

Sharing Love for 63 Years

PAGE 8



Seniors Encouraged to Share

PAGE 10



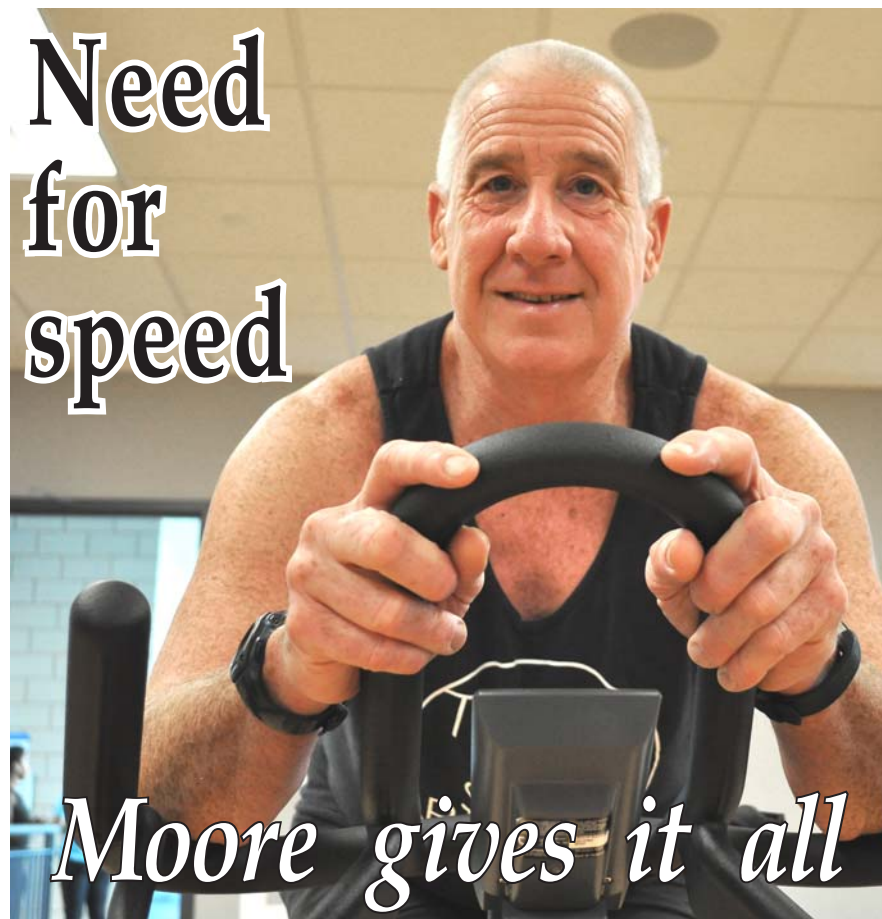
SENIOR NEWS & LIVING

OK

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Need for speed



Moore gives it all

Jay Moore, 61, is beating athletes a quarter of his age biking, running and swimming across the country.

by Bobby Anderson, Staff Writer

Get fit, get fitter or get fittest.

That's 61-year-old Jay Moore's motto.

Moore teaches six spinning classes a week - an hour of pure, heart-pumping stationary cycling at a time at The Station at Central Park in Moore.

When he's not on the bike he's teaching a master's swim class at six in the morning.

When he's not doing that he's competing in Oklahoma, around the country or even around the world as a member of Team USA.

Moore starting doing triathlons back in 1989 and continued through 1994 when a knee injury sidelined him.

Seventeen years went by and his waistline surpassed his belt.

At the end of 2010 he weighed 250 and had had enough.

"I bought an elliptical because I was too fat to run," he laughed. "I got down to about 210 and stayed

See MOORE Page 3

Teacher makes the grade



Ms Oklahoma Senior America 2018 Kay Manning of Oklahoma City.

A very surprised and happy Kay Manning was crown Ms Oklahoma Senior America 2018 on Saturday, July 21.

When asked how she felt, Kay said, "I feel very blessed to have the opportunity to represent my State, tribe, community, and family as Ms Oklahoma Senior America 2018. This is such a rare happening in life to be given such an honor and I will absolutely do my best to make you all proud. I joined the pageant to get more comfortable on stage and with public speaking. I have always been a little shy and theater has been a way for me to get out of my shell. My philosophy of life is If you give a man a fish, you feed him for a day. If you teach a man to fish, you have fed him for life. As a teacher my goal is to show children what they need to know to go out into the world and succeed, as well as be independent. I have been teaching 23 years and plan to keep teaching many more."

God is first, because without Him none of this would be possible and I would not have met so many great people along the way. I am the daughter of Patrick and Jeanette Manning, spirited Oklahomans, Citizens of Potawatomi Nation Native Americans, and in a family of Sooner fans. I have a daughter, Brooke and two grandsons, Peyton and Bivin that bring me a lot of joy and keep me young at heart. I am an active participant in the Catholic Church, reading at Mass, fulfilling my need to give back for all I have been given. Recently I joined another family, the Oklahoma Senior Follies. They are the most colorful and exciting group of people I have ever had the pleasure to be around. As a teacher I work with many active seniors and try to encourage my friends to attend or volunteer. I enjoy promoting senior programs.

See PAGEANT Page 2

PAGEANT

Continued from Page 1

Ms Oklahoma Senior America 2018

Kay Manning is a teacher for the Oklahoma City Public Schools. She attended the University of Oklahoma, Marymount College of Salina, Kansas and University of Central Oklahoma (UCO). Kay transferred from OU to Marymount College where she received her Bachelor of Arts degree and an Associate in science. She later attended UCO where she earned her Early Childhood Certification in teaching. Her experience in the theatre began in OKC at Bishop McGuinness High School where she played the role of the eldest daughter, Tzeitel, in "Fiddler on the Roof". She attended Marymount College in Salina, Kansas, and performed in "Pippin", "Camelot", "Annie Get Your Gun", "Next", "Orpheus Descending", "Waltz of the Toreadors", "The Children's Hour", and "Lysistrata" to name a few. Kay also performed the role of Jocasta in "Oedipus Rex" at Marymount College and the Manhattan, Kansas Community Theatre. In 2004, Kay was selected from over 500 singers auditioning to sing in a competition for News Channel 9 called "Gimme the Mike", Oklahoma.

First Runner Up is Kathryn Carroll Gordon was born in Midwest City. She became a member of the original Oklahoma Twisters Gymnastic Team in the 1950's. She became 1st Place Jr. Olympic Tumbling Champion, 3rd Place National Tumbling Champion and a member of the United States Pan American Gymnastics Team to Winnipeg, Canada. Kathryn graduated from Milford High School in Connecticut, where she trained in gymnastics for the 1968 Olympics. She attended the 1968 Olympic trials in Long Beach, where she qualified for the finals. Kathryn graduated from the University of Central Oklahoma with a Bachelor of Science Degree and a teaching certificate. She was on the Honor Roll and received an Outstanding Gymnast award. Recently, Kathryn graduated from a Getting Ahead class and received a State of Oklahoma citation signed by Senator Ron Sharp and Representative Dell Kerbs. Kathryn's past work history includes teaching in Mid-Del School system for 12 years; owning and operating the Edmond School of Gymnastics for 10 years and selling insurance for ten years, where she received many awards as a Million-Dollar Producer. Currently, she is working as a licensed cosmetologist. To satisfy her creative side, Kathryn has performed comedy at the Oklahoma City Joker's Comedy Club where



Left to right: Administrator Ladell Maxwell, 2nd Runner Up Marilynn Blackmon of Ada, OK, 3rd Runner Up Judy Jackson of Mead, OK, 1st Runner Up Kathryn Carroll Gordon of Newalla, OK, Ms Oklahoma Senior America 2018 Kay Manning of Oklahoma City, OK, Ms Oklahoma Senior America 2016 Dove Schmidt, Director Wynelle Record, Director Dorothy Lilies.

she opened for comedians, Mack & Jaimie, acted in many commercials and training videos, tap danced as a member of "A Class Act" at the 2017 fundraiser for the Ms. Oklahoma Senior America Pageant, the 2017 Senior Follies, the Veterans' Center as well as at various nursing homes and assisted living centers. Kathryn is a member of Eastern Star where she donates her time to worthy causes. She has donated time to Project Gabriel in Shawnee, which helps pregnant girls with supplies for their babies as well as counseling. Kathryn currently attends Westminster Presbyterian Church. She is blessed with a daughter and a son who are successful as a Computer Engineer with Microsoft in Seattle and a Graphic Designer in Salt Lake City. She is proud, too, of her four grandchildren and two granddaughters. She loves spending time with her family and friends.

