

# SENIOR NEWS & LIVING

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## Booksale 2020 to Celebrate 40-year Run



From left, Booksale sign chairman Robbin Phillips, 66, displays his handywork with publicity chairperson Beth Toland, 65, at the 2019 event.

Story by Darl DeVault

Seniors still prefer books and make up many of the volunteers and customers at the huge two-day Friends of the Library Booksale 2020 February 22 and 23 at the Oklahoma State Fairgrounds. As thousands of book lovers gather in the Oklahoma Expo Hall the sale proves in the world of digital access, the Age of the Book is still with us.

Subtitled "Booksale—40 Years Strong", the annual sale provides a diverse selection of books, CDs, DVDs, magazines and more for every demographic of customers.

"It is amazing the wide range of subjects—including fiction, nonfiction, cookbooks, biographies, medical, westerns, romance, children's, encyclopedias, reference and foreign language, plus a large selection of music, DVDs and audio books," said Don Dory, 73, Booksale Coordinator. "Thousands of shoppers have been coming for years for our wide selection and low prices. In the General Area, hardback books are one dollar each and paperbacks and magazines are 50 cents each. Collectors go for the

Items in the Better Books Room which vary in price, mostly under \$5."

The nonprofit Friends of the Library has used this book sale to raise money to support the Metropolitan Library System. In its now 40-year run, the Friends have given more than \$4.8 million in grants to the system. All of this is due to the tireless efforts of hundreds of volunteers each year.

Almost five million dollars in 40 years is a big number and so is the 800,000 books available this year. All this means the sale becomes the largest nonprofit bookstore in Oklahoma for three days.

"Customers run the gamut of need—many trying to select best sellers, classics, collectibles and research books needed for school," Dory said. "Thousands will be seeking to complete personal libraries in certain subjects, while parents will be striving to enhance their children's reading exposure."

Friends of the Metropolitan System

See BOOKS Page 2

## Hearing Loss Association Announces Scholarship winners



Peter Hardt & Haleigh Scott granted \$1000 each to assist with college expenses. READ FULL STORY ON PAGE 14.

## GIFT TO ESTABLISH COMPREHENSIVE NUTRITION CENTER AT THE CHILDREN'S HOSPITAL

David and Cory LeNorman have a unique perspective on the critical nutritional needs of newborns and a heightened awareness of the demand for extraordinary care. Their daughter, Quincy, was born 24 weeks into pregnancy, much earlier than the 38- to 40-week period considered optimal by neonatology experts. The family's personal experience was the driving force behind their dream, and motivated the \$1.5 million gift made to establish the Quincy LeNorman Nutrition Center at The Children's Hospital at OU Medicine. The gift will significantly advance the care provided at the nationally ranked hospital, adding state-of-the-art technologies that further elevate best practices in nutritional science.

"We're both grateful and delighted to accept this generous gift presented by the LeNorman family," said Jon Hayes, president, The Children's Hospital. "It perfectly joins the long-held, shared vision of hospital and physician leaders with the heartfelt desire of the LeNormans. Thanks to this funding, we'll realize a mutual goal to build upon and expand nutrition services that are vital to health and healing of the children we care for at The Children's Hospital."

Born weighing less than two pounds, Quincy LeNorman, the center's namesake, spent the first 88 days of her life in the Neonatal Intensive Care Unit at Children's. Now 17, she thrives as a student who plays high-school soccer, with no evidence of an early struggle for life. Quincy's mother, Cory LeNorman, said her pregnancy was normal in every respect, with no hint of trouble until two days before delivery.

See GIFT Page 6



# BOOKS

Continued from Page 1

members can shop a Presale from 1 to 9 p.m. on Friday, Feb. 21. Held the day before the sale goes public, members are invited to first access. Annual memberships are available for \$15 in the lobby starting at noon. Children 12 and under accompanied by an adult are free.

After 40 years, the sale is well established on the literary sale calendar for customers coming from all over Oklahoma, surrounding states and the whole region. Selective shoppers are advised to join the nonprofit to ensure the best possible purchasing opportunity.

Book lovers line up all three days awaiting the door's opening. A quick survey of the parking lot shows that many of those customers are from out of state, coming to Oklahoma each year for the huge selection. The multi-day event attracts more than 10,000 book lovers.

In some ways the diverse selection offered represents a snapshot of a high-quality American publishing museum with the bonus that everything is available for

purchase.

"Donated all year from various sources, the books are both common and select, while the other offerings are extremely varied, even including music," said Beth Toland, 65, publicity chairperson. "This diversity means the sale is in one sense our states largest literary event."

Admission is free 9 a.m. to 5:30 p.m. Saturday and Sunday, Feb. 22 and 23.

The shopping is so robust that a dozen checkout points are offered by volunteers in each of the two sections. And yet, so many customers arrive early a line forms for the first few hours each day. The book shopping is intense, almost competitive, as this is a once a year opportunity.

Customers, depending on their need for new reading material, come with a wide variety of book hauling capability, as there are no shopping carts provided. Shoppers will see every form of wheeled cart pressed into service by other shoppers as they move among the tables laden with thousands of books. Large boxes are everywhere as some shoppers limit themselves to just those books they can carry.

The volunteers display 40 years



More than 800,000 books and much more will be offered at the 2020 Booksale at the Oklahoma State Fairgrounds.

of expertise in staging the sale by sorting the books into sections. Those sections are a wide cross section of interest, from tables of books by Oklahoma authors to books about Oklahoma.

Some years special sections offer brand new books donated when book stores and Oklahoma publishing houses use their donations as a way to balance their inventory.

Many business and industry concerns are well represented when entities going out of business donate their libraries. Retiring attorneys provide shoppers the chance to buy law books at a steep discount.

Volunteer shifts are still open, as the group is still looking for volunteers! To volunteer or for more information about Booksale, visit [www.mlsfriends.org](http://www.mlsfriends.org). For additional questions contact the Friends at 405 606-3763 or [friends@metrolibrary.org](mailto:friends@metrolibrary.org).



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## OPINION

# S THE SAVVY SENIOR

Dear Betty,

Walk-in tubs are a good option for mobility challenged seniors because they're much easier to get into and out of than a standard tub, and will help prevent slips, trips and falls too. Here's what you should know. The Basics

Walk-in bathtubs are uniquely designed tubs that have a watertight, hinged door built into the side of the tub that provides a much lower threshold to step over (usually 2.5 to 7 inches) versus a standard tub that's around 15 inches.

In addition to the low threshold, most walk-in tubs also have a built-in seat, grab bars, anti-slip floors, anti-scald valves and a handheld showerhead. And many higher-end models offer therapeutic spa-like features that are great for seniors with arthritis and other ailments.

The kind of tub you choose will

**Dear Savvy Senior,**

Because of my mobility problems, I'm thinking about getting a walk-in bathtub that's easy to get into and out of but could use some help selecting one. What can you tell me about walk-in tubs, and can you recommend some good companies that make and install them?

*Bubble Bath Betty*

depend on your needs, preferences and budget, and the size and layout of your bathroom. The cost of a walk-in tub today with professional installation ranges anywhere from \$3,000 to \$10,000. Here are some other things you'll need to consider, to help you make a good choice.

**Tub size:** Walk-in bathtubs vary in size. Most models have high walls between three and four feet high, and are between 28 and 32 inches wide, but will fit into the same 60-inch long space as your standard tub without having to reconfigure the room. There are also bariatric walk-in tubs that have wider door openings and larger seats to accommodate people over 300 pounds.

**Wheelchair-accessible:** Most walk-in tubs have an inward opening door, but if you use a wheelchair, an outward opening door may be a better option because they're easier to access.

**Tub options:** The most basic and

## How to Choose a Walk-in Bathtub

least expensive type of walk-in tub you can get is a simple soaker tub. But depending on your preferences, you have many other options like an aerotherapy (air jets) tub, hydrotherapy (whirlpool water jets) tub, aromatherapy tub that mixes fragrant essential oils with the water, or a combination tub that has multiple features. Also, look for tubs that have an in-line heating system to keep your bathwater warm while you soak.

**Fast fill and drain:** One drawback to using a walk-in bathtub is that the bather must sit in the tub as it fills and drains, which can make for a chilly experience. To help with this, consider a tub that has fast-filling faucets and pump-assisted drainage systems, which significantly speed up the process. But these options may require some plumbing modifications to your bathroom.

**Easy cleaning:** Keeping the tub clean should be a priority, especially if you get a therapy tub because of the bacteria that can grow in it. So, look for tubs with self-cleaning systems.

**Warranty:** The best walk-in bathtubs on the market today are made in the USA. Also make sure the company you choose has a lifetime

"leak-proof" door seal warranty and lengthy warranties on both the tub and the operating system.

**Where to shop:** While there are many companies that make, sell and install walk-in bathtubs, some of the best in the industry are American Standard ([AmericanStandard-us.com](http://AmericanStandard-us.com)), Safe Step ([SafeStepTub.com](http://SafeStepTub.com)) and Kohler ([KohlerWalkinBath.com](http://KohlerWalkinBath.com)). Most companies offer financing with monthly payment plans.

Unfortunately, original Medicare does not cover walk-in bathtubs nor do Medicare supplemental (Medigap) policies, but some Medicare Advantage plans may help pay. There are also many states that offer Medicaid waivers that will help pay for the purchase and installation of a walk-in tub to those that qualify, and the VA offers some programs that provide financial aid too.

To get started, contact a few companies who will send a local dealer to your home to assess your bathroom and give you product options and estimates for free.

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

### FEB/MAR AARP Drivers Safety

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

Feb 6/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277, C-509-0727/

Varacchi Integris Wellness Center - 5100 N. Brookline, Suite 100

Feb 6/ Thursday/ Norman/ 9 am - 3:30 pm/ 307-3177/ Palinsky

Norman Regional Hospital - 950 N. Porter Ave.

Feb 6/ Thursday/ Midwest Cit/ 08:30 am - 2:30 pm/ 473-8239/

Williams Midwest City Senior Center -

Feb 7/ Friday/ Okla. City/ 8:30 am - 3 pm/ 405-721-2455 ext 0/

Kruck Baptist Village - 9700 Mashburn Blvd

Feb 8/ Saturday/ Midwest City/ 9 am - 3:30 pm/473-8239/ Williams

First Christian Church - 11950 E. Reno Ave.

Mar 5/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277, C509-0727/

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

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

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

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# Acing Aging: Health tips for your golden years



Every day, researchers across the globe search for answers to diseases of aging, but you don't have to be a scientist to get a leg up on the aging process.

In fact, said Oklahoma Medical Research Foundation physiologist Benjamin Miller, Ph.D., some of the best methods for preventing diseases of aging are simple: diet and exercise.

But getting people to follow them, said Miller, can prove difficult. Want to age gracefully? Try these simple tips:

## 1. Stay active

Research shows even 30 minutes of exercise and light weight training daily not only helps you avoid packing on the pounds, it also lowers blood pressure, strengthens bones, improves mood and helps maintain muscle mass. And light weight training can improve balance, which can help you avoid falls and injuries.

"If you start exercising, even a little, it will make a big difference," said Miller.

## 2. Stay engaged

Like exercise, staying mentally and socially active can have a slew of long-term brain benefits, as well.

Alzheimer's is the fifth-leading cause of death in Americans over the age of 65. It is the most common form of dementia, accounting for 60-80 percent of all cases, according to the Alzheimer's Association.

