

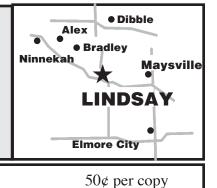
THE LINDSAY NEWS

Since 1902

Serving Readers in Lindsay, Bradley, Alex, Ninnekah, Maysville, Elmore City, Dibble, and the Surrounding Area

Volume 106 Number 25

THURSDAY, JANUARY 10, 2008



What, When & Where!

The City of Lindsay is announcing that the water will be off Thursday, January 10 at 2 p.m. to repair a water leak at 6th and Kiowa The area east of 7th and south of Cherokee and parts north of Cherokee will be affected. Sorry for any inconvenience this causes.

The Garvin Conservation District will host a meet and greet meeting January 11, 2008 at 6 p.m. on management and utilization, control, and costshare opportunities for eastern red cedar and programs for landowners with disabilities. Dinner will be served. Please RSVP by January 4 at 405-238-7233.

Developmental Screenings For Newborns up to Six Year Olds will be given Tuesday, January 15 from 8:30 a.m. to 3 p.m. at the Garvin County Health Department at 707 Comanche in Lindsay. Each child's fine motor, gross motor, language, and selfhelp skills will be screened. Parents and guardians will receive information about

Named 2A All-Star



Jordan McCullough, pictured above, was named to the 2A All Star Team as a defensive lineman. McCullough was also named honorable mention all state and was named all district in football as an offensive lineman. Jordan is a senior. (Picture by Sheryl Kochert)

Harold Murray Recognized For Community Service

Girl Scout Cookies On Sale In Lindsay

It's been 90 years since Girl Scouts[®] began selling homebaked cookies to raise money. The idea was so popular that in 1936, Girl Scouts of the USA enlisted bakers to handle the growing demand. Since then, selling Girl Scout Cookies[®] has become a successful way to help girls develop important leadership skills and earn money for activities.

The activity of selling cookies is directly related to our purpose of helping all girls realize their full potential and become strong, confident, and resourceful citizens.

"Girl Scouts practice life skills like goal setting, money management, and teamworkand they have fun! Customers get a great product and get to support girls in their own community." Stated Laura Wijkowski, Chief Executive Officer, Girl Scouts, Sooner Council.

Every local troop is encouraged to set realistic goals, such as planning field trips and community service projects, to accomplish during the year. The money earned from cookie sales helps the troop achieve its goals.

All of the proceeds from a local council's cookie sales remain in the area where the cookies are sold. This revenue is used to benefit girls, some of it directly by remaining in the Girl Scout troop treasury and some of it indirectly by subsidizing the cost of providing the Girl Scout program in the local area.

The cost of the cookie this year is \$3.50 per box, there are eight cookies to choose

from, everyone loves the Thin Mint, next in popularity is Carmel Delight and Peanut Butter patties, along with Shortbread and Peanut Butter Sandwich, Thanks-A-Lot cookie and Lemonades. This year the New Cinna-Spins makes it easy to snack smart by doing the calorie counting for you! Each carton contains five ready-tograb-and-go 100 calorie packs full of crispy cinnamon swirls.

Contact your council office at 1-800-725-5455 to find a Girl Scout troop in your area selling cookies.



ways to stimulate the child's development at home. The screenings will be performed by Shari Freeland, M.S., child development specialist. Call 756-2928 for an appointment!

Childbirth classes will be offered at Grady Memorial Hosptial in Chickasha January 19. In the classes parents learn techniques which will make the childbirth experience pleasing and comfortable. In addition to breathing techniques developed by the Central Oklahoma Childbirth Education Association (COCEA), the staff uses an extensive knowledge base of obstetrics and childbirth preparation to help guide the mother to a rewarding birth experience. If expecting parents have any questions about the classes, please feel free to get in touch with one of the Grady Memorial Hospital instructors at 224-2300, you need to ask for an **OB** Nurse

The Garvin Conservation District is hosting its annual tree sale. Orders may be picked up and turned in by February 7, 2008 at the District Office at 105 N. Indian Meridian, Pauls Valley, OK. Any questions please call 405-238-7233. By A. Kendrick Long-time banker Harold Murray celebrated his retirement

Monday as he was honored at a reception at First National Bank of Lindsay

"I've enjoyed my career in the banking business," Murray said. "At times it was stressful, but it was a good business to be in."

The City of Lindsay and City Manager Bill Mitchell awarded Murray for his dedication to Lindsay and his outstanding contribution to the community. About forty people were present as the ceremony was broadcast live on KBLP radio. There were many other guests and well-wishers who came by throughout the day.

First National Bank President Danny Seibel awarded Murray a plaque on behalf of the Lindsay Chamber of Commerce in recognition of his generosity in the community over the last 31 years.

Broadcaster Charlie Jones of KBLP shared how Murray helped his business and attributed to its success.

Chamber of Commerce Manager Paula Barker congratulated Murray on his accomplishments and thanked him for his service to the community.

Murray began at First National Bank in 1976 when he worked with legendary banker Jimmy Charles. Murray became president in 1991.

"Murray was young when he

came to work here," employee Kay Rita Williams said. "We always knew where we stood and he was an excellent banker."

According to Seibel, Murray is gracious, likeable and easy going. Many other friends and employees share these sentiments.

Community involvement has been a major part of Murray's career.

"He kept up with community activities and invested in the community," Williams said. "He always tried to meet the needs of the community."

Hinckley said that Murray's support and contributions to the City of Lindsay, Lindsay Public Schools, the Lindsay Chamber of Commerce, youth organizations and civic functions landed Murray as a vital asset in Lindsay and the surrounding area.

Throughout the years Murray has also been recognized by the Rotary Club, Future Farmers of America, the Lindsay Historical Society, the Lindsay Elks Lodge and many other organizations.

cess. "Murray is a great guy to bank Chamber of Commerce with," Mitchell said. "He has nager Paula Barker helped me with many things."

"We wish him well in his retirement years," Seibel said.

Murray and his family said they appreciate all the honors and kind words which were shared.

Murray said that although he has no definite plans for his retirement, it might be one of the best parts of his long career.

Pictured above are the Lindsay Leopard football players who made all district. Pictured in front are Stephon Bradley who made second team running back and Tyler Sprabery who made second team secondary. Pictured on the back row are first team tightend Jesi Millsap, second team on secondary Jordan Lukens, second team offensive line Brandon Thornburg, and first team offensive lineman Jordan McCullough. Not pictured are first team defensive lineman Ben Garner and second team offensive lineman Kurtis Barnes.



Harold Murray, center, was honored at a reception recently. Murray retired from First National Bank. City Manager Bill Mitchell, left, and Danny Seibel, left, presented Murray with commendations. Seibel is the President of First National Bank. (Photo by A. Kendrick)

SUNDAY Weekend FRIDAY SATURDAY Courtesy of: **101 South Main 45° 46°** 53° Lindsay, Oklahoma HIGH TEMP. **The First National Member FDIC** Weather 32° **30°** 26° LOW TEMP. **Bank of Lindsay** 756-4433 0% 0% 0% % CHANCE OF PRECIP.





FOOD: THEN AND NOW

The holidays have come and gone. The abundance of holiday food has been consumed or disposed of. But the results of the holidays may linger for some time. As we begin the New Year, thoughts turn to food and the results of what we ate during the holidays and thereafter.

Diets are never more popular than during these first weeks of the New Year. Sometimes we try to reverse some of the eating habits we have formed in the past few weeks. Other times we try to establish new eating habits that will carry us through the year to come. My own holiday eating was more controlled this year than any other year in the past. But I still have tasks to accomplish. As I begin the New Year, I look backward to other years when holiday food was different and dietary goals were simpler.