Second Runner up Marilynn Blackmon is the mother of two children and has three grandchildren and three great grandchildren. She worked as a secretary in her 20s, and later went into sales and started her own interior design business "Interior Reflections." Some years later she changed focus and started a new business, "Pen & Pencil" office supply. As she turned 60, she went back to college, joined Toastmasters and reinvented herself. She became certified in Workforce Training and Development, and she was an Adjunct Instructor at Eastfield College in Mesquite, Texas, for three years. Then she moved back to her hometown of Ada, Oklahoma, in 2008 to completely restart her life where it

began. Since that time, she has been Adjunct Instructor/Trainer at Pontotoc Technology Center in Ada for 12 years. Her goal is to help others learn to feel good about themselves and reach their full potential, which she does in every class she leads. She has a business called Fly without Baggage, and is a certified Master Coach in self-esteem elevation for children and adults. She is a public speaker whose theme is to enlighten and encourage others. She is a member of Toastmasters, Owls' Book Club and National Speakers Association. Her other interests include computer technology, singing, reading, fishing, jigsaw puzzles and her friends from Ada High School Class of 1960. She volunteers as associate Sunday School teacher at her church.

Third Runner Up Judy Jackson says she is greatly blessed, highly favored, and deeply loved by God through Jesus Christ. She is a Christian, a loving wife and a great mother. She has two sons, one lives nearby and the other is in Heaven waiting for her. She is a wonderful grandmother, a fabulous friend and an excellent teacher (retired now, from Middle School), but she still loves to teach any age group who is willing to learn. Judy is devoted to God, family, community and her Country. She believes in loving, living, laughing and spreading kindness everywhere she can. She believes we all have a purpose in life and hers is to spread encouragement in every way she can. Judy says we all need to learn something new every day until we take our last breath. She says she is like a goose, she wakes up in a new world every day. Judy

says learning is living, and living is exciting. Trying to be the best person she can be helps her to be better at all the things that are important to her. It is her goal to get people excited about life and what they can do. Judy says getting someone to feel good about helping themselves to feel good about who and what they can be is an all-time high. Judy works as a volunteer so she can help someone else to have a better life. She feels doing so gives her a better life. She believes if she can teach, encourage and lift someone's day then she is doing the job God has planned for that day. With Random acts of kindness and giving a smile or a compliment to someone, she can brighten their whole day. According to Judy, we all just need a kind, encouraging word, or even just a quick prayer. It lets the world know that you care. Someone must care, so why can't it be me. In her small way she likes to believe she makes a difference. Her small part starts with her being the best person she can be, just being there when someone needs a smile, a hug or just a kind word. She feels this is her small corner of the world, and it's her job to make it the best world she can create for that day. Judy affirms she is a very blessed woman, and it is her treasure to pass a blessing or act of kindness on to someone else. That is who she is.

Other Oklahoma contestants

Betty Bradley, Duncan; Rita Engel, Ada; Pamela Holtzberger, Oklahoma City; Barbara Ann Krantz, Shady Point; Gayle Orf, Claremore; Shirley Shroff, Broken Arrow; and Winnie Stanberry, Tulsa.

MOORE

Continued from Page 1

there. I changed my eating and got down to 195. I got the bike down out of the attic and started riding and running a bit."

He trained for a year and won his first race.

He's been on Team USA for five years in a row.

"They'll ask me 'what's your secret,'" Moore said.

His secret is getting wet.

Weekly, he swims three or four miles spread out four or five days. He's found that his arthritic shoulders respond well.

"The less I swim the worse I feel," he smiles.

Moore's spin class is one of the more popular offerings at The Station at Central Park in Moore. Entry tickets to his class at the front desk are often scooped up before a single pedal is even turned.

"I get them fired up. We crank that music up," Moore grins. "When people see a song they really like they're over there pedaling their butt off and singing along."

People come to sweat, but they also come to get some of Moore's energy.

"I feel like this is Godsend. I'm here to help other people," he said.

"This is my way of giving. And I enjoy it."

At 61, ego and competition still fuel him.

"I've been weight training for five months because when we get older you need to lift weights," Moore said. "I'm a swim, bike, run guy. I'm a cardio freak. I feel stronger and better."

He went to the world championships last year against his doctor's advice.

"When I hurt my knee I went to aqua bike riding," Moore said. "I ran 10 minute miles because people were lined up and down the street. I wasn't going to walk."

A couple months later he went to nationals and finished sixth on a bad knee.

He usually runs seven-minute, thirty-second miles on a 5K trail but his knee slowed him to a 9:15 pace.

It was his swim times that put him so far out in front.

When Moore competes he's typically facing 500-meter swims combined with a 12.5-mile bike ride and then a 5K run.

Olympic distance races carry one-mile swims, a 25-mile bike ride and a 10k run.

"It's weird. It's not the guys in my age group but it's the ones 35 to 50 they want to beat me so bad,"

Moore said. "If someone beats me I just kind of smile. The salesman in me makes me look like it doesn't bother me."

When he's not training he's running a business.

Moore started in the flooring business at 16. He traveled for 15 years as a suit-and-tie rep.

"My dad bought me a truck at 16 and said you need to go learn how to lay carpet," he said. "In college I could work on Friday afternoons and Saturdays after the other guys had already gotten their check and were at the bar and wouldn't show up."

"I could make \$100 or \$200 a week in the late 1970s."

In 1982 he hit the road with a \$40,000 salary and all expenses paid.

Along the way he picked up a certification to be a moisture tester.

Since 2009 he's owned Floors by Moore. He operates on a wholesale mentality.

"I've got a warehouse full of samples and carpet and I do just as much," Moore said. "People say 'call this guy' because I'm usually cheaper and my guys do real good work. That's a good combination."

He thrives on the hunt. On land or in the water, he wants to be first.

"I put it all out there. I've puked at the finish line quite a few times. I'm just so competitive," Moore said.

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BBT More money is spent on gardening than on any other hobby!

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August CALENDAR OF EVENTS

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 For more information, call 405-657-4003

AUGUST

August 1 - August 18
Once Old Is New: OKC Modern Quilt Guild Biennial Quilt Exhibition. 1 NE Third St. OKC. When: Tues-Sats, 10 a.m. 405-815-9995. Email: artspace@Ine3.org. Price: FREE. A biennial exhibition of quilts by members of the OKCMQG. Quilts are made both by individuals & collaborative groups. Through lectures, classes, and demonstrations, Once Old Is New aims to bring Modern Quilting to the broader community.

Mid Day Dance
 WEEKLY on Tuesdays \$5 & Thursdays \$6 Lessons 12:30-1:30pm Dance 2-4pm. Live Band - All ages welcome. 4361 NW 50th, Suite 400 OKC, OK 73112
 for more information 405-943-1950

AUGUST - SEPTEMBER

August 1 - September 1
Showroom | Showcase: Shane Darwent and Elspeth Schulze.
 When: Wednesdays, Fridays, Saturdays, 11 a.m.-6 p.m. and Thursdays, 11 a.m.-7 p.m. 405-604-0042. Price: Free.
 Oklahoma Contemporary Showroom.
 1146 N. Broadway Drive, OKC
 405-951-0000. oklahomacontemporary.org

August 1 - September 9
Visual Voices: Contemporary Chickasaw Art. Price: Free.
 An exhibition featuring more than 65 works in oil, watercolor, textiles, metals and more by 15 contemporary artists, Fred Jones Jr. Museum of Art
 555 Elm Ave. Norman. 405-325-3272
ou.edu/fjjma

AUGUST - SEPTEMBER

August 1 - September 1
A Burst of Color Visual Arts
 Price: Free. When: Mons-Fris. Artist Tim Kinney's latest exhibition features brightly colored and thickly textured paintings. Norman Santa Fe Depot. 200 S. Jones Ave. 405-307-9320. www.pasnorman.org

August 1 - September 3
Guerrilla Art Park. Price: Free
oklahomacontemporary.org/exhibits/upcoming-exhibits/guerrilla-art-park-2018
 The third edition of Guerrilla Art Park features interactive pieces that focuses on leisure and play. Come play at Campbell Art Park with Darci Lenker's Oklahoma badminton net or relax in Emma Difani's Above and Below mini-sanctuary of nature-in-the-city. Additional Awesome's installations play with shadows and Risa Ross re-imagines a childhood toy larger than life. Oklahoma Contemporary Campbell Art Park. NW 11th St. and Broadway Drive, OKC. 405-951-0000. oklahomacontemporary.org

AUGUST 2

Navigating Through Medicare Presentation
 August 2nd - 5:30-6:30pm
 Mercy Hospital - 2017 W I-35 Frontage Rd, Edmond, OK 73013. Refreshments will be provided. 405-842-0494

AUGUST 12

Oklahoma Accordion Club presents its 6TH ANNUAL FREE CONCERT
 Sunday, August 12, 2018, 2:30-4:30 pm
 Yukon Czech Hall. 205 N Czech Hall Road (I-40 exit 137) www.OKaccordion.club
 (405) 201-7867 (phone/text)

Submit your events to be listed in our Calendar of Events.

