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Dough Boys

Friends help build pizza empire

Bob Busby and Brent McMurry have helped build Hideaway Pizza into a household name in Oklahoma.

by Bobby Anderson, Staff Writer

It was the mid-1970s and Oklahoma State Students Bob Busby and Brent McMurry found themselves in need of a job.

As luck would have it, the geology major and sociology major wound up in the same Stillwater classroom.

Little did they know they would be working side-by-side helping building what would become a cult following in Stillwater and eventually all of Oklahoma in Hideaway Pizza.

"It feels like the guests take ownership in Hideaway, like they've worked there before, or like they've owned part of it when they're introducing it to people," said Busby, now

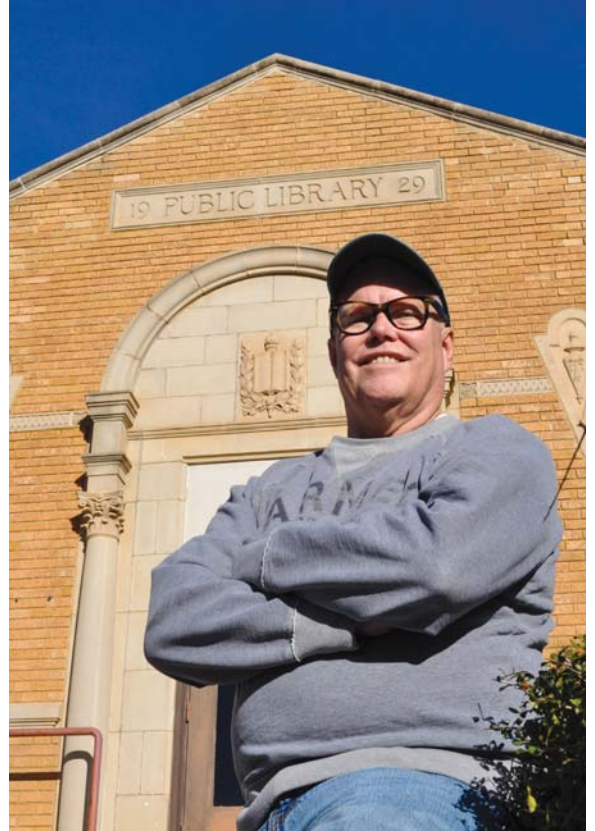
Hideaway senior vice president. "They feel like it's part of their own experience or their own story."

Both are former owners (along with Gary Gabrel) of the Hideaway Pizza expansion restaurants that started on Cherry Street in Tulsa. Brett Murphy and Darren Lister are the current owners.

Busby now serves as the senior vice president while McMurry is the district manager

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Norman seniors fighting for space



Jim Jenkins is president of a 21st Century Norman Seniors Association trying to hold the City of Norman to its promise of building a new senior center.

story and photos by Bobby Anderson, Staff Writer

Norman has and always will be a college town.

Today more than 31,000 students come to Norman each year to further their education.

As a result, Norman's population has grown more than 50 percent to nearly 120,000 residents since 1990.

For the past 50 years seniors like Jim Jenkins have paid for that growth, supporting and paying for municipal bonds, school bonds and keeping dollars local and paying city sales tax.

And it was senior voters like Jenkins who threw their support behind the Norman Forward initiative that in October 2015 resulted in a half-percent sales tax increase intended to fund a number of quality of life issues.

One of those items listed on the ballot was a new, standalone senior center that would replace Norman's current facility, housed in the city's original 8,000-square-foot public library built in 1929.

But now Norman seniors feel they're the ones standing alone and are accusing some city officials of trying to do an end-around with funds that should be used to build a new facility.

NORMAN FORWARD

"Seniors worked their butts off to get that initiative passed," said Jenkins, who spent four hours on

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SPACE

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election day holding a sign on a street corner campaigning for the measure. "It passes and a couple months later they start talking about the budget again so we start going to the study sessions of the council meetings and they start saying 'We don't have any money. It's going to take the entire \$159 million to fund these Norman Forward projects.'"

"We said 'Wait a minute. We're a Norman Forward project.'"

City leaders indicated they had been considering using bond funds from a previous bond issue to fund renovating the existing Norman Public Library for use as a senior center.

That would be done after the library moved into a new building paid for through the sales tax increase.

Voters like Jinkins felt they secured a standalone senior center by passing the Norman Forward initiative.

"There's not an asterisk next to it, there's not any language that says if there's money available," Jinkins

said about building a senior center. "Everybody I know that voted on it (thought they were voting) for a senior center."

In March 2016, an Oklahoma not-for-profit corporation by the name 21st Century Norman Seniors Association was formed and Jinkins was elected president.

He says there are now more than 400 active members.

With seniors encompassing nearly 20 percent of Norman's total population the group feels a significant segment of Norman residents are supporting the call for a free-standing senior center.

For now, Jinkins says the city is only offering yet another renovated former library to serve seniors' needs or trying to float yet another bond issue to voters specifically for a new senior center.

Jinkins worries about voter fatigue and the fact voters have



Norman's current 8,000-square-foot Senior Center is housed in the city's first library built in 1929.

already voted twice to fund a new senior center.

The senior group says the plan of moving into the existing library does a disservice to seniors on multiple fronts.

Seniors and City of Norman staff would share the building and end up competing for space and facilities. Neither could expand as their programs grow.

Problems with parking and traffic flow cannot be resolved.

A shared parking lot with City offices plus the Municipal Court would create a bottleneck and there would also not be enough covered parking spaces that a senior center requires.

Senior centers in Edmond, Shawnee, and Midwest City have this.

The existing library lacks space for kitchen facilities. The staff of the kitchen at the present senior center would like to move to the new senior center, and most people agree that the new center should house the kitchen as the center is the only source for many seniors' meals.

The option Jinkins' group favors is building a new facility - which would cost in the neighborhood of \$8-9 million - at the nearby city-owned Andrews Park.

The site would provide plenty of adequate parking plus be located across the street from the new library - benefitting from library programming and public resources located on site.

Association Associate Vice President Nadine Jewell penned a letter to the editor of The Norman

Transcript that read, in part:

"Norman Forward is certainly needed in our community, and seniors do not think they are being greedy asking for a standalone center. While many projects, like Westwood, can only be used for 3 months of the year, a senior center can be used the year around. Surely, Norman cares enough for its seniors to find enough excess Norman Forward funds to build one standalone."

With already a fair measure of support from existing council members, one thing working in the group's favor is the fact City Council seats in the odd-numbered wards will be up for election this coming February.

Norman Seniors will host a candidates forum before the election so that you can meet the candidates, ask your questions, and hear their positions.

In the meantime, Jinkins is urging all interested Norman seniors to call their City Council representative and voice their opinions.

You can find out more information online at www.normanseniors.org as well as the group's Facebook page listed as Friends for a 21st Century Senior Citizen's Center.

"I think they just really wanted us to go away and they didn't think we would get this far," Jinkins said. "It is our hope that the Council will identify a funding source for a standalone center that does not involve yet another vote of the people."

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PIZZA

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for South Tulsa.

BACK IN THE DAY

Richard Dermer and his wife, Marti, bought the business back in 1957.

In the 60's and 70's, with happy customers filling the 12 tables in the tiny restaurant, Richard and Marti had a fleet of VW delivery Bugs racing over the streets of Stillwater.

Originally decorated with the Hideaway pizza man logo (Big Kahuna), they evolved into colorful, eclectic designs with zebra stripes, polka dots, flowers and ladybugs, and became synonymous with Hideaway Pizza.

The way to work at the original Hideaway Pizza early on was word of mouth. You had to be a friend of a friend or know someone who had worked there.

"My first shift was nine in the evening to two in the morning driving a Volkswagen," Busby said. "I didn't even know how to drive a standard. First

thing I did was ask for someone to show me how to do this because I've got a load of pizzas."

Pizza was delivered on campus through the via one of the largest fleets of Volkswagen Beetles in the U.S. Creatively painted by the employees, the VW bugs became an iconic symbol for the company along with vintage kites (Dermer was President of the American Kitefliers Association), collage art and the board game Pente.

In 1993, Dermer allowed the trio of trusted employees including Busby, McMurry and Gabrel (Pente creator) to form a development company to expand the concept into new markets outside of Stillwater while the Dermer family retains ownership of the flagship location.

The first Hideaway Pizza expansion restaurant opened in downtown Tulsa, Oklahoma's Cherry Street District.

"It was just from the get-go lines out the door," McMurry said.

Hideaway Pizza had successfully grown its footprint

to include six restaurants in the Tulsa and Oklahoma City metro areas when Lister and Murphy purchased the company in Feb. 2006.

