Primary Elections

Noble Free Press

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July 29

July 24, 2008 Volume 8 Issue 16
Serving Southern Cleveland County Since 2001

2008 CLEVELAND COUNTY FILINGS

COURT CLERK

Rhonda Hall, Democrat 4100 S. Bryant Avenue Moore, OK 73160

COUNTY SHERIFF

Joe Lester, Republican 217 Boulevard Du Lac Norman, OK 73071

Rick Adkins, Democrat 412 SE 3rd Lexington, OK 73051 Mailing Address: PO Box 1261 Purcell. OK 73080

Roy D. Magerkurth, Republican 1115 Elmhurst Drive Moore, OK 73160-5831

Lynn Statton, Republican 10705 S. Harvey Avenue Oklahoma City, OK 73170

Kelly Owings, Democrat 10181 Banner Road Lexington, OK 73051

Mark Hamm, Republican 706 Harmon Circle Moore, OK 73160

Timothy Carson, Republican 829 Wilkinson Cr. Mailing address: 2700 N. Santa Fe Moore, OK 73160

Doug Blaine, Republican 6825 Desiree Drive Norman, OK 73171

COUNTY CLERK

Kerrie Hudson, Republican 3915 Durango Circle Norman, OK 73072

Tammy Howard, Republican 9610 E. Etowah Noble, OK 73068 Mailing Address: 1108 W. Main PMB 190, Norman, OK 73069

COUNTY COMMISSIONER DISTRICT #2

George Skinner, Republican 900 Valley View, Norman, OK 73069

Charles Wright, Republican 16410 East Indian Hills Road, Newalla, OK 74857

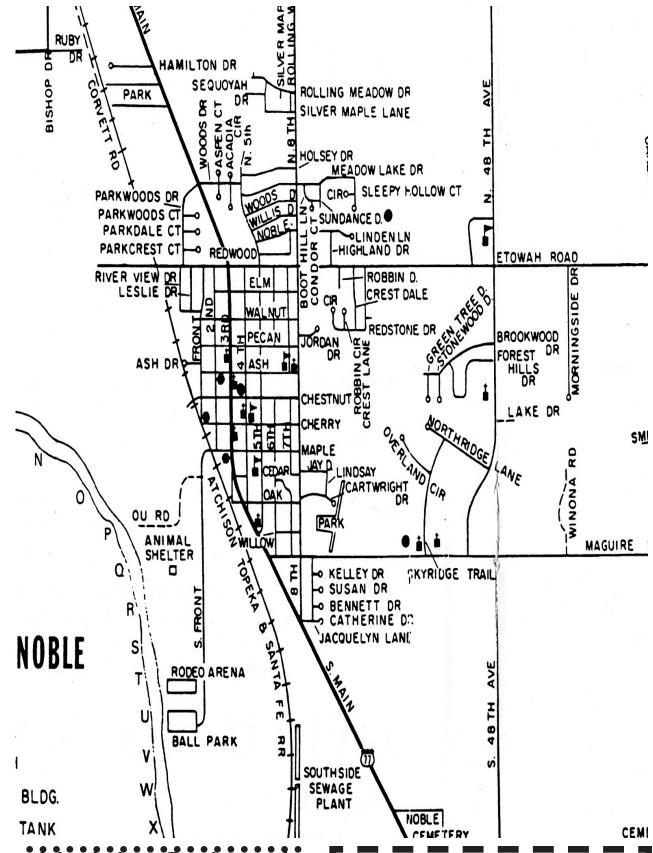
Earl Cox, Republican 5701 144th Noble, OK 73068

CEDAR COUNTRY FIRE PROTECTION DISTRICT TREASURER

Cathi J. Gray 19220 Fulkerson St. Noble, OK 73068

DON'T FORGET TO VOTE

City Wide Garage Sale August 2, 2008



Noble School Sews Page 8

City Wide Garage
Sale see list page 10





STATTON FOR

SHERIFF **CLEVELAND COUNTY**

I will be "Tough On Crime" I am ready to accept the **Challenge** and **Responsibility**.

A Certified Law Enforcement Officer since 1986, I have over eight years experience, with 1275 hours of Specialized CLEET training in the areas of Management, Burglary & Robbery Investigations, Domestic Violence, Jail Standards and other related training.

- * I will Serve & Protect the Lives & Property of the People of Cleveland County.
- * I will enforce all State & Local Laws in Cleveland County. I will not take a backseat to any law enforcement agency in my jurisdiction. We will be proactive.
- * I will investigate and reduce the number of cattle thefts, oil field equipment thefts and farm machinery thefts in the county.
- * I will pursue and prosecute anyone who sells, uses or manufactures any illegal drugs in Cleveland County.
- * I will oversee the building of our new Detention Center, making it safe, secure and up to date.
- * I will reduce the employee turn over rate of the Sheriff's Department by implementing a new hiring and training program.
- * I will place more funds in our current SALT & DARE programs. I feel the young & old is our
- * I will implement a community type policing program, where our deputies and staff will get to know the citizens and the communities they patrol.
- * I will increase the presence of the Sheriff's Department in all areas of the county.
- * Last I will be a working Sheriff for the people who elected me to this office. My endorsements will be the Cleveland County Voters.

