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# SENIOR NEWS & LIVING

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Information for Oklahoma Seniors

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photo by Bobby Anderson

**John Dunning is helping make vinyl records cool again and is breathing life into the old Penn Theater.**

by Bobby Anderson, Staff Writer

**T**hrough the years, John Dunning has been a purveyor of antiques and lover of music.

Funny, how his two loves married a few years ago.

Now, Dunning runs Trolley Stop Records, 1212 N. Pennsylvania and is feeding the metro's resurgent appetite for vinyl records.

A story in Forbes magazine noted that since 2009 the vinyl format has experienced a 290-percent increase in growth.

You'll find CDs at Trolley Stop but they're relegated to the back. There's no doubt vinyl is

the star of the show here.

"To me the unusual thing was back in the 80s CD's put vinyl out of business pretty much," he said. "But now it's kind of flip-flopped and records are putting vinyls out. They're not making the CDs as much and Best Buy and Wal-Mart, they're dropping CDs."

"The interesting part is it's the only example of a technology

See DUNNING Page 3

# Bullets dodged: Nurse finds life after abuse



**Eight years ago Krystel Huddleston, BSN, RN, escaped death and is helping bring life to other women who are victims of domestic abuse.**

by Bobby Anderson, Staff Writer

It wasn't until the bullets engraved with the initials of her and her children were placed into her hands that Krystel Huddleston, RN, realized just how close she had come to death.

Eight years later the nurse manager who lived through fear, isolation and abuse wants to make sure others in similar situations know that there is hope.

Born and raised in Texarkana, Texas, Huddleston fell in love early at the age of 14. She met a man 10 years older she was sure she would spend the rest of her life with.

As a married woman high school seemed frivolous so she dropped out.

Three kids soon followed as did the isolation and belittlement intermingled with mental and physical abuse.

"I actually got into nursing because he chose that for me," Huddleston said of her ex-husband. "He felt like that was predominantly women and I wouldn't be around a lot of men."

Staying home and playing World of Warcraft and Everquest were at the top of her husband's agenda.

Huddleston's husband drove her to nursing school every day until she became an LVN.

Huddleston would cook, clean, go to school, do homework and take care of the kids, all while being kept inside a trailer with locked windows and no other contact.

"I really felt like I had a normal life," said Huddleston, now a nurse of 12 years and a manager. "I remember getting out into the workplace with strong women and

See ABUSE Page 2



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## ABUSE

**Continued from Page 1**

strong personalities. I remember sitting at the nurses station one year and a seasoned nurse was talking about Dr. Phil."

"I said 'You're allowed to watch Dr. Phil?' She looked at me and asked if I still lived with my mom. I told her my husband says I couldn't watch that because it gives women ideas."

"I remember that exact moment realizing my life isn't normal."

"I knew the abuse was not normal and he was extensively, creatively abusive," she said. "I knew that was not normal but I also knew if I catered and walked those egg shells I could find my way around."

There were good years, but the alcohol and mental health issues began taking their toll.

While Huddleston was bettering herself with a career her husband's love for the couch, ice cream and playing video games caught up with him.

He developed uncontrolled diabetes. Huddleston had to take care of him, too.

"As he was getting weaker I was getting stronger being in the workfield around strong women," she said. "Finally, I decided he was going to kill me if I stayed or if I left so I was going to at least make it worth his time." She went to work one morning after hearing the clicking sound of an empty gun pointed at her temple.

She called the police to pick up her three boys.

Her ex-husband beat the female officer who responded.

Three months later her husband shot himself.

Going through belongings after the funeral, Huddleston began questioning herself.

Was it her fault? Did she do something to make it happen? What

could she have changed?

As she dug through personal belongings she found an envelope.

In the envelope was a receipt for five burial plots.

Letters written to her parents and his explaining the family's planned death were also included.

"His full intention that day was to kill everybody but something intervened and he only killed himself," Huddleston said.

The irony of her ex-husband choosing the one career for her that would set her free was never lost on Huddleston.

"At first it was very intimidating - just more bullies," Huddleston said of entering nursing. "I felt I was the low man on the totem pole and I knew nothing. But as those women became my colleagues and I was learning and seeing them interact with spouses I pulled from that and I grew from that."

"That really helped me become a stronger person."

Huddleston had one boss that really poured into her. She challenged her to stop being negative, realize her strengths and push forward.

Some scars will always remain.

To this day she's still not a hugger. She admits she can be uncomfortable with touch.

At restaurants she sits facing the door. In meetings she has her back to the wall.

Don't sneak up on her.

She's remarried, though, and moved on.

"I still have my moments," she says. "Some days I can be confident and be great and nobody knows. Other days it's one bad event after another."

The future she's given herself and her boys is the stuff Lifetime movies are made of.

"There's always a chance. Take that chance," Huddleston said of getting out. "It's worth a chance to try."

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## DUNNING

Continued from Page 1

replacing a technology and then the replaced technology coming back and replacing it. I can't think of any other scenario."

"I've tried, stretched my brain, but can't think of any other scenario where that's happened."

Dunning's collection is massive.

"I don't really know," Dunning shrugs when asked how large. "People are bringing more in almost daily."

Trolley Stop contains just a fraction of the vinyl Dunning has collected over the years. He's got a warehouse that he keeps adding to.

It's one of the reasons he's now on Penn.

Dunning arrived to the Penn Theater a year ago this past April with nothing but a cement floor to greet him.

Wooden record cabinets and a stage were created.

By late July Trolley Stop was open for business and the old location at 18th and Classen was shuttered after a seven-year stay.

Since then a number of bands have graced the stage.

"I was just wanting a bigger venue and was driving around town and they had a big For Rent banner hanging," Dunning said.

There's a low-key vibe at the Trolley Stop.

Dunning and his wife, buy and sell. Rescue dogs litter the floor here and there, oblivious to the customers most of the time and then sauntering up for a scratch behind the ears other times.

"I just want to be a source of records for people who enjoy music," Dunning said petting one of the dogs. "And a place to have concerts, too."

Born in 1951, Dunning is now a visionary for a technology that appears to be sweeping the nation - again.

"It was really displaced but now it's just booming," Dunning said of records. "There were lots of guys that never gave it up. Then you had guys once CDs hit that gave all their records away and now they're kicking themselves."

And Dunning is there to sell

them all back to them.

"The quality of the sound is better. The art is so much richer than a little plastic case," he said. "You want to sit down and read the liner notes. You get a little CD case and you try to read it and within five minutes you're tired."

An artifact, a sampling of art and a piece of of history all come packaged with unforgettable sound.

"The young ones are hopping onboard and its fascinating them because they never grew up with it so it's fascinating to them," he said. "They've kind of embraced it. And with the power of the Internet being able to listen to old songs and look up bands and history it's right at their fingertips."

"Now it's become a family affair."

One of the big things Dunning has noticed the last few years is how families come in together. There's the little ones, the tweens and teens, moms and dads and the grandparents.

"Kids can ask grandpa if they saw this band or that one," Dunning said. "It's bringing families together."

The format almost disappeared in the early 2000s. But then it caught fire again.

Like most people, Dunning watched the Beatles on Ed Sullivan.

"That got me going," he grinned.

Right after in 1964 Dunning went to the Municipal Auditorium and saw the Dave Clark Five.

He was hooked.

Trips to see Jimi Hendrix, Janis Joplin, Led Zeppelin and other bands most people wish they could see followed.

Dunning spent the 1970s living in a commune in Oklahoma City. Yes, he's a hippie and proud of it. He was responsible for helping bring more live music to the metro with the construction of the Prairie Lady concert hall.

"We had new bands that were hitting and lot of the old bands," Dunning said. "That was a lot of fun. To me that was kind of my college education, that time frame."

Now, he's teaching a proverbial master's class to those falling in love with vinyl all over again.

## STRANGE BUT TRUE

SO THEY SAY...

**SBT** The sun is 330,330 times larger than the earth!

**SBT** Clinophobia is the fear of beds!

**SBT** A 'jiffy' is an actual unit of time for 1/100th of a second!

**SBT** Porcupines float in water!

**SBT** Pinocchio is Italian for "pine eye"!

**SBT** The sentence "The quick brown fox jumps over a lazy

dog." uses every letter of the alphabet!

**SBT** The average life span of a major league baseball is 5-7 **SBT**es!

The Mint once considered producing doughnut-shaped **SBT**!

