

# SENIOR NEWS & LIVING

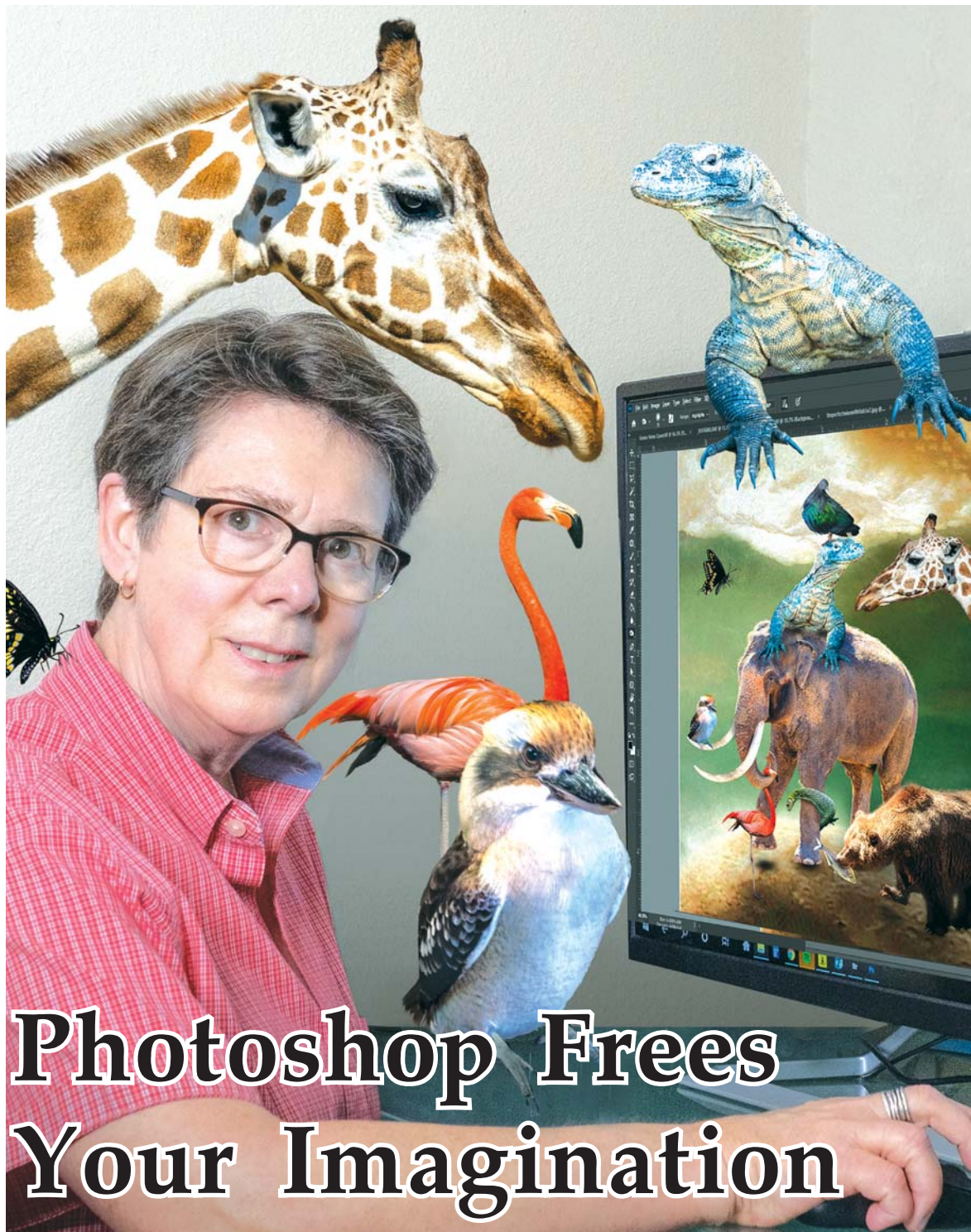
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Information for Oklahoma Seniors

September 2020

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Mary Horn uses Adobe Photoshop to create this image for Senior News and Living where the zoo animals look on as she assembles the composite titled World Zoo on the computer.

story and photos by Darl Devault

Imagine being able to create the world you want to see. Oklahoma City photographer and award-winning digital artist Mary Horn has found that with a camera, loads of curiosity and lots of practice in a photo editing software application called Adobe Photoshop, she can do just that. The world Horn creates is full of images that surprise and delight.

Horn, 65, was first introduced to photography at the age of nine by her mother when film was the medium. Later

at Putnam City West High School, she took a photography class where she fell in love with black and white photography. She was intrigued by the magic of developing the images in the darkroom.

"Digital photo manipulation involves a lot of the same processes as darkroom manipulation — like changing the exposure of a photo or creating a composite — but now, it's all done on a computer," Horn said. "I can now achieve the image I want

See HORN Page 5

## Heart for People



Christina fell in love with gerontology largely because of the experiences with her grandmother. (Photo provided)

by Bobby Anderson, Staff Writer

Most people choose the jobs they want to pursue. For Christina Sibley, the job chose her.

Christina has been a healthcare provider for more than 20 years. She's taught medical assisting and phlebotomy.

She's worked in doctor's offices, labs, hospitals and home care, always with a passion for her patients.

But it was a suggestion from husband, Steven, that brought it all together.

"I feel like God put me on the Earth for a reason," she said. "I have a specific set of skills, experience and education that allow me to do things for people, they have put me in a unique position to be able to do things for people that others just don't have the ability to do."

Christina and her husband own and operate Sibley Insures.

Actually, it's more than that.

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An average of 10,000 people age into Medicare each day.

Licensed Health insurance producers in Oklahoma and Kansas, serving OKC, Tulsa, and beyond, the Sibleys are a wealth of information when it comes to making one of the most important healthcare decisions most of us will ever face.

And that yearly decision is fast approaching.

The last few months of the year the Sibleys' business goes into overdrive with Medicare enrollment beginning October 15 and running through December 7.

"A broker, like myself, is someone contracted with multiple carriers so they aren't beholden to a specific carrier and they're not trying to fit someone into the only tool they have," Christina explained of what she

See HEART Page 6



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# Clues Found to Reversing Heart Dysfunction in Older Adults

A new finding from the Oklahoma Medical Research Foundation shows that a heart dysfunction associated with cardiovascular failure in aging adults may be reversible.

According to the American Heart Association, more than 6 million people in the U.S. are living with heart failure. Although it can happen to anyone, the chances increase as we age. OMRF scientist Ann Chiao, Ph.D., is investigating why — and whether it can be stopped.

"Using experimental models of the aging heart, we targeted diastolic dysfunction, a common problem in older adults that occurs when the heart can't relax properly between beats," said Chiao, whose lab is part of OMRF's Aging and Metabolism Research Program. "It can lead to more significant cardiovascular problems, but there's currently no proven treatment."

