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5 Strategies to Save More Money

The personal savings rate fell in the U.S. to just 4.2 percent in November 2013, according to the U.S. Department of Commerce. To put it in perspective, the last time the savings rate hit that level, the economy was on its way to the most recent financial crisis. While spending can in some ways help trigger GDP growth, when it comes to your personal economy, having a higher rate of saving vs. spending is key. Here are five ways to get on

a savings track: Set savings goals. Have a worthwhile target in mind, such as a luxury vacation or (thinking more long-term) happy retirement, to help you remember that saving is really about working toward future rewards. Attach a dollar amount to your goal to help you determine how much you'll need to save each week and month. Be specific. Writing down your goals will make them more real and more likely to achieve.

For instance, telling yourself to save for the future is admirable but vague.

Making a written pledge to save \$2,000 for your vacation to Cancun next summer, is much more tangible and encouraging. Use financial tools. There are plenty of online tools that not only help you manage your saving goals, but also provide easy to follow visuals that track the goals you set. Many sites offer a comprehensive look at your finances, including how you're spending within specific categories such as dining, shopping, utilities and more. After a few months you'll have insight into where you can easily cut spending and redirect that money toward savings. These tools also make your savings goal more concrete by turning it into a deadline-driven objective complete with recommended monthly contributions to help you get there. Start off small. Even if your salary is on the low end, you

can always save a little bit. In fact, the best way to start saving is with really small amounts that will eventually add up over time. For example, stash away just \$25 a week, and in six months you'll have saved \$650. In a year, your cash reserves will grow to \$1,300. Starting out slow with small amounts also reinforces the habit and makes you less likely to slip a month.

Make savings automatic. Put away money for things you want to do in the future before you spend money on paying bills or buying discretionary items. Set up an automatic savings plan that directs your money into the appropriate saving accounts. You will have slightly less money to spend, but you'll adjust to a new spending habit while making progress on your saving goal. Another way to save faster is to put all unexpected income directly into savings. If you receive a bonus or a cash gift, put all or most of that money toward saving for a goal, an

emergency fund or a retirement account.

Boost your 401(k) contributions. Retirement may seem far away, but putting money aside for it now is one of the most important things you can do to set yourself up for financial stability later. Find out if your employer matches contributions to your 401(k), and contribute at least that much - it's like getting free money! If your employer doesn't, consider an Individual Retirement

Account or Roth IRA. If your employer offers a Roth 401(k), your contributions are made with after-tax dollars, meaning withdrawals in retirement will not be taxed at all.

Increasing your personal savings rate doesn't have to be painful. If you don't limit yourself too much from what makes you happy, and if you focus on making smart money choices, chances are that savings account will grow faster than you expect.

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Beautiful property & 3bd 2ba home to boot w/area perfect for gardening. Lg fenced pasture, metal garage/shop, barn & 2 water wells. Located in Quinton! **\$75K Call Gayla (918)820-0338**

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2. My mother taught me RELIGION. "You better pray that will come out of the carpet."
3. My mother taught me about TIME TRAVEL. "If you don't straighten up, I'm going to knock you into the middle of next week!"
4. My mother taught me LOGIC. "Because I said so, that's why."
5. My mother taught me MORE LOGIC. "If you fall


- out of that swing and break your neck, you're not going to the store with me."
6. My mother taught me FORESIGHT. "Make sure you wear clean underwear, in case you're in an accident."
 7. My mother taught me IRONY. "Keep crying, and I'll give you something to cry about."
 8. My mother taught me about the science of OSMOSIS. "Shut your mouth and eat your supper."
 9. My mother taught me about CONTORTIONISM. "Will you look at that dirt on the back of your neck!"
 10. My mother taught me about STAMINA. "You'll sit there until all that spinach is gone."
 11. My mother taught me about WEATHER. "This room of yours looks as if a tornado went through it."
 12. My mother taught me about HYPOCRISY. "If I told you once, I've told you a

- million times. Don't exaggerate!"
13. My mother taught me the CIRCLE OF LIFE. "I brought you into this world, and I can take you out."
 14. My mother taught me about BEHAVIOR MODIFICATION. "Stop acting like your father!"
 15. My mother taught me about ENVY. "There are millions of less fortunate children in this world who

- don't have wonderful parents like you do."
16. My mother ! taught me about ANTICIPATION. "Just wait until we get home."
 17. My mother taught me about RECEIVING. "You are going to get it when you get home!"
 18. My mother taught me MEDICAL SCIENCE. "If you don't stop crossing your eyes, They are going to freeze that way."

19. My mother taught me ESP. "Put your sweater on; don't you think I know when you are cold?"
20. My mother taught me HUMOR. "When that lawn mower cuts off your toes, don't come running to me."
21. My mother taught me HOW TO BECOME AN ADULT. "If you don't eat your vegetables, you'll never grow up."

