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“The Little Green Paper”

November 20, 2021

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Don't Rake Those Leaves: Good for Your Yard, and Good For the Planet



Can't get motivated to rake those leaves off your lawn? Now you have the ultimate excuse to avoid that chore: you'd be saving the environment, as well as making your lawn more healthy.

The National Wildlife Federation says leaving leaves where they fall helps critters in your yard and contributes to a healthy ecosystem.

If you are mostly concerned about lawn health, the best thing to do is just run a mulching lawn mower right over the leaves. The smaller bits act as fertilizer. If you don't like how that looks, attach a bagger to your mower and dump the leaf mulch on your garden beds. It looks amazing and will fertilize the beds.

Toads, turtles, and other animals eat the fallen leaves and birds use them to build nests. Caterpillars ride out the winter beneath the moist blankets to emerge as butterflies or moths in the spring.

Letting your leaves fall where they may also reduces greenhouse gases in the atmosphere. The EPA estimates 33 million tons are dumped into landfills every autumn, accounting for 13% of America's solid waste.

Buried underground without oxygen to help them decompose naturally, leaves will turn into methane gas that slowly leaks into the air.

You can also keep leaves out of the landfill by composting them at home in a composter or pit.

Another benefit: if you avoid raking in the fall, you can avoid even more yard work in the spring, say some landscapers. That's because leaves become a natural fertilizer when using a mulching mower to break them down—and those nutrients may cut down on pesky weeds.

DATA MASTER: Nikki Hamilton

The 12 most popular Thanksgiving side dishes

When it comes to Thanksgiving dinner, most would agree the roast turkey is the star of the table. But what about the accoutrements? You know, the mashed potatoes, the sweet potato casserole, the stuffing, and the cranberry sauce... These dishes are all essential to Thanksgiving but they're a little more divisive.

12. Corn

Oh, corn. What does one do with you on Thanksgiving Day? Does one just throw a frozen bag in the microwave and call it a day? Should one turn it in to corn pudding? If you are anything like us, you actually forget to make the corn in the middle of all that Thanksgiving stress. But no one even notices.



11. Glazed Carrots

This is a dish that's hard to get excited about. Though glazed carrots add a lovely sweetness and bright color to any plate, a similar function can be fulfilled by more time-honored favorites such as sweet potatoes and cranberry sauce, making these carrots an easy side dish to ditch.



10. Candied Yams

Sure, candied yams are easy and delicious, but they can be quite redundant. Between sweet potato casserole and sweet potato pie, the yam is well represented on the table. You don't need something this basic for Thanksgiving.



9. Creamed Spinach

Creamed spinach is versatile, and it's an easy way to get a ton of iron into your Thanksgiving dinner, if you're into that sort of thing. But there's nothing particularly special or festive about this side. Save it for another weeknight dinner, perhaps.



8. Brussel Sprouts

Though this divisive vegetable may elicit groans and complaints from the younger set at Thanksgiving, when perfectly roasted and doctored up with bacon and some maple syrup, these mini cabbages go from "I'll pass" to "pass them here."



7. Sweet Potato Casserole

Sweet potato casserole emerged from the South to become a bona fide Thanksgiving classic. Though some may find this dish a little too sweet to be on a dinner plate, it's hard to pass on a side with frickin' marshmallows in it.



6. Green Bean Casserole

Green bean casserole is salty and creamy and features those irresistible crispy little onions. Whether you go with the old-school canned green bean casserole or decide to class this dish up with an all-fresh version, there's no way to go wrong with this traditional dish, and its popularity reflects that.



5. Cranberry Sauce

Some love the jellied, canned cranberry sauce (with the ridge marks intact), others prefer to make their own. No matter what cranberry sauce appears on your plate, this dish wholly embodies the late fall season. With its stunning deep red color and its perfect tartness, cranberry sauce is necessary to round out any Thanksgiving plate.



4. Rolls

Now, you may find the roll to be one of the humbler offerings on Thanksgiving, but hear us out! What other dish will be able to soak up all that savory, rich gravy that has spilled over from your turkey and mashed potatoes? What other dish will serve as a perfect palate cleanser between the macaroni and cheese and the turkey? None but the roll.



3. Macaroni and Cheese

Macaroni and cheese may not be what you would consider to be a classic Thanksgiving side dish, but for kids and people who don't like fall foods, it's an absolute must-have. Few things are more comforting than a gooey, creamy, and perfectly cheesy homemade mac and cheese. It's a truly underrated Thanksgiving side.



2. Stuffing

Stuffing is a Thanksgiving essential — no ifs, ands, or buts about it. It's savory, perfectly crisp, and yet delightfully fluffy and moist. Sage, thyme, and other quintessential fall flavors are out in full force. Why isn't stuffing eaten at every meal? We'll never know.



1. Mashed Potatoes

Mashed potatoes are a staple side for many families throughout the year, but Thanksgiving is really time for these creamy, fluffy, pillowy piles of heaven to shine. The mashed potato is a beautiful binder for picking up the perfect forkful of turkey, stuffing, cranberry sauce, and (yes) corn. It's the perfect vessel for holding a big ol' vat of gravy. It's everything you ever needed and wanted. It's the best side on Thanksgiving.



DATA MASTER: Becca Thornton



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

Top 10 Reasons God Created Eve



10. God worried that Adam would always be lost in the garden because man hates to ask for directions..
9. God knew that Adam would one day need someone to hand him the TV remote.
8. God knew that Adam would never buy a new fig leaf when his seat wore out and would therefore need Eve to get one for him.
7. God knew that Adam would never make a doctor's appointment for himself.
6. God knew that Adam would never remember which night was garbage night.
5. God knew that if the world was to be populated, men would never be able to handle childbearing.
4. As "Keeper of the Garden," Adam would never remember where he put his tools.
3. The scripture account of creation indicated Adam needed someone to blame his troubles on when God caught him hiding in the garden.
2. As the Bible says, "It is not good for man to be alone!"
1. When God finished the creation of Adam, He stepped back, scratched his head and said, "I can do better than that."

DATA MASTER: Becca Thornton

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Gratitude



A blind boy sat on the steps of a building with a hat by his feet. He held up a sign which said: "I am blind, please help." There were only a few coins in the hat.

A man was walking by. He took a few coins from his pocket and dropped them into the hat. He then took the sign, turned it around, and wrote some words. He put the sign back so that everyone who walked by would see the new words.

Soon the hat began to fill up. A lot more people were giving money to the blind boy. That afternoon the man who had changed the sign came to see how things were. The boy recognized his footsteps and asked, "Were you the one who changed my sign this morning? What did you write?"

The man said, "I only wrote the truth. I said what you said but in a different way." I wrote: "Today is a beautiful day but I cannot see it."

Both signs told people that the boy was blind. But the first sign simply said the boy was blind. The second sign told people that they were so lucky that they were not blind. Should we be surprised that the second sign was more effective?

Moral of the Story:


Be thankful for what you have.. Be creative. Be innovative. Think differently and positively. When life gives you a 100 reasons to cry, show life that you have 1000 reasons to smile. Face your past without regret. Handle your present with confidence. Prepare for the future without fear. Keep the faith and drop the fear.

The most beautiful thing is to see a person smiling...and even more beautiful, is knowing that you are the reason behind it!!! You may touch someone's heart today and forever.

DATA MASTER: Nikki Hamilton

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A Knife in the Grave



Friends Tom, Fred, and John were sitting at the cafeteria table during lunchtime. The three friends were discussing local urban legends.

"According to my Uncle, his friend walked into the cemetery on a full moon, and at the stroke of midnight the hand of a skeleton reached up out of the ground and grabbed his leg," Tom explained as he twirled his fork around the pile of spaghetti on his plate.

"Yeah, whatever," John replied as he rolled his eyes.

"So, um, what happened then?" Fred stuttered as he stared at Tom with wide and fearful eyes.

"Well, they say that he was pulled down under the dirt and, trapped there, he died of suffocation," Tom answered, glancing back and forth at his two friends.

"Wow," Fred said as he broke a corner off his cornbread and popped it in his mouth.

"Get real. That's one of the oldest stories about Greywood Cemetery. Everyone knows it's a bunch of baloney," John said, looking at Tom with disdain.

"Okay then. Tomorrow night is a full moon. I dare you to stick a knife in the ground at midnight and leave it there. We'll check in the morning to see if you really did it." Tom answered, matching John's look with a smirk.

"Fine."

