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How One Family Paid Off \$118,000 in Debt

When Amy Kroezen, 29, graduated from the Art Institute of Atlanta in 2008, she couldn't find a job that took advantage of her interior design degree. "I was turned down for job after job, and even advised to go wait tables by a design firm until the economy got better," she says. To make matters worse, she soon had to start payments on her student loan debt. She and her husband, a dance instructor, owed about \$116,000 in student loans and \$2,000 in car payments. "I had no idea how we were going to spend the next 10-plus years paying \$990 a month in debt. How would we ever own a house, have a child and have any quality of life?" Kroezen recalls asking herself. She felt physically ill, just as she

had as a child when she heard her parents talking about money. So Kroezen and her husband, a native of Australia, decided to do something about it. In April 2009, they committed to paying off their debt within four years by dedicating one of their incomes entirely to paying off debt and then living off the other income. At the time, Kroezen and her husband were each earning between \$32,000 and \$35,000. Now a growing family with a 2 and a half-year-old daughter and another baby on the way, they are very close to achieving their goal - and they say their strategy could work well for other families, too. According to a December survey of more than 2,000 adults from Think Finance, an online

financial products company, about three-quarters of Americans will carry debt into the new year, including credit card debt (36 percent) and car loans (28 percent). Here are six strategies that can help those Americans - and you - climb out of debt in 2014:

1. **Downsize.** Not only did Kroezen and her family start living off only one income, but they moved into a cheaper apartment that was minutes from each of their jobs, which meant they could also save money on gas. That also made it easier for them to live off just one income.
2. **Use the envelope system.** Whenever Kroezen got her paycheck, she turned it into cash and then distributed those bills into envelopes dedicated to different costs, including food, rent and other essentials.
3. **Get ready to work and get support.** "It's not easy," Kroezen acknowledges. "You need a good support system whether it's family, your spouse or a friend." She adds that aiming to get out of debt, not become rich, will help keep you from feeling

overwhelmed. 4. **Be super frugal.** Kroezen and her family cut out all spending that

wasn't absolutely necessary. That meant repairing broken items instead of buying new ones, skipping restaurants and making her own coffee. "There

CONTINUED ON PAGE 13

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A man was in his front yard mowing grass, when his attractive blonde female neighbor, Judy, came out of her house and went straight to the mailbox. She opened it, then slammed it shut and stormed back into the house. A little later she came out of her house again, went to the mail box, and again opened it and slammed it shut again. Angrily, back into the house she went. As the man was getting ready to edge the lawn, she came out again, marched to the mail box, opened it and then slammed it closed harder than ever. Puzzled by her actions the man asked her, "Is something wrong?" To which she replied, "There certainly is! My stupid computer keeps saying, YOU'VE GOT MAIL."

Construction Workers Lunch
Three construction workers are on the seventy-fifth floor of a non-finished building. The Italian opens his lunch box to find a pizza and says "Man, if I get pizza one more time I am going to jump off this building and fall to my death!" The Chinese opens his lunch box to find rice and says "Man, if I get rice one more time I am going to jump off this building and fall to my death!" The blonde opens his lunch box to find a cheeseburger and says "Man, if I get a cheeseburger one more time I'm going to jump off this building and fall to my death!" So the next day they all got the same thing and they jumped off the building to their death. That weekend at the funeral, the Italian and the Chinese wives are crying and saying "I would have fixed him something else for lunch but he never told me." And as the two wives stare at the blonde's wife, they both ask why she isn't sad about her husband's death, the blonde replies "Don't look at me, he packs his own lunch."

The Firing Squad
A brunette, a redhead and a blonde get captured and are placed before a firing squad. They are about to be executed and the brunette says "Look...Hurricane" and points to her left while she gets away. The redhead girl says "Look...Tornado", points and gets away. Finally the blonde tries to do the same thing she says "FIRE"



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Put a Stop to These 5 Dog Behavior Problems

Having guests over can be stressful if your pets aren't properly prepared for company. Consider Jackson the Papillon who shakes, cowers and paces when company arrives. Or Katie the Westie, who growls and bares her teeth when table scraps fall near her. Or Bosque the Goldendoodle, who jumps, barks and causes general mayhem every time the doorbell rings.

Here are five common behavior pitfalls and some quick tips for managing - or avoiding - each of them.

Problem #1: Fear of People
If there have been more people in the house than normal, this can cause fear and aggression to escalate. A stressed-out dog may snap at or bite a guest, which is why it is so important to help your dog manage his fears. Solution: If your dog is most anxious when guests arrive, having visitors greet him in the right manner can have a calming effect. If he is overwhelmed by extra people in your house, create a getaway space for him where he can be safely separated from the crowd. And for a big party or event, consider taking him to doggy day care or boarding him. Of course, if your dog is aggressive toward or overly fearful of people, it's important to get professional help, starting with your veterinarian.

Problem #2: Excitability

Is your dog already the excitable type? Then having a party may increase his enthusiasm and activity level. Barking incessantly, jumping on guests and racing around your house are just a few of the problems you may face with a bulldozer-type dog.

Solution: Put a front clip harness or head halter on your dog and attach a leash before guests arrive. With the right equipment, you can more easily control your dog's forward motion and prevent him from assaulting friends and family as they come through the door. If possible, greet guests outside. Most dogs are able to calm down more easily when greeting in an open area, like your front porch, rather than a closed in space, like the entryway. Promote calm behavior by rewarding your dog with high-value treats for behaviors like sitting, looking at you and keeping all four paws on the floor. Once the initial greeting is over, most dogs will settle down, especially if given a food puzzle or toy to keep them busy.

Problem #3: Door Dashing
Every time the doorbell rings, your dog sees it as an opportunity to make a run for it - and if you are having a party, it can seem like there's always someone at the door. It's no wonder dogs attempt to escape. Bolting out the door equals freedom to run and explore, but it can easily end in disaster.

Solution: To prevent door dashing, clip a leash on your dog or put up a doggy barrier before you open the door. In addition, train your dog to wait at all doors in a calm manner, a behavior that takes only a few steps to teach. Practice this during the year when you are having company over.

Problem #4: Resource Guarding

Dogs that are growly over sacred possessions have significant problems when there are more people to guard those things from. Prized items are often, but not always, food: I worked with a Cocker Spaniel who would become growly over things like used Kleenex and gum wrappers.

Solution: If your canine happens to get into something he shouldn't and is guarding his ill-gotten treasure, don't confront him; instead, distract him. Successful distractions include ringing the doorbell, opening the fridge, starting the car or putting on your shoes - all of which signal something exciting about to happen. If other people are around, have someone else grab the forbidden item when the dog moves toward the distraction; if you are home alone, contain your dog in another room or behind a barrier before retrieving the prized item. Keep all tempting items, including the garbage can, out of your dog's reach. When you're serving food,

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consider putting your pooch in a dog-proofed area away from the table or buffet - and separate your dog from guests when feeding him his meals. Do not give your dog items likely to incite guarding, like pigs ears. Finally, talk to your veterinarian about ways to properly address your dog's guarding behavior.