Under their leadership, the company has grown into one of America's favorite pizza companies, employing approximately 1,000 in two states.

The newest restaurant location (#17) opened on Oct. 10, 2016 at 5103 Warden Rd. in North Little Rock, Arkansas. It was the first Hideaway Pizza to open outside of Oklahoma.

Hideaway Pizza plans to open its next restaurant in 2017 in Conway, Arkansas.

RISING SUCCESS

There are approximately 61,269 pizzerias in the United States and Hideaway Pizza was ranked No. 66 in Pizza Today magazine's 2016 ranking of the nation's most successful pizza companies.

That's a six-spot jump from 2015. Two other Oklahoma-based pizza companies were included in the 2016 report. Tulsa-based Mazzio's Italian Eatery was ranked No. 29 (No. 27 in

2015) and Simple Simon's Pizza, headquartered in Glenpool was ranked No. 49 (No. 45 in 2015).

It's still fun for McMurry and Busby, who admit they still regularly eat the pizza.

Both agree it's never been about how many stores Hideaway has but the quality of the people and product inside of each.

They enjoy pouring into the staff as much as pouring into customers. The mantra has always been happy employees equal happy customers.

Maybe that's why Hideaway has become an Oklahoma favorite. It's not just a place to stop and pick up a pizza - although Busby admits the takeaway business is phenomenal - Hideaway is a place where friends and family come for an evening meal.

"Pizza is such a social food because you share it. You can feed a lot of people from one thing. It's a unique niche of the restaurant business we've got here," Busby says.

And you'll still see both of them back in the kitchen making sure Hideaway Pizza stays an Oklahoma tradition.

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OPINION

THE SAVVY SENIOR

Dear Almost,

One of the great perks of growing older in America is the many discounts that are available to boomers and seniors.

There are literally thousands of discounts on a wide variety of products and services including restaurants, grocery stores, travel and lodging, entertainment, retail and apparel, health and beauty, automotive services and much more. These discounts - typically ranging between 5 and 25 percent off - can add up to save you hundreds of dollars each year.

So, if you don't mind admitting your age, here are some tips and tools to help you find the discounts you may be eligible for.

Always Ask

The first thing to know is that most businesses don't advertise them, but many give senior discounts just for the asking, so don't be shy.

You also need to know that while some discounts are available as soon as you turn 50, many others may not kick in until you turn 55, 60, 62 or 65.

Dear Savvy Senior,

What types of discounts are available to baby boomers, at what age do they kick in, and what's the best way to go about finding them? *Almost 50*

Search Online

Because senior discounts frequently change and can vary depending on where you live and the time of the year, the Internet is the easiest way to help you locate them.

To do a search, start by visiting SeniorDiscounts.com, which lists thousands of discounts that you can search for by city and state, and by the category you're interested in, for free.

You can also look for discounts at TheSeniorList.com, which provides a large list of national and regional business chains that offer them, or you can Google them individually. Just go to Google.com and type in the business or organization you're curious about, followed by "senior discount" or "senior discount tickets."

If you use a smartphone, another tool is the Sciddy app (see Sciddy.com) that lets you search for senior discounts and can send you alerts when you're at an establishment that offers them.

Join a Club

Another good avenue to senior discounts is through membership organizations like AARP, which offers its 50 and older members a wide

variety of discounts through affiliate businesses (see AARPdiscounts.com).

If, however, you're not the AARP type, there are other alternative organizations you can join that also provide discounts such as The Seniors Coalition or the American Seniors Association. Or, for federal workers, there's the National Active and Retired Federal Employees Association.

Types of Discounts

Here's an abbreviated rundown of some of the different types of discounts you can expect to find.

Restaurants: Senior discounts are common at restaurants and fast food establishments - like Burger King, Chick-fil-A, Subway, Wendy's, Applebee's and Golden Corral - ranging from free/discounted drinks, to discounts off your total order.

Retailers: Many thrift stores like Goodwill, and certain retailers like Banana Republic, Kohl's, Michaels and Ross stores offer a break to seniors on certain days of the week.

Supermarkets: Many locally owned grocery stores offer senior discount programs, as do some chains like Albertsons, Kroger, Publix

and Fry's Supermarkets, which offer some discounts on certain days of the week but they vary by location.

Travel: Southwest Airlines provide the best senior fares in the U.S. to passengers 65 and older, while Amtrak offers a 15 percent discount and Greyhound offers 5 percent off to travelers over 62. Most car rental companies provide discounts to customers who belong to organizations like AARP. Royal Caribbean, Celebrity and Carnival cruise lines offer discount rates to cruisers 55 and over. And, most hotels offer senior discounts, usually ranging from 10 to 30 percent.

Entertainment: Most movie theaters, museums, golf courses, ski slopes and other public entertainment venues provide reduced admission to seniors over 60 or 65. And the National Park Service offers a lifetime pass for those 62 and up for \$10 (see nps.gov/findapark/passes.htm).

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.

Program Uses Personalized Music to Help People with Alzheimer's Disease

LeadingAge Oklahoma Executive Director Mary Brinkley recently announced that 45 nursing homes throughout the state have received national certification in the MUSIC & MEMORY program and will take part in this new program that uses personalized music to assist residents with Alzheimer's disease or related dementias.

In an effort to improve the quality of life for people suffering from dementia, a personalized music program is now available to 2,000 nursing home residents in 100 skilled nursing homes in Oklahoma. The two and half year project will use iPods to re-introduce nursing home residents to their favorite, personalized music to improve their day-to-day life and assist in reducing medication usage. Phase 2 of the program will begin next Spring for the remaining 55 nursing homes. The LeadingAge Oklahoma Music for the Ages initiative is part of the national MUSIC AND MEMORY program developed to train nursing home staff to create personalized music. The grant through the Centers

for Medicare and Medicaid Services and the Oklahoma State Department of Health will enable residents to listen to their favorite music and be able to recall memories that haven't been lost to their disease. This has an uplifting affect that improves their spirits, and allows them to be responsive, cooperative, and engaged with family, friends, staff and other community members. "Increasing a person's ability to positively interact with others through the power of music is really priceless," said Brinkley. "We're pulling from their past - music that made them feel happy or made them joyful and triggers good memories." "The music has a connection to the emotion system. It's sort of a back door to the mind, and that's why people come alive." Program Director, Denise Clemonds said, "LeadingAge Oklahoma will host monthly support sessions for nursing homes to discuss successes, solve challenges and receive additional training." Nursing homes will receive start up equipment, certification and also participate in a research study to

measure the effectiveness of the program. The results of the study will be used for future planning. "We are gratified that so many of the nursing homes across the state will participate in what we believe is a landmark program in the treatment of people with dementia", said Brinkley.

"Music has long been known as a powerful tool for stimulating memory, and this new program in Oklahoma nursing homes is harnessing that power to improve the lives of residents with advanced dementia," said Brinkley. "Our brains are hard-wired to connect music with long-term memory. People with dementia, Parkinson's disease and other diseases that damage brain chemistry can reconnect to the world and gain improved quality of life from listening to personal music favorites." MUSIC & MEMORY founder Dan Cohen used thorough neuroscience research to create the program which has been shown to enhance the lives of residents with Alzheimer's disease or other dementias by:

- * Reducing the reliance on anti-psychotic and anti-anxiety medication
- * Reducing agitation and "sun-downing"
- * Enhancing engagement and socialization, in turn fostering a calmer social environment
- * Increasing pleasure to persons with dementia
- * Increasing cooperation and attention of patients
- * Boosting staff morale by reducing resident resistance to care
- * Increasing fulfilling engagements among the residents, staff, family, friends, and their community.

"LeadingAge Oklahoma is the first long-term care provider association in the country to develop its own program based on Cohen's program," said Brinkley.

LeadingAge Oklahoma plans to expand Music for the Ages initiative this spring to include a total of 100 nursing homes in the project.

For additional information about the Music for the Ages, go to: [LeadingAge Oklahoma](http://LeadingAgeOklahoma.org). For the list of Oklahoma nursing homes participating in the program, go to: <http://leadingageok.org/music-for-the-ages>

INTEGRIS First in United States to Implant the HeartMate 3 LVAS

Recently Released Results Indicate the HeartMate 3 LVAS is a Promising New Tool for Patients Suffering from Advanced Heart Failure



St. Jude Medical Inc., a global medical device company, recently announced results of the MOMENTUM 3 U.S. IDE Clinical Study, comparing the HeartMate 3 LVAS (Left Ventricular Assist System) to the HeartMate II LVAS in treating advanced stage heart failure.