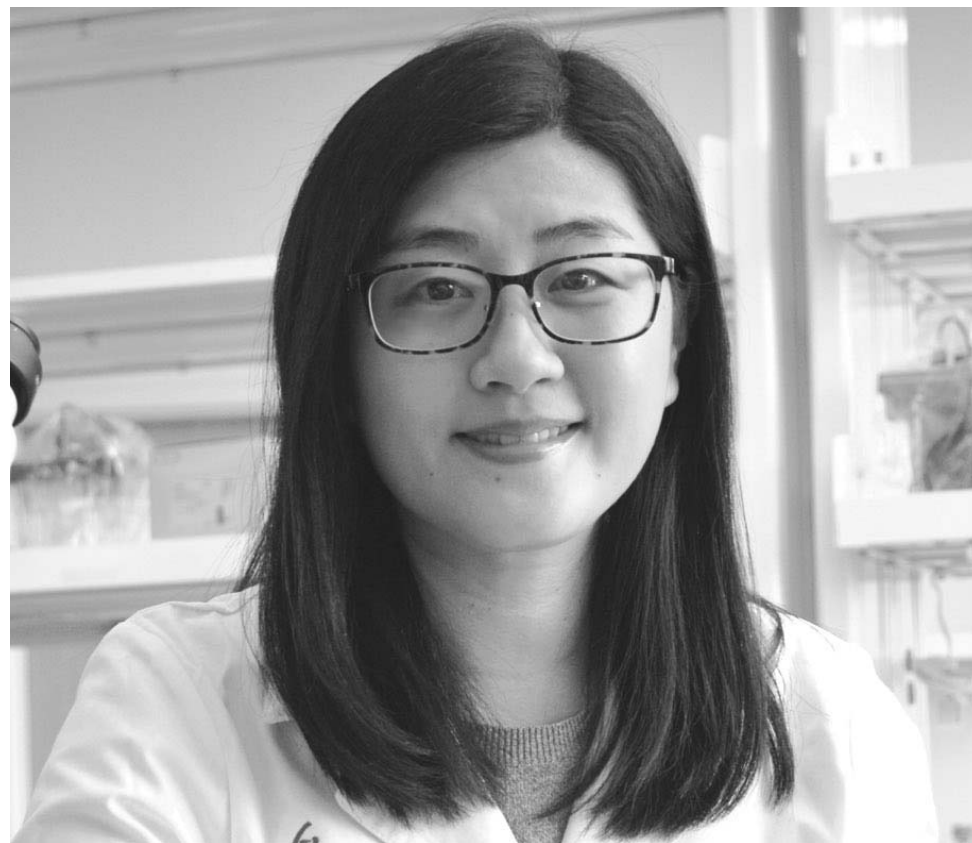
Chiao and her team zeroed in on the mitochondria of heart

cells and how they are impacted by oxidative stress, the imbalance caused by byproducts of metabolism called free radicals.

"Mitochondria are the powerhouses of cells," Chiao explained. "As cells process oxygen for power, their mitochondria emit free radicals, byproducts of oxygen that can lead to organ dysfunction."

It's known that lowering high levels of free radicals in cells improves organ function. But in a new finding, Chiao and her team demonstrated that suppressing free radical production later in life reversed existing age-related diastolic heart damage and improved cardiac function. The findings were published in the scientific journal *eLife*.

"This study is an important step in the process of looking for potential drugs or interventions to improve heart function in the elderly," said Holly Van Remmen, Ph.D., who leads OMRF's Aging



Oklahoma Medical Research Foundation scientist Ann Chiao, Ph.D.

and Metabolism Research Program. "Our goal as a group is to develop ways to delay, lessen or even reverse some of the negative changes that occur with natural aging. Dr. Chiao is doing phenomenal work to improve heart function for all of us as we age."

Medication that could reverse cardiac aging would be life-changing for many — and this study shows the potential is there, explained Chiao. "The drug compound we used in the study is currently in clinical trials for heart failure and rare diseases involving

heart muscles, but further study is needed," she said.

Her lab will now dive deeper into the findings to help identify the best potential drug targets in heart cells. And for those who want to keep free radicals in check before arriving in their latter decades? The solution may not come from a medication at all.

"Research shows that regular, moderate exercise and an active lifestyle play a significant role in protecting the body from oxidative damage," Chiao said.

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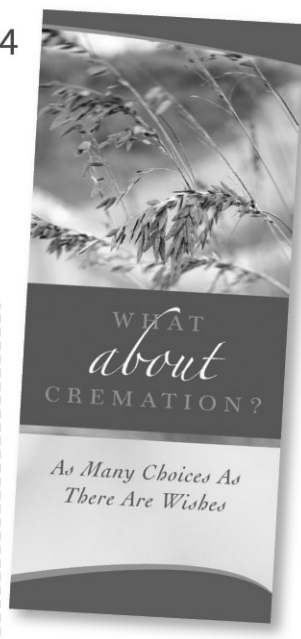
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## The treatment of women in the U.S.

The percent who say they are very/somewhat satisfied with the treatment of women by party group

	Nov. 19-Dec. 22, 2018	June 8-July 24, 2020
<b>REPUBLICANS</b>		
Women	79	80
Men	88	83
<b>INDEPENDENT</b>		
Women	43	51
Men	62	53
<b>DEMOCRATS</b>		
Women	25	26
Men	29	33

Source: Gallup  
Graphic: Staff, TNS



# HORN

Continued from Page 1

without the darkroom and smelly chemicals. The software developers have given us a magic wand in the form of photo-editing software."

After college at the University of Central Oklahoma, she made a career in healthcare financial management and later as a systems analyst.

"I began working with computers at work in 1978," Horn said. "I purchased my first home computer in 1986, so using a computer daily for work and at home just seems natural."

During this busy period, including raising a daughter, photography became more of an occasional hobby. Upon returning to Oklahoma from Southern California in her mid-50's she took a part-time job at a photo studio, which reignited her passion for photography.

She dabbled in painting for a while but decided that she much preferred photography because it combined her love of art and technology. That background in painting transfers as the software now allows for realistic sketching and digital painting by using brushes controlled with a stylus on a pressure-sensitive tablet.

Horn began learning to use the industry-standard photo manipulation software Photoshop to restore old family photos. Soon other people saw her talent for restoring images. Many asked her to work on their damaged photos. In 2009 she started a small business restoring photos that were damaged by time, neglect & tornadoes.

Horn and her restoration company were featured in a 2013 online CNN Business article about unique business startups.

After restoring images for a member of the Oklahoma City Metro Camera Club, he invited her to visit a meeting. Horn soon joined Metro, then a few years later joined Oklahoma Camera Club.

"Joining a camera club is one of the best things an amateur photographer can do," Horn said. "The local clubs offer so many learning opportunities, opportunities for competition, along with great social connections."

Horn assists as a volunteer with Oklahoma Camera Club's Annual Youth Photography Competition which promotes photography in high schools across the state.

Horn submits her photos and digital artwork to the Oklahoma Camera Club as well as international exhibition competitions sanctioned by the Photographic Society of America.

PSA started in Oklahoma City in 1934. Its headquarters is in south Oklahoma City. It now has members in more than 80 countries. PSA offers a monthly journal, online photo galleries, image evaluation, study groups, courses, and competitions.

The photo clubs have a category called Altered Reality which really piqued her interest. Horn finally had an opportunity to employ all the possibilities Photoshop provides and use her images to create something unique. She could now combine photo elements to create surreal or implausible images.

In 2016, Horn received a PSA International Gold Medal for a monochrome portrait of successful local boxer Bo Gibbs, Jr. She has since earned many other medals and ribbons.

In 2017, Horn was awarded Image of the Year at Metro Camera Club, and Oklahoma Camera Club for the same Altered Reality image.

"It was a real surprise because Altered Reality images usually don't win when competing against more traditional photographs," Horn said.

Adobe Photoshop has been an essential element for creative imaging and graphic design for 30 years. It is available in a \$9.99 month-to-month subscription model. Photoshop allows users to create photo composites, move and remove objects, and add effects. The user can realize any creative concept by working with unlimited layers and masks. Artists can paint with a seemingly endless choice of brushes that are controlled with a mouse or stylus. The rental subscription includes Adobe Lightroom with 20GB (or more) of Cloud storage.