"Scientists increasingly believe it is wise to read, work puzzles, play games and socialize to help improve memory," said OMRF Aging and Metabolism Research Program Chair Holly Van Remmen, Ph.D. "It keeps the brain healthy and perhaps delays the onset of Alzheimer's and other forms of dementia. So grab a good book or head out to a bingo night. It'll be good for you."

## 3. Stay moderate

When it comes to diet, moderation is key. Eating too much can have negative health implications from heart disease to type 2 diabetes and arthritis. But as people age, many find they eat too little.

"Over time, your body requires fewer calories, but it needs just as many nutrients," said Van Remmen. And, she says, don't skimp on protein. Adequate protein—45 grams of protein for women and 55 grams for men—helps your body maintain muscle mass even when your appetite wanes.

None of these tips are rocket science, said Miller. "Everyone has heard them, it's just that many people don't do them. Start now, whatever your age, and you'll be glad you did."

# OKC Named One of the Top Ten Least Safe Cities to Drive in America

A new comprehensive national traffic safety study from Go Safe Labs shows that Oklahoma City was one of the top ten cities in the nation for traffic accidents in 2019, coming in seventh on the non-profit group's list of America's least safe cities to drive.

According to Go Safe Labs' exhaustive study, there were 12,476 crashes last year in Oklahoma City – a 6.1% year-over-year increase. The group's data science team based their findings on a national review of over 1.8 million accident reports from 2018 and 2019.

"In 2020 we wanted to start the new year by reviewing what we learned from the past year. We thought with a little more traffic safety data we can hopefully know a little more about the safest places to drive," said Kevin Pomplun, Chairman of Go Safe Labs. "We were surprised by all the enthusiasm for our last report. It was great and humbling. And now we hope these new findings on 2019, make some small impact on 2020 being the best year yet for all of us driving on US roads."

Nationally, traffic accidents across the United States increased 6.8% in 2019 – with nearly 1 million crashes on America's roadways. There were 953,630 accidents in 2019, up from 892,615 in 2018.

Using publicly available data from local, state and federal sources, Go Safe Labs identified the top ten cities with the most accidents in 2019: Rank, City, 1. Houston 2. Charlotte 3. Los Angeles 4. Austin 5. Dallas 6. Raleigh 7. Oklahoma City 8. Baton Rouge 9. Nashville 10. Phoenix

# Insurance Commissioner Mulready Announces New Chief of Staff

Oklahoma Insurance Commissioner Glen Mulready has named Brian Downs to serve as Chief of Staff for the Oklahoma Insurance Department (OID). A native Oklahoman, Downs currently serves as the State Health Information Exchange Director and Special Assistant to the Governor's Front Porch Initiative.

"Brian's leadership experience, professionalism and his tireless commitment to Oklahoma citizens make him a perfect fit for this position," Mulready said. "He has built a level of trust and respect with state and national leaders on both sides

of the aisle. I am confident that his leadership will maintain the positive momentum as we continue to move forward with our team's vision of becoming a Top 10 insurance department."

Downs previously served as Chief of Staff for Speaker

Jeff Hickman in the Oklahoma House Representatives and Chief of Staff and Director of State and Federal Policy at the Oklahoma State Department of Health.

"Commissioner Mulready continually challenges the Department staff to strive for their best as they serve the public. He's not afraid of changes and he's dedicated to making OID a Top 10 insurance department. Following his example, I will champion Commissioner Mulready's vision and do my best to serve Oklahomans in this role," Downs said.

Downs will begin his new role on January 30th, 2020.

If you have questions about other insurance issues, contact the Oklahoma Insurance Department at 1-800-522-0071 or visit our website at [www.oid.ok.gov](http://www.oid.ok.gov).



# GIFT

Continued from Page 1

"The reason Quincy is here today is because of the great support we received - skilled and dedicated nurses, doctors and other personnel, and a facility that was equipped to provide the best possible care."

Nearly three months after her birth, Quincy was discharged from the NICU. But the LeNormans never forgot the labor of love that gave Quincy a chance at life. In years that followed, David and Cory began to consider ways to give back that would match their keen interest and address identified needs at The Children's Hospital.

At the same time, NICU personnel and hospital leaders envisioned better ways to meet their patients' diverse nutritional demands. Laying the groundwork to bring the vision to reality, leaders toured several NICU centers in the Dallas/Ft. Worth area, observing best practices in neonatal nutrition handling, touring thoughtfully planned facilities, and identifying a model to emulate at Children's.

Trent Tipple, M.D., neonatology specialist and chief of

Neonatal-Perinatal Medicine, The Children's Hospital, said, "The Children's Hospital is where the state's tiniest and most vulnerable patients come for the level of care their complex conditions require. The future center represents another major step forward in neonatal nutrition. Thanks to the LeNorman family, we will have greater capacity to deliver life-saving technologies and redefine excellence in neonatal care." One of the significant components that will distinguish the new nutrition center will be its use of sophisticated software that will track and analyze detailed metrics information. A human milk analyzer will determine how and to what extent milk must be fortified to meet specific nutritional needs. It will also identify babies whose growth is not progressing adequately.

Jamie Kilpatrick, M.S., R.N., CENP, director of the Neonatal Intensive Care Unit at Children's, said, "Currently, formula and human milk preparation for neonates is done in a small human milk lab, which we have already outgrown. Feeding preparation for other hospitalized children occurs in a separate area. All services are performed by excellent and



From left: Cory, David and Quincy LeNorman with Jamie Kilpatrick, director of the Neonatal Intensive Care Unit at The Children's Hospital at OU Medicine.

expert hospital team members who follow best practices to meet high-reliability nutrition demands. However, a more seamless operation - more centralized and expanded for greater efficiency - will support our capacity to supply the best nutritional services possible on a broader scale." The proposed nutrition center will

benefit not only babies receiving care as NICU patients, but other infants and pediatric patients who face a range of complex feeding needs. These special needs may be related to specific treatment, care or rehab related to surgery, or due to other unique nutritional deficits or sensitivities.

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# OMRF scientists reveal diabetic heart clues

The healthy heart thrives on flexibility, using any available nutrient source for fuel. But in diabetes, that flexibility stops.

Scientists at the Oklahoma Medical Research Foundation are investigating why this inflexibility occurs with diabetes and, ultimately, what can be done about it.

"The healthy heart has a dynamic capacity to respond and adapt to changes in nutrient availability—it's an omnivore," said OMRF researcher Kenneth Humphries, Ph.D. "The problem with diabetes, though, is the heart's inability to use or make insulin, a hormone that allows your blood to use sugar."

In diabetes, either you're not making enough insulin or it's not working properly, said Humphries. This increases the heart's reliance on fats to meet energy demands, which can lead to damaging effects and even death.

Heart disease is the number one cause of death in diabetic patients, and it can result in a specific type of heart disease called diabetic

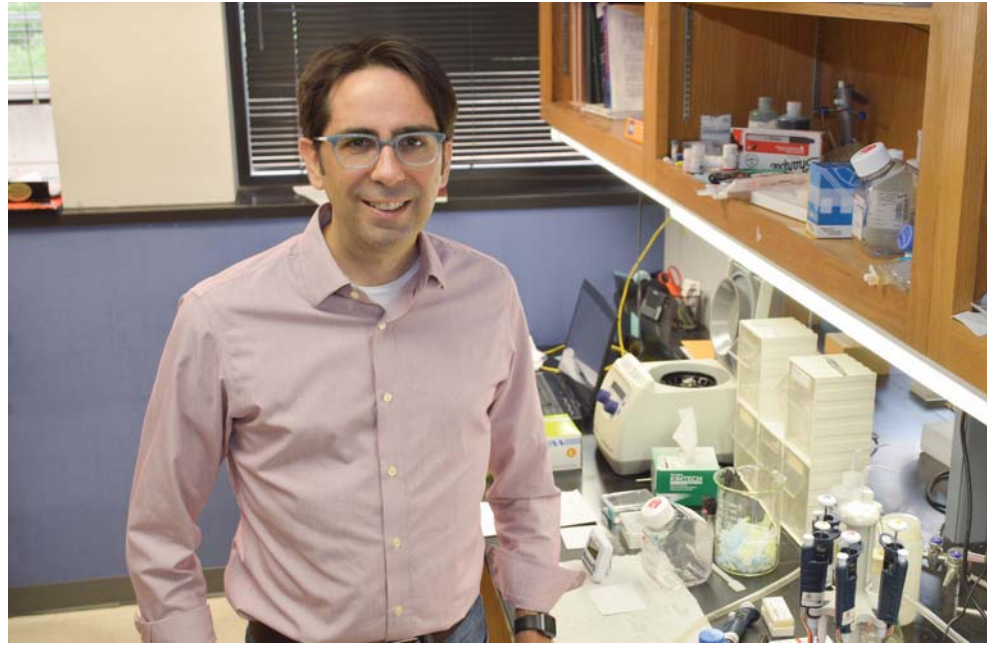
cardiomyopathy.

"So far, there are no effective treatments for this type of heart disease," said OMRF graduate student Maria Newhardt, who contributed to the research. "We are trying to increase our fundamental understanding of heart metabolism and how it is disrupted in diabetes so better therapeutic treatments can be developed."

Humphries and his team conducted a study to see if they could increase flexibility in the hearts of diabetic mice by introducing the complications of obesity.

"Obviously, regulating blood sugar would be the ultimate goal, but we're looking fundamentally at how the heart responds to differences in nutrient availability," said Humphries. "We decided to try to force the diabetic heart to use more sugar and see if that made the diabetic heart go back to its normal function."

The team uncovered a previously unknown form of metabolic



**Kenneth M. Humphries, Ph.D.**

regulation. They discovered that two cellular switches in the heart that determine what nutrients the heart will use are interrelated, rather than independent, as previously thought.

These switches need to be able to turn on and off, but in diabetes, one is constantly turned on.

Newhardt said this basic finding is a next step in understanding how diabetes impacts heart health and how interventions—future drugs and therapies—might be used to treat the effects of diabetes on the heart.

Other OMRF researchers who

contributed to the findings were Albert Batushansky, Ph.D., Satoshi Matsuzaki, Ph.D., and Mike Kinter, Ph.D.

The research was supported by grants from the National Institute of General Medical Sciences, National Heart, Lung, and Blood Institute, and the National Institute of Aging, all parts of the National Institutes of Health, as well as a Graduate Research Fellowship Program grant from the National Science Foundation.

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# HEALTH

## A safe solution

by Bobby Anderson, Staff Writer

For 30 years now, John Houge has helped seniors lead a longer, safer and more comfortable life all in the comfort of their own homes.

As the state manager, Houge helped bring Craftmatic adjustable bedding to Oklahomans near the turn of the century, ushering in a new era in home health and safety products.

And for the past 13 years he's been an expert traveling the metro counseling seniors on the benefits of A Safe Solution walk-in tubs.

For many seniors, the worry about a fall is always in the back of their minds.

According to data compiled from the 1997 and 1998 National Health Interview Survey, the majority (55%) of fall injuries among older people occurred inside the house.

Falls in the bathroom are a major source.

Combine already slick surfaces with water and rugs and getting in and out of a bathtub and it can be a recipe for disaster - literally.

That's where Houge and A Safe Solution come in. Walk-in tubs provide homeowners with the peace of mind knowing they will be as safe as possible.

"I enjoy going to see people and I enjoy helping them with their home health needs," Houge said.

### A SCARY FALL

According to the National Institutes of Health, one in three adults aged 50 and over dies within 12 months of suffering a hip fracture. Older adults have a five-to-eight times higher risk of dying within the first

See TUB Page 9



John Houge, owner/general manager of A Safe Solution, is helping people stay in their homes longer.

