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E. Choctaw Ave.-McA

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Consumers Should Take Advantage Of Free Credit Reports

amount of information

overwhelmed by the time, the CFPB found one of the most popular

The Consumer Financial available to help them resources offered is Protection Bureau (CFPB) learn more about the information about credit found that many financial services reports. c o n s u m e r s a r e marketplace. At the same The credit bureaus have

found that information about credit reports is popular as well. "Each year, there are over 25 million free credit reports provided to consumers," said Stuart K. Pratt, president and CEO of the going Consumer Data Industry Association. "And while that's a significant number, there are still a considerable number of consumers who aren't exercising their option to get their report. According to a survey

and the Consumer Federation of America, 37 have never obtained a report," added Pratt. copy of their credit report," he added.

Consumers can get a free credit report from each of the three nationwide credit bureaus, Equifax, Experian and Trans-Union, once a year by www.annualcreditreport. com. The process is easy and enables consumers to have real-time access to their credit reports.

"Many people get annual medical checkups. We encourage consumers to be just as conscientious

done by VantageScore when it comes to their personal finances; get an annual credit checkup by percent of consumers obtaining your free credit

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home comes with appliances plus new washer & dryer. Half wrap around front porch. Also Potential Income property too! Under 60k Call



FORECLOSURE REDUCED Located on a serene half acre this mobile home offers large spacious rooms. 3 bedrooms, 2 baths, CH/A, built in 2002. Low 30's. Call Laura



Propane fireplace, storm shelter. Barn, pond, garden spot, water well. Low 100's. Call Lori.



30 acre corner lot with home and commercial mechanic shop/office building. 3 bd, 2 ba, 2100+ sq ft, fireplace, 2 car garage, pond, extensive road frontage, ranch style fencing. Low 200's. Call



Country setting within minutes to town. 3 bd, 2 ba, 2 living areas, kitchen with built in appliances, split bedroom plan, 2 car garage, fenced back yard all on I acre. Low 100's. Call Laura



NEW! 40 acres with beautiful custom built home. Owner will consider separating acreage. 3 bd, 2 ba, 2 living areas, 3 car garage. Well maintained, 2 ponds, pipe fencing, barns. Low 300's. Call Lori

Cute Starter home or great investment



New carpet and paint. New plumbing and wiring, new windows, new siding & much more. Mid 30's. Call Shae



Large completely fenced side and back yard. Has storage shed 10' X 15'. Patio in back yard. also 20' x 20' shop. Under 60k. Call Jeri



1.62 m/l acres w/3500+ sq ft features 4 bd, 3 ba, Oversized living area w/wood burning fireplace & full wet bar. Huge kitchen w/built-in appliances. Built-in storage everywhere. Multipurpose room/office. Under 200K. Call



A Must See with over 2000 sq ft this spacious brick home offers a split bedroom plan w/2 master bedrooms w/full baths. Sunroom, storage shed, privacy fenced yard. Low 100's Call Malo



sq ft with 2 large living areas, formal dining area, 3 Br, 2 Bath, 2 CH/A units, covered patio & porch, garage, storage building, fenced yard. Under

100k. Call Silvia



Reduced! Corner lot with 3 bd, 1.5 ba home. New Roof in 2011. I Car Garage. Fenced back yard. Great starter home or for someone downsizing. Low 80's. Call Jeri



Newly Remodeled! 3 bd, 2 ba, 2 living area & over 1,800 sq ft. This split level home is spacious and comfortable. Country setting. Priced to sell fast. Low 100's. Call Lori



24+ acres! Rock home with a wrap-aroundporch, metal roof, 3 large bedrooms & 2 full baths. 10x12 storm cellar w/inside access. Large fenced back yard & 2 covered patios. Land is good, clear, flat pasture. Under 200k. Call Malo



home



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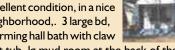




916-0624 424-2784

Large front porch home in excellent condition, in a nice neighborhood,. 3 large bd, charming hall bath with claw

Mid 60's . Call Malo



foot tub, Ig mud room at the back of the home. Lots of storage.



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Automobiles

2001 Honda Accord LX 2 door coupe, new tires, AM/FM CD player, great heat & air, 125k miles, \$4000. 918-329-0923 cell or 918-423-5699 home. 6/25 2

1951 Ford custom made, one of a kind! front & back are on a 1996 T-Bird chassis, V8, auto, fully loaded, sun roof, drives like new \$14,995. Call 1-888-603-5577

2001 Honda LX needs a little work. 918-424-2377. 6/25 2

2005 Chevy Impala white, very clean 3400 V6, auto, cold air. cruise, tilt, good tires. 165k miles 918-297-7432. $6/25\ 2$

1995 Heavy duty F250 4x4 ext cab, 351, 5 speed, strong, ugly, high miles \$2500. 580-892-3506. $7/2\ 2$

2006 Chevy Silverado ext cab 4x4 loaded out \$6950 obo, 580-272-4888 or 580-325-0221. 7/2

2004 Jeep Grand Cherokee fully loaded, leather, power, sun roof, leather interior in great shape \$7200.918-424-1613. 6/18 4

1992 F-150 Ford pickup extended cab auto, 140k miles, \$2400. 918-423-3652 or 918-426-0093. $6/25\ 2$

1993 GMC Vandura 2500 cold air & power windows & locks, TV Pkg. \$1695 obo. Runs great 918-470-7951. 7/2 2



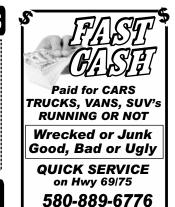
1974 Ford pickup runs good, good body \$2000. 918-329-9613.

1996 GMC custom van \$2900. Very good condition. 918-329-9613. 6/25 2

2002 Montero Sport XLS, 3.5 liter V6, automatic, leather interior, loaded, very good condition, 160k miles, \$4500 firm. NADA retail \$7200. Contact Gary 918-916-0085. 6/252

2000 Nissan Xterra 4x4, w/tow package has only 109k miles, blue in color for sale. Call 918-424-6400 if you have a question. $6/25\ 2$

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2003 Chevy Silverado ext cab loaded out, \$6450. obo. 580-272-4888 or 580-235-0221.

ኇ 580-<u>230-0397</u> ኇ

2006 Chevy Colorado ext cab 46,000 miles, asking \$9,500. 918-916-7163.

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918-920-6333 2003 Chevy 3/4 ton 4x4 \$500. 580-271-2080.

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2003 HD Anniversary Softail Deuce like new only 2800miles \$10,900 MUNHOLLAND CYCLE 918-302-8692

2002 HD Softail Deuce TC88 w/5spd 14,400 miles for \$9250. MUNHOLLAND CYCLE 918-302-8692

2007 Kawasaki 1600 Vulcan Classic, lots of extras, too many to mention, very good condition, garage kept. approx 360 miles, includes 2 leather jackets, L&XL, 2 helmets 918-644-6096. 6/25 2

2008 HD Softail bronze/black two tone with 9400 miles \$13,500 MUNHOLLAND CYCLE 918-302-8692

2002 HD Deuce, lots of chrome, 14,400 miles \$9250 MUNHOLLAND CYCLE 918-302-8692

2008 HD Fatboy like new only 2600 miles \$12,750 MUNHOLLAND CYCLE 918-302-8692

2005 HD Heritage Softail Deluxe big boar w/cams Screamin Eagle heads and Cobra Exhaust with 12,900 miles \$12,750 MUNHOLLAND CYCLE 918-302-8692

2003 Kawasaki 1500 Vulcan, leather saddle bags, windshield, nice bike\$4200.918-429-6197. 6/25 2

> 2002 HD Dyna \$6750 MUNHOLLAND CYCLE 918-302-8692

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Campers & Trailers

1991 Cavalier 28' 5th wheel camper, in good condition, has been very well kept \$4,000. 580-364-0973 Antlers, OK. 6/25 2

Idletime 5th wheel trailer, 16 ft long, very nice \$3500. 918-424-1412 great for living quarters for working or camping. See at 32 E Morris in McAlester. 6/25 2

Continental 33'6" Twin Axle Boat Trailer. 104" Width. Gross Capacity 10.160 lbs. Max. Boat Length 29' \$3,650.00 Tel: 918-916-5005.

25' gooseneck flatbed trailer 20' + 5' dovetail. 2-7000# axles. new paint, treated floor, good tires and brakes \$4250 obo. 580-239-1726.

1995 Dutchman 5th wheel camper \$2900 obo. 918-856- $7/2\ 2$

1996 Challenger by Damon full size RV needs a little work but runs fine only 40,000 miles \$6500.405-645-2235 or 405-380-4732. $7/2\ 2$

16ft tandem axle trailer with rails, new tines and lights, road ready \$900, 501-615-5891, 6/25

For Sale 14ft stock trailer, good floor, tandem axles, good tires,

bar top \$600. 918-470-1935. 7/2

Domestic Pets



A PURE-BRED/PURE-**WHITE 175-**225LBS+PROTECTION

puppie(s) family/children ranch/livestock 5 males \$125 each. UNIQUE EUROPEAN BREED Parents on-site GREAT PYRENFFS for viewing at ranch "high quality" BREED 405 786 9090.

Shots/worming schedule included with instructions. Yearling guard donkey and very tame female goat 2mths!

 $ACA\ AKC\ registered\ Beagle\ Pups$ for sale. 918-318-0418. 6/25 2

2 Border collies to give away to a good home. Full blood, 15 months old. 918-424-7236. 6/25

Farm Equipment

Looking for 1 bale square bale loader, 918-916-5544. 6/25 2

500 gallon sprayer, hay ring. 580-924-0979.

Looking for a 4ft brush hog in good condition. 918-429-2326 or 918-470-2320

49 9N tractor, 4 cylinder gas \$1200. or \$1500 w/brush hog. 918-617-8734.

281 Krone 9 ft disc mower. 918-465-5252. $6/25\ 2$

1969-70 John Deere tractor w/brush hog & pasture plow, good rubber, runs good \$3,000. 580-916-8846 6/18 2

ID 435 round baler \$6000. ID 670 hay rake \$1500. 918-448-9457. $7/2\ 2$

Super C Farm All tractor \$1500. 918-967-8433. $7/2\ 2$

Vermeer baler, V rake, Vicon mower. all equipment in good condition \$19,000. For more information call 918-917-3668. $7/2\ 2$

Baby Rhode Island Reds and Baby Guineas for sale. 918-429-2179.