Call early, space is limited and available on a first come basis at no charge to Clubs, Organizations and Businesses that offer low to no cost events to our readers.

Call us today at (405) 631-5100 ext. 2 or email your listing to lashanya.nash@seniornewsandliving.com for more information and to be included!

AUGUST - DECEMBER

August 1 - Dec. 19
Weekly Trivia. When: Wednesdays, 7:30-9:30 p.m. Price: Free. Put your knowledge to the test and let your intellectual superiority shine. HeyDay. 200 S. Oklahoma Ave., Suite HD, OKC. 405-349-5946. www.heydayfun.com

SEPTEMBER 22

Registration Opens February 1st
OKC St. Jude Walk/Run to End Childhood Cancer, September 22, 2018
 For adults and children ages six and older, registration is \$10. To register, make a donation or volunteer, visit stjude.org/walkrun. For more information, contact Emily at 405.815.5705



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Marisel Esparza is Employee of the Month for July. Marisel is a sweet, loving, and a hard working caregiver. She got her degree in Special Education and was a TA over the summer. She got a full time job teaching in the fall. She loves helping people and does an outstanding job working with our clients. We are so honored to have her on our team!

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OPINION

Where Seniors Can Get Help With Home Chores and Small Jobs

Dear Savvy Senior,

What's the best way to find good, trustworthy, qualified people who can help seniors with home chores or small jobs?

Looking for Mom

S THE SAVVY
SENIOR

Dear Looking,

Getting help at home for any number of household tasks is a lot easier than it used to be thanks to a number of web-based tools that can quickly and easily connect you and

your mom to a wide variety of skilled, carefully vetted workers. Here's what you should know.

Finding Qualified Help

One of the best ways to find qualified, reliable, trustworthy people that can help with home chores and other small jobs is through referrals from people you trust. But if your friends or family don't have any recommendations, there are a number of online companies you can turn to

now like TaskRabbit.com and Takl.com.

These are on-demand service companies that can quickly and easily connect you to skilled workers to handle a wide variety of household chores and small jobs, like cleaning and housekeeping, moving and packing, lawn and yard cleanup, handyman tasks, grocery shopping, running errands, furniture assembly, picture hanging, closet organizing, and much more.

TaskRabbit currently has more than 60,000 Taskers (workers) in 47 U.S. cities, while Takl currently serves 75 U.S. cities with around 35,000 workers.

All you need to do is download their app, or go to their website, and select the service your mom wants done and set a time when she would like the worker to show up. The software then matches your request and provides you a list of qualified, feedback rated workers (including their hourly rate) from which to choose. Once the job is complete, payment is done through the company's app.

You should also know that all TaskRabbit and Takl workers have to go through a thorough vetting process before they can join their respective company including extensive background checks.

If, however, you can't find a skilled worker through TaskRabbit or Takl, or if they don't serve your area, another option is Amazon Home Services at Amazon.com/services. Like TaskRabbit and Takl, Amazon will connect you to qualified workers that handle dozens of household chores and other small jobs.

Amazon also screens all workers through media searches, online interviews, reference checks, and background checks. And all experts need to have licenses and insurance.

To purchase and book a service, you can either buy a pre-packaged service with a fixed price (like two hours of cleaning) or you can submit a custom request and receive estimates. When booking, you select three different dates and time frames and the pro confirms an appointment. All payment is done through your Amazon account.

Need a Tradesman

If your mom primarily needs of a tradesman like a plumber, electrician, painter, roofer or carpenter for home repairs or remodel projects, you should also check HomeAdvisor.com and AngiesList.com. Both of these sites can connect you with prescreened, customer-rated service professionals in your area for free.

Senior Specific

Another option you should know about is AskUmbrella.com, which is a fee-based membership service for seniors 60-plus that provides qualified, vetted workers to do small jobs in and around the house for only \$16 per hour. Currently available in New York, they are expanding nationally over the next year.

Lower-Income Option

If your mom is on a tight budget, you should also contact her nearby Area Aging Agency (call 800-677-1116), who can refer you to services in her area, if available. For example, some communities have volunteer programs that provide chore and handyman services to help seniors in need. And some local non-profit's offer residential repair services that offer seniors minor upgrades and adaptations to their homes.

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.

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Sharing Love for Sixty- Three Years

by Vickie Jenkins
Staff Writer

It takes a special person to be a nurse. It also takes a special person to be a nurse for 63 years. One special person is Vera Doughty, RN. Her whole life has been dedicated to doing what she does best, loving and caring for others. For the last 28 years, Vera has spent her time at the Children's Center Rehabilitation Hospital sharing her motherly love as she cares for the children.

Growing up in Crescent, Oklahoma, Vera moved to Oklahoma City to start Nursing School in 1952. "When I was a little girl, I didn't always want to

See LOVE Page 9



Vera Doughty, RN has worked as a nurse for 63 years. She is doing what she does best; sharing her love with her extended family at the Children's Center Rehabilitation Hospital.

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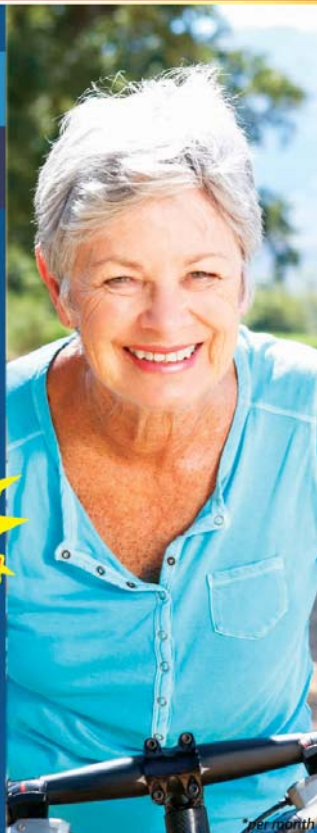
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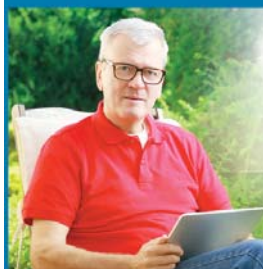



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LOVE

Continued from Page 8

be a nurse; I wanted to be a Veterinarian. That was in the early 40's and 50's and I knew if that was the case, I would have to deliver cows and horses, and with my little, petite size body, I knew I wasn't big enough to handle that, so I became a nurse," she replied with a laugh. Can you image me trying to deliver a cow?" she asked.

"Yes, I have always loved animals. I remember when I was a little girl; I took care of a lot of animals; Cats, dogs, and chickens. When all of the other little girls were playing with their dolls, I was out playing with the animals. I guess you could say I was playing nurse and nursing them back to health," she replied.

Vera went to Nursing School through Saint Anthony's Hospital. "My first job as a nurse was at Saint Anthony's Hospital and then I worked for 2 family practitioners. They were partners in the doctor's office. Both of them were so good and they taught me a lot of what I know today. One of the doctors ended up passing away and the other doctor retired, so all of a sudden, I didn't have a job. I found a job that I really liked and that was 28 years ago. They were such good doctors and I was the only nurse they had. After one doctor passed away and the other one retired, I had to find a job," Vera said with a laugh. "I came here to the Children's Center and I never left, so I must like it here," she added.

In Vera's opinion, it takes several qualities to make a good nurse. "A nurse has to be observant of what's going on

and they have to be interested in the patient. They have to be caring and have a real desire to take care of others," she said.

It takes a mixture of love and determination, always following through and never giving up, being kind and considerate to others, always setting a goal and reaching for it, this is a mixture of Vera's strongest assets.