**SBT** The only 15 letter word that can be spelled without repeating a letter is "uncopyrightable"!

**SBT** The longest recorded flight of a chicken is 13 seconds!

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June 14th 10am-11:30am - *The Truth About Communicating with Adult Children - Free*  
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**A question for our HR/Scheduler, Lisa**



**Q:** My father has Alzheimer's and I am the sole caregiver for him. I have a private caregiver that comes to assist me 3 times a week but I feel I need additional help for myself because I sometimes feel overwhelmed with my father's care. Can you help me although I am not the patient?

**A:** Caring for a loved one takes its toll on a family caregiver. SYNERGY can help by identifying strategies to help you cope with feeling overwhelmed. If you want to learn more about coping skills in the privacy of your own home, visit our Family learning Center at [www.flc.ipced.com/SYNERGYEdmond](http://www.flc.ipced.com/SYNERGYEdmond). We can also provide information about and connect you with the Alzheimer's Association and its' Support Groups.

**A question for our Director of Nursing, Ramonia**



**Q:** I work full-time and my mother is 80 years old and lives alone. She is fairly independent but I worry about her when I'm not there. I do not know what type of care she needs. What is the difference between home care and home health care? Or, are they the same thing?

**A:** No, home care and home health care are not the same thing. Home Care does NOT require a Doctor's order, can assist with non-medical needs, and can provide short term or extended care. Home Health Care DOES require a Doctor's order, is based on a qualifying diagnosis & provides medical services for a period of certification. Since your mother is in a healthy condition & does not require skilled nursing visits, home care services would give you the peace of mind you are looking for when you are not there.

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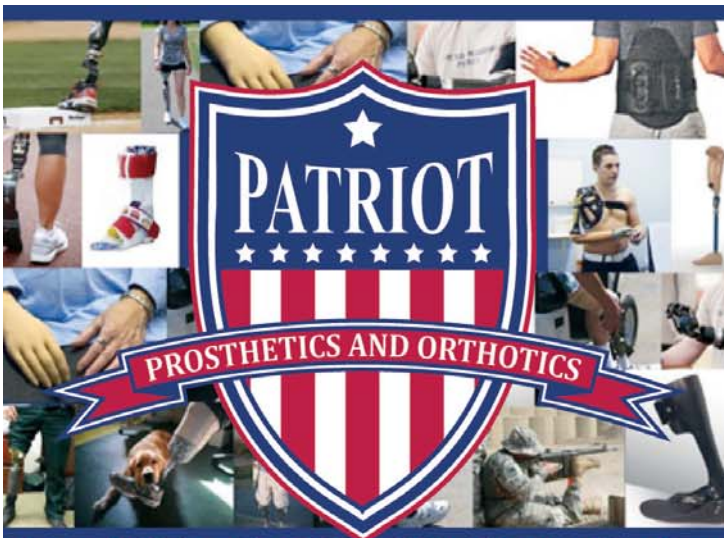
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# Norman Regional receives A ratings



by Bobby Anderson, Staff Writer

Norman Regional Hospital and Norman Regional HealthPlex were both awarded "A" grades in the spring 2018 Leapfrog Hospital Safety Grade.

Leapfrog Hospital Safety Grade is the only hospital rating focused exclusively on hospital safety. Developed under the guidance of an expert panel, the Leapfrog Hospital Safety Grade uses 27 measures of publicly available hospital safety data to assign grades to approximately 2,500 U.S. hospitals twice per year. It is peer reviewed, fully transparent and free to the public.

The Leapfrog group began doing the Hospital Safety Grades in 2012 to help patients and families determine the safest hospitals to seek care.

Norman Regional Hospital, located at 901 N. Porter Ave., earned an "A" grade from Leapfrog for a consecutive year.

Norman Regional HealthPlex, located at 3300 HealthPlex Parkway, also earned an "A" grade, bringing up its "B" from the fall 2017 Leapfrog Hospital Safety Grade.

"This is the only national rating of how well hospitals protect patients from preventable harm and death, such as medical errors, infections, and injuries," said Leah Binder, president and CEO of The Leapfrog Group. "Receiving an 'A' Safety Grade means a hospital is among the best in the country for preventing these terrible problems and putting their patients first, 24 hours a day."

Richie Splitt, president and CEO of Norman Regional Health System, was proud of Norman Regional Hospital's "A" grade in the fall, and is even more proud of the healers at Norman Regional for earning an "A" at both campuses.

"We take safety seriously. We

always want to make sure our patients are safe and well taken care of," Splitt said. "Earning an 'A' at both campuses is meaningful recognition of our continuous efforts to reduce medical errors, injuries and infections."

Earlier this year, they health system was named one of America's best for Bariatric Surgery and Stroke by the Women's Choice Award, America's trusted referral source for the best in healthcare.

The award signifies that Norman Regional is in the top 9 percent for bariatric surgery and top 8 percent for stroke centers of 4,812 U.S. hospitals and stroke centers reviewed.

"This is the second year in a row for Norman Regional Health System to be a Women's Choice Award recipient for both bariatric surgery and stroke. We are incredibly proud of our healers for their hard work and dedication to patient care, safety and satisfaction," Splitt said..

Norman Regional is one of 422 award recipients representing the hospitals that have met the highest standards for bariatric surgery across the U.S.

"As the FDA approves more bariatric procedures and treatment options increase, the Women's Choice Award is helping women make educated, confident decisions about where they should go to get the very best care," said Delia Passi, founder and CEO of the Women's Choice Award. "There are many women who struggle with their weight, especially as they age. For some, diet and exercise alone aren't enough and they need to turn to bariatric procedures to reduce their weight for their overall good health."



In order from left to right:  
Sarah Moon, R.N. Clinical Supervisor  
Dr. Linda Johnson, Medical Director  
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## COMMUNITY

# Tealridge DON named Administrator of the Year

Vickie Jenkins  
Staff Writer

Do you like surprises? You know, those happy surprises when you least expect it? On May 2, 2018, Cheryl Bales, DON, Administrator Executive Director attended the annual OKALA conference in Tulsa, OK. Cheryl got one of those happy surprises when she heard her name being called for Administrator of the Year! She was presented the award by local television News Anchor Kelly Ogle. "I was moved to tears and very excited because of all of the nominations that were read from the presenter. Afterwards, I understood from my peers that it was a very hard secret to keep due to the

fact that I serve on the board of directors for the Oklahoma Assisted Living Association," Cheryl said. "It was something that I never expected," she added.

Cheryl grew up in the small town of Schulter, just south of Tulsa, OK and graduated with a total of 15 seniors in her graduating class. She attended nursing school in Okmulgee at Green Country Vocational Technical School, graduating in December 1998. I started working as a CNA and Medical Technician at Henryetta Medical Center on the med/surg floor right after nursing school," she said.

Cheryl currently works for Tealridge Assisted Living and

Memory Care as the Administrator/DON/E.D. where she has been for 2 years. She has been in the Assisted Living industry for 17 years. "I have always enjoyed helping others and I guess that is why I became a nurse. It is something that I was meant to do," she said.

Asking Cheryl what qualities make a good nurse, she replied, "Good quality nursing comes from within and you must have empathy. You must work as a TEAM player. You must treat each resident/patient as if they were your own family members and give them excellent care. You must demand excellence, without micromanaging your team mates," she replied.

Did anyone influence you to become a nurse? I ask Cheryl. "I think I was influenced by a number of RN's whom I worked with as a CNA. There was Darlene Baker, Carolyn Parker, Vicki Deturk, Dana Hirsch and many more. They all had an influence on my life. They were very patient and took the time to teach me and so I obtained a lot of on-the-job

experience hands on."

I asked Cheryl if she would describe herself in 3 words. "I would describe myself as fair, honest and dependable. I always listen to both sides (and then the middle) before coming to a conclusion. I try to always be at work and not call in unless absolutely necessary. Residents deserve continuity and to feel safe and secure and you can do that by being there," she said.

Cheryl's favorite thing about her job is working to make a difference in the lives of her patients and her staff every day. "I like helping family members to have peace of mind in order to feel secure about their loved ones. Not to be confused with my greatest reward. My greatest reward as a nurse is the humbling response from a family whom I have made a difference in the lives of their loved ones. That is my greatest reward. Just knowing that I was able to make it easier makes it all worth it," she answered with a

See BALES Page 9



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## BALES

Continued from Page 8

smile on her face.

Cheryl is married to her best friend, Calven Bales of Davenport, OK. They have 5 children. Cheryl's hobbies are a little different from most nurses and unique in a good way. "I love to hunt and fish and when I am not working, you can find me in our boat or fishing at a pond. During deer season, you can find me in a tree stand," she said.

