

Biologists use survey results to obtain information on the state's hummingbird population and to learn how long these fascinating migrants reside in Oklahoma each year.

Hummingbirds are unique in many respects. They are the only birds that can hover, fly backward and upside down as easily as they fly forward. Hummingbirds are neotropical migrants – birds that winter in South America and Mexico and migrate to North America to breed.

“The hummingbirds seen in Oklahoma fly 500 miles across the Gulf of Mexico during both spring and fall migrations,” said Jenny Thom, natural resources information specialist with the Oklahoma Department of Wildlife Conservation. “The bird’s sparkling beauty, amazing antics at sugar-water feeders and tolerance of human activities certainly makes it one of Oklahoma’s favorite ‘Watchable Wildlife’ species.”

A simple way to attract hummingbirds to your home is to set out a sugar-water feeder specifically designed for hummers.

Here are a few tips to get you started.

- Use a formula of one part sugar to four parts boiled water. This solution best mimics natural flower nectar. Never use honey or sugar substitutes.
- Place the feeders outside and leave them up until at least Nov. 1. This provides nectar for both early spring and late migrating hummingbirds. Other birds such as orioles

and chickadees may also be attracted to your hummingbird feeder.

- Place feeders in the shade. If more than one is used, place them far apart to avoid competition from the territorial hummingbirds.
- Feeders should be cleaned about once a week with hot water and vinegar, to inhibit the growth of a fungus that is dangerous to hummingbirds.






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Most vehicle shoppers are not completely familiar with the financing process when they purchase a vehicle. Sticker price is just one of the many variables involved in your vehicle purchase. Dealers can offer their own financing plans such as “no interest” for several months, notes with a balloon payment or only allow you to finance on their terms.

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USDA unveils new food guidance system

Agriculture Secretary Mike Johanns has unveiled MyPyramid, a new symbol and interactive food guidance system.

"Steps to a Healthier You," MyPyramid's central message supports the Healthier US initiative which is designed to help Americans live longer, better and healthier lives.

MyPyramid, which replaces the Food Guide Pyramid introduced in 1992, is part of an overall food guidance system that emphasizes the need for a more individualized approach to improving diet and lifestyle.

"MyPyramid is about the ability of Americans to personalize their approach when choosing a healthier lifestyle that balances nutrition and exercise," said Johanns. "Many Americans can dramatically improve their

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overall health by making modest improvements to their diets and by incorporating regular physical activity into their daily lives."

MyPyramid incorporates recommendations from the 2005 Dietary Guidelines for Americans, which was released recently by the USDA and U.S. Department of Health and Human Services.

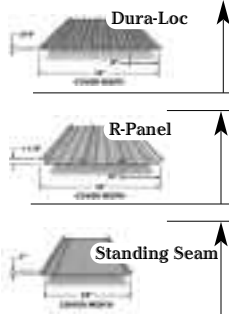
The Dietary Guidelines for Americans provide authoritative advice for people two years of age and older about how proper dietary habits can promote health and reduce the risk of major chronic diseases.

MyPyramid was developed to carry the message of the dietary guidelines and to make Americans aware of the vital health benefits of simple and modest improvements in nutrition, physical activity and lifestyle behavior.

Additional information about USDA's MyPyramid is available at MyPyramid.gov.

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OKLAHOMA MARKETBASKET PRICES AT-A-GLANCE

Grocery Item & Pricing Quantity	Second Quarter 2005	First Quarter 2005
Ground Chuck/lb.	\$2.38	\$2.50
Sirloin Tip Roast/lb.	\$3.29	\$2.93
Center Cut Pork Chops/lb.	\$3.10	\$2.73
Bacon/lb.	\$2.35	\$3.13
Whole Fryers/lb.	\$0.90	\$0.88
Grade A Large Eggs/doz.	\$0.71	\$0.85
Whole Milk/gal.	\$3.13	\$2.60
Mild Cheddar Cheese/lb.	\$3.06	\$3.23
Red Delicious Apples/lb.	\$0.90	\$0.68
Russet Potatoes/5-lb. bag	\$1.25	\$1.53
Cherrios, 10-oz. box	\$2.68	\$2.86
All Purpose Flour, 5-lb. bag	\$1.00	\$0.98
White Bread, 20-oz. loaf	\$1.26	\$1.23
Mazola Oil, 32-oz.	\$2.30	\$2.32
Crisco Oil, 32-oz.	\$2.09	\$2.15
Kraft Mayonnaise, 32-oz.	\$3.02	\$2.55

TOTAL \$33.42 \$33.15

The Oklahoma Marketbasket Survey, conducted by members of the OFB Women's Committee at sites across the state in May, saw the total price increase slightly from first quarter numbers. Despite the small jump, grocery prices in Oklahoma remain about 15 percent lower than the national average.

