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## 

 WE DO TEAR DOWNS \& SETUPS-FREE ESTIMATES 1998 Southern Home 28x76 / 5br 3b...........................................98,9001999 Patriot $28 \times 56$ / 3br 2b....... 1999 Patriot 28x56 / 3br 2b....................................... $\$ 28,900$ Solitaire 28x76 / 4br 2b.. $\qquad$ .. $\$ 34,900$
10 Whics Solth of atoke on 69 ALL INcLUDE 580-920-4,649 or 580-889-2961 DELVERY \& SETUP

## NEW 2015 OAK CREEK

Crown Manor, Over 2300 SF Great Room, Hobby Room


T1 The Best Rads Made


For The Serious Angler

4 (

Custon Crafted Rads wildeye_fish@yahoa.com



## THIS DAY IN HISTORY AUGUST 1

1933 NRA (National
Administration) established Administration) established
1936 Adolph Hitler opens Berlin Olympic Games 1936 Benjamin E Mays named president of Morehouse College 1943 Race riot in Harlem NYC 1944 Adam Clayton Powell el
black congressman from East black congressman from East
1946 Pres Truman establish 1946 Pres Truman estabishes Atomic 1950 1st Majior League bas 1950 lst Major League baseball player to fight in Korea (Curt Simmons) 1950 American Bowling Congress ends
all-white-males rule

## abdicates, Baudouin becomes king

 1950 Territory of Guam created 1953 Calif introduces sales tax (for education) 1953 Northern Rhodesia becomes part of Federation of Rhodesia \& Nyasaland 1955 1st microgravity research begins 1957 1st coml building heated by Sun (Albuquerque NM) 1957 Glen Gorbous throws a baseball a record 136 m ( $445^{\prime} 100^{\prime \prime}$ ) 1958 1st class postage up to $\$ 0.04$ (had 1960 Benin (Deyear)Independence from France
1960 Chubby Checker releases "The Twist"
1960 Dahomey gains independence 1961 New SF Hall of Justice opens 1961 Whitney Young Jr named executive director of National Urban League
1962 Boston Red Sox Bill Monboquette no-hits Chic White Sox, 1-0 1963 The Beatles Book is sold out on its
1stday of sale 1964 Beatles 1964 Beatles' "Hard Day's Night, A, single goes \#1 \& stays $\# 1$ for 2 weeks
1966 Charles Whitman climbs $U$ of

Texas tower \& shoots 12 dead
1969 110,000 attend Atlantic City Pop Festival 1970 EAA Convention moves from Rockford III to Oshkosh, Wi 1970 Willie Stargell (Pirates) ties record of 5 extra base hits in a game
1971 CBS presents Masterpiece
Theatre's 6 Wives of Theatre's 6 Wives of Henry VIII
1971 George Harrison's concert for
Bangladeshtakes placein NYC Bangladesh takes place in NYC
1972 1st article exposing Wategate scandal (Bernstein-Woodward) 1975 Helsinki Pact guaranteeing boundaries, rights signed by 35 nations
1976 Liz Taylor's divorces Richard Burton) divorces Richard Burton) the high jump record

981 MTV premiers at 12:01 AM 1987 Mike Tyson beats Tony Tuck


1988 Deep Rover 1-man research submarine unveiled at Crater Lake, Oregon

-Excavation and Grading -Building Pads - Clearing Ponds -Roads -Utilities -FREE ESTIMATES

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Windurs Satringat $\$ 20$

 8.1/4:x12'Concerete Siding $\$ \mathbf{\$ 3 . 7 5}$ Dorknors Stating Interior/Etetioro 55 Rainhow PPane Sheet Metal $\$ 1.50$ ToiletCommodes \$59
 Vins Sap Fioning \$1.29
 $4^{\prime}$ bys (sineet $\$ 23$
Pastic Panels
8t, 10tr\& 12tt \$4, \$5 \& \$7 ea


Deep Discounts for dings \& dents. Thinty Day Guaranteel Call for info. White Pine $2 \times 6 \times 8$ \$4, 2x6x10 \$6, 2x6x12 \$7, 2x6x14 \$8, 2x6x16 \$10 Styrofoam Insulation $4 \times 8$ Sheets $1 / 2^{\prime \prime} \$ 9,3 / 4^{\prime \prime} \$ 10,1^{\prime \prime} \$ 11$

Tile Starting at $5 a^{4 f} .59 \mathrm{c}$
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$4 \times 8 \$ 20$ pc., $4 \times 9 \$ 22$ pc. Laminate Flooring 12ML \$1.99 sq. Ft. Roll Up Doors starting at $\mathbf{\$ 2 2 5}$ Engineered Wood Flooring \$1.29 Pine Red Treated $2 \times 6$ perft. $\$ 1.08$ $6^{\prime}$ 'Viny Sliding Glass Doors \$200

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From The McAleserer Police Department

We are starting to see more and
morescams, some by morescams, some by
telephone, and some in person and even some by Email. We are still getting several calls about the PSO scam. The scammer calls you and tells you scammer calls you and tells you bill and you must pay it immediately to them with a credit or debit card. Once again, PSO does not call their customers and request payment. Do not pay your electric bill by telephone if someone calls you trying to collect. scam is also a frequent scam that we are seeing. The scammer calls and tells you that you have won the publishers clearing house sweepstakes and wants you to send them money so they can start processing your paper work. If you win the publishers clearing house or any other lottery, you do not have to send them minnings. Another scam that we have recently been made we have recently been made claiming that you have won the lottery. The Email has an attachment on it and the scammer asks you to open it and fill out your personal or credit card. Do not open this attachment. The Email will look like or similar to this: Confirmation Email Ref (PPBLB-77334512216689) Please send your reply to Email: a12360601014@qq.com Following official publication result of the email sweepstakes program released on 27th June, LOTTERY PROMOTION. Your electronic email address attached $\quad$ Number (B-62253618-8)has won the prize Sum of $1,500,000.00$ Only ( 1.5 M Euro Only). For further enquires and claims of your winnings

