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Frieden Commencement Address '73

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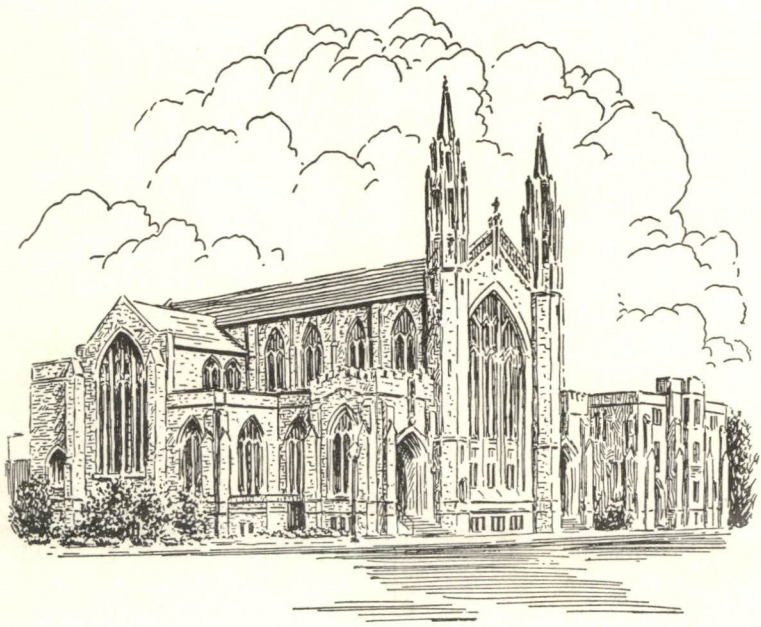


The First United Methodist Church

L. D. THOMAS, JR., Senior Minister

Eleventh and Boulder — Tulsa, Oklahoma

STUDENT RECOGNITION SUNDAY

10:50 A.M.

December 29, 1974

The First United Methodist Church

L. D. THOMAS, JR., Senior Minister

Eleventh and Boulder — Tulsa, Oklahoma

THE MORNING SERVICE

FIRST SUNDAY IN CHRISTMASTIDE

December 29, 1974 — 10:50 A.M.

WE GATHER TOGETHER:

ORGAN PRELUDE

OUR FAMILY CONCERNS & CHRISTIAN FELLOWSHIP ..... *Dr. Thomas*

(Sign the enrollment slip, pass along the row; then pass it back and note our visitors)

CALL TO WORSHIP: "Good Christian Men, Rejoice" ..... *No. 391*

HYMN OF PROCESSION: "Hark! the Herald Angels Sing" ..... *No. 388*

GREETING AND PROCLAMATION OF THE GOSPEL: ..... Paula Walker, O.S.U.

STUDENT: Christians of Tulsa, I greet you in the name of our Father and His Son Jesus Christ

PEOPLE: AND WE GREET YOU IN A TIME WHEN WE ARE EVER SO AWARE OF HIS GREAT LOVE AND GIFT TO OUR LIVES

STUDENT: Know that ". . . it is your Father's good pleasure to give you the Kingdom." Is it not written also that ". . . my God shall supply all your needs according to his riches in glory by Christ Jesus." (Luke 12:32; Phil. 4:19)

PEOPLE: WE RECEIVE HIS FULL AND ADEQUATE PROVISION FOR SALVATION AND SUSTENANCE OF LIFE. AND WITH GRATEFUL HEARTS WE RESPOND WITH PRAISE AND WORSHIP

WE PRAISE GOD AND OUR LORD JESUS CHRIST:

***GLORIA PATRI (Congregation Standing)

SACRAMENT OF INFANT BAPTISM for:
David Conway Chastain, son of Mr. & Mrs. James David Chastain
Kathleen Frances Childress, daughter of Mr. & Mrs. Albert Milton Childress
James Marcus Cravens, son of Mr. and Mrs. Charles D. Cravens, II

ANTHEM OF PRAISE: "Christmas Hymn" ..... *Jungst*

LITANY (Read Responsively) — Congregation Standing ..... Lisa Murray, O.S.U.

STUDENT: Our power in life is found thru our praise for life. Let us give praise to our Father:

PEOPLE: FOR CHRIST JESUS

STUDENT: Who emptied himself to become the savior of man. Thru him we have found salvation

PEOPLE: FOR FAMILY AND LOVED ONES

STUDENT: Who by their guidance and nurture give us good judgment and stamina for life

PEOPLE: FOR FRIENDS

STUDENT: Who thru the truth of their words and the support of their prayers provide us strength

PEOPLE: FOR THE LEARNING IN LIFE

STUDENT: Thru which wisdom and understanding make our paths sure

PEOPLE: FOR THE PROVISION OF LIFE

STUDENT: That gives us shelter, clothes and food

PEOPLE: AND EVEN FOR THE TRIALS AND TESTS OF LIFE

STUDENT: Thru which our character is developed and our patience made strong

PEOPLE: YES, FOR ALL OF THESE LORD OUR HEARTS ARE FILLED WITH PRAISE

STUDENT: Accept our praise O Lord and keep us grateful that we may ever point men to Christ and his way of love

WE PRAY: ..... David Cressman, S.M.U.

CALL TO PRAYER: "Love Came Down at Christmas" ..... No. 375

MORNING PRAYER: ..... THE LORD'S PRAYER

PRAYER RESPONSE: "Angels We Have Heard on High" ..... No. 374

WORSHIP IN TITHES AND OFFERINGS ..... Brent Leonard, O.S.U.

OFFERTORY SOLO: "Christmas Medley" ..... *Cornelius*
Don Whitsitt, University of Indiana

DOXOLOGY (Congregation Standing) ..... Prayer of Dedication

WE HEAR GOD'S WORD:

SPECIAL STUDENT RECOGNITION DAY STATEMENT ..... Lex Frieden, Univ. of Houston

LESSON FROM THE HOLY SCRIPTURES: John 10:7-18 ..... Libby Bowman, O.U.

(Congregation seated, using Pew Bibles: Page 98, N.T. Section)

MUSICAL PROCLAMATION: "God Is" ..... *Otis Skillings*
Beth Smith, O.U.

SERMON: "Abundant Living" ..... Dr. Thomas

Text: ". . . I came that they may have life, and have it abundantly."
John 10:10b (RSV)

WE RESPOND TO GOD'S WORD:

INVITATION TO CHRISTIAN DISCIPLESHIP ..... *Dr. Thomas*

HYMN OF COMMITMENT: "O For a Thousand Tongues to Sing" ..... No. 1

(As this hymn is sung you are invited to the altar for commitment to Christ, for membership in our church, or to pray)

BENEDICTION: ..... Janice Niles

BENEDICTION RESPONSE: "In Bethlehem Neath Starlit Skies" ..... No. 377

ORGAN POSTLUDE

(***) Indicates pause for seating.

* * *

HAVE YOU GIVEN A CHRISTMAS GIFT TO YOUR CHURCH YET?

HOLY COMMUNION IS SERVED EVERY SUNDAY MORNING IN McBIRNEY CHAPEL IMMEDIATELY FOLLOWING THE 10:50 SERVICE

* * *

TRADITIONAL CANDLELIGHT EPIPHANY SERVICE

SANCTUARY, 5:00 P.M. SUNDAY, JANUARY 5, 1975

Beautiful — Inspirational — Great Worship Experience

All who attend will find a spiritual lift for the days ahead

TODAY'S MUSIC

Directing the Cathedral Choir for this Student Sunday, is Don Whitsitt, who grew up in First Methodist. He has completed classes and passed the voice test at Indiana University and will take his orals in March 1975 for his Doctorate. We welcome Don "back home" and appreciate his helping in the leadership of our worship this morning.

Miss Beth Smith, a student at O.U. will sing the musical proclamation.

ANNOUNCEMENTS

Head Usher for the Student Recognition Day Service is Steve Groves, O.S.U. Other students are serving as ushers and greeters.

The sermon and music this morning may be heard on KRMG Radio, next Sunday morning, 9:00 to 9:30.

Worship Services during November and December are being televised in color over KOTV, Channel 6.

"Get-Acquainted Coffee" in the Harrington Garden Room, following the morning worship service. Visitors are especially invited to stop for a moment of fellowship.

Playing the Piano during the "Get Acquainted Coffee" is Virginia Atwood and playing the violin is Virginia Ford.

No Gospel Hour or UMYF Tonight.

No Bible Study or Choir Rehearsals Wednesday, January 1st.

THE CATHEDRAL CHOIR WILL REHEARSE at 7:30 p.m. Thursday, January 2nd.

Preschool classes will resume Thursday, January 2.

Mother's Day Out will resume on Tuesday, January 7th.

THE TOTAL WOMAN, a course on marriage-enrichment, will be instructed by Mrs. Howard Twilley, for four consecutive Tuesdays, beginning January 7, from 9:30 to 11:30 a.m. She will deal with such areas as attitudes, organization of time, communication, and children. The tuition is $15.00 and a free nursery is provided. For further information contact Marty Robertson, 663-5427, or after five, Karen Kucera, 742-7708.

Budget and Heritage Envelopes, for 1975, are available in the Narthex and the church office.

Flowers for the worship service were given by Mrs. Foster B. Parriott in loving memory of Mr. Foster B. Parriott.

* * *

THE CHURCH STAFF

L. D. Thomas, Jr. ..... Pastor & Senior Minister
Wishard F. Lemons, Jr. ..... Assoc. Pastor
Robert L. Foster ..... Minister of Education & Family Life
Joe B. Mooberry ..... Minister of Membership & Evangelism
G. Lemuel Fenn ..... Pastor Emeritus & Minister of Pastoral Care

THE MINISTRY OF EDUCATION AND MUSIC

Donald G. Ford ..... Minister of Music
Alta Bush Selvey ..... Organist
Ann Ford ..... Assoc. Organist
Thomas R. Albin ..... Director of Youth Ministries
Mary Lynn Hirst ..... Children's Director
Sue Berg ..... Nursery Director

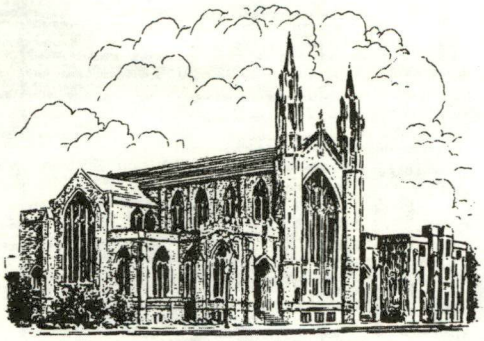
OFFICE STAFF

Sue DeShong ..... Pastor's Secretary
Annette Parks ..... Financial & Administrative Assistant
Joan Stafford ..... Ministers' Secretary
Darlene Ashenfelter ..... Church Receptionist
Doris Ann Phillips ..... Church Secretary
Grace Blake ..... Kitchen Manager

MAINTENANCE STAFF

Kelly Ward ..... Building Superintendent & Chief Engineer
Richard Gant ..... Building Engineer
Earl Tunley
Bill Bush

HAPPY NEW YEAR TO ONE AND ALL!



THE FIRST UNITED METHODIST CHURCH
ELEVENTH AND BOULDER
TULSA, OKLAHOMA 74119

ROBERT L. FOSTER
Minister of Education & Family Life

December 12, 1974

Mr. Lex Frieden
9667 Meadow Vale
Houston, Texas 77042

Dear Lex:

Dr. Thomas, the rest of the staff, and I are extremely happy that you have consented to participate in the December 29th Student Recognition Service here at First Methodist. Traditionally, the statement which you will be giving, is from three to five minutes long on the subject of "What my Faith Has Meant to Me as a Student", and if you wish to make any statement on behalf of the students to the congregation, I think this would be a good time to do it.

As I related to you on the phone, there will be a meeting of all students participating in that morning service on Saturday, December 28, at 10:00 a.m. in the sanctuary. I know you had mentioned that it might not be possible for you to be at that meeting, and if not, then I understand. If there are any questions that you might have pertaining to that service I would be most grateful to answer them.

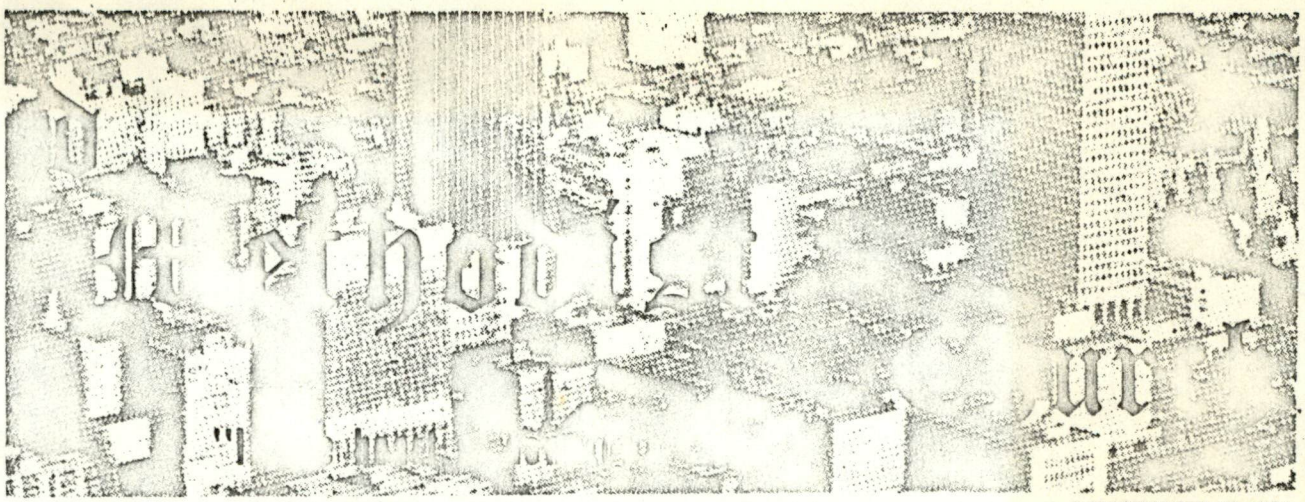
Dr. Thomas will be bringing the morning message but it is not necessary that your statement be related to that message. Again, we are grateful about the opportunity for you to speak to us.

Because He lives,

Bob

Robert Foster

RF:js



Form 3578 to Box 1076, Dallas, Texas 75221 K 5000 L DECEMBER 27, 1974

Honored This Sunday

...n . . .