"Fine," Tom said as he shoved his hand across the table. John reached over his plate, grasped his friend's hand firmly, and shook it. The deal was made.

The next night, John crept silently into the dark and foreboding cemetery. It was far spookier than he remembered it being during the day. Finally, he found a fresh grave plot that had recently been filled in. He quickly removed the jack-knife from his jacket pocket and unfolded the blade. As he watched the moon's reflection dance over the silver blade, he realized that his hand was shaking.

Whatever...it's just a story, just do it.

He squatted down, closed his eyes, and slammed the blade into the freshly packed earth. He waited a few moments. Nothing.

Phew...

He started to stand, but at that very moment, something tugged on his jacket. He tried harder to stand up and realized that something had a firm grip on his jacket and was pulling him down toward the ground. His heart froze, and he screamed at the top of his lungs until all of his breath was expelled, and he passed out.

The next morning, his friends found him asleep by the grave. When they woke him, he started to tell the story, and then they all quickly looked down at his jacket where he'd been grabbed and pulled to the ground. Immediately, Tom and Fred burst into hysterical laughter. John just sat there, staring at his jacket. The corner was pinned to the ground by the blade that he, himself, had thrust through it.

Why Is Snooze Nine Minutes?



It seems like ten minutes would make more sense, but the choice isn't arbitrary.

If you're not a morning person—or even if you are—it can feel so good to stay snuggled under the covers for just a little longer after you first wake up. That's why it's so easy and tempting to just smash (or, more likely in the age of smartphones, swipe) the snooze button. Your alarm shuts off and silence prevails again, allowing you to drift off before your device wakes you up in...nine minutes?! This can feel like the universe is just toying with you, denying you that additional minute of sleep for an even ten. Why is snooze nine minutes? You're about to find out. And for more perplexities of your smartphone, learn what those green and orange dots are on your iPhone and how to screen record on an iPhone.

Why is snooze nine minutes?

Your iPhone's automatic settings actually got their start half a century ago. Alarm clocks were introduced to snooze buttons in 1956 with General Electric-Telechron's Snooz-Alarm. That model's snooze lasted nine minutes, but there were likely multiple reasons why.

Alarm clocks did exist before the snooze function, so there was already a standard gear setup that innovators had to work with. Getting the gear teeth to line up to allow for exactly ten minutes wasn't possible, so they had to choose between setting it at nine minutes and a few seconds or a little bit over ten minutes. A double-digit snooze would have been harder to program than a single-digit one, so designers figured the less complicated design was the way to go.

Plus, it was a bit more beneficial for the snoozers as well. "In terms of sleep, nine minutes is just enough time for a brief rest; however, once you get past the ten-minute mark, your body can start to fall back into a deep sleep, which will make waking up again difficult and more unpleasant," says Holly Schiff, PsyD, a licensed clinical psychologist based in Greenwich, Connecticut. So the nine-minute snooze was chosen as the best option for users' sleep cycles, too. To get to the bottom of another one of life's little mysteries, find out why there's a cotton ball in pill bottles.

Is snoozing your alarm good for you?

You might think, if your snooze time is keeping you from falling into a "deep" sleep, no harm, no foul, right? Well, unfortunately, the consensus among sleep experts is that using "snooze" still isn't great for you. Trying to squeeze in just a few minutes more shut-eye after you've already woken up messes with your body's inner sleep clock. "When we doze off for those extra minutes, we are preparing our bodies for another sleep cycle, which then becomes quickly interrupted, and therefore we feel fatigued for the rest of the day," says Schiff. And, of course, we know that yawning is contagious! She adds that waking up like that, especially repeatedly, can cause strain on our nervous and cardiovascular systems, too. So snooze should be something you do only once in a while, not every morning.

DATA MASTER: Becca Thornton

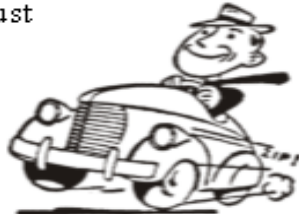
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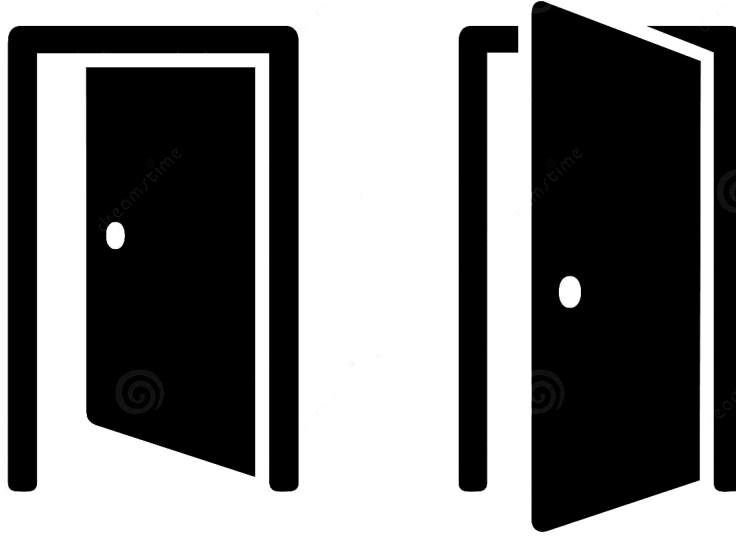
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The Curse of the Push and Pull



One day as Song wandered in the woods in the back of her house, she spotted a strange sight. There, flittering through the trees about ten feet ahead of her, was a transparent girl dressed all in black. Song stopped in shock, and the girl turned around to face her. The eerie apparition had black eyes and no other facial features! She was a truly terrifying sight.

Song gasped in fear! The frightening creature looked right at her and said in a breathy, otherworldly voice, "Follow meeeeeee....or you will beeeee....cursed by the push and pull." Then, it turned and disappeared into the trees. Song didn't know what to do! The strange apparition had vanished. Song walked to where it had stood just moments before, but there was no sign of it. From deeper in the trees, the voice called out again. "Follow meeeeeee....or you will beeeee....cursed by the push and pull."

Song peeked through the trees, but she couldn't see the child anywhere. As the voice called out again, "Follow meeeeeee....or you will beeeee....cursed by the push and pull," Song turned and fled towards home in terror. As she did, creepy, howling laughter filled the air around her, even though she couldn't see anyone nearby. As the cackling faded away, the voice spoke from right next to Song's ear.

"You didn't follow meeeeeee....so now you will beeeeeeeee....cursed by the push and pull." Spooky laughter rang out again, following Song as she fled to the safety of her house, slamming the door behind her.

Song was frightened, but she didn't believe in curses, and she was sure she'd be safe in her house. And in spite of her initial terror, as the day passed, the memory of her frightening encounter faded until Song completely forgot she had met a strange creature in the woods. By the time she fell asleep that night, all that remained was a barely discernible sense of discomfort that she didn't understand. It was as if, in Song's mind, she had never met the creature. She forgot she received the curse of the push and pull, even though it haunted her for the rest of her life.

All people encounter this creature at some time in their childhood. Nobody ever follows the frightening apparition, for it makes the task impossible. All children receive the curse of the push and pull and experience its effects for the rest of their lives, even if they can't remember why or how it started. In fact, you met this eerie creature and didn't follow it either. You, yourself, have received the curse of the push and pull. You, at this very moment, are cursed. How can you tell? Because you, my friend, pull doors that are marked "push" and push doors that are marked "pull." And you are doomed to do it forever, because you have been cursed by the push and pull.

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Out & About with LINKS



CALIFORNIA'S "GREATEST MOUNTAIN MAN" THE LEGACY OF GRIZZLY ADAMS

One of the most amazing frontier biographies ever documented is the story of the 'real' Grizzly Adams.

A western mountain-man legend, Grizzly Adams' birth name was 'John Capen Adams' when he was born in Medway, Massachusetts in 1812. He was the second eldest of seven siblings who grew up in a rural farm household run by his father and mother, Eleazer and Sibel Adams. His impressive family tree included two United States presidents and Revolutionary War patriot, Samuel Adams.

As he grew to manhood, John C. Adams recognized a unique ability he had when it came to understanding the behavior of wild animals. This talent came in handy when he was hired to help manage a traveling display of wild animals shipped over from Africa. The twenty-one year old Adams was employed as a caretaker for the troupe until fate played its hand when he was nearly killed by a Royal Bengal Tiger. Bedridden for months, after enduring a year-long recovery process he then opted for a safer trade as shoe cobbler, something his father had him apprentice at during his teen years.

