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10 Sand Springs Leader

Thursday, November 7, 2013 / **MANNFORD**

Mullican leads MHS at state meet

By **Shawn Hein**

Sports Editor

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EDMOND –Dallas Mullican finished in 20th place to lead the Mannford High School girls cross country team at the Class 4A state meet on Saturday, Nov. 2, at Edmond.

Mullican, making a return trip to state, finished the two-mile course at Edmond Santa Fe High School in a time of 12:56. Mullican's top 20 placing led the Lady Pirates to a 10th place

finish overall.

Also competing for MHS were Savannah Green (13:36, 43rd), Jaycee Shrum (14:33, 73rd), Madi Kuper (14:34, 75th), Malinda Moore (14:41, 83rd), Tassie Hill (14:54, 93rd) and Chelsea Brashear (15:04, 101st).

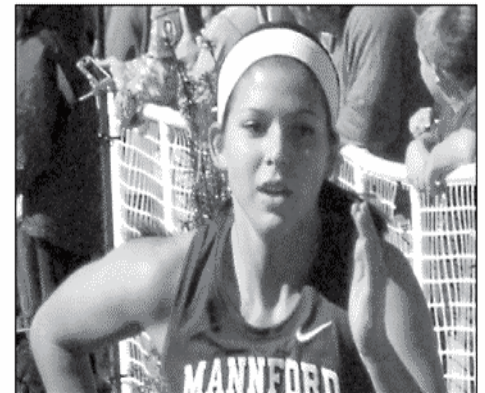
Weatherford's Zoie DeFehr won the individual state title with a time of 12:04.

Plainview won the team championship, followed by Metro Christian Academy and Claremore Sequoyah to round out the top three teams overall.



SHAWN HEIN/LEADER

Mannford High's Dallas Mullican nears the finish line Saturday, Nov. 2, at the Class 4A state cross country meet in Edmond. Mullican placed 20th individually to lead the Lady Pirates with a time of 12:56.



SHAWN HEIN/LEADER

Mannford High's Savannah Green completes the final stretch of the Class 4A state cross country meet Saturday, Nov. 2, in Edmond. Green and the Lady Pirates finished 10th overall on the course at Edmond Santa Fe High School.

FROM THE LIBRARY

Arrrrrr you ready for a pirate party?

By **Colleen Branson**

Mannford Librarian

Come get your "arrrr" on this Saturday, Nov. 9 from 1 to 3 p.m. at our 5th Annual Pirate Palooza at the community center next to the library. Plunder

treasure chest. Basically, every day boy stuff, just this time a little more organized.

This "come and go" event is free to the public. Pirate attire is welcome but not required. The Pirate Palooza is co-sponsored

It wasn't this fun, or easy, being a pirate – there was a LOT of sailing to get from one ship to the other, which was then robbed. There was a LOT of stealing (see previous sentence), and the food wasn't

Seriously, most of the food was either dried, pickled, or salted to prevent such insectoid occupation. Even hardtack biscuits were not immune.

Why is the rum always gone? Well, pirates drank a lot of

prevent scurvy, which caused one's teeth to rot and fall out.

And if you lost an appendage, you really couldn't afford to get a nice hook or peg leg, as they were expensive; however, if you were lucky, your

least valuable loss to the right arm as the most valuable.

There will be no weevils, stealing, or maiming at this "come and go" event, which is free to the public. The Pirate Palooza is co-sponsored by the

the library. Kinder for gold, burp loudly, spend some loot, eat cooked chicken parts, drink grog (root beer), and bust open a real

100za is co-sponsored by the Friends of the Mannford Public Library. For more information, call the library at 918-865-2665.

and the food wasn't that great. After the first couple of weeks, food started to go downhill, think weevils and maggots.

rates drank a lot of grog, which was a lovely mixture of sugar water, lime juice, and rum. The vitamin C in the lime juice helped

you were lucky, your ship had workman's comp. Compensation for maiming was noted in ship's logs, with an eye or finger being the

co-sponsored by the Friends of the Mannford Public Library. For more information, call the library at 918-865-2665.