Horses, mules, donkeys for sale, from \$60 to \$300 cash. Braggs, Oklahoma 918-487-5132. 6/25 2

Young Nubian bucks, registered, very strong milking bloodlines, herd sire prospects \$150. Roans and Paints. 580-892-3506. 7/2 2

Registered Nubian Doe and Yearlings and two doe kids. Good milk & bloodlines \$250 up. 580-892-3506.

40 years of select breeding sacrificed. World Champoin cutting, roping, racing bloodline, 8 head of the best left. \$500-\$3000. 580-239-2263. 6/18

Team of horse for sale, gentle, half Akflinger, 132 hands tall. Seen lots of highway miles in Braggs, OK \$2300. 479-601-

Low Line miniature black Angus, two cows, 2 yearling bulls. Also pure bred black Angus cows for sale. 580-564-

Registered Beef master Bulls, Gentle, low birth weight, excellent weight gains passed on to their calves. 580-889-6065. 7/2

2 male Pigmy goats. 8 months old \$30 each. 918-470-1935. 7/2 2

Miscellaneous

Open Air Flea Market - Eufaula

FLEA MARKET every Saturday starting April 6th. Open Air Spaces \$5.00, Shaded \$12.00. Non-Profits are FREE. Everyone welcome, collectibles,

day sellers, antiques, puppy sellers, farmers market, crafts, food vendors. Hwy 9 frontage just south of

Eufaula, across highway from VFW. Must register before set -up.

918-689-2588 - Kelly

Beautiful dining room set from the 1920's era. 6 chairs, large table asking \$250 obo. Call 918-424-6538.

Like new 2008 6x12 concession trailer, \$9500. Selling separately popcorn machine, Bunn coffee maker, commercial food warmer's 918-869-2360. 6/25 2

-6 foot 3 man Banana pull behind boat. Pair of HO professional water skies, round donut inflatable for pulling behind a boat. 918-429-9394. 6/25 2

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Rooms, Custom Built at Affordable Prices, Heavy Gauge Steel Used. Soon to be FEMA approved. Handicap Accessible. Steve Eldridge Welding Service

918-421-9316 6/11 4 Free firewood in Dowe, OK, you

cut, owner will pile brush. 3 trees, approx. 10 to 14 rick. Want the job completed in three days after starting. Call 918-424-1770. 6/252

42" cut Sears brand ready to mow, 20hp used only 1/2 of 1 season on small yard. Stored 3 years because husband died, mower has mulcher for grinding leaves, looks like new condition. Cost \$2300 now asking

Submersible well pump, new in box, 1 hp, 230 volt, 10 GPM, 3 wire, w/control box, asking \$325. Call 580-453-1532 leave a message or 580-927-6059 test.

Rotary laser, like new, horizontal and vertical lasers, paid over \$700 new, asking \$400, call 580-453-1532 leave message or 580-927-6059 text. 6/4 6

Asian & African ornamental artifacts that include wood carvings, carved wooden tables & chairs, soap stone items and much more, 918-334-5350 or 918-318-0643. $7/2\ 2$

Have Fun Camping

Lake lots for rent, All Utilities, cellars, water front park, no more setup or tear down, Lake Eufaula.

405-659-7793 walkershappyhollowrv park.com 6/25 8

Walt Disney's Zorro with Guy William's complete first season, new condition \$25.00. Dirt Devil canister vacuum cleaner, works, \$35.00. McAlester, 918-429-1199. $6/25\ 2$

44" Swisher pull type mower 10 1/2hp, Briggs & Straton motor, commercially rated \$500 very good condition. 918-297-7057.

Brown leather pilot jacket, wool collar size 42-44 \$125 obo. 918-429-1199 McAlester. 6/25 2

Small Metaphysical, parapsychology group now forming on Tuesday night July 2nd. Call if interested. Jeanie 918-916-1583 or 918-420-5421. 6/253

Maytag gas dryer, works all the way, EC, drop down door, 7 cycles, in Muskogee. 918-441-1043 \$100 or best offer or trade for most anything.

6 family garage sale. Penn Avenue, next to Sincliar station in Hartshorne. Saturday, July 6th. 8am to?

Volunteer needed to mow yard for elderly, crippled lady on small income. Even if you can mow part of my vard, please call. Melissa. Home 918-420-5421 or cell 918-916-1583. 7/2 2

Canopy 10x10 new in the box. New lake tube 2 rider, never used in box. 2 rider tube, good condition, used. 3 rider tube used in good condition. 918-644-6096. 6/25 2

Long leather ladies coat size XL, worn once. 918-644-6096. 6/25

Short leather ladies jacket, size 22.918-644-6096.

I am a 70 year old white male in good health no vises that own small ranch, looking for a lady in good health with no vises. 580-350-9536.

Double seated Adirondack style red cedar char, 65 inches long. Has clear finish, First \$475 takes it home. Call 918-420-5866. 7/2

Sincere Singles Meet People in Your Area for respectable dating. All age groups. Details Free No Obligation. Oklahoma Division LEONARD'S PO Box 421 Berryville, AR 72616-0421

1903 Colt army revolver in good condition. All numbers match \$2900 obo. 580-927-1018. 7/2 6

Huge Estate Sale! Starting July 2nd. Call for more information of items 414 Freedonia Street Muskogee Oklahoma 539-832-5639. 7/2

2006 Sting Ray 19 1/2 ft boat, Great shape and runs good. Lake

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ready \$12,500. Call 918-424-

2003 Yamaha V Star 650cc 12,300 actual miles, exceptionally clean, garage kept, asking \$2,500. 918-470-6284 or 918-470-6271 Stuart area. 7/2 2

2002 Polaris 400 Sportsman has new rear axles w/4 wheel drive \$1200.918-617-8734. 6/25 2

09 H-D Heritage Softail 3800 miles \$12,750 MUNHOLLAND CYCLE 918-302-8692

2007 HD Dyna 24,500 miles \$8250 MUNHOLLAND CYCLE 918-302-8692

2012 24ft Bennitton pontoon boat, 3 live wells, vinyl floor aft, 115 Merc with 53 hours, covered lift, new trailer, \$24,000. 918-916-9856. 6/252

2004 Polaris 500 garage kept, 24' GM gooseneck flatbed trailer. wench, rack in front, box in back \$4000 obo. 918-426-4660. 6/25

2003 Yamaha 650cc with 27,000 miles \$2750 MUNHOLLAND CYCLE 918-302-8692

> 2002 HD Dvna \$6750 MUNHOLLAND CYCLE 918-302-8692

1999 Honda Valkyric interstate motorcycle, green, silver color, lots of chrome, new parts, excellent shape, 33,000 miles \$8750. For further info call 918-302-0414. 6/252

1999 Honda Valkyric Interstate motorcycle solid black color, all teh goodies, new parts, like new, 36,000 miles \$9750. For further info call 918-302-0414. 6/25 2

For Sale 16ft aluminum boat, \$500. 918-967-8433 or 9189-448-8883. $6/25\ 2$

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20X20.....\$2200 20X24.....\$2700 20X30.....\$3300 20X40.....\$3900

24X24.....\$3000 24X30.....\$3600 24X35.....\$4000

30X30.....\$5300

24X40.....\$4500











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20X35.....\$2895 20X40.....\$3295

24X35.....\$3200 24X40.....\$3800

I am looking for lawn to mow and trim in Sam's Point at Arrowhead Estates, Canadian, Please call Gary 918-916-0085. 918-424-1149. $6/25\ 2$

PARTS TRACTORS:

Allis, Long, Belarus, Case, Ferguson, FarmAll, International, John Deere, Ford, Kubota, Oliver, Massey Ferguson 405-612-0002

16 pieces of 8ft R panel metal siding \$4.00 each. 12 pieces of Corrugated metal siding \$2.00 each. 12 pieces of 10' corrugated metal siding \$2.00 each. 918-423-4416. 7/2 2

42" cut Sears brand ready to mow, 20hp used only 1/2 of 1 season on small vard. Stored 3 vears because husband died. mower has mulcher for grinding leaves, like new condition. Cost \$2300 now asking \$600. 918-470-5245. 7/2

Equine Quality Prairie grass, small square bales, lush green baled right. Fertilizer and weed free. Pickup on ground after July 10th. 580-980-0476. 6/25

Queen size mattress and box spring for dale \$65. 918-470-2030. 6/25 2

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24x31 garage/shop. Concrete floor, lots of extras, can customize. \$10,450. 580-332-2276

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Vermeer Stump grinder 252 new teeth ready to work self propelled, fully hydraulic \$6000 888-603-5577

1978 GMC 350 pickup, parts truck. Has motor Eufaula and Indianola areas. and transmission \$350. 6/25 2

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Painted 12x24 building. \$4,965. Delivery, payments available. **BETTER BARNS** 580-332-2276

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Twin box spring \$10. Justice brand. 918-426-4437 evenings.



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Shawnee corn dishes, one salt & pepper set, tray for salt & pepper? Call 918-421-1412. 4 or five piece total, asking \$50 or make offer. $6/25\ 2$

Bakelite handles on kitchen utensils, several of them (box full). 918-421-1412. 6/25 2

Hard, black hat box with handle on top, possibly for cow boy hat? Asking \$20.00. 918-421-1412.

