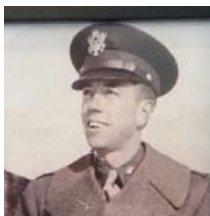


## World War 2 Vet turns 100

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## It's a Mystery to Me

PAGE 8



# SENIOR NEWS & LIVING

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Information for Oklahoma Seniors

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Photo by Limerickstudio.com

**At 63, Dea Dietrick has reinvented herself, going back to college to get a degree and writing a book.**

by Mike Lee, Staff Writer

At 58, Dea Dietrick found herself at a crossroads. Gone was her husband of 27 years. With him went the money she was planning on funding her golden years.

She hadn't gone to college after school, even though her dad told her she needed to get her teaching degree.

Employed at a church with a nominal

See DIETRICK Page 3

# FETCH ALONG THE CAMERA!



photo by Vickie Jenkins

**Danny Hill began taking celebrity photos when he was discharged from the Air Force and continued until 2010.**

by Felicia Lucas

Danny Waldron Hill jokes that, "you can see a lot of movie stars - FREE - ALL AGES ADMITTED" when you visit his home at FOUNTAINBROOK ASSISTED LIVING CENTER IN Midwest City. The movie stars line the wall in a commons area at the Center, photos from an era of Hollywood past, many of them autographed.

A six generation Oklahoman, and CHICKASAW Nation Citizen (his grandmother was original enrollee Lizzie Columbus), Hill began taking celebrity photos when he was discharged from the Air Force in 1960, and continued until 2010 when his health and lifestyle changed with the passing of his wife and

See HILL Page 5

## Spotlight on Living

## Oklahoma companies featured in Germany

A taste of Oklahoma made its way to the palates of shoppers in Germany during recent promotions in two cities.

PAGE 23





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## DIETRICK

Continued from Page 1

salary, things looked dim.

So the absence of available options was almost a Godsend for Dietrick, who was just a few years shy of enrolling in Medicare, enrolled in college instead.

Fast forward five years and there's a smile on Dietrick's face. There's also a college degree with distinction.

And her father would be proud not only that she's teaching, but teaching others how to get the most out of themselves in life.

"I'm proud of this because it gives me authority to encourage others to go after their dreams and rise above their circumstances," she said.

The decision to go back to school seemed like the best option to provide for herself in the future. Retirement wasn't a port she would be pulling into anytime soon so she figured she needed to do what was best for the long haul.

She enrolled at Mid-American Christian University in May 2010. Working full-time, plus a side job, she carried a full course load each semester.

Five years later she graduated

Summa Cum Laude with Distinction as one of the top five students in her class of 531.

It was actually Dietrick's church job that helped her get to where she is today.

Working as a Biblical counselor, Dietrick's title was campus administrator. Staff would refer people to Dietrick for counseling and she would get to the heart of what was wrong.

"It's very fulfilling," she said. "It's where my passion is. I love working one-on-one with people."

She was forced to put that passion to work to make a living.

"One day my attorney looked at me and told me she didn't know if we would be able to recover any of the assets and it looked as though I needed to investigate how to earn more money and plan for a sustainable retirement," Dietrick recalled of her divorce. "I reasoned that obtaining a degree as the only way possible to provide for myself. After investigating several local schools I found MACU to be conducive with my lifestyle."

"My thought was to work at the church during the day and open a counseling office at night. That plan has taken a slightly different form, but I am doing

what I love and intended; using my degree and professional experience to serve others to experience life satisfaction and well-being."

And Dietrick has a powerful story to tell. She reasons that if she can go to college at 58, reinvent herself and earn a degree in five years while working full-time then she has a few things to share about the value of hard work and determination.

"My ultimate goal is to help individuals understand their significance and use their passion to live a life of influential leadership and authentic satisfaction, bringing their ultimate best to their employer," she said.

As founder of A Dynamic New You, LLC, a firm dedicated to helping individuals exercise their leadership capabilities, she adds a new dimension to her client's personal wellbeing. Her forthcoming book, *Charting Life with Intentionality*, serves as a positive reminder that everyone has something significantly remarkable to share and is able to become an impactful influential leader.

Serving in the role of Counselor, Coach, Public Speaker, and a John Maxwell Certified Trainer, her experience blended with her wisdom introduce profound

applicable concepts during coaching, Mastermind Groups and workshops.

She attends Crossings Community Church and is a member of Early Risers Toastmasters, American Business Women's Association, the Greater Oklahoma City Chamber and is active in several smaller networking groups and volunteer opportunities.

Born and raised in Denver, Dietrick has lived abroad in Jakarta, Indonesia. It was a profound experience, one that resulted in the adoption of twin girls.

Each daughter now has two children.

"My feeling is you can't let life get to the point where you just sit down and sigh," she said. "I think what happens with older people, those who have given or put a lot into what they're doing all their life - they don't feel respected anymore. The culture is changing and they feel they should stop."

Dietrick says she doesn't feel old. She still wears platform heels and the occasional mini-skirt now and then.

"I think it's important to invest in others, especially as seniors, because you have wisdom you can share with people who want to change and grow," Dietrick said.

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## INTEGRIS Third Age Life Center Offers Senior Fitness Training

Are you an older adult who wants to be stronger, more flexible and have better balance? Do you want to improve your ability to perform everyday activities safely and independently without excess fatigue?

Participation in the senior fitness testing program at INTEGRIS Third Age Life Center is an important first step in achieving these goals. The Senior Fitness Test measures the physical capacity of older adults to perform normal everyday activities necessary for independent living.

The Senior Fitness Test is designed to test individuals of varying abilities. You do not have to be physically fit to participate! The good news is that much of the usual age-related decline in physical fitness is preventable and even reversible through proper attention to physical activity and exercise levels.

Senior Fitness is a two part program: the initial testing on Oct. 28, after which you will be given test results and suggestions for improvement, and follow up testing on April 27, to help identify your progress and areas where you may need to continue to focus attention for improved functioning.

Testing will be held by appointment only between the hours of 9 a.m. and 4 p.m. at INTEGRIS Third Age Life Center, 5100 N. Brookline, Suite 100. Before your appointment, an information packet will be mailed to you with more details about testing procedures.

Please take advantage of this health improvement opportunity. Call the INTEGRIS HealthLine at 405-951-2277 by Oct. 14 to make an appointment for your Senior Fitness Test.

# OPINION

## THE SAVVY SENIOR

Dear Overwhelmed,

The process of selling a house and moving to a new home, or downsizing to a condo, apartment or senior housing facility is a big job for anyone. But it can be especially overwhelming for seniors who are moving from a long time residence filled with decade's worth of stuff and a lifetime of memories. Fortunately, there are several specialized services available today that can help make your mom's move a lot easier.

### Real Estate Specialist

To get help selling your mom's home and/or finding her a new one, you should look into hiring a Seniors Real Estate Specialist (SRES) or a Certified Senior Housing Professional (CSHP). These are realtors that have received special training, making them better equipped to help seniors and their family members through the financial and often complex emotional issues that can

Dear Savvy Senior,

I need to find some help with selling my elderly mother's house - where she's lived for almost 50 years - and relocating her to an apartment or condo closer to where I live. Can you recommend any businesses or services that specialize in helping seniors relocate?

Overwhelmed Daughter

come with selling a long time family home and relocating.

SRES and CSHP designees are educated and knowledgeable in such areas as downsizing, aging-in-place, senior housing options, reverse mortgages, as well as ways to use pensions, 401k accounts and IRAs in real estate transactions. And, if you need help from other professionals, a SRES and CSHP can put you in touch with qualified home inspectors, movers, attorneys, CPAs and other experts.

