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Harry was thrilled. After seeing a psychologist for over three years, he was finally pronounced free to go. "Wow this is so exciting you mean I am finally cured?!" Questioned Harry

excitedly, "You mean I no longer have an inferiority complex!" "Well" said the psychologist slowly, "to be perfectly honest with you I don't think you ever had an inferiority complex. After much thought I have come to a conclusion. I think you really are inferior!"

croaked out, "Eva, what's the good news?" "The good news" said Eva happily, "is that that the gardener that was in here just before, said he may be interested in buying your slippers from you!"

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Bob was in a terrible motorcycle accident and his legs weren't in great shape, to say the least. After a couple of weeks of therapy, it soon became clear to the Doctor that they were just pushing off the inevitable. Due however, to Bob's frail condition, the Doctor was afraid to give him the bad news. Instead, he gave the sorry job to Bob's wife of 40 years, hoping that she would know how to break the bad news to him ever so slowly and gently. "Honey", said Bob's wife Eva the next morning, "I've got good news and bad news, which one would you like to hear first?" Bob, always in a morbid state, responded in his usual grumpy voice, "what do I care? Just give me the bad news!" "Well dear," said Eva cupping Bob's hand with her two hands, "I hate to have to tell you this, but it seems like your legs are going to have to be taken off." Bob, barely able to hold his voice from cracking

John was the cop in a small town where everyone knew each other. One night, during his night patrol, he spotted the town drunk walking down the street looking like he was up to no good. "Hey!" Said John, rolling down his window. "Your not heading for any trouble, are you?" "No sir!" Responded the drunkard with a big smile, "I'm heading to a lecture!" A lecture?! thought the cop incredulously at 1 am!? this I gotta see! After following him for a few blocks John was surprised to see him going into his house. "Hey!" John screamed out his window. "I thought you were heading to a lecture?!" The drunkard just held his index finger and headed inside. Sure enough within a minute John heard the lecture loud and clear through the upstairs window, "JUST WHAT THE HECK WERE YOU DOING OUT ALL THIS TIME YOU NASTY GOOD-FOR-NOTHING..."

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WHO IS MINDING THE KITCHEN AND THE CORNER OFFICE?

So there was this guy. I was in the grocery store and I noticed a middle age man standing near the



By: Gina Stanley

butcher counter, on his phone. I was getting ready to take the last two rump roasts so I asked if he was texting his wife about which cut of meat to buy. His smile told me I was right. "I bet she's going to tell you to get a rump roast," I said. And sure enough - his phone chimed with that answer. This may seem mundane to many women, but it was a new pinnacle for me. You see - I am just not a good cook. My mom didn't take great efforts to pass down kitchen secrets to me. I probably wouldn't have listened anyway. But this exchange with someone's husband made me feel a sisterhood with a woman I've never met. Maybe she's like me - a refugee from years of

frozen dinners during her single years before marriage. But now she's a mom and wife who has become a knowledgeable gatekeeper of nutrition. As I continued my forage into the dairy section, I realized that some people would feel a little sorry for she and I -- married to the main breadwinner; cooking dinner for the family; doing laundry; carpooling. There are people who believe women who choose such a life are missing out. That despite our advanced degrees, we must lack the mental prowess to tap on the glass at the top. Truth is, some women just prefer the home and the kids. Not because we were trampled down by misogynist men or brutish Neanderthal husbands. Not because we majored in MRS at college with only hopes of changing diapers and hosting cocktail parties. It's because we adapted. We women of the 80s and 90s were on the fringe of the

Woman Power of the 60s and the frontier of battling workplace sexual harassment. We graduated from high school with whispered words of corporate success. We went to college majoring in things like education, communications and fashion merchandising. But also, engineering, statistics, architecture. We prepared for a future that could include climbing the corporate ladder and earning far more than our mothers ever did. But for some of us, things changed and our goals took a detour. We started a family. Along the way, we faced down a women's movement that diminished housewives as passé, obsolete and weak. We became strong because we felt a calling that

superseded our future corner office. Women are applauded for being brave enough to embark on careers typically dominated by men. Women are praised for being independent, with no need for the trappings of a traditional family. Women are rewarded for shooting for the top of their industry. Our society clamors for female "firsts" as a way to witness history and experience cultural evolution. All the while, women who are just as brave and competitive have opted to take care of their families and aren't ashamed to admit it. Our culture should support them as the strong, independent women they are too. THAT is true women's liberation.

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1699 Massachusetts holds day of fasting for wrongly persecuting "witches"
 1784 Revolutionary War ends; Congress ratifies the Treaty of Paris
 1878 US Supreme court rules race separation on trains unconstitutional
 1914 Henry Ford introduces assembly line, for T-Fords
 1942 Japanese troops land at oil center Balikpapan in Borneo
 1943 Alex Smart (Montréal) is 1st NHLer to score hat trick in his 1st game
 1943 FDR & Winston Churchill confer in Casablanca concerning WWII

1943 Heinrich Himmler views Warsaw
 1944 Soviet army begins offensive at Oranienbaum/Wolchow
 1946 2 jetties collapse in Ganges-160 Hindu pilgrims are crushed
 1954 Marilyn Monroe marries baseball star, New York Yankee, Joe DiMaggio
 1969 25 members of US aircraft carrier Enterprise die during maneuvers
 1973 Grateful Dead bass player, Phil Lesh, busted for drugs in California
 1975 USSR breaks trade agreement with US
 1979 President Carter proposes Martin

Luther King's birthday be a holiday
 1980 "Blues Brothers" movie with Dan Aykroyd & John Belushi opens
 1980 Shakuntala Devi, mentally multiplies 2 13-digit #s in 28 seconds
 1985 16 indicted by US for granting sanctuary to Central American refugees
 1985 British pound (£) sinks to record low-\$1.11
 1985 Martina Navratilova is 3rd to win 100 tennis tournaments (Connors & Evert)
 1986 Vinicio Cerezo becomes only the 2nd freely elected President of Guatemala since the CIA-sponsored coup in 1954
 1986 Constitution of Guatemala takes

effect
 1987 Catfish Hunter & Billy Williams are elected to Baseball Hall of Fame
 1989 1,000 muslims burn Rushdies' "Satanic Verses" in Bradford England
 1989 Former Belgian premier Paul Vanden Boeynants kidnapped
 1991 Tyne Daly arrested for drunk driving in Van Nuys CA
 1991 Valentin Pavlov become new premier of USSR
 1993 David Letterman announces his show is moving from NBC to CBS
 1993 Polish ferry boat capsizes in storm, 50 die
 1994 Russian manned space craft TM-17, lands

1998 Charles Barkley pleads not guilty to an assault charge.

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15 FORD FUSION SE SILVERR G069	\$20,995	\$19,995
13 FORD MUSTANG CPE PREMIUM V6 RED PG122	\$20,995	\$19,995
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11 FORD F-150 SUPERCREW XLT 4WD SILVER FTH070A		\$24,995
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14 FORD F-150 SUPERCREW XLT 4WD SILVER PG108	\$28,995	\$27,995
15 CHEV 1500 CREW CAB LT BLUE FTH080A		\$29,995
14 JEEP WRANGLER U 4WD 4DR SPORT GRAY FTH125A		\$29,995
15 RAM 1500 CREW CAB BIG HORN GRAY PG101		\$29,995
13 FORD F-150 SUPERCREW PLATNIUM WHITE FTH121A		\$32,995
11 FORD F-250 SUPERCREW LARIAT 4WD WHITE PG082A	\$33,995	\$32,998
15 GMC ACADIA SLT WHITE PG086	\$33,995	\$32,995
15 GMC ACADIA DENALI GRAY FTG209A	\$34,995	\$33,898
14 FORD F-250 SUPERCREW K.R.4WD BLUE PG 143	\$49,995	\$48,995
15 FORD F-250 SUPERCREW LARIAT 4WD WHITE PG077		\$53,995

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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.