6 foot iron/metal trellis, great for wall decoration, behind climbing plant/roses, came from old carport and was used as a column \$20. 918-421-1412. 6/25

Self standing black bag set of 13 Dunlop gold clubs \$75. 918-423-3652. 6/25 2

1980 Ty Teddy Runpenton Bear, book & tape, Gabby Bear, 2 Alf's, 2 Stanley Home Product Bears. 918-423-3652.

1984 Cabbage Patches in Original boxes and etc. One Dodge boy, adult jacket and cap. 918-423-3652.

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2	1	9	4	3	7	5	6	8
5	4	8	6	9	1	7	3	2
6	3	7	8	5	2	1	9	4
8	5	2	1	6	4	9	7	3
9	6	1	7	8	3	4	2	5
4	7	3	5	2	9	8	1	6
3	8	5	9	7	6	2	4	1
1	9	6	2	4	5	3	8	7
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New 16x80 mobile home on 10 acres, 3 bedroom, 2 bath, master hath has walk in shower & garden tub, all appliances, vaulted ceiling, island sink, front porch, large bask deck, orchard, beautiful property, Daisy, Oklahoma asking $\$80,000\ 580-346-7879\ {
m or}\ 580-354-$ 2767.7/2 6

New 3/2 lot model Oak Creek **DEEP DISCOUNT** call 903-465-7018 6/25 3

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Land for sale: 1.24 acres with view of Lake McAlester, on pavement, utilities available. \$20,000,918-423-3652, 5/21 5

Country Living on 6+ acres. 4 Bedroom 2 Bath Home. Two ponds, garden & orchard. Wilburton Oklahoma \$135,000.00 Call 918-470-6125 after 6 pm $5/7 \ 5$

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Owner Finance: 3 bedroom, 2 bath, CH/A, completely remodeled, large corner lot, \$63,000. \$13,000 down, monthly payments less than rent. Approx \$550 per month. 918-423-7781.

Lot For Sale: 1) 50x195 in McAlester. 20 W. Tyler \$5000 918-423-1594. 5/21 6

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Bargain Price! Lot in McAlester FOR SALE OR LEASE:

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www.LakeEufaulaVacation.co m property for sale, trade or rent. Owner would consider financing. 580-334-2303. briancook313@icloud.com owner/broker.

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Approximately 3.48 acres at 4070 Butzer Rd., Wilburton, Okla. Including a steel 75'x40' shop and all metal 40'x40' equipment shed, utilities. Asking price \$60,000. Contact Latimer County Conservation District 918-465-2181. 6/4 4

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2 Bedroom house, fence back yard, washer/dryer hookup, deposit \$500, \$600 month. NO Pets. 918-429-8150 6/25 2

3 bedroom mobile, 2 bath, washer/dryer hookup \$500 deposit, \$600 month. NO Pets. 918-429-8150.

House for sale by owner. 2 Bedroom, 1 bath, CH/A, storm cellar, large corner lot with fenced back yard, lots of trees, and new exterior paint. 918-423-6/256

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Sale By Owner: 120 acres, 3 bedroom brick home, 1680 sq ft Big Garden, 25 fruit trees, 3 pecan trees, 2 barns, shop, good hunting, Deer, Turkey Hogs, Lane, OK 80% meadows. 12x38 porch. 580-239-1779. 5/28 6

83 Acres, water and electric, gas available. one pond, Dow, Oklahoma. 918-429-3940 Larry or 918-421-9468 Bill. 5/28 6

208 Acres for sale. Deer and Turkey hunting. Dow, Oklahoma. 918-429-3940 Larry or 918-421-5/28 6

Homesite. 10 acres, water, gas, electric utilities. Dow, Oklahoma. 918-429-3940 Larry or 918-421-9468 Bill.

Hartshorne – 2 bd mobile home on beautiful lot. Home Warranty \$16,000 Malo & Company 918-429-7900. Call Lori 918-424-

boat ramp, owner financed. \$16,000. with \$500 down. Call Lake Eufaula Home 918-617-8590. Cleared 1 1/4 acre corner lot on payed road in Longtown, close to water and boat ramp. Owner financed, \$18,000. \$500 down.

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424 4849.

JULY 2, 2013 PAGE 7 By Owner: Super nice 2 year old,

3 bedroom, 2 bath, huge bonus

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REDUCED AGAIN \$115,900 918-

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WANT TO BUY-5 to 10 wooded

acres. Durant. Culbert. Calera.

Kiamichi or Little River area.

Call Mike 580-775-3965. 7/2 6

Take over payments on cleared 1

1/4 acre lot in Longtown, close to

Corner lot for sale or trade 3500

obo trade for camper rv or travel

trailer. Can be seen at B and

Cherokee McAlester, OK call 918

House on 2 lots in Haileyville,

near work and schools. \$18,000 cash. Consider any reasonable

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House for Sale: 3/4 Bedrooms, 1

bath on 5 lots, needs a little TLC.

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sell! \$32,000. Leave message

918-424-8802 after 5pm. Make

an appointment to see. 5/28 5

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Estates- Excellent building

6/4 6

 $6/11\ 5$

6/18 6

acre. 580-239-2263.

Very nice 3 bed central H&A, Seven acres for sale in Eufaula \$10,000 per acre. Can purchase one or more acres. Good terms available. 918-617-8590. 6/11 5

For Sale by Owner: 7.5 A, mostly Lake Front lot for rent RV or wooded, 2 miles from N Eufaula Lake, 16x80 MH needs work, will finance with half down. \$32,000.918-617-8864. 7/2 5

9468 Bill.

site close to town. \$26,000 Call Jeri 918-820-2373 Malo & Company 918-429-7900 House for Sale: 6 W Miami in McAlester. \$3500. As is.

5/28 6

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Clear Clutter Out of Your House and Relax

The mind is a terrible thing to clutter. But when you have a cluttered home, it's hard to de-

"Think about it," says Lisa Jacobs, a certified home organizer and the founder of Imagine It Done, a lifestyle consultancy in Roslyn, N.Y.

"When you get up in the morning, if you have clutter right there in your face, it starts your day off on the wrong foot. When you have to start your day by looking for your keys or your phone or your toothbrush, it makes you anxious and you haven't even left the house yet!"

If you think you don't have time to clear your clutter, think again. With an action plan from experts, you can bust the clutter in your home in 15-minute chunks every day -- and build yourself an oasis of calm that's also less of a haven for dust, dirt, and allergens.

Before you de-clutter any space, prepare. You need bags or boxes for four purposes, says Ellen Delap, a professional organizer in Houston:

Things you will donate to charity

Things you want to sell at a yard sale, or on Craigslist, Ebay, or freecycle

Things that belong in another room

Things headed for the trash

Now you're ready to de-clutter any room.

When in Doubt About Clutter, Psych Yourself Out Many home organization experts say "When in doubt, throw it out." Colorado

psychotherapist and organizing consultant Aricia LaFrance isn't so strict. "It just slows you down and makes you hate organizing," she says.

Instead, if you have something you don't wear or use, but are on the fence about parting with it, stick it in a box. Put the box in your garage or attic, and write a future date on it -- one year or six months from now.

"If you really need something from that box, you can go out and get it," says LaFrance. "When the date comes -- and you need to write it in your calendar -- don't open the box. Donate it or



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100 or greater, here are some fun ways to beat the

shoes. When we get hot, our feet tend to sweat, especially when we are wearing shoes without socks. Give your feet a



It has been a long week of rest and allow the air to you are thirsty rather than extreme heat for cool your skin and the drinks you should avoid Oklahoma. If you are blood in your feet. As the when it is hot (those with running out of ideas to blood vessels take that stay cool when the blood to other parts of much sugar). thermometer is reading your body, you will feel a Fruit Smoothie greater sensation of Either make one at home coolness.

Cold Spritzer

When you can, lose the Keep a spray bottle of favorite place. A fruit water in the refrigerator and spray your face, arms, and legs when needed to help regulate your body your wrists can also help flowing throughout your eating light. body.

Keep the Water Handy

get dehydrated your body to help stay cool is to stay hydrated. Keep a bottle of water with you at all times.

caffeine, alcohol, and too

or treat yourself to a fruit smoothie from your smoothie is a great way to cool down, while also getting the added hydration from fruit. Try temperature. Spraying replacing a meal or snack with a fruit smoothie and cool down the blood you will also feel better by

Give the Oven a Break

Did you know when you the heat all day, the last thing you probably feel temperature rises? One of like is cooking in the the best things you can do kitchen. So don't! Opt for no-cook meals that keep you and your kitchen cool in the heat. Here are some great "Cool Recipes for

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Farm Aid concerts rocking

in New York

Farm Aid announced that its annual benefit concert will return to the Northeast on Saturday, Sept. 21, taking place at the Saratoga Performing Arts Center (SPAC) in Saratoga Springs, N.Y.



In New York and across the Northeast, family farmers are pioneering change in our farm and food system. This region has strong agricultural roots and offers fertile ground for new farmers and sustainable agriculture," said Farm Aid President Willie Nelson. "On the Farm Aid stage in September, we'll celebrate the hard work of family farmers and support their efforts to grow strong and healthy communities for all

Farm Aid 2013 will feature Farm Aid board members Willie Nelson, John Mellencamp, Neil Young and Dave Matthews. Additional artists will be announced soon. The concert benefits and promotes Farm Aid's

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mission to keep family farmers on the land, strengthen and revitalize America's food system, and support the growth of the Good Food Movement - the growing number of people seeking local, organic, humanely raised and family

rotecting our water and growing our economy, in addition to bringing us

good food for good health. "New York is pleased to host Farm Aid's annual benefit concert this September in Saratoga Springs," Gov. Andrew M. Cuomo said. "This star-studded event will support Farm Aid's mission to promote family farmers and healthy eating, as well as raise awareness about the important role farms play in our economy

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and culture. Here in New York, we are continuing to grow our state's vibrant agricultural industry through initiatives such as the FreshConnect program, which provides more avenues like farmers markets to connect New Yorkers with fresh, affordable and locally grown food products. We are also making important investments in regional food distribution hubs and

marketing efforts like Taste NY to promote New Yorkmade agricultural products and niche industries such as yogurt and wine, beer and spirits. New York is committed to its farmers, and so I commend Farm Aid for their work in helping farmers all across the nation flourish."

Tickets for Farm Aid 2013 will go on sale Friday, June 28, at 10 a.m. EDT. Tickets will be available at www.ticketmaster



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Landscape Design

When planning your exterior décor you should be sure to keep in mind easy landscaping designs and photos that can help simplify your task. The outside design of your home is just as important as the interior décor.