To learn more or to locate a professional in your area, contact the SRES Council ([sres.org](http://sres.org), 800-500-4564) which also offers a free "Moving On" guide that help seniors and their family members with the decisions and transitions that come with moving. And to find a CSHP see [SeniorsRealEstateInstitute.com](http://SeniorsRealEstateInstitute.com).

### Moving Manager

To help your mom get packed up and move, you should consider hiring a "senior move manager."

# Specialized Services That Help Seniors Relocate

These are organizers who assist older people with the challenges of relocating, and can minimize the stress of this major transition by doing most of the work for you.

They can help your mom pare down her belongings, decide what to take and what to dispose of, recommend charities for donations and help sell her unwanted items. They also get estimates from moving companies, oversee the movers, arrange the move date, supervise the packing and unpacking, have the house cleaned and just about anything you need related to her move.

Costs vary depending on the services and size of the move, but you can expect to pay between \$1,000 and \$5,000, not including the cost of movers.

To locate a senior move manager visit the National Association of Senior Move Managers website at [nasmm.org](http://nasmm.org) or call 877-606-2766. You can also search at Caring Transitions ([caringtransitions.com](http://caringtransitions.com)), the largest

senior relocation and transition services franchised company in the U.S.

But, before you hire one, be sure you ask for references from previous clients and check them. Also find out how many moves they have actually managed, and get a written list of services and fees. And make sure they're insured and bonded.

If you can't find a senior move manager in your area, another option is to hire a certified professional organizer who specializes in downsizing and relocating. To find one, check the National Association of Professional Organizers who has a searchable database on their website at [napo.net](http://napo.net).

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

# =Donald Trump to host 'Presidential Apprentice' - GREG SCHWEM=

By Greg Schwem

"Celebrity Apprentice" fans, don't despair. Yes, your favorite show might be on hiatus now that NBC has severed its relationship with Donald Trump. But, should the apocalypse occur and The Donald becomes our nation's 45th chief executive, expect to see the program return ... to the White House.

This seems like a natural move for Trump, who touts his deal-making and mediation skills as cornerstones of his candidacy. For years we have watched him assign tasks to teams of individuals with varying backgrounds, thought processes and talents. He sets deadlines, listens to the results, peppers the players with questions and then chooses whatever option he thinks is best.

Think about it: Isn't that kind of what the president does when our nation faces a major crisis?

Since Trump is convinced he is going to be elected, I'm sure he has already laid the groundwork for season one of "Presidential Apprentice." In January 2017, shortly after he takes the oath of office, expect a cast of political experts, innovative thinkers and celebrities to assemble in the newly-

named TRUMP! Rose Garden and await their initial task.

"Welcome, everyone, to what I'm sure will be a very exciting season. You have been divided into two teams. I have chosen Spanish team names as part of my ongoing efforts to repair relationships with the Latino community. Egotista features Neil DeGrasse Tyson, Ben Bernanke, Amy Schumer, Kanye West and Hillary Clinton. Hillary, nice to see you. No hard feelings, right?"

"Whatever."

"Now meet your opponents, Pomposo, consisting of Colin Powell, Marco Rubio, Mark Zuckerberg, Elon Musk and Gary Busey. Gary, great to have you back."

"Pleased to be back, Mr. Trump, er, Mr. President, I mean, Your Royal Highness. I'm sorry, where am I and why am I here?"

"Great questions, Gary. Teams, as you know, there were feuds in the Middle East long before I made my first billion. Your task is to achieve peace. I'd do it myself - and I'm certain I could - but I'm spending the next few days balancing the budget. And believe me, when I'm done it will be the GREATEST, most SUCCESSFUL budget this nation has ever seen. So I'm entrusting you. My secretary of state, Ivanka, will

update me on your progress. Now go back to the East Room and choose your project managers. I'll see you in the Oval Office one week from today, where somebody will be fired."

(ONE WEEK LATER)

"Ivanka, how did they do?"

"Well, Egotista chose Kanye West as project manager."

"Ben Bernanke, do you think that was a good move?"

"From a fiscal standpoint, no. He demanded his own jet to fly to the West Bank. So we were over budget before negotiations even commenced."

"Interesting. Pomposo chose Mark Zuckerberg. Elon Musk, why did you do that?"

"We chose Zuck because of his experience getting people to 'like' each other. Really, it was a no-brainer. Sort of like purchasing a Tesla if you're serious about energy conservation."

"Mark, how do you think you did?"

"Too early to tell, Mr. President. I've set up Facebook pages for the Israelis and the Palestinians, and encouraged both sides to hear each other out through blogs and targeted posts. I've also put Colin Powell in charge of moderating

comments."

"Excellent. Amy Schumer, how did you help your team?"

"I didn't have a lot of time, Mr. President. I was busy appearing on the cover of, and being interviewed by, every magazine still in operation."

"Neil DeGrasse Tyson, your thoughts?"

"I did even less work than Amy, Mr. President. But only because, as I tried to explain to Kanye, the moon, stars and other celestial bodies will never line up in such a way that makes peace in the Middle East possible. That's a fact."

"Estoy de acuerdo."

"Excuse me, Marco?"

"That's Spanish for 'I agree.'"

"Good point. Egotista, you've left me in a tough predicament. Kanye, you showed zero leadership skills. And Amy, you were worthless. But I'm going with my gut here. Hillary, you're fired."

(Greg Schwem is a corporate stand-up comedian and author of "Text Me If You're Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad," available at <http://bit.ly/gregschwem>. Visit Greg on the Web at [www.gregschwem.com](http://www.gregschwem.com).) (c) 2015 GREG SCHWEM. DISTRIBUTED BY TRIBUNE CONTENT AGENCY, LLC



## HILL

Continued from Page 1

"sidekick" Mary Ella. He grew up in Southwest OKC, attending Columbus Elementary, Jackson Jr High and is a 1956 graduate of Grant High School.



photo by Felicia Lucas

Always having his camera near, Hill snapped photos of visiting celebrities while living and working for the Federal Government in the Dallas, TX area. "There seemed to always be a celebrity or two in the downtown area having lunch or performing at a concert. It was worth keeping my camera near me." Often, he would capture a photo, develop it, frame it and wait patiently for many years to have the photo signed by the personality featured. At times, he would be invited back stage for a close up or two, as was the case with Debbie Reynolds. Johnny Cash once invited him on stage to share a collage of the famous singers' many poses, and signed it in front of thousands of fans attending the concert that night.

Actors and Actresses alike enjoyed seeing photos of themselves from many years back, and would often try to purchase them - but to no avail - the photos were his private collection. Occasionally, he donates pictures from his collection to museums and restaurants featuring the particular star - most recently donating a shot of Mickey Mantle to the namesake's restaurant in Bricktown, OKC.

His large collection expands many venues and decades and includes film stars such as

Elizabeth Taylor, Gregory Peck, Kirk Douglas, Mitzi Gaynor, Sophia Loren, Cecely Tyson, Richard Roundtree; musicians Mel Torme, Pat Boone, Roy Rogers, Hank Thompson, Charlie Pride, Andy Warhol, Sally Struthers, Carol Channing; athletes Dorothy Hamill and Hank Aaron; and various performers like Art Linklater, Jerry Lee Jones, Liberace, Herb Alpert, Adam West as BATMAN, Cesar Romero as the JOKER, Eartha Kitt as CATWOMAN and Clayton Moore as the LONE RANGER.