The Obamas pay for their own food in the White House and out. The Secret Service pays rent on Trump's plane, Trump Tower, estate, etc., plus protection for his four jet-set children. The RNC paid for his events in his hotels. Including paraphernalia sales, Trump made a fortune on his campaign. The sky's the limit for his presidency, even though he says he won't take the salary. Duh! It's taxable income.

Due to technical difficulties the Sound Offs from December 29-January 2 2017 were lost. Please if possible call back in and we will make sure to print for you.

Thank you so much for the 12 days of Christmas random gift giving! I was so shocked to have someone just walk up and wish me a Merry Christmas and give me a bag filled with goodies and such. What a nice thing to do! Thank you to everyone who did this.

I The funniest New Years resolution I have heard to date: "I will work harder at being a kinder person" I am sorry but this one should come naturally, but we wish you the best in your endeavors.

Sound Off, Thanks for many different opinions you share with all. I enjoy reading them as well as putting my 2 cents in. God Bless America, Oklahoma and that we stand together even when we disagree. Blessing to us all!

Individual property owners with trees that grow onto the city's right-of-way do not have the right to endanger pedestrians and damage electrical, telephone and television cable lines. Utilities have the right and obligation to trim or remove these trees.

How unAmerican can you get? Donald Trump siding with the Russians and deriding our American president. He has no shame and doesn't care what anyone thinks.

The next four to eight years are going to be a bumpy ride at best. Not for the FACT that president elect Trump will not do his level best at bringing our country back to it's once great standards but for the media and the whiney Democrats that will not stop no matter what this man tries to do to make us great again. You did not see Republicans throw such tantrums while we sat back and prayed about how far down the tube we were heading under the Obama administration. We must give Trump the benefit of the doubt and see if he really will be able to do everything he said he was going to do. If he fails at a few, it will be no different than what we have faced the past eight years. So everyone please be respectful and give the president the respect he deserves whether you like him or not.

And the wise Americans sayeth, cast not your Constitution before the theocrats, for they will trample your Constitution, then turn and rend you.

Jan 20, 2017. This date marks the end of a grievous error in American history and the return to those principles embodied in the Constitution which will make America great again.

Enough already, you bunch of whiny losers. The Electoral College is here to stay. Take your participation trophy and go home.

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For those that know very little about the history of the outdated Electoral College, every vote should count, and with the Electoral College used, all votes are not counted. Eliminating the Electoral College would do away with battleground states that seem to be the same ones every election. Candidates would have to equally show up in every state to get votes, which only seems fair.

My 83 year old grandmother gets it, so why can't we all as well. She said "when I was a young lady, you would have never caught me out in public dressed the way these girls today do" I asked her what she meant and she replied "They think the more you show the more attention you get which they do, it's just not good attention", they need to cover up! I agree with grandma!

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Great corner lot! Large Back yard. 2 Living areas, nice size bedrooms. Most rooms have carpet but the closets show the nice hardwood floors that are underneath! 2 car garage w/garage door opener. \$60,000 Call Wanda (918) 916-9377



This Fabulously maintained Home & 7 acres borders Army Corps of Engineers land (Sardis Lake). insulated shop w/2 overhead doors on the side, RV Parking, garage/shop. \$149,500 Call Clay (609) 367-3048

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Near Elm Point. 4 bd, 3 ba, 2 car garage, storm shelter, Large Shop. \$165,000 Call Jeri
- 11.79 Acres
Horse Ranch w/ 12 stalls, barn, pond, 4 acres of woods all on park land. \$234,500 Call Silvia
- 10 Acres
Near Stuart w/ 3 bd, 2 ba home, barn, 3 loafing sheds, pond. Home needs TLC. \$75,000 Call Wanda
- 5.49 Acres
Water-Front - Lakeview hideaway. 5 bd, 3 ba, MH w/shop & 2nd homesite. Nestled in the woods at Bristow Point. \$174,900 Call Silvia
- 116.8 Acres
Hughes Co. 4 bd, 2 ba brick home. Barn, shop, sheds, 3 ponds & 12 acre shared lake. \$399,072 Call Bob
- 5.3 Acres
WATERFRONT! Near Elm Point, 3 bd, 3 ba home w/in-ground pool + 2- 1 bd cabins, Large Shop, RV Spot, & 2 bd, 2 ba house. REDUCED! Call Wanda \$399,500
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- 282 Acres
Abundance of grass & creek bottom land. Large barn, pecan trees, 4 ponds. Home has new roof but does need remodeling. REDUCED \$599,250 Call Clay
- 1.44 Acres
Antlers. 3 bd, 3 ba surprise home w/pool and basement. Large bedrooms. Retro Kitchen. \$166,500. Call Clay
- 90+ Acres!
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- 40 Acres
Hunting land including mineral rights! Buffalo Mountain Area. \$48,000 Call Bethany
- 2.49 Acres Secluded land tract w/Lake Access \$39,000 Call Clay
- 90 Acres
Pittsburg Rd - Beautiful land tract w/hardwoods, sloping terrain, seasonal creek. Hunting Land. \$121,500 Call Clay
- 60 Acres
Superb grass, good fencing, pond. Acreage amount is approximate...will be determined by survey. \$2,500/per acre. Call Clay.
- RESIDENTIAL
Stuart
3 bd, 2 ba with bonus room & over 1700 Sq Ft. Carport. Close to school. \$59,500 Call Jeri
- 501 E Harrison
Corner Lot. Several outbuildings, 3 bd, 2 ba, sunroom, Large fenced Lot. \$49,500 Call Jeri
- Stuart
4 bd, 3 ba, over 2400 sq ft, sunroom, corner lot. \$123,000 Call Wanda.
- Tulsa!
2 bd, 1178 sq ft - Condo. REDUCED! \$69,500 Call Clay.
- California Style w/Open Floor Plan, 3 ba split bedroom a/c, Large lot w/pond, Hartshorne REDUCED \$149,500 Call Silvia
- Krebs!
Private setting w/2 bd home. 2 car carport, small shop & shed. Fully fenced. REDUCED! \$39,000 Call Jeri



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Automobiles



1973 Chevy Nova - 509 motor, automatic, with lots of upgrades. Asking \$17500. Call Eddie @ 918-302-8692

For Sale: 2007 Honda LX. Excellent condition. \$4000. Call for more information. Call 918-916-3012. 1/10 2

2015 CHEVY IMPALA LTZ FWD Loaded, Low Miles, NAV, 1 Owner \$24,900. EUFAULA FORD MERCURY 918-689-7767

2014 BUICK LACROSSE Loaded, Leather, 1 Owner \$20,900. EUFAULA FORD MERCURY 918-689-7767

2014 Dodge Dart. 31,000 miles. Has 20,000 miles left on warranty. Put new tires on it a month and a half ago. Asking for pay off \$12,900. Call 918-927-0747. 1/3 2

