

Third
time's a
charm

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Rebooting
Old-
Fashioned
Religion

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SENIOR NEWS & LIVING

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Information for Oklahoma Seniors

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Healthy
Living
and
Fitness

Making Aging Sexy

Claire Dowers-Nichols is the Executive Director of Healthy Living and Fitness, Inc. Here, you will be greeted by a friendly staff and a variety of classes to choose from.

by Vickie Jenkins, Staff Writer

Welcome to Healthy Living and Fitness, (Healthy Living OKC) where their vision is to provide state-of-the-art health and wellness services, empowering adults to become avid health consumers responsible for their well-being and fulfillment of their personal goals.

I spoke with Claire Dowers-Nichols, Executive Director. Claire spent her career developing programs to better service older Oklahomans. Most recently, she spent seven years at the University Of Oklahoma Department Of Geriatrics Medicine; she co-founded the Community Relations Director for the Oklahoman Department of Human Services, Aging Services. Claire serves in a variety of leadership and advisory roles

for state and national organizations and is devoted to making her community an ideal place for active adults.

"We are the first Healthy Living and Fitness Center in Oklahoma City as far as being a MAPS 3 project. We have been here at this location for about 18 months," Claire said. "The next location to build one will be in south Oklahoma City, OK. We actually have about 5,275 members now and about 630 of them visit our center every day. The growth in

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Campaign to Celebrate Older Adults Introduced

"Honor Your Living Legend" designed to showcase seniors and impressive contributions to loved ones and communities



Ronnie Backman is nominated by her Great-Niece, Nancy. **Submission:** I want to nominate my Auntie Ronnie. Over the years, my Auntie has been more like a mother to me. My mom passed away when I was young, and Ronnie never once hesitated to comfort me or lend a motherly hand. I still remember going shopping with her for my prom dress, and now she's a grandmother to my baby boy William. I don't know what I would have done without her, she fills my heart. I love my living legend.

story and photos submitted

Home Care Assistance, Edmond/Oklahoma City's premier provider of in-home care for seniors, is pleased to introduce a campaign that recognizes the lifetime accomplishments of seniors. Family members and friends submit stories and photographs, which are shared publicly on HonorYourLivingLegend.com and through Home Care Assistance's social media pages. The goal of the campaign is to give people a platform to express their admiration for aging loved ones and in doing so, remind the community that older adults should be respected for their contributions.

With a mission to change the way the world ages, Home Care Assistance fosters a positive view of aging and honors each client's lifetime legacy by providing compassionate and dignified care that enables older adults to maintain their independence at home.

"Honor Your Living Legend is our way to celebrate the legendary lives of our clients and seniors at large," said Melissa Hill, Co-Owner of Home Care Assistance of Oklahoma. "Our mission is to change the way the world ages by promoting aging as a rich and meaningful stage of life, and this campaign is just one of the many ways we accomplish this. Older adults boast many years' worth of accomplishments, relationships,

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CAMPAIGN

Continued from Page 1

experiences and memories. We seek to respect and honor them by shifting the focus away from their care needs and towards the legacies they've created."

Candidates for Honor Your Living Legend are dynamic individuals who have given a lifetime of service and love to their communities and families. Living Legends can be publicly acclaimed or individuals who have influenced others' lives in less high-profile ways such as a mother who taught her children to read or a well-known entrepreneur whose real passion was volunteering and helping those less privileged.

For more information about Honor Your Living Legend or to submit a story, please visit www.HonorYourLivingLegend.com.

Home Care Assistance is the leading provider of home care for seniors across the United States, Canada and Australia. Our mission is to change the way the world ages. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our



Harrold is nominated by his Granddaughter, Sara. Submission: *My "Poppi" is a man of values, conviction, humility, and Grace. As a Veteran, he served our country proudly. As a husband, he loved unselfishly. As an entrepreneur, he was a visionary. As a father, he leads by example. As a community member, he is giving of his time and talents. As a Grandfather and Great Grandfather, he delights in the joy of children. As an older adult, he finds purpose in every day. And as a Man of God, he is grateful. My Poppi is my "Living Legend".*

services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in home care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. For more information on Home Care Assistance of Oklahoma, visit www.homecareassistanceoklahoma.com.

New CNO Named at INTEGRIS Baptist Medical

Lewis Perkins, RN, BSN, MSN, DNP is named Chief Nursing Officer for INTEGRIS Baptist Medical Center and its affiliated entities.

Lewis is currently the System Vice President of Nursing at Norton Healthcare in Louisville, Kentucky where he has worked since 2011.

Lewis has an incredible career in nursing leadership with significant MAGNET experience, he serves on the APRN Practice Committee for the Kentucky Board of Nursing and brings a wealth of nursing leadership experiences and innovative ideas to the table.

Lewis will begin his duties at INTEGRIS on Oct. 1. He and his wife (also a nurse) have a son in college and a son in high school who will be re-locating to Oklahoma City at the end of the school year.



Lewis Perkins, RN, BSN, MSN, DNP.



At Home Care Assistance, Seniors are Living Legends

Home Care Assistance fosters a positive view of aging and honors each client's lifetime legacy by providing compassionate and dignified care that enables older adults to maintain their independence at home.

Meet one of our living legends...



Mary Elizabeth Redding N., submitted by granddaughter Lacey

Grandma Mary was born in 1928 and raised in rural Ohio. After being persuaded by her older brother, she decided to attend the College of Wooster instead of joining the military as a nurse. She is the mother of five children, ten grandchildren and eight great-grandchildren. Though

she has been retired from teaching for 24 years, she has been a yoga instructor for nearly 30 years. She teaches four yoga lessons a week to seniors, many of which are younger than her. She is a wonderful lady who touches the lives of everyone she meets!



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HomeCareAssistanceOklahoma.com

Submit why your aging loved one is a Living Legend, by visiting HonorYourLivingLegend.com.



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HEALTHY

Continued from Page 1

numbers of people has grown so fast. It is amazing! It was an answered need for seniors to have a place like this. We couldn't be more thrilled!"

I was curious to know why Claire left her job to come work here. She replied with a positive answer. "This is definitely where I want to be. Love it! I have always been interested in the aging process. Now, it seems like aging is such an important part of life. One goal is to make aging sexy! Everyone wants to stay healthy with their diet and exercise. This is just a way of helping things along. Aging is such a wonderful process; it's a form of self-expression now. Why, we have a member that is 100 years old and she is in better shape than me," Claire said with a laugh.

The mission at Healthy Fitness and Living is to provide a facility and programming that will improve the physical and emotional wellness of northwest Oklahoma City adults with programs that help adults connect and provide a community through social wellness activities and initiatives, to provide access to professional and recreational physical fitness activities, to provide education and support on current adult related issues, to offer wellness coaching and social programming that will nurture emotional health and to reverse current poor health statistics.

"Let me tell you a little more about Healthy Living and Fitness," Claire said. "Members are accepted if they are 50 years and older. We offer a variety of classes; the latest and greatest exercise equipment, fitness classes, water aerobics, guitar lessons, ukulele lessons, line dancing, arts and crafts, jewelry making, ballet, belly

dancing, Tai Chi, yoga, Zumba, creative writing, drama class we have just about anything you would want! We also have pool tables, and large rooms that can be rented out for special occasions. There's even a group that meets each week with someone explaining how to keep up with your grandchildren by learning to use an iPhone. There are 9 different fitness instructors that rotate their schedules. The hours for Healthy Fitness and Living, Inc. are Monday through Thursday 5:30 a.m.-8:00 p.m., Friday, 5:30 a.m.-7:00 p.m. and Saturday 7:30a.m.-4:00 p.m. We are closed on Sundays. Membership cost is \$30.00 a month single, \$50.00 a month for couples. No annual contract. Payment can be made month to month. Most of our members really like that part," Claire said.

What is your favorite part of your job? I ask Claire. "I really enjoy the art programs that we have here. When I see the members doing their art work, it is very special. It's also very therapeutic too. It doesn't matter if you are with a group of old friends, or a group of new friends, it is good for all; it's just another way of socializing."

Claire does a little bit of everything at work. One of her challenges is keeping up with the growing number of members. "It's a good challenge though, definitely not a problem," she said with a smile. We try to have at least 4 special events throughout the year." (Car shows, special events). "Our members come here for several different reasons. Diet and exercise, socializing with others, to lose weight and learn how to eat the right way, to relieve stress, and just to have FUN," Claire comments.

Who knows maybe it's time for ME to take those guitar lessons.

