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“The Little Green Paper”

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Veterans Day: A Time for Gratitude



My husband returned home from a yearlong deployment 15 years ago. On Veterans Day, I'm especially aware of how lucky we are by Holly Lebowitz RossiPosted in Military Outreach Stories, Nov 8, 2019

This year, my husband Rob and I celebrated two anniversaries. One was our 20th wedding anniversary in late October. The other, on Veterans Day, is 15 years since he returned home from a yearlong deployment to the Middle East with his Army Reserve unit.

Every Veterans Day is a day of special gratitude in our house. We give thanks to those who serve our country with courage and commitment, and to the families and communities that sustain their service members with pride, hope and everything in between. But at milestone years—5, 10, and now 15 years since Rob's deployment—we especially reflect on how grateful we are to be here, together. It was a coincidental confluence of our personal history and the U.S. Army's deployment calendar that Rob returned home in time to celebrate a milestone wedding anniversary, 5 years, in 2004. But there are ways in which it feels like more than a coincidence. After all, both marriage and military service require steadfast commitment, the active decision to continue doing something each person has promised to work toward. Also, in both marriage and service, no one is alone—collaboration and teamwork are crucial to success and safety. And finally, both marriage and the military ask different things of us at different points in time. Rob is no longer in the Army, but our marriage, happily, continues. The lessons we both learned through his service have remained with us, strengthening us, challenging us and helping us grow. And so it is with particular emotion that I will thank Rob for his service on this Veterans Day. Fifteen years is a long time, and we've made a wonderful life in that decade and a half. Today more than most, I'm grateful he served with such courage—and then came home to me. How do you thank the veterans in your life?

DATA MASTER: Steven Burdick

Things to Do on Halloween If You're Not Going Trick-or-Treating

Not planning on going door to door? Here are a few Halloween-themed activities you can do right at home (or nearby), with kids or on your own. Whether you're stuck at home because of bad weather, you're too old to trick-or-treat, or you're staying home to reduce the risk of spreading or catching the COVID Delta variant, there is no shortage of fun Halloween-themed activities to do right from the comfort of your own home.

Decorate Cookies or Cupcakes

It's not Halloween without an abundance of sweets, right? Gather your kids, invite over neighbors, or host a bunch of your friends for a night of decking out cookies or cupcakes (or both!) with icing spiderwebs, candy corn graveyards, and marshmallow ghosts. Keep it outdoors and/or masked if your group includes both vaccinated and unvaccinated people.



Paint (or Carve) Pumpkins

It's never too late to decorate pumpkins—even on Halloween night. If you're stuck inside (or prefer to stay inside), spend the spookiest night of the year trying some no-carve pumpkin ideas. Kids love it, and it's way less messy than carving pumpkins.



Host a Wine and Candy Tasting Party

Oh, yes, you read that correctly. We know exactly which wines to pair with which classic Halloween candies, and you're going to want to invite over some friends for a very serious, very sophisticated wine-and-candy tasting, fit for a sommelier (well, maybe).



Have a Halloween Movie Marathon...

Whatever your pleasure—funny, nostalgic, or absolutely bone-chilling—Halloween movies on Netflix are definitely in order if you're staying in this October 31.



...or Go to the Movies

No need to watch a scary or festive movie if you're not interested. You might just want to get away from the Halloween mayhem altogether—in which case, head to the movies (we might suggest a drive-in this year). Plus, even if you're not a Halloween fanatic, you can still take advantage of the annual excuse to enjoy gobs of candy at the theater.



Curl Up With a Scary Book

On your own this Halloween? Set the mood by lighting a bunch of candles, grabbing a glass of mulled wine or hard cider, and curling up with a blanket and spooky page-turner. Need book recommendations? Here are a few of our favorite psychological thrillers and mysteries to inspire your Halloween read.



Make S'mores

There's nothing like toasting marshmallows over an open fire on a cold, October night (read: s'mores aren't just for summer campfires!). If you and your family aren't all sugared out by the end of the night, this iconic fall activity is the perfect thing to do on Halloween.



Hand Out Candy to Other Trick-or-Treaters

You can still get in on the trick-or-treating action if you're not going door to door yourself. Make sure you're stocked up on Halloween candy and pass out goodies to the little neighborhood ghosts and goblins who ring your doorbell.



Have a Game Night

Whether you're with the kids or adult friends, game night is always a good idea—but especially on Halloween. It could be as simple as playing a favorite board game, word game, or card game, but you could also hop on the Fright Night train and host your own Murder Mystery game night or plan a spooky scavenger hunt around the house, backyard, or neighborhood.



I Don't Believe God Exists

It started simply enough. "I don't believe God exists" Mike the barber said in a matter of fact way. Bill went to a barbershop to have his hair cut and his beard trimmed. As the barber began to work, they began to have a good conversation, telling stories as usual. They talked about politics and the elections, the state of the economy, their families and kids.

"That's Right, God Doesn't Exist."

When they eventually touched on the subject of God, Mike said: 'I don't believe that God exists.'

"Why do you say that?" asked Bill.

"Well, you just have to go out in the street to realize that God doesn't exist. Tell me Bill, if God exists, would there be so many sick people? Would there be abandoned children? If God existed, there would be neither suffering nor pain. I can't imagine a loving God who would allow all of these things."

Bill thought for a moment, but didn't respond because he didn't want to start an argument. Mike finished his barbering job and Bill left the shop. Just after he left the barbershop, he saw a man in the street with long, stringy, dirty hair and an untrimmed beard. He looked dirty and unkempt.

Bill turned back and entered the barbershop again and he said to Mike, the barber:

"You know what? Barbers do not exist."

"How can you say that?" asked the surprised barber. "I am here, and I am a barber. And I just worked on you!"

"No!" Bill exclaimed.

"Barbers don't exist because if they did, there would be no people with dirty long hair and untrimmed beards, like that man outside."

"Ah, but barbers DO exist! That's what happens when people do not come to me."

"Exactly!" Bill affirmed.

"That's the point! God, too, DOES exist! And that's what happens when people do not come to God too."

DATA MASTER: Nikki Hamilton



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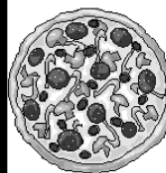
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Sharing the Wealth

When Clayton, New Jersey resident JoAnn Kates received her \$1,200 government stimulus check, she initially toyed with the idea of giving \$300 to each of her four grown children. But the devout Christian says the Lord spoke to her, telling her to use the money to buy meals for frontline medical workers battling the COVID-19 pandemic. While Kates has a daughter who is a NICU nurse in Tennessee, it was actually her six-year experience as a caregiver after her late husband suffered a severe brain injury in 2008 (he died in 2014) that helped her choose her local hospital—Jefferson Washington Township Hospital in Turnersville, New Jersey—for her generous food donation. “Nurses and doctors walked me through the worst six years of my life,” says Kates, whose husband never walked or talked again after a bicycle accident. “I wrote letters praising every nurse and trauma doctor I encountered during that time.” A fan of Scarpinato’s Italian food in Turnersville, Kates used her stimulus money to purchase 110 lunches that were delivered to the hospital on April 27. Staff from Medical-Surgical Units, ICU, Cardiopulmonary, the store-room, as well as some physicians and residents, enjoyed the hot meal. —Nicole Pensiero Turnersville, New Jersey

Kind-Hearted Better Half


During COVID, there are orphans whose birthdays are not getting celebrated or they are not getting any gifts from their well-wishers. At this hard time, my wife (Neelam Singhal) collected birthday boxes, gifts, and birthday crowns and started calling various organizations that could accept them. She was able to connect with Kids TLC and she drove there to donate. She felt so happy doing something for them that she almost cried when she returned. I am lucky to have such a kind-hearted better half. —Manuj Singhal, Olathe, Kansas

Through Sickness and Health

My neighbors, Jay and Treva, have been the best since we moved in. When my husband got brain cancer, they helped with yard work and snow removal. When Jim passed away, they were always helping me, anything they could. Meals, yard work, snow removal, putting my trash can away when I would forget. They still continue to care for me and if they don’t see me outside in a while they text to make sure I am alright and not down or anything. I know I can always count on them to be there for me no matter what happens! —Shelly Golay, Casper, Wyoming

DATA MASTER: Nikki Hamilton


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Stories Of Kindness That Will Make You Cry

A Homeless Man With A Big Heart

Riceman, a YouTuber who does social experiments and pranks, did an experiment in which he told people his brother was missing to see how they would react. The reaction of one homeless man showed him how generous a person — even with little means — can be.