2003 Honda Accord. Lee Auto Sales. McAlester, OK. Call 918-423-7887. 1/3 2

2001 Lincoln Town Car. Sharp & Clean. Lee Auto Sales. McAlester, OK. Call 918-423-7887. 1/3 2

2008 Toyota Camry. Nice. Lee Auto Sales. McAlester, OK. Call 918-423-7887. 1/3 2

2014 Chevrolet Malibu. LT Sedan. \$16,595. Red River Ford. Durant, OK. Call 580-924-9458. 1/3 2

2013 Mustang V6 Premium. Ford factory certified. \$20,995. Red River Ford. Durant, OK. Call 580-924-9458. 1/3 2

2014 Ford Focus SE FWD. \$11,500. Red River Ford. Durant, OK. Call 580-924-9458. 1/3 2

2013 Ford Fusion. Stylish. \$15,995. Red River Ford. Durant, OK. Call 580-924-9458. 1/3 2

2014 Ford Focus SE. Ruby red metallic. \$11,995. Red River Ford. Durant, OK. Call 580-924-9458. 1/3 2

2014 Chevrolet Malibu. LT Sedan. \$16,595. Red River Ford. Durant, OK. Call 580-924-9458. 1/3 2

2013 Ford Fusion. Stylish. \$15,995. Red River Ford. Durant, OK. Call 580-924-9458. 1/3 2

2004 GMC Sierra 1500. Lee Auto Sales. McAlester, OK. Call 918-423-7887. 1/3 2



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2005 Sterling LT8 Dump Truck - CAT C7 motor 300 hp w/ 205K miles, automatic, 14ft bed w/ tarp. Asking \$29900. Call Eddie @ 918-302-8692



2006 Int'l 4300 Hauler - DT466 motor with 224K miles, automatic, 5th wheel hitch set up for winch with 12 volt leads to end of bed. Cold A/C. Asking \$19750. Call Eddie @ 918-302-8692

2016 FORD F250 Diesel, 16K Miles, Loaded, Lariat, 4x4 \$51,900 EUFAULA FORD MERCURY 918-689-7767



2002 Chevy Tracker, Top, rear comes off, 4 cylinder, auto, PW, PL. \$3600. 918-685-2280

2003 Ford F-250. 6.0 diesel. Heavy duty, long wheel base. Very clean. Runs very good. Rap around front bumper. Has bed liner. Too big for old people. \$10,000. Call 918-202-6406. 1/3 2

2001 Dodge. One owner. 318 motor, 5 speed transmission. 4x4. Runs good. \$1500. Call 918-202-6409. 1/3 2

1999 Dodge Pickup. Parts only. Body good. 360 V-8. 4x4. Good motor and transmission. \$500. Call 918-202-6409. 1/3 2

1993 International Belt truck 10 wheeler, dependable \$9,250 obo. 580-253-0221 or 580-272-4888. 1/3 2

2001 Dodge Caravan New tires, runs good, looks good. 918-652-8791. 1/3 2

1992 Chevy CK 1500 \$4500. 2000 Dodge Ram \$6500. LEE AUTO SALES. McAlester 918-423-7887



1999 Int'l 4900 Dump w/winch, 530E motor 275hp with 74K miles. 14ft dump bed with 25K lb DP winch, bed has pull thru hatch in bed. Pintle hitch, rolling tailboard, automatic, fuel tank. Ready to use, call Eddie @ 918-302-8692



2007 Chevy 4500 Duramax, automatic with flat bed and 5th wheel hitch. Odometer discrepancy. Call Eddie for more info 918-423-8692



1992 Chevy 3500 Box Truck w/Maxon liftgate has a 454 gas motor with 416K miles, automatic, all runs well. Cold A/C. Lighted box van with 1600lb liftgate. Truck has been taken care of and maintained. Asking \$4950. Call Eddie @ 918-302-8692

2004 GMC 4x4 Z71 Extended Cab. Loaded out. \$7950 OBO. Call 580-235-0221 or 580-272-4888. 1/3 2



2006 Chevy C500 Duramax w/ Supreme Box Bed 7.8 liter diesel motor with 200K miles, automatic. 18ft box bed with slide out ramp. Rebuilt title with repairs made to front bumper, hood, and roof of box bed. Asking \$9750. Call Eddie @ 918-302-8692



2007 GMC Duramax, automatic with hydraulic brakes, 294K miles, good running truck. No bed - measures 7ft from back of cab to ctr of rear hub and 12ft inches from back of cab to end of frame. Asking \$14500. Call Eddie @ 918-302-8692

14ft. Low Boy Trailer. All metal. Heavy duty. \$1500. Call 918-202-6406. 1/3 2



2010 Exiss Aluminum 4 Horse Trailer w/ Living Quarters - removable tack in back, hay rack, no generator but has 2 propane bottles, sleeps up to 4, separate shower from toilet, mini kitchen. Asking \$24750. Call Eddie @ 918-302-8692

For Sale: 16 ft. Flat Bed Trailer. Call for more information. 918-423-2096. 1/10 2

2005 Coachman 5th wheel travel trailer, 2 slides \$8,500. Call or text Cathy 918-424-4830. 1/10 2

Chevy pickup bed trailer LWB 918-652-8791. 1/3 2

Boats & Cycles



2000 HD Dyna Wide Glide, rebuilt title, 57K miles, new paint. Asking \$5750. Call Eddie @ 918-302-8692



2016 Shop built softail model bike, ASVE title, 17K mile motor, good looking bike, asking \$9250. Call Eddie @ 918-302-8692



2008 Harley Davidson Road King with 12,200 miles 96" 6spd with Rhinehardt True Duals, Blue and black beautiful bike, asking \$10500. Call Eddie @ 918-302-8692



2006 Harley Davidson Dyna Wide Glide (FXDWG) with 61K miles, black paint. Asking \$5900. Call Eddie @ 918-302-8692



2009 Harley Davidson Cross Bones with 5600 miles. Asking \$14950. Call Eddie @ 918-302-8692

Campers & Trailers



2014 Patriot Cargo Trailer - 7X16, new Arc wheels and tires 205/75R17, mounted tie downs and toolbox. 6ft height at rear door. \$4400 Call Eddie @ 918-302-8692

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2001 New Holland LB75B Backhoe, extend-a-hoe with 3649 hours, good working machine. Asking \$13500. Call Eddie @ 918-302-8692

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Mini registered longhorn bulls, ready for breeding. Also registered longhorn bulls from 10 months to 2 years old. Registered longhorn bred cows and heifers. Delivery available. 580 364-6592

Limousine bull, 3 years old, low birth weight bull. 10 month old Angus bull. Also Angus heifers and bred cows. All gentle cattle. Delivery available \$900-2600. Call 580 364-6592

Bulls for Sale: Black Polled Saler Bulls. 12 to 18 months. Easy calving. Fast growth. \$1000 - \$1800. Call 405-380-7235. Wetumka. Heifer Pairs. Delivery Available. 12/20 4

Angus Bulls For Sale: All coming up to 2 years old. Gentle. Easy calving. Fast growth. Located in Ada area. Call 580-235-7846 or 580-665-8101. 1/3 2

Game Roosters Brown, Red plus other breeds. \$35 each. 479-806-9901. 1/3 2

Jersey Bull. Bottle fed small farm raised. Gentle. 11 months old. \$500. Call 918-429-6190. 1/10 4

Three year old Sicleon miniature Jack & Jenny. The Jenny is pregnant. \$400 for the lot. Call 918-916-1695. 1/10 2