In due time, while still a young man, John C. Adams started his own business making shoes and boots in Boston, just as former President John Adams' father had done. He also married one Cylena Drury and began raising a family. In 1849, however, he and his father lost their combined savings in a business venture that went up in flames causing financial ruin to both, that subsequently led Eleazer Adams ending his own life. After that, a dependent John C. Adams left Boston a broken man to head west with the multitude of other Great California Gold Rush participants, promising to send money home whenever he could.

In California, after the "numerous hardships and privations" Adams endured getting there, he settled near Stockton where he began mining for gold. He was industrious and soon became a land owner and an employer of several men who helped run his own sluice operation. Unfortunately though, his trusting nature enabled low-end business sharks to repeatedly con him out of his gold claims, to a point where by late 1852 he'd had enough, and decided to turn his back on civilization.

Once again disheartened by misfortune, John C. Adams had finally had enough, and decided to set out with his last meager provisions he loaded onto a creaky ox-cart he, "needed to soak for a week" in order to keep it together. He then pointed himself toward highland wilderness of central California, and after trekking a hard two-hundred miles he stopped near the great Yosemite Valley where he built a cabin surrounded by wildlife and Native American tribes—just in time for winter to set in. He later recalled that period of solitude as the 'most satisfying' of his entire life. While adapting to his new environment, John C. Adams learned to commune with nature and to become an expert hunter, tracker, and provider for himself and his Miwok Indian neighbors. As well, beyond engaging in his newfound hobby of collecting a wide variety of living wild animals, he also captured, raised, and trained grizzly bears leading to his soon earned nickname of "Grizzly Adams."

Using some of his trained bears as pack animals, Grizzly Adams led many tracking expeditions far and wide through the western frontier, always disembarking from his central California encampment. He not only managed to traverse the bulk of California, but he trekked well beyond its limits as far north as the Canadian border, as far south as the Mojave Desert, and as far east as Montana and Salt Lake City. He generally hired Indian scouts to help him on his journeys as well, further solidifying his relationships with different tribal leaders as his 'Grizzly Adams' legend grew. So much marked a key difference with Grizzly Adams when compared to other mountain men of his era, who often boasted themselves to be 'Indian hunters' as well. Lest if be forgotten that many 'down on their luck' gold miners



making under a dollar a day found it hard to resist the “\$5 each” offer for Native American scalps.

In 1856, Grizzly Adams entered San Francisco in grand fashion with a parade on Market Street featuring his large menagerie of bears and other animals. He began running his own enterprise there while readapted to city life, and in due time he and his ‘Mountaineer Museum’ became so popular that news reporters started to take notice. One young reporter in particular, Theodore Hittell, wrote an impressive series of articles about Grizzly Adams and his animals causing the new city-dwelling mountain man to attain celebrity status. [Hittell would eventually go on to become a recognized California historian.]

Adams was initially billed as “The Wild Yankee” at Thomas Maguire’s opulent Opera House and his Theater Americana in San Francisco, but the name was soon replaced by his more recognizable moniker, “Grizzly Adams.” For four years, Grizzly Adams regularly performed with his bears and other animals in his cavernous Mountaineer Museum (located in the basement of the former Stock Exchange building) and San Francisco’s most notable theater venues. With his favorite grizzly bear companions, Benjamin Franklin, Lady Washington, Funny Joe and General Fremont, he embraced his newfound notoriety that left him greeting the likes of future Civil War General, William Tecumseh Sherman, Levi Strauss, Domingo Ghirardelli, and the indomitable Lola Montez, AKA “the Countess of Landsfeld” as she was known during her European days. (Miss Montez had her own pet grizzly bear and was known for performing her infamous ‘Spider Dance’ to throngs of wage-spending miners, and for her dalliances with some of San Francisco’s upper-crust male denizens.)

Within the sordid political scene of San Francisco then, Grizzly Adams also witnessed Governor Neely Johnson’s controversial vigilante’s movement of the mid-1850’s that had been assembled to curtail the city’s reputed lawlessness.


Notwithstanding the city’s many other entrapments, Grizzly Adams ended up enjoying his new life there more than he thought he would. Always wearing his buckskins, he could often be seen strolling with his favorite bear, Ben on Kearny Street to one of its several different restaurants he would choose to dine at—while the docile bear remained tethered outside in his sight. His extensive overhead required significant funding, though, as the bulk of his animals, especially his bears had special boarding needs that required much tending from hired help, and so much food that it proved difficult for the mountain man turned ‘showman’ to get ahead financially.

No matter, for Theodore Hittell, the aforementioned reporter who wrote for the San Francisco Bulletin, was so taken by Grizzly Adams that he ended up compiling enough journals about the mountain man it enabled him to assemble a vast chronological account of Grizzly Adams’ fascinating adventures. For whatever reason, though, Grizzly Adams, who often used aliases while out west, used the name of his brother, ‘James’ to identify himself to Hittell, leaving him to be mistakenly attributed in Hittell’s later published work about him as, ‘James Capen Adams.’

DATA MASTER: Karen Deffenbaugh

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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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Why Do Americans Watch Football On Thanksgiving



Watching football on Thanksgiving might seem like a modern tradition, but Americans have been taking to the gridiron on Turkey Day since the 19th century. President Abraham Lincoln first declared Thanksgiving a national holiday in 1863, and the earliest Thanksgiving Day football games began only a few years later.

Yale and Princeton first played on Thanksgiving in 1876, during a time when football was still evolving from a rugby hybrid into the sport we know today, and the holiday later became the traditional date for the intercollegiate Football Association championship game. The universities of Michigan and Chicago also built a famous holiday rivalry, and by the late 1890s thousands of football games were taking place each Thanksgiving. Some of these traditional matchups still continue to this day. For example, the Massachusetts high schools Boston Latin and English High School of Boston have faced off on Turkey Day every year since 1887.

When professional football leagues first caught on around the turn of the century, they immediately adopted the Thanksgiving Day tradition. Many saved the holiday for their title games or other big matchups, but when the National Football League was founded in 1920, it began hosting as many as six Thanksgiving contests each year.

Today, the NFL holds three Thanksgiving games each November, two of which always feature the Detroit Lions and the Dallas Cowboys. The Lions have been a fixture of Turkey Day since 1934, when owner George A. Richards set up a holiday game as a way of drawing attention to his fledgling franchise, which was often overshadowed by the Detroit Tigers.

DATA MASTER: Doug W M 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 #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)

Nov 12, 2021 - Jan 3, 2022 BA Ice Rink - The BA Ice Rink returns for its sixth season at the Rose District in downtown Broken Arrow. Join in for another great winter of outdoor ice skating on 4,100 square feet of real ice. In addition to ice skating, grab some warm drinks from Rise Grind & Ride Espresso Cafe. Hours: Monday—Thursday 3:00 pm - 9:00 pm, Friday: 3:00

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,

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Hardship level: Moderate

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| 6 | 9 | | | 1 | 4 | 3 | | |

pm - 10:00 pm, Saturday: 12:00 pm - 10:00 pm, Sunday: 12:00 pm - 9:00 pm Extended Hours: Dec 19 - Jan 3: Open daily from 12-10 pm. Special Hours: Nov 21 - 26: 12-10pm, Christmas Eve: 12-5pm, Christmas: 12-10pm New Year's Eve: 12-10pm & New Year's Day: 12-10pm. 418 S Main St, Broken Arrow, OK 74012.

Nov 19, 2021 - Jan 3, 2022 Winterfest - Downtown Tulsa is transformed into a festive wonderland during Winterfest, an annual holiday tradition. Bring friends and family together for holiday festivities and share the joyful spirit of the season. Experience the thrill of outdoor ice skating, see Oklahoma's tallest outdoor Christmas tree, take a ride in a horse-drawn carriage, listen to live entertainment and browse beautiful holiday light displays. Downtown, Tulsa, OK 74103. Phone: 918-894-4520.

Nov 20, 2021 - Dec 30, 2021 Fantasy Land of Lights - Bring the family out for this drive-through Christmas light show at Johnstone Park in Bartlesville. Enjoy the music, synchronized lighted tunnel, animated displays and thousands of lights decorating the park each night that Fantasy Land of Lights is open. Johnstone Park, Bartlesville, OK 74003. Phone: 918-914-1530.