The man was standing on the corner, holding up a sign reading "U.S. Vet in need, please help." Riceman went up, gave the man some change, and told him that his brother was missing and to let him know if he saw him. When Riceman walked away, instead of holding up his own sign to passing cars, the man held up the sign with Riceman's missing brother on it. He deliberately chose to stop asking for money for himself, in order to help Riceman.

When Riceman returned, he told the homeless man about the experiment and asked him why he chose to hold up the missing person's sign rather than continuing to ask for money. The man told him, "What kind of a person would I be if I didn't help someone else?" Riceman then gave him some cash and a hug, moved by his desire to help someone in need.

His Last Wish Was To Give A \$500 Tip

Aaron Collins passed away just three weeks after his 30th birthday, but he left a legacy that has touched thousands of people. One of his final wishes was to give a waiter or waitress a \$500 tip. When his brother Seth fulfilled his wish, giving a waitress a \$500 tip at Puccini's, in Lexington, Kentucky, he recorded a video and put it on YouTube. Within days, the video was viewed over one million times, and thirty thousand dollars had been donated to continue the cause, now known as "Aaron's Last Wish."

In the video, Collins gave the waitress, Sarah Ward, the \$500 tip, explaining that his brother had just passed away and that giving a \$500 tip was his final wish. Ward told him, "I'm going to be telling this story for the rest of my life."

Over a hundred waitresses have now received \$500 tips, all of which are chronicled on the Aaron's Wish website. At first, Collins was only visiting restaurants in Lexington, but he has since given a \$500 tip in every state in the U.S. He told NPR, "People have been programmed to think that good things can't happen...and it makes me happy to, at least for a few of them, show that [they] can."

An 8-year-old bought dinner for a cop

Eight year old Mikayla Raji was eating with her mom at a pizzeria in New Jersey when she spotted a cop, Patrol Officer Quinn, picking up some food for dinner. Raji greeted Quinn and then asked her mom to pay for his food. According to the Jamesburg Police Department, Raji leaned over to her mom and said that she insisted on buying his dinner.

Afterward, the police department did a little detective work to find out who had paid for Quinn's dinner and discovered it was Raji. But what makes this story incredible, is that Raji's police officer father, Thomas, was killed in a drunk driving accident in 2008, just a few months before she was born. Her mother, Mimi, is a retired police officer, as well. Raji felt that the police were an important part of her life and wanted to support them. Her mom told News 12, New Jersey, ""[Mikayla] looks up to [police officers]. She knows their job is hard. She knows they put their lives on the line for us."

The Jamesburg Police Department paid it forward by inviting Raji to lead the Memorial Day Parade and set up a Go Fund Me page to raise money for her education.

DATA MASTER: Karen Deffenbaugh

THINGS YOU DIDN'T KNOW ABOUT TOY STORY

20 years ago, Pixar released Toy Story, the first feature-length, computer-animated film. The concept of toys springing to life was exciting, hilarious, and most importantly, fun. As one of our favorite films, we were surprised by how much we learned while researching it. To celebrate the film's milestone birthday, we've gathered 10 facts that you probably didn't know about its development. Keep on reading to see if you know any of these!

Pizza Planet was almost called Pizza Putt.

Pizza Planet was originally going to be a pizza parlor/mini-golf course hybrid called Pizza Putt (a play on Pizza Hut). But, late in the film's production, Pixar changed the name. They opted for a space-themed restaurant so Buzz would think that he was finally going home.



Animators strapped boards to their feet to figure out how to animate the toy soldiers.

To nail the special way that the soldiers walk around, the animators took wooden boards, strapped them to their feet, and tried to move. It was a lot harder than they expected.



Tom Hanks ad-libbed the scene where he's holding Buzz's arm.

To create the scene where Woody uses Buzz's arm to convince the other toys that he's okay, Toy Story Director John Lasseter brought a fake arm into Tom Hanks' recording session, and told him to ad-lib with it. After the scene was explained to him, Hanks took off and did a hilarious puppet show-like routine. It was so good that they ended up using most of it in the film. One bit that didn't make it in had Woody reading Buzz's palm.



Rex's personality was designed as a slant on Jurassic Park's T-Rex.

When artists were designing Rex, Jurassic Park had just hit theaters. Because of the resulting popularity of dinosaurs, they put one in the film, but opted for making the character insecure instead of ferocious. They also decided to make him neurotic because T-Rexes have abnormally short arms, and as a result, aren't able to reach their own noses.



DATA MASTER: Becca Thornton

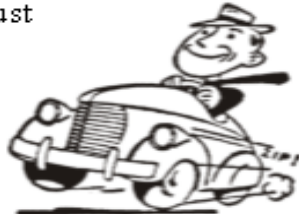
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Fun Halloween Games for Kids



Plan some Halloween party games for kids without breaking the bank. These games are perfect for kids' Halloween parties, classroom celebrations, or just fun at home in the weeks leading up to Halloween. And for many of them you might already have everything you need to play right in your house.

Halloween Feel Box

This gross activity is always a popular Halloween party game. Make boxes with various foods (the slimier the better!) and household items, and have the kids feel what's in the box without looking in it. Then, they get to guess what they think they felt in the box.

Monster Freeze Dance

Put on some Halloween tunes, and have the kids boogie until the music stops. Then, they have to freeze. Children are eliminated for not freezing. And the last person standing is the winner.

Wrap The Mummy

Kids work together in this game to wrap a classmate or friend with toilet paper or crepe paper. The object of the game can be the mummy with the most wrapping in an allotted amount of time wins. Or simply let the kids wrap to their heart's content to burn off a little energy.

Pass It On Ghost Story

Tell ghost stories in "round-robin" fashion with this spooky Halloween party game for kids. The activity calls for sitting in a circle with candles, but it can work just as well with mini flashlights. Have each person tell a portion of a spooky story and then blow out their candle or turn off their flashlight before passing the story onto the next person.

Candy Corn Relay Race

Split kids into teams, and have each team race to move candy corn from one bowl to another. The catch is they have to use a spoon and can't touch the candy corn with their hands. The team that finishes transferring the candy corn between its bowls first wins.

Wiggle Worm Race

This Halloween game will get kids moving. Kids hold hands to form a "worm" and then run from one spot to another trying to keep their worm intact. It can be played by teams or just be a fun activity for all the kids to do together.

Ghost Hunter

Create lollipops with paper covering them to make a ghost-like form. On each piece of paper should be a letter than spells a Halloween-related word of your choice. The game is played in two parts. First, have the kids hunt for the hidden lollipops. Then, have them work together to unscramble the letters and decipher the word. Everyone gets to enjoy their lollipop after that.

DATA MASTER: Nikki Hamilton

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Out & About with LINKS

Working Hard or Hardly Working?



National Boss's Day—October 16, 2021

October 16 is National Boss's Day, a chance to celebrate the people who keep us gainfully employed! "Boss" has been used as slang to describe something cool or excellent, so if you are blessed with a great boss, you could call 'em a boss boss. Whatever you call them, do a little something for the boss in your life.