If planned properly, the

front of house landscape can really increase the curb appeal of your property. Some of the best landscape and garden ideas include adorning your yard with trees and plants that require little maintenance. Incorporating plants that do not require watering or trimming every day will make it easier for you to maintain. Plants and shrubs that do not need frequent maintenance and cheap to buy while becoming a great addition to both your front and backyard landscape designs. Because there are many different types of trees and plants to choose from, photo galleries can be great resources to help you make a decision. Whether you have a lot of money to spend or very little, there are many options for cheap landscaping on a budget to help you design your dream home.

When planning your exterior design and getting ready to build an outdoor structure, searching through photo galleries will give you an idea of trends others are doing in their yards and what you can plant in yours. While you are brainstorming about your yard, it is a good idea to consider simple landscape designs.

difficult to develop a plan for your yard.

Many beautiful pictures of backyard landscaping ideas are online to inspire you to begin designing the perfect yard layout. Looking at these photos can help you decide upon the types of trees, shrubs, or flowers you wish to plant in your front or backyard. Planting landscaping trees outside your home can add shade as well as beauty to any space.

You can even search for online landscaping pictures before and after to see the types of transformations that can take place by the simple addition of plants.

In order to retain the easy upkeep of your garden, you will want to choose low maintenance landscaping plants. These types of plants can grow and prosper with little water and do not require trimming and other care. Some easy large or small yard ideas include planting bushes such as the plumbago ariculata or leocophyllum frutescens. These bushes are water conserving plants that do not require irrigation or frequent watering. Another easy outdoor design is to plant a flower garden in your yard. There are numerous types of flowers that you can choose from with a wide range of colors.

You can visit your local nursery, hardware store or look on through photo galleries for great ideas for garden flower bed designs. Planting flowers in your yard can be an easy way to spruce it up and add some color. If you live in a warm climate

fanatic, you may find it plants can be a great addition to your home. Orchids, begonias, and ferns are great examples

can plant in your yard. If you dont have a fence, there are many landscape edging ideas that

If you are not an outdoor tropical landscaping of tropical plants that you incorporate plants to create a wall around your home. Trees and shrubs are great plants to be used as a fence around your

property to give your yard more privacy. An easy to use for seclusion are fast

continued on page 13











growing trees that will is where bricks or designs. This is where height within a few years. Some privacy fence ideas include using Green frontwalkway. Giant trees or holly bushes to create a wall. round.

will keep noise out and block the view from the decorative touch. inside and out.

than plants into the yard, stone. Hardscape design creating Japanese style withstand the harsh

reach their maximum pavement is used as you place rocks for backyard gardening sidewalks, patios, or a meditation.

rapidly and keep their exterior design. This is a can be the edging to a outdoor living space that rock garden is also can be an easy solution to a nother way to keep your vard secluded incorporate stones into without the hassle of your landscaping plan. installing a wooden or Landscaping rocks of all metal fence. Having these sizes can placed in as a lawn edging various areas of your throughout your yard will yard. Small stones can be create a natural fence that used as mulch in tree beds or under bushes as a

You can also strategically Some new 2013 place large rocks landscape design trends throughout your yard to incorporate items other add some ornamentation to your outdoors. Other such as rocks and other rock garden ideas include

decoration in strategically in your yard landscaping such as to promote relaxation and

If you have a pool in your Other garden decorations backyard there are some that include adding a specific plants that can be Both these plants grow retaining wall to your used to add beauty to your space. Plants for dark green colors year brick or stone wall that landscape pool ideas include small clusters of Using plants as a privacy flower bed or added into flowers and trees fence is one of many great hills to prevent erosion. A throughout the yard. You will want to choose trees that do not easily shed leaves to prevent debris from building up in water. Holly trees are great for this because their leaves do not fall out and they keep their dark green color year round. Some other small garden ideas for around a pool are to place flower beds around your space.

You will not want to place the water because they will not be able to



chemicals. If you have a large deck surrounding your house there are also some plants that can be from the edges of your too many flowers close to used to decorate this railing or placing potted space.

flowers around the area.

The best designs in 2013 You can use colorful for landscape patio ideas flowers or small include hanging plants shrubberies throughout your patio space to add an easy beautiful decorative touch.





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This Day in History July 2

astrologer/physician/prophet, dies in

1777 Vermont becomes 1st American colony to abolish slavery 1847 Envelope bearing the 1st US 10 stamps, still exists today

1863 Battle of Gettysburg (2nd day) 1864 Statuary Hall in US Capitol

1867 1st US elevated railroad

1881 Pres Garfield shot by Charles J Guiteau a disappointed office-

1921 1st million dollar gate (\$1.7m) boxing match (Dempsey KOs Carpentier)

Distinguish Flying Cross authorized 1927 1st American to win Wimbeldon in 20 years (Helen Wills

acceptance speech

1932 FDR makes 1st presidential nominating conventional

1933 Carl Hubbell shuts-out Cards 1-0 in 18 innings without a walk 1935 Great Britain boxers beat US team in 1st intl Golden Gloves 1937 Amelia Earhart & Fred

Noonan disappear over Pacific C Jackson discovers 1937 1926 US Army Air Corps created;

asteroids #1429 Pemba & #1456 Saldanha

1938 Helen Wills Moody (US) wins

her 8th & final Wimbeldon sinales 1940 Lake Washington (Seattle)

Floating bridge dedicated 1943 Indians score 12 runs in 4th inning & beat Yankees 12-0

1943 Lt Charles Hall, becomes 1st black pilot to shoot down Nazi plane 1949 "Red Barber's Clubhouse" sports show premiers on CBS (later NBC) TV

1955 "Lawrence Welk Show" premiers on ABC 1956 Elvis Presley records "Hound

Dog" & "Don't Be Cruel"

1957 1st sub powered by liquid & South Vietnam

metal cooled reactor completed-The Seawolf

1957 1st submarine designed to fire guided missiles launched, Grayback 1964 Celia Black records Beatle's "Its For You," McCartney plays piano

1964 Pres Johnson signs Civil Rights Act

1966 Billie Jean King wins her 1st of 6 Wimbeldon single titles

1974 Fernando Mameda of Portugal sets record for 10,000 m

1976 Formal reunification of North

1976 Supreme Court ruled death penalty not inherently cruel or

unusual 1977 Sweden's Bj"orn B"rg won Wimbeldon men's singles over

Jimmy Connors 1978 Pitcher Ron Guidry sets

Yankee record of 13-0 start 1980 Grateful Dead's Bob Weir & Mickey Hart are arrested for incitement

1982 Larry Walters using lawn chair & 42 helium balloons, rose to 16,000' 1985 European Space Agency launches Giotto to Halley's Comet



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Type 1 diabetes vaccine shows promise in early study: researchers

experimental vaccine may be delay or reverse type 1 able to tame bits of the immune system that go haywire in people with type 1 diabetes, offering hope for a new way to delay or prevent the autoimmune disease, researchers said on Wednesday.

For more than four decades, scientists have tried different ways of manipulating the immune system to stop the destruction of insulinproducing cells that is responsible for type 1 Americans.

individuals vulnerable to infections and cancer. Several teams are now

(Reuters) - An early stage attempting more targeted Science Translational diabetes.

> Those with this form of diabetes currently must monitor their blood sugar and take insulin several times a day, but the treatment is risky - it can cause coma or death at any time and can lead to heart disease, nerve damage, blindness and kidney failure over time.

"What one really wants to do is tame or regulate the specific aspects of the immune system that have diabetes. The disease affects gone awry and leave the rest as many as 3 million of the immune system intact," said Dr. Richard Some prior attempts Insel, chief scientific officer suppressed desirable parts of of JDRF, formerly known as the immune system, leaving the Juvenile Diabetes Research Foundation.

In the latest effort, published on Wednesday in the journal

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study suggests an approaches in an effort to Medicine, teams from Leiden University Medical Center in the Netherlands and Stanford University in California tested a vaccine genetically engineered to shut down only the immune system cells causing harm, while leaving the rest of the immune system intact.

"The idea here is to turn off just the rogue immune cells that are attacking the pancreas and killing the beta cells that secrete insulin," said Stanford Professor Dr. Lawrence Steinman, one of the study's senior authors and co-founder of a company called Tolerion recently formed to commercialize the

The study, done in 80 people diagnosed with type 1 diabetes who were receiving insulin injections, was designed to test the safety of the vaccine known as TOL-3021. The so-called DNA vaccine is made up of a small round piece of DNA called a plasmid that is genetically engineered to tamp down the immune response to insulin and preserve insulinproducing beta cells.

The vaccine targets a precursor protein in the blood called proinsulin. "It's a complicated series of snips and cuts in the DNA that take away the capability to stimulate the immune system," Steinman said.

"This effectively triggers an off-switch," he said.

After 12 weeks of shots given once a week, patients who got the vaccine showed signs that they helped preserve some of the remaining insulin-producing beta cells in the pancreas without causing serious side effects.



The vaccine also reduced the promise. "It looks like it has number of killer immune cells known as T cells. And patients who got the active vaccine had higher levels of C-peptides - a remnant of insulin production in the blood that suggests the presence of more working beta cells.

Steinman admits the vaccine is far from commercial use, but the study is promising enough to do a bigger study. "So far, it looks like it is doing what we want," he said.

Insel said it was too early to say much about the vaccine's

some potential, but very small numbers," he said.

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A Look inside Today's Industry

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Rosneft, ExxonMobil Achieve Milestones in Strategic Cooperation

Rosneft and ExxonMobil announced the achievement of several milestones under their 2011 Strategic Cooperation Agreement, including joint venture formation for the Kara Sea and Black Sea projects, and establishing foundations for joint ventures to explore seven other licenses in the Russian Arctic and to manage the joint West Siberia tight oil project.

The companies have also agreed to move to the next

The Black Sea and Kara Sea joint venture operating companies, Tuapsemorneftegaz SARL and Karmorneftegaz SARL

respectively, will commence project implementation activities as operator pursuant to agreement with Rosneft. which is the license holder. Rosneft holds 66.67 percent interest and ExxonMobil holds 33.33 percent interest

in the two projects.