Leaving words of advice if anyone is thinking about becoming a nurse and making a career in the medical field, Cheryl has some words of encouragement for you; never give up! Always be real! Be open-minded and never get on a power trip! Lead by example!

After learning a little about Cheryl and her outstanding work at Tealridge Assisted Living and Memory Care, it is easy to see how she became, Administrator of the Year, 2018. Congratulations Cheryl!



Cheryl Bales, DON, Administrator Executive Director was presented with the title Administrator of the Year award at the OKALA Conference in Tulsa, OK on May 18, 2018.

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# Compassion and Faith Volunteers reach out in Moore

by Bobby Anderson, Staff Writer

Dave Evans' Thursday evening prayer floats down the hallway at Moore Faith Clinic.

Heads bowed in a circle for those who have gathered on this warm, late-May evening are taking a moment to remember why they're here.

For Cristen Hartman, R.N., there's no doubt.

"It was just meant to be," says Hartman, who has been with the clinic since the beginning.

By day, Hartman works at the Oklahoma State Department of Health. She's worked med-surg, oncology and ER in her career.

But on Thursday nights, she and scores of others volunteer their time at the free clinic.

"It was a perfect fit. Me and my family



Nurses, physicians, pharmacists, pastors and case workers donate their time to help those in Cleveland County with nowhere else to go.

have always been into service and what "Me and my husband grew up in Moore and are things we can do for the community," met at Moore High School. Moore has always Hartman says of her volunteer status.

See FAITH Page 11

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## FAITH

Continued from Page 10

been our place."

Three years ago Evans, a pastor at Moore's Highland Baptist Church, and others had an idea.

Through his 25 years of ministry, he's tended to his fair share of disaster relief in Moore. His kids grew up in the city and have eight grand kids.

Five still go to Moore schools.

"I've done a lot of relief with other churches and ministry," he said.

Through outreach Evans and other pastors identified a gaping need in their community.

"If you don't have health insurance - and this is not a political statement it's just a statement of fact - or if you're underinsured and you've got a (large) deductible it's of no value," Evans said. "Two years ago the average ER visit was \$1,900. People can't do that. Then it snowballs and their family is in crisis."

Time and again Evans has seen injuries create financial

hardship, leading to stress and strain on families and marriages.

So what could be done?

"The Lord said to me 'Why don't you do something about it,'" Evans said. "We prayed about it for a few months and everybody said let's go for it."

The clinic is housed in the Serve Moore Community Renewal Center, 224 S. Chestnut Ave.

Each Thursday from 5:30-8 p.m. Moore Faith Clinic opens its doors.

Once a month a women's clinic is offered.

Last year, the clinic served 900 patients and handed out approximately \$1 million in medication.

"All free," Evans said. "It's kind of a big deal that's not very well known. This is the only totally free clinic in Cleveland County."

Hartman's church made an announcement one Sunday that caught her ear. Nurses were needed to get this idea off the ground.

"It's a huge difference," said Hartman, who coordinates the nurses. "I think you just don't

really know the magnitude of who really needs you. You don't really see the magnitude of those that don't have care that I totally take for granted."

Evans sees it.

"I think a lot of families are in crisis or would be in a much bigger crisis if they didn't have health care or access to medicine and the ability to treat something treatable," Evans said. "So many people have diabetes or strep throat or high blood pressure or whatever. Those things left untreated are bad."

"We can do it. We can help people, coach them and encourage them."

Nurses and physicians treat. Pharmacists dispense medication. Pastors and volunteers tend to spiritual needs.

Case workers are available to plug patients into long-term assistance.

Upwards of 20 patients with appointments come through the doors each week with a handful of those just showing up with nowhere to turn.

It indeed takes a village to make the clinic run.

"We don't want to burn

anybody out. Cristen is here every week and she doesn't have to be," Evans said. "She's here because she wants to make sure we have continuity of care and we're doing things the same way consistently."

"We can always use nurses," Hartman continued. "A lot of times we'll have nurses that are really gung-ho and say they'll come every Thursday. No, please don't because it's not going to work for most people. Volunteering even though it's one night a week is a huge commitment so we do see a lot of turnover."

Moore Faith Clinic operates extremely lean.

The annual budget runs around \$16,000 which Evans says largely goes to wholesale pharmaceutical purchases.

Medication samples from companies are accepted for the group's regulated pharmacy.

To make an appointment you can call 405-759-0853 on Tuesdays, Wednesdays and Thursdays.

You can also contact Evans or Hartman at the same number to find out about volunteering.

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## TRAVEL/ ENTERTAINMENT

# Up the Hudson Valley to Albany, New York

Photography and Text by Terry "Travels with Terry" Zinn [t4z@aol.com](mailto:t4z@aol.com)

Last month I gave you an over view of the sights in Westchester county, just north of New York City. Now let's go up the Hudson River Valley to discover the variety of venues in Albany, New York.

I think it was in the fifth grade when I first heard about Albany, New York, as we were studying all the capitols of all of the US cities. It was a bit of a mystery this state capitol so far north of New York City, yet so important to the state's history and in current affairs. Decades later I discovered Albany in a personal way with a weekend excursion.

Most striking about Albany is the site, inside and out, of this historic capitol building itself with took thirty years to complete. It stands on a hill and overlooks the city, and the nearby Empire State Plaza with its monolithic office buildings and the unusual egg shaped theater complex. The plaza complete with reflecting pool and with ice skating in the winter, is popular for public events. On one end is the State capitol building and on the opposite side the New York State History Museum ([www.nysm.nysed.gov](http://www.nysm.nysed.gov)). The extensive museum houses several sections, including homage to the Civil War ( with a life mask of Abraham Lincoln), and more recently artifacts from the World Trade Center disaster. Be sure and visit the observation deck of the 42 storied Corning Tower.

State Street which could be called Albany's main street, runs down from the capitol, pointing toward the Hudson River. Near the base of the street stands, 74State Street Hotel ([www.74State.com](http://www.74State.com)), which was my pleasant home base and my oasis for my discoveries. 74 State offers several breakfast menu items, and my guests

and I enjoyed their Eggs Benedict more than once. This Ascent Hotel Collection provides wireless internet, room service in the morning and evenings and supplies free coffee in the lobby from 6 am to 10 am. The fitness center is open 24 hours. The property also has the Bistro/Bar venue on the second floor, with an expansive picture window overlooking busy STATE street. While the hotel is upscale it features recycled New York State wood and granite.

Just down the hill a bit is the upscale Jacks Oyster House ([www.jacksoysterhouse.com](http://www.jacksoysterhouse.com)) where without a doubt I had the best meal of my visit. As a steak person I tested their expertise and they passed with high marks, as they did for the Martini. My other companions had a variety of entrées including oysters on the half shell and a Lobster tale prepared with gourmet expertise. The service was as exceptional as you would have expected at a fine old world restaurant, and it was a near shame we had to leave to catch a theatrical presentation in Schenectady, NY at the Proctor Theater, which was a treat.

Be sure your discovery of Albany includes a visit to Speak Easy 518 ([www.Speakeasy518.com](http://www.Speakeasy518.com)) where you will have unique cocktail tastes accentuated by a variety of herbs and vintage concoctions. You are admonished: "The bar is open to anyone, but not for everyone. In order to maintain our peaceful, secretive existence beneath the city we require the respect of the following house rules which include: Please dress sharply and speak easy. Mind your manners." Live jazz may be there on your night, and while they offer a variety of wines and beers the



experience is in tasting the Prohibition Era Cocktails or the New World Concoctions. You might try the Midnight in the Italian Alps, of Braulio Amaro, Cardamaro Amaro, JFB Sorrel Liqueur, with Flamed Orange Zest, or the Papa Doble made with ADC Quackenbush House Rum, Maraschino Liqueur, and Fresh Grapefruit Juice. Many of the flavors are earthy and perhaps so usual you may have to develop a taste over several visits. To keep the ambiance low, no photography is permitted.

Other recommend dining venues include: Albany Pump Station ([www.evansale.com](http://www.evansale.com)), A Better Bite Deli ([www.abetterbitealbany.com](http://www.abetterbitealbany.com)), Jake Moon Cafe ([www.jakemoon.net](http://www.jakemoon.net)) and the popular New World Bistro Bar ([www.newworldbistrobar.com](http://www.newworldbistrobar.com)).

Albany has more to offer than space allows- but be sure to include the Albany Heritage Center ([www.albany.org/visitors-center](http://www.albany.org/visitors-center)), the Albany Institute of History and Art ([www.albanyinstitute.org](http://www.albanyinstitute.org)), and weather permitting a visit to John Boyd Thacher State Park ([www.nysparks.com/parks.com](http://www.nysparks.com/parks.com)), and Goolds Orchards and Brookview Station Winery ([www.goold.com](http://www.goold.com)). If you are lucky you might get to view a replica of Henry Hudson's "Half Moon" Ship, which is the symbol of Albany.

