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Last week was my birthday and I dian't feel very well waking p that morning. I went downstairs for breakfast hoping my wife would be pleasant and say, "Happy Birthday! ", and possibly have a presentforme. As itturned out, she barely said
good morning, let alone "Happy Birthday.
thought... Well, that's marriage for you, but the kids will remember. My kids came in to breakfast and dian't say a word. So when I left for
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the office, I felt pretty low and somewhat despondent.
As I walked into my office, my secretary Jane said, "Good Morning Boss, Happy Birthday!" It felt a little better that at least someone had remembered. worked until one o'clock and then Jane knocked on my door and said, "You know, it's such a beautiful day outside, and it's your birthday, let's go out to lunch, just you and me." I said, "Thanks Jane, that's the greatest thing I've heard all day. Let's go!"
We went to lunch. But we dian't go where we normally would go . We dined instead ata a little place with a private table. We had two martinis each and I enjoyed the meal tremendously. On the way back to the office, Jane said, "You know, it's such a beautiful day...We don't need to go back to the office, do we?"
responded, "I guess not. What do you have in mind?" She said, "Let's goto my apartment." After arriving at her apartment, Jane turned to me and said, "Boss, if you don't mind, I'm going to step into the bedroom for a moment. 'Ill be right back."

Ok." Inervously replied
She went into the bedroom and, after a couple of minutes, she came out carrying a huge birthday cake... Followed by my wife, kids, and dozens of my friends and coworkers, all singing "Happy Birthday".
And l just sat there...
On the couch...
In my birthday suit.
Two nuns were shopping in a food store and happened to be passing the beer and liquor section.
One nun asks the other if she would like abeer.
The other nun answered that would be good, but that she would be queasy aboutpurchasingit. The first nun said that she would handle it and picked up a six pack and tookitto the cashier
The cashier had a surprised look and the first nun said, "This is for washing our hair."
The cashier without blinking an eye, reached under the counter and put a package of pretzel sticks in the bag with the beer saying, "Here, don'tforget the curlers."


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## THIS DAY IN HISTORY DECEMBER3

1621 Galileo perfects the telescope kille 1828 Andrew Jackson elected 7th President of US, Jonn C Caled 7th Vice-President
1866 Paid fire department replaces volunteer companies
1868 Trial of Jefferson Davis starts; 1st blacks on US trial jury
1878 Settlers arrive at Petach Tikvah Israel
1881 Henry M Stanley finds Leopoldville/Kinshasa
1883 48th Congress (1883-85) convenes
1914 Netherlands army shoots up geïnterneerde Belgian soldiers: 8
killed 1953 Eisenhower criticizes 1920 Turkey \& Armenia agree to McCarthy for saying communists are peace treaty
1931 Alka Seltzer goes on sale
1944 Hungarian death march of 1944 Hung
1944 Mussert puts Seyss-Inquart plan for small Nazi-Europe
1944 US 5th Armour division occupies Brandenburg Hürtgenwald 1948 1st US woman army officer not n medical corps sworn-in
1948 Chinese refugee ship Kiangya" explodes in E China Sea, killing 1,100
052 1st TV broadcast in Hawaii
in Republican party 1964 "Rudolph The Red-Nosed Reindeer" 1stairs on TV 1967 1st human heart transplant performed (Dr Christiaan Barnard South Africa)
1967 Final run of "20th Century Limited", famed New York-Chicago luxury train
1967 Derek Clayton runs world record marathon (2:09:36.4)
1967 Ex-President Sukarno under house arrest in Indonesia 1971 President Nixon commutes

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1979 45th Heisman Trophy Award: Charles White, Southern California (RB)
1979 Iran accepts constitution
1980 New York Federal jury finds


103, weds Thelma Lucas, 83, in 1992 UN Security Council votes 1988 54th Heisman Trophy Award: Barry Sanders, Oklahoma State (RB)
unanimous for US led forces to enter Somalia

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Extension Educato Family and Consum

Holidays and Diabetes:
What You Need to Know With the holidays upon us,
those with Type II diabetes and their families needs to be able to approach them in a stress-free way. Following is an article ran in the food
and health newsletter that is timely for the holidays.
How is the best way to prepare for diabetes management around the holidays? It definitely is a daunting task given the myriad of food temptations everywhere. As a client with diabetes, you have to control your choices with lots of planning. Take things one day, one event and one meal at a time. Arm you strategies to stay healthy when the holiday season arrives. Go for holiday strategy. Space your carbohydrate ons out hroughout the day. Choose which carbohydrates to eat at a given time. For example do not have a heaping mound of mashed poping with cornbread stuffing and a buttered roll. This will
send your blood sugar soaring in no time. Instead, have a small portion of the mashed potatoes, turkey Oreast, and vegetables. Omit the stuffing and roll o enjoy them later in the day. Another tip is to plan ahead for a party. Do not go to an event hungry. Eat a small, light meal beforehand to ensure that you do not go too long without eating. Eat every 3-4 hours, even at holiday times. Remember to balance meals and snacks with protein, complex carbohydrates, vegetables, and fruit. Bring a healthful entrée' to the event to guarantee that some healthful food is there.
Also be smart at buffets. They spell portion disaster Handle this one like a pro by not diving into the food
is offered. Take a smaller plate, and fill it up with fresh vegetables, lean protein and some complex carbohydrates. Do not go back for seconds and split dessert with a few friends. Stick to MyPlate since it has lots of strategies for proper portion and proportions. Remember to fill half your plate with fruits and veggies at each meal and choose whole grains over refined ones. Consider your alcohel consumption Fetivo atmospheres often intlud alcoheres often include alcohol. Talk with your healthcare provider about how much alcohol you should consume. Insulin and some diabetes medications do not interact well with alcohol
And don't forget to keep up your exercise routine.
managing blood sugar levels, keeping excess weight off, and enabling you to stay on track around the holidays. Sixty minutes most days of the week whether walking, jogging, or dancing is all you need to do and it doesn't have to be continuous. Plan a time to get your workout in and stick to it, or set aside little 10-minuts intervals for a few quick reps here or there throughout the day.
I have a final reminder about an upcoming Healthy Holiday Cooking
Demonstration presented by Kathy Durbin, Registered Dietician at McAlester Regional Health Center and myself scheduled for Monday, December 7th, at 7:00 p.m. at the MRHC Wellness Center, Strong and Van Buren. Public is invited
to this free presentation featuring a healthy holiday cookbook.
For more information in Pittsburg County, call 918-423-4120 or log onto www.oces.okstate.edu/pitts burg. LaDell Emmons is the Extension Family and Consumer Sciences
Educator for the Pittsburg County Oklahoma Cooperative Extension okstate.edu). Oklahoma Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability or status as veteran and is an Equal Opportunity Employer.

