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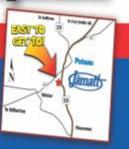
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5 Strategies to Save More Money

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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OSMOSIS. "Shut your mouth and eat your supper." 9. My mother taught me about CONTORTIONISM.

there until all that spinach is gone."

about WEATHER. "This room of yours looks as if a tornado went through it."



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."

A Little Pink, A Little Camo...And all the Bling Your Heart Desires: 103 E. Main-Wilburton, OK www. camonlace.com FIND US ON FACEBOOK 19. My mother taught me ESP. "Put your sweater on; don't you think I know

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when you are cold?" 20. My mother taught me

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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!"



"Will you look at that dirt on the back of your neck!" 10. My mother taught me about STAMINA. "You'll sit

11. My mother taught me

12. My mother taught me about HYPOCRISY. "If I told you once, I've told you a



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A Look inside Today's Industry

OILFIELD EMPLOYMENT OPPORTUNITIES SUPPLIES & SERVICES INDUSTRY NEWS

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 a 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.

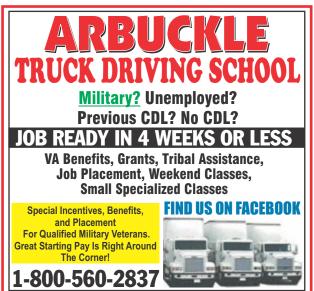
"What we see are significant delays in the oil and gas industry as a result of a lack of a vailable skills, bureaucratic barriers and geopolitical challenges," says Fatih Birol, chief economist at the International Energy Agency. "We see almost all big projects delayed."





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If anybody is interested in buy a Dell computer please call 580-509-0011 or 918-920-4646. 1/28

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THIS WEEK'S SUDUKO PUZZLE ANSWER

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Reasonably Priced 40x70 foot Camping Lots for Sale. Lake Eufaula, Electric Available. Fair Trades are Possible. Owner Financing Available. 918-329-

Old Style AM/FM turn table stereo, and 8 track, dual cassette, works all the way. without speakers \$40, mint condition. With 80 watt speakers \$110 or trade for Silkies, or Bam chickens must be full blood. Muskogee. Pictures available. 918-441-1/21 2

Leather recliner very good shape \$75. Also cloth recliner, Big Boy, very good shape. \$100. 918-426-0093

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2) 16" tires removed from '09 Impala. Good condition. \$45 for both. 918-423-2648. 1/21 2

New wood kitchen table in the box 918-652-8791. 1/21 2

1976 Disney glasses, cabbage Patch doll, sterling silver tea set, Peevey base amp, Camel collectibles, new chandelier light, 24 hour timer in box, carousel horse, serge protector, all types of antiques and collectibles, 918-652-8791, 2/21

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Waterfront Property in Bugtussle w/dbl stall boat dock on a Peninsula. \$112,00 for all & boat dock, 918-381-2959, 1/28

4 lots with water view on Bristow Point Rd in Crowder, OK \$15,000. 918-381-2959. 1/7



For Sale By Owner: 3 bedroom brick house, 1 1/2 bath, new carpet, new paint inside and out, appliances, \$59,900. 2004 N Hickory in McAlester. 918-424-8844. 11/19 6

4 nice lots on Bristow Point road. In Crowder with lake view. \$18,000.918-381-2959. 1/7 5

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For Rent – 812 E Tyler 2 bd, 1 ba \$600/mo. 819 E Tyler, 2 bd, 1 ba \$500. Call Wanda w/Oklahoma Land & Home 918-916-9377 or 918-423-7797.

