

## Home at HarborChase



Willena Ferguson (seated) and Tia Crittenden are ready to welcome residents to their new home at HarborChase of South Oklahoma City.

story and photo by Bobby Anderson, Staff Writer

**S**imply stunning. No other words quite describe the feeling of walking into HarborChase of South Oklahoma City.

Visually remarkable, the brand new assisted living and memory care residence located at 10801 S May Ave is a treat for all five senses.

Depending on the hour or day, you might hear the smooth gospel stylings of pianist Gatha Graham or the laughter

from the main dining room.

In the afternoon, the smell of freshly popped popcorn wafts through the air.

Wood-fired pizza directly out of the oven, crab cakes or a prime rib dinner cooked to order await to be enjoyed downstairs or in the privacy of your residence with room service.

Amenities abound at Oklahoma City's newest senior residence offering.

See STUNNING Page 2

## Seniors Can Have Fat Bike Fun

by Darl DeVault



Darl DeVault rides a Trek Fat Bike that delivers surprising balance and control on this uneven terrain. photo by Richard T. Clifton

Bicycling is experiencing a resurgence lately because it provides a fun, healthy way to spend time outdoors while riders keep a safe social distance from others. Seniors might consider the comfortable modern Fat Bikes that will bring back memories of bicycles in the 1960s.

Modern fat tire bikes, or Fat Bikes as they are called, are off-road bicycles providing seniors comfortable and smooth riding because of the oversized tires, no matter where they ride. The elderly appreciates these bicycles because they are designed so the rider maintains an upright position with no strain on their back. The handlebars are straight, again easing pressure on the back by not requiring a crouching position over the bike.

Seniors who cycle or want to start riding again might want to test ride a Trek Fat Bike. It is a cross between a light-weight racing bike, with its multi-speed gearing, and a balloon-tired "paperboy" bike of the 1950s.

Many seniors are riding

more now because the activity can slow down the progression of aging, deterioration in muscle mass, and much more, according to many medical studies.

Remember your first balloon-tired bike? These new fat tires are almost three times bigger than those balloon tires, which expands regular 2-to- 2.25-inch mountain bike tires to a whopping, comfortable, cruising 4-5 inches. With all that squishy rubber under you, comfort rules the day.

These bikes have the best kind of frames for a senior, the step-through design. This enables the rider to get on and off the bicycle easily. It will perform well during your regular commute or a Sunday country ride. The choice of more gears is generally helpful. If you have a lot of climbing to do and prefer easy pedaling with more revolutions and less resistance for each pedal stroke, the gears provide that option.

With these big tires you achieve a floating sensation

See BIKE Page 5



## STUNNING

Continued from Page 1

"It's amazing," says Executive Director Willena Ferguson while walking through the finely-appointed property, which is also licensed as a hotel by the state.

After spending the past 15 years in senior living, Ferguson has spent the last 14 months bringing HarborChase to life in the metro.

Residents began moving in February 29 prior to the recent quarantine.

Vero Beach, Fla. - based Harbor Retirement Associates brings the luxury living option to Oklahoma.

HRA operates more than 35 communities in eight states and is partnering on the construction of even more communities in seven additional states. HRA manages over \$150 million in revenue and approximately \$1 billion in assets while employing 2,000 associates.

HarborChase of South Oklahoma City is now accepting new residents and is proud that through June, the residence remained entirely Covid-free with no residents or employees testing positive.

That's thanks to a stringent entry criteria as well as an extensive daily sanitization regimen.

Temperature checks are

completed three times daily. No one can enter the facility without having their temperature scanned.

The building is disinfected twice daily.

The Oklahoma Room is a crowning jewel at the residence. The nearly 1,900-square foot safe room is rated by FEMA to withstand 500-mile-per-hour winds. An enclosed generator ensures power and a full-stocked pantry provides food and water for residents for up to three days in the case of disaster.

Some \$400,000 worth of concrete - nearly two-feet thick - protects residents as does the bulletproof glass and rolling steel hurricane shutters.

"It's really kind of cool some of the amenities they put into the building," said Ferguson, who also noted the space serves as a movie theatre room, and a chapel.

HarborChase offers both one and two-bedroom assisted living options.

From the very first day a resident moves into HarborChase, they are a familiar name and face, treated as a respected and cherished member of the family. Ferguson and her staff are dedicated to providing an ongoing feeling of connection, communication, comfort

and caring. Upon arrival, a unique "Silhouette of My Life" profile for each individual resident is created to ensure that their wants, needs and desires are being met.

This customized profile allows care partners to create fun activities and programs based around residents' favorite pastimes, foods and memories.

Each day, care partners offer respectful assistance with walking, dressing, grooming and more. You'll rest easy knowing that your loved one's medical needs are provided for by a caring and compassionate team of licensed nurses and medication assistants.

In order to help nurture their independence, your loved one will receive the personalized level of care and support they need with friendly supportive services that truly make life easier and more enjoyable. An active and purposeful lifestyle awaits your loved one at HarborChase.

A dedicated memory care unit is also built in.

Harbor Chase's acclaimed Memory Care neighborhood is a safe, serene and loving harbor for residents and their families.

A putting green sits in the interior courtyard next to the cabana. A family of ducks seems

to enjoy the fountains and raised, self-watering flower beds that are being installed next to their float pool.

An art studio and fitness gym are also on site.

Business Office Manager, Tia Crittenden, has worked with Ferguson for 10 years now, following her along her journey.

"I have a really huge loyalty to Willie. She's an amazing director," Crittenden said. "Her standards are very high."

Ferguson smiles and explains it all comes down to setting the bar high and building lasting relationships.

"I love this population," Ferguson said.

And there's no doubt this population will love HarborChase.

HarborChase is located at 10801 S May Ave, Oklahoma City, OK 73170. Call (405) 429-8386 for more information or visit: [www.harborchase.com](http://www.harborchase.com)



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# OPINION

## S THE SAVVY SENIOR

Dear Almost,

Creating a living will (also known as Yes, there are actually two ways you can stop your Social Security retirement benefits (once you've started collecting them) and restart them at a later date, which would boost your benefits. But in order to do this certain rules and conditions must be met. Here are your options.

**Withdraw your benefits:** One way to pause your Social Security benefits is to simply withdraw your Social Security application. But this must be done within 12 months of starting your benefits and you'll also have to repay what you've received so far. If you choose this option, Social Security will treat your application for early benefits as if it never happened.

To withdraw your benefits, you'll need to complete Form SSA-521 ([SSA.gov/forms/ssa-521.pdf](http://SSA.gov/forms/ssa-521.pdf)) and send it to your local Social Security office.

Dear Savvy Senior,

I lost my job last month because of the coronavirus crisis. With little savings, I've been thinking about starting my Social Security benefits early to help me get by. But my question is, if I find a new job can I stop my Social Security benefits and restart them at a later date so they can continue to grow?

Almost 63

Also be aware that you can only withdraw benefits once in a lifetime.

**Suspend your benefits:** If you aren't eligible for withdrawal, but you've reached your full retirement age and have not yet reached age 70, another option is to voluntarily suspend your retirement benefits. With the suspension option you don't have to repay the benefits you've received, and you can restart them anytime you wish, or they will be automatically be reinstated at age 70. (See [SSA.gov/planners/retire/ageincrease.html](http://SSA.gov/planners/retire/ageincrease.html) to find your full retirement age.)

By suspending your benefits you'll earn delayed retirement credits, which means your benefit amount increases for every month of the suspension. Your payment will go up by two-thirds of 1 percent monthly or 8 percent annually. A benefit of \$1,500 monthly, for example, increases by \$10 for each month you have benefits suspended.

You can request a suspension by phone (800-772-1213) or in person at your local Social Security office.

**Working and Collecting Benefits**

If you start collecting Social

## Can I Stop Social Security if I Go Back to Work?

Security and you do go back to work, but your income is modest, you may want to continue drawing your benefits while working at the same time. But if your earnings are higher, it makes sense to stop your benefits.

