

The STRAIGHT FORWARD



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WEEKEND GAZETTE

Volume 3 • Issue 8

Serving Stilwell & Adair County, Oklahoma

Friday August 25, 2023

THE ROVING REPORTER IN GERMANY



This fabulous castle may have been owned yesteryear by a Count or Baron ...



Birdseye view of Burg Hohenstrim



The view of Burg Hohenstein from Windbeutel Cafe

HOHENSTEIN: THE HIGH POINT OF MY JOURNEY

As a fitting end to a most memorable journey to my native country, my cousin, Sylvia and her family, invited me to join them on a trip to the Windbeutel (Windbag) Cafe in the tiny village of Hohenstein. The road to Hohenstein winds its way uphill through a beautiful terrain of luscious woods. This village, from the Middle Ages, is nestled below the imposing Fortress ("Burg" in German) on top of the mountain. As a matter of fact, Hohenstein is German for "high rock." During the Middle Ages and beyond, the Burg offered refuge to the villagers when invading hordes attacked the village. One

can only imagine how difficult it would be to penetrate its fortified walls not to mention battling up the steep slope. Today Hohenstein is a popular tourist attraction. In addition, there is also a ski lift for winter recreation. The Windbeutel Cafe is unusual with its offerings served in the shape of a "windbag." I had the fresh cherry ice cream topped with whipped cream windbag, for dinner. Shame on me. Yummy is the word. My cowboy hat attracted much attention, as it did the whole trip. I did not see anyone else wearing one. It caught the attention of the owners, Thomas and Claudia. They were most

gracious and fascinated by "this American cowboy." On the way back, which is all downhill, we stopped at Happburg Lake. This lake reminded me of Tenkiller Lake. The landscape is similar and the lake was formed by a dam on the river. Folks were enjoying its ambience on a still, sunny day. After a pleasant sojourn to Hohenstein, I had to say "Aufwiedersehen" to my family with the hope that it would not be another 6 years before I could once again visit. Indeed, Hohenstein was the high point of my journey! Aufwiedesehen!

John Bankel



A serene scene at Lake Happburg...



Sylvia and family at Windbeutel Cafe



Dinner

WESTVILLE ON THE MOVE

PAGE 5



PROVERB POWER

James 4:10 KJV

Humble yourselves in the sight of the Lord, and he shall lift you up. Humble yourselves before the Lord, and he will exalt you. Humble yourselves before the Lord, and he will lift you up in honor.

The Straight Forward **FREE** Press
is now ONLINE on Google!
www.straightforwardfreepress.com
Check it out and enjoy!



They Risked It All/It's the Truth MEMORIES OF FARM AND FAMILY

Number 39

By Donna Boecher

Do you have family treasures and trash acquired over the decades? Tell the truth YES! My treasures were enclosed in a 3x5" metal card box decorated with floral contact paper in white, yellow, orange, and

green. What was in it and who compiled it? At first, I thought I might have put recipes in it. . . . But joy cometh in the morning" (Psalms 30:5). The cards had recipes my mother had printed with a fountain

pen (a relic today), or cut from newspapers. From all the dating clues, it was compiled over nine months beginning January 1937 before she sailed out of San Francisco to meet her husband in Bombay, India.

Two recipes stood out immediately:

"Scripture Cake" and "Preserving a Husband." Here's the advice for young women: "Careful in your selection. Do not choose too young and take only such as have been reared in a good moral atmosphere. Some insist on keeping them in pickle, while others keep them in hot water. This only makes them sour, hard, and sometimes bitter. Even poor varieties may be made sweet, tender, and good by garnishing them with patience, well-sweetened with smiles and flavored with kisses, to taste. Then wrap them in a mantle of charity, keep warm with a steady fire of domestic devotion, and serve with peaches and cream. When thus prepared, they will keep for years."

More advice to come next week.



STILWELL SPORTS SPOTLIGHT

Commentary by John Bankel

ADAIR COUNTY HIGH SCHOOL FOOTBALL ROUNDUP

The 2023 Adair County High School Football season has arrived. This season promises to be another exciting one. The Cave Springs Hornets get the ball rolling with an 8 man contest versus Midway in a 7 pm home game. On August 25, the Watts Engineers, who also play 8

man football, are at home and go up against Sasakwa. Kickoff is at 7 pm. In Westville, there is sure to be much fanfare as the Yellowjackets begin what is their 100th season of football. The Gentry Arkansas Pioneers come to town and will test the mettle of this year's Westville squad

in a 7 pm kickoff. With a new coach, expectations are high for the Stilwell Indians. Coach Ross will lead his team to take on an old rival when the Roland Rangers come to town to get the new season underway at James Bradley Memorial Stadium. Kickoff is at 7 pm.

