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The Discovery of a New Element - Administratium. Investigators at a major research institution have discovered the heaviest element known to science. This startling new discovery has been tentatively named Administratium (Ad). This new element has no protons or electrons, thus having an atomic number of 0. It does, however, have 1 neutron, 125 assistant neutrons, 75 vice neutrons, and 111 assistant vice neutrons, giving it an atomic mass of 312. A force called morons, which are surrounded by vast quantities of lepton-like particles called peons, holds these 312 particles together. Since it has no electrons,

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US Shale Companies To Boost Spending As Banks Loosen Purse Strings

U.S. shale drillers are set to ramp up spending on exploration and production next year as recovering oil prices prompt banks to extend credit lines for the first time in two years. The credit increase is small,

but with major oil producers worldwide aiming to hold down production in 2017, U.S.-based shale drillers are looking to boost market share to take advantage of higher prices, and greater availability of capital will

make that easier. North America-focused oil and gas producers are expected to increase capital investments by 30 percent in 2017, according to analysts at Raymond James. A number of shale producers including Pioneer Natural Resources Co, Diamondback Energy Inc and RSP Permian Inc have forecast bigger

ue to acquisitions. Overall U.S. crude oil production is forecast to fall to 8.8 million barrels per day in 2017 from 8.9 million bpd this year, according to the U.S. Energy Department. But shale output could increase from 200,000 to 500,000 bpd in the coming year, analysts said.

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budgets and increased output for next year. Every six months, oil and gas producers negotiate credit with banks based on the value of reserves in the ground. Through the latest round of talks in the fall, 34 companies had their available credit lines raised an average of about 5 percent, or more than \$1.3 billion, according to data compiled by Reuters. The combined bank credit for the companies stood at \$30.3 billion, compared with \$28.9 billion at the end of spring 2016. The industry's available credit had been cut by 40 percent over the past three reviews as it contended with a two-year price rout. "The 'animal spirits,' seem to be coming back to the exploration and production market, albeit slowly," said Reorg Research analyst Kyle Owusu, referring to the human emotion that drives confidence. Of the 34 companies, 12 saw increases of 5 to 90 percent, while 10 companies had their borrowing bases cut in the latest round, and 12 companies' credit limits were left unchanged. In addition to the increased borrowing base, lenders have extended maturities on loans. Oil prices have risen by more than 45 percent this year, increasing the value of oil and gas reserves against which loans are decided. And a number of companies have seen their eligible proved reserves rise, in part

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As winter approaches and the temperatures are dropping, we may start seeing some ice on the roadways, especially with all the precipitation we have recently seen. This in turn usually causes more traffic accidents. Having said this, here are a few tips for you when roads are icy:

- The most important tip is don't drive on icy roads. Unless it is absolutely necessary, stay home and wait for the storm to pass and roads to clear.
- If you must get out, SLOW DOWN! Slowing down is the most important thing you can do when driving on ice and snow. High speeds make it easy to lose control and hard to stop.
- Go easy on the brakes. Brake application is a common reason for slides that result in loss of control. Sliding wheels are uncontrollable. You cannot steer your vehicle if you are on the brakes and your vehicle is sliding.

• If you do start to slide, turn into the direction of the slide. This will help straighten your vehicle back out.

• Avoid hills or other dangerous roads during icy conditions.

• When approaching a stop sign or stop light, prepare to stop long before you get to the intersection. The best way to do this is by taking your foot off of the gas pedal and allow the vehicle to slow on its own. Use your brakes as little as possible.

• Icy road accidents happen in multiples. Your own accident, sometimes is not the greatest threat to you, but the other vehicles that see your accident causing them to panic and hit their brakes. They then slide out of control and crash into you.

safe!

I am the Community Services Officer, Jeremy Busby. If you are in need of Child Safety Programs, Fraud Prevention programs, or would like us to set up an information booth at your community event, the programs are free and you can contact me at (918)423-9657 or jeremy.busby@cityofmcalester.com. If you have any information regarding a crime, contact the McAlester Police Departments Criminal

Investigations Division at (918)421-4917 or Email don.hass@cityofmcalester.com.

You may remain anonymous. To report any other criminal activity, contact the McAlester Police Department at (918)423-1212 or if it is an Emergency dial 911. Remember, know what the weather is going to do, I know that is tough in Oklahoma, but try to be prepared. Stay Safe and God Bless!