HISTORY OF NATIONAL BOSS'S DAY

In 1958, Patricia Bays Haroski registered National Boss's Days as a holiday with the U.S. Chamber of Commerce in honor of her father, who was also her employer. She created the holiday to improve office relationships between supervisors and their employees as well as raise cognizance to all the hard work boss's put into their jobs. She felt as if younger employees didn't appreciate their bosses enough, and knowing first hand what her father went through to make a company run smooth, set out to change that viewpoint. However, it wasn't until Illinois Governor Otto Kerner supported Haroski's registration four years later, that the day officially became a national holiday.

NATIONAL BOSS DAY TRADITIONS

The main tradition on Boss Day is if you have a great boss, find a way of letting them know. Whilst some go beyond this and buy a card or a gift, it's not really necessary.

NATIONAL BOSS DAY BY NUMBERS

11 million – The number of people working in a supervisor or management role in the U.S.

40% – The percentage of female bosses throughout the world

86% – The percentage of companies who say developing new leaders is an urgent need.

65% – The percentage of employees who see opportunities to become a leader as important.

43% – The percentage of people who say feeling appreciated at work makes them feel more confident.

67% – Prefer to work for a company and people whose mission they believe in.

NATIONAL BOSS'S DAY ACTIVITIES

Chip in to make their days great

In honor of the day, why not get a cute greeting card for you and all of your coworkers to sign? Or pitch in to buy a fun gift or something that they've talked about needing. Have a hard-to-buy-for boss? Consider making a donation in their name to a local charity.

Tell them what they mean to you

Send your boss a heartfelt email telling them how much you appreciate them. If you're feeling fancy, you can write an old-fashioned letter thanking them for the inspiration and dedication they've shown to you. Either way, they'll appreciate you appreciating them.

Help out on the job

Unless you know your boss's tastes in books or flowers, try an intangible gesture. Ask them what step you could take to make their job easier. The reply might be something as simple as showing up on time or making sure the printer paper gets refilled—but it could also be a chance to grow as a professional and take point on a daily report or a quarterly goal. Either way, the offer to go above and beyond will doubtless be appreciated.

WHY WE LOVE NATIONAL BOSS'S DAY

They gave us our jobs

They hired us, pay us, and keep our workplace afloat. It's a lot of responsibility to manage other people, but someone's got to do it!

They take the blame when things go badly

When the client backs out or the contract is lost, odds are your boss is the one going under the bus. Bosses fall on their swords for us more often than we may realize, and they understand that it's part of their position to do so. Now go and buy them some thank you chocolate!

They are mentors and more

The best bosses are excellent judges of character and can see our potential, sometimes even before we do. Many of them take immense pleasure in helping younger, less experienced colleagues develop their own abilities, network, and generally succeed in their field. And, by doing so, they can boost your career into the stratosphere. If you've found a boss like that, consider yourself lucky!

United Nations Day 2021: History and all you need to know

The United Nations Day is observed on October 24 and marks the anniversary of the entry into force in 1945 of the UN Charter.



The United Nations (UN) Day is observed on October 24 each year and marks the official establishment of the United Nations in 1945.

The United Nations is an intergovernmental organisation whose primary role is to maintain world peace and security. It plays an important role in developing friendly relations among countries, achieving international cooperation and being a centre of coordination for nations.

About the United Nations:

The UN came into existence on October 24, 1945. The name 'United Nations' was coined by the United States President Franklin D. Roosevelt and was first used in the Declaration of the United Nations on January 1, 1942, during the Second World War.

The UN had 51 members at the time of its establishment. It is currently made up of 193 Member States. Each of the 193 Member States of the United Nations is a member of the General Assembly.

The organisation has different organs: the General Assembly, the Security Council, the Economic and Social Council, the Trusteeship Council, the International Court of Justice and the UN Secretariat.

History of UN Day:

On this day, the UN Charter was ratified by a majority of signatories, including the five permanent members of the Security Council, which led to the official establishment of the UN.

It was first celebrated on October 24, 1948. Then in 1971, the UN recommended the Member States observe it as a public holiday.

DATA MASTER: Becca Thornton

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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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"grow!"



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Legend of Bigfoot



This is a wooden statue on display at the Western Air Defense Sector.

The legends of Bigfoot go back beyond recorded history and cover the world. In North America – and particularly the Northwest – you can hear tales of seven-foot-tall hairy men stalking the woods, occasionally scaring campers, lumberjacks, hikers and the like.

Bigfoot is known by many titles with many different cultures although the name Bigfoot is generally attributed to the mountainous Western region of North America. The common name Sasquatch comes from the Salish Sasquits, while the Algonquin of the north-central region of the continent refer to a Witiko or Wendigo. Other nations tell of a large creature much like a man but imbued with special powers and characteristics. The Ojibway of the Northern Plains believed the Rugaru appeared in times of danger and other nations agreed that the hairy apparition was a messenger of warning, telling man to change his ways.

North American settlers started reporting sightings during the late 1800s and into the 1900s with the occasional finding of footprints, sporadic encounters and even a few grainy photos and videos adding to the mystery. Those who claim to have seen Bigfoot have described everything from a large, upright ape to an actual hairy human, sometimes standing over eight feet tall and described as powerfully built. The debate and research continue. Entire organizations exist to study and document Bigfoot and prove its existence and groups regularly search the Northwest woods, looking for that ultimate proof.

In one very real sense, however, Bigfoot does exist. The Western Air Defense Sector, Washington Air National Guard adopted the mascot of Bigfoot and operates 24 hours a day, seven days a week monitoring the skies of nearly 73 percent of the United States and Canada. Just like the Bigfoot of legend, the sector is rarely seen and rarely heard, but rest assured it continues to observe and – if necessary – serve as a messenger of warning.

DATA MASTER: Doug WM Stone

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NEWS RELEASE

October 4, 2021

CONTACT PERSON: Lahona Young
Ombudsman Supervisor

October Residents Rights Month

Across the country, residents of nursing homes and other long-term care facilities along with family members, Ombudsman program representatives, citizen advocates, facility staff, and others will honor the individual rights of long-term care residents by celebrating Residents' Rights Month. Residents' Rights Month is an annual event held in October by the National Consumer Voice for Quality Long-Term Care to celebrate and focus on awareness of dignity, respect, and the value of long-term care residents.

The theme for Residents' Rights Month 2021, **"Reclaiming My Rights, My Home, My Life,"** acknowledges the impact of this past year on residents, and highlights the need for residents' rights to be recognized, recovered, and reasserted. It emphasizes the recognition of the long-term care facility as the residents' home, and the importance of residents reclaiming their own lives.

The Nursing Home Reform Law, passed in 1987, guarantees nursing home residents their individual rights, including but not limited: individualized care, respect, dignity, the right to visitation, the right to privacy, the right to complain, and the right to make independent choices.

The Grand Gateway Area Agency on Aging Ombudsman Program Supervisors continue to advocate for residents who live in nursing homes, assisted living and residential care to maintain their rights as U.S. Citizens. Residents' Rights Month raises awareness about these rights and pays tribute to the unique contributions of long-term residents.

To learn more about Residents' Rights or to voice a concern speak to an area long-term care Ombudsman 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.

For those residents who want to transition back out in the community there is possibly a resource available for them called Living Choice. If you want further information about this program you can call 888-287-24443 or e-mail: Oklahoma.livingchoice@okhca.org or contact your Ombudsman.

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)

Oct 25, 2021 - Oct 31, 2021 HallowMarine - Dress up in your best Halloween costume for a chance to win prizes and interact with some of the ocean's most curious creatures from the deep during HallowMarine at

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.

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

Hardship level: Moderate

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

By Nikki Hamilton

Solutions on page 36

the Oklahoma Aquarium in Jenks. Trick-or-treaters of all ages can enjoy a safe, fun, indoor alternative to traditional Halloween activities as they follow the Trick-or-Treat Trail through the aquarium. Hours Monday—Sunday: 6:30 pm - 9:00 pm. The last admission is sold at 8pm. Oklahoma Aquarium, 300 Aquarium Dr. Jenks, OK 74037. Phone: 918-528-1507.