In my boyhood, our food was simple and consistent. Although we did have holiday food, it was only for one or two days, not two weeks. And we had food that was mainly what we ate every day, but there was just more of it. Of course, we did have holiday food such as cakes and pies. We did not have holiday food from Christmas to New Year's Day as some do today. Few people gained significant weight over the holidays in those years. In fact, I do not recall much celebration for New Year's Day, which was just another day for us. There were no football bowl games, no pizza parties, because we didn't know what pizza was, and no national countdown to midnight.

Now we have at least a tenday celebration of Christmas and New Year's. We have nearly thirty college football bowl games, which feature long television sessions with food everywhere. We sleep less so we eat more. We sit in front of our television sets and only exercise when we walk to the kitchen for more food. Personally, I am glad to see an end to the holidays, although we had a wonderful time with all of our family.

Not only was holiday food different in the days of my youth, but also our everyday food was very different. We had little concern for healthy food. We ate what we had available. If we had any concern for healthy food, we generally worried about consuming too much sugar. We did not know the word cholesterol. Nearly everything we ate was fried in lard. Our mothers saved the grease in a jar on the back of the wood stove and used it over and over, compounding the cholesterol problem.

We mainly ate pork because we had no way of preserving beef. The pork we ate had a high fat content, and it was preserved by coating it with what we called "sugar cure," a mixture of a few spices and much salt. The meat was often so salty that my mother would boil it in water to remove some of the salt before she fried it as ham or bacon.

In those days, we never considered salt as unhealthy. We knew nothing of high sodium content. I recall my father heavily salting nearly all of the meat and vegetables that he ate. This week at the Mark Restaurant, I was sitting with three friends. One ordered The Mark breakfast: two eggs, ham, hash browns, and biscuits and gravy. When his food came, he covered it all with a heavy dose of salt. Another friend, who is much overweight but concerned about eating healthy, began to lecture his friend about cholesterol and sodium content. After several lively exchanges, my friend pushed back his unfinished

plate and left the table. The three of us who remained talked about how those concerns would never have come up in the days of our youth.

As my friends and I sat discussing healthy food, they were drinking coffee and casting suspicious glances at the green tea I was sipping. For many years, my only breakfast was four or five cups of coffee. Last summer, my doctor and my diet book convinced me that coffee was bad for diabetics with high blood pressure like me. As my friends and I finished our breakfast coffee and tea, we all recalled a time when we would have been smoking a cigarette to finish off our breakfast. None of us smokes now, but we all once were smokers. I have not smoked a cigarette in fifty-two years, but there was a time when a meal never ended without a cigarette.

In my boyhood, weight control was not the concern it is today. There were overweight people, but unless someone was terribly obese, we did not equate excess weight with health risks. Not long ago, my boyhood friend, L.B. Hoyle, and I were talking about this same subject. L.B. reminded me that, in those days, we would describe a person as looking "fat and healthy." We would never use those two words in the same phrase today.

Today food is more than just food. Food has purposes other than just satisfying our appetites. Now food is a social instrument, contributing to our need for acceptance among our peers. Food is a study in chemistry, helping us to adjust our bodies to our own personal needs. Food is a mental and a psychological aid to improve our image in our own minds. And food is so much more complex than it once was fifty years ago. We have so many choices, and we are more aware of the consequences of those choices. Things are so different from the days of cornbread and beans, ham and eggs, and biscuits and gravy.

E-mail Jerry Nye at jerrynyej@aol.com or write to 1438 Pine, Weatherford, OK 73096

LPD Driver License Check Points Success

The Lindsay Police Department announced last week that there were no arrests made during the New Year's Eve driver's license checks.

"The streets were safe, and there were no DUI's," Police Chief Eric Dodson said.

After a briefing with Dodson, full time and reserve police officers braved the cold weather to check and to validate hundreds of licenses and proofs of insurance for nearly eight hours. There were three separate checkpoints throughout the city during the evening.

January 11 Last Day To Register To Vote

Friday, January 11, is the last day to apply for voter registration in order to be eligible to vote in the February 5, Presidential Preferential Primary Election, Annual School Elections and the Town of Maysville Special Municipal Election, according to Garvin County Election Board Secretary, Melanie Porter.

Porter said that persons who are United States citizens, residents of Oklahoma and at least 18 years old may apply to become registered voters.

Persons who have never been registered to vote before or who are not currently registered in the county of their residence and persons who are registered but who need to change their registration information may apply to register or to change name, address or political affiliation, by filling out and mailing an Oklahoma Voter Registration Application form in time for it to be postmarked no later than midnight Friday,

Dodson said that there were approximately 40 cars that turned around outside of the city limits and did not go through the checkpoints.

"We were unable to pursue those drivers because they didn't come into the city," Dodson said. "They were out of our jurisdiction."

The driver's license checks were part of the Lindsay Police Department's proactive community initiatives. Dodson said that he considered New Year's Eve a success.

ter To Vote January 11. Porter said that applications postmarked after that time still will be accepted, but the applications will not be approved until after

> February 5. The County Election Board will respond in writing to each person who submits an application for voter registration. The response will be either a Voter Identification Card listing the new voter's precinct number and polling place location or a letter that explains the reason or reasons the application for voter registration was not approved. Porter said that any person who has submitted a voter registration application and who has not received a response within 30 days should contact the County Election Board office.

Oklahoma Voter Registration Application forms are available at the County Election Board office located at the County Courthouse, Room 8 or any Tag Agency.

THE LINDSAY NEWS Serving the Lindsay Community

with News and Information Since 1902

Periodicals Postage Paid Lindsay, OK (USPS 314140) POSTMASTER: Send address changes to The Lindsay News, 117 S. Main - P.O. Box 768, Lindsay, OK 73052-5631

Published Every Thursday By Cable Printing Company 117 S. Main (P.O. Box 768) Lindsay, Oklahoma 73052

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News & Composition

SUBSCRIPTION RATES: Garvin & Surrounding Counties: \$20 per year Oklahoma & Outside Oklahoma \$30 per year

Member of National Advertising: American Press Association New York, Chicago, Philadelphia, Detroit, Boston; Oklahoma Press Association: Oklahoma City, Oklahoma.