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Please make your Sound Off's 100 words or less!! Views expressed are not necessarily the views of this publication and the publication will not be held responsible for any opinions or views expressed. Must be 18 or older to Sound Off. Please speak clearly. Any Sound off that cannot be understood or is of a slanderous nature will not be printed. We reserve the right to edit any sound off.

Merry Christmas to everyone. Christmas dinner means a lot to many here that cannot afford to buy it. And I had ordered 4, because my husband and I and my aunt and her daughter to eat. Only two dinners came, we gave our to our 2 family so they could eat. You can't do this to people that don't have anything at Christmas. It's just not fair, whatever I have done to be this bad, I apologize, If I have done anything wrong, I am sorry, I apologize to all the city of McAlester.

Hi, I found a dog today Sunday around my church a medium size dog male with collar, 2015 rabies tag that I would love to find his owner, because he is very lovable, and so lost. I live in McAlester 405-694-9822. Please call so I can reunite you back together.

Out in the land of goodness and mercy this Christmas day, how many of ya'll forgot to call a neighbor down the street that is a shut in or send a Christmas Card to a shut in and say Merry Christmas. May the Lord bless you. Merry Christmas.

Hey all you contractors out there that build roads and work in factories for others, you have some employers that care about your company and they do their best to please you and get the job done. But have you ever realized they are the ones that putting thousands of dollars in their pockets for your hard work. One contractor gave their employees off the 23rd and go back the 26th. No Christmas bonus because it was on Sunday. How awful can you be, your workers do without on Christmas while you line your pockets. Shame on you and Merry Christmas.

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I have almost been in two wrecks because drivers go straight in the turn lane at the light in front of WalMart. I am terrified each time I cross. It is as if the oncoming traffic cannot see the light properly because it has happened to more than just me. Who can check into this and fix the problem before someone gets killed. Thank you.

Another law? Do we really need another law so we can celebrate Christmas or say Merry Christmas to another person? I would rather our representatives work on our needs for schools or seniors.

A \$1,000 fine and one year in jail is not just punishment for the most hideous act of pouring boiling water on that beautiful black and white cat. What kind of deranged mind could do that? I think the punishment should be tenfold.

The lady that won the \$10,000 drawing rumor has it that she is donating a good portion to St. Jude. Bless Her!!!

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SPECIALS OF THE WEEK!

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Mark Twain said a lie will get around the world before the truth hits the ground. Would you rather give your child a hope and dreams or let them think you're a loser with no funds for gifts? Others helping? I'd say that's a Santa. If your child or loved one was dying, wouldn't you speak words of hope and healing over them or would you give them gloom in their last moment? Out of our mouth, lies don't always come. Watch actions. They speak loud and clear. Many dance around the truth. Tradition doesn't make it a lie. Church tells the truth when teaching the Bible. Jesus, we don't see, He is here!

Notice to the youth who constantly complain that no one wants to hire you. Here is a tip: Maybe if you would not constantly have an excuse for calling in, come in with your personal problems and attempt to share them, get an attitude when there is constructive criticism along with the ever draining whine. You might find more employers willing to give you a shot.

Please tell me how we are returning to the principles embodied in the Constitution? We just had a constitutional lawyer and teacher for our president for eight years who understood the Constitution, and now we will have a president that needs to be taught the Constitution. Exactly what are you talking about?

Thank you McAlester Regional Hospital! I was extremely ill and stayed for over two weeks. May I say that I feel as if I received top notch care the entire time I was in your hospital. When people are ill it is comforting to know that your local hospital staff really cares about you. Thank you.

More states consider working around electoral college," hip hip hooray to that! It's time that voters in every state be equal. It's time for an antiquated and failed system to die.

Lame Duck period? More like squawking Duck, Screaming Chicken!

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USDA Invests \$225 Million in Innovative Conservation Partnerships

Addition of 88 projects brings federal, partner investment to over \$2 billion since 2014. Agriculture Secretary Tom Vilsack today announced that 88 high-impact projects across the country will receive \$225 million in federal funding as part of the USDA's Regional Conservation Partnership Program (RCPP). In

addition, partners have proposed to contribute up to an additional \$500 million to improve the nation's water quality, combat drought, enhance soil health, support wildlife habitat and protect agricultural viability. With today's announcement, the USDA's Natural Resources Conservation Service



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(NRCS) is investing a total of \$825 million in 286 projects, bringing together more than 2,000 conservation partners who have committed an estimated \$1.4 billion in financial and technical assistance. By 2018, NRCS and its partners, including Indian tribes, nonprofit organizations, state and local governments, private industry, water districts, universities and many others, will have invested at least \$2.4 billion through RCPP, which was created by the 2014 Farm Bill.