...tal Woman

...n exciting opportunity next month. Mrs. ...ge-enrichment course on "The Total ...s attitudes, organization of time, com-

...days beginning January 7, from 9:30 to ...0 on January 7. The tuition is $15.00 and

...Roberston at 663-5427, or after 5, Karen

...h Family

...wers

...ay, December 22, were given by Mrs. ...r Fitzharralds and the Jerry Ingrams in ...sband, father, son and brother.

...morlam

...keside Study Club.

...g Bells

...ere married Friday, December 20, in ...emons, Jr., officiating. They will make

...re married Friday, December 20, in ...ams officiating.

Dr. Thomas To Preach On "Abundant Living"—College Students To Participate—Service At 10:50 On TV

Each year, the last Sunday of December is set aside to recognize our College Students. Below are some of the individuals who will be leading this meaningful worship service.

Lex Frieden To Be Student Speaker

Lex Frieden

Lex, valedictorian of his graduating class in 1967 at Alva High School, also was an honor graduate at the University of Tulsa, after fighting back from serious injuries suffered in a car accident near Stillwater. He had been awarded a regents' scholarship to Northwestern State College and a president's scholarship to Oklahoma State University and entered TU after the accident. He graduated from TU in 1971. He holds a bachelor's degree in science, psychology.

He was vice president of Alpha Phi Omega service fraternity and was outstanding member in 1972. He also is a member of Psi Chi and Alpha Kappa Delta honorary fraternities.

Lex is presently attending the University of Houston on a National Institute of Mental Health Doctoral Fellowship. His major is in social psychology and rehabilitation. He is a research assistant at the Texas Institute for rehabilitation and Research. He will receive his Doctorate this spring.

For a hobby Lex is an amateur radio operator and has talked with individuals all over the world including King Hussein back in 1970. His hobby has also been somewhat of a ministry as Lex has helped families who have been separated by distance over a long period of time to keep in touch. His statement is one you will not want to miss.

Lex is the son of Mr. and Mrs. Dale Frieden.

Don Whitsitt To Direct Choir And Sing

Directing the Cathedral Choir for this Student Sunday, will be Don Whitsitt, who grew up in our church. Don was Drum Major in Will Rogers marching band in high school, sang Bass in Four Flatters Quartette, and took first place in the 7 state Barber Shop Competition. He sang his first solo at the age of 15 in First Methodist.

12/29/74

Speech 1st Methodist Church

Thanks . . .

Life is made of things -
Biggest of which occur
while we're students:
new ideas create conflict
with established beliefs
and values.

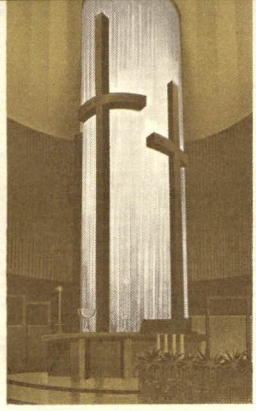
Example of conflict (Abortion letter Jackson)

Conflict results in questions
Answers are often accepted
as faith.

Example of injury:

To parents:
may not do right
behave
messed up

But - still care
& need love



IRVING L. SMITH
Pastor

St. Luke's United Methodist Church

222 Northwest Fifteenth Street ■ Telephone (405) 232-1371 ■ Oklahoma City, Oklahoma 73103

January 6, 1975

Mr. Lex Frieden
Tirr Annex
105 Drew Street
Houston, Texas 77006

Dear Lex:

Your picture in the First United Methodist Church News was great! I was delighted to learn that you were planning to speak at First Methodist Church a week or so ago. I wish very much that I could have heard your witness.

I am wondering if you would have an opportunity to write to a young man who is a student at OSU. His name is Rick Bewley and he is now located in the Baptist Hospital. His home address is 3113 NW 54, Oklahoma City, 73112. Rick had a motorcycle accident which resulted in paralysis from the neck down but he is gradually recovering and his spirit seems fine. I think, however, that he would appreciate especially hearing from you.

Please give my best regards to your mother and father.

Cordially,

Irv Smith

Irving L. Smith

ILS:le
Dictated by Dr. Smith
but signed in his absence.

Dale

This is a remarkable speech. I am very proud of Lex. He really moves you with his words and I am sure he was especially impressive to the Alum students. Being a small town boy I can appreciate his remarks along that line also

6-28-53

THE ALVA REVIEW-COURIER

P.O. BOX 668, ALVA, OKLAHOMA 73717 — TUESDAY, APRIL 3, 1973

SINGLE COPY 10c

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COMMENCEMENT SPEAKER for Alva High School ceremonies for the class of 1973 Tuesday night was AHS alumnus Lex Frieden. He returned here from Texas for the ceremony, where he is attending the University of Houston on a National Institute of Mental Health Doctoral Fellowship. (Frederick's Studo Photograph)

School Board Sets '73-'74 Schedule

Vo-Ag Building Approved

The first item on the agenda for the Alva School Board Monday night was the approving of encumbances of $10,755.26 for the month of March.

The board then went to the new vo-ag building for an inspection and voted unanimously to approve the building and accept it from Bill Baker. Plans are to move into the building in the near future.

Supt. Robert Brandenburg issued an invitation for the board members to attend the Woods County OEA meeting on April 12.

Under consideration for 1973-74 school term the board approved the proposed schedule for next year with the enrollment date for students Aug. 24; Christmas vacation from Dec. 21 until Jan. 2; spring break will be March 11 through March 15 and if there is no loss of days due to weather or illness school will also be dismissed April 12 for Good Friday. School will be officially dismissed May 22.

William Schnebel reported on maintainance and transportation stating that due to the weather situation several leaks in the building which could not be stopped because of the constant rain were now being repaired.

The board approved the installation of an exit door for the band room below the stage in the auditorium which main purpose is for fire.

Supt. Brandenburg read the Title 3 ESEA project and stated that it is necessary to have the proposal into the State Department of Education as soon as possible and it is possible to be funded if the project is approved.

The finincial report was given to the board by Supt. Brandenburg as of April 2. A discussion was held concerning the band trip to Amarillo and it was decided to charter a 47 passenger bus and to use the school's own vehicles for the remaining transportation.

Supt. Brandenburg has contacted Lex Frieden concerning Frieden being the commencement speaker this year and Frieden has accepted.

The board accepted the resignation of Henry Hofen. Jack Davison has been hired as Girls Basketball Coach, Ross Smith as Athletic Director and the board is considering several applications for boys basketball coach. A discussion was held and Supt. Brandenburg hopes to make an announcement this week of the new coach.

Fifty-Seventh Annual

Commencement Exercises

of

Alva High School

Memorial Auditorium

Alva, Oklahoma

May 22, 1973

Class of 1973

President ..... Pam Needham
Vice-President ..... Judy Phelps
Secretary ..... Cheryl Dubben
Treasurer ..... Cyd Vickers

CLASS SPONSORS

Mrs. Clyne
Mrs. Dunkin
Mr. Overton
Mr. Davison
Mrs. Zahorsky
Mr. Hadwiger

CLASS COLORS

Yellow and White

CLASS FLOWER

Yellow Roses

CLASS MOTTO

"Yesterday is but a dream, and tomorrow only a vision, but today well lived makes every yesterday a dream and every tomorrow a vision of hope"

Class Roll

Earl Steven Arebalo
Kenneth Maynard Arndt
Newanta Sue Arndt
Ramona Sue Ashlock
Sharron Ilene Baker
Jimmy Don Beierschmitt
Dean E. Berry
Terry Elaine Bickford
Nina Elizabeth Bouziden
Michael Joseph Brandt
Susan Lorraine Brown
William Grant Brunsteter
Jimmy Darrel Burt
Verlinda Sue Butler
Katherine Sue Campbell
Galen Joe Coates
Myron Keith Cunningham
Renee Yvonne Curry
Renita Jene Davison
James Wayne Dickey
Cheryl Lynne Dubben
Janet Denise Duncan
Jeannemarie Duncan
Michelle Kay Easterly
Douglas Lynn Eckels
Robert Dean Ellis, Jr.
Karyl Kay Evans
Janet Lynnette Erikson
Rocky Gene Fox
Gail Nannette Gum
Alfred Lynn Hada
Jerry Joe Hada
Jackie D. Haltom
Steven Wade Hankey
Cathy Latta Haydon
Susan Kay Hendricks
Donna Jean Hinkle
Sally Kaye Holder
Shirley C. Honer
Linda Mae Hood
Ray Allen Hull
Ronald J. Isenbart
Kenneth Kyle Johnson
Kent Mauntel Johnson, Jr.
Edwin Clarkson Kasparek
Carol Ann King
Kathy Jo Kline
Jonni Ann Koppitz
Michael David Leu
Sherry Mae Little
Max Lester Loges
Nieta Abbott Lohmann
Sharlene Gay Lohmann
Dana Christine Martin
Deanna Lynn Mayes
Curtis Charles Miller
Fredrick Oscar Miller
Rosemary Ruth Morgan
Deborah Ann Murphy
Leta Cay McAlister
Danny Joe McCaskill
Betty J. McKinley
Marsha Beth McOsker
Pamela Sue Needham
Rena Faye Nieman
Tom H. Nighswonger
Carolyn Sue Nobis
John Charles Noble
Terri Dale O'Hair
Earl Wayne Parsons
Rita Denise Parsons
Judith Lee Phelps
Anthony T. Pickens
Kimberly Ann Plummer
Mardonna Gail Pshigoda
Timotheus Samuel Purcell
Gayla Marie Reed
Glenda G. Reed
Robert H. Reynolds
Patricia Marie Ridgway
Donna Kaye Ronistal
Lester Gene Rose
Jacqueline Ann Sample
Allen J. Schiffner
Brock E. Schnebel
Lynn Tune Seckinger
Fred Stephen Selfridge
Ruth Faye Shafer
Jackie Merle Shelite
Mary Jane Shelite
Janet Ann Sherman
Brenda Kay Shipley
Keith Blayne Smith
Kurt Wayne Smith
Anita Fay Spencer
Edward Benton States
Carolyn Kay Steward
Robert Douglas Stocking
Gary Lee Stoner
Margaret Alice Stultz
Cindia Gail Talbott
Randall Eugene Tatro
Michael Lee Venosdel
Cydnee Jean Vickers
Janice Ritter Watts
Charles Vernon West
Jack Otto Wiebener
Joe Lee Wilson
Billy Dewayne Wimmer
Charley Mac Wimmer
Jean Ann Woods

Fifty-Seventh Annual

Commencement Exercises

of

Alva High School

Tuesday . . . . . May 22, 1973 . . . . 8:00 P.M.

Processional

Invocation ..... Reverend E. K. Purcell

"Blessed Is The Man" ..... Marshall

"Wood" ..... Effinger
(oboist - Mike Brandt)

Mixed Chorus
Directed by Helen Weigand

Speaker ..... Lex Frieden

Presentation of Class ..... Prin. Jim A. Schroeder

Presentation of Diplomas ..... Supt. Robert L. Brandenburg

Benediction ..... Reverend Wendell K. Patterson

(Concert Band directed by Danny Rock)

(Organ Music by Diane Nelson)

(The audience will please remain seated
until the recessional is concluded)

Thank you Mr. Brandenberg and thank you graduates and friends. Six years ago when I walked across this stage to pick up my diploma, I had no idea that I would ever have this opportunity. I feel deeply honored to be here tonight, not only as your speaker, but mostly as a graduate of Alva High School.

Everyone I've talked to since I found out I was coming here tonight has given me some advice. As a matter of fact, I began to get the idea that there was a model graduation speech printed in the encyclopedia, and if not that, surely a standardized outline. I got the idea that commencment speakers were supposed to tell you about your future and how to live it--to prescribe your morals or plan your success--to give you tips on how to make it in college or business. Judging by what people said, I thought maybe I was supposed to tell you how to love your brother or your friend or your country. But I can't tell you how to do any of those things--I cannot even tell you why you should. Now I might be able to tell you how I do something, but that wouldn't be very useful information to anyone, because everyone is different to begin with.

There are, on the other hand, a few very general things I can say about college or people or life. Most of these ideas are not unique, but I feel as if I can state them with some degree of reliability, since they have been useful to me in the face of some very trying circumstances. Another reason why I believe some of these principles may also apply to you is that we are from the same backgrounds. In other words, we're all the products of a relatively small school in a rural, conservative, Midwestern community. This places

us in a minority group, because the rest of the world is certainly no longer rural or Midwestern. As a matter of fact, Meadows, in his book "The Limits of Growth", says that we are at the foot of a tremendous growth curve and are just now beginning to accelerate.

We are living in an age in which the ground is shifting and the foundations are shaking. Perhaps it has always been so, but life styles are changing now more rapidly than ever before. We have to realize that things are changing fast, and unless we want to be left standing still, we have to learn to make the best of change and take advantage of its opportunities.

Your graduation tonight is a big step in that direction--it also signifies a big change in your life. It's at this point where society expects you to think maturely for yourselves, to be practical, and to use good judgement.

Role theory is a very important concept in social psychology. It states that there are specific behaviors which are appropriately manifested under certain given conditions. According to this theory, it is now appropriate for your parents to expect you to make some constructive long range goals in an effort to be independent. This is a difficult thing for most people to do, because until now, all your basic needs have been provided by your parents. The only thing you've really had to be concerned about was entertaining yourselves from one day to the next. You could afford to be care-free and pleasure-seeking, but now you have to be more down to earth and self-disciplined.

Tomorrow counts, and at the rate things are changing today, you can't depend on tomorrow, so the best way to plan is not really to plan at all, but to prepare yourself for any eventuality by keeping open-minded, productive, and staying

ready to take advantage of any unforeseen opportunities.

Right now you have the opportunity to take advantage of a powerful headstart on the rest of your life--the result of growing up here in an enriched environment. One of my professors at Houston, Dr. Ed Willems, is well-known for his naturalistic studies, particularly of the effects of group size. He says that small schools give more students chances to participate in more activities and to develop better qualities of leadership. It has been found that kids from small towns manifest a higher rate of social interaction than others. Students in small schools are more action-oriented than students in large schools. Also, people from rural communities retain richer more detailed recollections of their environments, besides maintaining a stronger sense of obligation and responsibility to group activities.

The possible long range effects of development in small towns are even more intriging. Robert Aldrich, Dean of the Colorado University medical school, undertook a complicated study a couple of years ago to determine if people from rural communities were more physically fit than their counterparts from the city. His results on this were inconclusive, however, he did find that persons who grew up in small towns and attended small schools tend to be over-represented among the demanding roles of business executives and organizational leaders. Students from small schools tend to select careers that are more ambitious and demanding than students in larger schools.

