

A Place to Call Home



With the help of her son, Pearlline Childress found a place to call home at Tealridge Retirement Community.

story and photo by Bobby Anderson, Staff Writer

When Pearlline Childress' family circle in her lifelong hometown of Coweta started growing smaller and smaller, she knew she needed to make a change.

Her son, Dave, knew it was a decision she couldn't make alone.

"I would see mom on average once a month and my sister would see her maybe once a week," said Dave, an Edmond native who travels extensively for business. "Since her sister passed away her social interaction just wasn't very much."

Both children poured over brochures and facilities and options.

During the process, Tealridge Retirement Coordinator Kristen Moss urged the entire Childress family to come

up for lunch one Saturday.

"It helps when they can come enjoy the community for a couple events before they move in," Moss said. "We spent pretty much all afternoon on that Saturday sitting and talking with residents. I think we try to incorporate more of the activity of living here before they even move to give them a glimpse and give them that trial."

The afternoon was one to remember.

"The staff, I just fell in love with these guys from the jump," he said. "But it's the residents that really make it."

The decision to move to Tealridge meant Pearlline Childress would leave behind 72 years of life in Coweta - a place where she had taught school and raised

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Pat Priest's Munster Memories



Cast of The Munsters. Fred Gwynne, Yvonne De Carlo, Butch Patrick, Al Lewis and Pat Priest - READ FULL STORY ON PAGE 8.

MCHS Memorializes Students



Story and photos by Darl DeVault

As Vietnam Veterans Recognition Day approaches March 29, Midwest City High School's Vietnam Memorial Wall of Honor and Bomber Plaza is an iconic example of America's devotion to the memory of its courageous students who died there.

The memorial features two large black granite walls resting on two-foot bases honoring 22 soldiers from Midwest City who were killed in action during the Vietnam War. Some 50 years after the conflict, it is unique in the United States. Each soldier's photo and biographical information is

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TEALRIDGE

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her children.

Moving would mean separation from all she had known.

But little did she know, moving would also prepare her heart for more people to move in.

"Everybody is just so nice and friendly," Pearline said. "It's really impressed me."

Now just eight miles down the road, Dave Childress comes up most mornings to have coffee with his mom.

During the process, Childress told his wife that his biggest wish was to show up one day and his mother would be sitting out front surrounded by friends.

"I thought if we could ever get there that would make my heart happy," he said. "I think it was middle of last week I popped up here and I walked in and she was out there with the ladies."

"It made me feel really good."

Elaine Rowton knows that feeling well.

Rowton spent 35 years as office manager for an Edmond pediatric dentist before moving to Tealridge.

She lived on the other side of

Oklahoma Christian for 40 years before her and her late husband finalized plans for their next move. He passed last year but Rowton never wavered on her decision to come to Tealridge.

"Everything just clicked, clicked, clicked like it was a God thing," said Rowton, who has lived at Tealridge for three months after following her neighbor of 25 years to the residence. "We looked at other facilities but this was my choice. I like that I have lots of neat friends."

Daily housekeeping, laundry and trash service, three meals a day and welcoming staff all come together to make Rowton feel at home.

"I feel secure here. The place has a really special, comforting atmosphere to it," she said.

Macular degeneration started working on Ruby White's eyesight a few years ago. Her sister convinced her to move to Washington to come live with her but she didn't feel right once she got there so she moved back to Oklahoma.

The 45-year nurse used an online search company and her telephone to find a home.

"I think I drove these people



Ruby White (left) and Elaine Rowton have found a community of friends at Tealridge Retirement Community.

totally crazy," she said. "I talked to every one of them because I didn't know really what to expect. I chose this because they were so helpful. They helped me decide I could be

OK here. I wasn't sure of that."

And in a short period of time at Tealridge, all three ladies know everything is going to be just fine.



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OPINION

S THE SAVVY SENIOR

Dear Almost,

All adults - especially seniors - should have at least four essential legal documents to protect yourself and your family. These documents will make sure your wishes regarding your estate are legal and clear and will help minimize any conflicts and confusion with your family and your health care providers if you become seriously ill or when you die. Here are the key documents you need, along with some tips to help you create them.

Will: This document lets you spell out your wishes of how you'd like your property and assets distributed after you die, whether it's to family, friends or a charity. It also allows you to designate an executor to ensure your wishes are carried out and allows you to name guardians if you have dependent children.

Dear Savvy Senior,

What kinds of legal documents do I need to prepare to help my family after I'm gone? I would like to get my affairs in order but could use some help.

Almost 75

In addition to a will, if you own real estate or have considerable assets, another option you may want to consider is a "revocable living trust." This functions like a will but allows your estate to avoid the time and expense of probate (the public legal process that examines your estate after you die) and helps ensure your estate's privacy.

Durable Power of Attorney: This allows you to designate someone you trust to handle your financial matters if you become incapacitated.

Advanced Health Care Directive: This includes two documents that spell out your wishes regarding your end-of-life medical treatment. The two documents are a "living will" which tells your doctor what kind of care you want to receive if you become incapacitated, and a "health care power of attorney" (or health care proxy), which names a person you

Important Legal Documents All Seniors Should Have

authorize to make medical decisions on your behalf if you're unable.

You should also consider making a do-not-resuscitate order (DNR) as part of your advance directive, since advanced directives do little to protect you from unwanted emergency care like CPR. To create a DNR, ask your doctor to fill out a state appropriate form and sign it.

Do-It-Yourself

If you have a simple estate and an uncomplicated family situation, there are do-it-yourself resources that can help you create all these documents for very little money. Some options to consider include Quicken WillMaker & Trust 2020 software (available at Nolo.com) that costs \$90 and works with Windows and Macs and is valid in every state except Louisiana. And LegalZoom.com, which offers an estate plan with professional legal guidance with an independent attorney for \$179.

Get Help

If, however, you want or need assistance or if you have a complicated financial situation, blended family or have considerable assets, you should hire an attorney. An experienced lawyer can make

sure you cover all your bases - especially when writing a will or living trust - which can help avoid family confusion and squabbles after you're gone.

Costs will vary depending on where you reside, but you can expect to pay somewhere between \$500 and \$2,000 for a basic estate plan that includes a will, power of attorney and advance directive. If you want your estate plan to include a living trust, that can run anywhere between \$1,500 and \$5,000.

The National Academy of Elder Law Attorneys (NAELA.org) and the National Association of Estate Planners and Councils (NAEPC.org) are two good resources that have directories on their websites to help you find someone in your area.

If money is tight, check with your state's bar association (see www.FindLegalHelp.org) to find low-cost legal help in your area. Or call the Eldercare Locator at 800-677-1116 for a referral.

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.

MAR/APR AARP Drivers Safety

Date/ Day/ Location/ Time/ Registration # Instructor

Mar 5/ Thur./ Okla. City/ 9 am - 3:30 pm/ 405-509-0722/ Varacchi

Integris Sr. Wellness Center - 5100 N. Brookling, STE. 100

Mar 10/ Tuesday/ Edmond/ 9 am - 3:30 pm/ 405-340-0691/ Varacchi

St. John The Baptist Church - 900 S. Littler Ave.

Mar 13/ Friday/ Okla. City/ 9 am - 3:30 pm/ 405-691-4091/ Palinsky

S.W. Medical Center = 4200 S. Douglas, suite B-10

Mar 21/ Sat./ Chandler/ 9:30 am - 3:30 pm/ 405-258-5002/ Brase

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

Apr 2/ Thur./ Okla. City/ 9 am - 3:30 pm/ 405-509-0727/ Varacchi

Integris Senior Wellness Center - 5100 N. Brookline, suite 100

Apr 3/ Friday/ Midwest City/ 9 am - 3 pm/ 405-473-8239/ Williams

Midwest City Senior Center - 8251 E. Reno

Apr 4/ Sat./ Midwest City/ 9 am - 3 pm/ 405-473-8239/ Williams

First Christian Church - 11950 E. Reno

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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Social Security Modernizing its Disability Program

*Decades Old Rule Updated to
Reflect Today's Workforce*



Social Security Commissioner Andrew Saul announced a new final rule today, modernizing an agency disability rule that was introduced in 1978 and has remained unchanged. The new regulation, "Removing the Inability to Communicate in English as an Education Category," updates a disability rule that was more than 40 years old and did not reflect work in the modern economy. This final rule has been in the works for a number of years and updates an antiquated policy that makes the inability to communicate in English a factor in awarding disability benefits.