Stulbborn
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CONTACT:Mr. Tim Beyer Belgium.
TEL: + 32487966076
Email:a12360601014@qq.com It is important to note you that released today with the following particulars attached

## E-mail Ticket PPBLB

 77334512216689Reference NO: BENL-65-71-63 22
Serial NO: 2216-95
Batch NO: 14/03414/BEBE DRAW LUCKY No: 24-47-77-
$60-99-55^{*} 0$ Your Full Name \& Telephone Number, Open the attached file and fill out the application as required.
NOTE: All winnings must be claimed not later than 21 working days.
Mrs. Laura Bosch.
CITY/ COUNTRY: BruxellesBelgium.
This is a scam, do not open it, scammers are making a living by taking advantage of innocent people who work hard for what they have got. Do not fall for their games or tricks no matter what they say. If they call hang up immediately or if they Email, delete it.
To schedule a Fraud or Scam program, contact Officer
Jeremy Busby at (918)423-9657 Jeremy Busby at (918)423-965
or E mail h i m jeremy.busby@cityofmcalester .com.
If you have any information that may help us solve a crime, Departments Criminal Investigations Division at (918)421-4917 or Email Sgt Chris Morris at chris.morris@cityofmcalester. anonymous.
To report any other criminal or suspicious activity, contact the McAlester Police Department at
(918)423-1212 or (918)423-1212 or dial 911 if it is

an Emergency. Have safe and Office
happy 4th of July weekend and
don't forget to buckle up!
Detective/Public Information
HOTIT SAIT $=$ IL ' GM!

Tip of the Week:
If it sounds too good to be true, it usually is.


## Nev chief of ofaff theseshem a AMRHC

Longtime emergency room MRHC since 1985, departing care specialist. "It's a slower
doctor Dennis Staggs has been for three years late in the process. And there's more named the new chief of staff at 1980s and then deploying to follow-up with wound care, McAlester Regional Health Iraq for 15 months in 1991. In getting to know the patients Center. Center. Iraq, the Navy captain was better.'
Dr. Staggs, who is also director attached to the U.S. Marine Staggs was first recruited to of the MRHC Wound Healing Corps'general medical staff. MRHC by the hospital's Center, assumed the post He became director of the emergency room director at earlier this month after the MRHC Wound Healing the time. He moved to the term of Dr. Stacy Hardy Center when it opened in McAlester area from concluded. February to help patients with Oklahoma City, and enjoys the Staggs was elected to the post chronic wounds. He also proximity to his parents, in by medical staff peers as their continues to serve in the Eufaula, and his son, Chris liaison with hospital hospital's Emergency Hearod, and three administration. The hospital's Department. grandchildren in McAlester. medical staff includes about "It's a pretty dramatic Dr. Staggs also uses his 40 physicians and change, Stags said of the medicalexpertse to give back hospitarists, as well as transition from his longtime to the community. At Eufaula, $\begin{array}{ll}\text { telemedicine radiologists. } & \text { practice in the emergency he sees } 25-30 \text { people each } \\ \text { Staggs has been on the staff at } \\ \text { room to that of being a wound }\end{array}$ Staggs has been on the staff at room to that of being a wound $\begin{aligned} & \text { week at a free medical clinic } \\ & \text { he first opened } 10 \text { years ago }\end{aligned}$

## Willocodar log andic

16x20! 1 Bedroom, 1 Bath!
Plus Small
Kitchen
Pre-Built
Sectional Rustic Log Cabin

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e.davis@cedarloghomesofokla.com
www.cedarloghomesofokla.com
for low-income patients. "One of the most rewarding things I do is the work at the Hope Clinic," he said. He operates the Hope Clinic with the help of a physician's assistant and donations, such as the X-ray and lab services provided by MRHC
We couldn't function without the hospital's help," Staggs said of the Hope Clinic.
Meanwhile, he said his work as chief of staff for MRHC is one of representing the hospita scorels erployees. The strenghorthe hospital is in the employees the nurses, the aides, techs and clerks who are vested in the are the heart of the hospital."



## Wound Healing Center

Dr. Dennis Staggs is director of the McAlester Regional Wound Healing Center, which opened in February to tre patients with chronic wounds such as those with involving bone. The highlight of the center is its two hyperbaric chambers, which use high pressure and an all-oxygen environment to treat specific types of wounds. The process promotes healing by increasing oxygen at the body's tissue level up to 20 times its normal level.
The MRHC Wound Healing Center is located in the hospital building on the first floor. To schedule an appointment call 918-421-6000.

## 



No Monitors
Please


##  

Hwy 113 inside the Old N 69 Auto Salvage $H^{13 \prime}$ McAlester


Womiery ilix © HSOSH:LSLLHEHURHI -LUO: To BUVIVGII SGBIP WHIS Wertin
$\qquad$


1966 Plymouth Barracuda Original 273 V8 Edlebrock 4 BBL Excellent interio Original radio that works Runs and drives excellent NADA $\$ 18,800$ Sell
for $\$ 12,000$. Call $918-429-2043$ Or 918 -470-1581 sallar@yahoo.com Can be McAlester right on hwy 69

Original 1949 Plymouth. Runs,
has all seats and windows. Wil sacrifice for $\$ 3500$. Call 918

2007 Ford Mustang. One Owner 28 K Miles, New Tires, Jet Black.

2008 Honda CRV EX-L. One Owner, Hard Load, Leather, The Works \$18,999. ADA FORD 800-256-5128 1998 Lincoln Town Car. Red air, low mileage, new tires.