Simply, all this means is that you can use your background to your advantage under almost any circumstances. If you take the experience, knowledge, beliefs, and values you now have and direct them toward the proper goals, then you can do almost anything you want to.

Five years ago, I was a patient in the same hospital I work in today. My room mate, Steve, was a medical student from Miami, Florida. Steve told me then that he was determined to go on and become a doctor. Today, he is still confined to a wheelchair. He is also the Resident Psychiatrist at the University of Washington Hospital in Seattle. Another good friend of mine, who was in the hospital with me then, and who now lives in the same apartments I do, broke his neck when he fell asleep driving home from a beach party. Scott was a junior in high school and not too ambitious then, but he decided he wanted to get into politics. Since then, he finished high school, started college, attended the last inaugaration at the personal invitation of President Nixon, ~~testified~~ appeared before committees of both the House and Senate, and has been asked to serve as a Congressional Aide by two Representatives.

I wish there was time to tell you about some of the rest of my friends because I respect their courage and determination, but my point here is that you can accomplish virtually anything in spite of the obstacles created by change--change, which is inevitable.

I made reference before to goals. Goals are extremely important throughout life. They lead us from one step to the other and from one day to the next. Without goals, we can too easily lose touch with reality. We become aimless and self-centered. There are several ways a person can react to the negative effects of change. Often the easiest most natural reaction is to stop, drop out, or give up. This reaction is basically the result of a refusal to set goals.

When the ultimate basis of our world is in question, we run to different holes in the ground; we scurry into roles, statuses, identities, and interpersonal relations. We attempt to live in castles that can only be in the air,

because there is no firm ground on which to build. In these circumstances, we have every reason to be insecure. We often find ourselves on the verge of losing touch with reality.

Psychoanalytic theory asserts that the ego is the instrument for living in this world. That ego may be broken up or destroyed by insurmountable life situations, by ~~toxins~~, by alcohol, the abuse of drugs, or whatever. ~~by chemical changes, or whatever.~~ Beliefs and values may be challenged by pressures from school or friends, by exposure to new and radical ideas or to loose morals. We may be exposed to other worlds, real in different ways from the more familiar dreams, imagination, or fantasies. Sometimes our roots are shaken so that we have nothing to cling to, except memories, names, sounds, or a few objects that retain a link with the lost world.

This void is not always empty. It may, for any number of reasons, be filled by visions and voices, strange shapes and apparitions. When a person loses touch with reality, his center of experience moves from ego to self. The natural becomes confused with the supernatural, the dull becomes bright. Brightness in this sense does not imply goodness. A man, blind from birth, may have an operation performed which gives him his sight. The result is frequently misery, confusion,, or disorientation. The light that illuminates the lost soul is an unearthly light. It is not always a distorted refraction of mundane life situations. It may be from unnatural worlds within the mind. It will invariably burn out. There, then, are the possible effects of a failure to direct behavior toward suitable goals.

Another contemporary reaction to rapid change is revolution. Revolution has now become the password for certain elements of young America. It has become almost a synonym

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"Genuine
Parchment"

M242G3
MADE IN U.S.A.

Gibson
©

25J1-6

Hi Lex
Thought you might
like to have this. Was in the
Gasette.
How are you doing? I am
better. I can drive the car
20 mile per day and walk
3 mile per day, Not back
to work yet. Maybe the
Middle of Sept. for ½ day
at a time.
I am proud of you. Take
care. Let me hear from
you when you have time
My writing & printing
isn't what it should be yet
your Friend
Paul

Congratulations—
it's always nice
To hear good news
it's true,
But extra nice
when that good news
Concerns someone
like you.

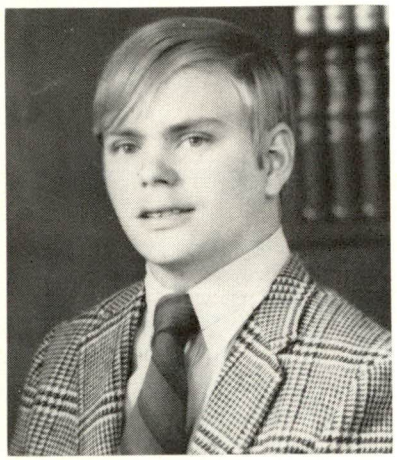
LEX FRIEDEN
105 DREW
HOUSTON, TEXAS
77006

MR. & MRS. PAUL W. PARKS
6533 W. Brady Pl.
TULSA, OKLA. 74127

In The Community

Lex Frieden, son of vice president of sales Dale Frieden, gave the commencement speech for the graduating seniors at Alva High School.

Lex, valedictorian of his graduating class in 1967 at Alva High School, also was an honor graduate at the University of Tulsa, after fighting back from serious injuries suffered in a car accident near Stillwater.



Lex Frieden

He holds a degree in psychology and is presently attending the University of Houston on a National Institute of Mental Health Doctoral Fellowship. His major is in social psychology and rehabilitation. He is a research assistant at the Texas Institute for Rehabilitation and Research.

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We are living in an age in which the ground is shifting and the foundations are shaking. Perhaps it has always been so, but life styles are changing now more rapidly than ever before. We have to realize that things are changing fast, and unless we want to be left standing still, we have to learn to make the best of change and take advantage of its opportunities.

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Tomorrow counts, and at the rate things are changing today, you can't depend on tomorrow, so the best way to plan is not really to plan at all, but to prepare yourself for any eventuality by keeping open-minded, productive, and staying ready to take advantage of any unforeseen opportunities.

Right now you have the opportunity to take advantage of a powerful headstart on the rest of your life--the result of growing up here in an enriched environment. Controlled studies with rat populations show that animals which grow up with more opportunities to excercise and develop are more healthy and live longer than those rats which grow up in more crowded environments.

We can't generalize directly from rats to men, but these studies may give us some insight into our own behavior. One of my professors at Houston, Dr. Ed Willems, is well-known for his naturalistic studies, particularly of the effects of group size. He says that small schools give more students chances to participate in more activities and to develop better qualities of leadership. It has been found that kids from small towns manifest a higher

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I made reference before to goals. Goals are extremely important throughout life. They lead us from one step to the other and from one day to the next. Without goals, we can too easily lose touch with reality. We become aimless and self-centered. There are several ways a person can react to the negative effects of change. Often the easiest most natural reaction is to stop, drop out, or give up. This reaction is basically the result of a refusal to set goals.

When the ultimate basis of our world is in question, we run to different holes in the ground. We scurry into roles, statuses, identities, and interpersonal relations. We attempt to live in castles that can only be in the air, because there is no firm ground on which to build. In these circumstances, we have every reason to be insecure. We often find ourselves on the verge of losing touch with reality.

Psychoanalytic theory asserts that the ego is the instrument for living in this world. That ego may be broken up or destroyed by insurmountable life situations, by the abuse of alcohol or drugs or whatever. Beliefs and values may be challenged by pressures from school or friends, by exposure to new and radical ideas or to loose morals. We may be exposed to other worlds, real in different ways from the more familiar dreams, imagination, or fantasies. Sometimes our roots are shaken so that we have nothing to cling to, except memories, names, sounds, or a few objects that retain a link with the lost world.

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I wish there was time to tell you about some of the rest of my friends because I respect their courage and determination, but my point here is that you can accomplish virtually anything in spite of the obstacles created by change--change, which is inevitable.

I made reference before to goals. Goals are extremely important throughout life. They lead us from one step to the other and from one day to the next. Without goals, we can too easily lose touch with reality. We become aimless and self-centered. There are several ways a person can react to the negative effects of change. Often the easiest most natural reaction is to stop, drop out, or give up. This reaction is basically the result of a refusal to set goals.

When the ultimate basis of our world is in question, we run to different holes in the ground. We scurry into roles, statuses, identities, and interpersonal relations. We attempt to live in castles that can only be in the air, because there is no firm ground on which to build. In these circumstances, we have every reason to be insecure. We often find ourselves on the verge of losing touch with reality.

Psychoanalytic theory asserts that the ego is the instrument for living in this world. That ego may be broken up or destroyed by insurmountable life situations, by the abuse of alcohol or drugs or whatever. Beliefs and values may be challenged by pressures from school or friends, by exposure to new and radical ideas or to loose morals. We may be exposed to other worlds, real in different ways from the more familiar dreams, imagination, or fantasies. Sometimes our roots are shaken so that we have nothing to cling to, except memories, names, sounds, or a few objects that retain a link with the lost world.

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Another contemporary reaction to rapid change is revolution. Revolution has now become the password for certain elements of young America. It has become almost a synonym for independence in the neo-culture. People even seen to be revolting against the very principles of democracy which give them the right to dissent. The virtues of revolution are, however, only relative to the circumstances.

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To borrow from the physical law of action-reaction, the only way to react to change is to change yourself. Whatever your circumstances are now or will be in the future, it is your business to make of life what you want. This may sound like an outdated paraphrase of the Protestant ethic, but there is still a lot of truth to it.

We may have absolutely no control over our environment or the changes that make it difficult to live in, but we can affect our own reactions to these changes, and thus shape our own lives, as well as those of others and the world we live in.

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achievements or personal accomplishments such as wealth and success, even though they may be earned in spite of overwhelming odds, are meaningless in the absence of feelings and ideals. The sort of feelings which he speaks of are those feelings that must accompany the goal-directed behavior required of us by society today if our behavior is to be worthwhile and meaningful. Those feelings are love, mutual support and assistance, understanding, help and solidarity--the very feelings I feel here tonight. These feelings cannot be manufactured--they don't occur by chance. They must emerge from the hearts of parents, relatives, teachers, and friends--the people who led you here tonight.

Tomorrow, as you seek independence, you will be one step farther from these people. The world around us is changing at a blinding rate. The first eighteen years of your life have already been recorded in the history of the universe. But no matter what happens tomorrow--nomatter where you go or what great obstacles may confront you in your search for happiness and fulfillment, the experiences you've had while growing up AND THE PEOPLE YOU'VE KNOWN here in Alva will stand as your bridge to reality.

Good luck to all of you.

Thank you Mr. Brandenberg and thank you graduates and friends. Six years ago when I walked across this stage to pick up my diploma, I had no idea that I would ever have this opportunity. I feel deeply honored to be here tonight, not only as your speaker, but mostly as a graduate of Alva High School.

Everyone I've talked to since I found out I was coming here tonight has given me some advice. As a matter of fact, I began to get the idea that there was a model graduation speech printed in the encyclopedia, and if not that, surely a standardized outline. I got the idea that commencment speakers were supposed to tell you about your future and how to live it--to prescribe your morals or plan your success--to give you tips on how to make it in college or business. Judging by what people said, I thought maybe I was supposed to tell you how to love your brother or your friend or your country. But I can't tell you how to do any of those things--I cannot even tell you why you should. Now I might be able to tell you how I do something, but that wouldn't be very useful information to anyone, because everyone is different to begin with.

There are, on the other hand, a few very general things I can say about college or people or life. Most of these ideas are not unique, but I feel as if I can state them with some degree of reliability, since they have been useful to me in the face of some very trying

circumstances. Another reason why I believe some of these principles may also apply to you is that we are from the same backgrounds. In other words, we're all the products of a relatively small school in a rural, conservative, Midwestern community. This places us in a minority group, because the rest of the world is certainly no longer rural or Midwestern. As a matter of fact, Meadows, in his book "The Limits of Growth", says that we are at the foot of a tremendous growth curve and are just now beginning to accelerate.

We are living in an age in which the ground is shifting and the foundations are shaking. Perhaps it has always been so, but life styles are changing now more rapidly than ever before. We have to realize that things are changing fast, and unless we want to be left standing still, we have to learn to make the best of change and take advantage of its opportunities.

Your graduation tonight is a big step in that direction--it also signifies a big change in your life. It's at this point where society expects you to think maturely for yourselves, to be practical, and to use good judgement.

Role theory is a very important concept in social psychology. It states that there are specific behaviors which are appropriately manifested under certain given conditions. According to this theory, it is now appropriate for your parents to expect you to make some constructive long range goals in an effort to be independent.

This is a difficult thing for most people to do, because until now, all your basic needs have been provided by your parents. The only thing you've really had to be concerned about was entertaining yourselves from one day to the next. You could afford to be care-free and pleasure-seeking, but now you have to be more down to earth and self-disciplined.

Tomorrow counts, and at the rate things are changing today, you can't depend on tomorrow, so the best way to plan is not really to plan at all, but to prepare yourself for any eventuality by keeping open-minded, productive, and staying ready to take advantage of any unforeseen opportunities.

Right now you have the opportunity to take advantage of a powerful headstart on the rest of your life--the result of growing up here in an enriched environment. Controlled studies with rat populations show that animals which grow up with more opportunities to excercise and develop are more healthy and live longer than those rats which grow up in more crowded environments.

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Good luck to all of you.

THAYER CARDS
BLACKWOOD, N.J.

You're in the NEWS

...and we were delighted
to read about you.
All of us here take pleasure in
extending our
heartiest congratulations
and sincerest good wishes to you.

Kyle S. Patterson

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Dale Frieden

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Woods County News
Alva, Okla.
1,320 5-[illegible]-73

AHS Address by Former Alva Hi Valedictorian

A capacity crowd turned out for the Alva High school commencement ceremonies Tuesday night which featured a talk by 1967 class valedictorian, Lex Frieden.

Lex also was an honor graduate of the University of Tulsa, class of 1971. He holds a bachelor degree in science and psychology.

He was vice president of Alpha Phi Omega service fraternity and was outstanding member in 1972. He also is a member of Psi Chi and Alpha Kappa Delta honorary fraternities.

Frieden is presently attending the University of Houston on a National Institute of Mental Health Doctoral Fellowship. His major is in social psychology and rehabilitation. He is a research assistant at the Texas Institute for Rehabilitation and Research.

He is a member of the Methodist Church and has been in Boy Scouts and Key Club.

Lex is the son of Mr. and Mrs Dale Frieden who moved from here to Tulsa several years ago. Dale Frieden was transferred to Tulsa by Oklahoma Natural Gas continuing in an executive post.

COMMENCEMENT SPEAKER for Alva High School ceremonies for the class of 1973 Tuesday night was AHS alumnus Lex Frieden. He returned here from Texas for the ceremony, where he is attending the University of Houston on a National Institute of Mental Health Doctoral Fellowship. (Frederick's Studo Photograph)

AHS Graduate Lex Frieden Is Commencement Speaker

Alva High School graduating seniors will hear a speech by Alva graduate Lex Frieden, at Commencement ceremonies 8 p.m. Tuesday in Memorial Auditorium.