"RCPP plays a critical role in connecting partners with producers to design and implement conservation solutions that benefit both natural resources and agriculture," Vilsack said. "The Farm Bill is the largest source of federal funding for private lands conservation, and RCPP is contributing innovative conservation solutions to communities across the country."

RCPP offers new opportunities for the NRCS, conservation partners and agricultural producers to work together to harness innovation, expand the conservation mission, and demonstrate the value and efficacy of voluntary, private lands conservation. The program is increasing investment in conservation from a diversity of partners,



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- Z225-Z445 - \$149.00
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leading to cleaner and more abundant water, improved soil and air quality, enhanced wildlife habitat, and stronger rural economies. Water quality and drought are dominant themes in this year's RCPP project list with 46 of the 88 projects

focusing on water resource concerns. More than a fourth of the projects are focused on improving fish and wildlife habitat. See the full list of 2017 projects spanning the country, impacting almost every state in the nation and Puerto Rico.

In California, NRCS is investing \$10 million in the Black Rascal Creek Project, which is proposed by the partnership of Merced County, Merced Irrigation District, and City of Merced. The project will provide

CONTINUED ON PAGE 11

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1996 Model Wilson, Copper Bottom Grain Trailer, 45 foot, Good Rubber, Good Brakes
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Case 2090 Cab & Air, Loader & Dozer Blade, Good Cond.
\$11,500

1994 Ford Single Axle Frac Truck Tractor, Cummins 7 Speed Trans., Excellent Condition
\$6,750

2013 HaulAss Brand, 35 Ton LowBoy, Very Good Cond.
\$15,500

1997 Mack, 427 Mtr., 13 Spd., 70 Bar. Vac Truck, New Rubber, Good Cond.
\$27,500

3 Axle Oilfield Lowboy with Tail Roller Steel Floor, Good Cond.
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Mod.	Name	year	hp	hrs	\$price
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5205	John Deere Tractor 4WD Loader				\$21,500
585	Case Tractor	1985	52hp	1277hrs	\$10,500
850G	Case Dozer 89net hp.	1994	6 way blade	3139hrs	\$26,500
2000	Ford Super Dexta DSL	1963	45hp tractor		\$2,500
4040	John Deere tractor	1981	90 pto hp	6914hrs	\$23,500
4430	John Deere tractor	1974	125pto hp	hrs unknown	rebuilt engine \$22,500
6420	JD tractor w. cab				
	4x4 loader front hyd	2002	110hp	9100hrs	\$41,500
4450	John Deere tractor 150hp				
	w/cab heat and air 720 loader	1985			\$41,500
6110	John Deere cab tractor	1999	70hp		\$25,500
	8wheel V rake.				\$3,000

(You can look at most of these on Craigslist just punch in-Dueck Tractor in Oklahoma City!! Or better yet come over and look at these great tractors!!
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flood protection to the communities of Merced and Franklin/Beachwood, as well as surrounding prime agricultural lands, in an area that has seen frequent and severe flooding. In addition to flood control, this multi-benefit project will address drought, water quality, soil quality, and inadequate wildlife habitat.

Partners expect to triple the federal investment in the project. NRCS is also investing \$6 million in the 25,000-square-mile Maine Aquatic Connectivity Restoration Project, which will restore some of the state's highest-value aquatic networks that have been impacted by habitat fragmentation and

degradation caused by road-stream crossings. Led by The Nature Conservancy and 18 other partners, the project will use Stream Smart design and installation to improve habitat and aquatic organism passage and reduce the impacts of increasingly volatile storm-water flows. The tribal, state, federal, nonprofit, and private landowner partnership will more than double the NRCS investment.

In Iowa, NRCS is investing \$900,000 in the Fox River Water Quality Project, one of the longest running watershed projects in Iowa. The river has been on Iowa's and Missouri's impaired waters list for many years. In its 18th year, the project is committed to continued conservation efforts improving the health of the Fox River by addressing water quality, conservation, protection, and development of natural resources using voluntary programs, while providing economic opportunity. The

eight partners, led by the Davis County Soil and Water Conservation District, will help producers improve water quality through conservation practices like installing grade stabilization structures, water and sediment control basins, tile outlet terraces, and cover crops. Since 2009, USDA has invested more than \$29 billion to help producers make conservation improvements, working with as many as 500,000 farmers, ranchers and landowners to protect over 400 million acres nationwide, boosting soil and air quality, cleaning and conserving water and enhancing wildlife habitat. For an interactive look at USDA's work in conservation and forestry over the course of this Administration, visit <http://medium.com/usda-results> This is an external link or third-party site outside of the United States Department of Agriculture (USDA) website..