Upcoming dates of interest and for more information: [www.albany.com](http://www.albany.com)

## Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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



# Celebrate Oklahoma Showcases State Products, Businesses, Children

The GTO Education Foundation and Galleria Furniture are proud to announce **CELEBRATE OKLAHOMA - ITS PRODUCTS & ITS CHILDREN** on June 24, 2018.

The event will run from 10:00 A.M. to 6:00 P.M. at Galleria Furniture, 3700 W. I-40 Service Road, Okla. City, Oklahoma.

The event has two purposes: showcase Oklahoma made products and businesses, and raise funds and collect school supplies for school children across the state.

To date over 75 Made in Oklahoma vendors have reserved over 100 booth spaces to showcase their products and promote their business. To have a booth at the event, vendors have been asked to donate school supplies in lieu of booth space rental. A wide variety of Oklahoma Made products will be offered to the public.

Over 10,000 three ring binders received from one of GTO's donors, will be distributed to 350 Oklahoma school teachers for their students at the event. Additional school supplies collected during the event will be distributed the second week of July.

There will also be a Classic Car Exhibition by 405 Classic Cars. The exhibition will feature over 15 classic cars, sure to catch the eye of all classic car enthusiasts.

Free hot dogs and the trimming have been provided by two Oklahoma based companies and will be available all day. Additionally, several food vendors will be offering a wide variety of delicious food items.

Admission to the event is a mere donation of school supplies.

Anyone donating supplies on the day of the event will be put in a drawing for one of 54 prizes, which will be drawn for at 5:00 P.M. on the day of June 24. Guests do not have to be present to win. Prizes include: 5 piece bedroom set, a queen mattress set, a recliner, 2 sets of malouf pillows, and 50 special made in Oklahoma hand crafted items.

Two things Mr. Gary Owens and his family are passionate about is Made in Oklahoma products and Oklahoma school children.

Celebrate Oklahoma highlights

these two passions.

The GTO Foundation is a nonprofit organization founded by Galleria Furniture store owner Mr. Gary Owens and his family in 2015. The mission of the GTO Foundation is very simple: To assist Oklahoma



school children with the supplies and tools necessary to be successful in the classroom.

GTO posted a face book post recently asking teachers what they needed for their students for the upcoming year and the post received 1,100 requests from teachers all across Oklahoma. GTO's goal is to assist as many of these teachers as possible. For individuals or businesses who would like to donate school supplies but can't make it to the event, we have partnered with Blu Source, a school supply company out of Guthrie, Oklahoma, and they have provided a web site dedicated to purchasing supplies for GTO donations. The web address is: <https://gtofoundation.bluschoolsupplies.com/>

Over the past two years GTO has provided over 15,000 three ring binders to Oklahoma school students and has provided over 3,000 books to schools for children that might not have a book at home to read. Several special events have been held in the past to showcase Oklahoma teachers.

Please join us as we **CELEBRATE OKLAHOMA - ITS PRODUCTS & ITS CHILDREN**.

For additional information contact Marsha at 405-942-9222, ext 144, email the GTO Foundation at: [gtoedfoundin1@outlook.com](mailto:gtoedfoundin1@outlook.com), or visit our face book page: The GTO Foundation.



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# Significant Women in Oklahoma Agriculture Highlight: Lindsay Roberts

by Betty Thompson

CALERA—Some people are born with an innate desire to help others. That is certainly true of Lindsay Roberts.

Growing up 10 miles north of the Oklahoma-Texas state line in Calera on her family farm, Roberts was heavily involved in agriculture from a very young age. And she loved it.

"It completely defined my life," said Roberts, "Agriculture should define your life; It feeds you three times a day."

Like many who grow up in the industry, Roberts became involved in the youth organizations 4-H and FFA. She began showing sheep at age three as a Cloverbud. As soon as she turned nine, she immersed herself in everything 4-H had to offer, showing, public speaking, shooting sports, and so much more. When she entered the 8th grade, she joined

FFA and took advantage of the many opportunities it had to offer as well.

"I love both organizations," Roberts said, "I think they are valuable resources."

Roberts reflected on many life lessons she obtained in those organizations.

"I have a wonderful mom and grandma at home who taught me lots of things, but I learned how to set a table properly, how tip a waiter or waitress and how to put on pantyhose through FFA," Roberts laughed.

She continued her FFA membership even into the collegiate chapter. Today she volunteers with both organizations wherever she can, one of those ways is by serving as the sheep superintendent for the Bryan County Junior Livestock show.

Roberts said many of the same volunteers who were here when she was showing as a kid are still in



Lindsay Roberts of Calera, Okla., is being recognized as a Significant Woman in Oklahoma Agriculture.

the barns volunteering today. She is the youngest of the livestock show volunteers, and the only woman.

"I love to help these kids with their projects," Roberts said. "If they need something, or can't afford something, I want to help. It's my way of giving back to all those who helped my parents raise me."

After Roberts graduated from Calera High School, she studied at Agricultural Economics at Murray

State and went on to finish the degree at Old Dominion University in Virginia.

In the winter of 2004 Roberts was home on Christmas break from school and over at a friend's house. As fate would have it, there was a young man there who was home on leave from the Navy. Dustin Roberts was deployed shortly after

See ROBERTS Page 16

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## ROBERTS

Continued from Page 15

she met him, and the two began dating through letters and emails.

Shortly after, they got married, and three days later, Dustin deployed again for 18 months. They have been happily married for 13 years now.

The two have settled near where Roberts was raised, allowing her to help with her family's fertilizer plant in Durant.

She is putting her economics degree to good use as the accountant for the family business, and also helps with other duties such as assisting with and loading bulk

fertilizer, ensuring customer orders are filled and invoiced, and managing the office.

Her dad and grandparents have owned the business since 1995, and most of their employees have been there for over 15 years, so Roberts said they are all like family.

"I love working with my family every day," Roberts said. "Not many people get to do that. It sure is rewarding at the end of the day."

While working full time at the fertilizer plant, Roberts is also working on her Certified Public Accountant licensing at Southeastern Oklahoma State University in Durant.

"A lot of federal and state agencies recommend using a CPA that specializes in agricultural accounting," Roberts explained. "That's a service I hope to provide in our community."

Roberts said there are not many CPAs who concentrate on agricultural accounting, so there is a great need in a highly agricultural area.

Her desire to help those in her community does not stop with 4-H, FFA and accounting. She has become the main point of contact for Veterinary Feed Directive (VFD) issues in her area.

Roberts said the law enacted by the FDA took many producers, retailers and veterinarians by surprise.

"I worked with local vets and a local math teacher to work out an education program to help the vets and those of us on the retail side as far as what their options were," Roberts said.

She even got her husband Dustin, who is the Representative for House District 21, to work on a legislative approach. She took time to meet with Congressmen and ranchers from various states, and as a result, she became a valuable resource to many in the community on how to stay compliant with the law.

She carries her helping nature into her home as well. In addition to the Roberts' two rescue dogs and cat, they also have two rescue ducks.

Roberts said she was attending a birthday party for a toddler when she rescued the two baby ducks from being trampled by the toddlers.

"They weren't being handled gently, so I just went over and scooped them up," Roberts laughed. "I turned my green house into a full-blown aviary—they live the life of luxury."

The rescue ducks, Petey and Petunia, are certainly not the only ones in southern Oklahoma who have benefited from Roberts' generosity and desire to help.

## STRANGE BUT TRUE

SO THEY SAY...

**BBT** One ragweed plant can release as many as one billion grains of pollen!

**BBT** It's illegal to drink beer out of a bucket while you're sitting on a curb in St. Louis!

**BBT** No piece of square dry paper can be folded more than 7 times in half!

**BBT** A group of geese on the ground is a gaggle, a group of geese in the air is a skein!

**BBT** Over 2500 left handed people a year are killed from using products made for right handed people!

**BBT** There are more than 10 million bricks in the Empire State Building!

**BBT** If you counted 24 hours a day, it would take 31,688 years to reach one trillion!

**BBT** Taphophobia is the fear of being buried alive!

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## The Fountains at Canterbury Awarded Five-Star Rating

The Fountains at Canterbury has been named a Five-Star Quality community according to Medicare.gov in their most recent Skilled Nursing Facility (SNF) survey, putting The Fountains at Canterbury in the top 10 percent of skilled nursing facilities in the area. The Fountains at Canterbury is managed by Watermark Retirement Communities, which operates 52 communities across the United States.

