

Gary England still sharing weather knowledge



photo provided

At 76, Gary England is still helping keep Oklahomans ahead of the storm through a new weather series with the University of Oklahoma.

by Bobby Anderson
Staff Writer

From time to time, Gary England will drop by the School of Meteorology at the University of Oklahoma to speak with the incoming freshman class.

Any student who knows anything about weather in Oklahoma

understands when England walks into the room they are in the presence of greatness.

But the self-described kid from Seiling sets down a manila folder and pulls out rejection letter after rejection letter.

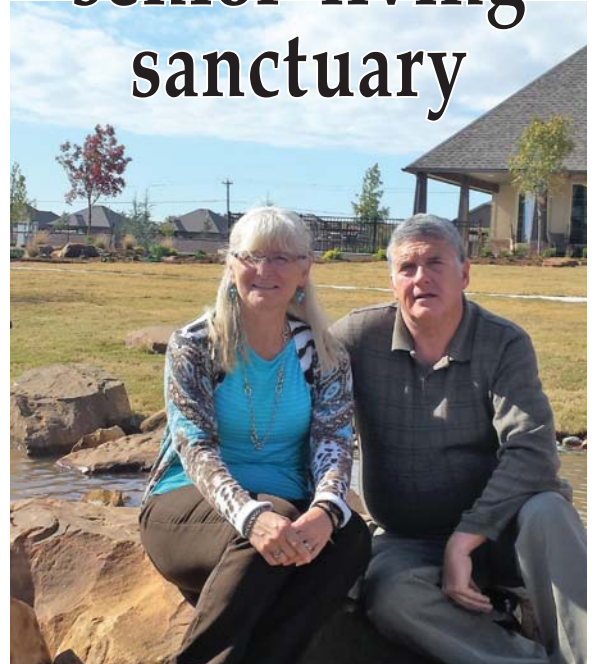
"I went a lot of places and they didn't like me," he grins.

Even in retirement the 76-year-old is still cracking jokes and - more importantly - he's still helping Oklahomans protect themselves from Oklahoma weather.

Through much prodding, the University of Oklahoma has taken up some of England's

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Visionary home builder creating senior living sanctuary



Rocky, 60, and Phyllis Clark (59) have designed a new active adult retirement neighborhood.

by Mike Lee, Staff Writer

Sanctuary. A peaceful refuge of country ambiance in the city. That's the vision Rocky and Phyllis Clark had for the active adult retirement neighborhood they just opened in south Oklahoma City/Mustang. Whispering Creek is designed to foster and retain natural elements for the benefit of people and wildlife. Landscaped walking trails curve around the centrally located ponds and waterfalls. Fountains light up at night so they can be enjoyed at all hours. Deer, owls, rabbits, and birds of all kind

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Spotlight on Community — Caring for Miracles

I recently attended the INTEGRIS Neonatal Intensive Care Unit Reunion and Halloween Party. PAGE 12



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call Whispering Creek home. A favorite spot for watching nature is the 1,800-square-foot covered back porch at the clubhouse. This is where the Clarks designed the perfect spot for residents to socialize or just enjoy the peaceful tranquility of the scenic view.

The idea to develop Whispering Creek began when Phyllis and Rocky found themselves looking for senior living options for their parents. Everything they saw in the OKC metro area seemed to have more concrete than green space. The Clarks felt that seniors deserved more. They wanted to create an upscale yet comfortable haven that rewarded people for decades of hard work. A place where residents receive a helping hand with chores and the peace of mind that comes with a gated entrance and cameras. They envisioned a culture where neighbors know and look after each other. They succeeded in their huge investment to make Whispering Creek all they dreamed of it being. Some people are choosing to live in the neighborhood because they like to travel and feel their home is more secure in that environment. Others choose Whispering Creek because they want a private home but not all the maintenance that usually comes with it.

The idea has been so successful that Clark has opened up a purchase offer. The purchase option is new and is in response to the numerous requests for buying into the gated neighborhood rather than renting.

Rocky, age 60, and Phyllis, 59, co-own R&R Homes with their son, Russell, and daughter-in-law, Tabitha. In fact, three of their four kids work alongside them. And, so do their in-laws. Family is a top priority for the Clark clan. They all reside within seven acres of each other and are living what is quickly becoming the new American dream.

Rocky and Phyllis grin ear to ear when talking about their 11 grandchildren and the 2 more being adopted. At first glance a person could mistake the quiet and casually dressed pair as an average Joe and Jane but they are anything but typical. Married 41 years, they are as dedicated to serving others as they are to loving their family and building quality homes. Phyllis was a 1st grade school teacher

/school librarian for almost 20 years. She has a Master's degree and has also illustrated teacher resource books. Rocky has coached Little League Football in Moore since 1985. He started by coaching his son's team and never stopped. Thirty years later he heads up the Moore Dirt Bags, a team of 10 year-old boys, including two of his grandsons. Rocky and his family have lived in Moore since 1965. That city's Junior High is where he met Phyllis and they have been together ever since. The Clarks are active at Journey Church. They humbly admit they have been richly blessed and truly want to bless others.

The family business is one of the metro's most active home builders. R&R Homes has been developing complete neighborhoods for 10+ years. A few of their projects include Bella Terra in Edmond, Rock Creek in Moore, and Riverview which sits on the Canadian River in Newcastle.

Whispering Creek is a gated community of homes for lease to people age 55 and better. The age-restricted neighborhood is designed to cultivate friendships and the extra support / security that comes from living among peers. People can be as social or private as they want. Scheduled activities at the clubhouse will focus on resident's interests and will vary from yoga, book-of-the-month, and crafts to card games and pot luck socials.