Social Security has a "retirement earnings test" that says if you're under your full retirement age and you earn more than \$18,240 in 2020, Social Security will deduct \$1 from your benefits for every \$2 you earn over that amount. Those who reach full retirement age in 2020 a less stringent rule applies. In this case, \$1 gets taken out for every \$3 you make above \$48,600 until you reach the month of your birthday.

It's also important to know that if you were to lose some or all of your Social Security benefits because of the earning limits, they aren't lost forever. When you reach full retirement age, your benefits will be recalculated to a higher amount to make up for what

was withheld.

Also, if you do decide to work and collect Social Security benefits at the same time, you need to factor in Uncle Sam too. Because working increases your income, it might make your Social Security benefits taxable.

Here's how this works. If your combined income is between \$25,000 and \$34,000 as an individual or between \$32,000 and \$44,000 as joint filers, you will pay tax on up to 50 percent of your Social Security benefits. If you earn above the upper limit of these ranges, you will pay tax on up to 85 percent of your benefits. To help you calculate this see the IRS publication 915 at [IRS.gov/pub/irs-pdf/p915.pdf](http://IRS.gov/pub/irs-pdf/p915.pdf).

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.

## Physician Housecalls Announces New Psychiatric Services

*Oklahoma-based health care company expands offerings for homebound patients*

Physician Housecalls, a medical provider specializing in home-based primary care for chronically ill and elderly patients, will now offer psychiatric services to clients in Oklahoma and Kansas.

"Our providers are trained and experienced in treating diseases of the body, but like most primary care practitioners, they have little experience with mental health issues," said Cindy Longanacre, co-founder, owner and vice president of Physician Housecalls. "By adding mental health services to our established primary care offerings, we're better able to address diverse patient needs."

Nurse practitioner Rolanda Davis will lead the company's psychiatric care efforts. Davis treats diseases like dementia, Alzheimer's, depression, bipolar disorder and schizophrenia — she can also prescribe medications and provide counseling services, both through in-person visits and telehealth.

Davis said the need for psychiatric services has risen as part of the global health crisis.

"Depression and anxiety rates are increasing. Many people are isolated from their families, and they're unsure what the world will look like from one day to the next," she said. "Now more than ever, we all need to focus on our mental health. I look forward to working with patients in Oklahoma and Kansas to address these issues and hopefully provide them with a sense of calm and relief."

Physician Housecalls is actively hiring psychiatric nurse providers in its operating areas to accommodate the growing need. For more information, visit [www.housecallsok.com](http://www.housecallsok.com).

Founded in 2012, Physician Housecalls provides home based primary care, chronic care management, care plan oversight, transition management services, wellness visits and behavioral health integration services to patients in post-acute facilities and private homes across Oklahoma and Kansas.

## What About Cremation? So You're Considering Cremation...

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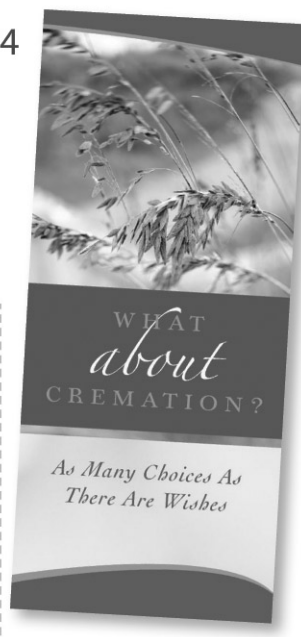
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**Fat Bikes feature comfortable, cruising 4-5 inch tires. With all that squishy rubber under you providing balance, and riding upright without crouching, comfort rules the day.**

## BIKE

Continued from Page 1

when riding along. Fat Bikes are a lot of fun and come with a built-in smile factor – you cannot help but grin to yourself if you like to bicycle.

These Fat Bikes have everything, as manufacturers are now putting real engineering and design technology into them. Racing-bicycle metallurgy, extremely light but strong, means the design allows the Fat tires to dampen road shock and provide stability over rough terrain.

Here is my recent off-road test. I took a Fat Bike off the pavement and up a nearby berm to test the fun.

The added buoyancy of plenty of air between the rim and the ground meant it was simply a matter of powering through the uneven terrain.

My first pass.... I started up the steeply sloping hillside only to discover about two-thirds of the way up that it was sandy soil. The loose soil quickly brought my speed down. When I noticed I was not making good progress I simply applied more power.

I continued my climb. What a feeling, I was on top of the world! I was in control and staying upright while climbing over difficult and uneven terrain.

It made all the difference in the world to my confidence to know that I had climbed the steepest area without using all the gearing available.

The length of the wheelbase, because of extra-size tires, alone adds a dimension of stability. Forget the huge contact patch with the ground; the longer wheelbase gives your ride a squish not available any other way. It seems to even some obstacles out without effort from the rider.

Senior riders can opt for significantly lower tire pressure. Think 15 or 10 psi, or even lower still. This gives the tire some significant squish, and that play translates to more rubber conforming to the trail for serious grip.

I rode back and forth on top of the berm several times, finding new routes, weaving in and out of the trees and around obstacles. I could cut back against the hill and accelerate to support my balance after going around bushes.



I was proud of being able to handle the bike in such tight quarters. I took on harder terrain, happy to come shooting out of the underbrush into the open unscathed.

So far, so good. Now it was time to ride down. I felt I was in control... that I could use the disc brakes and if necessary, the whole rear tire in slowing down. Coming down was a pleasure, the control of the bike suddenly became all mine again. Slalomming on the 4-inch fat tires was a breeze.

I felt I had more control over the bike descending than at any other time, especially with the longer wheelbase. I knew that if I kept my center of gravity low and the bike centered beneath me, those sturdy fat tires could take any punishment. This confidence allowed me to steer right where I wanted it to go.

While Fat Biking over changing terrain takes coordination, and quickness, it gives the cyclist the elation of triumphing over unpredictable conditions and challenges. Finally, it instills a "can-do" attitude that is as comfortable as a bicycle can get.

If you ride, please buy a helmet, and wear it. Today's helmets are adjustable and comfortable to wear while the air flow through the vents keep your head cool.

Senior cyclists owning the new-generation Fat Bike can also try out what they term Gravel Rides, taking backcountry unpaved scenic routes on their new contraptions.

Imagine a bicycle with bigger than a paperboy balloon tires by two and a half times taking the tension off major joints, and you have the start of what you might find as the inspiration to cycle more.

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# Oklahoma History Center Announces Winners of 2020 National History Day



Ten students representing five Oklahoma school systems received recognition for their projects during the 2020 National History Day (NHD) contest. The national contest is the final stage in a series of contests beginning at the local/regional and state/affiliate levels. This event is held annually to highlight the work of middle and high school students from the United States and several countries around the world who have prepared projects with a particular theme in mind. The theme for 2020 was "Breaking Barriers in History," and students presented their work in the form of papers, documentaries, performances, exhibits or websites. The Oklahoma History Center serves as the state sponsor for Oklahoma National History Day (OkNHD) and coordinates the

state competition, while various local sponsors manage regional events.

Students begin their journey by presenting their projects in classrooms, schools and regional contests across the country. Top entries are invited to the state/affiliate level contests. The top two entries in each category at the state/affiliate level are then invited to the national contest. In past years, state winners have had the opportunity to travel to College Park, Maryland, for judging in the National History Day contest. However, the COVID-19 pandemic meant an alteration in how this event was traditionally held. This year, all presentations and entries were uploaded to the NHD registry, then downloaded and reviewed by the judges. The

judging panels were comprised of teachers, graduate students, authors, historians and volunteers from various museums domestically, as well as seven international sites. The Smithsonian Institution, of which the Oklahoma History Center is an active affiliate, also contributed judges from its staff, as well as from other national affiliates.

"This year posed many challenges to the students, not the least was the fact that the schools were closed," said Sarah Dumas, director of education at the Oklahoma History Center and OkNHD state coordinator. "Research on their particular projects had to be done wherever they could find it. It seems that this year's theme, 'Breaking Barriers,' became a reality to all those who participated in this wonderful event."

Judging for the national contest, also done virtually, was completed between May 23 and June 6. The Oklahoma students who earned honors at the 2020 National History Day competition are as follows:

1. First Place in Senior Group Website: Evan McCrackin, Justin Yang and Shoaib Jamil for their website entitled "For the Rainbow Children of God: Desmond Tutu's Perilous Conquest against South African Apartheid." Their teacher at Norman Public Schools is Margaret Wadleigh.

