

# Depew Buzz...



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Website: [www.VisitDepewOK.com](http://www.VisitDepewOK.com)  
email: [Buzz@VisitDepewOK.com](mailto:Buzz@VisitDepewOK.com)

Childrens' Mural  
Painting Party.....1

## Children's Mural Painting Party

Coppedge Bldg Cleanup  
in progress.....2

Storms Down Old Trees  
at Coppedge Hospital  
.....3

Ear Staples - Barbaric or  
Beneficial?.....4

Depew Buzz  
News Submissions.....5

VisitDepewOK.....6



Childrens Mural features Boy collecting Sunflowers beneath an apple tree.

### Community Calendar

Aug 2, 2005 - Town  
Meeting at 6:30 p.m.

Aug 6, 2005 - Depew  
Downtown Cleanup

[Event Details.....6](#)

Nearly 15 children attended the Children's Mural Painting Party on July 23rd. The event was hosted by Linda Spangler at Spangler's Grocery and artist Emily Priddy, Eastern Vice President of the Oklahoma Route 66 Association. One portion of the mural is of a boy collecting sunflowers beneath an apple tree. The other is of a pond with lilly pads.

When complete, both murals will mimic stained glass and cover windows on the side of the original Post Office. This is just one more of a series of murals that will bejewel the town.

*(pictures continued on page 3)*



## Coppedge Building Cleanup In Progress



The hole in the Coppedge Building floor that once served as a storm cellar has now been filled with dirt and branches.

Removal of branches and debris at the Coppedge Building is underway. Though the work is being done a little here and a little there by local citizens, as shown by the picture below, it has made a big impact on the looks of the time worn building.



Removal of vines and shrubbery overgrowth reveals lettering that remains intact.



## Trees of Coppedge Hospital Downed by Storm



Severe winds downed two trees in the yard of the former Coppedge Hospital. Fortunately, the trees fell away from the structure, so the building suffered no damage. Downed limbs were suffered all around town.

## Pictures from Children's Mural Painting (cont. from pg 1)



Children in attendance were: Trey 15, Chase 7, Dalton 9, Tiffany 6, Kayla 3, Sean 9, Hailey 7, Hunter 5, Trevor 4, Tiara 8, Paige 7, Brittany 12, Shannon 12, and Katlyn 7



## Ear Staples - Barbaric or Beneficial?

by Pam Reeder



Ear Staple. Must be treated with a regimen of 70% alcohol and neosporin ointment. Also, must be wigged daily to keep from becoming stationary.

Like many others, I constantly battle fluxuations of weight. The fortunate part is that I only have 10-15 pounds to lose. The unfortunate part is I have only 10-15 pounds to lose. Some say it is easier to lose 25-50 pounds than it is to lose a few. In my case at least, I would be inclined to agree.

While exercise and proper eating are touted by professionals as being the absolute best and safest ways to lose weight, my experience has been that I can't seem to hang with it long enough to see noticeable results. Perhaps I'm too impatient, but I expect that after 6-8 weeks of exercise I should at least see a 5 pound loss but I don't. And after weeks of monitoring my food intake, the best I see come of it is a 2-4 pound loss which I promptly regain on one day of falling off the foodless wagon.

So, I find myself looking for that weight loss miracle. In working on the Visit Depew website business listings, I spoke with Stacy Martin of The Beauty Barn and she listed ear staples for weight loss. Curious, I asked for details which she openly shared with me. A small surgical staple is placed in the hollow of both ears. The staple acts as a constant source of pressure on a point in the ear that assists with curbing the appetite. As I fought my cravings to consume doughnuts and muffins that my coworkers innocently offered, I found myself thinking more and more about ear staples. Though

the procedure isn't approved by the FDA, they have been documented and are said to be 90% effective. Of course, results vary depending on the length of time they are used as well as the amount of weight overage. Additionally, certain health conditions will modify the results such as those taking hormones or with thyroid conditions. Still, if I could lose even 5 lbs...

I convinced myself to take the plunge and try it. Friday afternoon in a matter of 10 minutes, I was sporting my two new ear staples. It stung a bit but not unbearable. I felt a tiny bit like bride of frankenstein but relaxed when I found that hardly any one noticed them unless they were pointed out. I'm now in my second day and quite truthfully, I spent my first full day without focusing on food all day long.

So, are ear staples barbaric or beneficial? A bit of a sting, yes, but I personally don't think they are barbaric. And I can't yet say how beneficial they are for me. However, other clients of Stacy's have already enjoyed amazing results including one woman who lost 50 pounds and wants all her family and friends to go for it. I'm hopeful I'll meet my target goal of losing 10-15 pounds. I'll keep you posted of my progress.



## The Depew Buzz

The Depew Buzz is a FREE e-Newspaper issued on the 1st and 15th of the month about the Depew area based on submissions by Depew community members. Read online or print and share.

**If it's important to you - it's important!  
Submit it to the Buzz**

Submit your news [online](#) or send to:

Depew Buzz  
c/o Pam Reeder  
23782 S. 433rd W. Avenue  
Depew, OK 74028

Want to volunteer to write a column for the Buzz?

### News Categories:

#### Main Buzz

Current Events  
City Council News  
Business News

#### Town Talk

Birth Announcements  
Birthday Blessings/News  
Engagement Announcements/News  
Wedding Blessings/News  
Anniversary Blessings/Celebration News  
Obituaries

#### Soap Box

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Classifieds  
Help Wanted

#### Depew Praise

Church News  
Church Event Announcements/News

#### Hornet Halls

School news  
School Sports News  
School Event Announcement/News

#### Food & Fun

Recipes  
Jokes  
Crafts

#### Calendar of Events

Upcoming Event Announcements/Details



## Community Calendar of Events

### Aug 2, 2005 - Town Meeting at 6:30 p.m.

You are invited to a town meeting Tuesday, August 2nd, 2005 at 6:30 p.m. at the Methodist Church Annex, corner of Malley and 8th Streets.

We would like to hear your ideas to improve and revitalize the Town of Depew. We would also like to share with you suggestions that have been made and plans that are currently in progress.

We would like for members of every Depew organization, church and business, as well as individuals to join us. We need your input and help.

### Aug 6, 2005 - Depew Downtown Cleanup

Helping hands volunteers from the community and supportive organizations will gather at 9 a.m. to clean up the Historical Downtown Route 66 Main Street and Buildings removing debris, trimming grass, weeds, painting, boarding up broken windows and general improvement of the downtown appearance.

For more information contact:

Linda Spangler of Spangler's Grocery  
918-324-5472

Diona Marker, Acting Mayor  
918-324-5695

Emily Priddy, Eastern Vice President  
Oklahoma Route 66 Association  
918-445-7495

**Depew Now Has its own Website**  
**[www.VisitDepewOK.com](http://www.VisitDepewOK.com)**

VisitDepewOK.com is a website promoting commerce and tourism for the Depew area. Get a FREE listing for your event or business by visiting our website or mail information to:

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23782 S. 433rd West Avenue  
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