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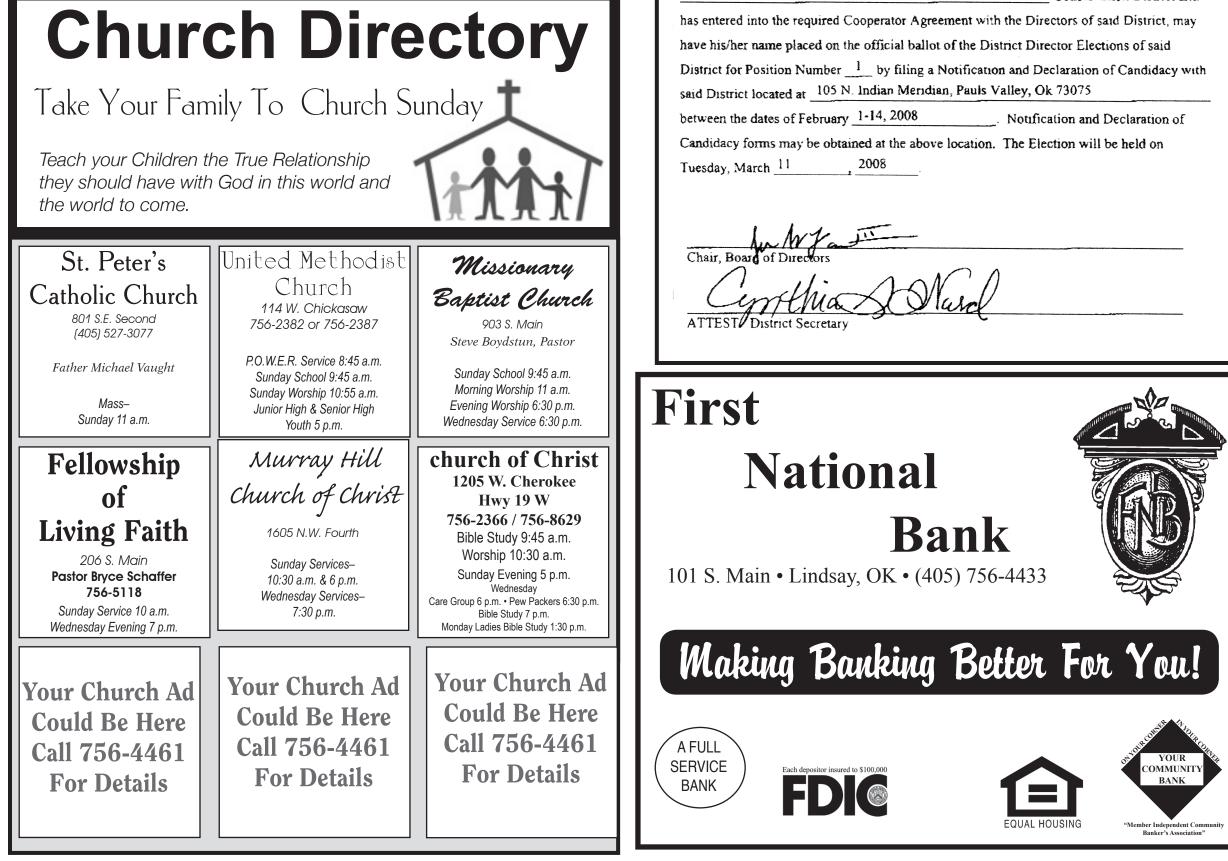


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NOTICES

27th Annual Lindsay Lions Club Stew and Chili Supper "All You Can Eat" will be held Friday, January 11, 2008 from 5 p.m. to 7 p.m. at the Lindsay School Cafeteria. Prices are \$6 for adults and \$3 for 12 and under.

1	Notice is hereby given that any person who is a registered v	voter, a resident of the
	Garvin	Conservation District and



THURSDAY, JANUARY 10, 2008--THE LINDSAY NEWS--PAGE 3

Scruggs~Perryman To Marry



James Perryman and Ashley Scruggs

Mr. and Mrs. Brent Scruggs of Lindsay and Mr. and Mrs. David Perryman of Chickasha are pleased to announce the engagement of their children, Sylita Ashley and James McDonald.

The bride elect is a 2006 graduate of Lindsay High School and currently a sophomore 31, 2008 at the Southern Oaks

at Oklahoma State University. The groom is a 2005 graduate of Chickasha High School and

currenlty a junior majoring in philosophy at Oklahoma State University. James plans to pursue

majoring in elementary education Church of Christ in Chickasha.

Financial Peace University To Be Held In Lindsay

Financial Peace University (FPU), the 13-week program taught by Dave Ramsey, has helped more than 400,000 families positively change their financial future. This life-changing program teaches families and individuals how to handle their money through common-sense principles and small group accountability. FPU is available for churches, companies, military bases, financial literacy programs, Spanish speaking organizations and community groups. FPU classes are beginning in Lindsay at First Assembly of God, beginning Sunday, January 20 at 4 p.m. Contact at or for more information or to register. As they work on a Total Money Makeover, the average family pays off \$5,300 in debt and saves \$2,700 in the first 91 days after beginning FPU and is completely out of debt, except for the mortgage, in 18 to 24 months. "We've actually relieved ourselves of over \$50,000 worth of debt in two years just from using these principles," said Russ Lee, former FPU participant. Dave Ramsey began teaching FPU classes in 1994 every night around Nashville, TN. In 1997, FPU was made available on video across the country with thousands of classes around the nation today.

a law degree. The couple will marry May

group meets to help each other plan budgets, discuss successes and temptations, and support each other in their journey to beat debt and build wealth. Topic covered include: saving for emergencies; budgeting; relationship and money issues; buying big bargains; getting out of debt; understanding investments; understanding insurance; retirement and college planning; buyer beware; real estate mortgages; and careers and extra jobs. Each class participant needs a kit. Special rates are routinely available online www. daveramsey.com or be calling 888-227-3223. Included in the cost of the kit is a lifetime family membership to FPU, allowing the participant to return to any class at anytime for a refresher course. The kit also includes an FPU workbook, an FPU envelope system, 13 audio lessons, bonus CD, budgeting forms, debit card holders, and Ramsey's best-selling book Financial Peace. "FPU classes are changing lives across the country every day, " says Louis Falzetti, executive vice president of FPU. "There is something for everyone in this program whether you are barely making ends meet, just trying to plan for retirement, or seeking to build wealth. No matter what your financial situation, you will find FPU to be the best motivational tool available across the nation to help you attain financial peace.'



Pikes Peak History Book Deadline Approaching

The Pikes Peak Family History Book is in the final stages before being published. It is very urgent that any additional information or pictures are received by January 20.

The book covers 100 years of families who lived in the community. It also will have a military section with pictures and information on almost one hundred service men and women from Pikes Peak who served in the five major wars.

The committee has received nine school group pictures and they are sure there are more pictures out there. If anyone has any information or pictures they would like to see in the book please send them to Marian Cunningham, 705 S. Main Street, Lindsay, OK 73052.

Hardin. The reports were

the legislature report. Emery

Scheer gave a report on the

project he is working on. They

have finished making rails for

another elderly person. The

AARP members brought gifts

for the state school at Pauls

January 21, 2008 at the Senior

Nutrition Center at 310 W.

Choctaw at 3 p.m. Meeting was

played by all and refreshments

were enjoyed by the group.

Everyone had a very good

The next meeting will be

Dirty Santa Bingo was

approved as read.

Valley.

adjourned.

Lindsay AARP Meets

The Lindsay, Oklahoma AARP Chapter #2755 met December 17, 2007 at the Senior Nutrition Center at 310 West Choctaw at 3 p.m.

The meeting was called to order by president Carolyn Hutto. The prayer was led by Emery Scheer and the flag salute was led by Mary Robertson.

Those attending the meeting were Carolyn Hutto, Bob Hutto, B.J. Franklin, Mary Thomason, Mary Robertson, Barbara Elam, Mary Mae Owens, Emery Scheer, Nadine Bennett, Bill Barnes, and Isabel Alexander.

The minutes of the November meeting were read by secretary Mary Robertson and the treasurer's report was given by Emery Scheer in the

LETTER TO THE EDITOR

time.

To Whom It May Concern:

I am a resident of Lindsay, Oklahoma and have been all of my life. I have seen other communities and have found Lindsay to be the most peaceful and safest home for my family and we would like it to



Charlie Jones, left, from KBLP Radio, has City Manager Bill Mitchell read a proclamation for Harold Murray. Murray retired from First National Bank and was given commendations from the City of Lindsay and the First National Bank. The ceremony was broadcast on KBLP Radio. (Photo by A. Kendrick)

Annual Winter Bluegrass absence of treasurer Donna Festival To Be Held Isabel Alexander gave

Western Hills Guest Ranch Lodge will come alive with bluegrass music from January 16 thru January 19 when they host The 29th Annual Winter Bluegrass Festival produced by Frontier Bluegrass Association in cooperation with The Oklahoma Tourism Department. The music will start informally as musicians and fans begin to arrive on Wednesday and conclude when the last note rings late Saturday night.

