

The STRAIGHT FORWARD

Price: \$0.00
Value: Priceless!

FREE PressSM



Volume 2 • Issue 27

Serving Stilwell & Adair County, Oklahoma

Thursday February 9, 2023

The Roving Reporter: In and Out and Roundabout Stilwell



For all you foodies, the first food truck has set up shop at the new Food Court...offering authentic Mexican cuisine at reasonable prices...sure to be a winner...TRR



Colene Stephenson and her "Forever Valentine" son, Sean Bradford

Find Your Special Valentine At Everything Nice

Story by John Bankel

Colene Stephenson, owner of Everything Nice in Stilwell, has a special place in her heart for Valentine's Day. She started Everything Nice 45 years ago on January 1, 1978, under some very unusual circumstances. First of all, she was 8 months pregnant with her middle son, Sean, and secondly, Valentine's Day is a gift shop's biggest day of the year. Colene was faced with two enormous challenges: getting her new store ready for Valentine's Day and having her baby. How to work around everything was her

dilemma? A C-section was planned for February 15 if Sean had not yet decided to come out. One can only imagine the hectic her circumstance created? Yet Colene has demonstrated through the years that she is able to rise to any occasion as she has worked diligently to grow her business and the story of her beginning is a great example. In her heart every Valentine's Day is a reminder of that moment in time and her middle son, Sean, has become her "Forever Valentine." She loves to tell that story. Stop in

and see the amazing display that Colene puts together in serving her customers to provide a marvelous Valentine's Day. She truly goes the extra mile. During Valentine Week, her hours are extended to 8-8; plus Everything Nice will deliver within a 30 mile radius. Happy Valentine's Day!

P.S. February 13 is "Galantine's Day" and Colene has special gifts under \$10 for your "gal pals" on her Facebook page...



GRAB YOUR SWEETHEART AND LET'S DANCE

Feb. 11, 2023

5:00 p.m.

Sweetheart Dinner and Dance
@ the American Legion
\$10 Donation

Life is a Romance and
Romance is in the Dance.

You build on failure. You use it as a stepping stone. Close the door on the past. You don't try to forget the mistakes, but you don't dwell on it. You don't let it have any of your energy, or any of your time, or any of your space.

Johnny Cash

PROVERB POWER

James 4: 7,8 KJV

Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded. knoweth us?

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

V
O
T
E

Jerry Don
(JD)
Hardbarger

Cherokee Nation Tribal Council D-8

GWY Æ DBC æSSY 8

MOMENTS WITH MARIE

By Donna Boecher

Serial No. 22 (THE END)

Marie and Michael knew the end of this desert story. Rachael had nothing to be afraid of. She knew who the bad guys were. Once people are taken over by evil as her “aunt and uncle” had been, their bad ending was inevitable. With statements from law enforcement and Marie

and Michael’s report on the Campbells, they would soon be behind bars. Any jury would convict them of pre-meditated murder. On the plus side, Rachael had learned of her true family and their deep love for her; they had come forward to protect her all along her journey. Psalms 91 says it best, God will be with us. We may see bad things but

they won’t come near us as long as we call on Him. He will take us through the bad times; we just need to ask. If you have a desert story, the answer is to know God and ask for his direction. AND THAT’S NOT THE END OF THE STORY, IT’S JUST THE BEGINNING of a lifelong dialogue with God.



STILWELL SPORTS SPOTLIGHT

Commentary by John Bankel

Stilwell Indians and Lady Indians Basketball Update

The weather created some turmoil with the basketball schedule; the previous week's games had to be cancelled. Both the Indians and the Lady Indians begin their quest for a state

championship starting with District play on Tuesday, Feb. 7. The game is at Muldrow. The Indians take their stellar 15-2 and #7 state ranking into the fray. The Lady Indians

sport a respectable 11-6 record giving them a very good chance to advance to the Regional game, whose time and date is to be announced. GO INDIANS!