## Kirkpatrick Named Director of Oklahoma Medical Marijuana Authority

Oklahoma native Travis Kirkpatrick is the new director of the Oklahoma Medical Marijuana Authority. Kirkpatrick has served as interim director for the last 90 days. Health Commissioner Gary Cox said he made the decision based on Kirkpatrick's leadership at the authority over the last few months.

"We are excited about the leadership of Travis and his focus on being an efficient and effective organization that serves the citizens of the state," said Cox. "During his three months, Kirkpatrick has reopened the call center, which is now handling approximately 300 calls a day, hired a compliance manager to ensure the dispensaries across the state are in compliance with state laws, and worked to open the lines of communication with the business community and the patients."

Kirkpatrick praised the staff for its passion and dedication saying "that is something that drives me every day as I seek to innovate and lead us toward the goals we have been provided by the Oklahoma State Department of Health leadership and the Governor. My goal is to continue to work with the patients, dispensary owners and growers as this authority meets the guidelines set out by the voters and by the Legislature."

The Oklahoma Medical Marijuana Authority was created by a vote of the people, July 26, 2018. The state question allowed for both licenses to sell and to purchase medical marijuana with a physician's prescription. Additional regulatory authority was written into the "unity bill" passed by the legislature just months before Kirkpatrick's arrival. There are currently more than 246,000 patient, caregiver, grower, processor, dispensary, and transportation licenses for marijuana in Oklahoma, all handled by OMMA.

Travis Kirkpatrick is a Public Administration professional with more than 15 years of service to the State of Oklahoma. He brings a multitude of experience in bureaucratic process gained via his roles in several state agencies. A native Oklahoman, Kirkpatrick holds a Master of Public Administration from the University of Oklahoma and a Bachelor of Arts in Criminal Justice from the University of Central Oklahoma. In his spare time, he volunteers on several community non-profit boards and enjoys watching his children play soccer.

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## TUB

Continued from Page 8

three months of a hip fracture compared to those without a hip fracture. This increased risk of death remains for almost ten years.

Beyond suffering pain, a hip fracture results in a loss of physical function, decreased social engagement, increased dependence, and worse quality of life. Many people who have a hip fracture need to change their living conditions, such as relocating from their home into a residential aged care facility.

Ultimately, the often rapid regression of an older person's health following a hip fracture means outcomes are poor.

By offering high-quality walk-in tubs that are safe and therapeutic, individuals overcome the risks of bathing in a standard bathtub.

For those who struggle to get into and out of a standard tub, dreading the difficult 30" threshold and slippery bathtub floor, a walk-in tub is the answer to changing bathing requirements.

Safety is a major reason many rely on walk-in tubs, but Houge said there's a host of other reasons.

### BLISSFUL HEALTH

The benefits of a relaxing bath are becoming clearer and clearer in scientific literature.

Hydrotherapy is the full immersion of the body into both hot and cold water as a natural and holistic treatment which detoxifies the blood, stimulates blood circulation, enhances the immune system, improves digestion, reduces inflammation and much more.

For thousands of years, people around the world have benefited from the healing power of hydrotherapy. In recent decades, doctors have confirmed the healing power of bathing, and studies and testimonials have shown how hydrotherapy is a

reliable and affordable home remedy for treating the symptoms of many of today's most common ailments.

According to an article in the New England Journal of Medicine, type II diabetes patients reported a 13% reduction in blood-sugar levels, improved sleep, and an increased sense of well-being by simply enjoying warm water therapy as a home remedy for diabetes symptoms. Research shows stress reduction improves the quality of life and may indirectly improve blood sugar control.

"There's the safety and integrity of being able to take care of themselves," Houge added. "There's enough safety (features) that most of our customers can take a bath by themselves without being afraid."

Houge makes his sales calls personally.

"I don't send a salesman. We're family-owned, operated and local," said Houge, who owns the business with wife Karen.

Knowing that change - even change for the good - can be stressful, Houge is there to answer any and all questions before during and after the process.

Once all questions are answered the product can be installed in as little as a day, with two days of set time to insure the optimal cure.

"It feels great because that's what they really want," Houge said. "It's rewarding when they finally see the benefit. Most of our customers are pretty conservative. That is why our mission statement has always been to provide the highest quality products at the most reasonable price in the industry."

Houge offers Veteran's Discounts and lifetime warranties along with free in-home estimates.

He can be reached at 405-226-8424 or by email at [www.asafesolution@gmail.com](mailto:www.asafesolution@gmail.com).

## STRANGE BUT TRUE

SO THEY SAY...

**BBT** In Washington State, you can't carry a concealed weapon that is over 6 feet in length.

**BBT** In San Francisco, there is an ordinance, which bans the picking up and throwing of used confetti.

**BBT** In Kentucky, it is illegal for a merchant to force a person into his place of business for the purpose of making a sale.



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# HEALTH

## NEW MEDICAL DEVICE ALLOWS PATIENT TO CONTINUE ACTIVE LIFESTYLE

Ralph Shelton, Ph.D., of Perkins, lived with the effects of stress incontinence for more than five years following surgery for prostate cancer, until his physician, Ash Bowen, M.D., OU Medicine urologist, suggested the ProAct system.

According to the American Urological Association, between six and 20 percent of men continue to experience the life-disrupting impact of stress urinary incontinence a full year after prostatectomy. Approved by the Federal Drug Administration in 2017, the ProAct system is a device that addresses incontinence and

restores quality of life for many men who deal with the challenges of this condition.

Late last year, Shelton was among the first Oklahoma to undergo the procedure to implant the ProAct system. "It's a complete turnaround from where I was," he said.

Bowen explained that urinary incontinence is a very distressing condition, an unfortunate but common consequence that occurs in connection with prostate surgeries, including radical prostatectomy or transurethral resection of the prostate. Physical movement or activity, from coughing or sneezing,

to more vigorous activities such as running, lifting and other physical exertion, creates stress on the bladder. "When the muscles surrounding the bladder and urethra are damaged, that loss of muscular support causes incontinence, which may range in severity from very minor leaks to extreme - total loss of urinary control."

The ProAct implantable device consists of two small, adjustable balloons, connected through short tubes to an injection port. Inserted on each side of the urethra during a short outpatient procedure, these fluid-filled balloons keep pressure on the bladder to help prevent urine leakage. The ports make it possible to adjust the pressure as needed to meet a patient's individual needs.

The leakage Shelton lived with required the use of absorbent pads all the time. "It was embarrassing; there was always a risk when I went anywhere or tried to participate in any activity. Intimacy was awkward and less than confident," he said.

Bowen said Shelton was a prime candidate for the surgery: he was doing well after prostatectomy, had no underlying health conditions,



Ralph Shelton, Ph.D.

was physically active, and was ready and willing to find a solution to the incontinence problem he had endured for years.

The device has been widely used in Europe since 2002, and follow-up studies in the United States are promising for long-term (five years or more) benefits.

"The device is safe and effective," Bowen said. "Potential

See DEVICE Page 11


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## DEVICE

Continued from Page 10

complications are only what might be expected with any surgical procedure - risk of infection or reaction to anesthesia, for example. Side-effects encountered with the ProAct device are mild and easily managed."

He cited a number of patient benefits related to the procedure itself. "The procedure typically takes only 30 minutes, is minimally invasive and is performed under general or local anesthesia in an out-patient setting - no hospitalization. There are no sutures or other anchoring devices. Most men experience only minor discomfort, if any."

Shelton confirms that discomfort was minimal, and that the procedure was simple from the patient's perspective. "I was back to my routine, daily activities quickly."

If adjustments are needed, these also can be done non-surgically in an office setting. Shelton recently had one such adjustment with excellent results.

"Immediately after the procedure, I wasn't sure there was much difference, but healing and recovery came quickly, and leakage began to decrease significantly. After one adjustment to increase the pressure, it works perfectly. It's as if I never had a problem at all. I feel like I have my life back - I'm 100% normal."

With a doctorate in adult education, Shelton taught generations of professional educators various techniques and methodologies to promote successful learning. In addition,

he expanded his career, using his expertise to assess employer needs to ensure optimal hiring practices, matching a candidate's skill set to the employer's desired work objectives. He enjoyed ongoing opportunities to use these skills in retirement, until incontinence began to limit his activities.

Several years into retirement, he has no plans to resume an ambitious schedule of professional engagements, but the ProAct device does mean he can consider options that may not have been possible for him before the procedure. He continues to stay active and engaged in pursuits that use his well-honed skills of analysis. He currently works as a heavy equipment specialist for a local tractor dealership, once again using his expertise to assess needs and find solutions.

"Some may call it 'odds and ends,' but it's still important to me to help people find ways to succeed. I'm something of a career-tech consultant, which offers me opportunities to travel, meet people and help facilitate a teamwork mentality. Now I know I can continue to do that that on my own terms, not limited by inconvenience or anxiety about accidental leakage."

While a referral by a primary care provider is not considered necessary, it may be required for coverage under some healthcare plans. Bowen sees patients at OU Physicians Edmond, located in the Fountain Lake Center, 14101 N. Eastern, Suite E, and performs the ProAct procedure exclusively at OU Medical Center Edmond, One South Bryant. For an appointment, call (405) 340-1279.

# Shotguns Donated to Help Underfunded Law Enforcement Agencies

Insurance Commissioner Glen Mulready today donated a Remington 870 Shotgun to the Coweta Police Department Chief Mike Bell at the Oklahoma Insurance Department (OID)'s Oklahoma City office.

"It is much appreciated more than you know," Bell said. "As a small agency, we can't afford equipment like this. It will greatly enhance our services."

The Oklahoma Insurance Department's Anti-Fraud Division collected the shotguns they don't use anymore and donated them to underfunded law enforcement agencies. Anti-Fraud Chief Investigator Rick Wagon contacted the Oklahoma Association of Chiefs of Police and the Oklahoma Sheriff's Association for a list of underfunded agencies that each association could recommend. From that list, Commissioner Mulready drew the winners randomly and contacted each agency to schedule

the shotgun handoff.

Wagon said they carefully selected small, underfunded agencies that could get the most benefit from this donation. He also said the most of these agencies do not have shotguns and are excited to receive them.

"The goal of the firearm donation is to enable underfunded law enforcement agencies to acquire firearms at no cost in support of their mission," Mulready said. "We are grateful for our law enforcement agencies and their service to our citizens."

Mulready said that the department will donate a total of 7 shotguns to the following agencies. Sheriff Larry Lane, Sequoyah County SO, Chief Bob Ernst, Perkins PD, Sheriff Marty Grisham, Love County SO, Chief Mike Bell, Coweta PD, Chief John O'mara, Kiefer PD, Sheriff Joe Janz, Kiowa County SO, Sheriff Tim Turner, Haskell County SO.

## STRANGE BUT TRUE

SO THEY SAY...

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

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

**BBT** Fingernails grow nearly 4 times faster than toenails!

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

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

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

**BBT** A fetus develops fingerprints at eighteen weeks!

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

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

**BBT** Every year, kids in North America spend close to half a billion dollars on chewing gum!

**BBT** An earthquake on Dec. 16, 1811 caused parts of the Mississippi River to flow backwards!

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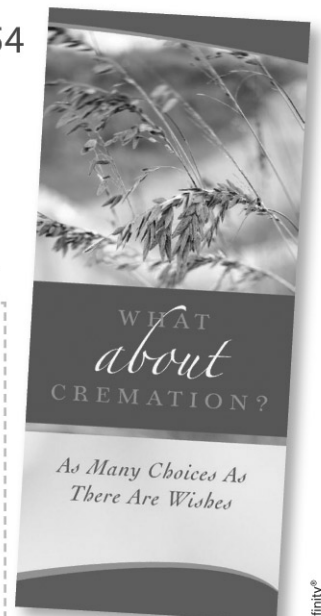
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## TRAVEL / ENTERTAINMENT

# A Treasure Hunt on display in Idabel, Oklahoma

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

It's not often that a call goes out for missing paintings from a recently deceased artist. But such is in progress with the Museum of the Red River in Idabel, Oklahoma. Home to the late Harold Stevenson, (1929-2018) The museum hosted a call for his works for display in a retrospective to be held at the museum March 10 - June 7, 2020.