The initial cost of exploration in the two areas is estimated at more than \$3.2 billion, the majority of which will be financed by ExxonMobil. In 2013 collection of data for both regions will continue until the commencement of drilling operations in the Kara and Black seas in 2014. In February, ExxonMobil and Rosneft announced plans to increase the scope of their strategic cooperation by adding seven new blocks in the Russian Arctic in the Chukchi Sea, Laptev Sea and Kara Sea, spanning approximately 231,661 square miles. Rosneft and ExxonMobil have entered into agreements that lay the foundation for joint venture entities for these areas. Data

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acquisition is being planned for these blocks, which represent some of the most promising and least explored offshore areas globally. The license obligations stipulate that 14 exploration and appraisal wells will be drilled and a significant amount of 2D and 3D seismic will be conducted over the next 10 vears.

Agreements are also now in place establishing the foundation for a new joint venture for a tight oil pilot project in West Siberia, where data collection operations are currently underway. Rosneft will hold 51 percent interest and ExxonMobil will hold 49 percent interest in this project.

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agreement identifying further steps for the development of an LNG plant in the Russian Far East. Following the agreement, by the end of 2013 the parties will undertake work to determine an LNG plant site, gas liquefaction technologies and commercial structure of the project. Once this work is finalized, the parties plan to progress engineering definition.

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Agreements were signed at the St. Petersburg International Economic Forum by Igor I. Sechin, Rosneft president and chairman of the Management Board, and Rex W. Tillerson, chairman and CEO of Exxon Mobil Corporation.

Commenting on the agreements signed, Igor Sechin said, "I am glad to note the activities outlined in the Strategic Cooperation Agreement are being implemented ahead of

Also in place is an I would like to thank the teams from both companies for their hard and coordinated work. Our cooperation touches upon the most promising aspects of today's oil and gas industry: Arctic shelf and deep water areas in the Black Sea covering a total area of 298,457 square miles, tight oil in West Siberia as well as a promising LNG project in the Russian Far East. We are convinced that implementation of all these projects will benefit both companies' shareholders. We believe it will also boost the development of the Russian oil and gas industry and will have a multiplying effect on related industries, already creating market demand for equipment, knowledgeand technologies."



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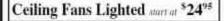
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as the concert ends, look up to the

sky and watch it light up with a

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

4th of July Festival-July July Celebration-July 04, 2013

Bring the whole family to the 4th of July Festival in Seminole. Join in all the fun of this event with games, activities, live music and more. Test your endurance in the 5K run/walk, and play games for all ages. Listen to live music while you seek out the many food options at the 4th of July Festival. Kids will play for hours on the inflatables and can participate in many activities. All eyes will lift upwards toward the sky at dusk for a to bring the kids for inflatables set up magnificent fireworks display, culminating in the perfect end to the holiday.

Municipal Park, Seminole, OK 74818

Fireworks

Extravaganza & 4th of

04, 2013 Celebrate Independence Day in Pauls Valley with games, food, a watermelon seed spitting contest and a must-see fireworks display at dusk. Participate in the annual watermelon seed spitting contest and compete with locals and visitors from across the country for the title of champion. Get together with family and friends to enjoy a wealth of July 4th festivities, and make sure on Main Street in downtown Pauls Valley. Visitors to this Independence Day celebration will also enjoy live music, a talent show and a spectacular fireworks show at dusk. Grab a hamburger or hot dog

and secure a prime seat for the

fireworks, accompanied by patriotic

music and typically lasting a full 45

minutes. Wacker Park, Pauls Valley, Beautiful fireworks will explode OK 73075

Celebrate America-July 04, 2013

Bring the family and join the citizens of Poteau for an evening of fun, food and fireworks.

Celebrate America is an Independence Day celebration featuring games and activities for the whole family, live music, face painting, prizes and a huge, citysponsored fireworks display. Expect the Donald W. Reynold Center parking lot to be filled with huge water slides free for kids of all ages, who can also enter to win a free bicycle. Enjoy music all evening beginning at 6pm, featuring local bands Stuck on 7, Still Kickin and Hillbilly Vegas. Hamburgers, hot dogs, funnel cakes and cotton candy will all be available for purchase at Celebrate America. Stars & Stripes Bring your lawn chairs and be prepared to stay until after dark when the sky will light up with a spectacular fireworks display.

above the city while patriotic music plays in the background. DW Reynolds Center, 105 Reynolds, Poteau, OK 74953

4th of July Festival-July 04.2013

Visit Tishomingo this Independence Day to take part in a full day of festivities including a parade, live entertainment and the national pinto bean spitting contest, which begins at 2pm. The traditional fireworks display, held at Murray State College, will begin at dark on S. Boyd Street. Bring a lawn chair or a blanket, point your gaze skyward and enjoy a spectacular fireworks display set to patriotic music at the Tishomingo 4th of July Festival. Murray State College, Tishomingo, OK 73460

Celebration-Juy 04, 2013

Celebrate Independence Day at

McAlester's Stars & Stripes Celebration. This free, one-day event features live entertainment, inflatable rides and games. Stick around for the grand finale,

a spectacular fireworks display at dusk. Southeast Expo Center, 4500 W Hwy 270, McAlester, OK 74501

Independence Day Celebration-July 04,

Bring the whole family out for a day of patriotic fun at the Independence Day Celebration in Kingfisher. The festivities begin with a parade in downtown Kingfisher at 10am. Watch as the community displays its American pride with decorated floats, marching bands, flag bearers, riders on horseback and more. After the parade, make your way to Kingfisher Park to enjoy family-oriented activities all day long, including games for children. Visit on-site food vendors at the Independence Day Celebration for a snack, and stick around for the free concert that starts at 7pm. As soon

fantastic fireworks show. Downtown & Kingfisher Park 100 N Main St Kingfisher, OK 73750 Coalgate

Independence Day Celebration -Juyl 04, 2013

Celebrate the 4th of July with the citizens of Coalgate at the city's Independence Day Celebration. This small-town celebration includes a parade throughout the streets of downtown and free refreshments. Kick up your heels during a street dance that lasts until midnight, or head over to the city park for delicious barbecue sandwiches. Challenge friends and family to a game of bingo or simply enjoy live music on the main stage all afternoon long. Stick around for the Coalgate Independence Day Celebration's grand finale: a breathtaking fireworks display at dark. Main Street & Community Park, Coalgate, OK 74538

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CARS

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2013 Explorer XLT,2whl, one owner, lady driver, gray	Just \$30,980
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2005 Explorer XLT, 2whl, tan, extra nice, ready to roll	Only \$10,898
2001 Focus Wagon, auto, extra clean	Just \$3,995
1979 Lincoln Mark V, extra nice, only 24k mi	Just \$8,995
1978 Mercedes 450sl, cloth top, auto, 86k mi	Just \$8,995
2013 Flex white, limited, nice	Only \$27,995
2013 Escape SEL, leather, grey, save thousands	Just \$24,980
2012 Escape XLT, 2whl, silver, roof	Just \$19,980
2012 Escape Limited, white, fwd	Just \$22,495
2011 F250 Crew, 4x4, 6.2 V8, xlt	Only \$27,700
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TRUCKS

2011 F150 Super cab, 2whl, xlt, white, low miles	Only \$25,995
2011 F150 crew , 4x4, xlt, tan, extra nice	Only \$25,495
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2008 Pontiac Torrant, fwd, extra nice	Just \$12,995
2008 F250 Crew, 4x4, lariat, black, diesel	Just \$22,490
2007 F150 Crew, xlt, 2whl, silver	
2007 Chevy ext cab , 4x4, z71, red, extra nice	Just \$16,995
2007 Explorer XLT, 2whl, 3rd row seat, white	Only \$11,998
2003 Express Chevy cargo van, white, auto	Just \$3,995
2000 Yamaha Millennium wave runner, must go	Just \$3,995
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NO MORE THAN TWO SOUND OFFS PER PERSON PER WEEK! **ONE SOUND OFF PER CALL!**

This is for Sound off. If you want to watch fireworks they are on sale at this very moment every where you look. Go buy some and then you can light them yourself. Dont rely on someone else to foot the bill for your entertainment. The last time I checked, Wal-Mart still sells swimming pools of all sizes, buy one, put it in your back yard, pay for your own chemicals and then you wont have to wait on anyone else to get one ready. All this bickering back and forth doesn't fix anything. If everyone that sits back and talks about how things should be done would get up and help the community, then we could all enjoy things in a more civil matter. Running a City is no easy task. Decisions are very hard to make sometimes. If someone thinks they can do a better job, maybe they should run for office.

Crucifying Paula Deen over a racist remark made over a decade ago is beyond absurd. It was a different era. If she said it today, that would be different. Next the politically correct will want to strip William Faulkner of his Nobel Prize.

Would the person who removed my 74-year-old mother's purse from the women's restroom on the first floor, please turn the purse in at the front desk. No questions asked. Reward.

The subprime market wiped out 40 percent of the world's wealth. The following is how one journalist viewed the aftermath of the subprime scam. "While 9/11 prompted the U.S. government to tear up half the Constitution in the name of public safety, after 2008, the authorities went in the other direction. If you can imagine a post 9/11 scenario where there were no metal detectors at airports and people could walk on carrying chain saws and meat cleavers, you get a rough idea of what was done to reform the rating agencies." Shh! Don't tell anyone.

This is to my neighbor who doesn't like the mosquito sprayer. I, for one, appreciate them. We would have the West Nile virus running everywhere if it wasn't for them. And people who have low immune systems, children, elderly, and people fighting arthritis, cancer, and other diseases would be in a world of hurt. That's why they spray at night, most people are indoors. When you hear them coming, bring yourself and pets indoors. Thank you mosquito man. I appreciate you.

I read with a heavy heart every time someone wants to blame their situation on a political party. I too was raised in poverty. I saw mom physically ill from the lack of sleep from the three jobs she worked in a 24hour period. She refused to apply for any government assistance. She claimed that it made one too dependent on that resource. I learned I needed to do better. I educated myself and pulled myself out of mom's situation. I was finally able to care for her. If you have to climb a ladder, you must want to take the first step and have the ambition and strength to reach the top.

What makes smokers think they have the right to toss out their cigarette butts anywhere they please? This is littering. I was so infuriated at a woman who just lit her cigarette while pulling into the parking lot on Courthouse Road, took a few puffs as she exited her car and tossed the still burning cigarette down on the sidewalk just before she entered the building. She should learn some common sense, courtesy and safety precautions. Smokers are not exempt from the law.