Problem #5: Chewing
Dogs will chew on just about anything. One Labradoodle I trained would pull items like Native American artifacts and framed pictures off the wall to eat. Canines need homes as doggy-proofed as possible. Solution: If your dog is a notorious chewer, supervise him carefully and interrupt

any attempt to chew on nondoggy items. Provide ample chew toys to gnaw on instead, and praise appropriate chewing. If supervision is not possible, place him in a doggy-proofed area when not being watched.



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HAPPY, HAPPY, HAPPY NEW YEAR!

The latest verbal faux pas to catch nationwide heat was of course, a duck call straight from the swamps of Louisiana. In the few short weeks that have spanned the controversy, people



By: Gina Stanley

were offended; offender was suspended; supporters rallied; semi-supporters pointed out reasons not to support; talking heads talked on and on through various cable channels and a network caved to financial pressures. Reality television viewers everywhere can breathe a sigh of relief that the Robertson clan will be back

this month, ready to entertain with their aw-shucks, down-home mischief and millionaire hillbilly lifestyle. I'm not interested in re-hashing exactly what was said in the original interview for GQ magazine, or weighing in on whether he's right or wrong. Lot's of people already have. I was a little stunned at the number of bloggers and columnists out there who began their scathing editorials with words like "I don't watch Duck Dynasty and I didn't read the interview, but here's why he was wrong to say what he said and why we should all ostracize him."

Maybe it's just me, but before I call for a punishment, I would darn sure be fully aware of what was so offensive. He's been labeled homophobic. Robertson also listed adultery as a major problem for our culture so I'd say he's spreading the blame around to heterosexuals as well. He's been accused of forcing his religious beliefs on others. Robertson didn't jump on a platform with bullhorn in hand. He simply answered a question honestly. That question, by the way, was asked by a savvy reporter for a liberal-leaning magazine who knew full-well the religious beliefs of the Robertsons. The answer was no surprise to anyone, including A&E. What he gave in that

interview was honest dialogue – something we clamor for but seem incapable of accepting. We don't come close to getting it from our politicians. Celebrities have been selling us their version of themselves for years. Even within our own families it can be hard to tell and hear the truth.

So here comes the duck guy with his honesty just laid out there. And for the parts that seemed most offensive to our delicate society, he used the Bible as backup. It may not be the religion everyone uses, but it's sacred to him. Would the same people who vilified Robertson also belittle a

person's beliefs in the writings of the Quran or the Torah? His delivery may be a bit rough around the edges. I mean, c'mon – the dude is a camo-wearing, beard growing, college educated, wildlife-hunting man's man. But in less publicized parts of the interview, he also talked emphatically about love over hatred, repentance, and turning it all over to God.

I think the story here isn't a bitter man who hates people different from himself. I think it's an honest man who loves because his God told him to, but is willing to speak his truth openly to everyone regardless of the popular cultural tides. Not an easy thing to do these days. May 2014 bring acceptance – of differences AND honesty.



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A Novel Look At Work

America's history as a nation of workers has long been seen in published works of all kinds—fiction, nonfiction, plays and poetry. Now, to commemorate its centennial, the U.S. Department of Labor has created a Web-based project: Books that Shaped Work in America (<http://dol.gov/books>).

"The Books that Shaped Work in America initiative explores the dignity of work and our progress in expanding America's fundamental promise of opportunity for all through the lens of literature," said U.S. Secretary of Labor Thomas E. Perez.

"Think of this as an online book club where people can share books that informed them about occupations and careers, molded their views about work and helped elevate the discourse about work, workers and workplaces. At the same time, the site provides a unique way to learn about the mission and resources of the U.S. Department of Labor." Books already on the list include "Uncle Tom's

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1714 Typewriter patented by Englishman Henry Mill (built years later)
1784 1st US seed business established by David Landreth, Philadelphia
1785 1st balloon flight across English Channel (Blanchard & Jeffries)
1789 1st national (Presidential) election in US
1817 2nd Bank of the United States opens
1822 1st printing in Hawaii
1822 Liberia colonized by Americans
1861 Florida troops takeover Fort Marion at St Augustine
1868 Arkansas constitutional convention meets in Little Rock
1868 Mississippi constitutional convention meets in Jackson

1890 W B Purvis patents fountain pen
1892 Mine explosion kills 100, Krebs OK-blacks trying to help rescue white survivors, driven away with guns
1893 Hermann Sudermanns "Heimat" premieres in Berlin
1894 Motion picture experiment of comedian Fred Ott filmed sneezing
1896 Fanny Farmer publishes her 1st cookbook
1899 Walter Camp publishes his 1st All-American football team in Collier's
1913 William M Burton patents a process to "crack" petroleum
1914 1st steamboat passes through the Panamá Canal
1916 German troops conquer Fort Vaux at Verdun
1923 Baltimore Sun warns of Ku Klux Klan
1927 Commercial transatlantic telephone service inaugurated between New York & London
1927 Harlem Globetrotters play 1st game (Hinckley IL)
1929 "Tarzan", one of the 1st adventure comic strips, 1st appearance
1929 1st telephone connection between Netherlands & East Indies
1939 US worker's union leader Tom Mooney freed (jailed since 1916)
1942 WWII siege of Bataan starts
1944 Air Force announces production of 1st US jet fighter, the Bell P-59
1945 Lord Haw-Haw reports total German victory at Ardennen
1946 Cambodia becomes autonomous state inside French Union
1947 Australia vs England at MCG drawn in 6 days, 1st cricket draw in Australia since 1882
1948 US President Truman raises taxes for Marshall-plan
1949 1st photo of genes taken at University of Southern California by Pease & Baker
1950 Mental health wing of Mercy Hospital burns, kills 41 (Davenport IA)
1950 "Happy as Larry" closes at Coronet Theater New York City NY after 3 performances
1950 Hank Snow's 1st appearance on "Grand Ole Opry"
1952 French Plevin government falls
1953 President Truman announces development of the hydrogen bomb
1955 Marian Anderson becomes 1st black singer to perform at the Met (New York City NY)
1961 Trucial States (now UAE) issue their 1st postage stamps
1962 AFL Pro Bowl West beats East 47-27
1963 1st class postage raised from 4¢ to 5¢
1967 "Newlywed Game" premieres on ABC-TV
1969 US Congress doubles presidential salary
1970 Farmers sue Max Yasgur for \$35,000 in damages caused by "Woodstock"
1972 Iberian Airlines crashes into 800' peak on island of Ibiza, 104 die
1972 Lewis F Powell Jr becomes a Supreme Court Justice
1972 William Hubbs Rehnquist, sworn in as Supreme Court Justice
1973 "Purlie" closes at Billy Rose Theater New York City NY after 14 performances