22. My mother taught me about my ROOTS. "Shut that door behind you. Do you think you were born in a barn?"
23. My mother taught me WISDOM. "When you get to be my age, you'll understand."
24. And my favorite: my mother taught me about JUSTICE. "One day you'll have kids, and I hope they turn out just like you!"



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Megaprojects A Megaheadache For Oil Bosses

DAVOS, Switzerland, Jan 22 (Reuters) - Giant oil and gas extraction projects will be giving oil industry executives headaches to match for the years ahead as delays, cost overruns and increasing risks call for new strategies to manage them. The sheer scale and complexity of such projects is threatening to outgrow the ability of even the largest oil

companies to manage them. They have emerged as the central topic for debate as oil executives gather on the sidelines of the World Economic Forum this week in the Swiss alpine resort of Davos. Almost all the top companies have seen huge delays and broken budgets at projects ranging from record-breaking

Australian liquefied natural gas (LNG) schemes to the enormous and technically challenging Kazakhstan oilfield in the freezing Caspian Sea. The subject has elbowed out last year's hot topic, security, which was forced to the top of the agenda by the attack at a BP and Statoil gas plant in

Algeria in January 2013. "What we see are significant delays in the oil and gas industry as a result of a lack of available skills, bureaucratic barriers and geopolitical challenges," says Fatih Birol, chief economist at the International Energy Agency. "We see almost all big projects delayed."

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FORMER USERS SPEAK OUT AGAINST SYNTHETIC DRUGS

Finding people affected by and concerned about the sale and use of synthetic drugs in Pittsburg County isn't difficult. But getting those people to speak openly about the current drug culture is a different story.

The Substance Abuse and Mental Health Services Administration (SAMHSA) released a 2012 report stating that synthetic marijuana was responsible for nearly 12,000 emergency room visits in 2010, with the majority of patients between the ages of 12 and 29. Calls to McAlester Regional Hospital for local statistics were not returned.

In February 2013, the CDC issued an alert regarding kidney damage resulting from use of synthetic marijuana including cases in Oklahoma. Despite these grave side affects, teens and young adults in particular are seeking out this drug.

"I have friends that I've watched OD on spice. It's horrible," said one local teen, who we'll call Chad. He is a previous user and asked to remain anonymous. "It's not just synthetic marijuana. They make synthetic cocaine, opioids, meth, PCP, etc. You can easily buy it all online."

But for most local users, there are businesses ready and willing to sell these drugs known as "spice" under the guise of herbal incenses.

ONE MAN'S PROBLEM

Greg Stover, 22 of McAlester first tried a synthetic drug called K2 two years ago. After being kicked out of college at OBU and then SWOSU for marijuana use, he returned to McAlester depressed and looking for direction. A childhood friend introduced him to K2.

"I bought it at a head shop in McAlester called the Funky Munky," Stover said. "I smoked it out of a pipe."

"I was told K2 was the same as marijuana and had the same side affects, but was legal. I used it because I could pass a drug test while smoking it."

Stover continued to use for eight months, nearly daily. But he quickly realized that he was suffering a strong addiction, both mentally and physically.

"While I was high, time slowed down and I had shakes, sweats, anger and blurred vision," Stover said. "It is a powerful hallucinogenic that blocked my thought process. Nothing mattered but to get higher."

Stover finally was able to quit with the encouragement of his family "It was extremely hard to give it up and quit," said Stover. "I checked into rehab at The Oaks and detoxed my body for nine days."

Many of Stover's friends remain addicted or have permanent disabilities from their drug use - referred to as "burnt up".

Today Stover is drug-free and is employed at The Overlook restaurant in McAlester. He feels fortunate to be happy again and says it's a blessing to have his family and God back in his life. "It's a daily struggle, but I've been clean and sober since March 8th", he said. "These are extremely dangerous and controlling drugs. It becomes your life. The affect on my hometown is extremely depressing and I wish there was a way I could help. There are people lined up at 10 am (at the Funky Munky) every morning to spend every bit of money they have on this drug in order to get high for one day. I know this because I used to be one of them."

NATIONWIDE PROBLEM

Though the brand name K2 was made illegal in 2010, other very similar compounds with names like Bizarro and Cloud 9 are still being sold.

This isn't a problem limited to Oklahoma. In 2011, 15-year-old Kyle Smith of Forest Hill, Maryland suffered a psychotic break after using synthetic marijuana. He has been institutionalized 17 times and attempted suicide three times in the past three years. Prior to this episode he was a talented athlete with no history of mental illness.

Sixteen-year-old Emily Bauer of Cyprus, Texas suffered several strokes and was put into a medically induced coma after taking spice in December 2012. Despite doctors grim prognosis, she survived. However, she is still partially paralyzed and blind, can't read or write and requires daily care.

HIDDEN PROBLEM

In preparing this article, we found many people that agreed to talk about the devastation they'd felt or witnessed because of synthetic marijuana, but the vast majority wanted their identities kept anonymous, out of fear or embarrassment.

