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When Is the First Day of Fall 2021? Here's When Autumn Officially Begins

There comes a time in September when you step outside and feel a chill in the air. Before you know it, you're craving apple cider doughnuts and a pumpkin spice latte from Starbucks. Suddenly, you're wondering, "When is the first day of fall?" so you can finally enjoy your favorite foods and drinks. Yes, you can technically have pumpkin recipes any time of the year, but they're just extra-satisfying when it's the right season!

Before you can plan your bucket list of fun fall activities, however, you have to know exactly what day it starts this year. After all, the date changes based on the fall equinox. You've probably heard the term equinox before, but you might not know exactly what it means. Basically, there are two equinoxes a year—the autumnal and vernal equinoxes—that happen when the sun crosses the celestial equator in a way that the day and night are about equal length. This is unlike the winter and summer solstices when you'll have the shortest and longest days of the year, respectively. Therefore, the days mark the beginning of fall and spring!

When is the first day of fall 2021?

In 2021, the first day of fall is on Wednesday, September 22. Of course, bear in mind that this only applies to the Northern Hemisphere—if you live South of the equator, this is when spring will begin! From September 22 until the winter solstice, the days will get shorter and shorter. We know this is sad, but think of all the fall movies you get to watch!

Does fall start the same day every year?

The first day of fall can change, but the window of possible dates is quite small. Most years, you can expect it to occur on September 22 or 23. But every now and then it could happen on September 21 or 24. However, the last time we had a September 21 fall equinox was over a thousand years ago! And don't expect another September 24 date until 2303.

What is the autumnal equinox?

While the autumnal equinox signifies the first day of fall, there's a lot of folklore and myths around the day as well. For instance, the ancient Greeks believed the goddess Persephone returned to Hades in the underworld at the beginning of fall. In her mother Demeter's grief each year, the harvest goddess would cause the crops to die until she returned in the spring. The term itself is derived from two Latin words, aequus which means equal, and nox which means night. The name was coined due to the equal length of day and night on the equinox. While it's not exactly the same, it's close enough and often differs by minutes, depending on where you are in the world.

What time is the 2021 autumnal equinox?

According to the National Weather Service, the fall equinox in 2021 will happen at 3:21 PM EST. So if you want to really make the most of the day, set your clocks and enjoy your first pumpkin treat as soon as the time comes!

DATA MASTER: Nikki Hamilton



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The four places in your home you should be cleaning with vinegar

Carolina Mccauley, from Perth, has gained a following of more than 1.3 million on TikTok for sharing helpful cleaning and organisation videos.

In a new video she revealed four ways she uses vinegar to clean a range of areas around her home - including the bathroom and laundry.

Vinegar is known to be a common natural antibacterial used to kill unwanted germs from surfaces around the home and is a suitable alternative to using harsh chemicals.

First Carolina combined dish soap with vinegar in a spray bottle then applied it onto the tiles in the shower.

The combination of soap and vinegar worked to clean the shower and leave it sparkling clean after a quick scrub.

Of the four tips, the most interesting way to use vinegar is to soak the shower head in a bag of vinegar for a few minutes to remove 'hard water'.

Many may often forget to clean the washing machine, which can be easily done by adding a cup of vinegar to all three detergent compartments and choosing a quick rinse cycle.

The vinegar will kill any unwanted bacteria and grime lurking in the barrel, leaving a sparkling shine. Carolina also filled half a spray bottle with water and the remaining half with vinegar for the perfect window spray.

The homemade concoction can be used to leave windows streak-free and clean.

How to use vinegar to clean your home:

1. Combine equal parts water and vinegar in a spray bottle to clean windows
2. Combine a few squirts of dish soap in a spray bottle of vinegar to clean shower tiles
3. Add vinegar into the detergent compartments of washing machine to leave the barrel sparkling clean
4. Place the shower head into a bag of vinegar and tie with elastic band to remove any stains from 'hard water'

DATA MASTER: Becca Thornton

15 showstopping facts about Barry Manilow



Before there were Beliebers, there were Fanilows. Though the critics drubbed him, Barry Manilow became one of the most popular singer-songwriters of the 1970s. The Brooklyn-born crooner would go on to sell over 80 million albums.

To celebrate the man, here are some things you might not know about Barry Manilow.

1. His birth name is Barry Alan Pincus.

Manilow was his mother's maiden name, which he adopted at his bar mitzvah

2. He wrote the "Like a good neighbor" State Farm jingle.

The young Manilow honed his skills on Madison Avenue, penning brilliant jingles that continue to be used today. You undoubtedly know his "Like a good neighbor, State Farm is there." But did you know there were originally poetic verses, too? "We all hope the good times never leave us behind / We face our tomorrow with some peace of mind / No man has a promise of a life without care," the tune mused.

3. And the "Stuck on Band-Aid" jingle.

Another (literal) commercial hit was his infectious refrain, "I am stuck on Band-Aid brand, 'cause Band-Aid's stuck on me." In a 2011 interview with Vanity Fair, Manilow recalled, "Writing jingles was a very competitive field. You had to write the catchiest melody in 30 seconds or less and make it better than the other guy's. I learned a lot about orchestration, about song structure and arrangement."

4. He also sang jingles for Kentucky Fried Chicken, Dr. Pepper, Pepsi and McDonald's

Manilow won two Clio Awards in 1976 for his work for Tab and Band-Aid, and in 2009 the advertising industry granted him a Clio Honorary Award for his life's work in the field. He contributed to McD's "You deserve a break today," and many more.

5. His first recordings were under the name Featherbed and produced by Tony Orlando.

Before striking out under his own name, Manilow cut a handful of tracks with session musicians and producer Tony Orlando. Bell Records released a promo of his soft-

ly psychedelic "Amy" in 1971. Take a listen to it

6. He played piano in a bathhouse early on.

The Continental Baths sat underneath the Ansonia Hotel in New York City. The bathhouse included a disco, pool, sauna and cabaret lounge. It was there that Manilow first collaborated with Bette Midler.

7. He co-produced the first two Bette Midler albums.

Midler and Manilow clicked. The budding pianist tickled the ivories and co-produced her first two records, *The Divine Miss M* (1972) and *Bette Midler* (1973). On the latter, he served as arranger and conductor.

8. "Could It Be Magic" is based on a Chopin piece.

Manilow originally cut this signature track in the Featherbed sessions, and included it on his self-titled debut. Donna Summer made it a massive disco hit with her cover in 1976. The melody was based on Frédéric Chopin's *Prelude in C Minor, Opus 28, Number 20*.

9. "Mandy" was originally called "Brandy."

Scott English, the song's co-writer, originally released the song as "Brandy" in 1971, reaching No. 12 on the U.K. charts. The title was changed for Manilow due to another existing hit by Looking Glass, "Brandy (You're a Fine Girl)," a soft rock number about a bar waitress in a harbor town.

10. He did not write "I Write the Songs."

Actually, Bruce Johnston of the Beach Boys wrote that

11. "Copacabana" earned him his only Grammy Award.

He since has earned multiple nominations for Best Traditional Pop Vocal Performance and Best Traditional Pop Vocal Album, but the only trophy came in 1979.

12. 'Copacabana,' Manilow's only film, was shot in just 22 days and written by James Lipton.

In 1985, Manilow brought the musical back to television with his Copacabana film. Even the critics applauded him, at last. The New York Times wrote at the time, "Mr. Manilow is to be congratulated for reminding us that, given imagination and talent, the form can still work on television." Promoting the movie on The Tonight Show, Manilow noted that the movie was shot in a mere three weeks, as opposed to the months afforded to big screen productions. The teleplay adaptation was written by James Lipton, of Inside the Actors Studio fame.

13. He gave away the ending of his 'Copacabana' movie on 'The Tonight Show.'

Speaking of that Tonight Show appearance, Manilow spoiled his upcoming flick during his late night chat. "I die at the end of the movie," he explained to Johnny Carson. The audience groaned in disappointment at the reveal. "It's only a movie," he shrugged.

14. He was Ronald Reagan's neighbor

In the late '80s, after leaving the White House, Ronald and Nancy settled in at 668 Saint Cloud Road in Bel Air, California. Manilow was the neighbor, and he once joked about not being able to sunbathe nude due to the Secret Service helicopters. Elizabeth Taylor and Burt Bacharach also lived nearby.

15. Australia used his music to curtail youth misconduct.

In 2006, the Sydney suburb Rockdale became fed up with antisocial behavior taking place in public. The city decided to blast Barry Manilow music from a loud-speaker to keep punks away. "Daggy music is one way to make the hoons leave an area because they can't stand the music," an official said. You can probably translate the Aussie slang. "We're hoping it works."

DATA MASTER: Karen Deffenbaugh



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Navy Sailors Bonded with 3 Stowaway Kittens

It all began when Eric Hanst and his fellow sailors were Navy deployed overseas. When they were in port for a few days, they were greeted by an unexpected guest. "A cat came aboard via mooring line. We lost track of her, and found her later that evening. We managed to get her back to the pier, and waved goodbye as we took off. This cat seemed unusually upset by this," said Hanst.

What they did not know was that the cat didn't just come alone. "It turns out, when she managed to sneak on board, she also managed to smuggle on three kittens. We thought she had given birth on the ship, but it was pointed out to us that they were too big to be only a few days old."

When they were sailing off, no one on board was aware of the kittens. The little ones were very confused, looking for their mom for almost four days until they were discovered in the machine shop. "We found one initially and the other two a couple hours afterwards," Hanst added.