Working in the yard and playing with her great-grandkids is what Vera does in her spare time. "I stay busy and enjoy every minute of it," Vera said.

I asked Vera where she would travel to if she could travel anywhere in the world and she replied with a quick answer, "Oh, I would go to Switzerland. "My grandparents lived in Switzerland and I always thought it would be nice to go see where they lived. Plus, I have always been fond of the movie, Heidi. The green grass, the rolling hills I always thought it would be a great place to visit. A beautiful place to go if I were to travel, but I don't think I will be going there anytime soon," she said with a smile.

"If I were to give advice to someone going into the medical field, I would tell them have a real desire for it, don't do it for the money or the prestige, do it for the love that comes from within your heart," she said. "They would need to have a real desire to take care of other, never expecting anything in return. Whatever they did, they shouldn't do it for the money, not for the prestige, they need to do it from their love for others," Vera said.

Words to live by: "Oh that's an easy one. The Bible," she replied.



In order from left to right:
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BBT In England, in the 1880's, "Pants" was considered a dirty word!

BBT Most dust particles in your house are made from dead skin!

African antelope, is almost the same color as grapejuice!

BBT Men are 6 times more likely to be struck by lightning than women!

BBT During your lifetime, you'll eat about 60,000 pounds of food, that's the weight of about 6 elephants!

BBT Some ribbon worms will eat themselves if they cant find any food!

BBT Dolphins sleep with one eye open!

History makers

Seniors encouraged to share

by Bobby Anderson
Staff Writer

What started with an email from a 15-year-old high school sophomore in New Jersey has turned into Oklahoma seniors recording their history for future generations.

Melissa Holland serves as the executive director of the Oklahoma Assisted Living Association. An email from Michael Naya, Jr., showed up in Holland's inbox a few months ago.

"He was interested in history and was having problems finding people who were Dust Bowl survivors," Holland said of Naya's project. "He asked if I could reach out to our membership."

Holland mentioned each spring OKALA recognizes those over 100-years-old. A friend at the

Oklahoma State Department of Health mentioned those who witnessed the Land Run might be a good source of information.

Veterans of the Korean War and World War II survivors might also be a good source of information.

With her head swirling with ideas Holland got back to Naya and the two hammered out an informational survey OKALA could send to each member's Activity/Engagement Coordinator.

"He's such a great kid," Holland said of Naya. "It does give you hope in future generations."

"I've always told my children seniors are living history books," she said. "And we need to document that."

Holland said the goal is to publish the returned information in a book form.

The Oklahoma Assisted Living Association is a non-profit organization dedicated to the preservation of dignity and choice for older Oklahomans and to the quality of their care in the senior living setting.

Naya said it was a school project that struck up his curiosity and led him to contact Holland.

"Well, I have always been interested in history starting when I was very young," Naya said. "I enjoyed reading about the Titanic and events from that



Melissa Holland, right, is encouraging seniors like Wavel Ashbaugh to share their life stories with future generations.

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SHARE

Continued from Page 10

era as it was interesting. From there, I learned about World War II veterans, Great Depression and Dust Bowl survivors and decided to start finding and interviewing living witnesses from these historical events.

"The responses from these witnesses have been great; most are willing to share their memories."

Naya's goal is to collect enough responses to one day write a book.

"They hold a great deal of knowledge and it's amazing to interview them in any way possible," he said.

Holland has more and more stories to share as time passes.

"We get some really interesting responses," Holland laughed.

One resident survived the Dust Bowl.

She recounted those days in her responses.

"There were terrible dust storms that were so bad you couldn't drive. You just had to stop and wait till it was over," she remembered.

The same resident also lived through the Great Depression.

"It was terrible. We didn't have any money and couldn't find work," she said.

She remembered how many of her classmates struggled during those times. Her parents didn't lose their jobs because they farmed.

The end of the Depression was a miraculous event.

Another resident responded to the call for 100-year-old stories.

Lois Wooten was born in 1914

and just turned 104.

"When I was a child the world was much safer," Wooten said. "We did not have locks on our doors. In the summer we would sleep out in the back yard because it was so hot and we didn't have electricity. We didn't have running water in the house. We had a well just outside of our back porch.

"We had an outhouse instead of an indoor bathroom."

Things were much slower back then. Wooten remarked how much has changed.

"We didn't get the news within five minutes of when it happened," she said. "Communication of world events was over the radio and we didn't have one of those for a long time.

"I think people visited with their neighbors more. We made most of our own clothes. It was a slower time for sure - no fast food places, no ATM machines."

Wooten's age has brought her plenty of attention.

"I am enjoying many things because I'm this old," she said, noting she's had a lot of interview requests and has been contacted by researchers. "There have been so many changes.

Who would have thought we would have gone to the moon or astronauts would live on a space station." While she admits the current technology "boggles my mind" she regularly uses a computer, an iPad and an iPhone, which she uses to text her family.

If you would like to find out more information or participate in the project you can contact Holland at 405-235-5000 or email her at mholland@okala.org.

OKC Lion's Club gifts \$6,000 to the Metro Tech



OKC Lion's Club Board Member Tom Springer presents a \$6,000 financial gift to Metro Tech Superintendent Bob Parrish and Associate Superintendent Brian Ruttman.

The Oklahoma City Lion's Club gifted \$6,000 to the Metro Tech Foundation, funds that will be utilized to cover costs outside tuition such as uniforms, tools, certification fees and equipment.

OKC Lion's Club Board Member Tom Springer said historically the club has supported college scholarships for area high school students and had a desire to help adult students pursuing technical education as well.

"Many of the Lion Club members attended vocational school at some point in our lives and wanted to support students who graduate with a trade and might need a little help getting started in their career. Welding tools, nursing accessories, certification test fees - we don't want any student to miss

an opportunity due to lack of funds at the beginning of their career," Mr. Springer said.

Metro Tech Foundation Executive Director Ashleigh Gibson expressed gratitude for a gift that will allow the Foundation to remove financial barriers from student success.

"These financial gifts often make the difference between giving up and succeeding for students who are working hard to achieve their dreams," Ms. Gibson said.

Metro Tech is an Oklahoma technology school that offers free tuition to Oklahoma City Public Schools, Crooked Oak Public Schools and Millwood Public Schools students. Full-time and part-time training is offered for adult students, as well as customized Business & Industry training.

STRANGE BUT TRUE

SO THEY SAY...

BBT There are over 58 million dogs in the U.S!

BBT Dogs and cats consume over \$11 billion worth of pet food a year!

BBT Fingernails grow nearly 4 times faster than toenails!

BBT Humans blink over 10,000,000 times a year!

BBT In the year 2000, Pope John Paul II was named an "Honorary Harlem Globetrotter."

BBT Every second, Americans collectively eat one hundred pounds of chocolate

BBT A fetus develops fingerprints at eighteen weeks!

BBT The fear of vegetables is called Lachanophobia!.. More fears...

BBT There are approximately fifty Bibles sold each minute across the world!

Minute Story -- Chewing Gum

by Rix Quinn

Did you ever say to yourself, "Self, I wonder who invented chewing gum?" Well, I'd like to tell you a little story about that. Chewing gum, as you know, is one of the most popular sweet products in the United States.

The person given credit for introducing gum to America is the Mexican general Santa Ana. He moved to Staten Island, New York in the 1840s. He brought several huge pieces of a tasteless, latex-like material called chicle with him.

He showed it to a local inventor Thomas Adams, who imported a bunch of this gummy stuff. Adams began to sell it as an alternative to a popular chewing material, paraffin wax. In 1875 a Louisville druggist named John Colgan began to flavor this chicle.

So, by the 1890s, chewing gum was a huge success. And today, we Americans chew about 10,000 pounds of it.

There's lots more to this great success story, but we'll chew on that another time.

TRAVEL/ ENTERTAINMENT

Lake George, New York: An Upstate Discovery

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

When I visited Albany, New York, I just had to explore a little farther north to the Lake George area. There I found the small town "Festival of the Lake," in progress next to the southern end of the expansive lake itself.

My home base was the Fort William Henry Hotel with an upper story lake view. It's so nice to wake up and go to bed with the ever-changing view of water and distant mountains. The hotel offers several styles of accommodations, but staying in the main historic building was optimal, and the prime location for viewing the weekend fireworks over the lake from the room.

I had an unpleasant lunch at the little snack bar café on the waterfront where the manager was almost rude and not accommodating to this paying customer. But with that unpleasantness aside, the rest of my tourist visit to Lake George was very pleasant.