I would like to thank each of you for your continued Support and Vote on July 29, 2008.

* HONEST

NFPJULY24.indd 2

* EXPERIENCED

* HARD WORKING

* PAID FOR BY LYNN STATTON FOR CLEVELAND COUNTY SHERIFF. * REPUBLICAN PARTY *

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Area Church Directory

Antioch Baptist Church -

500 Robbin Drive Church of Christ -----

872 - 3140

111 N. Main Church of Jesus Christ of Latter Day Saints

872 - 7201 Maguire Rd and Skyridge Covenant Church -----872 - 7072

4000 E. Etowah Rd

Discover Church 872 - 1616

1002 Hamilton Dr.

Etowah Baptist Church -- 899-7378

Rt 1/Box 422

Faith Baptist Church ---321 - 8665

3661 S. E. 120th

First Baptist Church -----872 - 3529

120 S. 4th

Trinity Holiness Hwy 77 South of Noble Liberty Gospel Tabernacle -- 527 - 9755

13401 Slaughterville Rd

Maguire Baptist Church -- 872 - 3845 9801 Maguire Rd

Grace Church - 426 - 9392

118 S. Main St.

New Hope Baptist Church -- 364 - 1558 4150 E. Robinson

Noble Assembly of God ---- 872 - 8726

100 W. Post Oak Rd.

Noble First Church of the Nazarene 872-3678 4201 Maguire Rd.

Noble United. Methodist Church -

872 - 3913 204 N. Main

Shiloh Baptist Church ----- 872 - 5767

156th S.E Between Banner Rd & Sightrvlle Rd.

Skyridge Free Will Baptist Church

872-3112 150 S. 48th St. Slaughterville Baptist Church- 872 - 5576

10101 60th St Just off Hwy 9

Truth Church 872 - 9691 4800 E. Etowah Rd

Twelve Corners Baptist Church -

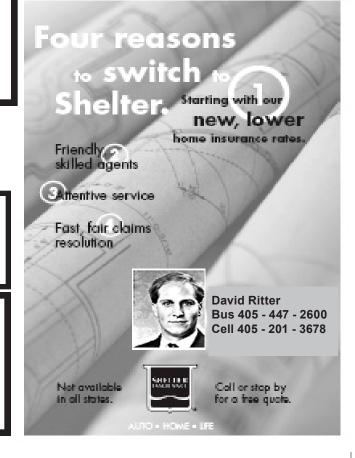
899 – 4624 156th & Etowah

Victory Chapel 899 - 7943

18025-2 Cedar Lane

Rose Rock United Pentecostal Church 872 - 1900 8th & Maguire

All City Garage Sale is not until August 2







TAMMY HOWARD

TRIED & **PROVEN**

As County Clerk Tammy...

- Has 19 years experience with Cleveland County government including real estate department, tax lien department, purchasing, and county budget board.
- Tammy was unanimously appointed County Clerk in April 2007 and recommended by longtime County Clerk Dorinda Harvey.
- Tammy has upgraded technology and efficiency in the clerk's office.
- Tammy has provided more training for office employees.
- Tammy has an open door policy toward all Cleveland County residents — every person who does business with the County Clerk's office will be treated with the courtesy and respect that they deserve.
- Tammy has streamlined the process of filing mortgages and deeds, tax liens and VA forms.



Sometimes the process of filing county documents can be complicated and a bit overwhelming. Tammy understands this. That's why her staff has been trained to take the time to patiently answer all questions and help quide customers through the filing process.

Endorsed by longtime County Clerk Dorinda Harvey.

Paid for by Friends for Tammy Howard. Amy Hawkins, Treasurer. 1108 W. Main, PMB 190, Norman, OK 73069.



CLEVELAND COUNTY CLERK

Call me anytime at 872-5144 or email me at Howard4Clerk@peoplepc.com

NFPJULY24.indd 3 7/23/2008 12:43:36 PM

Multi-Family Sale 116 S. Main 8:00 am til 5:00 pm August 2

(37) Used Homes For Sale

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Metal Fab Shop S. Of Noble

seeking shop hand w/exp in sheet metal & machine work must be able to read prints & work ind 40hr wrk wk 405-899-4849

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July is Ice Cream Month

Earl Cox Commissioner **District 2**



Hello, my name is Earl Cox. I am a lifetime resident of Cleveland

I am running for Cleveland County Commissioner District 2

I live in rural Cleveland County. I, like you, have to commute back and forth to work on the rural roads.

I the past the roads and roadways were in good condition. However, now iw not the case

If elected I vow to:

- Fix all roads the proper way, year round each year of
- I will also keep the roadways clear of the trees that have grown up and out, therefore obstructing the view of the road and road signs making it unsafe for commuting.
- I will keep up on the roads and roadways so that all Ambulance, Fire Department and Law Enforcement Officers will be able to reach us safer and quicker when needed for all emergencies.
- I will work on cheaper and better insurance for county employees
- I will work on lower taxes.
- I will be a working commissioner who meets and greets the taxpayers out in the county as well as in the office.
- I will keep an open door policy for all taxpayers and return all calls made to me.