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FOR RENT - 1006 E Jefferson, 3 bd 1.5 ba. Available NOW! \$700/mo Call Oklahoma Land & Home 918-423-7797. 1/21 2

Lot in Buds Point with water view. Has older mobile home on it \$15,000. 918-381-2959. 1/28 6

200 acres of mineral rights in Haskell Co. 405-997-5602. Leave message. $1/21 \ 4$

FOR RENT: \$700. 2 bed, 1/12 bath, nicest place in town \$700 deposit. Call Brandy for appointment. 918-916-3429. 1/21 2

Trailer for rent: 2 bedroom, 1 bath, in Indianola \$500 month \$500 deposit. Rent to own. 918-916-9481. 1/21 5

House for rent: 3 bedroom w/1 1/2 bath, kitchen, living & office room. 1611 E Osage in McAlester. \$600 month \$400 deposit. 918-820-2035. 1/28 4

Efficient apartment for rent. ONE PERSON ONLY. \$475 month \$250 deposit – No smoking – No pets. 519 East Comanche -McAlester. 918.421.1262. 1/28 2

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Very nice 3 bedroom, 1 1/2 bath home for rent. Central heat & air, newly renovated. Stove, dishwasher Included. W/D Hookups, HVAC, fenced backyard \$825 month \$500 deposit. 405-853-5419. 1/21 2

In McAlester 3 bedroom, 2 bath home for rent. quiet neighborhood, like new condition, includes stove & Dishwasher, W/D hookup, HVAC \$875 month \$500 Deposit. 405-853-5419. 1/21 2

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OKLAHOMA OBITUARY

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

Sharon Kay (Miller) Martin

of McAlester, passed Tuesday, Jan. 21, 2014, at McAlester Regional Health Care Center at the age of 60

John Mendes Jr.

of Canadian, passed Tuesday, Jan. 21. 2014. McAlester Regional Health Center at the

Lola M. Rogers

of Wilburton, passed Friday, Jan. 17, 2014, at Beare Manor in Hartshorne at teh age of 84

Rose Marie (Dassler)

of Richville, passed Saturday, Jan. 18, 2014, at her home at the age of 76

Pearline McClure

of Talihina, passed Sunday, Jan. 19, 2014, at Choctaw Nation Nursing Center in Antlers at the age of 62

Thelma Marks

of Stigler, passed Saturday, Jan. 18, 2014 at the age of 95

Roberta Colleen Atkinson

of McAlester, passed Monday, Jan. 20, 2014, at her home at the

Jeanetta Cook

of McAlester, passed Friday, Jan. 17 at her home at the age of 93

Wayne Gilreath

of Coweta, passed Wednesday, January 22, 2014 at St Francis Hospital at teh age of 63

Dempsey Wayne Gilreath was born on Nov. 22, 1950 in Hartshorne to Dempsey S. and Ola Mae (Smith) Gilreath. He grew up there and graduated high school before moving away. He became a minister with the Assembly of God Church and preached at Yannush, Sand Hill, Ark., McAlester North Town and Webbers Falls. He married Judy Hinkle on Dec. 31, 1992 in Wichita, Kansas and they lived in Augusta Ks. for 12 years, moving to Coweta 10 vears ago. He was also a carpenter working in construction as framer, trimmer, and became one of the best cabinet makers in the area. His hobbies included camping, hunting, fishing and playing golf. **SURVIVING RELATIVES:**

Judy Gilreath of the home Son and daughter-in-law Dewayne and Clistie Gilreath of Wagoner Daughters Starla Gilreath-Adams and

Denny Adams of Coweta Carrie Berton of Webbers Falls Grandchildren Jordan Gilreath Chelsea Sollberger Christian Livingston Shali Adams Caitlin

Gilreath Caylee Gilreath Zowi Berton Keden MoseleyGreat Granddaughters Caydence Isaacs and Kenlee Gilreath

Sisters and brothers-in-law Cirena and Larry Becker or Waskom, Tx.

Linda and Jerry Grammar of Hartshorne

Brother and sister-in-law Jerry and Othelee Gilreath of Hartshorne

Several nieces and nephews He was preceded in death by his parents.

Service held at First Assembly of God Church of Hartshorne. He was laid to rest at Elmwood Cemetery on Saturday January 25, 2014.

PALLBEARERS Scott Martin Keden Moselev Kirk Martin Edward Capers Jordan Gilreath Brian Gilliam Christian Livingston Darrell Templeton Denny Adams

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

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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 PRORLEM

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

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!"

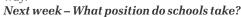
Chad confirms that there are high school students from all walks – not just typical "druggies" – who are buying spice and smoking it. Since it doesn't show up on drug tests, even those who are active in athletics, arts or other extra-curricular activities could use without detection.