2. Special Award for Discovery or Exploration in History: Amelia Peoples, Cate Mossman and Kate Schein for their Senior Group Documentary entitled "The Journey to Mars: How Donna Shirley Broke Barriers for Women in Space Engineering." Their teacher at Classen School of Advanced Studies in Oklahoma City is Billy Tillman.

3. Special Award for Equality in History: Alexa Delgado and McKayla Howerton for their Junior Group Exhibit entitled "Woman vs. Woman." Their teacher at Canton Public Schools is Penny Heath.

4. Special Award for Outstanding Junior State Entry: Zayda Sherwood for Junior Paper entitled "Love Conquers All: How Loving v. Virginia Helped Break Racial Barriers." Her teacher at Canton Public Schools is Penny Heath.

5. Special Award for Outstanding Senior State Entry: Jordan Mason for her Senior Individual Performance entitled "Bright Not Broken: The Barrier Between Autism and Agriculture." Her teacher at Burns Flat-Dill City Public Schools is Patsy Lyles.

National History Day is a nonprofit education organization in College Park, Maryland. Established in 1974, NHD offers year-long academic programs that engage more than half a million middle and high school students around the world annually in conducting original research on historical topics of interest. NHD also seeks to improve the quality of history education by providing professional development opportunities and curriculum materials for educators.

The Oklahoma History Center is a division of the Oklahoma Historical Society and is an affiliate of the Smithsonian Institution, National Archives and is an accredited member of the American Alliance of Museums. 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](http://www.okhistory.org).

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# Ignite Medical Resorts Acquires Three Oklahoma Skilled Nursing Facilities

*Chicago-based luxury brand brings  
innovative resort-style rehab model  
to Oklahoma City, Norman & Bartlesville*

Ignite Medical Resorts brings its unique model of uncompromising luxury and rapid rehabilitation to Oklahoma with its acquisition of three local facilities: PARCway Post Acute Recovery Center (OKC), Brookhaven Extensive Care (Norman) and PARCway Adams Post Acute Recovery Center (Bartlesville), all of which closed on May 29.

The facilities are now known as Ignite Medical Resorts OKC, Ignite Medical Resorts Norman and Ignite Medical Resorts Adams PARC, respectively.

The company, which specializes in short-term rehabilitation and nursing care, offers varied clinical specialty programs and enhanced services in a five-star medical resort environment. Its dedicated team of in-house therapists uses the latest technology to create

customized rehab plans, helping people get back on their feet as quickly as possible.

“Through our model, we’re able to provide rapid recovery in parallel with an enhanced culture of hospitality and comfort,” said Brac Barrett, general manager of Ignite Medical Resorts OKC. “We look forward to helping revitalize the image of skilled nursing care here in Oklahoma with this never-before-seen approach.”

As part of its work to extinguish the stereotype of skilled nursing facilities, Ignite offers state-of-the-art amenities in an ultra-comfortable environment.

Capital improvements and renovations are planned for the coming months.

Guests will enjoy an on-site day spa and salon, restaurant and coffee



shop serving Starbucks coffee, as well as concierge services and access to an in-house chef. All private rooms will be equipped with an in-room mini fridge, recliner, 50-inch HDTV and hospitality tablet for 24/7 room service.

Tim Fields, CEO and Co-Founder of Ignite Medical Resorts, says they are excited to bring the first and only medical resorts to Oklahoma — the organization’s environment of relaxation and recuperation, he says, is just one way it helps residents quickly get their spark back and return home to their loved ones.

“Our unique approach helps people feel more like guests in a high-end hotel than patients in a medical facility — but above all, providing superior orthopedic, cardiac, respiratory and stroke rehab care is our top priority,” Fields said. “This expansion to Oklahoma is an exciting step, one we hope will make a big difference in improving each guest’s short-term and long-term quality of life.”

Ignite Medical Resorts operates seven locations in Illinois, Missouri, Kansas, Oklahoma and Wisconsin, with two additional locations set to open in 2020. The organization’s model of LuxeRehab combines uncompromising luxury and rapid rehabilitation, coupling the amenities and décor of a fine hotel with clinical programming for orthopedics, stroke, cardiac and respiratory care to return guests back home as quickly as possible. Learn more at [IgniteMedicalResorts.com](http://IgniteMedicalResorts.com).

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HEALTH

# Flu shot more important than ever, experts say

Getting the annual flu shot is always important. But this year, it might be essential.

The SARS-Cov-2 coronavirus is surging throughout the state and much of the country, and many health experts are predicting an epidemic-level wave during the fall and winter months, right in the heart of the annual flu season in the U.S.

“That timing could be potentially disastrous for a number of reasons, but the most obvious is that the combined fight against coronavirus and influenza is potentially more than our healthcare system can handle,” said Oklahoma Medical Research Foundation physician-scientist Eliza

Chakravarty, M.D.

Since the coronavirus first started spreading across the U.S. earlier this year, it has resulted in almost 2.3 million confirmed cases and 120,000 deaths, according to the Centers for Disease Control and Prevention as of June 22. Those numbers – and the associated strain on hospitals and healthcare resources – could be compounded by the flu, which in the during the 2019-20 season infected as many as 56 million Americans, with 740,000 hospitalizations and nearly 62,000 deaths, according to preliminary CDC data.

“Efforts taken with the shutdown, like social distancing and wearing masks, have kept rates low enough to



Oklahoma Medical Research Foundation immunologist Eliza Chakravarty, M.D. (Photo Courtesy Oklahoma Medical Research Foundation).

See FLU Page 9

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## FLU

Continued from Page 8

keep coronavirus patients separated from others who need other routine care," Chakravarty said. "Add another outbreak and toss in a fast-spreading virus like the flu, and all that progress could go out the window."

Chakravarty also worries about people getting exposed to both viruses. "Each of them is deadly enough individually, but we know they are especially dangerous for those with compromised immunity or lung function," she said. "You don't want to catch both if you're already compromised."

The good news is that there are ways to avoid this nightmare scenario, said OMRP President Stephen Prescott, M.D.

"We have to maintain already sensible practices, like physical distancing, wearing masks, and

washing our hands," said Prescott, a physician and researcher. "An obvious additional step is to get the flu shot. Even if you don't normally get one, this is the time to do it."

Flu shots are generally inexpensive or free, and drive-thru vaccinations may become widely available. And while the shots are far from perfect, typically providing between 40 and 60 percent protection, "Some protection is better than none," said Prescott.

Even if you contract the flu after receiving your shot, vaccination often leads to a milder case, said Chakravarty.

"A less-severe version is always a good thing, but now it might also save you or a loved one a trip to the hospital where coronavirus exposure is possible," she said. "So, the bottom line is that flu shots save lives - this year, maybe more than ever."

## STRANGE BUT TRUE

SO THEY SAY...

**BBT** Some areas in Scotland and Japan switched to blue street lights at night, and saw a decrease in crime & suicide

rates.

**BBT** The first film with a \$100 million budget was True Lies, which was made in 1994.

**BBT** 'Digging a hole to China' is theoretically possible if you start in Argentina.

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## TRAVEL / ENTERTAINMENT

# Entertainment: In the Presence of Greatness - Part One

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

In this time of forced suspension of activities, one such even more missed than travel destinations is the suspension of theatrical shows, plays, and concerts. It's comforting to look back over the years, and as a 72 year old I have plenty, and revel in the live performances and performers that are memorable. I call these times "In the presence of greatness." While movie theaters are beginning to reopen, there is nothing like a meaningful and exceptional live performance.

My first theatrical experience was with the **Mummers Professional Theater** held in a warehouse in Oklahoma City's on West Main street. The building is remarkably still there as are the memories of the performances of theatrical literature of Tennessee Williams, O'Neil and other classical playwrights. I was amazed at the performances and the performers. I remember fondly being taken their in my High School years by my mother and looking back it must have been exceptional theater to keep the attention of this teenager.

