

No. 7, February 2015

What's Happening in LG

A Free Local Newsletter

Sponsored by the Locust Grove Arts Alliance

Happy Valentine's Day



CAST AND CREW. . .Members of the cast for "A Pirate's Lost n' Found," a production of the LGAA Children's Community Theater include, in front from left, Jessie Robinson, Danny Stone and Kaden Parker; back row, from left, Madison Mennecke, Bergen Fogleman, Samantha Robinson, Katie Quantie and Jeffery Adams. Not pictured are Nick Van Horn, Kesena Caldwell, Dacie Ellis, Josh Cole and Christian Cole.

Children's theater plans a 'Pirate' production

Captain Courage and his crew of pirates are coming to Locust Grove Landing when the LGAA Children's Community Theater presents "A Pirate's Lost 'n' Found" Saturday, March 7 at 5:30 p.m. at the old gym on Grade School Hill, formerly the Early Learning Center.

"We've been working on our story about pirates since October," said April Stone, coordinator of the theater group. "The kids helped me come up with and develop the characters, and I wrote the story and put it into a script."

Stone, who spent 15 years as a news reporter,

said this is her first attempt at creative writing.

"I wasn't sure of myself at first, but once the kids started helping me, our story really took off," she said. "Our story about pirates coming to Locust Grove and what happens to them is really good, and the audience will enjoy it."

The performance will be free to anyone who can come at 5:30 p.m. on March 7. Donations are welcome to help keep this children's theater group alive.

Concessions by the LG Boys & Girls Club will be available before the show and during the two intermissions.

Valentine Workshop Saturday at VFW Hall

Locust Grove High School Art Teacher Georgia Rainbolt will present a workshop on valentine making Saturday, Feb. 7 at the local VFW Hall. The workshop is sponsored by the Locust Grove Arts Alliance.

Rainbolt will teach various art techniques in making the cards,

including stamping.

The workshop is for teens to adults, and materials will be provided to make three cards. Cost of the workshop is \$6, with the fee covering the cost of materials and instruction.

To sign up for the workshop go to lgartsalliance.com.



United Methodist churches connect to serve in mission

First United Methodist Church of Locust Grove and First United Methodist Church of Pryor have joined forces to take a Spring Break Mission Trip to serve the Kansas City area.

They will depart on March 15 after worship at the Locust Grove church and make it to Kansas City in time for worship at the First United Methodist Church of the Resurrection, one of the largest United Methodist Churches in the denomination.

"Because the local church reached out to me in mission years ago, I am where I am today -- being shaped daily for His love so I can help change and impact lives for Christ," said Hannah Phillips, youth director of FUMC of Pryor. "If we are going to see this world more radically changed, people like you and me have to take action."

The team will start work on Monday and work through until Thursday morning, March 19. Some of the group will be serving breakfast and some lunches at Cross-Lines Community Outreach, and others in the group will be working on the Spring Hill UMC and other projects in the Spring Hill area.

"As a young teen, I had the privilege to go on several mission trips," said Kendall Morrison, a local FUMC member. "I am especially excited about this one because my daughter and our young teens will be going too. I am looking forward to sharing this experience with the young children."

To raise funds, the team will be serving a lunch from noon until 2 p.m., Feb. 15, at FUMC of Locust Grove at 703 North Hwy. 82. To help the team meet its goal of \$5,000, contact the Rev. Matthew Franks at (918) 479-6356 or email him at fumclgok@gmail.com.

News Briefs

Chamber meets second Wednesday

The Locust Grove Area Chamber of Commerce will meet Feb. 11, at noon at Senior Citizens Center.

Arts Alliance meets Feb. 11

LGAA's monthly meeting will be Feb. 11 at 5:30 p.m. at the VFW Hall, when plans for the annual Founder's Day Art Exhibit will be discussed. All interested Locust Grove citizens are invited to attend.

Chamber lists activities for year at Jan. meeting

Wayne Perego, president of the Locust Grove Chamber presented a list of activities at the January meeting which the chamber will sponsor during the coming year.

In addition to the regular noon meeting on Feb. 11, the chamber will also host a business development meeting at 7:30 a.m. at the Sisters Sweets Donut Shop.