The festival officially opens with the first concert on Wednesday night at 7:00. The Thursday night show is all bluegrass gospel music which always brings a full house of appreciative fans. Friday, beginning at 12:45pm, unique with i s

workshops on all the acoustic instruments lead by

7:00 with conclusion around midnight. The musicians will present a totally new show each time they perform.

There are 13 bluegrass bands scheduled to perform and a special group of young fiddlers titled "The Oklahoma Trading Post Fiddlers," taught and led by John Holden from Chouteau, OK. This talented group will perform on Saturday. Several of the performing bands are family bands and feature amazingly talented youth who are the future of bluegrass music.

The Bluegrass Music Festival is appealing to all ages and all are welcome. Over the years, attendance has included newborns to age 103 and all ages between. Admission, payable as you arrive at the festival, is \$10. for Wednesday and \$12 each day thereafter. There is a special admission of \$35.00 for a 4-day pass to attend all events.

The program is made up of 13 life-changing lessons taught by Dave in a fun and entertaining way. "I like to put the cookies on the shelf where everyone can reach them," says Ramsey. After each lesson the

Visit www.daveramsey.com to locate the nearest class.

remain that way. I have heard from some residents of the community that a company call Civigenics Corplan Corrections has made plans with the city council to build a 500 bed medium security prison in Lindsay. I am not in favor of this and would like for my views to not go unnoticed.

Since hearing of these negotiations I have asked myself many questions. What is in this plan for the city of Lindsay? What positive action can come from this? Who is protecting the residents? Why has everyone been so quiet? I have come to the conclusion that I would not want to worry about the outcome of this decision made between two institutions that do not have my best interest at heart. So if the city council members who have been chosen to represent its residents are not going to be concerned then we need to be concerned for each other.

> Sincerely, Larry Mottinger



professional musicians who are accomplished artists on the instruments they teach. The Friday evening concert starts at 7:00. There will be a full day of music on Saturday with the afternoon concert from 1:00 to 5:00, a dinner break and the final concert beginning at

For more information on the festival, contact Don & Wilda Thomas of Shawnee. (405) 273-8578 or Western Hills Guest Ranch (918) 772-2545.

Financial Focus

Take Advantage of Employee Financial Education

In the old days, if you worked for a company, your retirement income would likely have been in the form of a pension, with the amount based on your income level and years of service. Apart from those factors, you had little control over the size of your pension benefits That pension model is still around, but it's not as prevalent as it once was

Today, many employers offer 401(k) plans, which give you the responsibility of choosing the right investment mix for your risk tolerance and retirement goals. Yet, along with their 401(k)s, many employers also provide some level of financial education - so you'll want to take full advantage of it.

As you peruse your company's financial education program and materials, however, keep one thing in mind: Your employer is not going to advise you on your investment decisions. In some cases, an employer may provide you with access to a financial advisor, but it's your decision as to whether to use this financial advisor, find one on your own or make your own 401(k)-related investment decisions independently

Nonetheless, whichever route you choose, you may find that your employees' financial education materials can be helpful. Pay close attention to the following

Descriptions of investments - Your 401(k) plan might offer a dozen or more investment options, including accounts made up of stocks, bonds and money market instruments. You may also be able to invest in your company stock. Study these investment choices carefully as you put together your 401(k) portfolio, and make sure you understand exactly the potential advantages and disadvantages of each individual investment.

Ideally, you'll want to diversify your holdings. While diversification, by itself, can't guarantee investment success, it may be able to help you reduce the effects of market volatility, which can hit investors especially hard if all their investments are tied up in just one type of asset. And, as you build and maintain your 401(k) portfolio, be aware that most 401(k) participants are probably not aggressive enough in their investment options, putting too many dollars into fixed-income vehicles and too few dollars into stock-based accounts You will likely be investing in your 401(k) for several decades - long enough to not get caught up with the daily fluctuations of the market and give yourself a chance for a "buyand-hold" strategy to work

"Nuts and bolts" of your plan - 401(k) plans can vary quite a bit in how they are administered and what services they offer, so it pays to take some time to really understand how you plan works. What fees, if any are involved in your 401(k)? How often can you change your investment allocation? Can you reach live customer representatives during working hours only, or are they also available at night and on weekends? How often will you get statements? Will you have access to a Web site that provides customized information on your investments' performance? These are the types of questions you'll want answered as you explore your plan.

Your 401(k) can be an excellent retirement-savings vehicle. Your earnings have the potential to grow on a tax-deferred basis and your pre-tax contributions can lower your annual taxable income. To get the maximum benefits from your plan, however, you'll need to fully understand how it works - so take a close look at those employee education materials



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State Superintendent Sandy Garrett, in her address at last summer's leadership conference, focused on the fact that Oklahoma's school year is shorter than that of states surrounding us.

She felt that by extending the school year, and possibly also the school day, students would have a better chance to learn the skills necessary to compete in this global economy.

Ms. Garrett appointed a task force consisting of many well-respected educators, business executives, students, PTA members, representatives of the Oklahoma Secondary Schools Activities Association, and parents, to study this issue.

Members agreed that the primary objective of time reform is to increase the quantity and quality of instructional time that Oklahoma students are provided to at least the regional and nation averages and, ultimately, reach the international average for instructional time.

The task force was broken down into three sub-groups, who studied quality of time, quantity of time, and costs of time reform. The group discovered that the cost of adding extra days would be approximately \$18 million per day state-wide.

Some of the discussion of the task force revolved around the time missed for various school activities. Discussion was also held concerning the pros and cons of moving athletics to after school. In my opinion, that might



work fairly well for high school students, but in most cases, it would create a hardship for parents of the younger students.

One of the results that came from the meetings is that it was generally agreed that the length of the school day should be left up to the local districts. My opinion is that with many rural schools having long bus routes with students boarding the bus before daylight and arriving home very late in the afternoon, adding more time to the day would probably not be a desirable change.

Parent-teacher conferences were also discussed. Currently the law gives schools the opportunity to count parentteacher conferences as part of the 180-day school calendar. Most schools used three or four days per year for this purpose. In November, the State Board of Education passed a new rule for next year that states schools may use only one day per semester for this purpose.

Last semester, we changed our parent-teacher conferences to a Tuesday-Thursday evening format, whereas previously they had been held exclusively on Thursday evenings. We would be interested in your opinions on continuing this format in the future. Having the conferences in the late afternoon and evenings tends to generate better parent participation than having them during the normal working day.

When the task force made their final recommendations to the state board, their thoughts on

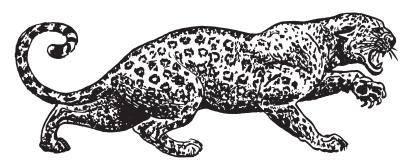


extending the school year were as follows: For the 2008-09 school year, increase the school year from 180 days to 187. For 2009-10, increase to 192 days, and for 2010-11, increase to 197 days. That would ultimately be a total of 17 additional days. For the 2008-09 school year alone, (next year), adding seven days would cost approximately \$127.8 million dollars. In my opinion, without an infusion of new revenue, the legislature would be hard-pressed to implement these changes at this time.

