

## Program Explains 2-1-1 Service for SE Oklahoma



Carolyn Hand

Carolyn Hand said last week that the 2-1-1 Service is to help people help themselves, by providing community information and services.

“In some cases, we can directly transfer calls” to get the information they need, she said.

The 2-1-1 of Southeastern Oklahoma service is provided to 14 counties of this area, from Seminole and Pontotoc Counties, to the southeast.

The service is state-wide and is setting up a database.

Ms. Hand said the services include non-profit agencies, governmental agencies, self-help support groups, community and civic organizations, hospitals, clinics, care homes, child and adult day care, mental health or substance abuse treatment services, to donate goods or volunteer help, prenatal, pediatric, maternal and/or postpartum health care, crisis counseling and suicide intervention, pregnancy/parenting support agencies, utility assistance, agencies that

provide services for infants and children with special needs, food pantries, educational testing or counseling services for family planning, HIV/AIDS, STDs or TB, hotlines and help lines, and faith based services.

“When the authorities step in, we step out,” she said.

The speaker showed a map which listed a dozen states and territories in the system, thus far. She said it serves 155,000,000 Americans.

Oklahoma may have seven “Call Centers,” Ms. Hand said. They are local during the day, and “switched over at night, but always available,” she stated.

The Southeastern Oklahoma service had 44,427 calls the first year. By 2008, the calls are expected to grow to 57,755.

The service is working with the providers for cell phones, to add them.

There is no cost to a call, she said. You can call the number now. “Try it,” she urged. “That will help make it more effective.”

She asked us to put brochures in our businesses. “We want to do it well,” she concluded.

The e-mail address is [www.211oklahoma.org](http://www.211oklahoma.org).

## Pittsburg County Family, Consumer Science Educator Says ‘Check Under the Hood’

LaDell Emmons talked to us July 25 about “Checking Under the Hood.”

She said the July-August issue of Nutrition Action Health Letter had an article saying that when men hear a strange noise in their car, they are “immediately under the hood in a snap, checking it out.”

LaDell quoted the author as saying, “If we could get men to take care of their bodies they way they take care of their cars, they would live a lot longer and be a lot healthier.”

LaDell is the Pittsburg County Family and Consumer Science educator for the Oklahoma Cooperative Extension Service.

Looking at statistics, she said of the 15 leading causes

of premature death in the United States, 12 of them “hit men harder than women.

By age 65, only 80 men are left, compared to every 100 women, she said. “By age 85, it’s down to 40 men per 100 women.”

So, “you are what you eat” and how much you exercise, she said.

Even though we may not be able to eliminate all health threats, “diet does reduce the risk.” And with exercise, that

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LaDell Emmons

# Talk By Rotarian Centers On 4-Way Test



John Freeman

John Freeman told us August 1 in a classification talk, that he would have to tell how he got old, because his classification is “Senior Active.” But his talk centered around Rotary’s “Four Way Test.”

John said he was born in Arkansas in 1936. He worked for the bank at

Benton until the Rainbolt group recruited him to come to what is now Bancfirst. He was transferred to a bank at Idabel, until Mike McGowan in 1986 offered him the position of President of the Bank, N.A. in McAlester. He retired as President in 2000.

John related that with the formation of the Rotary Club of Winnipeg, in Manitoba, Canada, in 1910, Rotary became “international.”

Rotarian Herbert J. Taylor wrote the 4-Way Test in 1932, and when he was asked to take charge of a company that was facing bankruptcy, the 4-Way Test became the guide for the company employees, for sales, production, advertising of the company and its relations with dealers and customers. It is credited with the survival of the company.

The code of ethics was adopted by Rotary in 1943, and has been translated into more than 100 languages.

The “truth” sets the tone for the rest of the test, John said.

“If we can tell the truth, the rest falls in place.”

He recalled during the “Oil Bust,” a bank in Oklahoma City failed, because it had not told the truth.

We should “know the truth” about Rotary, he said. “The truth will set you free.”

John said although he is from Arkadelphia, Ark., McAlester is his “home.”

The former banker is now in the real estate business.

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reduction is even greater,” the nutrition expert stated.

However, Ms. Emmons used the term “hostile environment” to describe the “lifestyle” that involves junk food.

“We all know what is healthy to eat,” and a family kitchen provides the “ideal situation” to cook it. But “junk food is not only cheaper, but more convenient and more readily available,” she noted.

Only one percent of the population has a recessive gene that affects overweight. Yet 20 percent of the population is clinically defined as obese, she reported.

Heart disease for men is constantly increasing, even at a relatively early age. This is brought on by high triglycerides in foods, saturated fats in red meat and dairy foods, “trans fats” in fried foods, “fatty sweets” and shortening.

It also boosts our blood pressure, as the biggest factor other than age, in rising blood pressure.

“The “biggest culprit” is salt, for both men and women,

she related.

In 1960, the average woman who was 5-foot, four inches, weighed 140 pounds. In 2002, the same woman weighed 164 pounds.

The average five-foot, nine-inch man, in 1906, weighed 164 pounds. In 2002, he weighed in at 191, she said.

Fat around the abdomen is the worst kind of body fat, the speaker pointed out.

Women with a waist size over 35 inches, and men with waist sizes over 40 are the people with the highest risk of heart disease, diabetes, and dementia. But a reduction in calories and an increase in calories burned, reduces visceral fat quite impressively, she emphasized.

“Manage your lifestyle,” she advised.

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## Attendance, Visitors, and Handshakers

There were 59 in attendance last week. Ron Massey was a guest of Mark Jordan. Helen Wheeler was a guest of Mary Helfehein. Josh Yates and Britney Keith were guests of Brent Yates.

On August 1, 48 attended. Helen Wheeler was a guest of Mary.

And on July 25, there were 45 persons. Mark Miller was a guest of Noble Miller.

Last week, Retired President Richard Gorman was like President Clinton going out of office. He gave the dollar to Jim Henley, to help his friends. Noble Miller gave the buck to his Pastor, Dave Cressman, the week before, but it may take more than that, Noble. And Jim Bland handed it back to the bankers, to Greg McNall on July 25.

Yep, Evans McBride is still here.