"I'm sure there are naïve 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."





By: Gina Stanley





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Cut the spread of germs by setting up a sick room

For most us, getting caught by the seasonal flu bug means spending a few miserable days at home in bed. In those 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, alcoholbased 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

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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/pitts burg. LaDell Emmons is the Extension Family and Consumer Sciences

Educator for the Pittsburg County Oklahoma Cooperative Extension Service (ladell.emmons @okstate.edu).

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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

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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supply in states where In addition to snowmelt accounts for precipitation, streamflow the majority of seasonal in the West consists largely of accumulated runoff.

first forecast in 2014.

The NWCC also predicts

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

"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

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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.



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GMOs "Safe to eat, environmentally sustainable" Forbes reviews the science isolation distances and post-harvest practices. The review

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 hundredsin 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



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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 landscapelevel. Nicolia 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-"contaminate" 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

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 thefood 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

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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

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-toreach 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.

The participants were divided into two groups. The members of one group participated in the Healthy Dads, Healthy Kids program and other others were put on a waiting list, which was used as a comparison group. (After the study was over, those men got to do the program).

The researchers took baseline measurements of all the participants during the two weeks before the program began. They measured the height, weight, blood pressure and heart rate of each man and asked about his daily physical activity and eating habits.

The Healthy Dads, Healthy Kids program included seven weeks of group sessions - four for just the fathers and three with both fathers and kids - taught by physical education teachers who had been specially trained.

The fathers were taught about weight loss, healthy eating, how to get their kids more active, and how to sustain a healthy lifestyle.

The participants were also given manuals and logbooks to take home to keep track of their progress.

The fathers and kids in the group on the waiting list were not given any health or fitness information during 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 waitlist 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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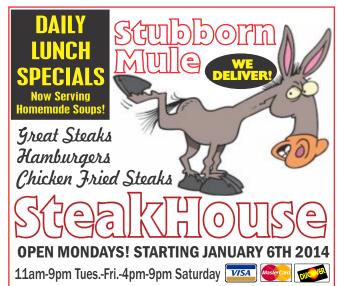
Glory Service. This Sunday morning, January 26th at 10:30 am. The church is located at 120 North 24th Street in Muskogee, Oklahoma. Pastors Isaiah & Amber Thompson-Hogan and the congregation want to give you a personal invitation to attend. For more information or a ride please call (918) 684-9963. We 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

people to fill up your row/pew!

Monthly Courages Men Meeting is January 27th at





217 E. CHEROKEE-MCALESTER 918-302-0083

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 Sunday is to invite enough 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. Oklahoma State Fair Park

> **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

"So fresh you will think we made it tomorrow." We deliver to: Crowder, Nale Rd. & Surrounding areas, Blocker Rd. up to Rt. 31, Canadian Shores, Sam's Point, Canadian, Arrowhead **Estates, Arrowhead State Park, Stigler Exit off** Hwy 69, Bristow Point, Massey Point, Crowder Point, Lake Eufaula Estates & Indianola. (\$12 min. order/\$2 delivery charge. Call for details) **Coupons, Daily Specials & Party Pricing available at:** www.facebook.com/GeorgeosPizza & GeorgeosPizza.com EatGeorgeosPizza@gmail.com 108 N. Ave B, Crowder, OK, 74430 Near Post Office & Lake Eufaula. Take Crowder Exit off Hwy 69

> 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

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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National Monument, Montana established

1886 1st successful gasolinedriven car patented, Karl Benz, Karlsruhe

1920 Walt Disney starts 1st job as an artist; \$40 week with Kansas City Slide Co

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

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 Iohnson

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

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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10 KIA SOUL PLUS WHITEPD201

08 MERC MARINER PREMIER RED FIRE PD105A





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

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

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 bout 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.

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

	ANOTHER TO THIS PIECE OF SELECTION AND S							
8						7	5	
		2		5	6		4	
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9					5			7
	2			7			9	
	7		4	3		1		
	4	9						8

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

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.