Coming September 12th

FREE Constitution Class

10 week course at Stilwell Library

Starting Sept. 12 @ 6 pm

Register: jackogden1945@gmail.com

or call: 405-760-9447



Truth is Our Target

P.O. Box 885 • Stilwell, OK 74960

straightforwardpress21@gmail.com

The Straight Forward Free Press is sponsored by "The Golden Mind Learning Foundation Inc.", a non-profit, faith-based, community outreach organization.

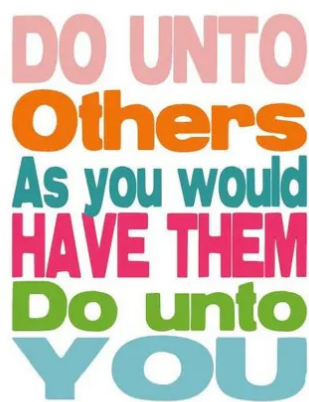
Printed by: FREE Press Printing Co.

Donna Boecher.....Editor
John Bankel.....Co-Editor/Journalist
Stephanie Cullinane.....Composer

PROVERBS 29:2-"When the righteous are in authority, the people rejoice: but when the wicked beareth rule, the people mourn."

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Psalms 91:1, 2

1 ¶ He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

2 I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust. Psalms 91:1, 2

Scripture sponsored by:
Faith Tabernacle
Corner of Hwy. 51 & Piney Road
Stilwell, OK

THE KIPLING KORNER

"My (daemon) came to me early . . . and said:

'Take this and no other.' I obeyed, and was rewarded."

(The spirit that leads someone to write prose or poetry.)



Dear John,

My husband bought a little house and put it in our backyard. I asked him what it was for. He said, "It's a place for me to think about things." A few weeks later he got a special delivery, and it was a composting toilet. Well, he is doing more than thinking out there. My neighbor told me that while I was gone, he got a flat screen TV, recliner, and a small refrigerator. So, when he went to work, I went to see his new furniture. I used the composting toilet. I sat in his new massaging recliner, and I spilled my coffee. I didn't have time to clean anything up and rushed back into the house before he came home. He said hello and went out to his special place. He came back into the house and said, "Someone has been sitting in my chair?" I looked at him like he was crazy and said, "What chair?" He said, "Never mind." And he went back out to his man cave. Do you think I should have told him what I did, or let him wonder?

Goldie Locks

Dear Goldie Locks...looks like Papa Bear may have you dead to rights but decided not to bite your head off. While that may have spared you for the moment, he will no doubt have lingering concerns that you may have invaded his special place. A man does not cotton much to having his territory invaded. You should have fessed up immediately and taken whatever medicine your man may have dished out. Now, you have thrown an unnecessary monkey wrench into your relationship. Patch it up post haste.

Sincerely,

Dear John

Have you got a question for Dear John? email: dear-john@writeme.com or snail mail: Dear John POB 885 Stilwell 74960 Real name not used.

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ON THE CAMPAIGN TRAIL

COMMENTARY BY JOHN BANKEL

Today's Trail Treks To..... Transparency

"Transparency" is a word that is often bandied about by politicians during their campaigns, promising the voters that they will operate with complete "transparency." As a matter of fact, our spurious president promised that very thing at the outset of his regime. While wearing opaque sunglasses, he gesticulated and postulated that he would be "completely transparent." Anyone who is paying attention to our present state of affairs can plainly see that Biden's administration is anything but "transparent." Yet, the citizens of a free nation are owed that very thing. Without transparency, trust is rapidly eroded. Every elected and appointed official, from the local level, to the state level and to the federal level, is mandated to operate with transparency. One area for which transparency is crucial is at public meetings, such as The Board of County Commission-