A variety of one and two-bedroom floor plans are available. The homes have many built-in luxuries and upscale extras. Spacious walk-in closets, granite bath and kitchen counters, covered porches, generous lighting, inlaid tile, and window seats are some of the homes' features. Refrigerator, washer / dryer, and all appliances are provided. Whispering Creek handles all the lawn care and home maintenance. The affordable rents start at \$1,425 and include all these things plus basic cable television, water, sewer, trash, and clubhouse amenities. Residents have free access to a storm shelter, fitness center, activities kitchen,



Whispering Creek is designed to foster and retain natural elements for the benefit of people and wildlife and just opened in south Oklahoma City/Mustang.

crafts room, game area, living rooms, fireplace, and private party room at the clubhouse.

Whispering Creek is located in

south OKC / Mustang on County Line Road. It is north of S.W. 59th street and not far from Highway 152.

Oklahoma Climbs in America's Health Rankings Increase in Immunizations, Decrease in Smoking Rates Highlight Report

Oklahoma improved in America's Health Rankings, a report issued by United Health Foundation, to 45th overall. The state has improved since ranking 49th in the nation in 2009. The report highlights progress on immunization rates, preventable hospitalizations and a reduction in the adult smoking rate.

The most dramatic achievement in the report was Oklahoma's more than 10 percent increase in the number of children immunized, from 62.7 percent in 2014 to 73.3 percent this year. That rate is almost two percent higher than the national rate of 71.6 percent and will effectively prevent children from contracting dangerous diseases.

"It's rewarding to see the progress our immunization staff and county health departments have made in providing access to life-saving vaccines for our state's children," said Dr. Terry Cline, Oklahoma State Department of

Health (OSDH) Commissioner. "Even more rewarding is the knowledge that increasing vaccine coverage saves lives, particularly among our youngest and most vulnerable residents."

America's Health Rankings 2015 report also highlights Oklahoma's lowest ever smoking rate at 21.1 percent. While still three percent above the national smoking rate, Oklahoma has continued to make dramatic improvements in the number of people who smoke.

"The success we have seen in smoking rates is due to the commitment of organizations like TSET, health policy leaders such as Governor Mary Fallin and scores of community partners who have rallied to combat this health threat," Dr. Cline said. "While we celebrate this progress together there is still work to be done. We have 88,000 kids alive in Oklahoma today who will die

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ENGLAND

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retirement time to collaborate on a new weather series.

This Sooner Series consists of short, entertaining videos that will give people of all ages a better understanding of Oklahoma's severe weather patterns and events. This entertaining series will make it easy and fun for you to become familiar with the fundamentals of our weather, the history of weather forecasting, and the technology used by meteorology professionals to keep the public as safe as possible.

Using Janux's social discussion forum, participants will be able to interact directly with Gary and share their own weather stories and experiences with people around the globe.

This series is being offered at no cost through multiple media channels, including iTunes U, YouTube, and OU's Janux online learning platform.

These videos have been professionally produced by NextThought, and the entire series is being released at once, so that taking part is convenient to fit your schedule.

Visiting his granddaughter, Cassidy, now a sophomore at OU, England was hit up while on campus to work on the series by President David Boren's Chief of Staff Nicholas Hathaway.

"A bunch of us sat down and what amazes me is how you gather so many really intelligent and creative people together," England said. "They're quite amazing."

"I like doing the series. You plan it. You do it and you've got it out there forever for people."

From there, the Janux series was born. It came at a right time for the recently retired England.

"Retirement kind of snuck up on me," says OU's meteorologist in residence. "I never have liked to take vacations. Never liked to travel. I love what I do. My lifetime dream was to be on TV at Channel 9. I never had a thought past that."

Undeniably, England is an Oklahoma treasure. Born in Seiling, Oklahoma, England joined the U.S. Navy at age 17, after which he attended The University of Oklahoma, graduating in 1965 with a Bachelor of Science in mathematics and meteorology.

He began his broadcasting

career with KWTU in Oklahoma City in 1972. Over his 41-year career with KWTU, England is credited with saving countless lives and properties with his steady, measured reporting during severe storms in Oklahoma.

England became internationally noted for pioneering innovations in weather technology and systems that are now common tools in the world of severe weather coverage, including first acquisition and application of commercial Doppler radar, the storm time of arrival warning system, corner screen warning maps, and cellular still picture/video transmission.

With the firm Enterprise Electronics, he implemented the world's first commercial Doppler weather radar in 1981, becoming the first person in history to use Doppler radar for direct warnings to the public.

Dubbed "The Weather God of Oklahoma City" by the New York Times, England is the recipient of numerous awards and honors, including four Emmy Awards and the Silver Circle Award by the National Academy of Television Arts and Sciences, Heartland Division.

He was inducted into the Oklahoma Hall of Fame in 2013. He also received the prestigious Edward R. Murrow Award for best in the nation in breaking weather coverage in all large markets.

He is the author of four books and has appeared in more than 60 national and international severe weather programs. In 2013, England assumed a new role at KWTU-9 as the vice president for corporate relations and weather development at Griffin Communications.

England was named an OU Outstanding Alumnus in 2008. He was further honored by OU in October 2013 at the annual Ring Ceremony and also served as parade marshal for OU's Homecoming. England received the University of Oklahoma's highest award in 2014, an Honorary Doctorate of Humane Letters.

England is still highly-sought in the legal field as a consultant, testifying for attorneys as an expert witness - something he's done since the 1970s.

"The legal stuff is fun until you get to court," England laughed.

But when Oklahoma's weather ramps up, England still feels that itch.

"I miss it a little," England said. "I'll tune in on bad weather and I think I don't miss the death, destruction and human suffering. I grew really weary of that."