For Sale: Exercise Bike, brand new in the box.; Rod Iron Chandler.; Solar Fusion Heater, heats 700 sq.ft., brand new in box, thermostat controlled.; Telescope with tri pod. Call 918-652-8791. 1/3 2

Ashley Wood Heater with tools and pipe. \$150. Call 918-465-5252. 1/3 2

Diesel Generator for sale. \$750. Call 918-465-5252. 1/3 2

Water Purifier for sale. \$250. Call 918-465-5252. 1/3 2

Antique Vice and Table. \$200. Call 918-465-5252. 1/3 2

For Sale: Exercise Bike, brand new in the box.; Rod Iron Chandler.; Solar Fusion Heater, heats 700 sq.ft., brand new in box, thermostat controlled.; Telescope with tri pod. Call 918-652-8791. 1/3 2

For Sale: Total Gym Platinum (as seen on TV advertised by Chuck Norris). Excellent condition with all accessories and instructions. \$135. Call 918-424-5229. 1/3 2

For Sale: RINGS! I have a lot of different rings in all sizes and prices. Call or text 580-624-0057. 1/10 2

Miscellaneous

Boats for sale. I am retiring and have 7 new aluminum flat bottom boats I'm selling at cost. 10ft. 12ft. & 14ft. Call 918-490-2965 in Stidham. 1/10 2

ISO: I'm needing full size pillow top mattress, clean and not too expensive please. Call 918-470-0891. 1/10 2

I have many clothes and shoes for sale. All very nice and in like new condition. Call 918-917-3997. 1/10 2

For Sale: Surprise Lillies (Naked Ladies). 20-25 various sizes, small to large bulbs in each bag. Call 785-380-1101. 1/10 2

For Sale: Coat or shoe rack. Perfect condition. Call 918-470-6293. 1/10 2

Wedding decorations & party disposables. These are top of the line Stemware, Dessert cups, serving bowls & platters, and more. Call 845-434-4430. 1/10 2

For Sale: Exercise Bike, brand new in the box.; Rod Iron Chandler.; Solar Fusion Heater, heats 700 sq.ft., brand new in box, thermostat controlled.; Telescope with tri pod. Call 918-652-8791. 1/3 2

For Sale: Exercise Bike, brand new in the box.; Rod Iron Chandler.; Solar Fusion Heater, heats 700 sq.ft., brand new in box, thermostat controlled.; Telescope with tri pod. Call 918-652-8791. 1/3 2

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For Sale: Exercise Bike, brand new in the box.; Rod Iron Chandler.; Solar Fusion Heater, heats 700 sq.ft., brand new in box, thermostat controlled.; Telescope with tri pod. Call 918-652-8791. 1/3 2

For Sale: Exercise Bike, brand new in the box.; Rod Iron Chandler.; Solar Fusion Heater, heats 700 sq.ft., brand new in box, thermostat controlled.; Telescope with tri pod. Call 918-652-8791. 1/3 2

LET'S 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 IN THE CLASSIFIEDS

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

Hay For Sale: \$30 per bale. 4x5 Net Wrapped, Prairie Grass, Possible Delivery Available. Call Chuck at 918-424-6261. 12/20 5

NEEDING to lease pasture for cattle. Call Eugene Perry 918-423-7643 (hm.) or 918-302-8516 (cell). 12/20 6

Fall Fun Camping & Fishing! Waterfront Park. Lake Lots for Rent. All Utilities, Cellars, No more setup/tear down! Lake Eufaula 405-273-3326 walkershappyyhallowrvpark.com

For Sale: New 10x10 ft. piece of carpet w/pad.; Formica Dining Room Table w/6 chairs. Call 580-364-6480. 1/10 2

For Sale: Square Bales. Wilburton area. Call 918-465-7505. 1/10 3

Please Help! NEEDING older dependable vehicle to drive back and fourth to doctor's appointments. Don't care what it looks like, as long as it's mechanically sound. On SSI due to having cancer. I can pay you \$150 mo. for a vehicle payment. Please call me if you have something dependable for me to drive. Thank you. 918-569-4959. Leave message and phone # if no answer and I'll call you back.

For Sale: Free Range Brown Eggs. \$1.50 dozen. Krebs area. Call 918-424-0910. 1/10 2

All for one, one for all! Team player Guitarist, Vocalist, Senior W/M aspire to higher Angels. Join form musical Entity M.O.R. Variety. Lets play out. Call 918-820-0402. 1/10 3

Nice Carpet For Sale. Covers a 17x20 room. Can be seen on floor. \$100. Call 918-426-7628. 1/10 2

Three piece living room set out of a class C motorhome. Bench seat folds out for a 72x40 bed. 2 low back swivel bucket chairs. Good for a conversion van. \$100. Call 918-916-1695. 1/10 2

IT'S COMING! MEGAFEST! THREE DAYS OF FAMILY FUN. SE EXPO! MARCH 3-5 2017.

All for one, One for all. Team player guitarist, vocalist senior w/m. Aspire to higher Angels. Join form musical, entity M.O.R. variety. Let's play out! Call 918-820-0402. 1/3 2

250 Gallon Propane Tank with some propane. All parts are up to date. \$300. Call 918-202-6406. 1/3 2

Aluminum Tool Box for big pickup. \$100. Call 918-202-6409. 1/3 2

Manufactured Homes

Clayton Homes fall campaign is here, save thousands on select models. Lenders offering less than perfect credit programs and zero down with your land. Purchase a new home and get up to 2,000 dollars Lowes Card or Furniture Allowance. WAC 405-631-7600 or 405-602-4526. Ch880

TINY HOMES! Starting at \$14,900! Why Pay More? For more info, call 918-683-4973 THS

2014 Clayton 18x80 Repo! EC, Bank Says Sell! Save \$20,000! EZ Financing Available. HURRY! For More Info Call 918-683-3707 THS

Summertime Sale Extravaganza!!! Save thousands on select models. Lenders offering zero down with land and less than perfect credit. Purchase new house & receive up to \$4,000 Lowes gift card! WAC. Call Clayton Homes OKC at 405-631-7600 or 405-602-4526 for details.

2013 Southern Energy 16x72, 2 Bed, 2 Bath, Vinyl Siding, Shingle Roof, Open Inviting Floor Plan, Wood Cabinets, 1 pc Fiberglass Tub & Shower. LIKE NEW!!! Bank Says Sell!!! SAVE \$15,000!!! 918-683-7791 THS

Lowest Prices In Oklahoma! See List SherlockMobileHomes.com (918) 652-7000 or (405) 386-5444

DOUBLEWIDE 3Bd/2Ba, Smart Panel Siding, Tile Shower, Walk-Thru Master Bathroom \$19,900 Photos SherlockMobileHomes.com (918) 652-7000

DOUBLEWIDE 28x72 3Bd/2Ba Steel Roof, 6-in Walls, Thermal Windows, Jetted Tub \$49,900 Photos SherlockMobileHomes.com (918) 652-7000

DOUBLEWIDE 3Bd/2Ba Rock Fireplace, Real Wood Cabinets, Sliding Door, Tiled Master Shower \$38,900 Photos SherlockMobileHomes.com (918) 652-7000

SINGLEWIDE 3Bd/2Ba High Def Formica, Stainless Steel Dishwasher, Electric Range, Mosaic Backsplash \$22,900 Photos SherlockMobileHomes.com (918) 652-7000

SINGLEWIDE 16x78 3Bd/2Ba Solitaire, Tape and Texted Walls, Real Wood Cabinets, Thermal Windows \$28,900 Photos SherlockMobileHomes.com (918) 652-7000