One local mother we'll call Cindy says her 17-year old, high-school dropout son has gotten into trouble with the law, run away from home and ended up in juvenile detention centers - and it all began with his drug abuse.

"He said he was ten years old when he first tried marijuana with friends - news to me, made me feel like parent of the year for sure," she said. "He said he started using K2 around the age of 13 or 14 because his dad and I were drug testing him on a regular basis and the K2 didn't show up."

"I remember knowing something was wrong like he was high or something...but the drug test would be negative," she said. "He would laugh in my face and say things like 'See, I'm not on drugs.'"

She learned through a probation officer that K2 (and the currently legal synthetic drugs) don't show up on urine tests, another aspect that appeals to many teens and those working through the legal system.

Cindy says her son didn't believe K2 was a dangerous drug because it could be purchased legally. Though he did hear of people suffering dangerous side affects, he didn't -- at first. Toward the end of his use, she says he had a violent temper, mood swings, seizures and stole money in order to buy more.

One incident was particularly scary for their family when his younger sibling found him seizing as he sat in a vehicle in their driveway. Cindy says he was shaking violently as his eyes rolled back in his head. "I could see his heart beat through his shirt, his shirt was actually moving!" she said. She drug tested him immediately afterward and felt at a loss because the test was negative. He had no memory of the incident and continued to deny drug use.

Today, Cindy's son is not using and is working hard to stay clean. She says he recently admitted to her that he spent over \$2,000 on synthetic marijuana, money he was planning to use to buy a car. But while addicted, he didn't care about anything but how to get his next fix. Cindy has regrets that she didn't take more decisive action when her son was younger but also felt uninformed because this drug is legal and isn't detected by normal drug tests.

"As a mother, this scares me to death," she said. "Having easy access makes it easier for kids to get their hands on it. I feel like parents and kids just blow off the seriousness until it happens to them. And believe me, it can happen to anyone!"

Chad confirms that there are high school students from all walks - not just typical "druggies" - who are buying spice and smoking it. Since it doesn't show up on drug tests, even those who are active in athletics, arts or other extra-curricular activities could use without detection.

"I'm sure there are naive parents out there as I was, who suspect that their child may be on drugs completely unaware of (synthetic marijuana) and it's dangers," said Cindy.

While she knows that drug users will find a way to get their hands on something, Cindy believes that allowing stores in the community to sell it just makes the problem worse.

"Kids view it like 'if it really hurts or kills you, why are they selling it in here?'" she said. "The people selling it have obviously never seen the affects of it or they themselves are complete idiots for selling it. When it happens to someone in their family or their child they will wake up and realize it is a big deal!"

"My son wants to tell other teenagers not to use K2 or anything like it," she said. "Don't even try it! He is lucky to be alive and not handicapped in some way."

Next week - What position do schools take?



By: Gina Stanley

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cases, creating a separate sick room can help protect the rest of the family from what ails you. If you or another family member is sick, one way to help stop the spread of germs is to limit your contact with others. Setting up a sick room is an easy way to do that. Start by stocking the room with tissues, alcohol-based hand rub, a thermometer and humidifier. Line the trashcan with a plastic bag and make sure it has a tightly fitting lid. Store any medicines in the room out of the reach of children. Beyond those basics, you also could keep a cooler or pitcher with ice and drinks in the room, along with a cup with a straw or a squeeze bottle to make

drinking liquids easily accessible. To more effectively shield healthy family members from those pesky germs, consider designating a single caregiver to keep visitors to a minimum. Inside the sick room, encourage the sick person to cover his or her nose and mouth with a tissue when coughing and sneezing, then disposing of it in the trashcan. Also, hard surfaces, linens, dishes and laundry in the sick room should be freshened on a daily basis. Go over surfaces such as doorknobs, bedside tables and bathroom sinks and counters with water and dish soap or common household cleaners that kill germs.

If there is more than one bathroom in the house, consider having the sick person use one while the rest of the household uses the other one. Either way, it's a good idea to put aside a separate set of towels for the sick person. A sick person's dishes can be washed with dish soap or placed in the dishwasher. Similarly, there is no need to separate out a sick person's laundry. Everything can be washed together. Hold the laundry away from your face and body as you load the washer, otherwise, follow a normal routine and tumble dry on a hot setting. Beyond setting up a sick room, take general precautions, too, such as

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frequently washing your hands with soap; avoid touching your eyes, nose and mouth; and follow healthy habits like getting plenty of sleep and exercising. For more information in Pittsburg County, call 918-423-4120 or log onto www.oces.okstate.edu/pittsburg. LaDell Emmons is the Extension Family and Consumer Sciences

Educator for the Pittsburg County Oklahoma Cooperative Extension Service (ladell.emmons@okstate.edu). Oklahoma Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability or status as a veteran and is an Equal Opportunity Employer.