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OCTOBER

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

OCTOBER 1

The Mansion at Waterford adn CSHP
Seniors Next Chapter Invites you to
Brunch with Seniors Next Chapter Series
The "What If" Talk
 Tuesday, October 2, 2018. 9:30 - 11:30 am
 Where: 6110 N Pennsylvania Ave
 RSVP to 405-848-1817 by Monday,
 October 1, 2018. Join us for an omelet bar,
 brunch and conversation with Connie Daniels,
 Mansion at Waterford, and Shannon Stiger
 and Connie Williams. CSHP Seniors Next
 Chapter about having the "What If" talk with
 family and loved ones.

OCTOBER 13-14

Oklahoma Seniors' Cabaret
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SUN, OCT 14, 2018 AT 4P (MATINEE)
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 ticket sales, call 405-840-1242

OCTOBER 26: FREE

Health Fair.
Friday, October 26, 2018. 10am-2pm at
Cottage Park 1401 Stonecrop Dr, Mid-
west City, OK 73110.
 Free flu shots (with Medicare or Medicaid
 card). Free blood pressure checks. 2019
 Medicare Enrollment information. Door
 prizes every hour. Free Refreshments &
 Entertainment. Sponsored by AllFaith
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OCTOBER 26 & 27: FREE

The 17th annual Oklahoma City Confer-
 ence on Reformed Theology (OKCRT)
 presents a 4-part series titled Redemption
 in Christ with keynote speaker Dr. Harry
 Reeder, speaking 7:00PM-9:30PM on
 Friday, October 26 and 9:00AM - Noon
 on Sat, October 27. Heritage Presbyterian
 Church 14500 N Western, Oklahoma City
 will host the event and free childcare is
 available with reservations. There is no
 charge for the event, but registration is
 requested at www.OKCRT.com. More
 details are available at www.OKCRT.com
 or contact 405.751.7681 or
OKCRT405@gmail.com

NOVEMBER 1

Next Chapter Series Presents Assem-
bling Important Documents
When: Thursday, November 1, 2018
Time: 10:00 am - 12:00 pm
Where: Healthy Living OKC
11501 N Rockwell Ave

Join panel discussion on what are ade-
 quate and appropriate documentation
 for unforeseen circumstances that can
 impede the sale, purchase, or relocation
 process of your home or your parents
 home. Hear from professional estate
 attorney, insurance expert, funeral plan-
 ning, and real estate professionals.
 Presented by: Seniors Next Chapter
 Connie Williams & Shannon Stiger
 CSHP, Realtor. 405-748-8500 Office

NOVEMBER 6

Seniors Next Chapter presents:
Pie & Coffee conversation
"Dealing with the Stuff"
Tuesday, November 6, 2018
9:30-11:30 am
6110 N Pennsylvania Ave
Oklahoma City, OK 73112

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

Call early, space is limited and
 available on a first come basis
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Call us today at
 (405) 631-5100 ext. 2 or email
 your listing to lashanya.nash@seniornewsandliving.com
 for more information and to
 be included!

DECEMBER 4

Christmas Cookies & Conversation
"Assembling Important Documents"
Tuesday, December 4, 2018
9:30 - 11:30 am
6110 N Pennsylvania Ave
Oklahoma City, OK 73112

OCTOBER - DEC: FREE

October 1 - December 30
Visualizing Art History Exhibition
Price: FREE. www.ou.edu/fjima/exhibitions/visualizing-art-history
 Visualizing Art History presents the
 results of an experimental assignment
 completed by University of Oklahoma
 students enrolled in AH 3663 Contem-
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We had Old Fashioned Fun at the 42nd Annual Senior Day



(L to R) Marcie Davis, Lisa Cline, Vicki Escajeda, Karol Shepherd, Cindy Dimit, Melinda Parsons, Steve Miller, Wynelle Record, Patty Reeves
(Front Row) Adrienne Rodriguez, Morgan Chappell, Heather Gfeller, Lisa James, and Laying down on the job- Chris Martin

2018 NEW FASHIONED
OK! FAIR



Oklahoma Red Hat Society Members getting together for the Antique Tractor Parade... several chapters from Frontier Country of Oklahoma come out to be a part of this event.



Not Just Country Line Dancers



Okie Stoppers



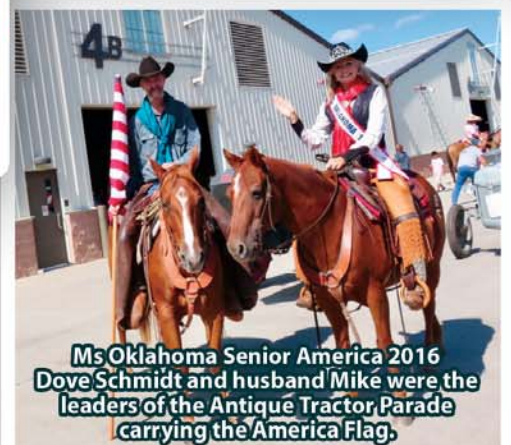
The crowd exhibiting some fine dance moves!



Four generations of the Norman family from Paden, OK. Betty Norman, 84 years young with her daughter Pam, grandson Kyle and great grandson Garrett age 16, enjoy a family fun day at the OK State Fair Senior Day



Lionwood Senior Living staff along with residents of the community and Synergy HomeCare celebrate their blue ribbon booth!



Ms Oklahoma Senior America 2016 Dove Schmidt and husband Mike were the leaders of the Antique Tractor Parade carrying the America Flag.

Continued next page

CHARM

Continued from Page 6

people and it was just blessed by God. It seemed like every time we wanted to do something we were able to do it because we got the money and we could serve people.

"I couldn't have imagined six years ago that I would have the incredible experience I've had there."

Co-workers say she'll be missed.

"Lisa is soft spoken yet strong willed," said Keri Griffin, Salvation Army food services manager. "She is a woman of integrity who stands

firm on her word. She will confront any and every situation or hardship until the job is finished and everyone around her is satisfied.

"She will definitely be missed here at The Salvation Army but I know her job is not yet done."

Her tireless effort will be remembered.

"My first impression of Lisa was her heart for the senior population," said Diane Maguire, senior center coordinator for the North District. "I saw first-hand how that played out every day in her life...she loved them and everything she did was motivated by this love and care."

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Do you know how to identify a scam?

Financial scams continue to target seniors due to scammers thinking that seniors have a significant amount of money just sitting in their accounts. Unfortunately, financial scams go unreported due to embarrassment and can be difficult to prosecute which leave seniors vulnerable with little time to recoup their losses.

To help prevent you from getting tricked into a scam, we have outlined below what a scammer is and what to do to avoid being scammed.

A scammer is the ultimate salesperson with a tempting offer or a skilled liar with a plausible story

- Easily pinpoints a victim's vulnerabilities and appeals to emotions: sympathy, fear, loneliness
- Quickly gains trust
- Insist on secrecy
- Shows no mercy, e.g., doesn't take "no" for an answer

Know the Red Flags of a Scam

- Immediate action required
- Insistence on secrecy
- Money needed up front
- Hard-to-track payment methods

Build Your Scam Defenses

- Do not be rushed into any financial decision
- Assume that insistence on secrecy is a ploy to deceive you
- Be suspicious of any situation that requires you to send money up front
- Confirm all stories, offers or charities independently
- Be very cautious about clicking on email links

Block Those Scammers

- Register with National Do Not Call Registry at www.donotcall.gov to limit legitimate telemarketing phone calls, making phone scams easier to detect
- Register with www.DMAchoice.org to limit legitimate advertising mail, making mail scams easier to detect
- Limit personal information on social media and choose the strictest privacy settings on social media accounts
- Use antivirus software on your computer

What to Do If You Are Scammed

- Don't be embarrassed or afraid
 - Tell someone you trust
 - Report the scam to your bank immediately to limit losses
 - Contact your local police and federal agencies, like the Federal Trade Commission
- For more information, visit aba.com/Seniors

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COMMUNITY

Raising a glass

23rd Street armory new again

Bobby Anderson
Staff Writer

A piece of national history right here in Oklahoma City will soon be repurposed as the 23rd Street Armory is brought to life once again.

The home to Oklahoma's National Guard for decades, the building will soon be revitalized by new owners COOP Ale Works.

The Oklahoma Office of Management and Enterprise Services (OMES) recently accepted the company's proposal to acquire and redevelop the armory, which includes restoring the building and creating a unique experience.

"Oklahoma City is our home and we always wanted to return to the core of the city. In planning for a final home for the brewery, we wanted to find a place that is meaningful to our town and state, and gives us an opportunity to create an incredible experience," said Daniel Mercer, co-founder of COOP Ale Works. "The Armory, with its unique history, structure and space, is the perfect fit and we believe it will become a venue that attracts visitors from across the state, country and world."