Even though the crew had little experience bottle feeding a kitten, they all jumped into action, doing everything they could to help these little creatures. They did not have a bottle, so they improvised. They found boxes and necessary things to make a temporary nest for the kittens. They were all so proud, holding their new furry buddies and letting them climb all over them. When it comes to bottle feeding the kittens, these sailors showed remarkable love and care to the tiny little creatures that were about the size of their palm. They were gentle to the kittens and tended to their every whim.

"After the initial shock of being found, and feeding, the kittens were just as happy and playful as any other cute little bugger you'd find anywhere else. They were a great boost to crew morale, and I LOVED THEM," said Hanst.

After they docked, the kittens were transported to local veterinary services. "We managed to find homes for all three kittens. I talked a friend into adopting one of the kittens, the other two were taken in by my a 'cat couple' who are regular rescuers."


The soldiers rescued the kittens and the kittens gave them the companionship and love they needed during these long voyages. They both needed one another and it was a blessing that they found each other.

DATA MASTER: Steven Burdick



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The History Behind Your Favorite Fall Activities

As the fall season approaches with its cooler temps, everyone instinctively prepares for the fun autumn activities that we have all done as kids. Autumn is a remarkable time of year, the leaves turn brown and fall.

The landscape around us changes as summer retreats. Autumn is also an excellent opportunity for amateur photographer seeking to capture awesome before and after Autumn pictures for their portfolio.

In fact from bobbing for apples to building a scarecrow, there are quite a few activities that embody the fall season. Have you ever wondered about the history associated with those traditional activities that you do each year? You might be surprised by the origination of some of these great ideas.

Bobbing for Apples

Believe it or not, the tradition of bobbing for apples dates back to the Roman invasion of Britain when the army decided to pair their own celebrations with traditional Celtic festivals. The Romans brought an apple tree to the festivities because they believed that a fruit tree represented Pomona, who is the goddess of fruit and trees. The festival of Feralia occurred near the end of October and honored the passing of the dead. The apple, which is the symbol of Pomona, was soon incorporated into the celebrations--one of those being bobbing for apples.



Carving Pumpkins

There are many stories pertaining to the tradition of carving pumpkins into jack-o'-lanterns, which vary with the location. The most popular story ties the custom making of jack-o'-lanterns at Halloween to Ireland. The carving pumpkins were supposed to represent the spirits or supernatural beings or were used to ward off evil spirits. Since Halloween is the eve of All Saints' Day and All Souls' Day is November 2, there are a lot of representative variances.



Pumpkin Pie

According to historians, the feast in Plymouth Colony to celebrate the first harvest did not include turkey and pumpkin pie. Apparently, Americans didn't start eating turkeys for Thanksgiving until the mid-1800's. During this time, a popular magazine editor named Sarah Josepha Hale read about the feast of 1621 and used the model for an annual holiday. Hale published a number of recipes for turkey, stuffing, and pumpkin pie. Her recipe publication was well received by readers and started the tradition of eating delicious pumpkin pie.



Cornucopia

The cornucopia is a symbol that represents a plentiful harvest. According to an Ancient Greek legend, gods and goddesses sat at tables where a real goat's horn was filled with fruits and grains. The legend says that Amalthea accidentally broke off one of her horns. Zeus felt very bad for her and promised that the horn would bring her whatever she needed or wanted. As time went on, the overall shape of the cornucopia remained the same--and now many families recreate the harvest icon by filling waffle cones with treats and goodies for their kids.



Candy Corn

Candy corn is associated with autumn because of the corn's link to the fall harvest. Candy corn was invented in the 1880's by a Wunderlee Candy Company employee named George Renninger. When the delicious treat was initially made, the cooking process was done by hand. A sugar and corn syrup-based mixture was cooked into a slurry inside a large kettle, then dumped into buckets which were called runners, and then workers would pour the hot liquid into corn kernel shaped molds. In the 1920's, candy corn was nicknamed chicken feed because it was sold in a box with rooster on the front. These days, candy corn has taken on a whole new light since there is now candy corn-flavored bagels, Oreos, M&M's, and coffee.



Now while you enjoy all of your favorite fall activities with the kids, you'll all know the history behind them. History of Haunted Hayrides and Houses

This time of year is my absolute favorite. The smell in the air, pumpkin pie, and haunted hayrides.

I attended my first one of the year this past weekend, making it for the opening night of a long-time, local haunted hayride. The whole thing got me thinking about the history behind these and how tractors came about the job.

Hayride and Haunted House Beginnings

Haunted hayrides wouldn't have come about if it weren't for haunted houses, so we have to start there. The first haunted house is believed to have taken place in 19th century London. Marie Tussaud was a great part of that, opening exhibitions of wax figures that resembled prominent figures with eerie likeness.



Her museum was dubbed Chamber of Horrors, "a name that has stuck throughout its history. But the tradition took a turn towards themes in the 20th century in Paris. The Grand Guignol performed on-stage dismemberment acts. This was followed by the first ghost house" in 1915 at a fairground in Liphook, England.

But even before then, scary stories have been passed down from generation to generation as a way of entertainment.

We get a kick out of getting scared.

The Tradition Travels to America

It's believed that haunted houses took off in the US during the Great Depression. Why? As a way for parents to distract their bored children from holiday pranks! These were held in household basements where children would

travel from home to home for a good scare. Still, these primitive means of entertainment were completely given new life by the one and only Walt Disney.

Opened in 1969, Haunted Mansion saw more than 82,000 people in just one day. Nonprofit haunted houses opened up, followed by for-profit attractions, and the Halloween tradition has stuck around. Hayrides, typically pulled by tractors, are a really popular fall activity today.

Interestingly, the origins of the activity are fairly uncertain. What we know is that the first tractor was invented in the early 19th century, so it was sometime after that. They carry a sense of nostalgia and aren't limited to Halloween events. Hayrides are given at apple orchards and farms everywhere.

Some speculate that they are a way for farmers to earn a little extra income during their harvesting season. They are also a large part of pumpkin patches, as a tractor-pulled carriage full of hay takes eager children and non children out to choose their pumpkins! Nowadays, tractors, aren't the only means of power pulling us around. We see trucks of all kinds, but tractors are still used time and time ageing.

DATA MASTER: Nikki Hamilton



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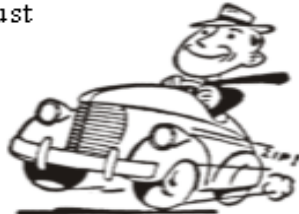
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Discover Oklahoma: A look at state's aviation history



This is an F-104 "Starfighter" at the front entrance to the Stafford Air and Space Museum.

There's a little bit of a debate about the first powered flight in Oklahoma. Some say the first may have occurred about 1906, three years after the Wright Brothers flight. But others say the first powered flight happened on March 18, 1910, in Oklahoma City by Charles F. Willard. Regardless, Oklahoma skies soon appeared to be buzzing with aviation adventurers. And some of them became giants in aviation history.

Clyde Cessna was a car salesman from Enid who became intrigued with flying in 1911. He ventured to New York City where he learned how airplanes were made. Back in Oklahoma, his practice field was the Great Salt Plains near Jet. While learning to fly, the story goes he survived several accidents but eventually flew a successful five-mile trip to Enid in December 1911. In later years, Cessna opened an airplane factory in Wichita, Kansas. He went on to make aviation history, while ironically never holding a real pilot's license.

Paul Revere Braniff learned to fly in the U.S. Army Signal Corps and served in France during World War I. But when he returned to Tulsa after the war, Braniff got his pilot's license from Orville Wright in 1923. Later, Braniff and his brother Tom, along with about four investors, dove into a commercial venture that became Paul R. Braniff Inc, an airline that flew passengers back and forth between Oklahoma City and Tulsa. The first flight was on June 20, 1929, from Oklahoma City. At one point, to add extra revenue, Braniff would deliver the Daily Oklahoman newspaper, flying low and then dropping the paper out of the window to waiting farmers down below. Braniff Airlines headquarters was in downtown Oklahoma City from 1930 to 1945. But in 1945, the Oklahoma-born company moved to Dallas.

Aviation history in Oklahoma, especially Tulsa's, was fueled by oil. In 1927, oilman W.G. Skelly led the charge that resulted in the construction of Tulsa's municipal airport. And of course Wiley Post, from Maysville, was one of the pilots who emerged from the growing oil-field flight business. Post helped build the airfield at Fort Sill, where he dreamed of flying his own plane. Those dreams and more became true. I have always felt that a movie about Wiley Post would be something very special. Think about it! Before the crash that killed him and his famous friend, Will Rogers, Post set round-the-world flight records, discovered the jet stream, developed a high-altitude flight suit and pioneered the technology that led to automatic pilot systems and pressurized cockpit instruments. I think those are amazing accomplishments for a high school dropout who might not have been able to pass a flight physical today.

Oklahoma also has a large number of astronauts. Owen K. Garriott, Neil Woodward, William Pogue, John Herrington, Stuart A. Roosa, Gordon Cooper, Thomas Stafford and Shannon Lucid. But have you ever heard the name Jerrie Cobb? Born in Ponca City, she learned to fly at 12 and was teaching flying when she was 18. Later she flew fighter jets and bombers for the U.S. Air Force at 21. She became America's first female astronaut when she was accepted into the Mercury astronaut program in 1959. She passed all the tests but never went into space. NASA decided that America wasn't ready for a woman in space at that time. But, she is highly honored. She was the National Pilots Association Pilot of the year in 1959, was given the Harmon International Trophy as the top female pilot of the year in 1973, and is a member of the Oklahoma Hall of Fame and the Oklahoma Aviation and Space Hall of Fame. She was inducted into Women in Aviation International Pioneer Hall of Fame in 2000.