This year at the Oklahoma Camera Club she placed first in her division for both Monochrome and Nature as well as best of show for the in-camera challenge. In July, Horn received first place for a monochrome image in the Gulf States Camera Club Council Regional competition. "I am now waiting on feedback from my submissions to several international salons," Horn said.

Her goal is to learn something new every day and Photoshop has made achieving that goal quite fun, Horn says. She says there is always something new and different to learn and try.

Horn hopes her creative images will bring a laugh, a sense of surprise, or even a shock to those who view them. "Some ideas percolate for months or years before I can bring them to life," Horn said. "Others happen quite serendipitously while I am at the computer, then I have the finished image in just an hour or



Mary Horn uses Photoshop to transform her grandchildren's backyard photo on a quilt into a fantasy world of pixies.

two."

Her granddaughter has become a frequent subject for Altered Reality or fantasy photos. The four-year-old makes up elaborate stories to go along with them. Her new grandson is now becoming part of the fantasy as well.

Horn still loves 'regular photography,' especially monochrome. She occasionally shoots a roll of black and white film just to stay in touch with the deliberate mindset that film photography requires.

"So many new photographers who have never used film just fire away as the digital images cost them nothing but time once they have bought the camera," Horn said. "The phrase is 'spray and pray' in the digital world in hopes of getting a good image. The cost of film and developing the image makes a person more deliberate. Using film compels a person to think, plan, and take their time to get it right by composing the photo carefully in-camera the first time. I try to keep that film mindset while working with my digital camera as it saves a lot of time editing."

Right before her 65th birthday, Horn was diagnosed with Ocular Melanoma. The treatment has left her with increasingly poor vision in her dominant eye used for photography. She has needed to transition to making images with the other eye. "I



was devastated at first, but decided I had to make the transition," Horn said. It continues to be a challenge, but I will not give up photography for anything. It brings me so much pleasure."

Horn reminds everyone to get a yearly dilated eye exam because it can save your life and your livelihood.

Horn finds it important to stay both physically and mentally active. A healthy diet, daily power walk, and strength training keep her in shape for long hikes in search of wildlife and landscapes to photograph. "It also helps me keep up with the grandkids!" Horn said "Being retired is great as long as you don't retire from life. Take classes. Try something new. You might surprise yourself."

You can find her photos and restoration work at [www.ampersand.photography](http://www.ampersand.photography) or find her on Facebook at [www.ampersand.photography](http://www.ampersand.photography).



## HEART

Continued from Page 1

does. "A broker is able to find the right tool for the client and their specific needs."

"You would be surprised at how many people who are on Medicare, and have been for a long time, who don't understand how it works. They've never really been given a good education."

That's the "what" when it comes to Sibley Insures.

The "why" runs deeper.

Christina Sibley tears up when she talks about her grandmother, whom she was able to care for in her final few years.

"She was a widow, a homemaker her whole life, whose husband died at a young age unexpectedly," she said. "She lived on a very low income and had significant health issues. I watched her struggle for a long time, especially with paying for medications."

Planning on going to school to become a physician's assistant, Christina fell in love with gerontology (the study of aging issues), largely because of the experiences with her grandmother.

"My desired patients were going to be geriatric patients. That's who I love. That's who I love to work with," she said. "When Steve suggested I go into insurance I was not interested at all."

"She thought I was nuts," Steve said with a laugh. "When she found out about Medicare and what she could do for seniors it was like the lightbulb came on. These were not only the people she wanted to serve but as an educator she was able to use her experience and skills to truly make a difference."

Behind her the whole way is Steve, who brings 15 years of financial services expertise and 36 years of military service to the business.

She's always had a passion for education.

"The best part of what I do now I can spend two or three hours with somebody and really get to know them, help them understand so they can make their own choices," she said. "As an educator you have to be able to break complex things down into something people can relate to."

With Covid 19 restrictions



Christina and Steven Sibley are helping seniors make one of the most important healthcare decisions they will ever face. (Photo provided)

**"My desired patients were going to be geriatric patients. That's who I love. That's who I love to work with." Christina Sibley**

ongoing, many seminars and educational opportunities to help seniors make an informed decision will likely not occur this year throughout the industry.

"That has been in the back of my mind but my clients, the people who are already with me, understand they have access to me all year," she said. "They're used to 'Hey, I have a question. I'm going to call Christina.'"

She said "this year, in particular, there are many tools available to meet and enroll virtually, if that's someone's preference."

In person or on the phone,

Christina has always prided herself on being accessible to her clients and the people who are referred to her by her clients.

Answering a question, or giving her opinion - it's always about the client.

"One of my favorite sayings is do the right thing for the sake of the right thing," she said. "Just do the right thing for people, it's that simple. I decided early on that I was going to do it that way, period. I'll either be successful at it or I won't be, but I'll do it in a way that I can look at myself in the mirror each day and be happy with what I do."

**STRANGE BUT TRUE**  
SO THEY SAY...

**SBT** In October 2015, United Airlines made a man with Cerebral Palsy crawl off one of its flights. The flight attendants just watched as he struggled.

**SBT** All dogs are banned from Antarctica since April 1994. This ban was made because of concern that dogs might spread diseases to seals.

**SBT** In Slovakia they have Christmas Carp that live in the family bathtub for a few days before they are eaten.

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# HEALTH

## Priest Shares His Personal Experience with COVID-19

On June 27, his forty-fifth anniversary of ordination to priesthood, Father Mark Mason began experiencing chills despite the fact that it was nearly 100 degrees outside. He thought perhaps he was having an allergic reaction to the hot herbal tea he was sipping. It wasn't his usual orange spice. He tried putting on heavier clothing and went to lay down, but the chills persisted – even under thick blankets.

Mason had a houseguest at the time, and as his condition deteriorated that evening, the guest made the wise decision to take him to the INTEGRIS Bass Baptist Health Center Emergency Department.

Throughout the COVID-19 pandemic, identifying symptoms of the virus has been like trying to hit a moving target. A fever over 100.4 was

one of the telltale signs early on, but chills didn't make the list until April. Fortunately, by June, INTEGRIS emergency caregivers were well-versed in the multiple symptoms of COVID-19 so they tested Mason for the virus right away. He tested positive.

Mason knew precisely when he had been exposed to COVID-19. He had recently eaten dinner with individuals who later tested positive. They were all asymptomatic at the time of the meal. Mason had planned on getting tested himself, but the virus beat him to it.

After spending a few hours at INTEGRIS, Mason began to improve. Because his symptoms were not serious enough for him to be admitted, he was sent home and told to self-quarantine, which he did. Something that is not easy to do when you



INTEGRIS pulmonologist, Sarah Matousek, M.D. and Father Mark Mason.

are a Catholic Priest at multiple parishes, including St. Francis Xavier and St. Gregory Catholic Church.

Mason was recovering well at home. It had been several days since his diagnosis, and he thought he was over the worst of it. But he underestimated the power of the illness.

On day 10, he wasn't feeling well. His doctor, INTEGRIS physician Jon Mills, D.O., recommended he use a pulse oximeter to measure his blood oxygen levels at home since, at 71 years old, Mason is at higher risk of serious complications from the virus.

His blood oxygen levels were falling, and he was having trouble breathing. At the urging of Dr. Mills, he returned to the Emergency Department at Bass and was quickly admitted. Mason spent 15 days at INTEGRIS recovering from COVID-19 — eight of those days were in the Intensive Care Unit.

Mason was placed in a negative air flow room, a room that pulls air inward from the hallway, to decrease the risk of him infecting other patients. INTEGRIS had already prepared for patients like Mason by converting extra rooms to negative air flow and made additional preparations in the event of a surge.