Oct 29, 2021 - Oct 31, 2021 HallowZOOeen - Jump on your broomstick and fly to the Tulsa Zoo for HallowZOOeen. This not-too-scary event is suitable for all ages and attracts thousands of visitors to the zoo for trick-or-treating and Halloween fun. HallowZOOeen includes Goblin Stops where kids can pick up treats, carnival games at the Pumpkin Patch Playroom, special themed activities at the Royal Castle and Pirate Island as well as Haunted Train Rides around the zoo. Hours, Friday, October 29: 6-9pm, Saturday, October 30: 1-4pm and 6-9pm, Sunday, October 31: 1-4pm. Tulsa Zoo, 6421 E 36th St N. Tulsa, OK 74115. Phone: 918-669-6600.

Oct 30, 2021 - Oct 31, 2021 Sweets & Treats on Spooky Street - Put on your costumes and head to the Gathering Place for this no tricks just treats Halloween event for the whole family. A sweet spell has been cast for all not-so-scary ghosts and ghouls to make their way to Gathering Place for Sweets & Treats on Spooky Street. Chapman Adventure Playground will transform into a Halloween spooktacular for two nights full of non-frightful, free festivities. Hours: Friday & Saturday 6:00 pm - 9:00 pm. Gathering Place, 2650 S John Williams Way E, Tulsa, OK 74114. Phone: 918-779-1000.

Oct 30, 2021 - Oct 31, 2021 Route 66 Pecan & Fun Fest - This fall, take a detour off historic Route 66, and head to the Route 66 Pecan & Fun Fest in Claremore. The festivities will begin with a 60-foot flag-raising ceremony. Step inside The Nut House for a variety of musical entertainment, fun games and more. Enjoy great food, a pie-eating contest and pumpkin painting for the kids. Hours: Saturday: 9:00 am - 6:00 pm. The Nut House, 26677 S Hwy 66. Claremore, OK 74019. Phone: 918-266-1604.

Nov 3, 2021 - Nov 6, 2021 Will Rogers Motion Picture Festival - The Will Rogers Motion Picture Festival celebrates film and Western heritage icon Will Rogers, an Oologah native. Will Rogers Days celebrates the November 4, 1879 birth of Will Rogers, Oklahoma's favorite son, as well as the opening of the Will Rogers Memorial Museum on November 4, 1938. Will Rogers Memorial Museum, 1720 W Will Rogers Blvd. Claremore, OK 74017. Phone: 918-341-0719 or 918-906-7258.

Nov 5, 2021 Dia De Los Muertos (Day of the Dead) Arts Festival - Make your way to the Tulsa Arts District to attend Dia De Los Muertos (Day of the Dead) Arts Festival at Guthrie Green and Living Arts of Tulsa. This

Hispanic cultural celebration serves as a remembrance of loved ones who have passed. Mixing parts of Roman Catholicism with Native American traditions that pre-date the arrival of the Spanish in the Americas, Tulsa's Dia De Los Muertos Arts Festival will feature live music, Mexican food and more. Hours: Friday: 4:00 pm - 9:00 pm. Tulsa Arts District, Tulsa, OK 74120. Phone: 918-585-1234.

Nov 5, 2021 Chris Stapleton in Concert - Head to Tulsa's BOK Center to hear Chris Stapleton perform hits from his "All American Road Show." Catch live tunes from this musician who became the first artist in Country Music Association history to win Album of the Year, Male Vocalist of the Year and New Artist of the Year. This concert will also feature performances by Willie Nelson and Family, along with special guest Yola. Hours: Starts at 7pm. BOK Center 200 S Denver Ave, 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

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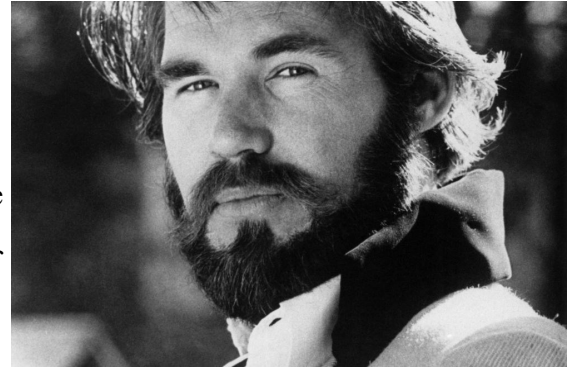
Larry & Patsy Eby
Owner

Kenny Rogers

Award-winning singer/songwriter Kenny Rogers enjoyed enormous success on both the country and pop charts with hits like "Lucille," "The Gambler" and "Islands in the Stream."

Who Was Kenny Rogers?

After working with bands and as a solo artist, Kenny Rogers released *The Gambler* in 1978. The title track became a huge country and pop hit and gave Rogers his second Grammy Award. Rogers also recorded a series of hits with country legend Dottie West and scored a big No. 1 tune, "Islands in the Stream," with Dolly Parton. Rogers also published several books, including a 2012 autobiography.



Early Life and Career

Singer and songwriter Kenneth Donald Rogers was born on August 21, 1938, in Houston, Texas. While his name was "Kenneth Donald" on his birth certificate, his family always called him "Kenneth Ray."

Rogers grew up poor, living with his parents and six siblings in a federal housing project. By high school, he knew that he wanted to pursue a music career. He bought himself a guitar and started a group called the Scholars. The band had a rockabilly sound and scored a few local hits. Breaking out on his own, Rogers recorded the 1958 hit single "That Crazy Feeling" for the Carlton label. He even got to perform the song on Dick Clark's popular music program *American Bandstand*. Changing genres, Rogers then played bass with the Bobby Doyle Trio, a jazz group. Moving on to a folk-pop style, Rogers was asked to join the New Christy Minstrels in 1966. He left after a year, along with a few other members of the group, to form the First Edition. Fusing folk, rock and country, the group quickly scored a hit with the psychedelic "Just Dropped In (To See What Condition My Condition Was In)." The band soon became known as Kenny Rogers and the First Edition and landed their own syndicated music show. They scored a few more hits, such as Mel Tillis' "Ruby, Don't Take Your Love to Town."

Later Years

In 2004, Rogers and his fifth wife, Wanda, welcomed twin boys Jordan and Justin in July — just a month before his 66th birthday. "They say that twins at my age will either make you or break you. Right now I'm leaning towards break. I would kill for the energy they've got," Rogers, who already had three older children from his previous marriages, told *People* magazine. That same year he published his children's book, *Christmas in Canaan*, which was later turned into a TV movie. In 2009, he celebrated his long career with *Kenny Rogers: The First 50 Years*, a musical retrospective. By that point, he had recorded dozens of albums and sold more than 100 million copies worldwide. In 2012, Rogers published the autobiography *Luck or Something Like It*. He received recognition for his substantial musical contributions in 2013 when he was inducted into the Country Music Hall of Fame. At the CMA Awards held that November, he also received the Willie Nelson Lifetime Achievement Award. Some of country's top performers turned out to honor Rogers, including Jennifer Nettles and Darius Rucker. That same year Rogers released the album *You Can't Make Old Friends*, followed in 2015 by the holiday collection *Once Again It's Christmas*. Starting in December and going into 2016, the iconic singer/songwriter embarked on what he announced as his farewell tour. In April 2018, after Rogers pulled out of a scheduled performance at Harrah's Cherokee Casino Resort in North Carolina, the casino announced on Twitter that the singer was canceling the remaining dates of his final tour because of "a series of health challenges." "I've thoroughly enjoyed this opportunity to say farewell to the fans over the course of the past two years on 'The Gambler's Last Deal' tour," said Rogers in a statement. "I could never properly thank them for the encouragement and support they've given me throughout my career and the happiness I've experienced as a result of that."