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National water forecast predicts limited supply west of the Continental Divide

A limited water supply is predicted west of the Continental Divide, according to the NRCS National Water and Climate Center data in its first forecast in 2014. The NWCC also predicts normal water supply east of the Continental Divide and will continue to monitor, forecast and update water supplies for the next six months.

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Monitoring snowpack of 13 western states, the center's mission is to help the West prepare for spring and summer snow melt and streamflow by providing periodic forecasts. It's a tool for farmers, ranchers, water managers, communities and recreational users to make informed, science-based decisions about

future water availability. "Right now the West Coast is all red," NRCS Hydrologist Tom Perkins said. "Early indications are it will be very dry in the western part of the West, but wetter as you travel east. There are some exceptions to this, as New Mexico, Arizona, parts of Utah and southern Colorado are also expected to be dry." "But that could all change by the end of the season. This early in the season - who knows? It always changes," Perkins said. NOAA Climate Prediction Center's seasonal forecast is calling for a milder and somewhat drier winter for much of the West. According to NRCS Meteorologist Jan Curtis there is a very small

chance for normal precipitation on the West Coast. "The North Cascades in Washington might have a normal year, but Oregon and California are unlikely to have normal precipitation," Curtis said. NRCS Oregon lead Snow Surveyor Melissa Webb said she isn't alarmed just yet. "Oregon snowpack looks grim right now, but the season is young and storms are on the horizon," Webb said. "While concerned, we're hopeful for some recovery in the next couple of months." Although NRCS' streamflow forecasts do not predict drought, they provide information about future water

supply in states where snowmelt accounts for the majority of seasonal runoff.

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mountain snow that melts and flows into streams as temperatures warm into spring and summer. NRCS scientists analyze the snowfall, air temperature, soil moisture and other measurements taken from remote sites to develop the water supply forecasts. "USDA streamflow forecasts play a vital role in the livelihood of many Americans," NRCS Chief Jason Weller said. "With much of this region greatly affected by drought, our experts will

continue to monitor snowpack data and ensure that NRCS is ready to help landowners plan and prepare for water supply conditions." Since 1935, NRCS has conducted snow surveys and issued regular water supply forecasts. Since the late 1970s, NRCS has been installing, operating and maintaining an extensive, high-elevation automated system called SNOTEL, designed to collect snowpack and related climatic data in the western United States and Alaska.

GMOs "Safe to eat, environmentally sustainable" Forbes reviews the science

An article published by Forbes is proclaiming the science behind GMOs. Titled "2000+ Reasons Why GMOs Are Safe to Eat and Environmentally Sustainable," the article, which ran in mid-October, opens by stating that the "claim that genetically engineered crops are 'understudied' - is false. Written by Forbes contributor Jon Entine with contributions by JoAnna Wendel with the Genetic Literacy Project," the article states: "Every major international science body in the world has reviewed multiple independent studies-in some cases numbering in the hundreds-in coming to the consensus conclusion that GMO crops are as safe or safer than conventional or organic foods. But until now, the magnitude of the research on crop biotechnology has never been cataloged. In response to what they believed was an information gap, a team of Italian scientists summarized 1783 studies about the safety and environmental impacts of GMO foods-a staggering number."

The article goes on to report: The researchers couldn't find a single credible example demonstrating that GM foods pose any harm to humans or animals. "The scientific research conducted so far has not detected any significant hazards directly connected with the use of genetically engineered crops," the scientists concluded.

The authors of the article do note that the research review, published in Critical Reviews in Biotechnology in September, spanned only the last decade-from 2002 to 2012-which represents only about a third of the lifetime of GM technology.

As an interesting side note, the Forbes co-authors point out that the research compilation by the Italian scientists is especially striking because European governments, Italy in particular, have not been as embracing of genetically modified crops as has North and South America, although the consensus of European scientists has been generally

positive. The Italian review not only compiled independent research on GMOs over the last ten years but also summarizes findings in the different categories of GM research: general literature, environmental impact, safety of consumption and traceability. Environmental impact studies are predominant in the body of GM research, making up 68% of the 1,783 studies. These studies investigated environmental impact on the crop-level, farm-level and landscape-level. Nicolina and his team found "little to no evidence" that GM crops have a negative environmental impact on their surroundings. The Forbes article points out that one of the fastest growing areas of research is in gene flow, the potential for genes from GM crops to be found-"contaminated" in the parlance of activists-in non-GM crops in neighboring fields. The scientists involved report that this has been observed, and scientists have been studying ways to reduce this risk with different strategies such as

isolation distances and post-harvest practices. The review notes that gene flow is not unique to GM technology and is commonly seen in wildplants and non-GM crops. In the food and feeding category, the team found no evidence that approved GMOs introduce any unique allergens or toxins into the food supply. All GM crops are tested against a database of all known allergens before commercialization and any crop found containing new allergens is not approved or marketed. The researchers also address the safety of transcribed RNA from transgenic DNA. Are scientists fiddling with the 'natural order' of life? In fact, humans consume between 0.1 and 1 gram of DNA per day, from both GM and non-GM ingredients. This DNA is generally degraded by food processing, and any surviving DNA is then subsequently degraded in the digestive system. No evidence was found that DNA absorbed through the GI tract could be integrated into human cells-a popular anti-GMO criticism. These 1,783 studies are expected to be merged into the public database known as