And just like he's done for the last 40 years, even in retirement England is still trying to keep Oklahomans safe.

RANKING

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prematurely from smoking. That is just not right."

Oklahoma was recognized for accomplishments in other areas important to public health. In the past five years, preventable hospitalizations have declined by 29 percent for Medicare beneficiaries. Prevalence of physical inactivity was almost five percent lower than the previous year, with 28.3 percent of state residents reporting that they were not physically active. Oklahoma was also cited for strengths in low prevalence of excessive drinking and small disparity in health status by education level.

While rates of obesity, diabetes and drug deaths rose in the state, those categories followed a similar national trend. The report also cites challenges in the

state due to limited availability of primary care physicians and the continuing high rate of cardiovascular deaths.

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OPINION



Dear Kim,

Pill splitting - literally cutting them in half - has become a popular way to save on pharmaceutical costs but you need to talk to your doctor or pharmacist first, because not all pills can be split.

The reason pill splitting is such a money saver is because of a quirk in the way drugs are manufactured and priced. A pill that's twice as strong as another may not be twice the price. In fact, it's usually about the same price. So, buying a double-strength dose and cutting it in half may allow you to get two months worth of medicine for the price of one. But is it safe? As long as your doctor agrees that splitting your pills is OK for you, you learn how to do it properly, and you split only pills that can be split, there's really no danger.

Ask Your Doctor

If you're interested in splitting your pills, talk to your

Dear Savvy Senior,

Is pill splitting safe? I have several friends who cut their pills in half in order to save money, but I have some concerns. What can you tell me? *Cautious Kim*

doctor or pharmacist to find out if any of the medicines you use can be safely split. It's also important to find out whether splitting them will save you enough money to justify the hassle.

The pills that are easiest to split are those with a score down the middle. However, not every pill that's scored is meant to be split. Pills that are most commonly split include:

- Cholesterol lowering drugs, like Crestor, Lipitor, Mevacor, Pravachol and Zocor.

- Antidepressants, like Lexapro, Celexa, Serzone, Paxil, and Zoloft.

- High blood pressure medicines such as, Accupril, Zestril, Diovan, Avapro, Norvasc, Tenormin, Toprol and Cardura.

- Erectile dysfunction pills, like Viagra, Cialis and Levitra.

Use a Splitter

Having the right equipment is very important too. Don't use a knife or scissors to cut your pills in half. It can cause

Pill Splitting Dos and Don'ts

you to split them unevenly resulting in two pieces with very different dosages, which can be dangerous. Purchase a proper pill cutter that has a cover and a V-shaped pill grip that holds the pill securely in place. You can find them at most pharmacies for \$3 to \$10.

For convenience, you might be tempted to split the whole bottle of pills at once. But it's best to do the splitting on the day you take the first half, and then take the other half on the second day or whenever you are scheduled to take your next dose. That will help keep the drugs from deteriorating due to exposure to heat, moisture, or air. It will also help ensure that any deviation in the size of one dose is compensated in the next. It's also important to know that pills are only safely split in half, and never into smaller portions such as into thirds or quarters.

Don't Split These

Some pills should never be split. Drugs that are time-

released or long-lasting and tablets that contain a combination of drugs probably shouldn't be split, because it's difficult to ensure a proper amount of active ingredient in each half. Pills with a coating to protect your stomach, and pills that crumble easily or irritate your mouth shouldn't be split either, along with chemotherapy drugs, anti-seizure medicines, birth control pills and capsules containing powders or gels.

Again, your doctor or pharmacist will know which drugs can and cannot be split. If you're taking a medicine that can be split, you'll need to get a prescription from your doctor for twice the dosage you need. Then you can start splitting safely, and saving.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

'Tis the Season for Crooks

Christmas is less than two weeks away, and the stores and malls will be filled with last-minute shoppers. About 44 percent of people will do their holiday shopping in December or later, according to one annual survey. While all the spending is good for retailers, it can also be irresistible to thieves. But there are ways to discourage crooks from targeting you whether you shop at a local store or online.

With 40 percent of households expected to do their holiday shopping on a computer, consider these tips to fight cyber criminals:

- Only shop on secure websites.

There are two ways to tell if a website is secure. First, check the web page URL. On a secure connection, the web address should start with "https." The "s" at the end stands for secure. Second, check for the

"Lock" icon. Depending on which web browser you use, the "Lock" could be in lower right or lower left corner.

- Designate one credit card for online shopping only.

By only using one card for your online purchases, you can easily monitor that particular card if there is any suspicious activity.

If you are a victim of identity theft, it can be expensive to reestablish your credit and identity. Identity theft insurance can cost between \$25 and \$60 per year. It does not cover direct monetary losses incurred as result of identity theft. Instead, identity theft insurance provides coverage for the cost of reclaiming your financial identity, such as the costs of making phone calls, making copies, mailing documents, taking time off from work without pay and hiring an attorney.

Your current homeowner's policy may include identity theft

insurance. If not, you may be able to add identity theft insurance to your current policy or purchase a stand-alone policy.

If you prefer to shop at local stores for your holiday gifts, use these common sense tips to protect yourself:

- Don't tempt a crook. Don't flash cash or credit cards when making a purchase.

Take time to put your money away properly after you checkout.

- Limit the number of packages and bags you carry.

Struggling to carry several shopping bags makes it easy for a crook to steal your wallet or take one of your packages.

- Protect your identity

Take only the credit cards you plan to use, and guard them carefully. Crooks can memorize credit card numbers over someone's shoulder. Also, make sure the cashier hands you back

your card. Mistakes can be made in the hustle and bustle of shopping. And finally, safeguard your receipts. Thieves often look for discarded papers to steal credit card information.

