

Cruising Along

Covid brings back Moore's heritage

Brian Smith is helping bring cruising back to 12th Street in Moore.

by Bobby Anderson, Staff Writer

Who's cruising tonight? Whether you grew up in the 1950s or the 1980s that simple question eventually led to meeting up with friends along a main stretch of road in your hometown.

That road usually passed by a local drive-in.

A burger and a coke and lots of conversation about school, cars and life usually followed.

But with technology becoming more prevalent, cruising - or dragging main - simply became a lost art.

That was until Covid came along and the original social distancing came back to fashion.

Brian Smith didn't grow up in Moore. He moved there at the age of 15.

When he was old enough to get behind

the wheel he fell in love with the weekly bumper-to-bumper madness that was cruising in his newfound home along 12th Street.

In 2010 he made a page on Facebook - "Bring Cruising Back to 12th Street!!" - as a way to gather both pictures and memories.

"I had lost track of all the car guys," Smith said. "I lost track of everybody. I didn't even fathom it would possibly come back. I was just looking for pictures."

It took him nine years for the page to amass 350 regular followers.

In the meantime, he researched the history of cruising in Moore.

See CRUISING Page 5

NEWS ALERT!

Medicare Scammers are Super Busy this Enrollment Period



Ginny Curtis is the founder of MCM Insurance, LLC in the Village.

story and photos by Darl Devault

Insurance leaders fear seniors are susceptible to Medicare fraud as scams are being ramped up this year. Instead of being retirement privileged, many seniors are being retirement harassed. As the Medicare open enrollment period begins, owner Ginny Curtis with MCM Insurance, LLC, explains her concern for Oklahoma seniors.

"This year more than ever we are seeing many TV commercials elude to benefits clients are not eligible for and telemarketers use high pressure fear techniques," Curtis said. "These scammers generate repeated phone calls from local numbers asking health related questions appearing to be a customer service call. We have seen instances of insurance agents claiming of new benefits that have not been released to the public."

Her office has seen an increase in scammers targeting older adults. They appear to target seniors with serious long-term health conditions who appear to have a higher risk for serious illness.

Curtis says she has had many of her clients

See ALERT Page 6

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OPINION

THE SAVVY SENIOR

Dear Worried,

Great question! Because of the dual danger of Influenza (flu) and COVID-19, the Center for Disease Control and Prevention (CDC) recently warned that this fall and winter could be the worst ever for public health. Understanding this, knowing the differences and similarities between the viruses, and knowing what you can do to protect yourself is the best way to stay healthy and safe through this difficult time.

Flu vs COVID

Because many of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, so testing may be needed to help confirm a diagnosis. With that said, here are some similarities and differences you should know.

For starters, seasonal flu symptoms come on pretty quickly, whereas COVID-19 develops gradually over a period of a few days and then either

Dear Savvy Senior,

Can you explain the differences between the coronavirus and seasonal flu? I'm 70-years-old, and usually get a standard flu shot, but would like to find out what else I can do to protect myself this winter. Worried

fades out or gets worse. Common shared symptoms include fever, sore throat, muscle aches, cough, headache, fatigue and even chest pain. Pinkeye and a dry cough are associated with COVID-19, while it's now thought that a fever is more likely with the flu, as are diarrhea and nausea.

Many people are having their temperatures taken these days before entering public spaces. But fever occurs in only half of COVID-19 cases. Fever does not rule out COVID-19, but the absence of fever makes flu unlikely.

You're also unlikely to have a runny or stuffy nose with the flu, but you may with COVID-19. What sometimes happens within the nose with COVID-19 is loss of smell and, often as a consequence, loss of taste, too.

To learn more about the similarities and differences between flu and COVID-19, visit the CDC website at [CDC.gov/flu/symptoms/flu-vs-covid19.htm](https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm).

How to Protect Yourself

While there is currently no vaccine

Coronavirus Versus Flu: How to Tell the Difference

available yet to prevent COVID-19, the best way to prevent illness is to avoid being exposed to this virus. So, stay home as much as you can. If you have to go out, wear a mask and keep at least 6 feet away from other people. And every time you come home, wash your hands with warm water and soap for at least 20 seconds.

There's also evidence that suggests that people who are deficient in vitamin D may be at higher risk of getting COVID-19, than those with sufficient levels. So, make sure you take in around 800 to 1,000 international units (IUs) of vitamin D from food or supplements daily, and get outside as much as you can.

And to help guard against the flu this year, you should consider getting a flu shot that's specifically designed for people 65 and older. The "Fluzone High Dose Quadrivalent" or the "FLUAD Quadrivalent" are the two options that provide extra protection beyond what a standard flu shot offers. You only need one flu shot, and if you haven't already gotten it, you should do it now because takes up to two weeks to build immunity after you receive it.

Pneumonia Vaccines

If you haven't been vaccinated for pneumonia, you should also consider getting the pneumococcal vaccines. Both flu and COVID-19 can lead to pneumonia, which hospitalizes around 250,000 Americans, and kills around 50,000 people each year. But these numbers could be much higher this year.

The CDC recommends that all seniors, 65 or older, get two vaccinations - Prevnar 13 and Pneumovax 23. Both vaccines, which are administered one year apart, protect against different strains of the bacteria to provide maximum protection.

Medicare Part B covers both flu and pneumonia shots.

To locate a vaccination site that offers any of these shots, visit VaccineFinder.org and type in your location.