ers, School Board, Utility Board, County Fair Board and all other boards for which the members have been elected or appointed and duly sworn in. There is a law on the books called "The Open Meetings Act" (OMA). This law is not to be taken lightly or to be ignored. One can find it in the Oklahoma Statutes in Title 25, starting with section 301 thru Section 314. OMA contains provisions governing notice of meetings, meeting agendas, business to be discussed and resolved during meetings and what transpires at meetings. In fact, the Oklahoma Court of Appeals has made clear that public officials must have a clear understanding of the OMA. Recently, at a couple of local board meetings, The Stilwell Utility Board and the Adair County Board of Commissioners, the issue of a violation of OMA was brought up. In both cases it pertained to

discussing and acting upon an item which was not on the agenda. It is troubling to think that these boards are acting outside the law and seemingly without consequence? As citizens we deserve better. Becoming actively involved by attending the meetings is one way to ensure that "transparency" is maintained. For an in depth look at all the facets of OMA, use the QR below:

Today's Trail has come to an end. Perhaps we will meet again around the bend, my friend. May your Trail end up on the right side of the fence. Happy Trails to you.

John Bankel is a freelance journalist and a retired High School Math teacher who can be reached at: writewright@journalist.com
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"If you're guided by a spirit of transparency, it forces you to operate with a spirit of ethics. Success comes from simplifying complex issues, address problems head on, be truthful and transparent." – Rodney Davis



"Trust happens when leaders are transparent." – Jack Welch

COFFEE AND BIRDS



Commentary by: Stephanie Cullinane

I love drinking my morning coffee and watching the birds enjoy their feeder. Our little feathered friends remind me of people. They have a pecking order and flocks that stick together tend to rule the preverbal roost. This scene reminded me of a letter to the editor I read some time ago. The article was entitled; "It Started When Good People Turned a Blind Eye."

It didn't start with gas chambers. It started with one party controlling the media. It started with one party controlling the message. One party deciding what is true. One party censoring speech and silencing opposition. One party banning books. One party rewriting history so that all significant achieve-

ments were brought about by people who looked like them. One party dividing citizens into "us and them" and calling on their supporters to harass the "thems." It started when good people, who turned a blind eye, let it happen.

Our founding fathers formed a Republic to give all states a voice. Today you can ask people what form of government the United States is? Most will say, "It's a Democracy." Most people have never heard of a Constitution Republic because they hear politicians say, "We are a Democracy." My bird feeder tends to be a democracy because of mob rules. It doesn't matter the size of the bird when they show up with a mob and knock all other contenders

off the feeder.

Currently in the United States small groups are controlling school boards, city councils, major cooperations, newspapers, most all media, FBI, CIA, judicial and legislative branches in state and federal government. Some were elected officials while others were not. These small groups push their agendas while most American's disagree with them. I listen to people talking about what is going on in the United States today and they question how all this happened. "It happened when good people, who turned a blind eye, let it happen."

Continued on page 4



STILWELL Making Baskets



Cherokee Nation District 8 Tribal Council Member, Codey Poindexter, came by Mrs. Sawney's Cherokee Lifeways class to teach the students how to make baskets!

Adair County Litter Free & Green Association



Cathy Dillard Unger

I have approval from our mayor to have the Fall Yard Sale in the Park! The date is Saturday, October 7th. Set Up fee will be \$15.00 for 30 x 30 ft section. Just FYI, those of us who organize this pay the same fee. All money goes to Adair County Litter-Free & Green. Payment should be made by October 1st. You can mail it to Cathy Unger at 476842 E. 860 Rd, Stilwell OK 74960 or call 696-575-9518 to make other arrangements. No-shows will not be refunded. In case of bad weather, we will reschedule. Our Spring Sale was a great success and we hope the Fall one will be also.

Searching for a Word: spouse. A marriage partner; a husband or wife.

Ex. My spouse was tall at 6' 5" with a soft beard, large hands, and size 16 feet.



Krypto

Kontest 8.0

Week 1 of 6.

Howdy all you Krypto fans! Summer vacation is over for all the students in Adair County. Summer will linger longer but, be that as it may, it is once again time for Krypto! Krypto Kontest 8.0! So get your thinking caps on, sharpen your pencil and prepare to join in on the fun and prizes! This contest will run for 6 weeks and at the end a winner will be declared. Everyone is eligible to gain the \$25 cash and calculator prize. Basic arithmetic skills are all that are needed to play. Fun for young and old. The numbers for Week 1 are: 4, 7, 19, 23, 2. The answer is 19. Remember you have to use all 5 numbers and any combination of addition, subtraction, multiplication or division to write an expression that equals the answer. Give it a try. You might surprise yourself and have some fun at the same time.