Decades later in the 1970s I saw and helped as a 12 hour a day intern at the Mummers Theater in its last season. The architectural award winning building was torn down for a vacant lot a few years ago, but the memories of performers such as **Tamara Long, Carveth Osterhaus and Dody Goodman** remain fresh and warm.

While a freshman at college I saw **Carol Channing**, in her record-breaking performances in OKC's Music Hall's Hello Dolly. I was so impressed I saw it twice, and that is saying something to buy 2 tickets with a small entertainment budget. In the era before higher security I went backstage in hopes of seeing her and followed a small group down beneath the stage to a small room, where Carol came to say "Hi." Looking into those wide eyes and hearing that gravelly voice, is an indelible memory. She was one of a kind. And still alive to me on the Hello Dolly cast album recording or on You Tube videos, I was surely in the presence of greatness then.

Other performances of greatness I saw at the Music Hall, were **Louis Armstrong and Ray Charles**.

In subsequent times at the Music Hall I sneaked on stage to greet and shake hands with Violin virtuoso, **Joshua Bell**. As my favorite violinist I have attended a number of his Oklahoma concerts with the Mozart Festival, or performances at the Music Hall and most recently on the Oklahoma State University campus.

On another backstage foray I saw in passing and up close the legendary **Ethel Merman**, after one of her guest concerts with the Oklahoma City Symphony. Wow, seeing her in only a glimpse a foot away was indeed my lucky night.

As you can tell my dedication to theater took me to New York City's Broadway musicals. Top rated for me back in the 1970s was seeing the original 1973 cast of Pippin with the energetic and young Tony winner, Ben Vereen. A few years ago in Oklahoma City, the aging performer still had a bit of magic about him, but the one man show material he chose was less than satisfying. It's a fact about live performers, that you never know their physical capabilities



*Photos by author Terry Zinn with Bell and Bell in performance.*

on any given night.

On Broadway seeing the original cast of **Stephen Sondheim's** Into the Woods was memorable with **Bernadette Peters** playing the witch. I reveled in her recording of Sunday in the Park with George, but felt in Woods she lacked magic and energy. As one person said, it was like she was phoning it in. These feeling continued years later when she was doing a one woman small concert in Oklahoma City, where I think she was either coming down or getting over a cold and thus a disappointing performance.

In another OKC one man show, John Lithgow a consummate screen actor, chose self-absorbing material that was boring, even from sitting on the third row.

While you never know what kind of live performance you are going to get, kind of like that box of chocolates, there are other sweet morsels of performances that keep you coming back for more. In conjunction with City Rep the one-woman concerts of **Audra McDonald** and Patti Lapone, made up for any previous performers' disappointment. McDonald's pure, strong and full voice made me wish I'd have bit the expensive bullet of going to Broadway to see her award-winning performance in Porgy and Bess. La Pone's "Ladies Who Lunch," complete with martini glass, was a classic and an intense interpretation. Her other songs that night and theatrical stories let you know for sure you were in the presence of greatness. This was live theater you dream of.

Of course LaPone's song is from the Stephen Sondheim musical, Company. In graduate school I made my thesis on Sondheim's work and in particular Company. As a result of library investigation I found his Manhattan Turtle Bay address and sent him a letter requesting a copy of his unpublished song called "Silly People," which was cut from A Little Night Music. With his generosity he sent me a rehearsal copy of the music and that started up my long time correspondence with him that ultimately resulted in an hour's long private conversation in his townhouse. Just being in his presence and him knowing of my existence encouraged me as a playwright/librettist to this present day. Known as the best living composer/lyricist of the musical theater genre, certainly puts Sondheim in a category of greatness and I treasure the memory of being in his presence. So many memories and more to come next month.

(Editors Note: Terry Zinn is a theater graduate of Oklahoma City University with a Masters Degree in Theater from the University of Cincinnati and has attended several theatrical workshops and performed on several stages over the decades.)

### Mr. Terry Zinn - Travel Editor

**Past President:** International Food Wine and Travel Writers Association

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# Zoom zoom: RN student stays strong

story and photo by Bobby Anderson, Staff Writer

Three kids, final exams and a 12-hour shift at the hospital in front of her.

Lauri Gosney has a way to deal with all of it.

She cranks up the music and let's loose.

"I can't not dance," the Oklahoma City Community College nursing student said. "It's my happy place."

Gosney first went to college at Rose State where she worked as a lifeguard and taught senior citizen water aerobics.

The Zumba craze happened shortly after she had her kids. One class and she was hooked.

"I tried my first class in March of 2009 and started teaching in May 2009 and have taught ever since," she said. "I just love to dance and I have absolutely no shame as far as dancing goes."

And she's helped hundreds get through quarantine and now social distancing through her online Zumba workouts via Zoom.

Gosney teaches classes at The Health Club in Norman, which has opened back up with distancing restrictions.

But for anyone who needs them, Gosney hosts online classes from her home.

An active group of friends and followers on Facebook find out her Zoom times weekly and attend from the comfort of their own home, garage, park or wherever.

"This is what I generally like to tell people: if you're worried about what you look like or about looking dumb just don't care," said Gosney, who loves to dance so much she once taught a class at 8:30 p.m. before having her baby six hours later. "We're all working out having fun and enjoying dancing. No one cares about what the other people look like."

"Focus on you because that's what it should be about - your fitness or your stress relief or your enjoyment. If you enjoy what you're doing you're going to look cool at what you're doing and people will want to do it with you."

Gosney tells people they can turn off their own video and just watch her. Even she's too busy to focus on 30 or more frames of people individually.

"It is a nice thing to get people

a chance to try it who have been scared to try," she said. "If I can see someone that's new to a class I can break it down a little more."

Gosney says she has the occasional participant Venmo her \$5 or \$10 but it's not what she does it for.

"The amount of money I could make doing this is not enough to push it," she said. "I just enjoy doing it. It's a hobby for me. I like to dance. I'd rather just dance and people come rather than try to make \$30 off a class."

"I feel like I have a following. People have been coming to my class for 10 years."

Gosney graduated from Harrah High School before heading to Rose State to play soccer. Her soccer coach also happened to be the boss at the college pool.

She would spend 10 years as a lifeguard total, even earning lifeguard of the Year for the entire southwest region twice.

"I've got that competitive nature so any competition I'm going to try really hard," she said.

Now with kids ages 14, 11 and eight, her next competition is with herself and nursing school.

A stay-at-home mom for 14 years, Gosney wanted to find a career with security. She settled on nursing.