Lex, valedictorian of his graduating class in 1967 at Alva High School, also was an honor graduate at the University of Tulsa, after fighting back from serious injuries suffered in a car accident [illegible]

He holds a bachelor's degree in science, psychology.

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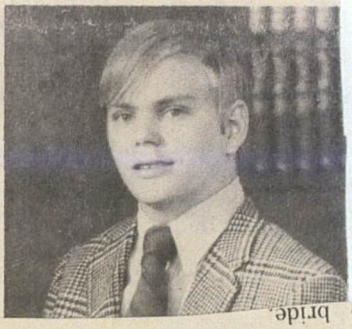

[illegible] Howland with their favorite recipe. Eva Burnham gave several readings then presented the poetry book to the future bride.

[illegible] side of the skirt (or at the sole or back of the sock).

Leave at least three inches whenever tying in a new [illegible]

[illegible] proceed to the front.

[illegible] ways, and begin at the lower edge. Completing at lower edge, armhole and shoulder shaping before you

[illegible] work the front the same

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R.L. Brandenburg Superintendent 5/24/73

ADPC., INC.

REMITTANCE COPY

January 27, 1975
Monday

Dear Lex,

I'm sorry we didn't get to see you last week when we were there. I did want to thank you again for all your help in getting Lic in T.D.R.R. We were very pleased with the interest and care he was getting while we were there

Dave

Rex tells me your friend Noel is his therapist. We come home with the feeling he is getting the best care possible from real experts. Maybe we'll see you the next time we come.

Thank you again

Mrs. Bewley

Mr + Mrs John Bewley
3113 NW 54
Okla City, Okla

Lex Frieden
9667 Meadowvale
Houston, Texas
77042

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Thank you again

Mrs. Bewley

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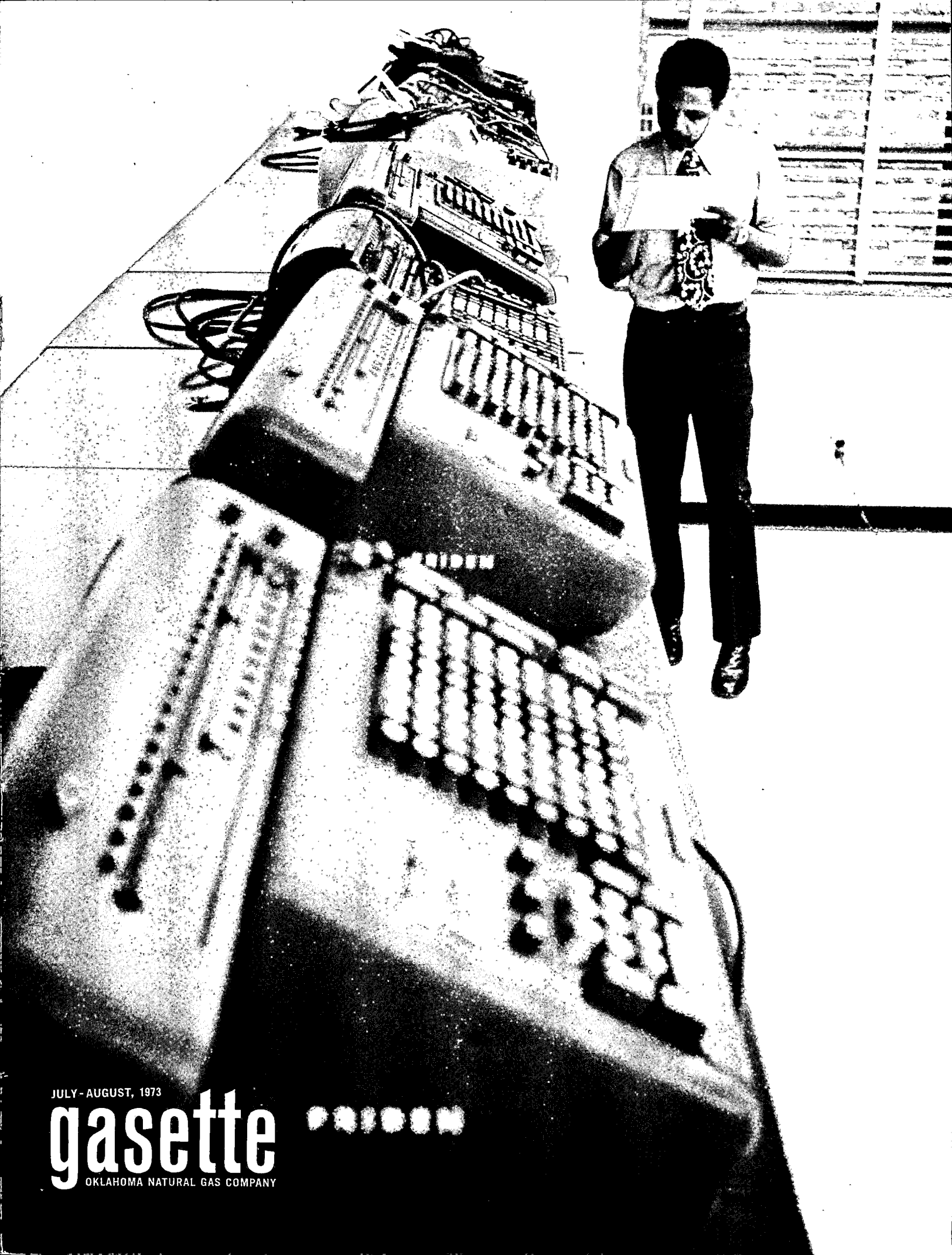


JULY - AUGUST, 1973

gasette

OKLAHOMA NATURAL GAS COMPANY

Close-Up: Office Services 1
They're experts in coping with the Company's paperwork, and in streamlining systems, procedures.

ONEA-ONG Scholarship Winners 4
These eight students, to receive $750 scholarships, are among a group of 104 scholarship winners. The program began 14 years ago.

How Safe Is Your Retirement Plan? 6
A look at ONG's Retirement Annuity Plan shows employees why they have no need to worry about future security.

Foods 'n Focus 8
Home Economist Jane Frye is hostess of a new TV show in Oklahoma City.

News in Pictures 9
Tires marked for pressure; TSI hosts Japanese gasmen.

ONEA Elects Officers, Honors Jean Knight . . 12
Association holds spring meeting in Tulsa.

Gasette Photo Contest 13
Here are the rules in case you missed last month's announcement of this great contest.

GASETTE

published by
Oklahoma Natural Gas Company

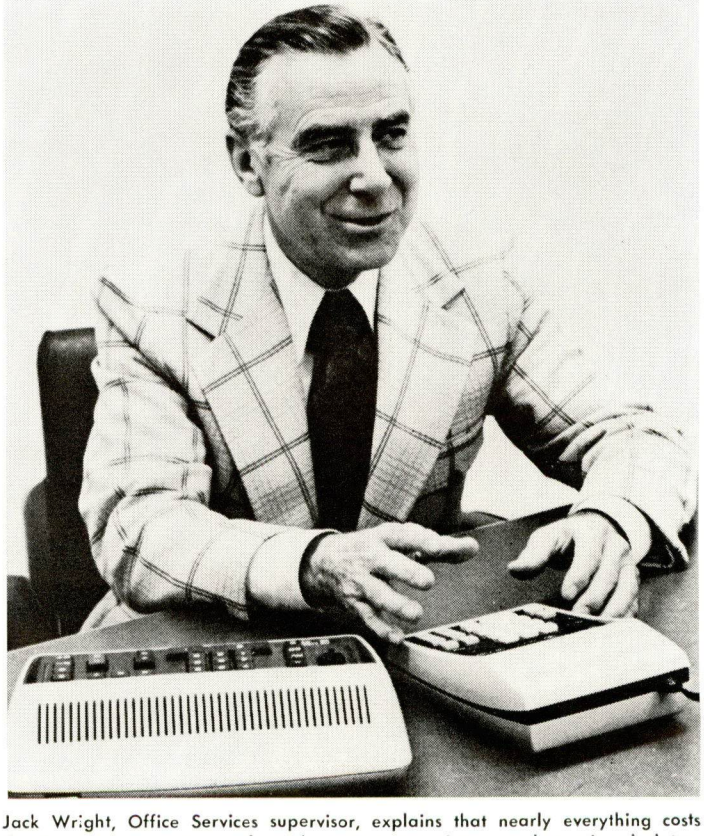
John W. Simmons, *Manager of Publications*
Charlene Bassett, *Editor*

Cover: Barvell "Pat" Patrick, Office Services Clerk, takes inventory of some of the older, costlier adding and calculating machines. All these are being phased out in favor of new, better, less costly calculators. Pat and three other Office Services personnel perform vital and interesting tasks, benefiting everyone who works in an office. Their story is told on these pages.

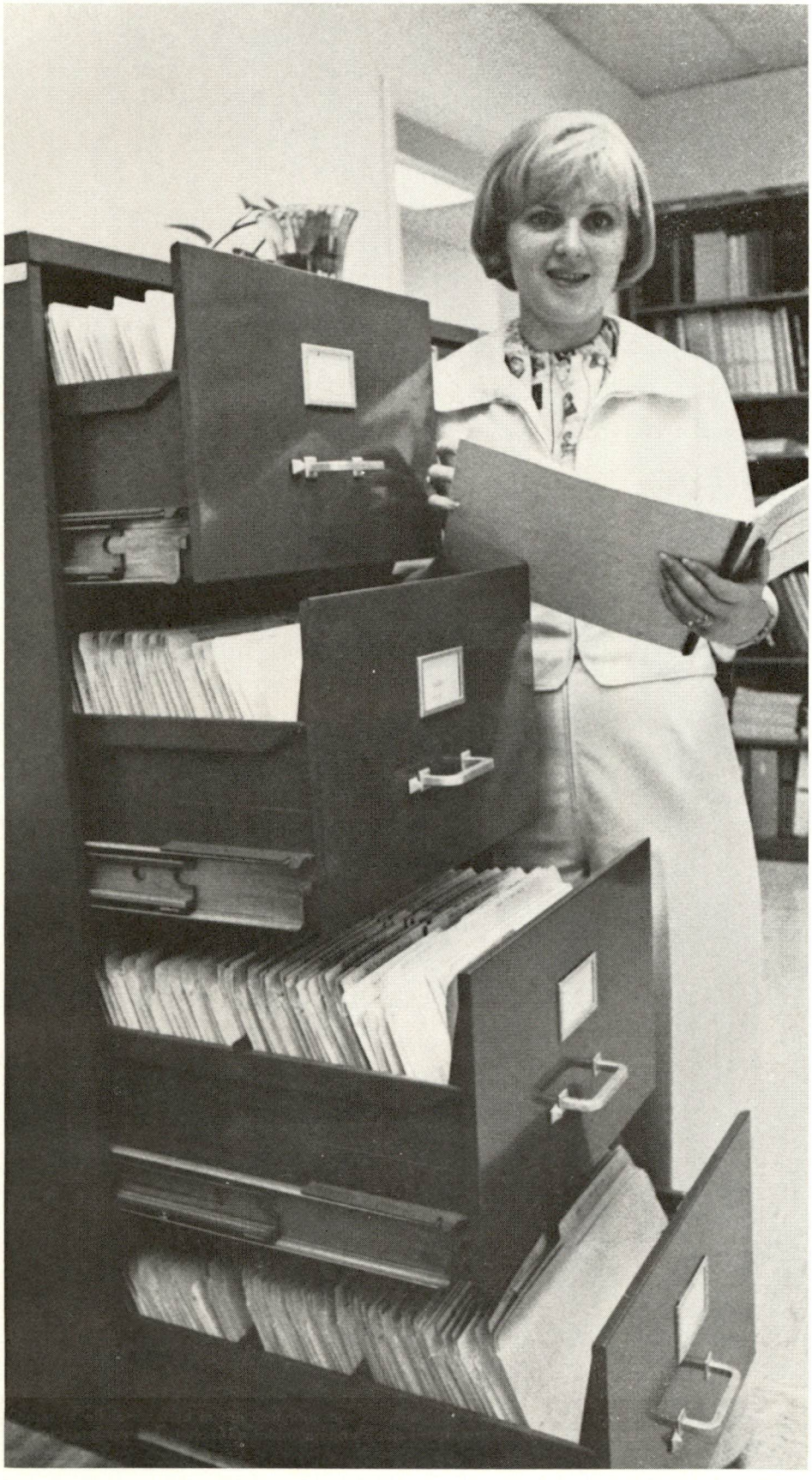
ONG Close-Up:

HOW OFFICE SERVICES PERSONNEL COPE WITH

The Company's Paperwork While Streamlining Office Systems, Procedures



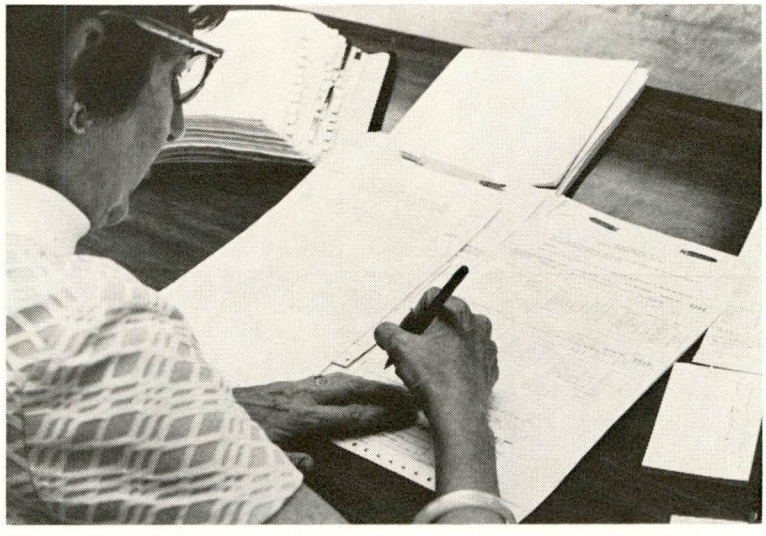
Jack Wright, Office Services supervisor, explains that nearly everything costs the Company more money these days. But exceptions are electronic calculators such as these new models. They do a better job for less cost.



Copies of all forms used in the Company are kept in these four file drawers, explains Brenda Siegfried, central filing systems clerk. The folder Brenda holds lists the forms by name, number, and their retention periods.