Considering all this and my 18+ years working for the county. I feel m experience will be a valuable asset in the position as the new Cleveland County Commissioner of District 2

Join me and my family in voting on July 29th, 2008

Paid for by Friends of Earl Cox

No Batteries Needed

By J. Mark Vandivort

Daddy showed me how to attach a small chicken feather to a horsefly. After he released it, he held his sweat-soaked straw hat to shade his eyes from the sun's rays. We watched the fly carry its little "white banner" as far as our eyes could track its course. His jovial laugh rings in my memory.

Also, he taught me how to make a miniature wagon using a cardboard match-box and two sewing thread spools. He said that I could attach a string from the toy wagon to a mouse. The mouse would then make a mad dash across the floor pulling the wagon an exciting sight! Knowing that my dad was prone to joke, I didn't develop a mouse harness. However, I did enjoy playing with my little match-box wagon—I was the one who pulled the string across

At about age ten, one of my favorite toys was a hoop and paddle. The paddle was constructed by flattening a tin can and bending it in a U shape. Then, I nailed the can to a wooden stick about 2 ½ feet long. Using a steel hoop about eight or ten inches in diameter, I spent many delightful hours rolling the hoop. Sometimes, I could roll my hoop the entire mile, over a rocky, rural road, to our one room school without it toppling over.

After I grew to adulthood and married, my wife and I became parents of five children. We looked for ways to play together without it costing an "arm and a leg". Two of our favorite activities were camping and bicycling.

I learned of an older gentleman who repaired and rebuilt bicycles. Andy, Phil and Steve each chose a bike. I selected a single speed with fat tires, equipped with a sturdy basket in front and a luggage carrier on the back. Bethany rode on the luggage carrier and Debbie rode in the front basket. Later, they saved their money and purchased new 10-speeds.

One of our favorite rides was to Clyde's MFA station for a cold soda.

Fun in future paradise. The Bible describes a future time when "paradise" will be restored:

.. The wolf also shall dwell with the lamb...

And a little child shall lead them..

The nursing child shall play by the cobra's hole...

And the weaned child shall put his hand in the viper's den...

They shall not hurt nor destroy in all My holy mountain.

For the earth shall be full of knowledge of the LORD As the waters cover the sea" (Isaiah 11:6-9, NKJ).

Nature restored! "That nature (creation) itself will be set free from its bondage to decay and corruption [and gain an entrance] into the glorious freedom of God's children" (Romans 8:21, Amplified Bible). (Compare: 2 Peter 3 and Revelation 21.) All of this was made possible by Jesus' death on the cross providing an atoning sacrifice for our sins.

God invites you to spend eternity with Him where no batteries are needed.



Steven J. Ruggs PT. 405.872.1550

Fox 405.872.1510 207 Elm Street Noble, OK 73068

Noble ropane

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A DIFFERENT DRUM

By Cap Kaylor

PUBLIC SCHOOLS , A SAFEGUARD OF DEMOCRACY

He is the night clerk at a local liquor store in Norman. While sacking my purchases of pinot noir and cabernet we fell into one of those easy, casual conversations that grease the wheels of social intercourse in a small town. The talk turned (as it often does these days) to the economy. It turned out that the clerk had a day job. He is the math teacher at the High School. Not able to support his family doing the thing he loves doing, the thing he feels "called" to do, he spends his evenings stacking bottles of merlot and ringing up six-packs. When, I wondered, does he have the time to grade papers or plan lessons? Bashing public education has become something of a popular sport lately. A letter to the editor recently appeared in this paper that was harshly critical of State Superintendent Sandy Garrrett and public education in general. The claim was made that "Oklahoma spends over half its budget on education resulting in almost one third of Oklahomans being functionally illiterate." I'm not sure where the writer got his statistics but let me offer some of my own. Nationally, Oklahoma ranks 49th out of 50 in teacher salaries. The average school teacher here spends between \$50 and \$100 per month on classroom supplies out of their own pocket. For which the IRS allows them only a \$250 yearly deduction. Oklahoma spends around \$6000 per student per year compared with a regional average of over \$8000 per student. A bill introduced into the Legislature that would have given our teachers a break by automatically qualifying their children for O-LAP grants disappeared into thin air never to be seen again. American youngsters spend 8 to 9 hours each day in front of the TV. How many hours do parents spend helping them with their homework?

When we hear of falling test scores and statistics telling us that only one in seven Americans can find Iraq on a map or that the majority of high school graduates cannot identify FDR from a photograph, the public has a right to be concerned. But let's not throw out the baby with the bathwater. Free, public education is something we take for granted in this country, forgetting that for much of the world even a basic education is an undreamed of luxury available only to a few. Maintaining our system of universal, free, secular education is absolutely essential to the survival of American democracy.