Support Your Local OSU Extension Office


## HATS OFF TO MCALESTER

\& EZ GO! 60+ new jobs will be created as a resul of this new business! Choctaw Defense

McAlester is once again teeming with economic activity! Over the past year, there have been $m$ any exciting announcements and groundbreakings in the City, each which contributes to the vitality of our community. Just one look at the value these investments demonstrates the significance of our recent growth. Overall Value of New/Expanding Construction - 2014 - \$28 million (through the month of Oct.)

- 2013 - $\$ 14$ million

These investments represent real economic development in the City, resulting in new job growth and increased
community. Some of th specific things happening locally are:
McAlester Army Ammunition Plant
McAAP has recently entered a 200-person hiring phase, bringing new wealth into the community! Bel-Fair Senior Center This 80 room, 3 building complex will consist of amemory center, an independent living center, and an assisted living center. Collectively this represents approximately 70,000 square feet of new construction, an \$8 million! Choctaw Nation Civic Center
This civic center is a $\$ 9$
million investment and will contain over 25,000 square feet, consisting of 4 separate facilities: a headstart facility, food distribution center, community center, and wellness center.

## Berry Plastics

This warehouse expansion of 82,500 square feet, currently in progress, will lead to new equipment purchases, valued at over $\$ 15$ million. This capital investment will create 15-30 new jobs in our city!
Indian Nation Turnpike With a grand opening/ribbon cutting scheduled for December 16, we are so excited about the new $\$ 2$ million, 11,300 square foot facility, consisting of a McDonalds

Recently announced,
Choctaw Defense is xpanding their production line to include small arms ammunition. 15-30 new jobs are expected to be created immediately, with additional employment continuing to grow as the productions line increases.
Looking Forward
As we prepare for the upcoming year, we anticipate additional announcements - both commercial and industrial - as projects come online and opportunities develop. The many investors and developers interested in McAlester are gaining traction and will bring new and exciting projects to the community for years to


PAGE 6 DECEMBER 2, 2014


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For Sale: Older House in Kiowa 2bd, 4 1/2 lots. Needs work. Live for more information $918-329$ or more information 918-329 FOR RENT: 1 Room House with oft. Suitable for 1-2 people. Has \& heater. \$300 a air conditioner deposit. NO PETS! Call for 100 information 918-302-5411.11/18

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## When to

 Call 911In an emergency, call 911 or your local emergency number immedately from any wired or wireless phone. An emergency is any situation that requires immediate assistance from the police, fire department or ambulance. Examples include:

- A fire
- A crim
progress
- A car crash, especially if someone is injured
- A medical emergency, such as someone Who unconscious, gasping for air or not breathing experiencing an allergic reaction, having chest pain, having uncontrollable bleeding, or any other


## symptoms that requir

 immediate medical attention When you call 911, be prepared to answer the dispatcher's questions, which may include.- The location of the emergency, including the street address
- The phone number you are calling from
- The nature of the emergency
-Details about the emergency, such as a physical description of a person who may have committed a crime, description of any fire that may be burning, or a description of injuries or symptoms being experienced by a person having a medical emergency Remember, the dispatcher's questions are important to get the right kind of help to you quickly. Dispatcher's


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may ask you specific responders to your location questions about Instead, simply explain to suspect/suspects or weapons the dispatcher what involved. This helps officers happened. Information responding to pesponding to be more preparedand help keep them safer when arriving at a scene.
Be prepared to follow any instructions the dispatcher gives you. Our 911 center can tell you exactly what to do to help in an emergency until help arrives, such as providing step-by-step instructions to aid someone who is choking or needs first aid or CPR.
Finally, do not hang up until the dispatcher instructs you

If you dial 911 by mistake, or if a child in your home dials 911 when no emergency exists, do not hang up-that could make 911 dispatcher think that an emergency exists, and possibly send

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Department at (918)423- Tip of the week: If you are not 1212 or if it is an Emergency sure whether the situation is dial 911. Have a great week and don't forget to buckle up! Detective/Public Information Officer Sgt Chris Morris
a true emergency, we recommend you calling 911 and letting the dispatcher determine whether you need emergency help.