Taya Ross 2022 Power lifting State Champion
Squat 315, Bench Press, 120 Dead Lift 315.



Vocabulary word – love – a strong feeling of affection and concern toward another person; a feeling of devotion or adoration toward God.

Ex. The engaged couple were deeply in love.

Chuckles

At every party, there are two kinds of people—those who want to go home and those who don’t. The trouble is, they are usually married to each other.

Ann Landers

A pessimist is a person who has had to listen to too many optimists.

Don Marquis



Dear John,

I have a problem keeping food in the house. My boys will eat just about anything. I found an empty cake mix box in the trash; I questioned what they were doing with the cake mix. I couldn’t believe the answer, they got hungry and wanted pudding, so they added water to my cake mix and ate it raw. I couldn’t find my toaster, and I looked all over the house. I found it in my youngest son’s room. They were holding down the lever on the toaster and heating up hotdogs. I find empty cans of all sorts of things in their rooms, olives, cranberry sauce, and refried beans. My dilemma is, how do I get the lid off the pickles. It’s the only thing they haven’t eaten. No, I’m kidding. I give them snacks, cereal, and fruit. Do you think they have some kind of eating disorder?

Little Debbie

Dear Little Debbie...“boys will be boys”, so the old saying goes. When it comes to food, growing boys can become ravenous food vacuums. Your boys sound like foodsuckers on steroids. How to handle the situation is fairly simple: keep plenty of food on hand that they like and let them roam free. You may also want to bake plenty of cakes and give them pudding while they are waiting for the cake to get done. On a brighter note, keep in mind that this too shall pass when they grow up and leave the house.

Sincerely,

Dear John

Have you got a question for Dear John? email: dear-john@writeme.com
Real Name Not Used. Copyright 2023. All Rights Reserved.

ADAIR COUNTY HIGH SCHOOL BASKETBALL ROUNDUP

Commentary by John Bankel

Westville Yellowjackets

Cave Springs Hornets

The Westville boys and girls have a home game with Oktaha on Tuesday, February 7 starting at 6 pm. Next game will see Westville traveling to Concord on Friday, February 10. If results are available, they will appear in the next issue.

The Cave Springs Hornets and Lady Hornets play Oaks Mission in a District away game Tuesday, February 7 starting at 5:30 pm.

Watts Engineers

No results to report due to weather cancellations.

The **STRAIGHT FORWARD FREE** Press

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 CullinaneComposer

PROVERBS 29:2–“When the righteous are in authority, the people rejoice; but when the wicked beareth rule, the people mourn.”

Contents of this publication are protected by copyright. Reprint for educational purposes only.

The Straight Forward FREE Press Logo is the exclusive property of The Golden Mind Learning Foundation Inc. Registered Trademark pending.

THE KIPLING KORNER

“Our loves are not given, but only lent, At compound interest of cent per cent.”



REQUEST AN EMERGENCY BALLOT FOR THE MARCH 7 SPECIAL ELECTION

Registered voters who become physically incapacitated after 5:00 p.m. Monday, February 20 and cannot make it to the polls, still have an opportunity to cast their ballot. Adair County Election Board Secretary, Wilhite, said that state law permits voters who become emergency incapacitated after 5:00 p.m. Monday, February 20 to vote under special provisions. Wilhite said emergency incapacitation is something most voters don't think about. "Voting is our constitutional right, but life happens. Injury, illness, or even childbirth can prevent a voter from being able to go to the polls. That's why it's important to make sure voters know their rights in the event of an emergency."

If you or someone you know becomes physically incapacitated after 5:00 p.m. Monday, February 20 contact your County Election Board as soon as possible. Wilhite says Election Board officials will work with you to make sure you have all of the necessary information to cast your ballot. Forms and information can also be found on the Oklahoma State Election Board website at oklahoma.gov/elections.