1995 Chevrolet Extended Ca runs and drives real good. Good
condition. $\$ 1500$ FIRM. Call $\begin{array}{ll}\text { condition. \$1500 FIRM. Call } \\ \text { 580-889-6437. } & 7 / 22 \quad 2\end{array}$

## Boalsa Gycles

2001 Harley Davidson Dyna Wide Glide 19,000 miles,
windshield, saddle bags.
$\$ 8,250$. Will consider all trades. 580-889-1539.

1989 Suzuki sidekick 4x neaver fails new windshield good tag few dents but still
looks good satin black 1800 obo looks good satin black 1800 obo
5802392075
$7 / 292$ 5802392075


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Trade \& Repair All Makes \& Models 405.273.5678

1-40 to Shawne
Meeker Exit 186, /4 Miles North, 1 Mile East, 1/4 Mile South
Boaties Inc-Since 1966 WWW.BOATSANDPARTS.EOM 1997 Quantum 180 XD, dual
console Bass Boat, $18 \mathrm{ft},$.120
Force motor, new remote control Force motor, new remote control
trolling motor, new carpet, new trolling motor, new carpet, new
canvas top, many extras, nice canvas top, many extras, nice
boat, lake ready. $\$ 6,250$. $580-$ 889-1539 Will consider all

2008 Harley Davidson Fatboy gun metal grey with 6399 miles
good title $\$ 11,750$ MUNHOL
$302-8692$

## 24' 2012 Bennington S.F. \$24,000. Includes trailer, 115 HP HP Mercury with 75 hours, vinyl aft deck, 3 live wells, mooring cocer and changing area. Call 918-916-9856. 7/15 2

For Sale: 1983 Skeeter Boat with 1983 Mariner 150 Motor. Runs Motor Guide 75 thrust wireless trolling motor. Floors, carpet and seats have been replaced. Good
solid fishing boat. PRICED TO 918-424-9990 7/22 6

2007 Harley Davidson Dyna with w/25,025 miles, has rebuilt title,
asking $\$ 9800$. MUNHOLLAND asking \$9800. MUNHOLLAND
CYCLE 918-302-8692

LIST YOUR BOATS AND CYCLES HERE 918-426-5500
Camaravirilas
GLENN'S TRAILERS


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Free to good home (Atoka, OK)
WANT TO BUY: A-33 or 44 Massey Harris Tractor. Call 918-426-0776.

FREE Puppies and Dogs. Call for
more information 918-448-0782.


FREE: One adult female Boston Terrier to a good home. 6 years old
and up to date on her shots. Call for more information 918-470

## Holp Wanted

## tandyman/Yardman wanted.

 We are looking for an individual with his own tools, who calls himself a JACK of ALL Trades. Someone who can mow, weedeat, run a tractor, repair all kinds of things, do light maintenance and keep a boat yard looking good. If that sounds like you and you don't mind hard work Marine - Eufaula 918-689-5426.7/22HELP WANTED: PT work
HELP WANTED: PT work for
Park on Lake Eufaula. Good
work. Open year around. Fre
rent, utilities, commission, and
vacation time. Must live on
premises. Call 405-273-3326

## Metal Building installers Needed. <br> Building Carports, Garages, RV and Boat Covers Apply at 709 N Main Muskogee 918-683-4046

## famme:uiniment

## Pasture Road Horse Shoeing Shop 918-429-7796 Shoes \$55.00-Trims \$20.00

Angus Bulls For Sale Sold all 31 Bulls! Thank you to all the callers and readers of this publication. More Bulls to come For Sale: Baby Peacocks \$25 each Also Baby Rhode Island Red Wiscellaneols Singer Sewing Machine (Merrit
1872 model). \$30 OBO; 16 ' Girls Bike, training wheels, like new,
paid $\$ 100$, take $\$ 50$ OBO; Roll paid $\$ 100$, take $\$ 50$ OBO; Roll
Away Bed Frame/no mattress \$20 OBO. Call 918-429-7729 Receiver Hitch off a 95 GMC. tube. $\$ 40$ OBO Call 918-429

Small Table w/4 chairs, \$35 OBO Old Gas Cook Stove, Whirlpoo
$\$ 20$ OBO. Call 918-429-7729 7/29 2

Chevy 2356 Cylinder and of 50 model pickup. $\$ 250$ OBO Call 918-429-7729.

3 FAMILY YARD SALE
August 6, 7, \& 8 from 8 a.m. to
p.m. Stuart, OK Follow signs.
Lots of everything: Toys, Pictures, Dolls, Oil Lamps and
What Knots. *If weather permits* 7/29 2

## ATOKA alternative fuels

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Passenger Cars-.Pickups and Semi Trucks

## GASOLINE OR DIESEL ENGINES

PROPANE
Water Methanol Injection Ststems
OFFICE: (580) $\mathbf{8 8 9 . 4 7 7 0}$


For Sale: 220 Cable Wire. 73 ft
with plug. $\$ 75$. Call 918 -644-
6096. 6096.

For Sale: 2 Motorcycle helmets.
$\$ 25$ for both. Call $918-644$ $\$ 25$
6096.

For Sale: Aluminum Ramp for
4wheeler or ? Used 1 time 4wheeler or ? Used 1 time.
$\$ 100$ OBO. Call 918-644-6096.

For Sale: Rod Iron Patio Table with umbrella and 4 rocking chairs condition. $\$ 250$. Call 918-
g44-6096.
$7 / 22 \quad 2$

EZ Canopy used for camping or picnics. 10x12. Never used
still in box. $\$ 75$ OBO. Call 918 still in box.