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AUTOMOTIVE

'72 Ford Galaxie 500, all original, showroom condition, very nice, \$3,000. Shawnee, 405-275-0378.

'85 Cadillac Seville, tan and brown, \$1,500; '95 Ford 4-door pickup, white, \$9,000; '87 Chevy 4-door pickup, red, \$2,500. 918-473-2924.

'98 Chevy Silverado 3/4-ton regular cab pickup, white, very good condition. 580-227-3448.

'94 Ford F350 with Deweze bed, 4-wheel drive, very good truck, 1 owner. 918-623-6695.

Like new '99 Chevy Silverado 1/2-ton extended cab, looks/drives like new, step sides, wide bed, bed liner, V8 auto, well maintained, many extras. 405-275-5673.

'89 Chevy Suburban, 81K original miles, automatic, cold AC, new brakes, rear air, 8 passengers, third seat, runs great, \$2,250 OBO. 405-733-4921 evenings.

'73 Honda Trail 90 CT90, vgc, current tag, restored, low miles, new tires, battery, chain and sprockets. 405-329-0399.

'50 Ford coupe, \$10,000; '68 Chevy convertible, \$10,000; '78 Ford pickup, \$10,000; '01 Dodge pickup, \$10,000. 918-962-2064.

Classic '59 Chevy Impala, sapphire blue/white, bought new, 35,000 miles, as is where is, \$15,000. 417-624-2512.

'00 F250 XLT super cab, super duty, automatic transmission, 5.4 L, white, 78,000 miles, one-owner, extra clean, \$17,500. 405-238-6958.

'85 Oldsmobile Delta 88 4-door, 85K miles, always garaged, very nice, \$2,800. 580-679-3853.

Overhead ladder rack for long bed pickup, \$125; Ford pickup bed, no tailgate, \$75; '80 Chevy pickup; '73 Winnebago, 24-ft., lake ready; '93 Mark 8 engine, or would buy car. 580-512-5550.

Baja Bugs, 73, runs, dual Webbers, chrome; '73 body; '67 with bus transaxle; lots of parts, blocks, CV joints, transaxles, etc. 918-775-3432.

'93 Ford 1-ton long wide bed, ext. cab, 7.3 Int. diesel, auto, under 80K, like new, \$9,000. 405-598-8339.

'89 Toyota 4x4 ext. cab pickup, V6, automatic, \$2,500; '82 Toyota Landcruiser 4x4, 4-speed, \$3,000. 405-542-3512 after 7 p.m.

'97 Ford pickup bed with new tailgate, white. 580-214-1554.

'01 Dodge long wide bed HD pickup, 360 magnum engine, 410 non-spin differential, 4-door club cab, 26,400 miles, nice truck. 405-275-1230.

'90 Econoline van, Mark III conversion, new transmission, new tires, 302 engine, TV/VCR, \$2,750. 918-723-5587.

Natural gas powered cars, trucks for sale. Drive for 89¢/gal., fuel available statewide. Run on gas, too. Russ Casey, 918-733-4887.

'04 Chevy Silverado LT 2500 HD crew cab w/Duramax diesel,

2WD, Allison transmission, auto, low miles, bucket seats, \$30,500. 580-323-5298.

'62 Chevy Impala 2-door HT, 283 V8, auto, runs/drives good, needs quarter panel, \$4,000; '55 Ford Crown Vic, needs restored, not running, \$5,500 firm; '65 Chevy convertible, \$3,500. 405-672-0048.

'79 Chevy truck, not running, want to trade for 14-ft. flat bottom jon boat. Truck has good body, also old camper on bed. 405-948-8587.

'70 F100 4x2, 289 ci, auto transmission, \$500; '78 F150 4x2, 351 ci, auto transmission, \$1,000. Want Cushman motor scooter. 580-358-2553.

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IHC 1150 grinder-mixer, good condition, 5x14 Kelly Ryan mixer feeder with scales, several 4- and 6-inch augers 12 to 16 feet. 918-967-8435.

Wilrich 34-foot field cultivator with harrow, \$1,750; 3-axle combine/sprayer trailer, \$1,250. 580-541-2326.

JD750 15-foot no-till drill, liquid fertilizer with new Baker tandem hitch, \$16,700. 580-395-2055.