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BRED HEIFERS SELL FIRST BULLS TO FOLLOW
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 ADA, OK 12:00 PM
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WEEKLY MARKET REPORT

Compared to last week: Steers 4.00-6.00 higher. Heifers 5.00-7.00 higher. Quality average. Demand good. Supply includes 28 percent over 600 lbs. and 41 percent heifers. Slaughter cows 2.00 higher. Slaughter bulls 3.00 higher. A total of 453 cows and bulls sold with 51 percent going to packers.

Feeder Steers Medium and Large 1				Feeder Heifers Medium and Large 1					
Head	Wt Range	Avg Wt	Price Range	Avg Price	Head	Wt Range	Avg Wt	Price Range	Avg Price
45	300-345	313	180.00-188.00	181.87	25	300-345	326	146.00-155.50	149.64
28	365-387	374	166.00-171.00	168.85	43	351-395	370	145.00-153.00	147.58
28	402-440	423	164.00-174.00	168.44	25	405-443	420	136.00-145.50	140.82
15	462-496	475	159.00-167.00	162.82	37	454-464	465	130.50-140.00	134.59
88	500-544	528	151.00-160.00	153.44	27	513-540	528	128.00-138.00	132.28
5	550-560	556	156.00-167.50	162.95	89	550-590	570	116.00-123.00	118.63
37	609-647	627	126.00-132.00	128.51	67	600-642	622	110.00-119.00	115.48
9	650-655	652	117.00-127.00	124.70	29	655-688	661	105.00-114.50	112.53
40	700-746	724	118.00-126.50	120.90	61	705-735	715	107.00-117.25	114.40
17	773-783	774	116.00-124.50	119.18	7	770-790	779	110.00-121.00	114.78
47	808-844	821	113.00-123.50	123.08	13	805-825	808	105.00-115.50	113.85
12	906-935	911	112.00-119.25	116.01					

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#1 Steers

Feeder Steers Medium and Large 1			
Head	Wt Range	Avg Wt	Price Range
15	280-295	282	192.50-212.00
22	303-345	314	180.00-190.00
88	405-447	428	159.00-170.00
39	450-493	468	157.00-166.00
18	460-498	489	152.00-155.00
45	500-537	517	144.00-156.00
8	501-533	514	135.00-139.00
110	558-583	575	132.00-140.00
17	605	605	134.00
37	601-648	631	122.50-130.00
44	674-687	685	129.00-132.25
3	670-695	687	125.00-128.00
19	722-744	741	132.00-133.25
8	752	752	125.00-130.00
8	913-928	917	124.00-127.50

#1 Heifers

Feeder Heifers Medium and Large 1			
Head	Wt Range	Avg Wt	Price Range
10	240-241	241	156.00-167.50
14	280-295	286	146.50-157.00
13	314-345	323	143.00-156.00
46	363-397	383	140.00-148.00
45	400-443	420	136.00-148.00
46	452-493	480	127.00-139.00
10	453	453	143.00
45	500-543	531	120.00-131.00
36	560-578	568	120.00-125.00
7	556	556	115.00
14	603-633	608	113.00-115.00
7	640-644	642	111.00
8	826-847	834	114.00-116.00
6	901	901	115.00

AVERAGE REPORT FOR 12/14/2016 RECEIPTS: 2346

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SALE RESULTS FOR Dec. 12, 2016
Cattle: 1772 head

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SPECIAL COW & BULL SALE SATURDAY DECEMBER 10TH

Don't Forget Our Equipment & Poultry Sale on the First Saturday of each month

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STEERS		HEIFERS	
200-300 lb.	150-190	200-300 lb.	120-170
300-400 lb.	125-207.50	300-400 lb.	105-200
400-500 lb.	100-175	400-500 lb.	100-180
500-600 lb.	102-152	500-600 lb.	100-137
600-700 lb.	103-138	600-700 lb.	95-132

Pairs: \$950-\$1625
Packer Cows 50-55 Low Dressing 40-45
Packer Bulls 70-80 Bulls Per Hd NA
Stocker Cows 800-1575 Baby Calves NA