The Advanced Cardiac Care program at INTEGRIS Baptist Medical Center is a proud participant in the study. In fact, INTEGRIS was the very first facility in the United States to implant this new technology in 2015. Currently, INTEGRIS remains a leading implanter of the HeartMate 3 LVAS in the country.

The HeartMate 3 LVAS is a small, implantable mechanical circulatory support device for advanced heart failure patients who are awaiting transplantation or are not candidates for heart transplantation. The HeartMate 3 LVAS restores blood flow with full MagLev technology, which allows the device's rotor to be "suspended" by magnetic forces. This design aims to reduce trauma to blood passing through the pump, thereby minimizing complications and improving outcomes for patients.

"The early results of the MOMENTUM 3 are encouraging. This trial is the single most important study in the world of heart pumps at this time," said James Long, M.D., Ph.D., cardiovascular surgeon and director of the INTEGRIS Advanced Cardiac Care program. "It has been the fastest enrolling trial in this field,

indicating the importance of this therapy and the ever-increasing need for new generation heart pumps to treat people with end-stage heart failure when there are no other options."

The MOMENTUM 3 U.S. IDE Clinical Study is the largest LVAD trial in the world following more than 1,000 patients for a period of up to two years. The data just released to the public shows the six-month results of the first 294 patients enrolled. The patients receiving the HeartMate 3 LVAS had an 86.2 percent survival rate with freedom from disabling stroke and reoperation to repair or replace the device.

"The Heartmate 3 LVAS represents the continued advancement in therapy options available for patients living with debilitating heart failure," said Doug Horstmannshof, M.D., heart failure cardiologist and co-director of the INTEGRIS Advanced Cardiac Care program. "INTEGRIS, working with a network of partners, is the only center in our state and surrounding regions with the ability to offer this exciting new option on an ongoing investigational basis."

INTEGRIS holds a leadership role in the MOMENTUM trial, with such centers as Columbia Presbyterian Hospital, the Duke Heart Center, the University of Michigan and Barnes Jewish Hospital. Drs. Long and Horstmannshof joined in the authorship of a current article on the study in The New England Journal of Medicine.

Bone and Joint Hospital Uses Innovative Robotic System for Total Knee Procedure

Bone and Joint Hospital at St. Anthony is the first in Oklahoma to offer the Mako Total Knee procedure. Performed using the Mako Robotic-Arm Assisted Surgery System, the Mako system is a surgeon-controlled robotic arm technology that enables more accurate alignment and placement of implants.

The Mako Robotic-Arm Assisted Surgery System provides three dimensional pre-surgical planning, as it details the technique for bone preparation as well as a customized approach. "The Mako Total Knee procedure is an innovative technique available to patients who suffer from degenerative knee diseases such as osteoarthritis. It enables surgeons to personalize the total knee procedure to achieve optimal results," said Corey Ponder, M.D., orthopedic surgeon at Bone and Joint Hospital at St. Anthony.

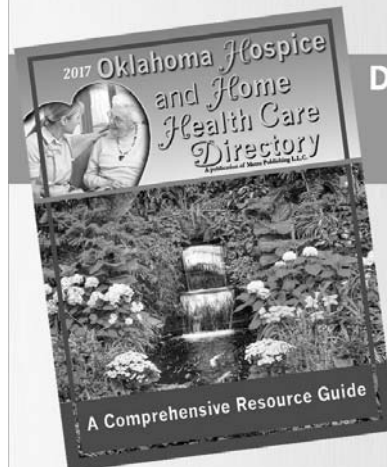
Using the robotic-arm technology allows the surgeon to precisely execute the procedure based on an individualized CT scan of each patient's own unique anatomy. During the Mako Total Knee procedure the robotic-arm assisted surgery system provides visualization of the joint and biochemical data, to guide the bone preparation and implant positioning to match the pre-surgical plan.

"Bone and Joint Hospital at St. Anthony is proud to be the first in Oklahoma to have this innovative technology. It is part of our commitment to provide our community with the best care possible," said Dr. Ponder.

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COMMUNITY

Saving lives:

OU Medical Center is ready for the challenge

by Jason Chandler
Staff Writer

Most of the people don't ask to be sick or plan a hospital admission. But when there is a health crisis, they find help at OU Medical Center Oklahoma City.

Dedicated nurses serving in the cardiac program, or Cardiovascular Institute at OU Medical Center are part of a continuum of care navigating the hospitals with opportunities.

"Our nurses have the opportunity every day to work in CVT and still have mobility in different areas," said Scott Coppenbarger, hospital spokesman.

This continuum of care is a

high priority for the patients' experience as nurses are specialized in certain areas.

Examples include the Cardiac Intensive Care Unit, step down, in house telemetry, cardiac floor, cardiac rehab, cardiac trauma, cardiac service line management, ability to impact STEMI times and outcomes, cath lab, adult congenital program, thoracic program, perioperative services, and the heart, lung and valve clinic.

Corinna Reed, RN, has been a nurse for 21 years. She works in the cath lab where diagnostic and interventional procedures are performed.

"For blockages in the heart,

we stop heart attacks. We put pacemakers in and help eliminate blood clots," Reed said. "There's so many procedures we do. It's becoming more and more encompassing."

She said some procedures have been transferred from surgery to the cath lab setting where it is less invasive. Patients can be in and out of the cath lab in an afternoon versus surgery where they may stay overnight. So comprehensive care is becoming much easier for patients and families, Reed explained.

All of the cath lab nurses are critical care nurses. Reed has always circled back to focusing on the heart.

"I like to see people walk out of here," Reed said. "One of my biggest rewards when I recovered open hearts was getting to take the ventilator off, and then the next day walking them down the hall to the cardiac nursing floor."

A few days later, Reed would watch her patients wave goodbye as they were wheeled out of the hospital.

During Shawn Penington's nine years at OU Medical Center he has worked in intensive care and cardiac intensive care units.

The RN currently serves patients in the cath lab. OU Medical Center has been good to him by providing vital experience.

Patients who have had open heart surgeries will sometimes come to the cath lab for stents. The RN is familiar with all the medications they take.

"Some of those people come in. They are not scared. Some of them have a lot of anxiety," he said. "So I like to identify with those kind of people."

Understanding their emotions by acknowledging they are scared helps to ease their mind.

"Usually I tell them I would be scared, too, 'if I was where you're at,'" Penington said. "Even though I know there's good outcomes of what we do and nothing's going to go wrong I would still be afraid myself. That's usually where I can meet them on level ground to help calm their fear."

Nurses are attracted to cardiovascular ICU care because of the complexity of the work, said Bertha Nunez, RN, nurse manager for cardiovascular intensive care. It's the hard work, she added.

"The critical thinking aspect, the busyness, because if your

Continued next page



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Former Insurance Agent Charged with Embezzling More Than \$64,000

A former Tulsa insurance agent was charged Thursday with embezzling more than \$64,000. The charges are the result of a joint investigation by the Oklahoma Insurance Department and the Oklahoma Attorney General's Office. The Oklahoma Department of Securities also assisted with the case.

"I have zero tolerance for agents who break the law," said Oklahoma Insurance Commissioner John D. Doak. "Insurance-related crimes often lead to higher premiums for everyone. I commend the excellent work done by our Anti-Fraud Unit and the Attorney General's Office on this case. These charges send a message that crimes like this will be discovered and the perpetrators will be prosecuted."

Michael W. Hefner, 47, is accused of transferring money from a company bank account to a second bank account only he controlled. The company bank account was only supposed to be

used to deposit premium payments Hefner collected before the funds were remitted to the insurer. Investigators found more than a dozen illegal transactions between January 2012 and May 2015. Hefner spent the money at casinos, grocery stores and gas stations. He also used it to pay bills for personal loans, utilities, child care, a storage unit and auto insurance.

The Oklahoma Attorney General's Office will serve as lead prosecutors in this case. Hefner has been charged with 15 counts of embezzlement. A warrant has been issued for his arrest.

About the Oklahoma Insurance Department

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



The Cardiovascular Institute at OU Medical Center Oklahoma City employs nurses specialized in various aspects of care.

OU

Continued from Page 6

heart's not working right then other things won't work right either," Nunez said. "And you have to have the anatomy, physiology knowledge behind it. Know your medications and how it impacts one organ and the rest of the body as well."

Some nurses have been in different roles with OU Medical Center for more than 20 years, she said. There are also younger nurses the hospital works hard to keep on staff.

Nunez commends the nursing staff for their dedication, she said. They take the extra effort to help patients feel better, she said.

They also incorporate the family and feel gratified that for the 12 hours of work, they made a difference in a patient's condition.