There is a scheduled toast to the Martini cocktail, one of Harold's social trademarks, at a future reception. In 1995 I was re-introduced to the Martini over a lunch with Harold and subsequently remember Harold with each of my Martinis. <http://www.martinitravels.com/philosophy-of-the-martini.html>

There is a famous Stevenson painting called "The Eye of Lightning Billy." In tribute to that you see here my photograph of Harold holding the cocktail glass subject of his "Martini Man" painting made in Wainscott. I have entitled my photo, "The Hand of Harold Stevenson."

Harold Stevenson was honored with a Legislative proclamation at the Oklahoma State Capitol on the afternoon of April 19, 2017, followed by a public reception.

The recognition came as a result of decades of exhibitions with Harold's studios ranging from Paris, to Idabel Oklahoma, Key West, and Wainscott, New York. As a native from Idabel Oklahoma, he returned to his beloved community as an example of the circle of life. He returned to his childhood home on Avenue A and subsequently passed it on to his nephew who built him a cabin in the Idabel woods.

In a 1998 Persimmon Hill Magazine interview by M.J. Van Deventer, she writes: "Harold Stevenson was drawing and using colors even before he learned to write his name. "I invented painting all by myself," he says. Today, he is considered an iconoclast, an uncompromising artist who listened only to his own voice and paints the subjects that bring him the greatest pleasure."

Stevenson was born on March 11, 1929 in Idabel and died there in 2018. Growing up in Idabel Harold was readily accepted by his neighbors when he asked to paint their portraits which later resulted in a larger than life exhibition of his works titled, The Great Society. With encouragement from the founder of the Oklahoma Art Center in Oklahoma City, Nan Sheets, Harold received education from the University of Oklahoma in 1947, Mexico City College, and studied under Yasuo Kuniyoshi and Max Schallinger.

Decades later his larger than life portraits were accepted into the Fred Jones Junior Museum of Art's permanent collection accompanied with a monumental exhibition. The Museum recently accepted a collection of Harold's paintings from longtime friend, Buddy Dugan, from Dugan's San Francisco's home collection.

Besides the Fred Jones Junior Museum of Art collection, his works are also in the permanent collection of New York's Whitney Museum, the Guggenheim, and the Oklahoma City Museum of Art. Besides other exhibitions his reclining panoramic portrait, inspired by actor Sal Mineo, is in the Guggenheim. Of note was his huge painting of Spanish bullfighter, El Cordobes, when it was hung from the Eiffel Tower. Harold is best known for his large canvas paintings, some ranging from six feet by ten feet.

Harold's contemporaries and acquaintances included artists; Marcel du Champs, Jackson Pollack, Andy Warhol, Poteet Victory and philanthropist Peggy Guggenheim where he visited her at her Venice palazzo. He has been described as one of the art worlds icons with work that spans almost seven decades. He is part of a generation that was once classified by a 1962 art show in New York City as the "New Realists." With an avid interest in classical history Harold



Stevenson's subject matter includes realistic depiction of classical subjects, Oklahoma cowboys, native Americans, landscapes and an admiration of the human form.

This exhibit of Stevenson's art at the Museum of the Red River, is a rare opportunity to see a retrospective of a home town artist presented in his home town.

For information on museum hours and of public receptions visit; The Museum of the Red River, at 812 E Lincoln Rd, Idabel, OK 74745 (580) 286-3616 [PR@motrr.org](mailto:PR@motrr.org)

More information on Harold can be found:

[www.museumoftheredriver.org/harold-stevenson-exhibit-planned-for-2020](http://www.museumoftheredriver.org/harold-stevenson-exhibit-planned-for-2020) or his official website, [www.HaroldStevenson.com](http://www.HaroldStevenson.com).

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# OKC ZOO ANNOUNCES GORILLAS ON THE LINE AND CONNECT WITH WILDLIFE CHALLENGE

*Answer the call to protect gorillas by donating old phones and disconnect from tech with two exciting new Zoo initiatives*

**Gorillas on the Line – Saturday, February 1 through Thursday, April 30**

When gorillas are on the line, it's up to us to answer the call! The Oklahoma City Zoo and Botanical Garden is looking to the community-at-large to help save gorillas by donating old or used cellphones to the Zoo for recycling as part of Gorillas on the Line from Saturday, February 1 through Thursday, April 30. The Zoo is home to 10 western lowland gorillas, five males and five females, ranging in age from 34-year-old Emily to 19-month-old Finyezi. The species is critically endangered with only about 350,000 individuals remaining in the wild.

"Small electronics like cellphones frequently contain a substance called coltan and 80 percent of the world's supply is in the Democratic Republic of the Congo, an area also home to many gorillas," said Stephanie Smith, OKC Zoo senior primate caretaker. "Mining for coltan threatens the habitats of gorillas, chimpanzees, okapi and other endangered species. When individuals donate used phones or other electronics, the coltan from those devices is re-used and reduces the need to mine for the compound in gorilla habitats."

Schools, organizations, businesses and individuals are encouraged to collect as many cellphones and electronics as they can in support of gorilla conservation. Last year, over 260,000 people were engaged in the campaign, collecting 12,486 devices that were recycled and raising \$6,055 for gorilla conservation. For 2020, Gorillas on the Line hopes to collect 20,000 cell phones for recycling and engage 200,000 children and other community members in gorilla conservation action. Any kind of cellphone will be accepted – even the big, heavy ones from years ago that wouldn't come close to fitting in your pocket now. Acceptable small electronics include: iPods, iPads, tablets, MP3 players and handheld gaming systems. These items can be dropped off for recycling in the Zoo's Guest Services office in the entry plaza.

An added incentive: those who bring an old cellphone or small electronic device to donate to

"Gorillas on the Line" will receive two Zoo general admission passes valid through April 30, 2021. Guests are welcome to donate additional devices, but will only receive two Zoo passes as a thank you for helping save gorillas.

**Connect with Wildlife Challenge – Sunday, February 2**

Here's a wild idea—disconnect from your cell and reconnect with nature at the Oklahoma City Zoo! On Sunday, February 2, in exchange for free general admission, the Zoo is challenging guests to unplug from their mobile phones during the duration of their visit. Guests who feel up to the "Connect with Wildlife Challenge" can securely check-in their cellphones at the Zoo's Guest Services office (located in the entry plaza) before exploring the park.

"Collectively, we have become so reliant on our smart phones that we fail to engage with the world around us," said Greg Heanue, OKC Zoo chief marketing officer. "It's our hope that guests who participate in the challenge will be more present and better connect with friends, family and the amazing wildlife that surrounds them. For those that take the challenge and value their wildlife connection, perhaps they'll be inspired to go screen-less more often."

Get back (and give back) to nature at the OKC Zoo! Located at the crossroads of I-44 and I-35, the Oklahoma City Zoo is a proud member of the Association of Zoos and Aquariums, the American Alliance of Museums, Oklahoma City's Adventure District and an Adventure Road partner. Hours of operation are 9 a.m. to 5 p.m. daily. Regular admission is \$11 for adults and \$8 for children ages 3-11 and seniors ages 65 and over. Children two and under are admitted free. Effective Saturday, February 1, regular admission is \$12 for adults and \$9 for children ages 3-11 and seniors ages 65 and over. Children two and under are admitted free. Stay connected with the Zoo on Facebook, Twitter and Instagram and by visiting Our Stories. To learn more about other happenings, call (405) 424-3344 or visit [okczoo.org](http://okczoo.org).



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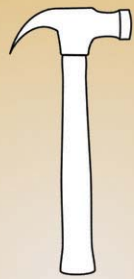
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# Hearing Loss Association Announces Scholarship winners



Peter Hardt & Haleigh Scott granted \$1000 each to assist with college expenses.

by Ron Hendricks

Hearing Loss Association of America Central Oklahoma Chapter (HLAA COC) is proud to introduce this year's two scholarship recipients. Haleigh Scott and Peter Hardt. Each was granted \$1,000 to assist with this year's college expenses.

Haleigh is the daughter of Crystal & Derek Wilson. During Haleigh's public education she never attended any special classes but learned early to sit up front and listen carefully. Haleigh faced what many people with hearing loss learn to deal with; questions, isolation, and feeling somehow different. She is attending University of Central Oklahoma and is pursuing a degree in Crimminal Justice and a minor in Forensics. While at UCO Haleigh is also on the cheerleading squad and is active in campus life. She has overcome those feelings insecurity & embarrassment.

Peter Hardt is on track to graduate the University of Oklahoma after the Fall 2020 semester with a degree in Accounting and a minor in Political Science. While at OU Peter has been appointed to be the Director of the Department of Exterior for Oklahoma Student Government. Peter was the first child to have their hearing loss detected by the infant and new-born hearing screening in the State of Oklahoma. Throughout his life he has spoken to parents, been on panels, a summer camp counselor, and has been held up as an example of what a person with hearing loss can do. Peter is the son of Jan & Michael Hardt of Oklahoma City.

HLAA COC is offering scholarships of \$1,500 each for the upcoming school year. Application must be made by April 6, 2020. For more information visit the website, WWW. OKCHearingLoss.org.

The Hearing Loss Association of America Central Oklahoma Chapter is a 501(c)3 tax exempt organization. Out Chapter is run entirely by volunteer, there are no paid positions. [the HLAA hopes to open the world of communication to people who have a hearing loss by providing information, education, support and advocacy.

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# Finding the Silver Lining: As a Flight Nurse

by Vickie Jenkins, Staff Writer

You've have heard the expression, every cloud has a silver lining, which means that even the worst events or situations have some positive aspect. The expression certainly can be said of the flight nurses that provide emergency medical services to numerous patients every year.

One outstanding gentleman is Matt George, RN, CEN, and the Medi Flight Clinical Base Supervisor at Medi Flight 5. "Medi Flight has been around since 1980. We are based on the helipad on the rooftop of Stillwater Medical Center in Stillwater, OK," Matt said. "We leave from Stillwater and travel throughout central Oklahoma; largely around the Stillwater area, OKC, Tulsa and sometimes, Kansas. Our work also takes us to emergency

situations in rural areas where they might not have the right emergency equipment."

Matt attended Francis Tuttle for his LPN and Rose State college for his RN. It all began twenty-six years ago. "I always assumed that I would go into the medical field. I spent a lot of my time working in the emergency room, taking care of critically ill patients. My first job as a nurse was working in the medical surgical unit at Logan Medical Center in Guthrie, OK. I continued my education, becoming an RN. I realized I wanted to do more in the medical field and became interested in being a flight nurse," he commented. "That was ten years ago and I will continue to do what I love to do; helping to save



**Matt George, RN, CEN is the Medi Flight Clinical Base Supervisor at Medi Flight 5. With his positive attitude, no wonder he sees the silver lining to the numerous situations.**

lives," Matt added.