Senior living communities are reviewed by Centers for Medicare and Medicaid Services (CMS) on more than 180 regulatory standards in conjunction with their state health inspection report. Communities are graded on a scale that gives greater weight to issues that cause critical exposure to any resident health or safety concerns.

Five-Star ratings are awarded exclusively to the top 10 percent of skilled nursing facilities that show extraordinary performance in the categories of health inspection, staffing and quality measures. The past three years of onsite health

inspections are utilized as well as the staffing rating based on the number of hours of care provided on average to each resident each day by associates as well as quality measures on 11 different physical and clinical measures for residents.

"It is an honor to lead a team so dedicated to the care and well-being of our residents," said Cody Erikson, Executive Director of The Fountains at Canterbury. "It is an even greater honor to see the unwavering commitment of that team earn the Five-Star rating under the superb direction of Nursing Home Administrator, Katy Woodard."

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 committed to creating an extraordinary community where people thrive. To learn more, please call (405) 381-8165 or go online to [www.watermarkcommunities.com](http://www.watermarkcommunities.com).

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The reasons for choosing cremation vary from individual to individual. But as with all funeral arrangements, there are many options available regarding the cremation itself, services, price ranges, and what to do with the ashes. Please send for this informative brochure to help answer any questions you may have. It's free & you'll learn about the endless choices available to you.



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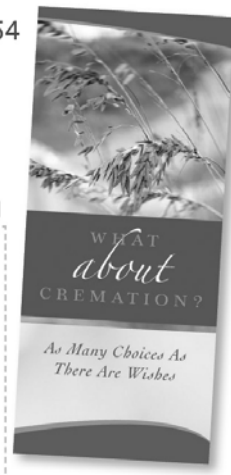
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## CROSSWORD CORNER

### Across

1 It reportedly had an impact on beachgoers in 1975

5 Pyle player

11 Seventh of 24

14 Finished

15 Got away from

16 Rented

17 Convent seamstress' workshop items?

20 Viet Cong org.

21 Zagros Mountains locale

22 Period in ads

23 \_\_\_ Paulo

24 Enlightened kid?

28 Rodeo loops, essentially

30 Cranial projections

31 Deca- minus two

32 Goya subject

33 Not yet on the sched.

36 Bichon Frise pack leaders?

41 Resting place

42 Laudatory lines

43 1968 self-titled folk album

44 Hindu sovereign

45 Called

48 Sandwich in the desert?

52 Thom McAn spec

54 Obstruct

55 Suffix for those who are flush

56 To the point

57 Request for relief, and a hint to the formation of this puzzle's four other longest answers

62 Alley end?

63 Spanning

64 WWII Normandy battle site

65 "Life Is Good" rapper

66 Weakens

67 Historical Cheyenne rivals

**Down**

1 St. \_\_\_ University

2 Dramatic influx, as of fan mail

3 Ducky?

4 Indian honorific

5 Mysterious monster, familiarly

6 Fulfills a need

7 Everyday

8 Not everyday

9 Commission recipient, often

10 Deterrent announced in 1983: Abbr.

11 Legendary Castilian hero

12 Effectiveness

13 Bamboozled

18 File extensions

19 Loose \_\_\_

25 "Okey-doke"

26 Gulf of California peninsula

27 River through Orsk

29 Stumblebum

31 Nev. option for pony players

32 Podium VIPs

33 Green disappointment

34 Image on cabbage?

35 Japan's largest active volcano

37 Stormy ocean output

38 \_\_\_ Valley: San Luis

Obispo County wine region

39 Freudian denial

40 Legendary man-goat

44 Old World Style sauce brand

45 Vivaldi was ordained as one

46 Beset

47 Berliner's wheels, perhaps

48 Descendant

49 Heavy hitter in the light metals industry

50 Court activity

51 Aired, as a sitcom

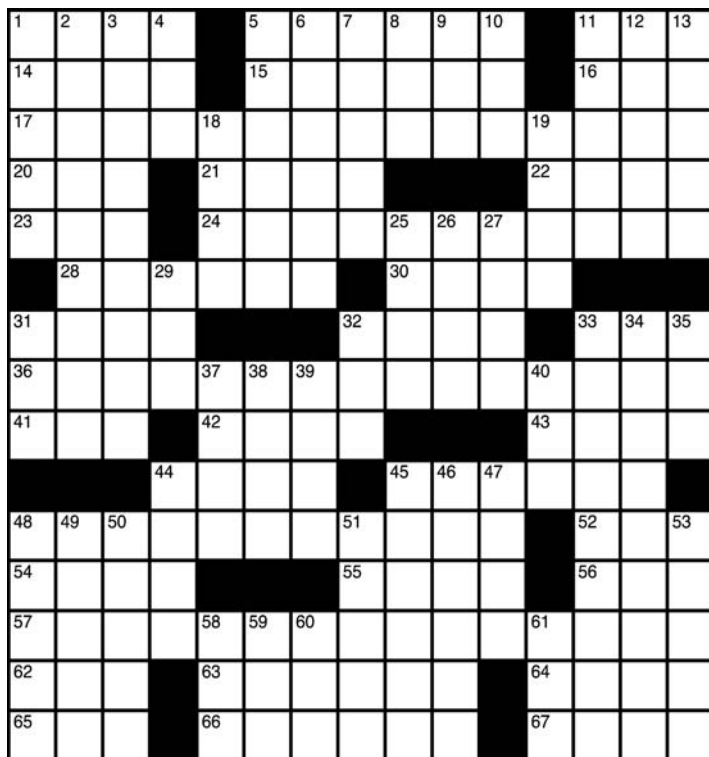
53 Value system

58 Black \_\_\_

59 CXXX quintupled

60 Braz. neighbor

61 Sun Devils' sch.



Answers on page 29



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## OPINION & MORE

### THE SAVVY SENIOR

#### Dear Infrequent,

While unlimited high-speed data, video streaming and mobile hot spot are now standard for most cell phone plans today, there are still a number of low-cost wireless plans designed with seniors in mind.

These plans offer limited talk time and text, which is ideal for seniors who want to stay connected without spending much money each month. Here are some super cheap plans to consider.

#### Cheapest Plans

Prepaid plans are the best deal for seniors who only want a cell phone for emergency purposes or occasional calls. The very cheapest prepaid plan available today is T-Mobile's Pay As You Go plan, which includes any combination of 30 minutes or 30 text messages for only \$3 per month. After that, additional minutes and texts cost 10 cents each.

Phone prices start at \$75, but if

#### Dear Savvy Senior,

What are the cheapest cell phone plans available to seniors today? I'm 78-years-old and want it primarily for emergency purposes. *Infrequent Caller*

you have a compatible device, you can use it rather than buying a new one. You will, however, need to pay for a \$10 SIM Starter Kit fee, whether you bring your own phone or buy a new one. Visit T-Mobile.com or call 844-361-2792 for more information.

Two other companies that offer low-cost prepaid deals are TracFone and AT&T.

TracFone (TracFone.com, 800-867-7183) has a 30 minute talk/text plan for \$10 per month, or an even cheaper a 60 minute talk/text plan for \$20 for three months, which averages out to only \$6.66 per month.

And AT&T (ATT.com, 800-331-0500) has two low-cost prepaid plans including the 25 cent per minute call plan, and a \$2 daily plan that charges only when you place or receive a call or send a text that day. The fees are deducted from the prepaid balance on your account. But to use AT&T Prepaid, you must prepay into your account either \$10 per month, \$25 for three

## Cheap Cell Phone Plans for Seldom Calling Seniors

months or \$100 per year.

#### Best Emergency Phone

If you're interested in a senior-friendly cell phone that provides top-notch emergency assistance, consider the Jitterbug Flip (GreatCall.com, 800-918-8543).

This is a nifty flip phone that has big buttons, enhanced sound, a simplified menu, and a 5Star urgent response button that connects you to a trained agent that will know your locations, and will be able to assist you whether you need emergency services, directions, roadside assistance or a locksmith, or to contact family. GreatCalls service runs on Verizon's network.

The Flip phone costs \$100, with monthly service plans that start at \$15 for 200 minutes. Or, you can get the 5Star service with 50 minutes of monthly talk time for \$25.

#### Free Phones

If your income is low enough, another option you should check into

is the federal Lifeline program, which provides free or low-cost cell phones and plans through numerous wireless providers.