"It is important that we have an up-to-date disability program," Commissioner Saul said. "The workforce and work opportunities have changed and outdated regulations need to be revised to reflect today's world."

A successful disability system must evolve and support the right decision as early in the process as possible. Social Security's disability rules must continue to reflect current medicine and the evolution of work.

Social Security is required to consider education to determine if someone's medical condition prevents work, but research shows the inability to communicate in English is no longer a good measure of educational attainment or the ability to engage in work. This rule is another important step in the agency's efforts to modernize its disability programs.

In 2015, Social Security's Inspector General recommended that the agency evaluate the appropriateness of this policy. Social Security owes it to the American public to ensure that its disability programs continue to reflect the realities of the modern workplace. This rule also supports the Administration's longstanding focus of recognizing that individuals with disabilities can remain in the workforce.

The rule will be effective on April 27, 2020.

Oklahoma Insurance Department's New Location

Effective February 10, the Oklahoma Insurance Department (OID)'s Oklahoma City Office will be relocated to our new facility: Oklahoma Insurance Department, 400 NE 50th Street, Oklahoma City, OK 73105.

As part of the moving process, email and network access will be limited from Wednesday, February 5 through Friday, February 7, 2020. The Oklahoma Insurance Department will resume normal operations on Monday, February 10, 2020 on its regular schedule

from 8:00 a.m. to 5:00 p.m. For immediate assistance during this time, you may call Communications Director Liz Heigle at 405-522-0683.

We thank you for your patience and cooperation during these few days as we transition to a more efficient and effective office environment.

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.

SSA INSPECTOR GENERAL ANNOUNCES NATIONAL "SLAM THE SCAM" DAY

The Inspector General for the Social Security Administration, Gail S. Ennis, is designating Thursday, March 5, 2020 as National "Slam the Scam" Day, to raise public awareness of government imposter telephone scams across the United States.

These pervasive scams—in which callers pretend to be government employees to mislead victims into providing personal information or making payments—have become a scourge on the American public. The Federal Trade Commission recently reported victims lost nearly \$153 million to government imposter scams in just fiscal year 2019. Social Security-related scams in particular have skyrocketed over the past year to become the #1 type of consumer fraud reported to the Federal Trade Commission and the Social Security Administration.

To combat these scams, the Social Security Administration and its OIG have undertaken a public outreach campaign to educate the public so they will know how to identify these scam calls. We want the public to know SSA will never:

- Tell you that your Social Security number has been suspended, or offer to increase your benefits or resolve an identity theft issue for a fee.
- Call to threaten you with arrest or legal action if you do not immediately pay a debt, fine, or fee.
- Request immediate payment via gift cards, cash, wire transfers, or internet currency like Bitcoin.
- Demand secrecy from you in handling a Social Security-related problem, or tell you to make up a story to tell your friends, family, or store/bank employees.

Social Security Office of the Inspector General (OIG) is engaging other Federal agencies and the private sector to promote a National "Slam the Scam Day" as a National Consumer Protection Week initiative. On March 5, we plan to participate in a USA.gov-hosted Twitter chat, and a Facebook Live event at Social Security. We want to warn all Americans to hang up on all government imposters, and ask them to spread the word to family and friends.

"Awareness is our best hope to thwart the scammers," said Inspector General Ennis. "Tell your friends and family about these scams and report them to us when you receive them, but most importantly, just hang up and ignore the calls."

We encourage the public to report Social Security scams online at <https://oig.ssa.gov>. IRS imposter scams can be reported to the Treasury Inspector General for Tax Administration, and other government imposter scams to the Federal Trade Commission.

Look for us on Facebook and Twitter for updates about National "Slam the Scam" Day events. For questions or interview requests, email oig.dcom@ssa.gov or call (410) 965-2671.

Please visit <https://oig.ssa.gov/scam> for more information

MEMORIAL

Continued from Page 1

depicted on a personal eight-foot tall tablet along the walls.

The patriots' graduation class from MCHS is listed along with their date of birth. Their branch of service and rank is shown with their age on the date of their death. Careful study of the dates reveals that one of the soldiers quit school early to enlist.

The information also places the soldiers' contribution in larger context, listing the province and showing the location on a map of Vietnam on each tablet. The tablets also list where the fallen's name appears on the Vietnam Veterans Memorial in Washington, DC. On the reverse of the first tablet is a map of Vietnam showing the provinces with how many MCHS soldiers died in each one.

Vietnam Era veteran and now retired policeman Bob Osmond, 73, led a rare effort to memorialize his fellow MCHS soldiers' lives to ensure their patriotic devotion is not lost to history. The memorial, dedicated Veterans Day 2018 before an audience of 1,100 veterans and alumni, hosted its next significant event in 2019 when MCHS's 1964 class reunion gathered there for

photos.

"Our school mascot is a Bomber, a B52 Stratofortress in these men's times," Osmond said. "We wanted to honor fellow Bombers—those who gave their all in Vietnam by lifting up their memory on the Wall of Honor. We see this as lasting tribute to their sacrifice on the campus they so proudly attended."

The veteran alumni-led group who built the memorial sought a simple goal—to further Gen. George S. Patton Jr.'s ideal: "Let me not mourn for men who have died fighting, but rather, let me be glad that heroes lived."

"Our research shows no other high school in the United States has honored its Vietnam War classmates with personal panels depicting photos and biographical information like Midwest City has done," said Chad Williams, Director of Research at the Oklahoma Historical Society (Oklahoma History Center). "This memorial may prove to become the most iconic of its type in America because it is the first of its kind. The creation of this memorial proves patriotism runs deep in Midwest City, Oklahoma."

The memorial is located just one mile from Tinker Air Force Base, the largest Air Force Materiel Command base in the country with more



Organizing alum and Vietnam Era veteran Bob Osmond, 73, points to one of the iconic black granite tablets that honors the 22 courageous soldiers killed in action in the Vietnam War after attending Midwest City High School.

than 26,000 military and civilian employees. During the Vietnam War, Tinker provided logistics and communications support to Air Force units in Southeast Asia.

"With the influence of Tinker in our backyard, ours was a specially motivated cadre of soldiers who enlisted to fight in Vietnam," Osmond said. "We were proud to honor these courageous men. Recruiting support to build this memorial was as logical to our group as their effort to defend our country by joining the military back then."

During the four years the committee members engaged in the design, marketing, fundraising, construction, and dedication activities, the mission expanded.

When the MCHS Class of 1964 first envisioned the project in 2014, during its 50th reunion, the idea started smaller. They first wanted to honor the 22 MCHS students on individual upright black granite tablets. By dedication day on Veterans Day 2018, the idea had grown. There are now hundreds more military veterans honored on inscribed bricks, purchased by admirers, embedded in the Bomber Plaza. Separate markers now honor alumni who died in the 1995 Oklahoma City Murrah Building Bombing and in Operation Iraqi Freedom.

Osmond points out the irony of one brave soldier's effort to defend his country. Ronald C. High quit school early to serve, only to die in August 1968—a few months after his

MCHS classmates graduated.

The Wall of Honor memorializes Rex B. Freeman (1953), Allen P. Miller (1960), Donald L. Bernard (1963), 1964 graduates: Edward G. Baker, James L. Eatmon, John K. Johnson, James "Delton" Moffett; 1965 graduates: Larry L. Riley, Lawrence S. Robbins, Sammy R. Smith; 1966 graduates: Benjamin F. Bolding, Randell H. Burnsed, Stephen R. Costello, Stephen S. Donohue, Michael R. Finerty, James D. Guffey, Randall L. McElreath; 1967 graduates: Jerry A. Kiser, Kenneth W. Skinner; 1968 senior Ronald C. High; 1968 graduates: Albin L. Kendall, and Jimmy D. Sanders.