Under COOP's proposal, the 87,000-plus-square-foot building will be purchased from the state for \$600,000 and returned to its former glory with updates to the interior functionality. The exterior will be maintained to honor its unique history with modern refreshes, including updated windows, while the inside will be transformed into a bustling brewery production floor, full-service restaurant, 22-room boutique hotel, multiple event spaces, offices and meeting rooms.

In total, COOP plans to dedicate \$20 million to the overall project.

A 60-barrel, state-of-the-art brewhouse on the first floor will be the heart of the operation.

Fermentation, conditioning, packaging and other production equipment will occupy the remainder of the 22,000-square-foot drill hall floor. More than 30,000 square feet of perimeter space surrounding the production floor will house brewery storage, offices, barrel aging, cold storage, shipping, receiving and more.

On the second floor, the east wing will become an 8,000-square-foot restaurant and taproom, with indoor and patio seating for more than 160 patrons. The full-service restaurant will serve a diverse collection of food and beverages. On the third floor of the east wing, dedicated event spaces will be available for community and private events.

Sean Mossman is the director of sales and marketing for COOP Aleworks. The need for expansion for COOP started two years ago, just two years after moving into a second venue.

"We began to start looking for places that could house a much bigger operation for us," Mossman said. "Among the things we really wanted along with space was to create a brewery Oklahoma City could be proud of. To accomplish that we needed to move back into the urban core which is in the process of being revitalized."

"When we saw the Armory and it became available it was a real no-brainer. It checked every box."

COOP Ale Works is a craft brewery based in Oklahoma City, dedicated to brewing full-flavored beers. Since 2009, COOP has created a core lineup of six year-round canned beers in addition to four seasonal canned beers.

A 22-room boutique hotel will tie the experience together. Hotel rooms will occupy the second

ARMORY

Continued from Page 8

and third floors of the west wing of the building with a refined lobby located on the west side of first floor to welcome guests.

The proposal also includes five acres surrounding the armory building as well as leases for two adjacent properties. The additional properties will provide substantial parking, opportunities for retail and downtown living, and green space.

A new building would have been easier but Mossman said COOP wanted to strengthen ties in OKC.

"We focused early on for something on the Register of Historic Places or just meant something to the community through time," Mossman said.

The 23rd Street Armory, constructed in 1938, was designed by architect and Oklahoma Army National Guard Major Bryan Nolen and was built as part of the Depression-era Works Progress Administration. At the time of its original construction, it was promoted as the only armory in Oklahoma funded



COOP Ale Works is brewing up big plans for the 23rd Street Armory which housed the 45th Infantry Division.

entirely by state funds generated from oil wells located on the Oklahoma State Capitol grounds. The three-story building served as the state's hub for the Oklahoma National Guard and the storied 45th Infantry Division.

"Our commitment to

preserving the building is really important from our perspective as is doing honor to the 45th Infantry," Mossman said. "We've gotten testimony from dozens of people who have went through that building and it means so much to them and they're excited

somebody is doing something with it that's meaningful and it's not being knocked down and forgotten."

Mossman said COOP will invest \$20 million into renovations with projected annual economic activity of \$26 million to OKC.

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Significant Women in Ok Agriculture

Highlight: Jane Testerman

by Kaylee Snow

HOLLIS - It only took 21 years for Jane Testerman to land her dream job.

She only wishes it could have happened sooner.

Testerman, who now helps her husband Charlie full time with his three businesses - Testerman Farms, Circle T Trucking, and Testerman and Son Harvesting - says her lengthy career in teaching was only holding her back.

While she spent her days impacting children at school, she was running herself in circles between keeping farm records and working at school.

Testerman was anxious to be outside if it was a nice day. She loved being outdoors.

Testerman's husband is a fourth-generation custom harvester of wheat and corn. With a partnership between him and his

father Doug, Testerman Farms consists of about 2,000 acres of cotton and 3,000 acres of wheat. Additionally, the Testermans have a small herd of cattle and the trucking business, where they haul grain, fertilizer and cotton modules.

Testerman recalls the challenges she faced trying to juggle teaching and agriculture.

"They'd start cutting wheat in May before school was ever out," she said, "but I was ready to go with them."

With her husband often gone on harvest, she kept things afloat back home, managing paperwork and directing trucks. The record keeping kept her busy.

"Plus then we had our livestock in the barn, our show stock," she said.

The Testermans' three daughters, Blair, 25, Mylah, 20, and Hadie, 14, who are "quite the characters," all exhibited sheep

and pigs, but cattle was their main focus.

"When we got a little more involved in the stock shows, I had to take off work to go, and so that was hard for me," Testerman said.

A Farming Family

The Testerman daughters have been farming since they were babies, literally.

"Blair had been around the harvesting since she was a little over a year old," Testerman said. "Mylah was about 9 months old when we started harvesting, and Hadie was a week. I had her, and a week later we left on wheat harvest."

Rhonda Ellison, who has known Testerman for

See TESTERMAN Page 11



Jane Testerman of Hollis is being recognized as a significant woman in Oklahoma agriculture. She helps her husband Charlie full time with his three businesses - Testerman Farms, Circle T Trucking, and Testerman and Son Harvesting.

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TESTERMAN

Continued from Page 10

many years through Harmon County OSU Extension, said, "Jane was expecting their second child during one harvest season, but it didn't slow her down. As each of their three daughters came along they were each taught the value of hard work, following in the footsteps of their parents and grandparents."

Testerman says the reason she loves agriculture is because of the next generation.

Since the girls have traveled and have grown up around the hired help, they have learned valuable life skills. Testerman is convinced agriculture was the best place for her children.

"They lay down at night and they say their prayers, and they'll be praying for the hired hands, listing their names off," she said. "So we taught them a lot of right from wrong by working on the farm and being around the hired help."

All the girls can run the equipment - combines, tractors and grain carts.

"I mean it's definitely a family business," Testerman said.

The girls often get frustrated with boyfriends who do not understand farming.

Testerman will tease the girls, asking, "Why get a boyfriend if you know more than the boy does?"

She knows without a doubt her kids know how to work because of their experiences with agriculture. It has exposed her children to outstanding people as well.

"Agriculture - whether it's farming, harvesting or livestock showing - all of that puts the kids around good people that are hardworking," she said.

Her kids understand the need to pray for rain - to keep livestock alive.

"Everybody prays for rain, and it's not just so our yard will grow," Testerman said. "They all know where it comes from and that it takes hard work to get those things."

"We've been to every swimming pool from here to Colorado," she laughed, "and I cook during harvest. Sometimes I'd run a tractor grain cart, and then it got to where we had so many hired hands you can't afford to eat out all the time, or

somebody would have to get off equipment and run to town to get food."

Life After Teaching

On top of keeping records and directing trucks, Testerman now keeps all computer software up-to-date for accounting purposes for all three businesses. As technology has advanced, she now enters the amount of fertilizer and water used by each sprayer into a computer system. She picks up parts and runs the hired hands around - who say they would rather have Charlie in charge because Jane works them too hard.

"Since I quit teaching, my role has quadrupled," Testerman said, who describes herself as farm hand and secretary.

She is busier now than she was when she was teaching.

"I learned early on that learning all of those things was not necessarily a good thing," Testerman laughed, because the more she learned, the more she was put to work.

Because the Testermans have "lots of different irons in the fire," they have had to cut back.

"We've gotten more involved in local farming and trying to stay home more," she said. "We figured out it was harder to travel so much doing custom harvesting and then tend to your own farming at home."

Currently, the Testermans still custom harvest 10,000 to 12,000 acres, all within a 60-mile radius of home and the Texas Panhandle. This past year, the crops overlapped.

"We were still picking corn in Texas, picking our cotton here, and hauling the cotton modules," she said. "So we were spread very thin."

With 2017's cotton harvest being the largest since 1933, Testerman said it feels like "the longest cotton harvest ever."

"We haul cotton round bales for three or four different gins locally," she said. "We start that in October, and that usually ends in February. We've had a couple of years that it ended in March, but this year it lasted until the end of April."

Memories

Testerman's earliest memories of agriculture come from two places: her dad and 4-H. Her dad, Larry Odom, was the district conservationist for the Harmon County Natural Resources

Conservation Service from 1972 to 2008. She exhibited sheep through 4-H, which is where she first fell in love with agriculture.

Now her kids have shown livestock for 16 years, and by the time her youngest graduates, she will have attended 20 Oklahoma Youth Expos.

She laughed and said, "I expect a plaque."

Some of her fondest memories include her daughters' stock show success. Blair had two breed champions with her steers.

"In 2013, Mylah won the youth expo with a steer, all her sheep made the sale, and she had the third Chester in the sale," she said. "In 2018, Hadie exhibited the bronze medallion steer."