To qualify, your annual household income must be at or below 135 percent of the Federal Poverty Guidelines which is \$16,389 for one person, or \$22,221 for two. Or, you must be receiving Medicaid, food stamps/SNAP, SSI, public housing assistance, veterans pension or survivor's pension benefit, or live on federally recognized Tribal lands.

To find out if you're eligible, or to locate wireless companies in your area that participate in the program, visit LifelineSupport.org or call 800-234-9473.

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.

## June/July AARP Drivers Safety Classes

**Date/ Day/ Location/ Time/ Registration # Instructor**

Jun 6/ Wednesday/ Mustang/ 9 am - 3:30 pm/ 376-3411/

**Instructor: Kruck**

Mustang Senior Center - 1201 N. Mustang Rd.

Jun 7/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/

**Instructor: Varacchi**

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

Jun 7/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 703-2300/

**Instructor: Palinsky**

Memory Care at Rivendell - 2800 S.W. 131st St

Jun 8/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/

**Instructor: Edwards**

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

Jun 9 /Saturday/ Moore/ 9 am - 3:30 pm/ 799-3130/

**Instructor: Schaumburg**

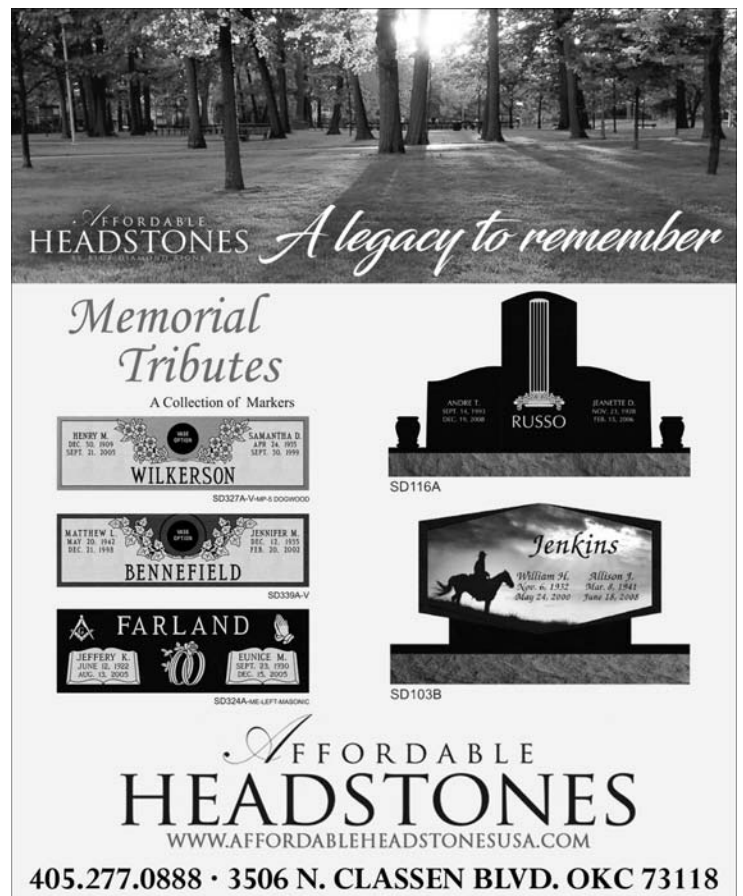
Brand Senior Center - 501 E. Main St.

Jun 15/ Friday/ Okla. City/ 9 am - 3:30 pm/ 681-3266/

**Instructor: Palinsky**

Woodson Park Senior Center - 3401 S. May Ave.

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



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# SSM Health St. Anthony Receives 'A' for Patient Safety



The Leapfrog Group, a Washington D.C. - based organization aiming to improve health care quality and safety for consumers and purchasers, today released the new Leapfrog Hospital Safety Grades. SSM Health St. Anthony Hospital - Oklahoma City, including SSM Health Bone & Joint Hospital at St. Anthony, was one of 750 awarded an 'A' for its efforts in protecting patients from harm and meeting the highest safety standards in the U.S. The Safety Grade assigns an A, B, C, D or F grade to hospitals across the country based on their performance in preventing medical errors, infections and other harms among patients in their care.

"SSM Health St. Anthony Hospital is part of one of the largest integrated health systems in the nation - a health system that is internationally recognized for quality. Our priority is to provide exceptional care that improves the lives of our patients and the health of our communities," said Tammy Powell, President, SSM Health St. Anthony Hospital.

"This is the only national

rating of how well hospitals protect patients from preventable harm and death, such as medical errors, infections, and injuries," said Leah Binder, president and CEO of The Leapfrog Group. "Receiving an 'A' Safety Grade means a hospital is among the best in the country for preventing these terrible problems and putting their patients first, 24 hours a day."

Developed under the guidance of an Expert Panel, the Leapfrog Hospital Safety Grade uses 27 measures of publicly available hospital safety data to assign grades to approximately 2,500 U.S. hospitals twice per year. It is peer reviewed, fully transparent and free to the public.

To see the SSM Health St. Anthony Hospital full grade details, and to access patient tips for staying safe in the hospital, visit [www.hospitalsafetygrade.org](http://www.hospitalsafetygrade.org) and follow the Leapfrog Hospital Safety Grade on Twitter and Facebook.

**Founded** in 2000 by large employers and other purchasers, The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American health care. The flagship Leapfrog Hospital Survey collects and transparently reports hospital performance, empowering purchasers to find the highest-value care and giving consumers the lifesaving information they need to make informed decisions. The Leapfrog Hospital Safety Grade, Leapfrog's other main initiative, assigns letter grades to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents, and infections.

# Six Fallen Officers to be added to Oklahoma Memorial

Six (6) law enforcement officers who died in the line of duty in Oklahoma will soon be engraved on the newly renovated Oklahoma Law Enforcement Memorial in Oklahoma City. Their names will be dedicated during the 50th Annual Oklahoma Law Enforcement Officer's Memorial Service at 10 a.m. the morning of Friday, May 18, 2018. The public is encouraged to attend the service. The memorial is located on the west grounds of the Oklahoma Department of Public Safety Headquarters, 3600 M. L. King Avenue.

## The six fallen officers being added are:

Perkins Police Officer Henry L. Cotton, died April 29, 1986, from complications following surgery for injuries sustained during a fight making an arrest March 28th;

Oklahoma Department of Corrections Corporal Stephen R. Jenkins, Jr., died January 7, 2017, from a heart attack he suffered after chasing an inmate with contraband at the Clara Waters Correctional Center in Oklahoma City;

Craig County Deputy Sheriff Sean F. Cookson, died February 27, 2017, from injuries sustained in a traffic accident the morning of February 22nd while in route to training;

Tecumseh Police Officer Justin M. Terney, died March 28, 2017, after being shot twice during a traffic stop about 11:30 p.m. the night before;

Logan County Deputy Sheriff David J. Wade, died April 18, 2017, shortly after being shot several times while serving an eviction notice in Mulhall;

Oklahoma Highway Patrol Lieutenant D. Heath Meyer, died July 24, 2017, from injuries sustained when he was accidentally struck late the evening of July 14th by an OHP unit after he laid out stop sticks for a pursuit north bound on I-35 near NE 27th Street in Moore.

The Oklahoma Law Enforcement Memorial is the oldest state law enforcement memorial in the United States. It was dedicated May 15, 1969. The memorial recently underwent a \$180,000 total renovation after it was found that the memorial plaza was sinking due to almost fifty years of rain water running over and under it. The memorial will also be rededicated during the annual memorial service May 18th.

For more information on the memorial and the eight hundred fallen officers honored on it see the memorial web site at [www.oklemem.com](http://www.oklemem.com)



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## STRANGE BUT TRUE SO THEY SAY...

**SBT** Until the nineteenth century, solid blocks of tea were used as money in Siberia!

**SBT** The Nobel Peace Prize medal depicts three naked men with their hands on each other's shoulders!

**SBT** When glass breaks, the cracks move faster than 3,000 miles per hour. To photograph the event, a camera must shoot at a millionth of a second!

**SBT** A Boeing 747 airliner holds 57,285 gallons of fuel!

**SBT** A car uses 1.6 ounces of gas idling for one minute. Half an ounce is used to start the average automobile!



# INTEGRIS Offers Air Medical Transport Using Sikorsky Helicopter



Sikorsky has been the world's leading helicopter manufacturer since 1939, producing every presidential helicopter in the modern era, as well as the highly celebrated military grade Black Hawk helicopter.

INTEGRIS is now using a Sikorsky SK-76 as an integral part of the health care system's critical air medical transport efforts.