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Clock is ticking on use of some antimicrobial drugs

New rules shift oversight of 'medically important' feed antibiotics from livestock producers to veterinarians

News that the U.S. Food and Drug Administration is taking steps to help phase out the use of certain antimicrobial drugs as growth promoters in livestock means there's now a timeframe in place for livestock producers to adjust production practices, said Kansas State University veterinarian Mike Apley. The guidelines apply to drugs considered "medically important," which the FDA describes as being important for treating human diseases. Cattle production will be less affected than swine because cattle growth promoters are typically ionophores, which are not considered medically important, said Apley, a professor of clinical sciences in K-State's College of Veterinary Medicine. "This news means the clock is ticking. Livestock producers and pharmaceutical companies have three months and



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three years to get it done," he said, referring to a three-month comment period which will be followed by a three-year period for drug companies to voluntarily revise FDA-approved labeled use conditions. FDA Provides Guidance He referred to a Dec. 11 by the FDA called Guidance 213 (GFI 213) which provides guidance for drug companies to voluntarily revise the FDA-approved labeled use conditions to:

- remove the use of antimicrobial drugs for production purposes;
- add, where appropriate, scientifically-supported disease treatment control or prevention uses; and
- change the marketing status from over-the-counter to Veterinary Feed Directive (VFD) for drugs administered through feed or to prescription status for drugs administered through water in order to provide for veterinary oversight or

consultation. In its announcement, the FDA stated that "certain antimicrobials have historically been used in the feed or drinking water of cattle, poultry, hogs and other food animals for production purposes such as using less feed to gain weight. Some of these antimicrobials are important drugs used to treat human infection, prompting concerns about

the contribution of this practice to increasing the ability of bacteria and other microbes to resist the effects of the drug. Once antimicrobial resistance occurs, a drug may no longer be as effective in treating various illnesses or infection. The new document finalizes guidelines issued last year, Apley said, when the FDA determined that the use of medically important

antibiotics for growth promotion is injudicious and will be phased out. The guidelines also specified that all medically important

antibiotics administered in feed or water (including milk replacer) will be administered only with veterinary oversight in the

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form of a VFD. Apley said FDA officials have been working closely with the American Veterinary Medical Association and also taking comments from stakeholders into consideration in order to develop the guidelines. The guidelines are voluntary, but he expects the pharmaceutical industry to cooperate. "The FDA [said] on a conference call this week that Zoetis and Elanco have already indicated they would comply with the guidelines," he said. Until now, livestock producers could buy and administer antimicrobial drugs in the feed and water to food animals to prevent, control or treat disease, and to improve performance without veterinary oversight. The new rule removes the uses for improving performance and shifts oversight of the remaining uses to veterinarians. What It Means for Producers "In swine, our estimates indicate that this will remove about 16 percent of the use of medically important antibiotics in feed for growing swine,"

Apley said, citing studies conducted in the past six years. "In cattle, the primary growth promotant antibiotic use is with ionophores, which are not considered medically important so the cattle industry will be minimally affected," he said. With the use of tetracyclines, he added, research suggests that low concentrations of antibiotic used for growth promotion is probably the least likely to cause alterations in the intestinal tract, while higher prevention/control concentrations have much more of an altering effect. "We should be clear that this action is about decreasing the use of antibiotics in food animals, not about having clear evidence that growth

promotion uses are driving problems in human therapy," Apley said. "We have very little knowledge of the relative effect of magnitude and duration of antibiotic exposure on bacterial populations, regardless of someone who think they do," he said. "So, the result is lopping off the most politically acceptable antibiotic use category, with no evidence that it is more, or even as much of a problem than other higher exposures. This is a troubling precedent when we eventually evaluate some prevention and control uses in the future." "While the new rules mean some antimicrobial drugs will be removed from livestock production, no one should think that it's

removing a substantial amount," Apley said, adding that "the public perception of the amounts of such drugs used in food animals for growth promotion has been intentionally inflated for purposes of agenda advancement by some groups." To help phase in veterinary oversight of drugs that move from over-the-counter to VFD status, the FDA released a proposed rule for public comment that updates its existing regulations relating to VFD drugs. The proposed rule allows for changes to the VFD to attempt to decrease the load on veterinarians and feed mills, the veterinarian said.



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Trebling tobacco tax 'could prevent 200 million early deaths'

(Reuters) - Trebling tobacco tax globally would cut smoking by a third and prevent 200 million premature deaths this century from lung cancer and other diseases, researchers said on Wednesday. In a review in the New England Journal of Medicine, scientists from the charity Cancer Research UK (CRUK) said hiking taxes by a large amount per cigarette would encourage people to quit smoking altogether rather than switch to cheaper brands, and help stop young people from taking up the habit. As well as causing lung cancer, which is often fatal, smoking is the largest cause of premature death from chronic conditions like heart disease, stroke and high blood pressure. Tobacco kills around 6 million people a year

now, according to the World Health Organization (WHO), and that toll is expected to rise above 8 million a year by 2030 if nothing is done to curb smoking rates. Richard Peto, an epidemiologist at CRUK who led the study, said aggressively increasing tobacco taxes would be especially effective in poorer and middle-income countries where the cheapest cigarettes are relatively affordable. Of the 1.3 billion people around the world who smoke, most live in poorer countries where often governments have also not yet introduced smoke-free legislation. But increasing tobacco tax would also be effective in richer countries, Peto said, citing evidence from France, which he said halved cigarette consumption from 1990

to 2005 by raising taxes well above inflation. "The two certainties in life are death and taxes. We want higher tobacco taxes and fewer tobacco deaths," he said in a statement. "It would help children not to start, and it would help many adults to stop while there's still time." While smokers lose at least 10 years of life, quitting before age 40 avoids more than 90 percent of the increased health risk run by people who continue smoking. Stopping before age 30 avoids more than 97 percent of the risk. Governments around the world have agreed to prioritize reducing premature deaths from cancer and other chronic diseases in the United Nations General Assembly and in the WHO's World Health Assembly in 2013. They also agreed to a target of reducing smoking by a third by 2025. The CRUK analysis found that doubling the price of cigarettes in the next decade through increased taxes would cut worldwide consumption by about a third by that target, and at the same time increase annual government revenues from tobacco by a third

from around \$300 billion to \$400 billion. This extra income, the researchers suggested, could be spent on boosting health care budgets. Peto noted that the international tobacco industry makes about \$50 billion in profits each year, saying this equated to "approximately \$10,000 per death from smoking". "Worldwide, around half a billion children and adults under the age of 35 are already - or soon will be - smokers, and many will be hooked on tobacco for life. So there's an urgent need for governments to find ways to stop people starting and to help smokers give up," said Harpal Kumar, CRUK's chief executive. He said the study, which examined 63 research papers on the causes and consequences of tobacco use in many different countries, showed tobacco taxes are "a hugely powerful lever". They are also potentially a triple win, Kumar said, cutting the number of people who smoke and die from their addiction, reducing the health care burden and costs linked to smoking and at the same time increasing government income.