Death

Rogers died of natural causes at his home in Sandy Springs, Georgia, on March 20, 2020. He was 81.

DATA MASTER: Karen Deffenbaugh

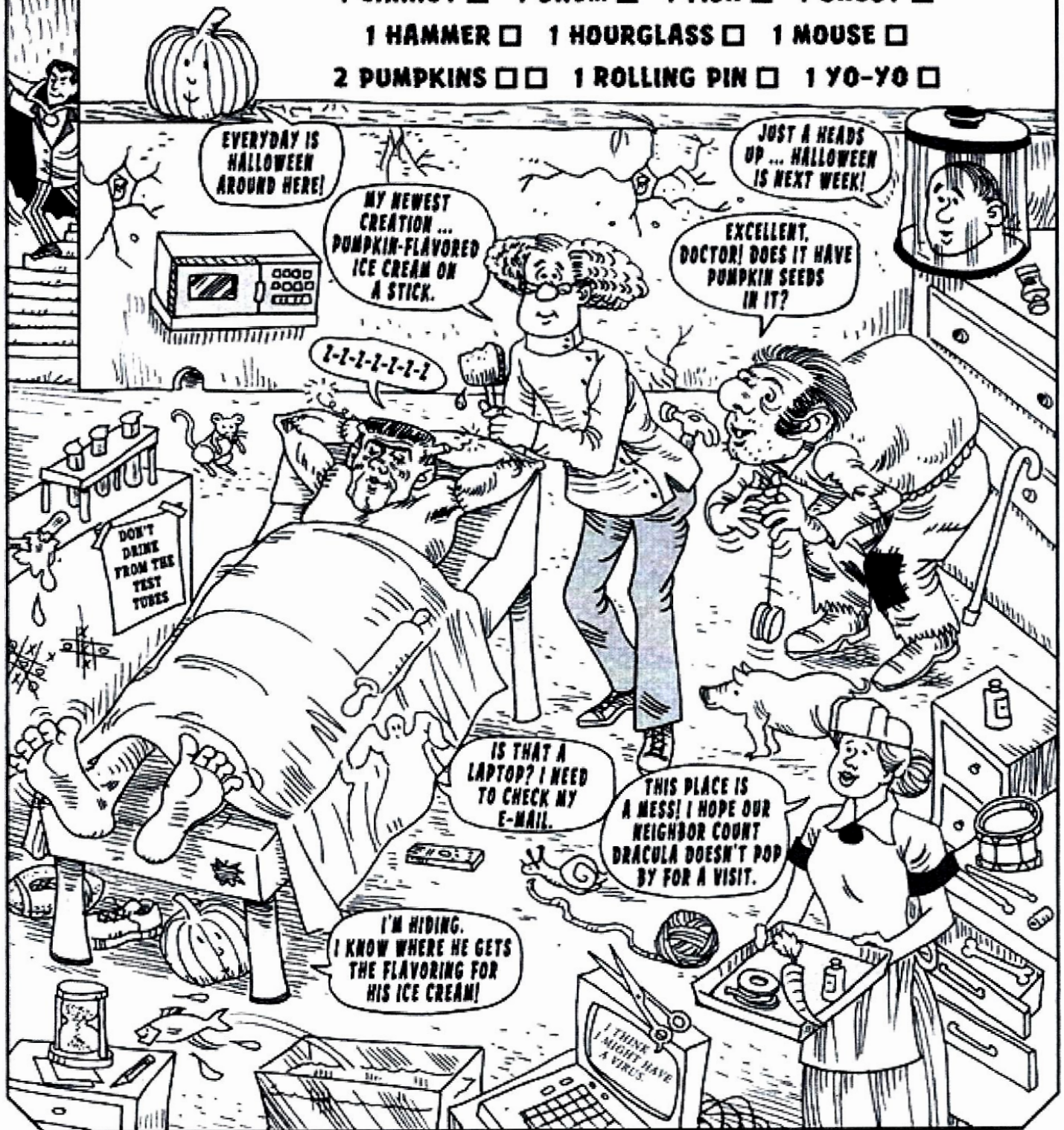
HILARIOUS HOUSE OF DR. FUNKANSTEEN

Can you find and circle the following hidden objects in this scene?

1 CARROT 1 DRUM 1 FISH 1 GHOST

1 HAMMER 1 HOURGLASS 1 MOUSE

2 PUMPKINS 1 ROLLING PIN 1 YO-YO



EVERYDAY IS HALLOWEEN AROUND HERE!

MY NEWEST CREATION ... PUMPKIN-FLAVORED ICE CREAM ON A STICK.

1-1-1-1-1-1

JUST A HEADS UP ... HALLOWEEN IS NEXT WEEK!

EXCELLENT, DOCTOR! DOES IT HAVE PUMPKIN SEEDS IN IT?

DON'T DRINK FROM THE TEST TUBES

IS THAT A LAPTOP? I NEED TO CHECK MY E-MAIL.

THIS PLACE IS A MESS! I HOPE OUR NEIGHBOR COUNT DRACULA DOESN'T POP BY FOR A VISIT.

I'M HIDING. I KNOW WHERE HE GETS THE FLAVORING FOR HIS ICE CREAM!

I THINK I MIGHT HAVE A VIRUS





Getting to know the Lutherans

The Loving Cure

Wouldn't it be wonderful if we could find a medicine that would absolutely cure human nature's weakness and failures? Conflict, discontent, and unhappiness plague people everywhere. But suppose a cure could be found for humanity's ills.

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Sin, confusion, and disillusionment can be replaced by righteousness, joy, and hope. Our souls can know peace – a peace that is not dependent on outward circumstances. This cure was provided over 2000 years ago by Jesus Christ death and resurrection for us. The Holy Spirt, through the means of grace, is working daily in your life, changing you and making you more like Jesus.

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

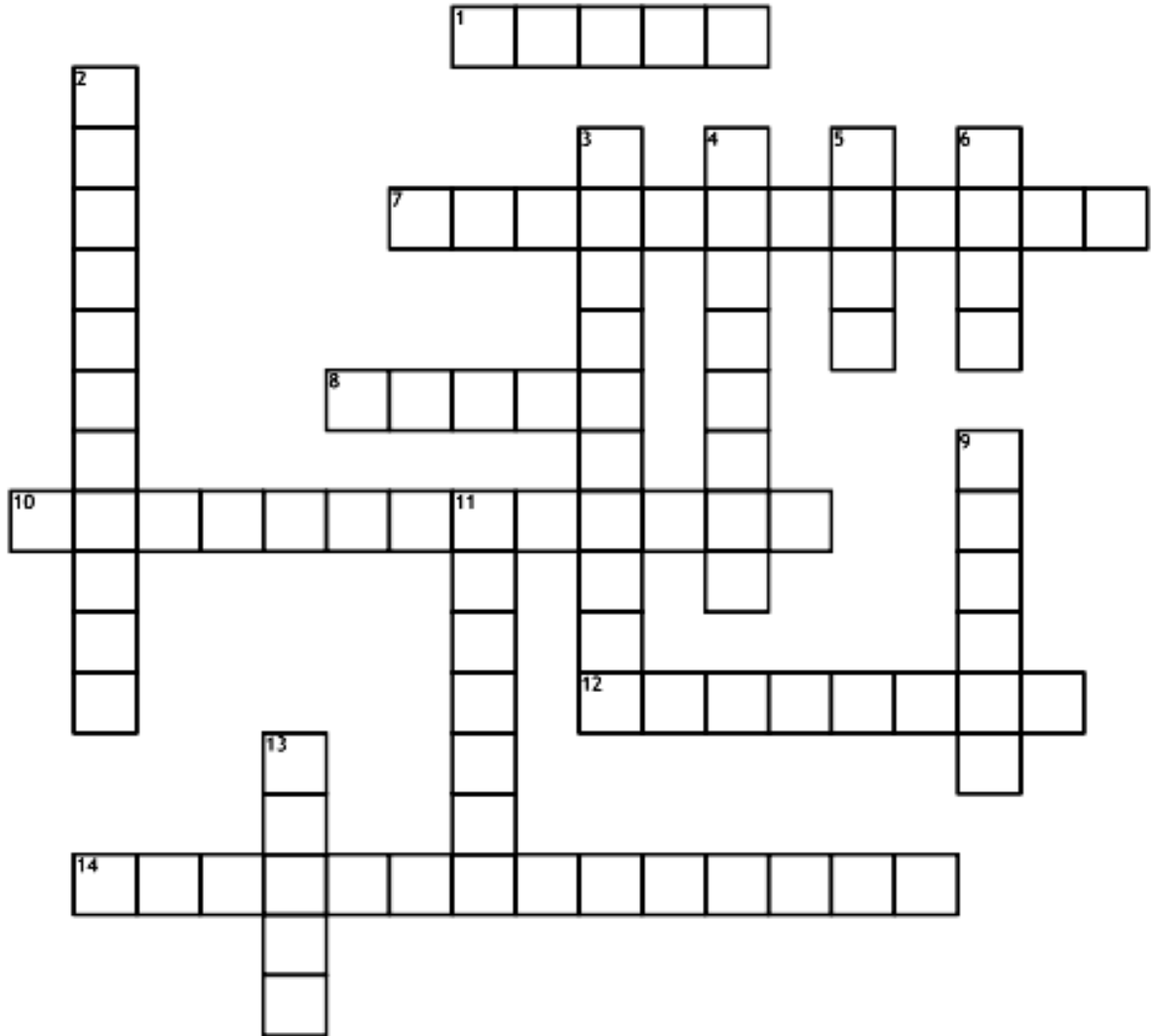
Redeemer Lutheran Church
220 N. Seminole, Claremore, OK.
Sunday School and Bible Class 9:00 a.m.
Worship 10:30 a.m. 918-341-1429
Email: rluther@sbcglobal.net – Website www.rlcck.org

