

LAKEVIEWS • JOHN M. WYLIE II, Editor and Publisher

## Fan, citizen participation



Whether it is a high school football game or Game 7 of the World Series, home field advantage is a big deal.

Those competing have a huge advantage when their home fans are there to cheer them on. That support is vital.

The same is true for government—citizens can have a huge impact if they attend meetings where decisions are made to make their views known in the right way and if they vote whenever they have the chance.

Social media has had both a good and bad effect on citizen participation.

It can allow issues to be identified quickly at all levels of government—which is good—but it also can create a level of debate best described as back-and-forth hurling of insults—

which is not productive.

More and more, government bodies are providing a time for public input during their meetings.

Yet few citizens take advantage of the opportunity to speak because all too often few or even none attend the meetings.

That includes the public hearings on the next year's budgets, where often not a single citizen attends to listen, ask questions or offer a suggestion.

Voter turnout shrinks with each election—and is much lower in local balloting, where individuals have the most direct control on government entities that affects them most personally.

Votes also have far greater percent-

age impact on the results in such elections than they do at the statewide or presidential level, where turnout is higher.

A good place for citizen participation to start is the upcoming Nov. 10 election for a Northwest Fire District Board member and on whether to enact a new tax levy for Northeast Technology Center's building fund so it can upgrade facilities. A separate NTC ballot item will determine whether the levy is permanent, or will be reconsidered annually by voters.

These are important decisions. We urge citizens to participate in making them. Democracy is not a spectator sport, it requires active participation.

A strong turnout for the Nov. 10 election would be a great first step.

GUEST EDITORIAL • BY MATT BALLARD, District Attorney

## Domestic violence harms all



Domestic violence harms the victim and our whole community.

We are here to help, and regardless of whether a victim can find the courage and strength to confront his or her abuser in court we're going to seek justice and protect the entire community by putting violent criminals behind bars.

It's in everyone's best interest to be aware of potentially abusive relationships and to report abuse. Statistically, a victim is abused seven times before he or she calls the police for the first time.

Many victims return to their abuser over and over—often because the abuser has cut them off from friends, family, work, school and financial resources. Some victims die at the hands of their abuser.

My office has a "no drop" policy in place. That means that even if the victim decides not to participate in the prosecution, the case goes forward and the abuser is held accountable.

This is called a "victimless" domestic violence case and the prosecution is described as "evidence-based prosecution".

Our law enforcement partners are crucial. Evidence including photos and interviews with the victim, witnesses, and even the perpetrator immediately following the abuse can all lead to a conviction.

When I took office I made it a priority to expand my Victim Witness Services staff from one person to four to better serve all victims of crime in the district.

If your partner becomes abusive, call 911.

For support and shelter contact Safenet Services in Claremore: Call (918) 341-1424 or visit [www.SafenetServices.org](http://www.SafenetServices.org).

I'm also sharing some valuable information from the National Network to End Domestic Violence about avoiding abusive relationships or getting out of abusive environments.

### 'Red flags' of a potentially abusive relationship

Domestic violence encompasses a spectrum of behaviors that abusers use to control victims.

These are some warning signs that someone may be abusive. If you or a friend experience these behaviors from a partner, remember: it is not your fault and there are advocates waiting to help.

"Red flags" include someone who:

- Wants to move too quickly into a relationship.
- Early in the relationship flatters you constantly, and seems "too good to be true."
- Wants you all to himself or herself and insists that you stop spending time with your friends, family, hobbies, school, or job.
- Is excessively jealous and accuses you of being unfaithful.
- Wants to know where you are

all of the time and frequently calls, emails, and texts you throughout the day.

- Criticizes or puts you down; calls you are crazy, stupid or fat/unattractive, or says that no one else would ever want or love you.
- Takes no responsibility for his or her behavior and blames others.
- Has a history of abusing others.
- Blames the entire failure of previous relationships on former partners (i.e., "My ex was totally crazy.")
- Takes your money or runs up your credit card debt.
- Rages out of control with you while maintaining composure around others.

Abuse is never the victim's fault but ending the relationship can be hard for many reasons, including safety.

If you experience these "red flags," you can confide in a friend or reach out for support from a domestic violence advocate.