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

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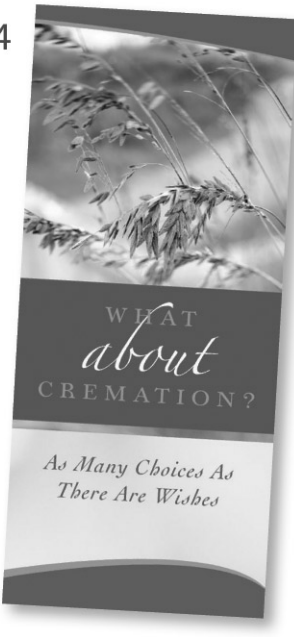
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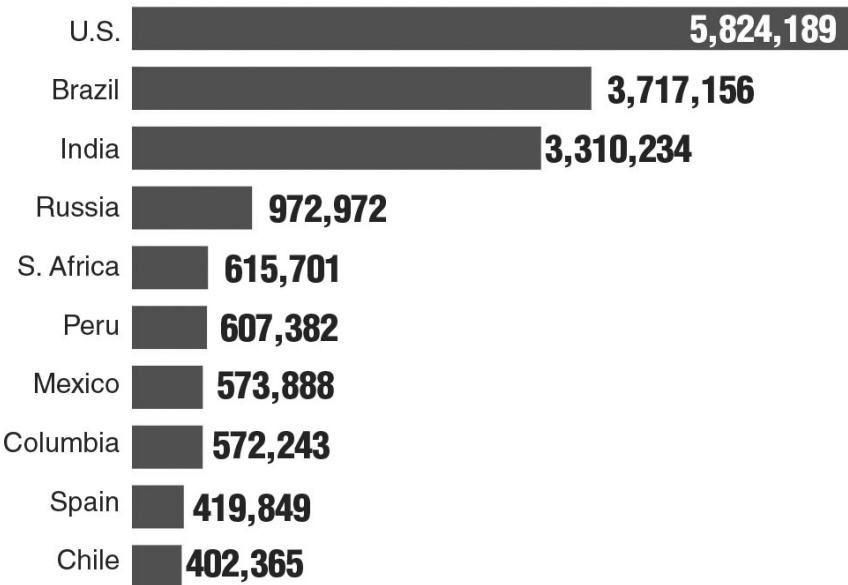
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Confirmed world COVID-19 cases

Confirmed world coronavirus cases



Source: Johns Hopkins CSSE
Graphic: Staff, TNS

As of 11:00 a.m. ET, Aug. 27

STRANGE BUT TRUE
SO THEY SAY...

Eight of the ten largest statues in the world are of Buddhas.

It took the creator of the Rubik's Cube, Erno Rubik, one month to solve the cube after he created it; as of June 2018 the world record is 4.22 seconds.

CRUISING

Continued from Page 1

In his research, Smith came upon an old Rolling Stone magazine story.

The story ranked 12th Street as the No. 3 cruising destination in the nation.

Smith believed it.

"I've personally met people from the East Coast and the West Coast who have come just to cruise," he said.

In the late '80s the city encountered pushback from residents when it tried to ban cruising altogether.

But Smith always felt that cruising would make a comeback.

And then in April of this year something changed. Maybe it was people beginning to get stir crazy for what would be the start of a long Covid lockdown.

Maybe it was Lori Smith Meyers posting her car club would be going out on a Wednesday night.

Whatever it was ignited a spark.

By the end of that Thursday, Smith's followers on Facebook doubled.

The page pushed over 1,000 followers the next day and then doubled again the next day.

By the end of that weekend,

4,000 people were interested in reviving cruising in the community.

"It was really, really cool," Smith said. "It just kept snowballing."

There were cars coming out that hadn't been out for decades."

That first Saturday night in April an estimated 3,500 cars cruised up and down 12th Street. Another 2,500 came the next week.

The sleepy, Oklahoma City suburb had gridlock at 10 on a Saturday night.

Smith was in awe.

You could see him smiling ear-to-ear when he pulled up to the local Sonic in his 1963 Ford Fairlane.

He was told stories of guys who had cruised decades before him in legendary vehicles.

Grandfathers began bringing their grandsons after working on their cars.

Guys like Jerry Beard and his 1926 Ford Model-T started showing up.

Mike Jury remembers he used to beg his dad to take him out to Braum's on a Saturday night just to watch the cars go by.

Now he's helping Smith's effort to revive cruising for generations to come.

Smith and Jury put together the "Covid List," a listing of businesses



that were still open in Moore during the pandemic that would be meet-up friendly.

The number of cars grew so quickly that the Moore Police Department got involved, but not in the way you might expect.

"They took my list on their page," Smith said. "The new police chief gave them a trial run."

"It kind of made me official."

"Moore (PD) never told them to stop cruising. They wanted to support it. It was part of Moore's heritage."

As the numbers grew - and a few noise complaints - Moore did have to step in and provide some guidance.

Entrances to businesses could not be blocked. All vehicles must be properly tagged and road compliant.

Meyers - now a moderator of the page - says the group has done a good job of policing itself.

Her and her husband own a local garage, one they started after he retired from General Motors 14 years ago.

At 62, Lori Meyers says the movement took off during a perfect storm.

"It's a freedom to socialize. You feel safe and you're in the fresh air," said Meyers, who brings her 1946 Chevy Stylemaster out to cruise. "The Moore community is a good place."

The interest keeps growing.

By the end of September, Smith's Facebook page was pushing 10,000 followers.

"It's insane. The word spreads like wildfire," he said.

So who's cruising again?

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ALERT

Continued from Page 1

calling in to tell her they have been manipulated into giving out their information. Some have even been enrolled in Medicare plans they don't qualify for, only to be cancelled off their current insurance because of that activity.