A separate Honor Roll at the memorial includes graduates who died in the Murrah Federal Building Bombing in 1995: Paul D. Ice (1970), Kimberly K. Clark and Kathy L. Seidl (1974). Also honored is Lance M. Chase (1991), who died in Operation Iraqi Freedom.

Additional space has been set aside to honor future Bomber students. Each week MCHS Junior ROTC cadets clean the grounds and polish the black granite tablets—another detail organizers incorporated into the project. Lit at night, the elegant, tree-lined memorial with bench seating welcomes visitor's day and night. The address is 213 Elm St., on the school's south side and in front of the MCHS History Center.

Osmond (1964) chaired the organizing committee of alumni.

Continued on page 7

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Pat Priest's Munster Memories

by Nick Thomas

When Universal Pictures assembled the cast of the popular TV series "The Munsters" for the big screen adaption in the 1966 film "Munster, Go Home!" another actress replaced Pat Priest as Marilyn Munster.

"I was devastated not to be in the film," said Priest from her home near Boise, Idaho. "We were on the set filming the end of the season and the producers sent one of their guys down to tell me. I was 29 and my contract was up for renewal, so I think they wanted a younger actress and didn't want to pay me more."

Priest says fellow cast members



Pat Priest, Marilyn Munster.



Cast of The Munsters. Fred Gwynne, Yvonne De Carlo, Butch Patrick, Al Lewis and Pat Priest - CBS publicity photo.

Fred Gwynne (Herman Munster) and Al Lewis (Grandpa) "went to bat for me" but "that's just the way it goes in this business."

While her role throughout "The Munsters" series was often small, Priest has always been upbeat about the experience.

"Occasionally, there was a show built around me, but I usually didn't have a lot of lines and I just accepted that," she said. "On a positive note, I could learn my three or four lines on the freeway on my way to the studio!"

Nevertheless, Priest still has fond memories of working on the show, although there was a brief early encounter with Yvonne De Carlo (Lily Munster).

"She was a major movie star from the 40s and 50s," explained Priest. "My first day on the set the two of us were in a scene together and the director asked me to move forward into the light."

Yvonne turned to me and said, 'Let's get something straight right now young lady, don't you ever upstage me.' Man, I jumped back and didn't care if I spent the rest of the series in the dark! However, we eventually got along well and often had lunch together. But Fred and Al would always tease her about being a diva."

Gwynne and Lewis had previously starred in "Car 54, Where Are You?" and Priest says it was clear that the pair had on-screen chemistry.

"They played off one another so beautifully, were best friends, and their families were all very close," she said. "But interestingly, while the rest of us would later meet at TV conventions and autograph shows, Fred didn't want anything to do with 'The Munsters.' He preferred to be known as a fine actor, not just identified with the Munster character, and would never sign autographs or be interviewed about the show. He wouldn't even stand beside Al to have his picture taken even though they remained good friends."

After "The Munsters," Priest continued in commercials and took on mostly small acting roles, but she looks back on her acting career as a wonderful experience.

"I've done everything I wanted to do and gone everywhere I wanted to go," she said. "I'm 83 now and whatever happens in the future is all just pluses."

Nick Thomas teaches at Auburn University at Montgomery and has written features, columns, and interviews for over 750 newspapers and magazines.



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Cole receives MS advocacy award



Chickasaw Nation Governor Bill Anoatubby, right, presents Congressman Tom Cole with the Oklahoma Medical Research Foundation's first Multiple Sclerosis Advocacy Award on Feb. 20.

The Oklahoma Medical Research Foundation honored Congressman Tom Cole (R-OK) recently with its inaugural Multiple Sclerosis Advocate Award.

Cole received the award for his role in championing biomedical research on MS and other diseases. The ceremony took place at the Oklahoma City Golf and Country Club, during a dinner that also raised more than \$270,000 for research and patient care at OMRF's Multiple Sclerosis Center of Excellence.

During his nine terms in the U.S. House of Representatives, Cole has advocated for biomedical research on the national level. Cole is the former Chairman and current Ranking Member of the House Appropriations Subcommittee on Labor, Health and Human Services, Education, and Related Agencies. Under his leadership, the National Institutes of Health's budget has grown almost \$8 billion since 2014.

"Congressman Cole has used his considerable influence to benefit those suffering from disease," said Chickasaw Nation Governor Bill Anoatubby, who serves on OMRF's board and presented the award to Cole. "Multiple sclerosis is one of many diseases that impacts the lives of Oklahomans, and Tom understands their struggle. It fuels his passion for funding research that ultimately will make a difference for countless Americans."

MS causes vision problems, tremors, paralysis, painful spasms, imbalance and cognitive changes. At OMRF, more than 3,000 MS patients receive treatment from clinicians, who also team with laboratory researchers in an effort to develop new treatment options.

"Everyone has family members and loved ones who are affected by some form of disease," said Cole. "Regardless of your politics, funding for biomedical and disease research is always a worthy cause. As I serve in Congress, I will continue fighting to sustain and increase the gains that we have made, so centers of research excellence like OMRF can continue to pursue groundbreaking research to find more cures and treatments that benefit all of society."

Those efforts, said OMRF President Stephen Prescott, M.D., have indeed made a difference.

"Congressman Cole prioritized research funding and has been responsible for historic increases," said Prescott. "Because of his leadership, we're now seeing new and meaningful discoveries that will change—and save—lives."

The Chickasaw Nation served as the lead sponsor of the event, which also received support from Nancy Ellis, Lou and Jim Morris, Susan and Louis Dakil, the Clyde Evans Trust, and the Scaramucci Foundation.

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BBQ love

A quick taste. A big smile.

by Bobby Anderson, Staff Writer

It's a scene that continues to play itself over and over again whenever folks taste Jerel Jalbert's barbecue sauces.

The culinary-trained Jalbert has been making BBQ sauce for decades. He tweaked it here and there during his 20 years in the Air Force and brought his love for sauce to the Sooner State when they moved here 20 years ago.

"My two kids said 'Dad you have this barbecue sauce and you need to do something with it,'" he said.

He decided to take his original sauce and started testing it on groups. The feedback recommended a medium and a hot version were necessary.

It took 18 months to come up with the right spice levels before Papa J's BBQ launched August 2014.

"We did a lot of test groups and had a lot of people try it. We knew we had a good product but the

challenge was getting it processed and getting it ready," he said. "But everyone seems to really like it."

FAMILY AFFAIR

Papa J's is family-owned with Jalbert's two sons pulling equal weight.

"We're all part of the company and we're all owners and each one has a job," he said.

Eldest son, Jeffrey, serves as the finance officer.

Youngest son, James, is the marketing director.

James jokes there's absolutely no pressure when it comes to marketing the family business.

"It's an easy product to market to be quite honest." Being that we're such a rare sauce in the fact we're a whiskey barbecue sauce make it that much easier to really sell and market it. I think it comes down to how you sell it, how you present it to your customers and really come up with a great sales technique to make that



Jerel Jalbert, his wife, Hope, and their two sons are hoping to make Papa J's BBQ sauce a household name. See BBQ Page 11

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BBQ
Continued from Page 10

happen.”

James’ degree is in marketing. He’s a loan underwriter at a local bank during the day when he’s not hitting up customer’s about the family sauce.

“I knew it was going to be a challenge,” Jeffrey said. “Raising the capital has been difficult. We’re a pretty blue collar family. You don’t make much in the military and on a military pension so there wasn’t a whole lot.”

Jeffrey drew heavily on his contacts as a commercial lender locally. He’s now a chief financial officer for a highway construction company.

“I take a lot of the tools I’ve learned in my current role and try to implement in our small business, the barbecue business,” he said.

This year the focus is on expanding distributorships and getting onto more Oklahoma shelves.

Barbecue-focused businesses are a natural draw but the family would one day like to see the Papa J’s brand at stores like Crest and Whole Foods.