The Adair County Election Board is located at 220 W. Division, Stilwell, Ok and is open from 8:00 a.m. to 4:00 p.m., Monday through Friday. Election Board officials can be reached at 918-696-7221 or by email at adair-county@elections.ok.gov.



Game 5 of 6

With only 2 games to go, this one and the next one, Krypto 5.0 is winding down. However, even if you have not yet taken a shot at winning the \$25 cash and calculator prize, there is still time to get in and win! You can always backtrack to the first 4 games for starters. Right now, it is still anyone's game to win. For today, you are playing with these numbers: 9,3,22,7,13. The Answer is 4. Remember, you must use all 5 numbers and any combination of addition, subtraction, multiplication and division to write an expression which equals the Answer. Go ahead, give it a go and get a Krypto! It is challenging and fun!

Submit your solution to: themathguy@usa.com or snail mail to: Krypto Kontest 5.0 POB 885 Stilwell OK 74960

Searching for a Word – **cherish** – to feel passion, devotion, or tenderness for.

Ex. The boy would always cherish the lady who took him from the orphanage and adopted him.



The Incomparable Christ

13 Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear

Son: Col 1:13

SCRIPTURE

Col 1:13 KJV

Scripture sponsored by:

Faith Tabernacle

Corner of Hwy. 51 & Piney Road

THE CONSERVATIVE VIEW

By Russell Turner

THREE SIMPLE RULES

Years ago, someone told me that there are two things in life that we cannot do anything about; those being death and taxes. I agree with that statement, but I have also found there is a third rule that is just as true as the two previous ones I listed. Rule number three states that you cannot spend more than you make for an extended period of time. Throughout my career I have watched people go into various businesses, I have also seen the enthusiasm that people have when they start a business. Enthusiasm is a great thing, but enthusiasm can turn into despair when the bills start coming in. When any business gets into a situation where they don't have enough income to pay the interest on the money they already owe, they are in huge trouble. It may seem harsh, but we Americans have become addicted to debt, we consume today and maybe pay for it later. Sadly, that idea has become prevalent among individuals, businesses, and government; on the government side, Congress is in for a fight on the subject of the federal debt spending limit.

Those of us on the conservative side have been screaming about the ever-

increasing national debt for years, we have warned about the economic hardships that will happen if we don't get a handle on this monster. I would like to share a little history on the national debt. For roughly 100 years after our nation was founded, presidents and Congresses generally shunned budget deficits except in times of war. From the end of World War II until 1968, the federal budget either had a small surplus or small deficit. The first time the accumulated national debt exceeded \$1 trillion was during Ronald Reagan's first term. The federal debt reached \$4 trillion at the end of George H.W. Bush's presidency in 1992. Through the Clinton presidency another \$2 trillion was added; under George Bush, and thanks to 9/11, the national debt increased to \$12 trillion. During the Obama administration it rose by an additional \$8 trillion, which increase the debt to \$20 trillion. In the last six years it has risen to its current total of \$31.4 trillion. The debt has risen 9 percent a year, at the same time our GDP has struggled to grow by 3 percent a year. What we are witnessing is totally unsustainable. The government is

caught between a rock and a hard place. We are in a recession and the government is raising interest rates in order to decrease inflation, but the cost of paying interest on the debt is growing because of it. Right now, one of the biggest expenditures of the federal government is paying interest on the current debt. We are getting into a system where we are borrowing money just to pay the interest on the current debt.

Most Americans seem to not care about the storm that is just about upon us. Our system has devolved into a fight between those demanding more goodies from Washington, and those who resist having even more of their property taxed to finance those handouts. Both sides have political clout, and the result is often a political standoff. The solution that the politicians have embraced is more debt, and they have found that it is easier to spend other people's money than their own. I think it would be a good idea if there was a plaque that stated those 3 simple rules in each lawmaker's office, maybe it would make them think twice before they put us into deeper debt.