Mason narrowly escaped being

put on a ventilator but was given a life-saving cocktail of Remdesivir, convalescent plasma, steroids and anti-inflammatories.

"I was very lucky to be at this hospital when I came down with COVID-19," declared Mason. "I feel like I received the best treatment in the world."

"Father Mason is a great example of how quickly patients with COVID-19 can become severely ill," said INTEGRIS pulmonologist, Sarah Matousek, M.D. The team of pulmonologists at INTEGRIS were key players in his survival. "Part of the reason he did so well was because he was in good physical shape prior to his illness, but he also stayed in in touch with his physician and they closely monitored his symptoms, taking action when necessary."

Mason was released from the hospital on July 23. He continues to have lingering effects from COVID-19 but is certainly on the road to recovery. He wants to thank everyone involved in his care, especially his team of caregivers in the ICU, Edward Payton, Hannah Kokojan and Alaina Maxey. He is also grateful to the Enid community for their continued prayers, as he feels confident the community played a major role in his success.

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



# OK Consumers to Have More Health Options for 2021 ACA Plans

Insurance Commissioner Glen Mulready announced today the 2021 preliminary rate filings for health insurance plans under the Affordable Care Act (ACA). Insurers that currently offer coverage through the Oklahoma Marketplace filed plans requesting average statewide increases of 2.7 percent.

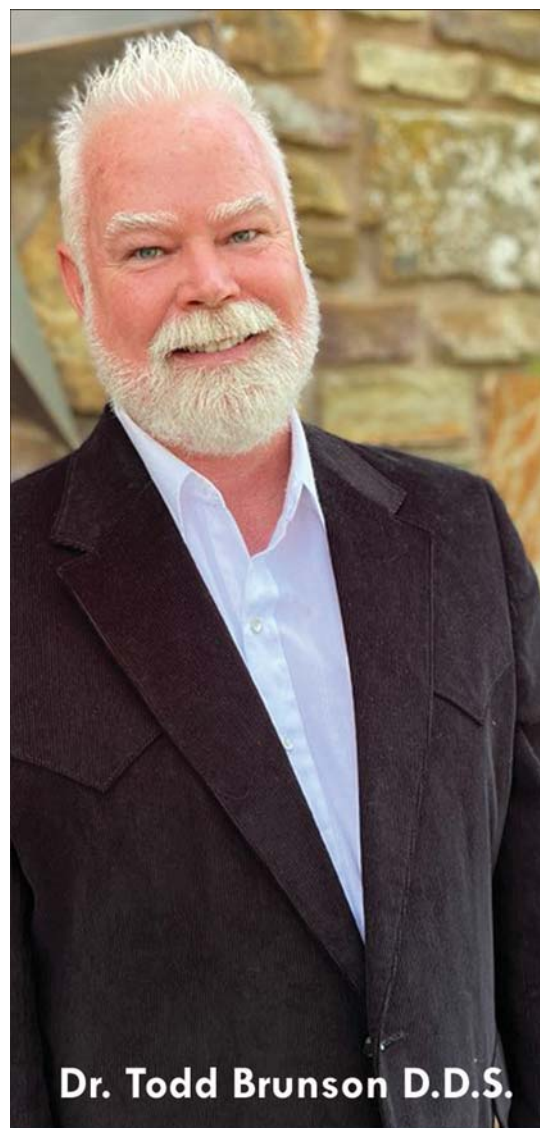
The same three insurers that offered individual health plans on the 2020 Exchange will return for 2021 — Blue Cross Shield of Oklahoma (BCBSOK), Bright Health and Medica Insurance Company. In addition, Oscar Health, UnitedHealthCare (UHC) and CommunityCare Oklahoma (CCOK) will join the marketplace in Oklahoma for 2021 allowing consumers to have more choices. BCBSOK and Medica offer statewide plans while Bright Health, CCOK, Oscar and UHC serve limited areas of the state.

Moderate rate increase requests and new insurers looking to offer plans in Oklahoma revealed that the Oklahoma insurance market is stable and able to offer multiple health insurance options for all Oklahomans.

"Creating more choices for consumers has been a top priority of mine and it is encouraging to see more insurers enter the Oklahoma market and another year of modest rate change requests. It demonstrates our efforts to stabilize and improve affordability in this market have been working," Insurance Commissioner Glen Mulready said. "Oklahoma continues to have a healthy, competitive individual health insurance market, and insurers are committed to providing more options for Oklahomans who seek health insurance on the Marketplace."

Rate filings for 2021 health insurance plans were approved by the Centers for Medicare and Medicaid Services (CMS) and are posted at <https://ratereview.healthcare.gov/>. Final approved rates will be made public in September.

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



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## TRAVEL / ENTERTAINMENT

# Entertainment: In the Presence of Greatness – Part Three

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

The trip down memory lane continues for the live experiences and recognition of outstanding performers and venues. By recalling our good times and interactions, if only as an audience member, it gives us comfort and enjoyment remembering our past efforts, and gives us hope for more live entertainment experiences in the near future.

If you are a loyal long time reader here, there is no surprise that I am an admirer of the 92 year old, iconic cabaret singer, Marilyn Maye, who performed most recently at the OKC boat house last year, courtesy of Central State University. I have seen her a couple of times in Dallas and other venues. She holds a record number of appearances on the Tonight Show, starring Johnny Carson. Her enthusiasm for life and humorous attitude is only surpassed by her smooth, easy and warm voice. She is a testament and a life affirmation for all seniors.

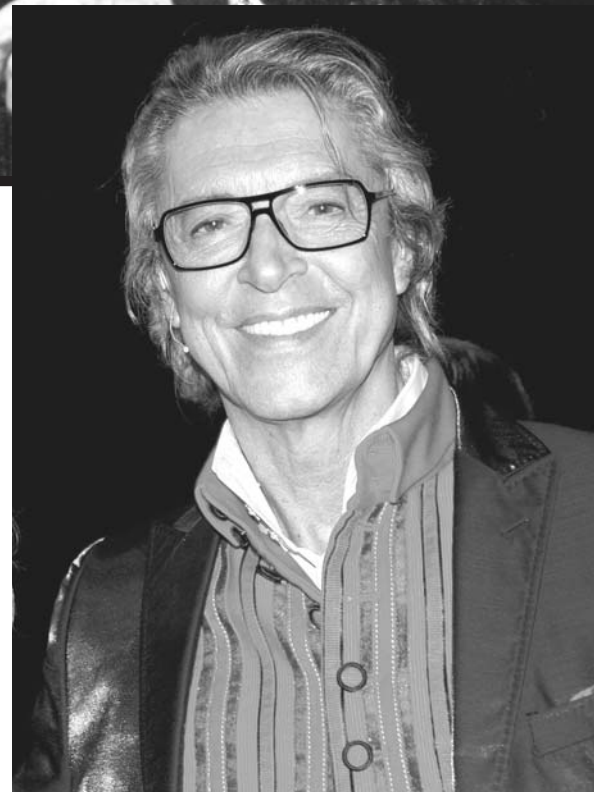
Another theater veteran, for ever young yet a senior, Tommy Tune (currently 81), who performed a one man show at Lyric's Plaza Theater. He of course was in the original Broadway cast of “Hello Dolly” and has performed and directed many Broadway shows, including “My One and Only” with Twiggy. His Tony and other theater awards are numerous. This tall Texan's humor is infectious. His back stage stories are enlightening. His most touching story was how he lost decades of theater memorabilia and souvenirs when hurricane Sandy flooded parts of Manhattan and his storage unit. Fun to see him tap dance in red boots. He presented two nights, I saw both, and noticed each show was a bit different, as he went with spontaneous changes. After the performance he invited fans to accompany him on stage - where he let us be close and personal with photographs and to be in his presence. His optimism, generosity and theater history certainly makes him a person of greatness.