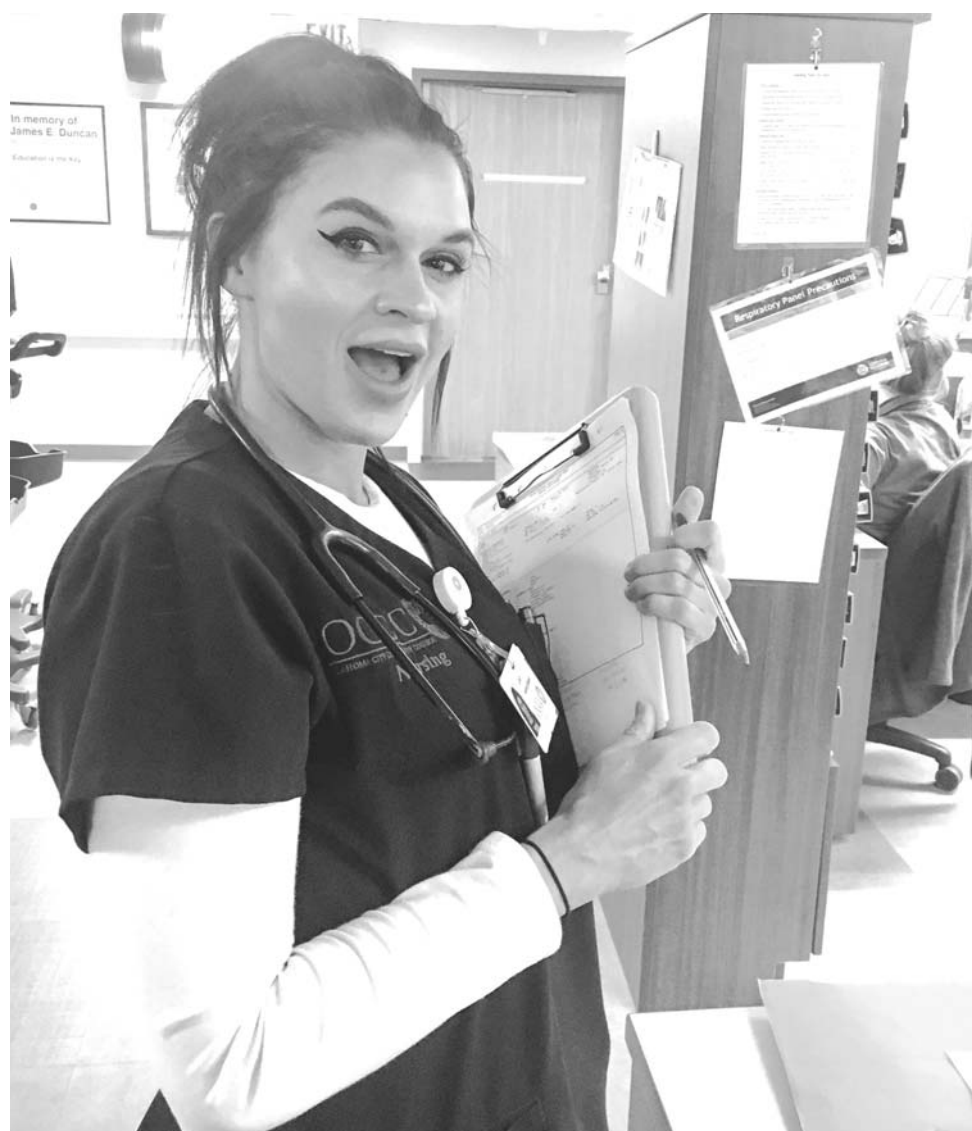
"It kind of was more of a necessity," she explained. "I found out I was pretty good at it."

At the hospital, Gosney works on a critical care floor taking care of anywhere between eight and 12 patients as a certified nursing assistant.

"I was definitely shocked at how much work there is," she said. "I don't sit down a lot. It's go, go, go, go but I kind of like it. It makes the day go by so fast."

It's fast-paced and good experience.

I definitely wanted some experience," she said. "I had never even worked in a healthcare setting and if I was going to become a nurse I wanted that experience and just be able to get my foot in the door as far as what kind of nurse I would like to be. And using the skills I've learned so far at the patient bedside setting will help me be more confident as a nurse."



Lauri Gosney is a nursing student and a certified nursing assistant who is helping people stay healthy during social distancing.

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# Fran Drescher and "The Nanny" Reunion

by Nick Thomas

Reassembling a dozen cast members from a popular 90s TV sitcom could pose a challenge for any network, much less an individual. But it was a task Fran Drescher relished. As the nasal voiced star of the hit CBS series "The Nanny," Drescher co-created and co-produced the show along with then-husband Peter Marc Jacobson.

"Peter came up with the reunion idea for fans stuck at home during isolation and I said right away let's do it if everyone in the cast is available," said Drescher from her home in Malibu.

Unable to meet collectively in a studio due to quarantine restrictions, all 12 credited actors who appeared in the 1993 pilot agreed to participate from their home in April in a "Pandemic Table Read" via a Zoom split-screen reading of that first episode, interspersed with cuts from the original broadcast.

In addition to the cast, Jacobson

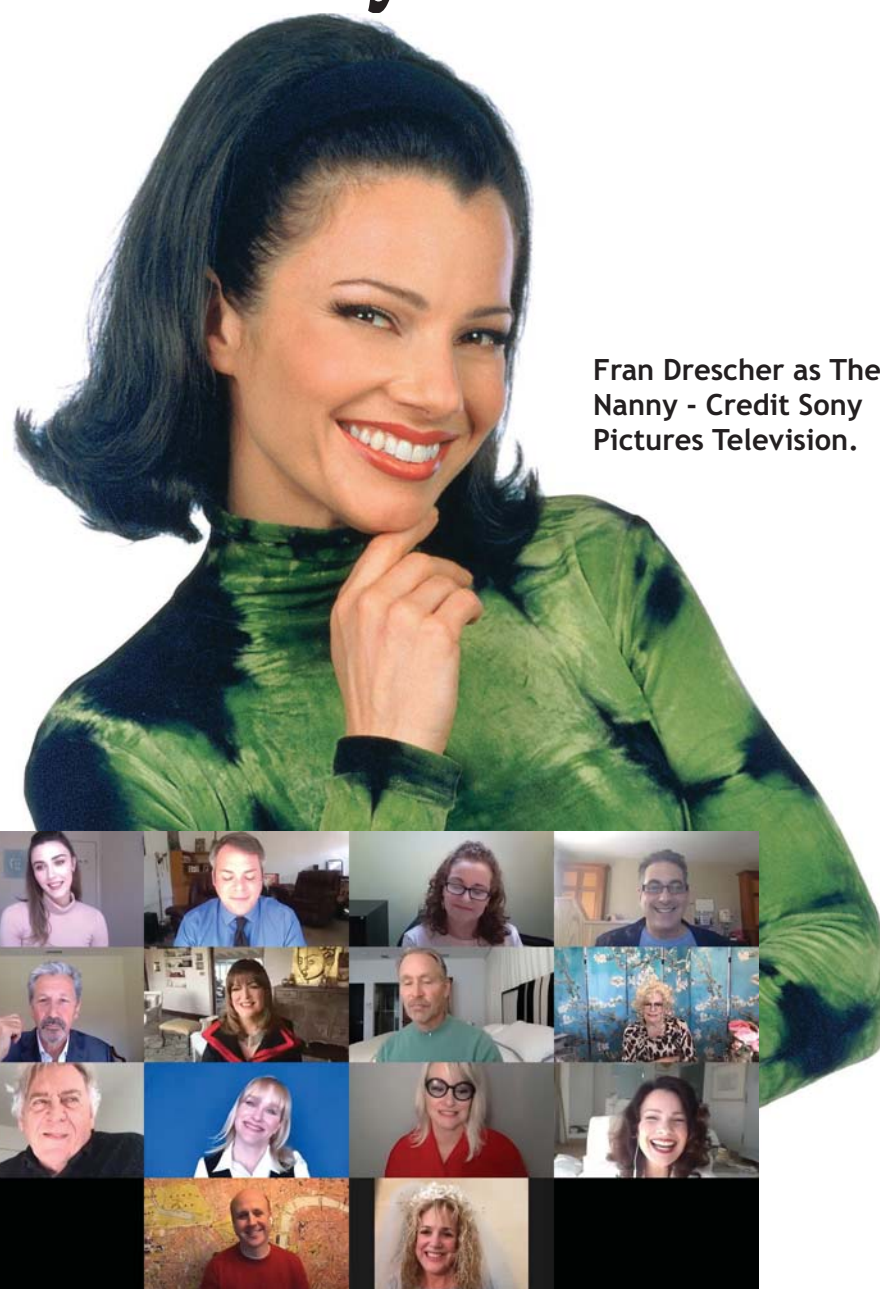
narrated the reading while Ann Hampton Callaway – composer and performer of the show's catchy theme – opened with a lively rendition on piano.

Drescher admits the reunion brought memories flooding back. "To see everybody and to hear the words again made me miss the show and everyone in it so much. It gave me a lift during this terrible period. Hopefully, it did the same for fans."

Although nearly 20 years have passed since "The Nanny" first aired, Drescher says she still remembers the pilot and the live studio audience.

"They didn't know the characters or what to expect from us," she recalled. "But they quickly got it and were soon anticipating laughing almost before we said the lines. They had never really experienced an outrageous character like Nanny Fran Fine that incorporated elements of Cinderella, Mary Poppins, and The Sound of Music's Maria."

Several years after "The Nanny" ended production, Drescher was



Fran Drescher as The Nanny - Credit Sony Pictures Television.

Screen shot of the April reunion of The Nanny cast - Credit Sony Pictures Television.