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One Family...Continued
 will be times you feel depressed over it, but remember the end result is going to outshine all that," she says.
 Her family still lives on about \$19,000 a year, so they can save the rest. She even built her own furniture when her family moved into a new house, and asked family members for power tools as gifts for Christmas. She's since built a king-size bed, dining table and toy box. She also makes her own cleaning supplies and grows some of her family's food, too.
 5. Pay off the most expensive debt first. Not everyone abides by this approach, and instead prefers to pay off the smallest debts first to build momentum and a sense of accomplishment, but many financial advisors recommend paying off the most expensive debt first.

That helps reduce interest and fee payments. Credit card debt is often the most expensive debt that people carry, followed by auto loans and student loans. Any debt with a variable rate can go up quickly when interest rates start to rise.
 6. Stay inspired. Certified financial planner Jude Boudreaux learned how to stop overspending with the help of a vision book - a collection of images of financial goals, which helped keep him and his wife focused and on budget. Boudreaux's vision book includes images of where they want to vacation and their condo, which they want to pay off. He flips through it when he needs to remind himself to avoid spending on unnecessary items.
 Now, Kroezen and her family live in Nashville, where Kroezen is a stay-at-

home mom and her husband works in the insurance industry. Kroezen has paid off \$103,168 of her student loan, and she says she would have completely paid it off were it not for the birth of her daughter. She and her husband also bought a home and put down a \$20,000 down payment on it. They pay off their credit card bills in full each month.
 "We will attack the mortgage in the same way as the student loan, although we may take a month off and buy some clothing, which we haven't done in years," Kroezen says. Her family is also growing, with another baby on the way.
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MEDICATION AND HIGH BLOOD PRESSURE: A NEWS UPDATE

I am not from the medical field but wish to update readers on information that affects their nutrition and general health. The following is an update from Communicating Food for Health written by Dr. James Kennedy.
 New blood pressure guidelines are causing quite a buzz this week. According to recommendations published in the Journal of the American Medical Association (JAMA), fewer older Americans will need to take blood pressure medications. This is a dramatic shift from the older guidelines, which had been in place for the last 30 years.
 Let's back up for a moment. Roughly 78 million American adults are affected by high blood pressure, which is also known as hypertension.

The previous guidelines had stated that people should have a blood pressure reading of no more than 140/90. These same guidelines advised people with higher blood pressure levels to take medication and make lifestyle changes in order to get their numbers back down.
 Now, however, that guideline is changing. According to the report itself, "There is strong evidence to support treating hypertensive persons aged 60 years or older to a BP goal of less than 150/90 mm Hg [...] however, there is insufficient evidence in hypertensive persons younger than 60 years for a systolic goal, or in those younger than 30 years for a diastolic goal, so the panel recommends a [blood pressure] of less than 140/90 mm Hg for those groups based on expert opinion." (JAMA).
 In other words, the report states that older Americans need to bring their blood pressures below 150/90, rather than below 140/90. The latter levels are for people under the age of 60. According to USA Today, the report's lead author, Paul James, stated that "there's no data to show that older people get any benefit from further reducing their blood pressure to 140/90."
 So, where did the evidence for this claim come from? The abstract of the report from JAMA states, "Evidence was drawn from randomized controlled trials, which represent the gold standard for

determining efficacy and effectiveness. Evidence quality and recommendations were graded based on their effect on important outcomes." The review of this evidence took 5 years and included recent studies.
 According to the study authors, the risks of getting blood pressure below 150/90 in older adults far outweigh the benefits. Some medications can lower blood pressure too far, causing dizziness and even falls. Others can interact with additional drugs, and many have at least some side effects.
 Let's take a moment to explore the reactions from doctors and other health professionals. After all, these new guidelines have been changed rather significantly.
 USA Today revealed that "Elliott Antman, the president-elect of the American Heart Association, says he's concerned that the new guidelines could leave some Americans with untreated but serious high blood pressure, putting them at greater risk of health problems." According to the New York Times, "When I discuss this with my colleagues and friends in the community, most are pretty livid," said Dr. George Bakris, the director of the hypertension center at the University of Chicago.
 "Even if we assume that the drugs have no adverse effects and they only lower blood pressure, this means the risk of dying from a

cardiovascular disease event is about 4 times greater with medically-controlled hypertension than it is in someone the same age maintaining an optimal BP with diet and lifestyle. So here is the problem for doctors. Do they tell their patients that blood pressure medications have a zero percent cure rate, that even if their blood pressure is medically 'controlled' with drugs, their risk of a fatal or nonfatal heart incident is likely higher than if they were smoking a pack of cigarettes daily but maintaining an optimal blood pressure level without drugs?"
 Bottom line is, people shouldn't read the report and then toss their medications out the window. Stopping blood pressure drugs suddenly can cause significant side effects. In fact, it's wise for people who want to phase down their medications to talk with their doctor first.
 For more information in Pittsburg County, call 918-423-4120 or log onto www.oces.okstate.edu/pittsburg. LaDell Emmons is the Extension Family and Consumer Sciences Educator for the Pittsburg County Oklahoma Cooperative Extension Service (ladell.emmons@okstate.edu).

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OKLAHOMA OBITUARY NOTICE:

Notices are a free public service offered by the Oklahoma Bargain Journal. If you would like your loved ones full notice announced, please instruct your funeral Director to include our Publication for announcements.

Delbert Warren

of Haileyville, OK passed Sunday December 29, 2013 at St. Francis Hospital at the age of 54



Delbert Warren was born on March 4, 1959 in McAlester to Dwite and JoAnn (Madden) Warren. He graduated from Haileyville High School and has lived there all his life. He worked in security and law enforcement for numerous years. He retired from the Haileyville Fire Department and was a paramedic for the Hartshorne ambulance service for many years. Delbert married Waynola Breckenridge on Dec. 17, 1998 in Haileyville and was affiliated with the First Baptist Church of Haileyville.

SURVIVING RELATIVES: Wife Waynola Warren of the home, 3 daughters, Jessica Stidmon of Hartshorne, Kristan Barrett and husband Daniel of Haileyville, Brittany Warren and John Polm of Gowen, 9 grandchildren, Brother and sister-in-law, James and Linda Warren of Houston, Sister and brother-in-law, Carol and James Wilson of Bothell, Wash., 3 nieces and 1 nephew. He was preceded in death by his parents and grandparents. Delbert was laid to rest Friday, January 3, 2014 at Elmwood Cemetery in Hartshorne, Oklahoma.