Active in pow-wows and other American native events, and also serving on the Chickasaw council in Dallas, his 5 decade photos of Native American Dancers have been shared at many pow-wows (gatherings of the native tribes) and displayed in libraries across the Dallas/Ft Worth area. His expertise allowed him the opportunity to share his love and passion for the camera by public speaking at conferences and teaching Camera/Photo classes at community colleges in the Irving, Grand Prairie and Arlington area, where he lived for 40 years.

Not limited to famous people, he snapped photos of animals, flowers, trains, and of course, family! It was anticipated and expected at family reunions to view "Uncle Dan's" photos on a slide show projected on the side of a house or wall. With his family now extending into great, great nieces and nephews, his photos have become a part of the family's history with pictures of loved ones that have passed away, or aged from toddlers into grandparents.

His return to Oklahoma was bittersweet in that it was after his wife's passing. An often quiet man, (except for the boldness associated with a photographer), he was one of the first residents of FOUNTAINBROOK, and would have preferred sharing his "assisted living" experience with her, as together they could have shared the various outings and wonderful activities offered by the staff. Director Debbie Riddle has become "just like family" sharing in his new life and adventures, and allowing him to share his past loves of all things photography.

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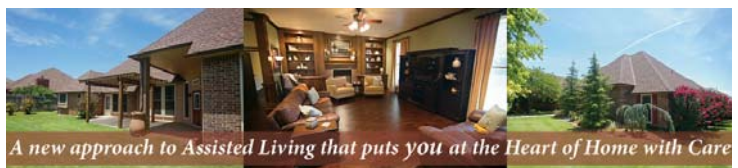
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## COMMUNITY

# World War 2 vet celebrates 100 birthday

by Mike Lee  
Staff Writer

Carl Morrell has seen 17 presidents during his lifetime.

The average individual income has risen from \$800 to more than \$26,000 per year in that span.

One hundred years ago the zipper was invented.

Today, nearly 80 percent of Americans have the Internet in their home.

A lot has changed during the last century but the guy affectionately known to his family as "shorty" has taken it all in stride.

Carl Bertrand Morrell turned 100 recently at Rambling Oaks Assisted Living Center and he still has plenty of stories to tell.

He graduated from Valley Grove Elementary, then located in the Corbett farming community southeast of Lexington, and went on to graduate Lexington High School and then the University of Oklahoma.

In 1936, at the age of 20, he joined the New Deal's Civilian Conservation Corps and worked with the Army Corps of Engineers in the Big Horn National Forest outside of Sheridan, Wyoming



Carl Morrell, who served in World War II, celebrated his 100th birthday recently at Rambling Oaks Assisted Living Center.

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building the Sibley Lake Dam.

He earned \$30 per month plus his room and board.

In 1937, he came back to Oklahoma and built on his brief encounter with field engineering by enrolling in the OU School of Engineering.

His education was interrupted in the spring of 1940 as he enlisted in the U.S. Army just months before America's entry into World War II.

He served his country until 1946. He initially trained as a high speed radio operator in anticipation of assignment to a bomber crew in Europe.

But he was plucked to attend Officer's Candidate School and earned a commission as a Second Lieutenant in the Army Signal Corps.

From there he commanded coastal radar units in Maine, Massachusetts and North Carolina until the war ended.

After his release he resumed his education, this time switching to the School of Business where he graduated in 1948 with a

Bachelor's in Accounting.

He then worked for Continental Oil and moved to Ponca City where he later worked for Conoco for 33 years before retiring in 1980.

After the death of his wife, Delma, in early 1985 Morrell returned to Norman. There he would marry his childhood friend, Agnes Waddle, the widow of his older brother.

Together they joined Immanuel Baptist Church where for eight years he volunteered to help the church manage its finances. He also taught a Senior Men's Sunday School class until he was 89 and served as Sanctuary Greeter.

He was recently honored for his years of services in World War II by the Veterans of Foreign Wars.

"He is a really sweet man and has obviously made an impact on everyone here," said Sales and Marketing Director Shana Sapp, who notes Rambling Oaks has three centenarians, one who is 103.



# HEALTH

## Quality of life Senior beats cancer



Mike Kastl is a cancer survivor enjoying life with wife Elizabeth.

by Mike Lee  
Staff Writer

It's mid-morning and Mike Kastl is giving his granddaughter a bottle and trying his best to get her down for an 11 a.m. nap.

The 67-year-old could use a nap himself but he's happy to oblige. In fact, he's happy to do most anything these days after beating cancer.

When he's not bouncing his grandbabies around the former ag teacher is spreading the word to other men about how important annual checkups are.

He believes to this day it is checkups that saved his life.

It was 2009 when Kastl and his wife both were hit with cancer diagnosis.

The PET scan of her bile duct came back red hot.

A trip to the Mayo Clinic in Houston followed, as did a life expectancy of three-to-five years.

"She only lasted two," Kastl said.

It was during this time that Kastl found ProCure Proton Therapy Center for himself.

It was during an annual checkup that he learned his PSA score had doubled. It was a big

enough jump to be referred to a urologist for a biopsy.

"They took it in two different places," Kastl said. "One showed five percent cancer and the other showed 20 percent cancer."

His options were radiation, surgery and then a new thing with protons.

"He kind of blew it off but I was taking notes," Kastl said of the visit with his doctor. "When somebody says you've got the big C you start listening real close. I was online 24/7 looking at prostate cancer treatments."

During his research he stumbled upon Robert J. Marckini's book *You can Beat Prostate Cancer: And You Don't Need Surgery to Do It*.

He read it and followed his sister's urgings to contact the new ProCure Proton Therapy Center in Oklahoma City that was just being finished.

He began his first of 44 treatments in August of 2009 and holds the distinction of being ProCure's first prostate patient.

"The quality of life is what makes ProCure, I think, much better," he said. "My quality of life is better for having gone to ProCure. No side effects. I didn't lose any hair. I was out working

cattle."

When he's not watching Elmo videos he's running cattle with his brother at his ranch in Stillwater.

And when he's not doing that he's telling other men about prostate cancer.

Other than skin cancer, prostate cancer is the most common cancer in American men. The American Cancer Society's estimates for prostate cancer in the United States for 2015 are:

About 220,800 new cases of prostate cancer.

About 27,540 deaths from prostate cancer.

Prostate cancer occurs mainly in older men. About six cases in 10 are diagnosed in men aged 65 or older, and it is rare before age 40. The average age at the time of diagnosis is about 66.

Prostate cancer is the second leading cause of cancer death in American men, behind only lung cancer. About one man in 38 will die of prostate cancer.

Prostate cancer can be a serious disease, but most men diagnosed with prostate cancer do not die from it. In fact, more than 2.9 million men in the United States who have been diagnosed with prostate cancer at some point are

still alive today.

When discussing cancer survival statistics, doctors often use a number called the 5-year survival rate. The 5-year survival rate refers to the percentage of patients who live at least five years after their cancer is diagnosed. Of course, many of these people live much longer than five years (and many are cured).

Five-year relative survival rates assume that some men will die of other causes and compare the observed survival with that expected for men without prostate cancer. This is a better way to see the impact of the cancer on survival.

Proton therapy can precisely target your tumor, reducing damage to healthy tissue near the tumor and potentially allowing you to receive higher, more effective doses of radiation. Proton therapy not only effectively targets a tumor, but it can also be used in combination with chemotherapy, as a follow-up treatment to surgery, and in combination with standard X-ray radiation treatment.

Today, Kastl is remarried and has a new lease on life. And he enjoys all the extra time he has to spend with his grandkids.