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On National Rural Health Day, Secretary Vilsack Touts Benefits of fffordable Care Act to Rural Communities, Announces New Health Investments

Affordable Care Act provides Americans across the nation. incentives to encourage doctors to serve in rural
America, funds rural health centers, helps rural Americans get access to care USDA awarding more than $\$ 10$ million in grants to support telemedicine and rural health research
Washington, D.C., Nov. 20,
2014 - Today, on National Rural Health Day, Agriculture Secretary Tom Vilsack
announced more than $\$ 10$ million in grants through two U.S. Department of programs to improve access to health care for rural

The Secretary also
highlighted initiatives created by the Affordable address critical health needs in rural communities. "Delivering these programs to rural communities that often do not have access to quality, affordable medical and educational services has tremendous economic and social benefits," Vilsack said. "They also mean that people who live and work in rural areas will not have to travel long distances for specialized health care services. These investments mean that

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students in rural high schools developing programs that will have educational provide the necessary health available areas."
Through the Distance Learning and Telemedicine (DLT) program, USDA has helped hundreds of rural communities deliver care in remote areas since it began two decades ago. Today, USDA's Rural Development is awarding $\$ 20.4$ million in
grants that will provide rural Americans access to medical services, improve and support Native American communities Fiscal Yean 2014 Distance Learning and Telemed
recipients
Rural residents are more likely to report a fair to poor health status and have higher rates of health complications, morbidity and mortality due to challenges associated with low levels of employment and education, geographic barriers and isolation, lack of quality nutrition and health education, and lack of access to health care.
USDA's National Institute of Food and Agriculture (NIFA) is awarding 12 grants totaling more than $\$ 1.4$ million to universities aimed at
enhancing the quality of life enhancing the quality of life in rural areas through
improved health and safety education efforts. NIFA funded the grants through the Rural Health and Safety Education program which addresses these challenges by
 nutrition education, to ecohree main focus areas: 1 ) ndividual and family education; 2) farm safety education; and 3) rural health leadership development education.
Projects funded in fiscal year 2014 focus on a diversity of rural health and safety issues, from diabetes education, obesity prevention, and physical activity and healthy healthy child care promotion,


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and rural expansion of $4-\mathrm{H}$ Healthy Living program. Fiscal Year 2014 Rural Health and Safety Education Grant recipients
In addition to today's announcements, Secretary ack encouraged rural Americans to take advantage of the Health Insurance Marketplace created by the Affordable Care Act and
discussed the health care discussed the health care
reform law's specific benefits reform law's specific be
for rural communities.
"Rural residents have higher rates of chronic conditions. This can be exacerbated by a lack of doctors or clinics in Secretary Vilsack continued Secretary Vilsack continued. improving the health of rural improving the health of rural
communities and giving all families the security they deserve. No one should go

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without healthcare because of where they live, or be forced to leave the communities they love to get the coverage they need." Rural Americans suffer from higher rates of chronic ond tisens high blood pressure The Affordabl pressure. The Affordable d dres then steps to challenges rural communities face when it comes to getting the health care they need.
One in five uninsured Americans lives in a rural area, and yet on average only 10 percent of the nation's physicians practice in these communities. The Affordable Care Act has significantly
continued on page 13


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increased the size of the Americans get access to
National Health Service primary and preventive care Corps, which offers That comes on top of the scholarships and loan more than $\$ 3$ billion USDA repayment to health has invested since 2009 to practitioners in return for strengthen health practicing in rural infrastructure in raral areas communities and other building rural hospitals and
underserved areas. More health clinics and expanding than 3,500 Corps members access to health care in now serve in rural areas, and remote rural areas through an average of 86 percent of telemedicine.
them will remain in their Not only can a lack of health communities even after insurance coverage help lead completing their service. to high rates of chronic The Affordable Care Act also conditions, it threatens rural invests significantly in families economic health as expanding services at well. Before the Affordable community health centers, Care Act passed, the average where 7.5 million rural

of all health costs out of December 15
pocket. One in five farmers is Consumers can find local in debt because of medical bills. Uninsured individuals living in rural areas are able to use the Marketplaces to compare qualified health plan insurance options based on price, benefits, quality, and other factors with a clear picture of premiums and cost-sharing amounts to help them choose the qualified health insurance plan that best fits their needs.
Open Enrollment for the Health Insurance Marketplace began Nov. 15 2014, and runs through Feb. 15, 2015. Those who have plans can continue them without re-enrolling. However, consumers are encouraged to visit HealthCare.gov to review and compare health plan options and find out if they re eligible for friancip assistance, which can help pay monthly premiums and reduce out-of-pocket costs order to have coverage effective on Jan. 1, 2015 consumers must enroll update their coverage by

Localhelp.healthcare.govThi $s$ is an external link or thirdparty site outside of the United States Department of Agriculture (USDA) website. or call the Federally facilitated Marketplace Call Center at 1-800-318-2596. TTY users should call 1-855-889-4325. Translation services are available. The call is free.
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Kitchen myths busted There are many actions we
take in the kitchen in the take in the kitchen in the
name of food safety. But are these ideas fact or fiction? It
is time to debunk some popular kitchen myths. First, many consumers purchase bagged greens labeled "ready to eat," "washed"or"triple washed." But intuition tells us an extra rinse will not hurt anything.
Rinsing ready-to-eat food Rinsing ready-to-eat food can actually increase the potentiat or corms
contamination. Pathogens that may be on your kitchen surfaces or your hands could find their way onto your greens in the process of handling them. Save yourself a little bit of time and just enjoy your salad with peace of mind.
Some people believe cross
contamination cannot happen in the refrigerator due to the cold temperature. However, some bacteria can survive and grow in cool, moist places.
Listeria monocytogenes grows in temperatures as low as 35.6 degrees Fahrenheit. Be sure to keep
fresh fruits and vegetables fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs. Clean your refrigerator regularly with hot water and soap, and clean up food and beverage spills immediately to help reduce the risk of cross-contamination in your refrigerator. Remember to clean refrigerator walls, as well as the undersides of the shelves. Another popular belief is it is only important to wash fresh fruits and vegetables there is no need to dry them,
too. This is false.
Research has shown drying fruits and vegetables with a paper towel or clean dish cloth further reduces the level of harmful bacteria on the surface of fresh produce. Another popular myth some people believe is there's no need to rinse various types of melons because they don't eat the skin. What they don't understand is there are many ways for pathogens on the outside of a melon to contaminate the edible part. The knife or peeler passing through the rind can carry pathogens to the flesh of the pathogens to the flesh of the melon. In addition, the rind also touches the edible part when cut fruit is arranged or
stacked for serving or stacked for serving or peeled. Play it safe and rinse the melon under running tap water and scrub

lightly with a vegetable lightly with a vegetable
brush or your hands. Dry it brush or your hands. Dry it
with a clean cloth or paper towel.
These myths certainly sound as if they're true, but by debunking them you're putting your family one step ahead with food safety in the kitchen the kitchen.
For more information in Pittsburg County, call 918 -423-4120 or log ont www.oces.okstate.edu/pitts burg. LaDell Emmons is the Extension Family and Consumer Sciences Educator for the Pittsburg County Oklahoma Cooperative Extension