Up the lake side road is the legendary and historic Sagamore Hotel, where you must stop in for a tour or definitely a lunch. The Sagamore opened its doors in 1883 with luxurious Lake George accommodations that attracted a select, international clientele, and quickly became the social epicenter for the wealthy residents of Green Island and Millionaires' Row. Twice damaged by fire in 1893 and 1914, The Sagamore was fully reconstructed in 1930 through the efforts of Dr. William G. Beckers of New York City, one of the hotel's early stockholders, and William H. Bixby, a St. Louis industrialist. Together they financed the cost despite the period's bleak economic climate and The Sagamore continued to thrive, hosting the National Governor's Conference in 1954, which was

presided over by Vice President Richard M. Nixon and Governor Thomas E. Dewey.

A staff member of the Sagamore, suggested I travel, if time allowed to go a bit farther north, to the northern most part of Lake George and visit the Fort Ticonderoga area. I had always heard about this revolutionary war locale and it was enlightening to tour the reconstructed fort and see its importance for guarding the waterfront. Approaching the Park area I came across a fox hunt, complete with riders and hounds in progress, temporarily halting car traffic. It was as if I was transported back in time.

Another dining treat was the Algonquin Restaurant at Bolton Landing, near the Sagamore Hotel, where locals take their boats, docked them by the waterfront restaurant, enjoy a meal or cocktail, and then retreat to their lake homes via the water, before the sun completely sets. Boating to them is as casual as taking the family car out to dinner ~ so quaint and a hint at the local lake culture.

I enjoyed dining at the very popular Lake George's Marios Italian Restaurant, and at the Lake George Dinner Theater, where the play was well done and my congenial extemporaneous senior citizen ladies table mates, was more entertainment. The Lake George man street plays host to a number of assorted shops and eateries, including the wine tastings at the Adirondack Winery.

They say you must get on the lake to experience Lake George and the Lake George Steamboat Company fills that order. With several specialty cruises or a casual noon time cruise, you get a different perspective of the Lake and the mountains. Establish in 1817, the



Company has been operating on Lake George for over 200 years. They offer a number of boats including the Minne Ha Ha, The MV Mohican or the flagship, Lac du Saint Sacrement. 817, the Lake George Steamboat Company has been operating on Lake George for over 200

While I was at Lake George in late September, I found I was at the end of their season, so you may want to arrive earlier

in the year, go now, or plan now for your spring/summer upstate New York getaway. America and upstate New York has so much to explore and enjoy.

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Significant Women in Oklahoma Agriculture *Patti Townsend*

For Patti Townsend, her entire life could be described by these two words.

After enduring the drought of the Dust Bowl, Townsend's father, an Oklahoma farmer and coal miner, decided to move his family west to California during World War II. There was a need for work in the shipyards because of the war, so he was certain a better life would await them there.

"My father just threw up his hands and said, 'This farming is not worth it right now,'" she said.

Townsend grew up in San Francisco, a much different sight from the New Mexico cattle ranches she would soon call home.

After marrying Gayland Townsend, the two began ranching together in Albuquerque and then Roswell. They raised commercial cattle before incorporating Brangus into their herd, eventually owning nearly 800 head. The Townsends moved several times while in New Mexico, each time to a bigger ranch, before relocating to Oklahoma in 2004.

"I was chief cook and bottle washer," Patti Townsend laughed, pointing out that she worked more than everyone else because she had two jobs: ranching and cooking.

She added, "They counted on me being out there helping them with cattle and then having dinner



Patti Townsend of Milburn is being recognized as a Significant Woman in Oklahoma Agriculture. She is shown here with her husband Gayland and three sons Philip, Charles and Steven.

on the table too."

"I wasn't a hired hand," she laughed. "I was a free hand. Let's put it that way. I was out there working cattle and then having pot roast in the oven."

She would have beans on the stove and cornbread in the oven while she worked cattle.

"They'd send me up there about 10 minutes before, and then I put everything on the table," Townsend said. "They ate. I cleaned up. I was back out there in the corral."

While the Townsends ranched in Roswell on the "home place," Patti Townsend became heavily involved with the New Mexico Cowbelles. She served on the board, as secretary and as president.

"I did everything they asked me to," she said.

Townsend worked beef cook-offs, helped the New Mexico Beef Council - where she also chaired the board - at the state fair, and helped put on the beef ambassador contest. She traveled to each region of the state giving workshops, ran booths at the state capitol, and visited schools to teach children

about beef cattle. She also led farm tours to show the public more about the industry.

She recalls one lady being so excited - and scared - to give a cow a shot for the first time.

"She did it. She ended up giving that cow a shot, and then she raised her hands up and just thought that was the greatest thing in the world that she gave that cow a shot," Townsend laughed.

It was the education and promotion of agriculture, specifically beef cattle, that drove Townsend.

She was involved on the local, state and national level. She was named the 1999 New Mexico Cowbelle of the Year and served as president. She also served as region director of the American National CattleWomen for six years and was president of ANCW in 2003.

Townsend, who "to this day still can't believe it," was named the 2011 ANCW Outstanding CattleWoman of the Year.

See TOWNSEND Page 16



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TOWNSEND

Continued from Page 14

"It was the best honor I could have in my life," she said.

The "home place" or "family ranch" as Patti Townsend calls it, is where the Townsends lived for about 21 years and raised three sons: Philip, Charles and Steven. It is also where Townsend started her sheep herd, which grew to nearly 600 head over a 20 year period.

"The boys had them [the sheep] for ag," she said. "It was an ag project, and course they showed sheep too. The oldest one took off to college, and he had to sell his part of the sheep to the other two. And when the second one went off to college, he had to sell his part to the youngest one. And then when the youngest one when off to college, there was nobody to buy them but Momma. So I bought his share, and so those were Momma's sheep now."

"There was a herd of them by the time we finished with them because they can have triplets," she laughed.

Her sons were all heavily involved in FFA, showing cattle, pigs and sheep. All three received their American FFA Degrees, and Charles was a state FFA officer.

All three also grew up to pursue agriculture. Charles is a veterinarian, Philip is a rancher and fishermen's guide, and Steven runs the ranch, which is now located in Milburn, Okla.

"We started getting bigger on account of the youngest son [Steven] wanting to be a rancher, and so that's the reason we sold the family ranch," she said. "He's always wanted to be a rancher since he was 3 years old."

The Townsends moved to a bigger ranch outside of Roswell first before moving the cattle to Oklahoma.

Why would a successful ranching family decide to move 500 miles to begin the challenge of raising cattle in a completely new state?

The answer can be found in one word: drought.

After year five of what would be an eight-year intense drought, the Townsends were at a crossroads. Their time in New Mexico had set them up for success in Oklahoma.

"A man walked up to us and wanted to buy the ranch," she

said, "and my husband said, 'Sold.' So we bought a place here in Oklahoma, and that's where we are now. We still have Brangus cattle. We raise about 600 head here."

As the ranches got bigger and more help came in the form of her sons, Patti Townsend wasn't needed as much. However, she never got too far away from the ranch.

"I stayed involved with the cattle, and when we culled cows and stuff like that my husband wanted me out there working to make sure I was satisfied with what they sent to the sale and what they kept for heifers. They didn't sell my pets. Let me put it that way," Townsend laughed.

She became very involved with the Oklahoma CattleWomen and was slated to become an officer here too, before deciding she was needed more at home to take care of her husband after his heart attack.

"I'm getting back involved with them again, but I am not moving up to be president so leave that off your list," she laughed.

She has truly loved the ranching life - where she spent her entire career - and is hopeful that her grandchildren and great-grandchildren will pursue it.

"It is a beautiful life for a family, and I would suggest it for any young couple that wants to start living on the ranch to try it," she said. "Get them out of the city. Put them on the ranch or the farm, and it's a hard life. I'm not going to say it's an easy life. We had some rough times. We had some big rough times, but we made it. We just stuck together and made it. I wouldn't trade it for a billion dollars, or a trillion."

It has been almost 50 years since the Townsends first started ranching together.

"It was fun days. I enjoyed it. I really did. It's just something I did, and I was young enough to do it. Don't ask me to now," she laughed.

Patti Townsend, now nearly 78, reflects back on her days on the home place and says every memory was great - whether it was good or bad. She would certainly love to be working underneath the Oklahoma sky.