Curtis says, other than your doctor, health care provider, or other trusted representative, never provide your Medicare number or personal information to anyone who contacts you through unsolicited calls, texts, or emails.

MCM is a family owned local insurance agency. The main location is 2232 W Hefner Rd, found between Pennsylvania and May Avenue on Hefner Road in the Village right next to the post office. MCM's 50 licensed agents have a combined 100 years of experience.

The agents pride themselves in providing exceptional education on Medicare and the many options its clients have. The agency is licensed with all the Medicare Advantage companies and services. It features all the Medicare supplement companies, along with all the Part D prescription plans available in Oklahoma.

More important than ever this year they teach a no-cost, hour-long Navigating Through Medicare educational seminar offered as individual sessions with their clients or in group presentations. This year the agency is also offering a virtual presentation, member meetings and phone appointments. Agency agents still offer face to face appointments at their office or in their client's homes.

"I've been serving my client's needs for 35 years," Curtis said. "I enjoy my job helping others. If I didn't, I wouldn't be here."

As 2020 begins to wind down, one of the most important times of the year for seniors begins rapidly approaching. The Medicare Open Enrollment Period (OEP) occurs annually from (Oct. 15-Dec. 7). OEP is a time in which current Medicare beneficiaries can choose to change part of their coverage.

Clients can change their Medicare Advantage Plan (Part C) and/or Prescription Drug Plan (Part D). It is a time to reevaluate their coverage based on their benefits, health, and finances. If they find a plan is a better fit for their needs than their current plan, they can then switch to, drop or add a Medicare Advantage



or Part D plan.

During OEP Curtis' agency goes into overdrive to make sure everyone who needs help making the changes coming their way is reached. "It's very important to us each person who comes through our agency chooses their plan based on their specific needs," Curtis said.

During an appointment with the agents from MCM, they will compare plans based on the customers list of medicines and doctors to narrow down which plan will cover all their needs the best.

"The first two weeks of October is a great time for clients to shop, ask a lot of questions. Clients can find the information they need without feeling the pressure of having to make a decision," Curtis said. "By Oct. 15 they can schedule a time to figure out what's best for them and make a decision."

"We are a little different than some agencies, in that we represent all the Medicare Advantage companies," Curtis

explained. "We have a great relationship with every carrier. They all pay our agents the same fees so there's no reason for us to sway a client one way or another."

If you would like to schedule an appointment with a MCM agent to attend a Navigating through Medicare session, or schedule a presentation, you can reach the office at **405-842-0494**. Clients can view the agencies' calendar and get more info about the one-hour seminar at:

www.navigatingthroughmedicare.info.

During the open enrollment period for Medicare, clients can find agents in their offices Monday through Saturday from 8 a.m. to 8 p.m. October 1st through December 15th. Beginning December 16th, they returned to normal business hours of 9 a.m. to 5 p.m. Monday through Saturday.

If you would like more info, their website is:

www.mcmmedicare.com.

The firm also has offices in Tulsa and Shawnee.

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OU Medicine Gastroenterologist to Present Virtual Doc Talk on Inflammatory Bowel Disease

George Salem, M.D., a fellowship-trained gastroenterologist at OU Medical Center Edmond, specializing in the study, diagnosis and treatment of Inflammatory Bowel Disease will be holding a Doc Talk on the subject from noon to 1 p.m., Thursday, October 8.

The live Zoom event is open to anyone interested in learning more about IBD. The presentation will be followed by a live question and answer session.

There is no cost to participants, however, registration is required. To register, visit <http://bit.ly/OUIDB>

Preventive Services to Keep Oklahomans Healthy Amid COVID-19

By Oklahoma Insurance Commissioner Glen Mulready

As the COVID-19 pandemic continues to affect our lives, patients are deferring routine medical visits or preventive services out of concern for their safety and health. However, these visits are critical, especially for people with certain medical conditions and older adults who are at the highest risk of contracting influenza and pneumonia. With Medicare reimbursing for telehealth visits, patients can now use video or telephone instead of face-to-face encounters for their preventive visits. Medicare beneficiaries pay nothing for most preventive services if the services are administered from a doctor or other health care provider who participates with Medicare. To protect your health during the current crisis, consider taking advantage of the following three Medicare preventive services for free:

1. Annual Wellness Visit If

you have had Medicare Part B for longer than 12 months, you can get a yearly wellness visit. You pay nothing for this exam if the doctor accepts assignment. This exam is covered once every 12 months.

2. Depression Screening

Mental health is just as important as physical health. For many, COVID-19 has been a source of anxiety, worry and depression. Please reach out if you need help. Medicare covers a depression screening once per year, and you pay nothing if your doctor accepts assignment.

3. Obesity Screening and Counseling

According to the *Centers for Disease Control and Prevention*, having obesity, defined as a body mass index (BMI) of 30 or above, increases your risk of severe illness from COVID-19. Medicare Part B covers BMI screenings and behavioral counseling to help you lose weight

if you have a BMI of 30 or higher. An easy and essential way to stay healthy during this pandemic is to get disease prevention and early detection services like exams, shots, lab tests, screenings and counseling. These services will help you take care of your body and mind and get the advice and guidance you need. Our Medicare Assistance Program (MAP) also provides free, unbiased counseling and information to help Oklahomans understand preventive services covered by Medicare.

To view a full list of preventive services covered by Medicare, visit www.oid.ok.gov/consumers/information-for-seniors/preventative-services or contact the MAP division at (800) 763-2828.

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.

STRANGE BUT TRUE SO THEY SAY...

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SBT In 2013 Toy Story was remade shot-for-shot with real toys and real people and can be found on YouTube.