I just want to say thank you to Evelyn Davis and her husband. I had lost my wallet and they found my wallet and returned it in tact. It nice to know there are good people around here and people like this left in the

I was wondering if anyone could tell me more about the progress on the Okla Theater? I had read in the Journal a while back about the progress but nothing else has been spoken about it. I would like to know more.

We despise the "mosquito fog" trucks. We have no idea what toxic junk is in that government spray (is it why the honey bees are dying?), and we don't want us or our pets to breathe it, much less the poor birds, squirrels and other animals. And we don't want to be forced indoors on our property just because that darned truck goes by.

I learned something today. I called the Oak Hill cemetery maintenance the other day and asked them if they could do something in the Catholic part of the cemetery, and was advised that they do not take care of the Catholic section of the Oak Hill Cemetery. If you have any needs in that section, you have to call someone with the Nights of Columbus. It was made clear not to call the city, they are not responsible. They are not responsible for the Masonic section, but they do take care of it. I was really surprised, I didn't know this, and I am sure some of the readers did not know about this either. Just thought people would like to know.

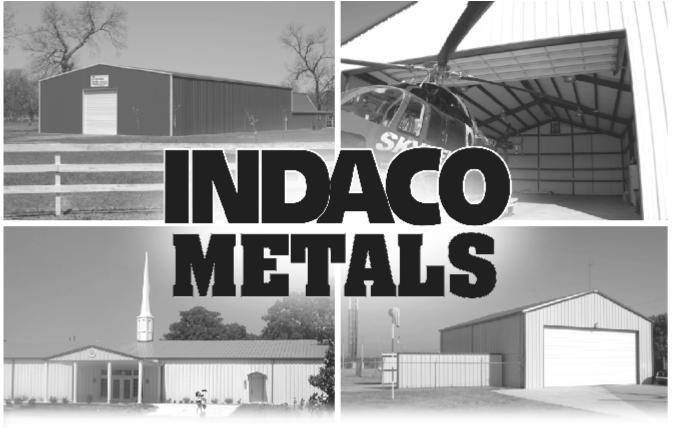
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RECURD	Can you home to a	give of your Hea n animal who w	rt and of your ants your love?
3 Year old male long hair Chihuahua that is shy but very sweet.	5 month old female Terrier cross that will melt your heart	6 Year old Males Chihuahua that loves everyone and would make the perfect lap dog	2 Year old Border Collie Female that is eager to please
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OKLAHOMA NOTICES:

Isaac "Dutch" Hess

of mcAlester passed at St Francis Hospital on Monday June 24, 2013 at the age of 72

Isaac "Dutch" Hess was born on Sept. 19. 1940 in Richland, Virginia to Claude and Hazel (Smith) Hess. Dutch has lived in McAlester for over 20 years where he worked at Kiamichi Technology Center and did lawnmower repair work. He was a veteran of service in the U.S. Army. SURVIVING RELATIVES: Wife Vickie

Hess of the home

6 step-children, 1 sister, Claudette Mayne of Moore, Parents-in-law, Bob and Correna Johnson of McAlester, A special cousin, Dorothy Bowman and her husband Roger of Virginia, Several nieces and nephews

He was oreceded in death by hisparents He was laid to rest on Thursday, June 27, 2013 during a private burial service. FUNERAL ARRANGEMENTS ARE UNDER

THE DIRECTION OF BRUMLEY-MILLS FUNERAL HOME OF McALESTER, OKLAHOMA

Shirley Ann Holeman

of Eufaula, passed Sunday, June 16, 2013, at the age of 76.

Private family services were held. Arrangements were under the direction

of Hunn, Black & Merritt Funeral Home &

James Andrew

Anderson Jr.

Passed Saturday at Promise Hospital in Paramount, Calif. A military memorial will be at 11:30 a.m. July 2 at Riverside National Cemetery in Riverside, Calif. Born Oct. 3, 1938, in McAlester, he was the son of James Brooker and Bertha Mae Jackson Anderson. He grew up in McAlester and graduated from L'Ouverture High School in 1956. After graduation, he entered the United States

Force, serving from July 6, 1956 to Dec. 21, 1962. He was honorably discharged. After moving to California in 1962, he went to work as an electrical engineer for Southern California Edison and had worked for them since. He accepted Christ at his home in October 2010. Survivors include one daughter, Stephanie Anderson, Carson, Calif.;

a son, Marquis Anderson, Murietta, Calif.; a very special friend, Queen Pritchard, Carson, Calif.; three grandchildren, Devonta, Dominique and Justin. Also, two sisters, Clara Anderson Caver and Howard

Fort Worth, Texas, and Janell Anderson Brooks and Gaylord, of McAlester;

two brothers, Joe L. Anderson and Linda, of Tulsa, and David M. Anderson, of McAlester; one aunt, Helen Lawrence, of McAlester, and numerous nieces, nephews, cousins and friends. He was preceded in death by his parents and a sister, Margarite Anderson Cooper.

James Aubrey Blanton of McAlester, passed Monday, June 24,

2013, at St. Francis Hospital in Tulsa at the age of 52 Graveside services were held at 11 a.m.

Saturday June 29, 2013 at Bache Red Oak Cemetery in Bache with Pastor Philip Kopyscinski officiating. Burial followed. Funeral arrangements are under the direction of Chanev-Harkins Funeral Home of McAlester.

Born Feb. 20, 1961, in Madera, Calif., he was the son of Robert Acie Blanton and Ivelyn (Skelton) Blanton. He grew up in Chowchilla, Calif. and graduated from White Rock High School in 1979. He moved from Chowchilla to McAlester in

He worked as a contractor, building homes for more than 10 years. He later went to work in the oilfield as a floor hand working his way up to a rig operator. He worked as a rig operator for several years until his retirement.

He enjoyed camping, fishing, hunting, golfing, playing loud music and pestering his family and friends. He especially enjoyed spending time with his family. Survivors include his wife, Crissy

Blanton, of the home; children, Amber McConnell and husband, Jeremy, of Holdenville, Renae LeBaron, Christopher Blanton, Preston Harrison and Haley Blanton, all of McAlester.

Also, brothers, Gary Blanton and wife, Tina, of McAlester, and Martyn Newsome, of England; sisters, Lori Shumway and husband, Ken, of McAlester, and Brenda Rafael and husband, Pat, of Eufaula. And, grandchildren, Kelsey, Ryan and

Kadyn McConnell, Rayne Johnson and Sean Blanton, and numerous nieces. nephews, other relatives and friends.

Loretta Davis

of McAlester, passed Tuesday, June 25, 2013, at Heritage Hills Nursing Home at the age of 89. Memorial services will be held at a later date. Cremation arrangements are under the direction of Chanev-Harkins Funeral Home of McAlester.

Catherine N. Eakle

of Stigler, passed Saturday, June 22, 2013 at the age of 39. Graveside services were held at 10 a.m. Thursday June 27. 2013 at Mountain Home Cemetery. Funeral arrangements were under the direction of King & Shearwood Funeral Home of Stigler.

Rosetta Lee Wadley

Passed Saturday, June 22, 2013, at Walnut Grove Care Center in McAlester. Rosary service held at 6 p.m. Thursday, June 27, 2013 at Sacred Heart Catholic Church in Sapulpa with Deacon Mark Pittman officiating. The funeral mass wias held at 10 a.m. Friday. June 28. 2013 at

Sacred Heart Catholic Church in Sapulpa with the Rev. Stuart Crevcoure officiating. Altar servers were Blake Lawson and Zach Lawson, Lectors during the mass will be Andrew "Homer" Lawson and Teresa Galiazzo and Gift Bearers will be Tanya Webb, Tricia Lyall and Cristie Gilbert:

2

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Eucharistic Minister will be Tom Mefford, Eulogy, Chris Lawson and Musicians, Mike Mefford and Ryan Redding, Interment at Green Hill

Memorial Gardens Cemetery. Funeral arrangements are under the direction of Smith Funeral Home of Sapulpa.



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LETS PLAY SUDOKU

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

ANSWER TO THIS WEEK'S PUZZLE ON PAGE 6

8

2

7

9

1

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6

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7

5

WHERE DID THAT FOOD COME FROM?

What did one flag say to the other flag? Nothing. It just waved.

That one just cracks me up. Hey -- I never said I was hard to entertain.

But with our own American flag on my mind this week, I've naturally begun to think about food. Who could think about our national heritage and independence without also focusing on the celebrations? What is Americana without a smorgasbord on a checkered blanket under a sky full of rocket's red glare?

Lets round up all the regular suspects and see just how American our Independence Day meal is. Talk about diversity in a picnic basket. Just take a look.

Hot Dogs – originated at a 1901 baseball game in New York. Vendors called them Dachshund Sausages until a prudent sportswriter simplified it to Hot Dogs. Good choice. - USA

Fried Chicken - while many people associate this with southern states, this delicacy was actually introduced by Scottish immigrants who settled there. Sorry KFC, the winner is – Scotland.

Baked Beans - believed to be based on a Native American dish cooking beans with fat and maple syrup. European settlers adapted the recipe by using pork and molasses. My grandmother perfected it, but the nod goes to - Native Americans. Deviled Eggs - Food experts say the practice of boiling, removing yolks, mixing them with spices and refilling the eggs became common in the 16th century and originated in Rome. Probably right after Easter. – Italy.

Potato Salad - first created by Spanish explorers in the 16th century. German immigrants brought a recipe that is the most immediate ancestor to the mayo-based dish most of us know and love. However, mayonnaise was developed in France and not available until the 1900's. - true melting pot effort by Spain, France and Germany.

Watermelon - cultivated in India as far back as 2500 B.C. but native

Dessert - the most iconic is the cake using strawberries and blueberries on a bed of white frosting to create an image of the American Flag. I'm pretty sure this one belongs to Betty Crocker. And isn't that fitting? – Corporate America Oh well. We're not perfect, but we're still the land of the free and the home of the brave. Happy 4th of July everyone!