“This year we’ve shifted to try to go to greater volume to increase sales,” Jeffrey said, acknowledging forging those relationships takes time. “Some of those companies want to sell wholesale for \$2 or \$3. When it’s \$4.50 to \$5 a jar I think they’re harder to sell on.

“So it’s trying to find those companies that are willing to specialize a little more and in the quality of that sauce.”

Papa J smiles when you ask

which whiskey he uses.

“People always ask what we use and the analogy I use is if you go into a package store whiskey is on levels. The cheap stuff is on the bottom, there’s the mid stuff and your top shelf,” he said. “We’re up there.”

Matriarch Hope tries her best to support her boys in the venture as well as put a lovable face on the brand at the multitude of shows, bazaars and events the company markets at.

“I introduce people by letting them sample. I do hands-on stuff,” she laughs. “The majority of the people love it. I describe the flavor first.”

The original sauce has the most whiskey flavor. The spicy version is a warm spice. The smoking hot is a five-second delayed heat tingle on the back of the tongue.

Forget the syrupy sweet or vinegary tang most sauces leave in your mouth.

Papa J’s sauces have a smoothness that you can definitely tell took a while to arrive at.

Papa J credits that smoothness to the whiskey.

And as to where Papa J’s goes in the future, Papa J has high hopes.

“I hope it’s an inheritance for my kids,” Papa J said. “I want it to grow and really take off. Barbecue in Oklahoma is really competitive. There’s a lot of sauces out there and you have to find that unique niche.”

We think we’ve found that but it’s a challenge to get to those places and have the availability.”

You can find out where to find Papa J’s sauces online at papajsbbs.com or on Facebook.

OK Historical Society
Black Heritage Committee
Sponsors Freedom Trail

The Oklahoma Historical Society (OHS) Black Heritage Committee is organizing a tour of sites significant to the Civil Rights Movement in Arkansas, Tennessee, Mississippi and Alabama. The week-long trip will depart Sunday morning, May 10, from the Oklahoma History Center and return Friday evening, May 15. There are a limited number of bus seats available. Visit www.okhistory.org/freedomtrail to view the itinerary and to register for the tour.

Tour locations will include Little Rock Central High School in Little Rock, Ark.; the National Civil Rights Museum at the Lorraine Motel in Memphis, Tenn.; the Legacy Museum and National Memorial for Peace and Justice in Montgomery, Ala.; Edmund Pettis Bridge and National Voting Rights Museum and Institute in Selma, Ala.; and the Natchez Museum of African American History and Culture in Natchez, Miss..

“I am excited to help provide this opportunity to see where American history and change actually occurred,” said Shirley Nero, OHS Board member and OHS Black Heritage Committee chair.

You can find more information including registration at www.okhistory.org/freedomtrail or by contacting Larry O’Dell at lodell@okhistory.org.

Founded in the 1970s, the OHS Black Heritage Committee is a committee of the OHS Board of Directors. Its goal is to share Oklahoma’s African American history. The mission of the Oklahoma Historical Society is to collect, preserve and share the history and culture of the state of Oklahoma and its people. Founded in 1893 by members of the Territorial Press Association, the OHS maintains museums, historic sites and affiliates across the state. Through its research archives, exhibits, educational programs and publications the OHS chronicles the rich history of Oklahoma. For more information about the OHS, please visit www.okhistory.org.

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BBT The worlds oldest piece of chewing gum is over 9000 years old!

BBT In space, astronauts cannot cry properly, because

there is no gravity, so the tears can’t flow down their faces!

BBT There are more plastic flamingos in the U.S, than real ones!

BBT About 3000 years ago, most Egyptians died by the time they were 30!

BBT More people use blue toothbrushes, than red ones!

BBT A sneeze travels out your mouth at over 100 m.p.h.!

BBT Your ribs move about 5 million times a year, every time you breathe!

BBT In the White House, there are 13,092 knives, forks and spoons!

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TRAVEL / ENTERTAINMENT

A Celebrity Equinox Cruise: Part One

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

When one becomes a senior in age and experience, there comes a knowledge of what works for you and what doesn't, which influences your choices for entertainment and travel. Recently returning from my first cruise of the new decade of 2020, I'll share some reflections that might prove beneficial to fellow seniors. To add to my professional travel writer credentials, I was not given any special monetary discounts for my editorial evaluations.

As you recall from my Senior News and Living January edition, "To Cruise or Not to Cruise" (<https://seniornewsandliving.com/020215/travel-entertainment-to-cruise-or-not-to-cruise/>), there were a number of choices one must make when booking a cruise, as it pertains to individual preferences. Even with the convenience of online booking, there is an educational learning time needed as to how each cruise line sets up their own online booking arrangements.

I found the Celebrity online website a bit daunting at first, but after using it first in September of 2019, and becoming familiar with its style, it is a fast and convenient way to book a cruise, with a down payment to reserve your choices. Of course if educating yourself with online booking is not your thing, you might set up a relationship by phone to help you out with many questions that might arise. When I started my booking it was during a bad weather period as some offices were shut down due to the September Hurricanes. With long wait times on the phone, this was not my preferred booking option.

On a personal note I chose the Celebrity Equinox Cruise ship as I had a college friend that was employed in their theatrical cast. This gave me a primal interest in the Equinox, so that I might not only enjoy the lux life of cruising the Caribbean but share in the talents of a friend, with his theatrical performances.

With that decision made, and the best specific January dates needed, I got serious as to cabin location and class. Here again many choices and many price levels. With past cruise experiences with upscale lines such as Regent and Royal Viking, I found paying a few hundred dollars more for a high class cabin is a good investment. I discovered Celebrity has an Aqua Class which is just a step down from their top tier of cabins in the suite category. Aqua Class offers the advantage of special boarding and departing options, no extra charge room service, which is so comforting when you are not up to going to one of the many dining options. It is convenient for your time and energy restraints, and Aqua class also offers other exclusive dining options.

Aqua class offers the dining option of the exclusive Blu Dining room with excellent service, gourmet food options and an elegant atmosphere. The only draw back is that it is first come first serve with no reservations, so picking an off peak dining time is recommended.

Other specialty dining options, with an up charge of from \$30 to \$40 above your cruise charge, includes: Italian, a continental, steak and sushi dining options. Timed reservation are taken there, which can adjust to your own schedule. When booking you are asked if you want early or late dining seating at the all ship option of the silhouette dining room where the menu changes each night. Luncheon options are also available in other venues which I will describe in more detail next month in part two.

You can explore and reserve and pay for shore excursions on line. The pre cruise online shore excursions are very limited, so you might wait on all your choices until you board where an extensive list of on shore tours are offered and can be paid for at the guest services desk several decks below your cabin level. Prepaid tours and dining options are non refundable.

Another choice to be made is your Beverage Package. It's an economical no worry way to prepay your beverages. You probably



already know if you want upscale wines and spirits, or if ordinary brand spirits and wines are more to your liking, or if you only want a soft drink package. This prepaid option goes along with your mandatory gratuity charges, which also can be prepaid so there is no shock at the end of the cruise with your bill, which is billed to the credit card you signed on with. A few days after returning home you will receive an email with an itemized list of your on board charges. I find this most helpful and eases any idea of undue charges. I found no undue charges in my bill. Celebrity is interested in how you evaluate your cruise and sends you a survey. Be sure and be honest for praises and short comings. I did.

Of course with the uncertainty of travel relating to weather and airline delays, you should consider arriving at your port of call city the day before the start of your cruise. An inexpensive hotel in the area is a good insurance policy against 'missing the boat.' Celebrity also offers their own travel insurance if you feel the need for health reasons. Requesting a wheel chair for getting on and off the ship is also offered and I recommend such, as there is a long walk up and down the gang way.