I don't think most educators are opposed to extending the school year, as long as it is properly funded, and done with

careful forethought. We must be certain, however, before extending the school year that this is the best way to obtain the desired results. If quality of time, rather than quantity of time, is more important, there may be other ways to achieve the goals. At any rate, this task force was a reasonable way to begin the dialogue.

Now the recommendations will be presented to the legislature. Our legislators will most likely spend some time during the upcoming session to study the findings of the task force, and come up with their own conclusions concerning these important recommendations.

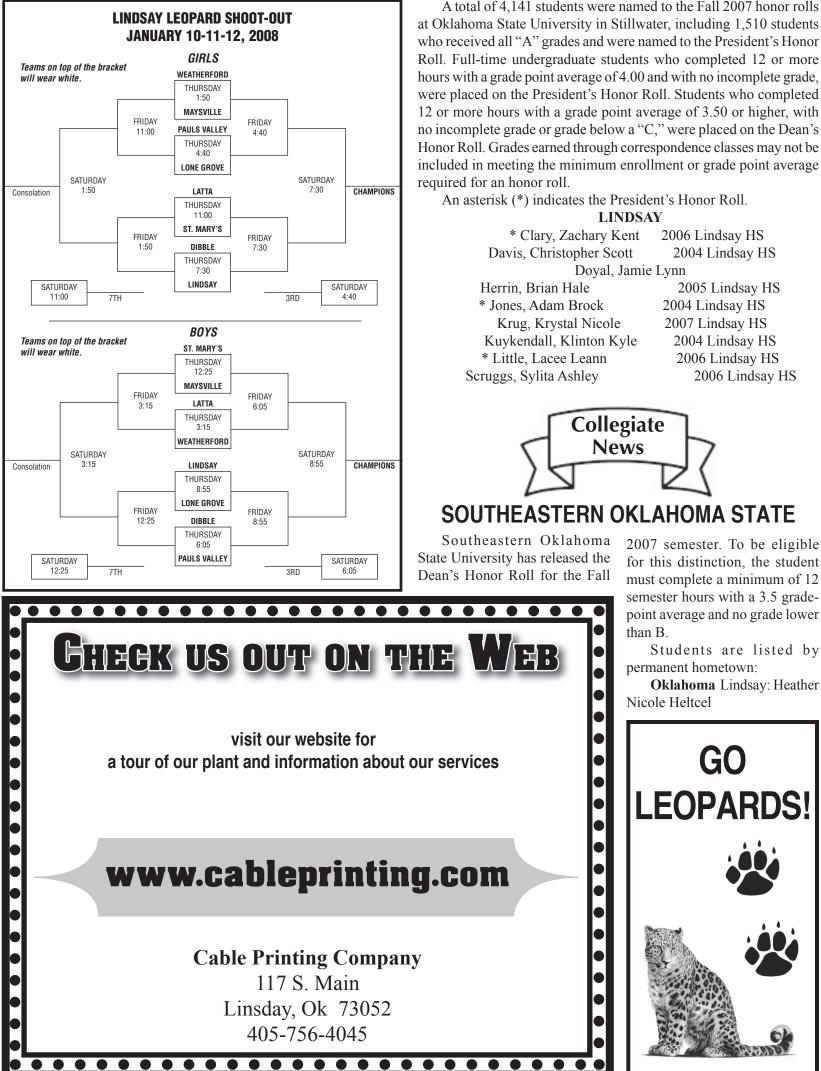




There will be a lot of basketball action this week. Lindsay will be hosting the annual Leopard Shootout this Thursday, Friday, and Saturday. Many teams from across the state will be participating.

The following Monday, the junior high teams will be facing off against the Purcell Dragons. The boys will be home, the girls away. Tuesday the varsity teams will be traveling to Washington.

Leopard Shoot Out Bracket--



.eopardette Basketball

Leopardette basketball resumed after the Christmas break with a win in overtime against the Lady Bulldogs of Lexington. The game was played at Heatley Arena in Lindsay. Lindsay took the lead, 13 to 10 in the first quarter. Lexington tied it up at half time with a score of 28 to 28.

The Leopardettes pulled ahead again in the third quarter and were leading the Lady Bulldogs 39 to 35. The Lady Bulldogs were able to come up with a 45 to 45 tie at the fourth quarter buzzer, forcing the game into overtime.

Both teams scored well from the free throw line. Lindsay made 72% of their free throw shots and Lexington made 74% of theirs. The Leopardettes performed well in rebounding with a team total of 25. Miya Stevens led with 10 rebounds. Kailey Hibbard and Kylie Blough each had five rebounds and Deven Robbins got three. Donna Jones ands Shelby Lee got one rebound apiece.

Miya, Kylie and Deven each had one assist. Deven led the team in steals with six and Shelby Lee took away two. Kylie, Kailey, Miya, Donna, and Whitney Cole each had one steal.

Junior, Deven Robbins, led the Leopardettes scoring drive with 19 points. Seniors, Kailey Hibbard and Miya Stevens both had nine points. Kylie Blough had four points, She'rae Duncan, Shelby Lee, and Whitney Cole each had three points and Donna Jones scored two points. Caitlin Sprayberry also saw action.

A. Taylor led the Lady Bulldogs with 18 points and N. Gifford had 13 points.

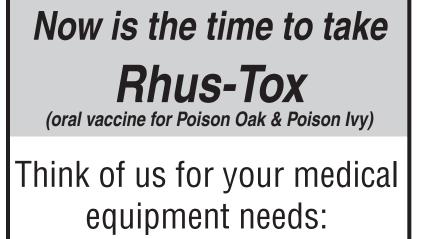
2008 Cheerleader Calendars For Sale \$15 or 2 for \$25 **Contact Brooke Inman or Andrea Harris** 756-1669



OKLAHOMA STATE UNIVERSITY

A total of 4,141 students were named to the Fall 2007 honor rolls at Oklahoma State University in Stillwater, including 1,510 students who received all "A" grades and were named to the President's Honor Roll. Full-time undergraduate students who completed 12 or more hours with a grade point average of 4.00 and with no incomplete grade, were placed on the President's Honor Roll. Students who completed 12 or more hours with a grade point average of 3.50 or higher, with no incomplete grade or grade below a "C," were placed on the Dean's Honor Roll. Grades earned through correspondence classes may not be included in meeting the minimum enrollment or grade point average

An asterisk (*) indicates the President's Honor Roll.



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Stan Hunt, Johnny Jensen, E. J. Fox for the good times

Once again let's turn off the highway and go down the Wallville Road. Almost heaven Wallville, Oklahoma, Table Top Mountains, Washita River. Growing up in Wallville, America on the backroads of Garvin County was a hoot. Andy, Barney, and Opie would have been right at home. It was our world before the technology explosion shook the earth. The ball diamond fashioned out back of the general store was our play station. To have a telephone in your home meant you had arrived. Our education came from Hughes Public School District #1 where we devoured the 4-H Club, timely topics and demonstrations we presented at Walker School and we had not one but two electric typewriters for our typing classes. After Brother Whitis had dismissed Sunday services as small boys we raced across that 10 acres of pasture land to spend our dime on a cold soda from the Malone's Grocery. Why we raced I have no idea we all got what we were after. I remember how it feels coming down that big ol' hill, letting go of the handlebars paying no attention to the passing cars. Trips across the pasture and every creek with that old black dog in tow. Creeping home as the sun faded in the west knowing a platter of fried taters and red beans were waiting and the sun ever beams in this valley of dreams and the night is as fair as the day. Down the Wallville Road. ****

Adams, carrying a heavy load for son Troy Wayne and wife who are battling health issues. Troy is also grieving the loss of his sister Cleta Faye Adams.