SBT The word "Jurassic," which we so often associate with dinosaurs, comes from the Celtic word for "forest".

SBT The brain is our fattiest organ, being composed of nearly 60% fat.

SBT Guy Fawkes is the reason guys are called "guys".

SBT Iguanas have three eyes. Two normal eyes and a third eye on top of their head that only perceives brightness.

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HEALTH

Covid 'long-haulers' fight lingering effects of the virus

Brad Benefield hasn't tested positive for Covid-19 since April.

But as spring turned to summer, and now fall, Benefield is growing increasingly concerned about his bout with the virus known technically as SARS-CoV-2.

"One thing everyone told me to do once I was symptom-free was to donate plasma to help others recover, or donate blood for antibody studies," said Benefield, whose wife, Beth, works for the Oklahoma Medical Research Foundation. "I haven't donated yet. Thing is, they said to be symptom-free."

Although he tested positive for Covid-19, Benefield's initial encounter with the virus was mild. After losing his father-in-law to complications from the virus, he considered himself lucky.

"No fever, no loss of taste or smell," the 38-year-old Moore resident said. "I just felt cruddy. I had a cough and was always tired." But months later, he said, he continues to feel fatigued. "That has me worried. It's alarming to get winded and have to rest after moving a 5-pound glass punch bowl to the car."

While the virus has cleared Benefield's body, its fingerprints remain. That means he joined an unenviable club: the Covid long-haulers, as they've come to be known.

As the pandemic marches on, physicians around the world are reporting an increasing number of people feeling the lingering effects of the virus. In one study in Europe, researchers found that of 143 people with Covid-19, more than



Pictured, Brad and Beth Benefield. Covid-19 has taken a toll on Brad and Beth as Brad has not completely recovered and Beth's father died from from a COVID-19 related illness in March.

half reported fatigue and 43% had shortness of breath an average of two months after their symptoms started.

"A growing number of patients report dealing with a sort of 'brain fog' that makes it hard to concentrate. Others report breathlessness, muscle aches, lingering cough and chronic fatigue," said OMRF President Stephen Prescott, M.D. As confirmed Oklahoma cases have now surged past 80,000, Prescott said, accounts like Benefield's should serve as a warning to those who have relaxed their precautions surrounding the coronavirus. And at OMRF, researchers are part of a worldwide effort to understand the virus, including its long-term symptoms.

OMRF scientist Linda Thompson, Ph.D., is leading the foundation's study of the body's immune response to Covid-19. Thompson, an immunologist, attributes the long-term symptoms to the initial havoc the virus wreaks.

"It's not that the virus is sticking around in the body," said Thompson, who holds the Putnam City Schools Distinguished Chair in

Cancer Research at OMRF. "The body's immune response seems to go haywire, leaving lasting damage behind. In some people, we're seeing it in the lungs. Others in the heart. Some even in the brain. Only time and more research will tell the extent."

However, social media posts suggesting the virus might go dormant like varicella, the virus that causes chickenpox and can later rear its head as shingles, are unfounded. "Some viruses incorporate themselves inside of our genetic material. Covid-19 does not behave this way," said Thompson.

For long-haulers like Benefield, the virus doesn't need to reactivate to cause long-term issues. Half a year after testing positive for Covid-19, he still doesn't feel back to normal.

"When I got sick, my biggest fear was the unknown," said Benefield. "Almost seven months later, that remains my biggest fear. Just because you beat it doesn't guarantee you get better, and I don't know if or when I ever will."

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STRANGE BUT TRUE

SO THEY SAY...

SBT The most popular first name in the world is Muhammad!

SBT Tablecloths were

originally meant to be served as towels with which dinner guests could wipe their hands and faces after eating!

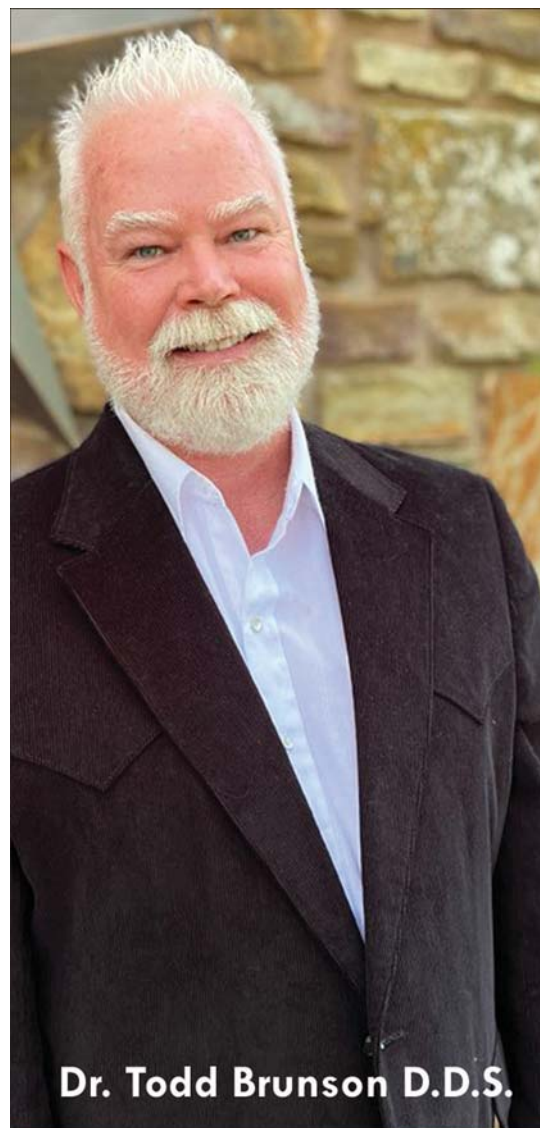
SBT Tourists visiting Iceland should know that tipping at a restaurant is considered an insult!