Next month I'll explore my dining and activity and tour options. Feel free to check out the Celebrity website to explore the many ships and destinations Celebrity offers: (www.celebritycruises.com) or call 1-888-751-7804

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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OKC ZOO'S ENDANGERED INDIAN RHINOCEROS IS PREGNANT

Indian rhino calf due this fall – Zoo is committed to conserving this rare species

The Oklahoma City Zoo and Botanical Garden is proud to announce that its female Indian rhinoceros, Niki, is eating for two! Niki, 13, one of the OKC Zoo's adult, female Indian rhinos—also known as the greater one-horned rhino—is expecting a calf with the Zoo's male, Indian rhino, Arun, 29. This will be the first offspring for this breeding pair.

"Rhino births are significant events at the Zoo so we are thrilled to share news of Niki's pregnancy and cannot wait to welcome this new addition to our herd," said Rachel Emory, OKC Zoo curator of pachyderms. "The Zoo is committed to the conservation of this amazing species and recognizes the vital role this calf plays in helping ensure our world's rhino populations survive for future generations."

The Zoo's veterinary team confirmed Niki's pregnancy through hormone monitoring and ultrasounds. She is expected to give birth late October or early November 2020 following an approximately 16-month gestation. This will be Niki's second offspring to be born at the Zoo and the sixth Indian rhino birth since the species became part of the Zoo's animal population in 1981. Niki's first calf, a male, Rupert, born in 2014, now resides at Mesker Park Zoo in Evansville, Indiana.

Rhino dad, Arun, arrived at the Zoo in February 2019 from the Fort Worth Zoo as part of a breeding recommendation by the greater one-horned rhinoceros species survival plan (SSP). SSP programs were developed by the Association of Zoos and Aquariums (AZA) to oversee breeding management and sustainability of select animal species within AZA-member zoos and aquariums. The Zoo's Sanctuary Asia is also home to adult, female Indian rhino, Shanti, 32 who also came from the Fort Worth Zoo with Arun.

At almost 4,000 pounds, Niki appears healthy and her pregnancy is going well. She is receiving excellent care and



attention from her caretakers who are working closely with the Zoo's veterinary team to monitor both mom and calf through ongoing exams and ultrasounds. Caretakers have been working with Niki through positive reinforcement training to ensure she is comfortable with these exams and voluntarily participating in her care.

Native to northern India and southern Nepal, Indian rhinos are currently listed as "vulnerable" by the International Union for the Conservation of Nature. Through conservation programs, wild populations over the past century have recovered from under 200 animals to approximately 3,600 today. However, there is a continuing decline in the quality of their natural habitat and the species continues to be illegally hunted for its horn.

The OKC Zoo is helping save Indian rhinos by supporting the International Rhino Foundation's efforts to protect vulnerable and critically endangered rhinos and their habitat in India with money from the Round Up for Conservation Fund. The Zoo's Round Up for Conservation program encourages guests to donate their change from any Zoo purchase to help protect wildlife and wild places around the world. Plus, the Zoo's American Association of Zookeepers chapter has raised more than \$373,000 for rhinos in Asia and Africa through



its fundraising efforts since 1990.

Stay in the rhi-KNOW and follow the Zoo on Facebook, Twitter and Instagram and by visiting Our Stories for updates on Niki and her little one on the way!

The Oklahoma City Zoo is located at the crossroads of I-44 and I-35 in the heart of Oklahoma City's Adventure District and is a proud member of the Association of Zoos and Aquariums, the American Alliance of Museums and an Adventure Road partner.

Hours of operation are 9 a.m. to 5 p.m. daily. Regular Zoo 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. Zoo fans can support the OKC Zoo by becoming Oklahoma Zoological Society members at ZOOfriends.org or in-person at the Zoo. To learn more about these and other happenings, call (405) 424-3344 or visiting okczoo.org.

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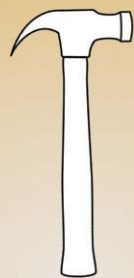
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INTEGRIS Health, EMSA Unveil ECMO Ambulance



EMSA President and CEO Jim Winham, Board Member and INTEGRIS Health Executive Vice President and General Counsel Allison Peterson, EMSA Deputy Chief - Strategic Development, and EMSA Chief of Staff John Graham debut EMSA's new ECMO unit at INTEGRIS Baptist Medical Center.

EMSA and INTEGRIS Health have partnered to develop a one-of-a-kind specialty care transport ambulance. On Monday, this unit, designated "ECMO 1", will join the EMSA system.

INTEGRIS Health is proud to be the home of a world class ECMO program that offers lifesaving therapies to patients facing imminent death. INTEGRIS is the first in the state to establish a specialized life support program solely devoted to adult patients suffering from heart or lung failure. The program uses extracorporeal membrane oxygenation, commonly abbreviated as ECMO, as an advanced lifesaving therapy. Since inception of the INTEGRIS ECMO program in 2014, the INTEGRIS team has served over 500 patients with this technology. INTEGRIS' ECMO team is made up of talented doctors, nurses, perfusionists, and respiratory therapists, who are expertly trained in the field of ECMO and advanced critical care. The INTEGRIS ECMO team is available to serve those in need 24 hours a day, 7 days a week, 365 days a year.

ECMO provides support to patients whose heart and/or lungs are so severely diseased or damaged that they can no longer serve their function; perhaps after a heart attack, cardiac surgery, pulmonary embolism, near drowning or lung-related issues such as flu or pneumonia. The goal is to allow the heart or lungs to rest and recover while the machine does all the work. When the heart or the lungs have healed and can work on their own, the lifesaving support of the ECMO artificial heart/lung machine is weaned then removed.

INTEGRIS Critical Care ECMO team in conjunction with EMSA provides the highest level of complex care in the state. Outside of ECMO transfers, the INTEGRIS and EMSA teams have the capability of transporting patients who require advanced management of ventilator support, IV medications, and cardiac assist devices including intraaortic balloons pumps, impella devices, and LVAD pumps. The expertise of this team allows for safe inter-hospital transfers, so patients can receive the one of a kind care only INTEGRIS can provide.

Previously only done in a hospital setting, technological advances have allowed ECMO to move into ambulances. Together with EMSA, the INTEGRIS ECMO team stands ready to be there anytime, anywhere, for anyone in need of this life-saving care.

EMSA's ECMO unit specifications were designed in collaboration with the INTEGRIS Health ECMO Team. Special attention was paid to the layout of the ambulance to make sure the patient could receive the critical clinical care needed, could comfortably and safely transport up to five ECMO Team Members in addition to the patient during long distance transports. Additionally, the larger ambulance also has the capacity to carry more oxygen and other medical gasses that are needed for ECMO patients.

When not assigned to ECMO transports, this unit will serve as one of EMSA's bariatric ambulances for the Oklahoma City area ensuring this unit is able to serve several key roles in the EMSA system.

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Searching for Light in the Darkness

Leah Campbell remembers the day she lost her vision. She was a sixth grader, in her bedroom one morning in Altus, when she heard her mother walk in.

"Will you please turn on the lights?" Leah, then 11, asked.

"They are on," said her mother.

It would take 17 years before Leah and her family would learn what had caused her blindness.

In that time, the little-known disease that took her eyesight would also rob her of her mobility, leaving her confined to a wheelchair.

Neuromyelitis optica, or NMO, occurs when the body's immune system attacks the spinal cord, optic nerves and, in severe cases, the brain. The illness affects about 4,000

Americans, 80 percent of whom are women. Over time, patients typically develop blindness, muscle weakness and paralysis.

"NMO was initially considered a subset of multiple sclerosis and is so similar to MS that it often gets misdiagnosed," said Bob Axtell, Ph.D., a scientist at the Oklahoma Medical Research Foundation who holds a pair of grants from the National Institutes of Health to study the rare disease. "This can be devastating for patients."

That was the case for Leah. For years, doctors treated her with a common MS medication called interferon beta-1a, or Rebif. But not only does this medication fail to help NMO patients; it actually worsens their conditions.



Leah Campbell at her home in Mustang.

It wasn't until 2006, years after Leah had become the first blind graduate of Rhodes College in Tennessee, that scientists developed a definitive test for NMO. The test revealed that she suffered from the disease, and her physician, Gabriel Pardo, M.D., immediately took her off the drug. Instead, he began treating her with rituximab, an immune-suppressing monoclonal antibody known to control NMO disease activity.