Cobb devoted her life to flying missions to the Amazonian rain forests to help isolated, primitive tribes. And for that, she was nominated for the Nobel Peace Prize in 1981. She is among the most honored of Oklahoma's aviators.

You can learn more about Oklahoma's aviation history by visiting several outstanding museums: The Tulsa Air and Space Museum, The Ninety-Nines Museum of Women Pilots at Will Rogers World Airport in Oklahoma City, and the Thomas P. Stafford Air and Space Museum in Weatherford. Also take time to visit Science Museum Oklahoma where they have a permanent aviation wing exhibit, and the first Friday in May every year, they hold a Space Day at the museum. Go to www.travelok.com for more information about museums across the state.

DATA MASTER: Steven Burdick

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Working Hard or Hardly Working?



14 Colorful Indoor Houseplants That Will Brighten Up Your Home

Fresh blooms and colorful cuttings are beautiful additions to your space, but despite the many tips to make flowers last longer, sooner or later, they fade. Instead of chasing petals and adding different species that bloom in various seasons, there's a better way to keep the color in your home: With plants that bear vibrant tones on their leaves year-round.

These bright, beautiful houseplants range from compact, low-light lovers to large, sun-soaking tropical species. Their eye-catching shades can liven up your indoor garden—with no vase needed.

1. Croton

The leaves of these vivid, easygoing plants are speckled, striped, or veined with a rainbow of color. Some variants stay true to the classic two-toned look, while others marble together in a blend of several colors. Depending on the variety you choose, your croton's leaves can range from shades of red and green to yellow, orange, pink, purple, and more.



2. Fittonia

Also known as nerve plant or mosaic plant, fittonia gets its name for its precise, intricate leaf patterns. This compact, low-growing plant can be found in shades of green, but it's also known for its bright variants with white, pink, and red colors.



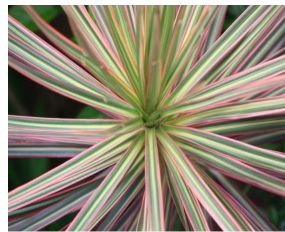
3. Prayer Plants

These plants in the maranta and calathea families are known for more than uplifting their leaves like praying hands at night: Marked with plenty of colors, the prayer plant's foliage can easily bring a pop of color to your space.



4. Madagascar Dragon Tree

Seeking a plant with a tropical look and eye-catching color? Look no further than the dragon tree (*Dracaena marginata*), which is known for its long, thin green leaves edged in bright red or pink colors. While this tree can reach heights of nearly eight feet indoors, this tall plant is slow-growing with thin trunk spears and its leaves gathered at the top—so it won't overtake your space.



5. Triostar Stromanthe

While you may not recognize it by name, you've probably come across triostar stromanthe in your favorite interior design or plant blogs. This unique houseplant bears pastel pink, magenta, and green colors on its candylike-striped leaves.



6. Purple Passion Plant

Purple passion plant is a common favorite of plant parents looking for bold colors in their indoor gardens. Technically, this plant has green leaves—but they're covered in fine, velvety hairs which give the plant a bright purple sheen that almost glows.



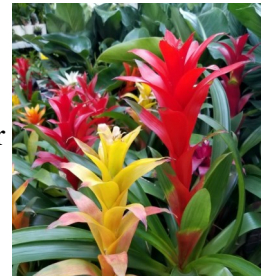
7. Wandering Jew

This common name covers plants in the Tradescantia and Zebrina families, also known as spiderwort plants. Wandering Jew is grown very commonly in many homes, and even works great as a groundcover in outdoor gardens.



8. Bromeliad


If you want year-round color but don't want to leave the blooming look of flowers behind, a bromeliad plant is for you. Growing its leaves in a flower-like shape, bromeliads elegantly arch their green foliage beneath the plant's central rosette. This type of plant is known for its shades of red, orange, pink, and yellow.



DATA MASTER: Becca Thornton

Buy Like A Dealer

We stock and sell front and rear tractor, forklift, skid-steer, and backhoe tires and tubes.
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MARKET

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We buy and sell used farm implements, brush hogs, box blades, trailers and misc.

122 S. Elm - Nowata Across RR tracks from Depot cafe

THE BLIND BUS PASSENGER

The passengers on the bus watched sympathetically as the attractive young woman with the white cane made her way carefully up the steps. She paid the driver and, using her hands to feel the location of the seats, walked down the aisle and found the seat he'd told her was empty. Then she settled in, placed her briefcase on her lap and rested her cane against her leg.

It had been a year since Susan, thirty-four, became blind. Due to a medical misdiagnosis she had been rendered sightless, and she was suddenly thrown into a world of darkness, anger, frustration and self-pity. Once a fiercely independent woman, Susan now felt condemned by this terrible twist of fate to become a powerless, helpless burden on everyone around her. "How could this have happened to me?" she would plead, her heart knotted with anger. But no matter how much she cried or ranted or prayed, she knew the painful truth her sight was never going to return. A cloud of depression hung over Susan's once optimistic spirit. Just getting through each day was an exercise in frustration and exhaustion. And all she had to cling to was her husband Mark. Mark was a United States Marine officer and he loved Susan with all of his heart.

When she first lost her sight, he watched her sink into despair and was determined to help his wife gain the strength and confidence she needed to become independent again. Mark's military background had trained him well to deal with sensitive situations, and yet he knew this was the most difficult battle he would ever face.

Finally, Susan felt ready to return to her job, but how would she get there? She used to take the bus, but was now too frightened to get around the city by herself. Mark volunteered to drive her to work each day, even though they worked at opposite ends of the city. At first, this comforted Susan and fulfilled Mark's need to protect his sightless wife who was so insecure about performing the slightest task. Soon, however, Mark realized that this arrangement wasn't working - it was hectic, and costly. Susan is going to have to start taking the bus again, he admitted to himself. But just the thought of mentioning it to her made him cringe. She was still so fragile, so angry. How would she react? Just as Mark predicted, Susan was horrified at the idea of taking the bus again.

"I'm blind!" she responded bitterly. "How am I supposed to know where I'm going? I feel like you're abandoning me."

Mark's heart broke to hear these words, but he knew what had to be done. He promised Susan that each morning and evening he would ride the bus with her, for as long as it took, until she got the hang of it. And that is exactly what happened.

For two solid weeks, Mark, military uniform and all, accompanied Susan to and from work each day. He taught her how to rely on her other senses, specifically her hear-

ing, to determine where she was and how to adapt to her new environment. He helped her befriend the bus drivers who could watch out for her, and save her a seat. He made her laugh, even on those not-so-good days when she would trip exiting the bus, or drop her briefcase. Each morning they made the journey together, and Mark would take a cab back to his office.

Although this routine was even more costly and exhausting than the previous one, Mark knew it was only a matter of time before Susan would be able to ride the bus on her own. He believed in her, in the Susan he used to know before she'd lost her sight, who wasn't afraid of any challenge and who would never, ever quit.

Finally, Susan decided that she was ready to try the trip on her own. Monday morning arrived, and before she left, she threw her arms around Mark, her temporary bus riding companion, her husband, and her best friend. Her eyes filled with tears of gratitude for his loyalty, his patience, his love. She said good-bye, and for the first time, they went their separate ways.

Monday, Tuesday, Wednesday, Thursday... Each day on her own went perfectly, and Susan had never felt better. She was doing it! She was going to work all by herself! On Friday morning, Susan took the bus to work as usual. As she was paying for her fare to exit the bus, the driver said, "Boy, I sure envy you." Susan wasn't sure if the driver was speaking to her or not. After all, who on earth would ever envy a blind woman who had struggled just to find the courage to live for the past year?

Curious, she asked the driver, "Why do you say that you envy me?"

The driver responded, "It must feel so good to be taken care of and protected like you are."

Susan had no idea what the driver was talking about, and asked again, "What do you mean?"

The driver answered, "You know, every morning for the past week, a fine looking gentleman in a military uniform has been standing across the corner watching you when you get off the bus. He makes sure you cross the street safely and he watches you until you enter your office building. Then he blows you a kiss, gives you a little salute and walks away. You are one lucky lady."

Tears of happiness poured down Susan's cheeks. For although she couldn't physically see him, she had always felt Mark's presence. She was lucky, so lucky, for he had given her a gift more powerful than sight, a gift she didn't need to see to believe - the gift of love that can bring light where there had been darkness.

A bit like the way God watches us, whether we know it or not.

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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6 SUNNY FACTS ABOUT BAYWATCH

Baywatch is a prominent cornerstone of 90's television. Starring the man of action himself, David Hasselhoff with co-star Pamela Anderson, the two would take their team of lifeguards and the show to historic heights of their time. But do you know everything about the groundbreaking 90's series? Dive in to some quick facts about Baywatch that you might not have known!

IT WAS A GLOBAL PHENOMENON

It's hard to overstate how popular Baywatch was at its height in the 90's. Each weekly episode reached 1.1 billion viewers with it airing in 142 countries and translated into 15 different languages. The ex-Shah of Iran's wife even once told David Hasselhoff that people with satellite dishes in Iran would sell tickets to Baywatch parties they were hosting.