"I wish I was 10 years younger," she said. "I'd be out there hand in hand. I'd still be the chief cook and bottle washer."

Right place, right time - Nurse, MA save coworker

by Bobby Anderson,
Staff Writer

It was like any other day at work for Lisa Marti on May 9, except it would be one that would change her life.

Marti, 39, a medical assistant at Norman Regional's Endocrinology Associates, was found slumped over in her chair at the nurse's station by two coworkers.

After finding her unconscious, Kayla Masters, medical assistant, and Sherry Potter, LPN, transported Marti to a treatment room. They quickly realized Marti had no pulse and wasn't breathing.

Marti had gone into cardiac arrest, with no previously known heart conditions. They immediately began CPR and called 911. Before first responders arrived, other members of the endocrinology team, including Dr. Lubna Mirza, Michelle Jackson, Estelle Cappony and Alicia Glenn stepped in to help any way they could, and brought in cardiologist Dr. Michael Villano and his staff from the clinic next door.

"It was a nightmare—I don't even know how to describe it," Masters said. "It was pretty devastating to see her like that. A lot of us didn't know if she was going to make it. It was the worst thing I've ever dealt with in a work setting, but I think we handled it very professionally. We acted promptly and did the best we could."

Potter, who previously worked on a cardiology floor in a hospital, said trying to revive someone she knew was different from anything she has ever experienced with a patient.

"It was more intense. It's always in the back of my mind—wondering if (Marti) is okay and thinking about all the 'what ifs,'" Potter said. "Things happen for a reason. (Marti) asked to go home earlier that day because

she didn't feel well, but we didn't send her home—I guess that was so we could save her life."

Judy and Henry Lantz, Marti's parents, were two of multiple family members to receive a call from the endocrinology staff. They immediately rushed to the hospital, as did Marti's daughter Kaitlynn and her son Tyler.

"It was the most terrifying day of our lives," Lantz said.

When Marti's parents arrived to the Emergency Department, Marti was continuing to slip in and out of consciousness. She was shortly moved to the Cardiovascular Intensive Care Unit (CVICU).

"There were some good moments and a lot of bad ones," Judy said. "It would seem like she was getting better then she would code again. It's not easy to be holding your daughter's head when she dies, especially over and over again."

Marti coded about 10 times in total before cardiologist Dr. Muhammad Salim put in a permanent pacemaker for Marti, which stabilized her and her heart function.

Although Marti doesn't remember much of what happened, she said it's "very scary" to hear about it all, but she received a ton of support from family, friends, coworkers, and her care team that helped get her by.

"I didn't have anybody who disappointed me in my care here. They offered all of the support and answers I needed," she said.

Marti has two children and two grandchildren to live for. She was able to return to work on Monday, June 18.

"I'm just happy to be alive



Norman Regional Health System LPN Sherry Potter gets some love from coworker Lisa Marti, whom Potter helped revive at work.

and to have this second chance at life," she said.

Nephrologist Dr. David Williams is working with Marti on her follow-up care to determine

the cause of her event. She said she is very grateful for his kindness and care.

"Hopefully we'll have answers soon," Marti said.

What About Cremation? So You're Considering Cremation...

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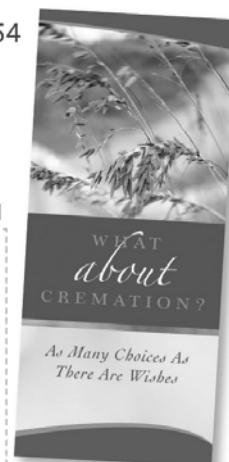
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Steffens

Software Vendor Selected for Oklahoma Medical Marijuana Authority Licensing Management

The Oklahoma Medical Marijuana Authority (OMMA), with assistance from the Office of Management and Enterprise Services (OMES), has selected Complia as the provider for compliance and licensing management software.

Using a statewide contract, the Denver-based company was selected through a review process that determined it was best equipped to meet OMMA's specifications and time requirements. The passage of SQ788 tasks the Oklahoma State Department of Health (OSDH) with having an application process in place by August 25 for patients, caregivers and businesses to apply for licenses and for the agency to collect application fees. OSDH created the OMMA to regulate the medical

marijuana program.

Complia is a group of compliance officers and technologists with a background in cannabis licensing systems and government software.

"With this agreement in place, we are continuing our commitment to having the structure in place to meet all of the requirements of SQ788," said OSDH Interim Commissioner Tom Bates. "We are deeply appreciative to OMES for providing their expertise in evaluating the vendor products and for helping select the right fit to implement the online application system. They were able to accelerate the process in order for us to meet the challenging deadlines we face."



Oklahoma Medical Marijuana Authority

Kevin L. Lewis Named Regional President of SSM Health Medical Group

Kevin L. Lewis, MD, has recently been named Regional President of the SSM Health Medical Group.

Dr. Lewis returns to SSM Health Oklahoma to resume the role he held previously from April, 2016 to June, 2017 as Regional President of the SSM Health Medical Group. Dr. Lewis will be responsible for the growth and management of physician practices, as well as post-acute and ambulatory operations across the system.

Lewis comes to SSM Health St. Anthony from the multi-hospital Parkridge Health System based in Chattanooga, Tenn., where he was Chief Medical Officer. He received his medical degree from the University of Texas Health Science Center at San Antonio



Kevin L. Lewis, MD, Regional President of the SSM Health Medical Group

CROSSWORD CORNER

Across

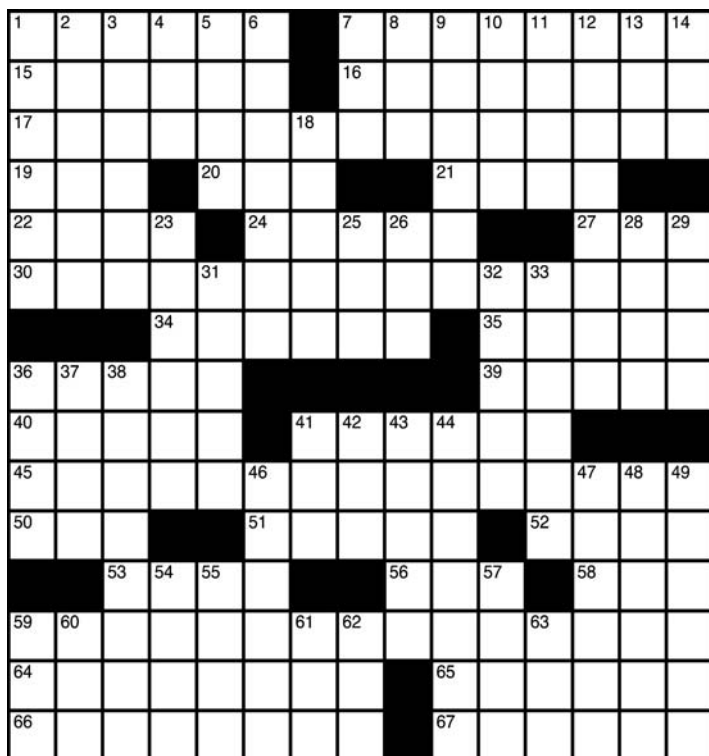
- 1 Without markup
- 7 Informed
- 15 Like the Godhead
- 16 Where flocks assemble
- 17 Slide
- 19 "Defending Liberty Pursuing Justice" org.
- 20 Org. for Sharapova and Kournikova
- 21 Base or case closer
- 22 Exaggerates, as a rZsumZ
- 24 Follow
- 27 Ref. with quarterly online updates
- 30 Slide
- 34 Respond to a failed delivery
- 35 Not your average joe?
- 36 Video game hero with a kart
- 39 "To wrap up ..."
- 40 Epic including the Catalogue of Ships
- 41 Willing to take risks
- 45 Slide
- 50 Shocked letters
- 51 Colleague of Ruth and Sonia
- 52 Trillionth: Pref.
- 53 Kit Carson House site
- 56 Texter's "Keep the rest to yourself"
- 58 Moo ___ pork

Down

- 59 Slide
- 64 Way to be there when you can't be there
- 65 Looked for a school, perhaps
- 66 Tape container
- 67 Jousting mounts
- 1 Bank smartphone offering
- 2 Type of chief or custom
- 3 Noisy bug
- 4 "In ___ Time": Hemingway story collection
- 5 White fall
- 6 Quality control personnel
- 7 Mil. mail drop
- 8 Unchallenging reading material
- 9 Specialized undergrad track
- 10 Frosty film
- 11 Will go ahead as planned
- 12 Walter Johnson's career-leading 110
- 13 Yet, poetically
- 14 Summer hrs.
- 18 Boat better not rocked
- 23 Many a recent refugee
- 25 "Arise, fair ___, and kill the envious moon": Romeo
- 26 Sturm ___ Drang
- 28 Incredulous rebuke
- 29 Believe

Across

- 31 Amethyst source
- 32 "I Fall to Pieces" singer
- 33 Inhibition
- 36 Catalan surrealist
- 37 Fund-raising target, often
- 38 Fair game
- 41 Broadband letters
- 42 Gallic soul
- 43 Agitated blog posts
- 44 Muddled
- 46 One often has a golf course
- 47 Clear Eyes rival
- 48 Seconded
- 49 Hospital routines
- 54 Tour gear
- 55 Drama prize
- 57 TV co-star of Hargitay and Belzer
- 59 Spasm
- 60 Usually single-stranded molecule
- 61 Trivial thing
- 62 French season
- 63 Draw



Answers on page 25



SENIOR TALK

Read what other Seniors have to Say...