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diagnosed with uterine cancer. She completely recovered, but the experience steered her toward a second career to promote a "whole-body approach to wellness" and form the Cancer Schmancer Movement in 2007 (see [www.cancerschmancer.org](http://www.cancerschmancer.org)). More recently, Drescher produced a series of videos called "Corona Care 4 You" featuring interviews with health experts during the pandemic.

A longtime advocate of natural foods and products, Drescher was isolated at home for weeks during the spring like much of the country and used the time to catch up on TV shows, writing, and cleaning. As Nanny Fine, her famous TV character might not have scolded Niles the Butler for using corrosive cleaning products to sanitize the Sheffield's home in which the 90s Nanny series was set, but today she probably

would.

"I use 65% alcohol in a spray bottle with a little water and some peppermint oil which smells nice and has some antimicrobial properties," she said.

Despite the forced home confinement, Drescher took it largely in her stride.

"I happen to like staying at home, so I don't get cabin fever easily," says Drescher who currently stars in the NBC comedy "Indebted." But for the actress and her former husband with whom she remains close friends, their collaboration on "The Nanny" remains a career milestone. "This was our baby and we remember everything about it."

*Nick Thomas teaches at Auburn University at Montgomery and has written features, columns, and interviews for over 800 newspapers and magazines.*



# OMRF receives \$1.75 million to study Covid-19 in Oklahomans

The Oklahoma Medical Research Foundation has received a \$1.75 million federal grant to study the impact of the coronavirus on Oklahomans.

Funded by the National Institute of Allergy and Infectious Diseases, the two-year project will seek to understand the immune system's response to the virus and how that immune response varies in different ethnic groups. Additionally, the study aims to understand if the immune response is protective against future infections -- or if it might worsen them.

"OMRF has a strong history and wonderful partnerships throughout the state," said Linda Thompson, Ph.D., who will help lead the project. "That should enable us to quickly obtain blood samples from those who have been exposed to or infected by the coronavirus."

The researchers will analyze blood donated by volunteers to understand individuals' differing immune responses to the virus. The OMRF scientists will be looking for biological clues that

might identify those individuals most likely to experience a severe response to coronavirus infection.

As a group, Oklahomans are at a somewhat higher risk for life-threatening complications from Covid-19, as they tend to have higher rates of other conditions associated with greater mortality from coronavirus infection: obesity, diabetes, heart disease and high blood pressure.

OMRF is actively recruiting individuals for Covid-19 antibody testing, especially people with these high-risk conditions, those with Native American heritage, and those who know or suspect they have recovered from the virus. If you're interested in participating, please call 405-271-7221 or email Jackie-Keyser@omrf.org.

OMRF researchers will also be studying the roles and reactions of antibodies that form in the immune response to infection to the virus known technically as SARS-CoV-2.

"Specifically, we need to know if antibodies help fight the virus," said Mark Coggeshall, Ph.D., who will also

help lead the research. Work will focus on a phenomenon called antibody-dependent enhancement, where instead of protecting people from future infections, antibodies could actually make future infections worse.

"We have to understand all aspects of the body's immune response and which ones correlate to good health outcomes, and we also need to understand how these vary in different ethnicities," said Thompson. "This knowledge gap needs to be filled quickly to inform vaccine trials, some of which are already underway."

The new funding comes as a supplement to a grant awarded to OMRF to study the immune system's response to anthrax bacteria as part of the NIAID's Cooperative Centers for Human Immunology.

"Our existing research on anthrax has a developed infrastructure to study immune response to a serious viral infection," Thompson said. "So, we are set up to start this project without having to develop new methodology. The work can, and will, begin immediately."

Coggeshall, for one, is eager to start the new project. "Our anthrax work is promising and important, but all research efforts right now should be on SARS-CoV-2 and Covid-19," he said. "There is no more urgent issue to study in the world, and we will do everything we can to help."



Oklahoma Medical Research Foundation scientist Linda Thompson, Ph.D.



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# INSECT CONSIDERED EXTIRPATED FROM OKLAHOMA IS DISCOVERED AT THE OKC ZOO

There is a buzz of excitement at the Oklahoma City Zoo and Botanical Garden with the recent discovery of a unique pollinator, the two-spotted bumblebee, *Bombus bimaculatus*, at the OKC Zoo. This species of bumblebee has not been found in Oklahoma since 1999.

Bee researcher, Jos  Montalva, recognized the two-spotted bumblebee earlier this month on Zoo grounds. A graduate student at the University of Oklahoma and an instructor at East Central University, Montalva is conducting an ongoing survey at the OKC Zoo to study native bees that inhabit the park and record which floral resources they use, and what other environmental factors (biotic and abiotic) benefit bees. To date, Montalva has recorded almost 40 species of native bees at the Zoo. This study is made possible by a grant from the Kirkpatrick Foundation and the Department of Biological and Environmental Sciences at East Central University.

"What a thrill to learn that

our funding dollars have led to the identification of a favorite creature vital to the future of Oklahoma ecology," said Louisa McCune, Kirkpatrick Foundation's executive director. "Bumblebees have needed research support like never before, so that makes it especially wonderful to see the Oklahoma City Zoo have such a breakthrough discovery."

Oklahoma's diverse bioregions provide habitat to a variety of bee species. At one time, the state was home to ten species of bumblebees including the two-spotted bumblebee but a study completed in 2015 by L. Figueroa and E. Bergey identified only four species of bumblebee thriving here.

"Finding this bumblebee back in Oklahoma after two decades is a great indication that the OKC Zoo provides vital habitat for native species," said Rebecca Snyder, OKC Zoo's director of conservation and science. "The Zoo is committed to helping increase pollinator populations through



Bumblebees in OKC Zoo butterfly Garden.

research and local conservation efforts aimed at creating more habitat. The Zoo also hopes to inspire people to care about the future of these important insects."

Bumblebees are a social, charismatic species of bee that are found on almost every continent. The two-spotted bumblebee is fuzzy with a mostly yellow thorax with patches of black hairs at the base of its wings. They also have a distinct two-spotted yellow patch of hair on their second abdominal area. These valuable insects perform the critical role of pollinating the world's flowering plants and crops and without them our ecosystems and economies would be in trouble. Worldwide bumblebee populations are experiencing dramatic population declines due to habitat fragmentation, pesticides and climate events.

The OKC Zoo currently maintains four on-site beehives. The bees contribute to the pollination process across the Zoo's 100+ acres, keeping the numerous designated horticultural displays including the Zoo's outdoor butterfly garden – the largest in Oklahoma – naturally vibrant and thriving. All four beehives are located in an undeveloped area south of the elephant habitat, away from walking paths and animal habitats

accessible to guests.

The Oklahoma City Zoo is open daily at 8 a.m. and advance tickets are required for all guests and ZOOfriends members. Tickets can be purchased at <http://www.okczoo.org/tickets> and are limited each day to ensure adequate social distancing between guests. Some of the Zoo's indoor habitats are still closed to minimize potential transmission of COVID-19. The Zoo is open daily from 8 a.m. to 5 p.m. now through Labor Day, Monday, September 7, 2020.

Located at the crossroads of I-44 and I-35, the OKC 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. 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 up-to-date with the Zoo on Facebook, Twitter and Instagram and by visiting Our Stories. Zoo fans can support the OKC Zoo by becoming Oklahoma Zoological Society members at ZOOfriends.org. To learn more about these and other happenings, call (405) 424-3344 or visit [okczoo.org](http://okczoo.org).

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## JULY

### FREE LINE DANCE LESSONS

Weekly on Wednesdays 8PM-9PM. All ages and dance levels welcome. 401 South Meridian Ave. OKC-The Biltmore. \*Event information may be out of date due to the coronavirus (COVID-19). Please confirm details with event organizers.

### Mid Day Dance

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### Free NAMI Family Support Group

First Monday of every month, 6-7 p.m. Continues through Dec. 7. Phone: 405-201-7368 [biancalthompson85@gmail.com](mailto:biancalthompson85@gmail.com) [www.namioklahoma.org](http://www.namioklahoma.org) NAMI Family Support Groups, offered by NAMI Oklahoma Affiliates in communities across the state, are free, confidential and safe groups for families helping other families who live with mental health challenges. In NAMI Family Support Groups, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family members can achieve a renewed sense of hope for their loved one who has mental illness, ranging from ADHD to schizophrenia.