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## COMMUNITY

# It's a Mystery to Me

by Vickie Jenkins

Bill Howard is a retired Oklahoma City businessman and former minister. Now, he is a published author of 3 mystery books, "Rick Wade: Investigations," "The Case for Sarah" and "A Time to Reap." The unique thing about Bill is the fact that he began writing his first book in 2013 at the age of 83 and is almost finished with his 4th book.

"I have always felt like I needed to be busy, doing something or producing something," Bill comments. "When I was young, I spent a lot of time reading. I remember my grandmother gave me my first book and it was a mystery. After that, it seems like that was the only kind of book I read. At first, it was the Hardy Boys and then the Nancy Drew series and as I got older, I advanced to the Perry Mason books. I didn't have a lot of my own books, but there was a small school library and a small town library. I was only interested in mysteries."

Asking Bill how he came about naming the main character in his first book, "Rick Wade," he replied, "I have a friend with the name of Rick and a friend with the last name of Wade so I guess I had those names on my mind," he replied. "A lot of the characters in the book are named after some of my friends."

Bill does admit he gets writer's block sometimes but it doesn't last long and he is ready to go again. "The stories just come to me and then, it takes off. You have heard the saying, flying by the seat of your pants? I write by the seat of my pants,"



photo by Vickie Jenkins

Bill Howard's imagination soars with one mystery and investigation after another. Juanita Howard has a new cookbook, "Grammy's Favorite Recipes, a Seventy-Year Collection."

he says with a laugh. "Where do you think I read so many books do you get your story ideas?" I ask. "I just pull them out of the air," he says. "I actually

See MYSTERY Page 9

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## MYSTERY

Continued from Page 8

flow out."

"After Bill writes his stories, I go through and edit his work," Juanita says. "I'm good at words and she is excellent with punctuations," Bill adds. Bill is not the only author in the family. Juanita has written a cookbook, "Grammy's Favorite Recipes, A Seventy-Year Collection." "I decided to write a cookbook since my kids were always asking for a recipe," she said. "I gathered the recipes, put them in a book, sharing the recipes with others. 'Are you planning on writing another cookbook?' I ask. 'No, not now, I'm staying too busy,' she replies. 'I am enjoying spending time with my family.'"

Bill's hobbies include reading, writing and watching movies. Bill is also a fantastic artist. A modest man, Juanita holds her cell phone, showing me some of his art work that is hanging in their house. "No painting lessons, just a few painting tips from one of his friends," Juanita says.

"What inspires you every day?" I ask Bill. "Oh, it is definitely my faith and my beliefs and my religious connections. Juanita and I start every morning by reading God's Word. I want to be

the best Christian, husband and best father I can be."

Asking Juanita, to describe Bill's personality, she replies, "Bill is just wonderful and enjoys the simple life. He is very thoughtful and caring and always thinks before he speaks. He is definitely a problem solver and he gets things done." How does Bill describe Juanita? "She is the most thoughtful, caring person I know. She is always looking out for the other person. She is involved in church activities and is always helping someone out. It seems like people are drawn to her. She is such a sweet person," Bill replies.

Both Bill and Juanita agree that faith is the most important thing in their life. "I am a big believer in the fact that everything happens for a reason. We are both faithful and honest and we trust each other in everything," Bill comments as he gives Juanita a little pat on the hand. "We live a simple life and a God-fearing life. We are both very happy," Juanita adds.

Bill and Juanita Howard reside right outside of Shawnee, Oklahoma. Their blended family consists of eight children, sixteen grandchildren and thirteen great grandchildren. If you are interested in purchasing their books, please contact Vickie at [hevn\\_writer@cox.net](mailto:hevn_writer@cox.net).

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**BBT** A jellyfish is 95 percent water!

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[www.OKCRT.com](http://www.OKCRT.com).

Robbins is an Oklahoma City native and a graduate of Crichton College and Covenant Theological Seminary. Having served as pastor in several churches, he is currently senior pastor at Woodruff Road Presbyterian Church in Simpsonville, South Carolina. Beyond local church ministry, he has served on the board of crisis pregnancy centers, Christian schools, and seminaries; as well as writing a weekly blog and training pastors in developing countries.

There is more information at [www.OKCRT.com](http://www.OKCRT.com) or contact 405.751.7681 or [OKCRT405@gmail.com](mailto:OKCRT405@gmail.com).

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# The Voyage of Aging

by Tina Singleton

During periods of fluctuating births and improving survivorship, the elderly grew from 5 percent of the U.S. population in 1930 to nearly 13 percent by 1990. In the 1990s, Baby Boomers are in their economically productive years and represent nearly one-third of the U.S. population. When the Baby-Boom generation began turning age 65 in 2011, there was a rapid growth in the number of persons 65 and over. By 2020, the Baby Boomers will be pre- and early-retirement ages (55 to 64 years) and the young old ages (65 to 74 years). Between 1990 and 2020, the population age 65 to 74 would grow 74 percent under middle series projections, while the population under age 65 would increase only 24 percent. To summarize this in the 1930's about 5% of the population was 55 and older. The percentage of aging adults in the US continued to steadily climb into the 1990s with around 33% of the population being 55+ years old. By 2020 the population of 55+ adults in America is expected to increase around 74%. Just as this generation had an impact on the educational system and the labor market, this large population will need services and programs for the elderly more than ever before. As we start this voyage to navigate the waters of aging we will encounter many unexpected turns and stops along the way. Navigating through these unfamiliar waters, we will come across the need of various services for the aging. Knowing what resources are available can be difficult. Whether you are the one looking for services for yourself or if you are the loved one of someone needing these services it can be very stressful to try to navigate this alone. Here is an overview of several resources that will help navigating the waters easier.

**Geriatric Case Managers** help manage all aspect of an elderly persons life. Coordinating doctors' visits, care in home or in a community, medications, and communicating with family

members who are unable to do all these things for their loved one due to distance or time constraints.

**Senior Nutrition Programs** that may be available at a senior center or delivered to the home.

**Transportation services** to help get to doctors' appointments, pick up prescriptions or groceries, or run any kind of errand.

**Aging Helpline** which helps individuals in crisis.

**Respite Services** which allow a caregiver to receive help caring for their loved one while they must be away.

**Legal Aide** for Power of Attorney, DNR, Guardianship, Living wills, and much more.

**Support Groups** that can provide training/education, and support from others.

**Oklahoma Healthy Aging Initiative** which enhances the health and quality of life for seniors.

**VA Benefits** provides assistance for Veteran's to receive care.

**Medicare Assistance Program** which can help you protect yourself against Medicare fraud, and specialist who can help you choose which Medicare plan is just right for you.

**Senior Real Estate Specialist** that can help with downsizing and pre move preparations, packing, moving, and unpacking, and estate sales etc.

**Financial / Estate Planning** that can help you with Reverse mortgages, trusts, managing stocks and bonds, IRA's and annuities.

**Medication Management and Assistance** for Drug Cost Medication packaging, medication dispensers with alarms to remind you to take your medications, and resources for discount drug programs.

**Senior Safety** Home monitoring with surveillance cameras and personal emergency response systems.

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# SAVING LIVES ONE FOOT AT A TIME

*OU Experts urge awareness and proper foot care for those with diabetes*



Dr. Kiersten Weber, a podiatrist with the Harold Hamm Diabetes Center, checks Elizabeth Hixon's foot. Hixon, who has diabetic neuropathy, discovered a wound on her foot following a day of shopping. Even minor wounds like Hixon's can become serious in patients with diabetes without proper care.

Most of the time, a simple bandage can heal a wound, but one Oklahoma woman discovered it would take a lot more to heal the wound on her foot, a problem concealed by the absence of pain.