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

Happy Halloween



Across

1. what do you do on halloween
7. What hot beverage do you drink with marshmellow's
8. what do you get on halloween?
10. what is scary on halloween
12. Decorating

14. What games do we play

Down

2. Where do you go to pick out large orange fruit
3. what do you listen to on Halloween?
4. what do you wear on Halloween night

5. what animal howls in the night.?

6. What flies around and feeds on blood?

9. what fruit do you bob for?

11. Riding through the countryside

13. what flies on broomstick

Word Search Puzzle

Halloween Decorations

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

lights

Black Rat

Jack-o-lanterns

Streamers

Black Cats

Coffins

Skeletons

Cobwebs

witches inflatables

Clowns

Witches Broom

Witches

Goblins

Pumpkins

Chains

Vampires

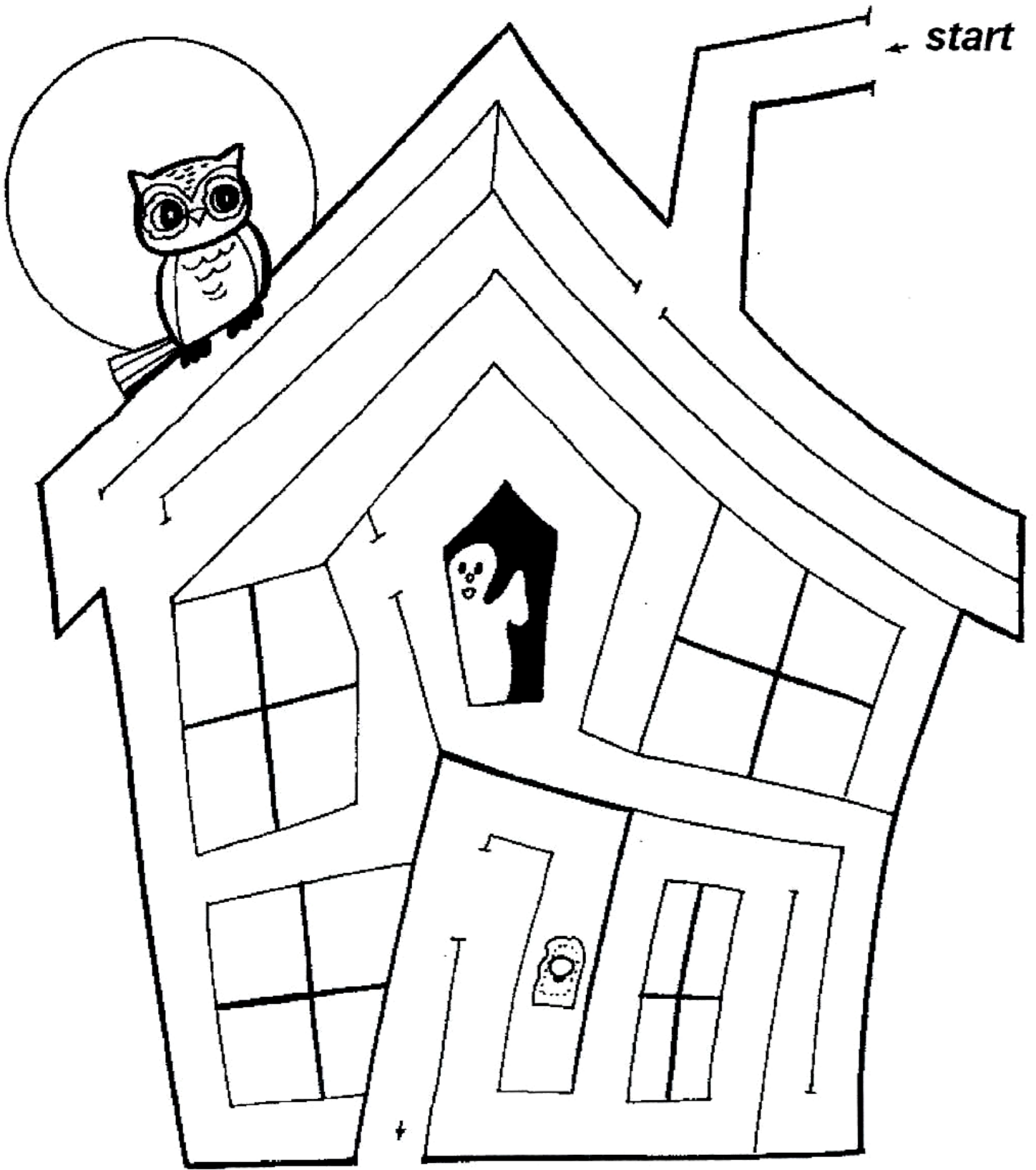
Ghosts

Scarecrow

Tombstones

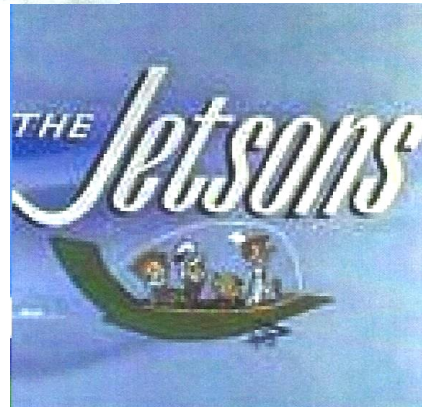
Bats

Maze Puzzle



End

Remember When...



Caramel Apples

The caramel coating is very gooey, so refrigerate the apples for about 15 minutes, or until the caramel has firmed up. (You will need 6 wooden craft sticks for this recipe.)

Prep: 8 minutes
Cook: 2 minutes
Additional: 15 minutes
Total: 25 minutes
Servings: 6
Yield: 6 caramel apples



Ingredients

6 apples
1 (14 ounce) package individually wrapped caramels, unwrapped
2 tablespoons milk

Directions

Step 1:

Remove the stem from each apple and press a craft stick into the top. Butter a baking sheet.