Quilt Show at Pawnee Bill Ranch and Museum

The Pawnee Bill Ranch and Museum is proud to host its annual quilt show during the entire month of October. The exhibit is open during normal hours of operation and there is no charge to see the special exhibit. The beautiful works of art on display include both heirloom quilts and modern quilts. The Cimarron Valley Quilt Guild and Pawnee Bill Quilt Guild members are instrumental in putting together this yearly event.

The Pawnee Bill Ranch and Museum is located at 1141 Pawnee Bill Road in Pawnee. Hours of operation are Monday, 1 to 4 p.m., Tuesday through Saturday, 10 a.m. to 5 p.m. and Sunday 1 to 4 p.m. For more information about the quilt show or other programs, please call 918-762-2513 or email pawneebill@okhistory.org. To help prevent the spread of COVID-19, occupancy is limited to no more than ten visitors in the museum at one time. We ask that you practice social distancing by staying six feet away from staff and visitors who are not in your party. All visitors, staff and volunteers are required to wear face masks in public areas of all OHS facilities, including the Pawnee Bill Ranch and Museum.

The Pawnee Bill Ranch and Museum is a division of the Oklahoma Historical Society. The mission of the Oklahoma Historical Society is to collect, preserve and share the history and culture of the state of Oklahoma and its people. Founded in 1893 by members of the Territorial Press Association, the OHS maintains museums, historic sites and affiliates across the state. Through its research archives, exhibits, educational programs and publications the OHS chronicles the rich history of Oklahoma. For more information about the OHS, please visit www.okhistory.org.



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TRAVEL / ENTERTAINMENT

Entertainment: In the Presence of Greatness - Part Four

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

It's most easy to remember the performing artist, when thinking about greatness. I recall many years ago experiencing the Lena Horne concert in Dallas, Texas. She is an icon of mid century entertainers, having appeared in several movies including the 1943 films featuring her signature song, "Stormy Weather." Also well received was her performance in the movie version of "The Wiz."

She was a lifelong liberal Democrat who was active in the civil rights movement of the 1960s. She worked with Eleanor Roosevelt on anti-lynching laws and during the John F. Kennedy administration she was a frequent guest at the White House. She was posthumously awarded a Golden Palm Star on the Palm Springs Walk of Stars on November 26, 2012.

If you are not familiar with her, please look here up on the internet and you will be educated and enthralled with her life, I can still feel her presence on stage, even though I think she was in her 80s at that time, but remembering her many years after her death in 2010, is a tribute to her greatness.

The name and fame and notoriety of Shirley MacLaine should be well known. Popular in her movies and association with the Las Vegas "rat pack" she is as well known just as well for her out of this this world opinions and reflections in her over 11 books,

Several years ago her book tour and one woman career remembrance show was presented in Fort Worth. I and some friends drove down to see this lady with a past. While she did not sing or dance, she sat and entertained her packed audience with stories and with projected photos of her career. She was charming in her casual way. After the show she could be greeted at the stage door where I waited for her appearance in the hopes she would sign my copy of her 2011 book, "I'm Over All That." When she came out to the crush of admirers she beamed straight toward me to sign my book, "Love Shirley." I was thrilled, as she was tired and a bit cranky after the show and did not stay long. She was expecting to get into her car with driver by the stage door, and was told it was not there. She subsequently called out for it and it was, I assume, brought to another theater door, as she disappeared back into the building. Ah, the life of a star.

Greatness can be found in our own Oklahoma backyard. Colony, Oklahoma native, Justice Yvonne Kauger, was first appointed to the Oklahoma Supreme Court in 1984 by Governor Nigh, and since then has been active in not only implementing decisions on law, but has contributed to Oklahoma Culture and Heritage. Among others she is a co-founder in 1987, of the large annual Red Earth Festival, which brings together Native Americans from across the country to celebrate their heritage in art and dance. Her organization of the annual Sovereignty Symposium brings together for discussion legal authorities and those interested in Native American law with the June seminar.

She has overseen the renovation of the WPA Wiley Post Historical



Shirely MacLaine after Ft Worth Concert.

Society/State History Museum building in the Capitol complex, into the Judicial Center, as a repository and gallery for Oklahoma art. Currently the renovated building is home to the Oklahoma Supreme Court and Court of Criminal appeals.

In her home town she is constantly involved in its preservation and illumination with art in public places. In addition, she has conserved and renovated the old Colony post office into the Gallery of the Plains Indian, with displays of photographs and art relating to the annual Colony Cheyenne Arapaho Labor Day Pow Wow. On the exterior of the town buildings are murals depicting Native American dress and iconic cultural images, by California Artist Eric Tippeconnic. Artist Tippeconnic, is an enrolled member of the Comanche Nation on his father's side and his mother hails from Copenhagen, Denmark.



Justice Kauger at the Sovereignty Symposium.

Currently in the process of being added to the Colony main street is a 15 foot steel sculpture by Patrick Riley and Ron Lowry. Not only encouraging public art, grants have been secured to renovate the 1922 Kauger building, which will include an interior museum. This conservation of infra structure will cement the importance of this early Oklahoma town in Washita county. I should disclose that I have been a friend of Yvonne's and in her presence for many decades and marvel at her stamina and continued dedication to Oklahoma culture, truly making her a person of Oklahoma Greatness.