THEY HAD A HUGE MAIN CAST

One aspect that kept things fresh for audiences was the large rotating cast of Baywatch. Over the years actors would come and go as either lifeguards, friends or love interests adding new stories and relationships each season. The revolving door of talent was largely due to how long the series was in production, having over 50 actors be a part of the main cast throughout the 11 season run.

MICHAEL NEWMAN WAS A REAL LIFEGUARD

Out of everyone in the cast, Michael Newman was the only one with previous lifeguarding experience. He once worked alongside Baywatch series creator, Greg Bonann, as a lifeguard where he told him his idea for the series. Once the show had been picked up Bonann asked Newman to be a fellow technical advisor and eventually a character for the series by the same name, Michael Newman.

THEY USED A LOT OF SUNSCREEN

Spending 14 hours a day, 5 days a week, for 11 seasons in the sun was not easy for the cast of Baywatch. According to the head makeup artist of the series, the cast would go through at least 40 bottles of sunscreen a month to avoid any sunburns or melanoma.

TOMMY LEE WASN'T THE BIGGEST BAYWATCH FAN

Shortly after getting cast in the series Pamela Anderson had married Mötley Crüe drummer, Tommy Lee. The famous rock star was short tempered and jealous when it came to Anderson's romance scenes on the show. One scene in particular finally had him kicked off the set for good when Anderson shared a kiss with her co-star and real life ex-boyfriend, David Charvet. Following the scene Tommy Lee went and smashed her entire dressing room and had to be escorted off set by security.

IT TOOK 10 YEARS TO GET THE SHOW PICKED UP

Series creator Greg Bonann was a lifeguard at Will Rogers State Beach in the 70's when came up with the idea for Baywatch. After saving two children from a rip tide he imagined that a series about a group of heroic lifeguards might make good television. Bonann would work on his pilot for Baywatch for over a decade. Towards the late 80's NBC finally picked the series up and approved production for the first season to air in 1989.

DATA MASTER: Karen Deffenbaugh

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- Bridges
- Partial
- Dentures
- Implant Retained Dentures



(918) 783-5793
Fax: (918) 783-5786

September 1, 2021
NEWS RELEASE

RELEASE TIME: Immediate

CONTACT PERSON: Shelly Ferris or Lahona Young - Ombudsman Supervisors

As summer comes to an end and we make our way into fall we are reminded that September is National Fall Prevention Awareness Month. Unfortunately, millions of older people are treated in emergency rooms every year due to falls; with many causing serious injury. The Ombudsman program, with Grand Gateway's Area Agency on Aging, wants to make you aware of some causes and fall prevention tips for your safety.

Some Causes:

Clutter or loose rugs

Wet floors or icy sidewalks

Poorly lit areas

Loose footwear

Blurred vision or hearing issues

Medical conditions or Balance problems

Body weakness

Medication side effects

Some Prevention Strategies:

Organize your space and remove any trip hazards

Wear non-skid shoes that fully support your feet

Add grab bars in bathrooms and near stairs

Limit any alcohol consumption.

Add lights to poorly lit rooms

Place items in reach. Do not climb on counter

Throw salt or sand on icy walkways and avoid walking on them

Have your hearing and eyes tested

Speak to your doctor about any medical conditions, medications and possible side effects, and any other risk factors. Ask about specific things you can do.

Please take every precaution necessary so that you can stay safe and avoid falling. During the pandemic, there have been several families who have taken their loved one home from a nursing facility. 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 1-800-482-4594. Lahona Young, ext. 220 or Shelly Ferris, ext. 226. You can also send us 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

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

Hardship level: Moderate

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

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

Sep 17, 2021 - Nov 7, 2021 The Asylum - Uncover the disturbing secrets held within The Asylum in Nowata, a terrifying haunted attraction that will leave you frightened for days. The story goes that this building is a former mental institution that was the site of a horrible fire decades ago, and many of the details are unknown, including if there were any survivors. Hours 2021 Dates: September 17-18, 24-25: Opens at 7pm. October 2-3, 9-10, 15-17, 22-24, 29-31: Opens at 7pm. November 5-6: Opens at 7pm. 304 W Cherokee Ave. Nowata, OK 74048. Phone: 918-559-5049.

Sep 21, 2021 - Nov 6, 2021 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. Hours: Tuesday: 9:00 am - 6:30 pm, Wednesday: 9:00 am - 6:30 pm, Thursday: 9:00 am - 6:30 pm, Friday: 9:00 am - 6:30 pm Saturday: 9:00 am - 6:30 pm. Closed Sundays and Mondays with the exception of Monday, October 25. Shepherd's Cross, 16792 E 450 Rd. Claremore, OK 74017. Phone: 918-342-5911.

Sep 30, 2021 - Oct 3, 2021 Disney on Ice presents: Dream Big - Tulsa State Fair attendees can take a break from all the turkey legs and carnival rides with a ticket to Disney on Ice's "Dream Big" presentation. During this ice-skating extravaganza, the kids are sure to love seeing Minnie, Mickey and their favorite "Coco" and "Moana" characters brought to life on ice. Hours Thursday: 7:30pm. Friday: 11:30am, 3:30pm & 7:30pm. Saturday: 11:30am, 3:30pm & 7:30pm. Sunday: 10:30am, 2:30pm & 6:30pm. Tulsa Expo Square, 4145 E 21st St. Tulsa, OK 74114. Phone: 918-376-6000.

Sep 30, 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.

Sep 30, 2021 - Oct 10, 2021 Tulsa State Fair - Bring the whole family out for Tulsa's largest annual event, the Tulsa State Fair, and enjoy fun-filled, family entertain-

ment at its best. One of Oklahoma's premier events, the Tulsa State Fair entertains festival-goers with a large array of carnival rides, midway games, attractions, free concerts, creative art displays and much more. Hours: Monday: 10:00 am - 10:00 pm, Tuesday: 10:00 am - 10:00 pm, Wednesday: 10:00 am - 10:00 pm, Thursday: 10:00 am - 10:00 pm, Friday: 10:00 am - 10:00 pm, Saturday: 10:00 am - 10:00 pm & Sunday: 10:00 am - 10:00 pm. Tulsa Expo Square, 4145 East 21st St. Tulsa, OK 74114. Phone: 918-744-1113.

Oct 1, 2021 - Oct 30, 2021 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 11 spooktacular events to test your nerves in the scariest and rated one of the best haunted attractions in the state. Hours: Friday: 6:00 pm - 10:00 pm & Saturday: 6:00 pm - 10:00 pm. The Castle of Muskogee, 3400 W Fern Mtn Rd. Muskogee, OK 74401. Phone: 918-687-3625.

Oct 1, 2021 MercyMe in Concert - Grammy-nominated, multiple American Music Award, Billboard Music Award and Dove Award-winning band MercyMe is bringing their Inhale (exhale) tour to Tulsa's BOK Center. For this fall tour, the band is hitting the road with fellow Fair Trade Services artist Micah Tyler. Don't miss your chance to see MercyMe live and enjoy their newest tunes, along with well-known hits like "I Can Only Imagine" and "Word of God Speak." Hours: Starts at 7pm. BOKCenter, 200 S Denver Ave. Tulsa, OK 74103. Phone: 918-894-4445.

Oct 2, 2021 River Spirit Casino presents: Tim Allen - Catch actor and comedian Tim Allen's latest standup at Paradise Cove inside River Spirit Casino in Tulsa. Famous for roles on the hit television series "Home Improvement" and Disney's Oscar-winning "Toy Story" film series, Allen has also been honing his talents as a stand-up comedian since the 1980s. Enjoy an evening of life observations and laughs during Allen's comedy performance at River Spirit Casino. Hours: Starts at 8pm. 8330 Riverside Pkwy, Tulsa, OK 74137. Phone: 918-995-8235.

Oct 2, 2021 Collective Soul in Concert - Enjoy an evening of alt rock when Collective Soul takes over Hard Rock Hotel & Casino Tulsa. Coming hot off a triumphant, yearlong celebration of their 25th anniversary in 2019, Collective Soul will be performing their classic hits like "Shine" and "Breathe," along with new material from their 2019 "Blood" album. These fiery Georgia-bred rockers are sure to perform a memorable show, so don't miss out on this concert in Catoosa. Hours: Starts at 8pm. Hard Rock Hotel & Casino Tul-

sa, 777 W Cherokee St. Catoosa, OK 74015. Phone: 918-266-4352.

Oct 2, 2021 KISS in Concert - Get ready to "Rock 'n Roll All Nite" with KISS at Tulsa's BOK Center as part of their "End of the Road World Tour." Celebrate the end of an era jamming to hits like "God of Thunder," "Detroit Rock City" and "I Was Made for Lovin' You." Hours: Starts at 7:30pm. BOK Center, 200 S Denver Ave. Tulsa, OK 74103. Phone: 918-894-4445.

Oct 4, 2021 TobyMac in Concert - Grammy Award-winning artist TobyMac is headed to Tulsa's BOK Center on his popular "Hits Deep Tour." The multi-artist tour also includes Tauren Wells, Jordan Feliz, We Are Messengers, Ryan Stevenson, Aaron Cole and Cochren & Co. TobyMac is a multi-platinum Contemporary Christian artist who is famous for hits like "Speak Life," "Me Without You," "Get Back Up" and "Made to Love." Hours: Starts at 7pm. BOK Center, 200 S Denver, Tulsa, OK 74103. Phone: 918-894-4445.