Champion pecan cracker, model CA, fresh overhaul by Pecan Producers Inc., set up for natives, \$3,000. 918-366-2403. Oliver row crop tractor with gas engine, runs okay, good tires, \$3,500. 405-222-1445.

4-ft. 3-point hookup rotary mower with tail wheel, good as new. 405-853-4958.

32-ft. inline hay wagon w/tandem axle, gooseneck, self-unloading, lights and brakes. 918-371-9264.

'95 5-L Cat. track loader, works good, has ripper, teeth on blade, \$26,000; DC-4 Case 1939 runs good, needs paint, \$800; alfalfa. 580-363-3881.

JD 5400 tractor 4WD, creeper gear, canopy top, like new, 1,450 hours. 918-273-1098.

'55 Oliver Super 55, 5-ft. Brushhog, 5-ft. disc, 4-ft. box blade, single row lister, dirt scoop, 3-point boom, all for \$5,500. 580-357-0882.

'46 IH Cub, '47 IH B restored, good rubber, parade ready; visible gas pump, oil and gas signs, station memorabilia, forge, anvil. 580-639-2776.

'28 Case mowing machine painted original Case yellow, \$500. 405-308-9606, 417 N. 1st, Tecumseh.

4020 JD propane tractor in good condition, \$5,000. 580-298-3005.

9-ft. Krone model 282 disc mower; '73 Volkswagen camp

mobile, automatic. 918-352-3063.

5000 Ford tractor; 10-ft. cow trailer. 918-473-2180, 473-5929. 300-gal. steel tank, slides in pickup bed, water hauling or liquid feed. 918-335-1450, 440-6448.

'98 Terramite T5C backhoe, excellent operating condition, \$7,250. By appointment only, 918-652-7248.

3000 Ford diesel, low hours, power steering, good condition, w/6-ft. Brushog, \$5,500. 918-723-4603.

3-point 2-bottom moldboard, double fold harrow, 15-ft. Krouse chisel. 580-698-2454.

My-D-Handy calf squeeze chute w/tilt table, \$250. El Reno, 405-990-5679.

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C Farmall WF, 2-point, runs great, \$1,500; H Farmall, looks & runs good, \$850; H & C parts tractors. 918-352-2966.

Almost new 6x16 horse/stock trailer, Logan Wrangler made in Logan, Utah, perfect condition, used only once, can be seen at logancoach.com, 405-386-6677.

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Great stud, Destiny Smile, for sale/make offer; breeding, \$1,000, kin to Smarty Jones. 405-771-3472.

Limousin bulls and heifers, black, gentle, calving ease, homo, top genetics. Wildhorse Valley, 405-408-6166, 279-3398.

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Gray Brahman bulls, heifers, very gentle. 918-367-2735.

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Wedding set: white gold, size 6, .38 ct. solitaire and .50 ct. diamond band, paid \$950, sell together or separate, \$400 OBO. Jo, 405-872-3067 after 6 p.m.

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Old upright piano with mirror across top, bench included, GC, nice, \$250. 405-317-2953.

Pound cakes, 25 different recipes, \$3. I built a business with 1 of these. Marge's Country Kitchen, Rt. 1, Box 164A, Duncan 73533.

Tiny Beanies, Beanie Babies & Buddies, \$1-\$5 each plus S&H, '92 & newer only, lots to choose from. 918-256-2376, leave message.

3 burial spaces at Resurrection Cemetery, near chapel, easy visitor access, \$2,300 value, make offer. 405-373-3098.

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'95 & '96 Kawasaki jet skis with triple trailer, good condition, garage stored, \$4,200. 405-258-0449.

Double stroller, \$75; bassinette, \$60; wooden baby bed, \$75; nice fish/ski inboard boat, \$3,500; 2 wet bikes w/trailer, older style but lots of fun, \$1,500. 580-536-5474.

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The Skylight Protector protects skylights from hail, golf balls, falling ice or debris damaged, reduces noise from falling nuts, acorns or pine cones. Size 2x2, 2x4. CCobb, Inc., 580-362-3201, skylightprotector.com

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Storage trailer, good for all types of storage. Delivery available. 405-258-6559.

Propane tanks: 500-gallon used, \$525; 1,000-gallon, \$1,000. Rebuilt 500-gallon, \$625; other sizes and new available. Terry, 405-288-6810.

Show goats, Lezlie, 580-726-5717.

Hunting for lease, deer/turkey, Joe, 580-450-5730.