They Risked It All/It's the Truth

MEMORIES OF FARM AND FAMILY

By Donna Boecher

DISTANCE MAKES THE HEART GROW FONDER

After the wedding in Melissa, Texas my parents would only have nine months before they were separated for NINE WHOLE MONTHS. The Depression had our parents or grandparents going through trials that we are only NOW beginning to understand. Our Covid 19 Pandemic was their Depression. People were separated as they traveled long distances for work; they were issued Ration Coupons; they were told that the Government could solve all their problems – there would be public works that would be built by out-of-work citi-

zens to allow them funds to feed their families. Suddenly we were in the hands of the federal government. My father would take a foreign assignment to Bahrain Island in the Persian Gulf, halfway around the world, to feed his family. IF he proved to be a good worker, his wife could join him in nine months. All the time they were separated, they wrote letters! NOT TEXTS. I like to think of them as "documents of love." I still have them, although (out of respect) I didn't read the letters until both of them had passed. Over and over again, today's "Hallmark" words were written, "I love

you." Today, the Valentine card is the link to the past when people spoke of love in cursive or block print on stationary and folded it into a stamped envelope for the mail carrier to pick up. Perhaps you got to put the red flag up on a rural route mailbox. Send out a few Valentines this year; it will make you feel warm in your heart.



From Our Readers

Recreational Marijuana: Facts To Inform Your Vote On SQ820 PART 1 OF 2.

Submitted by Jack Ogden

On March 7, Oklahoma citizens will have the opportunity to vote on State Question 820 regarding the use of recreational marijuana. I don't know how much the issue is in the news or how it is being promoted or opposed. It seems that those who are promoting the passage of the question are very excited about the chances of it passing. And, they seem to be pretty confident that it will pass. I am unaware of an organized effort to oppose it. There are some serious concerns for our consideration.

If you jump on the internet and type in the word "marijuana", you will get a Hodgepodge of articles. Some of the lead lines or headlines may include "Jerry Garcia Marijuana Brand Pulls Out of California Amid Thriving Black Market, High Taxes", "Pot Is Dangerous, Not Funny- A Doctor Tells Us Why", "British Columbia Becomes First Province in Canada to Decriminalize Heroin, Fentanyl, Cocaine and Other Hard Drugs",

"The Cannabis industry Would Like You To Not Use These Pot Slang Words", "Hate the way Cannabis Feels? You May Be Wired to Dislike It", "Fentanyl is Killing Kids and Marijuana Is More Dangerous Than You Think so says Former DEA Agent", Cannabis Puns, "The Good, The Bad and The Funny", "Medical Marijuana is No Laughing Matter, It Killed My Son". Some of these are pro-marijuana, some are opinions, some are newsworthy, some are ridiculous and non-objective.

I don't pretend to be an expert on the subject. But as a healthcare worker, and a taxpayer, I am concerned and have an interest. Over the years, I have accumulated a file folder of newspaper articles, medical articles, abstract of studies. The latest article I gathered, dated 11/09/23, is entitled: "Marijuana and Public Health: What We Know About Marijuana" by the Centers for Disease Control and Prevention, (CDC). I will mention some of the highlights. (If

you are interested, you can look up and read the whole article online. It is only 4 pages with pictures.) Highlights:

*Marijuana-also know as cannabis, weed, pot or dope-refers to the dried flowers, leaves, stems and seeds of the cannabis plant. The cannabis plant contains more than 100 compounds (cannabinoids). The compounds include tetrahydrocannabinol (THC) which is impairing and cannabidiol (CBD) which is not impairing (does not cause a "high").

*More research is needed to fully understand some of the health effects of marijuana on the brain and body. Developing brains (babies, children, teens) are especially susceptible to harmful effects of marijuana and THC. It may affect how the brain builds connections for functions like attention, memory and learning. These effects may be long term or even permanent.

END OF PART 1. LOOK FOR PART 2 IN THE NEXT ISSUE.