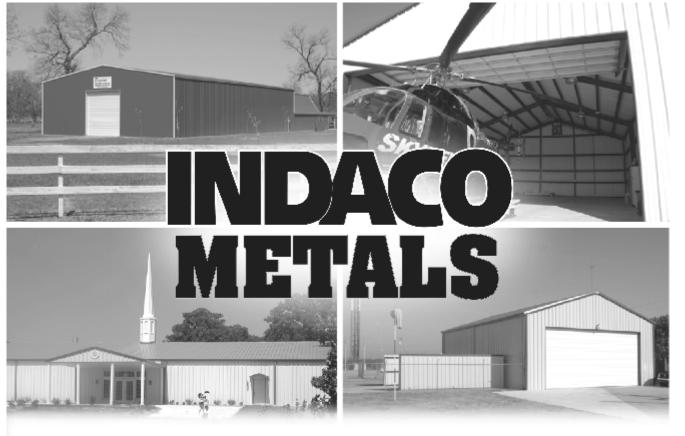
My how things have changed. Back in the good ole days we kids would spark a doobie and it was for the most part all natural. Now they have to resort to this junk? I am all for doing in your home as you wish, but this crap is killing people. If the government across the US would just legalize pot, there 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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McAlester Stockyards Market Report

Tuesday Jan. 21st, 2014, sold 1550 cattle. Steers under 450lbs \$1 to \$8 Lower, 450lbs & up \$1 to \$8 Higher. Heifers mostly Steady. Next Special Replacement Cow and Bull sale Feb 15th. Consignments are open! "Judge not, that you be not judged." (Matt. 7:1)

Weight Range	#1 Steers	#1 Heifers
225 to 300 lbs.	\$225 to \$259	\$190 to \$210
300 to 350 lbs.	\$226 to \$242	\$188 to \$203
350 to 400 lbs.	\$212 to \$227	\$187 to \$201
400 to 450 lbs.	\$205 to \$220	\$187 to \$201
450 to 500 lbs.	\$200 to \$216	\$176 to \$180
500 to 550 lbs.	\$187 to \$205	\$168 to \$180
550 to 600 lbs.	\$181 to \$194	\$158 to \$171
600 to 700 lbs.	\$156 to \$184	\$144 to \$165
700 to 750 lbs.	\$152 to \$169	\$136 to \$149
800 to 850 lbs.	\$152 to \$158	\$140 to \$144

270 Cows/Bulls sold at the evening sale. Packer Cows Steady to \$7 Higher. Packer Bulls \$2 Higher. High yielding packer bulls sold from \$104 to \$107 Average yielding packer bulls sold from \$100 to \$103 Low yielding packer bulls sold from \$90 to \$96 High yielding packer cows sold from \$90 to \$96 Average yielding packer cows sold from \$86 to \$92 Low yielding packer cows sold from \$80 to \$87

SALE EVERY TUESDAY, STOCKER & FEEDER CATTLE BEGIN 10:00am COWS & BULLS TUESDAY EVENING, 6pm OPEN 7 DAYS/WEEK, 24 HOURS/DAY TO RECEIVE & CARE FOR YOUR LIVESTOCK INVESTMENT!

Julie Grant OFFICE: 918-423-2834 Laura Sherrill Our Website is www.mcalesterstockyards.com

Lindsey Grant George Tarr Richard Magby Donny Shadwick Kenneth Sherrill 918-421-9057 918-423-4498 580-889-6049 918-649-4750 918-548-3478 918-424-1464 580-889-1329 918-655-7754 THANKS FOR YOUR BUSINESS

McAlester's Oklahoma **Main Street Award Nominees**

MCALESTER. Okla. McAlester Main Street has selected its nominees for the 2014 Oklahoma Main Street Awards based on activities over the last two calendar years. Winners will be announced at the Oklahoma Main Street Awards Banquet in May.

This year, Panache Boutique & Salon has been chosen as Business of the Year and also for Best Window Display. Panache opened Downtown summer of 2010 and moved into a larger storefront this summer.

Dottie's Children's Boutique has been selected as Best New Business. Dottie's opened Downtown in the fall of 2012. Owner, Kristen Lloyd, has also been chosen as Board Member of the Year.