These days, when the price of anything goes down, it makes news. Take, for example, the cost of electronic calculators. ONG's expenses for owning and operating them have been dropping sharply. The reason is twofold. The new calculators are vastly superior in design and engineering; so they're far less costly to make and maintain. Second, ONG's Office Services section has been phasing in the new models to replace old machines.

Jack W. Wright, Office Services supervisor, says that calculators once costing $2,195 gradually have dropped in price. They fell to $1,750, later were reduced to $1,290, and ONG now can buy electronic models for as little as $81.



Forms revision is one of the specialties of Ruth Thompson, file analyst and librarian.

Office Services

CONTINUED FROM PAGE 1

"Incredible as it may seem, they will do the job," reports Mr. Wright, head of the four-member Office Services section. Office Services' policy (based on Mr. Wright's Aims and Goals program the past six years) is, in Mr. Wright's words, "to update and make ONG office equipment more sophisticated and to operate a systematic, economic replacement program for our office machines."

The role of Office Services is significant since a substantial number of ONGers make use of office equipment or furniture of one kind or another, and at least 464 use an adding machine or calculator as a tool. And 260 typewriters are in use.

"Last year we saved the Company $17,000 in maintenance service agreements alone," reports Mr. Wright, who adds: "This was due to cooperation of supervisory personnel in all districts and the General Office.

"Why is the trend away from maintenance agreements on the new, cheaper calculators?" Declares Mr. Wright: "Lower initial cost would be one reason, but not the only one. We see electronic calculators that have been in service for five years and never needed a service call. Some are used almost constantly every day such as those in the Budget Department; but most departments won't use them more than one or two hours a day."

Nor are new electric typewriters being placed under maintenance service, as they used to be at $55 per year. "Instead, when the typewriter is a year old, Brenda Siegfried will check with its operator to see if that machine is running efficiently. We will check half a dozen different departments or sections to see how these typewriters are operating. We may order one service call and have five or six machines serviced for $17.95—the price of a single call. There's one way we save money."

Office Services keeps a record of all office machines throughout ONG. "We, therefore, know how much we are paying for maintenance and also how much our per-call charges are—in other words, how much all of this is costing the Company," explains Mr. Wright, a veteran of 34 years' service, 20 of them in Office Services.

Mr. Wright arranges for vendors to demonstrate new kinds of equipment to interested personnel. He explains: "We want ONGers to know what's available—what's the latest and most efficient machine. Sometimes I can suggest a change in a purchase requisition because of a new kind of product on the market that will work better for less money."

Important though office machinery is,

there are still other functions performed by Office Services that are every bit as essential.

One of its functions is maintaining a standardized filing system throughout the Company. Expert in this realm is Mr. Wright's assistant, Ruth Thompson, who has been in Office Services since 1950. Mrs. Thompson conducts surveys of filing systems in all districts and in General Office.

Office Services also maintains the General Accounting Department's central files. In 16 five-drawer filing cabinets are forms control, general correspondence, gas purchase contracts, leases, gas sales contracts, subsidiary correspondence, mortgages, and similar papers. Office Services personnel are qualified by training and experience to locate—within seconds—materials filed in the central system.

Among other duties of Office Services is streamlining of paperwork and coping with the Company's accumulation of retained records and other materials. The section helps design and revise forms, often being able to consolidate several old forms in a single one that's more workable.

Record retention, yet another specialty of Office Services, is as important as any function. It's the thing that can keep files from accumulating needlessly and taking up mountains of space. Jack Wright describes how it works:

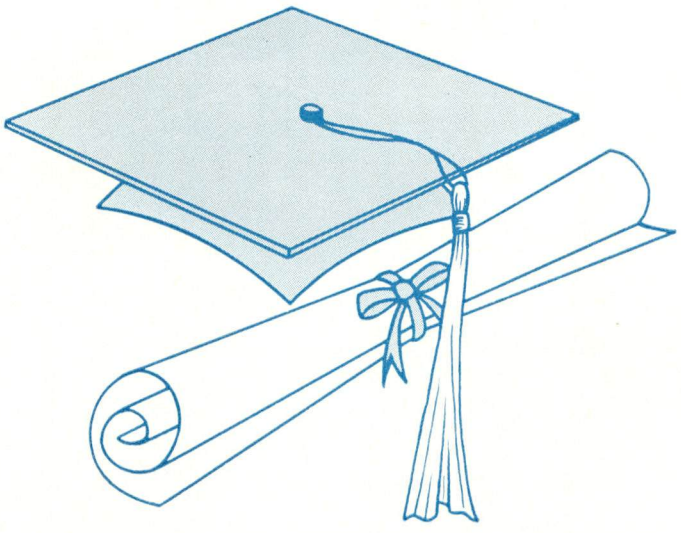
"As an example, we take a memorandum contract, or, say, a line extension deposit or job order and circulate this with another form with all the data that Ruth Thompson compiles from the regulatory agencies. We circulate the form to departments using it and to anyone else who may be affected by it. When we agree on the length of time for the form's retention, we set up its time schedule in a Remington Rand Kardex file. We put a location on the card and put the material in storage. When the scheduled date appears, we contact the department using the form and say, 'the retention period is up; it was established for six years and we can now dispose of it. Is there anything pending you would like to review before we destroy this?' This way we find out if there's some reason why the material should be kept another year or longer."

The four people (all pictured in this feature) who comprise Office Services are proud and delighted that the work they do is unique in the Company, and is interesting, challenging, and a most necessary function.

Last but not least, Office Services provides a technical library service. There are periodicals and materials on hand; additionally, Mrs. Thompson has access to technical libraries of the Tulsa City-County, The University of Tulsa, and local oil companies—sources which can help meet ONGers' needs.

Barvell "Pat" Patrick, Office Services clerk, checks stored files in the basement of the General Office Annex.

Meet The Scholarship Winners

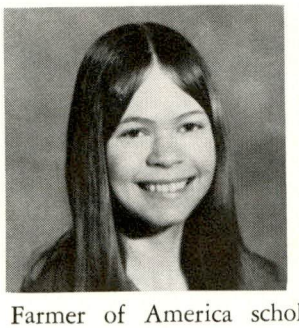


This year eight $750 Oklahoma Natural Employees' Association-Oklahoma Natural Gas Company scholarships were awarded to high school graduates across the state. The *Gasette* would like to take this opportunity to introduce them to you.

Carla Jo Aldrich

"I've always enjoyed raising and working with animals," is the reason Carla Jo Aldrich says she has decided to study veterinary medicine at Oklahoma State University this fall.

Carla, daughter of Stillwater sales manager Buck Aldrich, was a member of the state and national honor societies, was a varsity scholar and a recipient of a

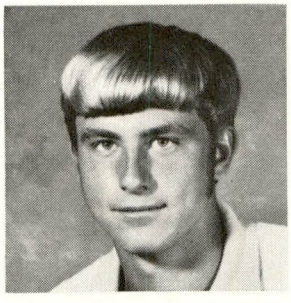


Future Farmer of America scholarship award at C. E. Donart High School in Stillwater. Her extracurricular activities, in addition to FFA, included marching and symphonic bands, twirling, Spanish club, and student council.

Planning to earn a doctorate in veterinary medicine, Carla is not quite sure what she will do with the degree. "I have thought of going into either general practice or into research," she says. "I feel that either would be a source of service to the public and I think there is great personal satisfaction available in either course."

Mike Clover

A graduate of Eufaula High School, Mike Clover participated in baseball, basketball, football, and track. For his football playing ability he was named to the all-conference team and an alternate to All-State.



He is the son of Melvin Clover, Muskogee Operating Department.

Mike served as president of the student council his senior year, and he was also a member of the national honor society. He was a delegate to Boys' State in 1972.

Planning to earn a degree in business at Oklahoma State University, Mike hopes to be a public accountant.

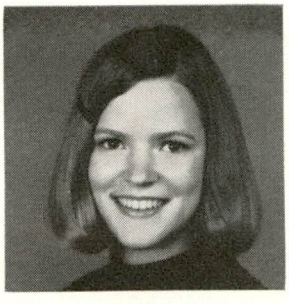
Mary Gail Ethridge

Mary Gail Ethridge also plans to attend Oklahoma State University and says she wants to prepare herself to be a business education teacher on the high school or college level or to be an office manager.

While in high school, Mary Gail served as student council representative, junior class secretary, and head cheerleader. She was a member of the mixed chorus, girls chorus, and glee club.

Playing the piano, cooking, and traveling rank among Mary Gail's favorite hobbies. She enjoys outside activities including water skiing, swimming, and tennis.

Mary Gail was listed on the Governor's Honor Roll, was appointed to Girls' State, was presented an award as Outstanding Citizen, and was Lion's Club queen candidate. She was also winner of a R.E.C. youth tour to Washington, D. C.

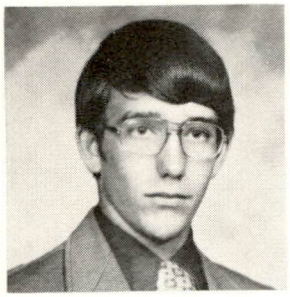


She is the daughter of Frances Louise Ethridge, Accounting employee in the Stroud office.

Richard Grayson

Richard Grayson, son of Norman Accounting's Walter Grayson, plans to use his ONEA-ONG scholarship to pursue studies at the University of Oklahoma. "I'm looking for something that will offer me good job opportunities after graduation," says Richard regarding his career. "I think I'd like to be an engineer, but there is a surplus of them right now. I also think study in medicine would offer me excellent opportunities."

While attending Noble High School, Richard participated in many extracurricular activities including Spanish club,



science club, and letterman's club. He was also president of the senior class.

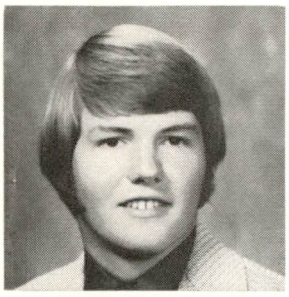
Honors for Richard were numerous. He was awarded medals for excellence in typing and Spanish, received the Oklahoma history award, and was listed on the superintendent's honor roll for four years. He was listed in Who's Who in American High Schools for two years.

Also very active in sports, he was a four-year letterman, and he was named outstanding sophomore basketball player. He was named to star teams for both his baseball and football abilities.

Monte Humphrey

Hoping to obtain a bachelor of arts degree in journalism with minors in physical education and English, Monte Humphrey will attend Northeastern State College this fall. He is the son of Harold Humphrey, Muskogee Operating Department.

Monte was a member of the Oklahoma honor society, and the superintendent's honor roll. He was editor of the annual, associate editor of the paper, and president and vice president of the student council. Monte had the unusual honor of being the first FFA member in the United States to receive a Farmers Home Administration loan. He was also a three-year letterman in baseball, basketball, football, and track.



Other activities Monte enjoys are bowling, swimming, hunting, and motorcycling. A member of 4-H and FFA, he also enjoys working with livestock.

After college graduation, Monte says he plans to teach journalism and physical education in a secondary school system for two or three years and would then like to enter the field of television broadcasting.

Pamela Jean Moore

A graduate of Clinton High School, Pamela Jean Moore will attend Oklahoma State University this fall with the help of an ONEA-ONG scholarship. She is the daughter of Kathleen Moore, Clinton Accounting.

Pam was active in many extracurricular activities including Girl Scouts, pep club, FHA, and her church's youth council where she served as secretary and vice-chairman. She also served as vice president of the pep club and FHA secretary.

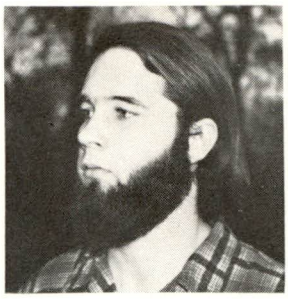
She enjoys basketball, football, and was a member of her school's volleyball team. She spends her spare time playing the piano, reading, and sewing.

Pam says that even though she doesn't have a definite course of study planned, she feels an urge to serve her fellowman as well as God. "The area of study I choose will be one that has to do with serving and helping others," she says, adding that the main areas she's interested in are nursing, elementary education, physical therapy, and speech pathology. "I feel that in today's world too much of our time is oriented around trying to get ahead," Pam further explains. "We have a tendency to push the other guy aside and forget how important it is to help our neighbor, as well as ourselves."

Paul Murphy

Paul Murphy is a graduate of Tulsa Edison High School who plans to enroll in a pre-medical course of study at either Oklahoma State University or University of Oklahoma this fall. The scholarship winner is the son of Art Murphy, Tulsa Sales Department.

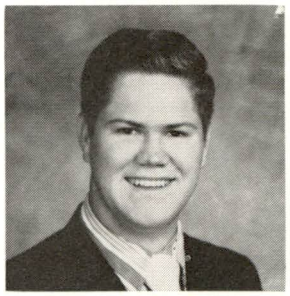
Among Paul's high school honors were a national merit letter of commendation for outstanding performance on Preliminary Scholastic Aptitude Test and National Merit Scholarship Qualifying Test, a membership in the national honor society, on the school honor roll, and in the Governor's honor program.



Paul enjoys sailing, camping, water skiing, and cycling; and recently, he constructed his own hang-glider and sail cart. He also lists woodwork, sculpture, and ceramics among his hobbies.

Richard Newberry

Richard Newberry, a graduate of Porter High School, is an ONEA-ONG scholarship winner who plans to attend Northeastern State College and perhaps pursue a career in drafting. His father is Richard D. Newberry, Muskogee Operating Department.



While in high school, Richard participated in school plays and art exhibits. He won ribbons on some of his art work at the Muskogee Fair. He also won the citizenship award his freshman year. He was on the school's baseball team and also played football—and hopes to play football at Northeastern.

While in high school, Richard was also very involved with the work of his church.

Awarded scholarships but forced to decline because of other scholarship offers (ONEA-ONG scholars can receive no other financial awards) were: Michael Able, son of Roy Able, Tulsa Operating; Brenda Keeling, daughter of Harold Keeling, Claremore Operating; and Ginna Russell, daughter of Gene Russell, Oklahoma City Operating.

How Safe Is Your Retirement Income

Call it pension, retirement fund, annuity, or whatever you like. Each means the same thing—independence and financial security when your working years end.

But lately working Americans have been told they may not be too secure. Publicity has it that a lot of pensions thought to be secure, aren't. And a lot of people are taking another look at their companies' plans. In fact, the whole situation is so important that the Department of Labor is asking companies to make easy-to-understand descriptions of plans and annual reports available to employees.

"How safe is my retirement annuity?"