GENERA (Genetic Engineering Risk Atlas) being built by Biofortified, an independent non-profit website. Officially launched in 2012, GENERA includes peer-reviewed journal articles from different aspects of GM research, including basic genetics, feeding studies, environmental impact and nutritional impact. GENERA has more than 650 studies listed so far, many of which also show up in the new database. When merged, there should be well over 2,000 GMO related studies, a sizable percentage-as many as 1,000-that have been independently executed by independent scientists. The Forbes article concludes: "In short, genetically modified foods are among the most extensively studied scientific subjects in history. This year celebrates the 30th anniversary of GM technology, and the paper's conclusion is unequivocal: there is no credible evidence that GMOs pose any unique threat to the environment or the public's health. The reason for the public's distrust of GMOs lies in psychology, politics and false debates."

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Community programs may help dads lose weight

(Reuters Health) - Men who participated in a community fitness program for obese fathers lost weight and increased their activity levels in a new study from Australia. The researchers' main goal was to test the 'Healthy Dads, Healthy Kids' program in a real-world setting to see if it helped reduce obesity among the men participating - with the hope it would improve the

eating habits and activity levels of their children too. "Internationally, obesity in men and obesity prevention in children are public health priorities," Philip Morgan, who led the study, told Reuters Health in an email. Morgan is a researcher with the Priority Research Centre in Physical Activity and Nutrition at the University of Newcastle in Callaghan, New South Wales.

"Fathers have a unique and important role in the lifestyle behaviours of their children, yet little is known about how best to engage them in lifestyle interventions," Morgan said. Morgan said that Healthy Dads, Healthy Kids is unique as it engages dads to become family role models and spend quality time with their children using exercise and healthy eating

as the engagement medium. "Children become 'personal trainers' for their dads - innovatively applying 'reciprocal reinforcement' theory. This program engages men, a hard-to-reach group, and children simultaneously - a more cost-effective approach than separate programs," Morgan said. For the new study, Morgan and colleagues enrolled 116 overweight and obese fathers along with their elementary school aged children in 2010 to 2011. A total of 93 men - and their children - completed the study.

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Physical measurements and assessments were repeated 14 weeks after the program began.

The researchers found that fathers who completed the Healthy Dads, Healthy Kids program lost, on average, about 7.5 pounds, compared to the fathers on the waiting list who stayed about the same. The fathers on the program also increased their physical activity levels, cut their daily calorie intakes and reduced their resting heart rates compared to the wait-list group.

"Significant intervention effects were found for fathers' weight, BMI, waist circumference, resting heart rate, physical activity levels, and dietary intake. For children, intervention effects were found for adiposity and physical activity," Morgan said.

"Clearly the role of the parent in our children's health is of paramount importance," Jacob Barkley, an associate professor of exercise science at Kent State University in Kent, Ohio, told Reuters Health in an email.

"These results demonstrate how a father may not just benefit themselves by

changing their health behaviors, but they may have a measurable benefit to their children as well," said Barkley, who was not involved in the study. Barkley said the fact that the study was done in a community setting - not in a laboratory - improved the ability to generalize the results to the real world. A program like this is something that could be implemented fairly easily in a variety of countries, including the United States, he said.

"The evidence strongly suggest that if you are a father, and are concerned with the your child's weight and physical activity habits, you may want to change your own behavior. It could benefit you and your kids," Barkley said.

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HOME TOWN BITS

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

Glory Service. This Sunday morning, January 26th at 10:30 am. The church is located at 120 North 24th Street in Muskogee, Oklahoma. Pastors Isaiah & Amber Thompson-Hogan and the congregation want to give you a personal invitation to attend. For more information or a ride please call (918) 684-9963. We are having a Valentine Banquet Saturday, March 8th 5pm. Just \$10 a person and \$35 a family. Pack A Pew Sunday, March 16th 10:30am. Pack A Pew Sunday is to invite enough people to fill up your row/pew! Monthly Courages Men Meeting is January 27th at

Christ For The World of Muskogee, Oklahoma invites everyone to come out and hear Apostle Bobby Hogan for One Prophetic

6pm; Monthly Women of Excellence is January 25th at 2pm;

Oklahoma Tackle & Hunting Show- January 31, 2014 to February 02, 2014

Head to the Oklahoma City Fairgrounds to browse one of the largest outdoor shows in the state. The Oklahoma Tackle & Hunting Show presents hundreds of vendors featuring the latest and greatest products and services for outdoor enthusiasts. Stroll row after row of tackle, boats, ATVs, hunting gear, apparel and more. Activities and attractions at this expo are fun for the whole family. Enjoy a fetch and fish dog jumping show, bow fishing and archery demonstrations and even a small fishing pond for children.