McAlester Stockyards Market Report

Tuesday Dec. 13th, 2016 sold 2350 cattle. Steers Steady to \$7 Higher. Heifers \$2 to \$8 Higher. Closed Dec 20th and 27th. We would like to wish everyone a Merry Christmas & a Happy New Year. For God did not call us to uncleanness, but in holiness. 1Thes. 4:7

Weight Range	#1 Steers	#1 Heifers
225 to 300 lbs	\$181 to \$212	\$140 to \$143
300 to 350 lbs	\$155 to \$185	\$127 to \$140
350 to 400 lbs	\$150 to \$170	\$130 to \$143
400 to 450 lbs	\$164 to \$177	\$125 to \$138
450 to 500 lbs	\$149 to \$160	\$116 to \$130
500 to 550 lbs	\$129 to \$142	\$114 to \$127
550 to 600 lbs	\$123 to \$136	\$110 to \$124
600 to 700 lbs	\$117 to \$134	\$100 to \$116
700 to 750 lbs	\$114 to \$125	\$113 to \$126
800 to 850 lbs	\$112 to \$124	\$ 94 to \$104

350 Cows/Bulls sold at the evening sale.
Packer Cows \$1 to \$8 Higher And Bulls \$4 Higher
High yielding packer bulls sold from \$78 to \$81
Average yielding packer bulls sold from \$74 to \$77
Low yielding packer bulls sold from \$69 to \$73
High yielding packer cows sold from \$57 to \$74
All average yielding packer cows sold from \$53 to \$69
Low yielding packer cows sold from \$47 to \$64

SALE EVERY TUESDAY, STOCKER & FEEDER CATTLE BEGIN 10:00am
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David Cantrell
Extension Educator
Agriculture

extension related, and represent the interests of Oklahoma State University Cooperative Extension Service.

The New OSU Master Gardeners are: Aaron Abney, John Alexander, Don Brumley, John Cotton, Dawn Cuzalina, Gregory Grimes, Ava Kelley, Betty Meeks, Gregory Menges, Tara Milligan, Toni Ricks, Lee Rogers, Judy Sutton, Larry Sutton, James Tantillo, Tammy Ware, Catherine Wilkinson, Daniel Wilson.

Complete Training

Eighteen local adults have completed the OSU Master Gardener Training program hosted by the Pittsburg County OSU Extension Center. The Master Gardener program is a volunteer training program conducted by Oklahoma State University Department of Horticulture and Landscape Architecture. The students completed 12 weeks of intense training in 12 specific areas of horticulture education. Those areas included: Botany and Plant Physiology, Soils and Fertilizers, Vegetable Production, Fruit and Nut Production, Plant Diseases, Turfgrass Selection and Management, and a study on Woody and Herbaceous Ornamentals.

Upon completing the program, students now have the opportunity to participate in an internship program of volunteer services coordinated by local extension centers. Volunteer service components vary widely around the state, but in all cases are educational,

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MRHC teams with volunteers for hot Meals on Wheels

Volunteers across the country join forces every year to help others during the Christmas season. But a local hospital project ensures some of the most vulnerable people in the community are getting a hot, nutritious meal delivered right to their door, five days a week, 12 months a year. Meals on Wheels has operated out of McAlester Regional Health Center for years, with employees who cook and serve, and drivers who are (usually) volunteers. "We have one cook, one server and one-part time fill-in delivery person,"

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aid Jennifer Bloxham, program coordinator at MRHC's Food & Nutrition Services Department. "We're always looking for more drivers." Each weekday before noon, Bloxham and her team prepare several dozen trays of nutritious meals: a meat, potato or other starch, vegetable, slice of bread, salad, milk or juice, and a dessert. The specially constructed covered trays are insulated and designed for travel; each is collected by the next day's delivery driver to be returned to the hospital for cleaning. "Those trays aren't cheap," Bloxham said, citing a price of nearly \$70 each. As with the food and paid employees, money for the supplies comes not from a federal grant or other subsidy, as with some local programs. Instead, Meals on Wheels is self-funded. Recipients pay a modest \$2.35 for each meal. "The hospital isn't making any money off of this program," Bloxham explained. "But it is self-sustaining."

Mostly, deliveries are to McAlester residents who do not drive. Some are elderly or chronically ill. Others are disabled. For some, the daily arrival of their hot lunch is their sole interaction with another person. Bloxham's volunteers spend 30-45 minutes each month on distributions, and their contributions are essential to the program's success. "We couldn't do it without them!" Bloxham said. To volunteer for deliveries or to inquire about joining the program, contact Meals on Wheels Program Coordinator Jennifer Bloxham at MRHC at 918-421-8091. MRHC is a regional 171-bed general acute care public trust hospital serving a region comprised of eight counties in Southeast Oklahoma. With more than 800 employees, the hospital offers a wide array of clinics, and ancillary and outpatient programs.