Matt explained the importance of a flight nurse. "On every flight, there are three of us; the pilot, a flight nurse and a paramedic. We work two twenty-four hour shifts and we always need to be ready to go! A typical day for me involves, making sure the medication count is correct, checking the medical equipment, talking with the pilot over issues of the day, looking over the aircraft and verifying that the helicopter is sound and ready for flight. We also need to pay close attention to the weather conditions; all three of us have our own little tasks to do but we all check the helicopter thoroughly. This is where teamwork is essential."

What qualities make a good flight nurse? "I think the qualities for a flight nurse are the same for any nurse; they need to really care for others, doing what they like and wanting to continue to learn. Of course, to be a flight nurse, you would need to enjoy flying. Let's face it, flying isn't for everyone. Personally, I love it!" Matt replied.

Matt feels like his best quality as a nurse is caring for his patients. "I have always been drawn to the critically ill patients and it makes me feel good knowing that I am helping them. It is also some of the most interesting situations that I have even seen plus I am able to test my skills. Most flight nurses are required to have at least three years of experience in critical care and a high volume of life support service. The training for a flight nurse is constant and ongoing, testing once a year, making sure we are up to par," he said. "I want to continue to learn and gain knowledge yet stay humble."

Did you have any mentors in school? "Not so much in school but there were several nurses that I worked with that seemed to shape me into the kind of nurse that I am; helping me get situated and organized. They gave me a desire to learn and better myself," Matt replied.

As far as Matt's personal life goes, he is married to his beautiful wife, Shelly, and will soon be celebrating their twenty eighth wedding anniversary. They have two children, Kylee, 24 and Leah, 9 years old. "I am so proud of both of them," he said with a smile. Their pet is an Alaskan Malamute. "His name is Sam," he added. Matt's hobbies include playing the guitar and singing. "I am an amateur guitar player and I sing a little, only at home and with my friends. Now, I did say amateur" he said with a laugh. "I also like going to the lake and boating. I do some home brewing too. With all of that, it keeps me pretty busy."

If you were going to sum up your life in one word, what would it be? Without a pause, Matt said, "Fortunate."

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**SBT** Honolulu is the only place in the United States that has a royal palace!

**SBT** One gallon of used motor

oil can ruin approximately one million gallons of fresh water!

**SBT** More money is spent on gardening than on any other hobby!

**SBT** In 32 years. there are about 1 billion seconds!

**SBT** Rice paper does not have any rice in it!

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



# Crawford Named Senior Associate Dean and Director of New College of Medicine Program

The University of Oklahoma College of Medicine announces family medicine physician Steven Crawford, M.D., as the Senior Associate Dean and director of the newly formed Office of Healthcare Innovation and Policy.

The Office of Healthcare Innovation and Policy was launched to harness resources within the college and across the academic healthcare enterprise to address the social determinants of health - the social factors that significantly impact health conditions among Oklahomans. Crawford has been serving as chair of the Department of Family and Preventive Medicine for 20 years and brings a background and dedication to helping people achieve better health in their own communities. "As part of an academic health center, a significant part of our mission at the OU College of Medicine is to create partnerships with communities across the state, whether rural or urban, to help people get the resources they need to improve health," said John Zubialde, M.D., Executive Dean of the OU College of Medicine. "Approximately 75% of

the care we provide is for people with chronic illness. Once they leave the doctor's office or hospital, they must manage their conditions, such as diabetes and cardiovascular disease, in their home and community settings. We want to work with communities and health systems to find innovative solutions to support those patients."

Crawford will begin his role with the Office of Healthcare Innovation and Policy by taking an inventory of the numerous resources across campus and coalescing them in a strategic fashion. Crawford has extensive experience with many such projects, including Healthy Hearts for Oklahoma, begun in 2015 with a \$15 million federal grant from the Agency for Healthcare Research and Quality. OU's healthcare providers worked with approximately 300 small primary care clinics across Oklahoma to incorporate and standardize four guidelines known to decrease the risk of cardiovascular disease: low-dose aspirin in high-risk patients; controlling blood pressure; cholesterol evaluation; and smoking cessation assistance. OU provided the expertise to help clinics establish

guidelines into the regular flow of their practices and the technology to measure outcomes. Crawford also brings a background in advocacy for healthcare innovation at the state Capitol, as well as policymaking with the Oklahoma Health Care Authority, which administers the state's Medicaid program. He works closely with the Oklahoma State Department of Health, both the Oklahoma and American Academy of Family Physicians, and the Oklahoma Hospital Association, among others. He is also a leader for the College of Medicine's program to prevent opioid crisis, and he directs a workforce grant to recruit and retain more health professions students from diverse and underserved populations.

"I am grateful to be named to this role and to lead our Office of Healthcare Innovation and Policy," Crawford said. "I believe this type of effort, involving the expertise of people across our campus and state, will improve Oklahoma's health outcomes and the quality of life for people across our state. The medical care we deliver is important, but equally so are the resources for our patients in the

communities where they live."

The work of the Office of Healthcare Innovation and Policy also dovetails with that of the OU Hudson College of Public Health, whose focus is the science of protecting and improving the health of people in their communities. The Hudson College of Public Health has strong partnerships across the state and beyond to develop strategies toward improving the health of an entire population, rather than treating acute illnesses as they arise. Social determinants of health range from safe housing and local food markets to educational and job opportunities to socioeconomic conditions, and much more.

"The future of our healthcare system - and the health of our population - requires that the disciplines of public health work together with clinical medicine in a coordinated way," said Gary E. Raskob, Ph.D., Dean of the Hudson College of Public Health. "The medical care a person receives is crucial and lifesaving, but about 40% of our total

Continued next page

## CROSSWORD CORNER

**Across**

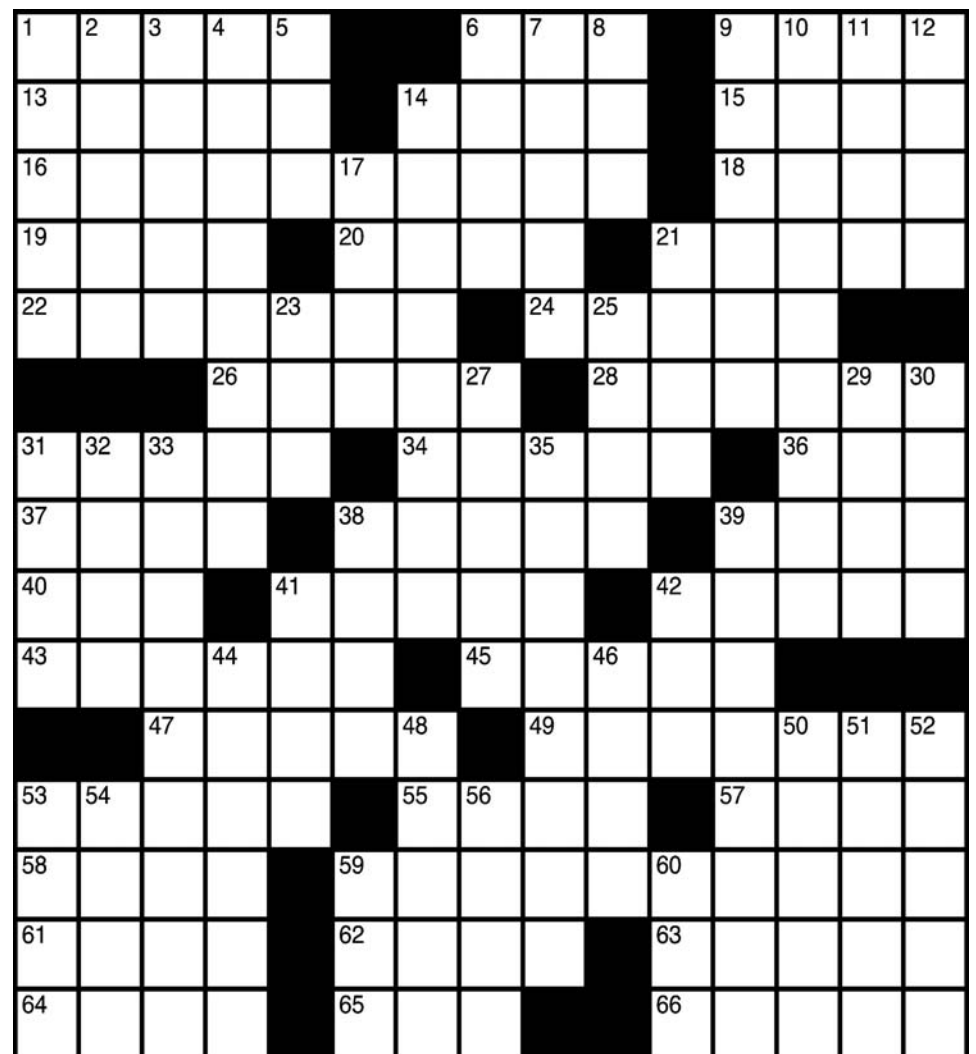
- 1 Welcomed at the door
- 6 "Shame on you!"
- 9 German trick-taking card game
- 13 St. Teresa's town
- 14 Use as a source
- 15 Egg on
- 16 Shade lighter than jade
- 18 Reckless act instigator
- 19 Witty Bombeck
- 20 Euros replaced them
- 21 Buffoons
- 22 Target Field, e.g.
- 24 Nowhere near cool
- 26 N.L. mascot whose head is a large baseball
- 28 Cracks up
- 31 Finnish telecommunications company
- 34 Lindsay of "Freaky Friday" (2003)
- 36 Bud's partner
- 37 Exclude from the list
- 38 Shrewd ... and a phonetic hint to this puzzle's four longest answers
- 39 Creatures of habit?
- 40 Like Mars, visually
- 41 Storybook elephant
- 42 Sneaks a look
- 43 Points of view
- 45 Sleeping giant

**Down**

- 1 Sushi bar brews
- 2 Prevent
- 3 Bedrock wife
- 4 Words starting a confession
- 5 Lawmaker's rejection
- 6 22-Across level
- 7 Energetic mount
- 8 He's a doll
- 9 Numbers game
- 10 Super-strong adhesive brand
- 11 Soil-related prefix
- 12 Pro shop bagful
- 14 Forensics facility
- 17 Feeling blue
- 21 Cereal component

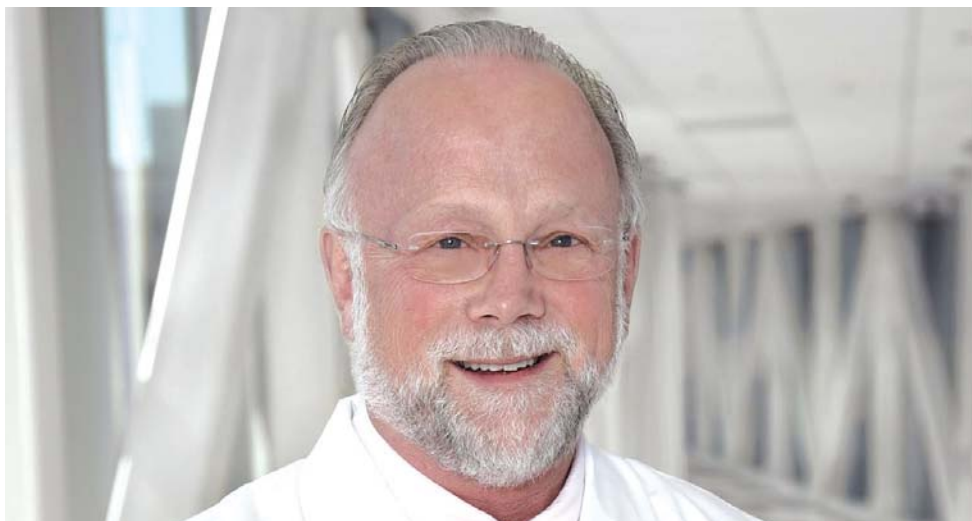
**Across**

- 23 Nest egg letters
- 25 Big name in facial scrubs
- 27 Forum robes
- 29 Traffic alert
- 30 Puzzle (out)
- 31 Screenwriter Ephron
- 32 It may be a bad sign
- 33 Extreme care
- 35 "Fasten your seatbelts"
- 38 Violin protector
- 39 "Swell suggestion!"
- 41 Calisthenics movement
- 42 After-school org.
- 44 Shrubs with lavender blooms
- 46 Perlman of "Cheers"
- 48 Colander cousin
- 50 Change, as a motion
- 51 Old Testament food
- 52 Illustrator's close-up
- 53 Easy-peasy task
- 54 Picnic soft drink
- 56 Neighbor of Nor.
- 59 \_\_\_ Kan pet foods
- 60 Tach reading



Answers on page 26





**Family medicine physician Steven Crawford, M.D.**

health outcome is shaped by the 'upstream' factors before an individual sees a physician, such as their social circumstances and lifestyle choices."