Most ONGers know it's not necessary for them to ask that question. Accurate

Stories don't apply to ONG's Retirement Annuity Plan

or not, the stories that have come from recent Congressional hearings and media stories don't apply to ONG's Retirement Annuity Plan.

One reason why is the long history of the Plan. First effective in 1941, the Retirement Annuity was superseded by the present plan in 1955. Another reason ONGers have no worries is because their annuities are secured by sound funding of the retirement plan.

The annuity plan is guided by an administrative committee, which is the long-term policy-setter and advisor for handling the trust. On the committee are C. C. Ingram, W. E. Humphrey, J. E. Tyree, J. D. Scott, D. E. Frieden, and N. M. Hulings, Jr., all ONG officers. Important issues are voted on by the ONG Board of Directors.

The latest annual report showed that the Plan had $26,820,963.88 in assets. Financial vice president Perry Wimpey

Report showed that Plan had $26,820,963.88 in assets

explains that the amount is equally divided between the John Hancock Mutual Life Insurance Company and the Chase Manhattan Bank, New York.

The John Hancock Company pays all benefits to retired employees, and these benefits are insured. If anything should happen to the Company or the Plan, these retirees would continue to receive full benefits.

The Chase Manhattan holds the "trusteed" portion of the fund (that is the money earmarked for future retirements which is currently invested). At the end of 1972, more than $13½ million was invested in the common stock of 70 companies, and the Retirement Annuity Port-

Portfolio has experienced about a $3 million increase in market value

folio has experienced about a $3 million increase in market value. In particular, at year's end, the portfolio contained IBM stock worth $1,487,400. (These shares' value increased $242,350 during the last year.) Other stocks the plan owns include: Chrysler Corporation, Monsanto Chemical Company, Kellogg Company, Avon Products, Columbia Broadcasting System, and Xerox Corporation. It is this kind of diversified investing that will help keep the plan safe from unforeseeable conditions—however remote they are—that might make it necessary for the Company to amend or terminate the Plan.

Though the Plan lost about $245 thousand in the sale of securities last year, this is more than made up for by the return on investments—$1,095,723.91 in interest and dividends for 1972. New money, also, is always being added to the plan. Last year Oklahoma Natural contributed $2,182,619.00

Further study of the Plan's 1972 annual report shows that there are 339 retirees and widowed spouses now receiving

There are 339 retirees and widowed spouses now receiving annuities

annuities. Payment to them amounted to $770,145.54 last year.

The larger part of the assets must cover the 1,770 active employees who have accrued annuity benefits under the plan and will retire in the future.

Any increase in pensions, of course, automatically increases the liability of the Plan. For example, when a cost-of-living increase is given, it increases liability of the plan, as pension benefits are based on earnings. Also, since 1970, retired employees have received a cost-of-living increase each year in their annuities.

In addition to the financial soundness of the Plan, there are no strings attached to the "vesting" provisions for ONGers. All employees who have reached the age of 45 and who have 10 continuous years of "credited service" in the annuity plan, have a vested interest in the plan. (Credited service begins after eligibility has been attained—25 years of age and one year of service.) This means that annuity credits accrued during participation in the plan will be paid no matter what happens to employment status, as long as the employee doesn't withdraw personal contributions from the Plan. (Though the Company now pays the total cost of the plan, prior to April 1, 1970, employees paid for a portion of it.)

Is the ONG plan as good as it can be? Professional actuaries who audit the Plan think so. Alternate plans have been proposed by the Oklahoma Natural Employees' Association. But in each case, investigation showed the changes to be economically unfeasible. Under present conditions the Company is assuming all

Additional plan liberalization would have to be paid for by employees

the expense it can for the Plan, so any additional annuity plan liberalization would have to be paid for by employees. If any of the proposals were adopted, it is probable the Thrift Plan would have to be discontinued in order to comply with federal regulations. That's because the Internal Revenue Service limits to 6 percent the amount of one's gross salary which may be required to be contributed toward deferred programs such as thrift and retirement plans. Additional annuity coverage could require more than 4 percent in the employee's salary (participation in the Thrift Plan requires at least 2 percent of the employee's salary).

Each new employee is given a booklet which explains ONG's Retirement Annuity Plan in its entirety. If you have misplaced yours, a copy can be obtained from your supervisor or through General Office Payroll.

More Information Is Available

Are you a participant in, or a beneficiary of, either Oklahoma Natural's Retirement Annuity Plan or the Thrift Plan? If so, you can examine copies of the descriptions of the plans and the latest annual reports at the Payroll Department located in the General Office Building in Tulsa, 624 S. Boston. Or copies of the plans' descriptions and adequate summaries of the latest annual reports will be mailed to you within 30 days of a written request made to the Payroll Department.

If There's A Teen-age Driver At Home...

By Jim Dillinger
Employee Counselor

Most parents look with dread toward the day their teenager gets his driver's license. Insurance rates go up, and so does the amount of tension parents feel every time a son or daughter takes the family car out of the garage.

Burning rubber and excessive speed is generally accredited to young drivers by most adults. That isn't going to change, but recent studies may tell us why some drivers express themselves the way they do.

Inexperience is, of course, a factor. All drivers have to learn, and adolescence is the period when most people begin operating a vehicle.

Today, however, there is a "youth culture" which did not exist a few years ago. Independence of thought and life-style is the order of the day for young people.

Technology has made material comforts and conveniences available for most families today without the need of their children's cooperation. Having meaningful work and making a worthwhile contribution is a human necessity. Studies show young drivers to be far more responsible when they come from homes where they are expected to share in the work of running or supporting the household and when solid achievement is reflected in the work they do in school.

When meaningful work or accomplishment is lacking, the first expression of some accomplishment often comes with the young person's first driver's license.

For those whose children are not yet driving, perhaps some preventive measures can be taken in light of the studies on work and achievement. For those whose children are already driving, there is always the comforting thought that they will grow out of it.

Or will they? Youth used to grow up to emulate adults; now, adults seem to be copying the clothing, hair, and life-styles of youth.

Maybe both youth and parents should hope for an expanded mass transit system!

Foods 'n Focus

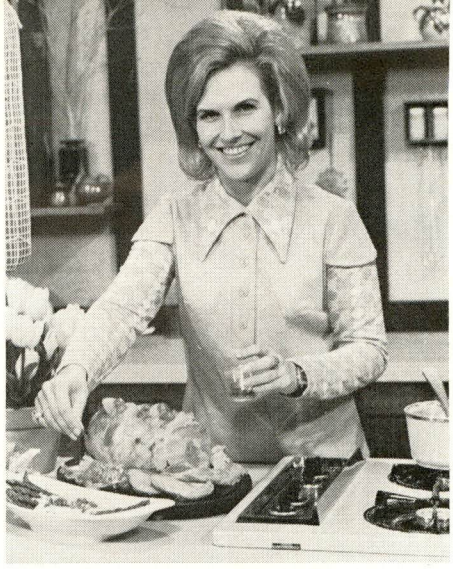
OKLAHOMA CITY'S NEW TV SHOW

Oklahoma Natural has launched a new television show for Oklahoma homemakers. "Foods 'n Focus" is being shown weekdays at 10:55 a.m., on KWTV, Channel 9, Oklahoma City. Hostess for the show is Oklahoma City District home economist Jane Frye who has been with ONG for four and a half years.

"Foods 'n Focus" is a fresh new approach to reach the modern woman in the kitchen. The show follows a natural, ecological theme and a varied format. Breaking away from regimented kitchen duties and the "have to get three meals on the table" attitude, Jane reflects a contemporary image, making cooking a fun thing to do. Many shows will be devoted to simplified gourmet and foreign cooking, foods for weight-watchers, and ways to save money on rising food bills. Valuable information relating to new trends in homemaking, modern-day living, and consumerism are given as a part of the regular show through relaxed conversation.

Peggy Shaber, director of home economics, explains that for several years, the Home Economics Department has wanted a show of this kind in the Oklahoma City viewing area. Louise Bland Advertising Agency in Oklahoma City also had a similar idea. She developed the program, secured two foods sponsors, and presented the idea for the show to Corydon Hatt, Oklahoma City District sales manager. After much study and planning, the district submitted the proposal to General Office for consideration, and an advertising agreement was approved.

Coordinating plans with Oklahoma City television station KWTV, Oklahoma Natural's Advertising and Residential Marketing Department designed and built a set. John Deupree, advertising manager, and Mike Crawley, home planning consultant, organized and designed the plans carried out by our Display Department—Art Murphy, supervisor, Ira Walker, and John Raveill.



Jane Frye prepares recipe during taping of "Foods 'n Focus."

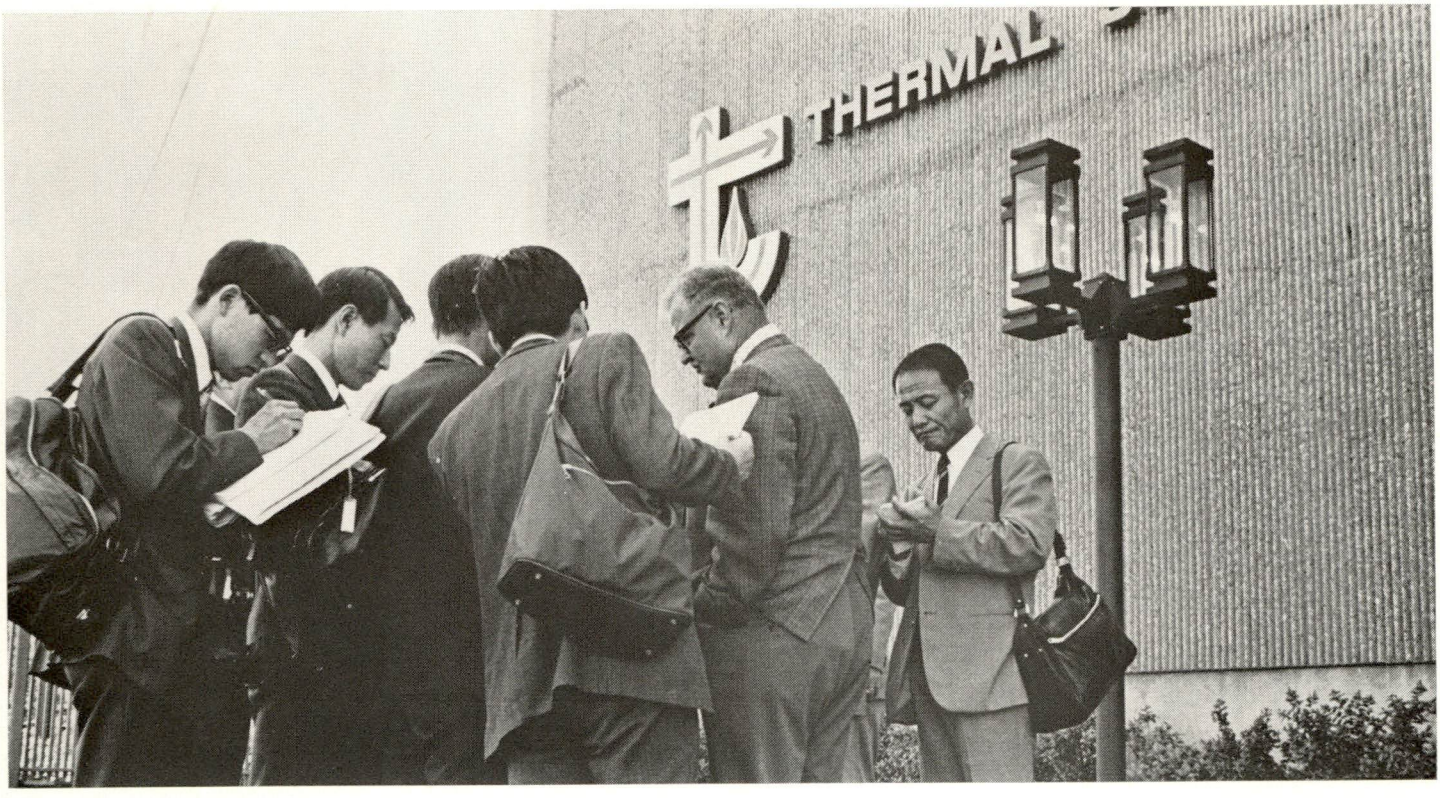
The beautiful kitchen setting shown here will provide Jane Frye with both a built-in gas oven and surface unit and a free-standing gas range.

Due to an FCC ruling prohibiting talent from advertising or promoting products, Jane will be limited in citing the gas appliances or their benefits. Jane explains, however, that she is allowed to refer to the "flame" in giving cooking directions—for example, "Turn the flame down and continue cooking."

This ruling was only recently brought to light when a Kansas City television station was fined $5,000 for airing a 30-minute program in which the talent promoted a product throughout the show. For this reason, our regular television commercials are being used.

The first show, an interview introducing Jane Frye, was shown on April 16. The rest of the week's shows offered recipes and cooking tips for the Easter holiday. Jane explained in the interview that the show will offer a variety of themes for homemakers and something for younger viewers and children also. Gourmet chef and "Omelet King" John Vernon has been a guest on several shows.

Based on the success of 'Coffee Break" with Tulsa District home economics supervisor Donnell Green, 10:55 a.m., on KOTV, Channel 6, Tulsa, the new show is expected to draw a similar popularity. "Coffee Break" holds the record of being the longest-runnnig television show with a single sponsor in the nation.



TSI hosts Japanese gasmen

A group of Japanese heating and air conditioning engineers and gas company personnel paid a visit to Thermal Systems, Inc.'s central plant in Tulsa, as well as to Thermal Cold Storage. Merle Walton, manager of plants, is shown conducting the tour.

News In Pictures

Tires marked for pressure

Properly inflated tires will wear a lot better than those under-inflated or over-inflated, points out Hiawatha Davis of General Transportation and Shops, Oklahoma City. Here he tags a tire with pressure markings so the driver and/or service station attendant will know exactly how much air should be carried. Tire marking was started recently at the Oklahoma City shop.

How To Entertain With Ease

All was not talk at the ONG Showcase the nights of the course. The students divided into groups and prepared various party dishes. The "entertaining" part, of course, came later when everyone got to sample.

Want to know how to "Entertain With Ease"? About 25 Tulsans did, and so they enrolled in a six-week special education course offered by Tulsa Junior College and taught by ONG's Donnell Green.

"The most essential ingredient of a successful party is the attitude of the host and/or hostess," Donnell told her students the first night. "It's a sincere attitude of warmth, welcome, and well-being—without which no party can be successful."