Crocheted names, wedding anniversary, friend, any occasion. \$3 per letter, border: 580-563-9470.

Saddle holder, never used, holds 3 saddles. 580-563-9470.

14K RWB 5th wheel hitch, \$250; 5th wheel to gooseneck adapter (RV3), manufactured by PopUp Ind., \$300. 580-477-2122.

Expert tractor work including mowing, box blade, loader. Also do plasma cutting up to 1/8-inch. 918-267-7169, 724-5937.

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Fence charger repair, all brands and models, 110 or 12 volt, solar 6 and 12 volt. 580-365-4327.

Freshman home school curriculum, complete year including answer keys and required reading, purchased from School of Tomorrow Christian Education. 405-379-6820.

43 volumes (1913-1993) USDA Yearbooks, good condition. 405-324-2228.

Home & Garden Party® – excellent income/flexible business, quality decorating products sold through home shows, no inventory, no deliveries. 580-256-0746.

PETS

Stud – my AKC LH min. dapple doxie needs a mate. Stained glass glasses and contract work. Camille, 405-273-3700.

2 AKC Collies, 2 years old, females, sable/white. 580-265-9654.

Reg. Blood Hound pups, purebred, male and female, black and tan, born Jan. 31. 580-223-4897.

AKC Pug puppies, shots and wormed, nice and healthy, champion in pedigree, \$500. 918-434-5414.

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 AKC female chocolate Lab, 8 months, needs playmates and
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 Free black Lab mix puppies, 6 months. Cockatiel and cage,
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REAL ESTATE

5-acre lots west of Shawnee 3.8 miles west of Hwy 102 and
 Hardesty Road, \$18,900 to \$21,900. 918-368-2523 for
 information.

Lake lot on Tenkiller Lake at Tenkiller Harbor Resort,
 \$2,000. 918-486-5219, 341-6335.

Home, shop, land all in 1 with easy access to Hwy 412. 2.5
 acres with '02 1,792 sq.ft. manufactured 3-bedroom home,
 2.5 baths, FP, large kitchen, aerobic system, front/back wood
 decks, pond, mature trees, 40x40 shop with FP, ofc., 2 OHD,
 Blackmax air compressor, \$110,000 OBO. 918-543-6667.

2-story home in Idabel with 1-bedroom cottage on big lot
 with large trees. 580-212-6405.

2-story home w/5 bedrooms, 3 full baths on 3 acres w/2-car
 garage, 2 new Trane heat/air units, has new roof, would make
 great B&B. 2-story building for storage plus a barn. Home in
 excellent shape w/new appliances, \$295,000. 405-381-3537.

Arbuckle Lake. 3/4 bedroom, 2 1/2 baths, 3-story including
 walkout basement, 2,650 sq.ft., 2-car detached garage on 5
 acres. 580-622-6504, 618-0182.

4,175 sq.ft. gray brick 3/2.5 custom built in '96 w/game room,
 indoor pool, indoor storm shelter, 5 ponds all with fish,
 floating dock on 160 acres of beautiful SE OK. See at
 geocities.com/costalotaranch or call 580-931-7178.

Lake property at Cedar Blue near Sulphur, 32-ft. Terry
 trailer, log cabin on front, very nice, \$29,500. Golf car, tilt
 trailer, \$2,000. 405-381-3537.

195 acres highly improved farm/ranch, 1/2 mile hwy.
 frontage, 5 bedrooms, 4 baths, 36x40 steel shop w/living
 quarters, 60x120 steel hay/horse barn, stable ready, 2 slide
 doors, abundant deer, turkey and quail, 6 ponds, \$745,000.
 918-687-6824.

960-acre farm/ranch, 1 mile hwy. frontage, 4,500 sq.ft. luxury
 house, 800 sq.ft. office, 2 large barns, pipe corrals, all in one
 location in Wichita Mountains. 580-639-2246.

Priced reduced: great 3-bedroom, 2-bath brick home on 1/2
 acre, Lake Hudson, gated community has pool, fishing,
 docks, \$109,500. 918-283-1534.

Mini-mart & deli or may carry contract, great busy Hwy. 120
 E, Heavener; also 50+ acres east of store, same terms.
 480-529-0555.

Eufaula Lake lots, \$100 down, \$100 monthly. \$2,500 up to
 \$6,000. No credit check necessary. 918-689-7477.

2.25 wooded acres M/L w/3-bedroom, 2-bath manufactured
 home built in '00 w/2-car attached carport/garage, home has
 brilliant masonry exterior veneer w/brick charcoaler/
 smoker on front lawn, must see, \$54,000. 918-366-7444.