If you are the victim of a crime, report it to the police immediately and ask for a police report. This will help you decide if you want to file an insurance claim. Theft of personal possessions is generally covered by homeowners and renters insurance policies. There is also limited coverage for stolen credit cards - usually up to \$500. For any other insurance information contact the Oklahoma Insurance Department at 1-800-522-0071 or visit our website at www.oid.ok.gov.

The Oklahoma Insurance Department, an agency of the State of Oklahoma, is responsible for the education and protection of the insurance-buying public and for oversight of the insurance industry in the state.

Whodunit Dinner Theater Announces Line up for January

Whodunit Dinner Theater's original format presents
'Showdown! At Madam Yahoo's Saloon!'

This hilarious western written by Oklahoma's playwright Earline Cottet is a crowd favorite! Dates include:

Friday December 4th & 11th; January 15th at Cattlemen's Steakhouse 1309 S. Agnew okc- you can not access tickets by calling the restaurant, you must call Whodunit's number at 405-420-3222 or go to www.whodunit.net.

Tuesday December 8th & Friday January 22nd at Teds Escondido North 6900 N. May you can not access tickets by calling the restaurant, you must call Whodunit's number at 405-420-3222 or go to www.whodunit.net.

Whodunit Part YOU is our newest format where the audience actually plays a part! Six audience members receive a script & costume accessories and join in on the mystery! They may even be the one 'Whodunit'!!

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Dates include: Saturday January 30 & our 'sweethearts show' on February 19th at The Grandison Inn 1200 N. Shartel Ave Okc get tickets by calling 405-232-8778.

Ticket prices for all Whodunit shows are \$48 and include dinner & show! Arrival times for all Whodunit shows is 6:15pm.

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COMMUNITY

RSVP announces \$15,000 grant from OKC Foundation

RSVP of Central Oklahoma is pleased to announce it received a \$15,000 grant from the Oklahoma City Community Foundation and its Services for Elderly iFund grant program. The grant is being used to support the RSVP Provide-A-Ride medical transportation program for low-income older adults.

"Older adults who are no longer able to drive depend on RSVP Provide-A-Ride volunteer drivers to receive safe and reliable rides to and from their medical appointments; and the generous grant received from the Oklahoma City Community Foundation is playing an integral part in helping hundreds of older Oklahomans remain healthy and

live independently in their own homes" states Beth Patterson, Executive Director of RSVP.

RSVP of Central Oklahoma has served older adults and the nonprofit community for 42 years. The mission of RSVP is to enrich the lives of semi-retired and retired people by linking them with rewarding and meaningful community volunteer opportunities. Presently 750 RSVP volunteers serve 136 local nonprofit organizations that depend on volunteers to meet their agency mission and the needs of their clients. During the past year RSVP volunteers contributed 150,000 service hours to help make our community a better place to live.



RSVP is a part of the Corporation for National and Community Service and a proud partner agency of United Way of Central Oklahoma. The Oklahoma City Community Foundation was founded in 1969 and works with donors and organizations to create endowments that address needs and opportunities within our community. The Services for Elderly iFund grant program represents a compilation of contributions from donors who want to support grants to help keep senior citizens safe and

living independently in their own homes. For more information on the iFund grant program, please visit www.ifundokc.org. For more information on the Oklahoma City Community Foundation please visit www.occf.org.

RSVP is accepting volunteer applications from persons age 55 and older who are interested in sharing their time, skills and talents to make a difference in the lives of others. Please visit rsvpokc.org or telephone 405-605-3110.

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HEALTH

The Paul Silverstein Burn Center Celebrates 40 Years of Courage and Commitment

In 1975, America ended the Vietnam War, "One Flew Over the Cuckoo's Nest" nearly swept the Academy Awards, designer blue jeans were a hot new trend and a 39-year-old plastic surgeon from Boston launched the first burn center in Oklahoma City at Baptist Medical Center. That doctor was Paul Silverstein, M.D.

While a major in the U.S. Army from 1969 to 1972, Silverstein served at the prestigious U.S. Army Institute of Surgical Research at Fort Sam Houston in San Antonio, Texas. There, he cared for and performed research for the benefit of military burn victims from the Vietnam conflict, other veterans, Native Americans, Eskimos, and their families. It was an experience that drove him to find ways to treat and care for perhaps the most painful and devastating injury people ever suffer.

The Kerr Foundation gave a jumpstart to the effort to found a burn center in Oklahoma City by contributing \$500,000, if a matching amount could be raised. Burn centers have always been known as a costly venture. But Baptist Medical Center's leaders, among them former CEO Jay Henry and plastic surgeon Ed Dalton, M.D., saw the clear need for a metro area burn treatment facility. They persisted, raising the money needed to remodel an existing patient care floor at Baptist Medical Center. The new burn center opened in November 1975 as the hospital's first Center of Excellence, with a commitment to patient care, research, teaching and burn prevention.

In 1989, the burn center

expanded to include hyperbaric oxygen therapy. In 1995, an additional 12-place hyperbaric chamber (the largest in Oklahoma) was installed and a separate Hyperbaric Medicine and Wound Care Center was established side-by-side with the burn center. In 2000, the board of directors honored Silverstein's commitment and legacy to the treatment of burn patients by renaming the facility, the Paul Silverstein Burn Center.

Today, the Paul Silverstein Burn Center at INTEGRIS Baptist Medical Center is known across the nation as a center of excellence with a dedicated staff of doctors, nurses and paramedical personnel committed to life beyond survival. "Our goal is to rehabilitate a patient, not just save a life," affirms Silverstein. "If a patient leaves here a whole person and a productive member of society, then we have accomplished our goal."