The Whistle-Stop Bistro in Old Town has been selected

for Best Business Practices as a result of their excellent marketing techniques and their continual contributions to community events.

The Urban Overlook has been chosen for Best Façade Rehabilitation and Best Interior Design Project. This restaurant opened Downtown in November after extensive remodeling of their historic space.

The Grand Event Center has been selected as Best Adaptive Reuse Project for the conversion of a vacant church building into a Downtown event center.

First National Bank has been chosen for Best Business Signage for the new sign and lighting system at their Downtown location. Every night after dark, their building is illuminated by changing, colored lights.

The Pittsburg County Chapter of the Oklahoma State University Alumni Association has been selected as McAlester Main Street's Premier Partner. They facilitated Pistol Pete's participation in the 2012 Christmas Parade, donated substantially for

Sale every Monday 9 a.m.

N.E. Oklahoma's largest and Finest Market Over 100,000 Head Sold Annually Large Enough to Serve You, Small Enough to Know You!

Compared to last week: After a strong market and a week of pretty weather demand turned very good. Steers sold 4.00-5.00 higher. Heifers 3.00-5.00 higher. Quality average to many attractive. Supply includes 36 percent over 600 lbs and 43 percent heifers. Slaughte cows sold 1.00-2.00 higher. Slaughter bulls 3.00-4.00 higher. A total cows sold 1.00-2.00 rilgines. Gladgings 25...2 configures of 304 cows and bulls sold with 56 percent going to packers

Feeder Steers Medium and Large 1 Feeder Heifers Medium and Large 1 Wt Range Avg Wt Price Range Avg Price
7 300-348 328 233.00-239.00 236.39
8 303-333 315 240.00-248.00 242.78 Head Wt Range Avg Wt Price Range Avg Price 39 305-330 315 209.00-215.00 211.13 74 350-395 374 199.00-209.50 205.48 410-449 434 210.00-224.00 216.94 74 415-445 429 195.50-202.00 199.45 69 453-492 14 453-455 67 505-543 482 188.00-198.00 191.41 454 200.00-205.00 203.22 523 180.00-189.00 185.35 38 450-485 457 213.00-222.00 217.52 38 450-485 457 213.00-222.00 217.52 54 505-543 519 195.00-207.00 199.00 42 505-510 507 204.50-209.50 206.82 87 552-597 570 185.00-195.50 199.16 44 603-641 615 179.00-183.00 180.39 73 603-648 637 175.00-179.00 176.77 42 650-698 674 167.50-17179 172.12 569 165.00-174.00 38 550-595 612 165.50-175.00 168.40 676 165.50-175.00 168.02 725 175.00-179.00 175.79 810 145.50-154.00 152.70 64 601-640 26 652-695 15 705-730 705-742 728 159.50-179.00 166.27 753-790 767 156.00-159.00 157.40 819-833 823 161.00-163.00 162.05 33 809-816 155.00

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STEE	RS	HEIF	ERS		
200-300 lb.	247-282	200-300 lb.	190-231		
300-400 lb.	205-256	300-400 lb.	190-221		
400-500 lb.	180-222.50	400-500 lb.	167-210		
500-600 lb.	169-207	500-600 lb.	160-183		
600-700 lb.	150-180	600-700 lb.	140-160		
Pairs: 1550-2250					

Packer Cows - 80-96 Low Dressing 64-79 Packer Bulls - 100-108 Bulls Per NONE Stocker Cows \$1000-\$1650 Baby Calves 400-450

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CultureFest, and volunteered at multiple events.

Their president, Mary Ellen Keeter, has been chosen as Main Street Hero. Keeter has personally gone above and beyond to improve community events with her time and resources.

CultureFest, held on the third weekend in August in Downtown McAlester, has been selected for Best Creative New Event and Premier Special Event. Wild Color Stampede, a 5K color run held in Old Town

for Best Creative Fundraising Effort. Also, Catwalk on the Crosswalk, a fall Facebook promotion, has been selected for Outstanding Image Promotion and Best Retail Event.