Arbuckle Lake, 3 to 4 bedrooms, 2 1/2-bath cedar home, 3-
 story including walkout basement on 5 acres, 1 mile from
 Guy Sandy boat ramp, \$179K. 580-622-6504, 580-618-0182.

1,680 sq.ft. '99 3-bedroom, 2-bath w/fireplace, 30x30 garage/
 workshop on 3 lots on Lake Texoma, \$79,500. 580-564-9814.

By owner: 1 1/2-story wood home w/50-year transferable
 vinyl siding warranty on 7 large lots w/concrete storm cellar,
 \$20,000 firm. Waynoka, 580-824-0040.

2-bedroom house in Alva, 1-bath w/carport, storage house.
 Great for college student or rental property, asking \$15,000.
 580-327-6831 evening, 327-3432 day.

10 to 45 acres w/hilltop 4-bed, 2 1-2-bath stone/frame home,
 20 minutes to Tulsa near Kellyville, pasture, trees, 2 ponds, 1
 stocked. Starts at \$234,000. 918-247-7035.

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40 acres, W 1/4 NE 1/4 -25-17-10, 2 miles from Lomega High
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'98 Alfa 35-ft., 3 slides, 8-ft. ceiling, washer-dryer, basement
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 or family camping. 580-584-5803, 405-833-8992.

'98 30.5-ft. Prowler fifth wheel/living room & kitchen,
 slide out, interior and exterior immaculate, 1 owner,

bought new fall 1999, extra added warranty, \$15,500 firm.
 C.J, 405-383-2308.

'85 Fleetwood 2-bedroom, 1-bath, good condition, must
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Collector trying to complete set of Department of
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Want to purchase oil, gas mineral rights, producing or non-
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Want to buy 300-500# cake feeder for pickup with auger.
 580-921-3450.

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Want left front fender for '60 Ford F700 truck or front clip,
 has 3 holes in grill, 3.5 diameter. 918-333-3974.

Where can I order labels with my name on to sew on
 garments? 580-367-2370.

Collector wants old Case tractors, 600, 700, 800, 900 and
 others. Toll free, 888-508-2431.

Collector paying cash for antique fishing lures, tackle; also
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Country

Kitchen

GRILLED SIRLOIN STEAK—Serves 4

- 4 (6-ounce) Certified Angus Beef®
center cut top sirloin steaks
- 1-1/2 teaspoons lemon pepper
- Mushroom-Cream Sauce:
 - 8 ounces mushrooms, sliced
 - 1 clove garlic, minced
 - 4 tablespoons butter or
margarine, divided
 - 2 tablespoons flour
 - 1/4 cup beef broth
 - 1/2 cup water
 - 1/4 teaspoon salt
 - 1/8 teaspoon pepper
 - 3/4 cup half-n-half cream



1. Using broil option on oven, set temperature to broil. Sprinkle steaks with lemon pepper; place on broiler pan and broil 3-5 inches from source of heat for 7-10 minutes per side for medium-rare (depending on thickness of meat) or to desired degree of doneness. For outdoor charcoal grilling, place steaks over moderately hot coals and grill for 5-8 minutes per side for medium-rare, or to desired degree of doneness.
2. Sauté mushrooms and garlic in 2 tablespoons butter or margarine in skillet over medium heat until tender. Remove from pan.
3. Melt 2 tablespoons butter or margarine in skillet; stir in flour to make a paste. Combine broth and water; slowly add to paste; simmer for 2 minutes; add seasonings.
4. Add half-n-half; heat just until hot; do not boil. Serve immediately with steak.

SOUTHWESTERN GRILLED PORK TENDERLOIN

- 2 boneless pork top round steaks, cut 1/2-inch thick, about 1 pound total
- 2 teaspoons each butter and vegetable oil, divided
- 8 ounces sliced mushrooms
- 1 tablespoon Dijon-style mustard
- 1/2 cup heavy cream
- 1 teaspoon freshly ground black pepper



Heat 1 teaspoon each butter and oil in large heavy skillet over medium-high heat. Season steaks with salt and pepper; brown well on both sides, turning once, about 9-10 minutes total. Remove steaks from skillet and keep warm. Add remaining butter and oil to pan; cook and stir mushrooms until tender, about 6 minutes. Stir in mustard, cream and pepper; cook over high heat, stirring constantly, until slightly thickened. Serve mushroom sauce with steaks, steamed asparagus spears, mashed potatoes and a tossed green salad.

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