Email your solution to: themathguy@usa.com or snail mail to: Krypto Kontest POB 885 Stilwell 74960

THE CONSERVATIVE VIEW

By Russell Turner

HISTORY RHYMING

It was Mark Twain that once said maybe history does not always repeat itself, but it certainly rhymes. As I watch the endless attacks upon President Donald Trump, I can see our way of life and our republic are dying. While I was not alive during the rise of the third Reich in Germany under the leadership of Adolph Hitler, from everything I am witnessing, our country is going down the same path. When the Nazis broke into peoples' homes in the middle of the night and carted them away often never to be seen or heard from again, they were not breaking the law but enforcing the law. I think it was John Adams who once was quoted as saying that our system of government is for a moral and righteous people, if our people become neither moral nor righteous our system is totally inadequate. It is a sad fact that today in government many of the people there are nothing but a bunch of power-hungry degenerates who have no restraints to telling bald-face lies and promoting all kinds of perversion that would not have been tolerated a short period of time ago. The hypocrisy of the left is astonishing, the very people

who condemn Trump for challenging a rigged election were in the past doing far worse, but them and their lap dog media totally ignore it. History will show that our once great nation has become corrupt with a two-tier justice system. I have one suggestion that might help a little.

For years some lawmakers have proposed a system in civil suits called loser pay, in essence it would force the loser of a case to pay all the legal expenses of the other side if they were to lose the case. While there are some problems I see with such a system, which I will not go into now, a variation of the idea could be applied to what is going on with all the cases against Trump. Right now, what I and many other people are seeing is simple, all these indictments are designed to demoralize and bankrupt Trump and are trying to keep him tied up in the courts instead of campaigning to the voters. I recently read that Trump's legal costs are already over 40 million dollars, the legal expenses are overwhelming to a vast majority of Americans. These rogue prosecutors have all the resources of the government at their disposal while the defendant must dig deep to

defend himself. The loser pay idea is promoted as a system to prevent frivolous lawsuits, I think it would be a good idea to have a similar system for frivolous lawsuits by the government. If the government loses the case, or if it is reversed on appeal, the government should be required to pay all the legal costs of the defendant along with interest. When the voters who elected these rogue prosecutors see their tax dollars wasted on lawsuits that are political in nature, maybe it will wake them up. When they see the money going to reimburse the defendant, maybe they will see their beloved social programs will have to take a hit.

If these lawsuits against Trump are successful, our freedom of speech in this country is over. In the event the government wins against Trump, even people like myself who write opinion columns will be silenced for not promoting the accepted government position. Our Republic is in great jeopardy; it will not be the politicians who will save us, it will be the patriotic citizens who recognize history rhyming.

Birds and Coffee conintued from page 3

Several years ago, I went to the Holocaust Museum in Washington D.C. It is an experience I will never forget. After spending the day learning the real history behind that terrible time I returned to the home where I was staying. My hostess was my son's great grandmother-in-law. She was a very kind lady who was born in Germany to an aristocratic family. She greeted me in her heavy German accent and asked, "What did you do today?" I told her and she asked me to sit down beside her, taking my hands in hers she said, "You know I guess you saw some very terrible things, but you must remember there is much propaganda about all that." She told me a story about

seeing Hitler and what a moral man they thought he was. Her family had Jewish servants who did not come to work one day, she asked her father where they went. He said they were relocated. She added, "We had no idea what the truth was." After the war her father had to move to South America. I do believe that she still could not bring herself to admit what good people, I mean her father and others, let happen.

It is time, my friends, that good people become interested in government and not choose political sides by what your family has always been. If you want the truth look for it yourself. Stop letting the mob of birds keep you from learning the truth.

Become involved in small town government. Hold people accountable when there is an injustice. We can change the direction of this country one community at a time.



"I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all."

WHAT'S SO PUNNY?

PUN FUN

Howdy all you punny people. We got us another round of purposely pretentious potent puns, the punny kind. So, get your funny bone and ribs ready to be tickled, which is better than being pickled. A quintet of hilarious one liners awaits, so read on and enjoy!