FUNERAL ARRANGEMENTS ARE UNDER THE DIRECTION OF BRUMLEY-MILLS FUNERAL HOME OF HARTSHORNE, OKLAHOMA.

Danny Hamilton

of McAlester, passed Monday, December 30, 2013, at St. Francis Hospital in Tulsa at the age of 62

Benny Chavers

of McAlester, passed Sunday, December 22, 2013, in McAlester at the age of 55

Alexis Nicole Poore

of Talihina, passed December 11, 2013, in Poteau at the age of 19

Jessie Dawn Boller

Former Wewoka resident Jessie Dawn Boller, age 32 passed away on Monday, December 30th, 2013 at the Allen Presbyterian Hospital after a short illness. Jessie was born on April 7, 1981 in Wewoka, OK to the late Russell Brad Bowden her adopted father and Debora Gayle Sneed. Jessie graduated from McAlester High School and attended East Central University in Ada, Oklahoma where she received a Bachelor of Arts degree. At present she was employed by Real Page Software as a staff trainer. Jessie loved to run in marathons and was a body builder. She was a very successful business woman and had been the founder of "Not One More Time" for abused women. She was a great mother to her two children and a mentor for young women and very active in fundraiser. She loved to go to Falls Creek.



Jessie is preceded in death by her adopted father Russell Brad Bowden, grandfather H.B. Calvert, and grandmother Janice Belshe.

Survivors include her two children Colby Tad Bowden and Kaden Charles Boller, biological father Jimmy Wayne Calvert and step mother Janna Calvert, mother Debora Gayle (Sneed) Calvert, and step-father Terry Calvert; sister Shanna Calvert Aranda of Oklahoma City, brothers Byron Calvert of Maud, and Austin Calvert; maternal grandparents Glenna Sneed, Don and Linda Sneed, paternal grandparents, Jan Calvert, Richard and Ruth Ann Bowden, and a host of other relatives and friends. She will be greatly missed by all that knew her.

Funeral services were held Saturday, January 4, 2014 at New Life Church Rev. Sam Ketchum and Pastor Tommy Azlin officiated. Jesse was laid to rest at Oakwood Cemetery in Wewoka. Services are under the direction of Stout-Phillips Funeral Home in Wewoka, Oklahoma.

Otis Doyle Robinson

of Hugo, passed Wednesday, December 25, 2013, in Hugo at the age of 85

Ronald Max "Ron" McCoy

of McAlester, Oklahoma passed Monday, December 30, 2013 at Hillcrest Medical Center the age of 68



Services were held at the Southeast Expo Center in McAlester on Thursday, January 2, 2014 under the Direction of Bishop Funeral Service. Ron was laid to rest at Memory Gardens Memorial park Cemetery in McAlester, Oklahoma.

Born July 30, 1945 in McAlester, Oklahoma the son of William Archie and Louise Lucille (Cheek) McCoy. Ron grew up and received his education in McAlester, graduating with the senior class of 1964. He then attended various colleges before serving in the U.S. Air Force during Vietnam. Ron would later return to McAlester to make his home.

While in McAlester, Ron served as Personnel Director at the prison, built and opened multiple 7-11 stores and operated the McAlester Tag Agency for 30 years.

Ron belonged to the Elks Lodge, American Legion and VFW. He was a proud supporter of the McAlester Police Department and the youth shelter. Ron also enjoyed making campaign signs and helping others.

He is survived by: Daughter, Michele McCoy of Moore, Oklahoma. Sisters, Loretta Selph of Sand Springs, Oklahoma. Charlene Beck of McAlester, Oklahoma. Sister-in-law, Sally McCoy of Pryor, Oklahoma

Grandchildren: Thomas, Kaleb and Eliana Cunningham of Springdale, Arkansas

He is also survived by numerous nieces, nephews, other relatives and friends.

He was preceded in death by: his parents, William A. and Louise McCoy; a sister, Wanda Mae Nichols; two brothers: James W. McCoy and Jerry McCoy; two brothers-in-law, Jack Selph and J.C. Beck.

Active Pallbearers were Thomas Cunningham, Kaleb Cunningham, Steven Lewis, Randy McCoy, Garry McCoy and Larry Cuzalina

Honorary Pallbearers were Jim Lyles, Joel Kerns, Brett Brewer, Judge Steven Taylor, Judge Tom Bartheld, and Judge James D. Bland

Memorials: In lieu of flowers please send donations to the McAlester Youth Shelter

Editors Note: Ron I will miss our conversations, our laughter and everything about you. You have led and guided me through many times in my life and have been a true friend. I will miss you but know someday we will meet again. I love you my friend. Barbara

HOME TOWN BITS

What is going on in your community? We want to hear from you! Send your Hometown Bit to bargainjournal@sbcglobal.net

Eagle Watch-January 03, 2014 to January 11, 2014

Join the staff at the Salt Plains National Wildlife Refuge for a fun-filled, family adventure searching for bald eagles that winter in Oklahoma. During the first two Fridays and Saturdays in January, bring the whole family and meet at the refuge headquarters for this outdoor activity perfect for the entire family or solo nature-lovers. Make sure to wear neutral-colored clothing and prepare to witness as majestic eagles soar above. Be

sure to dress appropriately for cold weather. Reservations for this eagle watch are required.

Jan. 3-4: 4-6pm, Jan. 10-11: 4-6pm

Salt Plains National Wildlife Refuge-Jet, OK Show-January 09, 2014 to January 11, 2014

Make your way to the Oklahoma Winter Quilt Show in Oklahoma City to learn, shop and get great ideas about quilting.

This quilt show includes numerous vendors, seminars, demonstrations, workshops, make-and-take-it projects, stage presentations, a quilt contest and more. Admire hundreds of beautiful quilts on display at the Oklahoma Winter Quilt Show, and be inspired by their creative, stunning designs.

Special guests include teachers DeLoa Jones, Connie Spurlock, Kathy McNeil as well as many others. Quilting experts and novices alike will enjoy this event.

Cox Pavilion at State Fair Park-3001 General Pershing Blvd-Oklahoma City, OK

Hennessey Hometown Hootenanny-January 11, 2014

Come to the Hennessey Hometown Hootenanny and enjoy an evening of country, bluegrass, gospel and folk music featuring area musicians and local entertainment acts. Michael Haden and Buck Goucher are two locals who play regularly at this event and many times their musical family members join them on stage. Expect to hear all the classics of Johnny Cash, Hank Thompson and Ernest Tubb. Other artists at the event include local music students and former theater performers. A concession stand is available during intermission.