FFA and 4-H are very important to the Testermans, who are currently working with the superintendent to build a multi-purpose facility. Martin Lewis, Doug's first cousin, passed away this past year and left money to be donated to a good cause, which involved youth and/or animals. The Testermans chose to use that money for the facility, and this enabled the school to start building.

"The school can use it for

their activities," Testerman said. "The community will be able to use it, and then it will be for livestock shows. That way they can host some jackpot shows if they want."

She also organizes the Keaton Owens Memorial Scholarship in honor of her nephew. She gathers funds each year, which are then awarded to FFA and 4-H students to help fund next year's show project.

"Agriculture has kind of consumed our household and everything that we do," she said.

Like all farmers, the Testermans face challenges every day, from drought and erosion to the rising costs of equipment and chemicals.

"The people that think farmers just set their own hours and throw a little fertilizer and water down and the crop grows, it's not like that at all," she said. "It's a lot of hard work. There's a lot of prayer in farming. Please let it rain. Please don't let it hail. It seems like I probably count on the Lord above in farming more than any other thing I've been involved in. You're not just doing it for yourself. You're counting on it for other people."



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TRAVEL/ ENTERTAINMENT

Feeling your way through the Finger Lakes of New York

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

A road trip guarantees a real senior travel adventure. A week's driving through the glacier formed Finger Lakes of West Central New York State, is barely enough time to explore this sampling of Americana.

Flying in and out of Rochester gives you the opportunity to tour the Eastman House (www.eastmanhouse.org) with its photography research center, and the unique Strong National Museum of Play (www.strongmuseum.org).

On your way to your overnight in Canandaigua you'll see the Erie Canal with a quick stop in Pittsford, and see how the canal is adapted today to leisure activities. Also on the way in Mumfords is the Genesee Country Village and Museum (www.gcv.org).

And what would a road trip be without getting slightly lost, or thinking you are lost? A correctly programmed GPS system in your car will become invaluable and a real comfort while traveling the many back roads of the expansive Finger Lakes. This was my first time with a talking map, and after we came to an "understanding" the device was an asset to the road trip adventure. Continuing on you may want to drive the twisting wooded roads of Letchworth State Park, which is listed as the grand canyon of the east, and does have some surprisingly nice scenic turnouts.

Over night at the comfortable Bristol Harbor Resort in Canandaigua is highly recommended and a brief home base for touring the Canandaigua Lake area. The town itself has quaint architecture and a stop off at the finger lakes visitor bureau at 25 Gorham street, can be helpful for last minute directions and touring advice. The office encourages visitors to contact them for information on the area and what sights a first time visitor might like to see. It was invaluable to me, as I picked from their extensive catalog the areas I found interesting and they

were able to offer a suggested itinerary.

Jump in your car and drove south on Rt 21 towards Naples. Let your intuition choose which of the road side offerings to sample gifts, wines and foods. There are so many it would be hard to see them all but I enjoyed the small but packed Monica's pies (www.monicipies.com). A most original and indigenous treat are the grape pies, a sweet treat with a homemade goodness, which has won many awards.

Grapes in New York state of course are made into wines and the Imagine Moore Winery (www.imaginemoorewinery.com) has a congenial wine tasting house right next to a vineyard. I found their wine good enough to buy and take home. Other notable wineries in the neck of the Finger Lakes is Arbor Hill Grapery (www.thegrapery.com) and the Widmer Wine Cellars (www.widmerwine.com).

Being an art glass collector I was tempted to purchase at the local artist gallery, Artisan's - Gifts from the Finger Lakes, (www.artzanns.com) with their well priced local art, including paintings, pottery and a few pieces of art glass.

Back to Canandaigua's New York Wine and culinary Center (www.nywcc.com) where I was privileged to sit in on an evening Wine and Pasta pairing demonstration. My dinner in Tuscany exhibition with Chef Lorenzo Boni gave me a new appreciation of Barilla Pasta and their sauces. Now I relive a little bit of my Finger Lakes experience every time I go to my local supermarket.

Be sure and take time to relax by strolling Canandaigua's lake shore drive and city pier with its historic boat houses. Also be aware that the Ontario county courthouse is where Susan B. Anthony was convicted and fined one hundred dollars for voting.

Another famous Finger Lakes town is Watkins Glen, know for



its race track, where it is possible with an appointment for you to drive your own car around the track. I chose to take a relaxing (and can be romantic) evening boat ride on Captain Bill's Seneca lake dinner Cruise (www.senecaharborstation.com). An over night at the Watkins Glen Harbor Hotel (www.watkinsglenharborhotel.com) is a convenient and luxurious oasis with gorgeous views of lake Seneca.

Allow plenty of time if you wish to venture into the Watkins Glenn State Park, where waterfalls and nature combine. My time was brief as I was off to Hammondsport to be introduced to the Glenn Curtis's Museum centering on aviation, motorcycles and other firsts. The firsts continue with a tour of the Pleasant Valley Wine company established in 1867. Forty-Five minute guided tours are offered to explain the complicated process of wine, sherry and champagne making in their expansive facility.

Next month Part Two of Touring the Finger Lakes of New York.

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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

Q&A CLINICAL TRIALS

Q&A Clinical Trials

The CDC expects the 2018-2019 season to be aggressive and reports that the best way to prevent infection with the influenza virus is getting a flu vaccination 1. Pharma companies are researching new and potentially more effective types of vaccines to protect individuals better. One such vaccine is a plant based vaccine, which is easier to manufacture and eliminates issues with egg allergies. Have you gotten your flu vaccine this year? If not, consider participating in a clinical trial. Here are some commonly asked questions regarding clinical trials.

Q. Do I have to pay to participate in a clinical trial?

A. No. In fact, most clinical trials compensate participants for their time and travel. The amount of compensation depends on the trial and number of visits. It is not uncommon to be compensated up to \$75 dollars per visit.

Q. Will I get the medicine or placebo?

A. Many studies do have a placebo arm. Randomization into the investigational product arm or the placebo arm is like flipping a coin. However, some studies do not have placebo arms, and you will either get a comparator medication that is on the market or the investigational product.

Q. Are clinical trials safe?

A. Extensive measures are taken to protect the safety of people who participate in studies. The study is carefully designed and reviewed by many, including the FDA. Institutional Review Boards provide oversight for the protection of human subjects. Medical procedures are also put in place to monitor safety. Participants are also closely monitored by the physician.

Q. What are the benefits of participating in a clinical trial?

A. Participation in a clinical trial has multiple benefits. On an individual basis, a person will receive doctor visits at no cost. In addition, participants often receive medical tests, including X Rays, labs, ECGs, and blood pressure monitoring at no charge. Participants are also often compensated for their time and travel. On a social level, participants have the satisfaction of knowing they have helped bring new and more effective medications to individuals who need them.

Tekton Research Inc.'s medical director, Paul Pickrell, M.D., is happy to answer other questions you may have about clinical trials. If you are interested in participating in a clinical trial or have questions, call Tekton Research, Inc. at 405-594-7710 or sign up online at www.tektonresearch.com.



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by Ron Hendricks

Did you see us at the fair? Central Oklahoma Chapter Hearing Loss Association of America (COC HLAA) said, "Hello" to hundreds of Oklahomans with hearing loss during the Senior Day at the Oklahoma State Fair. We had one simple question - Do you know anyone with hearing loss? Spouses and friends pointed to each other, children pointed to parents, and parents pointed to teens. We invited everyone to get their hearing checked and join us for meetings. We also spoke to local organizations about hearing access and hearing loss presentations available through our organization. If you know anyone living with hearing loss, please invite them to join COC HLAA for a meeting. Together we are stronger!

COC HLAA offers two meetings each month for your convenience. Meetings are hearing friendly and they are captioned too so you can see what was said. Join us in the evening on the second Monday each month at 6:30PM and on the third Thursday at 1:30PM. All meetings are held at Lakeside Methodist Church, 2925 NW 66 and they are free. There is no charge to become a member of our chapter, to subscribe to our monthly newsletter, or to visit the Hearing Helpers Demonstration Room (HHR), 5100 N Brookline, suite 100. The HHR is open Monday-Friday, 10-3. For more information about Hearing Loss Association of America Central Oklahoma Chapter visit our website -- OKCHearingLoss.org.



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Historic Railway Posters and Paintings Exhibition Opens Oct. 5 at OU

The Fred Jones Jr. Museum of Art on the University of Oklahoma Norman campus opens its 2018 fall exhibition *Ticket to Ride: Artists, Designers, and Western Railways*, on Oct. 5. The exhibition features more than five dozen works by artists and commercial designers created between 1880 and the 1930s, the height of western railway travel.

A public opening reception will take place at 7 p.m. Thursday, Oct. 4, with a presentation by the exhibition curator and Adkins Associate Curator, Hadley Jerman. Following the talk, attendees will enjoy live music, food and a chance to win two free, roundtrip tickets on the Heartland Flyer.