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Meals on Wheels prepares and delivers hot and nutritious meals to dozens of McAlester-area residents each weekday of the year. From left are McAlester Regional Health Center employees Jennifer Bloxham, program coordinator, Josie Miranda and Rita Webber.


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House Democratic Leaders Propose True Bipartisanship On Committee to Investigate Sexual Harassment Payment

State House Democrats applauded Speaker-elect Charles McCall's announcement that he will authorize a bipartisan committee to examine the \$44,500 in payments from public funds to resolve a sexual harassment complaint against a Republican House member. However, they called for the committee to be truly bipartisan and modeled after the U.S. House Committee on Ethics. McCall, R-Atoka, said Thursday that his first action upon formally becoming House Speaker on Jan. 3 will be to authorize the House Rules Committee to start investigating the \$44,500 in payments made in November from House funds to settle a wrongful-termination claim paid to Hollie Anne Bishop, 28, who was fired after accusing Rep. Dan Kirby, 58, R-Tulsa, of sexual harassment.

"We are pleased that Speaker-elect McCall intends to refer this matter to a committee for a thorough investigation as was recommended last week by House Minority Leader Scott Inman," said Rep. Emily Virgin and Rep. David Perryman. However, they continued, "We wish that the Speaker-elect had instead opted to refer this matter to an independent, non-legislative committee comprised of private-sector citizens." While the House Rules Committee will be technically bipartisan, its membership has traditionally reflected the partisan makeup of the House, meaning Republicans would outnumber Democrats in the investigation. "We ask Speaker-elect McCall to appoint five House Republicans and five House Democrats to an ad hoc committee, and to appoint one

Republican and one Democrat to co-chair the panel," said Perryman, D-Chickasha, the incoming Minority Floor Leader. "This arrangement is modeled after the U.S. House Committee on Ethics. With both parties having equal representation, we can ensure there would be no question of political favoritism in the committee's findings," explained Virgin, D-Norman, an Assistant Minority Floor Leader. Democrats have serious doubts about whether the payments, which were authorized Nov. 22 by former House Speaker Jeff Hickman R-Fairview, were even legal. "By what legal authority," Inman asked McCall in a letter last week, were the payments to Ms. Bishop and her attorneys justified, and "can the House of Representatives indemnify Rep. Kirby for his alleged misconduct outside the scope of his authority?" Furthermore, asked Inman, D-Del City, did the House leadership "initiate an independent investigation" into Ms. Bishop's complaint? "If so, when and by whom was it authorized? If not, why not? And who made that decision?"

Kirby advised McCall on Dec. 23 that he intended to resign from the House of Representatives effective Dec. 31. But in a fax to McCall and to Gov. Mary Fallin on Wednesday, Kirby rescinded that announcement. He claimed it did not comply with state law because he did not submit

an official letter of resignation to the Secretary of State. He also wrote, "I have determined that my decision to resign was hasty and based upon bad advice. I have no intent to resign my office" as State Representative for House District 75. "I believe it is in the best interests of

my constituents that I serve out the term that they graciously elected me to serve," he wrote.

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IS THIS THE BEST RESOLUTION YOU GOT?

Another new year is upon us and with it comes our chance to re-create ourselves.



By: Gina Stanley

We view the change in digits on the calendar as a chance to start doing things better.

According to a recent Google search, the top three resolutions each year are:

- 1.) Lose weight
 - 2.) Get organized
 - 3.) Spend less, save more.
- This first one is no surprise with nearly 70% of the American population considered overweight or obese. Experts will tell you that the correct approach to losing weight is to tackle it in small increments. And instead of dieting, just make a lifestyle change. I heard a supposed expert recommend that we shouldn't even make it a

New Year's resolution because those tend to be forgotten within a few weeks.

But I admit that every year, I promise to tackle the extra 20 pounds that have set up camp on my mid-section. Despite the advice of experts, I intend to do it again. I swear this is the year I'll stick to it. Do me a favor. If you see me with a cookie in hand, swat it out and replace it with a stalk of celery. That's my strategy. I can't imagine how it can't work. I love the fact that people want to get organized. "Everything in its place and a place for everything" is real talk. Sure, my kitchen counter may be grimy and my furniture covered with dust bunnies, but my tax returns from 2004 are filed away in the appropriate plastic bin and family photos are actually in correctly labeled albums.