### REINSTALLATION OF THE PERMANENT COLLECTION

555 Elm Ave, Norman, OK 73019. When: Ongoing, 10 a.m.-5 p.m. 405-325-3272. [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.

## JULY

### Summer Thursdays - LIVE When: Starts July 2. Thursdays, Tuesdays and Wednesdays. Continues through Aug. 5

[oklahomahof.com/calendar](http://oklahomahof.com/calendar) Gaylord-Pickens Oklahoma Heritage Museum 1400 Classen Drive Oklahoma City 405-235-4458 [oklahomaheritage.com](http://oklahomaheritage.com) Join us in person from July 2 through August 6 for Free Family Fun! The museum's hours will be Tuesday, Wednesday and Thursday from 9:00 AM to 1:00 PM. We will also be open for See You Saturdays on July 11 from 10:00 AM to 1:00 PM. Each of the themed Summer Thursday's activities will be available each day for guests of all ages to participate with as your schedules allow!

## JULY 3

### LIVE FROM THE LAWN OKIE ALL STARS

When: Fri., July 3 Scissortail Park 300 SW Seventh St. OKC 405-445-7080. [scissortailpark.org](http://scissortailpark.org) [scissortailpark.org/live-from-the-lawn](http://scissortailpark.org/live-from-the-lawn) Scissortail Park introduces a new concert series featuring live music on the 4.4-acre great lawn providing ample space to enjoy a free concert while practicing responsible social distancing. The concert will be held on the Love's Travel Stops Stage & Great Lawn. Guests are encouraged to bring picnics, blankets and lawn chairs to enjoy an evening of quality music in the park.

## JULY 3 AND 4

### Yukon's Two-Day Fourth of July Celebration!

Fri., July 3 and Sat., July 4 Chisholm Trail Park 500 W. Vandament Ave., Yukon Beyond OKC 405-350-8937. [cityofyukon.gov](http://cityofyukon.gov) [www.yukonok.gov/freedom-fest](http://www.yukonok.gov/freedom-fest) Yukon has a long-standing tradition of celebrating Independence Day with a blast. While things will look different this year, the City of Yukon is pleased to announce Freedom Fest will still carry on! And as always, admission is FREE!

## JULY 4

### KIDS TAKE OVER THE COWBOY: INDEPENDENCE DAY AT PROSPERITY JUNCTION

Sat., July 4, 10 a.m.-12 p.m. National Cowboy & Western Heritage Museum 1700 NE 63rd St. Oklahoma City 405-478-2250 [nationalcowboymuseum.org](http://nationalcowboymuseum.org) Celebrate Independence Day in Prosperity Junction, the Museum's Western frontier town. With a cake walk and a variety of other activities, there is something for all ages. Enjoy storytime and stay for a showing of An American Tail. Free for members or with Museum admission. Available while supplies last.

## JULY 4, 10 & 31

### LIVE FROM THE LAWN AT SCISSORTAIL PARK

When: Sat., July 4, Fri., July 10, Fri., July 31, Fri., Aug. 14, Fri., Aug. 28 and Fri., Sept. 18 Scissortail Park 300 SW Seventh St. OKC 405-445-7080 [scissortailpark.org](http://scissortailpark.org) [scissortailpark.org/live-from-the-lawn](http://scissortailpark.org/live-from-the-lawn)

Scissortail Park introduces a new concert series featuring live music on the 4.4-acre great lawn providing ample space to enjoy a free concert while practicing social distancing. Local, regional and national artists and musicians will take the stage on select evenings for Live from the Lawn presented by Oklahoma Natural Gas. Concerts will be held on the Love's Travel Stops Stage & Great Lawn. Guests are encouraged to bring picnics, blankets and lawn chairs to enjoy an evening of quality music in the park.

## JULY 5

### Edgar Cruz Elm Tree Concert at Round Barn

When: Sun., July 5 Arcadia Round Barn 107 OK-66 Arcadia 405-396-0824. [arcadiaroundbarn.com](http://arcadiaroundbarn.com) [www.facebook.com/events/569564467252900](http://www.facebook.com/events/569564467252900) Edgar returns to the Round Barn for an outdoor concert. Free to the public. All ages. Bring your chairs and refreshments.

## JULY 8

### FREE SONIC SUMMER MOVIE: THE PRINCESS BRIDE

When: Wed., July 8, 8 p.m. Scissortail Park 300 SW Seventh St. Oklahoma City 405-445-7080 [scissortailpark.org](http://scissortailpark.org) [www.facebook.com/events/659978561528085](http://www.facebook.com/events/659978561528085) Myriad Botanical Gardens' Free Sonic Summer Movie Night series is back! This year we are having them at Scissortail Park for better social distancing. Bring your lawn chair or blanket and enjoy offerings from a variety of local food trucks and vendors. Pre-movie activities begin at 8 p.m. and the movie begins at sundown.

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## STRANGE BUT TRUE

SO THEY SAY...

**SBT** As of 1998, over 50% of Iceland's population believed in the existence of elves.

**SBT** The Boston Marathon didn't allow female runners until 1972.

**SBT** When watermelons are grilled or baked, they lose their

granular texture and can even be used as meat substitute, a 'watermelon steak'.

**SBT** James Blunt recorded his first album while living with Carrie Fisher. 'Goodbye My Lover' was recorded in her bathroom!

**SBT** Some cat breeds (called 'puppy cats') are bred specifically to exhibit dog-like behavior.



# Stephenson Cancer Center Part of Trial Resulting in New Treatment for Metastatic Prostate Cancer

Stephenson Cancer Center at OU Medicine took part in an international clinical trial that proved the effectiveness of an oral medication for metastatic prostate cancer, the first treatment advance for that disease in many years.

Results of the trial, which studied the drug relugolix, were published in the prestigious New England Journal of Medicine. One of the lead authors is Michael Cookson, M.D., Stephenson Cancer Center urologic oncologist and chair of the Department of Urology in the OU College of Medicine.

The mainstay of treatment for metastatic prostate cancer is androgen deprivation therapy, also called hormonal therapy, in which a man's testosterone level is lowered in order to put cancer cells into a state of remission. For many years, the therapy has been available only in the form of an injection, which sends a signal to the brain to shut down the production of testosterone. The new trial studying the oral drug relugolix showed the same ability to lower testosterone, perhaps even better, as well as a decrease in several side effects that occurred with the injection.

"Prostate cancer is the second-leading cause of cancer deaths among men," Cookson said. "This study is exciting because it is the first trial to demonstrate that men can take a pill instead of having to go to the doctor's office for shots, and the cancer control is just as effective. But there were several additional findings that are also positive."

One of the trial's bonus findings centers around how a man's testosterone is lowered, Cookson said. Injections work by stimulating the pituitary gland so that there is initially a slight overproduction of testosterone before it starts to lower. That "flare" of testosterone after the injection delays the effectiveness of the therapy. However, the drug relugolix is able to tell the brain to stop producing testosterone immediately without a flare.

"In addition, because the pills directly send the message to stop testosterone production, they lowered the testosterone level faster than

injections do, and kept it lower over the duration of the study," Cookson said. "And perhaps even more interesting is that once men stopped taking the pill, their testosterone level rebounded fairly quickly, whereas men who received injections can take up to a year to go back to their normal testosterone levels."

Another important finding of the trial was a decrease in cardiovascular side effects in men who received the oral drug vs. the injection. While cardiovascular side effects were not eliminated in men who took the pill, they were significantly lowered, Cookson said.

Stephenson Cancer Center was one of many centers around the world that collectively enrolled more than 900 men to the trial. The patients were randomized to receive either the injection or the oral drug, then their health was monitored for 48 weeks. The next, and final, step is to seek approval from the Food and Drug Administration to offer the drug relugolix to patients with metastatic prostate cancer.


Because Stephenson is a National Cancer Institute-Designated Cancer Center and one of the nation's top enrollers in NCI clinical trials, it treats many men with metastatic prostate cancer, Cookson said.