As a locally owned, nonprofit healthcare system, OU Medicine is invested in creating a healthier future for the state and, as a teaching campus, it is training future health professionals to advocate for their patients beyond the hospital or clinic. Crawford is the ideal person to lead the mission of the Office of Healthcare Innovation and Policy, said Chuck Spicer, President and CEO of OU Medicine.

"I have witnessed Dr. Crawford's care and compassion for his patients, both as my personal physician

and a close friend," Spicer said. "He understands that the care we provide shouldn't end after a doctor's appointment or a hospital discharge. Instead, our patients should return home to find innovative support developed through a relationship between OU Medicine and the community.

"As a comprehensive academic health center, we keep the patient at the center of everything we do," Spicer added. "We are dedicated to addressing healthcare innovation and the social determinants of health from a physician-driven and research-driven perspective. That makes us unique in the state of Oklahoma and is a mission that we are excited to grow."

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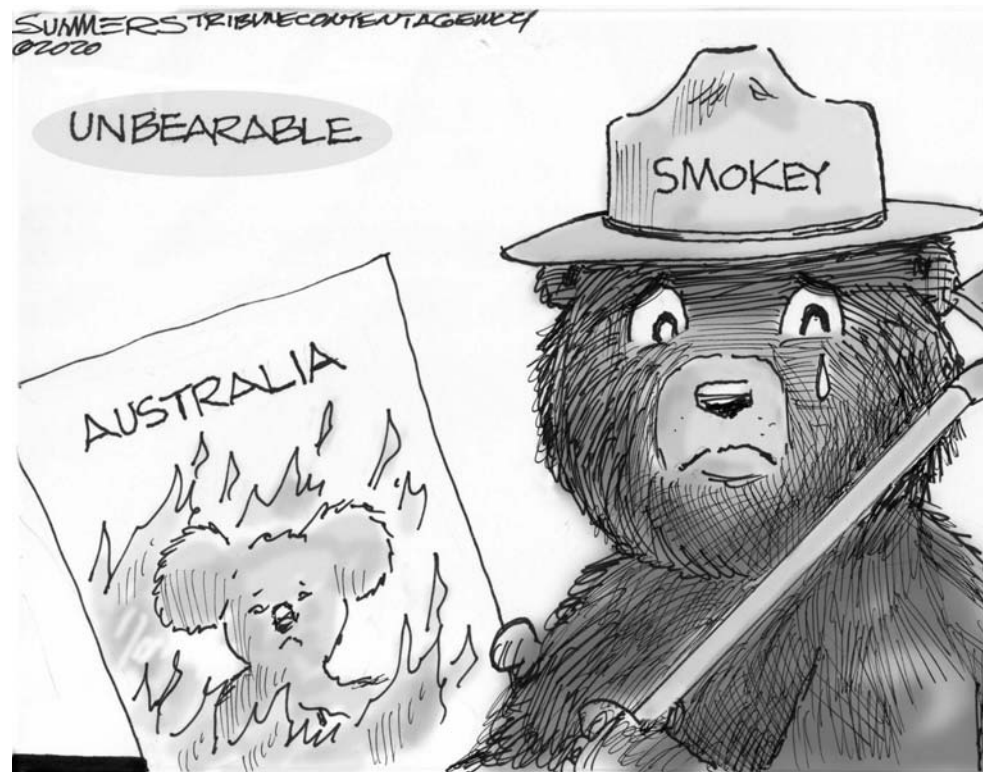
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<b>March 17, 18 &amp; 19</b>	<b>Argentum Public Policy/Fly In</b>	<b>Washington DC</b>
<b>April 21, 22 &amp; 23</b>	<b>Annual Spring Convention</b>	<b>RiverSpirit - Tulsa</b>
<b>May 7</b>	<b>State Survey Prep</b>	<b>OKALA Office</b>
<b>May 18 - 20</b>	<b>Argentum Sr. Living Ex. Conf.</b>	<b>Tampa, FL</b>
<b>July 16</b>	<b>Boot Camp on OK Regs</b>	<b>Tulsa</b>
<b>July 30, 31, Aug 26 - 28</b>	<b>RCAL Admin Cert Class 2</b>	<b>OKALA Office</b>
<b>September 15</b>	<b>Statewide BINGO Day</b>	<b>Statewide</b>
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<b>October 8</b>	<b>State Survey Prep</b>	<b>Tulsa</b>
<b>Nov 5, 6 &amp; Dec 2, 3 &amp; 4</b>	<b>RCAL Admin Cert Class 3</b>	<b>OKALA Office</b>
<b>November 10</b>	<b>AL CEU Seminar</b>	<b>Moore-Norman Vo-Tech</b>
<b>December 10</b>	<b>Holiday Open House</b>	<b>OKALA Office</b>

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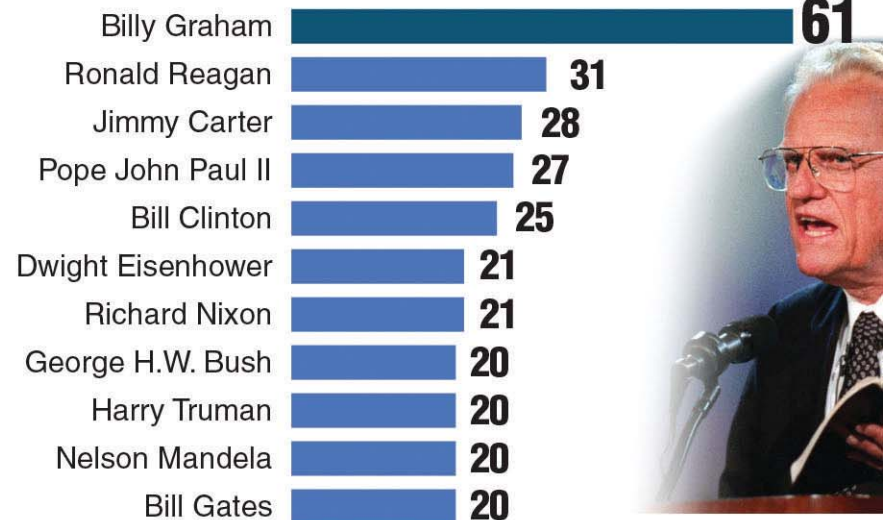

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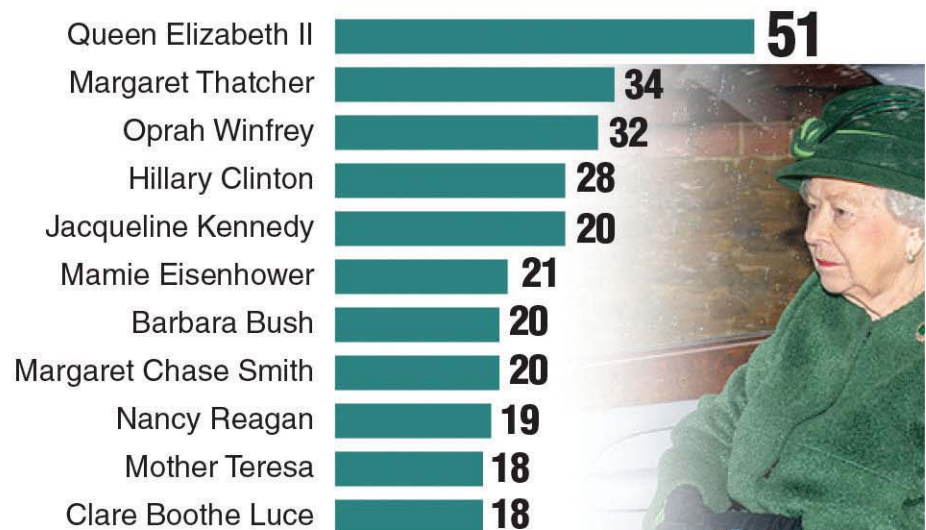
## Graham, Elizabeth 'Most Admired'

Queen Elizabeth finished in the top 10 for the 51st time, more than any other woman. Oprah Winfrey (32 times) and Hillary Clinton (28) have also made regular appearances in the top 10. The Rev. Billy Graham has the most top 10 finishes for either gender: a total of 61 before his death last year.

**Most appearances in Gallup's Top 10 Most Admired list: 1948-2019**



## Most admired woman



Source: Gallup  
Graphic: Staff, TNS

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# Greg Schwem: At the world's largest Starbucks, it's the wait that's 'epic'

by Greg Schwem

I am sitting on a wooden chair about the height of one used by a second grader because, after more than 30 minutes of standing and waiting, it was the only seat available.

I am drinking coffee at 10:30 a.m., but not because I am particularly in the mood for caffeine, or any beverage for that matter. I felt guilty talking a seat without making a purchase. Many seat-fillers around me don't seem to share my guilt.

I am listening to the establishment's playlist featuring not a single track I recognize. My music identification app tells me the song currently playing is "Chrysalis" by Empire of the Sun. Neither the song nor band title seem appropriate for my surroundings.

I am encircled by individuals whose phones are recording every moment of waiting in line, followed by every monetary transaction, followed by every moment of searching for an open seat.

I am at the world's largest Starbucks, located on Chicago's famed Michigan Avenue, just two blocks north of a Starbucks and two blocks south of another Starbucks. Keep that in mind, Starbucks customers, if all you are seeking is your daily dose of java or chai. Actually, the Starbucks in the middle might not even serve your favorite; the menu is, uh, different here. "Cardamom Long Black for Katherine is ready! Katherine? Katherine?"

But if you're in Chicago, have already visited the world's tallest building and the largest indoor aquarium, and now you want to experience the world's largest place to wait in a sea of humanity, straining to hear your name called so you can, in my case, pick up a \$7 latte (that drink is still on the menu) and then hope it's not the victim of an errant elbow as you wade back through the line in search of a seat, then this Starbucks is for you.

As I write this column, taking advantage of the free Wi-Fi, other sore-footed patrons are eyeing me so enviously that I'm considering photographing my chair and posting the image in the "For Rent" section of Craigslist.

"World's Largest Starbucks" is the more common name for this coffee behemoth, officially known as Starbucks Reserve Roastery Chicago, and featuring a lengthy slogan slapped on billboards scattered throughout the city: "The experience. The spectacle. The craft. The coffee. In a word, it's epic."