Greater Tulsa Indian Art Festival- January 31, 2014 to

February 02, 2014
The Greater Tulsa Indian Art Festival is a cultural celebration of the American Indian. Come to this annual event to enjoy a fine art show, cultural exhibitions, traditional dancing, entertainment, storytelling and much more. The art market is open to the public and features a wide assortment of traditional and contemporary Native American art. Browse through educational exhibits at the Greater Tulsa Indian Art Festival or feast on authentic American Indian food. Breathtaking dance demonstrations will be held throughout the festival and well as live music from local performers. Come to the Greater Tulsa Indian Art Festival to see American Indian culture live and in motion. The Greater Tulsa Indian Art Festival will host approximately 75 nationally recognized painters, potters, bead workers and cultural designers who will gather at the Glenpool Conference Center to celebrate the 28th

annual festival, which honors the spirit of the American Indian. This spirit manifests itself through the art, dance, music and storytelling of a culture that traditionally embraces the Earth and its many natural resources. Art demonstrations will be held at designated times for those desiring a more intense experience.

Glenpool Conference Center German Feast & Auction-February 01, 2014

The German Feast & Auction in the town of Corn is a great event where visitors can try authentic, tasty German food. Festivities begin at 10am, when homemade baked goods including pies, cakes, schnetka (a German pastry), candies and German sausage will be available. Sign up for the silent auction for gift certificates, handmade toys and other handcrafted items. Visitors will also have the opportunity to purchase

homemade breads, jellies, rolls, cakes and pastries. At 11:30am, get in line for the German feast to sample all of the savory food, from traditional verenika to sausage and cracklins. The live auction begins at 12:30pm with a variety of items up for auction. Bid on vacations, fishing trips, handmade quilts and afghans, sports collector items, gift baskets and much more. The German Feast and Auction continues, with dinner at 5pm to enjoy more of the traditional German feast. 208 N Reimer Corn, OK 73024

OKC Gun Show February 01, 2014 to February 02, 2014

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



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 1886 1st successful gasoline-driven car patented, Karl Benz, Karlsruhe
 1920 Walt Disney starts 1st job as an artist; \$40 week with Kansas City Slide Co

1921 Hurricane hits Washington & Oregon
 1922 Union of Costa Rica, Guatemala, Honduras & El Salvador dissolved
 1923 1st flight of the autogiro (Juan de la Cierva, Madrid Spain)
 1924 Ice cream cone rolling

machine patented by Carl Taylor, Cleveland
 1925 British Liberals choose David Lloyd George as party leader
 1929 Seeing Eye Guide Dog Organization forms
 1936 1st players elected to Baseball Hall of Fame-Ty Cobb,

Babe Ruth, Honus Wagner, Christy Mathewson & Walter Johnson
 1942 1st broadcast of Roy Plomley's "Desert Island Discs" on BBC
 1942 German & Italian troops occupy Benghazi
 1942 Peru & Ecuador sign Protocol of Rio (boundary determination)
 1943 Sidney Kingsley's "Patriots" premieres in New York City NY

1944 285 German bombers attack London
 1947 Arthur Miller's "All My Sons" premieres in New York City NY
 1957 Graham Greene's "Potting Shed" premieres in New York City NY
 1958 Murderer, Charles Starkweather, captured by police in Wyoming
 1958 Paul Newman & Joanne Woodward wed
 1959 Walt Disney's "Sleeping

Beauty" released
 1963 Jim Thorpe, Red Grange & George Halas elected to football hall of fame
 1979 Emerson, Lake & Palmer disband after 10 years together
 1979 President Carter commuted Patricia Hearst's 7 year sentence to 2 years
 1981 AL approves sale of White Sox to Jerry Reinsdorf & Eddie Einhorn for \$20 million, & 80% of Mariners to George Argyros for \$104 million

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I just just reading with astonishment about Dennis McGuire from Columbus Ohio, he was killed and it took 26 minutes for him to die after they gave him the chemicals. He snorted and choked, so now they may try to do away with executions in that state. I am wondering if the 26 minutes that it took him to die was less than or equal to the young lady that he stabbed to death that was pregnant. So two lives were taken, I wonder how many minutes that it took? If took 15 years of the tax payers money to even bring him to justice, and now it is considered cruel and unusual punishment? It sickened me to think about this. I am sure there were plenty of people out there that could have helped him go a little quicker. Thank you

To the Sound Offs that have complained about the converter box needed for your cable. I have checked in to this too and the cable company is only complying to federal regulations. If you are not happy you could always switch over to another company. I for one am very happy with my service.