The first Friday dance at the Senior Citizens Center will be Saturday, Feb. 7. Dinner will be served at 5:30, and the dance will be from 6:30-9 p.m. The Hole in the Wall Band will provide the music. The Locust Ladies will once again bring desserts.

On Friday, March 6, the Chamber will host an Indian Taco dinner from 11 a.m. to 1 p.m., at the Senior Citizens Center. The cost is \$5, and multiple orders will be delivered to the schools and businesses in town. To order in advance, people should fill out a form at the Center.

On April 4, a pancake breakfast will be held from 7-10 a.m. at the Center. Cost is \$5.

A donkey basketball game is set for May 4.

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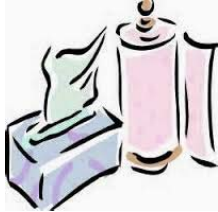
Senior Citizen Center needs donations from its wish list

During the Locust Grove Chamber of Commerce meeting last month, President Wayne Perego presented a list of needs of the Senior Citizen Center.

Local citizens are encouraged to donate toilet paper, paper towels, plastic spoons and forks, hand sanitizer and hand soap.

Also needed are zip-lock bags, both large and small, and paper plates in dessert and dinner sizes.

Donations can be dropped off at the Senior Citizens Center at the Killam Community Building.



Friends of Library to meet Feb. 7

The first meeting of the new year for the Friends of the Locust Grove Library will be at 10 a.m., Feb. 7, when the group will make plans for the year and solicit suggestions. Coffee and treats will be served.

Rural Museum of Poetry lists upcoming events

Friday, Feb. 6 ROMP goes to First Friday

Shaun Perkins, director of the Rural Oklahoma Museum of Poetry (ROMP) in rural Locust Grove, will take part in First Friday Art Walk, Brady Street in downtown Tulsa on Feb. 6. Perkins will be at the Woody Guthrie Center typing "Poems-in-a-Minute" during this event from 6-9 p.m.

Living Arts of Tulsa and several venues are promoting "Speaking Volumes: Transforming Hate" exhibits in January and February, so for this First Friday, Perkins will be writing personalized poems that are also inspired by the Transforming Hate event goals.

"On one side of your poem, you will have inspiring lyrics from a Woody Guthrie song, and on the other side, you will have the personalized poem I write just for you," Perkins said.

Friday, March 20 - Spring Equinox

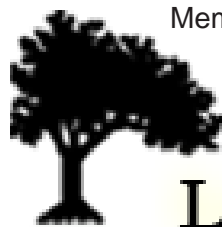
A Spring Equinox Poetry Celebration will be held at the museum from 2-5 p.m., Friday, March 20. Celebrate the return of spring with spring poetry, nature, homemade dandelion wine (if you are of age) and more.

This is a fundraiser for ROMPFest and donations are encouraged.

Sat. March 21 - Poem Life Opening Night

The ROMP one-woman show of "Poem Life" opens at the Locust Grove VFW Hall from 7-8:30 p.m.

Come see a story of poetry in seven crimes. For more information, go to Poem Life on the rompoetry.com website.



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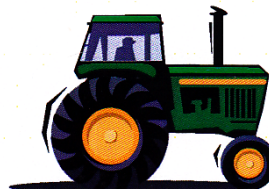
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David Fishinghawk beats odds to compete

By Roxann Perkins Yates

For 38 years he's been doing what he loves. Despite physical struggles with diabetes and asthma, among other health issues, David Fishinghawk has sparred with the best of them in his Locust Grove studio and at tournaments.

"I remember hearing an emergency room doctor tell my parents that I probably wouldn't live past my teenage years. He said I was a brittle diabetic. I assumed he was referring to another kid in the room, but when I raised up, I was the only kid there," Fishinghawk said.

He has "raised up" many students to compete in tae kwon do (identified with combat, self-defense, sport and exercise) matches; the Grand Master has black belts in, not only tae kwon do, and American kenpo, but several other martial art forms.