"That's what attracted me to nursing was the ability to help somebody who may be anxious like Shawn said, or somebody that doesn't know what's going on and taking the time to explain," Nunez said.

Teamwork and support through all aspects of the organization makes OU Medical Center's stellar reputation thrive.

Ashley Milam, RN, works in the cardiothoracic ICU. She aids in heart recovery after open heart surgery and other dealings with the lungs and esophagus.

"We get them after surgery.

They see us after the procedure is done and throughout their stay in the recovery process," Nunez said.

Patients going to the hospital are trusting their lives with someone else.

"I admire their fight and their drive," she continued. "And how they can be in an area that is very scary and they remain calm a lot of times. I admire they put so much trust in us."

The staff remains updated with the flow of state-of-the-art technology be means of a computer system, said Chandra Ross, RN, manager of the cardiovascular progressive care floor unit.

"To update we use evidence based practice articles," Ross said. We have a couple nurses that do that often, pull that up for us and spread it through the units."

Information is shared during huddles and weekly updates.

"I was always drawn to the seriousness of different heart diseases," Ross said. "I've loved every aspect of it from the floor nurse, supervisor and now the manager," she said.

Nurses stick with cardiac nursing because of its energy and complexity of different procedures, Ross said.

"They get to see a whole variety of things because how the heart impacts stroke, vascularization and different things. They love new challenges," Ross said.

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Oklahoma City Artist Honored in Competition

by Bobby Anderson
Staff Writer

Betty Hatcher, a resident at The Fountains at Canterbury in Oklahoma City, earned an honorable mention spot in a national art calendar competition hosted by Watermark Retirement Communities.

The national calendar, created by Watermark Retirement Communities which manages The Fountains of Canterbury, is designed to be a source of inspiration for all those who receive it. Pieces of art submitted for the competition included sculpture, needlepoint, oil and watercolor paintings and mixed-media work. The Expressions art calendar is distributed nationwide and celebrates active aging and the arts.

Hatcher's cross-stitching was selected as one of 24 honorable mentions for the 2017 Watermark Expressions art calendar out of

entries from 39 Watermark communities across the United States.

Hatcher began learning needlework from her mother at a young age. She went on to use her skills as a member of the Oklahoma City Embroiderers Guild for more than 20 years. Her favorite thing about cross-stitching is the multitude of colors and watching a piece transform into artwork. Today, Hatcher is 98-years-old and continues her love of cross-stitching by creating knitted caps for adults and babies as well as baby blankets.

"The Fountains at Canterbury is home to many talented individuals who thrive each day through continuing their life's passions and discovering new ones," said Becky Strong, director of community life at The Fountains at Canterbury. "Betty is an incredible artist and

See HONORED Page 11



Betty Hatcher poses next to her cross-stitching of a purple iris, which earned an honorable mention spot in a national art calendar competition hosted by Watermark Retirement Communities.



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HEALTH

Nurse Turned Patient Inspires Others through Battle with Cancer

story and photos provided

This holiday season, Susan Abrahamsen says she is especially grateful. In addition to having a loving family and a successful 30-year career in health care, Abrahamsen is a breast cancer survivor.

"It was surreal," said Abrahamsen of her diagnosis. "All of a sudden, everything changes."

Abrahamsen learned she had stage two breast cancer. in February. By March, she began weekly rounds of chemotherapy.

"In the beginning, it was easy to keep my illness hidden from my patients," said Abrahamsen. "I just poured myself into my work, but as I started losing more hair, my patients could tell something was going on."

For nearly the last two years, Abrahamsen has worked as an advanced practice registered nurse and certified nurse practitioner in the telemedicine program at Mercy Hospital El Reno. She takes care of patients in the hospital, while helping to relay important information about her patients to physicians in Oklahoma City using a television screen with two-way audio and video technology. She often works with Dr. Daniel Pascucci.

"I just remember her being very shaken when she told me she had been diagnosed with cancer," said Dr. Pascucci. Despite the diagnosis, he said it was hard to keep her away from work. "Her first priority has always been our patients, and even as she was going through a health scare of her own, she did whatever she could to continue taking care of them."

Dr. Pascucci said Abrahamsen's outlook on her illness and recovery is now inspiring his own practice in medicine.

"It is humbling to be able to see somebody live out the Mercy mission of bringing to life the healing ministry of Jesus in such a selfless way," he said. "To see her faith in the Lord guide her through that and give her peace while she continued to care for patients has been very eye-opening."

Following surgery and now daily radiation treatments, Abrahamsen hasn't been able to work since September, but she still believes that she has been "very blessed" throughout this journey.

"It is a different feeling being on the other side of care, but it's helped me connect on a much deeper level with my patients, and I understand better what they are feeling," she said. "When my patient's started realizing my diagnosis, they would often offer support and encouragement, even when I was the one taking care of them. There are good people in El Reno."

Abrahamsen will finish her final round of radiation two days after Christmas. She plans to return to work at Mercy Hospital El Reno by New Year's Day.



Susan Abrahamsen and Dr Pascucci.



Susan Abrahamsen was diagnosed with stage two breast cancer in February.

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COMMUNITY

Oklahoma Agriculture Department brings holiday joy to students at F. D. Moon Academy

Students at F. D. Moon Academy in Oklahoma City were already excited about Christmas break when a special surprise came to their elementary school on Tuesday thanks to the Oklahoma Department of Agriculture, Food and Forestry (ODAFF).

A cold December morning was filled with joyful squeals of delight as the giant Clydesdale horse from Express Ranches, Blazer, stomped out of his trailer and lifted his huge head to the sky. Doug Sauter talked softly around

Blazer and two miniature horses as Sauter told the children about how to approach a horse safely and pet its nose.

Before the outside activities, students and teachers warmed up and enjoyed a breakfast snack donated by ODAFF directors, the State Board of Agriculture and the Oklahoma Wheat Commission. Sticky fingers eagerly grabbed donuts



Santa delights students at F. D. Moon Academy on the last day of school before Christmas break.

and washed them down with hot chocolate to get fueled for the last day of school.

Oklahoma State Board of Agriculture members assisted ODAFF's Ag in the Classroom

coordinators as they taught agriculture lessons from the award-winning preK-12 curriculum. Students tried their

See JOY Page 11

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A photograph of a man in a white shirt and blue pants, swinging a golf club.

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A portrait of Belinda Gray, a woman with short blonde hair, smiling.

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HONORED

Continued from Page 8

we are proud to see her receive national recognition for her talent and hard work."

The piece was first judged as part of a local competition among residents at The Fountains at Canterbury. Three local experts narrowed down the pieces and sent the five best on to the national competition. Final selections to be featured in the calendar were made at the Watermark Retirement Communities' national resource center in Tucson, Arizona.

The calendar is available to the public at no charge while supplies last. If you would like a calendar, please call (405) 381-8165.

The Fountains at Canterbury is dedicated to being the first choice in senior living, providing a continuum of care including independent living, assisted living, memory care, innovative rehabilitation therapies and skilled care. The Fountains at Canterbury is managed by Watermark Retirement Communities and is committed to creating an extraordinary community where people thrive. To learn more, please call (405) 381-8165 or go online to www.watermarkcommunities.com.



Secretary of Agriculture Jim Reese poses with Santa and students from F. D. Moon Academy in Oklahoma City during a visit with Prancer the reindeer.

JOY

Continued from Page 10

hands at milking Betsie the Cow, a large wooden cow-shaped cutout with a balloon udder. Coordinators also talked about milk and all the good things made from milk.

Best of all was the sound of reindeer hooves on the school playground. Two of Santa's reindeer found their way to Oklahoma and amazed the children with giant antlers and thick, soft fur. Prancer posed for photos with Santa

and students from each class. Although the reindeer didn't fly around the school they delighted the students as part of the special happy holiday wishes from the Oklahoma Department of Agriculture.

Jan/Feb AARP Drivers Safety Classes

Date/ Day/ Location/ Time/ Registration # Instructor

Jan 5/ Thursday/ Okla. City/ 9:30 am - 4 pm/ 951-2277/ Edwards
Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100

Jan 10/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ Palinsky
Rose State - 6191 Hudiberg Drive

Jan 10/ Tuesday/ Yukon/ 9 am - 3:30 pm/ 350-7680/ Edwards
Dale Robinson Center - 1200 Lakeshore Dr.