When I told you people to go out there and find your dreams, let it come to you, I didn't tell you to come to where I was at flood me out. Everywhere I see is Oklahoma Tags, only two counties, Bryan and Choctaw. What's going on?

What a fantastic article Gina Stanley! We dealt with a situation concerning this stuff recently and it wasn't pretty! My husband who is a well respected man in our community was stupid enough to partake in a childish endeavor with an other professional because they thought it was a hoax and wanted to see for themselves. It was no hoax and got serious very quickly! Parents warn your children and watch your immature husbands ladies!

I want to say attention all your people who live in Pittsburg County that invested money in the failed paper in Hartshorne, and didn't get their money back, I hear the person who ran it is now in Wilburton and I hear this person is suppose to open a day care. Can anyone please confirm this information. Thank you.

Here is another little surprise for you, if you cannot hookup your digital converter the company will come out and hook it up for twenty dollars. I feel it is all about money. November 3D television will be available. I wonder if I will be hit again.

Bravo to the Oklahoma Journal and Ms. Stanley for the Synthetic marijuana report! I as a mother of a teen did not realize there was such out there and after this article, I questioned my teen and was informed in great detail about the substance and how many of his fellow students have tried or still continue to smoke this substance! He stated "they got the favorite one right, all of my friends say Bizarro is the best." I am in shock! Looking forward to more information concerning this very alarming situation.

Thank you for a great article Bargain Journal, we are now enlightened and watching more closely than ever.

LETS PLAY SUDOKU

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

ANSWER TO THIS WEEK'S PUZZLE ON PAGE 6

8						7	5
		2		5	6		4
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Praise the Lord! Someone finally spoke out on the fake pot! My son had close encounter a few months back when he experimented smoking this stuff with his friends, when they all were told during high school about "how cool" this stuff is. I thank God each day my son learned quickly about the danger. Sadly for some of his peers, they still are partaking in smoking this substance. All parents, I urge you to let you kids read the excellent article written about what is going on here in our community.

I cannot wait for next week's Oklahoma Journal! You have a great publication that we look forward to each week! The Spice article was fantastic! Great job.

How many people were reached with that article? I have no idea, but our family sat down and read it together! I have pre teen twins and wanted to know if they had ever heard of Spice, both replied no, so I asked have you heard anyone talking about K2 in your school, both simultaneously said "Yes". This is too much.

Thank you for Sound Off, I have been battling the school system for the same problem for over a year with no results. It seems that for a certain chosen few there are no rules, due to social ties. We finally had enough as well and our daughter now attends another school and she is doing great. What a shame!

I know that there have been Sound Offs in the past about rowdy children in a movie theater, but I have to vent! We attended an adult oriented movie for a reason, thinking that "adults" would leave their babies at home so "adults" could enjoy the movie that they paid for. No, couldn't be possible. A Dad and mom with a one year old sat behind us with the little one screaming the entire time, until someone complained and they were finally asked to exit. Come on people use common sense.

My how things have changed. Back in the good ole days we kids would spark a doobie and it was for the most part all natural. Now they have to resort to this junk? I am all for doing in your home as you wish, but this crap is killing people. If the government across the US would just legalize pot, there would be no need for people to resort to artificial feel goods. Just saying.

I would also like to express my disappointment in the school system when it comes to protecting their students against bullying. I have also pulled my child out of this area and he now attends an out lining school where he is now able to receive his education in peace. I do not remember it being this bad when I attended school here. We are much happier now. It is a difficult decision but sometimes it is the best for the good students who want to succeed without constant interference from those whose soul purpose is to disrupt and cause problems. But as I told my young son, those problem makers of today will be the failures of tomorrow. Mark my words, it's common knowledge.

Great article, and good reporting!

After the article hit, I was immediately alarmed! I have seen this same packet in my son's room. He had told me it was incense! I am one mad momma! And I have a grounded kid probably for the rest of his life! He told me where he got it and I am beyond mad! Heading to our attorney's office.