The old Pony Express rode in with belated anniversary wishes to Ed and Ann Nooner who celebrated 47 years together this January 7. Hope it was a good day.

Winner of the roses, Don and Irene McClish, celebrating anniversary #41 this January 17. A romance that developed in the johnny patch.

Happy 13 anniversary this January 14 to David and Sharon Quinn. David is in Fort Bliss, Texas waiting deployment to Iraq. *****

From the nix-o billy club, it's happy birthday to Linda "Powers" Dobyns on the 11, Kristi Martin and Michael Holden share the 14, Teressa Hyatt and Juanita Powers share the 15, Doyle Clark, Janie Clark's main squeeze parties on the 17. Turning 81 on the 16 is Glen Webb and Chad Work chalks up another Wallville research send your news, views, family history or old memories to RR 3 Box 222-A, Pauls Valley, OK 73075 or call 405-207-3268 or 207-1691.

Direct form the pages of old Al's Almanac, a thrashing pole was not something to use on your children, but shook pecans out of high branches of trees. And a cotton picker was not originally a machine but hard working people.

Time to make plans for our annual 3 day Easter meeting at Wallville Free Holiness Church. March 21 through 23. Brother Tommy Toliver will be the night speaker at 7:30 nightly, 10 a.m. Saturday and Sunday. Easter is coming.

The Wallville Veteran's Committee salutes Hughes student of the 60's, Maud High School graduate Louis Russell, Army 1968-1976, Warrant Officer, re-enlisted to Staff Sgt. Two tours of Vietnam flew bombing mission. One of America's heroes.

Hughes own Ronnie Blankenship directed Miss Cleta Faye Adams funeral January 5. Cottonwood's own Samantha Robb did the special singing, singing "How Great Thou Art." Our hearts go out to Troy, Wilma, Sandra, Donnie, and Melvin and all the Adams family and Janice at the loss of their loved one. ***

Mike and Naomi Hines made church over the weekend Wallville style. They've had visits from Michael and Misty Hines and family, Curtis, Priscilla and crew, Vicki, Ashlee, Darianne, and Kayla. Plus Pastor Al Hunt and crew. This a good family to know, with plenty of irons in the fire.

Like a bull out of shoot #2. We head out into 2008 to see what all it holds. Until next week this is be kind to "Big Troy Adams" week. The king of the wild frontier. *****

With the ever changing face of Wallville, we press on. Seeing yesterday in everything we do. Losing friends on too regular a basis. Realizing the time will come when we have to step up to the plate and take our turn in the spotlight of history. At the funeral as I surveyed the crowd, I had to rub my eyes, I thought I was seeing things. Three boys off to themselves no older than 12 or 13 and as I looked at them I thought that was my brother, cousin, and me 45 years ago discussing the pennant race, how the Yankees were doing, Mickey Mantle and Roger Maris. The latest ten cent comic book of Batman, Superman, and the Justice League of America. What goes around comes around down the Wallville Road.



Senator Susan Paddack and Representative Lisa Billy will be guests at a town hall meeting Friday, February 29 at 7:30 a.m. at the Ranch House Restaurant. The public is invited. This is an opportunity for our community to meet with our elected officials and learn what is going on in our great state. There will be a question and answer period. Come out and enjoy a morning with friends! Sponsored by the Lindsay Chamber of Commerce and the City of Lindsay.



Garvin County was well represented at the 3rd Annual 2007 Holiday Spectacular held December 8 and 9 at the Johnson County Sheriff Posse Fair Grounds in Cleburne, TX. The Holiday Spectacular is sponsored by the Lillian 4-H and FFA Clubs and is sanctioned by the American Boer Goat Association (ABGA). BG Boers of Puals Valley had six of their own does entered and "Priscilla" a 5-month old percentage doe bred by BG Boers and owned by Terry Brawley of Lindsay. This was the first time for Priscilla to be in the show ring. The judge commented on her long feminine neck, wide front, and level top line. Priscilla was shown by Sonja Pando, Pauls Valley FFA member. Burl and Robin Graham, owners of BG Boers, also own the 2007 Oklahoma State Fair ABGA Grand Champion Doe.

Maysville Medical Center Specializing in Family Medicine Rick Schmidt, MD Melinda Johnson, ARNP

As the cold wind continues to blow and we shiver, we send greetings from that quaint little resort along Rush Creek. Wallville 200, legend #792. *****

The year begins on a sad note as word comes to us that Wallville pioneer Cleta Faye Adams (75) has passed away. A long-time resident, her funeral was January 5, 2005 at the First Baptist Church in Maysville. She will be missed.

Report from the Hughes School teacher research team, 1961 Hughes graduate Phillip Hightower reported in. Science teacher Wendell White passed away 3 years ago. Living near McCalester. Thanks Phil, designated member Hughes research team.

The virus bug is alive and well. Irene McClish reports all her family, Don, Tim, grandchildren have all battled it. Irene our local postmistress, Wallville route has been in bed with it for 9 days. *****

Hats off to Troy and Vera

LENDER

one on the 18. Way to go.

Congratulations are in store for Jesse Aaron Hunt and Rebecca Page on the announcement of their upcoming wedding this August. Jesse is the son of Al and Cindy Hunt. Rebecca is the daughter of Sam and Robyn Page. Our best for this couple.

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Garvin County Commissioner Proceedings

The Board of Garvin County Commissioners met on the above date with Chairman Shon Richardson, Johnny Mann and Kenneth Holden present. County Clerk Gina Mann, Assistant District Attorney George Burnett and Barry Porterfield with the Pauls Valley Daily Democrat.

Commissioner Mann moved Commissioner Holden seconded to approve the minutes of the previous meeting. Motion carried. Mann, Holden and Richardson voted yes.

The Board examined and approved blanket purchase orders.

The Board does hereby resolve to purchase one (1) or more trucks for Garvin County District #1 and Garvin County District #2.

The Board received a letter from Judge Trisha Misak, Chairperson of the Courthouse Safety Committee recommending the following priorities for the Courthouse:

1. Panic Alarms

2. Improved interior doors and lock

3. Exterior Lighting

4. Window tint for 1st and 2nd floors

5. An exterior fire escape for the upper floors

No action was taken as this time.

The Board approved the transfer of appropriations from T2 to T2B in the amount of \$1950.00 and Cash B to Cash B-1A in the amount of \$50,000.00

The Board made the following request of appropriations to the Excise Board:

Sheriff Service Fees-Commissary-----\$ 1441.89 Highway-----\$13333.33

The Board entered into two (2) lease purchase agreements with Bruckner Truck Sales, Inc. for the following equipment:

Bid #14

1-2008 Mack CHU613 Truck, VIN#1M1AN07Y58N002133

1-2008 Mack CHU613 Truck, VIN#1M1AN07Y78N002134

Payments shall be \$975.00 per month per truck with 4 successive options to renew the lease plus one (1) final option for a period of five (5) months.

Commissioner Holden moved Commissioner Mann seconded to assign the lease purchase agreements to Empire Financial Services, Inc. of Tulsa. Motion carried. Holden, Richardson and Mann voted yes.

No action was taken regarding bid #15.

The Board approved the monthly report of the Garvin County Health Department.

The Board does hereby resolve to dispose of the following equipment:

Equip. #D251-302-100-Mack Truck Equip.#D251-302-99------Mack Truck

The Board approved the claim of Wingfield Engineering in the amount of \$1374.00 for State Project #BRO-125D(157).