LAST WEEK TO REQUEST ABSENTEE BALLOTS

FOR MARCH 7 SPECIAL ELECTION

The deadline to request absentee ballots by mail is approaching. Applications must be received by the County Election Board no later than 5 p.m. Monday, February 20.

Adair County Election Board Secretary, Jan Wilhite, says absentee voting is available to all voters and can be submitted several ways.

"In Oklahoma, no excuse is needed to vote by absentee ballot, and it's easy to apply! Voters can submit their application online, in-person, by fax, mail, or even email." Voters can apply online using the OK Voter Portal at oklahoma.gov/elections/ovp. Applications are also available at the County Election Board or can be downloaded at oklahoma.gov/elections.



Wilhite reminds voters that only the applicant can submit his or her own absentee ballot application. It is against the law to submit an absentee ballot application for another person. Voters who submit their application in-person at the County Election Board will be asked to provide proof of identity.

Voters with questions about absentee voting should contact the County Election Board at 918-696-7221 or adaircounty@elections.ok.gov.

The Adair County Election Board is located at 220 W. Division, Stilwell, Oklahoma and is open from 8:00 a.m. to 4:00 p.m., Monday through Friday.

WHAT'S SO PUNNY?

Pun Fun

Welcome to the world of the everlasting PUN! We dig deeply into the Pun-nel to extract some funny ticklers of your ribs or the excitation of your funny bone. Have a chuckle or two with the following assortment of PUN FUN.

1. Take A Ride: Why should you neve trust a train? They have loco motives.
2. Buffalo Heard: What did the buffalo say to his son? Bison.
3. It's Drying Time Again: Why can't towels tell a joke? They have a dry sense of

humor.

4. Heads Up! A cabbage and a celery walk into a bar. Who gets served first? The cabbage because he was ahead.

5. Frog Tale: Why are frogs so happy? They eat whatever bugs them.

Five is the maximum number for being able to withstand so much humor; we are not responsible for anyone losing their mind after so much PUNishment. Hang on till next go around. Look for more PUN FUN. May all your days be filled with a slice of humor.

ONE YEAR TO LIVE

A man named Anthony was 40 years old when doctors told him he had a brain tumor and had only a year to live. He had next to no money at the time, and nothing to support his wife Lynne when he was gone.

Anthony had never written a novel, but he thought he had the talent to be a writer. In order to leave at least some money to his wife, he slid a sheet of paper into a typewriter and began writing his first novel. He had no idea if he could write anything worth being published, but he couldn't think of anything else to do.

"It was January 1960," Anthony said later, "and according to the diagnosis, I had a winter, a spring, and a summer ahead of me. That year, when the leaves began to fall, I would have died too." Writing as fast as he could. Anthony managed to write five and a half novels before the end of the year—as many as E.M. Forster produced in his entire lifetime, and more than J.D. Salinger wrote in the first half of his life.

Then something surprising happened—Anthony Burgess didn't die. His cancer regressed, and then vanished completely. Throughout the rest of his long life, he wrote more than 70 works, including 13

Enderby, Earthly Powers, and his most famous, A Clockwork Orange, which became a movie directed by Stanley Kubrick. Without the death sentence he'd received, he might not have written anything.

Lots of us are just like him: We have a great talent hiding inside, waiting to be called forth. Sometimes it takes a dire emergency for us to spring into action.

Ask yourself what you would do if you were in Burgess' shoes and found out that you had only one year to live. What would change in your life? How would you live your final year? What would you try to achieve?

Thinking about the brevity of life can be a useful exercise for all of us. You may be surprised by the thoughts it brings to your mind, the unused talents you possess, and the motivation to accomplish more than you ever believed you could.

Obituaries.....