525 S Main St-Hennessey, OK

Eagle Tour-January 11, 2014

Stop by the Three Forks Nature Center in beautiful Sequoyah State Park for a tour to view eagles in their natural habitat. This eagle tour, which highlights the Fort Gibson and Hulbert area, begins with an overview of eagles at the nature center.

This program is followed by an educational eagle video and a chance to meet the nature center's live eagle. Enjoy doughnuts, coffee and hot chocolate before the caravan trip over to the Fort Gibson Dam to search for the bald eagles that winter in Oklahoma. Bring your binoculars and enjoy watching eagles soar over the lake and see them in their nesting areas. Along the way, other bird species can be seen, including loons and cormorants.

Sequoyah State Park-19460 Park 80-Hulbert, OK

OKC Gun Show- January 11, 2014 to January 12, 2014

For a high quality gun show with great prices and selection, visit the OKC Gun Show in Oklahoma City. Held at the Southeast Expo, this gun show will feature antique, collectible, vintage and modern firearms. Stop by the OKC Gun Show to see what you've been missing. Oklahoma State Fair Park-3001 General Pershing Blvd-Oklahoma City, OK

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**NO MORE THAN TWO SOUND OFFS PER PERSON PER WEEK!
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Hello my name is Rick and I would like to ask why is this happening? I can't believe that the Judge would dismiss the case against any child molester. I can't believe that the Prosecuting Attorney, The DA's office or anyone did anything to see that the defendant was punished for the crimes against the little girl. This should never have happened. I can't believe there is any laws that say if you are mentally incompetent that you can rape, molest and abuse little girls over and over and receive no punishment or at the very least some sort of mental help or counseling. I wonder what would have happened if the abuse victim were the Judges, someone in the DA's office or any of the Attorneys Daughter or Granddaughter. This doesn't require an Attorneys degree or any Law degree it just requires basic common sense. You don't help the War on Domestic Violence, Abuse, Rape or Molestation by allowing the perpetrator to get away! With committing the crimes over and over and receive absolutely no punishment. What about the victims? What about the innocent little children that have to endure the rapes, molestation's and abuse over and over? I see more and more people getting away with abuse crimes. When is it going to end? You can have all the Community Agencies, The State agencies, The Federal agencies, Abuse Shelters in every town and city, all the toll free numbers that you want but that will never stop the Abuse. Abuse can only be stopped by Education. Abuse can only be stopped when enough Judges, District Attorneys and even Attorneys stand up and say I am going to help this victim. Abuse can only be stopped by Women abuse victims standing up and not allowing the abuse to continue. There should be classes in every School and College that teaches the young girls and young women that abuse is wrong and they should never allow or live with the abuse. The young boys and young men also need to be taught that abuse in any form is wrong. I don't know the little one that had to endure the abuse, but I am so sorry that you had to endure this. You should have been protected by someone. The Laws, The Courts, The Justice System let you down. When are we all going to wake up and see? When are we all going to end the abuse, rape, molestation and killing of all the innocent little children all over the world? When are we going to end the Domestic Violence and Abuse all over the world. When does it stop? What does it take? Why is this allowed to happen? Sincerely: Rick Tubbs

Christmas lights are coming down all over town, but it was wonderful to see so many families lighting up their homes in honor of the Light of the World, celebrating His birthday, and acknowledging (even if some folks don't believe in Him) that CHRISTmas (meaning Christ worship) is a vital part of the foundation and society of our nation.

Does anybody know what's going on at S. 4th and E. Seneca? The water department has worked there a little, off and on for 2 months or more, but water is still pouring down the hill, covering the whole street curb-to-curb and freezing at times into an ice skating rink. Who is paying for all this wasted water? Us taxpayers?

Again, lets blame everyone else for the problems we created for ourselves.

LETS PLAY SUDOKU

The object is to insert the numbers in the boxes to satisfy only one condition: Each row, column and 3x3 box must contain the digits 1 through 9 exactly once. What could be simpler?

ANSWER TO THIS WEEK'S PUZZLE ON PAGE 5

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

Is there anything legally I can do about keeping a certain religious group off my property? I have verbally told them to leave over and over and they don't and laugh at me, I have signs posted "No Trespassing", I was wondering how much trouble I would get into legally if I used a stun gun on them. If anyone has any information could you please let me know. Thank you.

(Editor's Note: Violence is never the answer. Contact your local police department and file a complaint or contact the pastor of the particular group and ask that they remove your address.)

We have been buying Holiday Dinners for years for Thanks Giving and Christmas from the same company. I have observed a few things that has began to bother me. I do not feel that a company like them should be taking flat rate shipping boxes from the United States Postal Service packing their prepared dinners in them and selling them to the public. They are free only because they are intended to be shipped not to carry your dinners that people pay for. It is absolutely not legal to do what you using these boxes for. It is a violation of Federal Law, USC Title 18, to intentionally misuse USPS provided mailing materials for purposes other than shipping. I find it ridiculous for such a thing to be happening. I am going to ask you to please stop, you can afford small boxes without stealing them.

To whom it may concern: Southeastern State college and the Choctaws are proposing to increase the size of the airport. The planes go over peoples homes and scare them. I feel the airport should be completely town down, I feel a petition should be circulated because right across the river is an airport that can land a 747 or anything else. So I feel it renders this one obsolete. Thank you and have a nice new year.

The true meaning of love: Love and care for someone not only when they are doing something for you. Love is a twenty four hour a day, 7 day a week commitment. I have learned recently that not everyone applies this rule and only love when they are receiving. My New Years resolution: Make better choices on who to extend help to and remove the heartache from my life from those who were only here to get what they could.

Did I get excited, along with all the other residents of McAlester, with the news of the resignation of 6th ward City Councilman Frank Sam Mason? Then I said, "Wait just a minute!" This is only the beginning step in getting McAlester back as a progressive city. Don't be so excited yet I thought. We can't be excited completely until Mayor Steve Harrison resigns and two City Councilmen don't file for re-election. Mayor Harrison is said to be the worse Mayor ever to hold the office in the history of McAlester. I think the folks who have been talking about a petition to oust Mayor Harrison should move forward with that petition. Although, you would hope Mayor Harrison would admit his is in over his head and would realize his position is more than a bean counter can handle. If Mayor Harrison would man up and step down it would be the Manley thing to do for the betterment of McAlester. After all you must remember, a petition got Sherry Cooper out of town and the petition that was about to be circulated on Mr. Mason put him to thinking and he decided to hit the road, before the petition got started.

Having said all that..... Mr. Harrison save us all the time and trouble of petition name gathering and give McAlester a fighting chance...JUST GO HOME.