Service (ladell.emmons@o kstate.edu).
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## Oil \& Gas

 A Look inside Today's Industry OILFIELD EMPLOYMENT OPPORTUNITIIES SUPPLIES \& SERVIGES INDUSTRYMEWS

Future Files: Abundant supplies send gasoline, corn and soybean prices down

Gas costs travel lower As motorists fuel up for their annual trip to grandmother's house, they're likely to be thankful for the cheapest gas in more than four years. With gasoline futures trading near $\$ 2.01$ per gallon on Friday, nationwide prices at the pump (which include
taxes, delivery costs, and other expenses) are well under $\$ 3$ per gallon in most parts of the country Frozen oranges are shown with misters running to avoid as much damage as possible during a cold snap that affected the San Joaquin Valley citrus crop in 2013 in


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Traver, Calif. AP File Photo Gary Kazanjian - AP
Economists expect that lower prices will give consumers a little extra money to spend on other items, which will be a welcome surprise, especially since costs of this year's Thanksgiving meal are expected to rise slightly. Eventually, lower gasoline prices could stimulate more prices could stimulate more driving demand or encourage refineries to reduce production. This could ultimately cause prices to rise, but drivers can enjoy cheap fuel for now. Bountiful grain harvest U.S. corn and soybean farmers are also giving thanks this week as their record-breaking harvest record-breaking harvest
nears completion. After wet conditions slowed progress across much of the Grain Belt during the last few months, most farmers are finally wrapping up harvest with more than 90
percent of corn and 95 percent of soybeans brought out of the fields. Despite the tough harvest conditions, 2014 has turned out to be the biggest production year for corn and soybeans in history. Total corn production is estimated at 14.4 billion bushels with a national average yield of 173.4 bushels per acre, and soybean production is nearing 4 billion bushels with a national average yield of 47.5 bushels per acre. Due to the massive crops, prices for grains are significantly lower this fall than the past few years, but recent demand from end users has helped to stabilize prices, which stood Friday at $\$ 3.80$ per bushel for corn and $\$ 10.40$ for soybeans. Cold shocks OJ market Extreme cold temperatures in Florida this week sparked fears that frost could hit orange groves later this winter. Although unusual

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for the Sunshine State, hard reezes can derail production,
into supplies.
As a result, prices for frozen concentrated orange juice futures catapulted 20 cents higher from one-year lows, reaching $\$ 1.42$ on Friday If the crop avoids significant damage this winter, many analysts expect prices to go lower as Americans have been shying away from
orange juice in recent years, favoring more exotic juices or lower-sugar beverages. Opinions are solely the writers'. Walt and Alex Breitinger are commodity futures brokers with Paragon Investments in Silver Lake Kan. They can be reached at (800) 411-3888 or www.paragoninvestments. om. This is not a solicitation of any order to buy or sell any market


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## Senate Republicans elect leadership team <br> for once again entrusting me

Sen. Brian Bingman named President Pro TemporeNominee for the 55
Oklahoma Legislature Following the swearing-in of new and returning Senators on Tuesday, Senate Republicans met in caucus team for the 55th Oklahoma Leam for the 55th Oklahoma opposition, Sen. Brian Bingman was reelected as President Pro Tempo
Nominee of the Senate.

Bingman also announced that Sen. Mike Schulz will continue to serve as Majority Floor Leader for the 55th Legislature. Majority Caucus Chair Bryce Marlatt and Majority Caucus Vice Chair A.J. Griffin were also elected without opposition. In addition, the Senate Republican Caucus elected assistant majority floor leaders and majority whips on Tuesday.
"I'm grateful to our caucus

## Sen. Brian Crain announces bond packages for eternal education trusts

OKLAHOMA CITY -- Sen. Brian Crain is promoting legislation for the 2015 session to secure critically needed additional education funding in Oklahoma by creating separate trusts for higher and common education through two 30-year, $\$ 2.5$ billion bond issues
The innovative solution to Oklahoma's efforts to secure permanent additional education funding would raise money over 30 years to create the trusts, which would provide money for education in addition to standard appropriations. "While the investment will take about 30 years to pay off, the trusts that are created will be eternal," said Crain, R-Tulsa. "They will last as long as the state of Oklahoma."
The $\$ 2.5$ billion trust for higher education would be invested to secure Oklahoma's continued relevance in the career fields in the highest current and expected future demand: science technology, engineering, mathematics and medicine. The trus would help recruit and retain faculty, provide tuition assistance to students in those disciplines who agree to remain in Oklahoma for at least five years after graduation, and help research foundations that work with universities in those areas.
Forty percent of the funding would go to the University of Oklahoma, 40 percent would go to Oklahoma State University, and the additional 20 percent would be earmarked for regional colleges and universities
The $\$ 2.5$ billion trust for common education would be used to increase teacher salaries in similar disciplines to those supported by the higher education trust: science, technology, engineering and mathematics.
The common education trust would be controlled by a board of stakeholders like educators, administrators, parents and business leaders. The board members will be appointed by the School Land Commission, the President Pro Tempore of the Oklahoma State Senate, and the Speaker of the House of Representatives
The higher education trust would be controlled by a board chaired by the State Treasurer or a designee and appointees from the Governor, State Auditor and Inspector, Senate President Tempore and Speaker of the House of Representatives
The bond issue legislation will include a clause that requires the Legislature to maintain existing education funding and not consider the trust money to replace standard appropriations. The bond issues would need approval from the full Legislature, and would then be put to a statewide vote. This gives the people of Oklahoma the opportunity