"Epic" might not be the first word I would use to describe the 35,000-square-foot establishment, formerly home to Crate & Barrel, purveyors of contemporary furniture and housewares. Now, instead of craving a mocha-colored couch, customers seek mocha-flavored drinks. When they aren't posing for selfies and posting Instagram stories.

No, the word I would use is, "wait," as in, "Wait in that epic line."

Seriously, I've seen shorter lines at Disney World. My kids never braved lines like this to cavort with Santa. Lines at airports to rebook flights cancelled by January blizzards seem tame by comparison. And, yet, nobody, sans me, seemed to mind waiting for Pizza al Taglio, chilled tiramisu or nitrogen gelato.

"Now we've been to the world's largest Starbucks and the first one, in Seattle," said Belinda Schmidt, 72, of San Antonio. Schmidt and her husband Ron were in town for their granddaughter's middle school music concert at McCormick Place. Ron waited 20 minutes for



Greg Schwem is a corporate stand-up comedian and author.

two lattes, a cinnamon roll and a bottle of water while Belinda found two adjoining seats next to me.

"We met a nice family behind us," Belinda continued. "They used to live in Seattle but wanted to come here because they hadn't been to a roastery."

Me neither. Well, maybe I have. In Paris. Or Vegas. Right now, I need to use the restroom but am afraid to leave my seat. Belinda graciously offered to watch my valuables while I went in search of relief.

I will eventually return to Starbucks Reserve Roastery Chicago. The clamor, and the lines, have to dissipate at some point, right?

Or maybe I'll just be that lonely-looking guy at one of the nearby Starbucks. At least I know there will be a seat waiting for me.

(Greg Schwem is a corporate stand-up comedian and author of two books: "Text Me If You're Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad" and the recently released "The Road To Success Goes Through the Salad Bar: A Pile of BS From a Corporate Comedian," available at Amazon.com. Visit Greg on the web at [www.gregschwem.com](http://www.gregschwem.com).)

*You've enjoyed reading, and laughing at, Greg Schwem's monthly humor columns in Senior Living News. But did you know Greg is also a nationally touring stand-up comedian? And he loves to make audiences laugh about the joys, and frustrations, of growing older. Watch the clip and, if you'd like Greg to perform at your senior center or senior event, contact him through his website at [www.gregschwem.com](http://www.gregschwem.com)*

## STRANGE BUT TRUE SO THEY SAY...

**SBT** Of all the words in the English language, the word set has the most definitions!

**SBT** A toothpick is the object

most often choked on by Americans!

**SBT** Every 45 seconds, a house catches on fire in the United States!

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

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# Salvation Army Red Shield Kitchen Recognized



The National Indian Council on Aging (NICOA) Senior Community Services Employment Program (SCSEP) partners with The Salvation Army Red Shield Kitchen to train program participants as cooks and kitchen assistants. During the process, participants learn the state guidelines for properly handling food, how to properly clean and sanitize, as well as train for food handlers license. The training prepares participants to become employable based on their training. It's a win win!

**THE RED SHIELD KITCHEN - A Servant's Heart**

There is a sign hanging in the dining area of The Salvation Army Red Shield, it reads "I serve out of gratitude and thanksgiving for what God has done for me. I serve not to receive status, awards, attention, or even appreciation from man. I serve with a heart of compassion and love without discrimination. I serve so that I may give away the blessing which I have already received in Christ Jesus. I serve in a way that I may become transparent, allowing Christ to be seen in all that I say, all that I think, and all that I do". This truly represents the staff at The Red Shield Kitchen. Keri Griffin, Kitchen Manager was overjoyed, she stated "NICOA means the world to me because I have trained and hired 15 people." Keri indicates she loves the work the participants do and that they put forth their best efforts as well as given a chance they teach her new things along the way. This makes Keri happy to know she had a little something to do with motivating and inspiring others that bring out the best in her. Each participant just needed a chance, a skill, and to believe in themselves to find something that they truly love to do.

The NICOA SCSEP staff and staff participants each gave one word to describe November 16, 2019, the day of giving back and saying thank you. The words were Amazing, Engaging, Gratifying, Rewarding, and Hope! The most memorable moment was witnessing a family reunited in the dining room. The most notable moment everyone appeared to be similar in many aspects. We have the same hopes, dreams, goals, needs and challenges.



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Toll Free: 1.866.631.8711

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# Social Security Launches New Campaign to Fight Scammers

The Social Security Administration launched a new Public Service Announcement (PSA) campaign to continue warning people about the ongoing nationwide telephone impersonation scheme. The PSAs feature a message from Social Security Commissioner Andrew Saul. Social Security and its Office of the Inspector General (OIG) continue to receive reports about fraudulent phone calls from people falsely claiming to be Social Security employees. The scammers mislead victims into making cash or gift card payments for help with purported identity theft, or to avoid arrest for bogus Social Security number problems.

"I want every American to know that if a suspicious caller states there is a problem with their Social Security number or account, they should hang up and never give the caller money or personal information. People should then go online to [oig.ssa.gov](http://oig.ssa.gov) to report the scam call to Social Security," said Commissioner Saul.

People should also be on the lookout for a new version of this scam. Fraudsters are now emailing fake documents in attempts to get people to comply with their demands. Victims have received emails with attached letters and reports that appear to be from Social Security or the OIG. The letters may use official letterhead and government jargon to convince victims they are legitimate; they may also contain misspellings and grammar mistakes.



## DispatchHealth Travels So The Flu Doesn't

If you suspect you have flu symptoms, you can call **1.866.FLU.CREW** to have a team of medical professionals sent to your home for diagnosis and treatment.

### Who's At Risk?



DispatchHealth is able to provide high-quality care for complex injuries and illnesses, including the flu. Last year alone, DispatchHealth treated thousands of flu cases, with nearly one-fourth of all visits being flu-related during the 2018 - 2019 season.

### DispatchHealth Also Treats:

- + Dizziness / vertigo
- + Strains or sprains
- + Minor fractures
- + Nosebleed
- + Facial injuries
- + IV placement
- + IV fluids
- + Splinting
- + Stitches
- + Falls
- + Nausea
- + Dehydration
- + Asthma / COPD
- + And much more**

DispatchHealth can treat nearly everything an emergency room can.



### Request Care:

Phone: 1.866.FLU.CREW (1.866.358.2739)

Website: [DispatchHealth.com/flucrew](http://DispatchHealth.com/flucrew) | Available 7 Days A Week

DispatchHealth accepts most insurance, including Medicare and Medicaid.





**FREE IN-HOME ASSESSMENT**

- ✓ 24 Hour Live-Ins or Hourly Available
- ✓ Certified Home Health Aides & Companions
- ✓ Bathing, Dressing & Hygiene Assistance
- ✓ Meal & Snack Preparation
- ✓ Light Housekeeping & Laundry
- ✓ Services Provided up to 24 Hours Per Day



## Stay Home, Stay Well!

CALL US 24 Hours | 405.769.2551 | 877.744.2551

"Family owned, operated & serving Central Oklahoma since 1993"

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





# CALENDAR OF EVENTS

To Be Added To The Calendar, Email Senior News and Living at [advertising@seniornewsandliving.com](mailto:advertising@seniornewsandliving.com)

## FEBRUARY

### FREE LINE DANCE LESSONS

Weekly on Wednesdays  
8PM-9PM. All ages and dance  
levels welcome. 401 South  
Meridian Ave. OKC-The Biltmore

### Mid Day Dance

WEEKLY on Tuesdays \$5.00 and  
Thursdays \$6.00 Lessons  
12:30PM-1:30PM. Dance  
2PM-4PM. Live Band -  
All ages welcome.  
4361 NW 50th, Suite 400  
Oklahoma City, OK 73112 for  
more info: 405-943-1950

**"Renewing the American Spirit"  
at the Oklahoma City Museum of  
Art.** When: Mondays-Sundays, 10  
a.m.-5 p.m. Continues through April  
26, 2020. Phone: (405)236-3100  
Email: [info@okcmao.com](mailto:info@okcmao.com)  
[www.okcmao.com/visit/events/  
renewing-american-spirit](http://www.okcmao.com/visit/events/renewing-american-spirit)

Renewing the American Spirit: The  
Art of the Great Depression explores  
the physical and social landscape  
of the United States during the  
Great Depression through paintings,  
prints, photographs, and other  
media. The original exhibition  
includes a selection of works from  
the Museum's excellent collection  
of WPA art, a recently acquired  
monumental mural by Gardner Hale,  
which has not been exhibited  
publicly since the First President's  
bicentennial exhibition in 1932,  
and several loans from regional  
institutions. Oklahoma City  
Museum of Art. 415 Couch Drive  
405-236-3100. [okcmao.com](http://okcmao.com)

### REINSTALLATION OF THE PERMANENT COLLECTION

When: Ongoing, 10 a.m.-5 p.m.  
Phone: 405-325-3272  
Email: [museuminfo@ou.edu](mailto:museuminfo@ou.edu)  
Price: Free. For the first time in a  
decade, the museum will undertake  
a major reinstallation on the first  
and second floors of the Stuart  
and Lester wings, featuring works  
of art displayed for the first  
time in museum history. The  
reinstallation of the permanent  
collection presents a global survey  
of art from the ancient Americas,  
China, North and West Africa, Papua  
New Guinea, as well as modern  
Europe and North America. Step  
inside the Fred Jones Jr. Museum  
of Art this fall to experience art  
from the beginning. Fred Jones Jr.  
Museum of Art  
555 Elm Ave. Norman  
405-325-3272 | [ou.edu/fjjma](http://ou.edu/fjjma)

## FEBRUARY 4

### OU Medicine Integrated Pain Management Seminar

It is estimated that one in three  
people experience chronic pain.  
Whether you experience chronic  
pain or support someone who does,  
this seminar will provide practical  
knowledge essential in the journey  
to improved pain management at  
no cost to you. What will you learn?

- **Gain understanding of chronic  
pain syndrome**
- **How Cognitive Behavioral  
Therapy and Mindfulness can  
support & enhance pain control**
- **Practical application of the  
Pain Scale**

**February 4, 2020 6:00 - 8:00 pm**  
**OU Medical Center Edmond  
Medical Office Building, Suite 201  
1 South Bryant, Edmond**

To register, please contact OU  
Medicine Psychiatry and Behavioral  
Sciences at: (405) 271-8000 ext.  
47663. Seating is limited.