Jan 13/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards
SW Medical Center - 4200 S. Douglas, Suite B-10

Feb 2/ Thursday/ Okla. City/ 9:30 am - 4 pm/ 951-2277/ Palinsky
Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100

Feb 7/ Tuesday/ Norman/ 9 am - 3:30 pm/ 307-3176/ Palinsky
Norman Regional Hospital - 901 N. Porter

Feb 10/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards
SW Medical Center - 4200 S. Douglas, Suite B-10

Feb 13/ Monday/ Okla. City/ 9 am - 3:30 pm/ 752-1200/ Palinsky
Epworth Villa - 14901 N. Pennsylvania Ave.

Feb 15/ Wednesday/ Okla. City/ 9 am - 3:30 pm/ 605-6900/ Palinsky
Grand Tapestry - Quail Springs - 14201 N. Kentucky

Feb 22/ Wednesday/ Okla. City/ 9 am - 3:30 pm/ 522-6697/ Palinsky
Department of Disability Concerns - 2401 NW 23rd, Suite 90

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



Larry enjoys his friends and family, OU Sports, fishing, hunting and attending church. He is a busy man and is the first to admit that life is good and every day is a gift. Diagnosed with end stage liver disease, then liver cancer, Larry needed a healthy donor liver to survive. After more than five years on the transplant waiting list, Larry is so grateful for his gift that he asked to meet his donor family. Now, when the daughter of his donor renews her vows this year, Larry will walk her down the aisle.

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TRAVEL/ ENTERTAINMENT

Tale of Two Miami Restaurants

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

Often the best part of visiting a destination is splurging for an upscale gourmet meal, or two. This is the case in Miami Florida where the ambiance, service and ultimate perfect meal comes together with the BLT Prime at the National Doral Resort Hotel and dinning at the infamous South Beach Gianni Versace Villa.

Sometimes the simplest of menu items, if prepared to perfection, can be the memory you take away from a destination city. The BLT Prime at the National Doral Resort's Filet Mignon is a prime example. Despite the Miami August heat dining outside overlooking the Big Monster golf course can be elegant for sipping your pre dinner cocktail, but soon you may want to move in to the elegant dining room with a more comfortable temperature. Sometimes the mind over thinks the body's own thermostat and you have to concede to air condition comfort.

Moving from your preferred exterior to the interior is graciously accomplished by the congenial and efficient wait staff, who I feel agreed for their serving comfort as well, the traditional indoor dining was preferred.

You might think a good prime filet with accompanying sides, is not a complicated gourmet challenge, but when prepared with skill it can be an over the top savory satisfaction. This is the case at the BLT Prime.

Of course the accommodations at the recently renovated hotel are up to its reputation standards. If you get upgraded to an available mini suite, of two bathrooms (one huge with shower, tub, expansive double sink lavatory, and one on a more modest scale for guest), two big screen TVs, large bedroom and sitting/living room, is a gracious oasis.

On another upscale over the top luxury experience, book a dinner or two at the exclusive, but accessible Villa Versace in the middle of popular South Beach. There are two dining areas in this infamous home of fashion and style designer Gianni Versace. If you are stay at any of the affordable South Beach icon hotels, it is a pleasant stroll down Ocean Drive, either on the less traveled Eastern ocean park side, or if you prefer to dodge dinners at the many outside bumped out tables on the Western side. Needless to say Ocean Drive is always a traffic lover's delight, and in the evening even more so where many come just to drive by the pastel colored lights illuminating classic art décor architecture.

The mansion was officially named Casa Casuarina for more than a decade, where it first operated as a private club and then as a boutique hotel. It reopened in 2013 under new management. Locals still refer to it as 'the Versace mansion'.

It is reported that Versace bought a neglected three-story, Mediterranean-style home, originally built in 1930 by Standard Oil heir Alden Freeman, and a dilapidated hotel next door in 1992 and spent \$33m on renovations.

To add to the villas notoriety Versace was shot dead on its front steps by serial killer Andrew Cunanan in 1997. The 10-suite Villa by Barton G boasts a 54-foot 'thousand mosaic' swimming pool lined in 24-carat gold, which was designed by Versace.

You will be met by the guard at the street side gate and then you may announce yourself to your hostess coming out of the main entrance. You will be invited to sit in the patio area, a formality even though you have previously made your dining reservations which are strictly required. You will be told no cameras are allowed and so you are instructed to



check such at the reception desk. Cel phone cameras are currently allowed although standard cameras are not. In time you are escorted to your table, past an elaborate interior courtyard with fountain and past the intimate cocktail bar. By now you know you are somewhere special.

The interior dining room is almost oppressive with its intricate walls of rock and tile mosaics. The mood is brooding and your fellow room diners explode your imagination when you conger up what might be their history. The outside terrace overlooking the Roman villa styled pool and cabana area is the delight of South Beach. You almost hate to

order your meal in anticipation of its finish and your need to leave. Again a perfect beef filet is an exquisite choice. If you are offered a dinner salad to start off, be warned the size is gigantic and so is the variety of greens.

A Martini toast to Gianni and this Villa is a must, to pay tribute to a man of means and his open to the dining public of his South Beach Villa. While an upscale dining experience may not be in your travel budget, but is there a price for an over the top memory you recall year after year?

Editor's Note: Terry Zinn is past president of the International Food Wine and Travel Writers Association.

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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

www.seniornewsandliving.com - www.martinitravels.com

10th Annual Holiday Tap Dance Performance kicked off in December

Several members of the Edmond Senior Center's "Tap For Fun" class kicked off this year's holiday season with their 10th Annual Holiday Tap Dance Performance, held at the senior center on December 14, 2016.

The fun-loving senior tappers performed six very lively tap dances and – by popular demand from their delighted audience – an encore tap dance to "Let It Snow".

Men and women, ages 55+, are welcome to participate in the "Tap For Fun" class. For more information about the class, call the Edmond Senior Center, 216-7600.



Members of the Edmond Senior Center's "Tap For Fun" classes who performed are (from left) Katherine Schlageter, Debi Churchwell, Jan Fraase, Janet Luce (the group's teacher and choreographer), Sherry Patterson, Geneva Hancock and Nancy Powell.



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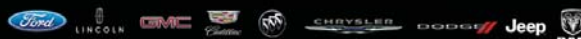
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How to make healthy resolutions that stick



Oklahoma Medical Research Foundation employee Stephen Apel makes use of the on-site fitness facility. If your goal is to get to the gym, focus on just that goal and add other resolutions later on.

January typically begins with the best of intentions. Shed a few pounds. Hit the gym religiously. Sound familiar?

But while many make resolutions, most fail to follow through, with fewer than one in 10 achieving their goals. The key to being one of those who succeeds, says Oklahoma Medical Research Foundation President Stephen Prescott, M.D., is to make goals that are both reasonable and quantifiable.

"People often say, 'I want to lose 25 pounds,' or 'I want to eat better.' Those are both laudable aims," said Prescott. "The problem is, one is awfully ambitious, and the other is almost terminally vague."

If you overreach with your goals—like trying to drop 25 pounds—an early misstep or bump in the road can derail you quickly. "Then the task will feel impossible, and the natural reaction is to give up," said Prescott.

For a better shot at a healthy 2017, he suggests mapping out smaller, achievable goals to get the ball rolling.

So instead of pledging to lose 25 pounds, said Prescott, set a goal to lose two pounds in January. "When you succeed, you'll feel great and have the motivation to keep going with two more pounds

in February, then March and so on," he said. "After 12 months, you could end up dropping those 25 pounds by tackling the goal in increments. Short-term markers can translate to long-term success."

When it comes to improving your diet, Prescott suggests a similar approach.

Start with a specific, manageable goal, like giving up sugary drinks for a month. If you achieve this, then build on it in February by also pledging to add a green vegetable to your plate every day. Over time, these small adjustments can lead to big changes.

For the best chance of success, Prescott recommends taking on a single resolution at a time. It's a lesson he learned from personal experience.

"When I resolved to lose weight and improve my fitness level a few years ago, I found it was really difficult to exercise while I was also dieting," said Prescott. "It worked much better when I shifted my focus to losing weight alone. Then, after I dropped 15 pounds, I got serious about fitness."

"You only have so much willpower and self-discipline, so don't stretch yourself too thin," he said. "Choose the resolution that is most important to you and focus on that one."



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HEALTH

Magic of the season: Nurse spreads Christmas cheer

by Bobby Anderson, Staff Writer

Growing up with four siblings, Christmas was always a very special time for Sharon Smith-Davis, RN. Lots of fun, lots of games and lots of family always made the season one she would look forward to all year long.

Christmas in the Smith-Davis household meant attending Midnight Mass before coming home to eat and open presents.

It was a night filled with wonderment – and to Smith-Davis – one bursting with magic.

That's why decades later the Norman Regional Health System nurse decided she needed to

capture that magic and pass it on by writing her first book, *The Legend of the Reindeer Shoes*.