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Compared to last week: Feeder steers and heifers 2.00-4.00 higher. Steer calves steady-6.00 higher. Heifers calves steady-5.00 higher. Demand was good to very good for all classes. Supply included 47 percent over 600 lbs. and 46 percent heifers. Slaughter cows and bulls sold 2.00-4.00 higher. Demand was moderate to good. A total of 283 cows and bulls sold with 70 percent going to packers.

Feeder Heifers Medium and Large I eeder Steers Medium and Large 1
 Head
 Wt Range
 Avg Wt
 Price Range
 Avg Price

 7
 278
 278
 160.00
 160.00
 Head Wt Range Avg Wt Price Range Avg Price 5 300-325 305 193.00-195.00 194.57 350-395 377 160.00-187.00 407-442 417 169.56-179.00 14 310-348 333 160.00-162.00 160.48 400-435 415 146.00-158.00 470-495 485 150.00-160.00 156.81 510-544 525 148.00-159.00 153.94 505-544 529 130.00-139.00 550-594 567 135.00-138.50 149.00-154.00 151.13 23 604-649 624 127.00-136.00 131.57 601-625 611 140.50-149.00 145.78 656-695 666 124.00-134.00 39 658-695 679 128.00-141.00 682 682 710 136.50-139.00 138.55 9 721-725 721 132.00-133.50 132.17 138.00 138.00 129.25 129.25 36 751 751 129.25 129.25 22 809-845 823 131.00-137.00 134.16 51 762-791 765 119.50-133.25 132.27

Joe Don Eaves RECEIPTS: 2190

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We had a large crowd with a good representation of buyers in attendance, Calves sold \$2 to \$4 higher with yearlings selling steady. Slaughter cows and bulls sold \$1 to \$3 higher, Pairs and bred cows sold very active with top pairs selling for \$1985 with spring calves on side. Sheep & goat Sale July 20. 11am. No sale July 6.

STARTING JULY 9th, CATTLE SALES WILL BE ON

TUESDAYS AT 11AM					
WEIGHT SEX	PRICE	TOP	SELLIN	G CAT	TLE
200-300 Strs	NO TEST	Head Ct	City	Weight	Price
Hfrs 300-400 Strs Hfrs	155-175 160-187.50 140-164	6 PAIRS 21 PAIRS	QUANNAH QUANNAH		1985 1925
400-500 Strs Hfrs	140-160 132-148	2 PAIRS 3 PAIRS 3 STRS	QUANNAH QUANNAH CADDO	300	1910 1900 187.50
500-600 Strs Hfrs	132-147 123-135	23 STRS 3 STRS	CADDO CADDO M CREEK	354 387	183.00 173.00
600-700 Strs Hfrs	128-139 118-129	1 STR 13 STRS	DENISON CADDO	400 406	160.00 156.00
700-800 Strs Hfrs	121-130 NO TEST	3 STRS 7 STRS	M CREEK CADDO	458 471	151.00 149.00
800-900 Strs Hfrs	114-124 NO TEST	3 STRS 2 STRS 3 STRS	CADDO CADDO DENISON		146.00 139.00 139.00
Plains, Shorts, Longhorns High Yielding Cows Low Yielding Cows	80-130 76-85 60-68	2 HFRS 2 HFRS 2 HFRS 6 HFRS	CADDO MADILL MADILL CADDO	300 383 450 610	164.00 145.00 141.00 129.00
Slaughter Bulls Bred Cows	90-100.50 900-1200	with the b	40 yrs experie est care and s ctions live at	service in t	his area.
Pairs	1400-1895	view au	Luons live at	uvauctio	iis.com

McAlester Stockyards 🕳 Market Report

Tuesday Jun 25th, 2013, sold 1300 cattle. Steers \$3 to \$8 Higher. Heifers Steady to \$1 Higher. We WILL have a sale July 2nd! "Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it." (Matt. 7:13)

Weight Range	<u>#1 Steers</u>	#1 Heifers
225 to 300 lbs.	\$187 to \$210	\$170 to \$176
300 to 350 lbs.	\$185 to \$198	\$157 to \$169
350 to 400 lbs.	\$164 to \$177	\$149 to \$162
400 to 450 lbs.	\$155 to \$167	\$136 to \$149
450 to 500 lbs.	\$149 to \$162	\$134 to \$145
500 to 550 lbs.	\$141 to \$155	\$126 to \$139
550 to 600 lbs.	\$140 to \$149	\$121 to \$134
600 to 700 lbs.	\$127 to \$140	\$118 to \$131
700 to 750 lbs.	\$127 to \$140	\$115 to \$126
800 to 850 lbs.	\$126 to \$135	\$108 to \$120

180 Cows/Bulls sold at the evening sale. Packer Cows \$3 to \$4 Higher. Packer Bulls \$3 higher High yielding packer bulls sold from \$102 to \$105 Average yielding packer bulls sold from \$98 to \$101 Low yielding packer bulls sold from \$93 to \$97 High yielding packer cows sold from \$81 to \$85 Average yielding packer cows sold from \$77 to \$81 Low yielding packer cows sold from \$70 to \$77

SALE EVERY TUESDAY, STOCKER & FEEDER CATTLE BEGIN 10:00am COWS & BULLS TUESDAY EVENING, 6pm OPEN 7 DAYS/WEEK, 24 HOURS/DAY

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WED 9:00AM STOCKERS & FEEDERS COWS, BULLS & PAIRS

Compared to last week: No trends established but firm undertone noted on all classes. Overall quality of offerings plain to average. Most offerings in average to fleshy condition. Demand good, despite the plainer quality. Haying continues active in the area and yields have been better than expected. Heifers made up 43 percent of offerings and cattle over 600 lbs. comprised 25 percent. Slaughte cows and bulls not fully tested but higher undertone noted. Packer good. Atotal of 178 cows and bulls sold with 48 percent going to packers.

#1 Steers

Head	d Wt Range	Ava Wt	Price Range A	va Price
	411-445	417	167.00-172.00	
9	431-443	436	157.00-159.00	158.10
7	503-515	510	151.00	151.00
6	568	568	145.00	145.00
11	657	657	138 50	138 50

Scott McCornack Cell: 580-310-4389 Average Report for 6/27/2013 Receipts: 1064

#1 Heifers

" I HOHOIS					
Head	Wt Range	Avg Wt	Price Range	Avg Price	
5	413	413	140.00	140.00	
5	432	432	135.00	135.00	
13	484	484	135.00	135.00	
12	503-549	531	129.00-133.00	132.28	
16	605-638	622	122.00-127.50	125.03	
5	666	666	120.50	120.50	

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



David Cantrell Extension Educator



Lawn **Irrigation Tips**

With the long range weather forecast calling for drier than normal weather over the next three months, irrigation will become a major issue for those well managed Bermuda grass lawns. The thumb rule for irrigation of lawns is 1" of water per week, either in the form of rain or an irrigation system. Homeowners often wonder how long they should irrigate their lawn to get that good inch of water. One can estimate how much irrigation water is applied to their lawn over time by following a few simple steps.

1. Purchase a few short, plastic rain gauges from a local lawn and garden retail store.

2.Strategically place the

Gospel Sound Tracks Over 4,000 in Stock! CD SPECIAL! BUY 6 Get One Free! Cassette Clearance Buy One Get One Free!

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516 W. Main-Henryetta, OK. 918-652-2434 888-480-2082 rain gauges approximately at turfgrass mowing height throughout the irrigated turfgrass areas in the lawn.

3.Early in the morning, irrigate the lawn for exactly 20 minutes on a relatively non-windy day.

4. After irrigating for 20 minutes, measure the volume of water in each rain gauge and calculate the average volume over 20 minutes, then multiply by 3 to calculate the average volume over one hour.

5. Move the rain gauges to different areas/zones of the lawn and repeat the process as needed.

6.After completing this process, you will have a very good estimate of average irrigation output in inches per hour for your lawn.

This simple procedure

Cattle Physiology

The average life span for cattle is 18 to 22 years, though they can live in excess of 25 years. However, Sanctuary animals who have come from abusive factory farm conditions consequently may have more health problems and a shorter life span.

On average, adult male breeds of cattle, such as Angus, Jersey and Hereford (bulls if un-castrated; steers if castrated), weigh between 1,200 and 1,800 pounds. Larger breeds, such as Brahman, Brangus, Charolais, and Holstein males, can actually weigh 2,000 to 2,800 pounds. Adult females (cows) weigh between 1,100 and 1,500 pounds, but larger breeds like Charolais can weigh closer to 2,000 pounds. The normal body temperature for cattle is between 101° F and 102° F.

LIVESTOCK, LLC. ATOKA

SALE RESULTS FOR June 24. 2013 **STEERS** HEIFERS Cattle: 1060 head 200-300 lb. 185-242.50 200-300 lb. LIVESTOCK SALE 174-197 300-400 lb. 158-179 300-400 lb. MONDAY 11AM 160-183 400-500 lb. 137-187.50 400-500 lb. 130-153 500-600 lb. 120-162.50 500-600 lb. Horses May be Sold 120-143 600-700 lb. 600-700 lb. On Mondays 11:00am Pairs: 1250-1975 Packer Cows - 80-88.50 Low Dressing 70-79

Stocker Cows \$1000-\$1300 Baby Calves \$375-\$37 Phil & Paula Hatridge, Owners Barn - (580) 889-3264 Mobile - (918) 424-1754

Packer Bulls - 95-104 Bulls Per HD NONE

Watch the sale broadcast at www.lmaauctions.com each Monday at II a.m. THE NEW ATOKA LIVESTOCK Horse Sale by Phil & Paula Hatridge!!

470 HEAD Duran I Stockyards SOLD 6/27/13

WEIGHT	STEERS	HEIFERS
200-300	NO OFFERING	\$150.00-\$170.00
300-400	\$171.00-\$190.00	\$141.00-\$164.00
400-500	\$145.00-\$169.00	\$134.00-\$157.00
500-600	\$135.00-\$154.00	\$125.00-\$139.00
600-700	\$119.00-\$141.00	\$119.00-\$130.00
700-800	\$116.00-\$138.50	\$111.00-\$123.00
800-900	\$109.00-\$133.00	\$101.00-\$118.00

NO SALE ON THURSDAY JULY 4TH!!!