It is an all too common story in the world of diabetes care and one that could lead to amputation if ignored. The experts at the Harold Hamm Diabetes

Center at the University of Oklahoma know it well.

With proper awareness and foot care, though, limbs and lives can be saved.

Elizabeth Hixon had no idea she had injured her foot on a recent trip to the store. She was focused on buying gifts. Hixon works year-round preparing

presents to bring Christmas smiles to more than 60 orphans. It's her way of honoring her kidney donor, a young, single mother of two children. On that day, though, another shopping trip for gifts ended with an unsettling discovery.

"I came home and took my sock off and my foot had blood on the bottom of it," Hixon said.

The sock was soaked in blood, but she had felt no pain. Why? Hixon got her answer from Kiersten Weber, a podiatrist with the Harold Hamm Diabetes center.

"Unfortunately, it is very common. Elizabeth, having diabetes, also has neuropathy," Weber said.

Neuropathy is nerve damage that can trigger numbness.

"When someone has lost that feeling, he or she may continue to walk and have no idea that

an injury has happened," Weber added.

People who have diabetes, like Hixon, are at increased risk for neuropathy. Combine that with reduced blood flow to the feet and they are also at greater risk of developing ulcers and infections that are difficult to heal.

"The complications that people experience can be devastating. In fact, the number one cause for hospital admissions for people with diabetes is foot deformities or foot infections. So I don't think people realize how problematic a complication involving your feet can be in terms of your overall well-being when you have diabetes," Weber said.

She also pointed out that these complications that occur in the feet are almost always preventable. In addition, early diagnosis and care is critical to protecting your foot, your leg and ultimately your life.

Weber said diabetes is the number one cause of lower extremity amputations.

To make matters worse, a lower extremity amputation puts the patient at risk for even more problems in the future.

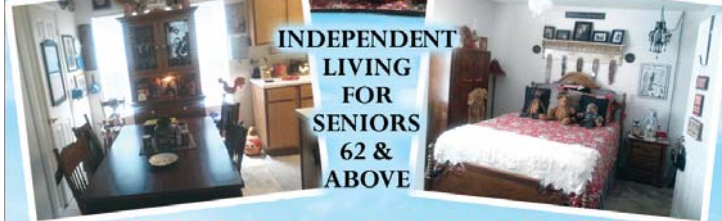
"When somebody has an amputation, the risk of a second amputation within five years is 50 percent. The mortality rate in these patients also goes sky high

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## TRAVEL/ ENTERTAINMENT

# Hotel Mousai: Worlds away from the ordinary

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

Hotel Mousai is worlds away from the ordinary upscale all-inclusive resort. The high rise column of luxury accommodations, nestled on a juggle covered mountain side, is indeed a world away from expectations. In fact, lunching or cocktail imbibing or swimming in the roof top infinity pool (one of three in the Mousai complex) one can hardly believe they are not on the French Riviera, or at some exotic South East Asia retreat. Surprisingly, Hotel Mousai is only a moderate nonstop plane ride away to the destination popular Mexican resort of Puerto Vallarta. Puerto Vallarta is named as one of the friendliest Mexican towns.

The roof top pool at the all adult Mousai is accompanied by another infinity pool half way down the mountain side, where again, food and beverage and the uninterrupted vast exotic ocean side horizon embracing the soul. Down by the ocean is the sister accommodation of the Garza Blanca family friendly resort where again a pool with food and beverage service is accompanied by a modest white sand beach, complete with access to jet skis and kayaks.

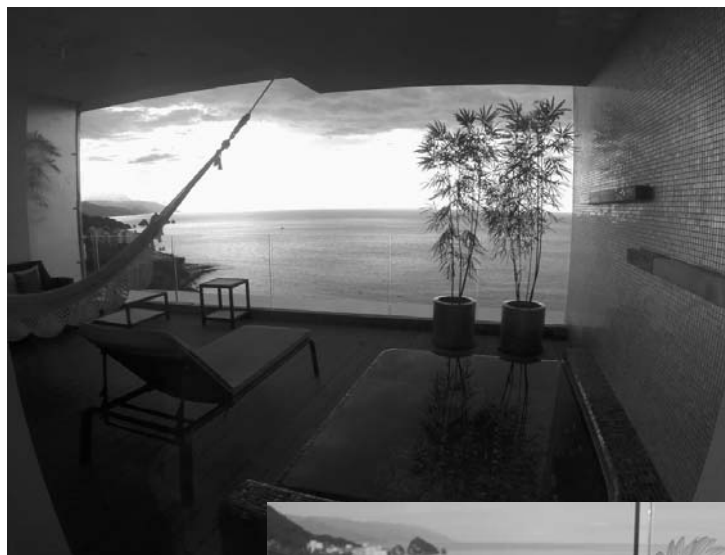
Upon your greeting with a cool refreshing towel, and a cool beverage perhaps made of green tea and fruit, you are adorned with a ribbon bracelet which identifies you as an honored Hotel Mousai guest, and grants all-inclusive privilege throughout

the compound. No tacky rubber or paper bracelet but a handmade braided ribbon, which is an example of the details that exist to accentuate a guest's stay.

You may be assigned your personal butler, acting more like a second concierge than a room assistant, to guide you during your stay and perhaps accompany you to your high rise, ocean view room. Here be sure and detain your host to explain in detailed the plethora of digital light switches and other amenities. Here you will find your touch control switches to open and close two sets of panoramic curtains, the playing of a variety of music, in addition to several lighting configurations, including sedate illumination of onyx décor and a more conventional room temperature control. Of course a traditional TV remote is a welcomed companion to the super wide screen, complete with CNN and a few English stations, mounted on a wood and mirrored wall. The pristine maintenance of that wood and glass mosaic to the everyday accumulation of salt sea breezes and fingerprints is unimaginable. But such are the details you'll witness.

Besides your room's dual shower and dual sinks atop massive onyx bases, a Jacuzzi may adorn your balcony view, where you may also enjoy room service dining or an addictive retreat to a large welcoming hammock. Submerged in your gentle Jacuzzi you may forget that this is another infinity designed pool.

The complex offers several all-inclusive restaurants. A favorite is the morning terraced breakfast option off the main lobby, which



converts to Oriental dining later on and of course offers beverages. While during the off season of summer you may dine at, Hiroshi, Blanca Blue, BocaDos STK, Aquazul and the Terrace without reservations, and let your whim be your guide. The attentive staff at this relatively new hotel have been hired for their friendliness and personal affinity for the guests, and maybe not so much for their previous hotel experience. A forward thinking hotel management philosophy.

The additional cost Spa is an over the top experience, offering several types of hydro therapy, a variety of creative massages (Ever had a Tequila wrap massage?), and salon complete with expert manicures and pedicures. Of course there is an upscale and extensive work out facility, with again that beautiful vista you come to expect.

With all of your resort needs filled at the complex, it may be hard to pull yourself away to take a tour of the town of Puerto Vallarta. If you have never visited before you will find the everyday seaside resort



a touch of old Mexico mixed with touristy venues, and some good dining experiences. Your tour provided by the hotel may include a Tequila tasting with stops near the famous ocean side views of the movie location of Night of The Iguana, along with a brief stop at a quaint village called "Mouth of the Tomato."

An added convenience is the frequent hotel shuttle trolley to take you up and down the mountain side to your various venues, or a golf cart can also be arranged. This is a detail appreciated by seniors and all who what an ease of access. All in all Hotel Mousai is fit for an out of this world contemporary James Bond experience, and/or for you requiring the best in exotic resorts. For more information and your reservations: <http://www.hotelmousai.com/> or Goggle Hotel Mousai.



### Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

<http://realtraveladventures.com/author/zinn/>

<http://www.examiner.com/travel-in-oklahoma-city/terry-zinn>

[www.seniornewsandliving.com](http://www.seniornewsandliving.com) - [www.martinitravels.com](http://www.martinitravels.com)



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## Assisted living

### Arbor House

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Norman, OK 405-292-9200  
Midwest City, OK 405-455-3900  
Mustang, OK 405-376-2872  
[www.arborhouseliving.com](http://www.arborhouseliving.com)

### Featherstone Assisted Living

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405-799-9919

### Fountain Brook Assisted Living and Memory Support

11510 SE 15th St. Midwest City, OK  
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### Heritage Point of OKC

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OKC, OK 73162 405-208-7400  
[www.HeritagePointOKC.com](http://www.HeritagePointOKC.com)

### Willowood at Mustang

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405-376-1200

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### Smile Arts Dental Studio

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### Eye Association of Oklahoma

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## Home Health

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### Savannah House of Guthrie

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### Whispering Creek

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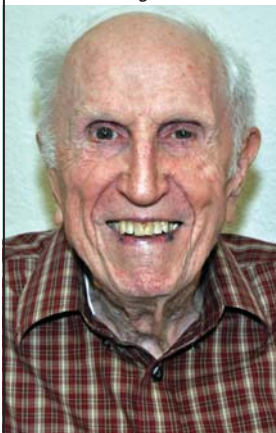


# SENIOR TALK

**Read what other Seniors have to Say...**

## *How did you get to school when you were young? Fountain Brook*

"I drove a car to and from school at the age of 14. We only had the one car so I would drive it home for lunch so my dad could have it and then, I would walk back to school which was a long walk."



**Cecil Hewitt**

"I walked to school in elementary. I walked with some friends in junior high and in high school, I rode a trolley car."



**Rosemary 'Skip' McDonald**

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or call  
**SENIOR NEWS AND LIVING**  
**405-601-7700**

If you would like us to visit your location email us at [news@seniornewsandliving.com](mailto:news@seniornewsandliving.com) or call us at 631-5100

"I lived way out in the country and I would have to walk across the land and cross creeks to get to school. Sometimes, one of the teachers would pick me up and I would ride with her."



**Helen Mayer**

"In grade school, it was 2 blocks away and I walked. In junior high, it was 7 blocks away and I walked. In high school, I rode the bus."



**Mickey Tyo**

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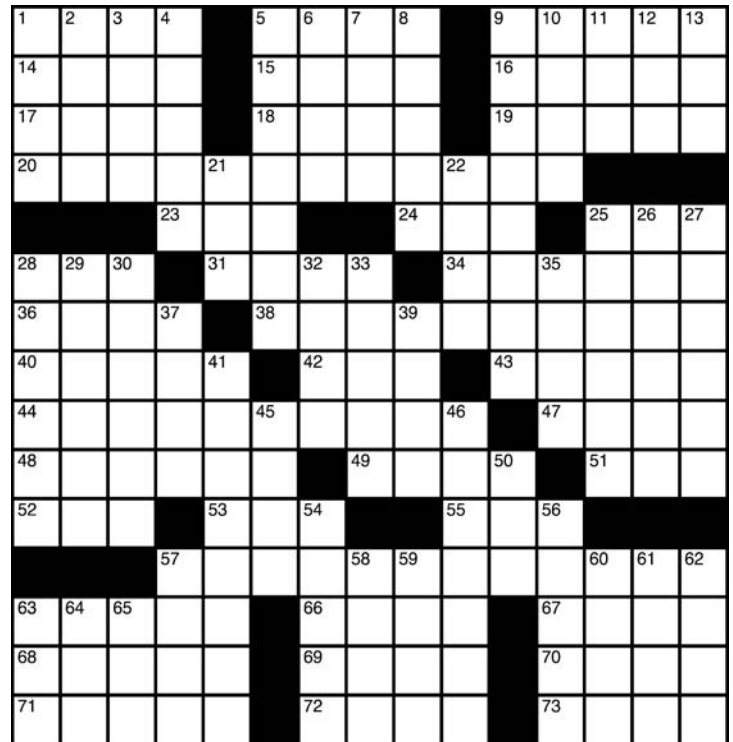




## CROSSWORD CORNER

### Across

- 1 Many an Amman man  
5 Grab, as ice cubes  
9 Seuss character who "speaks for the trees"  
14 Ship bottom  
15 Auth. unknown  
16 Fit to be tied  
17 Opposed to  
18 Flat-topped elevation  
19 Consumerist Ralph  
20 Rock used for hammering, e.g.  
23 Mousse kin  
24 NBC skit show  
25 Neighbor of Can.  
28 Seasoned veteran  
31 Sneaker brand  
34 Sharper, as vision  
36 One that falls in the fall  
38 Shari Lewis' Lamb Chop, memorably  
40 Media workers' org.  
42 Mentalist Geller  
43 Home of baseball's Marlins  
44 First piece moved in chess, often  
47 Takes a load off  
48 "Incredible!"  
49 \_\_ Piper  
51 Half a colon  
52 Blog VIPs  
53 Bubble bath spot  
55 Arctic sea bird
- 57 Classic comedy team, with "The" ... and what the last words of 20-, 38- and 44-Across comprise  
63 Mexican mom  
66 Wrap for a sprain  
67 Agatha Christie's title  
68 Universal principle  
69 Letter-named thoroughfares in Bklyn.  
70 Soprano Gluck  
71 Gossipmonger  
72 Religious offshoot  
73 Ringful on a belt  
Down  
1 Triumphant cries  
2 Littlest of a litter  
3 Voice below soprano  
4 Showy jewelry  
5 Fare steamed in corn husks  
6 Ten C-notes  
7 Wine quality  
8 Annoying swarm  
9 Kitchen flooring  
10 Like much early history  
11 "Cool!"  
12 Had a bite  
13 Gen-\_\_: boomer's kid, usually  
21 Surprised scream  
22 Cleaning up after the mess?  
25 Still owed  
26 Appear that way
- 27 Palette user  
28 Inscribed award  
29 Check from the IRS  
30 Films featuring chaps in chaps  
32 Fasten, as buttons  
33 Junkyard metal  
35 Protestant denom.  
37 Let loose  
39 Fuzzy fruit  
41 Detested thing  
45 Insult  
46 Most shipshape  
50 Lovebirds, e.g.  
54 Software test versions  
56 George Eastman's camera  
57 Easy race pace  
58 Whence icicles hang  
59 Building detail, briefly  
60 Big windstorm  
61 Award for a sitcom  
62 Red and Coral  
63 Mother's Day month  
64 Bough breaker  
65 Racket



Answers on page 21

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## Our Classifieds Get Results!