Donnell, district home economics supervisor, guided her students carefully in the art of "planning the perfect party." She explained how to make a guest list (If there is a compulsive talker in the group, be sure you have a few good listeners for balance); how to invite (Telephone calls are time consuming but get faster results than mailed invitations as to who is coming); and how many to invite (A lot depends on the size of your home and your budget . . . If it's a medium-sized cocktail party, have half again as many people as you have seats—that will keep guests circulating).

"If you are planning a party with a meal," Donnell told students, "there are several things to remember about the menu.

"First, don't undertake too elaborate a menu without help. A few well-cooked, attractively served dishes are far superior to many less-pleasing foods.

"Consider costs both in terms of food price and time of preparation.

"Don't repeat one kind of food in the same meal (such as tomato soup and tomato salad).

"Avoid using too much of one type of foodstuff in one meal (such as all starches or all protein).

"Do not serve more than one strong-flavored food in one meal, such as onions, cabbage, salmon, or sardines. If a strong flavored food is used, the rest of the menu should be built around it.

"Have a good balance of soft and solid foods. The courses of the meal should contrast in texture.

"Do not serve all hot or all cold foods at one meal. Even in summer, one hot dish is desirable."

On the next page are some charts Donnell gave students to help them in planning their next party. We thought they might be helpful to *Gasette* readers. By the way, when is your next party?

Food Amounts For 12 People

Seated Meal

3 qts. Soup
12-15 lb. Turkey
or
6 lbs. solid meat
(without bones)
3 lbs. String Beans
2 qts. Ice Cream

Buffet Supper

3 qts. Creamed Chicken
or
6 lbs. Solid Meat
(may be assorted)
24 small portions,
pick-up cake

Cocktail Party

60-150 sandwiches
and cocktail bites
-this is exclusive
of celery, carrots,
olives, nuts, etc.

Approximate Quantities Of Food Per Person

Food	First Course	Main Dish
SOUP	½ cup (4 oz.)	1 cup (plus)
SEAFOOD		
Shrimp	4-6 pieces*	¼ lb.
Lobster	½-small	½-large 1-small or med.
Lobster (meat)	⅓-cup	½ cup
Crab meat	⅓-cup	½ cup
Fish, filet		⅓-½ lb.
Fish, whole		½ lb.
Scallops		⅓-½ lb.
MEAT & POULTRY (with bones)		1 lb. per person
MEAT & POULTRY (without bones)		½ lb. per person
VEGETABLES		
Asparagus		8-12 stalks*
Canned vegetables		
DESSERTS		
Ice Cream		
Pie, 9″		
Cookies		

For Teas-allow 4 small sandwiches and 2 cookies per person
For cocktail parties-allow 5-plus sandwiches and cocktail bites (exclusive of celery, carrots, olives, nuts, etc.)
*Depending on size.

What Wines To Serve With What

Appetizers	Pale Dry Sherry	Room Temp.
	Dry or Sweet Vermouth	Chilled or Room Temp.
Soup	Dry Sherry, Madeira	Room Temp.
Fish, Shellfish, Light Meat, Fowl	Dry Champagne, Rhine Wine, Chablis, Sauterne, Moselle	Chilled
Red Meat, Duck, Goose, All Game	Burgundy, Claret, Bordeaux	Chilled or Room Temp.
Cheese, Nuts	Port, Burgundy, Muscatel	Chilled or Room Temp.
Desserts	Champagne, Sauterne, White Port	Chilled
After Dinner	Brandy, Benedictine, Cointreau, Grand Marnier, Creme de Menthe, etc.	Room Temp.

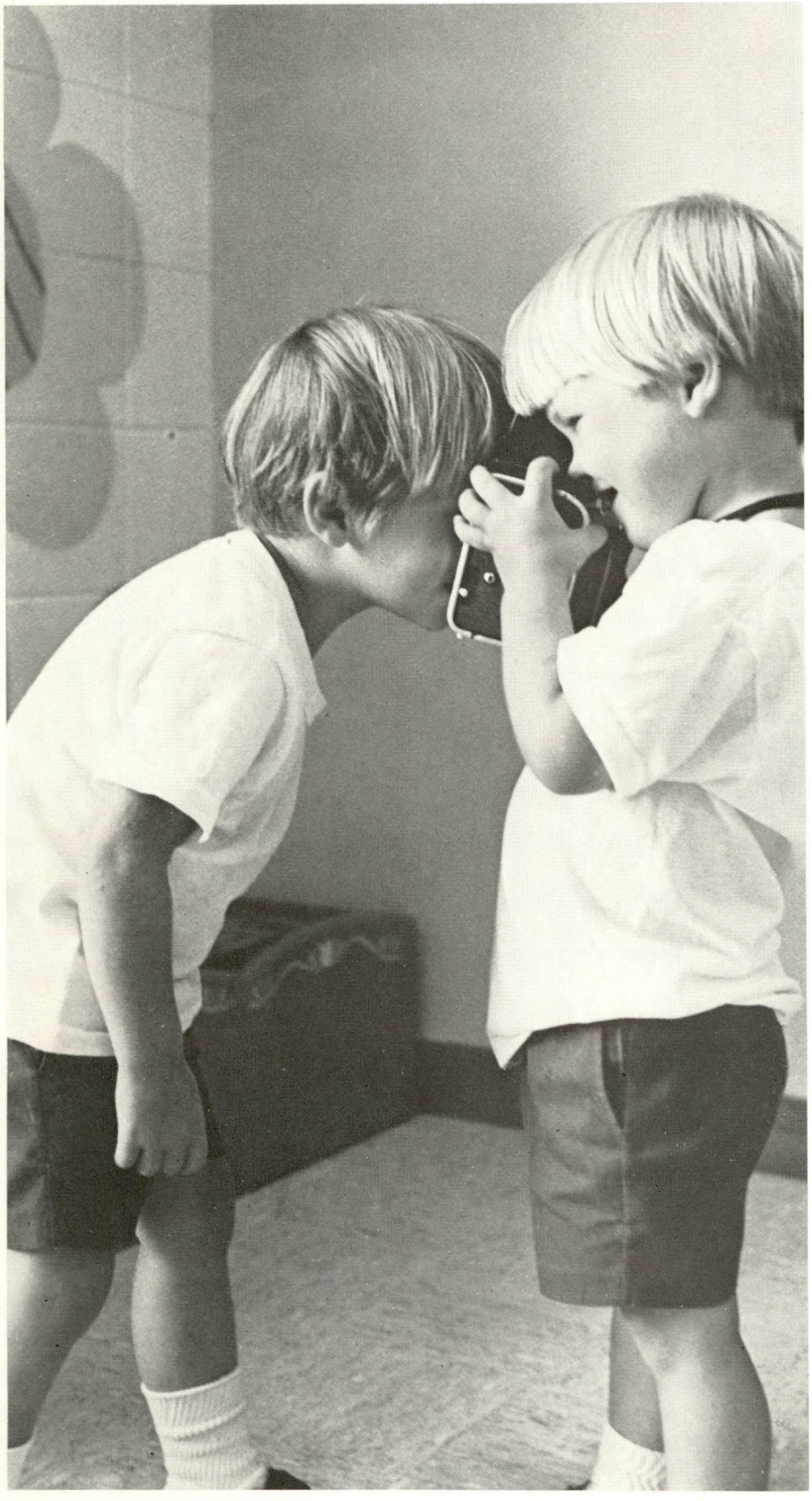
AT TULSA MEETING

ONEA Elects Officers, Honors Jean Knight

At their spring conclave in Tulsa, Oklahoma Natural Employees' Association representatives held their annual election of the Board of Trustees—pictured on this page. At the same time, longtime ONEA Secretary Jean Knight was honored for her dedicated service to the organization.

Secretary Jean Knight receives a plaque "in appreciation of years of dedication to ONEA" from Frank Williams, Oklahoma City. Keith Sipes, Oklahoma City, also participated in the ceremony honoring Mrs. Knight at the spring ONEA meeting in Tulsa.

ONEA's newly-elected Board of Trustees is headed by Dale Stone, at table with Jean Knight, Secretary. Other board members, standing from left, are Tommy Vice, Clinton, John Moore, Tulsa (Vice Chairman), Virgil McDaniel, Alva, and Larry Reid, Tulsa Service Center.



"Now get just a little closer," Robert tells twin Rodney as he takes what could be a prize-winning picture. Deadline for entries is September 10.

Do You Have Your Entries Ready?

"What entries?" you ask.

Don't you remember? It's time for the *Gasette's* second great photo contest for amateurs and others who take pictures.

Just in case you missed last month's announcement (you should learn to read the *Gasette* more carefully), we'll repeat:

1. The contest is open to all employees and retirees of ONG and its subsidiaries. Deadline is September 10. That's very important . . . Don't forget the date . . . September 10.

2. Color prints or slides should be designated for one of four categories in the color division: (1) landscape, (2) people, (3) animal, and (4) creative. All black-and-white pictures will go in a single division with no categories.

3. You may enter as many different categories as you like, but only one entry to a category; and each individual is eligible for only one monetary prize.

4. Each slide or print must be identified by printing your name, address, and category on a piece of paper attached to it.

5. Mail your entries to: Photo Contest; Oklahoma Natural Gas Company; P. O. Box 871; Tulsa, OK 74102.

Oh, yes! Almost forgot. What's in it for you? Fortune and fame. Each category will have a first place winner who will receive a $25 Savings Bond. Each second place winner will be given $10 cash. And most important, winning pictures will appear in the *Gasette*. Now what more could anyone ask?

gathering lines

Retirements

John B. Smith

JOHN B. SMITH retired June 1 to end a 23-year career with ONG. He was employed in 1950 to do extra work at Depew Storage and to assist in the replugging of wells in connection with storage operations. In August, 1952, he was promoted to skilled laborer, a position in which he worked as a general roustabout and water pumper in the replugging of old wells and treating of injection wells. On May 1, 1955, John was promoted to operator of gas engines and compressors at Depew Storage, the job from which he retired.

A native of Checotah, John and his wife ETHYL have three sons and two daughters: EARL, JAMES, FRED, DOROTHY, and HELEN.

John, a baseball enthusiast, has a 160-acre farm; and he enjoys raising cattle in his spare time.

New Faces—New Places

New employees in the Tulsa General Office are TERRY COFFEE, Data Processing; CARL BEVENUE, Stationery & Printing; DARLENE CREAMER, Personnel; DEBBIE HARDIE, Land & Lease Records; JOHNNIE JOHNSON, Tax; and DOLORES RANDALL, Building. Tulsa District has several new employees including: MARTHA DOERR, Sales; WAUNEVA HILL, Accounting; KENNETH KEATHLEY, Accounting; LEE SESSIONS, PBX operator, and JANET CAMPBELL, Accounting. BILLIE AVEY is a new clerk for ONECU.

O. J. DOUGLAS and JOHNNIE BYRD are new employees in the Clinton Operating Department and JAN FOX is a new Accounting Department employee in Elk City.

Promotions

Joyce Donnell

JOYCE DONNELL is a new dealer sales representative in Tulsa District. Joyce, in the Home Economics Department since 1956 when she joined ONG, was previously home economics supervisor.

A graduate of Arkansas State Teachers College, she has served as president of the Tulsa Home Builders Women's Auxiliary and is a member of the Tulsa Home Economics club, the Oklahoma Home Economics Association, and Home Economist in Business.

Miscellany

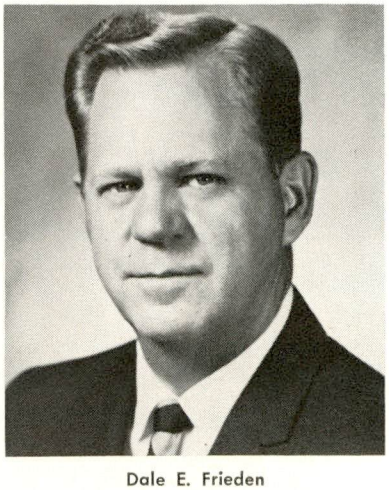
FLOYD SMITH, distribution serviceman at Helena, received the best grade in a recent refrigeration course at the vo-tech school at Enid.

PAM HIGGINS, part-time employee in the stenographic section of General Accounting, and a student at Hale High School, won first place in the balance beam, compulsory - optional division of the senior high gymnaestrada.

At the ONEA spring dinner meeting at the Holiday Inn in Muskogee, G. H. LAYMAN was elected representative with P. C. WOOD elected an alternate.

Wayman E. Humphrey

President WAYMAN E. HUMPHREY has been elected vice chairman of the Southern Gas Association's advisory council which advises S.G.A.'s executive committee on policy and budget matters.



Dale E. Frieden

Also, DALE E. FRIEDEN, vice president of sales, was named chairman of the S.G.A. marketing section, one of five major working committees of the association.

New officers elected for the Progressive Toastmasters Club in Tulsa are HARRY TURNER (Accounting Department) as president; FRED BARROWMAN (Tax Department) as secretary; and VERNON ROBINSON (Tax Department) as treasurer.

Three Oklahoma City ONGers are serving the Oklahoma Society of Professional Engineers. LIAL EDDY (superintendent of transportation and shops) is

the newly elected executive vice president of the state society; PAUL DILLINDER (engineer) is a member of the Society's state board of directors; and CHUCK CALLAHAN (Oklahoma City manager of heating and air conditioning) has been elected vice president of public relations for the Oklahoma City chapter.

Elected to offices in the Oklahoma City University Law Wives' Association are BRENDA SIMMONS (customer service employee in Oklahoma City), as vice president; and DIANA EDWARDS (employment interviewer and secretary), who is program director of the association.

IN MEMORIAM

RUFORD DEPRIEST, Bixby, father of E. R. DEPRIEST, Haskell storage operator.

JAMES P. MCKENNEY, Tulsa, father of JEAN KNIGHT, General Accounting.

OBIT

CLAUD J. KEASLING, 84, of Del City, retired Oklahoma City Operating employee, died Saturday, May 12.

Mr. Keasling was employed with Oklahoma Natural in 1923. He held several different positions in the Oklahoma City District and retired June 1, 1953.

Proud To Announce

RACHEL LEE—first child of DEAN and SHARON CONWAY. Dean is a special equipment operator in the Northern Oklahoma District.

Wedding Bells

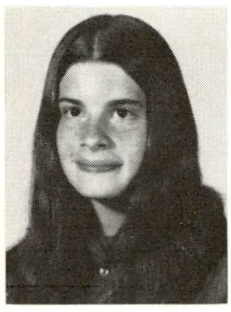
Double ring wedding vows were exchanged by LINDA LOUISE GILBERT and GARY DALE JANTZ. Gary is an Enid District operating employee. The couple took a honeymoon trip to Padre Island, Texas.