Dave Cupp

There has been so much speculation, rumors and fear over O'Bama Care from so many that really have no clue how the program actually works or it's purpose or intent. I have read the information and have informed myself over what this really means for me as a low income individual and American citizen. I will not be partaking in the program and I guess I will have to be fined. As an American citizen, it should be my right whether or not to partake in this program. So I guess I will be one of the millions that said no. Thank you

Pastors Isaiah & Amber Thompson-Hogan and the members of Christ for the World of Muskogee would like to invite you to our Prophetic Glory Service every Sunday at 10:30 am. We are located at 120 Nth 24th St. in Muskogee, Oklahoma. We also have a mid-week service Wednesday evening at 7:00 pm for all age groups. If you need a ride and live in the Muskogee area don't hesitate to give us a call at (918) 684-9963. A Church Alive Is Worth The Drive. We will see you this Sunday!

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McAlester Stockyards Market Report

Tuesday Dec. 17th, 2013, sold 1600 cattle. Steers \$4 to \$58 Higher. Heifers \$3 to \$8 Higher. No sale Dec 24 and 31st. "Do not give what is holy to the dogs; nor cast your pearls before swine, lest they trample them under their feet, and turn and tear you in pieces." (Matt. 7:6)

Weight Range	#1 Steers	#1 Heifers
225 to 300 lbs.	\$225 to \$259	\$190 to \$210
300 to 350 lbs.	\$227 to \$247	\$189 to \$202
350 to 400 lbs.	\$215 to \$237	\$186 to \$200
400 to 450 lbs.	\$216 to \$230	\$186 to \$199
450 to 500 lbs.	\$199 to \$212	\$173 to \$187
500 to 550 lbs.	\$190 to \$201	\$162 to \$175
550 to 600 lbs.	\$172 to \$185	\$153 to \$166
600 to 700 lbs.	\$163 to \$179	\$144 to \$156
700 to 750 lbs.	\$149 to \$161	\$131 to \$145
800 to 850 lbs.	\$150 to \$155	\$125 to \$139

380 Cows/Bulls sold at the evening sale.
Packer Cows \$2 to \$3 Higher. Packer Bulls \$6 Higher.
High yielding packer bulls sold from \$103 to \$110
Average yielding packer bulls sold from \$97 to \$100
Low yielding packer bulls sold from \$90 to \$95
High yielding packer cows sold from \$83 to \$93
Average yielding packer cows sold from \$79 to \$85
Low yielding packer cows sold from \$70 to \$80

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WEEKLY MARKET REPORT

Compared to 2 weeks ago: Steers 4.00-7.00 higher. Heifers steady to 3.00 higher. Demand good. Quality very good, several attractive especially light weight cattle. Supply includes 26 percent over 600 lbs; 41 percent heifers. Slaughter cows steady. Slaughter bulls steady to 3.00 higher. Packer demand good. A total of 243 cows and bulls sold with 67 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
36	300-345	324	220.00-231.00	225.24	24	300-343	329	183.00-193.00	191.30
25	350-390	368	211.00-225.00	220.71	26	355-395	376	189.00-198.00	192.51
36	400-448	426	206.00-217.00	210.94	38	403-443	426	184.00-193.00	187.91
31	450-499	478	204.00-219.00	208.29	15	420-440	425	193.00-198.00	193.83
16	451-465	453	218.00-220.00	218.50	83	450-490	464	176.00-189.00	181.88
68	500-545	531	182.00-195.00	186.90	47	505-547	536	156.00-168.00	162.40
19	501-511	503	199.00-204.50	203.32	23	556-557	557	160.00-162.00	161.22
91	550-599	591	166.00-178.00	172.98	70	600-644	606	149.50-159.00	156.13
13	553-558	569	180.50-182.50	181.63	16	618	618	164.50	164.50
19	605-640	625	166.00-174.00	168.95	36	653-695	670	144.00-155.00	146.61
81	655-698	675	157.50-163.00	160.28	5	689	689	157.50	157.50
16	727-739	732	156.00-159.50	157.95	28	709-742	715	145.00-153.50	149.63
					19	766-770	769	150.00-153.00	152.06

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Compared to last two weeks ago: Steer and heifer calves 3.00-5.00 higher. Yearlings not tested. Demand very good for long weaned calves in thin to average flesh. Fleishy and short weaned calves under limited demand. Overall quality of offerings much improved over last test and flesh conditions much thinner. The winter storm last week likely responsible for reducing flesh condition on calves in many cases. Heifers made up 44 percent of supply and cattle over 600 lbs. comprised 31 percent of offerings. Slaughter cows 1.00-3.00 higher. Slaughter bulls 1.00-2.00 higher. Packer demand moderate to good. A total of 469 cows and bulls sold with 34 percent going to packers.

#1 Steers					#1 Heifers				
Head	Wt Range	Avg Wt	Price Range	Avg Price	Head	Wt Range	Avg Wt	Price Range	Avg Price
20	300-349	330	234.00-251.00	243.07	5	263-298	277	180.00-197.00	187.32
19	350-388	375	225.00-238.00	232.56	9	300-345	319	180.00-190.00	184.59
37	400-442	426	211.00-229.00	219.51	18	360-397	387	180.00-197.00	190.50
4	450-490	467	196.00-217.00	205.39	58	400-446	425	185.00-192.00	188.23
5	485-490	489	189.00-196.00	191.00	23	450-497	470	176.00-187.00	179.11
12	541-547	544	185.00-187.00	186.17	67	500-549	526	160.00-171.50	166.05
29	555-598	573	177.00-188.00	182.48	51	550-599	582	150.00-175.00	166.08
66	600-639	628	160.00-173.00	166.13	49	603-643	626	149.00-161.00	158.24
31	650-693	672	160.50-165.00	163.64	5	619	619	144.00	144.00
5	653	653	150.00	150.00	19	650-688	670	143.00-156.00	148.45
10	776-798	783	153.00-154.00	153.69	7	715-718	718	140.00-146.00	145.15

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 Agriculture

Spurweed Control for the Homeowner

Spurweed a.k.a. lawn burweed, sticker weed is a winter annual. This weed germinates in

the early fall months as temperatures cool and remains small or inconspicuous during the cold winter months. However, as temperatures warm in the early spring, spurweed initiates a period of rapid growth and begins to form spine-tipped burs. By late summer the weed is dead, but leaves behind the sticker that causes all the problems for homeowners. Key identification characteristics of spurweed are: 1) opposite, sparsely hairy leaves that are divided into numerous segments, or lobes 2) small

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STEERS		HEIFERS	
200-300 lb.	200-235	200-300 lb.	190-217
300-400 lb.	195-232.50	300-400 lb.	180-212.50
400-500 lb.	170-224	400-500 lb.	160-181.00
500-600 lb.	160-187	500-600 lb.	150-165
600-700 lb.	150-170.50	600-700 lb.	135-150

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inconspicuous flowers 3) spine-tipped burs that are found at the leaf axils (junction of leaf and stem). Spurweed attains an overall diameter of up to six inches and a height of about three to four inches. Spurweed can easily be controlled with a pre-emergence herbicide applied in September through November. If you missed that opportunity for control, spurweed can also be effectively controlled during the winter months of December through March with a post-emergence herbicide. The best post-emergence herbicide options for control of spurweed for the homeowner is an application of one of the various two and three way mixes of 2,4-D, diacamba and MCPp. Trimec is one of the most common trade names in this category. This group of products should be applied on a warm (air temperatures at

least 55 degrees Fahrenheit), sunny days. The best way to control and eliminate spurweed from your lawn is to use both pre-emergence and post-emergence herbicide treatments during the proper season.