Nov 24, 2021 - Jan 2, 2022 Rhema Christmas Lights - Join thousands of annual visitors at the Rhema Christmas Lights and witness over two million shimmering lights synchronized to Christmas music. This much-loved lights display in Broken Arrow began in 1982 and has been attracting visitors ever since. Hours: Wednesday, November 24: 6-11:30pm. Thursday, November 25 - Sunday, November 2: 5:30-11:30pm. Rhema Bible Church, 1025 W Kenosha St. Broken Arrow, OK 74012. Phone: 918-258-1588.

Nov 25, 2021 - Jan 1, 2022 Garden of Lights - Experience animated displays and over 1.2 million shimmering lights at Muskogee's annual Garden of Lights. Drive through Honor Heights Park and view 130 acres of trees, bushes and water areas decorated for the holiday season. Rose and azalea bushes will be illuminated with color, imitating their natural state during the blooming of spring. Hours: Monday—Thursday & Sunday 5:30 pm - 10:00 pm, Friday & Saturday: 5:30 pm - 11:00 pm, Honor Heights Park. 1400 Honor Heights Dr. Muskogee, OK 74401. Phone: 918-684-6302.

Nov 25, 2021 - Dec 30, 2021 Twin Bridges Park of Lights - Dress warmly for the brisk winter chill and bring the family out for a drive through this annual Christmas lights display, set up in beautiful Twin Bridges State Park near Fairland. Park of Lights features a dazzling collection of over 40 brightly lit holiday displays in Grand Lake State Park. Hours: 6-9pm nightly. Twin Bridges Park, 14801 S Hwy 137, Fairland, OK 74343. Phone: 918-542-6969.

Nov 25, 2021 - Jan 1, 2022 Winter Wonderland Christmas Light Tour - Celebrate the beauty of winter at Pine Lodge Resort in Ketchum. Enjoy a spectacular old-fashioned Christmas light display featuring over 500,000 lights Winter Wonderland Christmas Light Tour. Step into a festive world of illuminated log cabins, antique cars and woodland animals all aglow. Hours 5-10pm nightly. Pine Lodge Resort, Ketchum, OK 74349. Phone: 918-782-1400.

Do You have an event that you would like to share ?
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Fax: 918-789-5296
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DATA MASTER: Nikki Hamilton



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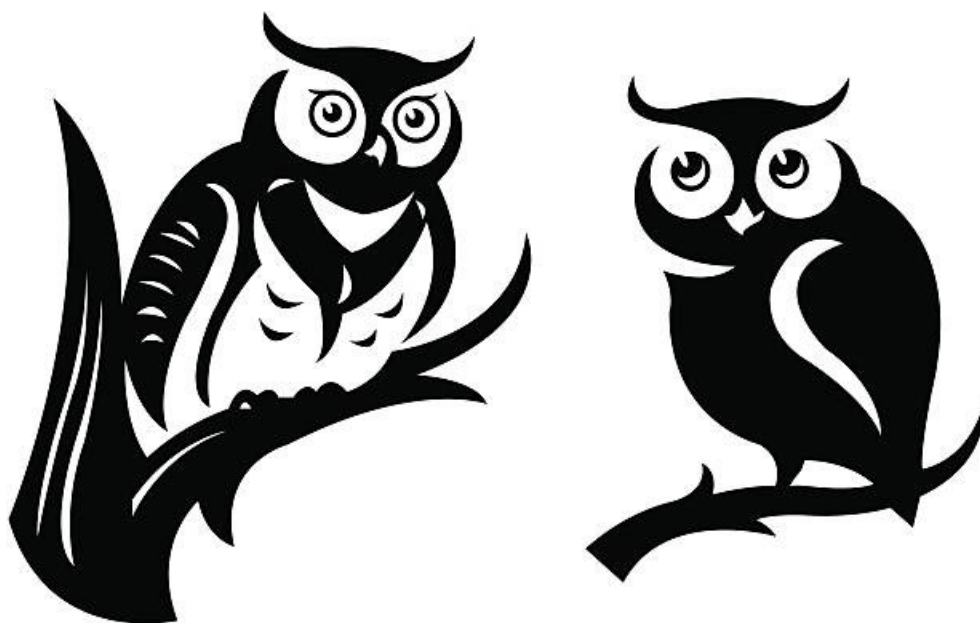
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Fun Facts About Owls



Owls are intriguing birds that easily capture the attention and curiosity of birders. These facts may help clear up a bit of their mystery and reveal what a hoot owls really are.

Many owl species have asymmetrical ears. When located at different heights on the owl's head, their ears are able to pinpoint the location of sounds in multiple dimensions. Ready, aim, strike.

The eyes of an owl are not true “eyeballs.” Their tube-shaped eyes are completely immobile, providing binocular vision which fully focuses on their prey and boosts depth perception.

Owls can rotate their necks 270 degrees. A blood-pooling system collects blood to power their brains and eyes when neck movement cuts off circulation.

A group of owls is called a parliament. This originates from C.S. Lewis' description of a meeting of owls in *The Chronicles of Narnia*.

Owls hunt other owls. Great Horned Owls are the top predator of the smaller Barred Owl.

The tiniest owl in the world is the Elf Owl, which is 5 - 6 inches tall and weighs about 1 ½ ounces. The largest North American owl, in appearance, is the Great Gray Owl, which is up to 32 inches tall.

The Northern Hawk Owl can detect—primarily by sight—a vole to eat up to a half a mile away.

In fat years when mice are plentiful, usually monogamous Boreal Owls are apt to be promiscuous. Because easy prey means less work for parents feeding their young, males have been caught mating with up to three females, while females have been seen with at least one beau on the side.

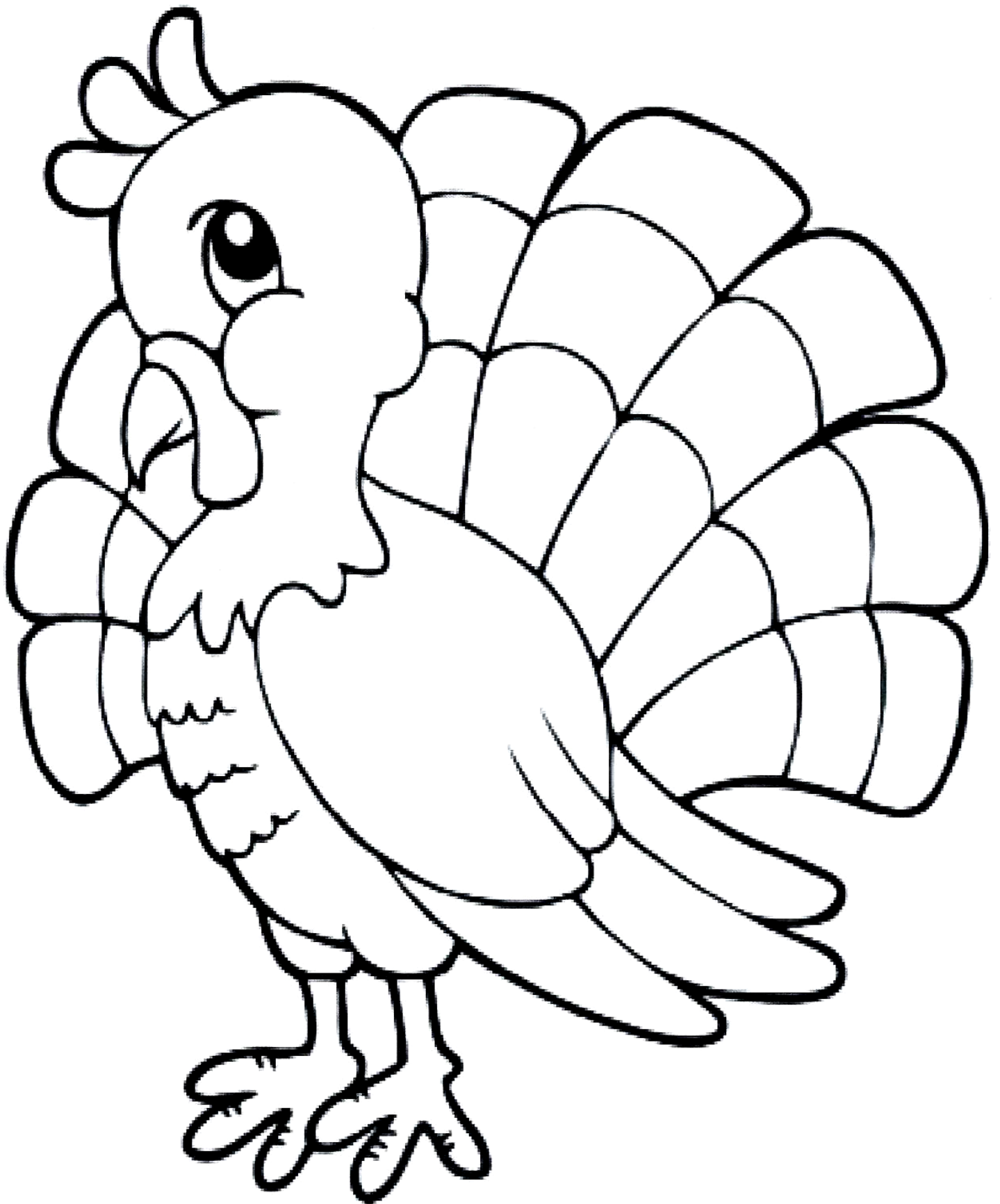
Barn Owls swallow their prey whole—skin, bones, and all—and they eat up to 1,000 mice each year.