"I tapped into something I had been thinking about," she said. "I just wanted to leave behind for future generations some good, old-fashioned Christmas magic."

The Legend of the Reindeer Shoes is a tribute to the tradition of that Christmas magic. This delightful story chronicles the preparation and journey of Santa and his reindeer on Christmas Eve and introduces Jingle, the North Pole's blacksmith.

According to the legend, the reindeer need shoes on their

See CHEER Page 17



Norman Regional Health System's Sharon Smith-Davis, RN, is a 35-year nurse, professional barrel racer and now an accomplished children's author.

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Watonga Hospital Earns National Honor



A national rural health organization has chosen Mercy Hospital Watonga as a "Community Star" for its commitment to area residents.

The National Organization of State Offices of Rural Health (NOSORH) selected 50 rural hospitals across the nation, and Mercy Hospital Watonga was the only hospital in Oklahoma to make the list.

"It is an honor," said Bobby Stitt, who has served as administrator at Mercy Hospital Watonga since 2012. "In the face of what has been a difficult economy for rural health care, this shows our long-standing commitment to the community and our willingness to serve the people of Watonga."

Each year, the hospital organizes a holiday season basket drive and collects food, clothes and toys for area families in need. In the summer, Mercy Hospital Watonga hosts a neighborhood block party, complete with a bouncy house, food and games. But it is the hospital's work with local middle school students that received the attention of the NOSORH. Through a program called "Life Wise," volunteers help students develop life skills such as better decision-making, communications and relationship-building.

"We've really tried to create a space in the community where kids feel safe contacting somebody from the hospital and using our resources," said Robert Pearson, a native of Watonga who serves as Mercy's emergency preparedness and safety officer. "We want to help them identify healthy choices in their lives to steer them away from the typical things that get kids in trouble."

The program meets weekly at the hospital for six weeks in the fall and spring. Since starting two years ago, Stitt estimates hundreds of middle school students have been helped.

"The kids love it and they continually ask to come back," Stitt said. "It's a great way to make an impact in our community and with our children."

The honor caps off a year of awards for Mercy Hospital Watonga.

In August, the hospital earned "Excellence Recognition" for reaching the highest standards in health and prevention for their employees, and the "Gold Apple" award for nutritional food options for co-workers and patients. Both awards were given by WorkHealthy Hospitals, an Oklahoma Hospital Association (OHA) initiative. The hospital was also recognized by the OHA for providing more than 96-percent of co-workers with the influenza vaccine during last year's flu season.

CHEER

Continued from Page 16

hooves before they can leave on their famous flight. During the trip their shoes are in frequent need of repair and replacing if lost.

Jingle is there to attend to their needs and assure that the reindeer have a full set of shoes on their hooves for the job ahead.

The story reveals that the reindeer shoe itself is a magical source and if you are lucky enough to find one and hang it from your Christmas tree, you too will experience a little bit of good old fashioned Christmas magic.

Smith-Davis wants everyone to make Christmas Eve a memorable family tradition but it took a devastating accident to settle her down long enough to put what was in her head and her heart down onto paper.

Smith-Davis had long written poetry just for herself but a professional barrel riding accident in 1997 on her sport's largest stage that unsaddled her from her best friend.

The five-time National Finals Rodeo competitor was separated briefly from riding due to a personal injury and found herself alone with her thoughts.

Looking to occupy her time, she turned her attention to writing a book. Her leg fracture was long healed by the time she completed her labor of love.

It took an entire year from start to finish to complete the book.

They say write what you know and Smith-Davis did.

The reindeer's eyes are drawn from one of her best quarterhorses.

The reindeer shoes were originally forged by a six-time world champion blacksmith and then sent onto a toy factory to create the molds.

When she's not working you can find Smith-Davis reading her book at local schools.

"I always ask my kids 'did my book make you smile,'" said Smith-Davis, who still competes locally. "When I see that smile it's all good."

"My big hope for it is to maybe one day be made into a traditional Christmas movie."

Labors of love can be expensive. She poured \$20,000 into the venture through illustration and publishing costs alone.

But it's all worth it to her.

It was years later Smith-Davis realized how much her mother, a registered nurse herself, put into the whole night before getting up early to work her shift on Christmas Day.

It was just one of the memories that came to her when her mother passed away last week.

That selfless love is part of the season to Smith-Davis, who already has her thoughts swirling around her next book, an Easter theme to go with her love of rabbits.

When she's not writing she's working at one of Norman Regional's campus as a flex nurse, drawing a new assignment, new unit and new campus each shift.

"I love nursing," Smith-Davis said. "I love the science part of it. I like maintaining healthcare standards and assuring that people get quality care."

From home health to supervisor of a medical surgical floor Smith-Davis has worked in every setting outside of women's and children's services during her nursing career.

After 35 years she can recover a heart or take pretty much any post-op patient that comes her way.

And she still loves it.

"I love my boss," Smith-Davis said. "I just like - as the work implies - the flexibility. You don't go to the same place every day. I learn something new every day and I'm amongst the most experienced people that are awesome to work with. And we're blessed to have the quality of doctors we have."

"I love it all."

You can buy the Legend of the Reindeer Shoes book and a magical pair of reindeer shoes online at www.reindeershoes.com. You can also contact her directly through the website.

And her greatest hope is that your family will make its own holiday tradition and the magic returns each and every year.

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Across

- 1 Peru's ___ Picchu
6 Angle iron
10 Highest point
14 Kindle download
15 SeaWorld performer
16 Ellington's "Take ___ Train"
17 Older name for a passenger bus
19 Glass darkener
20 Responded in court
21 Cape NNW of Cod
22 Saguaro, e.g.
23 Covered up
24 Wedding gown follower
27 Place in quarantine
29 Legal thing
30 Came down with
31 Kate, before Petruchio's "taming"
32 Bit of legislation
33 U2 lead singer
34 Like one resisting innovation
38 Die dots
41 Thumbs-up
42 Best man's offering
46 Santa ___ winds
47 Fellows
48 Stir-fry vegetable
50 Pirate Blackbeard's real name
53 Rank below cpl.
54 Believer in the Great

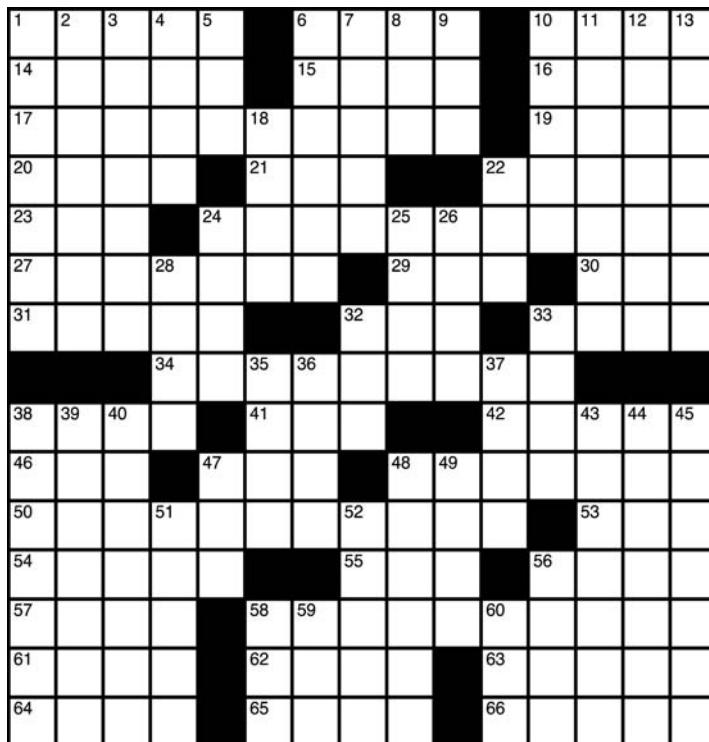
Pumpkin

- 55 NYC airport
56 Narrow opening
57 Installed, as carpet
58 Hole-making tool
61 Years, to Nero
62 Wows, and how
63 Stone marker
64 Droops over time
65 Peel in a cocktail
66 Filled with cargo

Down
1 Tennessee home of the NBA's Grizzlies
2 Do away with
3 French department that translates to "golden slope"
4 Robin ___
5 Kiev is its cap.
6 Canadian coin nicknamed for the bird on it
7 Lego or Eggo, for example
8 Duke Univ. conference
9 Stadium shout
10 Rose essence
11 Lake Michigan metropolis
12 Bring up
13 Chip away at
18 Golfer's ride
22 Dollar divs.
24 Cry out loud

25 Curved foot part

- 26 "Dallas Buyers Club" actor Jared
28 Some summer babies, astrologically
32 Summer coolers, for short
33 What winds do
35 Like Easter eggs
36 Emailed
37 Texter's "From a different angle ..."
38 Spanish rice dishes
39 Gary's home
40 Hocking
43 Answered a help-wanted ad, say
44 Whence Rossini's barber
45 Spilled the beans
47 Dalloway's title
48 Most judicious
49 Virg. neighbor
51 German cars
52 Actor Cary
56 Latina lass: Abbr.
58 Peace, in Acapulco
59 Be indebted to
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Answers on page 25

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Watermark University Now Enrolling Area Seniors in Free Classes

The Fountains at Canterbury's Watermark University spring semester will commence in January, providing free continued learning classes for area seniors. Nearly 30 courses are available to the public with topics including "Geology in Oklahoma," "Creative Writing," "Stitches in Time" and "Great Decisions Discussion!"