4B 2BA Doublewide, 6 Inch Walls, Tape and Textured Sheetrock Walls, Rock Hearth Fireplace \$49,900 Photos SherlockMobileHomes.com 405-386-5444

4B 2.5BA Doublewide, Smart Panel Siding, Wood Mantle Fireplace, New Flat Top Range, New Flooring, \$44,900 Photos SherlockMobileHomes.com 405-386-5444

3B 2BA Singlewide, Less Than 10yrs Old, Textured Walls, Rock Backsplash, Shingled Roof \$25,900 Photos SherlockMobileHomes.com 405-386-5444

3B 2BA Singlewide, Smart Panel Siding, Upgrade Steel Roof, Hardwood Cabinets, Integrated Stereo System \$19,900 Photos SherlockMobileHomes.com 405-386-5444

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For Sale: Ladies burgundy lace long top. Size 1-20 but fits like 1XL. New with tags. \$16. Call or text me 918-917-3997. 1/3 2

ID Designs dubet cover set. Comes with bedspread, 2 shames, & 2 decorative pillows. Full/Queen new in package. Paid \$100. Asking \$50. Call 918-917-3997. 1/3 2

CRX pro series Hoyt Bow. New string just put on. Have arrows and case. 28 to 30 reach. 70 pound. \$450. Call 918-424-2133. 1/3 2

2 cupcake carriers. They've never been used. These hold 24 cupcakes each. One is collapsible. \$20 each OBO. Call 918-424-7499. 1/3 2

New men's Citizen watch. Perfect condition. Still have original tin. Paid \$195, Asking \$100. Call 918-721-5565. 1/3 2

STORAGE TRAILERS 28ft 48ft or 53ft FOR SALE or LEASE Delivery Available 918-329-1154 FINANCING AVAILABLE

SWM, 58yrs financially secure. Good man looking to meet a nice attractive woman 45-55 to date. Must be honest, easy going & pleasant to be around. I have money to travel. No drugs, cheaters or game players. Write PO Box 523, Coalgate, OK 74538. 1/3 4

QUILTS for sale: Baby to King. A lot of different ones. Hand applique and machine applique. Call for more information 918-202-6409 or 918-202-6406. 1/3 2

For Sale: Large wood lathe. \$200. Call 918-465-5252. 1/3 2

For Sale: Round Bales of Wheat Straw. Stored in barn. \$25 each. Call 580-428-3108. 1/3 4

Sanita Nursing Shoes (clogs). Fits like an 8.5 (Sz. 39). Worn once for like 5 hours. Dark purple. Like brand new condition. Paid \$95 asking \$65. Call 918-424-8933. 1/3 3

Graco High Chair. Great condition. \$45. Call 918-424-8933. 1/3 3

Waterproof North Face men's coat. Sz. small. Hunter green. Good condition. \$50. Call 918-424-8933. 1/3 3

Baby Bouncer w/ lots of activities attached \$40.; Play and sit infant toy \$15.; Lion walker push toy w/activity center \$20.; baby/infant jonny jumper that attaches to door frame \$10. All in excellent condition. Call 918-688-3613. 1/3 2

Bella Babycakes baker (brownie maker) \$10 new in box.; Presto small fryer good working condition \$10. call 918-424-7499. 1/3 2

360 Xbox w/3 new games, exercise bike, brand new in box, guitar amp dual speaker, digital all their bells and whistles. 918-652-8791. 1/3 2

360 Xbox w/3 new games, exercise bike, brand new in box, guitar amp dual speaker, digital all their bells and whistles. 918-652-8791. 1/3 2

CURRENT PUZZLE ANSWER

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

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things we need: old hay, wood chips, travel trailers, army tents, farm equipment. We offer a tax deductible receipt for your donations!
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Real Estate

For Sale: 2 places in Canadian Shores. \$8000 each. Call for more information 918-823-4768. 1/10 6

OWNER FINANCE Buyer must have down payment. 912 McArthur. Newly remodeled. 4 lg. bdrms., 2 living areas, extra parking, circle drive. Must see! Move in ready! Call 918-470-9833.

Land For Sale: Water Frontage 161 x 252 1/4 acre on Swan Rd. N. side of McAlester Lake. Surveyed. Has water meter & PSO pole. Best offer \$28,000. Call 918-470-6714. 1/3 6

Land For Sale: 346 x 250 1/4 acre on paved road on Pelican off of Cross Timbers Rd. Soil tested by DEQ. View of McAlester Lake. Utilities are available. Call 918-470-6714. 1/3 6

Lot For Sale: 305 W. Madison St. 71 x 198, surveyed, utilities available at curb. \$6,000. Call 918-470-6714 or 918-470-9514. 1/3 6

FOR RENT: Nice 2 bd Mobile Home in quite rural setting in Frink Chambers School District. All appliances included. No Pets! \$550 month + deposit. Call Brandy 918-916-3429. 1/3 2

For Sale: Brick Home. 3 bedroom, 1 1/2 bath. In north McAlester. Call for more information 918-916-0246. 12/6 6

Home For Sale: 511 E. Harrison in McAlester, OK. Old home needs some work. Serious inquiries only! No rent to own! \$12,500. Call for more info. 918-853-5631. Leave message if no answer. 1/3 6

BACHE RV RANCH Monthly Rates 918-429-8886

Nice Lot For Sale. Level and open. Ready to build. Good location. \$8700. Call 918-426-7628. 1/10 6

House For Rent: 2bd/2ba. No pets. No smoking inside. \$695 mo. \$375 deposit. Krebs. All Bills Paid, Includes stove and refrigerator. Call 918-421-0624. 1/3 2

Nice small 2 bed, 2 bath, with carport. Central H/A, Frig & Stove, new roof 2015, NEW paint inside and out, new carpet, in Eufaula city limits. Small yard, easy to care for. \$59,900 seen by appointment only. 918-617-0101.

House for Sale
Nice small 2 bed, 2 bath, with carport. Central H/A, Frig & Stove, new roof 2015, NEW paint inside and out, new carpet, in Eufaula city limits. Small yard, easy to care for. \$59,900 seen by appointment only. 918-617-0101.

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MyPlate, MyWins Helps Americans Turn Resolutions into Real Solutions for Healthy Eating in the New Year

New video series, landing page, and resources guide Americans towards a healthier eating style. The U.S. Department of Agriculture's (USDA) Center for Nutrition Policy and Promotion (CNPP) launched a New Year's campaign to help Americans turn their resolutions into real solutions for healthy eating

in 2017. This campaign is supported by new and existing MyPlate, MyWins resources available on ChooseMyPlate.gov, which are designed such that Americans can decide where to start on the journey to healthy eating. "As Americans begin thinking about setting goals for the New Year, MyPlate,



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MyWins is the place to start," said Kevin Concannon, Under Secretary for Food, Nutrition and Consumer Services. "With the new resources available on the MyPlate, MyWins webpages, Americans can set small, attainable, healthy eating solutions to incorporate into their lifestyle now and into the future."

Turning Resolutions into Real Solutions Every January, Americans are overloaded with information about New Year's resolutions. While starting with the best intentions, many people set unrealistic resolutions and incorporate goals that are difficult to maintain. Starting with small steps and celebrating milestones along the way are shown to be more beneficial strategies in keeping resolutions. This is where MyPlate, MyWins comes in; MyPlate, MyWins is a resource to help Americans turn resolutions into real solutions to achieve a healthy eating style in alignment with the Dietary Guidelines for Americans 2015-2020.