The exhibition highlights how artists and railway companies together influenced lasting perceptions of the American West, particularly the Grand Canyon, the

Pacific Coast and the Northwest. "Designers and artists sought railway patronage to achieve their own ends as much as railways courted image-makers for wanderlust-inducing imagery," says Jerman. "This exhibition brings together, often for the first time, artists and designers who were engaged in parallel projects promoting western travel but also making use of railway patronage to promote their own careers and interests."

Some, like celebrated American landscape painter Thomas Moran, sought an opportunity to camp and paint in dramatic western landscapes. Maynard Dixon, best known today for his easel paintings of the Southwest, produced many poster and billboard designs for multiple western railways which he exchanged for free transportation via "artist passes." Women, including the Tacoma-based painter and activist Abby Williams Hill and St. Paul muralist Elsa Jemne, found in railway patronage an escape from turn-of-the-century social constraints. Other artists like W. Langdon Kihn and his teacher, Winold Reiss,

See RAILWAY Page 16



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RAILWAY

Continued from Page 15

bought into misguided period notions that Native populations were on the brink of "vanishing" as victims of modernity. In railway patronage, they found an entre into the indigenous communities they aimed to record.

The images in this exhibit, then, simultaneously reflect corporate railway concerns along with their creators' enthusiasm for dramatic landscapes and Native communities, particularly in the American Southwest, Montana and western Canada. This exhibition features paintings, studies, posters and graphics that emerged from the parallel relationships between artists and commercial designers with rail companies in the transnational American West.

Guest speaker Cliff Bragdon, nephew of Langdon Kihn, whose portraits are featured in the exhibition, will give a presentation prior to the opening at 3 p.m. Wednesday, Oct. 3, in the Mary Eddy and Fred Jones Auditorium at the museum. Exhibition curator Hadley Jerman, author of the Ticket to Ride catalogue, which will be on sale when the exhibition

opens, will give a gallery talk at 1 p.m. Tuesday, Nov. 13.

The museum also will use the exhibition as a jumping-off point for its new holiday train event, All Aboard, from 6 to 8 p.m. Thursday, Dec. 13. Model trains resembling Route 66 will take over the entire Sandy Bell Gallery in the museum. Included in this new family holiday event will be Santa Claus pictures, banjo lessons, a cookie and hot cocoa bar and much more. This family-friendly event starts at 6 p.m. with a train-lighting ceremony beginning at 7 p.m.

More information about this exhibition and related programs is available on the

museum's website at www.ou.edu/fjma.

The Fred Jones Jr. Museum of Art is located in the OU Arts District on the corner of Elm Avenue and Boyd Street, at 555 Elm Ave., on the OU Norman campus. Admission to the museum is complimentary to all visitors, thanks to the generosity of the OU Office of the President and the OU Athletics Department.

The museum is closed on Mondays. Information and accommodations are available by calling (405) 325-4938 or visiting www.ou.edu/fjma.

OSDH Clinics Offering Flu Vaccine Beginning October 1 with No Out-of-Pocket Cost

The Oklahoma State Department of Health (OSDH) will offer flu vaccine statewide beginning Monday, Oct. 1 at all county health department locations. Flu shots will be provided at no out-of-pocket cost to recipients. Those with insurance are asked to provide their card showing coverage.

Flu vaccination is recommended each year for everyone 6 months of age and older. When more people are vaccinated against the flu, there is less opportunity for flu to spread in families, schools and communities. The flu vaccine is formulated each year to keep up with flu viruses as they change. Also a yearly flu shot is needed because a person's immune protection from being vaccinated decreases after a year, and yearly vaccination provides the best protection against the flu through the entire flu season.

OSDH Interim Commissioner Tom Bates will help kickoff the effort by getting his immunization at the Rogers County Health Department in Claremore next Wednesday morning, October 3.

"We are encouraging everyone to get their flu vaccination and we hope this effort to provide the shots at no out-of-pocket cost to recipients will make it more accessible," said Bates. "The last season was especially devastating and we want to ensure that as many people as possible can receive the added protection that the flu vaccine provides."

Last flu season there were 291 deaths and 4,819 hospitalizations between September 2017 and May 2018.

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Announcing the publication of 'Fear, Religion, Politics; Well I'll Be Darn' by Dr. John E. Karlin, former professor of Sociology at Northwestern Oklahoma State University, Oklahoma City University and Phillips University, Enid, OK. Dr. Karlin spent over a year in research and writing this excellent work which is currently listed on amazon.com.

This book is non-fiction and written with three parts.

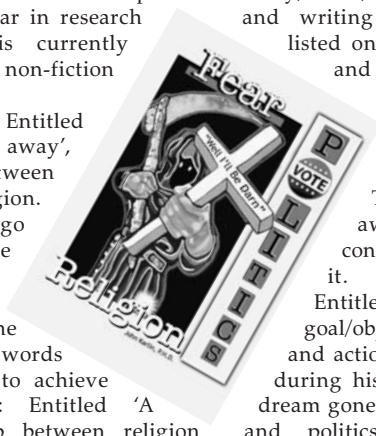
Part One: Entitled that won't go away', relationship between death and religion. that won't go mortality and the consciousness of

Part Two: examines the Christ's life, words he was trying to achieve

Part Three: Entitled 'A dream gone awry' examines the relationship between religion and politics today. That relationship has and continues to destroy any chance of that dream coming true.

All three themes are intertwined and explain the political atmosphere today.

For more details call: Dr. John Karlin at 405-598-6590.



'The problem examines the the fear of The problem away is our own consequences of our it.

Entitled 'The dream' goal/objective that Jesus and actions indicate that during his own lifetime.

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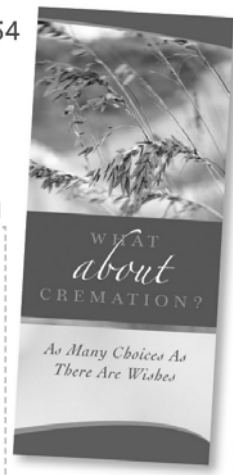
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CROSSWORD CORNER

Across

- 1 Sherbet flavor
- 5 Exhalation of relief
- 9 Rumor, to a rumor mill
- 14 With 5-Down, "Spanglish" actor
- 15 Capital of Samoa
- 16 Vitality
- 17 Annual Time honoree
- 20 "___ who?!"
- 21 Throw in
- 22 Selection for a reading
- 23 Like LAX and JFK
- 25 ___ colada
- 26 Plant, as seed
- 27 Nickname of a Nobel-winning novelist
- 31 Under the intended pitch
- 32 DVR button
- 33 Mogadishu is its cap.
- 34 "Shush!"
- 36 Concern for an orthodontist
- 38 NFLer again in 2016
- 42 Old tape initials
- 44 Detective Spade
- 46 Greek letter that would be last in English
- 47 Doesn't get confused, as facts
- 50 "The Greatest" boxer
- 52 ___-chic:
- hippie-influenced fashion

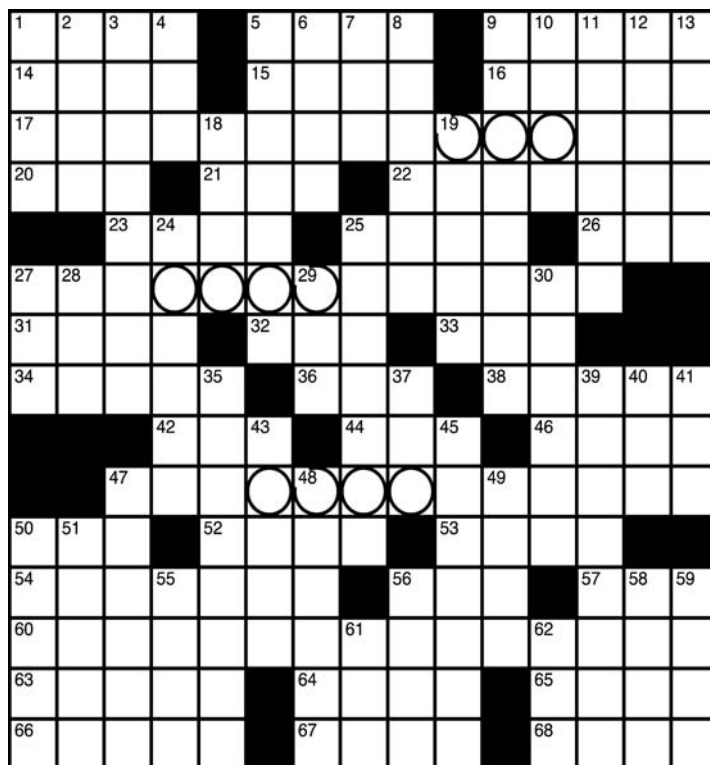
style

- 53 Knee-baring skirt
- 54 Letterman's successor
- 56 Like a texter who types "-:-("
- 57 Winter illness
- 60 Verbal nudge found in each set of puzzle circles
- 63 Trusty mount
- 64 Advertising award
- 65 Gradually withdraw
- 66 Makes by working
- 67 Green Hornet's sidekick
- 68 Betting numbers