## FEBRUARY 7-9

### Braum's An Affair of the Heart

When: Fri., Feb. 7, 9 am-6 pm,  
Sat., Feb. 8, 9 am-6 pm and  
Sun., Feb. 9, 11 am-5 pm  
Phone: (405) 632-2652  
Email: [shows@aaoth.com](mailto:shows@aaoth.com)  
Price: \$10; kids 12 & under are free  
Show's 35-year anniversary in OKC,  
featuring approximately 800 booths  
of handmade, boutiques and  
gourmet food items including  
everything from jewelry and  
up-cycled furniture to clothing,  
home décor, handcrafted lotions  
and soaps and much more.  
Complete details, including how to  
get a free ticket with your Braum's  
Fresh Market receipts, can be found  
at [www.aaoth.com](http://www.aaoth.com).  
Oklahoma State Fair Park  
3220 Great Plains Walk OKC  
405-948-6700. [okstatefair.com](http://okstatefair.com)

## FEBRUARY 10

**Volunteer Kickoff Party**  
**February 10, 2020 5:30 - 7:30 pm**  
**Alzheimer's Association**  
**6601 Broadway Ext., Ste. 120**  
**OKC 73116**

Join us for our Volunteer Kickoff  
Party to learn how YOU can get  
involved with the Walk To End  
Alzheimer's Planning Committee.  
There are lots of ways to use  
your interests and skills to advance  
the cause - and have fun doing  
it! We need YOU in the fight for  
the first survivor. RSVP to Jessica  
Daniels, OKC Walk Manager at  
405-279-9068 or [jndaniels@alz.org](mailto:jndaniels@alz.org)

## FEBRUARY 18

**Be Sweet to Your Heart**  
**Tuesday, Feb 18 5:30 - 7:30 p.m.**

### Healthy Heart Fair

**5:30 p.m. - 6:30 p.m.**

**Expert Panel & Cooking Demonstration**  
**6:30 p.m. - 7:30 p.m.**

Norman Regional Lab Locations:  
Doctor's Park Building  
500 E Robinson St. Ste 1600. Norman  
Outpatient Diagnostic Services  
901 N Porter, Norman  
West Norman Professional Building  
3400 W. Tecumseh, Norman  
HealthPlex Hos. Outpatient Services  
3300 HealthPlex Pkwy, Norman  
Norman Regional Moore  
700 S. Telephone Rd., Moore  
Women's Healthcare Plaza  
3400 R.C. Luttrell Dr., Norman

Registration is not required. For  
questions, please call 405.307.7787.  
You can learn about heart disease,  
prevention and nutrition from our  
experts. You can also be screened  
for your risk of experiencing a  
heart attack. Light refreshments  
will be served. Activities include:  
Free blood test, blood pressure  
screenings and risk assessments.  
Information booths on heart health  
and wellness o Cooking  
demonstration with Dr. Kyle Toal and  
Chef Benjamin Robinett Norman  
Regional is offering everyone who  
attends the Health Heart Event a  
free lipid profile and A1C blood test.  
The blood test must be completed  
by Sat, Feb 15th in order to  
have the results in time for the  
event. **Bloodwork will not be drawn  
at the event. Simply take this  
ad into any Norman Regional  
affiliated laboratory during its  
normal business hours. Fasting a  
minimum of 12 hours is suggested to  
have an accurate result. Plain Water  
is allowed to avoid dehydration.**

## FEBRUARY 22 & 23

### Friends of the Metropolitan Library BOOKSALE 2020

When: Sat., Feb. 22, 9am-5:30pm  
and Sun., Feb. 23, 9am-5:30pm  
[Friends@metrolibrary.org](mailto:Friends@metrolibrary.org)  
Price: Free Admission  
[www.supportmls.org/fol/booksale](http://www.supportmls.org/fol/booksale)  
Books! Lots and lots of books!!  
In our General Area all hardbound  
books will be \$1.00 each; all  
paperbacks and soft cover books  
will be \$0.50 each. In our Better  
Books area all books will be  
individually priced, most under  
\$5.00. There will also be a large  
selection of music, DVDs and audio  
books for sale! Oklahoma State  
Fairgrounds; Oklahoma Expo Hall  
3213 Wichita Walk. OKC  
405-948-6700. [okstatefair.com](http://okstatefair.com)

## FEBRUARY 25

**Free! Lunch & Learn**  
**Depression:**

**Recognize the symptoms and  
learn coping strategies.**

**Presented by Dr. Tracy S. Loper,  
MD with OU Medicine**

**Tuesday, Feb 25th 11:30-1pm**

RSVP to 405-546-2385 by  
February 23rd. Limited seating  
available. Lunch will be served.  
Tealridge Retirement Community  
2100 NE 104th St. Edmond 73013.  
[www.tealridge.com](http://www.tealridge.com)

## FEBRUARY 29

### Envision Success for Veterans Health and Wellness Fair

Veterans Resources  
1151 East Main St. Norman, OK  
Sat. February 29, 2020 | 9am-2pm  
Vendor Space Available - Call Kathie  
at 405-701-2015

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

Call early, space is  
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seniornewsandliving.com](mailto:advertising@seniornewsandliving.com)  
for more  
information and to  
be included!



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**FOR SALE**



**Like New - \$200 Large heavy duty wheelchair with feet.** Frame is metal. Seat is brown heavy vinyl. Used by non-smoke and pet free. Seat 18" w X 15 1/2" d. Seat back 18" tall. Removable feet 6 1/2" d X 6" w. Floor to seat 18" Wheels 24" tall. Floor to padded arms 20" tall. Call Lisa (405) 413-8671

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**(405) 657-6117**

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*We could not let Valentine's Day pass by without thanking you for being such a great customer. We appreciate you and your business. -Your friends at Senior News & Living*

**FOR SALE**

**FOR SALE BOSTON POP ALBUM, BRAND NEW UNOPEN.** WE HAVE 11 DIFFERENT VOLUME. \$750.00 EACH. CALL 580-450-2014

**SERVICE**

**I Pay Cash For Diabetic Test Strips!!!** Must be Unopened Sealed in the box and unexpired extra boxes that are rightfully yours. Call or Text (405) 655-8875

**Assisted Living in Goldsby.** Chickasaw Citizens; utilities includes, meals, non smoking, references available, starting at \$1,500.00 a month based on needs. (405) 217-2920.

**Want Better Sleep?** Less Pain - Less Stress Healthier lifestyle - Healthy pets. Try Natural Hemp Products. 60 day money back guarantee. NO RX REQUIRED. www.Hempherbals.com/kenr Ken Rother 405-473-9550

**CLASSIFIED MARKETPLACE CLASSIFIED LINER ADS PRICE PER 25 WORDS**  
1 Month.....\$22.00  
3 Months.....\$54.00  
6 Months.....\$84.00

**ADD A PHOTO, ONLY \$5.00 MORE!**

Deadline is the 24th of each month. Mail-in form with check must be postmarked by the 24th and received by the 27th of each month. Classified Liner ads are prepaid only. ALL LISTINGS AND ADS ARE IN PRINT & EPUB. All prices are subject to change without notice at any time. Please call 405-631-5100 ext. 3 or email advertising@seniornewsandliving.com to submit ad copy & payments. www.SeniorNewsandLiving.com

## SENIOR NEWS & LIVING AD FORM

Category (Exp: For Sale, Help Wanted): \_\_\_\_\_ Date(s) to Run: \_\_\_\_\_

**CLASSIFIED LINER ADS (PRICE PER 25 WORDS)**

- 1 Month.....\$22.00
- 3 Months.....\$54.00
- 6 Months.....\$84.00
- ADD A PHOTO, ONLY \$5.00 MORE!

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_  
STREET ADDRESS \_\_\_\_\_ APT. \_\_\_\_\_ CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_ E-MAIL/PHONE \_\_\_\_\_

**PAYMENT INFO.** Check # \_\_\_\_\_ and Amount Enclosed \_\_\_\_\_  
 VISA  Master Card  
 American Express CARD NUMBER \_\_\_\_\_ EXP. DATE \_\_\_\_\_ CVV # \_\_\_\_\_ ZIP CODE \_\_\_\_\_

To place a Classified Marketplace listing, complete this mail-in form with check must be postmarked by the 24th & received by the 27th of each month. Mail to: Senior News and Living P.O. BOX 239. MUSTANG, OK 73064. Questions? Call 405-631-5100 x 3 or email advertising@seniornewsandliving.com

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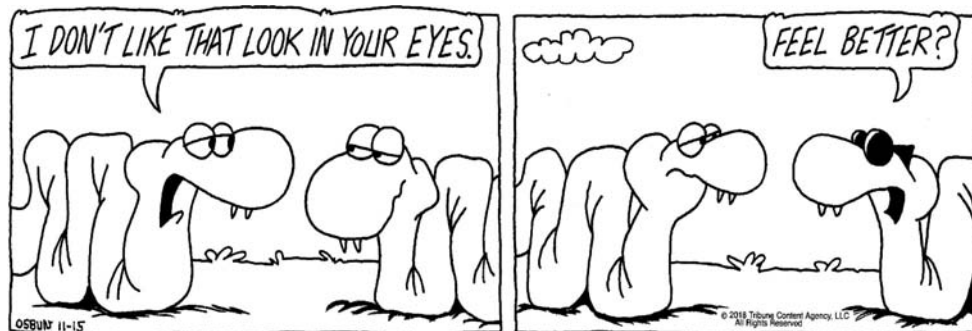
### Broom Hilda

By Russell Myers



### Animal Crackers

By Fred Wagner



### Gasoline Alley

By Jim Scancarelli



## Boggle BrainBusters!

INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

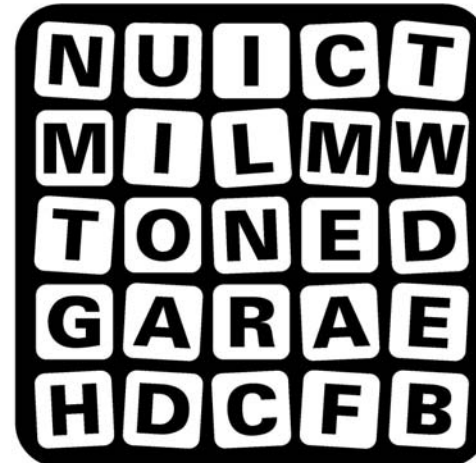
**BOGGLE POINT SCALE**

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

**YOUR BOGGLE RATING**

- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

By David L. Hoyt and Jeff Knurek



### Boggle BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them? Find AT LEAST 11 FOUR-LETTER ANIMALS in the grid of letters.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Answers to Last Sunday's Boggle BrainBusters:  
COD BASS TUNA SHARK TROUT SALMON MARLIN HALIBUT

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## STRANGE BUT TRUE

SO THEY SAY...

**SBT** The average person laughs 13 times a day!

**SBT** Dogs can hear sounds that you cant!

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

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

## STRANGE BUT TRUE

SO THEY SAY...

**SBT** Strange Fears: *Cacophobia* - Fear of ugliness

**SBT** Strange Fears: *Catagelophobia* - Fear of being ridiculed

**SBT** Strange Fears: *Catoptrophobia* - Fear of mirrors

**SBT** Strange Fears: *Chionophobia* - Fear of snow

**SBT** Strange Fears: *Chromophobia* - Fear of colors

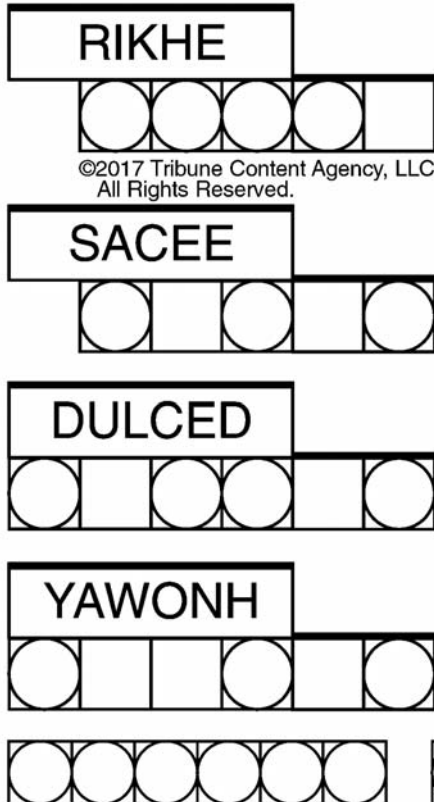
**SBT** Strange Fears: *Coulrophobia* - Fear of clowns



## JUMBLE

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

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



AFTER A LONG DAY OF CASTING SINISTER SPELLS, THE EVIL WITCH HAD A ---

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

(Answers next month)

December Answers | Jumbles: SALAD TWIRL POLISH SQUARE  
Answer: The owner of the failed laundromat was — WASHED UP



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- Troy R.

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