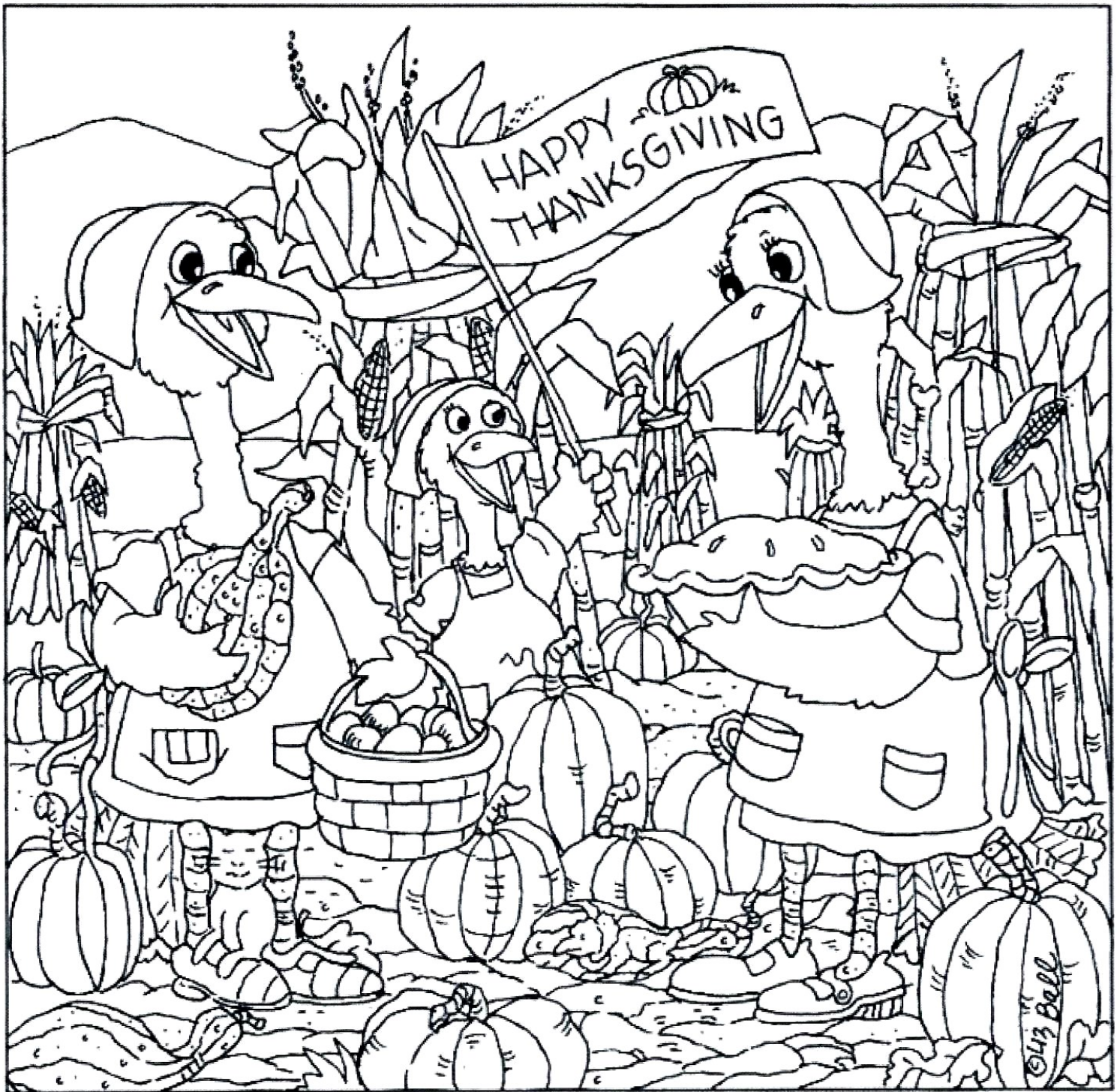
Northern Saw-whet Owls can travel long distances over large bodies of water. One showed up 70 miles from shore near Montauk, New York.

Not all owls hoot! Barn Owls make hissing sounds, the Eastern Screech-Owl whinnies like a horse, and Saw-whet Owls sound like, well, an old whetstone sharpening a saw. Hence the name.

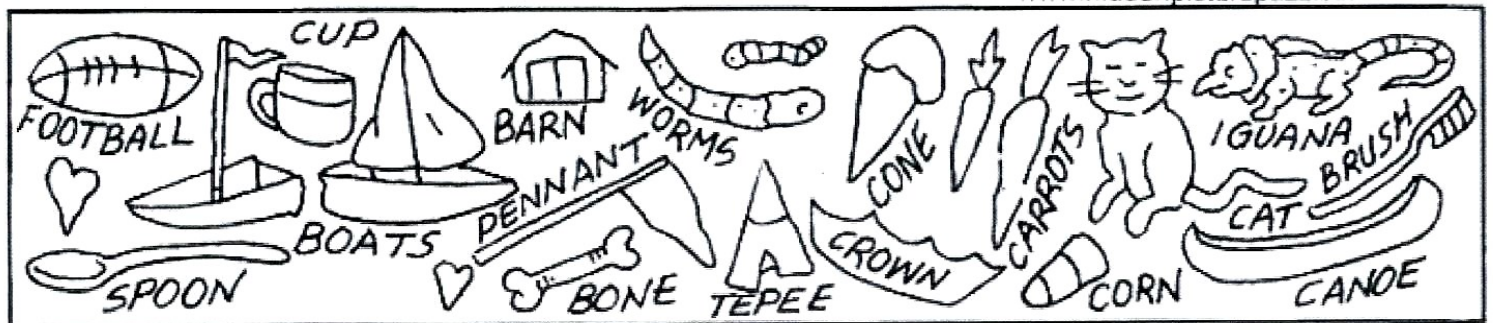
Owls are zygodactyl, which means their feet have two forward-facing toes and two backward-facing toes. Unlike most other zygodactyl birds, however, owls can pivot one of their back toes forward to help them grip and walk.

DATA MASTER: Becca Thornton





www.hiddenpicturepuzzles.com





Getting to know the Lutherans

Where Are Your Manners?

“...you shall bless the Lord your God for the good land he has given you.” – Deut. 8:10b

Now that you have had time to count your blessings, the next step is for you to thank God for his goodness. During our childhood, when we received a gift – either large or small, precious or not – we were coaxed by parents, “Now, where are your manners; what do you say?” And so we gave an embarrassed, maybe reluctant, “Thank you.”

It is a matter of being polite. The one who has given you a gift has given a portion of them-selves. And not to say “thank you” is a way of saying they don’t matter; they are unimportant and may leave that person with hurt feelings. Wonder what God thinks when he is not thanked for his many blessings?

Another reason to say “thank you” is that you appreciate that person’s kindness, their thoughtfulness, because their gift is unexpected. God is extremely thoughtful in giving us the greatest blessing – the forgiveness of sins in the death of his Son, Jesus Christ, our Lord and Savior. This is love beyond measure. The Lord our God is a good and faithful God; his steadfast love endures forever. As God’s people, we are mindful of our manners and give him thanks for his countless blessings.