This reminds me of another offering by Lyric Theater of Oklahoma when they featured Chita Rivera. Senior Rivera was awarded the 2018 Tony for Lifetime achievement and was a Kennedy Center Honoree. Always enchanted by her dancing and mischievous personality, it was a pleasure to meet and greet her at an after party. She was gracious, but her handler (her assistant) was less so, bordering on rude. Odd how some personalities don't recognize that their assistants can mar the public's perception and experience. I could list other occasions which were tarnished by their neglect to properly instruct them to be considerate to the fans, to which they owe part of their success.

You never know what's going to blossom when going to a live theater event. Such was the case many years ago when the Oklahoma BLAC organization brought in the three woman musical play called, “Blues In The Night.” It was performed as a benefit on the thrust stage of the Stage Center/Oklahoma Theater Center/aka the Mummies Theater. Sadly it was not well attended, and sadly the theater



**Marilyn Maye in Concert performed most recently at the OKC boat house last year. right - Tommy Tune performed a one man show at Lyric's Plaza Theater.**



building is now a parking lot. Its headliner was the provocative Chanteuse Eartha Kitt. Best known for her “Santa Baby” recording but in this Oklahoma visit she performed and gave an extensive seminar on her life and even touching on her political activism, during the President Lyndon Johnson era. Even more astonishing was her willingness to pose for me and my camera. I treasure those times and images of the late Eartha Kitt. To her credit I sent her a couple hard copy black and white prints to her NYC address for her signature and she did such and returned to me. The Presence of Greatness.

Another photo opportunity was with Ballet Oklahoma's performance and celebration of “Rodeo,” and the Ballet from “Oklahoma,” originally choreographed by Agnes de Mille. I was so pleased when I sent de Mille her copies of my photography of a dress rehearsal where she autographed my hard copy black and white photography. Agnes de Mille; truly greatness of the Ballet world.

While it's fun to recall meetings with well known celebrities, let's not forget our relatives and friends which also might fall into the category of greatness for their humanity and friendship.

### Mr. Terry Zinn - Travel Editor

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

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# Paycom CEO Makes Multi-Million Dollar Donation to New Hope Lodge

The American Cancer Society of Oklahoma (ACS) is one step closer to groundbreaking on a new Hope Lodge, thanks to a generous \$5 million donation from Chad Richison, founder and CEO at Paycom.

"Everyone is either zero or one degree away from cancer," said Jeff Fehlis, executive vice president for ACS South Region. "It's a disease that touches us all, and that's why it is so important to bring Hope Lodge to Oklahoma. The investment Mr. Richison has made will be felt in all corners of the state."

This year, the American Cancer Society estimates that 20,540 Oklahoma residents will be diagnosed with cancer and that 8,420 will die from the disease. It also estimates 3,700 cancer patients will travel 40 miles or more for treatment in Oklahoma City.

"We firmly believe your ZIP code should never determine whether you live or die," Fehlis

added. "We are very fortunate to have partners like Mr. Richison investing in the state's health care and for his compassion and contributions to patient's recovery and peace of mind."

The Chad Richison Hope Lodge of Oklahoma City will have 34 guest rooms, each with a private bathroom. Free, on-site parking will be available, as well as fully equipped kitchens, laundry facilities, common guest lounges and a dining room. It will serve approximately 2,400 patients and caregivers annually, providing approximately 14,600 free nights of lodging valued at \$1,971,000 in annual savings.

"Providing community style lodging and other essentials to patients and families during their battle with cancer is a much-needed service that hopefully takes one less stress off their minds," said Richison. "I'm pleased to be part of bringing this new concept to Oklahoma and grateful for

what the American Cancer Society is doing with the Hope Lodge experience."

The new facility will be built near the Stephenson Cancer Center at NE 8th St. and N Phillips Ave., with land leased for \$1 per year from the University of Oklahoma Health Sciences Center. The Chad Richison Hope Lodge of Oklahoma City will be the only free lodging program available for adult cancer patients and their caregivers.

"Our world has turned upside down the past few months as a result of COVID-19," Fehlis said. "But cancer hasn't stopped and neither has ACS. The pandemic has created challenges which we must now factor into construction, making sure we are creating a safe environment for our guests. We have a chance every day to do good in the world, and partners like Mr. Richison are a great example."

Currently ACS operates more than 30 Hope Lodge locations



**Chad Richison, founder and CEO at Paycom.**

throughout the United States and Puerto Rico. Groundbreaking on the new Hope Lodge Oklahoma City is set for fall 2020. Additional information can be found at: [cancer.org/hopelodgeoklahomacity](http://cancer.org/hopelodgeoklahomacity).

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# Olivia de Havilland (1916-2020) – the end of an era

by Nick Thomas

It's a sobering thought for fans of classic film. The passing of Olivia de Havilland in late July, just three weeks after her 104th birthday July 1, represents the loss of the last surviving big-screen legend from Hollywood's Golden Age of the 1930s.

While other actors are still with us who were indeed active in film during the 30s, Ms. de Havilland was truly the last A-list star from that era whose name could be bundled with the likes of Bogart, Gable, Hepburn, and so many others. They are simply now all gone.

While I never had the chance to interview de Havilland directly, she did answer some questions by mail in 2009 for a story I was preparing for the Washington Post on the centenary of Errol Flynn's birth.

The letter arrived by FedEx from France where she lived for most of her post-Hollywood life and was hand-signed in her glorious flowing script. In it, she shared some memories of the Aussie co-star with whom she was frequently cast.

De Havilland and Flynn (1909-1959) were one of the most popular on-screen couples during the early classic film era. The pair worked together in eight movies from 1935 to 1941 and appeared in separate scenes in a ninth film, "Thank Your Lucky Stars," in 1943.

Flynn, of course, continued to be sensationalized by the press and authors long after his death. Was he mischaracterized, I asked her?

"His roguish reputation was very well-deserved, as he more than candidly revealed in his remarkable autobiography, 'My Wicked, Wicked Ways,'" she wrote. "However, through this very same book, we also know that he was a reflective person – sensitive, idealistic, vulnerable, and questing. But I think he has been incompletely represented by the press: It vulgarized his adventures with the opposite sex and seldom, if ever, touched upon or emphasized the other facets of his life."

Despite his popularity, Flynn was never recognized for his acting with even an Oscar nomination (de Havilland was nominated 5 times and won twice). Was that an oversight, I asked her?



Olivia de Havilland and Errol Flynn in *The Adventures of Robin Hood* - Warner Bros.

"Unfortunately, at the time when Errol enjoyed his greatest success, the adventure film, as a genre, was not sufficiently appreciated and therefore his appearances therein were not as highly regarded as they might," she explained. "However, I do feel he played his roles with unmatched

verve, conviction, and style. In doing so, he inherited the mantle of Douglas Fairbanks Sr., who was my favorite film star. No one since Errol has worn that mantle; it is buried with him."

I was also curious if she ran  
Continued next page

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Olivia de Havilland.

into Flynn after their time together on-screen. She said that happened only on three occasions, the last one at the Beverly Hilton's Costumers Ball two years before his death.

"Quite unexpectedly, while I was talking to friends during the cocktail hour, Errol left his own group and asked if he could take me to dinner," she recalled. "He seated me on his immediate right and, soon joined by others, took on the role of gracious host with everyone on his left – all the ladies – while I did my best to entertain the gentleman on my right."