Step 2:

Place caramels and milk in a microwave safe bowl, and microwave 2 minutes, stirring once. Allow to cool briefly.

Step 3:

Roll each apple quickly in caramel sauce until well coated. Place on prepared sheet to set.

DATA MASTER: Becca Thornton

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Here's How Long Milk Really Lasts—And How to Make It Last Longer

We've all seen a milk sell-by date and formed our own opinions on if it's good or bad. But how long is milk really good for, beyond the sell-by date? You might be throwing out your milk way too soon.

We need to settle this once and for all: How long does milk last? Some sources say it's good past its expiration date and others say to toss it out after just a few days of being open. We decided to get to the bottom of this conundrum.

According to Eat By Date, once opened, all milk lasts four to seven days past its printed date, if refrigerated. If unopened, whole milk lasts five to seven days, reduced-fat and skim milk last seven days, and non-fat and lactose-free milk last seven to ten days past its printed date, if refrigerated. Did you know that you actually shouldn't put these 20 foods in the fridge?

How long does milk last after the sell-by date?

But let's clear some things up. There's a huge difference between milk date labels that say "sell by," "use by," "best if used by," and "expires on." "The phrase 'best if used by' is used to indicate quality only—even after this date, food is safe to eat. Another phrase, 'expires on,' is used to indicate the day that deterioration begins, after which a product may become unsafe to consume," says Lindsey Pasieka, an investigator

for ConsumerSafety.org. "'Sell-by' dates tell a milk seller, like a grocery store, when the product should leave the shelves—either in a customer's arms or in the trash. For many, 'use by' and 'sell by' are essentially marketing terms. These allow milk producers to tell consumers when the peak freshness of the product is. They do not indicate the exact date the milk will 'go bad.'"

These labels vary from state to state, so it's not unusual for the carton to get tossed while it's still good and safe for consumption just because of a milk sell-by date. However, it's important to note that expiration dates vary based on what kind of milk you're purchasing, how it's stored, and how it's packaged. For example, "With raw or unpasteurized milk, these spoilage rates increase, as with milk made without preservatives," says Pasieka. "Contamination can also jump-start bacteria growth, leading to sour milk." Do you know why Canadians drink milk out of bags?

How long can milk sit out?

And of course, where and how you store your milk is pivotal to its freshness. "How long does milk last after the sell-by date?" and "How long can milk sit out?" are two completely different questions with completely different answers. According to the FDA, if milk is left unrefrigerated for more than two hours, it's considered unsafe to consume. Believe it or not, there's even a specific location in your fridge where you should be keeping your milk—and it's not on the door's shelves. According to Jen Giamboni, Director of Communications at Real California Milk, milk should be stored at 38° to 40°F in the same container it came in, and far away from the door. When milk is stored on the refrigerator door's shelves, it's being exposed to warm air each time it's opened, which encourages bacterial growth. "Also, be sure to tightly close the lid to your milk cartons," Pasieka adds. "This helps reduce accidental contamination and odors from other refrigerated products."

If you think that your milk might have prematurely expired, use your senses' best judgment. "Spoiled foods will develop an off odor, flavor, or texture due to naturally occurring spoilage bacteria. If a food has developed such spoilage characteristics, it should not be eaten," says the United States Department of Agriculture. Find out how to store every type of leftover food.

Make it last longer

There are a couple of ways to lengthen the shelf-life of that bottle or carton of milk. A couldn't-be-easier trick to make milk last longer? Add a pinch of table salt as soon as you first open it. Close it up again and shake it—the salt should give the milk an additional few days of freshness. (This also works for half-and-half!)

And what about freezing milk? Can you freeze milk? Yes, you certainly can. "Milk can last for several months in the freezer, but for the best quality, we advise consuming it within the first month," says Nicole Doster, Deputy Editor with our sister site, Taste of Home. "After that point, milk will begin to separate and turn grainy." Doster also advises that skim milk will respond better to freezing than milk with a higher fat content, and to keep the milk in an airtight container so that it won't absorb flavor from the other contents of the fridge. Make sure there is about an inch and a half of extra space in the container to safeguard against the liquid expanding as it freezes. To thaw milk, just pop the frozen milk into the fridge overnight and make sure to shake it before drinking our using. Next, find out what the colors of milk labels actually mean.



Type of milk	How long it lasts (past printed expiration date)
All unopened milk	4-7 days
Unopened whole milk	5-7 days
Unopened reduced fat + skim milk	7 days
Unopened non-fat + lactose free	7-10 days

Fun and Interesting Facts About Tortoises and Turtles



How much do you know about tortoises and turtles? In this post, we share some fun and fascinating facts that you may not already know about these creatures.

Tortoises Are Ancient

Tortoises have been around for over 200 million years – longer than lizards, birds, mammals, crocodiles and snakes.

They Can Live a Very Long Time

Some turtles and tortoises can live to over 100 years old – and beyond! One such tortoise was Harriet, who is said to have originally been found and looked after for by Charles Darwin from 1835 and later arrived at Australia Zoo. She died there in 2006 and was believed to have been 175 at the time.

They Can Live Almost Anywhere

Turtles can live in most climates that are warm enough for them to breed. They live on all continents except Antarctica.

Turtle Shells Are Complex

A turtle shell contains 60 interconnected bones.

A Group of Tortoises is Called a Creep

However, most tortoises are loners who prefer their own company.

The Scales on a Tortoise Shell Are Known as Scutes

The scales on the outer shell of a tortoise are made of the same keratin as human fingernails. This protects against injury, damage and infection.

The Colour of the Shell Indicates Origin

A lighter shell indicates that a tortoise originally came from a warmer country. The lightest known shade means that the tortoise originates from the southern part of the Sahara Desert.

Tortoises Can Hold Their Breath For a Good While

Tortoises empty their lungs before going back into their shell and can last for some time without coming out for oxygen. If they sense a threat, they can often be heard exhaling in preparation for going into their shell.

It's Not Easy to Tell Their Gender

It's not as simple as you might think to tell the gender of a tortoise. This can only happen when they reach a particular size, which can vary depending on the breed in question. The plastron (the bottom shell) is usually the easiest way to differentiate; it tends to be flatter for females and more curved for males. Generally speaking, male tortoises will be larger than their female counterparts and with longer tails.

They Smell With Their Throats

As is common with reptiles in general, tortoises use the roof of their mouth to smell. This is where their vomeronasal organ (otherwise known as the Jacobson's Organ) is located.