1. You Gotta Be Nuts? What's the difference between deer nuts and beer nuts? Beer nuts are a dollar but deer nuts are under a buck.
2. Online Matchmaker: eBay is so useless. I tried to look up lighters and it gave me 13,749 matches.
3. Bonkers: A book just fell on my head. I only have myself to blame.
4. For The Birds: A friend of mine tried to annoy me with bird puns, but toucan play that game.
5. Aye Chihuahua: A Spanish magician was doing a magic trick and said, "Uno, Dos..." and then he disappeared without a trace!

That last one may require some thought, but once you get it, you just may laugh a little or cry a litte? That quintet has now played out its final stanza. So get ready for the next round of: What' So Punny? PUN FUN. Keep that tickling going till the next time!

DAVIS / TYNER FAMILY REUNION



**Family & Friends
Invited To Attend
Saturday September 9, 2023
10:00 a.m to ?**

**Location
Pettit bay @ Side A 1**

You need to bring a lawn chair.

If you want.....

Bring a covered dish, and dessert.

(Drinks not provided)

No alcholic drinks please.

* **Table Service is provided.**

Fun For Everyone

Cornhole game! 5.00 per person

Drawing for a screened in canopy

\$1:00 for 1 and 6 for \$5.00

We will have an auction.

All proceeds will be for next years reunion

**For more information Call
Sherri at 918-575-9113**

ADAIR COUNTY NEWS..... FACEBOOK



Michael D Leach Administrator of Facebook Page Westville, OK - Past, Present & Future. Great work Michael.



PALM TREE IN THE BRICKS

This is Kathy Whiteley, here. I wish I had pictures of the progress that happened in 1956 to 1960 when the Dairy Freeze and the Palms Motel was built! It was a great boost for small town Westville. I've seen the pictures and home movies of the building of the corner built by local people who are long gone. Every thing has its season and that corner had a great 40+ years of season! Not just lots of memories for our family but a lot memories for the people of Westville and surrounding area not to mention the people who came by from across the United States! Some from foreign countries!

FaceBook Posted by: Neal Furlong

FaceBook Comments:

- Diana Price**
I wish they could have saved this palm tree! I loved it!
- Georgia Lynn Smith**
I'm 80 yrs old and it was my first job.

Paula Jones Hardesty
Remember long ago, our vacation every year was 2 weeks in Westville. When we were young teenagers, Momma would let us wander around town. My sister and I would walk from across town and end up at Whitely's for a pop. Then, walk back into town, some days we'd visit the bus station and get a pop out of the cooler. Some days we'd stop at the drug store and sit at the counter for a snack or just a soda. Some days we get our drink from the place across from the high school. Great memories.

Emma Williams
I'm so proud of our little town so much being done and cleaned up , love it.

Wade Neeley
I miss driving around it and seeing all my friends.

WESTVILLE ON THE MOVE

Commentary by John Bankel

Things are popping in Westville. Everytime you look up, something new is either going in or coming out. This photo shows something coming out. At the intersection of 59 and 62, there sat an old motley motel for years. Its dilapidation continued to deteriorate until it became an eyesore, that in some peoples' eyes seemed to become the emblem for the Westville's state of being, a dilapidated town that had seen its better years and was on the verge of dying out. But hold on one cotton picking minute! With the advent of a new city council filled with

young movers and shakers, the fate of Westville is slowly but surely turning around. The demolition crews are taking down this relic of the past and getting ready to place what may be considered as a portal to the new Westville. Dollar General has purchased this property and soon there will be a brand new Dollar General Market, a store that is half grocery store and half variety/department store. What happens to the existing Dollar General? That store will come down and something else will take its place. What that will be is unclear at this time.

Still, you can be sure it will be something that will keep Westville On The Move.

QR code from Facebook shows the tearing down of so many memories.



Evelyn Brashear

Sometime in the 60's. Very pretty at the time. Someone mentioned the neon palm tree. The Dairy Freeze was closer to the corner. It was a nice circle around it then to the Dairy Bar across from the school and circle it. Sometimes on down Williams St. (Main Street) and make a U-turn by the old hotel and then do it all again. Sometimes in a gas war gas was 19 cents a gallon. Usually 25 cents a gallon. So our evenings didn't cost much to do this over and over stopping to talk to friends who were doing the same.