While rituximab is not a cure for the underlying condition, in the 13-plus years Leah has been taking the medication, she's been free of the sudden, violent attacks that had plagued her life until that point.

"Her right side was fine, but on the left, she would sort of vibrate," said Leah's mother, Theresa. "Her foot would turn in, her leg would draw up tight, and her hand would clench. Her whole ribcage would spasm uncontrollably."

Before rituximab, Leah would sometimes experience 40 to 50 of these episodes a day. Since going on the drug, said Pardo, "her disease activity has been fully controlled."

Still, the disease had already run wild in Leah's body for the better part of two decades. "She has deficits that date to before she was a teenager," said Pardo, a neuro-ophthalmologist who treats

Leah at OMRF's Multiple Sclerosis Center of Excellence, where he serves as director. "The blindness, the paralysis – unfortunately, those are things we can't reverse."

Today, at the age of 41, Leah is confined to a wheelchair and lives with her parents in Mustang. She requires regular care at OMRF, as she is at constant risk for fractures, skin ulcers, and bladder and bowel dysfunction.

Still, each week, with her parents' help, Leah also attends aquatic and equine therapy sessions and a Bible study class. This past summer, she started a new job with a company that provides voice-activated smart controls for operating lights, locks, thermostats and other home systems.

She's particularly excited about her new service dog, a chocolate lab named Seaclaid (Gaelic for chocolate) her parents are training to help her become more independent.

Despite the hurdles she faces, Leah remains optimistic about her future. "I'm just a positive thinker. My cup's always half-full," she said.

For OMRF researcher Axtell, patients like Leah drive his search for answers. "The more we understand about NMO," he said, "the better the outlook will be for people struggling with this horrible condition."

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SSM Health St. Anthony Hospital celebrates opening of expansion for outpatient cancer care

Project funded by nearly \$5 million in donations

SSM Health St. Anthony Hospital recently announced the opening of a newly expanded area designed to enhance exceptional care for cancer patients. The opening of the newest addition to the Frank C. Love Cancer Institute was commemorated in a blessing ceremony on Friday, February 14.

The expansion of the Institute was necessary to respond to the growing number of patients needing cancer care at St. Anthony Hospital. With the opening of the new clinical space, the Institute more than doubles its size to nearly 16,000 square feet. The cancer program moved from its former location on the ground floor to a spacious third floor space with natural lighting and many amenities conducive to healing and comfort.

“We are pleased to expand the Frank C. Love Cancer Institute to enhance the exceptional care and comfort for our patients and their families,” stated Tammy Powell, President, SSM Health St. Anthony Hospital. “The project was made possible by generous donations to the SSM Health St. Anthony Foundation from The Chickasaw Nation, the J.E. & L.E. Mabee Foundation, the Tom and Judy Love Family, physicians, employees, board members, volunteers, patients, individuals, businesses and Foundations.”

Foundation Board members Mike Milligan and Jamie Farha, along with Dr. Thy Nguyen, Section Chair of Oncology, led the philanthropy efforts to fund the expansion. The Institute’s team of medical oncologists Dr. Michael



Tammy Powell, President, SSM Health St. Anthony Hospital; Jenny Love Meyer; Father William Novack; Joe Hodges, Regional President, SSM Health in Oklahoma

Continued next page

CROSSWORD CORNER

- Across**
1 Rough guess
5 Company that developed the first aluminum teakettle
10 Pre-coll. catchall
14 Words of lament
15 Inventive types?
16 Wild way to run
17 Stock in company producing solar panels, e.g.
20 California rolls and such
21 Bud holder?
22 Touch-and-go
23 Swell treatment
25 Cato, for one
27 Exonerated by the evidence
33 Single
34 Suggested actions
35 Wish for
37 In-flight fig.
38 Jack’s value, sometimes
39 Spearheaded
40 Fixture that may have claw feet
41 Closed in on
43 Fish that can swim backwards
44 A.L. West pro, informally
45 Standing hospitable offer
48 Five-time Olympic
- swimming gold medalist Ledecky
49 Church-owned Dallas sch.
50 Moth-____
53 “Inside Politics” ailer
55 Initial stage
59 Take on holes 10 through 18 ... and a hint to a letter sequence hidden in 17-, 27- and 45-Across
62 Vacation spot
63 Nemesis
64 Canal past Rochester
65 Far from friendly
66 Parceled (out)
67 Frees (of)
- Down**
1 Loses firmness
2 No ____ traffic
3 Former Iowa Straw Poll city
4 Dwelling fit for a queen
5 Boxer Laila
6 Website offering
7 Stalactite sites
8 Home of college football’s Ducks
9 Mule’s father
10 White-coated weasels
11 Golf ball positions
12 Sound of frustration, often
13 ____-bitty
- 18 Good-natured
19 Copied, in a way
24 Called the whole thing off
26 Early assembly-line autos
27 Arrange
28 Logger’s contest
29 Ready to draw, as beer
30 Physics particle
31 Capone cohort
32 Cape Cod community
36 Black, in verse
38 Studio renter
39 Sweet-smelling garland
42 Typed in again
43 50-50 wager
44 Knockout
46 ____ Creed
47 Wild way to run
50 Large-scale
51 “One more thing ... “
52 Towering
54 Put a handle on
56 Apple Watch assistant
57 Oklahoma city
58 Driving needs?
60 Clothes line
61 Dancer Charisse

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Bowen, Dr. Thy Nguyen, Dr. David Lam and Dr. Todd Kliewer were actively involved in all aspects of the design of the expanded space, being mindful of the overall experience of both patients and staff. The physician offices will be adjacent to a chemotherapy infusion area for patient comfort and convenience.

The space features updated finishes that extend beyond the clinical space into the four-story atrium. REES Architecture & Design served as the architecture firm for the project, and Waldrop Construction was the general contractor. The atrium acts as a physical connection between the various floors that make up the Institute. A refreshing palette of bright whites and creams is contrasted by rich navy blue. Crisp wood tones and dramatic lighting are evident throughout the space. Beyond the aesthetics, the space was carefully planned to focus on the needs of patients and their families seeking treatment, as well as the staff dedicated to their care.

For more information about the Frank C. Love Cancer Institute or for a physician referral, call 405-231-8866.

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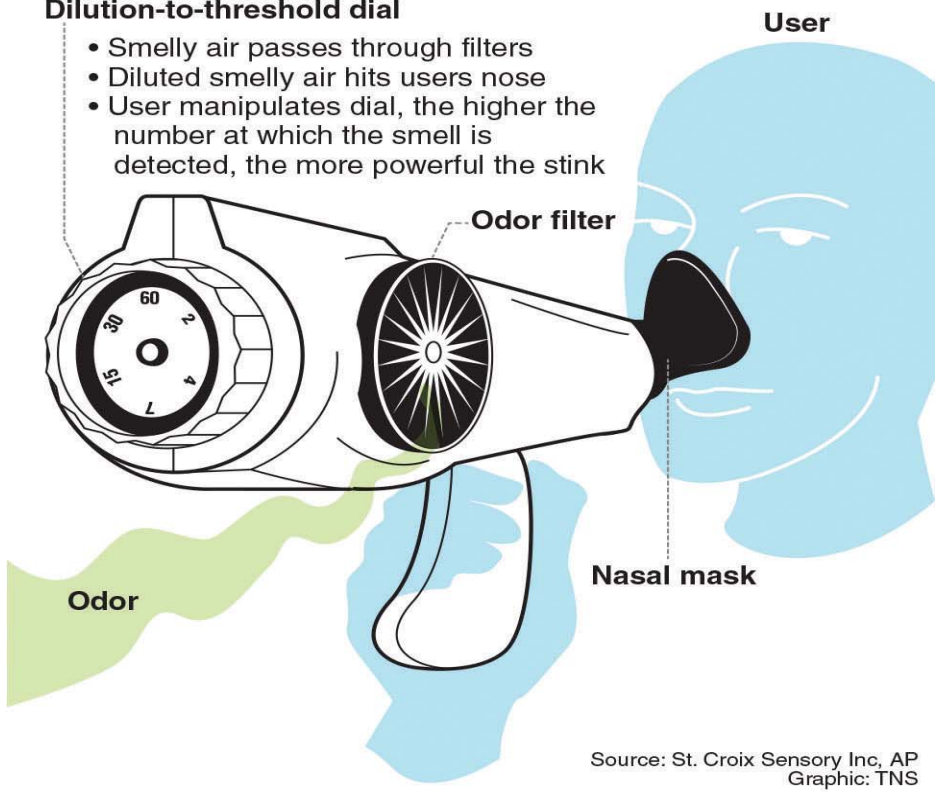
Odor-detection device being used in marijuana-legal states

St. Croix Sensory Inc. created the Nasal Ranger Field Olfactometer, which provides a precise odor-strength measurement. Residents in Michigan have voted to buy the odor-detection device to draft an ordinance to crack down on the unpleasant smell of blooming marijuana plants.