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>
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

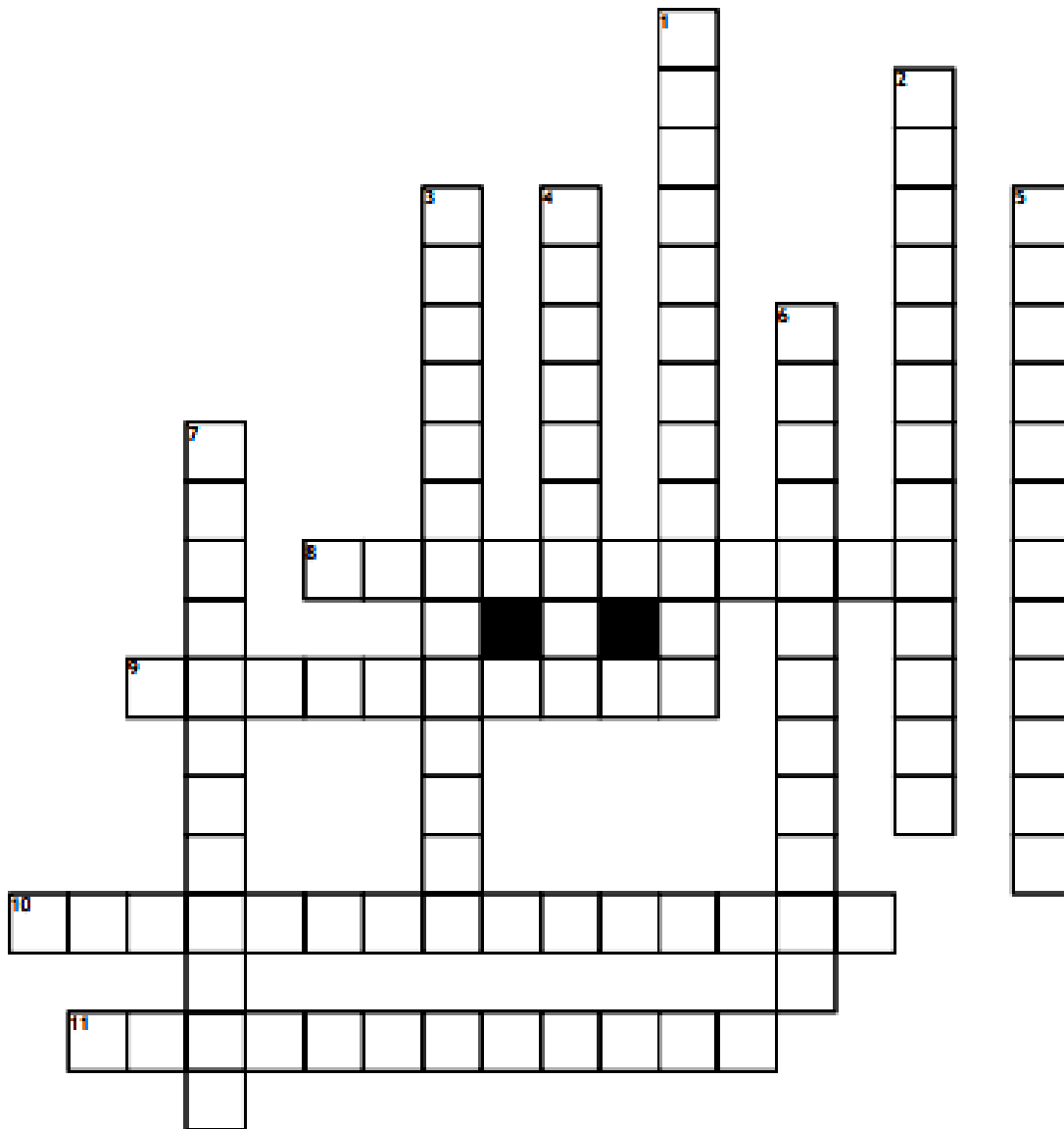
Redeemer Lutheran Church
220 N. Seminole, Claremore, OK.
Sunday School and Bible Class 9:00 a.m.
Worship 10:30 a.m. 918-341-1429
Email: rluther@sbcglobal.net – Website www.rlcck.org

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

Country Singers



Across

- 8. who is the singer sang I feel like a Woman
- 9. Who did the song I spent ten thousand hours and ten thousand more
- 10. who sang Jesus take the wheel
- 11. what country artist does the song Baby Blue

Down

- 1. who does the song Hello Darlin
- 2. which artist did the song The Night the lights went out in Georgia
- 3. who did the song Boot-scootin-Boogie
- 4. Who did the song how do you like me now
- 5. who is the artist that sings the boys round here
- 6. who did the song Just a swingin'
- 7. What artist did Rose Garden