What's your favorite summer pastime? Salvation Army Central Oklahoma Area Command

Working out in my garden and sitting on my deck to see it grow.



Deanna Waltens

Watching baseball and the Pittsburgh Pirates. I love the Rangers, too.



Rick Dimit

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With Seniors
Throughout The State**



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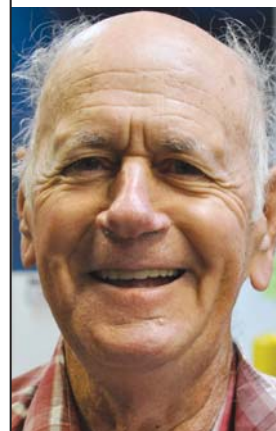
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Mary K. Chapman Foundation awards OMRF \$600,000 for aging research

The Oklahoma Medical Research Foundation has received a \$600,000 grant from The Mary K. Chapman Foundation to support aging research.

The grant will help fund age-related disease research and help OMRF recruit a pair of new scientists to its Aging and Metabolism Research Program, which takes a comprehensive approach to studying diseases of aging, including age-related muscle loss, Alzheimer's, Parkinson's and arthritis.

"Aging is the number one risk factor for a number of debilitating diseases that affect our growing elderly population," said Aging and Metabolism Research Program Chair Holly Van Remmen, Ph.D. "This gift will allow us to expand and

extend our work to better understand basic mechanisms of aging and how they impact age-related diseases, such as heart disease, arthritis, age-related muscle loss and neurodegenerative diseases."

Mary K. Chapman established her foundation upon her death in 2002 as a way to continue supporting causes associated with her personal interests. Chapman, an Oklahoma native and University of Tulsa graduate, made many of her gifts in Oklahoma and Colorado, where her late husband, oilman and philanthropist H. Allen Chapman, was born.

The foundation donates to a wide variety of charitable organizations. But as a former nurse, Chapman had a keen

Continued next page

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SIZZLIN' HOT SPECIALS

interest in supporting health-related causes.

As a result, said Chapman Foundation trustee Donne Pitman, the foundation is devoted to continuing Chapman's legacy of giving to health and medical research.

"The hope is that these new investigators can generate new ideas and approaches to diseases of aging, like Alzheimer's and dementia," said Pitman. "These are devastating and common diseases that impact not only the individual, but also everyone around them. Aging research is a critical need for public health, and we want to be a part of the solution."



Oklahoma Medical Research Foundation scientist Holly Van Remmen, Ph.D.

STRANGE BUT TRUE

SO THEY SAY...

BBT In 32 years, there are about 1 billion seconds!

BBT Rice paper does not have any rice in it!

BBT Dolphins sleep with one eye open!

BBT The world's oldest piece of chewing gum is over 9000 years old!

BBT In space, astronauts cannot cry properly, because there is no gravity, so the tears can't flow down their faces!

BBT In England, in the 1880's, "Pants" was considered a dirty word!

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October 2	Fall AL CEU Seminar	Moore-Norman Vo-Tech
Oct 11, 12, Nov 7, 8 & 9	RCAL Admin Cert Class IV	Gemini Bldg.
October 19	Lunch-n-Learn	Gemini Bldg.
November 1	Owner/Reg Roundtable	Gemini Bldg.
November 16	Lunch-n-Learn	Tulsa
November 30	Boot Camp	Gemini Bldg.
December 13	Holiday Open House	Gemini Bldg.
December 20	Lunch-n-Learn	Gemini Bldg.

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READY, AIM . . . MUSIC?

By Darlene Franklin

I've never been to war. Aside from a few skirmishes, neither had anyone in Israel's army. After being freed from Egypt and spending forty years wandering, the desert-hardened Israelite army prepared to fight for the land promised to them by God. How did they feel? Nervous, anxious for their first battle, wanting to get it over with, so they could get on with their new lives?

They set up camp, all 600,000 of them, spreading out from Jericho's front gates. Expecting war, imagine how they felt when all they did was to march around the walls one time every day each day for a week with trumpets sounding.

You may know the story. At the end of the week, they marched seven times, the instruments blared, the men shouted—and the walls fell down. The battle ended before they threw a spear (Joshua 6).

Centuries later, the judge Gideon led a small group of three hundred men to fight the Midianites, Amalekites, and others who'd oppressed the Jewish people. Again, God used the weapon of music—a blaring trumpet—to defeat the opposition (Judges 7).

During Jesus' final week on earth, the crowds sang hosanna when He rode into Jerusalem on the back of a donkey. A few days later, the disciples "sang a hymn and departed" after the Last Supper, beginning the countdown to Jesus' death.

Is it any wonder that Isaiah links strength and music?

Behold, God is my salvation; I will trust, and not be afraid; for the Lord JEHovah is my strength and my song; He also is become my salvation.



Darlene Franklin is both a resident of a nursing home in Moore, and a full-time writer.

(Isaiah 12:2 KJV)

His words echo Moses' song after crossing the Red Sea (Exodus 15:2), as well as the psalmist's words in Psalm 118:14.

Music composed at the height of war has become national anthems (the United States' Star Spangled Banner and France's La Marseillaise). In the mid-twentieth century, songs like "We Shall Overcome" played a vital role in the civil rights movement.

It's easier to imagine the connection between music and patriotism than between music and war. There are narratives (probably not factual) of children marching to the Crusades while singing "Fairest Lord Jesus."

Many translations of Isaiah 12:2 plainly place music in war's arsenal (the Lord is my strength and my song, see the KJV and many others.) Some changed the English word from "music" to "defense" instead. None of the commentaries or lexicons I consulted gave me a clue as to such different words have been used. Neither commentaries and Hebrew word meanings helped me understand how the same word means two such different

things, or why the translators changed their work. Was it possible that music was defense?

It is for me. When I'm tired, discouraged, unable to sleep, I hum "Abide with me." If rejoicing in God's good gifts? How about "Joy to the world, the Lord is come?"

When I checked a website for hymns based on Isaiah 12:2, I found over over thirty songs. Here are a few of my favorite phrases:

"Jesus! 'Tis music in the sinner's ears, 'Tis life, and health, and peace"—Isaac Watts

"I am trusting Thee for power, Thine can never fail"—Frances Ridley Harvergal

Anyone who's ever been moved by a song on the radio or at a concert can testify to the power of music. It slips into the heart, curls up next to the spirit and warms it even before we take in the words. Who doesn't want to stand and shout when they hear "I'm Proud to be an American" on the 4th of July? Not to mention Katherine Lee Bates' immortal words about "America the Beautiful."

Music has the capacity

See DARLENE Page 27

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Made in Oklahoma: Okie Dough provides unique treat

Edible cookie dough may be the next best dessert to hit the shelves.

Thanks to Dhea and Karla Hudson, owners of Okie Dough, this tasty treat is now available across Oklahoma.

The cookie dough is made without eggs or added milk and made with heat-treated flour, so it is completely safe to eat. Available in about 15 flavors, Okie Dough can be eaten straight from the freezer or refrigerator because it lasts up to 12 weeks in the freezer and up to eight weeks in the refrigerator.

The most challenging part of being in the business is making it clear to customers that the product is safe to eat, Dhea Hudson said.

"The nostalgia of eating cookie dough is unlike that of any other dessert," Dhea Hudson said. "I hear all the time that there is an emotional connection that can't be manufactured. It's inherent in the product and unique to cookie dough."