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

We can mail current or past issues to you. The cost of shipping and handling is \$2.00 per issue. If you would like to receive every issue without delay you may pay \$24.00 shipping and handling cost for 6 months or \$48.00 shipping and handling cost for full year.

French Toast



There are many, fancy variations on this basic recipe. This recipe works with many types of bread - white, whole wheat, cinnamon-raisin, Italian or French. Serve hot with butter or margarine and maple syrup.

Ingredients:

6 thick slices bread

2 eggs

2/3 cup milk

1/4 teaspoon ground cinnamon (optional)

1 teaspoon vanilla extract (optional)

Salt to taste

Directions

Step 1

Beat together egg, milk, salt, desired spices and vanilla.

Step 2

Heat a lightly oiled griddle or skillet over medium-high heat.

Step 3

Dunk each slice of bread in egg mixture, soaking both sides. Place in pan, and cook on both sides until golden. Serve hot.

Prep: 5 minutes

Cook: 15 minutes

Total: 20 minutes

Servings: 3

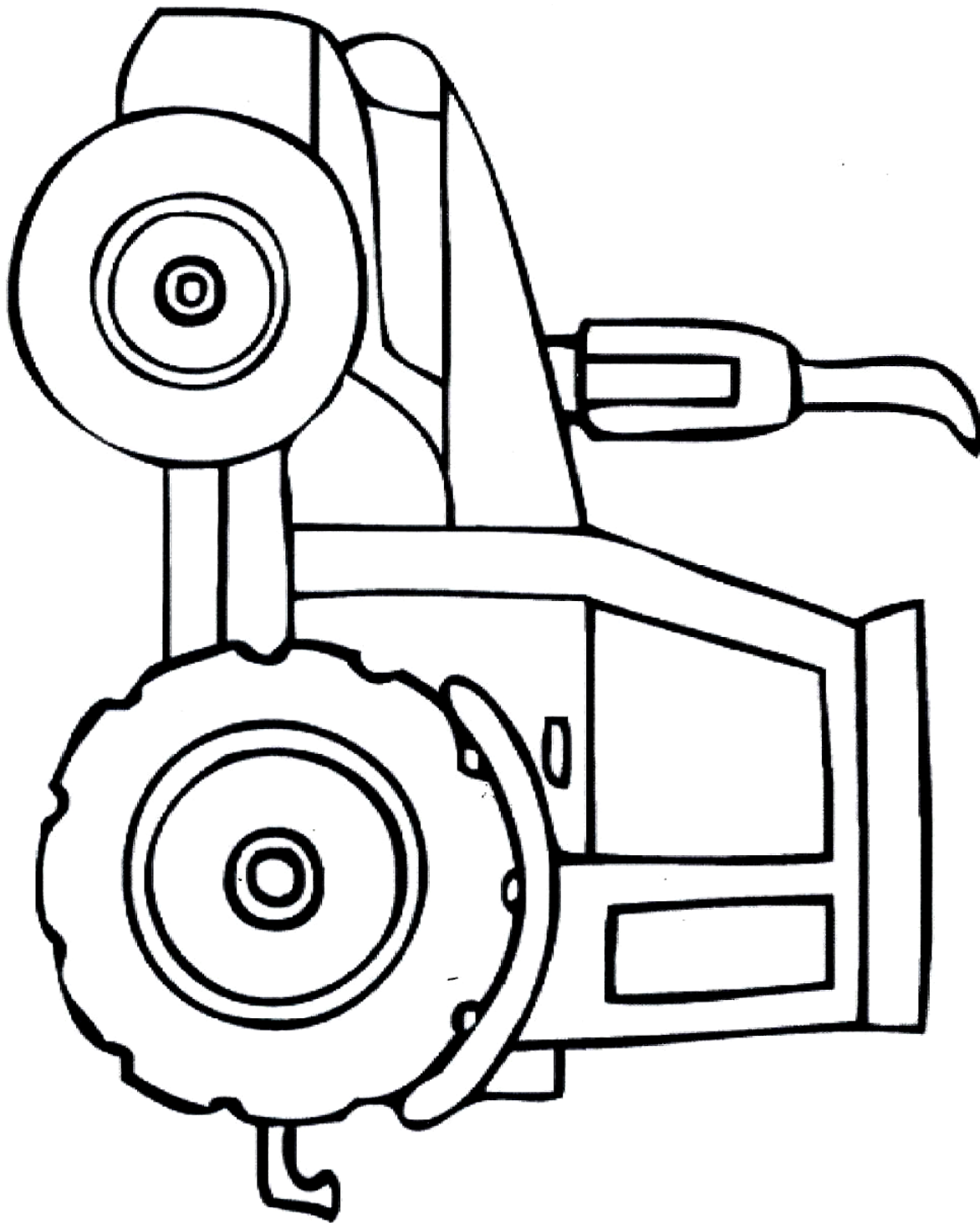
Yield: 6 slices French toast

DATA MASTER: Becca Thornton

Hidden Objects Puzzle

Can you find the twelve hidden objects?







Getting to know the Lutherans

CALMED STORMS

Friends,

St. Mark chapter 4 tells how Jesus' disciples were caught in a ferocious storm. Fearfully they woke Jesus and questioned His concern for them. Jesus calmed the wind and waves with the simple words, "Peace! Be still!"

Then He questioned the disciples back about their fear and lack of faith.

The storms of life assault us with little warning. Winds of change scream and howl. We are tossed about by serious health problems, ruptured family relationships, or broken dreams.

When we face hard times, grief and pain can dominate our days and fear may visit us in the middle of the night. Like the disciples, we may cry out to the Lord and even wonder if He cares about our troubles. Although He may not instantly command the "winds and waves" in our lives to be still, He lovingly speaks His "peace" to us.

His speaking, comforting, and strengthening happens as the words of Scripture reach our ears and hearts. For example, in 1 Peter 5:7, we hear that we should cast all our cares, concerns, hurts, and fears on our Lord because He cares for us.

When you join us at one of our northeast Oklahoma Lutheran churches, you can be sure you will receive such Scripture-based encouragement.

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. <https://lutheransonline.com/lo/Groveok>
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@cablone.net

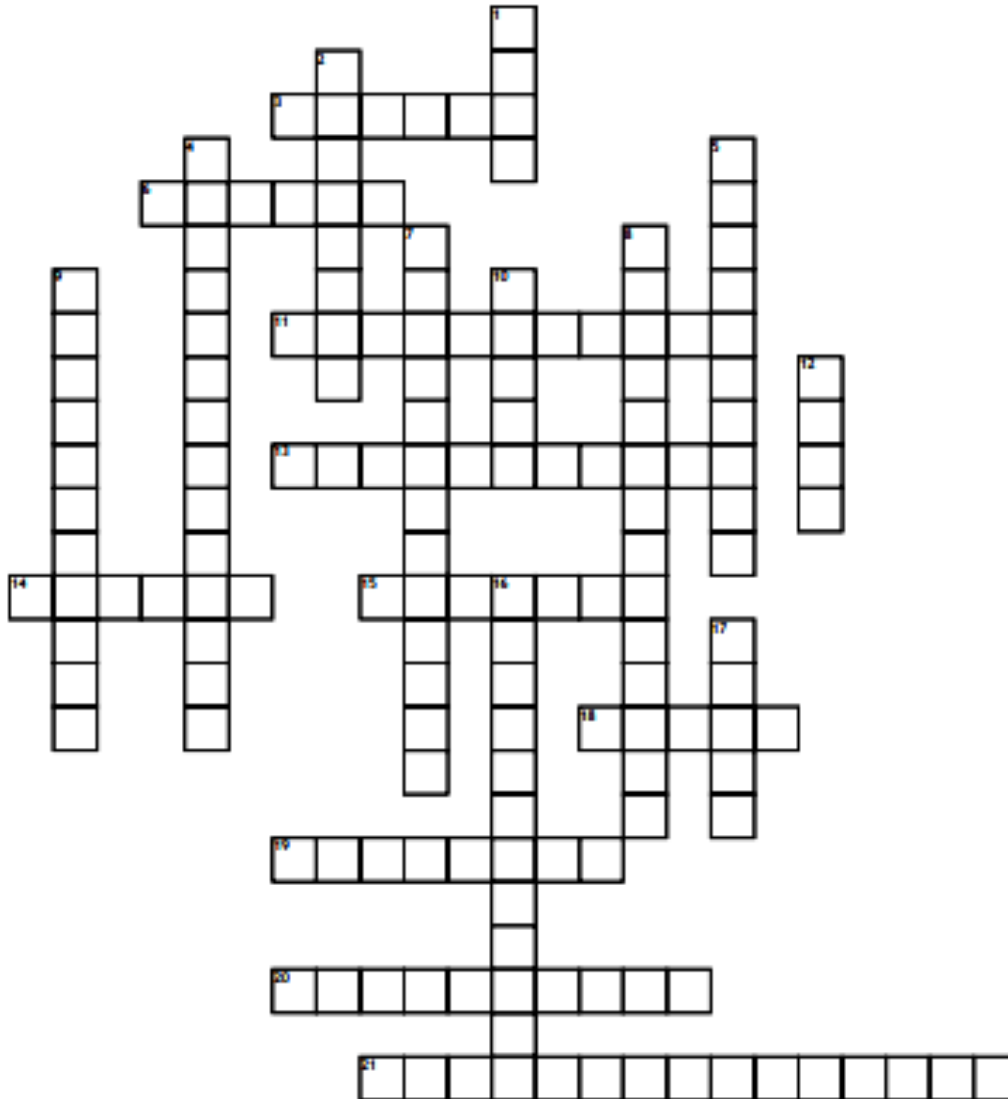
Redeemer Lutheran Church
220 N. Seminole, Claremore, OK.
Sunday School and Bible Class 9:00 a.m.
Worship 10:30 a.m. 918-341-1429
Email: rluther@sbcglobal.net – Website www.rlcck.org

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

Things that you see at a County Fair



Across

- 3. What sculptures are made from
- 6. Events that take place at a county fair?
- 11. what games do you play at the county fair ?
- 13. What rides do you see at a county fair?
- 14. what livestock do you see in a county fair?
- 15. things made with ice cream sticks
- 18. What do you play at the county fair?