Since its opening in 1975, the burn center has expanded to become one of the largest adult burn centers in the United States, serving a six state area. More than 5,000 patients have been treated at the center, plus another 10,000 outpatients. It is a 40-year legacy of compassion and leadership and a true testament to the vision of doctors and nurses, hospital administrators and concerned business leaders.

Now that legacy, under the guidance of Christopher Lentz, M.D., continues with a commitment to push the boundaries of burn therapy further. In an effort to improve access to care in Oklahoma, our burn center providers are evaluating community interest



Barbara Jett, Dr. Greg Walton, Traci Walton, Dr. Paul Silverstein, Dr. Amalia Miranda, Dr. Mason Jett.

in a telemedicine program for acute burns, that would allow physicians in local emergency departments or regional hospitals to consult directly with a burn surgeon before sending the patient to the burn center.

In addition, Lentz is planning an expansion of patient care to include pediatric surgeons and nurses at INTEGRIS Baptist Medical Center. As a result of

this vision, hopefully someday soon children suffering burn injuries will no longer have to be transported out-of-state to receive optimal care.

On Nov. 8, a special ceremony was held at Gaillardia Country Club to commemorate Silverstein's many accomplishments and to celebrate the future successes of the burn center.

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Arbor House of Norman	54	Norman	405-292-9200	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*		
Arbor House of Midwest City	58	Midwest City	405-455-3900	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*		
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Featherstone Ret. Community <i>Assisted Living</i>	42	Moore	405-799-9919	www.featherstoneretirement.com	*	*		*	*		*	*	*			
Fountain Brook <i>Assisted Living - Memory Support</i>	74	Midwest City	405-769-7677	www.fountainbrookliving.com	*	*	*	*	*	*	*	*	*	*	*	*
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Savannah House of Yukon <i>Independent Living</i>		Yukon	405-265-0273	www.jrkpropholdings.com								*				
Savannah House of Moore <i>Independent Living</i>	60	Moore	405-378-2500	www.carlsbadok.com								*		*		
Savannah House of Norman <i>Independent Living</i>	60	Norman West	405-329-2450	www.carlsbadok.com								*				*
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Wyndam Place <i>Senior Residences</i>	70	Norman	405-310-2266	www.beacon-mgmt.com								*		*	*	
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Savannah House of Guthrie <i>Independent Living</i>	79	Guthrie	405-293-9606	www.jckholdings.com								*				
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Oklahoma Insurance Commissioner John D. Doak is encouraging Oklahomans to prepare for the winter weather season as weather forecasters warn about the possibility of freezing rain and flooding over the holiday weekend. "It's important to understand what is and isn't covered by your home and auto insurance," Commissioner Doak said. "Winter storm damage can be financially devastating to a family without the proper insurance coverage. That's why I'm urging all Oklahomans to review their policy before any storm hits."

Liability coverage under your auto insurance policy will cover damage you cause in an auto accident where you are found liable. The optional collision coverage of an auto policy will cover damages to your vehicle from an accident where the other driver is uninsured, a single-car crash or where you were at fault. Comprehensive coverage, which is also optional, would cover damage to your car caused by falling trees or ice. Review your policy for further clarification, or contact your insurance agent for more information. A standard homeowner's insurance policy covers the following:

- Wind-related damage to the house, roof or contents
- Tree limbs that fall on a house - this includes both the damage done by the tree and the cost of removing the tree
- Damage from ice and other objects that fall on the home
- Freezing conditions such as burst pipes and ice dams; however, there is generally a requirement that the homeowner has taken reasonable steps to prevent this.

You'll want to review your policy with your agent for further clarification regarding the homeowners policy.

Damage caused by flooding is not covered by standard homeowners or renters insurance. Melting snow that seeps into a home from the ground up would be covered by flood insurance which is provided by FEMA's National Flood Insurance Program. If you have winter weather related damage, contact your insurance agent as soon as possible to start the claim process. Don't forget to document the damage with lists, receipts and pictures.

This is also a good time to assess your home inventory and make sure it's up-to-date. For a free home inventory list, go to oid.ok.gov.



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COMMUNITY

Caring for Miracles



photo by Vickie Jenkins

Taking time out for a picture is L-R is Tamara Crabtree (holding daughter) from Oklahoma Family Network, Sandy Green, RN, NICU (holding Ryan Dodd) and Kristie Dodd.

by Vickie Jenkins

I recently attended the INTEGRIS Neonatal Intensive Care Unit Reunion and Halloween Party. This is just one of the events sponsored by the Oklahoma Family Network and the NICU nurses for families that experience the NICU. The party was for the babies that were taken care of in the NICU over the last 15 years. Some of those tiny miracles are teenagers now! What a meaningful time for the parents, children and the wonderful nurses that cared for them at that time. The love that was present in the room was overwhelming as the Halloween party came alive as the children, parents, families, nurses and doctors reminisced. It was obvious to see that many lives had been touched through the care of the NICU.

The children were wearing their Halloween costumes; ballerinas, tigers, policemen, princesses, clowns and power rangers filled the room. There were balloons, games, a cake-walk and plenty of cookies, punch and candy for everyone. Smiles were seen all around, from the children to the nurses to the mothers and fathers.