De Havilland's letter concluded with a delightful postscript indicating a longtime private ritual which she adhered to every year.

"On June 20 (Flynn's birthday), I raised a glass of champagne to Errol, as I always do."

Come next July, many classic film fans will likely repeat that ritual to honor Olivia, too.

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

# Williams Named Interim Director of OK Medical Marijuana Authority

Oklahoma Medical Marijuana Authority Deputy Director Dr. Kelly Williams has been named Interim Director. Williams took the lead position after the promotion of Director Travis Kirkpatrick.

Dr. Williams is a life-long Oklahoman who earned her Bachelor's Degree in Psychology from Oklahoma City University, followed by a Masters and PhD from the University of Oklahoma, both in Quantitative Psychology. Before joining OMMA, Williams served as Oklahoma City University's Institutional Research Director for seven years. She has been in two Leadership Oklahoma City classes and serves on the Board of Directors for Family Builders as well as the United Way of Central Oklahoma's Research and Community Initiatives Committee.

Dr. Williams plans to continue and expand on outreach programs to the patients and commercial licensees that are involved in the Medical Marijuana Industry, stating "this is a young agency and we have seen massive growth over the past two years. I look forward to the challenges and the rewards of growing the Oklahoma Medical Marijuana Authority into an agency that will make Oklahomans proud and that happens by ensuring this agency is devoted to our patients, businesses owners, and the citizens of Oklahoma. I look forward to working with these groups as we continue to build the agency and make progress toward our goals."

Former Director Travis Kirkpatrick was promoted to Deputy Commissioner of Prevention and Preparedness at the Oklahoma State Department of Health. His new role includes oversight of several regulatory areas, including OMMA.



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# OKC ZOO'S ASHA, IS PREGNANT

**OKC Zoo celebrated with a BIG announcement - Asian elephant, Asha, is expecting a calf in February 2022!**

In honor of World Elephant Day, the Oklahoma City Zoo and Botanical Garden was thrilled to announce that Asian elephant, Asha, 25, is pregnant and due to give birth in February 2022! This will be Asha's fourth calf born at the OKC Zoo. The Zoo's bull elephant, Rex, 51, is the father. The pair are also parents to Achara, 5 and Kairavi, 1.

"We are extremely excited to have a calf on the way and look forward to this new addition joining our multigenerational herd, and watching as our elephants interact with a little one," said Rachel Emory, OKC Zoo's curator of elephants and rhinos. "Asian elephants are endangered so every pregnancy is valuable to the survival of this beloved animal as their wild counterparts continue to face extreme hardships in their native habitats."

Though it's early in the pregnancy, both Asha and her calf appear healthy, and the Zoo's veterinary and animal care teams are optimistic everything will go well for this experienced mom.

Asha has given birth to three female elephants including Achara born in 2014 and Kairavi born in 2018. In 2011, Asha gave birth to her first calf, Malee who at 4 years old died unexpectedly from the Elephant Endotheliotropic Herpesvirus (EEHV). Malee was the first elephant born at the OKC Zoo.

As Asha's pregnancy progresses, her daily routine including diet, exercise and training will stay consistent, and she will continue living with her family group. She is receiving exceptional 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. Asha voluntarily participates in these exams thorough positive reinforcement training making it a comfortable experience for her. Elephants have the longest pregnancy in the animal kingdom, lasting 22 months from conception to birth. Newborn elephants can weigh 200-300 pounds at birth.

The breeding recommendation



for Rex and Asha was part of the Association of Zoos and Aquariums (AZA) Asian Elephant Species Survival Plan®, a cooperative breeding and management program responsible for maintaining a genetically healthy population of Asian elephants in AZA-accredited zoos.

The OKC Zoo is committed to the conservation of Asian elephants and their habitat through its global partnerships. Asian elephants are endangered, facing unique challenges that threaten the species' survival. Asian elephant populations in the wild have fallen below 40,000. The 13 nations that make up the natural habitat of Asian elephants contain the most dense human population on the planet and, as a result, vital habitat for elephants has been reduced by 85% in 40 years. Furthermore, Asian elephants are much more susceptible than African elephants to EEHV, a fast-moving virus with a 60% fatality rate.

Since 2010, the Zoo has contributed more than \$400,000 to elephant-related conservation. In addition to supporting the Northern Rangelands Trust since 2009, which protects elephants and other native species in Kenya, the Zoo partnered with the Rainforest Trust to purchase and preserve 13,000 acres of forest in central Sumatra and 18,000 acres of forest in Borneo, both of which are natural habitats for Asian elephants. The Zoo has also supported a number of other elephant conservation projects, including the Wildlife Conservation

Society's Rakhine Yoma Elephant Range Project in Myanmar and International Elephant Foundation's conservation efforts in Sumatra. These projects support boots-on-the-ground teams that work to protect forests, prevent poaching and habitat encroachment.

The OKC Zoo's elephant family includes Asha, 25; Chandra, 24; Bamboo, 53; Kandula, 18; Rex, 51; Achara, 5; and Kairavi, 1 - plus, a new baby arriving in 2022!

For "tons" of updates about Asha's pregnancy and the OKC Zoo's entire elephant family, follow us on Facebook, Twitter and Instagram. Advance tickets are required for all guests and ZOOfriends members and can be made at <http://www.okczoo.org/tickets>. Daily attendance is limited to ensure adequate social distancing between guests. The OKC 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. Zoo fans can support the OKC Zoo by purchasing a ZOOfriends membership when they visit the Zoo or online at [ZOOfriends.org](http://ZOOfriends.org). To learn more about this event and other Zoo happenings, call (405) 424-3344 or visit [okczoo.org](http://okczoo.org).

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# CALENDAR OF EVENTS

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

## SEPTEMBER

### 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

WEEKLY on Tuesdays \$5.00 and Thursdays \$6.00 Lessons  
12:30PM-1:30PM.  
Dance 2PM-4PM. Live Band - All ages welcome.  
4361 NW 50th, Suite 400  
OKC 73112 for more info:  
405-943-1950. \*Event info may be out of date due to the coronavirus (COVID-19).

### A Night In The Paseo

When: First Friday of every month,  
7:30-9 p.m.  
Phone: 405-898-4215  
[poeticcity16@gmail.com](mailto:poeticcity16@gmail.com)  
Price: Free. Poetic City is bringing poetry and music every first Friday in the Paseo Arts District. Several artists come to bless the ears of the Paseo, and open mic will be available as well. Our fav Host Louisiana's Lady Kat will be in the building! Dj Chief Tr3 will be on the ones and two's creating vibes! Bleek is the event coordinator for all events and CEO of Poetic City. Sponsored Literati Press Comics & Novels and owner Charles Martin.  
The Paseo Plunge  
3010 Paseo St., Oklahoma City  
[paseoplunge.org](http://paseoplunge.org)

### 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.

## SEPTEMBER

### Online: Art Moves

Mondays-Fridays, 12 p.m.  
[www.artscouncilokc.com/art-moves](http://www.artscouncilokc.com/art-moves)  
Help us support our local artist by joining us weekdays at Arts Council Oklahoma City's facebook page for live-streaming performances and demonstrations from artist homes or studios! Art Moves is an Arts Council OKC initiative that provides free arts events each workday from Noon-1:00. Events previously took place in various downtown locations and may include artist demonstrations or musical performances. The daily line-up features a wide range of artistic mediums including musical and theater performances, live art demonstrations, short film selections, and more

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## SEPTEMBER 19

### Oklahoma Railway Museum Train Ride

When: Sat., Sept. 19, 9 a.m.-5 p.m.  
Phone: 405-424-8222  
[info@oklahomarailwaymuseum.org](mailto:info@oklahomarailwaymuseum.org)  
Price: \$5.00-\$12.00  
[www.oklahomarailwaymuseum.org/events/train-rides](http://www.oklahomarailwaymuseum.org/events/train-rides)  
Museum is open and free to the public Thursday, Friday, and Saturday Train Rides are available for kids of all ages (0 to 99+) every 1st and 3rd Saturday of each month, April to September. The Train leaves Oakwood Depot at the museum at 9:15AM, 11:15AM, 1:15PM, 3:15PM Tickets: 13 years and up, \$12.00, 3 years to 12 years is \$5.00, Under 3 FREE.