The Nasal Ranger

Dilution-to-threshold dial


- Smelly air passes through filters
- Diluted smelly air hits users nose
- User manipulates dial, the higher the number at which the smell is detected, the more powerful the stink




Source: St. Croix Sensory Inc, AP Graphic: TNS

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What's your favorite thing about Spring? - Tealridge Retirement Community

I love gardening and flowers. My front flower bed at my house I thought was pretty nice.



Elaine Rowton

The biggest thing I like is the appearance of life and I love seeing everything growing and blooming.



Ruby White

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SENIOR TALK
or call
SENIOR NEWS AND LIVING
405-631-5100

It's silly but spring is my favorite time of year because I do wild turkey hunting.



Dave Childress

The beautiful weather with all the flowers and trees turning green and children out playing and enjoying themselves.



Pearline Childress



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March 17, 18 & 19	Argentum Public Policy/Fly In	Washington DC
April 21, 22 & 23	Annual Spring Convention	RiverSpirit - Tulsa
May 7	State Survey Prep	OKALA Office
May 18 - 20	Argentum Sr. Living Ex. Conf.	Tampa, FL
July 16	Boot Camp on OK Regs	Tulsa
July 30, 31, Aug 26 - 28	RCAL Admin Cert Class 2	OKALA Office
September 15	Statewide BINGO Day	Statewide
September 14 - 18	National Assisted Living Wk	Statewide
October 8	State Survey Prep	Tulsa
Nov 5, 6 & Dec 2, 3 & 4	RCAL Admin Cert Class 3	OKALA Office
November 10	AL CEU Seminar	Moore-Norman Vo-Tech
December 10	Holiday Open House	OKALA Office

Check Out our Website for additional events/dates or to enroll in classes.



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A sneeze doesn't mean that stranger next to you has coronavirus

by Greg Schwem

A deadly disease is nothing to joke about and, until a cure is found, should probably not be mentioned in the space encompassing a humor column.

Using that logic, I should be writing about bubonic plague, not coronavirus.

The latter is indeed serious. It has killed nearly 1,000 people in China while placing that country on virtual lockdown. According to The Washington Post, it has quarantined 3,700 passengers aboard a cruise ship anchored off Yokohama, Japan, after 136 of them tested positive for the virus so far. Imagine being trapped on a ship for an extra two weeks? With a magician? Not funny.

It has had a severe negative impact on stock portfolios heavily invested in Chinese-based companies, unless one of those companies manufactures surgical masks.

Yes, we should all take precautions, as, currently, that is the only way to avoid the virus. However, it does not mean we should, not so subtly, move far away from that guy in the hotel elevator just because a pesky nose hair caused him to sneeze between the 15th floor and the lobby.

Which is precisely what happened to me.

It occurred recently in an upscale Orlando hotel. I boarded the elevator surrounded by an assortment of conventioners, sunbathers and families headed to Disney parks. I felt the tickle in my nose almost immediately and knew a sneeze was imminent. I raised my elbow to my face, as is my standard "pre-achoo" practice. I let it rip into my sleeve.

"Excuse me," I said.

But this time there were no polite, "Bless you" responses. The other riders looked uncomfortably at me and then shifted their gazes to the floor. Most moved, not subtly, as far away as the elevator's confines would allow. When the car stopped on floor two, a Disney mom emitted an audible groan. At last the elevator reached the lobby and everyone scattered. It could have been my imagination, but I sensed all waited to see which way I was headed so they could exit in the opposite direction. And here's the kicker: I actually HEARD Disney Mom say to her husband, "He's probably got coronavirus."

Trust me lady, he doesn't. Upon leaving the elevator, he doesn't need to be sprayed with disinfectant by medical officials in hazmat suit, a scene that played out recently when passengers disembarked a flight from Wuhan, China, the virus's epicenter.

He just needs some nose hair trimmers. Maybe you could take the 10 bucks you were going to spend on a Mickey-shaped funnel cake and purchase them for me.

We've seen this paranoid, accusatory behavior before. SARS, West Nile and swine flu come to mind. Even if we don't have it, we assume anybody showing a single symptom undoubtedly does.

Now, I'm a guy who has consumed yogurt past its expiration date, sat on toilet seats without paper covers, shared bottled drinks with my kids and allowed dogs to lick my face. Yet I've still been prone to this "guilty until proven innocent" behavior. When I see someone in an airport or other public facility wearing a mask, I don't assume they are taking precautions to avoid catching a disease; I assume they're CARRYING one. China has, for the moment, been removed from my "places to visit" bucket list. I know this is silly as I long to scale the Great Wall and stroll through Tiananmen Square.



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

I need to stop this behavior, and so does everyone else. Want to avoid catching coronavirus? Wash your hands often with soap, as medical officials say that works better than shunning humanity. Have someone else push your elevator floor button if you must. Don't sample those community dishes of nuts at bars. Avoid touching your mouth with your hands. It's not that difficult.

Coronavirus is not going to stop me from indulging in my favorite pastime, human interaction, nor should it preclude anyone else from doing so.

Even if that human is a cruise ship magician.

(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.)

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)

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

SBT The average person laughs 13 times a day!

SBT Dogs can hear sounds that you cant!

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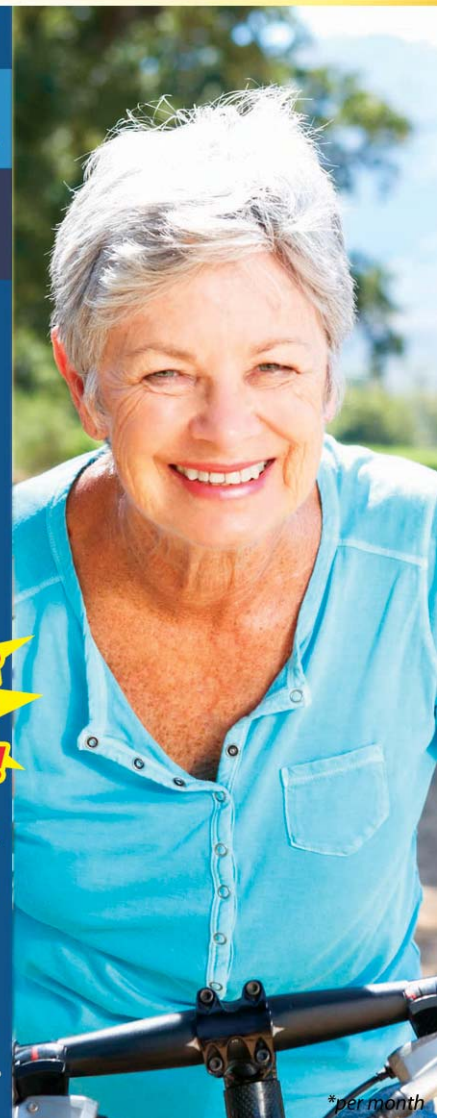
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OU Medicine Expands Array of Services With Robotic Spine Surgery

OU Medical Center at OU Medicine has become the first hospital in Oklahoma to offer robotic spine surgery. The advanced technology allows for the precise placement of spinal hardware during complex spinal operations.