ESTATE AUCTION

Thursday, January 16, 2014 STARTS @ 9:29 A.M.

Address: 8099 N 49th St. • Okla, OK 74446
 Directions: From Wagoner, OK take Hwy 15 South 4 miles to P-103 on East 3 miles to N-5th Eys 8 miles, turn on R. On from Wagoner, OK take Hwy 15 N 10 miles to O-Gay, OK turn left onto 49th St., Hwy 16 turns into 251 A, auction on left. Watch for auction signs.

For More Info & Pictures: www.chuppsauction.com

ALADDIN LAMPS & MORE

<ul style="list-style-type: none"> ● Estate 1938 rare table lamp ● Green vase a/c a/c table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp 	<ul style="list-style-type: none"> ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp 	<ul style="list-style-type: none"> ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp ● 24" black iron table lamp
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GENERATOR & TOOLS

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ANTIQUES, COINS, COLLECTIBLES AND HOUSEHOLD

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Estate of: Elden McCullough

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Court Finds Pa. Gas Drilling Rule Violates State's Constitution

The Pennsylvania Supreme Court on Thursday ruled that several provisions of Act 13, signed last year by Gov. Tom Corbett to overhaul the state's oil and gas laws, violates the Environmental Rights Amendment to the Pennsylvania Constitution. The court ruled 4-2 that Act 13 violates Section 27 of the declaration of rights in Pennsylvania's constitution, which states that citizens have a right to clean air, pure water and the preservation of the natural, scenic, historic and esthetic values of the environment. Chief Justice Ronald D. Castille noted that "we agree with the citizens that, as an exercise of the police power, Sections 3215(b)(4) and (d), 3303, and 3304 are incompatible with the Commonwealth's duty as trustee of Pennsylvania's public natural resources." Justices Castille, Debra McCloskey Todd and Seamus P. McCaffrey stated in the ruling that Act 13's zoning provisions, which require local state

government to authorize oil and gas operations, including seismic testing, and natural gas compressor stations and processing plants, that the provisions "sanctioned a direct and harmful degradation of the environmental quality of life in these communities and zoning districts." Local governments also are not allowed to impose conditions on the construction of oil and gas operations more stringent than those on construction activities for other industrial uses. They also are prohibited from limiting subterranean operations and hours and operations for assembling and disassembling drilling rigs, and for operating gas wells. Local governments that do not comply with Act 13's requirements face financial consequences, the ruling noted. The justices noted that the restrictions placed on oil and gas well locations in relation to sensitive water resources, including wetlands or certain streams or bodies of

water, could be averted through distance restriction waivers by the Pennsylvania Department of Environmental Protection. Requiring a local government to permit industries uses in all zoning districts means that some properties and communities will carry a much heavier environmental and habitability burdens than others. Pointing to Pennsylvania's notable history of shortsighted exploitation of its resources such as coal that have affected the environment - which led to the development of the

Environmental Rights Amendment - the justices noted that, in their view, the authors of the Environmental Rights

Amendment intended the constitution as a bulwark against enactments like Act 13 that permit development

with such an immediate, disruptive effective on local citizens' lives.

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ASTROLOGY UPDATE

ARIES-A delay in getting together with someone who either owes you something or is playing hard to get could feel like a nuisance today. Rather than become totally absorbed in negative thoughts and your irritation, take a chance and make the first move. There's good news coming from across waters.

TAURUS-The stormy arguments and narrow attitudes that have been coloring your home or working world come to an end soon; and all because you finally put some healthy boundaries in place. It's a day when logic and pragmatic decisions need to take priority. After the day's work is complete, a little self-indulgence is in order.

GEMINI-Arrangements made by others without consulting you first could make you a little angry, but it won't be enough to spoil the fresh equilibrium you have developed. Things could feel a bit muddled in your personal life, so make sure you avoid making hard and fast statements until another day.

CANCER-It can seem too easy to simply push your way through, but right now you'll find that can be a losing strategy. The more you shove, the more resistance you get. It's not paranoia, but it's not really a plot, either. Just back off and the whole problem vanishes.

LEO-You may find yourself wondering if the people you're involved with on an everyday basis are worth all the trouble, and you may consider doing a little pruning of the slackers and social situations that give less satisfaction than they promise. In fact, you may discover that less is more in terms of your social appetite and a breath of fresh air seems to just flow into your life.

VIRGO-This is one of the busiest days of the week. Activities are centered around frequent short trips, phone calls, and letter-writing. Direct your restless mind into new channels. Golfing, model-making, knitting, or study courses will aid in keeping from fretting about insignificant worries.

LIBRA-Travel plans and long journeys may be spotlighted. Great opportunities will likely require some travel. If you've had any legal problems or bureaucratic blunders you may find they can be favorably resolved at this time.

SCORPIO-A new confidence in yourself is awakened at this time. You realize what is really important to you, and you are likely to make promises to yourself that you will not become distracted from things that are important to you. Do not forget this promise in the future!

SAGITTARIUS-Flashes of insight and solutions to problems are likely to surface in conjunction with the general energy high during these few days. Don't force them, just let them appear and grab on to them up as you speed along, your momentum will be lost if you dawdle and smell the roses. You get support from people in positions of authority or from the public at large.

CAPRICORN-Emotions burst out into laughter or song, playfulness abounds, and there can seem like there is no limit to what's out there for you. Take the ball and run with it now and you'll go far. It may be hard to take care of yourself when others at home or at work are insisting on attention. Do what you can to burn both ends of the candle, but don't push too hard, you'll just rain yourself without actually accomplishing all you want on either front.

AQUARIUS-Don't worry about those around you. They can take care of themselves. Focus your energies solving your own dilemmas, and don't hesitate to consult those close to you when the quandaries before you seem to be irreparable.

PISCES-It's going to be a busy day; communicating and getting in touch with others is very likely. Numerous phone calls, emails, networking, errands, or discussions bring you into contact with others. This is a good time to brainstorm with others, share ideas, and come to a group consensus.

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