## SEPTEMBER 19

### Online: Jazz in JuneTEMBER

When: Sat., Sept. 19, 6-10:30 p.m.  
PRICE: FREE. Phone: 4056307333  
Email: [sheryl@sheryllovelady.com](mailto:sheryl@sheryllovelady.com)  
[www.facebook.com/events/348354423208419](http://www.facebook.com/events/348354423208419)  
The Jazz in JuneTEMBER" live stream event will broadcast from the Norman Music Institute and can be seen from 6:00-10:30 pm on the Jazz in June Facebook page. KGOU will also carry the event live. The night begins with powerhouse blues band Dirty Red & the Soul Shakers, then the mood changes to the smooth, classic sounds of the Oklahoma City Jazz Orchestra. Capping off the evening will be Grammy Award winning musician and producer Shaun Martin. Original keyboard play for Snarky Puppy has played all over the world with some of the biggest artists from R&B, Jazz and Gospel.

## SEPTEMBER 25

### Oklahoma City National Memorial and Museum Thunder Free Days

When: Fri., Sept. 25, 9 a.m.-5 p.m. and Sun., Oct. 25, 12-5 p.m.  
Phone: 405-235-3313  
Look Back and Think Forward. In recognition of the 25th Anniversary of the 1995 Alfred P. Murrah Federal Building bombing and the team's 2020 Memorial-inspired 2020 City Edition uniform, the Oklahoma City Thunder is providing FREE admission to the Oklahoma City National Memorial & Museum one day each month throughout 2020. The Thunder also partnered with the Memorial Museum on a new exhibit highlighting the Oklahoma Standard. Reserve tickets at [MemorialMuseum.com/events](http://MemorialMuseum.com/events)

## OCTOBER 3

### Online: 3rd Annual Oklahoma Food Truck Championship

Sat., Oct. 3, 10:30 a.m.-10 p.m.  
Price: FREE. Phone: 405-474-6108  
[oklahomafoodtruckchampionship@gmail.com](mailto:oklahomafoodtruckchampionship@gmail.com)  
[www.interurban.us](http://www.interurban.us)  
The Oklahoma Food Truck Championship is Oklahoma's only food truck championship to date. It is held in the historic downtown Chickasha! It features trucks from all over the state going head to head for a slice of the \$10k in prize money up for grabs. The 2020 event will see the addition of 10 new trucks for a total of 30.

## OCTOBER 10

### Chisholm Trail Festival

When: Sat., Oct. 10, 9 a.m.-6 p.m.  
Price: FREE. Phone: 405-350-8937  
Email: [jscott@yukonok.gov](mailto:jscott@yukonok.gov)  
[www.yukonok.gov/chisholmtrailfestival](http://www.yukonok.gov/chisholmtrailfestival)  
The family-oriented event celebrates the western history of the famous Chisholm Trail. The festival is filled with living history re-enactors of the Old West, a variety of foods, live entertainment, contests, Civil War demonstrations, gunfights, vendors, craft booths, the Kids Korral, pony rides and a petting zoo. Back by popular demand, the Chuck Wagon Tasting!

## OCTOBER 16, 17 & 18

### Iron Thistle Scottish Festival

Fri., Oct. 16, 7-10 p.m.,  
Sat., Oct. 17, 10 a.m.-6 p.m. and  
Sun., Oct. 18, 10 a.m.-6 p.m.  
Email: [info@unitedscotsok.com](mailto:info@unitedscotsok.com)  
Price: 9 & under - free  
10 & up - \$8 each in advance,  
\$10 at the gate.  
Weekend pass advance purchase - \$15  
[unitedscotsok.com/iron-thistle-scottish-festival](http://unitedscotsok.com/iron-thistle-scottish-festival)  
The Iron Thistle Scottish Heritage Festival and Highland Games is a celebration of Scottish culture. Throughout the weekend, attendees can enjoy a taste of Scotland and other Celtic nations through the many activities and entertainers. In addition to musical acts, kids activities, pipe bands and Celtic dancing, athletes come from all over Oklahoma to compete in the Highland Games.

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

Call early, space is limited and available on a first come basis at no charge to Clubs, Organizations & Businesses that offer low to no cost events to our readers.

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for more information and to be included!



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

### Care Suites OKC

1213 NW 122nd St,  
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[www.fountainbrookliving.com](http://www.fountainbrookliving.com)

### Harbor Chase

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

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

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[meadowlakesretirementvillage.com](http://meadowlakesretirementvillage.com)

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[www.integris.com/seniorlifewellness](http://www.integris.com/seniorlifewellness)

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**SBT** A small population of Mammoths survived on the Wrangel

Island until 1650 BC, about 900 years after the construction of The Great Pyramid of Giza were completed.


**SBT** Justin Bieber once held up a sign from his hotel room window saying "Go to McDonald's and get me a Big Mac". He got his Big Mac.

**SBT** The University of Minnesota is older than Minnesota the state itself!



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# Hearing Loss Association Scholarship Winners Announced

The Board of Directors of the Hearing Loss Association of America Central Oklahoma Chapter (HLAA) is pleased to announce the recipients of the 2020 HLAA Scholarship. This year's scholarship award winners are Zachary Burlison, Mackenzie Chesnut and Cassidy Floyd.

The HLAA established the scholarship program to assist Oklahoma high school students with hearing loss to continue in higher education.

Traditionally, scholarship winners are announced at the annual HLAA Ice Cream Social which was cancelled this year due to the COVID-19 pandemic and social distancing restrictions. The awards were presented in person at their home by members of the Scholarship Committee.

"Hearing loss in the classroom can be extremely difficult and our scholarship recipients have excelled despite the challenges," said Sharon Hendricks, Scholarship Committee Chair. "We are confident in their futures and look forward to hearing their success stories."

The HLAA is one of Oklahoma's oldest nonprofit groups, founded in 1990 to help Oklahomans with hearing loss live successfully in the hearing world. The scholarships are offered through donations from members and local businesses. The HLAA is currently accepting matching donations from Oklahoma audiologists and hearing professionals.



**Zachary Burlison**

Zachary Burlison was born with severe complications and started

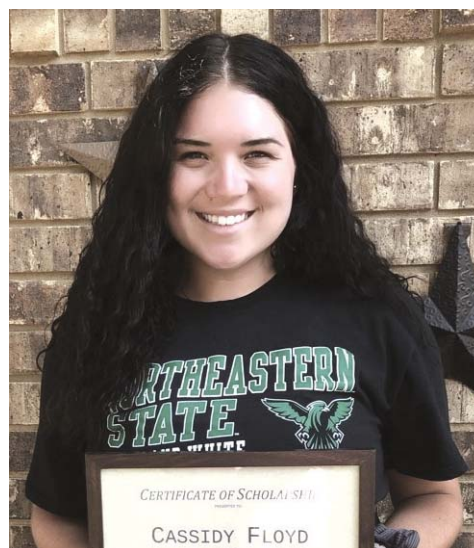
wearing hearing aids at 10 weeks. His parents, Keith and Tammie Burlison from Bethany, OK believed hearing was extremely important to a child's development and they took immediate action to see that he had every opportunity. Burlison found that he was able to compete and excel where ever he applied himself including varsity football, National Honor Society and achieving the rank of Eagle in the Boy Scouts. Burlison is headed to Oklahoma State University this fall where he plans to major in marketing and to work in social media. Burlison hopes to spread the word to parents of children with hearing impairment that wearing a hearing aid will not affect their ability in the classroom or on the sports field.