- 19. What kind of music
- 20. what contests do they participate in
- 21. what animal rides at the county fair

Down

- 1. What do they have to show at county fair?
- 2. What contest involves pulling across a pond?
- 4. Ladies that tell fortunes
- 5. what do you grow in your garden?
- 7. what goes around on tracks?

- 8. What can you win to take home?
- 9. What do you eat at the county fair?
- 10. What drinks can you get at a county fair?
- 12. what desserts do they judge at a county fair?
- 16. what event do they have involves tractors?
- 17. What contests do they have at a county fair

Word Search Puzzle

Foods at the fair

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

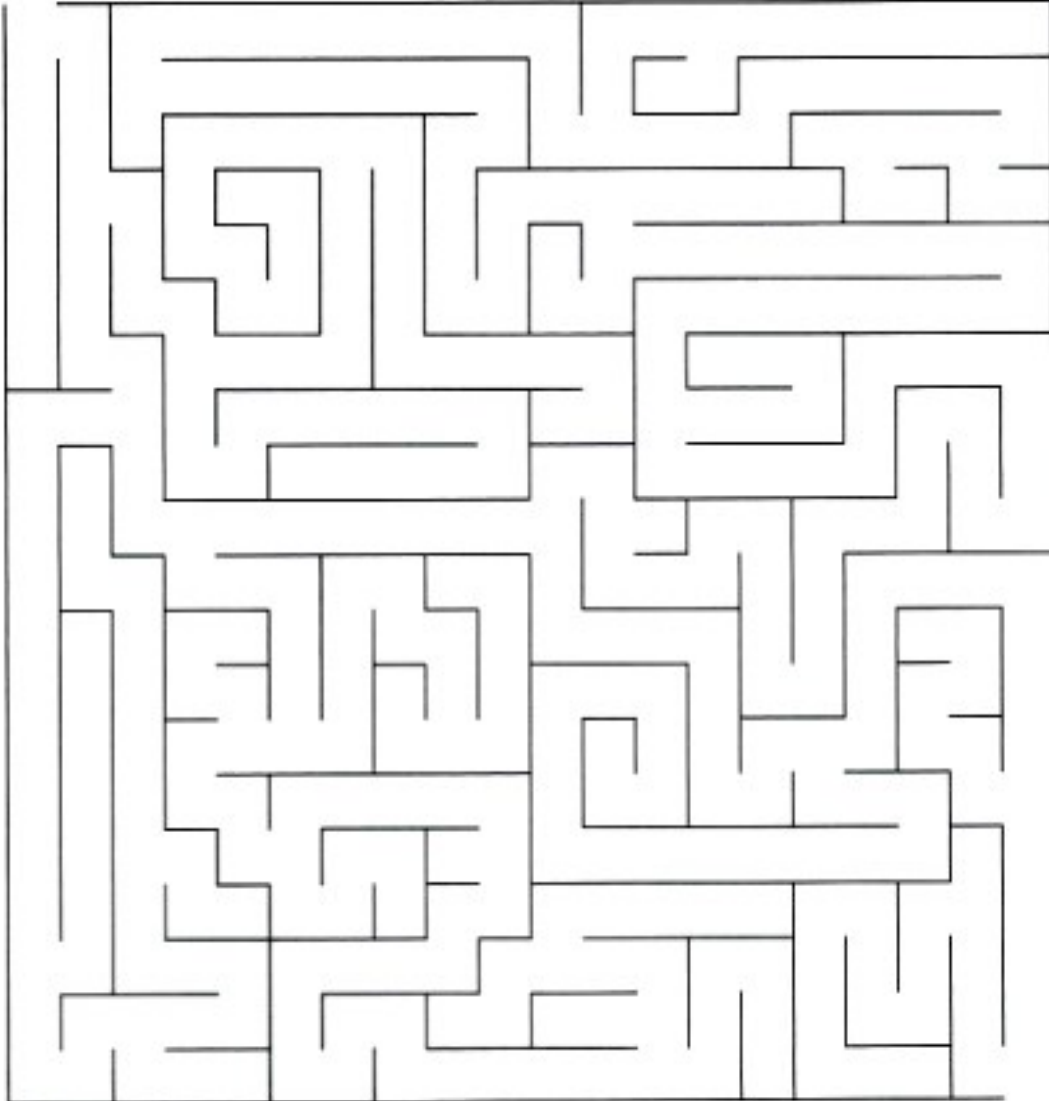
Hamburger
French Fries
Soda pop
Funnel cakes

Bar B Que
Pizza
Snow cones
corn dogs

Fried Butter
Hot dogs
Popcorn
candy apples

Frito pies
Ice Cream
Fried Pickles
cotton candy

Maze Puzzle



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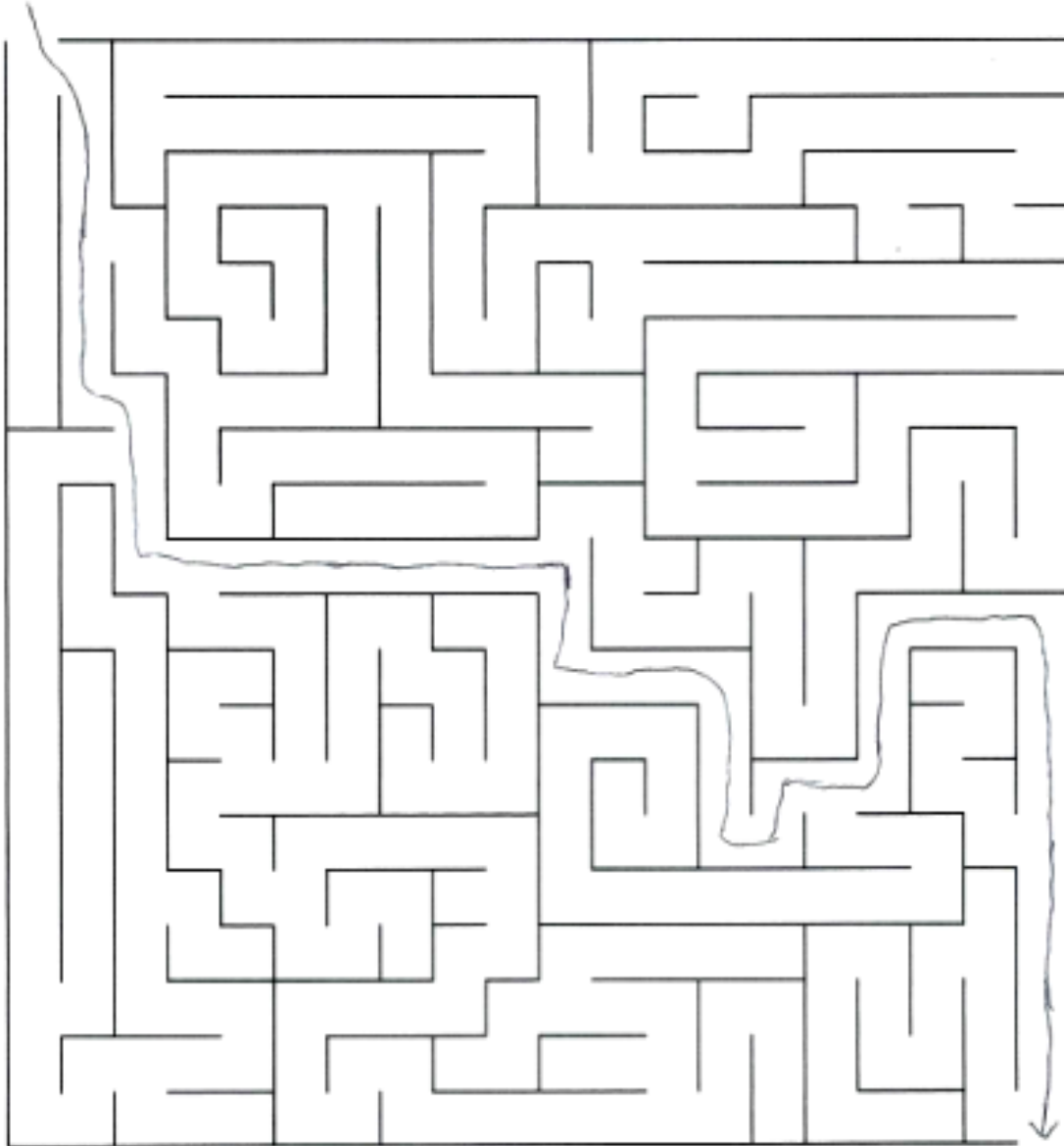


Finish

Remember When....