Historically, there are precious few unifying forces in American society. Language is one of them. Public education is the other. The common curriculum of reading, writing, math, science, civics, art, and history transcends the diversity of Protestant, Catholic, Jew, Black, White, Brown, class, male or female. The school yard is where most of us first encountered the diversity of America and learned that "E-pluribus Unum" (from many we are one) isn't just a motto on a coin. We have very little else that holds us together as a nation. Our schools provide a kind of cultural glue binding us together in a common experience, language, history, and even identity. And the desire of some to see the public school system fail is short-sighted and misguided. Cloaked in the language of "competition", "parental choice", "godless secularism", and "governmental monpoly", the strategy seems to be to get public funding of private schools through the mechanism of "tax credits" and "yourchers"

It's an entertaining slight-of-hand that has little to do with the quality of education and everything to do with the larger agenda of a perceived "culture war" that seeks to redefine America along ideological, theological lines. Last week my barber expressed her dissatisfaction with the school's "time-out" approach to discipline problems as "unbiblical". And recently a legislator confided that he was dismayed by an acquaintance who told him he couldn't support a school bond because the "government schools don't teach Jesus as Lord".

In fact, I do support the concept of private schools but I sense that the old parochial schools of earlier decades have little to do with the experience of the new "christian" academies popping up everywhere. One of the most important goals of the parochial school system was to help an immigrant population integrate into American culture. As a beneficiary of that system I remember the daily Pledge of Allegiance and the American Flag proudly displayed in every classroom. My sense is that the faith based academies of today intend the very opposite. They are about insulating and fostering a sense of separateness from the larger society. Their goal is to indoctrinate and impart a particular world view that sees the larger culture in which it finds itself as hostile and degenerate. Having a world view is fine. We all have one. Some are better than others. Especially if they contribute to human harmony , peace, and progress. But I'm not convinced that the State should be in the business of subsidizing (however, indirectly or circuitously) my world view

If public education is broken then defunding it isn't going to fix it. We need to support it and recognize that its value to this democracy reaches far, far beyond simply "Reading , Writing, and R'ithmatic".

FT Financial/Administrative Job Bookkeeping Exp & MS Office Exp Required Contact

Tom Jobe at t.jobe@sbcglobal.net



Immediate Openings

Sequoyah Enterprises, a leader in the social services industry has immediate openings for full and part time Habilitation Training Specialists (HTS) to provide direct care services to behaviorally challenged youth/adults in a group home setting. Positions require a high school diploma/GED, at least 18 yrs old and a desire to provide high quality services. Experience preferred but not required, training provided. Competitive pay plus sign-on bonus of \$200. Applicants apply at 12591 Jenny Lane, House 45 Wayne, OK 73095 or call Betty or Jim @ 405-449-3950. EOE

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Teresa at 405-209-7566

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Please contact us for more details

Requirements -

- * Should be a computer Literate.
- * 2-3 hours access to the internet weekly.
- * Must be 20 yrs and above of age
- * Must be Efficient and Dedicated

If you are interested and need more information, Please send your resumes to {jrussell1003@gmail.com}

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903 EAST MAGUIRE (DOVE CANYON) LOT # 1 NO EARLY BIRDS

The Noble Free Press would like to take this opportunity to endorse the candidacy of

Ms. Tammy Howard for the office of Cleveland County Clerk

We urge all voters to consider Tammy for County Clerk based on her long history of excellent government and community service.

Peter Douglas Editor/Publisher

Unusual Car Names Word Find

SCAMP PACER **ESCORT FORWARD** CHARADE NEON RAMPAGE **ESTEEM** CITATION ASCOT RUGGER **DRIFTER** GOLF ACCENT TITAN CHERRY DEMON MIRAGE SWINGER GREMLIN

> DRIFTERHPEMHRMIEENLEA NAGTROCSENPEESTEEMNCP O A O A C A A D E L G A F G A C M R O H A ALTACAGENAAYASCOTTEM T M F A E M N E I M R E E G A R I M A R I A W T A G I G W G N O E I R P A C E R R A T G C S R H S M E A O N E G F A A D N Y E I A T N G W I O R R P W A S E S C A M P I CETCINNCEANMRCDRIAFRD A N I N G L A I G R M O A M A E N E G N T A G E E E R M G G E A C C R R C L A C H P OHRDFCGEUOAEDRAWROFRA P P C A N I C N R E A E A C H O C N R A E MAOASCDACGCMENCGFIFMF ENEATERACTITANIATOGSA CARCART CSFAGETER CWGT U



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Noble School Enrollment Schedule

Noble Public Schools will be conducting enrollment for students new to the district on Tuesday, July 29, 2008, from 8 AM to 5 PM at the Noble Administration Offices, 111 S. 4th St. The schools in Noble serve the following grade levels:

Katherine I. Daily Elementary - PreK-1 John K. Hubbard Elementary – 2-3 Pioneer Intermediate School – 4-5 Noble Middle School - 6-8 Noble High School – 9-12

Representatives from each school will be present at enrollment on July 29. In order to complete enrollment, parents must provide the following items:

- Birth certificate (student)
- Social Security card (student)
- 3 Current, complete immunization record (student)
- One (1) proof of residence; acceptable documents are current utility bills (i.e. OG&E, ONG), mortgage statements, lease agreements, drivers' licenses, or other bills or statements with the current street address.
- Current court (signed by a judge) documentation denoting custody for students not living with both parents listed on the birth certificate.
- Copies of special education records, especially IEPs, if student has been identified as

At the time of enrollment, parents and students will be required to fill out an enrollment form on each child including present health information and emergency contacts. Free and reduced lunch applications will be available. Transportation personnel will also be available to provide busing information. Patrons with questions may call Pioneer Intermediate School at 872-3472

Southwestern Oklahoma State University 's 53rd Annual Band Camp

was held July 6-11 on the Weatherford campus, attracted 481 students from five states. The event is Oklahoma 's oldest and largest band camp and this year's camp was one of the largest in recent years. The students auditioned for placement in one of five concert bands and participated in rehearsals as well as a variety of recreational activities. The camp ended with a final concert featuring all five bands. Among the students attending the camp were (from left):

Mackinsey Couch and Ashland Dickens, both of Noble.



Senior Citizens Elect **New Board**

Elections were held July 10, 2008 and results are as follows.

PresidentBetty Dean
Vice President Bobbie Gains
Treas Arvella Walford
Sec Beth Baker
Public RelationsKathleen Morris
Board Mambers Alma Lawrence
George Rysshy

More Senior Citizen Activities

August 1 Jubilee, No pot luck more music

Aug 2 Garge Sale Inside Tables \$8.00 Out side Donations appreciated.

Monthly Pot Luck Dinner moved to the 2nd Saturday of the month from 2 - 6

August 23 Indian Taco Dinner \$5.00

Includes drink and Dessert

Every Tuesday 12 Noon 3:00 Ceramics Class

> Thursdays 12 Noon - 3:00 Wind Chimes

VOLUNTEER DRIVERS ARE NEEDED FOR MEAL DELIVERY

WILL TRAIN

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872 - 5921

Substitute Teacher Orientation

Once again, the Noble School District will offer an orientation for those wishing to serve as substitute teachers for the 2008-2009 school year. As part of the district's commitment of providing continuous education for its staff members, our substitute teachers are required to attend one orientation session per year. The training will cover such topics as: classroom management, effective teaching, expectations and policies, bloodborne pathogens, and student motivation.

There are three sessions set up for your convenience during the month of August. The dates are August 6th, August 13th, and August 20th, 2008. The meetings will be held in the Boardroom at the Administration Building on 111 South 4th Street from 8:30-11:30 a.m.

Additional orientation sessions will be offered at various times throughout the school year for those who are interested but unable to attend the August sessions. An orientation schedule can be picked up at the Administration office or by visiting www.nobleps.com.

Noble's substitute pay is very competitive within the surrounding area at \$60 per day for certified substitutes and \$50 per day for non-certified substitutes. Please call 872-3452 to sign up for one of the three-hour sessions

Avoid the "Back-to-School" Immunization Rush

If you want to beat the back-to-school rush for getting your children immunized for the upcoming school year, start today by scheduling those appointments with health care providers or

visiting the Cleveland County Health Department.

"Vaccinating our children against preventable diseases is one of the most important things parents and caregivers can do for their children. In the past 50 years, school vaccination laws have helped eliminate outbreaks from schools and assure our children and communities are safe from many dangerous diseases," said Cleveland County Administrative Director Shari Kinney.

"We must continue to make sure our children are protected against preventable diseases,"

added Kinney. "When we don't vaccinate, we leave the door open for the return for diseases such as measles, which continues to be a threat to children in the United States.'

From January 1 through April 25, 2008, there were 64 reports of confirmed measles cases in nine states. "That is the highest number of measles cases reported for the same time period since 2001," said Kinney. "So take the time to schedule your children soon for their back-to-school vaccinations," she urged.

The following immunizations are required for children entering childcare or school.

* Children entering childcare should be up-to-date for their age with:

- - Hepatitis A vaccine, with the first dose due at 12 months of age and the second dose due six to 18 months later
 - Three doses of hepatitis B vaccine by 19 months of age
 - One dose of varicella (chickenpox) vaccine due at 12 to 15 months of age or a statement from the parent or doctor confirming the child had chickenpox disease
 - One dose of MMR (measles, mumps, rubella vaccine) due at 12 to 15 months of age
 - Four doses of DTaP at 2, 4, 6, and 12 to 18 months of age
 - Three doses of IPV (polio vaccine) at 2, 4, and 6 to 18 months of age Two to three doses of *Haemophilus influenzae* type b vaccine (Hib) at 2, 4
 - and 6 months of age or 2 and 4 months of age depending on the type of Hib vaccine used. Children usually receive three to four doses of Hib vaccine, but due to a nationwide shortage of Hib vaccine, some children will not receive the third or fourth doses.
 - One to four doses of PCV (pneumococcal conjugate vaccine) at 2, 4, 6 and 12 to 15 months of age
- Children entering pre-school must be up-to-date for all of the vaccines required for childcare, except Hib and PCV
- All children entering kindergarten through the twelfth grade in Oklahoma are required to have:
 - Two doses of MMR vaccine
 - Two doses of hepatitis A vaccine
 - Two or three doses of hepatitis B vaccine (Adolescents 11 through 15 years of age can receive a two-dose series)
 - Five doses of DTaP/DTP
 - Four doses of polio
- Children entering kindergarten through the tenth grade must also have:
 - One dose of varicella vaccine or a statement from the parent or doctor confirming the child had chickenpox disease.