**Mackenzie Chesnut**

Mackenzie Chesnut is the daughter of Darwin & Bridgett Chesnut from Coctaw, OK. Her hearing loss journey began at age 14 when she woke up with an ear infection. She soon became the one of her pediatrician's oldest patients and received her first hearing aid as she entered high school. The adjustment was made easier by her mother who also wears a hearing aid. Chesnut discovered her hearing aid helped in school, especially with the male teachers with low voices because her hearing loss is in the lower register. She experienced the common embarrassment when she first received her hearing aids, but her mother empowered her to be unafraid to be different. The advice soon became her motto

that flaws are beautiful and should be embraced. Becoming hearing impaired as a teen gave her a drive and purpose. She hopes to encourage people with hearing loss to talk about it and not be embarrassed. She says that her audiologist, Dr. Emily Mills from Hearts For Hearing in Oklahoma City has made such a positive influence in her life that she wants to do the same for others. Chesnut plans to study audiology and will



**Cassidy Floyd**

attend OSU-OKC this fall.

Cassidy Floyd will be attending Northeastern State University in Tahlequah after attending Eastern Oklahoma State College and

playing softball for two years. Cassidy plans to become a math teacher and coach so she can give back and show her students that while life may not be perfect, it is wonderful and anything is possible. Floyd is the daughter of Tony & Clara Floyd of Roland, OK and was born with hearing loss in one ear which made a major impact on her life. The hearing loss required her to learn to be more self-reliant, but also showed that it is OK to ask for help. Many teachers, coaches, family & friends supported her through her schooling. Floyd learned that when you put on a hearing aid you almost become a different person; one who can be involved in a classroom discussion, can communicate in a group setting with background noise, and doesn't feel left out. With her hearing aid Cassidy said, "I feel more comfortable out in the world and am ready to take on more challenges."

The HLAA Central Oklahoma Chapter has cancelled the remainder of the 2020 group activities to protect our members and families but offers online support through their website [OklahomaHearingLoss.com](http://OklahomaHearingLoss.com) and on [Facebook @oklahearingloss](https://www.facebook.com/oklahearingloss).

*Fall is a great time to get out and visit.*

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# The pandemic, measured in coffee cups

The now infamous Quarantine of 2020 never had an official start date. Unlike Dec. 25, July 4, Feb. 14 and other calendar days synonymous with celebratory events, the world didn't simultaneously lock its doors on one particular day and fire up Netflix.

Was it March 16? March 27? Did you hold out until early April before realizing that, because your favorite sports team was canceling its season and your beloved restaurant was locking its doors, maybe you should take this Anthony Fauci guy seriously?

For me, the quarantine began the day my wife returned from Costco, presented me with a 45-ounce container of Dunkin' Donuts Medium Roast Original Blend coffee and said, "That ought to hold you."

Her shopping run also contained the items Americans were grabbing as if the doors to a Brink's truck had just flung open at 65 miles per hour, scattering \$100 bills on the interstate. Toilet paper, sanitizing wipes and gargantuan containers of condiments vied for space inside her SUV. Should an asteroid smash into our home anytime soon, what's left of my body will be coated in salsa.

The label on the Dunkin' Donuts java monstrosity stated I should be able to brew 150 cups. As someone who limits his caffeine intake to one cup of coffee per day, and occasionally skips the beverage altogether in favor of tea or water, I calculated that I should be set for five months.

"Where will I be in five months?" I remember asking myself as I opened the container and scooped the first grounds into my office coffee maker. Surely, I'll be traveling again, spending nights in myriad hotels as I've been doing for the last 25 years due to my profession as a corporate comedian and keynote speaker. With so much time away from my home office, it might be upward of a year before I needed to replenish my coffee supply, I estimated.

Yesterday, while preparing my lone cup, the coffee measuring scoop touched plastic. That's right, I was approaching the bottom. And, as the coffee brewed, I realized how little had changed from the day I opened the container.

There have been no plane trips or hotel stays. The only change to my morning routine was that I replaced the coffee maker's charcoal filter after about the 60th cup. Five months after the country shut down, give or take a week, our routines have become so singular that we struggle to remember what they were like pre-pandemic.

Many of us can't remember the last time we packed a suitcase. Bellied up to a bar. Visited a hair salon. Went to our closet and picked out a suit and tie or a cocktail dress. Hell, I can't remember the last time I wore pants. Chalk that up to an inordinately warm Chicago summer and the fact that Zoom meetings and Skype video chats only require me to look presentable from the shoulders up.

And yet, I now consistently remember tasks that slipped my



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



O	R	G		A	B	A	S	E		C	S	P	A	N
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STRANGE

BUT TRUE

SO THEY SAY...

**BBT** ‘lbs’ comes from the Latin word ‘libra’ which means pound.

**BBT** Strawberries can also be white or yellow, and some can even taste like pineapples!

**BBT** The small indents in the bottom of frozen pizzas are there to prevent air bubbles forming inside the dough.

**BBT** The term ‘footage’ comes from films being measured in feet, when being edited in the early days of film making.

SCHWEM

Continued from Page 20

mind pre-quarantine. Watering flowers for instance. In previous summers, I would sometimes arrive home to dried up geraniums, as I erroneously assumed they could tough it out for 48 or 72 hours. Not so this year. Each day, between the hours of 7 a.m. and 8 a.m. they receive a drenching and have never looked better.

I walk the dog more, change the bed sheets more often and scrub my bathroom sink more frequently. I cook more, exercise more and watch more television.

Were COVID-19 to be eradicated from the earth tomorrow, I wonder how much of my new routine would remain. Would I return to neglecting the dog and the flowers? Or would I figure out some way to merge my pre- and post-pandemic lives?

Like the rest of the world, I am anxiously awaiting that day. In the meantime, I had better replenish my coffee supply.

Being an optimist, I’m going to stay away from Costco.

(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))

Broom Hilda



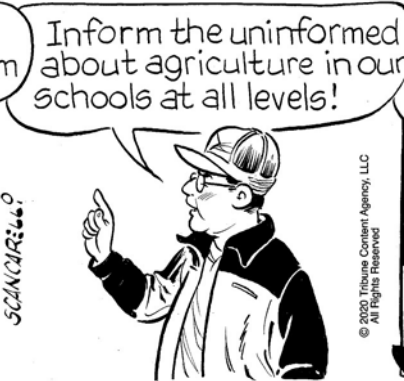
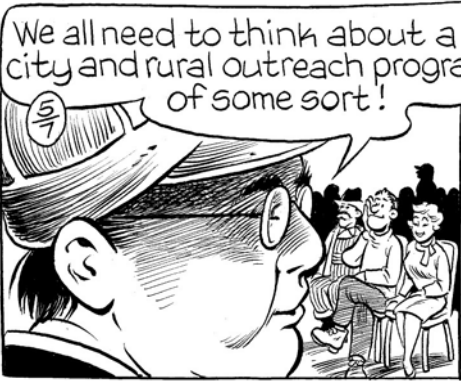
By Russell Myers

Animal Crackers



By Fred Wagner

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TOCONT

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August  
Answers

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(Answers next month)



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