Maze Puzzle Solution



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Finish

Bricklayer Accident Report

The following letter is from a professional bricklayer, in response to his worker's compensation claim for injuries sustained on the job. It seems the insurer sought more detailed information for their accident investigation, about how the bricklayer sustained such substantial injuries.

Dear Sir:

I am writing in response to your request for additional information in Block 3 of the accident report form. I put "Poor planning" as the cause of my accident. You asked for a fuller explanation and I trust the following details will be sufficient. I am a bricklayer by trade. On the day of the accident, I was working alone on the roof of a new six-story building. When I completed my work, I found I had some bricks left over, which, when weighed later were found to be slightly in excess of 500lbs. Rather than carry the bricks down by hand, I decided to lower them in a barrel by using a pulley, which was attached to the side of the building on the sixth floor. Securing the rope at ground level, I went up to the roof, swung the barrel out and loaded the bricks into it. Then I went down and untied the rope, holding it tightly to ensure a slow descent of the bricks. You will note in Block 11 of the accident report form that I weigh 135lbs. Due to my surprise at being jerked off the ground so suddenly, I lost my presence of mind and forgot to let go of the rope. Needless to say, I proceeded at a rapid rate up the side of the building. In the vicinity of the third floor, I met the barrel which was now proceeding downward at an equally impressive speed. This explains the fractured skull, minor abrasions and the broken collarbone, as listed in Section 3 of the accident report form. Slowed only slightly, I continued my rapid ascent, not stopping until the fingers of my right hand were two knuckles deep into the pulley. Fortunately by this time I had regained my presence of mind and was able to hold tightly to the rope, in spite of the excruciating pain I was now beginning to experience. At approximately the same time, however, the barrel of bricks hit the ground and the bottom fell out of the barrel. Now devoid of the weight of the bricks, that barrel weighed approximately 50 lbs. I refer you again to my weight of 135 pounds. As you might imagine, I began a Rapid descent, down the side of the building. In the vicinity of the third floor, I met the barrel coming up. This accounts for the two fractured ankles, broken tooth and severe lacerations of my legs and lower body. Here my luck began to change slightly. The encounter with the barrel seemed to slow me enough to lessen my injuries when I fell into the pile of bricks and fortunately only three vertebrae were cracked. I am sorry to report, however, as I lay there on the pile of bricks, in pain, unable to move, I again lost my composure and presence of mind and let go of the rope and I lay there watching the empty barrel begin its journey back down onto me. This explains the two broken legs. I hope this answers your inquiry as to my "poor planning".

DATA MASTER: Nikki Hamilton

28

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Senior Jokes!

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, "Last night we went out to a new restaurant and it was really great. I would recommend it very highly."

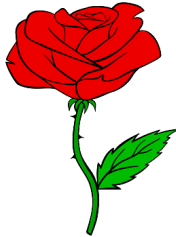
The other man said, "What is the name of the restaurant?"

The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know... The one that's red and has thorns."

"Do you mean a rose?"

"Yes, that's the one," replied the man.

He then turned towards the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"



Lincoln, a young man, wanted to get his beautiful blonde wife, Lucy something nice for their fifth wedding anniversary. So, he decides to buy her a cell phone. She is all excited, she loves her phone and he explains all the features on the phone.

The next day, Lucy goes shopping. Her phone rings and its Lincoln: "Hi honey", he says "how do you like your new phone?"

And she replies: "I just love it, it's so small and your voice is clear as a bell but there's one thing I don't understand though".

"What's that, baby?" asks the husband.

"How did you know I was at Wal Mart?" asked Lucy.



Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman--already dressed and sitting on the bed with a suitcase at his feet--who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator.

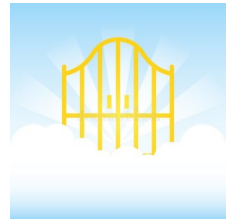
On the way down I asked him if his wife was meeting him. "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."



A middle aged woman had a heart attack and was taken to the hospital. While on the operating table, she had a near death experience.

Seeing God, she asked, "Is my time up?" God said, "No, you have another 43 years, 2 months and 8 days to live." Upon recovery, the woman decided to stay in the hospital and have a face lift, liposuction and tummy tuck. Since she had so much more time to live, she figured she might as well look even nicer.

After her last operation, she was released from the hospital. While crossing the street on her way home, she was hit and killed by an ambulance. Arriving in front of God, she demanded, "I thought you said I had another 40 plus years? Why didn't you pull me out of the path of the ambulance!?" God replied, "My child, I am sorry, I didn't even recognize you!"



DATA MASTER: Steven Burdick

**To share your story with us contact:
Ashley Schwarz at 918-290-8224 or
918-789-2862 or email her at
links@links.community-options.net**

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



DATA MASTER: Doug WM Stone



Library News

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105 E. Oak (918) 266-1684

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Monday thru Thursday: 9am to 7pm
Friday: 9am to 12pm & 1pm to 3pm
Saturday: 10am to 2pm
Sunday: Closed

CHELSEA PUBLIC LIBRARY

618 Pine (918) 789-3364

Hours:

Tuesday: 10am to 7pm
Wednesday, Thursday & Friday: 10am to 4pm
Saturday: 9am to 12pm
Sunday & Monday: Closed

CHOUTEAU PUBLIC LIBRARY

307 W Main Phone: 918-476-4445

Hours:

Monday thru Friday: 10am to 5pm
Saturday & Sunday: Closed

DELAWARE COUNTY LIBRARY

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

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

Hours:

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Tuesday & Thursday 9am to 8pm
Saturday: 9am to 1pm
Sunday: Closed
Holidays: Closed

GROVE PUBLIC LIBRARY

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Fax: (918) 786-5233

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Tuesday & Thursday: 8:30am to 9pm
Saturday: 8am to 12pm
Sunday: Closed

LANGLEY PUBLIC LIBRARY

325 W Osage Ave. (918) 782-4461

Hours:

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Tuesday thru Friday: 9am to 12pm and 1pm to 5pm
Saturday & Sunday: Closed

MIAMI PUBLIC LIBRARY

200 N. Main (918) 541-2292

Hours:

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Tuesday, Friday: 9am to 5pm
Saturday: 9am to 1pm
Sunday: Closed

NOWATA CITY-COUNTY LIBRARY

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

Hours:

Monday & Thursday: 1pm to 9pm
Tuesday, Wednesday & Friday: 9am—5pm
Saturday: 9am to 12pm
Sunday: Closed

SALINA PUBLIC LIBRARY

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

Hours: Tuesday: 12pm to 7pm

Wednesday: 12pm to 5pm

Thursday & Friday: 10am to 5pm

Saturday, Sunday & Monday: Closed

TALALA AREA PUBLIC LIBRARY

106 W Watova St. (918) 275-4540

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Monday & Thursday: 6pm to 9pm
Saturday: 11am to 2pm
Sunday: Closed

VINITA PUBLIC LIBRARY

215 W. Illinois (918) 256-2115

Hours:

Monday, Tuesday, Wednesday, & Friday: 11am to 6pm
Thursday: 11am to 7pm
Saturday: 11am to 3pm
Sunday: Closed

WILL ROGERS LIBRARY

1515 N. Florence, Claremore OK (918) 341-1564

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Friday & Saturday: 9:30am to 5pm
Sunday: Closed



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Remember the Ladies: Vikings in Oklahoma: Heavener Runestone



In a small, rocky hollow on Poteau Mountain near Heavener is a mystery etched into the face of a large slab of rock standing 12 feet tall, 10 feet wide, and 16 inches thick. In 1832, a Choctaw hunting party discovered the rock engraved with mystical symbols. White hunting parties dismissed it as an “Indian Rock.” The earliest authenticated, eyewitness account came from Luther Capps in 1898.

Oklahoma school teacher Carl Kemmerer found it while hunting game in 1913. Ten years later, he wrote the Smithsonian Institute with a sketched representation of the symbols. He was told the symbols were a mix of Scandinavian and Gothic “runes” or letters.

In 1928, Gloria Stewart, who was born in October 1916 in Heavener, went with her friend Rosemary Kemmerer and her dad to see the monumental stone. She was impressed by the sheer massiveness of the upended stone resting under a U-shaped cliff. What captured her imagination were the eight mysterious symbols “pecked” into the face of the sandstone monolith.

Gloria, married to the Rev. Ray Farley and living in Ohio in 1948, read about the Kensington Runestone, discovered on a Minnesota farm in 1898. The stone was covered with inscriptions, many attributed to 14th-century Viking sailors. She sent a copy of the symbols to the Smithsonian Institute. The curator of the department of archeology told her of Kemmerer’s earlier communication and suggested the runes followed Scandinavian grammar. A study of the fascinating Norse sagas revealed the efforts of the Norse inhabitants of Greenland to colonize the eastern coast of America from approximately 1002 until 1010 A.D. Would it have been impossible for them to reach Oklahoma via the Mississippi River?

When Farley moved back to Heavener in 1950, she found the runes untouched, although the stone platform at the base of the big stone was gone. She named the stone Heavener Runestone and began a 35-year effort to establish its authenticity by collecting oral histories from area old-timers.