 <p>Euladean Worley December 24, 1920 ~ January 30, 2023 (age 102)</p> 	 <p>Clealus (Shell) Hardin August 11, 1931 ~ January 19, 2023 (age 91)</p> 
 <p>Sandra Oleta (Watkins) Springwater July 7, 1942 ~ January 23, 2023 (age 80)</p> 	 <p>Imadene B (Bradford) Olinger May 26, 1933 ~ January 18, 2023 (age 89)</p> 
 <p>Shirley Marie (Bird) Fourkiller May 15, 1958 ~ January 25, 2023 (age 64)</p> 	 <p>Margaret Ellen (Freeman) Smith October 20, 1944 ~ January 27, 2023 (age 78)</p> 

Community Bulletin Board

Stilwell Community Choir meets Stilwell Community Choir meets Tuesday, at First United Methodist Church, 7 pm. For more info contact Mary Catherine 918-696-9061.

Bethel Church Service: 1st Saturday of the month and last Saturday of the month, service at 5 p.m.-? Rodney Chuculate.

Adair County Litter-Free & Green Adair County Litter-Free & Green will change its location for the Recycle Day event beginning January 21st, 2023. The new site will be behind Vonnie's Pawn Shop at 101 West Walnut Street in Stilwell. Patrons will enter from 1st Street, proceed into the alley directly behind the pawn shop, and exit onto 2nd Street. "We believe that this location will work better for our volunteer workers and the public since it is centrally located," says Cathy Unger, Co-Chair.

The hours of operation and types of recyclable items that are accepted will remain the same: paper, cardboard, glass, plastic #1 and #2, metal, plastic grocery bags, aluminum, and clothing that is clean and in good condition. You can find a more detailed list on our Facebook page under Adair County Litter-Free & Green. Below is a list of projected recycle dates which will only change if there are inclement weather conditions that day. For more information, you may contact Cathy Unger at 918-696-1178 or Joyce Radtke at 918-696-7316.

Dates for 2023:

Jan 21, Feb 18, March 18, April 15, May 20, June 17, July 15, Aug 18, Sept 16, Oct. 21, Nov 18, Dec 16

Flint Lodge Monthly Breakfast from 7 a.m. to 10 a.m. the first Saturday of each Month. Flint Lodge is located at 83705 Hwy 59 South, Stilwell. 12 & Older: \$8.00, Children: \$4.00 and under 5 Free
10:00 Sunday Morning Service Bethel Church Everyone Welcome

ON THE CAMPAIGN TRAIL

COMMENTARY BY JOHN BANKEL

Today's Trail Treks To Knowing Your Gift(s)

Each one of us born into this life comes equipped with one or more gifts or talents. From a wee age, a child will show certain preferences when presented with multiple choices, especially during play. These tendencies should give the parents clues to the talent or gift that lies within that child. Take musical instruments as an example. Does the child pick up the drumsticks and start banging out a crude rhythm or does that child prefer to toot a horn to make a blaring sound? Or does the child completely ignore the instruments in favor of playing with the building blocks? It is the parents' duty to discern the gifts and then nurture that child in them. Yet, sadly, many children grow up without a clue as to what talents they have and end up falling through the

cracks and living an unfulfilled life. Our education system, by and large, fails in this respect also where it tries to mold each student into a preset pedagogical dictum, a model where conformity is the norm. I recall a survey of people in the working world that were asked the question, "How do you like your job?" The results were staggering. Fully 85% of the replies were negative. Is this result indicative of how most people end up doing something which does not fit their abilities, that is to say, do not make use of their talent(s)? "We are not cut from the same cloth", as the old saying goes. For each of us to live a happy and fulfilled life, knowing our gift(s) is imperative. It is never too late to know your gift(s). In the event that you are stuck in an unfulfilling ca-

reer, ask yourself "What would I rather be doing?" The answer will most likely be, "Something I like to do." If your work is something you like to do, then you are happily using your gift(s). If not, it may be time to make a change. It is never too late to know your gift(s).