Outside metal adjustable reclining chair w/cushion. \$40.
Also an Outside Waterfall. \$65 OBO. Call 918-644-6096.

For--------------------------------Efficiency Air-Tight Woodstove with through the roof kit. All
was a little over a $\$ 1000$, will was a little over a \$1000, will
sell for $\$ 400$. Call $405-615-$ 9009 Canadian.

Yamaha Golf Cart. Ga
powered, needs a little work powered, needs a little work,
has repair manual with it. $\$ 700$ Call 580-889-6437. 7/22 2

Small Charcoal Smoker. Good condition. Only use one time.
$\$ 35$ OBO. Call 918-644-6096. $\$ 35$ OBO
$7 / 22 \quad 2$

## REED'S TV REPAIR

Most makes \& Models
3/4 Mile East of 69
On Texanna Road Wst) Eufaula $\begin{gathered}\text { 918-689-5341 }\end{gathered}$

For Sale: Store in Kiowa, OK with all merchandise. New and retired. Reasonable price. For
more information call 918-4326234 or 918-329-4067. 7/15 4

- WE INSTALL: 18x26 carport with $18 \times 10$ storage room attached. \$3,620. 580-3322276.
beverly@betterbarns.net
www.betterbarns.net
Enough to at least get me thru the winter. Need it delivered. Will trade wood and delivery for tools.

6885. 

MOVING SALE: Lots to sell.
Furniture, quilts, and quilt tops. Too much to mention. Call 918 -683-5678.


FOR SALE: $12 \times 24$ lofted barn. $\$ 4,725$. Other sizes available. 580-332-2276. beverly@betterbarns.net www.betterbarns.net

## We Burusen HOME

 WID OFFICEFUNITIURE $98-428-1052$I am looking for anybody who is
hiring that pays more than $\$ 9.40$ an hour. Please call 580-509-
 Mowers. Each needs a few
repairs. 1 needs drive shaft and other needs pull string and filter $\$ 75$ for both. Call 918-423-7800

6 to 7 HP Boat Motor 4 Stroke or will buy a 14 boat and motor.
Call $918-424-2788$.
$7 / 222$

To Whom It May Concern: This is Big Steve in Muskogee who has been household pets since 1999. I am now excepting Potbelly Pigs. So if you have an unwanted Potbelly Pig or Pigs and are unable to take
care of them or want to get rid care of them or want to get rid
of them, I will take them and care for them. I don't eat them or mistreat them. I will give them good homes. Must be Free. NO DOGS, CATS, or SNAKES! Within 35 miles radius of Muskogee or can meet you half way within reason. Call 918-441-1043.
$7 / 15 \quad 3$

Single male looking for a
roommate. Male or female. To help with expenses and yard work. MUST love dogs. Big Cedar area. Call 580-271-8984

## THIS WEER'S

For Sale: 15ft. Pool with ladde 4626 .

Brown Wooden Baby Bed with Winnie The Pooh comforter sheets, and bumper guard
$\$ 150$. Call 918-470-4626
------
\$40. Call 918-470-4646

Saddle, completer set. Breast collar with head set with tack. Call 918-470-4626 -------------------------------------rick. Call 405-380-2609. 7/22

For Sale: Lots of baby
necessities! Girls clothes necessities! Girls clothes
infants to 18 months, boys jeans 4T. Excellent
$918-423-5358$.

For Sale: Queen sized bed with mattress and box springs. $\$ 75$.
Call $918-426-6700 . ~$ --------------------------------------

Reasonably Priced $40 \times 70$ foot
Camping Lots for Sale Reasonably Priced $40 \times 70$ foot
Camping Lots for Sale. Lake Eufaula, Electric Available. Fair Trades are Possible. Own
Financing Available.
$918-329-9613.6 / 105$


For Sale: One plus acres with 2 houses. One 3bd/2ba brick, one $3 \mathrm{bd} / 2 \mathrm{ba}$ Clayton. One 30' x 30
shop with heat, one approx. 20' shop with heat, one approx. $20^{\prime} x$
$20^{\prime}$ building with A/C. One $6^{\prime} x$ 10 ' building \& storm shelter. Beautiful view of Lake
McAlester. $\$ 162,500$. Call 918-360-1375

## For Sale: Coin Collection. U.-------

 mint sets, U.S. proof sets. Silver eagle collection. Graded coins.Fairly large collection. Serious inquires only. Call 918-360 inquire
1375.

For Sale: Handicap Walker with wheels. Excellent condition.
$\$ 35$. Call 918-360-1375. $7 / 22$

NEEDED used 4 wheeler tires to fit 10" rims. Call 918-916-2917 ----------------------------------------Twin bed; Dinning table with 4
chairs. Good hard wood. All 3 in chairs. Good hard wood. Please very good condition. Please
contact $610-844-4304 . \quad 7 / 222$

Now taking orders for Okra! If intere
5040.

BUY-SELL-TRADE HERE!