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<p><b>Don Wallace Amazed At Response to Ad in Senior News and Living</b></p> <p>"Yes, I still go fishing. Each year Pat and I escort a group to Sportsman's Lodge in Canada which is August 1 to 6. I was truly amazed at the response we got when I placed a classified ad in the Senior News and Living monthly newspaper. It worked well for me." I will also be escorting a Village Tours bus trip to LAKE OF THE WOODS in Minnesota for Walleye fishing on June 23, 2012. For a brochure and details about the Canadian trip, Call me at 405-470-5106.</p> <p><b>Don Wallace, The Wallace Wildlife Show</b></p>	<p><b>FOR SALE</b></p> <p><b>CEMENTERY LOTS.</b> - Donna Crane Memorial Cemetery located south of Norman, Oklahoma. 4 lots. A.B. C.D. Section 4. All 1/2 acre. \$10,000. Call 205-767-1036.</p> <p><b>Obtain C-Pap Masks and Supplies from Home Care Medical.</b> 4401 South Walker, OKC. 235-1468. Insurance, Medicare and Medicaid Accepted.</p> <p><b>RESTHAVEN GARDEN OF MEMORIES, DOUBLE LAWN CRYPT.</b> Granite and Granite memorial. Regular price which includes opening and closing, \$10,990.00. Our price, \$5,500, includes everything. 405-387-4831 or 405-406-9046.</p>	<p><b>HELP WANTED</b></p> <p>Senior caregivers needed for fellow seniors to provide companionship and care. Transportation Required. Please call to learn more. (405) 259-9155.</p> <p><b>SERVICES</b></p> <p><b>SENIOR FRIENDLY REALTOR.</b> Home Selling made easy FREE no obligation consultations. Tonya Yarema (405) 990-6181 Metropolitan Real Estate "Buying or Selling... call me!"</p>	<p><b>PRICE PER 25 WORDS</b></p> <p>1 Month.....\$14.95 3 Months.....\$29.55 6 Months.....\$42.12</p> <p>Classified ads are prepaid only. Deadline is second Friday each month.</p> <p><b>ADD A PHOTO, ONLY \$5 MORE!</b></p> <p>Send ad and payments to: Senior News and Living, 4501 N. Clusen Blvd, Ste 106, Oklahoma City, OK 73118</p> <p><b>TRAVEL</b></p> <p>Travel Tours - 211 Hwy. 51, Wagoner, OK (918) 465-4595, 1-800-331-3182</p> <p>Kincaid Tours - 229 S. Country Club Road, El Reno, OK 73036 (405) 824-8888</p>
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### Don Wallace Amazed At Response To His Ad...

"Yes, I still go fishing. Each year Pat and I escort a group to Sportsman's Lodge in Canada which is August 1-2." "I was truly amazed at the response we got when I placed a classified ad in the



Senior News and Living monthly newspaper. It worked well for me." I will also be escorting a Village Tours bus trip to LAKE OF THE WOODS in Minnesota for Walleye fishing on June 23, 2012.

**Don Wallace, The Wallace Wildlife Show**  
**For a brochure & details about the Canadian Trip**  
**Call me at 405-470-5106**



## DIABETES

Continued from Page 14

as high, if not higher than some cancers," Weber said.

Those facts did not escape Hixon, who had already seen what can happen when a wound gets out of control in someone with diabetes.

"I have a sister-in-law who is a diabetic and has lost a foot and a leg," she said.

Hixon was determined to do all she could to help her foot heal and to avoid future injury.

Diabetes experts know proper foot care is critical for those living with diabetes. That includes checking one's feet regularly for changes.

"Daily activities that I always try to stress, similar to brushing your teeth every day, include examining your feet. Every day, it's important to look at your feet. I know that sounds simple, but especially when you've lost that feeling you have to use your other senses - your eyes and your hands - to examine your feet. You're looking for sores, open wounds and any areas of

discoloration," Weber said.

Hixon now examines her feet religiously each and every day, keeping an eye out for any new calluses, bruises or cuts.

"You want to make sure you don't get a toenail infected or something that would be a minor problem for anyone else, because it can be major for a diabetic," she said.

Weber also fitted Hixon with custom-made shoes that aid healing and offer additional protection. She advises all patients with diabetes never to go barefoot.

Under Weber's care, Hixon's wound healed in just two weeks. Because of the nerve damage, though, the risk of another injury will always be there, and Hixon said she is not only taking all precautions, she urges others she knows with diabetes to do the same.

Meantime, she is back to shopping and wrapping hundreds of gifts, many purchased by her and some donated, that she and her husband will deliver in December to a home for orphans.

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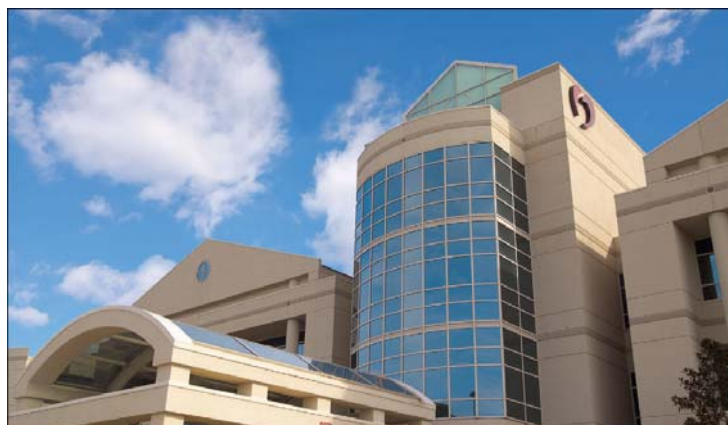
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# Country Music Singers Association of Oklahoma

The Country Music Singers Association of Oklahoma, aka, The CMSA, was established in 1993 by Dan and Jan Barton and six friends. The motto of the group was to "Promote Oklahoma Grown Talent" by providing where entertainers and music lovers could enjoy Country, Gospel and Bluegrass music. Anyone was welcome to audition or participate as a member.

The love was obvious for all performers regardless of experience and ability. The purpose was to educate and encourage entertainers at every level, to develop every aspect of their performance in a safe, supportive and loving environment. Vice President, John Fisher started a CMSA Gospel Show which is free to the public and continues as a community service.

CMSA was granted 501-C3 status in 2009 expanding their ability to network with other non-profits. As a result CMSA partnered with The Toby Keith OK Kids Corral and The Children's Miracle Network Hospitals.

John Fisher became President and CEO in 2012 with Kevin Tatum as his Vice President. When John passed away after a long battle with Leukemia, Kevin Tatum assumed the position as President and CEO and continues to work to fulfill the vision of countless members and entertainers who have poured their hearts and lives into this great organization. The

CMSA continues to offer free workshops, vocal clinics, and guitar lessons to the public.

CMSA is also proud to offer three scholarships every year to highly qualified students who are working toward a degree in some facet of the Country, Bluegrass, or Gospel Music industry. Whether their goal is performing, teaching, producing, or anything pertaining to keeping the music alive. That's The CMSA of Oklahoma, that's what we do.

CMSA also became part of the North America Country Music Assoc. International. Every March this NACMAI provides an international competition in Pigeon Forge, Tennessee at The Country Tonite Theater. Music industry professionals evaluate the performances of competitors from all over the U.S. and several other countries. It's an opportunity to perform on a large stage in a professional setting and learn which aspects they need to improve. It's an invaluable learning experience and a chance to network with performers from other states and make lasting friends from all over this Country. The CMSA holds a State Competition every year with highly qualified judges to evaluate each performer to determine their readiness competition. An Awards Show is held to announce the results. CMSA of Oklahoma continues in our commitment to supporting, promoting and educating Oklahoma grown talent.