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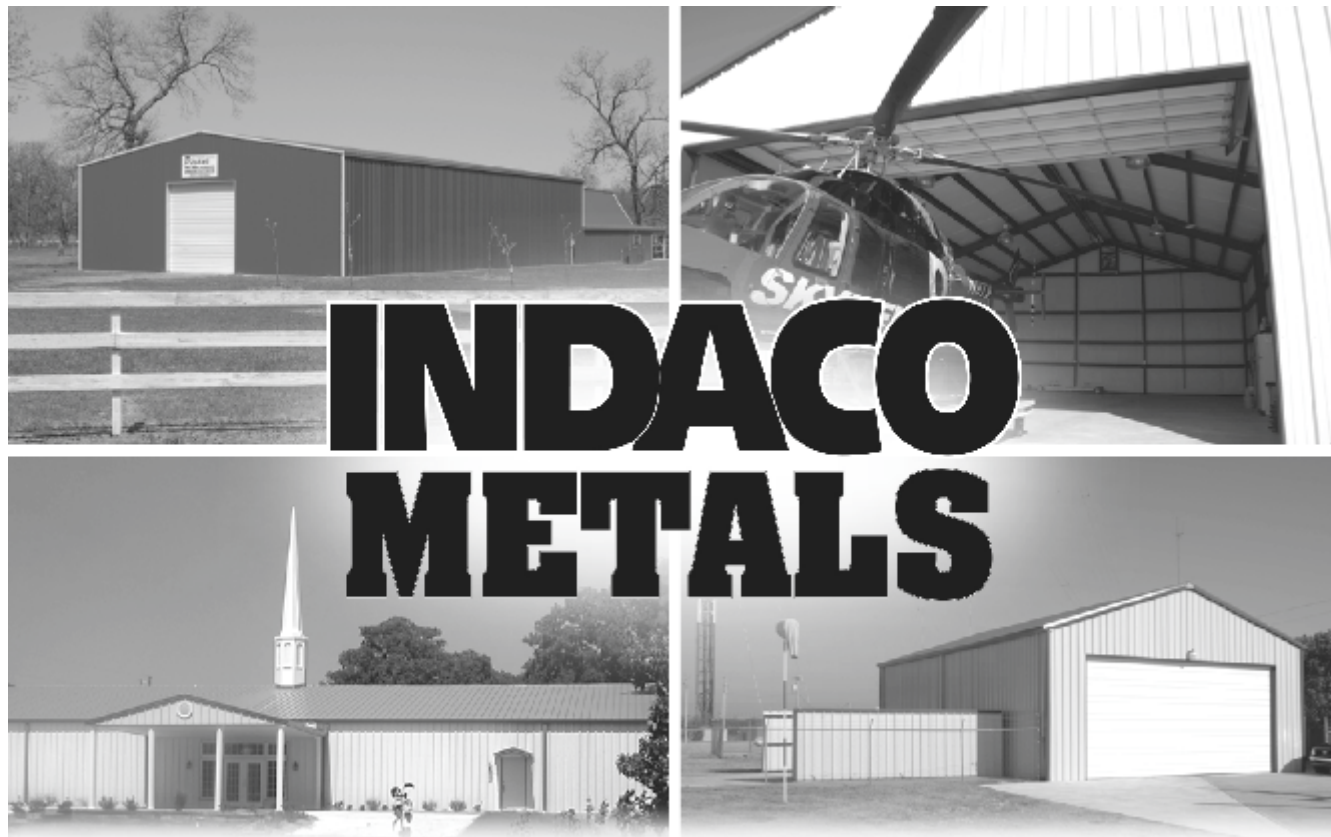


2 year old female Heeler that is very smart



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ASTROLOGY UPDATE

ARIES (Mar. 21- April 20) You should socialize with clients or upper echelons of your industry if possible. Your ideas may be good, but they aren't necessarily right for everyone. You will need to work diligently in order to accomplish even the smallest amount.

TAURUS (Apr. 21-May 21) Listen and formulate your course of action. You will be indecisive. Partnerships will be successful. Try to include the one you love in your plans today.

GEMINI (May 22-June 21) Do something special for them. You may find yourself mixed up in a triangle of sorts. You will have to make changes in order to eliminate the tension.

CANCER (June 22-July 22) Property investments, insurance, tax rebates, or inheritance should bring you financial gains. Do a little investigating if there is someone at work you don't trust. Opportunities to expand your circle of friends will result in possible new romantic encounters.

LEO (July 23-Aug 22) It will be all around you. You can make positive changes in your home. Instant romance could be yours if you go out with friends.

VIRGO (Aug. 23 -Sept. 23) Try to make your lover understand that you need to do things with your friends. Don't divulge secret information. You can make money if you concentrate on producing services or goods that will make domestic chores easier.

LIBRA (Sept. 24 -Oct. 23) You would be wise to consider attending lectures that will broaden your awareness concerning your professional direction. Use your intellectual approach to get the best results. The key to feeling good about yourself will be to do something about it.

SCORPIO (Oct. 24 -Nov. 22) Think before you act. You may be confused emotionally. You will easily capture the interest of those you talk to.

SAGITTARIUS (Nov. 23 -Dec. 21) You can set your goals and make a beeline for your target. You need an outlet. Compromise if you wish to have any fun at all.

CAPRICORN (Dec 22 - Jan. 20) Sit back. You may enjoy doing something musical for entertainment. Stay away from social unpleasantness.

AQUARIUS (Jan. 21 -Feb. 19) Now is the time for completing hobbies that you've been working on for a long time. Your emotional state could leave you vulnerable and confused. Your talents are likely to be discovered.

PISCES (Feb. 20-Mar. 20) Your ability to organize and get everyone together will enhance your popularity and bring interest from potential mates. Weigh the pros and cons and make a decision that will change the conditions you've been living under. Acceptance is the key.

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