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association
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'Night of the Living Dead' still lives for Judith

by Nick Thomas

When Halloween returns each October, so do the 50-year-old memories for actress Judith O'Dea who starred as Barbra in the 1968 horror classic "Night of the Living Dead" as one of several characters taking refuge in an isolated farmhouse under attack from flesh-eating ghouls.

O'Dea remembers watching the film on the big screen for the first time when it premiered in her hometown of Pittsburgh, where the film was also shot, although she recalls identifying more as an audience member rather than one of the cast.

"I looked at myself and began critiquing my performance," said O'Dea from Los Angeles. "Then suddenly I found myself forgetting it was Judith O'Dea up there and became wrapped up in the storyline. That was a wonderful indication of a powerful story that could hold people's attention."

Over the years, O'Dea has also learned to look beyond the film's horror scenes and appreciate director George Romero's filmmaking skills.

"There's a scene where I'm pressing the button on a musical box which George was shooting from the floor up," she explained. "He was shooting right through the box and for a fraction of a second you see Barbra's eyes which I thought was a beautiful artistic shot. Then at the end when it alternates between still shots of the bodies and live-action, that was a great effective use of the camera."

The film, says O'Dea, broke barriers in the industry.

"As an independent movie made outside Hollywood, it raised its own money which I guess you could call one of the first Kickstarter's for a film. It was also filmed almost like a docudrama - unusual for the 60s - and there's no happy ending because everybody died."

Shot on a shoestring budget of just \$114,000, O'Dea says her final scene being dragged from the farmhouse still haunts her.

"In your mind it's all pretend, but you get involved in the scene," she said. "With all those ghoul hands grabbing at me, it was actually quite frightening and took me back to the fear I felt as a child when I saw



Judith O'Dea as Barbra in the open scenes of *Night of the Living Dead* - provided by Judith O'Dea.

Vincent Price's face fall apart in the (1953) 'House of Wax.' That scared me so badly my folks had to take me from the theater. Whenever I'm called upon to be frightened in a role, I just think of that Vincent Price scene."

Another memorable scene from

the film produced one of the classic lines in all horror films, said to O'Dea's character by actor Russell Streiner who plays her brother in the opening cemetery scene shot at the Evans City Cemetery in Pennsylvania.

Continued next page

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Night of the Living Dead actors front from left, Duane Jones and Karl Hardman, back left Judith O Dea and Marilyn Eastman - provided by Judith O'Dea

"I don't think a week goes by that someone doesn't come up to me and say, 'They're coming to get you Barbra!'" said O'Dea, laughing. So has she grown weary of hearing the quote through all these years?

"How could I be tired of hearing something that has changed my life so considerably?" she says. "I love it

when fans repeat the line to me. I feel so lucky to have been a part of something that was so different and has lasted so long."

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 newspapers and magazines.

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OKC ZOO'S ANNUAL HAUNT THE ZOO FOR HALLOWEEN RETURNS

Oklahoma's largest Halloween celebration returns with safe, contact-free trick-or-treating fun and new festive activities for all ages

Get ready for trick-or-treating fun so safe, it's scary! The Oklahoma City Zoo and Botanical Garden is thrilled to announce that it will be hosting its 37th annual Haunt the Zoo for Halloween with new trick-or-treating methods in place to ensure a safe experience for all involved. Haunt the Zoo takes place on Saturdays and Sundays from October 10 through November 1, from 9 a.m. to 4 p.m. each day.

"We're excited to bring Haunt the Zoo to life and provide Oklahoma families with a memorable way to celebrate the fall season and an opportunity to enjoy quality time together exploring the Zoo," said Rochelle Wilhelm, OKC Zoo's director of guest experience and events. "Our top priority is providing a safe event for our guests, volunteers and staff while showcasing all the wonder and magic this popular tradition continues to bring to the community."

This year, Haunt the Zoo is expanding from two to four weekends to allow ample room for social distancing among guests. Event dates are Saturday, October 10 and Sunday, October 11; Saturday,

October 17 and Sunday, October 18; Saturday, October 24 and Sunday, October 25; and Halloween Saturday, October 31 and Sunday, November 1. Trick-or-treating is available each day from 9 a.m. to 4 p.m. through timed ticketing.

Costume-clad trick-or-treaters will go wild as they collect treats from friendly volunteers at 13 candy stations located along the Haunt the Zoo trail. Volunteers will distribute candy and tasty snacks through 8-foot "treat tubes" into trick-or-treat bags from a safe distance. Guests will also discover 27 themed booths displaying an array of family-friendly decorations and elaborate props, perfect for capturing fa"boo"lous photo moments. Haunt the Zoo goers are invited to wear their Halloween costumes. Adults may wear costumes, too, but nothing scary. Guests are strongly encouraged to wear masks while at the Zoo. Masks are required for all indoor locations and while participating in animal feedings and encounters. All Zoo staff and event volunteers are required to wear masks while working.

HAUNT THE ZOO ADMISSION FAQ



Haunt the Zoo tickets are on sale now at www.okczoo.org/tickets. All guests and ZOOfriends members must purchase event tickets in advance online at www.okczoo.org/tickets.

- Participants wishing to trick-or-treat must purchase an official treat bag: \$7 per child (non-members) and \$6 per child (ZOOfriends members). General admission must be purchased separately for entry into the Zoo.

- A maximum of 300 trick-or-treat bags will be sold per hour. Trick-or-treat bags will be available for pickup at the Zoo's Plan Your Day cart located past the admission check-in point.

- Haunt the Zoo capacity will be limited to 400 admission tickets sold every 15 minutes.

- Please arrive at the time of your Haunt the Zoo reservation. This allows you to enter the Zoo quickly and easily.

