



SandSpringsLeader.com  
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**TULSA'S CHANNEL 8** **Sand Springs**

**20°**  
Overcast

8-Day Forecast | Video | Hourly Temps

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COMMUNITY / Thursday, February 12, 2015

Sand Springs Leader 17

**Chef teaches seniors heart-healthy cooking and menu ordering**



**Laura Crutcher / Sand Springs Leader**  
Chef Jay Moore from Tulsa's Culinary Institute of Platt College taught seniors heart-healthy cooking and menu ordering tips Monday at the Pratt Library.

**Start the New Year with a Great Smile!**

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**DONATIONS WANTED**



**BURGERS & HOT DOGS**  
will be available to purchase!

The Boys & Girls Club of Sand Springs  
**RUMMAGE SALE**  
will be held at the Salvation Army Center on March 7th, 2015.

We're looking for clean, gently used items to be donated for this event, which supports club programs and club scholarships for local children.

Donations can be dropped off at the Salvation Army Center at 4403 S. 129th W Ave. from 9am-5pm Mon-Fri, or at either Cecil and Sons location during normal business hours Mon-Sat.  
**PLEASE DROP OFF DONATIONS BY MARCH 4TH.**  
If you have any questions, please contact Bethany Pousinho at 918-245-2237.

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**Did you know?** A recent survey regarding readership of local newspapers was conducted on behalf of the National Newspaper Association.\*

**83.2%** of readers view local papers for news content

**69.2%** of readers seek local shopping and advertising information

Visit us online to tell us why local papers are important to you and your community at [www.sandspringsleader.com](http://www.sandspringsleader.com)

**OUR TOWN. OUR NEWS. OUR STORY.**  
Sand Springs **LEADER**

\*Research conducted by the Reynolds Journalism Institute's Center for Advanced Social Research and the University of Missouri's School of Journalism. The organizations surveyed 500 adults ages 18+ living in areas served by newspapers with a circulation under 15,000.

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