Word Search Puzzle

Thanksgiving memories

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

Corn

olives

Taco soup

Ham

coconut cream pie

Banana Pudding

Cranberry Sauce

cherry cobbler

pinwheels

mashed potatoes and gravy

pumpkin pie

Stuffing

Cherry Pie

Turkey

cherry cheese cake

chips and dip

Green bean casserole

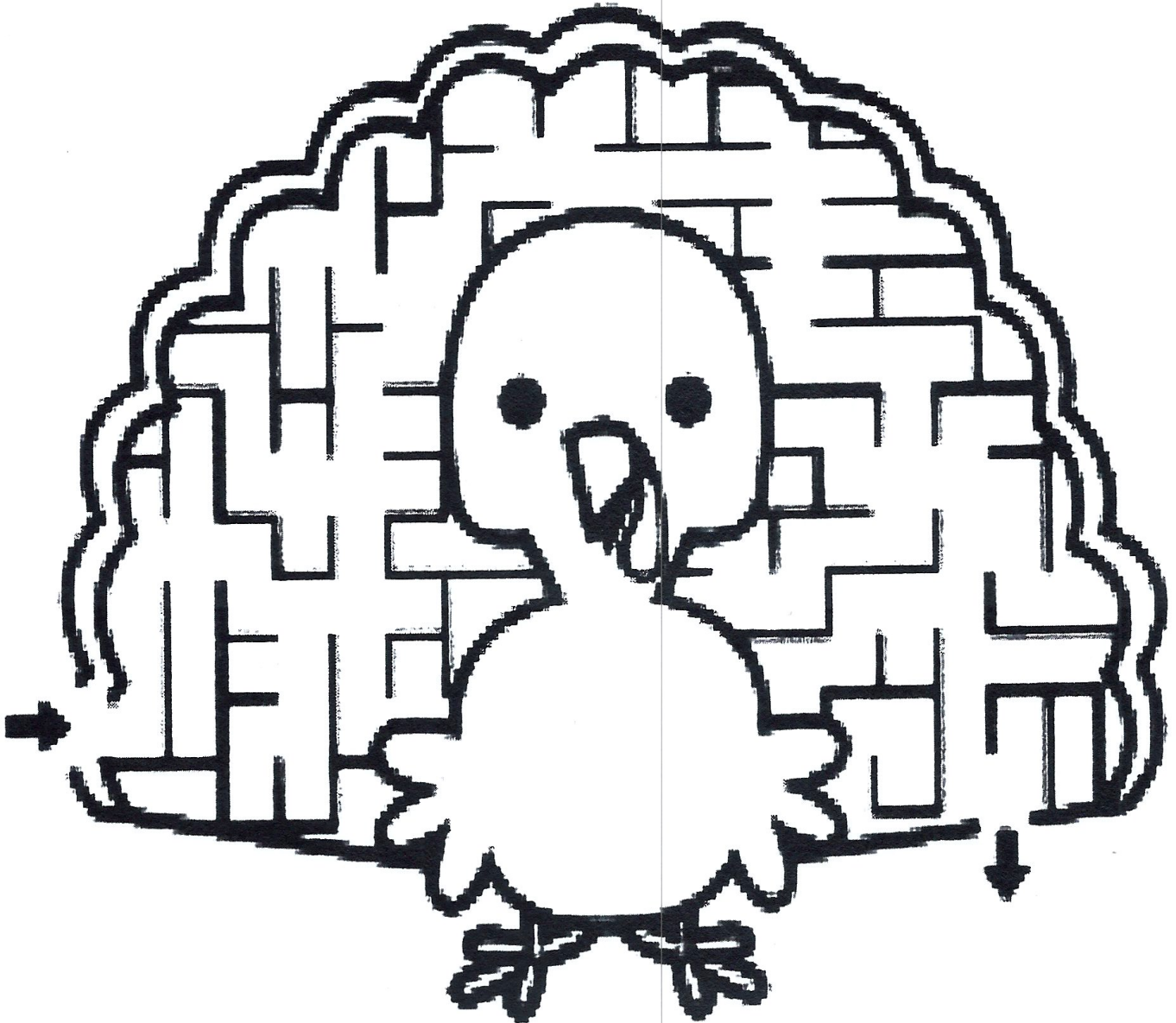
pecan pie

Potato salad

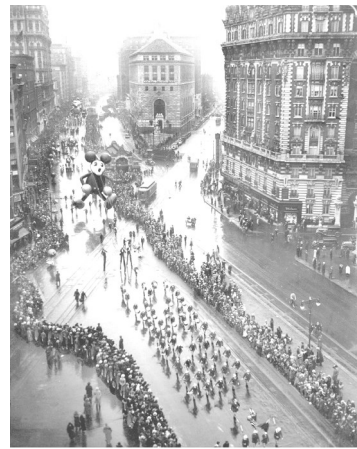
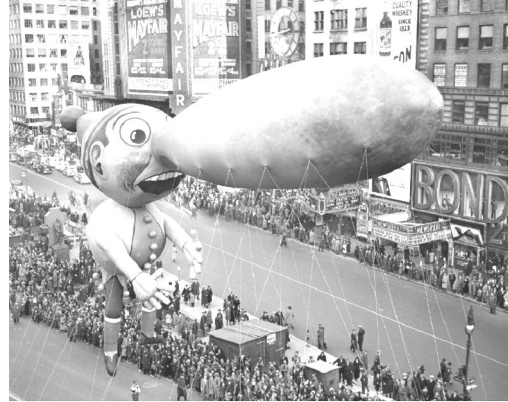
Apple Pie

Maze Puzzle

Turkey Maze

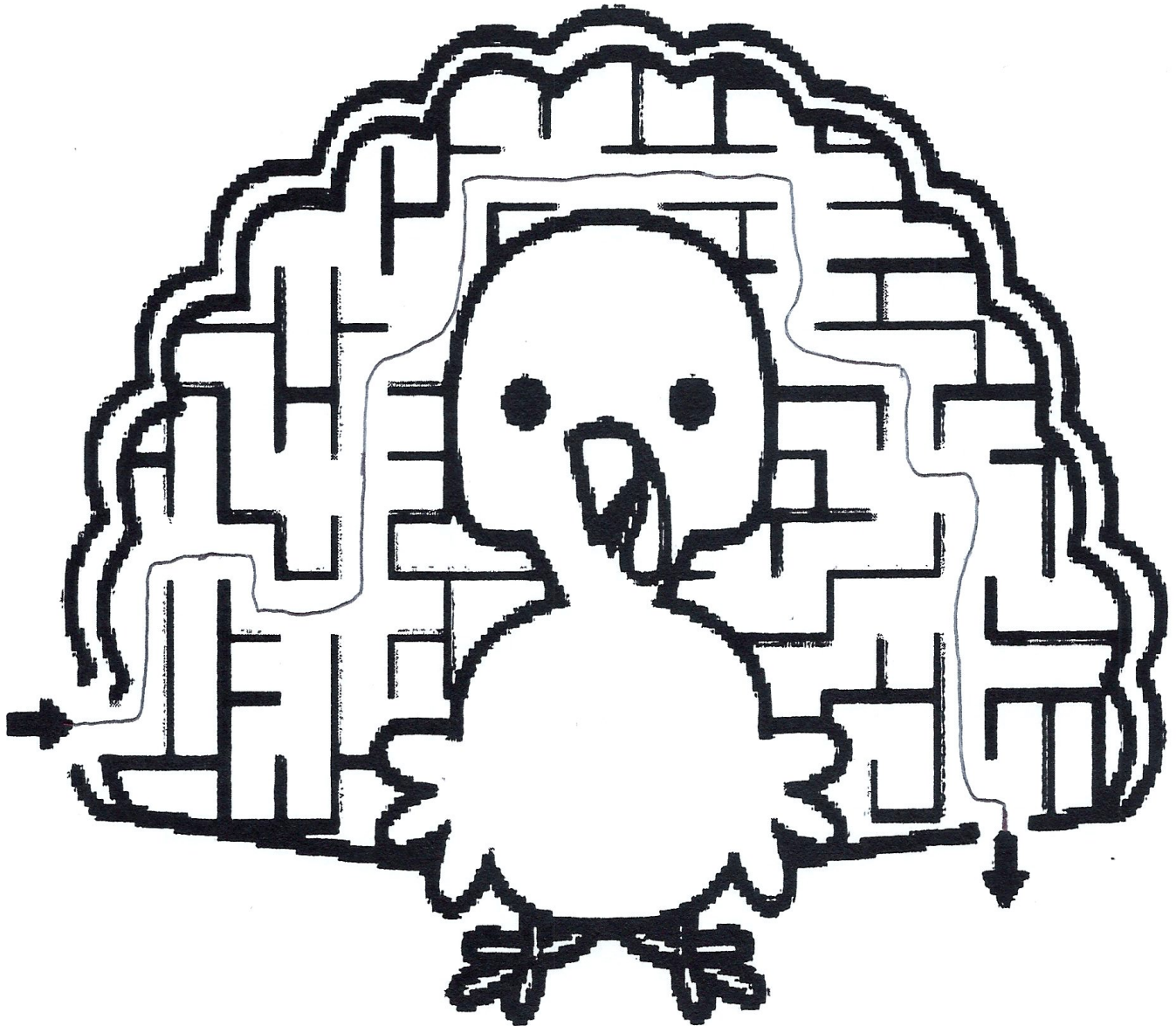


Remember When...



Maze Puzzle Solution

Turkey Maze



Grandma's Corn Pudding



Ingredients:

5 eggs
1/3 cup butter, melted
1/4 cup white sugar
1/2 cup milk
4 tablespoons cornstarch
1 (14 ounce) can corn kernels, drained
2 (14.75 ounce) cans cream-style corn

Directions:

Step 1

Preheat oven to 400 Degrees F (200 degrees C). Grease a 2 quart casserole dish.

Step 2

In a large bowl, lightly beat eggs. Add melted butter, sugar, and milk. Whisk cornstarch. Stir in corn and creamed corn. Blend well. Pour mixture into prepared casserole dish.

Step 3

Bake for 1 hour.

Prep: 10 minutes

Cook: 1 hour

Total: 1 hour 10 minutes

Servings: 8

Yield: 8 servings

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Panda Facts



You can track pandas in the wild through their poop.

There's a saying that goes, "What goes in, must come out." Since pandas have to eat about 38 kg of bamboo per day, they excrete around 28 kg of poop daily. In the wild, a trail of panda poop most likely leads back to their nest or den, which is a great help to researchers. Unfortunately, this behavior also makes them more vulnerable to poachers and possible extinction. Definitely one of the sadder panda facts.

Newly-born pandas are only as big as a stick of butter.

As adults, pandas grow big enough to prove their namesake of giant pandas. However, newborns are the complete opposite. Upon birth, baby pandas measure 900 times smaller than their mother. With the average size of 5 oz, they only weigh a mere 36 g to 210 g.

Pandas have the digestive system of a carnivore.

Normally, the panda diet consists of 99% bamboo. Although they already eat large amounts to compensate for bamboo's poor nutritional value, their bodies are further specialized to sustain their needs.

Despite being herbivores, pandas evolved to have a shorter gut, which is usually only seen in carnivores. The special construction of their digestive system allows pandas to metabolize all the nutrients they need to survive. How's that for cool panda facts?

Pandas in captivity have an omnivorous diet.

Wild pandas may all be herbivores, but it's a different story for captive pandas. In zoos and sanctuaries, pandas have a more varied diet of eggs, fish, and produce.

Baby pandas are born pink.

Pandas may be known for their distinct black and white coloring, but they lack these colors completely at birth. Instead, newborn pandas appear mostly pink with a fine layer of hair.

Their black and white color only appears after around three weeks. Baby pandas are also born blind with weak limbs. As a result, baby pandas have to stay in their nests for two months, relying completely on their mothers for sustenance.

Pandas are real bears.

Since pandas share the features of both raccoons and bears, scientists have long debated the panda's true classification. However, a 1970 study on pandas' cellular molecules officially confirmed pandas as real bears. Hence, pandas have been classified under the Ursidae family since the study's conclusion.

China has many names for pandas.

Throughout history, the Chinese language gave pandas 20 different names. As one of the country's defining symbols, pandas have appeared even in China's earliest writings. Among these names, the ancient Chinese referred to pandas as spotted bear, bearcat, giant bearcat, and bamboo bear.

The panda's name comes from the Nepalese word 'Nigalya Ponya'.