If you believe a friend or relative is being abused, offer non-judgmental support and help.

### Planning for safety

If you think you are in an abusive relationship, it is important to make a plan to keep you and your children safe.

Think of a safety plan such as keeping an emergency kit in your car. Hopefully you won't need it but if you do, it could save your life.

Here are some things to consider in an abusive relationship:

- Plan how you could get out of the house quickly if your partner becomes violent. Try to position yourself near a door where you can escape quickly.
- Put together a suitcase and keep it at a friend's or family member's house. Pack clothes for you and the children, needed medicines, important papers, car keys, photographs, money, emergency phone numbers, and anything else you might need if you have to leave suddenly. Remember documents such as an Order of Protection, records of violence, IDs, medical and insurance records, and your children's records.
- Tell neighbors about the abuse and have them call the police if they

hear noises coming from your house.

- Talk to your children about how they can keep themselves safe.

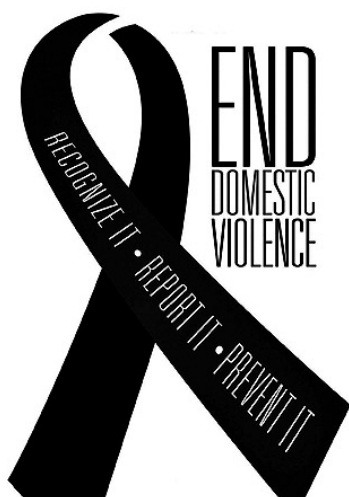
### If considering leaving a battering relationship:

Identify things that have worked in the past to keep you safe.

Remember past events and how the abuser acted. Identify clues that indicate when things might become violent.

Behavioral clues can include body language, drug/alcohol use, etc.; event driven triggers could be pay days, holidays, etc.

- Identify what you will do if violence starts again. Can you call the police? Is there a phone in the house? Can you work out a signal with the children or neighbors to call the police or get help?
- Explore ways to remove dangerous weapons--such as guns, hunting knives, etc.--from the house.
- Plan and practice an escape route. Know where you can go and who you can call for help. Keep a list of addresses and phone numbers to use in a crisis and keep them in a safe place.
- If possible, open a bank account or hide money to establish or increase independence.
- After leaving:
  - Change the locks on doors and windows (if the abuser has a key or access to a key).
  - Increase the police's ability to find your house by having a large visible street address outside the house.
  - Get a P.O. Box and forward all your mail to it. Ensure that utility companies will not give out your information to your abuser.
  - Determine the safest way to communicate with the abuser if there must be contact. If you agree to meet, only do so in a public place, preferably with a security guard or police officer nearby. If possible bring someone else.
  - Make sure you are not followed home. If your partner follows you in a car, drive to a hospital or fire station and keep honking the horn.
  - Create a safety plan for leaving work. Talk with your supervisor and building security and provide a picture of the abuser, if possible. If you have an Order of Protection, give security or the receptionist a copy.
  - Teach your children a safety plan, including calling the police or family and friends if they are taken and where to go during an emergency. Tell your schools and childcare provider who has permission to pick up the children and develop other special provisions to protect them.
  - Keep a journal of harassing phone calls and times you may see your abuser around the work place or neighborhood. Save and/or print any threatening emails. Keep a journal of anything that happens between you, the abuser, and the children regarding visitation.



OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

# Oologah Lake Leader

(USPS 688-470)

Periodicals Postage Paid at Oologah OK 74053

Postmaster: Send address changes to

Oologah Lake Leader

PO Box 1175, Oologah OK 74053

Entire Contents © Oologah Lake Leader LLC 2015

The Oologah Lake Leader, a legal newspaper of Rogers County, Oklahoma, is published each Thursday except the last week of the year by

Oologah Lake Leader LLC  
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FROM THE FRONT  
BY JARRIN JACKSON

## Wolf's den

Part 4 of 5

After immersing myself in the local Afghan culture for the past year, I understood certain parts about it. One was the tenet of Pashtunwali, the ethical code that most Afghans adhere to.

In this code, a person grants another person asylum by bestowing nanawatai. It means a person with nanawatai is under the protection of the person who bestowed it.