Today's Trail has come to an end. Perhaps we will meet again around the bend my friend. Until then, may your Trail end up on the right side of the fence. Vaya con Dios!

John Bankel is a freelance journalist and a retired High School math teacher who can be reached at: writewrigh@journalist.com

Copyright 2023. All Rights Reserved.

Thank You

The family of Lenard Poor would like to express their sincere appreciation for the love and support during this difficult season.

At times like this, the family has so much to deal with in a short period of time. Yet there have been so many friends, family, and service providers that were there to support Lenard and his loved ones. The additional care from Hospice Good Shepherd and Stilwell Nursing Home is truly appreciated. The staff at Harts Funeral Home were so kind, as well as the county for preparing the grave site and the extended courtesy from Larry Adair and Sam Chandler. Thank you all for taking care of all the things that needed to be done.

The flowers from churches and so many loving family and friends were heartfelt

Geneva Poor would like to personally thank all of you and everyone that attended to pay tribute and honor to the life of Lenard Poor. Together, we celebrated the life of her husband, whom she dearly loves.

FAITH ISN'T ABOUT ASKING GOD TO STOP THE STORM



FAITH IS ABOUT TRUSTING GOD TO HELP YOU THROUGH THE STORM

DUCK VS. CHICKEN EGGS

	VS.	
<p>AVERAGE 2.5 oz</p> <ul style="list-style-type: none"> • 11% shell (0.27 oz) • 34% yolk (0.85 oz) • 55% white (1.38 oz) 		<p>AVERAGE 2.0 oz</p> <ul style="list-style-type: none"> • 10% shell (0.20 oz) • 32% yolk (0.64 oz) • 58% white (1.16 oz)
<p>NUTRITION</p> <ul style="list-style-type: none"> • 130 calories • 9 g protein • 9.6 g fat • 2.6 g saturated fat • higher in vitamins & minerals 		<p>NUTRITION</p> <ul style="list-style-type: none"> • 78 calories • 5 g protein • 5 g fat • 1.6 g saturated fat

The Straight Forward Press

FREE

Brought to you By:

Join the We the People Movement



We Give Your Voice Power on Capitol Hill

Kat Foster
(479) 250-2958
KatFos@gmail.com
www.nwyc.com

WAGYU Exceptional Flavor

- *Locally Raised
- *Antibiotic Free
- *Hormone Free
- *USDA Inspected

GROUND BEEF \$6.00 LB
Ask about other available cuts
Competitive Prices

Pick Up & Delivery
Stillwell, Ok.

CALL US @ 918-507-1943

NEW LOCATION
R&D Tax and Bookkeeping

1100 W. Locust St., Suite B
Stilwell, Ok. 74960

918-696-9474
918-696-9138

In business for over 25 years.

For Sale
Great Pyrenees Mix Puppies
\$100 / OBO
Call: Karen Fox
918-696-4818

COME HAVE YOU A NUTRITIOUS AND DELICIOUS DRINK AT QUEENS NUTRITION.



1100 W Locust St.
(918)575-4830

Faith, Family & Feed



Red Wagon Feed

Dale & Tammy Kester
Owners/Operators
911 W. Locust St. • Stilwell, OK 74960
918-696-6137
redwagonfeed@gmail.com

WOODS FEED

69652 US-59
Westville, Ok. 74965

(918) 930-2168



State Farm Providing Insurance & Financial Services

Home Office, Bloomington, Illinois 61710

Larry N. Strauss, Agent

114 W. Division
Stilwell, OK 74960

Bus. 918-696-4114

STILWELL PHARMACY

Family Owned Rx Since 1964

Prescription Compounding Hormone Replacement Pain Cream Nausea Vomiting

~ Transfer Your Rx Compound to Us ~

918-696-2500

Christian Custom Guitars And Repairs

Jason & Cherokee Moppin

Stilwell, Ok. 74960

479-595-6725

Jeffrey Bryant Jones
Attorney at Law



J. Bryant Jones PLC.
17 North Second
Stilwell, OK 74960
jeffjoneslaw@gmail.com
Phone: 918-696-5889
Fax: 918-696-2728

Hodge Podge Resale Shop

2450 Hwy. 62
Westville, Ok.

10 a.m. to 4 p.m.
Wed. Thur. Fri. Sat.