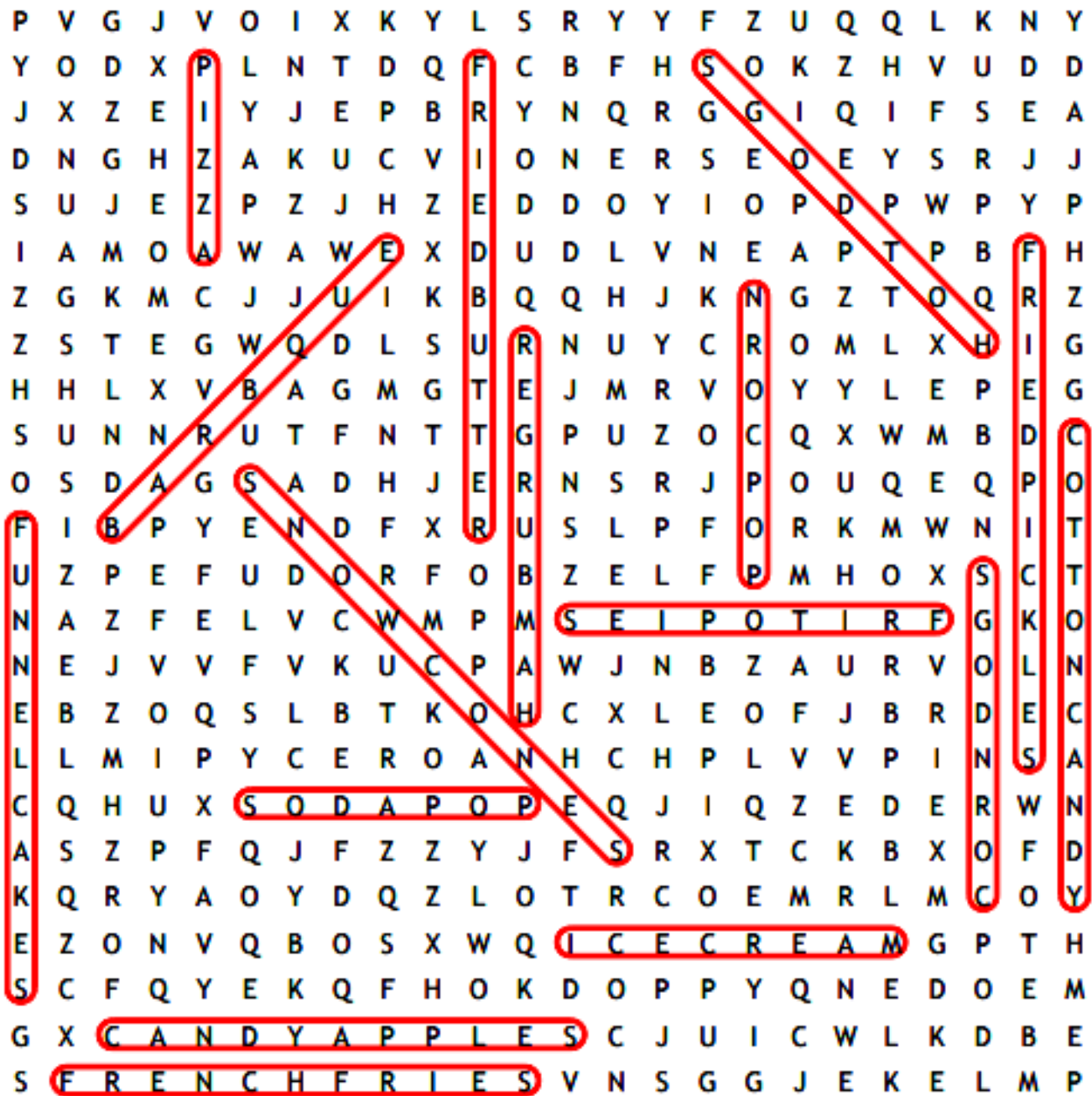
In 1970, the Herbert Ward family donated 55 acres surrounding the stone to the state of Oklahoma to establish the Runestone State Park. Norway-born cryptanalyst Alf Monge said the letters represented the date of Nov. 11, 1012, and speculated that ancient Vikings carved the letters into the rock. His theory was supported by the discovery of more runestones found near Poteau Mountain, near Cavanal Mountain and at Shawnee.

The Heavener Runestone was translated in 1985 by Richard Nielsen, who also authenticated the Kensington Runestone. He said the letters spelled G-L-O-M-E-D-A-L. “Glome,” being an ancient name, and “Dal” meaning “valley,” thus a land claim by a man named Glome.

Farley died in March 2006 at age 89 in Heavener. Her work started as a casual investigation into a local curiosity and turned into a quest which ended in the recognition of the Heavener Runestone as the work of ancient Viking travelers. Today, some Oklahomans believe that Vikings came from Norway crossed the Atlantic, rounded the tip of Florida into the Gulf of Mexico, went up the Mississippi River, and sailed into its tributaries, the Arkansas and Poteau rivers.

Word Search Puzzle Solution

Foods at the fair



Hamburger
French Fries
Soda pop
Funnel cakes

Bar B Que
Pizza
Snow cones
corn dogs

Fried Butter
Hot dogs
Popcorn
candy apples

Frito pies
Ice Cream
Fried Pickles
cotton candy

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Sudoku Puzzle Easy Solution

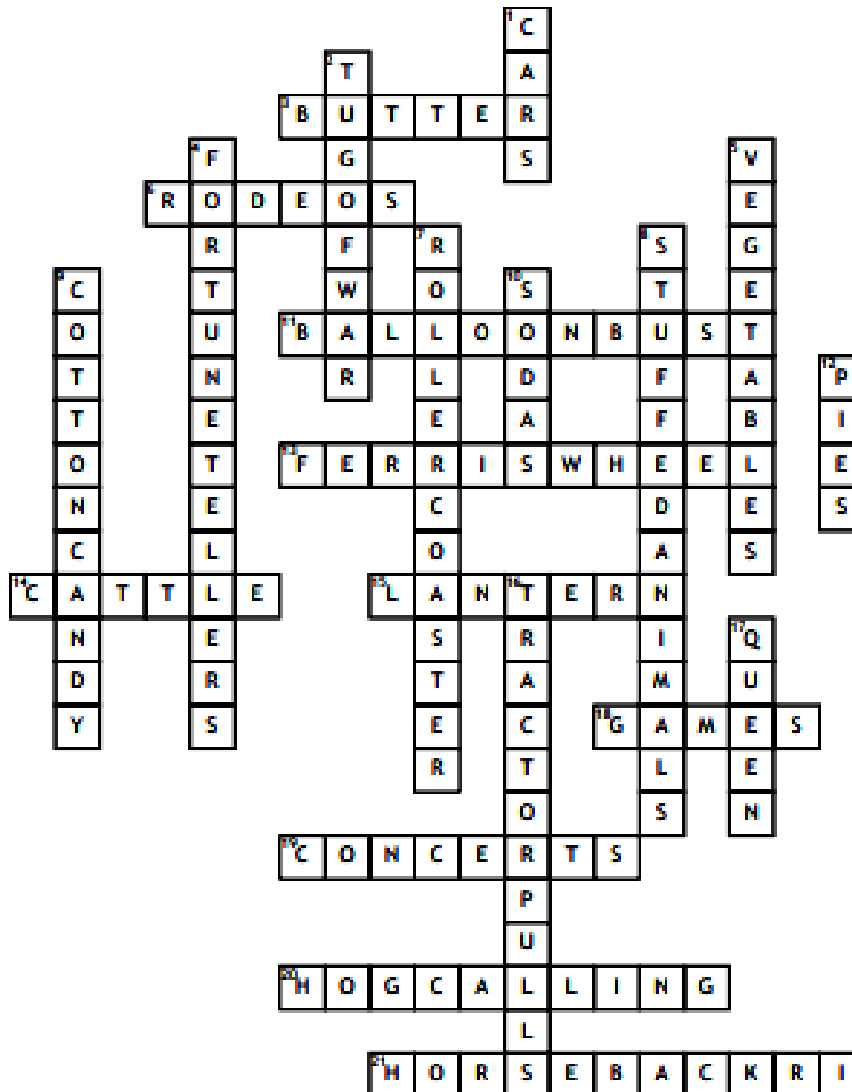
8	3	4	7	1	6	2	9	5
7	9	6	3	2	5	8	4	1
5	2	1	9	8	4	3	7	6
6	4	5	2	7	9	1	3	8
2	1	7	5	3	8	9	6	4
3	8	9	6	4	1	7	5	2
9	5	2	1	6	7	4	8	3
1	6	8	4	9	3	5	2	7
4	7	3	8	5	2	6	1	9

Sudoku Puzzle Moderate Solution

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

Crossword Puzzle Solution

Things that you see at a County Fair



Across

- 3. What sculptures are made from
- 6. Events that take place at a county fair?
- 11. what games do you play at the county fair ?
- 13. What rides do you see at a county fair?
- 14. what livestock do you see in a county fair?
- 15. things made with ice cream sticks
- 18. What do you play at the county fair?

- 19. What kind of music
- 20. what contests do they participate in
- 21. what animal rides at the county fair

Down

- 1. What do they have to show at county fair?
- 2. What contest involves pulling across a pond?
- 4. Ladies that tell fortunes
- 5. what do you grow in your garden?
- 7. what goes around on tracks?
- 8. What can you win to take home?
- 9. What do you eat at the county fair?
- 10. What drinks can you get at a county fair?
- 12. what desserts do they judge at a county fair?
- 16. what event do they have involves tractors?
- 17. What contests do they have at a county fair

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