Even though the following vaccines are not required to attend school, they are recommended for children ages 11 years and older:

- A second dose of varicella vaccine
- A Tdap booster to protect against whooping cough, tetanus and diphtheria, because immunity decreases with time Meningococcal conjugate vaccine (MCV4) because the risk for this disease increases
- from 15 through 24 years of age
- Human papillomavirus (HPV) vaccine for girls to prevent two types of the virus that cause 70 percent of cervical cancer.

The following clinics have been scheduled by the Cleveland County Health Department: August 4-8 Norman Health Department Monday - Friday 7:30 a.m. - 5:00 p.m. 250 12th Ave. N.E

August 4-8 Moore Health Department Monday - Friday 7:30 a.m. - 5:00 p.m. 224 S. Chestnut

For information about childhood immunizations, clinics scheduled in your area, or to find out about meningitis vaccinations for college students, call the Cleveland County Health Department Norman office at 405-321-4048 or the Moore office at 405-794-1591.

Senior Citizen Activities

July 16 - The Dashing Dames of the Red Hat Society met at Red Lobster and Selected Mary Vaughn as Queen, Cleta Jones as Vice Queen, Robbie Gains as Treasurer, Norene DeLoach Secretary, Lucille Grayson Hospitality.

The next Red Hat Meeting will be Aug 14th 5:00 PM at the Noble Senior Village (Pot Luck)

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Cleveland County Health Department Offers Tips for **Preventing Heat Illnesses**

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The rains have stopped and Oklahoma's hot summer has begun. The Cleveland County Health Department advises local citizens to take precautions to protect their health against heat-related illnesses that may cause heat stroke or death.

"The elderly, infants and young children are at higher risk of heat-related illnesses. They may not be able to adjust to increases in air temperatures, or may take medications that decrease their ability to deal with heat," said Cleveland County Health Department Administrative Director Shari Kinney. "Heat precautions are also advised for persons with heart, lung or kidney problems and persons whose occupations require them to work outdoors," Kinney added.

To reduce the potential for heat-related illnesses, the Cleveland County Health Department offers these prevention

- Drink more fluids, regardless of your activity level. Don't wait until you're thirsty to drink. (Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot.)
 Don't drink liquids that contain alcohol or large
- amounts of sugar; these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps. Stay indoors and, if at all possible, stay in an air-
- conditioned place. If your home does not have air conditioning, go to the shopping mall or public library. Even a few hours spent in air conditioning can help your body stay cooler when you go back
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting
- NEVER leave anyone in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on infants and young children, people aged 65 or older, people who have a mental illness, and those who are physically ill, especially with heart disease or high blood pressure.

If you must be out in the heat, the Cleveland County Health Department suggests the following

- Limit your outdoor activity to morning and evening
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat, however, if you are on a low-salt diet, talk with your doctor before drinking a sports beverage.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

If you need an air-conditioned place to get a break from the heat, the following locations are listed as "Cooling centers" in your area: The Norman Public Library, Sooner Mall, The Noble Public Library, and the Moore Public Library.

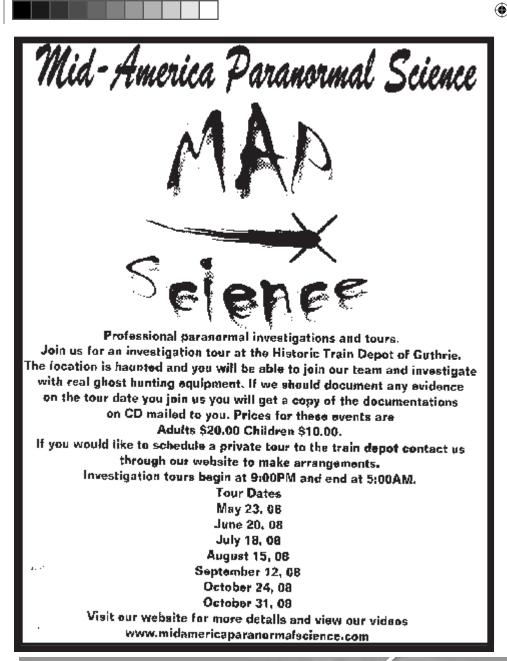
"If you experience signs of heat stress such as dizziness, rapid heartbeat, diarrhea, nausea, cramps, throbbing headache, dry skin (no sweating), chest pain, great weakness, mental changes, breathing problems, or vomiting, contact your health care provider immediately," Kinney said.