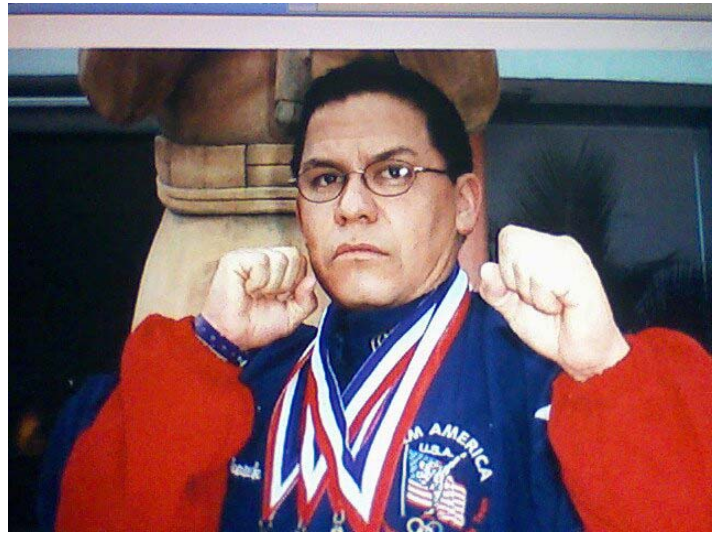
"I also have black belts in lima lama [described as brutal strikes, joint locks, and low kicks] Hawaiian Kyosho Ryu jujitsu [characterized as combat and self-defense moves] and American karate [focused on sporting and sparring aspects]" he said.

Thirty-three years of teaching the young and old, tae kwon do, American kenpo (indicated with quick movements and hand strikes) and weaponry has been Grand Master Fishinghawk's passion.

Though he bears the title of a Grand Master, Fishinghawk is modest about the appellation.

"Grand Master just means I'm getting old. Grand Master is a title given when you receive the rank of 9th and 10th degree black belt. I have 10ths in 3 arts. I also have a 9th, a 7th and a 6th degree black belt. I have a 7th fan in tae kwon do. Dan just means degree of black belt. I've tested for ranks up to 6th degree. The title comes from my body of work, accomplishments in and out of the martial arts, and the number of students, especially those with black belts," he said.

Other instructors have helped Fishinghawk to



4 MEDALS. . . David won four medals at the Goodwill Games in 2003, in Cancun. He won first in Korean men's forms, second in Kenpo/Polynesian forms, third in Japanese forms and third in Black Belt fighting.

become successful, and he's had many students, ranging in age from 4 to 62.

"I have some great instructors that help with class. Without their help, I wouldn't be here. I've got a black belt instructor who was one of my original students who still helps me teach. He's now a 6th degree master instructor. I've got a little 6 year old, who on his first day curled up in a ball and cried. He's a gold belt now and has been with me for more than two years. I have some great students of all ages. One of our female students tested for her black belt when she was 62. She fought 19 black belts in a row that day. And her 55-year-old friend who talked her into joining our class, received her black belt that same day," Fishinghawk said.

Fishinghawk feels that nothing compares to the successes his students have had.

"I have former students that are doctors, lawyers, police officers. Some have become air marshals and one an FBI agent. Watching one of our students receive his or her black belt is a great accomplishment," he said.

(Continues on next page)

-David FISHINGHAWK-

(Continued from Page 4)

Because Fishinghawk's art has taught him to be self-effacing, he is circumspect about discussing his hard-won accomplishments.

"Part of what I've learned through martial arts is to be humble, and I really feel uncomfortable talking about this. I won the gold medal at the 2003 Martial Arts Goodwill Games in Cancun. I also won a silver and two bronzes. I've won nine Native American World titles between 2002-2003. I was rated in the top 5 in the World in 1998-1999 with the National Black Belt League. My personal favorite achievement would have to be from 1980 to 1984. I competed at 98 different karate tournaments in 5 states, just trying to win a trophy. A karate trophy was all I dreamed of, at times. I competed in 3 different states in a single weekend. After 4 years, I was ready to hang it up. All the money, all the driving, and all the losing was about to get to me. I was at a tournament of my instructors in Claremore, my 99th tournament in fact. Everything clicked. I won all 3 of my fights," said Fishinghawk.

The benefits of learning karate are obvious to the Grand Master.