"Research shows that continued learning supports cognitive function and well-being," said Scott Steinmetz, executive director of The Fountains at Canterbury. "Watermark University facilitates educational opportunities for our residents and local seniors, fueling their current interests and sparking new ones across a variety of subject areas and topics."

"Geology in Oklahoma" will explore Oklahoma's physical structure and the dynamics of geological formations. "Creative Writing" is for writers of all levels and will focus on sharing and discussion to foster improved techniques. "Stiches in Time" is a hands-on needlework class exploring simple crochet and knitting stiches. "Great Decisions Discussion" will review the newest Foreign Policy Association DVDs, followed by in-depth discussions.

Other course topics include health and tai chi, crafting, history, religious studies, culinary

arts and wine, games, reading and music. The spring semester continues through April. All classes are taught by The Fountains at Canterbury associates, volunteers and residents.

Most classes are free of charge and open to the general public. All interested seniors who would like a full course catalog or are interested in signing up, call (405) 381-8165. Class space is limited, so course reservations are encouraged.

The Fountains at Canterbury is dedicated to being the first choice in senior living, providing a continuum of care including independent living, assisted living, memory care, innovative rehabilitation therapies and skilled care. The Fountains at Canterbury is managed by Watermark Retirement Communities and is committed to creating an extraordinary community where people thrive. To learn more, please call (405) 381-8165 or go online to www.watermarkcommunities.com.

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SBT Rice paper does not have any rice in it!

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

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SBT The blesbok, a South African antelope, is almost the same color as grapejuice!

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



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NRH fighting back against lung cancer



Norman Regional Nurse Lung Navigator Sherri Jo Johnson, RN and Phillip Mobbs, manager of diagnostic imaging services are helping people breathe a little easier with the health system offering a new, affordable, low-dose screening exam.

by Bobby Anderson, Staff Writer

Norman Regional Health System Lung Navigator Sherri Jo Johnson, RN, is a cancer survivor.

That trauma is permanently ingrained in her mind as well as her DNA.

So she wants to do everything possible to make sure that everyone she reaches has a fighting chance against cancer.

It's a major reason why she's involved in the health system's new low-dose CT lung scan program.

Phillip Dobbs is the manager of diagnostic imaging services and a key player in the new screening.

Dobbs explained that the screening tool reduces the amount of radiation to the patient versus a normal chest CT by 90 percent.

"But the protocol we use we are able to detect even the smallest nodules down to just a few millimeters," Dobbs said. "The radiologist can look at that and only about five percent of nodules end up being cancerous."

The peace of mind that monitoring carries with it is worth its weight in gold.

"Six months after any scan I'm fantastic," Johnson says of her mindset while she's in remission.

The program has been under development for two years.

The screenings involve pathologists, radiologists, oncologists, a nurse navigator, and thoracic surgery.

"A lot of people have to be at the table," Mobbs said.

But the whole process can begin simply with a phone call to make an appointment to come in. No referrals are required. No insurance is billed with a cost of \$79.

After the test is done, the results go to Johnson. Based on a radiological assessment scale Johnson can determine if the patient needs to return at three months, six months, 12 months or needs to progress faster.

"I put it into my system and I'm virtually your reminder," Johnson said. "If you are intentionally coming in to get it done you're a lot easier to track because you're actually wanting us to watch this for you."

Monitoring is power, especially when dealing with lung cancer.

"Most cancers are found in Stages III and IV when we don't have very many opportunities to do anything about it."

Johnson said often cancers that are found in the later stages are



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NRH

Continued from Page 20

accompanied by previous CT scans when the patient or provider failed to follow up on nodules that were noted.

"Whenever it's brought to them in a nonchalant way it doesn't have the same importance," Johnson said.

Johnson says anyone who is a previous smoker, spouse of a smoker or anyone who has been around second-hand smoke for an extended period of time needs to have a scan done. Lung cancer is by far the leading cause of cancer death among both men and women; about 1 out of 4 cancer deaths are from lung cancer. According to the American Cancer Society, each year, more people die of lung cancer than of colon, breast, and prostate cancers combined.

Lung cancer mainly occurs in older people. About 2 out of 3 people diagnosed with lung cancer are 65 or older, while less than 2% are younger than 45. The average age at the time of diagnosis is about 70.

Overall, the chance that a man will develop lung cancer in his lifetime is about 1 in 14; for a woman, the risk is about 1 in 17. These numbers include both smokers and non-smokers. For smokers the

risk is much higher,

Black men are about 20% more likely to develop lung cancer than white men. The rate is about 10% lower in black women than in white women. Both black and white women have lower rates than men, but the gap is closing.

The lung cancer rate has been dropping among men over the past few decades, but only for about the last decade in women.

Statistics on survival in people with lung cancer vary depending on the stage (extent) of the cancer when it is diagnosed.

Despite the very serious prognosis of lung cancer, some people with earlier stage cancers are cured. More than 430,000 people alive today have been diagnosed with lung cancer at some point. The American Lung Association is trying to draw more attention to early screening because one reason why lung cancer is so serious is because by the time you have symptoms, it may already have spread and become more difficult to treat.

The Association cites a study that between a chest x-ray, sputum cytology and low-dose CT scans, only the low-dose CT (LDCT) scan reduced the risk of dying from lung cancer in high-risk populations.

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<p>Don Wallace Amazed At Response To His Ad...</p> <p>Don Wallace Amazed At Response To His Ad in Senior News and Living. "Yes, I still go fishing. Each year I 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. For a brochure and details about the Canadian trip, Call me at 405-470-5106.</p> <p>Don Wallace, The Wallace Wildlife Show</p> <p>FOR SALE</p> <p>Hoveround MPV 4 Power Chair, \$550.00 cash. Firm Can deliver. 405-606-2746.</p>	<p>FOR SALE</p> <p>Obtain C-Pap Masks and Supplies from Home Care Medical, 4401 South Walker, OKC 73014-1488. Insurance, Medicare and Medicaid Accepted.</p> <p>RESTHAVEN GARDEN OF MEMORIES, DOUBLE LAWN CRYPT. Service and Gentle memorial. Regular price which includes opening and closing, \$10,890.00. Our price, \$6,500, includes everything. 405-387-4831 or 405-406-9046.</p>	<p>HELP WANTED</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>SERVICES</p> <p>SENIOR FRIENDLY REALTOR. Home Selling made easy FREE no obligation consultations. Tonya Yarema (405) 990-6181 Metropolitan Real Estate "Buying or Selling... call me!"</p>	<p>PRICE PER 25 WORDS</p> <p>1 Month.....\$14.95 3 Months.....\$29.55 6 Months.....\$42.12</p> <p>Classified ads are prepaid only. Deadlines in second Friday each month.</p> <p>ADD A PHOTO, ONLY \$5 MORE!</p> <p>Send ad and payment to Senior News and Living 4501 N. Classen Blvd. Ste 100 Oklahoma City, OK 73118</p> <p>TRAVEL</p> <p>Travel Tours 211 Hwy 51, Wagoner, OK (918) 465-4545, 1-800-331-3192</p> <p>Kincaid Tours 229 S. Country Club Road El Reno, OK 73036 (405) 324-9888</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