## Senate President Pro <br> Tem responds to reinstatement of No Child Left Behind <br> waiver

Senate President Pro Tempore Brian Bingman said Monday that the reinstatement of Oklahoma's No Child Left Behind waiver ensures the state's education reform efforts will
"With the federal government's politics now out of the way Oklahoma can take the next step and develop high standards that prepare our students to compete in the new global economy. Today's schools house the next generation of Oklahoma's workforce. As a result, the academic standards we develop will directly impact our job market and economy for years to come. An education system that fosters student development, engages families and communities, and avoids burdensome mandates will move Oklahoma forward. Senate President Pro Tempore Brian Bingman, R-Sapulpa.
with this responsibility, and look forward to working together as we advance the state of Oklahoma," said Bingman, R-Sapulpa. "The eight new members of our caucus bring a diverse array of experience and a dedication to serve the people of their districts. We will continue working to ensure Oklahoma remains a leader in economic
development and job growth for years to come.
Senate Republicans also lected the following members to leadership posts Tuesday:
Assistant Majority Floor Leaders:
Sen. Rick Brinkley Sen. Eddie Fields
Majority Whip
26). The Senate will also welcome four freshmen in seats previously held by Republicans with the addition of Senators
Stephanie Bice (District 22), Jason Smalley (District 28),

Jack Fry (District 42) The Senate will meet for organizational day on Jan. 6, formally elected and rules for the 2015 session will be passed. Ervin Yen (District 40), and

## Need Results? We Can Help! Oklahoma Journal 918-426-5500





Sen. Nathan Dahm
Sen. Kim David
Sen. Frank Simpson
Sen. Rob Standridge Majority Caucus Chair: Sen. Bryce Marlatt Majority Caucus Vice Chair Sen. A.J. Griffin
"I congratulate this fine group of Senators on their eadership," Bingman said eadership," Bingman said "These men and women will be instrumental in our efforts to advance conservative policy The 55th Legislature will nclude eight new Republican Senators. Four Senate seats have switched from Democrat to Republican, including
Marty Quinn (District 2), Marty Quinn (District 2),
Joseph Silk (District 5), Joseph Silk (District 5) 8), and Darcy Jech (District
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| $\begin{gathered} 12 \text { FORD FUSION } \\ \text { 4DR SDN } \\ \text { SELBLUE } \\ \$ 17,495 \end{gathered}$ | $\begin{gathered} 11 \text { FORD ESCAPE } \\ \text { XLT } \\ \text { BLACK } \\ \mathbf{R E O 4 3} \\ \$ 17,995 \end{gathered}$ | $\begin{aligned} & 13 \text { FORD FUSION } \\ & \text { 4DR SDN } \\ & \text { SERUB } \\ & \$ 1424949 \\ & \$ 19,995 \end{aligned}$ | 11 FORD TAURUS SEL EBONY \$21,495 | $\begin{aligned} & 11 \text { FORD TAURUS } \\ & \text { LIMITED } \\ & \text { SILVER } \\ & \text { PE102 } \\ & \$ 21,495 \end{aligned}$ |
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| 12 FORD F-150 SUPERCREW FX2 SILVER $\$ 31,995$ | 13 FORD F-150 2WD SUPERCAB XLT RED PE138 \$23,995 | 13 FORD F-150 REG CAB XL WHITE PE128 $\$ 21,995$ | $\begin{gathered} 13 \text { FORD EXPLORER } \\ \text { XTERLITG GRAY } \\ \$ \text { FF4250999.95 } \end{gathered}$ | 13 FORD ESCAPE SEL WHITE \$23,995 |

## OXAHOOWA LUESTOCK NARMET REPPOTTS

## Mceslester stockivards

Market Report
No market report for Tuesday, November 25 th due to being closed for Thanksgiving!
We hope y'all had a safe \& Happy Thanksgiving with your families \& friends!
Our next Special Cow \& Bull Sale is
Saturday Dec. 13th at Noon!
For Christmas we will be closed Dec. 23rd \& 30th!
Our next OQBN/Weaned Calf Sales are
Feb. 3rd, March 31st, \& June 2nd!
See our website for Special Cow Sale consignments
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OPEN 7 DAYS/WEEK, 2 HOURS/DAY
TO RECEIVE \& CARE FOR YOUR LIVESTOCK INVESTMENT! Julie Grant OFFICE: 918-423-2834 Laura Sherrill Our Website is www.mcalesterstockyards.com $\begin{array}{ccccc}\text { Lindsey Grant } & \text { George Tarr } & \text { Richard Magby } & \text { Donny Shadwick } & \text { Kenneth Sherrill } \\ 918-421-9057 & 918-423-4498 & 580-889-6049 & 918-649-4750 & 918-421-0257\end{array}$ $\begin{array}{lllll}918-548-3478 & 918-424-1464 & 580-889-1329 & 918-655-7754 & \text { Curt Krigbaum }\end{array}$ THANKS FOR YOUR BUSINESS L


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EXTENSION David Cantrell Extension
Educator Agriculture
Spraying for Insects in Winter
As we move closer to winter here in Pittsburg County, now is a great time to look at insect control. Many insects such as mites, gall forming insects, aphids, etc., have a n overwintering stage or hide out on plants during winter months in cracks and crevices of trunks and stems. One way to control them and keep their numbers to a low roar this growing season is to spray them with horticultural oil during the winter months. Horticulture oils are petroleum-based products containing certain fatty acids that form layers on plant parts to smother insects and provide a mechanical barrier to prevent damage. There are two kinds of oils: growing
season (summer) and dormant. Some common examples include