ROOM TO RENT for a Christian man. For more information call

Hat for sale. $4 \times 5$ net wrapped mixed grass $\$ 35$ each. located in Hartshorne 918-470-8809 o

For Sale: 2 Antique Victorian Matching Chairs; Patio Set w/4
Matching Chairs; Handmade Matching Chairs; Handmade
Doll House. Make offers. Call Doll House. Make offers. Call
$918-936-1571$. $\quad 7 / 29 \quad 2$

For Sale: 2 Chainsaws. 18" cut.
Make offer. Call 918-936-1571. M/29 2

## Annual Elks <br> Lodge Luau! <br> August 9yh starting at 7:00pm. \$40 a couple. Live band, dinner and Open the public. Mcalester Elks Lodge, Elks lodge drive. <br> For reservations and information call 918-470-5417



100 \% Supporters of Veterans. Veterans of foreign Wars Post \# 539 80 places for cars, pickups, large trucks \& trailers. We will negotiate 1304 NE 4th Street

## For more information call 918-652-8880



For lease, pasture land in Stuart. For Sale: 3bd/1bath New C/H/A,

55 acres partially wooded. Call brandy 918-916-3429 7/29 6 For Rent:McAlester Super Clean 2 bed, $11 / 2$ bath, laminate flooring, W/D in unit $\$ 650$ rent $\$ 650$ Deposit. Call Brandy 918 -916-3429 7/29 2
568.21 ACRES, WARDVILLE AREA! Fenced, cross-fenced, ponds, utilities holding pens, chute, lot of rd frontage, combination of woods/timber/pasture Call John Oklahoma Land \& Home LLC 918-423-7797
FOR SALE: Acre and a half of and by Manford, OK and Keystone Lake with utilities. or a vehicle. If interested call or a vehicle. If interested call
$918-606-7293$.
$7 / 226$
HUNTING GALORE!

Quit claim deed only. \$4000 each or both for $\$ 7000$. Call 580 332-8348. For Sale: Nice Home in Stigler OK. 3bedroom/2bath. Nice neighborhood. Asking $\$ 90,000$. call 918-705-1384.

For Sale: $3 \mathrm{bd} / 1$ bath New C/H/A
hot water tank, cellar, carport good neighbor hood and neighbors. Lot big enough to build extra house. $\$ 20,000$. Call 918-429-8931
For Sale: 4bd/2bath C/H/A concrete patio and concrete slab for garage, on corner lot.
$\$ 35,000$. Call $918-429-8931$. $\$ / 246$
------------------------------------with $\$ 5000$ down, $\$ 650$ a month 608 west Adams, 3 bed. 1 bath, refrigerator. Owner/Agent 919-429-7900. $\quad 7 / 225$

For Sale: Corner Lot
Or Sale: Corner Lot in
McAlester. Corner of West Jefferson and Hickory. 100 X 94. \$9,700. Call 918-426-7628 or 918-424-7743.

Several lots in Arrowhead states. \$500-\$750. Call 918 ------------------------------1/296 FOR SALE: Acre and a half of land by Manford, OK and Keystone Lake with utilities. a vehicle. If for travel trailer or a vehicle.
606-7293.


1916 Hwy 270 E.-Seminole, OK 74868

| $405,382,5220$ |  |
| :---: | :---: |
| LYNDON KEEL | LORNE BARTLEIT |
| 580.320 .2789 | 580.320 .0372 |

For Sale: $81 / 2$ acres with 5000 sq. ft. building with new living area. Atoka County. Call 580 239-8829.

Several lots in Canadian Shores \$100-\$125. Call 918-339-2268

House For Sale: 3BD/2BA Open living area, open dinning $\$ 30,000$ ken area. On $\$ 35,000$ South west of Stuart, OK. For more information call 918-470 3454.

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JULY 28TH THRU AUGUST 2ND

## PAULA'S BABY SHOP • 404 S MAIN-MCALESTER • 918-470-2320 • 918-423-2326

Mom \& Baby - Shopping

probably heard all about the health benefits of whole grains. Most of them may even have great reasons for incorporating more whole (staving off chronic disease, improving cholesterol, etc). improving cholesterol, etc). But sometimes, knowledge
about why a food is about why a food is
healthful isn't quite enough. How to start eating more of these whole grain foods is also key.
How do you know if a product is a whole grain on the grocery shelf? Look at
the package claim. Does the package say $100 \%$ whole whet or whole grain? Don't be misled by claims that hint being wholesome but are not whole grain (i.e. $100 \%$ stone ground, multigrain, whole wheat, honey wheat)
Always check the fiber contest. The fiber per serving should be at least two grams. Also check the ingredient lists. The first item should always be whole grain such as whole wheat, whole rye, whole


Choctaw Nation Health Services
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corn, oats or brown rice. Foods that contain at least 51 percent whole grains may make a claim about that food's role is reducing the risk of heart disease and cancer. The specific claim may state, "Diets rich in whole-grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and certain cancers."
So, if you want to incorporate more whole grain in your diet start with breakfast. Choose whole grain cereals with no added sugar. Next, go whole grain for lunch. Be sure you use 100 percent wole-wheat bread or pita pocket. Fill it with lots of fresh veggies and a lean cut of turkey or lowfat tuna salad. Consider having a lowfat whole-grain having a lowfat whole-grain
cracker. Purchase brown cracker. Purchase brown
rice or whole-wheat pasta for dinner. Lots of veggies and a thick sauce will camouflage the darker color of the whole-grain pasta. Exotic whole grains can be fun to experiment with too. Check out the grain or health food section of the grocery store. amarantha,
teff or quinoa teff or quinoa.
For those families that have school children, this is a great time to set an awesome example of making changes in your family's diet since the school lunch program has already made those changes.
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 Service (ladell.emmons@o kstate.edu). Oklahoma Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion,
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## OUncer $x^{2}$ A Look inside Today's Industry <br> OILFIELD EMPLOYMENT OPPORTUNITIES SUPPLIES \& SERVICES INDUSTRY NEWS

## US Proposes Sev Rules For Moring Crude Oil By Rail


#### Abstract

WASHINGTON, July 23 (Reuters) - The U.S. Departmentof Transportation on Wednesday proposed an overhaul of safety standards for transporting crude oil and ethanol by explosive accidents over the past year. The draft rules, which are subject to a 60 -day public comment period, propose new tankcar braking systems, train- testing for olatile gases and liquids, nd a two-year phase out of older tank cars that officials have said are prone to puncture and fire when derailments occur. 18 month period which saw more than a dozen errymint of trains which le ne of which caused the