Community Bulletin Board

Adair County Litter-Free & Green Litter-Free & Green Recycle Day Schedule: April 15, May 20, June 17, July 15, Aug 18, Sept 16, Oct 21, Nov 18, Dec 16. Location: Behind Vonnie's Pawn Shop at 101 W. Walnut St, Stilwell OK. Hours: 9am to noon. For more info. contact Cathy at 696-1178 or Joyce at 696-7316.

Alcoholics Anonymous meeting being held at the Stilwell Depot on Wednesday nights at 6:30 pm.



CHURCH ON THE ROCK HOSTS:

Indian Taco Sale & Gospel Singing

Saturday, September 9, 2023
5pm
Stilwell Kiwanis Bandstand

Benefit for Kenneth & Norma Littledeer

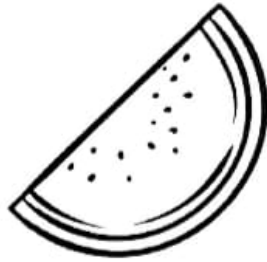


Bring your lawn chairs and join us on the courthouse lawn!

\$10 for Adults
\$5 for Kids
Donations Welcome

5th Annual Westville Melon and Barbecue Festival

- 10:am- Invocation
- Live Music Throughout The Day
- 10:10am-Horseshoe Contest
- 12:30pm-Largest Watermelon Weigh In
- 1pm-Watermelon Call Contest
- 1:30pm-Watermelon Eating Contest
- 3pm- Free Watermelon Slices
- 4pm- Best Barbecue Contest
- 6pm- End of Festival



Contest Awards

- Horseshoes: 1st and 2nd Place Trophies
 - Largest Watermelon: 1st, 2nd and 3rd Place Ribbons
 - Watermelon Call: 1st Place Medals- 6 & Under, 7-12, 13-17, 18 & Over
 - Watermelon Eating Contest: 1st Place Medals- 6 & Under, 7-12, 13-17, 18 and over
 - Best Barbecue: 1st, 2nd and 3rd Place Trophies
- Awards Given After Each Contest



Location and Time

Westville City Park, 113 Buffington Rd, Westville Ok, 74965
 Saturday August 26th 10:am 6:pm
Free Admission



Adair County Farmers Market

Adair County Farmers Market is 5 miles south of Westville on the grounds of the Mid-County community building in Baron. Saturday mornings 9 a.m to 1 p.m. Market will be in Westville August 26th and then back to Mid-County community building Saturday Mornings. For information about the market look on FACEBOOK page Adair County Farmers Market.



2023 ADAIR COUNTY FREE FAIR



AUGUST 31ST - SEPTEMBER 7TH, 2023

OPEN CLASS
Under 8 years of age



Vocabulary Word: husband and wife.

A married couple.

Ex. The duties of the husband and wife were varied; he worked a job and she took care of the home and children.



For Your Health

COMMUNITY WALKING & RUNNING GROUP

Tuesday and Thursday, from August 22, to October 26, 2023
 6:00 PM
 Westville Park – Walking Trail

Join us and encourage better health for one another with this free walking/running group! The group will meet two times per week for nine weeks. Go at your own pace. Lose Weight | Reduce Stress | Lower Cholesterol | Reduce Risk of Heart Diseases & Diabetes

It's fun, friendly and healthy! All are welcome!

For more information contact:
 Kasey Maxwell, Public Health Educator I
 918-506-7760 or by email at kasey-maxwell@cherokee.org



More Westville News.....

KEELEIGH SANDERS OF WESTVILLE IS CROWNED 2023-2024 MISS CHEROKEE



(L-R): Cherokee Nation Principal Chief Chuck Hoskin Jr., 2023-2024 Miss Cherokee Keeleigh Sanders, 2023-2024 Junior Miss Cherokee Addison Rouse and Deputy Chief Bryan Warner.

Feed My Sheep - Takin' it to the Streets Corp



Shelley Huggins Hogner

UPDATE: Even though Feed My Sheep - Takin' it to the Streets Corp doesn't have a building, we fed 8 people today and got birth certificates for two people. We gave food to two families and helped one person renew their food stamps. We're still working to change lives one prayer, one meal, one hug at a time. We NEED a building! If you have ever considered donating to FMS now is the time to do it! Our mailing address is PO BOX 1454, Stilwell OK 74960 or follow the link below. Help us help the ones society has forgotten.