The unique aircraft, which is the most advanced multi-role helicopter of its kind, is being housed at INTEGRIS Baptist Medical Center and is owned and operated by Survival Flight.

This particular helicopter is specifically designed to transport injured and critically ill patients from hospitals across the state and region to INTEGRIS to receive specialized care. It will also be used in rescue operations and organ transplant procurements.

"The Sikorsky SK-76 is ideal for transporting the sickest of the sick patients, who demand the highest level of medical care," says Tim Johnsen, president of INTEGRIS Baptist Medical Center. Before becoming an administrator, Johnsen was a cardiac intensive care nurse and director of an air medical transport program. He was also a director of emergency services at a trauma center. He was instrumental in bringing the Sikorsky to INTEGRIS.

"At 52 feet long, it is considerably

larger than the average medical helicopter, making it possible to carry not only additional medical equipment and supplies, but also entire teams of medical professionals. These highly trained individuals can then deploy life-saving therapies while en route back to INTEGRIS Baptist Medical Center. It truly is a mobile intensive care unit in the sky."

Aly El Banayosy, M.D., is executive director of critical care and circulatory support at the INTEGRIS Nazih Zuhdi Transplant Institute. He says the Sikorsky helicopter will allow more people access to sophisticated and specialized therapies like cutting edge heart pump technologies such as the LVAD and Total Artificial Heart and extracorporeal membrane oxygenation, known as ECMO.

"ECMO is a last resort lifesaving technique for patients facing imminent death caused by heart or respiratory failure. In many cases it really is a person's only hope for survival. While there are other ECMO programs in the state, INTEGRIS has the only mobile ECMO team where we physically travel to other facilities to retrieve these patients. Now thanks to the superiority of the Sikorsky helicopter, our team is able to travel farther and faster to stabilize dying patients and give them one

See HELICOPTER Page 30

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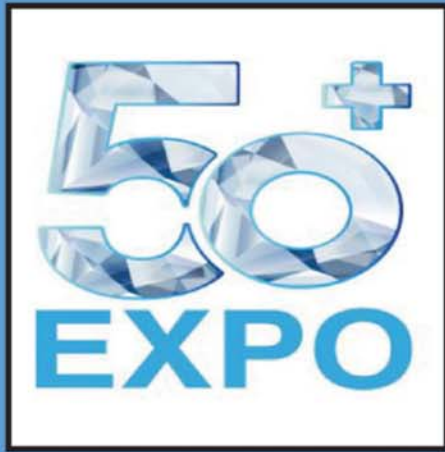
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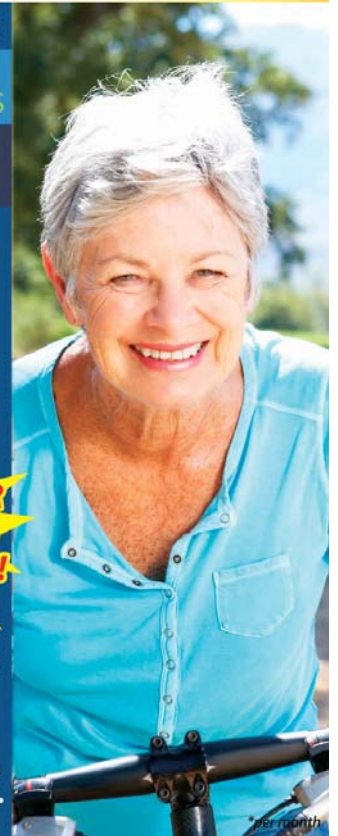


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# SENIOR TALK

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

*What is your biggest pet peeve? Heritage Assisted Living*

When people use the words done and finished wrong.  
Cookies are done.  
People are finished.



Kimberly Brenner

I wish I would have known ahead of time what I didn't know before.



Ken 'Pops'

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SENIOR TALK

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My pet peeve is noise.



Mary Brunnert

Too much noise.



Bea Johnson



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# THE MANY SOUNDS OF MAJESTY

By Darlene Franklin

On the eve of Prince Harry's marriage to Meghan Markle, I remember watching Diana Spencer marry Prince Charles when my children were small. A generation later, Americans remain fascinated with royal weddings. Although our country rejected a sovereign king at its birth, we still love pomp and circumstance.

According to the New York Post<sup>#</sup>, we remain fascinated by royalty because embody national unity in a unique way. (Presidents are rather polarizing figures).

Perhaps that's why enjoying nature's majesty leads us to the unifying force of nature's God.

Consider the experience of Katherine Lee Bates.

In 1893, the young Wellesley professor taught a summer course in Colorado Springs. She joined a faculty trip to the top of Pikes Peak. Inspired by the panoramas, she wrote a heartfelt poem. Visitors today can read her words on a plaque atop the mountain that rises more than two miles into the sky:

*O beautiful for spacious skies, for amber waves of grain,  
for purple mountains majesties above the fruited plain! America,  
America, God shed grace on thee.*

Almost a hundred years later, I traveled to Colorado for the first time. I kept looking for the mountains. At the top of one final rise, they filled the horizon. Mountains, mountains, everywhere



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

See DARLENE Page 29

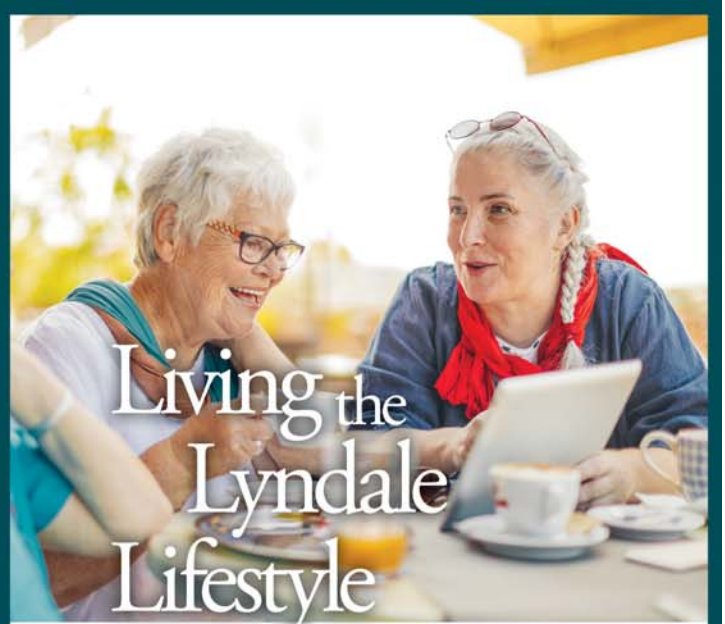
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2018 EVENTS**

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<b>June 21, 22, July 18, 19 &amp; 20</b>	<b>RCAL Admin Cert Class III</b>	<b>Gemini Bldg.</b>
<b>September 9 - 15</b>	<b>Assisted Living Week</b>	<b>Statewide</b>
<b>October 3</b>	<b>Fall AL CEU Seminar</b>	<b>Tulsa</b>
<b>Oct 11, 12, Nov 7, 8 &amp; 9</b>	<b>RCAL Admin Cert Class IV</b>	<b>Gemini Bldg.</b>
<b>November 1</b>	<b>Owner/Reg Roundtable</b>	<b>Gemini Bldg.</b>
<b>November 13</b>	<b>Fall AL CEU Seminar</b>	<b>OKC</b>
<b>November 30</b>	<b>Boot Camp</b>	<b>Gemini Bldg.</b>
<b>December 13</b>	<b>Holiday Open House</b>	<b>Gemini Bldg.</b>

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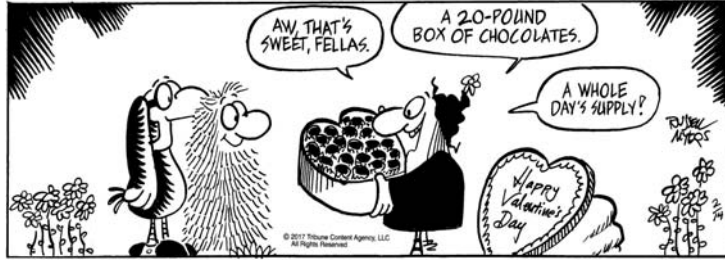
- Living room has hardwood flooring with 10' ceilings featuring crown molding
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## Broom Hilda

By Russell Myers



## Animal Crackers

By Fred Wagner



## Gasoline Alley

By Jim Scancarelli



## JUMBLE

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

**SYOBS**

□ □ □ □ □ □ □

**TINYU**

□ □ □ □ □ □ □

**DONTER**

□ □ □ □ □ □ □

**NURREN**

□ □ □ □ □ □ □

## THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Nurek



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

Print your answer here: "□ □ □ □ - □ □ □ □ □ □ □ □"

May  
Answers

Jumbles: NIECE ABATE DENOTE BROKER  
Answer: After the rock group trashed their hotel suite, they were — BANNED

## DARLENE

Continued from Page 27

I looked, from north to south. Tall, rugged, in shades of slate blue and purple—breathtaking.