CHERYL ANDREA LOREE SMITH and JESSE O'NEAL BURNS, JR., were married in Tulsa. Cheryl is a secretary in the General Office Insurance Department.

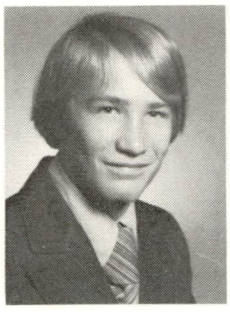
Youth Achievements

LISA K. ANDERSON, daughter of Accounting manager W. R. ANDERSON, Okmulgee, was named winner of a four-year Merit Scholarship which provides between $100 to $1,500 per year, based upon the individual student's financial need. The scholarship is one of the most highly regarded and sought by students

Lisa Anderson



Lisa Wilson



Mike Able

Janet DeVries

everywhere and was granted locally by the Pittsburgh Plate Glass Company. Lisa was graduated from Okmulgee High School this spring and is one of 1,110 high school seniors nationwide who were named winners from among a group of about 14,000 highly qualified students who became finalists in the 1973 Merit Program.

She will use her scholarship to attend Oklahoma Baptist University, Shawnee, where she plans to major in pre-medicine. She also received a $1,600 scholarship from this school, based upon her high ACT Score, and the $200 Presidential Scholarship.

First place winner in the girl's oratory contest of the Noon Optimist Club was LISA WILSON, daughter of Muskogee dispatcher H. W. WILSON. Lisa, attending Alice Robertson Junior High, spoke on competition and the political involvement in the Olympic games under the theme of "Listen World."

MIKE ABLE, son of Tulsa District Operating employee GLEN ABLE, was awarded an achievement scholarship worth $2,400 over a four-year period. Mike is a Sapulpa High School graduate and plans to attend The University of Tulsa. Mike was awarded an ONEA-ONG scholarship this year but turned it down in order to accept this larger scholarship.

JANET DEVRIES, 11-year-old daughter of RUSSEL DEVRIES, Enid Operating employee, recently received the Masonic Student of Today Award at Monroe Elementary School in Enid.

CAROL INMAN, daughter of JIM INMAN, supervisor of the classification and stenographic section of General Accounting, placed third in the uneven bars, compulsory division of the senior high gymnaestrada. She goes to Memorial High School in Tulsa.

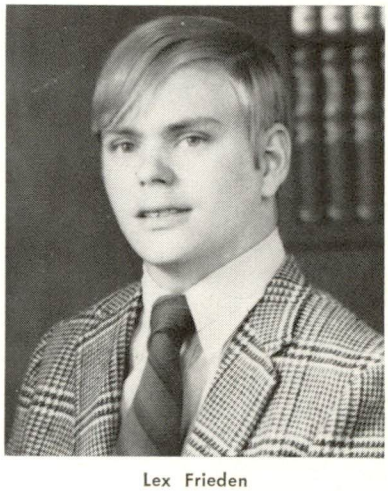
RONNIE RAINES, son of SAM RAINES, Anadarko distribution foreman, is valedictorian of the eighth grade class of Gracemont Public Schools.

Initiated into the University of Oklahoma's Phi Beta Kappa chapter was DONNA M. VANDERBURG MURPHY. This 1969 ONEA-ONG scholarship winner is the daughter of WALTER E. VANDERBERG, Norman Operating.

In The Community

Lex Frieden, son of vice president of sales Dale Frieden, gave the commencement speech for the graduating seniors at Alva High School.

Lex, valedictorian of his graduating class in 1967 at Alva High School, also was an honor graduate at the University of Tulsa, after fighting back from serious injuries suffered in a car accident near Stillwater.

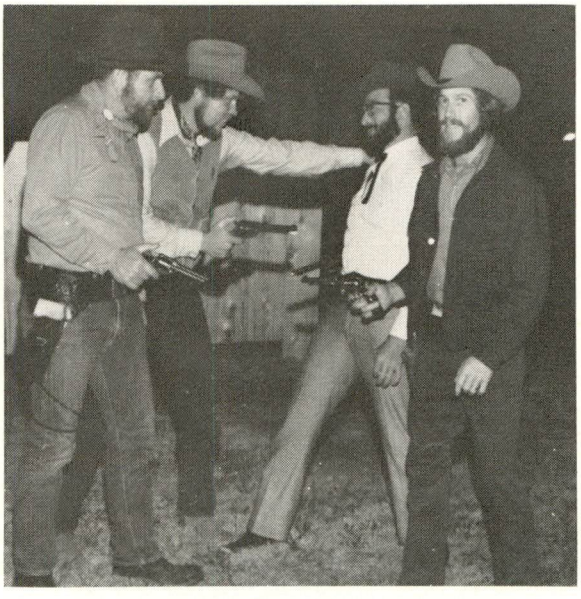


Lex Frieden

He holds a degree in psychology and is presently attending the University of Houston on a National Institute of Mental Health Doctoral Fellowship. His major is in social psychology and rehabilitation. He is a research assistant at the Texas Institute for Rehabilitation and Research.

Steve Ellis, son of Ardmore Area Operating superintendent J. C. Ellis, recently won first place in low hurdles at the state track meet in Edmond. His time was 19.7 seconds. He also won third place in the high hurdles with a 14.7 time. Steve has set two new school records this year, with a time of 19.5 in the low hurdles and a 14.7 in the high hurdles.

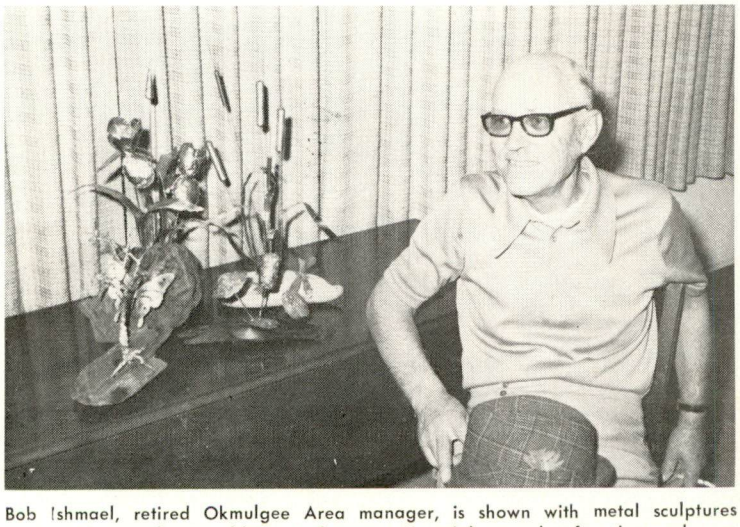
Frank Chappelle (left) receives an award of appreciation at a recent meeting of the Postal Customer Council. The award, for outstanding efforts and dedication to the council, came from the regional postmaster general's office in Memphis, Tennessee. Frank, manager of General Service, is serving as chairman of the local chapter of the postal association.



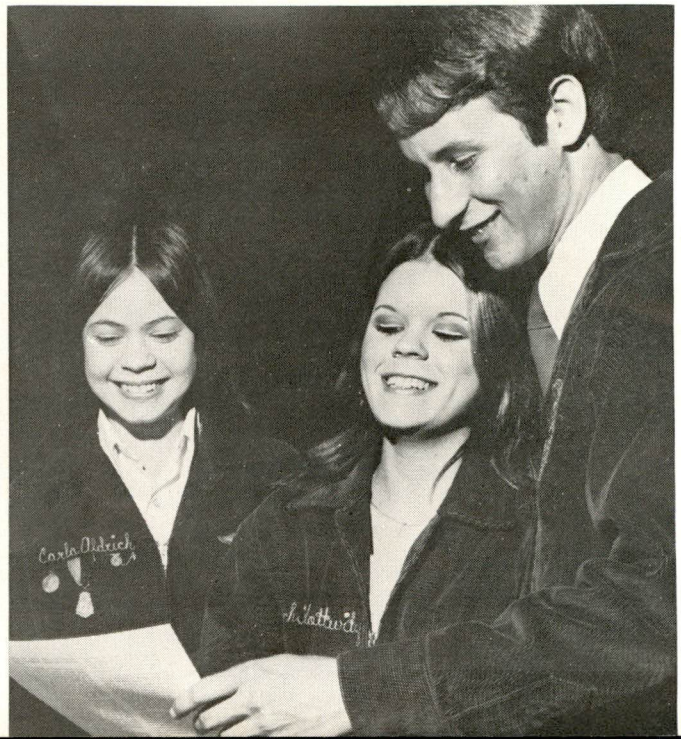
PIXPOURRI

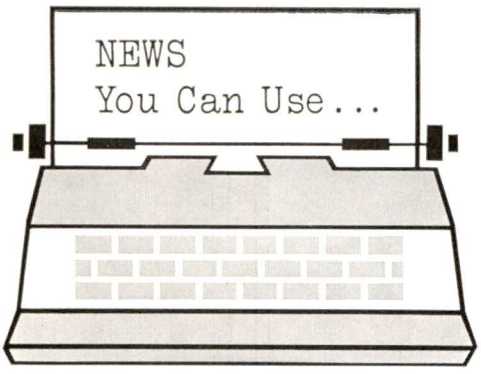
A shoot-out was part of the entertainment of the Annual Service Award meeting in Clinton. Employees doing the shooting are (left to right): Nolan Unruh, Tommy Vice, Clyde Walton, and Darrill Kauk. The beards and western dress were in keeping with Clinton's Cheyenne and Arapaho celebration.

For the first time in state Future Farmers of America history three girls were named as State Farmer. One of these was Carla Aldrich (left), daughter of A. D. (Buck) Aldrich, Stillwater Sales. Carla, an ONEA-ONG scholarship winner this year, also received the DeKalb Award for outstanding performance in vocational agriculture and FFA.



Bob Ishmael, retired Okmulgee Area manager, is shown with metal sculptures made with aceytlene welding equipment. Materials can be found anywhere—junkyards, auto supply houses, welding shops, etc. The petals on the flowers are from "shimstock." All cutting is done with welding torch.

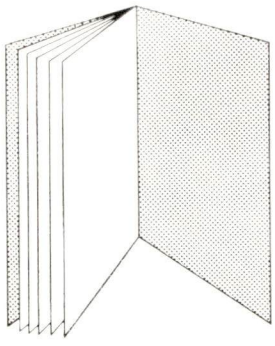




WHAT TO LOOK FOR IN BUYING SUNGLASSES: Lenses should be made of prescription quality glass, precision ground and polished to eliminate defects that will produce eye strain. Avoid plastic sunglass lenses since they cannot filter out the infrared rays. Optical glass is necessary for complete eye protection. Neutral gray or sage green are recommended for best color perception and least color distortion. There is no color distortion at all in a truly neutral gray lens. Colors other than neutral gray or sage green are of lesser or no value in a sunglass lens, say eyeglass specialists.

Your eyes normally use 25 percent of all your physical energy. Expose them to glare or the strain of badly made glasses and this percentage will greatly increase, because the job of seeing has become more difficult and thus drains more of your energy.

DID YOU FORGET A DEDUCTION ON YOUR 1972 INCOME TAX RETURN? It's not too late to claim it. File a form 1040X, which is designed to amend your original return. Pick up a form 1040X at your nearest IRS office, recompute the portion that has changed from your original return and send it, along with any necessary information, any time within three years.



BACK OF THE BOOK

JOHN W. SIMMONS

All of a sudden the vision is blurred in my left eye. It comes to mind that I've published pages of statistics, in times past, on lost-time injuries and how to avoid them. We print information that, hopefully, will keep ONGers safe from harm while on the job as well as away from it.

I know I've looked sympathetically if not quite understandably on ONGers I know who one day appear hobbling along on one foot ("sprained an ankle at the lake") or bandaged ("burned from touching a hot oven").

An accident can happen so swiftly, so unexpectedly.

The little rubber ball struck my left eye like a bulls eye. It happened on a racquet ball court at the YMCA. I yelled and fell to the floor, dazed. Seconds later my opponent was helping me to the showers. Vision in the injured eye was now blurry, but only slightly painful. A call to my doctor brought instructions: "Highball it to emergency. I want an eye man to see you." The wisdom of that order became apparent, later. Only by proper clinical examination, I was to discover, can implications of an eye injury — even a slight one — be determined.

At the hospital emergency desk the next patient in line also had an eye injury. Industrial accident. The young foundry worker had taken a metal particle into an eye. And then I made what was to me an amazing discovery. I was the tenth eye patient in the past two hours! Down the hall I saw a sad little leaguer whose right eye had been struck by a baseball bat.

My examination came. Relief. No cornea damage; no internal bleeding. In other words, no permanent injury. Antibiotic drops were prescribed. "Racquet ball's great exercise, but like everything else, you've got to think about safety," the young eye doctor said. He held up a middle finger. "Broke this playing hand ball. Had to quit that and take up racquet ball. I've thought about wearing eye guards. After seeing what happened to you, I think I will."

I got my prescription and went home. And it was time to write a column — this one. If there's a moral to this story, it's: "Keep your eye on the ball, not the ball in your eye."

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District Editors:
District Editors: ALVA Jean Petermann—Company phone 327-0192; ARDMORE Margaret Howell—223-3333; CLINTON L. T. Romans—323-1547; ENID Ed Spears—234-4600; MUSKOGEE Virginia Hartness—682-2411; OKLAHOMA CITY Ruth Prickett—235-0441; OKMULGEE V. D. Thmoas—756-6116; PONCA CITY Joan Swaney—762-5671; SHAWNEE Delores Douglas—273-6000.

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BUSINESS HAS CARED FOR PEOPLE SO LONG THAT MANY NOW TAKE IT FOR GRANTED.

Myth

Perhaps you believe business should exercise more responsibility in caring for people in the United States. You want to send more people to school, provide more welfare money for the needy, more support for the indigent, create more awareness in the fine arts for the underprivileged. In general, you think business should take on a greater share of social responsibility.

Fact

In a quiet, almost too unobstrusive way, business and businessmen have been paying their social responsibility bills for years. . . . Generous contributions in time and money to literally every worthwhile project . . . medical research, cultural improvements, new products, new services, new jobs, investments for the future. Business will continue to do its part. Profit makes it all possible.

got an idea...got a gripe...got a problem...got a solution...
got a misconception...got something to offer

LET'S TALK BUSINESS.