Letter To The Editor

Laws Need to Change

Dear Editor,

I am trying to raise awareness of the plight of older seniors and veterans who lose Medicaid Coverage. This is the year that Congress is supposed to fix Social Security but politicians will never have to live on Social Security so the only incentive they have to fix it is votes.

My wife and I live on Social Security and have always qualified for Medicaid. When we were 80 and 76 I was awarded a 10% VA disability. The award of \$144 put us \$6 over the federal poverty limit and we lost our Medicaid coverage. Now Social Security withholds \$330 for Medicare Part B premiums and our Over The Counter benefit is \$100 per quarter instead of \$300 per month. That is a reduction of \$597 from our monthly income, every month for the rest of our lives. At the time it was 29% of our income.

The solution would be to change the law so that anyone who receives Social Security and qualifies for Medicaid would never have Medicaid coverage based on a Cost of Living Adjustment, COLA, or VA disability award. COLA's, by definition, can never lift one out of poverty; they only cover last year's inflation. Veterans have willingly sacrificed for our country and should not be penalized for disabilities incurred during their service.

The change in the law should be retroactive so that those who have lost Medicaid coverage can live out their days with some degree of comfort and dignity. The cost would be a pittance in the budget but would be a massive blessing to those who receive it.

A Strapped Senior Citizen

Adair County Sheriff's Office



I would like to say thank you to all the ministry teams that come to the jail weekly. This ministry team including our Jail chaplain Steve Harrington had a baptism on Tuesday night the 10th. 31 men and 10 women got baptized. It is very important to me as a Sheriff that the inmates while I have them have access to the gospel.

FACEBOOK July 21, 2023: Adair County Sheriff's Office

Comments FB:

Mary Holmes

What an awesome Praise Report, God is moving mountains. Wado to the Sheriff & staff for allowing the Ministry Team to share the word of God inside the facility, as we all know so many places has denied God's word & His Name to even be mentioned in their facilities & that's sad. Always glad to hear souls being saved from the Words of Bible thru Our Lord & Savior, John 3:16. Amen.

Prayers for all of them, for they will need them the most now.

Lord help them to stay strong & focused on You alone, In Jesus' Precious Name, Amen.

Mike Arthurs

We need more leaders putting Jesus above all. I am blessed to know there are leaders who are being led by the Holy Spirit.

Jana And Tony Martin

This is absolutely wonderful!. So many want to turn their lives around and feel they have no support system... this shows they absolutely do 100% have that support system. It is a hard transition, it is not easy. It's hard every day. But keep moving forward. Thank you to those who minister

Jennifer Ballard

The Lord is raising up some mighty warriors in Adair county jail i am beyond blessed to meet such beautiful souls, and just want to thank the adair county staff and sheriffs dept for helping make this all possible God bless you all!

TREY FORREST FROM FORT GIBSON WINS GOLD AT INTERNATIONAL POWER LIFTING COMPETITION!



FORT GIBSON, Okla. — Trey Forrest, a 19-year-old from Fort Gibson, is making a name for himself internationally through powerlifting. “To be able to be at this level I’m at and competing against those dudes and hanging up there at the bottom of the division is a great feeling,” Trey said.

Trey won a national power lifting competition in June. From there he went on to compete internationally at the North American Powerlifting Federation. He took home first place. “It was the greatest feeling though, knowing everything I’ve worked for, all the hours I’ve put in leading up that moment all paid off right there,” Trey said.

At 19, Trey is the youngest in his age group. He was competing against men who were 22 and 23-years-old. His father, Hunter Forrest, believes this makes his win even more impressive. “It's indescribable being on team USA is like I’ve never done anything on a national scale much less international so it's unbelievable,” Hunter said.

Trey’s mother, Jamie Forrest, says Trey has become famous in a small town. “I’m just super proud of him I think he’s a great role model for our small community he’s put a name in the community kids look up to him,” Jamie said. She believes he has a future in international power lifting. “His body willing, I hope so, I hope the sky’s the limit,” Jamie so. Trey is back to training, next year he will compete in the national competition again and if he wins he will go on to compete in the world championship.

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Sean Clark

The Straight Forward Press

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