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

Happy Halloween





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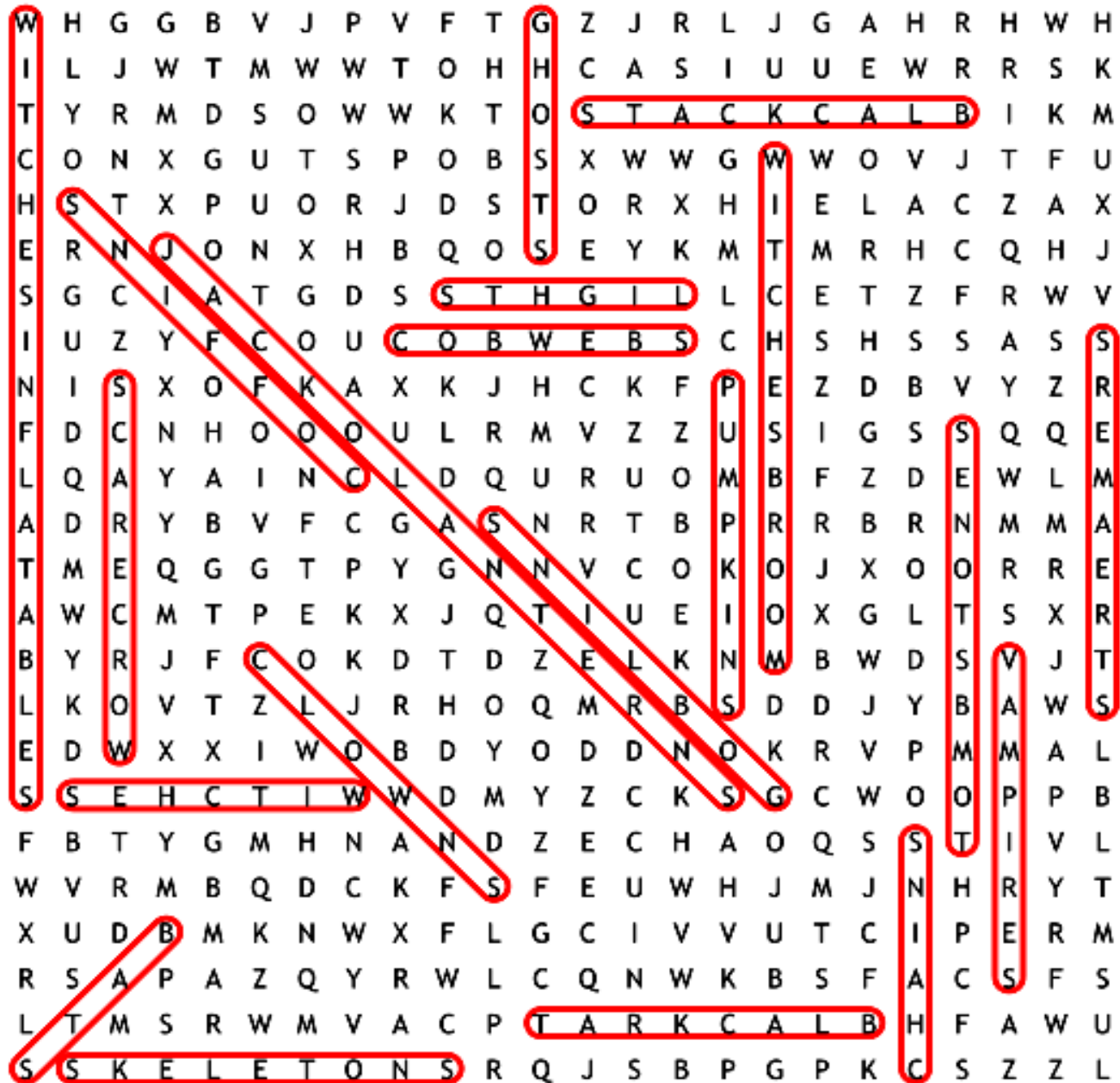
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Word Search Puzzle Solution

Halloween Decorations



lights
 Black Rat
 Jack-o-lanterns
 Streamers
 Black Cats
 Coffins
 Skeletons

Cobwebs
 witches inflatables
 Clowns
 Witches Broom
 Witches
 Goblins
 Pumpkins

Chains
 Vampires
 Ghosts
 Scarecrow
 Tombstones
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Sudoku Puzzle Easy Solution

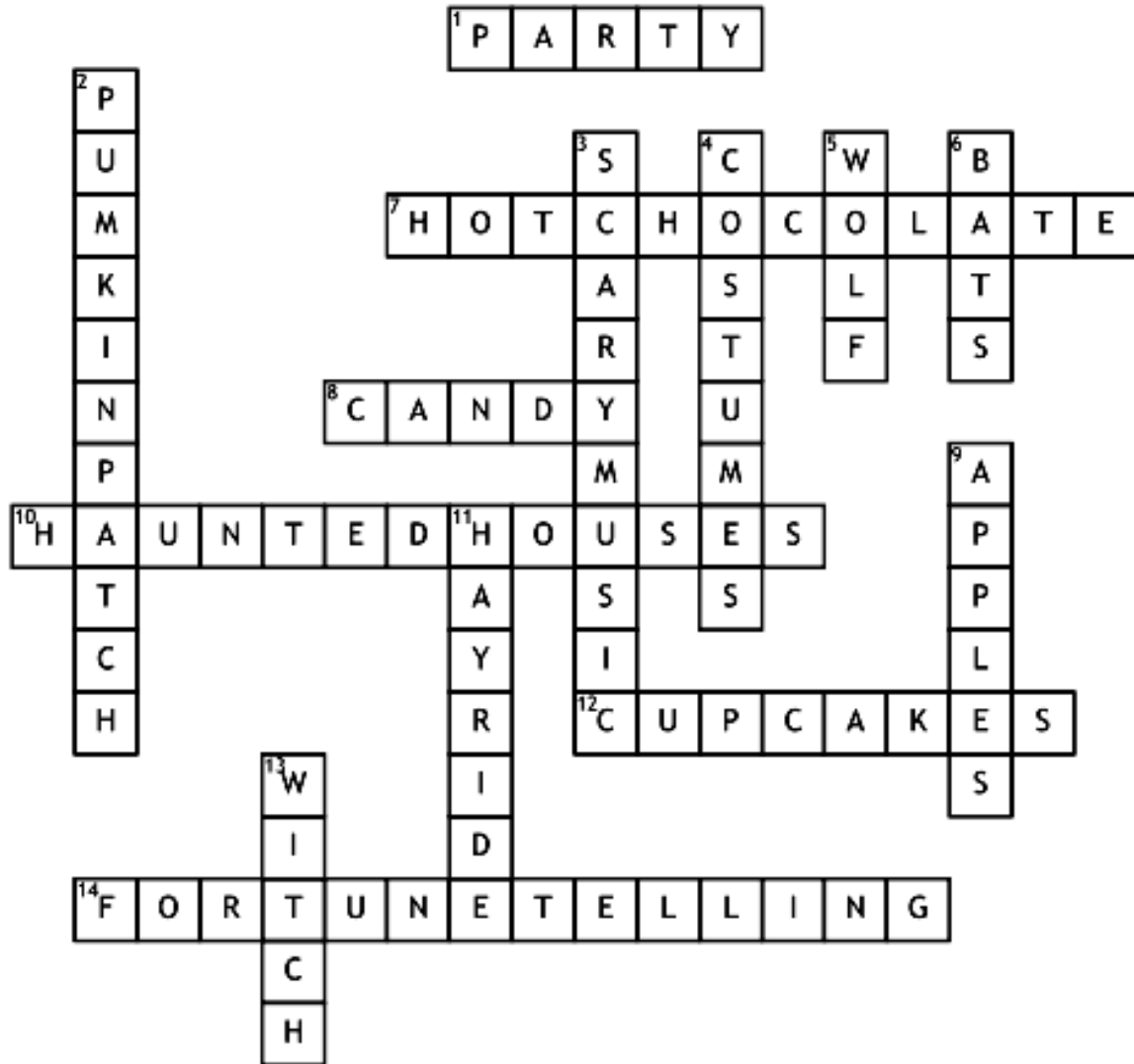
9	5	7	8	1	6	3	2	4
3	6	1	4	5	2	9	8	7
4	2	8	3	9	7	5	1	6
8	7	9	6	3	5	1	4	2
2	4	6	1	7	9	8	3	5
1	3	5	2	4	8	6	7	9
5	8	3	7	6	4	2	9	1
7	9	2	5	8	1	4	6	3
6	1	4	9	2	3	7	5	8

Sudoku Puzzle Moderate Solution

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

Crossword Puzzle Solution

Happy Halloween



Across

1. what do you do on halloween
7. What hot beverage do you drink with marshmellow's
8. what do you get on halloween?
10. what is scary on halloween
12. Decorating

14. What games do we play

Down

2. Where do you go to pick out large orange fruit
3. what do you listen to on Halloween?
4. what do you wear on Halloween night

5. what animal howls in the night.?

6. What flies around and feeds on blood?

9. what fruit do you bob for?

11. Riding through the countryside

13. what flies on broomstick

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