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death of 47 people in the issues: whether to lower Canadian town of Lac speed limits for trains, a province. "Today's proposal $\begin{aligned} & \text { railroads; and upgrading }\end{aligned}$ epresents our most specifications for rail tank-
dericant progress yet in developing and enforcing new rules to ensure that all that oil freport showing flammable liquids... are Dakota Bakken region ransported safely," said "tends to be more volatile Transportation Secretary and flammable" than other Anthony Foxx in a crude oil. The transport of statement.
The proposed rules called for industry feedback on industry feedback on years as oil production everal options addressing outpaces the construction


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CoBank Pledges Initial Multi-
billion Commitment for New
Rural Infrastructure Opportunity
Fund; More Private Investments
in Fund Expected; Capitol Peak
to Manage New Fund; USDA to
Identify Projects in Need of
Investment through New Fund
and Other Sources
The White House Rural Council today announced the creation of the new U.S. Rural Infrastructure Opportunity Fund through which private entities can invest in jobcreating rural infrastructure projects across the country. An initial $\$ 10$ billion has been committed to the fund with greater investment expected to follow.
Target investments will
include hospitals, schools and other educational facilities, rural water and wastewater systems, energy projects, broadband expansion, local and regional food systems, and other rural infrastructure.
CoBank a national cooperative bank serving rural America and a member of the Farm Credit System, is the fund's anchor investor, committing $\$ 10$ billion to get the fund off the ground.
Capitol Peak Asset Management will manage the new fund and work to recruit more investors to add to CoBank's initial
commitment. The U.S. Departmentof Agriculture (USDA) and other federal agencies will help to identify rural projects that could be potential beneficiaries of financing through this new fund and other private sources.

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 Opportunity Investment Conference in Washington, D.C. The conference brought together business and financial community

The creation of the new leaders, Administration and others to promote fund was announced and other government investment opportunities during the first-ever officials, rural in America's rural White House Rural developmentexperts, CONTINUED ON PAGE 11

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## communities.

"This fund represents a new approach to our support for job-creating projects across the country," said Tom Vilsack, U.S. Department of Agriculture Secretary and Chair of the White House Rural Council. "USDA and other agencies invest in infrastructure through a variety of federal initiatives, but our resources are finite and there are backlogs of projects in many parts of the economy. We know where investment opportunities exist, so we are in a position to help promote these projects among investors. With new efforts like this we
can move beyond existing programs and help encourage substantial private investment in projects that grow the economy and improve quality of life for millions of Americans."
The Rural Infrastructure Opportunity Fund will allow America's rural economy to continue its forward momentum by enhancing access to capital for rural infrastructure projects and speeding up the process of rural infrastructure improvements
The fund is immediately open for business and more investors can now add to the initial $\$ 10$ billion in available
capital.
The fund will allow a wide variety of new participants, including pension funds en dowments foundations, and other institutional investors thathave not traditionally had access to these markets to invest in rural development. In some cases, projects may be funded entirely through private sector dollars. In others, private dollars may be leveraged with and extend critical government loan and grant programs.
The new Rural Infrastructure Opportunity Fund and the White House Rural Council's Rural Opportunity Investment Conference are part of the Obama Administration's ongoing efforts to spark additional private investment in rural communities through private sector sources or through public private partnerships like the new fund announced today. For example, USDA announced the \$150


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million Rural Business Investment Company earlier this year, which allows the Department to help facilitate private equity investments in innovative agriculturerelated businesses Vilsack said today that more investment vehicles such as this are in the pipeline, and other efforts to continue promoting private investment in rural areas will be announced later this year "Meeting the world's needs for food and farm products, as well as the growing demand in areas like renewable energy, local food, and the bioeconomy will require continued investment in rural places," Vilsack said. "Many major investors in urban centers aren't always aware of the significant investment opportunities in rural communities.
If the White House Rural Council can help facilitate even a small portion of the enormous amount of available investment capital into rural places, we can grow


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key industries and create jobs in rural and urban areas from coast to coast."


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For those of us who For those of us who
remember the easy days prior to 9-11, these seem like
inconveniences at best, but feel more like intrusions. Because really - that's what happened. Osama Bin Laden and his goons intruded on our soil in a way we'd never seen before. Not only did
thousands of innocent Americans lose their lives, but we lost our way of life. And there is no going back. In 2001, my husband spent three weeks at a work

Conference in Philadelphia. On the summer evening he
arrived home, I took my two arrived home, I took my two
toddler boys to the airport. toddler boys to the airport.
We walked all the way down to his arrival gate and I was able to point out his plane as it landed. The boys were in awe of this giant metal bird carrying their father back home to them. When they saw him appear out of the walkway from the plane, they screamed "Daddy!" and tumbled all over themselves as they ran into his arms. I once saw a young man waiting at a gate at DFW airport with an armload of red roses. He recruited people standing around him to each take a rose and gave them a description of his girlfriend. As she departed theplane, people inundating her with single long-stem roses. When she could barely see over the top

of the bouquet, the young dropped to one knee. She said yes.
These little vignettes of American life have gone missing. One squadron of terrorists took away a little piece of Americana and they aren't finished.
Hamas is busy shooting rockets at Israel as I write this. Why should we care? Because they still have us on their radar. ISIS, al-Qaida, Boko Harram - whatever the strain, they have a bone to pick with us. I've heard some people say that the extremists are just uneducated about what America stands for
On the contrary, they know exactly who we are. They view Western values and behaviors as blasphemous. Let's be clear about this: they do not value democracy and freedom. They despise it. That is but one reason they will continue to have designs on bringing the United States to her knees.
The Middle East has been broiling for decades upon decades. Palestinians and Israelis cannot come to agreement. Cease-fire talks taking place this week have failed. But as Americans, we need to be aware of this simple fact. If Hamas succeeds in obliterating the Israeli nation as they desire America will become an even bigger target. If Israel
maintains their stronghold and peace in the Middle East actually happens, America will continue to be an Israeli Religious elements aside, it
it's prudent to pick a side that