I was introduced to Tamara Crabtree. This was the second year that Tamara had attended the Halloween party. Her daughter was born pre-mature at Integris Baptist hospital and was taken care of by the nurses in the NICU. At the time, Tamara felt a need to do something for the parents with the babies born premature. She began by taking baskets of goodies to the parents; something for the moms and

See HALLOWEEN Page 12



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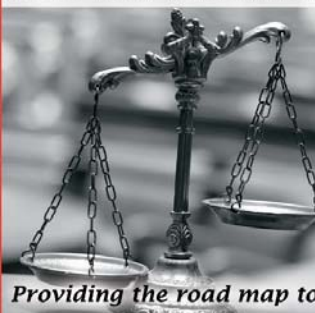
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HALLOWEEN

Continued from Page 10

something for their baby. "It has grown quite a bit since then," Tamara says. "We try to have special events throughout the year. Our next one will be a Christmas party for the babies that are being taken care of in NICU," she adds.

According to the Oklahoma Family Network, a Christmas party will be sponsored here at Integris Baptist Medical Center. The special event, Baby's 1st Christmas, will be for families who are experiencing NICU during the Christmas Season. We believe that a family's 1st Christmas is a special event especially for families who are on the NICU path, and should be given a chance to honor their baby's 1st Christmas regardless of circumstances.

When I asked if anyone would like to share their story about their baby and their care in NICU, Kristie Dodd was happy to share her experience.

"My name is Kristie Dodd and I was pregnant with

my first child. I developed Hellp Syndrome. (Hellp Syndrome is a life-threatening pregnancy complication usually considered to be a variant of preeclampsia. Both conditions usually occur during the late stages of pregnancy or sometimes after childbirth.) Pretty much the cure for me was to deliver my baby. My son, Ryan was delivered at 23 weeks. He weighed 1 lb.1 ounce, staying in NICU for 111 days," she said. "That was the roughest thing that I have ever gone through. I was here at the hospital every day. It was such an emotional time and being here at the reunion and seeing the nurses that cared for Ryan is so special. The care that was given to him meant everything to me," she added. "The staff, doctors and nurses always treated me with the utmost respect. I couldn't have asked for anything more. I am so thankful for everyone here. Today, Ryan will be 3 years-old in January. He is healthy and fine and he is my little miracle, thanks to the wonderful care of the nurses here at Integris Baptist Medical Center."

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TRAVEL / ENTERTAINMENT

Eating is an Adventure in Santa Fe

Photography and Text by Terry "Travels with Terry" Zinn t4z@aol.com

Having been to Santa Fe a number of times, it is always fun and relaxing to again visit those dining establishments that made an impression over the years. This fall the eating adventure led me to sample several familiar popular gourmet dining venues, and none mentioned here disappointed.

The Compound, <http://www.compoundrestaurant.com/> located just off of artist filled Canyon Road, is an all-time favorite for the sophisticated palate. In an upscale adobe styled dining room, you can succumb to the temptations of; a Stacked Salad of Romaine, Tomato, Ham, Blue Cheese and Hard Cooked Taos eggs with Avocado Ranch Dressing topped with Free Range Chicken. If your luncheon appetite is not quenched, for dessert you might try the Bittersweet Chocolate Marquis of Pistachio Gelato, Apricot Pistachio; or the Orange Olive Oil Cake of Fig Jam, Lemon Curd and Crime Fraiche. Your evening plans might include a return to the Compound to enjoy a night cap or light supper at their intimate bar. With seating only about ten people, reservations are recommended.

The La Fonda Hotel <http://www.lafondasantafe.com/laplazuela> holds many historic adventurous tales due to its early Santa Fe incarnation, but the restaurant, La Plazuela, has been a long time favorite for its casual, attentive, and never disappointing selections. Your skeletons might include: a spinach salad with grilled hazel nuts, with gluten free prosciutto bathed in a cranberry vinaigrette. Your entre might be the Alaska Silver Salmon with lemon cilantro butter sauce, or sweet and buttery hearty pork tenderloins with pineapple glaze and papaya vinaigrette. Top the

meal with a Chocolate Molten Cake of dark chocolate truffles, dark rum cream glaze which accents the desserts warmth and coolness. It is impressive when your server knows the term "Ice on the Pond" when ordering your extra cold, extra dry Martini, which is served to perfection. While the décor has been renovated over the years, the hand painted side glass panels remains as the signature to this Santa Fe tradition. Your high expectations for Santa Fe service, ambiance and dining are always met at La Fonda. Be sure and take time to visit the shops at La Fonda and the outside entrance to the top fashions of Rocky Gorman.

If you have not discovered the surprising and intimate atmosphere of Santacafe, <http://santacafe.com/> you are missing a treat. Here inside white adobe, small dining areas, complete with a hint of Georgia O'Keeffe styled decor, you will find the best fresh Chimayo Red Chile onion rings available anywhere. But this seeming simple appetizer is only a prelude to an array of tasty selections including: Blue Corn Chicken Confit of enchiladas of red and green chile, or the healthy pan seared salmon roasted with fingerling potatoes over a kale and spinach lime cream. It's known during high season to have one of the best outdoor patios for celebrity sightings.

While the Rosewood Inn of the Anasazi has undergone a dining room renovation, to open up the bar for casual tequila tastings and encourage conversation, the restaurant retains its elegant atmosphere and gourmet menu. You might start off your evening with a Kettle One Citron Pomegranate Martini, or a selection from one of their fine wines. A flavorful



good soup is an invitation to a gourmet meal and the Anasazi sweet potato soup was a perfect complement to the autumn weather. The Buffalo Empanada over an Avocado Mouse is personally recommended as is the fashionable crusted Salmon with baby beets, parsnips in a tamarind sauce. For dessert, you can play like a child with the Fried Ice Cream reminiscent of an outdoor campfire s'more.