Children's illustrator library speaker

By Paul Waldschmidt
News Editor
paulw@sand SpringsLeader.com

Peter Brown, a multiple New York Times bestseller, is the featured illustrator for Tulsa City-County Library's 2013 "Books to Treasure," an annual event promoting the beauty of children's literature and introducing the community to popular book illustrators.

Brown will speak, answer questions and sign copies of his books during a special visit on Nov. 8, 7 p.m. at Hardesty Regional Library's Connor's Cove, 8316 E. 93rd St. This event is free and open to the public.

Brown has authored or illustrated 14 books for children and families. His book "The Creepy Carrots" was a 2013 Caldecott Honor Book and a New York Times Bestseller. Other books on the New

York Times' Bestseller list include "You Will Be My Friend!" "Children Make Terrible Pets," "The Curious Garden" and "Mr. Tiger Goes Wild."

Brown studied illustration at Art Center College of Design, where his love of both words and pictures led to several courses on children's books. While working on animated TV shows he was hired to write and illustrate his first picture book, "Flight of the Dodo."

"Books to Treasure" is sponsored by the Tulsa Library Trust through a grant from the Anne and Henry Zarrow Foundation. The Anne and Henry Zarrow Foundation is providing one free copy of Brown's "You Will Be My Friend!" to each second-grader in Tulsa County. Students also have the opportunity to receive a special library card featuring artwork from the book. "You

Will Be My Friend" follows Lucy throughout her day on the quest for friendship. After accidentally ruining a giraffe's breakfast and eating a bee's honey-filled home, an unexpected friend finds her and loves her just the way she is.

To enhance the author's visit, Tulsa City-County Library children's librarians have visited second-grade classes at all public and private schools in Tulsa County to promote the program. Librarians spoke with students on the importance of reading and having a library card. Librarians also created specific lesson plans using Brown's books focusing on curriculum areas such as reading, math, writing, science and social studies.

For more information on "Books to Treasure," call the AskUs Hotline, 918-549-7323, or visit the library's webpage, www.tulsalibrary.org.

Regular check-ups for pets urged

From Leader Reports
news@sand SpringsLeader.com

Most people do not think twice about scheduling routine medical checkups for themselves or family members. Responsible pet owners need to do the same for their pets and companion animals.

Dr. Elisabeth Giedt, director of Continuing Education, Extension and Community Engagement at the Center for Veterinary Health Sciences at Oklahoma State University, said animals need routine medical care throughout their lives.

"Your veterinarian is a great source of information before you even bring a new pet home," Giedt said. "He or she can give you vital information on things such as pet behavior, diet and spaying or neutering. Routine exams, including the pet's mouth

(teeth or dental exams), can detect problems and address disease early."

Just as our children benefit from immunizations, pets benefit from receiving a series of vaccinations to build their immunity to diseases such as parvo virus and distemper virus for dogs, and panleukopenia and respiratory viruses in cats.

Giedt said when pets are properly vaccinated, not only are they protected, but humans benefit as well.

"Vaccinating our pets against rabies not only protects the pet from the deadly disease, but also protects us and our community by helping to limit the spread of rabies," she said. "In addition, the strategic prevention of fleas, ticks, heartworms and intestinal parasites keeps pets, and us, clean from the multitude of diseases these

pests can cause."

Regular checkups are not just for vaccinating your pet. As animals age they can develop geriatric problems, including issues with their kidneys, liver and hormone systems.

Early indicators of problems can be seen in routine blood work long before your pet begins exhibiting signs of illness.

"During an annual wellness visit your veterinarian can help tailor your pet's care to fit its life stage," Giedt said.

"If you're getting your pet as a new puppy or kitten, or acquiring an older animal, it's important to take your new furry family member in for a complete checkup with your veterinarian. Getting started on a healthy note will help ensure you and your four-legged friend will have a long and healthy life together."

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