KEEPING YOU SAFE AT HAUNT THE ZOO

- Event admission and trick-or-treat bags will be limited to ensure social distancing.

- Haunt the Zoo activities are outdoors, spanning across the Zoo's 100-acre park.

- Candy and snacks will be distributed to trick-or-treaters through 8-foot "treat tubes"!

- All event volunteers and Zoo employees handling event candy are required to wear masks and gloves.

- Event signage and audio messages, made periodically throughout the day, will remind guests to socially distance while in the park.

- Hand sanitizing stations will be located at the Zoo's entry, exit, restrooms, eateries and most animal habitats for guests to use.

- Zoo team members will continuously clean high-touch surfaces like vending machines, tables, chairs, rides and more.

MORE HAUNT THE ZOO/ HALLOWEEN HAPPENINGS

- **NEW Pumpkin Painting Craft** – The Haunt the Zoo fun rolls on

with pumpkin painting! This craft activity is great for kids 11 and under and provides them with a personal keepsake from the event. Pumpkin painting will be located at the Jungle Gym Picnic Area. The cost is \$5 per child (ZOOfriends members) and \$6 per child (non-members) and capacity is limited per event date.

- **Hay Maze and Cheetah Dash Race Course** – Take a break from the trick-or-treat trail to let your kiddos partake in these interactive games at no additional cost. The Cheetah Dash Race is located at the Zoo's picnic area and the Hay Maze can be found at the Jungle Gym Plaza.

- **Halloween-Themed Sea Lion Presentation** – The Zoo's marine mammal team created a special sea lion presentation that focuses on popular Halloween characters and movies that are "delightful not frightful," making this appropriate for young ages. These presentations are exclusive to Haunt the Zoo dates at 10 a.m. and 1 p.m. in the sea lion stadium. Admission is \$5 per person and children two and under are free.

- **Endangered Species Carousel and Elephant Express Tram** – Boo it all with a spin on the carousel or a guided tour on the Elephant Express Tram, both decked out for Haunt the Zoo. Additional fees apply for each ride and can be purchased in advance with your admission tickets or on-site. Children two and under ride for free.

- **OKC Zoo's Annual Pumpkin Drive** – Back by popular demand, the Zoo will host its annual Pumpkin Drive from Thursday, October 1 through Wednesday, October 7 during regular hours. Guests bringing a pumpkin larger than their heads to the Zoo will receive free same-day admission. The limit is one free admission per person. Pumpkins will be available for purchase in front of the Zoo. Donated pumpkins will be used to decorate Haunt the Zoo.

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CALENDAR OF EVENTS

To Be Added To The Calendar, Email Senior News and Living at advertising@seniornewsandliving.com

OCTOBER

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 COVID-19. Please confirm details with event organizers.

Jen Lewin: Aqueous Oklahoma Contemporary Campbell Art Park

NW 11th St. and Broadway Drive
When: Through Oct. 19, 7-11 p.m.
Phone: 405-951-0000

All ages event. Free admission. okcontemp.org/aqueous
Bring your family to experience Aqueous, an interactive light installation in Oklahoma Contemporary's inaugural Bright Golden Haze exhibition, at Campbell Art Park, located at NW 11th and Broadway. During the day, Aqueous' surface reflects the sky, audience and surrounding environment. At night, each tile lights up as you step, dance or play along the pathway. Find the "magic" tiles, and the entire sculpture erupts in a light pattern. The outdoor space makes it easy to have fun as you socially distance.

OCTOBER 3

OK Waterfall Festival Garden Ponds & Aquariums

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and Sun., Oct. 4, 11 a.m.-5 p.m.
Phone: 405-794-3323

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Price: Free
www.okwaterfallfestival.com
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OCTOBER

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).

OCTOBER 10

African American Storytelling Festival

Nappy Roots
3705 Springlake Drive,
Oklahoma City
When: Sat., Oct. 10, 12-3 p.m.
Phone: 405-896-0203
Price: FREE

THE GRIOTS SPEAK! AFRICAN AMERICAN STORYTELLING FESTIVAL A griot is a West African historian, storyteller, a repository of oral tradition, and wisdom. Celebrate African American stories, music, dance, and foods at this family festival. African garb encouraged. We will have special children's activities. FREE! If you'd like to perform or be a vendor, please send info on yourself and your story via email to nappyrootsbooks@gmail.com. The festival will be held outdoors; masks and social distancing required.

Chisholm Trail Festival

When: Sat., Oct. 10, 9 a.m.-6 p.m.
Mollie Spencer Farm
1001 Garth Brooks Blvd. Yukon
Phone: 405-350-8937
Email: jscott@yukonok.gov
Price: FREE

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
Price: 9 & under - free
10 & up - \$8 each in advance,
\$10 at the gate.
Weekend pass advance - \$15
unitedscotsok.com/iron-thistle-scottish-festival

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.

OCTOBER 25

Oklahoma City National Memorial & Museum Thunder Free Days

620 N. Harvey Ave. Oklahoma City
When: 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

OCTOBER 28 - NOV 1

Summer Canine Olympics

Oklahoma State Fair Park
3220 Great Plains Walk
When: Wed., Oct. 28, 8 a.m.-6 p.m.,
Thu., Oct. 29, 8 a.m.-6 p.m.,
Fri., Oct. 30, 8 a.m.-6 p.m.,
Sat., Oct. 31, 8 a.m.-6 p.m. and
Sun., Nov. 1, 8 a.m.-6 p.m.
Price: \$8-5, children are FREE
statefairparkokc.com/events/605/details
Summer Canine Olympics at the OKC Fairgrounds in the Bennett Event Center. Adults: \$8, Seniors (65+): \$5, Military and spouse: \$5, ages 12 and under are FREE.