918-863-9370



Simple Simon's Pizza

Stilwell, Ok.
Hwy. 59 North

918-696-7588

STARR OIL



918-410-0071

Green Country Title and Closing, LLC

- *Title Insurance*
- *Abstracts*
- *Closing Service*

Tel: 918-696-4744
contact.us@greencountrytitle.com

10 North 2nd St.
Stilwell, Ok. 74960

Be ye strong therefore, and let not your hands be weak.

H&H PAWN

Hwy. 51 West
Stilwell, OK

(918) 696-5363



Baron 5S Station

Convenience Store
Restaurant - Full Breakfast, Lunch and Dinner Menu

- * Daily Food Specials
- * Grab & Go Deli Items
- *Fuel - Beer
- *Local Vender Items
- *Wingman Pizza = By the slice or Whole Pizza - Dine-in or Carry - out

5 miles South of Westville or 9 miles North of Stilwell
918-930-9321 Baron, Ok.

Visit us on Facebook 5S Baron Station



CATRON FAMILY DENTISTRY

Chad A. Catron, D.D.S.
19 N. Second Street
Stilwell, OK 74960
(918) 696-4200
www.catronfamilydentistry.com

Rowan's
Let's Eat...

coffee • bakery • steaks

Stilwell, OK

MARANATHA THRIFT STORE

1020 S. 2nd Street,
Stilwell, Ok. 74960

Thursday - Saturday
10:00 a.m. to 5:00p.m.

TED'S STILWELL DISCOUNT LUMBER

309 S. 2nd St.
• In-Store Shopping •
• Delivery •

918-696-8337

WCH CONSTRUCTION

FOR ALL YOUR HOME IMPROVEMENT NEEDS
HANDYMAN WORK OF ALL KINDS
GEORGE HOWARD



918-575-7689

The Muffler Shop LLC

- Custom Duals
- Wheel Alignment
- Minor & Major Repairs
- Mufflers
- Brakes
- Catalytic Converters
- Custom Tips

P.O. Box 1438
2909 Hwy. 59
Stilwell, OK 74960
(918) 696-5312

FARMERS INSURANCE
NancyGarrettInsuranceAgency

Office: (918) 696-3371

E-mail: ngarrett@farmersagent.com

AAA ABSTRACT CO., INC.
(918) 696-2770

E-mail: aaaabstract@windstream.net

Deb's Hair Depot

24 N. 1st
Stilwell, OK

Owner-Darrell & Deby Lacie

Stylists:

- Deby
- Lana
- Rhonda
- Halle

918-696-3283

REX EARL STARR
Attorney at Law



918-696-6500

STILWELL SMOKE SHOP



119 S. 2nd St.
Stilwell, OK 74960
918-696-5096

wf World Finance
LOAN & TAX SERVICE

107 W. Division St.
Stilwell, OK 74960

(918) 696-3994

LoansByWorld.com

Associates Insurance Services LLC.

211 US-59
Kansas, OK 74347

Open: M-F 8:00-4:30

(918) 868-3502
800-725-5736

Rick Stubblefield, Agent

HEAR AND DO

JAMES 1:22
LUKE 6:46
MATTHEW 7:21

ROBERTS & HART
Funeral Home

1428 S. Williams
Westville, OK 74965

ROBERTS-REED-CULVER
Funeral Home

801 W. Locust St.
Stilwell, OK 74960

918-696-2136
• Available 24/7 •

WANTED

Early '90's F250
DIESEL

Call Ryan
815-451-0187