You can't leave Santa Fe

without a nighttime visit to La Cantina next to La Casa Sena restaurant <http://lacasasena.com/>. At the Cantina the waiters treat you, between serving food courses and beverages, with their favorite contemporary and Broadway styled songs. Many of the talented singers are bidding their time here, saving their money before jumping into the Broadway pool of performers. Feel free to order a Mexican styled dinner, or just a beverage with their chips and dip. The congenial atmosphere, the prompt and friendly service is a fitting farewell to the enchantment that is Santa Fe.

Consider your Santa Fe visit between high tourist times like the Santa Fe Opera Season or the Indian Market. In this way you can be assured of obtaining your preferred dining reservation times, and Santa Fe will have a more accessible feel and friendliness.

Editor's Note: Terry Zinn has visited Santa Fe many times over the years and is a past President of the International Food Wine and Travel Writers Association

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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Across

1 Parlor action
5 Dorm peer leaders: Abbr.
8 Lidless container
14 Palm that produces purple berries
15 CPR giver
16 Missouri River city
17 "You don't look a day over 29," probably
19 One may use a teleprompter
20 IM guffaw
21 Hustled
23 Points in math class
24 Didn't come to pass
28 Chorus for the villain
29 "Dang!"
30 Fellow
31 Drink with sushi
32 Cow or sow
35 Flooring phrase
40 Promos
41 General organization?
42 Tetra holder
43 Reining word
44 "Given the circumstances ..."
47 So as not to be noticed
51 Stories of the ages
52 Invalidate
53 Vacation destination
56 Wanted badly
59 Device for exposing the end of 17-, 24-, 35- or

47-Across

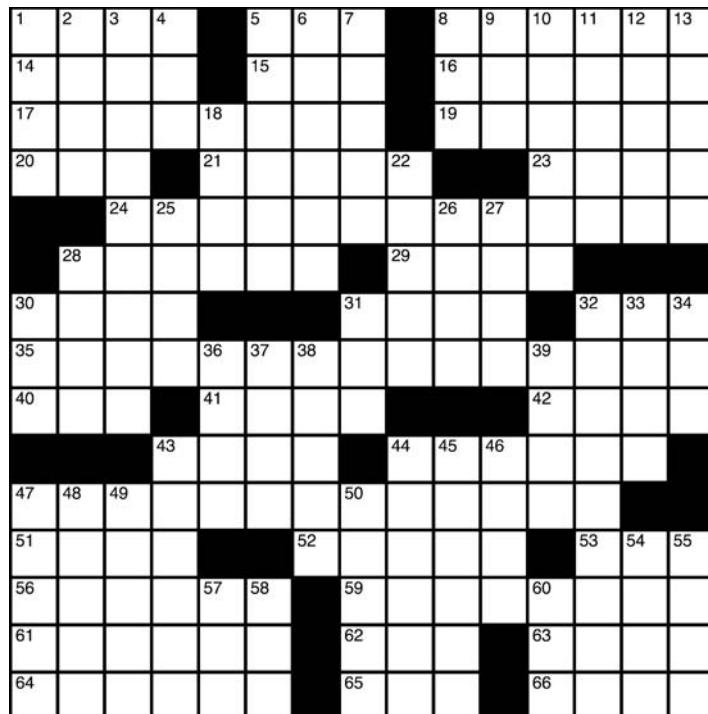
61 ___ Pie
62 Great Basin native
63 Orkin victim
64 Pull out of the water
65 TD's half-dozen
66 Gorillas, e.g.

Down

1 Go through a lot of tissues
2 Tunnel effect
3 Help from behind
4 Gather dust
5 "I can ___"
6 ___ curiae: friend of the court
7 Tough to climb
8 Nav. noncom
9 Word before base or ball
10 Kingdoms
11 Skywalker associate, familiarly
12 Monastic garment
13 Inducing the willies
18 Sea eagles
22 Kitchen dweller of song
25 Spanish 101 verb
26 Cook quickly, in a way
27 Half-note feature
28 Obey
30 Campus no.
31 Farm home
32 Unit between levels
33 Prince in "Frozen"

34 Large grazer

36 Cowardly Lion player
37 Bouncy pace
38 Missouri River city
39 Sundance Kid's girlfriend
43 Boll eater
44 Actor Will of "The Lego Movie"
45 Many diner dishes
46 Not working
47 Stress-related ailment, possibly
48 Language on a longship
49 16th-century circumnavigator
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57 Former Abbey Road Studios owner
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Answers on page 21

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The recent ice storms in the state have left a significant number of Oklahomans without power for hours and even days. The Oklahoma State Department of Health (OSDH) reminds those affected by a power outage to be mindful of safe practices to prevent illness and injury.

Food Safety

OSDH recommends the following guidelines for refrigerated and frozen foods to citizens or food establishments which have been without power for more than four hours: • Keep refrigerator and freezer doors closed as much as possible. • Discard any potentially hazardous foods such as meats, eggs, dairy products and leftovers when the power has been off for more than four hours. When in doubt, throw it out. • Frozen foods in a freezer can normally be kept up to 48 hours without power. A frozen product that has thawed should not be refrozen—it should be used immediately or thrown away.

Water Safety: Residents in rural areas may also be without water during a power outage. If the safety of the water is not known, it is recommended to vigorously boil the water for at least one minute to prevent potential waterborne illnesses. Safe water would include store-bought bottled water, or uninterrupted city water. Untreated water should not be used to prepare foods, wash hands or brush teeth.

Heat Safety: It's important to use caution when heating a home with a fireplace, space heater or wood stove, using them only when they are properly vented. Never use generators, grills, camp stoves, or similar devices inside the house, in basements, in garages or near windows. Don't use gas appliances such as an oven, range or clothes dryer to heat your home. Improper use of such devices can lead to carbon monoxide (CO) poisoning.