Real solutions are small, practical changes that add up to a healthy lifestyle over time. These changes can be incorporated into Americans' lives to maintain a healthy eating style based

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on the five food groups of MyPlate. MyPlate, MyWins encourages consumers to find and celebrate their wins and their real solutions. Since everyone has different eating habits, MyPlate, MyWins helps individuals create their own, personalized nutrition goals and solutions.

New MyPlate, MyWins Animated Video Series Over the course of five weeks as part of the New Year campaign, CNPP will release five MyPlate, MyWins animated videos to the new Make Small Changes webpage. These short, animated videos demonstrate simple changes Americans can make to their typical meals to decrease sodium, saturated fat, and added sugars. Each video has a different theme including breakfast, lunch, dinner, snacks, and beverages. "Making a small change, for example, switching from two slices of pepperoni pizza for lunch to one slice of veggie pizza, a salad, and an apple decreases sodium and saturated fat intake, while adding items from other food

groups," said Angie Tagtow, Executive Directors of USDA's Center for Nutrition Policy and Promotion. "The videos demonstrate to Americans that small, healthy changes, or switches, during meal and snack times can add up over time and improve your eating style."

To supplement these videos, there are new, meal-specific webpages with nutrition

information, more examples of small ways to improve typical meals, and five new MyPlate, MyWins tip sheets. The tip sheets provide suggestions for making healthier choices in typical dining environments: potlucks and parties, coffee shops, buffets, Italian restaurants, and Asian cuisine takeout. All of these

CONTINUED ON PAGE 11

2 Year old Registered Hereford & Angus Bulls

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<p>1994 Ford Single Axle Frac Truck Tractor, Cummins 7 Speed Trans., Excellent Condition \$6,750</p>	<p>2013 HaulAss Brand, 35 Ton LowBoy, Very Good Cond. \$15,500</p>	<p>Hitachi Excavator 200-LC, Good UC, Good Cond. Working Daily \$28,500</p>	<p>3 Axle Oilfield Lowboy with Tail Roller Steel Floor, Good Cond. \$8,500</p>
<p>2007 GMC Canyon, 4 Door, 2WD, Good Cond. \$9,550</p>	<p>OTHER EQUIPMENT AVAILABLE</p> <p>1989 IH Single Axle DT 466, 5 Spd. Trans, Winch Truck, Rolling Tail Board, Good Cond. \$5,500</p> <p>NEW & USED PIPE! CALL FOR SIZES AND PRICES!</p> <p style="text-align: center; font-weight: bold;">PROFESSIONAL EQUIPMENT REPAIR SERVICE</p>	<p>2 Axle Step Deck, Metal Floor & Tail Roller, New 22.5 Rubber \$8,500</p> <p>JD Fork Lift, 6,000 Lb, 21 Foot Mask, Good Cond. \$9,500</p>	<p>6X20 WW Stock Trailer Metal Top, Good Condition \$4,850</p>

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WEEKLY MARKET REPORT

Compared to last week: Bitter cold weather in the Tulsa trade area kept receipts too low to establish a trend. Demand average. Quality mostly plain, low attractive. Supply includes 11 percent over 600 lbs. and 48 percent heifers. Slaughter cows also too low receipts to establish a trend. There were no slaughter bulls traded. A total of 106 cows and bulls sold with 41 percent going to packers. ***A reminder, the next Tulsa Auction will be held January 09, 2017. The entire staff would like to thank you and wish everyone a joyful holiday and a happy and prosperous New Year.***

Feeder Steers Medium and Large 1					Feeder Heifers Medium and Large 1				
Head	Wt Range	Avg Wt	Price Range	Avg Price	Head	Wt Range	Avg Wt	Price Range	Avg Price
5	345-349	348	171.00-175.00	173.01	4	315-323	319	125.00-133.00	128.95
8	370-388	378	168.00-174.00	170.96	20	355-390	373	130.00-133.00	130.99
14	420-426	421	165.00-169.50	168.85	24	400-446	424	122.50-133.00	128.65
19	458-490	462	158.00-164.00	159.11	23	450-497	473	124.50-127.00	125.51
17	500-535	519	146.00-153.50	148.72	5	502	502	126.50	126.50
5	555-566	555	142.50-144.00	143.10	20	555-595	578	121.00-124.50	122.11
6	600-645	622	124.00-129.50	126.65	7	605-645	630	110.00-118.00	115.98
5	655-665	657	115.00-125.00	119.29	12	650-684	676	110.00-116.00	110.64
2	710	710	124.00	124.00	2	715	715	108.00	108.00
2	810	810	115.00	115.00					

Joe Don Eaves **TOTAL 809**
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#1 Steers					#1 Heifers				
Head	Wt Range	Avg Wt	Price Range	Avg Price	Head	Wt Range	Avg Wt	Price Range	Avg Price
19	325-339	331	175.00-177.00	175.10	5	265-299	292	149.00-151.00	149.36
73	350-383	364	168.00-177.50	172.92	33	300-347	323	144.00-149.00	146.66
4	368	368	165.00	165.00	87	352-386	373	138.00-144.00	143.01
115	403-449	426	160.00-170.00	165.37	44	410-436	428	134.00-146.00	138.00
27	453-487	466	164.00-169.00	165.92	57	458-496	468	130.00-134.00	132.57
60	501-540	514	145.00-155.00	147.77	7	460-498	482	125.00-129.00	126.64
5	550-558	553	139.00-145.00	141.82	18	505-541	526	120.00-129.00	125.40
21	601-636	623	127.00-133.00	130.16	9	553-573	559	121.00-126.00	124.20
19	654-685	659	129.00-131.50	131.09	4	563	563	119.00	119.00
25	712-720	717	126.00-130.00	129.04	9	605-618	617	110.00-115.00	113.79
					4	714	714	116.00	116.00
					44	752-789	762	115.00-120.50	116.49

AVERAGE REPORT FOR 1/4/2017 RECEIPTS: 1863

Eddie Wollenberg
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SALE RESULTS FOR Jan. 2, 2017
Cattle: 765 head

LIVESTOCK SALE MONDAY 11AM

Horses May be Sold On Mondays 11:00am
FEBRUARY 4, 2017 WILL BE OUR NEXT POULTRY AND EQUIPMENT SALE.
Don't Forget Our Equipment & Poultry Sale on the First Saturday of each month

STEERS		HEIFERS	
200-300 lb.	120-171	200-300 lb.	95-167.50
300-400 lb.	105-177	300-400 lb.	90-140
400-500 lb.	100-161	400-500 lb.	86-153
500-600 lb.	96-149	500-600 lb.	82-118
600-700 lb.	90-130	600-700 lb.	80-120

Pairs: \$1050-\$1250
Packer Cows 52-62 Low Dressing 40-51
Packer Bulls 70-87 Bulls Per Hd NA
Stocker Cows 850-1275 Baby Calves 150-375

Watch the sale broadcast at www.1mauctions.com each Monday at 11 a.m.