SALE RESULTS FOR Jan. 20, 2014

Cattle: 1705 head

LIVESTOCK SALE

MONDAY 11AM

Horses May be Sold

On Mondays 11:00am

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THE NEW ATOKA LIVESTOCK HORSE SALE BY PHIL & PAULA HATRIDGE!!

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McAlester Main Street is proud of our nominees and the improvements they have made in our community. Contact:

Ginny Webb, Executive Director (918) 423-8888, mcalester mainst@att.net



State of Oklahoma House of Representatives Condit's Capitol Report

The second session of the 54th Oklahoma State Legislature will convene on Monday Feb. 3rd at 1:00 p.m. Governor Fallin will deliver her te of the State address at that time wanted to take this time to share with the citizens of District 18 the bills that I have introduced. Ideas for legislation had to be submitted in early December and the final language had to be in by the end of December. I have introduced seven bills. Keep in mind that there are several steps that a bill must go through, and pass, before becoming law. Most of the bills that I have introduced are suggestions from citizens. I am going to list the bills in numerical order.

HB2423- Would require district courts to notify the state board of education of certain information. This would then require the state board to notify a school district if they have a student that has been convicted of a crime. The local superintendent then would notify the student's teachers. There are teachers that are concerned about having students in their classroom that have been convicted of a crime and they never know about it.

HB2424-This bill would authorize volunteer firefighters to install blue hazard lights on their vehicles and use them while attending to an emergency. They would only be allowed to have the

ights on while at the scene. I have had firefighters tell me that they drive their own vehicles to help with a fire and while fighting the fire they are not allowed to have any flashing lights. The firefighter would have to get permission from his/her chief and the state before they would be allowed to display the flashing lights. HB2425- We have the Amber alert

system in the state and United States. This bill would create a system that would alert local law enforcement when a person with mental illness is missing. HB2426- Would give the Corporation Commission the authority to enforce maintenance and operation standards had complaints of pipelines being installed and then the area where the pipeline is installed isn't properly installed.

Hb2427- The A-F grading system was passed into law a couple of years ago. The idea was to make it easier to tell how well a school is performing. This has been a very controversial issue. It is the right of the citizens to know how their local school is performing. The current system is very complicated and hard to understand. Prior to the system we currently have the state used the API (Academic Performance Index). Under the API a school would score between 0 and 1500. HB2427 would use the same system, but would give

JEFF AND REBECA HAZALEUS OWNERS Duran I Zoota Stockyards **568 HEAD** 1/23/2014 SOLD

WEIGHT	STEERS	HEIFERS
200-300	\$227.00-\$267.50	\$180.00-\$222.50
300-400	\$201.00-\$230.00	\$176.00-\$201.00
400-500	\$186.00-\$217.00	\$171.00-\$199.00
500-600	\$160.00-\$205.00	\$145.00-\$173.00
600-700	\$141.00-\$173.00	\$141.00-\$157.00
700-800	\$130.00-\$161.00	\$130.00-\$148.00
800-900	\$122.00-\$154.00	\$116.00-\$130.00

Cattlemen's Coffee 3rd Wednesday of the month, 7am Bryan County Extension Office

CATTLE SALE EVERY THURSDAY 11AM SHEEP AND GOAT SALES 4th SATURDAY 11am

www.DurantStockyards.com www.Facebook.com/DurantStockyards 580-924-1850 Jeff Cell 580-380-6300

High Yielding Slaughter Bulls sold \$95.50-\$102.00 Low Yielding Bulls sold High Yielding Slaughter Cows sold Lower Yielding Slaughter Cows sold Stock Cows \$84.00-\$93.00



SOUTHERN OKLAHOMA LIVESTOCK AUCTION A SUBSIDIARY OF NATIONAL LIVESTOCK

WED 9:00AM STOCKERS & FEEDERS **COWS, BULLS & PAIRS** SOUTHERNOKLIVESTOCK.COM

Compared to last week: Steer and heifer calves steady in light test. Overall quality of offerings plain to average and un-weaned or short-weaned calves made up a large percent of offerings. Demand good for long-weaned calves, fair to moderate for other offerings. Extremely low temperatures forecast for the next few days. Cattle over 600 lbs made up 33 percent of supply and heifers made up 43 percent. Slaughter cows and bulls steady to 1.00 higher. Packer demandmoderate to good. Demand very good for stock cows. A total of 485 cows and bulls sold with 37 percent going to packers

