: Nikki Hamilton

Sudoku Puzzle Easy Solution

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

How Did She Know?

I was driving cross-country to start a new job. What began as a fun adventure turned into a nightmare when I realized I had run through most of my money and still had a ways to go. I pulled over and let the tears flow. That's when I noticed the unopened farewell card my neighbor had shoved in my hand as I left. I pulled the card out of the envelope, and \$100 dropped out—just enough to get me through the remainder of my trip. Later, I asked my neighbor why she had enclosed the money. She said, "I had a feeling it would help." —Nadine Chandler, Winthrop, Massachusetts

Raised Right

Children were playing at the recreation area of an IKEA store when my five-year-old granddaughter motioned for a small boy to stop. She knelt down before him and retied his flopping shoelaces—she had only just learned to tie her own. No words were spoken, but after she finished, both smiled shyly, then turned to race off in different directions. —Sheela Mayes, Olla, Louisiana.

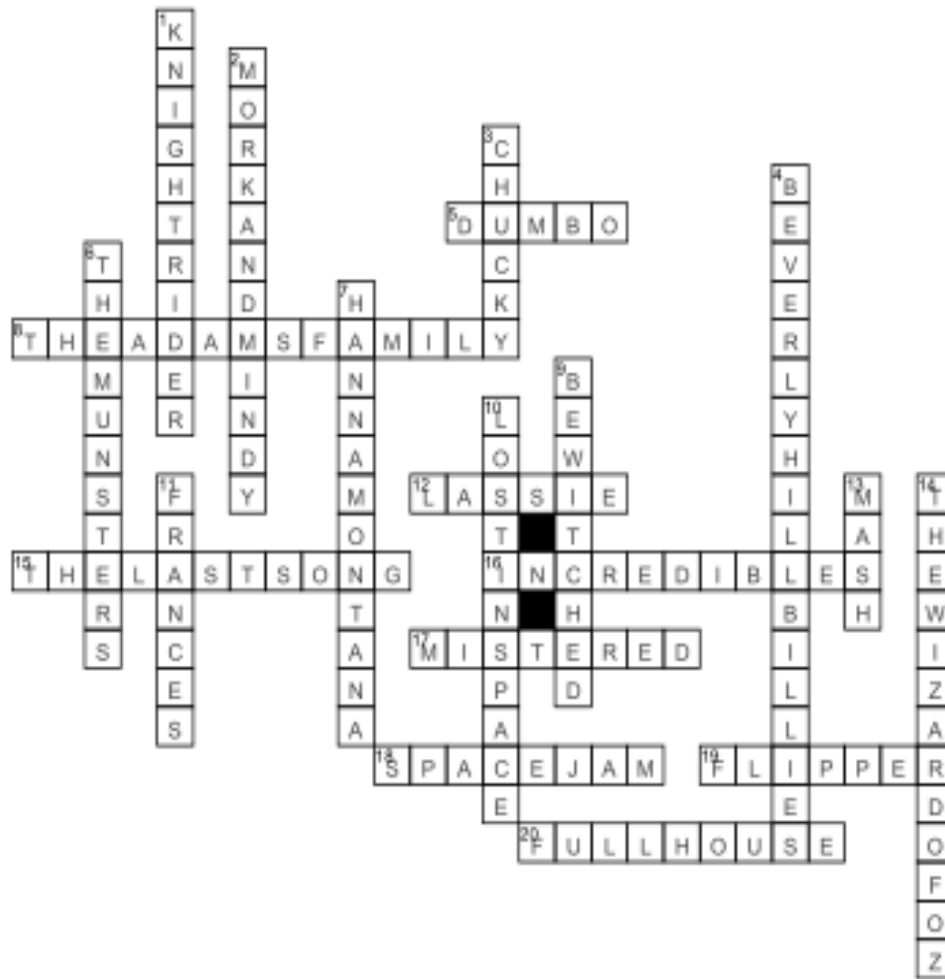
DATA MASTER: Nikki Hamilton

Sudoku Puzzle Moderate Solution

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

Crossword Puzzle Solution

Movies and TV



Across

- 5. What Movie had the flying Elephant
- 8. What was the sitcom where they had a butler named Lurch
- 12. Who was the show with the Collie who was asked to come home
- 15. WHAT OTHER MOVIE DID MILEY CYRUS PLAY IN
- 16. Family were all superheroes
- 17. Who was the talking horse?
- 18. What movie did basketball star Michael Jordan play in ?
- 19. Who was the dolphin who had his own sitcom?
- 20. Olson twins sitcom

Down

- 1. what Tv series was the KITT car in
- 2. What sitcom did Robin Williams play an alien from another planet?
- 3. Horror movies with the killer doll
- 4. Show that involves the Clampitt family in the big city
- 6. What family had a dragon as a pet?
- 7. Miley Cyrus played this character in her own TV show
- 9. What sitcom was the witch that wiggled her nose in
- 10. Sitcom where the Robinson were in space?
- 11. Who was the talking Mule
- 13. What was the sitcom that they were in the army?
- 14. What movie had a Yellow brick road

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