McAlester Stockyards Market Report

Then Jesus said to the twelve, "Do you also want to go away?"
John 6:67

Weight Range	#1 Steers	#1 Heifers
225 to 300 lbs	\$181 to \$212	\$140 to \$161
300 to 350 lbs	\$155 to \$180	\$130 to \$141
350 to 400 lbs	\$148 to \$168	\$127 to \$137
400 to 450 lbs	\$152 to \$165	\$123 to \$136
450 to 500 lbs	\$149 to \$162	\$116 to \$130
500 to 550 lbs	\$140 to \$154	\$116 to \$128
550 to 600 lbs	\$128 to \$140	\$111 to \$123
600 to 700 lbs	\$120 to \$133	\$109 to \$126
700 to 750 lbs	\$117 to \$125	\$115 to \$125
800 to 850 lbs	\$118 to \$122	\$117 to \$120

410 Cows/Bulls sold at the evening sale.
Packer Cows \$2 to \$5 Higher And Bulls \$2 Higher
High yielding packer bulls sold from \$80 to \$83
Average yielding packer bulls sold from \$76 to \$79
Low yielding packer bulls sold from \$70 to \$75
High yielding packer cows sold from \$61 to \$65
All average yielding packer cows sold from \$58 to \$61
Low yielding packer cows sold from \$49 to \$56

SALE EVERY TUESDAY, STOCKER & FEEDER CATTLE BEGIN 10:00am
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George Tarr 918-423-4498
Richard Magby 580-889-6049
Donny Shadwick 918-649-4750
Kenneth Sherrill 918-421-0257
Curt Krigbaum 918-650-8013

THANKS FOR YOUR BUSINESS

Personal Safety



This week I would like to talk about some Personal Safety issues, just like with anything else, these tips are not fool proof but will give you the best chance of staying safe. First thing is trust your instincts, this is built in common sense, if you suspect something is wrong it probably is. Don't invite trouble, use your best judgement about where you go and what you do. Lights: Leave at least one light on inside and outside, when you are not at home. Strangers: Never allow strangers into your home. Ask service people to slip identification under the

door, or call the main office to verify. Have people who claim to need assistance wait outside while you call for assistance. Phone: Play it smart on the phone. Don't let callers know you are home alone, or the times of day that your home will be empty. You can pretend or give the impression that others live in the home with you. Retrieve messages often. Never give out credit card numbers or other personal information on the phone or online unless you know it is a reputable organization. Vary your routine, changing your daily patterns even slightly might deter an attack, or even a burglary. Elevators: Get on with a group if possible. Stand away from the door while waiting alone. Don't ride an elevator alone with a stranger; get off immediately if you feel in danger. Stand near the control buttons, so you can hit the emergency or floor buttons if necessary.

On the Street: Protect yourself on the street, dress appropriately, avoid flashy clothing or jewelry, they may attract unwanted attention. Dress so you can walk or run easily to avoid an attack. Walk with someone, stay alert to those around you. If you must walk alone, walk confidently. Go into a public place if you need to ask for directions. Avoid isolated areas, parks and parking lots. Avoid shortcuts; they may expose you to danger. Protect your valuables, carry only what you need. Carry those valuables close to your body and don't set them down. Carry a wallet in a front or inside pocket. If you carry a purse carry it close to your body. Avoid hanging your purse on the door or placing it on the floor in public restrooms. If it has a shoulder strap, put that around your neck to avoid putting it down. These tips were taken from the McAlester Safe Neighborhoods program book.

I am the Community Services Officer, Jeremy Busby. If you are in need of Child Safety Programs, Fraud Prevention programs, or would like us to set up an information booth at your community event, the programs are free and you can contact me at (918)423-9657 or jeremy.busby@cityofmcalester.com. If you have any information regarding a crime, contact the McAlester Police Departments Criminal Investigations Division at

(918)421-4917 or Email don.hass@cityofmcalester.com. You may remain anonymous. To report any other criminal activity, contact the McAlester Police Department at (918)423-1212 or if it is an Emergency dial 911. Remember, trust your instincts and use your best judgement. Stay Safe and God Bless!

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resources can help consumers utilize real solutions in their typical day to achieve nutrition goals and maintain a healthy eating style now and into the future. SuperTracker New Year's Challenge and More

Resources
 On January 2, 2017, SuperTracker will kick off a public New Year's Challenge that encourages participants to start slowly and develop a healthy eating style over time. Over five weeks,

participants will be challenged to incorporate the five MyPlate food groups - fruits, vegetables, grains, protein foods, and dairy - into each day. To officially join the challenge and receive encouraging messages along the way, individuals will need to create a free SuperTracker account. The MyPlate, MyWins landing page has many additional resources to assist Americans in modifying their meals in order to maintain healthier eating habits throughout their lives. The Stories from Families and Individuals page includes videos from relatable families about their healthy eating solutions and testimonials from the MyPlate staff. There also are ways to get involved for partners, professionals, and consumers. Additionally, CNPP encourages consumers to share their real solutions and wins via Twitter and Facebook using #MyPlateMyWins. Please visit MyPlate, MyWins to learn more about achieving real solutions and celebrating wins in the New Year.

This cowboy rides into town one day and stops at the saloon for a drink. The locals in the saloon have a nasty habit of picking on strangers,

which of course the cowboy was. After he finishes his drink, the cowboy goes outside only to find his horse has been stolen. So he goes back into the bar, flips his gun into

the air, catches it over his head without looking and finally fires a shot into the ceiling. He then angrily yells, "Which one of you fools stole my horse?" There's a silence as no one answers, so the cowboy yells even more angrily, "Alright, I'm gonna have one more beer, and if my horse ain't back outside by the time I finish, I'm gonna do what I did in Texas! And let me tell you I don't like to have to do what I did in Texas!" Some of the locals shift nervously in their seats. The cowboy has another beer as he said he would and then walks outside. His horse has been returned and tied to the post where he originally left it. So the cowboy saddles up and starts to ride out of town. As he does so, the bartender walks

out of the bar and asks him, "Say pardner, before you go... what

happened in Texas?" The cowboy turns to him and says, "

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Stores may steer teen boys to supplements doctors advise against

(Reuters Health) - More than one in 10 teen boys try muscle-building products, as do more than one in five male high school athletes, researchers note in Pediatrics. Risks of creatine include liver and kidney damage, dehydration and muscle

cramps; testosterone is also tied to liver and kidney impairment and may halt bone growth.

For the study, researchers posing as 15-year-old boys called 244 stores and asked what they should buy to bulk up. Overall, 67 percent of store employees recommended creatine and 10 percent suggested testosterone.

"Just because something is sold in a health food store does not make it good for kids," said lead study author Dr. Ruth Milanaik, of Northwell Health and Cohen Children's Medical Center of New Hyde Park, New York.

"Parents and teens must learn to read the warning labels placed on products in order to fully understand what they are putting into their bodies," Milanaik added by email.

These supplements are legal, but manufacturers have placed age restriction warning labels on creatine and testosterone boosters advising against use by minors, Milanaik said.

While it's clear some teens ignore the warnings on these supplements, which are widely available in health food stores nationwide, the current study offers fresh insight into how often store employees recommend the products to minors who shouldn't use them.

To see what teen boys might experience shopping for supplements, a researcher called the stores and identified himself as a 15-year-old football player entering 10th grade.

First, the researcher said he was doing strength training and asked an open-ended question about what the store employee recommended he take to improve his performance. Without prompting, 39 percent of the employees recommended creatine, while only two workers told teens to take testosterone.

Next, the researcher asked specifically about whether the store employee would recommend creatine, and 29 percent did. Roughly 30 percent of the workers advised against creatine, while 2.5 percent of them refused to make recommendations over the phone.

When the researcher asked specifically about testosterone, 9 percent recommended it. But 89 percent of the workers advised against taking testosterone and 1.2 percent of them refused to discuss it over the phone.

Last, the researcher asked if he could purchase the supplements on his own if he came to the store.