The Nepalese term 'Nigalya Ponya' literally translates to 'eater of bamboo'. The word Ponya later became panda in the Western Regions, which explains why we call them pandas today.

There may be two subspecies of giant pandas.

These panda subspecies are determined by their distinct color patterns, cranial sizes, and population genetics. Although they share close similarities with giant pandas, their minor differences set them apart.

For one, the *A. m. melanoleuca* refers to the native pandas in Sichuan. However, the scientific community has yet to officially recognize it as a panda subspecies.

The Qinling panda's color is light brown and white.

The Qinling panda mostly resides in the Qinling Mountains in Shaanxi at heights of more than 1,000 up to 3,000 meters. As a subspecies of the giant panda, Qinling pandas have a light brown and white pattern instead of the usual black and white. Furthermore, it has a smaller skull and bigger molars compared to giant pandas. Definitely one of the more unlikely panda facts.

Scientists are uncertain why pandas have their color pattern.

Over the years, scientists have tried to understand why pandas have unusual colors of black and white. Although they haven't come to an official conclusion, they propose that their dual color provides pandas adequate camouflage in snowy and rocky habitats.

Pandas have thick skin.

Pandas have a thick, wooly coat that keeps them warm in their cold forest habitats. Moreover, the average thickness of panda skin ranges from 5 mm to 10 mm, which is twice the human average.

Male pandas usually grow bigger than females.

Male pandas usually measure 20% heavier and 10% larger than females. The typical adult male can weigh up to 159 kg, which is twice the weight of an average man. Generally, female pandas weigh much lighter at around 77 kg.

Wild pandas have a lifespan of 20 years.

Pandas that live in the wild have an average lifespan of 20 years. However, captive pandas live longer because of better food and nutrition, reaching up to 30 years.

The Beijing Zoo has a collection of many endangered species, including pandas.

Founded during the late Qing dynasty in 1906, Beijing Zoo is the oldest zoo in China. As one of the oldest public parks in the country, Beijing Zoo is well known for its collection of endangered animals. Among these endangered species are giant pandas, red pandas, South China tigers, golden snub-nosed monkeys, and snow leopards.

Female pandas can mate with several partners.

A female panda can mate with several male partners that compete over her since males would often look for different females who are in heat. Female pandas have birth rate of around 1 cub every 2 years.

Females can only mate within 24 to 72 hours.

Unlike dolphins that can mate for 3 months, a panda's heat period only lasts for 24 to 72 hours. Since pandas only go in heat every 2 years, male pandas become extremely competitive so they won't miss their chance to mate. Generally, pandas approach sexual maturity at the age of 5 to 6 years old.

DATA MASTER: Steven Burdick

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





Library News

CATOOSA PUBLIC LIBRARY

105 E. Oak (918) 266-1684

Hours:

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:

Monday, Wednesday, & Friday: 9am to 6pm
Tuesday & Thursday 9am to 8pm
Saturday: 9am to 1pm
Sunday: Closed
Holidays: Closed

GROVE PUBLIC LIBRARY

1140 NEO Loop (918) 786-2945

Toll free in the 918 area code: 1-888-291-8150

Fax: (918) 786-5233

Hours:

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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:

Monday: 1pm to 7pm
Tuesday thru Friday: 9am to 12pm and 1pm to 5pm
Saturday & Sunday: Closed

MIAMI PUBLIC LIBRARY

200 N. Main (918) 541-2292

Hours:

Monday, Wednesday, Thursday: 9am to 8pm
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

Hours:

Monday thru Friday: 2pm to 5pm
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

Hours:

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Wednesday & Thursday: 9:30am to 6pm
Friday & Saturday: 9:30am to 5pm
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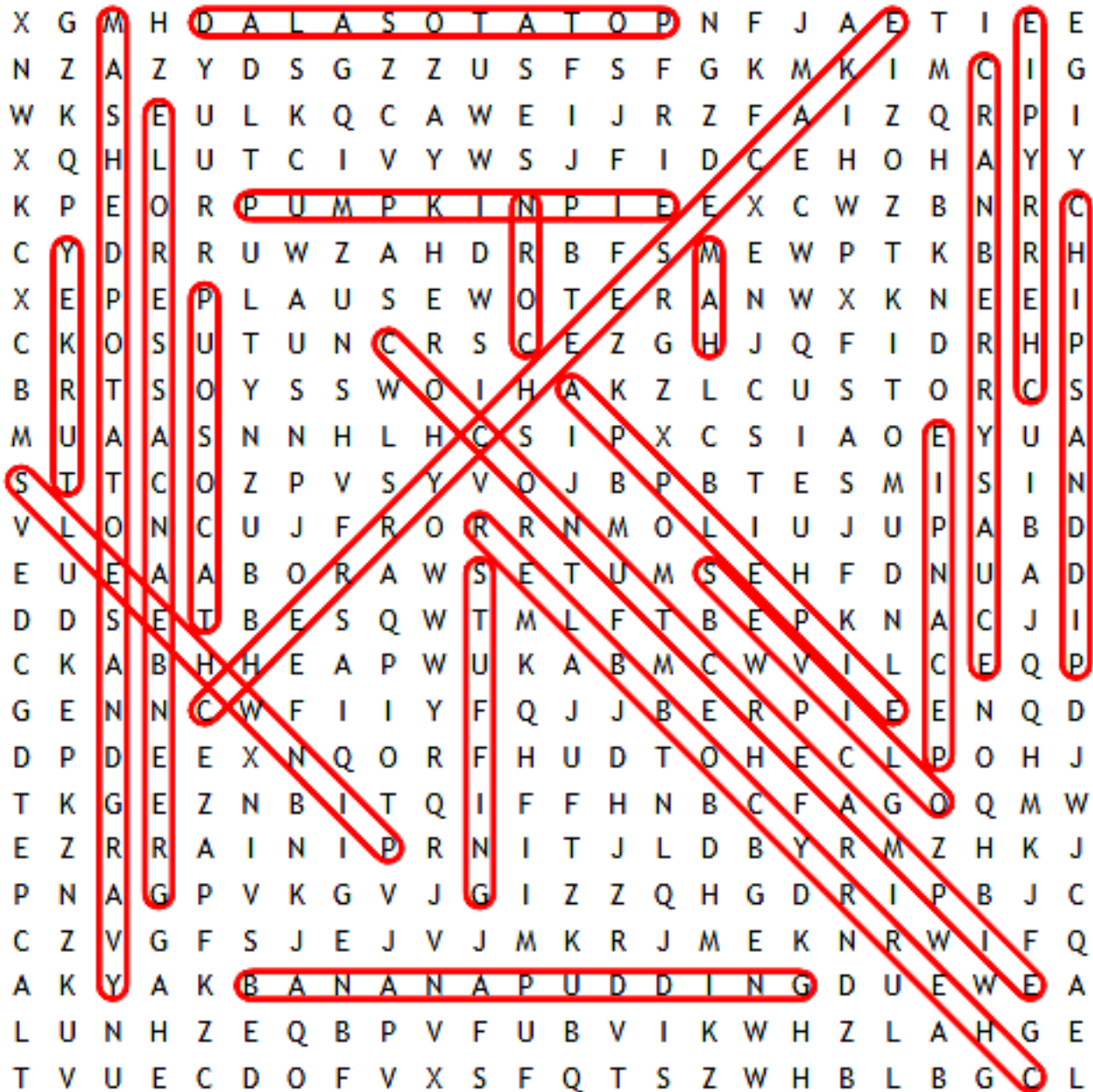
Advertising: Links Newsletter, Bi-Monthly distributed by persons with developmental disabilities, Connecting Communities at an affordable rate.

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Word Search Puzzle Solution

Thanksgiving memories



Corn
olives
Taco soup
Ham
coconut cream pie
Banana Pudding
Cranberry Sauce

cherry cobbler
pinwheels
mashed potatoes and gravy
pumpkin pie
Stuffing
Cherry Pie
Turkey

cherry cheese cake
chips and dip
Green bean casserole
pecan pie
Potato salad
Apple Pie

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Sudoku Puzzle Easy Solution

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

Sudoku Puzzle Moderate Solution

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

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Fairland Restaurant

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Welch

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Community Options, Inc.
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If you are seeking employment you can apply for your desired position with us online.
our website can be accessed at:
<https://community-options.net>

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

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1100 Walnut
Chelsea, OK 74016
links@links.community-options.net
(918) 789-2862

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Community Options, Inc.

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

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

our website can be accessed at:

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Contents of this paper is compiled from available original sources.



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