"Karate works all your muscles and your mind. It's a great workout. The competition side isn't for everyone, but I still compete. I enjoy competition. I try to get better every day and at every tournament. Martial Arts is a great form of exercise. You make your body sweat, your brain think. You toughen both. And you're taught awareness skills and self defense," Fishinghawk said.

Despite health issues, the Grand Master intends to continue teaching and competing until he can't.

"I plan on teaching till I die. Teaching is what keeps me going. I'll keep competing as long as I can. My body is trying to work against me. It's tough at times. I believe I was put on this earth for a job, and I'm not finished yet. I believe the good Lord said, 'David I've got a job; it's hard and it's gonna take a lot of work and time.' I believe that's my purpose to help people. From the time I first heard the doctor's prediction



FIRST TOURNAMENT OF YEAR. . .From left, Michele Fishinghawk, David Fishinghawk and Nicole Bales competed at a meet in Neosho, Mo. Michelle won second in forms and first in fighting in intermediate women. David won first in black belt forms and fighting and the fighting grandchampionship. Nicole won first in sparring and second in forms in beginning women.

about my death, I have never really thought much about getting older. People come in all the time and say they're too old and sick, and I smile. I tell them that if you really want to learn karate, you will, but you gotta believe," he said.

Though he works a full-time job as a safety coordinator at a manufacturing company for the petrochemical industry, Jer-Co in Peggs, the Grand Master has made a huge mark on a little dot in the northeastern Oklahoma map—Locust Grove.

"I moved here in 1972 from Tulsa, and I love it here. I love small communities. Everyone knows everyone. You can walk into any store and talk to a friend. I don't know if you can do that in a large town," he said.

Handwriting offers many benefits

Some may find it difficult to believe that writing improves wellness. But stress, depression, trauma, sleeping, and well-being are a range of human conditions that may be improved with the simple act of putting words to paper or type to word processor.

Scientists (and writers) have long known about the therapeutic benefits of writing about personal experiences, thoughts and feelings. But besides serving as a stress-coping mechanism, expressive writing produces many physiological benefits," according to Jessica Wapner's article at scientificamerican.com.

Writing about emotional trauma may have health benefits. Dr. James Pennebaker of the University of Texas at Austin says, "When people are given the opportunity to write about emotional upheavals, they often experience improved health. They go to the doctor less. They have changes in immune function."

"If they are first-year college students, their grades

The Write Stuff

by Roxann Perkins Yates

tend to go up. People will tell us months afterward that it's been a very beneficial experience for them."

Writing by hand may improve memory.

"Step away from the computer—the very act of using a pen or pencil to put things on paper can help you better retain the information you are writing. That's because in the physical act of writing, signals are being sent from your hands to your brain to build motor memory," according to Amanda Chan's research for huffingtonpost.com.

Short-term benefits may include stress relief and positive mood changes. Long-term benefits exist too.

Blood pressure may be reduced, and liver and lung function may be improved. This can lead to enhancement of work productivity and attendance, sport performance and even better academic scores for students as is detailed in an article by Karen



Baikie and Kay Wilhelm in the journal *Advances in Psychiatric Treatment*.

Prolific American writer Stephen King suggests that writing helps one to sleep.

"In both writing and sleeping, we learn to be physically still at the same time we are encouraging our minds to unlock from the humdrum rational thinking of our day-time lives," writes King in *On Writing: A Memoir of the*

Craft.

American novelist and essayist Anne Lamott encourages writing to help people feel good about themselves.

"Sometimes when they are writing well, they feel that they are living up to something. It is as if the right words, the true words, are already inside them, and they just want to help them get out," Lamott said.

"Writing this way is a little like milking a cow: the milk is so rich and delicious, and the cow is so glad you did it," from Lamott's *Bird by Bird: Some Instructions and Writing and Life*.

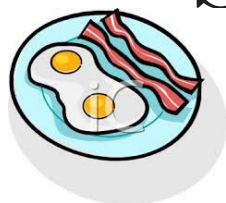
Put one word after the other. Read where it leads. How does it make you feel? Isaac Asimov expressed the act as "simply thinking through my fingers."

Methodists plan spaghetti dinner

To raise funds for an upcoming mission trip the First United Methodist Church will host a spaghetti dinner from noon to 2 p.m., Feb. 15 at the church.



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