#1 Steers

Feeder Steers Medium and Large 1						
Head	Wt Range	Avg	Wt Price Range	Avg Price		
5	288	288	240.00	240.00		
16	300-345	334	236.00-258.00	241.16		
4	310-325	321	210.00-219.00	212.17		
14	350-385	374	220.00-233.00	226.12		
31	405-446	424	220.00-229.00	226.29		
38	450-490	465	203.00-221.00	211.59		
7	505-530	521	198.00-208.00	204.84		
14	525-535	531	190.00-196.00	194.30		
16	555-569	559	186.00-191.00	189.60		
8	573-588	580	181.00-183.00	181.99		
15	600-610	603	171.00-179.00	173.40		
42	650-696	668	161.00-172.00	165.44		
5	703-720	706	165.00-166.50	166.19		
9	796	796	157.00	157.00		

#1 Heifers Feeder Heifers Medium and Large 1

Receipts: 1538

Average Report for 1/22/2014

reeuel Hellers wie Wellum and Large I lead Wit Range Avg Wr Price Range Avg Price 12 300-345 326 201.00-216.00 205.79 26 375-396 384 194.00-205.00 199.96 15 415-445 427 185.00-202.50 194.54 19 453-495 470 181.00-193.00 188.20 44 500-545 522 170.00-181.00 175.20 155.00-169.00 160.00-169.00 154.50-159.50 530-545 732 150.00-154.00

Scott McCornack Cell: 580-310-4389 West of ADA on Hwy 3W Sales Barn 580-436-5033 Toll Free: 1-888-844-6334

grades based upon 90% (1350-1500) eguals an A, 1200-1349= B, 1050-1199=C, 900-1049=D, below 899 would equal an F. This would enable the citizens to understand how their school is doing and return to a system that the administrators know and

HB2428- Designating a portion of highway 113 as the "Warrior" highway. This bill was suggested by a teacher (Mr. Ron Sullivan) and class at Indianola High School.

Hb2429- Would require stores to scan an individual's driver's license when purchasing alcohol. This was suggested by a constituent. Currently an individual has to provide their

driver's license when purchasing some over the counter medicines. This could also be used when law enforcement is investigating a case of a person purchasing alcohol for a minor.

As I stated earlier, a bill has to pass several steps. If it is voted down at any of the steps, it is more than likely dead. I would like to hear from constituents concerning any of these bills.

Please feel free to contact me. You can all my office at 405-557-7576 or my cell phone at 918-916-9004. You may also email m e donnie.condit@okhouse.gov. Thank you and God Bless America!

SPECIAL SPRING RIDING HORSE SALE SATURDAY APRIL 5, 2014

www.facebook.com/okhorseauction **Come early and shop the venders!**



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PICK OF THE DAY FARMS 7TH ANNUAL

ANGUS COMMERCIAL BRED HEIFER

CATTLE 175 Commercial Angus Bred heifers (From Penner Angus Ranch-Mill Creek, OK) - 225 Commercial Angus Bred heifers

These heigers are in excellent condition

(Corbin Bulls) due to calve in February, All heifers will be preg tested pri auction by Troy Shelby DMV from Madill, OK. (Offered in lots of five.) Penner Heifers are bred to Sav Final Answer and Mytty In Focus. Heifers are due to calve in mid February.

you won't find a nicer set anywhere! Lunch will be provided at 11AM by Farm Credit of East Central Oklahoma

Pick of the Day Farms (Borders Family-Sulphur, OK) Jason Borders (580) 618-0946

CUT TO LENGTH #2 26 GALVALUME \$49.50 **#1 29 PAINTED \$59.50**

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- Sheet Metal
- T-Posts
- H Braces
- Barbed Wire



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

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

Use your intellectual approach to get the best results. The key to feeling good about yourself will be to do something about it

PISCES (Feb. 20-Mar. 20) Your ability to organize and get everyone together will enhance your popularity and bring interest from potential mates. Weigh