For more information about heat-related illnesses and heat safety tips, contact the Cleveland County Health Department Norman office at 405-321-4048 or the Moore office at 405-794-1591, or check out this Web site: http://www.bt.cdc.gov/disasters/extremeheat/index.asp.

Cleveland County Rural School Reunion

There will be an all Rural School Reunion for anyone attending a country school in Cleveland County It is scheduled for Sunday August 3, 2008 at Etowah Baptist Church, located one mile east of 180th St on Etowah Rd. We will have a potluck dinner at noon followed by special singing, stories and pictures beginning at 1:30 P.M. Please bring a covered dish. more information call Joyce Miller Carle

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ASK AUNT KNOZY

Noble Free Press -July 24 2008 page 10 The Noble City Wide Garage Sale is |||Ogic/Logic sponsored by **Carolyn Little Realty Noble Chamber of Commerce** City of Noble

You may sign up through July 25 You will be exempt from required permit for Saturday Only

If you plan on have a sale on any other day you are required to obtain a Permit from the City of Noble

The below listed addresses have signed up for the City Wide Garage Sale as of July 22

An updated list may be picked up Saturday August 2 at Sonic **All Noble Banks Terry's Market** 7-11 **Noble Hardware**

402	Riverview		
201	S. 2nd		
516	N. Front St.		
707	S. 8th St.		
125	Parkcrest Court		
116	S. Main		
9201	S. HWY 77		
1108	Meadowlake Drive		
605	N. Main		
307	N. 5th		
206	N. Main		
712	Parkwoods Dr.		
201	N. 8th St.		
408	Treyton		
1120	Redstone Drive		
404	N. 5th		
201	E. Walnut		
921	Sleepy Hollow		
208	N. Front St.		
1240	Haley Circle		
4221	Overland Circle		
4341	Overland Circle		
840	48th Ave. SE		
206	N. 2nd St.		
1704	N. Main		
900	Bennett Drive		
515	N. Front St.		
1710	N. Main		
4700	Cemetary Rd.		
508	S. 7th St.		
511	Willis		
300	N. 7th		
801	N. 8th St.		
601	Meadowlake Drive		
6100	Cemetary Rd.		
000	O 11		

Oaklawn Downs

600

The Price of crude oil per Barrel. Why, when the price of crude oil per barrel, goe up in the morning of any given day, is there a corresponding increase the same day for gasoline at the pump? We all know that the gas you pump today may be from crude that has been pumped from the well, transported, refined, and stored for distribution months ago at lower prices. Crude oil negotiated today is for September productions, so why do they raise the price today. On the reverse side of it the claim is that if the price goes down for crude oil the oil companies state that they can't lower the price for gasoline for several months. I can understand the second part because we are dealing in futures i.e. September production. However there is no way that anyone can give a clear, logical explanation of the gasoline sitting in the tank already paid for by the station owner being increased.

It is reported that millions of acres are leased to the exploration companies. Why in the world are they sitting there inactive? I think that there should be a clause in the lease that if there is no activity on the lease in one year, the lease should be cancelled and opened for a new lease contracts.

Let us look at the Alaskan reserve at Anwar Basin. Millions of acres of undeveloped oil reserves. Oh we can't explore there because several acres of the multi-millions would be disturbed temporarily and it might cause the yellow throated tufted tit mouse or the ruby throated mosquito to have to relocate their habitat several hundred feet temporarily, GIVE ME A BREAK!!!!! The same is true for the Oil Shale fields in the Rocky Mountain States.

Let us look at off-shore exploration. The Chinese and the Russians are doing off-shore drilling just 30 miles off our coast lines. Yet seven years ago our brilliant elected officials would not approve off shore drilling because it would take 7 years. If that is true we could begin production today of those exploration efforts and reducing our dependence on foreign oil?

How much oil are we selling to those countries that do not have the resources in reserve that we do? How much oil is in the reserve oil fields purchased years ago at low prices from foreign oil producers?

There can only be one answer. POLITICAL HOG WASH!!

If anyone can make sense out of it please submit a letter explaining it to me and we will publish it... **Your Editor**

Musti Family Sale

Saturday August 2

116 S. Main St.

Afgans, games, stereo with 8 track capability free standing speakers., commemorative belt buckles, binoculars, golf clubs, golf bag, HPdeskjet printer (needs cartridges) canon desk top copier (needs toner), Canon 5I laserjet printer (Needs toner), books, toys, assorted Cell phone accessories, some educational supplies, assorted prepaid phones, (New in box), car chargers, face plates, carrying cases, head phones, men's clothing, much more.

Some furnishings (Not on Site See Charlotte) Gas Stove, Side by Side Refrigerator, Couch, 4 horse trailer...