## Broom Hilda

By Russell Myers



## Animal Crackers

By Fred Wagner



## Gasoline Alley

By Jim Scancarelli



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## November AARP Drivers Safety Classes

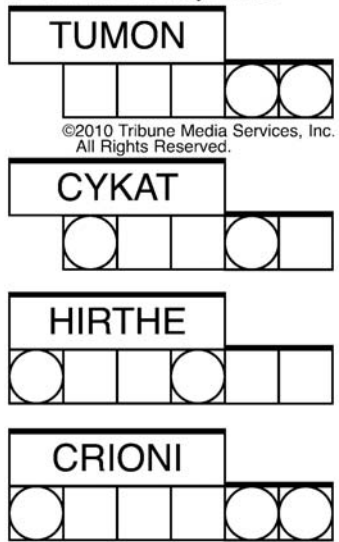
Date/ Day/ Location/ Time/ Registration # Instructor

- Nov 4/ Wednesday/ Norman/ 9 am - 3:30 pm/ 691-4091/ Palinsky**  
Fowler Toyota - 4050 N. Interstate Dr.
- Nov 5/ Thursday/ Okla. City/ 9:30 am - 4 pm/ 951-2277/ Edwards**  
Integris 3rd Age Center - 5100 N. Brookline, Suite100
- Nov 7/ Saturday/ Chandler/ 9 am - 3:30 pm/ 258-5002/ Brase**  
First Methodist Church - 122 W. 10th
- Nov 10/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ Palinsky**  
Rose St - 6191 Tinker Diagonal, room 102
- Nov 10/ Tuesday/ Yukon/ 9 am - 3:30 pm/ 350-7680/ Edwards**  
Dale Robertson Center - 1200 Lakeshore Dr.
- Nov 12/ Thursday/ Norman/ 9 am - 3:30 pm/ 440-8802/ Palinsky**  
Norman Regional Hospital - 901 N. Porter Ave.
- Nov 13/ Friday/ Okla. City/ 9 am - 3:30 pm/ 752-3600 or 478-4587/ Refner**  
Mercy Hospital - 4300 W. Memorial Rd.
- Nov 21/ Saturday/ Okla. City/ 9 am - 3:30 pm/ 486-1385/ Edwards**  
Epworth Vila Retirement - 14901 N. Penn.

The prices for the classes are: \$15 for AARP members and \$20 for Non-AARP. Call John Palinsky, zone coordinator for the Oklahoma City area at 405-691-4091 or send mail to: [johnpalinsky@sbcglobal.net](mailto:johnpalinsky@sbcglobal.net)

## JUMBLE

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



Answer:      AND

(Answers Next Month)

September  
Answers | Jumbles: QUEUE SIXTY BAUBLE POORLY  
Answer: What the wealthy matron's cat enjoyed — THE "LAP" OF LUXURY

## 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.

## STRANGE BUT TRUE SO THEY SAY...

**SBT** As the famous explorer Magellan prepared to sail around the world in 1519, he spent more on Sherry than on weapons.

**SBT** Vassar College was established and funded by a brewer.

**SBT** The U.S. Marines' first recruiting station was in a bar.

**SBT** Bourbon is the official spirit of the United States, by act of Congress.

**SBT** Tom Arnold, Sandra Bullock, Chevy Chase, Bill Cosby, Kris Kristofferson, and Bruce Willis are all former bartenders.

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## COMMUNITY

# Oklahoma companies featured at in-store promotions in Germany

A taste of Oklahoma made its way to the palates of shoppers in Germany during recent promotions in two cities.

The Southern United States Trade Association, which promotes the export of U.S. food and agricultural products, included Southern Okie's line of fruit spreads, Suan's line of Scotch Bonnet jellies and preserves and Pepper Creek Farms BBQ sauce in its mix for in-store promotions.

The first in-store promotion was held near the end of June at KaDeWe, a high-end upscale department store in Berlin. The latter was in late September to early October at Feinkost Bohm, a store with a deep history, located in the heart of Stuttgart.

Barbara Charlet, International Market Development Coordinator, Oklahoma Department of Agriculture, Food and Forestry (ODAFF), and renowned Oklahoma chef Kurt Fleischfresser were in Stuttgart for the in-store promotion from Sept. 20-27.

"A buying team from Germany traveled to Oklahoma and Texas in January of this year for the purpose of identifying and selecting products for the two-week in-store promotions," Charlet said. "In Germany it takes a buyer and an importer combination. So the importer, Claudia Beckord, and the buyer or the retailer, Alexander Frank with KaDeWe, came over in January."

Oklahoma products such as Griffin Foods, for more than 15 years, and Clements peanut butter, for at least five years, have been staples in Germany at certain retailers, according to Charlet.

However, these in-store promotions marked the German debut for the products of Southern Okie, Suan's and Pepper Creek Farms. That makes it even more important that shoppers are given the pleasure of sampling the products, according to Charlet.

As added support, Fleischfresser made the trip to participate in the promotions at Stuttgart.

That opened another opportunity.

"The store in Stuttgart offers food only," Charlet said. "In addition to being high-end deli, high-end cheese, at one end of the store they have just a lovely restaurant and at the other end of the store is a sushi bar and they are both packed. Knowing that Kurt was going to come and lend a little support to this in-store promotion, they asked him if he would design a Southern menu. So he designed two of them, one for each week of the promotion.

"So the week that we were there he worked with the chefs at this restaurant so that they would know how to prepare it. It was a pork chop with a nice sauce on it and a pumpkin dessert with pecans on it. Then he worked with them at the end of the week so that they knew what to do with the second menu."

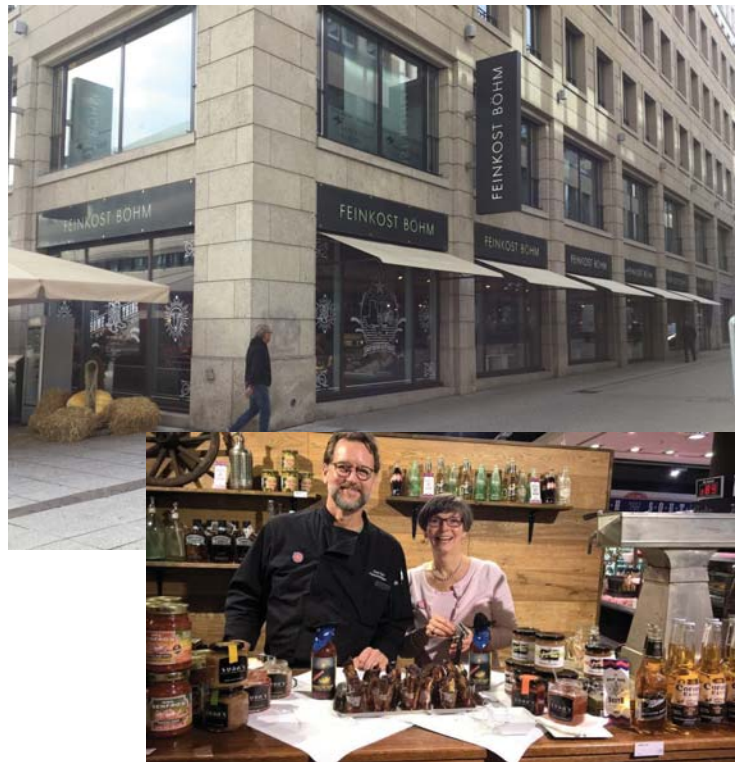
Charlet said the ability to export internationally is important for various reasons.

It is important to those companies that already have their products on the shelves in other countries.

"It's also important for those wanting to expand their business," she said. "So for example, Suan's is doing well here in the United States, but it just gives her another opportunity to showcase her product to see if she can get additional sales.

"That's our bottom line is just trying to make something happen for these companies so that they have another stream of income."

For more information about pursuing international markets for your food and agricultural products, please contact, Barbara Charlet at ODAFF, Barbara.charlet@ag.ok.gov or (405) 522-6192.



Barbara Charlet, International Market Development Coordinator, Oklahoma Department of Agriculture, Food and Forestry (ODAFF), and renowned Oklahoma chef Kurt Fleischfresser were in Stuttgart, Germany for an in-store promotion at Feinkost Bohm. They are shown here in late September, demonstrating Oklahoma products.

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