Pick your battles people. If you choose to be organized in 2017 you may need to make peace with cobwebs hanging from your light fixtures.

The third most common resolution seems almost silly to make. Who - outside of the Kardashian clan -- doesn't want to spend less and save more? Truth is, there just aren't enough greenbacks for most of us working stiffs. We work hard but the tax bills and grocery prices seem to outpace the paycheck. But if you save a quarter a week, you'll have an extra \$12 at years end. Sorry - that's all the financial wisdom I've got. The top three resolutions are admirable efforts at change. Be encouraged to give it your best shot and we'll probably see you next year with the same list.

But that's okay. It's better than making resolutions

that are just plain dumb.

1.) Give up sweets - this isn't Lent, people. It's the whole year. And a whole year without Hershey Kisses or cake is not a resolution, it's a punishment.

2.) Find someone to marry - don't treat love like an Easter egg hunt. Just stay calm and make no sudden moves. They'll walk into your trap eventually.

3.) Quit your job to travel the world - Let's be honest. We can't fit into any of our pants after binging on holiday goodies. Suitcases get crammed somewhere we can't remember. Income usually doesn't exist without a job, so.....

Sounds like we are the perfect candidates for the first three resolutions after all. Maybe we'll take that trip to Europe in 2018. Happy New Year!



Wall-breaking kicks off unit construction

GERIPSYCHAMY

Perioperative Services Nurse Manager Amy Blankenship joined other nurse managers at McAlester Regional Health Center with a sledgehammer to kick off construction of the hospital's new Geriatric Psychiatry Unit. The facility will be located on the first floor of the main hospital building in the west wing and will accommodate 14 beds for short-term specialized treatment of older adults with mental health needs who require an acute inpatient stay. Plans are to open the unit on June 1.

GERIPSYCHALL

Nurse managers at McAlester Regional Health Center took aim with a sledgehammer to kick off construction of the hospital's new Geriatric Psychiatry Unit. The unit is now under construction on the first floor of the main hospital building in the west wing with plans to open June 1. It will accommodate 14 beds for short-term specialized treatment of older adults with mental health needs who require an acute inpatient stay. Pictured from left are MRHC Chief Development Officer Chris Whybrew, Nurse Managers Amy Blankenship (Perioperative), Dalina McGee (Skilled Nursing, Rehabilitation & Geriatric Psychiatry), Christie Vaughn (Surgical Recovery), and Megan Monks (Women & Children), MRHC Chief Nursing Officer Kim Stout, Nurse Managers Jill Parham (House Supervisors, Float & Outpatient Infusion) and Brandy Jones (Medical), and Chief Executive Officer David Keith.



Preventing outdoor falls in the winter

Slips and falls can happen so fast, especially outside in snowy or icy conditions.

Of course, there are no guarantees against the occasional accident, but taking a few simple precautions could cut the chances of taking a tumble

while outdoors this winter. "It doesn't matter if you're outside for fun or you need to clear the sidewalk of snow, it's important to be prepared for the elements," said Gina Peek, Oklahoma State University Cooperative Extension housing and consumer specialist.

Keeping sidewalks, driveways, walkways and steps in good repair throughout the year is one of the easiest ways to protect against falls outside. In the winter, it makes the process of clearing snow and ice easier and safer, said Rachel Lockwood, Pittsburg County Extension Educator of Family Consumer Sciences. When the time comes to shovel snow and ice, try not

to wait until it piles up. "Clear your stairs, driveway and sidewalks as needed to reduce the risk of falling," Lockwood said. "When you're shoveling, push loads when you can. If you must lift some piles, keep them light. Work at a steady, even pace and avoid over exerting yourself."

While walking through snowy or icy areas, take shorter steps and move at a slower pace to give yourself time to react if you lose your balance.

Proper footwear also can help prevent falls. Specifically, waterproof boots and shoes with deep treads can provide excellent traction. For an added layer of protection, sprinkle cat litter or sand on icy patches.

Other general tips for staying safe while outdoors in the winter include dressing in lightweight, loose-fitting layers of clothing - rather than a single heavy layer - along with hats, scarves and mittens.

Be aware of the weather, too, including the wind chill, before heading outside.

"If you're planning to enjoy some winter outdoor activities, use the buddy system and take a friend with you," Lockwood said.

"Whether you're working or outside having fun, make sure you have a cell phone." Oklahoma State University, in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, and Title

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ASTROLOGY UPDATE

ARIES (Mar. 21- April 20) Avoid functions that will bring you in contact with those you find difficult to get along with. Help elders with their concerns. Erratic behavior at home may be hard to handle.