For creatine, 74 percent of the workers said the researcher could come buy it himself, while 23 percent said he would have to be at least 18 years old to make the purchase.

With testosterone, 41 percent of the employees said the researcher could buy it, and 56 percent said he would need to be at least 18 years old.

When store workers said it wasn't possible to buy the products, they said it was

against store policy or that the products weren't recommended for minors.

The findings suggest that pediatricians need to educate parents and teens about safe ways to improve athletic performance and the risks of supplements like creatine and testosterone, the authors conclude.

Ideally, doctors and parents should talk to children before they are old enough to go into the stores and buy supplements, said Dr. Michele LaBotz, a sports medicine researcher at InterMed P.A. in Portland, Maine, who wasn't involved in the study.

Pointing out these items in the store, showing kids the labels and explaining the risks can help with this conversation, LaBotz said by email. Parents should also pay attention when kids search for information about these products online, and be aware of pressures teen athletes may face to bulk up or use performance-enhancing products.

"For the otherwise healthy individual, there are no frank health benefits (with) these substances," LaBotz said. "Proactively talk with your kids about this stuff, and start these conversations well before the teen years."



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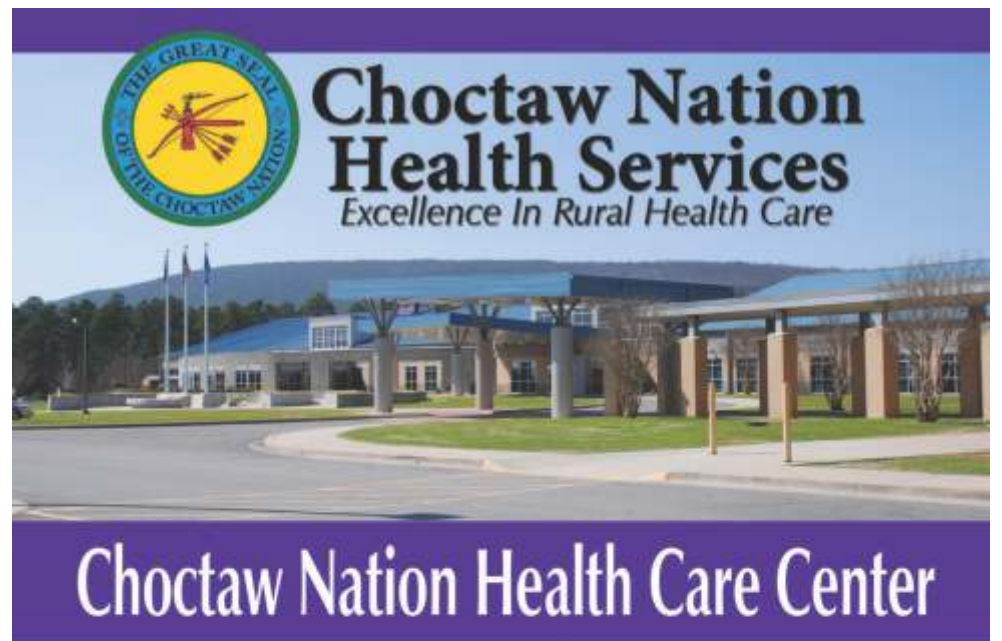
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ARIES (Mar. 21- April 20) Talk to someone with experience about budgets or consolidating debts. You can open up to your mate and let them know what you expect out of this relationship. Need some adventure in your life? Exotic destinations beckon you.

TAURUS (Apr. 21- May 21) Enjoy some socializing today. Sooner or later your partner will have had enough. You can make a difference if you offer your help at functions that involve children.

GEMINI (May 22-June 21) Self-improvement could bring amazing results. Curb the impulse to make lavish purchases and maybe spend some time with good friends. Avoid lovers who already have a relationship, even if it is a bad one.

CANCER (June 22-July 22) Someone you work with could try to undermine you. Catch up on any correspondence you've neglected. Your partner will be emotionally unable to cope.

LEO (July 23-Aug 22) There could be disappointment regarding investments. You will be full of energy and you need to find something constructive to do. Someone you live with will be quite unreasonable today.

VIRGO (Aug. 23 -Sept. 23) Emotionally you won't see things accurately. Your ability to be a self starter will help get things done and motivate others. Look into physical activities that will help get rid of some of that tension you may be feeling.

LIBRA (Sept. 24 -Oct. 23) You will be up and down emotionally. Your ability to be practical in business will help. Your colorful conversation may attract new mates.

SCORPIO (Oct. 24 - Nov. 22) New interests are preoccupying your time. Control your anger. Don't let friends convince you that you should contribute to something you don't believe in.

SAGITTARIUS (Nov. 23 -Dec. 21) Your lover probably won't put up with your behavior. Children may be demanding, and entertainment could cost a lot more than you can really afford. Pushy people must be kept at arm's length.

CAPRICORN (Dec 22- Jan. 20) Your sensitive, affectionate nature will capture the heart of anyone you are attracted to. Changes in your home are apparent, and you must be willing to bend if you don't want to find yourself alone. Develop some of your good ideas.

AQUARIUS (Jan. 21 -Feb. 19) Get into fitness programs to keep in shape. Your ambitious mood may not go over well with loved ones. You will enjoy interacting with those who come from different backgrounds. Some of the best opportunities will crop up if you keep an open mind.

PISCES (Feb. 20-Mar. 20) You may be tempted to get involved in secret affairs or love triangles. Do your work at home, if you can. Someone may be trying to make you look bad. Look into making changes to your personal papers and don't neglect those bills that have been piling up.

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Featured Deals of the Week!

 <p>2015 CHEVY IMPALA LTZ FWD Loaded, Low Miles, NAV, 1 Owner Sale Price \$24,900</p>	 <p>2014 BUICK LACROSSE Loaded, Leather, 1 Owner Sale Price \$20,900</p>	 <p>2015 HONDA CIVIC Coupe, 1 Owner, Fun Car! Sale Price \$17,900</p>	 <p>2013 CMAX Electric, Low Miles, Very Nice! Sale Price \$17,900</p>
 <p>Sold!</p> <p>2015 FORD F250 Diesel, Low Miles, Loaded, Lariat, 4x4 Sale Price \$53,900</p>	 <p>2016 FORD F250 Diesel, 16K Miles, Loaded, Lariat, 4x4 Sale Price \$51,900</p>	 <p>2013 TOYOTA TUNDRA Platinum, 4x4, Loaded, Leather, NAV Sale Price \$28,995</p>	 <p>2014 JEEP CHEROKEE Clean, Low Miles, Priced to Sell! Sale Price \$16,225</p>

SEE OTHER GREAT DEALS AND OUR PRE-OWNED LINE UP! www.eufaulafordinc.com

 Brian Speligene Owner	 David Hamilton Sales Manager	 John Voss Finance Manager	 Rick Henderson Sales Consultant	 Shelia Sanders Talbot Sales Consultant	 Anthony Haislip Sales Consultant	 Alan Hulme Service & Parts Manager	 Johnny Culberth Service Advisor	 Mitch Barnett Service	 Shawna Johnson Parts Counter
 Herold Allison Service	 Chris Speligene Service	 Kenny Cutbirth Body Shop Manager	 Stanley Haggard Body Shop	 David Ward Senior Technician	 Dustin Blackman Technician	 Tom Deason Technician	 Joshua Hunter Lube Tech	 George Carter Warranty Admin	Where you are Treated Like a Neighbor Not a Customer