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kid's view on marriage What Exactly Is Marriage? "Marriage is when you get to keep your girl and don't have to give her back to her parents" "Eric, six years old" How Does a Person Decide Whom tomarry? "You flip a nickel, and heads means
you stay with him and tails means you try the next one." -Kelly, nine years old "My mother says to look for a man who is kind....That's what 'III do....|'I| find somebody who's kinda tall and handsome." -Carolyn, eight years old
Concerning the Proper Age to Get Married" Once I'm done with kindergarten, I'm going to find me a wife"-Bert, five years old
How Did Your Mom and Dad Meet? "They were at a dance party at a friend's house. Then they went for a drive, but their car broke down...It was a good thing, because it gave
them a chance to find out about their values." -Lottie, nine years old" My father was doing some strange chores for my mother. They won't tell me what kind." -Jeremy, eight years old
What Do Most People Do on a Date?"
On the first date, they just tell each other lies, and that usually gets them interested enough to go for a second date." -Martin, ten years old"Many daters just eat pork chops and french fries and talk about love." Craig, nine years old When Is It Okay to Kiss Someone? "You should never kiss a girl unless
you have enough bucks to buy her a
ring and her own VCR, 'cause she'll ing and her own VCR, 'cause she'll want to have videos of the wedding." Allan, ten years old" Never kiss in front of other people. It's a big embarrassing thing if anybody sees you....If nobody sees you, I might be willing to try it with a handsome boy, but just for a few hours." - -Kally, nine years old The Great Debate: Is It Better to Be Single or Married?
"You should ask the people who read Cosmopolitan" -Kirsten, ten years old"It's better for girls to be single but not for boys. Boys need somebody to clean up after them"

Anita, nine years old"lt gives me a 'm just a kid. I don't need that kind of eadache to think about that stuff. I trouble." -Will, seven years old

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## Senate Pro Tempore announces appointees to Capitol repair committee <br> Senate President Pro Tempore Brian Bingman has chosen his appointees to the State Capitol Repair Expenditure Oversight Committee．On Wednesday，Bingman announced that Sens． Dan Newberry，R－Tulsa，Corey Brooks，R－Washington，and Susan Paddack，D－Ada，will serve on the nine－member，bipartisan committee mandated under House Joint Resolution 1033，the legislation approved last May authorizing a $\$ 120$ million bond issue to pay for critical repairs to the Capitol building． <br> The panel is charged with determining the scope and order of repair and restoration work．

 30， 2015.＂This magnificent building is a state treasure that belongs to the people of Oklahoma．There is no understating the importance of repairing and restoring this historic structure，＂said Bingman，R－Sapulpa．＂We must be good stewards not only of the Capitol building，but of the resources we＇ve dedicated to ensure its structural and architectural integrity．I want to thank Senators Newberry，Brooks and Paddack for accepting that responsibility．＂
The remaining members of the committee include David Thompson，Phil Kennedy and Steve Mason，who were appointed by Gov．Mary Fallin，and Reps．Mark McBride，R－Moore，Earl Sears，R－Bartlesville，and R．C．Pruett，D－Antlers，appointed by House Speaker Jeff Hickman．


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Agriculture

Harvested forage costs are large part of the production costs associated with cowcalf enterprises. An Oklahoma State University trial had the objective to stockpiled bermudagrass. The research found that this practice can reduce cow-
wintering costs. Forage accumulation during the late summer and fall is variable from year to year depending on moisture, temperatures, date of first frost and fertility. The OSU research has found that 50 to 100 pounds of actual nitrogen fertilizer per acre applied in the late
summer has produced 1000 - 2000 pounds of forage per acre. In some ideal situations even more forage has been produced.
Studies between 1997 and 2000 found stockpiled bermudagras protein concentrations were quite impressive, even after frost. In November, the range of protein content of the standing forage was $13.1 \%$ to $15.2 \%$ crude protein. The protein held up in December and ranged from $12.5 \%$ to $14.7 \%$ crude protein and declined to $10.9 \%$ to $11.6 \%$ crude protein in January. To make best use of the
stockpiled for age, supplementation with pounds per head per day of $14 \%$ to $25 \%$ protein feed beginning in early December is recommended.
The following is a list of recommendations for stockpiling bermudagrass pastures for best results and reducing winter feed bills:

1. Remove existing forage by haying, clipping, or grazing by late August
2. Apply 50 to 100 pounds of actual nitrogen fertilizer per acre.
3. Defer grazing until at least November.

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4. Control access to forage by rotational or strip grazing to cut waste and extend grazing.
5. If cool season forage is available for use in the winter, use the
6. Supplementation ( pounds of $14-25 \%$ protein) should begin in early December.
. Provide free-choice mineral ( $6 \%-9 \%$ with a trace-mineral package Late August will be soon be upon us. The old forage needs to be removed Fertilizer spreading must be planned and scheduled. It is not too early to begin to plan

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the process of stockpiling bermudagrass for this fall and winter.