The Board approved the amended contract with the Pottawatomie County Juvenile Detention Public Safety Center.

The Board received notification and summaries of the following REAP Grants for 08:

The Doard received notification and summaries of the following KL/AT Grants for 06.					
	Katie VFD\$11,000.00				
	Town of Katie\$ 6,300.00				
The Board approved the payroll for December.					
The Board approved the following claims:					
693	HINKLE PRINTING & SUPPLY		SUPPLIES		
694	LEAF FUNDING		LEASE AGREE		
695	LEONARDS SUPER STOP		FUEL		
696	LEONARDS SUPER STOP		GAS		
697	BLACKBURNS ACE HARDWARE		SUPPLIES		
698	SIMPLEXGRINNELL	1032.45	PARTS & LABOR		
699	STANDRIDGE TIRE CENTER		TIRE, ETC.		
700	OG&E		SERVICE		



	CANADIAN CO.JUVENILE DET.CENT MOBILE FIRE EXTINGUISHER DIV		
	GORDON WHITE LUMBER CO		
04	CENTRAL FIXTURES	152.75	SUPPLIE
	GARVIN CO. ELECTION BOARD OKLA. NATURAL GAS CO		
EALTH			
	BRAY, RHONDA		
	FISHER, LORI DODGE, CARLA		
	GARRISON, JODIE		
51	WARD, JOHANNA	83.42	TRAVE
	JONES, ROSALINDA		
	PAULS VALLEY GENERAL HOS LABORATORY SUPPLY		
	OG&E		
	AT&TMOBILITY		
	LANGUAGE LINE SERVICES OKLA. NATURAL GAS CO		
	OKLA. NATURAL GAS CO OKLA. NATURAL GAS CO		
	TERMINIX		
	PITNEY BOWES POSTAGE BYPHONE		
72 IGHWAY FUNDS	COOK CARSON INC.	669.00	REFRIGATO
	STATE HEALTH INS	846.40	HEALTH IN
270	HATTER, SHELLY A	77.60	TRAVE
	MAYSVILLE FARM STORE		
	TRAVIS, TED ALLEN DOLESE BROS		
	BLACKBURNS ACE HARDWARE		
275	O REILLY AUTO PARTS	99.33	PART
	BILL S TIRE SHOP		
	TREND AUTO SUPPLY CARBON TRACTOR		
	AMERICAN LOGO SIGN INC		
280	MATERIAL PRODUCERS	1382.63	ROC
	O REILLY AUTO PARTS		
	CLT REGRIGERATION INC DUB ROSS CO		
284	T D RADIO	142.50	ANTENN
285	JACOBSON S CONCRETE	1472.00	CONCRET
	JAMES SUPPLY		
	STANDRIDGE TIRE CENTER GALLUP, FRANK D		
	STANDRIDGE TIRE CENTER		
	CARTER, BOBBY GENE		
	GORDON WHITE LUMBER SHERRELL STEEL LLC		
	SHERRELL STEEL LLC PAULS VALLEY FORD		
294	SAGER, THOMAS R	357.70	GLAS
	COBB ENGINEERING	1000.00	PROJEC
	PAULS VALLEY FORD JAMES SUPPLY		
	JAMES SUPPLY JAMES SUPPLY		
299	HINKLE PRINTING & SUPPLY		SUPPLIE
	HINKLE PRINTING & SUPPLY		
	HINKLE PRINTING & SUPPLY CAYWOOD DISTRIBUTION CO		
	CARBON TRACTOR		
304	WARREN CAT	653.88	SUPPLIE
	TRUCK PARTS OF ADA PERFECTION TRUCK ACCESSORIES		
	PERFECTION TRUCK ACCESSORIES EASTEP TIRE & SERVICE CENTER		
08	INTERSTATE BATTERIES		BATTER
309	AT&T MOBILITY	101.61	SERVICE
	AT&T MOBILITY AT&T MOBILITY		
	POWERNET GLOBAL COMM		
13	AT&T	40.59	SERVICE
14	UNIFIRST HOLDINGS,LP		MATS, ET
	JAMES SUPPLY HINKLE PRINTING & SUPPLY		
	HINKLE PRINTING & SUPPLY SOUTHERN OKLA. TRUCK REPAIR		
18	CENTRAL FIXTURES	230.12	SUPPLIE
	INTERSTATE BATTERIES OF SE OK		
	CINTAS CORPORATION HINKLE PRINTING & SUPPLY		
	BRUCKNER TRUCK SALES INC		
23	U.S. POSTMASTER	52.00	P.O. BOX RENTA
	HEFLEY, TERRY		
	CENTERPOINT ENERGY CATERPILLAR FINANCIAL SERV		
	PAULS VALLEY NATIONAL BANK		
28	OKLA. DEPT OF TRANSPORTA	2804.41	LEASE PURCHAS
	WELCH STATE BANK		
	EMPIRE COMPANY LANDMARK BANK		
32	CATERPILLAR FINANCIAL SERV	2647.49	LEASE PURCHAS
333	OKLA. DEPT OF TRANSPORTA	976.02	LEASE PURCHAS
334 HERIFF SERVICE I	DCS PROPERTY DISTRIBUTION DIV	8000.00	VEHICL
	FEES WHITEHOUSE, DENNIS, DR	860.00	DRS VISIT
	WALMART COMMUNITY BRC	663.51	SUPPLIE
	FUELMAN OF SOUTHERN OK	1215.57	FUE
3		353.28	COMMISSIARY ITEM
3 4	TIGER COMMISSIARY		
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Commissioner Mann moved Commissioner Holden seconded to adjourn the meeting. Motion carried. Holden, Richardson and Mann voted yes.

ATTEST: COMMISSIONERS GINA MANN COUNTY CLERK BOARD OF GARVIN COUNTY

CHAIRMAN SHON RICHARDSON VICE-CHAIRMAN JOHNNY MANN MEMBER KENNETH HOLDEN

THURSDAY, JANUARY 10, 2008--THE LINDSAY NEWS--PAGE 7

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SPECIAL SERVICES

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Ryan, also known as Mildred R. Pool, deceased No. P-08-04

Notice of Hearing Petition For Probate of Will, Appointment of Personal Representative, Determination of Heirs-At-Law. Devisees and

Legatees Notice is hereby given to all persons interested in the estate of Mildred R. Ryan, also known as Mildred R. Pool, deceased, that on the 4th day of January, 2008, Marlene Johnson produced an instrument in writing purporting to be the Last Will and Testament of Mildred R. Ryan, also known as Mildred R. Pool, deceased, and filed in Court her Petition together with a copy of said Will praying for probate of said Will and for a judicial determination of the heirs-at-law, devisees and legatees of said decedent. Pursuant to an Order of this Court made on the 4th day of January, 2008, notice is hereby given that on the 31st day of January, 2008 at 9 o'clock a.m. the Petition will be heard at the District Courtroom; County Courthouse, Pauls Valley, Oklahoma, when and where all persons interested may appear and contest the same. Dated this 4th day of January, 2008. John Blake Judge of the District Court

of Oklahoma

In The Matter of the Estate of Mary Jo Frost, deceased.

No. P-07-81

Alias

Notice To Creditors All creditors having claims against Mary

Jo Frost, deceased, are required to pres

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Nov 22 TFN

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4tp Jan 3-Jan 24

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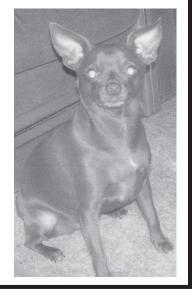




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Lost Chocolate Brown Chihuahua. Male fixed. Last seen near Erin Springs Cemetery December 20. If found or seen please call 756-4201 or 405-779-0176.