Down

- 1 Gym class punishment, perhaps
- 2 Cannes concept
- 3 Oft-molded almond confection
- 4 Ambulance letters
- 5 See 14-Across
- 6 Apple with earbuds
- 7 Picture file suffix
- 8 Something stuck in a bonnet
- 9 Misses military roll call, maybe
- 10 Rob ___: cocktails
- 11 "Whatever works"
- 12 Wolfgang Puck's restaurant
- 13 Pitched

- 18 Inaugural recitation
- 19 Puts on the museum wall
- 24 One born there
- 25 "Guernica" muralist Pablo
- 27 Rank below cpl.
- 28 ___ franaise
- 29 "Family Guy" daughter
- 30 Like the '69 N.Y. Mets
- 35 Diver's sickness
- 37 Bit of butter
- 39 Found a new home for, as an unwanted present
- 40 Olympics entrant: Abbr.
- 41 Yoga class need
- 43 Baseball or golf
- 45 Nearsighted cartoon character
- 47 Off-___: askew
- 48 Cornball routine
- 49 Executive's confidante
- 50 Make ___ for: argue in favor of
- 51 Ton of, slangily
- 55 "It's ___ fun"
- 56 Foul mood
- 58 Set the pace
- 59 Coffee servers
- 61 Suffix with pay or Cray
- 62 Couple



Answers on page 29

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*When black cats prowl and
pumpkins gleam, May luck be
yours on Halloween.*

— Author Unknown

OPINION & MORE

THE SAVVY SENIOR

Dear Susan,

Yes! If you're 50 or older, there's a new shingles vaccine on the market that's far superior to the older vaccine, so now is a great time to get inoculated. Here's what you should know.

Shingles, also known as herpes zoster, is a burning, blistering, often excruciating skin rash that affects around 1 million Americans each year. The same virus that causes chickenpox causes shingles. What happens is the chickenpox virus that most people get as kids never leaves the body. It hides in the nerve cells near the spinal cord and, for some people, emerges later in the form of shingles.

In the U.S., almost one out of every three people will develop shingles during their lifetime. While anyone who's had chickenpox can get shingles, it most commonly occurs in people over age 50, along with people who have weakened immune systems. But you can't catch shingles from someone else.

Early signs of the disease include

Dear Savvy Senior,

A good friend of mine got a bad case of shingles last year and has been urging me to get vaccinated. Should I? **Suspicious Susan**

pain, itching or tingling before a blistering rash appears several days later, and can last up to four weeks. The rash typically occurs on one side of the body, often as a band of blisters that extends from the middle of your back around to the breastbone. It can also appear above an eye or on the side of the face or neck.

In addition to the rash, about 20 to 25 percent of those who get shingles go on to develop severe nerve pain (postherpetic neuralgia, or PHN) that can last for months or even years. And in rare cases, shingles can also cause strokes, encephalitis, spinal cord damage and vision loss.

New Shingles Vaccine

The Food and Drug Administration recently approved a new vaccine for shingles called Shingrix (see Shingrix.com), which provides much better protection than the older vaccine, Zostavax.

Manufactured by GlaxoSmithKline, Shingrix is 97 percent effective in preventing shingles in people 50 to 69 years old, and 91 percent effective in

New Vaccine Provides Better Protection for Seniors

those 70 and older.

By comparison, Zostavax is 70 percent effective in your 50s; 64 percent effective in your 60s; 41 percent effective in your 70s; and 18 percent effective in your 80s.

Shingrix is also better than Zostavax in preventing nerve pain that continues after a shingles rash has cleared - about 90 percent effective versus 65 percent effective.

Because of this enhanced protection, the Center for Disease Control and Prevention recommends that everyone age 50 and older, receive the Shingrix vaccine, which is given in two doses, two to six months apart.

Even if you've already had shingles, you still need these vaccinations because reoccurring cases are possible. The CDC also recommends that anyone previously vaccinated with Zostavax be revaccinated with Shingrix.

You should also know that Shingrix can cause some adverse side effects for some people, including muscle pain, fatigue, headache, fever and upset

stomach.

Shingrix - which costs around \$280 for both doses - is (or will soon be) covered by insurance including Medicare Part D prescription drug plans, but be aware that the shingles vaccines are not always well covered. So before getting vaccinated, call your plan to find out if it's covered, and if so, which pharmacies and doctors in your area you should use to insure the best coverage.

Or, if you don't have health insurance or you're experiencing medical or financial hardship, you might qualify for GlaxoSmithKline's Patient Assistance Program, which provides free vaccinations to those who are eligible. For details, go to GSKforyou.com.

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.

September AARP Drivers Safety Classes

Date/ Day/ Location/ Time/ Registration # Instructor

Oct 4/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi

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

Oct 5/ Friday/ Okla. City/ 9 am - 3:30 pm/ 681-3266/ Palinsky

Woodson Park Senior Center - 3401 S. May Ave.

Oct 9/ Tuesday/ Yukon/ 9 am - 3:30 pm/ 350-7680/ Kruck

Dale Robertson Center - 1200 Lakeshore Dr.

Oct 12/ Friday/ Okla. City/ 9 am - 3:30 pm/ 297-1455/ Palinsky

Will Rogers Senior Center - 3501 Pat Murphy Drive

Oct 12/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards

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

Oct 23/ Tuesday/ Okla. City/ 8:30 - 3:30 pm/ 773-6910/ Kruck

Healthy Living Center - 11501 N. Rockwell Ave.

Oct 25/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 307-3177/ Schaumburg

Norman Regional Hosp Moore (Conference Room) - 700 S. Telephone rd.

Oct 26/ Friday/ Okla. City/ 9 am - 3:30 pm/ 297-1449/ Palinsky

Southern Oaks Senior Center - 400 S.W. 66th Street

Oct 27/ Saturday/ Chandler/ 9 am - 3:30 pm/ 834-2348/ Brase

First United Methodist Church - 122 W. 10th - church basement

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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Staying alive: Can an experimental OMRF drug stop Mike Schuster's brain cancer?

Last month, Sen. John McCain died from glioblastoma, a form of brain cancer. The same disease took the life of Sen. Edward Kennedy.

But here in Oklahoma, Norman's Mike Schuster continues to live with the disease. As he nears the three-year anniversary of his diagnosis with the deadly cancer, he's already doubled the life expectancy for patients with glioblastoma.

Doctors can't say why Schuster has lived where others have succumbed to the disease. But they believe it may be because of an experimental drug he received—one that was developed by scientists at the Oklahoma Medical Research Foundation.

For Schuster, the first clue that something was awry came in the fall of 2015, just past his 50th birthday. While at work, he passed out with no warning.

He was rushed to the hospital, where an MRI revealed a brain tumor the size of a kiwi just above his right eye. "I'd been healthy all my life," Schuster said. "No medical issues at all. I just couldn't believe that this was happening."

Of the more than 120 types of brain and central nervous system tumors, Schuster's type, known as a glioblastoma, is the most aggressive. The standard treatment regimen involves surgery to remove as much of the tumor as possible, followed by radiation and chemotherapy. Still, the tumor almost always grows back.

With treatment, the median survival—which means half of patients live longer, and half die sooner—is 12 to 18 months. Only 1 in 20 glioblastoma patients will live five years.

In a procedure that lasted six hours, doctors removed as much of

Schuster's tumor as they could. When Schuster regained consciousness, his surgeon explained that he'd succeeded in excising most of the tumor. But, he said, like most glioblastomas, this one had "tentacles." Tiny arms of the tumor had grown into surrounding brain tissue and could not be removed.

Schuster began follow-up radiation treatment at the Stephenson Cancer Center at the University of Oklahoma. Even though Schuster couldn't feel the electromagnetic waves pulsing through his brain, "you could smell it," he said. He also started chemotherapy, taking a pill called temozolomide. Together, the treatments were intended to kill the tumor cells that remained in the fissures of his brain.

"If you leave even a single cancer cell in the brain, it can regrow," said Dr. James Battiste, the neuro-oncologist who oversees Mike's care at Stephenson. "The brain is fertile soil for these tumors. That's why chemo and other therapies are so important."