TAURUS (Apr. 21- May 21) You will enjoy interaction with others today. You'll need to exercise control. You can get support from groups that you belong to if you're willing to step out on a limb and voice your opinions.

GEMINI (May 22-June 21) Your talents might just be discovered. Your dramatic approach to life has probably gotten to your mate. Strong willpower will come to your rescue.

CANCER (June 22-July 22) You may want to take another look at the investment you are about to make. You will be able to get to the bottom of things today. Get together with friends who like to participate in indoor sports.

LEO (July 23-Aug 22) Your talent will be recognized. Don't let them blame you. Help those incapable of taking care of their personal affairs.

VIRGO (Aug. 23-Sept. 23) Avoid arguments with relatives who might be conservative and outdated. Sudden good fortune will help you cover your debts. If you've been really busy, try to schedule some time to spend with loved ones.

LIBRA (Sept. 24 -Oct. 23) Be careful not to misplace your wallet or belongings. You could pick up valuable knowledge through conversations with experienced individuals. Get friends to help you with the preparations.

SCORPIO (Oct. 24 - Nov. 22) You can learn from those who have had similar experiences. Family members may want you at home, when your heart is telling you to spend time with someone you recently met. Don't overindulge in anyway.

SAGITTARIUS (Nov. 23 -Dec. 21) You may be tired of working for someone else. You're on to something tangible and need to act fast Assist a relative or good friend by setting of a budget for them.

CAPRICORN (Dec 22.- Jan. 20) Don't let your mate stop you from attending an event that could be most important. There are ways of making extra cash if you put your mind to it. You will have to check your cash flow before you decide to indulge in hobbies or entertainment that may be beyond your budget.

AQUARIUS (Jan. 21 -Feb. 19) You have made an accurate assessment of the situation and have come up with ideas that will save money. Be prepared to counteract the damage that adversaries are about to create. Visit friends or relatives who have been confirmed.

PISCES (Feb. 20-Mar. 20) You will be able to make favorable changes in your living quarters. Take care of matters involving institutions or government agencies. You can make wonderful contributions to any organization that you join.

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BEDROOM FURNITURE SALE

20% OFF individual select bedroom items off regular price.

30% OFF select complete sets excludes rustic furniture.

HARPER'S OUTLET CENTER

Complete Home Improvement and Discount Center

OPEN: M-F • 9 AM - 5 PM • Sat. 9 AM - 2 PM

Hwy. 69 N. Main Marker 52 • Stringtown, Oklahoma • 580-346-7904

Ceramic Tile 69¢ **save 70%** up to Off Retail!

Over 70 Colors! Starting at

Tub & Shower Units \$249.00 **Pre Hung Doors \$99.95**

Shower \$269.00 **Ext. Panel Doors \$139.95**

Int. Panel \$49.95

Kitchen Cabinets

Counter Tops \$4.99 Running Ft.

save 30% Off Retail!

Complete Oak and Plywood Construction!

New Shipment of Tiles! Starting at **79¢** per sq. ft.

Vanities 25" Vanity with Marble Top **\$99.95** Starting at

31" Start at \$119.95

37" Start at \$159.95

Wood Grain 6"x24" Tile Starting at 79¢ per sq. ft.

100 Rolls of Carpet! **33¢** per sq. ft.

NEW SHIPMENT OF CARPET TILES! **289¢** per sq. ft.

24"x24" Carpet Tiles \$104.04 per sq. ft.

You Can Carpet a 12'x12' Room for \$104.04

Save Money on 4x8 OSB!

7/16"\$8.99

5/8"\$12.99

3/4"\$16.49

NEW! Vinyl Plank Flooring \$1.59 per sq.

Bead Boards

16' (1x8).....\$10.56 ea

Vinyl Flooring

Starting at.....22¢ Per Sq. Ft.

Laminate Flooring

Starting at .49¢ per sq. ft.

1st Quality Insulated Stainless Steel Sinks

6" Deep \$39.95

7" Deep \$49.95

8" Deep \$59.95

9" Undermount Sink \$99.95

Linen Cabinets

Sizes in Stock Range From 12"-32" Widths

Starting at \$129.95

29 Gauge Sheet Metal 3' Wide Galvanized Sheet Metal

10'-\$12.99

12'-\$15.99

White Sheet Metal

8'-\$12.67 **10'-\$15.84**

12'-\$19.00