Without Hajji S knowing, I quietly began a friendship campaign, chumming up his people in outlying areas.

Feigning self-deprecation, I gushed about how wonderful Hajji S was, and told them that he had bestowed the nanawatai on me. I was hoping they would believe that their warlord had declared me safe.

I risked that because the claim was so culturally specific, no one would think an infidel would know about it, let alone dare to wrongfully invoke it.

I risked that no one would challenge me. No one, after all, dared argue with their murderous warlord. No one dared bring up his decisions. His word carried weight.

As word spread in the outer areas, I began making daily visits to Hajji S, always making a big, festive show of my arrival and sporting a happy, cheerful countenance when I left.

He didn't like it, especially after he had already told me to stop coming. But he didn't know about the friendship campaign.

And though he always had me outnumbered, I figured rightly that as much as he disliked me coming around, he disliked the thought of bringing the might of the U.S. Military down on him even more. I knew if we got in a fight, our side would carry the day.

Word circulated that Hajji S had declared me safe. Reports of friendly, daily visits spread. If you were an insurgent, with spies among the people, what would you think? What would you do?

## Tulsa Stockyards Report

Sale Every Monday 9:00 am

913 N 161st E. Ave, Tulsa Oklahoma

918-234-3438

### Feeder Cattle Weighted Average Report for 10/19/2015

Receipts: 3612, Last Week: 3844, Year Ago: 2356

Compared to last week: Steers \$9-\$11 higher. Heifers \$10-\$12 higher. Quality plain thru attractive. Demand good. Supply includes 26 percent over 600 lbs. and 42 percent heifers. Slaughter cows mostly steady. Slaughter bulls \$5 lower. A total of 337 cows and bulls sold with 36 percent going to packers.

Feeder Steers Medium and Large 1 325-400 lbs. \$249-\$255; 400-475 lbs. \$239-\$244.50; 500-525 lbs. \$221-\$225.50; 550-575 lbs. \$205-\$210.50; 600-650 lbs. \$192-\$197; 650-675 lbs. \$191-\$193; 700-800 lbs. \$180-\$190; 800-825 lbs. \$167-\$178.

Feeder Heifers Medium and Large 1 300-335 lbs. \$238-\$249; 350-375 lbs. \$223-\$227.50; 400-450 lbs. \$207-\$215; 450-475 lbs. \$200-\$206; 500-550 lbs. \$193-\$200; 550-600 lbs. \$180-\$184; 600-675 lbs. \$176-\$186.50; 700-750 lbs. \$173-\$179; 800-850 lbs. \$162-\$173.

Slaughter Cows: 000-1550 lbs. Average dressing Breakers and Lean cows \$80-\$89, Boners not tested; High dressing \$90-\$107, Breakers not tested; Low dress \$73-\$84.50. 750-1000 lb. Light weight cows Average dressing \$66-\$72; High dressing \$74-\$80; Low dressing \$60-\$65, Very low dressing \$43-\$49.

Slaughter Bulls: 1400-2200 lbs. Average dressing \$101-\$106; High dressing \$115; Low dressing \$93-\$99, Very low dressing \$80-\$86.

Replacement Cows: Pre-tested for pregnancy and age. Medium and Large 1-2: 2-3 year old 1000-1250 lb. cows 1-5 months bred average quality \$1100-\$1560/head; 5-6 year old 1200-1250 lb. cows 4-7 months bred average quality \$1550-\$1575/head; 7-9 year old 1325-1525 lb. cows 2-6 months bred average quality \$1300-\$1775/head.

Pairs: Medium and Large 1-2: 2-8 year old 1500-1850 lb. cows with 50-125 lb. calves average quality \$1825-\$2125/pair.

Source: USDA-OK Dept of Ag Market News Service  
24 Hour Market Report 405-621-5533  
[www.ams.usda.gov/mnrreports/KO\\_LS760.txt](http://www.ams.usda.gov/mnrreports/KO_LS760.txt)

## JOKE OF THE WEEK

### Can't sleep

An accountant was having a hard time sleeping. He told his doctor, "I just can't sleep at night."

The doctor said, "Have you tried counting sheep?"

The accountant answered, "That's the problem—I make a mistake and then spend three hours trying to find it."

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