Following radiation—doctors limited his treatment to six weeks for fear of triggering a secondary cancer—Schuster stayed on temozolomide. But just after the one-year anniversary of his diagnosis, an MRI revealed a new tumor.

A second surgery once again removed the primary tumor. This time, doctors kept Mike awake throughout the procedure to ensure they didn't damage crucial areas of his brain. Still, many glioblastoma tentacles had escaped surgeons' reach, remaining lodged in Schuster's brain.

Schuster knew those tentacles were, in essence, seeds that could sprout another full-blown tumor in a



Since he began receiving infusions of OKN-007, Mike Schuster has grown strong enough to take his wife, Teresa, to dinner and to start working out again. 'I feel really good,' he said.

matter of weeks. He told Battiste he was willing to try anything to beat back the glioblastoma. He'd read about clinical trials of experimental medications. Was there one that might help him?

Battiste, in fact, was testing a new drug that, he said, "just seemed suited for Mike." It was an investigational medication for glioblastoma that had been born just down the block from Stephenson, in the labs of the Oklahoma Medical Research Foundation.

Known as OKN-007, the experimental medication was discovered by OMRF scientists Drs. Rheel Towner and Robert Floyd. In pre-clinical glioblastoma experiments, the compound dramatically decreased cell proliferation (spread) and angiogenesis (formation of new blood vessels), and it turned on the process of removing damaged cells so they can't become cancerous.

"Those are the three major factors needed in a cancer drug," Towner said. "This compound seemed to do all of them."

Oblato, Inc., a New Jersey subsidiary of Korean biotechnology company GTTreeBNT, has acquired the rights to OKN-007 from OMRF. It will move ahead with further trials of the drug in glioblastoma.

At Stephenson, Battiste has been cautiously optimistic about the performance of OKN-007 in Schuster and his other patients. "We've gone to the highest dosage levels the FDA would allow, and we haven't seen any negative effects from

the drug." Although evaluating the medication's effectiveness at stopping the regrowth of tumors is not a primary focus of the early phases of the trial, "it's helpful to see things looking good" on this front, too, he said.

In August, Schuster celebrated his 53rd birthday. When he sees other patients with brain tumors, he said, they appear thin and frail. He, on the other hand, has added 15 pounds since beginning OKN-007 infusions. "I've had no side effects at all," he said. "I've also been able to get back to the gym and am doing some yard work. I feel really good."

He continues to travel to Oklahoma City each week for infusion treatments with OKN-007. "I really appreciate all of the support we've received from Stephenson and from people at OMRF," he said.

While fighting glioblastoma has brought numerous challenges, Schuster said the experience has also revealed silver linings. "My friends and family and their prayers for me have turned into blessings."

Of course, neither Schuster nor his doctors can know for sure if the drug is responsible for keeping his cancer at bay. Nor can they say if, or when, the disease might recur. "I can't worry about stuff," Schuster said, "that's out of my control."

Still, he feels certain he made the right decision when he opted to participate in the clinical trial. "Let's just say I've been very blessed. It's pretty cool how this stuff is working."

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OU MEDICINE GARNERS HIGHEST HONOREE COUNT AT 'GREAT 100 NURSES' COMPETITION

The Great 100 Nurses Foundation has recently chosen their top 100 registered nurses from Oklahoma and OU Medicine dominated with 32 honorees, the most from any Oklahoma health care organization.

The foundation honors thousands of nurses across several states. These exemplary nurses are selected based on their concern for humanity, their contributions to their profession and their mentoring of others. Peers submitted nominations earlier this summer.

"OU Medicine is proud of all of our nurses and congratulates our 32 honorees for this well-deserved recognition," said Cathy Pierce,

Chief Nurse Executive at OU Medicine. "We strive to create a nursing culture where our nurses can learn and thrive while making significant contributions to the field of nursing that improves outcomes for our patients. They truly deserve this honor."

The 100 chosen nurses across the state will be honored in an invite-only celebration Sept. 10 at the Hard Rock Hotel & Casino in Catoosa, featuring keynote speaker Tracey Moffatt. Out of all of the honorees



OU Medicine nurses receiving this honor are: Stacie Willoughby, Roxanne Shimp, Heather Graham, Liz Webb, Todd Kahoe, Douglas Gibson, Sharon Wengier, Taylor Risenhoover, Kammie Monarch, Linda Perron, Letitia Breath, Rhonda Farris, Darrin Nobis, Tara Smith, Jeneene Kitz, Nathaniel Pharr-Mahurin, Mindy Miller, Laci Fleenor, Catherine Pierce, Grace Bedford, Nikki Martinez, Mark Wheeler, Crystal Ogle, Annabelle Slater, Toni Steele, Amanda Bobo, Tesie Cates, Pamela Duncan, Kris Wallace, Jamie Kilpatrick, Susan Bedwell and Judy Owen.

statewide, OU Medicine has the most award recipients.

ABOUT GREAT 100 NURSES FOUNDATION

The Great 100 Nurses Foundation was founded by PK Scheerle, RN in New Orleans,

Louisiana thirty-two years ago. Since its founding, the Great 100 Celebrations have honored thousands of Nurses across Louisiana, North Carolina, Texas,

See HONOR Page 24

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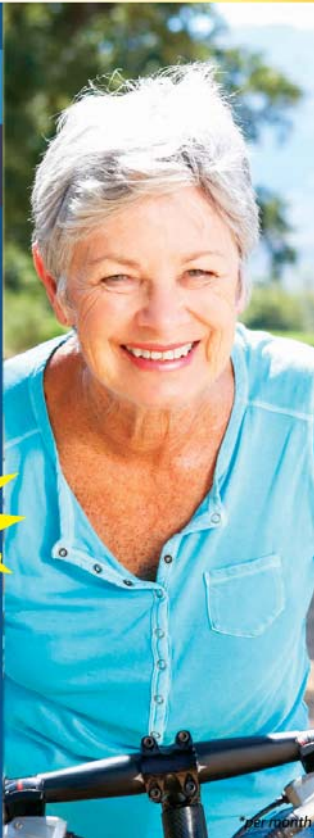
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HONOR

Continued from Page 23

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Nancy McKinney

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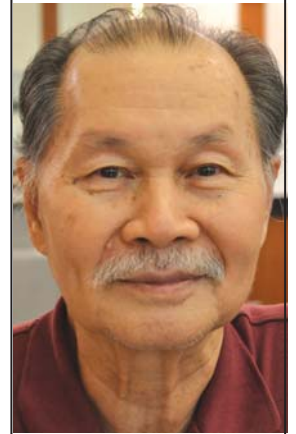
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Zola Johnson

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"I don't know what you've been told, I'll lead you back to something old. Love the Lord Your God like this: Heart and mind and soul and strength."

While I'm marching in place, awaiting instructions, God checks my form. He's both drill sergeant and assayer, the Great Physician. The practice of old-fashioned religion which began with Adam and Abel tests where I'm at and trains me to get where I'm headed, the "way that time has proven true." (Psalm 139:24, CEV)

God works in multiple specialties—cardiology, neurology, psychiatry, orthopedics—to bring me to full health.

The Holy Spirit probes my heart in ways a heart cath can't. He looks for blockages, unconfessed sins, in my spirit. He checks my nerve endings to see if my senses are ready to accept and pass on life.

God highlights those blockages. Sometimes He allows pain until I confess my wrong ways. As soon I do, He operates, allowing fresh blood to flow again.



Darlene Franklin is both a resident of Heritage Manor in Oklahoma City, and a full-time writer.

See DARLENE Page 29



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Oct. 19th	11:30 - 1:00 pm	Lunch-n-Learn	OKALA Office/Gemini Bldg	1 Hour
Nov. 16th	11:30 - 1:00 pm	Lunch-n-Learn	OKALA Office/Gemini Bldg	1 Hour
Nov. 30th	9:00 - 5:00 pm	Boot Camp	OKALA Office/Gemini Bldg	5.25 Hours
Dec. 20th	11:30 - 1:00 pm	Lunch-n-Learn	OKALA Office/Gemini Bldg	1 Hour

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Significant Women in Oklahoma Agriculture

Highlight: Meg Stangl

story and photos by Bryan Painter

OKARCHÉ - What is it that for decades has made a child's ear or nose itch so bad right when a sale barn auctioneer kicks into gear?

Meg Stangl's father John Murphy, well aware of this mysterious power, had a rule when he took one or more his children to the sale.

"Dad always told us to sit on our hands," Meg remembers more than 45 years later. "He didn't want us to look like we were bidding."

Stangl, who was raised on the Murphy Ranch in the tallgrass prairie up in the Osage, lives in Kingfisher County near Okarché where she and husband Greg Stangl have a wheat farm, with an emphasis on stocker grazing, along with a starter/grow yard.