"The capacity to perform robotic spine surgery is another advance in the level of care available to Oklahomans and patients in the surrounding region," explained Ian Dunn, M.D., chair of the Department of Neurosurgery, University of Oklahoma College of Medicine. Dunn was instrumental in bringing this technology to OU Medicine. "This technology improves safety in the operating room and enhances patient outcomes."

In addition to the newly available technology, Neurosurgeon Zachary Smith, M.D., recently joined the faculty. Smith has specific experience in minimally invasive spine surgery.

Smith completed fellowship training in minimally invasive techniques and complex spine surgery at McGaw Medical Center-Northwestern University, Chicago, and completed his residency at the University of California-Los Angeles David Geffen School of Medicine, where he also earned his medical degree.

Smith is a strong advocate for robotics technology. "Robotics bring greater precision to surgery," he said. "This technology makes it possible to plan procedures in minute detail, well before stepping into the operating room. In this way, we reduce risks



Neurosurgeon Zachary Smith, M.D.

related to the procedure and ensure high-quality care. We look forward to bringing this technology to our comprehensive neurosurgical and orthopedic spine team."

In addition to greater precision, robotic-assisted surgeries are minimally invasive, meaning shorter recovery time for patients. "The goal of every surgery is to return people to the places and activities they care about," said Smith.

Robotic assistance in spine surgery complements the well-established use of robotics at OU Medicine in specialties including, but not limited to urology, pulmonology, oncology and general surgery.



Medicine

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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
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All ages welcome.
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When: Mondays-Sundays, 10
a.m.-5 p.m. Continues through April
26, 2020. Phone: (405)236-3100
Email: info@okcmoa.com
[www.okcmoa.com/visit/events/
renewing-american-spirit](http://www.okcmoa.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. okcmoa.com

REINSTALLATION OF THE PERMANENT COLLECTION

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Email: museuminfo@ou.edu
Price: Free. For the first time in a
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and second floors of the Stuart
and Lester wings, featuring works
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MARCH

Be A Leak Detective For Fix A Leak Week. March 16-22, 2020

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that might be hiding in your
home. Look for leaks and listen
for drips in these common areas:

- Toilets · Faucets
- Showerheads and tubs
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MARCH 7

Will Rogers Gardens Event
3400 NW 36th Street
Re-Potting Orchids (ages 18+):
March 7th 10am to noon.
\$1.00. okc.gov/parksignup.
Keyword: 29413

MARCH 10

March Water Smart Workshops
Soil Health 101
Tuesday, March 10
9AM-NOON
Will Rogers Garden
Exhibition Hall
3400 NW 36TH ST. Registration
required for all workshops at
www.squeeezeverydrop.com or
call (405) 297-1284

MARCH 16

National Weather Museum trip
with the Will Rogers Senior
Center: March 16th
9:30am-2pm.
\$10 van ride + \$5 entry
Register at the Senior Center,
3501 Pat Murphy Drive

MARCH 18

Will Rogers Gardens Event
3400 NW 36th Street
Make a whimsical floral crown
(all ages): March 18th 11am
to noon. \$15.00. [okc.gov/
parksignup](http://okc.gov/parksignup). Keyword: 29554

MARCH 27

FREE Special Performance for Seniors. India Shrine Circus Friday, March 27th at 10am State Fair Arena

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MARCH 28

Will Rogers Gardens Event
3400 NW 36th Street
Beginners bonsai workshop (ages
10+ accompanying adult
required under age 12):
Borrowed tools provided during
class. **March 28th 9am to noon.**
\$15.00 (includes 3-gal Juniper)
okc.gov/parksignup.
Keyword: 29560

Landscape Design For Water
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Sarmiento. Sat, March 28
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anniversary of the Oklahoma City
bombing. Canterbury Voices will
present the epic 45-minute piece,
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as the finale of their Spectrum of
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Kirkpatrick Foundation and the
Oklahoma City National Memorial.

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Broom Hilda



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By Russell Myers



Animal Crackers



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By Fred Wagner



Gasoline Alley

By Jim Scancarelli

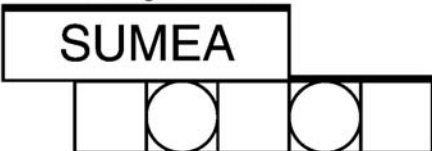


JUMBLE

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



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Print your answer here:



Last Month's Answers

Jumbles: HIKER CEASE CUDDLE ANYHOW
Answer: After a long day of casting sinister spells, the evil witch had a — WICKED HEADACHE

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



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

Boggle BrainBusters!

By David L. Hoyt and Jeff Knurek



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

Boggle BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST SEVEN MUSICAL GENRES in the grid of letters.

February Answers

NEWT DEER LION BEAR FROG HARE GOAT TOAD CRAB MOLE MULE

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!

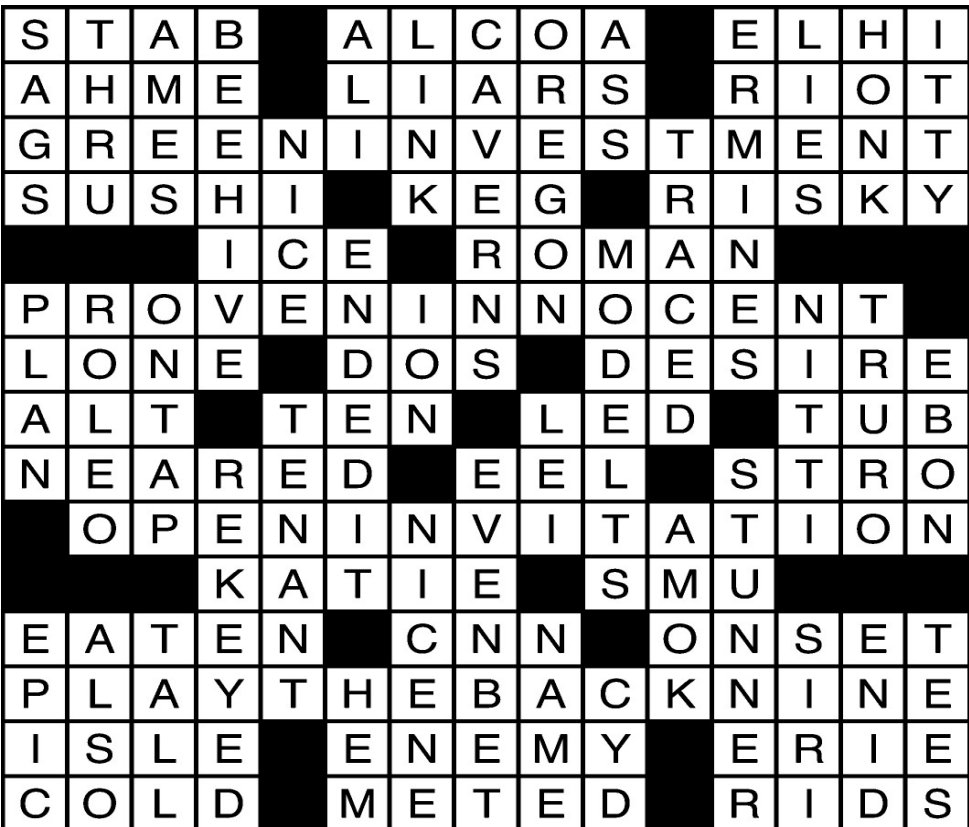
SBT The sun is 330,330 times larger than the earth!

STRANGE BUT TRUE

SO THEY SAY...

SBT Strange Fears: Dendrophobia - Fear of trees
SBT Strange Fears: Dentophobia - Fear of dentists

SBT Strange Fears: Domatophobia - Fear of houses
SBT Strange Fears: Dystychiphobia - Fear of accidents
SBT Strange Fears: Ecophobia - Fear of the home
SBT Strange Fears: Elurophobia - Fear of cats



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