- Sunspray (6E Plus): Normal dormant use. Summer use on vegetables, greenhouse ornamentals, flower and foliage plants, some fruit and nut trees, some field

crops, blueberries, grapes and citrus.
- Ortho Volck Oil Spray: Dormant and summer use on citrus, fruit and shade trees, evergreens, and some shrubs.
- Scalecide: Dormant and summer use on fruit and shade trees, ornamentals, evergreen and small fruit. Indoor or outdoor use. "Dormant" refers to the time of year the application is made. Remember, as a general rule, that oils control insects, not plant diseases. Dormant oil should not be applied when the temperature is below $40^{\prime} \mathrm{F}$ and if there is a danger of freezing. Some dormant oil sprays should not be applied to evergreens or to certain deciduous tree species. Be sure to read and follow the product label. For more information on insect control, contact your local OS U Extension office.

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Group of 35 Legislators Potential Court Ruling Could Overturn a Decade of Tax Relief for Oklahomans

OKLAHOMA CITY- A in Oklahoma over the past group of 35 state legislators released an open letter Thursday voicing concerns about the possibility that many tax relief measures passed
decade could be a ban a state Supreme Court rule Oklahoma Constitution, that tax reductions must meet the guidelines of State Question 640.

SQ 640 was intended to
make it more difficult for the state Legislature to

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nease taxes. According the provision, all proposals increasing state taxes must either be sent to a vote of the people or receive three-fourths approval in both houses of the Legislature. Such measures also cannot be approved in the final five days of the legislative session.
At question is the fate of Senate Bill 1246, an income tax reduction measure passed by the Legislature during the 2014 session. The new statute's constitutionality has been challenged in a lawsuit, filed with the state Supreme Court, on the grounds that it did not meet the standards of SQ 640. The Court heard arguments on the suit last month.
The 35 lawmakers who endorsed the letter hail from all four quadrants of the state. The two legislators who carried SB 1246 in the Senate and House of Representatives, respectively - state Sen. Kyle Loveless, ROklahoma City, and state Rep. Leslie Osborn, RMustang - endorsed the letter.
In the letter, the lawmakers make the case that it was not the aim of Oklahoma voters in 1992 to make it more difficult for the Legislature to reduce taxes. Rather, the intent was to make it harder to increase taxes.
If the Court were to rule against SB 1246 on the grounds that tax relief measures must meet the standards of SQ 640, numerous previous tax reductions could be overturned, including: income tax reductions, estate tax repeal, increases in the standard deduction, gross production tax rate reductions, manufacturing exemptions, and tax relief for retirees, military veterans and disabled veterans.

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(40) 3 -6yr old F1 Tigerstripe Cows. Bred to Red Angus Bulls! Early Spring Calvers! Hard to find!
(50) 3-6yr old Brangus and Superbaldy Cows. Bred to Hereford Bulls! Early Spring Calvers! Outstanding Set!
(150) 5 -10yr old Angus Cows bred to Angus Bulls. Spring calvers! Nice Set!
(10) 4-7yr old Fancy Brahman Cows. Safe in calf to outstanding Hereford Bulls!
(145) 3-7yr old BIk/BWF and Crossbred Cows. Fall and Spring calvers! Nice Cows!
(53) Running age mixed colored fall Pairs! Good Kind!
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(60) Fancy Angus and Angus Cross Heifers bred to LBW Black Bulls. Big Stout Heifers!
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# Mercy Clinic merges with MRHC 

As the founder of a free medical clinic in McAlester
steps down, McAlester Regional Health Center is steps down, McAlester Regional Health Center is
stepping forward to ensure the area's most vulnera residents will still have access to basic health care. Dr. Larry Lewis founded the Mercy Health Clinic of McAlester 22 years ago, offering free services with the help of volunteers, donations and organizations such as MRHC. The clinic had been offered weekly on such as MRHC. The clinic had been offered weekly on
Wednesday nights out of the Pittsburg County Health Department for those without health insurance or the ability to pay for health care.
Dr. Lewis this month announced to Mercy Clinic patients his intention to begin phasing out some of his medical practices and the planned transition of Mercy Clinic to MRHC.
"The Mercy Clinic has a huge legacy in this community," said MRHC CEO David Keith. "It has always been about making health care accessible to always been about making health care accessible to
the most vulnerable."
A transition team from the hospital and Mercy Clinic is working to make the move as easy as possible for Mercy Clinic clients. For instance,