Attorneys for Personal Representative Elkins and Hart, Inc. PO Box 428 308 S Main Lindsay, OK 73052 405-756-4766

same, with a description of security interest, and other collateral, (if any), held by such creditors with respect to such claim, to the Personal Representative, Mary Ann Young, 1102 Willow Creek Dr., Leander, Texas, 78641, to the Agent to the Nonresident Personal Representative, Von B. Elkins, 308 South Main, Lindsay, OK 73052, or at the offices of Elkins and Hart, Inc., PO Box 428, 308 S Main, Lindsay, OK, Attorneys for the Personal Representative, on or before the following presentment date: March 3, 2008, or the same will be forever barred.

Mary Ann Young Personal Representative of the Estate of Mary Jo Frost

Attorneys for Personal Representative Elkins and Hart, Inc. PO Box 428 308 S Main Lindsav, OK 73052 405-756-4766

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OBITUARY



Buddy B. Harmon Buddy B. Harmon passed from this life January 1, 2008 in Oklahoma City, OK. He was born to Walter A. and Dollie Mae Womack Harmon near Pauls Valley, OK July 6, 1926. He was married to the love of his life, Mary Helen (Sullivan) Harmon

February 6, 1946. They had 62

beautiful years together. Most of his early years were spent in the Stratford and Pauls Valley area before moving to the community of Purdy, OK. There he attended the Crawford and Hughes Schools. He also attended Lindsay High School. Buddy was a veteran and member of the American Legion.

Buddy is survived by his loving wife, Mary Helen and three daughters, Linda Hawkins and husband Gene of Oklahoma City, OK, Donna Price and husband Donald of Tuttle, OK and Kathy Zalmanzig of Bridgeport, TX. Surviving siblings are; Myrtle Hayes of Lexington, Alfred J. Harmon and wife Evelyn of Maysville, OK, Billie Weathers of Anadarko, OK, Walter A. Harmon, Jr. and wife Dorothy of Lindsay, Julia Rhinehart and husband Stanley of Oklahoma City and Betty Jane Cox of Pryor, OK. Buddy also leaves behind

his grandchildren; Jay Hawkins and wife Dusty of Bethany, OK, Michele Cummings of Edmond, OK, James Hawkins and wife Veronica of El Reno, OK, Todd Henderson and wife Laura of Oklahoma City, OK, Coy Price and wife Lisa of El Reno, OK, Tyler Zalmanzig of Lubbock TX and Bo Zalmanzig of Bridgeport, TX. There are nine greatgrandchildren and numerous nieces and nephews.

He was preceded in death by his parents, three brothers and two sisters, two children; Sheila Gay and Timothy Wayne.

Friday January 4, 2008 at 2 p.m. at the Calvary Baptist Church in Lindsay, OK. Interment was at the Mt. Olivet Cemetery in Pauls Valley, OK. Funeral arrangements are under the direction of B. G. Boydston Funeral Home in Lindsay, OK. Condolences may be sent to the family online at www.boydstonfuneralhome. com.



Cleta Faye Adams

Cleta Faye Adams was born January 31, 1932 at Maysville, OK to William Riley Adams and Velma Pauline Barber Adams. She died January 2, 2008 at Grace

Living Center in Norman, OK at the age of 75.

Cleta Faye was a lifetime resident of the Maysville/Hughes area. She attended school at Hughes, graduating from High School about 1950. Cleta Faye worked at the Pauls Valley State School for 22 years before retiring. She was a wonderful cook and really enjoyed her grandchildren. Cleta Faye was a good friend to all who knew her and was very proud of her red hat and her red hat friends. She was a member of the Hughes Baptist Church.

Survivors include her Services for Buddy were daughter, Janice Cates of Wynnewood: three Brothers: Trov Adams and wife, Vera of Lindsay, Melvin Adams and wife, Sandy of Moore, OkK, and Don Adams of Maysville; two sisters: Sandra Martin of Maysville and Wilma Gossett; three grandchildren: Mike Roberts and wife, Tammy; Regina Oliphant and Greg; and Kennda Watson and husband, Travis; ten great-grandchildren: Colton Johnston, Madison Worley, Kody Worley, Christopher Anderson, Macy Oliphant, Ryan Oliphant and Shane Oliphant, Michael Roberts Jr., Lacv and Amber Watson and two great-greatgrandchildren Ava and Skyler Kendrick.

She was preceded in death by her parents; her step-mother, Connie Adams; three sisters, Bernice McCaleb, Betty Jo Cook, and Dorothy Dawson; a son, Loyd Russell; a daughter, Debra Russell and by a grandson, Gary Roberts.

Funeral services were held at 2 pm, Saturday, January 5, 2008 at the First Baptist Church in Maysville. Reverend Ronnie Blankenship officiated with burial in the Antioch Cemetery under the direction of John Williams of Winans Funeral Home in Maysville, OK.

Quit Now Offered By Tobacco Help Line

to quit using tobacco interact on an ongoing this New Year now have the support of expanded services from the Oklahoma Tobacco Helpline. In Forums. These forums addition to free coaching allow participants to learn sessions available over the phone at 1-800-QUIT-NOW (1-800-784-8669), participants can access a 24-hour-a-day interactive Web site complete with personal tracking tools and discussion forums.

People calling the Oklahoma Tobacco Helpline receive free coaching sessions with professional Quit Coaches® that focus on developing a quit plan tailored to participants' personal needs and critical support in sticking with the plan that includes up to four follow-up coaching sessions. Now, between coaching sessions, those trying to quit are also encouraged to access the Web site to get that extra support when they need it.

Web CoachTM allows participants to build a personal Quit Plan and complete self-assessment exercises. Responses are shared in real time with a Quit Coach, who uses that information to prepare for the next coaching session. Just as importantly,

Oklahomans resolving participants can also basis with each other and Quit Coaches in the Web Coach Discussion behavioral tips from Quit Coaches and from others who are quitting or who have successfully quit in the past. Tailored motivational and educational emails are also sent to participants throughout the program.

"We want to make sure that every Oklahoman who wants to quit has all the tools necessary to be successful," said Tracey Strader, executive director, Oklahoma Tobacco Settlement Endowment Trust, "With more people accessing the internet everyday, it just makes sense to provide Web support services that build on the extensive phone services already available. These expanded services are part of our commitment to helping people quit tobacco for good."

For a limited time, Oklahoma residents who call the Helpline for coaching will also receive a free two-week starter kit of nicotine patches or gum mailed directly to their homes. This combination of cessation medications and coaching more than

double the chances of a successful quit attempt.

"Quitting smoking doesn't happen overnight," said Strader. "It takes a strong commitment and focused effort, but Oklahomans who want to quit using tobacco don't have to go it alone. Now they'll have the help of their Quit Coaches, nicotine patches or gum, and a network of support from other participants."

Serving over 50,000 Oklahomans since 2003, the Oklahoma Tobacco Helpline is funded by the Oklahoma Tobacco Settlement Endowment Trust, with assistance from state tobacco tax funds made available through the Oklahoma State Department of Health.

The Oklahoma Tobacco Helpline's hours of operation are 7 a.m. to 11 p.m. seven days a week, and staff will return any messages left after hours. For more information about the Helpline, go to: www, HYPERLINK "http:// ok.gov/tset/Programs/ Helpline.html" ok.gov/ tset/Programs/Helpline. html. For more information about quitting tobacco use go to: HYPERLINK "http://www.smokefree. gov" www.smokefree. gov.



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