The idea behind Okie Dough

started in school when Dhea was a high school counselor.

"I often would bring baked goods to my students," she said. "When they asked for my cookie dough instead of the cookies, I was hesitant because of the raw eggs, and I didn't want to make anyone sick. So I began experimenting with my original chocolate chip cookie dough recipe without eggs. I would bring a batch to school, and the kids would disapprove or approve. And finally on the fifth time, everyone really liked it. I had done my research on the heat-treating of the flour by then, so sharing at school was completely safe. And that is how Okie Dough was created."

The business began in April 2017. In the first year, Okie Dough made it to 10 festivals, all home Oklahoma University football games, the Cox Convention Center, the Chesapeake Arena for all Thunder games and events, the Texas Motor Speedway,



and many more.

Okie Dough also joined the Made in Oklahoma Program this year. The product is made using flour from Shawnee Mills in Shawnee, Okla., butter from the Hiland Dairy in

Chandler, Okla., and Griffins Vanilla from Muskogee, Okla. For more information, visit madeinoklahoma.net/products/okie-dough, okiedoughlicious.com, or find Okie Dough on Facebook.

Andy James Named Oklahoma Forestry Services Fire Chief

Oklahoma Forestry Services announces the promotion of Andy James to assistant director and fire management chief. James will lead the state's wildfire suppression and mitigation operations, as well as provide leadership for the division's field operations based out of Tahlequah, Wilburton and Broken Bow.

"As the state's lead agency for wildfire suppression, the role of fire chief is critical," said Director of Oklahoma Forestry Services and State Forester Mark Goeller. "We are fortunate to have someone as knowledgeable and experienced as Andy ready to step into that role. He will do a phenomenal job."

A 22-year veteran of Oklahoma Forestry Services, James previously served as the area forester for Community Fire Assistance programs, providing assistance to rural fire departments and communities. Prior to that he has served in a variety of positions including leading the Southeast Area operations located in Broken Bow, service forester in Wilburton and district forester in Jay. Wildland firefighting has

been a big component of all of his positions with Oklahoma Forestry Services.

Throughout his forestry career James has focused on wildland fire suppression and management, not only in eastern Oklahoma, but across the state as a task force leader, division supervisor and operations chief for the OFS Interagency Type 2 Incident Management Team.

"I am excited about the opportunity to represent Oklahoma Forestry Services on a state and national level," said Andy James. "We have made great strides as a wildfire agency over the last few years and I look forward to continuing those efforts."

In addition to his duties with Oklahoma Forestry Services, Andy is a member of the Northern Rockies National Type 1 Incident Management Team, and is qualified as an operations section chief, type 2 and an operations section chief, type 1 (trainee). He is also a member of the Fuels Management Committee of the National Wildfire Coordinating Group and the Oklahoma Statewide Mutual Aid Working Group.

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Yes, and...

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Join the Alzheimer's Association, in partnership with OKC Improv, for this workshop to help caregivers let go of the need to control (or even know what happens next) in order to discover the gifts in every experience. Learn to utilize basic improv skills to surrender to the reality of the moment and find the way to embrace the joy of our relationships!

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Broom Hilda

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Joint interest: Understanding different types of arthritis

Arthritis is the leading cause of disability in the United States. But it's actually many distinct diseases: two of the most common are osteoarthritis and rheumatoid arthritis.

"Although OA and RA have similar symptoms, they have entirely different causes," said Oklahoma Medical Research Foundation rheumatologist Eliza Chakravarty, M.D. "That means the two conditions may also need to be treated differently."

Osteoarthritis, the most common version of arthritis, stems from wear and tear that erodes the cartilage between bones in your joints, causing them to rub against one another. OA affects an estimated 31 million people in the U.S., typically impacting hands and fingers, hips, lower back and knees.

Pain associated with OA often worsens with use and improves with adequate rest. People are more likely to develop this form of disease with age, but that isn't the only contributor, with obesity, traumatic injuries and overuse also elevating your risk.

"Doctors typically recommend that people with OA engage in regular physical activity, which not only strengthens muscles that support the joints and helps control weight, but it also has been shown to reduce pain," said Chakravarty. "It can typically be treated effectively with nonsteroidal anti-inflammatory drugs like aspirin or ibuprofen."

In extreme cases, doctors may inject corticosteroids into joints to relieve symptoms.

"Unfortunately, current treatments can only alleviate symptoms, as we haven't developed a cure for OA," said Chakravarty.

Rheumatoid arthritis, meanwhile, is less common than OA, affecting about 1 million Americans. While its exact origins remain mysterious, researchers know the disease is caused by a dysfunction in the immune system.

"Specifically, the immune system perceives something

inside the joints as foreign, prompting it to launch an attack," she said. "Tissues in the joint become inflamed and swollen, eventually leading to the destruction of cartilage and bone."

RA displays all the symptoms of osteoarthritis, plus noticeable joint swelling. Unlike osteoarthritis, though, RA symptoms are often worse in the mornings or after prolonged inactivity and improve a bit with use of the joints.

As with OA, doctors use anti-inflammatory drugs and corticosteroids to treat the joint pain and stiffness that comes with RA. However, rheumatologists also rely on a series of more specific disease-modifying therapies that can slow the progressive destruction of the joints.

While these drugs, which include methotrexate and newer biologic agents such as Humira and Enbrel, help control RA, they have no effect on osteoarthritis. For this reason, Chakravarty said, it's important to visit a physician if you're experiencing joint pain or stiffness. Doctors use a combination of a physical examination, blood tests and X-rays to determine the type of arthritis a person has.

At OMRF, scientists are currently seeking volunteers who are concerned about developing rheumatoid arthritis for a prevention study called StopRA. If you are interested in participating or finding out more about the study, please call 405-271-7805 or email clinic@omrf.org.

JUMBLE

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

HARCP
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A: □ □ □ □ □ □ □ □

THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek

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

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July
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Answer: He couldn't wait to propose to his girlfriend in person, so he — GAVE HER A RING

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AUG/SEPT AARP Drivers Safety Classes

Date/ Day/ Location/ Time/ Registration # Instructor

Aug 2/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi

Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100

Aug 2/ Thursday/ Norman/ 9 am - 3:30 pm/ 307-3177/ Palinsky

Norman Regional Hospital - 901 N. Porter Ave

Aug 10/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards

S.W. Medical Center - 4200 S. Douglas, Suite B-10

Aug 10/ Friday/ Okla. City/ 8:30 am - 3:30 pm/ 773-6910/ Kruck

Baptist Village - 9700 Mashburn Blvd.

Aug 15/ Wednesday/ Warr Acres/ 8:30 am - 3 pm/ 789-9892/ Kruck

Warr Acres Community Center - 4301 N. Ann Arbor Ave.

Aug 23/ Thursday/ Okla. City/ 9 am - 3 pm/ 752-1200/ Varacchi

14901 N. Penn. Ave..

Sep 6/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi

Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100

Sep 8/ Saturday/ Moore/ 9 am - 3:30 pm/ 799-3130/ Schaumburg

Brand Senior Center - 501 E. Main St.

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

DARLENE

Continued from Page 22

to bypass logic and doubt and stir our worship to God. If we wonder what to sing about, we can look at everything we learn about God in Isaiah 12:2. Our Creator's creation calls for songs of praise. Yahweh, the great I AM, is the beginning

of everything and the source of songs of praise. He was Salvation for those before Jesus took on human form, born of the virgin Mary. The love demonstrated at the cross "demands my soul, my life, my all." (Isaac Watts)

God my salvation and strength is also my defense. Let His praise be continually on my lips.

Minute Story -- David's Walk

by Rix Quinn

Maybe you've hear the old tale of a little boy named David who walks to school down the same street every day. And each day he passes the house of an older couple. Actually, they're not that old maybe in their 60s.

Whenever he talks to them, the old man says pretty much the same thing: "David, we plan to go on vacation soon. Will you watch our house while we're gone?"

David always says yes. David walked by there for five years but he never saw the couple leave the house.

Then one day David passes by, and the old lady's in the yard, and she's crying. "What's the matter?" David asks.

"Bob died yesterday," she says. "And you know what? Next week, we're leaving for vacation."

Well, David never could get that image out of his head. And now, 30 years later, he and his family never miss a chance to travel together.

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- Garages available
- Beauty salon
- No buy-in fees!



Why wait? This is the summer to start a vacation that never ends.
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