## MRHC CEO David Keith

 there will be no name change, and few changes in how clients will schedule appointments or obtain services.What will change, beginning with the first clinic in 2015 on Jan. 9, will be the location and time of service.
The new Mercy Health Clinic of McAlester will be offered on Fridays from 1-5 p.m. (instead
of Wednesday nights). The new clinic location will be in the Physician's Building of MRHC of Wednesday nights). The new clinic location will be in the Physician's Building of MRHC
(the copper-roofed building on the MRHC Campus), just a block away on Strong Boulevard (the copper-roofed building on the MRHC Campus), just a block away on Strong Boulevard
from the previous location at the Pittsburg County Health Department. The new Mercy from the previous location at the Pittsburg County Health Department. The new Mercy
Health Clinic location will be within the MRHC Southeast Family Practice Associates on the third floor of the Physician's Building.
The phone number to call for appointments is also the same: 918-426-4306. Scheduling of appointments for Friday's Mercy Clinics will begin at 8:30 a.m. that day. Once the schedule is filled, callers will reach an automated recording.
MRHC Southeast Family Practice Associates is home to the MRHC Physician Residency Program with Oklahoma State University. For the past two weeks, OSU doctors serving their residency with MRHC have also been pitching in at Mercy Health Clinic each Wednesday, along with Dr. Lewis and other volunteer doctors and nurses.
It is expected that Mercy Health Clinic clients will continue to benefit from the expertise of It is expected that Mercy Health Clinic clients will continue to benefit from the expertise of
the OSU-trained resident doctors, as well as a wider pool of medical specialists and other the OSU-trained resident doctors, as well as a wider pool of medical specialists and other
resources. resources.
Dr. Carol Gambrill supervises the MRHC Residency Program and will be one of the new physicians providing care to Mercy Health Clinic patients.
Doctors, nurses or other volunteers who wish to help may contact MRHC Foundation Director Stephanie Giacomo at 918-421-8687.
Another benefit to Mercy Health Clinic patients will be help finding health coverage through Medicaid or the Health Insurance Marketplace.
"Our goal is to get you access to health care," said Keith, the CEO for the hospital.
He said he's excited MRHC has the opportunity to continue Dr. Lewis' work and the legacy of the Mercy Health Clinic.
"Lewis and the Mercy Clinic were ahead of their time," Keith said. "And now we have an opportunity to carry on that legacy and help the people in our community who need it most."


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## SURANA GREET

Dr. Jai Surana, right, of McAlester Regional Health Center attending a Lunch $N$ Learn session about Chronic Obstructive Pulmonary Disease (COPD) on Tuesday, Nov. 18, at the MRHC Wellness Center. About 40 people enjoyed a hot soup lunch while learning about the respiratory disease. November is National COPD Awareness Month, and Dr. Surana is a McAlester pulmonologist specializing in the treatment of
COPD, asthma, respiratory infections, lung cancer and other COPD, asthma, respiratory infections, lung cancer and other
respiratory disorders. Every month, a doctor is featured in an educational Lunch N Learn session at the Wellness Center; there is no cost to attend and the lunches are open to the public!

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Instant gratification. Who doesn't want that? No need to wait for entertainment, computer access, clothes or housewares. It's all right at our fingertips. It's oh so easy to recite the benefits of a computer-grounded culture. We can immediately look up information that we don't really need to know; we can order shoes we can't afford and they'll appear on our doorstep the very next day. Families can even forego the long lines at Six Flags or Disney World by buying a fast track pass. Sure it's more money, but by golly you get to the front of the line like a major celebrity or something. I honestly can't figure out when this all started but it cannot be all good.
For example, in 1982 people averaged saving 10 percent of their income. In 2014, it's closer to four percent. I guess it's probably a combination of wanting that new car RIGHT NOW and the fact that milk has like quadrupled in price in just the past few months. Hard to save money when you can barely afford to pay for the staples. But it doesn't take Warren Buffet to see that this steep decline in savings will ultimately be a detriment to all of us.
But this fast-track lifestyle even goes beyond that into the minutia of day-to-day life. I know it's made me an absolute lunatic at Sonic. The other day I placed my order and the roller-skating carhop did not glide out within a few seconds. I watched my clock and noted that it took her three minutes to get to my car. Three minutes! That's nothing, yet my head was about to explode just watching that digital readout move forward without me having my drink! What is wrong with me?
It's the same affliction we all have. But it was on no bigger stage than when President Obama announced his personal plan to make citizens out of millions of illegal aliens. I'm not disputing their value as de-facto citizens of our country - many of them are diligent workers, strong family examples and helpful individuals. But the overall concept Obama is pushing forward is about gaining a massive privilege without putting in the appropriate foundation.
When we grant this sort of amnesty to people who made the conscious decision to enter our country illegally, what does that say to those who went through all the bureaucratic hoops to gain citizenship the traditional way? Those are the people who were granted permission to come here, they studied about our government, learned our pledge of allegiance and took an oath to be a solid, protecting citizen of the USA. For these millions that are set to receive
Obama's gift - where is that kind of investment?
Across the country, we have become a mob of people who want stuff when we want it. Our newest group of citizens should fit right in because now they've been programmed to expect it too



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We live in an area where some people allow their dogs to roam aroundthe neighborhood unleashed. We also have dogs barking into the night. The wisest purchase we ever made was for a small sound machine. We set it for white noise even though it has several settings. We don't hear the barking and it's well worth the few dollars it cost.
We were pleased to see that the person responsible for breaking into the church is now in custody. It is very concerning when someone sttops so low as to steal from a church. Prayers for this individual to hopefully see the error of his ways.
Correct me If I'm wrong, but didn't "W" use the same formulas as Obama for calculating unemployment, GDP, etc.? I don't think he invented skewing by the way.

I was at McDonald's with my wife on Veterans Day. I was wearing my Marine Corps hat. I consider myself a tough guy, a Vietmam combat vet with 28 years law enforcement experience. Two kids approached me with their parents, about 4 and 6 years old. Both hugged my neck and said "Thank you for your services." Guess I am not really that tough when tears roll down my face. Great kids. Great parents.

I think this announcement of youth deer season is a terrible thing. The youth deer are the cutest. They have the little spots that make us want to reach out and pet them. The youth deer have not even had an opportunity to reproduce. Youth dear hunting season should be outlawed. What? Oh! The youth deer season is for youthful hunters? Never mind!

Can someone briefly explain why the Democrats want to make all these people citizens of the U.S.? We're downsizing the military because of funds, yet we have the funds to bring illegals here. It makes no sense. I must be missing some information. Take care of our own first.


After reading the last Sound Off about all the I am disable and stressed about covering bills and commercials at the theater, I had to respond. I too with Christmas. My sixteen year old wants an acoustic guitar, they would maybe may be do only a couple, then a my 14 year old Seasons 3 and 4 of Vampire Diaries. I cartoon and then movie trailers. We have gotten to where we do not go on an opening night when ticket sales are slower then show up five minutes before the movie starts to skip out on all the commercials.