"This clinical trial is part of our portfolio for men with this disease," he said. "Our prostate cancer program is unique because it is truly multidisciplinary, offering the most advanced medical, surgical and radiation therapy treatments with access to clinical trials, all at the same center."



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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

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Across

1 Test

6 Law degs.

9 While-\_\_: repair shop sign words

14 Art critic's phrase, literally

15 Calendar pg.

16 NBA's Jackson et al.

18 "10" co-star

19 Send out

20 Pamplona's municipality

22 Big stain

24 Israeli border lake

28 "Doubt it"

29 Theme park near Dallas, literally

30 "Conan" channel

33 Dayan of Israel

35 Giants manager before Bochy

37 Like non-oyster months, traditionally

39 Ration (out)

40 Changes one's ways, literally

42 "The Deep" director Peter

44 Bottom line

46 Closing sequence

48 They're often numbered

49 Bench warmers?

53 Loss of speech

55 Drive-\_\_

56 Before, in Brest

59 Tumbles out of control, literally

61 "In the Bedroom" Oscar nominee

62 PassŽ

63 "Surprise Symphony" composer

64 Big tees

65 Matrix, e.g.

Down

1 Some jennies

2 Baffle

3 Prophetess

4 Longtime Dodger manager

5 Still

6 Whale of a guy?

7 Half of MCDX

8 Most constant

9 Kite aid

10 Cajoled

11 Whistle blower?

12 Key for FaurŽ?

13 "For shame!"

17 Run at the end

21 "Toy Story" dinosaur

23 Highland lid

25 Ancient Germanic invader

26 Even, in fvian

27 Valuable team member

29 Field unit

30 Byes

31 Not sharp

32 More ticked

34 Cunning

36 Still breast-feeding

38 \_\_ orientation

41 Ignored the alarm

43 Civil war site since 2011: Abbr.

45 E. African land

47 Dulcimer kin

49 Crushes an altar ego?

50 Utter

51 Part of a skipping refrain

52 Like some heads

54 King anointed by Samuel

56 Sports fig.

57 U.S. govt. broadcaster

58 Acker of "Person of Interest"

60 Doo-wop syllable

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63						64				65					

Answers on page 21

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# Stitching Helps Volunteer's Outlook Through Pandemic

At 93 years old, Carlene Pearce remains a very active 29-year volunteer with the Retired and Senior Volunteer Program of Central Oklahoma, a United Way of Central Oklahoma partner. Through RSVP, she volunteers her time with the American Red Cross sewing group and since March, has stitched more than 350 face masks that are distributed in the community to help with COVID-19 safety.

As part of her sewing group, Carlene says she sews 3-6 hours a day, taking at least one day off to tend to her own projects. During the pandemic, she and her group, which typically meets on Thursdays, are working strictly from home. She is currently making masks, but also does a lot of sewing for Veteran's groups making tote bags, pillows, lap throws, and eyeglass cases.

"I've been sewing since I was 14 years old. My grandma taught

me how and I love any kind of handcraft. I have to have some sewing project in my hand," she said.

In the nearly three decades with RSVP of Central Oklahoma, she's volunteered with the Midwest City Police Department, OU Children's Hospital, the Hugs Project, and Veteran's Hospital. She's logged more than 15,000 hours as a volunteer.

"Volunteering keeps me busy and I know that if it is helping someone else, it brings me joy and a sense of ease," Carlene said.

Since 1973, RSVP of Central Oklahoma has helped senior adults continue to live with purpose and meaning by connecting them with rewarding community volunteer opportunities, including RSVP's Provide-A-Ride Senior Transportation Program. RSVP is a partner of Senior Corps and the United Way of Central Oklahoma. To learn more



**Carlene Pearce RSVP Volunteer.**

about becoming a volunteer, call Laura McPheeters at 405.605.3110 or visit [rsvpokc.org](http://rsvpokc.org). You can also follow

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# Greg Schwem: Welcome to the United States of 'Do as you Please'

The warning alarm knifed through the humid air as my foursome exited the eighth green. Dark clouds overhead meant rain was imminent; the accompanying siren signaled lightning had been spotted and all golfers were to clear the course immediately.

IMMEDIATELY.

We scrambled into our carts and beelined for the clubhouse, never once considering remaining on the course and playing 10 more holes. Despite seeing pockets of sun trying to poke through the gloom, I've seen enough charred tree trunks on golf courses to know the power of a lightning bolt. Not to mention the fact that a golf bag is basically comprised of 14 metal sticks.

Besides, rules are rules, right?

As we approached the clubhouse, we saw plenty of other golfers heading the opposite direction. A foursome of cigar-chomping bros was teeing off on number one. A dad with his daughter, no more than 8 and the proud owner of a pink flowered golf bag, appeared ready to start their round, rain, lightning and rules be damned.

Such is the nature of living in a country synonymous with freedom. The Cambridge dictionary defines freedom as "the condition or right of being able or allowed to do, say, think, etc. whatever you want to, without being controlled or limited." And my, oh my, are we getting good at it.

Turn off our cellphones because it's time for the plane to push back from the gate? Sorry, I'm on an important call with my swimming pool contractor and my freedom takes precedence over an on-time departure.

Leash our dog in a bird-watching section of Central Park because that's what the signs say? Too bad. That's a violation of my dog's constitutional rights, never mind that my dog can't distinguish a copy of the Constitution from a rolled-up newspaper.

Wear a mask in a retail establishment because doing so might ward off a virus that has killed more than 100,000 people and doesn't seem to be abating despite, um, warm weather? Excuse me, but nobody tells me how and where to breathe for doing so is a violation of my air intake freedom.

Looking back, I'm starting to question all the parenting decisions I made with my children, now 18 and 23. At the community pool, when lifeguards simultaneously blew their whistles at 50 minutes past each hour, it signaled "Adult Swim" for the next 10 minutes. If my kids dawdled, my wife and I yelled, "Out of the pool. You know the rules."

Think of all the valuable swimming time my children missed. I should have yelled, "Keep swimming, girls. Nobody can tell you to leave the pool. That's a violation of your Marco Polo freedom."

When they were high school students, and the temptations of alcohol began to appear, we were firm: No parties in our house with liquor, for underage drinking is against the law. Silly us. I should have set up a fully stocked bar in my basement. And when police arrived to shut down the festivities, I should have scolded them for illegally entering my premises, verbally harassing the guests —

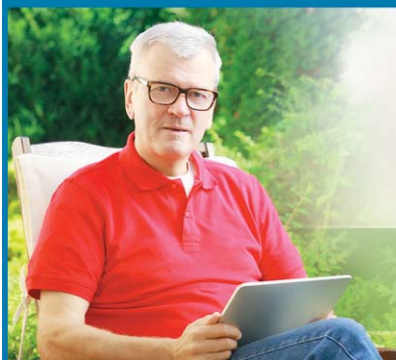


**Greg Schwem is a corporate stand-up comedian and author.**



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**STRANGE**  
**BUT TRUE**

## SO THEY SAY...

**SBT** Both Nicholas Cage and Michael Jackson shared the same wife, Elvis Presley's daughter, Lisa Marie Presley.

**SBT** Alligators will give manatees the right of way if they are swimming near each other.

**SBT** In 2015, a silver coin with Superman on the heads side was made which is legal tender in Canada. There was only 350,000 produced.

# SCHWEM

Continued from Page 20

including the 15-year-old cheerleader puking in the bathroom — and impinging on the kids' First Amendment rights to openly discuss the new Selena Gomez single. That's a veritable trifecta of freedom violations.

And what about my freedoms? The town where I live has an ordinance stating I can only run my yard sprinklers on even numbered calendar days. Ha! My grass blades are on my property and it should be up to me to decide when they receive nourishment. If I'm slapped with a fine, I'll take my cues from our freedom-loving president and appeal this horrible injustice all the way to the U.S. Supreme Court.

I could go on and on stating all the times my freedoms have been trampled, but this column is due and I'm under strict orders to have it in by Tuesday morning.

On second thought, I'll submit it whenever I feel like it. Need I say why?

(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))*

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By Russell Myers

## *Animal Crackers*



By Fred Wagner

## ***Gasoline Alley***



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by David L. Hoyt and Jeff Knurek



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