CATTLE SALE EVERY THURSDAY 11AM - SHEEP AND GOAT SALE SATURDAY JULY 27 11AM www.DurantStockyards.com High Yielding Slaughter Bulls sold \$101-\$107.50

www.Facebook.com/DurantStockyards High Yielding Slaughter Cows sold \$79.00-\$86.00 580-924-1850 Jeff Cell 580-380-6300

Lower Yielding Bulls Sold Lower Yielding Slaughter Cows sold \$64.00-\$78.50

may save you money and can help to conserve water resources during drought periods such as those we have experienced in late 2011

and the summer of 2012. For more information on growing and managing turfgrass, contact your local OSU Extension Office.

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Drop, take cover and hold on in case of an earthquake

If you had told me 20 years ago that I would be publishing an article about earthquake safety while living in the heart of Southeast Oklahoma, I would have questions how much of the choc beer you had been hitting In fact, if you are indoors, lately. Be that as it may, we are having a great deal more earthquake activity than ever before.

When the ground starts rumbling under your feet, it can be unsettling, at the very least, or out right scary, depending on the strength of the tremors. But, knowing what to do can calm fears and boost your chances of remaining safe through the natural disaster.

According to the Federal Emergency Management Agency (FEMA), research shows most earthquake related injuries and deaths occur when people try to move around inside buildings or attempt to leave a building before the shaking stops. This is a good example of how being aware of what to do in this type of emergency could save your life.

you should keep movement to a minimum while trying to get to In fact, you safety. should remember to drop, cover and hold on.

Drop to the ground, take cover under a sturdy piece of furniture such as a table or desk and hold on until the shaking stops. If no cover is readily available, protect your face and head with your arms and crouch in an inside corner of a room.

If an earthquake strikes while you are in bed, stay there – and use the pillow to cover your face and head. As a precaution, you may even consider relocating any heavy light fixtures, picture frames, mirrors or other objects above your bed that could fall in the event tremors occur.

doorways for protection only if they are nearby, strongly supported and a load bearing entry. For instance, many interior doorways are not built sturdily, and provide poor covering in the event of an earthquake.

Stay inside until the shaking stops. It isn't the ground movement that gets people in these types of situations, it's the falling walls and flying objects and debris. Staying put is still recommended if you are outside when an earthquake strikes. Try to get out in the open, away from buildings, streetlights, utility wires and poles, and stay there until the event passes.

If you happen to be driving at the time, stop as soon as you can, but away from buildings, trees or It is important to rely on overpasses. Remain in the

car until the tremors stop. Once it is safe to proceed, be careful of roads, bridges and ramps that may have been damaged. In spite of your best efforts, if you become trapped by debris, cover your mouth with a piece of clothing or handkerchief, and remain as still as possible to avoid stirring up

dust or disturbing the debris pile.

To alert rescue workers of your location, tap on a pipe or wall. Shout only as a last resort because it can cause you to inhale dust. For more information on earthquake safety, www.ready.gov.

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HEALTH CHALLENGE WEEK 26

Money. What does that have to do with good health? It can have a big impact on your physical health, especially during tough economic times like we are experiencing right now. Worry and stress can take their toll on the nervous system, mental faculties, blood pressure and hormonal levels. Being aware of your money can be the first step in feeling some control of your financial health, and that leads to an improvement in your overall health.

Do you know how much money you have in your checking account? Do you balance your checkbook on a regular basis? Do you write down every ATM cash withdrawal? Most people would answer "no" to these three questions. But if you aren't aware of the money at your disposal, how can you effectively manage it? Putting yourself on a budget is a great idea, but you have to stick with it in order for it to work. Try the following tip to start thinking about how you can manage your money instead of your money managing

Know where your money goes. Keep a log for one week that shows you exactly where you money, and how much you spend. This is the first step in developing awareness about your final Throughout July, we will talk about other ways you can benefit from positive financial health.







splashes over your skin on a hot summer's day. There's nothing quite like it, and with so many ways in which to enjoy spending time there, it's no wonder millions flock to their local lakes each year.

While the desire for fun and relaxation may be everyone's draw to the lake, it's important that sun and water safety be first and foremost on every lake lover's mind. With so many types of lake activities, there are equally just as many ways that accidents can occur. The following safety tips will help to ensure that you and your loved ones have positive lake memories and not negative or even tragic ones.

1.) Sun Protection - It may sound simple, but nothing ruins a day at the lake like a painful sunburn, and with incidents of skin cancer ever rising sun protection should not be taken lightly. To help prevent sunburns, sun damage, premature aging, and skin cancer, you and your family should not rely on sunscreen alone. Choose a good quality waterproof sunscreen with an SPF of 15 or higher. Reapply it every two hours as recommended on the label and after swimming, sweating, or drying off with a towel.

Wear a lightweight shirt with sleeves, a wide brimmed hat, and sunglasses for further protection. Even the eyes and scalp can get sun burnt. Drink plenty of water to avoid dehydration. Your body will not stay hydrated just by being in the

water. Furthermore, avoid the sun if at all possible between the hours of 10 am and 4 pm, when the harmful effects of the sun are strongest

2.) Swim Safely - Learn to swim and ensure that all of your family members know how to swim. If you or your loved ones don't know how to swim, contact your local American Red Cross chapter and enroll in a swim course. Choose a clean, well-maintained, supervised area. An area with a lifeguard is even better. Any swimmer, even good ones, can have an unexpected emergency in the water. Never swim alone. Stay clear of areas with murky water, drop-offs, and underwater plant life as these can be dangerous. Avoid diving. Enter the water feet first. It's much safer.

3.) Boating and Personal Watercraft - An outing on a boat or the use of personal watercraft such as jet skis can be very rewarding. They can also be very dangerous if basic safety rules aren't followed. Before operating any boat or watercraft, make sure you know your local laws and regulations on operating them and obey them. The driver and any others on board should wear coast guard-approved life jackets that are in good repair.

Be extremely cautious around swimmers, other boats and watercraft, and others in the water. Operate at a low speed until you are in the open water away from swimming areas and docks. No horseplay! Do not pass close to other boats or watercraft and do not jump wakes. Not only is this behavior dangerous, it is usually illegal.

In addition to the guidelines set forth above, never mix swimming or boat/watercraft operation with the use of alcohol. A little common sense along with the desire to keep yourself and your family safe will go a long way to ensuring your lake activities create pleasant memories you'll cherish for a lifetime.



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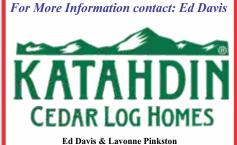


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A woman came home to find her husband in the kitchen shaking frantically, almost in a dancing frenzy, with some kind of wire running from his waist towards the electric kettle. Intending to jolt him away from the deadly current, she whacked him with a handy plank of wood, breaking his arm in two places. Up to that moment, he had been happily listening to his Walkman.

Jacob, age 92, and Rebecca,

age 89, are all excited about their decision to get married. They go for a stroll to discuss the wedding and on the way they pass a drugstore. Jacob suggests they go in. Jacob addresses the man behind the counter:

Jacob and Rebecca are getting married.

Jacob: "Are you the owner?" The pharmacist answers,

"Yes" Jacob: "Do you sell heart medication?"

Pharmacist: "Of course, we

Jacob: "How about medicine for circulation?" Pharmacist: "All kinds." Jacob: "Medicine for

rheumatism, scoliosis?" Pharmacist: "Definitely."

Jacob: "Medicine for memory problems, arthritis,



jaundice?"

Pharmacist: "Yes, a large variety. The works." Jacob: "What about vitamins,

sleeping pills, Geritol,

disease?"

Pharmacist: "Absolutely." Jacob: "You sell wheelchairs and walkers?"

antidotes for Parkinson's Pharmacist: "All speeds and sizes"

Jacob says to the pharmacist: "We're about to get married.

We'd like to use this store as our Bridal Registry."

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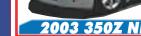






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ARIES (Mar. 21- April 20) In-laws or relatives may oppose your personal intentions. You can pick up valuable information if you listen to those with more experience. Residential moves should be considered carefully. TAURUS (Apr. 21- May 21) Pleasure trips should be on your agenda. Someone you care about may not be too pleased with you. Try not to hurt your

GEMINI (May 22-June 21) You need to get out and have some fun to reduce tension. You can open up to your mate and let them know what you expect out of this relationship. Do not get involved with individuals who are already committed to others.

CANCER (June 22-July 22) You can develop your creative talents if you take the time to practice your art. You will encounter those who can help you further your goals if you attend functions that attract prominent people. Get ready to do some fancy footwork when it comes to taking care of your

LEO (July 23-Aug 22) Health problems may prevail if you don't take care of them immediately. Spend time by yourself to avoid any conflicts with family nembers. Make changes regarding your friendships.

VIRGO (Aug. 23 -Sept. 23) Take your time; do not make any decisions in haste. It might be time to pick up the slack and do your share. Invite friends over. LIBRA (Sept. 24 -Oct. 23) Be sure to question any detail that you feel could leave you in a precarious position at a later date. You can enhance you reputation by making contributions to worthwhile causes. You can have quite the romantic adventure if you take time to get to know your mate all over

SCORPIO (Oct. 24 - Nov. 22) You'll have great insight. Be tolerant, but don't let any one take you for granted. Get proper medical attention and confront

SAGITTARIUS (Nov. 23 -Dec. 21) You may be overly emotional when dealing with your mate. You need to look into some private matters before you can proceed with your plans. Job changes are in order. Go for interviews or send out resumes.

CAPRICORN (Dec 22.- Jan. 20) You may be out of sorts if you have been extravagant or have let children or friends take advantage of you financially. Go out with close friends who understand your situation and your needs. Don't overlook that fact that someone you care about may be hiding something. AQUARIUS (Jan. 21 -Feb. 19) Be willing to listen, but don't be fooled. You should be able to make major career gains if you plan your intentions carefully. Travel could be in order.

PISCES (Feb. 20-Mar. 20) A trip to visit relatives should be rewarding. Children's needs could be more costly than you anticipated. You may want to



















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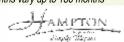












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