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Arbor House of Midwest City	58	Midwest City	405-455-3900	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*		
Arbor House Reminisce Center	48	Norman	405-310-2499	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*		
Ashton on the Green <i>Independent Living</i>		El Reno	405-262-4700		*					*	*		*	*	*	*
Chateau on the Green <i>Independent Living</i>	44	Moore	405-793-4200	www.chateauonthegreen.com								*		*		
Emerald Square <i>Independent Living/Assisted Living</i>	75	OKC	405-787-4466	www.meridiansenior.com	*	*		*	*		*	*	*	*		
Featherstone Ret. Community <i>Assisted Living</i>	42	Moore	405-799-9919	www.featherstoneretirement.com	*	*		*	*		*	*	*			
Fountain Brook <i>Assisted Living - Memory Support</i>	74	Midwest City	405-769-7677	www.fountainbrookliving.com	*	*	*	*	*	*	*	*	*	*	*	*
Gardens at Reding <i>Independent Living</i>	157	OKC	405-636-1537	www.cstonedev.com									*	*	*	*
Heritage Point of OKC <i>Assisted Living Alzheimer & Memory Care</i>	54	OKC	405-252-8200	www.heritagepointokc.com	*		*	*	*	*	*	*	*	*		
Meadowlakes Retirement Vill. <i>Assisted Living</i>		OKC	405-703-4225	meadowlakesretirementvillage.com	*			*	*		*	*	*	*		
Timberwood Senior Housing <i>Senior Housing</i>	100	OKC	405-619-0079		*	*	*			*	*	*				
Whispering Creek <i>A Gated Retirement</i>	52	Mustang	405-820-4058	www.WhisperingCreekRetirement.com					*	*	*	*	*	*		
Wyndam Place <i>Senior Residences</i>	70	Norman	405-310-2266	www.beacon-mgmt.com							*	*	*	*		
Grace Pointe <i>Cottage Homes</i>		Moore	405-703-0999	www.gracepointeliving.com					*	*	*	*	*	*		
Grand Tapestry at Quail Springs <i>55+ Active Adult Rentals</i>	140	OKC	405- 605-6900	www.tapestryokc.com							*	*	*	*	*	*
Willowood at Mustang <i>Assisted Living</i>	99	Mustang	405-376-1200	www.meridiansenior.com	*	*	*	*	*	*	*	*	*	*		

Note: This guide does not represent a complete listing of facilities. Only those advertising in this publication are shown. Call us at 405-631-5100 to be included.

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Six lots in Memorial Park, OKC, Section 22. All for only \$5,000.00. Call (405) 341-0951

Arlington Memory Gardens Cemetery Lots, MWC.
2 Burial lots for sale by owner. \$1,200 for both lots or best offer, trades considered. 405-340-5050

Arlington Memory Gardens Cemetery, OKC. 2 spaces. Priced at \$2,395 each. Asking \$3,000 for both. Transfer fees included. 405-650-8957

2 Lots in Blanchard Cemetery in Block 15, Lots 1029 and 1030. Asking \$900.00 for both. Perpetual care included. Phone: 405-412-2789

HELP WANTED

Volunteer Business Counselors Needed
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SCORE needs people with varied business backgrounds to provide counseling & mentoring for start-up and existing small businesses.
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Arlington Memory Gardens - MWC, Okla. 2 side by side spaces underneath the evergreen tree directly next to Midwest City Blvd. Asking \$5,000. 405-396-3389

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2 side by side plots at Yukon cemetery. \$1750 each OBO. 405-202-1048

ARLINGTON MEMORIAL GARDENS IN MIDWEST CITY, OK. 3 burial spaces located on the south side of Mausoleum next to road. Priced at \$2,300.00 each or \$6,000.00 for all three. Transfer fee included. Call Mike at 405-406-6333

FOR SALE

Rest easy in beautiful Calvary Cemetery Highway 177 Shawnee, OK. 3 side by side burial plots \$1,000.00. Call (405) 226-4096

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Work a couple hours a day and make \$500-\$1,000 a month. Call 405-819-4892 or email your Name, phone number and email address to whart9@cox.net

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STATE ZIP CODE E-MAIL/PHONE

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☐ Please bill my Master Card.

CARD NUMBER

EXP. DATE CVV NUMBERS

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IT'S TWO, TWO, TWO SURGERIES IN ONE!



Ed Brandt, III, credits the two-in-one surgical approach by surgeons at the Dean McGee Eye Institute with restoring his vision and getting him back more quickly to the things he loves most - like reading to his grandchildren.

You've heard of a two-for-one sale, but what about a two-for-one eye surgery?

It takes critical coordination and two skilled surgeons, but doctors at Dean McGee Eye Institute are combining cataract and retina surgeries into one combined procedure. It's an approach that is easier on the patient, more cost effective and can improve outcomes, too. In the end, it is helping restore patients' vision so that they can more quickly get back to the things in life they love most. For Ed Brandt III, that was reading to his grandkids.

"My four-year-old granddaughter was over, and we were sitting in the back. She brought a book over, sat in my lap and said, 'Grampy, can you read this for me?' I opened the book and I just couldn't read it," Brandt said.

A trip to the Dean McGee Eye Institute revealed why. Brandt had a detached retina.

"If you think of the eye like a camera, your lens is the lens of the camera and the retina is kind of like the film," said Dr. Vinay Shah, a retina specialist with Dean McGee. "When you have a retinal detachment that means the film of the camera has come loose and we have to put it back in place surgically."

For Brandt, who had undergone procedures on his eyes before, that might have meant another three surgeries; the first to re-attach the retina and place a tiny oil bubble to hold the retina in place while it

heals; a second surgery to remove the oil bubble; and then, since it is common for a cataract to form after retina surgery, he would need a third surgery to address that issue. Brandt was pleased to learn that two of those surgeries could be combined into one. Not only was it more convenient for him, but he also learned that the procedure could enhance his overall outcome.

"A large percentage of patients who have retina surgery will develop a cataract. So six months later, they are looking at surgery again. So if we can go ahead and take out the natural lens, replacing it with an implant lens and do the retina surgery at the same time, it is much easier on the patient and his or her family," said Dr. Ralph Hester, a cataract surgeon with Dean McGee. "More importantly, though, the retina surgeon wants the clearest possible view to visualize the finer details of the retina."

"The retina is a less-than-one-millimeter-thin membrane in the back of your eye. So to work on that, you want optimal visibility," Shah explained.

Accomplishing the combined cataract-retina surgery requires a lot of coordination. Two surgeons and their teams as well as two sets of surgical equipment must all be in place.

"The patient does not move. We move," Shah said. "So it has to be carefully orchestrated. At the Dean McGee Eye Institute, we have set aside particular times of the week just for these types of combination



Dean McGee Eye Institute surgeon Dr. Ralph Hester performs cataract surgery, the first half of a two-in-one surgery that would address both cataracts and a detached retina.

procedures."

With one trip to the operating room, patient safety is improved and there also are cost savings with the added bonus of less time away from work.

"It's not about the money, though. It's about the patient," Hester explained. "For the patient, this is a big deal. If you can package this into one operation, they are not scheduling time off work multiple times and getting their loved ones to transport them to and from the surgery center multiple times. It makes a big difference."

Ultimately, Hester and Shah added,

it is about changing somebody's life, restoring their vision and helping them get back to the things they love doing most, like reading to grandchildren.

"There are Braille books and audio books, but there is no way that I could ever replace having a grandchild sitting in my lap and being able to read to him or her. I can do that now. I can see, and I can read. It makes a world of difference to me," Brandt said.

To learn more about the combination cataract-retina surgery, visit www.DMEI.org

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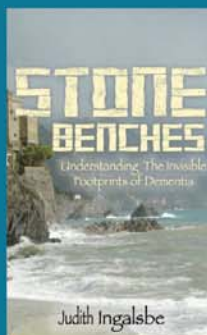
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STONE BENCHES SPEAKER EVENT

JOIN US AT GRAND TAPESTRY AT QUAIL SPRINGS

TUESDAY, JANUARY 17TH, 2017 | 6PM



Judith Ingalsbe, Alzheimer's Advocate, speaker, blogger, and author of *Stone Benches: Understanding the Invisible Footprints of Dementia*, has made beauty from ashes as she encourages others in a powerful way. Her grandmother, mother, and veteran father were all diagnosed with Alzheimer's disease.

Through this tragedy, she has learned to create beautiful moments experienced by being present in the world of those affected. The result is a more meaningful life for those experiencing all forms of dementia.

Judith shares over thirty years of experience and insight so those providing care might embrace every day with courage, passion, and understanding.

She recently embarked on a trip to the Nation's Capital in Washington DC to educate Congress on the needs of those living with Alzheimer's disease, their caregivers, and family members. "This disease demands our attention," stated Ms. Ingalsbe, "We need answers we simply do not have and we need them quickly. It is time we call in reinforcements, ask our legislators for help, and get our loved ones fitted with life vests. This storm will not calm until we do."

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Stone Benches: Understanding The Invisible Foot Prints of Dementia, published by Symphony Publishing, was released on March 23, 2016. For more information on availability, go to www.StoneBenchesJourney.com

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