The joy and the experiences within some trips is more the journey than the destination. Stangl's story is a lot like that. What she lived and what she learned along the way is certainly a factor in who she is.

Early in the trip

The ranch Stangl grew up on was established in 1896 by her great-grandfather Frank Murphy, in which the small town of Frankfort (where the ranch was located) was named after. His grandson John Murphy would take over in 1954 and four years later marry Linda. There they would raise four children Suzanne, Francis, Chris and Meg, who was born in 1963. On that cow/calf cow operation - which also included horses and a hundred or so ewes - Stangl learned that hard work was "non-negotiable."

"Growing up it was just known that we all got up at the same time, had breakfast, and headed outside with Dad," she said. "I had a chestnut mare named Rosie. She was special as my Granddad had bought her for me. I fondly remember the early mornings saddling up. Those early mornings were good times just visiting and watching the sun come up

while heading to the pastures. My favorite times were when we worked the calves. I was in charge of giving the vaccinations and keeping syringes full."

Then there were the sale days. It wasn't just going to the sale barn café for burgers, fries and homemade pies that made them special. Those days taught Stangl about not only raising cattle, but taking pride in those cattle.

"Not to brag, but Dad usually did very well with his black baldy calves and the auctioneer always announced that the calves selling were from the Murphy Ranch," she said.

The children weren't just observers in raising cattle.

"When I was young, we fed cattle small square bales of hay and 50-pound sacks of cubes that we loaded on the back of a flatbed pickup," she said. "Daddy would put the truck in first gear and tell one of us kids to head towards a certain tree or fence post. We sat on a vinyl covered wooden box that Mom had made so that we could see over the steering wheel."

Besides the hands-on work of the ranch, Stangl became active in 4-H, showing sheep, cooking, sewing, judging livestock and taking on leadership roles. That passion for agriculture carried on to Oklahoma State University where she worked at the OSU feed mill learning about animal nutrition and in the Agricultural Economics computer department.

"By my senior year, I knew I wanted a career in the agriculture industry and also be an ambassador for agriculture by volunteering with the youth," said Stangl, who graduated with an Agricultural Economics degree with an option in Farm and Ranch Management.

After OSU she went to work for Stillwater National Bank where she eventually became a lender of small business and agriculture loans. In 1999, Meg married Greg Stangl and moved herself and her, at that time, two young daughters,



Meg Stangl of Okarché is being recognized as a significant woman in Oklahoma agriculture.

to his family farm in Kingfisher County.

"I started my own business of packaging SBA (Small Business Association) and USDA B&I (Business and Industry) loans to be able to have time to be with our girls and help Greg on the farm," she said. "During this time, I also worked with the OSU Extension IFMAPS (Intensive Financial Management and Planning Support) program, doing farm and ranch plans and budgets for farmers and ranchers."

In 2012, Stangl's father passed away, and the ranch was passed to Meg and her siblings, with her brothers actively operating the ranch today.

Part of the journey

"Marrying a farmer was all new to me," said Stangl, having grown up in a different area of the state on a ranch. "I had to learn a lot."

Again, it's part of the journey. This is a journey they have taken with their three daughters, Molly, Amy and Catherine.

This is a journey of taking quarters of land that they own and renting other acres of a Centennial Farm from Greg's dad, who recently retired. This is a journey of implementing no-till or minimal tilling on much of their land for not only conservation

purposes, but to reduce equipment wear and fuel costs. They also have their own feed mill and raise a variety of silage crops during the summer months. They retain ownership of some of their stockers sending them on to feedlots, while others are sold at local markets. They have varied their operation in many ways and continue to evaluate those approaches and look for others if needed.

Staying the course

"As I stated earlier, I knew in college I wanted to be an ambassador of the agriculture industry to the youth," Stangl said. "I feel it is important that all youth, whether rural or big city, have a general understanding of agriculture. Therefore, when the girls got active in 4-H and FFA, so did I."

As if there is any time left in her days, Stangl is a member of the Holy Trinity Catholic Church, a member of the Oklahoma CattleWomen, a Meals on Wheels volunteer and a coordinator for the Okarché Girls State Delegates.

In many ways this dedication to the family, to the farm and to the community - whether in business or as a volunteer - traces back to the start of the trip and the belief instilled by her father that hard work was "non-negotiable."

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.

CANRH

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ROFEY

PEHANP

COSLIA

A: [] [] [] [] [] [] [] []

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Nkurek



THE TRUMPETER COULDN'T FIND A REPLACEMENT TRUMPET IN PARIS BECAUSE THEY ONLY SOLD —

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

(Answers Next Month)

September
Answers

Jumbles: JUICE EVENT SCROLL FILLET
Answer: When the clown helped out the ringmaster, he was a — NICE JESTER

DARLENE

Continued from Page 27

The same as my physical heart, I need to pursue those things that will keep my new heart healthy. That means obedience and fellowship, but when I sin, I should confess them immediately, so they don't build up in my system. I should feed myself God's word and breathe deeply of His spirit.

God the neurosurgeon operates like a gold assayer, looking for the precious metal He put in me. He won't toss me out because of poor quality. is the quality Instead, He tests me for impurities. What am I thinking? Am I anxious? What do my words reveal? He probes deep into my brain, burning out the cancer cells and filling my mind with centers attune to His Spirit.

Follow up care invites me to to have the mind of Christ. It prescribes the right radio stations: whatever is true, noble, right, pure, loyal, worthy of respect, excellent, worthy of praise (Philippians 4:8, NIRV) More of that and less of lust, greed, and discord will allow our minds to stay healthy.

God the psychiatrist shows me my offensive ways. He works with me one-on-one and convicts me of sin. I see ways I have offended others. I've cut myself off from abundant life when bitterness and fear take root. He shows me how He sees me, and makes the transformation possible.

God the orthopedist is the way, the truth the life. I walk in shoes made from the gospel of peace. He strengthens feeble hands and knees: "the lame leap like a deer." Necessary strength comes from Him.

The Divine Healer is available for appointments at any time. He reminds me to check in. He doesn't need machinery and doesn't wait for second opinions. But He won't change me without my consent.

Open the Bible with me to Psalm 139:23-24 and pray with me: (words from hymn MORECAMBE by George Croly)

Search me, God, and know my heart.
Make me love You as I ought to love.
Test me and know my anxious thoughts.
Take the dimness of my soul away.
See if there is any offensive way in me.
Let me seek You and let me find.
Lead me in the way everlasting.
My heart an altar and Your love, the flame.

One I AM To Find Them All

I've lost my ID

I don't know myself

Wouldn't recognize me if I saw myself
One I AM in the darkness finds me

I've lost my heart

I don't know what I feel anymore
Too sad to sense the hurricane inside me
One I AM in the maelstrom heals me

I've lost my mind

They say I don't know what I know
Eroding my sense of self and will
One I AM in the matrix reboots me

I've lost my soul

Driven by cravings and appetites
Until I can't see right from wrong
One I AM out of darkness restores me

I lost my way

Stepping out without GPS
On a path leading to nowhere
One I AM met at the crossroads

I received a heart transplant to give and receive love.

New mind to think on things not of this earth.

A computer chip implanted for when I get lost.

One great I AM to foster new life.





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pacing technology at one-tenth the size of a traditional pacemaker.

The first procedure at INTEGRIS Baptist Medical Center was performed by Terrance Khastgir, M.D., a cardiac electrophysiologist with INTEGRIS Heart Hospital, on Aug. 7, 2018.

Bradycardia is a condition characterized by a slow or irregular heart rhythm, usually fewer than 60 beats per minute. At this rate, the heart is unable to pump enough oxygen-rich blood to the body during normal activity or exercise, causing dizziness, fatigue, shortness of breath or fainting spells. Pacemakers are the most common way to treat bradycardia to help restore the heart's normal rhythm and relieve symptoms by sending electrical impulses to the heart to increase the heart rate.

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"This device will allow our patients to get the most advanced technology in pacing the heart for slow heart rate," stated Khastgir.

The Micra TPS also incorporates a retrieval feature to enable retrieval of the device when possible; however, the device is designed to be left in the body. For patients who need more than one heart device, the miniaturized Micra TPS was designed with a unique feature that enables it to be permanently turned off so it can remain in the body and a new device can be implanted without risk of electrical interaction.

The Micra TPS is the first and only transcatheter pacing system to be approved for both 1.5 and 3 Tesla (T) full-body magnetic resonance imaging (MRI) scans and is designed to allow patients to be followed by their physicians and send data remotely via the Medtronic CareLink® Network.

The Micra TPS was approved by the U.S. Food and Drug Administration in April 2016, and has been granted Medicare reimbursement, allowing broad patient access to the novel pacing technology.

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