Come on paper! Did you really need to waste the front cover for a blurp about smoke in an office. Aren't there any other news worthy happenings in our city? How about an in depth investigation on how many animals are being put down each week at the animal shelter that are adoptable? There are news stories everywhere, you just have to get out there and get them.

Why is it that when a man doesn't pay his child support he is considered a deadbaet but when a mom refuses to pay her child support it is a different stroy? Deadbeat is a deadbeat whether you are male or female. If you are going to have the child then you need to be responsible for paying for them no matter what you gender is. need to get my car fixed, I need dental work, don't know how to get it all done. Anyone with suggestions, please send them to Misti at 1612 Baltimore Street Muskogee, OK 74403. I will try to respond to everyone who writes Thank you


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| Vanities | $25^{\prime \prime}$ Vanity with Marble Top |
| :---: | :---: | :---: | :---: |


| Hil |  | Pre Hung Doors <br> Ext. Panel Doors ${ }^{5} 94^{15}$ Ext. Window Doors start at ${ }^{\text {s }} 139$ Int. Panel ${ }^{5} 44^{\text {"5 }}$ |
| :---: | :---: | :---: | 1st Quality Insulated

Stainless Steel Sinks Stainless Steel Sinks 5'dape $39^{95} \quad 7^{7}$ dace ${ }^{5} 49^{95} \quad 8^{\prime}$ dep ${ }^{5} 59^{55}$ 9" Undermount Sink ${ }^{599} 9^{95}$
Ext. Window Doors

- Vinyl Flooring startsat $^{\$ 1} \mathbf{3}^{99}$ sq.yd.



Oklahoma Hosts many festival of lights and displays to enjoy, here are just a few!

Fantasy Land of Lights Nov 20, 2014 - Dec 30, 2014

## Johnstone Park,

Bartlesville, OK
Midwest City Holiday Lights Spectacular Nov 20, 2014 - Dec 30, 2014
Joe B Barnes Regional Park, Midwest City, OK

Snowman Wonderland Nov 20, 2014 - Jan 01, 2015

Magnolia Park, Seminole, OK

The Polar Express Train Ride
Nov 21, 2014 - Dec 28, 2014

One Railroad Pl, Bristow, OK
Chickasha Festival of Light
Nov 22, 2014 - Dec 31, 2014 Shannon Springs Park, Chickasha, OK

Holiday in the Park
Nov 22, 2014 - Jan 02, 2015
Elmer Thomas Park, Lawton, OK 73506

Snowflake Winter
Festival Ice Skating Nov 22, 2014 - Jan 04, 2015
Downtown Tahlequah, Tahlequah, OK

Lights on the Island Nov 22, 2014 - Dec 24, 2014
Lake Wister State Park, Wister, OK
Ardmore Festival of Lights
Nov 22, 2014 - Dec 30,


Regional Park
Regional Park, Ardmore, OK

Philbrook Festival of Trees
Nov 22, 2014 - Dec 14, 2014
Philbrook Museum of Art, Tulsa, OK

Christmas Kingdom at the Castle
Nov 27, 2014 - Dec 31, 2014
The Castle of Muskogee, Muskogee, OK 74401

Garden of Lights Nov 27, 2014 - Dec 31, 2014
Honor Heights Park, Muskogee, OK

Christmas on the Farm Nov 28, 2014 - Dec 13, 2014
Wild Things Farm, Pocola, OK

Har-Ber Village 19th
Century Christmas on Main Street
Nov 29, 2014 - Dec 14, 2014
4404 W 20th St, Grove,
Dashing to Durant Dec 02, 2014 Various locations, Durant, OK

Christmas Tree Lighting \& Living Windows Walk

$$
\text { Dec 03, } 2014
$$

Courthouse \& Main Street, Tishomingo, OK

## Pat Taylor Memorial

 Parade of Lights Dec 04, 2014 Downtown, Ada, OK

## Non-Profit

Community Care
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 Palliative Care Month November 2014Turns out even when you're dying, there can be a lot of living to do.

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918.423.3911

 TAURUS (Apr. 21- May 21) Your bankbook will suter and your resticicions will puta damper on your relationstip. Emotional materes may not be easy for you to handle. Someone you wok with may be trying to make you look Gen
 enviroment.
 modivate others. Get back to the comiolts of cottage or home.
 you.
VIRGO (Aug. 23 -Sept. 23 ) You will easily capture the interest of those you takk. to. Your emotional life may be up in the a iri fy your mate has been going through a change of heart. Travel could bring you the adventure and excitement you require.
LIBRA (Sept. 24 -Oct. 23) Empty promises are evident. You can get ahead it you work diligently behind the scenes. Be sure to take care of any minor ailments.
SCORPIO (Oct. 24 - Nov. 22) You will have a greater involvement in groups; however, they may not be to your advantage. Travel and communication will be lucraive for you. Opportunities for new partnerships will develop through the organizations you encounter.
SAGITTARUSS (Nov. 23 -Dec. 21) Think wwice before you speak. Your financial situation may be draining and it's time to make some serious changes. You will have splendid suggestions for fund raising events.
CAPRICORN (Dec 22. Jan. 20) Travel will promote new romantic encounters and additional cultural knowledge. Be prepared for an active but rewarding day. Take action AQUARUS (Jan. 21 Feb. 19) Communication will be your best bet. If boredom has set in, find new and unique directions that offer interesting friendships. Offer love and Affection instead of conficict and rejection.
 PISCES (Feb. 20-Mar. 20) Do not let them in on your plans if you want things to run smoothly. Make any necessary changes to your insurance policy. Dont believe everything you hear

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