Dear Aunt Knozy,

My friends keep pushing me to go to church. I don't see the need since so many people there do worse things than I do and I don't even claim to be a Christian. So why should I go to church with those kind of 'Christians"? Clay

A. Unfortunately, there are hypocrites and genuine Christians in every church the world over. A genuine Christian exhibits loving concern for fellow church attendees, while the hypocrite has no compunction about saying and doing mean, hurtful things to others both inside and outside the church. Because of their behavior they stand out like a sore thumb and give persons like you an excuse for not going to church. Just because they say they are a Christian no more makes them one than saying you are a car makes you a

Isn't it time you looked at the church as a whole from the inside instead of taking a peek through the window? You will be surprised at the number of genuine Christians in the church. Acceptance of Jesus Christ as your personal Lord and Savior will enable you to worship Him and take your eyes off the hypocrites. You will find you feel compassion and pray for them that they will awaken to their lost state before it is too late.

Basically you have two choices:

- (1) Become a Christian by accepting Jesus Christ, because at this point in time your eternal destiny is the same as the hypocrites $% \left(1\right) =\left(1\right) \left(1$ vou dislike.
- (2) The only other choice is based on rejection of Jesus Christ. which insures you will spend eternity with all the hypocrites you so dislike. Wouldn't you rather go to church with a few of them now than spend eternity with the whole lot of them?

My prayer is that you will seriously consider your choices and make the right one.

Designate then Celebrate



In the Kitchen With Betty



Chicken Breasts With Lime Sauce

4 skinless, boneless chicken breast halves pounded to 1/4 inch thickness

1 egg, beaten

2/3 cup dry bread crumbs

2 tablespoons oil

1 lime, juiced

6 tablespoons butter or margarine

1 green onion, finely chopped

Coat chicken breasts with egg, and dip in bread crumbs. Place on a wire rack, and allow to dry for about 10 minutes.

Heat oil in a large skillet over medium heat. Place chicken into the skillet, and fry for 3 to 5 minutes on each side (until cooked Remove to a platter, and keep warm.

Drain grease from the skillet, and squeeze in lime juice. Cook over low heat until it boils. Add butter, and stir until melted. Season with green onion. Spoon sauce over chicken, and serve immedi-

Baked Spaghetti

3/4 pound lean ground beef

1 (16 ounce) jar spaghetti sauce

1 pound spaghetti

1 cup shredded mild Cheddar cheese

Preheat oven to 350 degrees.

In large skillet, cook hamburger until brown. (Drain if neces-

Mix spaghetti sauce into skillet. Reduce heat and simmer.

Meanwhile, bring a large pot of lightly salted water to a boil. Mix in pasta and cook for 8 to 10 minutes or until al dente; drain.

Mix together spaghetti and meat mixture, pour into 9x13 pan. Top with cheese and bake for 30 minutes, or until heated through and cheese is bubbly

Immediate Openings

Sequoyah Enterprises, a leader in the social services industry has immediate openings for full and part time Habilitation Training Specialists (HTS) to provide direct care services to behaviorally challenged youth/ adults in a group home setting. Positions require a high school diploma/GED, at least 18 yrs old and a desire to provide high quality services. Experience preferred but not required, training provided. Competitive pay plus sign-on bonus of \$200. Applicants apply at 12591 Jenny Lane, House 45 Wayne, OK 73095 or call Betty or Jim @ 405-449-3950. EOE

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Striped Delight

35 Oreo Chocolate Sandwich Cookies

6 Tbsp. (3/4 stick) butter, melted

1 pkg. (8 oz.) Cream Cheese, softened

1/4 cup sugar

2 Tbsp. cold milk

1 tub (12 oz.) Whipped Topping, divided

3-1/4 cups cold milk

2 pkg. (4-serving size each) chocolate flavored instant pudding and pie filling mix

Place cookies in food processor; cover. Process to form fine crumbs. Transfer to medium bowl. Add butter; mix well.

Press firmly onto bottom of 13x9-inch dish. Refrigerate 10 min. Meanwhile, beat cream cheese, sugar and 2 Tbsp. milk in separate bowl with wire whisk until well blended. Stir in 1-1/4 cups of the whipped topping. Spread over crust.

Pour 3-1/4 cups milk into large bowl. Add dry pudding mixes. Beat with wire whisk 2 min. or until well blended. Spoon evenly over cream cheese layer. Let stand 5 min. or until thickened. Spread remaining whipped topping over pudding laver.

Refrigerate at least 4 hours. Store leftover dessert in refrigera-

Sewell Family 6th Annual Derby Race

Saturday July 12 was the date for the 6th Annual Sewell Family derby race. from Noble to California the family answered the call with 66 Derby car entries that took over 5 hours to decide the champions. Autumn Wells (Noble) and Zachary Taylor (Orange California) operated the concession stand for the record crowd. Grand Champions were the Wright Family (Norman), Tom Lee (Vallejo CA) and Ophelia Boggs (Noble). The youngest racers were Mycalyn Bayless age 1 Noble, her car was "Elmo Nator", Savannah Stokesberry age 2 Riverside CA with "Lighting McQueen", Ally and Ricky Rappleyea of Noble with "Sgt Rapp & the Ally Mobile".

Derby Cars waiting in the pits to race at the Sewell **Annual Care Derby**



Starting line for the 8 lane derby track



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