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Sunbeam Family Services and Catholic Charities OKC Help Bring Christmas to Families

Sunbeam Family Services and Catholic Charities Oklahoma City are partnering to bring A Very Giving Christmas, a Christmas store, for local families in need, December 16-20, 2015.

The store, St. Nick's Shoppe, will be located at Catholic Charities, 1501 N. Classen Boulevard, directly across the street from Sunbeam Family Services. Individuals selected through Sunbeam Family Services and Catholic Charities will have the opportunity to shop for new items for their families at no cost. Donors and volunteers will create a warm shopping experience and extend the season's joy and excitement to more than 500 families, families who otherwise would not be able buy presents for their children.

"We are thrilled to be partnering alongside Catholic Charities to provide hundreds of Oklahoma City families a holiday season filled with joy, lightening the financial burden often placed on them during the gift-giving season," said Jim Priest, CEO of Sunbeam Family Services. "We can accomplish so much more when we work together as a community, and we're thankful for the support of our volunteers and donors who will make St. Nick's Shoppe come to life."

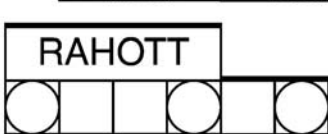
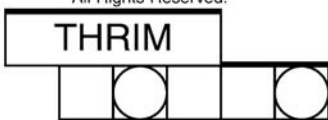
Patrick J. Raglow, Catholic Charities Executive Director said, "Our partnership with Sunbeam Family Services reflects the partnership we foster among our donors, volunteers and clients. A Very Giving Christmas is about relationship and participating fully in the spirit of the season. Working with Sunbeam Family Services expands the impact and reach of this program across the board. It's a great partnership for a great cause."

The community can help by stocking the store by making a donation or by purchasing new gift items for children of all ages and their parents and delivering them unwrapped and with tags attached to Catholic Charities December 6-8. Visit the wish list at www.AVeryGivingChristmas.org or call 405.609.8994.

Volunteer opportunities for individuals, families and groups are also available and will include decorating St. Nick's Shoppe, greeting families, helping families select their gifts or wrapping gifts. Visit www.AVeryGivingChristmas.org to sign up to volunteer, or call 405.609.1755.

JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.



A: OF " "

November
Answers

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Answer: When the storm hit, the pilot's decision to land was — "UP IN THE AIR"

THAT SCRAMBLED WORD GAME

by Mike Argirion and Jeff Kneure



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

(Answers Next Month)

Fighting Flu The Natural Way

Supplements May Help Keep Sniffling, Sneezing Symptoms at Bay

by Naum Burman

Cold and flu season has arrived, which means the potential could be high for lots of sniffling co-workers and children who need to stay home from school.

Vaccinations help many people stave off the flu, but a number of Americans also try an alternative approach, using nutritional supplements in their efforts to stay healthy.

"Certain herbs, mushroom extracts and other natural compounds contain powerful antiviral properties," says Naum Burman, the founder and researcher for BioLab Rx (www.biolabrx.com), a dietary supplement company.

"Combine them together and you can get a natural boost to your immune system."

Such over-the-counter products as BioLab Rx's Immune Super Plus do that by increasing the body's natural defense cells, which are crucial to the body's defense against bacterial and viral infection.

"The body's own immune system is probably our best defense," Burman says. "But illness, stress, medical therapies, diet and lack of sleep can all compromise our immune system. That's why it can help to give the immune system a boost."

He notes that it's always important to check the ingredients, instructions and warnings for any over-the-counter supplement. Immune Super Plus, for example, is only for adults 18 and older and shouldn't be taken by pregnant or nursing women.

The flu season routinely takes a toll on Americans. According to the Centers for Disease Control:

- The timing of flu is unpredictable and can vary in different parts of the country and from season to season. Most seasonal flu activity typically occurs between October and May. Flu activity most commonly peaks in the United States between December and February.

- It's estimated that each year an average of 5 percent to 20 percent of the U.S. population gets the flu and more than 200,000 people are hospitalized from seasonal flu-related complications.

- Estimating the number of flu-related deaths can be difficult because death certificates don't

always specify flu as the cause. But there's little doubt that flu seasons can be severe. The CDC, for example, reported that over a period of 30 years, between 1976 and 2006, estimates of flu-associated deaths in the United States ranged from a low of about 3,000 to a high of about 49,000 people. Some people, such as older people, young children, pregnant women, and people with certain health conditions, are at high risk for serious flu complications.

In addition to vaccines, the CDC suggests several preventive measures, such as washing your hands frequently, keeping a distance from those who are ill and staying home yourself if possible when you are sick.

Burman says that supplements also provide an extra measure of prevention, and plenty of people apparently agree. The Nutrition Business Journal has reported that Americans spend well over \$1 billion a year on supplements to help boost immunity and ward off cold and flu.

Burman, originally from Europe, essentially was born into his interest in maintaining health through nature. He grew up in a family where herbs and natural cures were common and knowledge of herbs and their use was the norm.

As an adult, Burman continued his research, traveling through Asian, European and Middle Eastern countries so he could gather herbal knowledge from cultures around the world.

Armed with that knowledge, he founded BioLab Rx, which also produces natural products for hair loss, joint pain, migraine headaches and other conditions or ailments.

"I thought this would be a good way to combine the wisdom of the ages with today's newest technology," he says.

Naum Burman is founder of and researcher for BioLab Rx (www.biolabrx.com), a dietary supplement company. Burman, originally from Europe, grew up in a family where herbs and natural cures were usual and knowledge of herbs and their use was the norm. He also spent years traveling through Asian, European and Middle Eastern countries, gathering herbal knowledge.



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