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| 400 to 450 lbs | $\$ 280$ to $\$ 300$ | $\$ 247$ to $\$ 260$ |
| 450 to $\$ 00 \mathrm{lbs}$ | $\$ 257$ to $\$ 270$ | $\$ 232$ to $\$ 245$ |
| 500 to 550 lls. | $\$ 234$ to $\$ 248$ | $\$ 227$ to $\$ 240$ |
| 550 to 600 lbs. | $\$ 228$ to $\$ 241$ | $\$ 221$ to $\$ 234$ |
| 600 to 700 lbs. | $\$ 215$ to $\$ 232$ | $\$ 206$ to $\$ 224$ |
| 700 to 750 lbs. | $\$ 209$ to $\$ 218$ | $\$ 187$ to $\$ 200$ |
| 800 to $\$ 50 \mathrm{lbs}$ | $\$ 190$ to $\$ 200$ | $\$ 181$ to $\$ 183$ |

135 Cows/Bulls sold at the evening sale. Packer Cows $\$ 2$ to $\$ 8$ Higher And Bulls up to $\$ 19$ Higher High yielding packer bulis sold from \$157 to \$165 Average yielding packer bulls sold from \$152 to \$155 Low yielding packer bulls sold from \$144 to \$148 High yielding packer cows sold from \$116 to \$127 A11verage yielding packer cows sold from \$112 to \$123
Low yielding packer cows sold from $\$ 105$ to $\$ 117$ Low yielding packer cows sold from $\$ 105$ to $\$ 117$ ALE EVERY TUESDAY, STOCKER \& FEEDER CATTLE BEGIN 10:00am
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slanderous nature will not be printed. We reserve the right to edit any sound off. NO MORE THAN TWO SOUND OFFS PER PERSON PER WEEK ONE SOUND OFF PER CALL! May Take up to 2 Issues to see your Sound Off

In your last Sound Off column, you posted a letter from man who disagreed with Senator Constance Johnson's calls for the legalization of marijuana. He claimed that she was "insulting God" and "twisting the scripture." He even used the word "evil" to describe her intentions. I disagree with this gentleman wholeheartedly, and I'm quite offended by some of the assertions he made. I am a Christian who also happens to believe marijuana should be legalized. The Bible is clear that God created ALL seed-bearing plants (yes, that would include marijuana) for humans to use, and He called them good. May I ask you then, what you believe the purpose of marijuana to be? You acknowledge in your response that God did put it on the Earth for our use, but then immediately say that using it is against God's wishes. Respectfully, sir, you contradict yourself. How do you know what God's wishes are? Studies show using marijuana can slow or eliminate the growth of some types of cancerous tumors. It can treat depression. It can treat chronic pain. It can help with the effects of chemotherapy. It can stop people, including children, from suffering through seizures. How do you know that God didn't intend for this plant to be used as a natural treatment for these conditions? By supporting marijuana legalization, people like me aren't advocating its abuse or misuse (as you slanderously claim), but we're saying that adults should have the right to decide for themselves whether or not they use it. If you don't want to use it, don't. But if I have cancer, and I choose to get relief from using marijuana, I don't believe I'm doing anything immoral, and I don't believe my state should classify me as a criminal.

Can someone explain why I just had to replace two tires off a brand new car from just driving down hwy 270? I am so upset over the condition of this stretch of road. If there was an easier, safer alternative route, I for one would take it!! Please consider fixing this road.

If you have contact information for the person who needs yard mowed could you put them in contact with me? my cell number is $918-490-0476$ or they may contact me through this email. I would be more than willing to get their yard mowed for them at no cost to them. Just wish I would have seen the ad asking for help. William Osenbaugh-UAW local 1558 member-McAlester OK

Yes in my opinion, if they're going to raise trash rates and water rates, they need to take that dump thing off our wate bills and the recycling thing off! If that recycling place is not pulling its weight by now, it needs to be shut down. I'm tired of paying for it. I'm also tired of paying for a dump we don't have or never will have. That's $\$ 5$ to $\$ 6$ a month this woman could use to pay on something else or use on groceries Because I don't get food stamps. I only get $\$ 600$ a month. I'm not a beggar but I'm telling you I'm tired of paying for othe peoples problems

Just want you to know, your paper is the BEST around Thank You from Kingston.

## LETS PLAY SUDOKU

The object is to insert the numbers in the boxes to satisty only one
condition: Each row, column and $3 \times 3$ box must contain the digits 1 condition: Each row, column and $3 \times 3$ box must contain the
through 9 exactly once. What could be simpler? ANSWER TO THIS WEEKS PUZZIE ON PAGE 7

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Smoking, whether cigarette cigars or e-cigarettes -- is under attack from all angles; nuisance, health, nonsmoker's rights, you name it But pot smoking is being legalized and celebrated all over the country. It doesn't make any common sense but it does reflect how indefensible, discriminatory and wacko some public policies can be.

Americans are tired of conflict and war, but no matter how much squishy idealists and


Pittsburg County Animal Shelter 1206 North West Street-McAlester, OK 74501 isolationists wish for lasting us alone the world generally iseace and for the world to leave a and a nice neighborhood. There arm the peace or calm that heor United Nations would solve the dilemma but history declares otherwise. We are a global power, a leader and an exceptional country. Wishful thinking will neither protect us nor absolve us from the obligation of involvement.

My wife has been on Obamacare since March. She has had no problem whatsoever finding a general practitioner and a specialist. She is also getting an MRI, all of which is affordable. Do not listen to all the naysayers; they are people who have no idea what they are talking about.

According to our Constitution, the president and Congress are to protect our borders against invasion. Yet 1,500 people are coming across each day. Why won't our elected officials secure our borders? Also, why is it that our nation's veterans can't get immediate and adequate medical care? Please explain. We would like to know.

We have received multiple calls asking for the date of the McAlester Ranch and Home Show. The date has been set for October 24, 25, 26. And Yes Swamp People from the History Channel will be here all three days for Meet and Greets. More details to follow.


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