God's majesty stampeded through my heart for the first time since I left New England for college. The soaring peaks increased my awareness of God's other-ness as creator and king. I loved it so much that I stayed in Colorado for two decades.

As a child, I loved summer storms. Lightning flashed and waves crushed against the rocks with destructive force, but they didn't scare me at all. In the pounding, echoing, hissing squall, I heard echoes of God's voice and responded to His roll call.

Lord, our Lord, how majestic is Your name in all the earth! You have set Your glory in the heavens.

In similar ways, music's harmonies lift my heart to God. Two hundred seventy-five years have passed since Messiah, George Friedric Handel's masterpiece, was first performed on Easter Sunday, 1742. Legend has it that King George II attended the premiere. He was so impressed by the Hallelujah Chorus that he remained standing for the duration of the song. Everyone around him also stood, as required by royal protocol. That's the reason why audiences today stand during the performance. An earthly king recognized The King, and so must we.

I've had the privilege of performing all two and a half hours of the Messiah. When I've been at my lowest points, I lose myself in a music, whether classical or contemporary, that lifts God up. Worship His majesty.

While not nearly as melodic, a child's first cry also showcases God. Nothing captures the pinnacle of creation, the one creature made in His image, as perfectly as a newborn child. So tiny, so helpless—so

perfect. All parts work as God designed, made to live with God in eternity although it will take a second birth to make that happen.

As the proverb says, a child is God's approval that the world should go on. God gave Abraham and Sarah a son after he had lived for a century. The Lord gave me a grandchild when my daughter died. My first great-grandchild this year brought happiness as old age approaches.

Lately I've discovered that the silence of old age adds a high-pitched bell, hardly heard, to the choir. A church holds regular services every Sunday and Wednesday at the nursing home where I live. Many of our most faithful members struggle to speak. One lady of German descent claps when the preacher's family joins in the singing. Her evident delight brings to mind the verses from Psalm 8 that speak of "the praises of children and infants."

Or how about my friend, who writes down her prayer requests because we struggle to understand her stroke-riddled speech? Or the ones who come in reclining chairs, their warm smiles saying it all? Sweet praise rises from the lady who reads out loud from her Bible, so soft-spoken we can't hear her words. Their whispered, nonsensical, missing voices reach the highest heaven. I offer a pianist's hands as a humble accompaniment to their purer worship.

God's majesty confronts me, demanding an answer. I respond in worship.

J	A	W	S	N	A	B	O	R	S	E	T	A
O	V	E	R	E	V	A	D	E	D	L	E	T
H	A	B	I	T	S	A	N	D	P	I	E	C
N	L	F	A	S	I	A	N	I	T	E		
S	A	O	B	I	L	L	Y	B	U	D	D	H
	N	O	O	S	E	S	E	A	R	S		
O	C	T	A				M	A	J	A	T	B
T	H	E	F	R	E	N	C	H	A	L	P	H
B	E	D		O	D	E	S			A	R	L
			R	A	N	I		P	H	O	N	E
S	A	H	A	R	A	N	W	R	A	P	E	E
C	L	O	G			A	I	R	E	P	A	T
I	C	O	U	L	D	U	S	E	A	L	A	U
O	O	P		A	C	R	O	S	S	S	T	L
N	A	S		B	L	U	N	T	S	U	T	E



## HELICOPTER

Continued from Page 23

"Patients in need of air transport are typically in a very vulnerable state. Having a helicopter like the



last chance at life."

The Sikorsky helicopter is one of the fastest medical helicopters in existence and is capable of traveling 300 miles without refueling.

Douglas Horstmanshof, M.D., is a heart failure cardiologist with the Advanced Cardiac Care program at INTEGRIS. He says maintaining the highest quality continuity of care during transport is crucial.

SK-76 allows the smooth and safe transport not only of the patient, but also the team of physicians and nurses necessary to provide the best possible care during that critical time."

The helicopter went into service on May 5. INTEGRIS is the only health care system in the region utilizing a Survival Flight Sikorsky SK-76 for air medical transport.

## Mark Goeller named State Forester and Director of Forestry Services

Mark Goeller was recently named State Forester and Director of Oklahoma Forestry Services by Secretary of Agriculture Jim Reese. Goeller has served Oklahoma Forestry Services, a Division of the Department of Agriculture, Food and Forestry, for the past 33 years. He has held various positions with the division, the latest being Fire Management Chief and Assistant Director since 2005.

"I am pleased to name Mark Goeller as the new State Forester and Director of Oklahoma Forestry Services," said Secretary of Agriculture Jim Reese. "With his extensive experience and leadership abilities, Mark is the right person to take the division forward to the next level."

In his new role, Goeller will lead the division of over 100 people who are dedicated to conserving, enhancing and protecting Oklahoma's forests and natural resources. In addition to providing forest management advice and best practices, Oklahoma Forestry Services is the state's lead agency for wildfire suppression. "I am proud of what we have been able to accomplish over the past years and excited about the opportunity to continue to provide valuable services to the people of Oklahoma," said State Forester and Director of Oklahoma Forestry Services Mark Goeller.

In addition to his regular duties, Goeller also serves in leadership roles on the state, regional and national levels. He is chair of the National Wildfire Coordinating Group Risk Management Committee and serves on the S-520 Advanced Incident Management Steering Committee. He also chairs the Southern Group of State Foresters Fire Management Chiefs. Additionally, Goeller is an Operations Section Chief, having served in that capacity on a Northern Rockies Type I Incident Management Team since 2005. His incident management experience comes from wildfire and all-hazards assignments in 21 states. He also serves as chair of Oklahoma's All-Hazards Standards, Qualifications and Training Committee for Incident Management Teams and a member of the Oklahoma Incident Management Team Advisory Committee. Goeller holds a Bachelor of Science degree in Agriculture - Forest Management from Oklahoma State University.

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- Planned Activities and Special Events
- Weekly Housekeeping
- Weekly Laundry and Linen Service



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## 4th Quarter of your Life - Spring Training held at Crossings Church



Left to Right: Eunice, Patrick Munnerlyn, Beth Patterson, Director RSVP, Lance Ward Congregation Care Pastor Crossings, Jamie Jeter, RSVP Advisory Board, Kathleen O'Toole Incoming President RSVP, Teresa Scott, Board RSVP, Laura Pheeters RSVP Admin & Program Assistant.

4th Quarter of your Life - Spring Training was held at Crossings Church Oklahoma City on May 3rd. The weather started out with thunderstorms and tornado warnings. Break outs sessions were presented by Elaine Dodd, with the Oklahoma Banking Association on fraud & the Million Dollar Business in Oklahoma, Carla Scull with the Oklahoma Alzheimer's Association. Patrick O'Kane with Sunbeam family services facilitated the Grandparents raising grandchildren.

Ray Walker, Director of Medicare Assistance, Jose Olivero with Social Security, Brandy Bailey Valir Pace, Jill Huff Director Marketing with Spanish Cove, Keri Dennis with Stone Creek Assisted Living, Jack Werner A to Z Home Inspection, Samantha Strealy Territory Manager with Comfort Keepers, Jay Parker from the Oklahoma Department of Veterans Affairs held classes for more understanding on the options that many adults face every day. Our thanks to the Sponsors of the 4th Quarter, Comfort Keepers, SYNERGY HomeCare, Well Preserved Advisory Group, Spanish Cove, Stone Creek Assisted Living, Niki Higgins- Life Style Realty, Quail Creek Bank, Interbank, Baptist Village, Daily Living Center, Oklahoma City Hospice, OGE, Rick & Denise Guttenger, Mercer Adams, Touch mark, Village Concept and Home Care Assistants for helping to make the 4th Quarter a great success. It was an honor to deliver "A big fat Check" to RSVP on Wednesday to help with the Senior Transportation program in Oklahoma County. The check was named after Lance Ward, Congregational Care Pastor asked Eunice if she brought the check? The answer was no - with that Mia, Eunice's granddaughter came up with a "Paper check made by Mia titled "A BIG FAT CHECK " all remaining proceeds from the 4th Quarter Event were donated to RSVP. Upon return to Crossings Lance immediately emailed Beth to let her know the Check is really in the mail!



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-PAM (Family Member)

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