NOVEMBER 7

Pumpkin Harvest Craft Festival

Dale Robertson Center
1200 Lakeshore drive, Yukon
When: Sat., Nov. 7, 9 a.m.-3 p.m.
Phone: 405-350-8937
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www.yukonok.gov/news-events/events

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Festival of Freaks

Oklahoma State Fair Park
Hobbies, Arts and Crafts
Building
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Price: Admission is \$5 and
children ages 3 and under are
FREE.
statefairparkokc.com/events/584/details
Any tickets purchased for the March 21, 2020 original date will be honored on the new date.

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OCT 8 | OKALA "Gone Viral" Education Sessions
OCT 8 | "Never Have I Ever" Virtual Happy Hour
OCT 9 | OKALA "Gone Viral" Education Sessions
OCT 22 | OKALA "Gone Viral" Education Sessions
OCT 22 | "Never Have I Ever" Virtual Happy Hour
OCT 23 | OKALA "Gone Viral" Education Sessions
NOV 5 & 6 | OKALA RCAL Administrator Certification Course
Dec 2, 3 & 4 | OKALA RCAL Administrator Certification Course

Event information may be out of date due to the coronavirus (COVID-19). Please confirm details with event organizers!

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

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Tealridge Retirement Zoom Series Successful

Story by Darl Devault

The Tealridge Retirement Community in Edmond started a successful new Zoom series because reinventing how people get reacquainted with senior living services is important. Knowing the COVID-19 pandemic has changed many peoples' lives, Tealridge needed to find a new avenue of communication with the greater community to change with the times.

With the extra precautions in place to limit visitor interactions with retirement communities, they knew they had to get creative in how they connected with those who needed to learn about their services.

Tealridge created a newsworthy internet-based Health & Wellness September Zoom series to connect with others. Zoom events are where one person hosts and all other participants have equal footing. The host can share hosting responsibilities with other participants. Any participant can share their input and ask questions from their computer screen. Our research has found this series is the first of its kind in the Oklahoma City metro area. This robust presentation series allows retirement privileged Oklahomans to keep up with their need for information as close as their computers by viewing live presentations.

"The feedback on this series has been positive," said Melissa Mahaffey, MHA, Tealridge executive director. "The words newsworthy, informative, and great have been used to describe what we are creating. The response to the series has been positive. The audience has been interactive. The presenters have been helpful to answer questions."

These free-for-the viewers Zoom presentations harness the original software-based presentation and feedback solution now being used around the world. Everyone with access to a computer can use these Tealridge sponsored Zoom meetings to incorporate health, wellness, education, as well as entertainment topics into their lives.

The first Zoom event was held on Sept 2; with their first speaker, Dr. Richard Vetrees Smith with the Meinders NeuroScience Institute at Mercy. Dr. Smith took the audience through a thorough yet easy to understand presentation on how a stroke is formed within the body. He explained how the same formation can lead to heart attacks. He followed with many ways to prevent a stroke

from occurring.

Other topics include: Downsizing: You Can Do This! Family Relationships & the Pandemic, VA Benefits, What does Retirement Living During a Pandemic Look Like?

Tealridge plans to continue this success with many more presentations to come.

Mahaffey has worked diligently to connect the greater community with the retirement community. Prior to COVID-19 restrictions the Tealridge community has heard from other speakers at events. Some of the speakers in the past year have been News 9 Sports Director Dean Blevins, Kim Lopez, TRIAD Coordinator, Bruce McIntyre, executive director of the Oklahoma Parkinson Foundation, Miss Oklahoma Addison Price, and Jay Wilkinson, a motivational speaker.

Mahaffey says if a person can connect with retirement resources by learning about retirement living early on and be proactive, they can make a better transition from home to a retirement setting. Given as much information as possible, the fear of the 'unknown' decreases. She says retirees are better able to make the right choice about what retirement looks like for them.

This robust new series finds a new way to connect with the public while bringing exciting events to their senior retirement residents who access via Zoom.

Tealridge is recruiting speakers to fill their next Zoom series for October. Look for informative topics coming to Oklahoma City audiences through this series.

Latest topics included:

Sept 22 - "What is Home Health Care?" and "How Can I benefit From This Service While Living in an Independent Living Community?"

Sept 29 - 11 a.m. "What does retirement living look like during COVID?" Presented by Melissa Mahaffey, MHA

Oct 5 - 11 a.m. Meet Kadi Cox, Nurse Practitioner. How can a traveling nurse practitioner assist you to have a quality of life while living in a retirement community? Kadi Cox will educate the audience on what a nurse practitioner can do to assist you to obtain the quality of life that you would like to have while living in retirement community. She will discuss ways for you to keep yourself healthy.

Oct 7 - 11 a.m. Do you Know someone with Congestive Heart



Dr. Richard Vetrees Smith with the Meinders NeuroScience Institute at Mercy explains how a stroke forms within the body

Failure, Renal Disease or suffer from Dehydration? Learn the benefits of "Zoe" presented by Complete Home Health & Hospice.

Oct 12 - 10 a.m. Tealridge Retirement Community Grief Support Meeting with Jill Nichols, LPC.

The organizers genuinely want to help others find the information they are curious about.

Tealridge Retirement Community, located at 2100 NE 140th Edmond, Okla., is a full care retirement provider offering the full spectrum of options including independent living,

assisted living as well as memory care services.

The facilities have undergone a large remodeling project during the last year. The 30-year Edmond mainstay saw \$1 million in improvements to their campus.

If you would like more information or would like to be added to the email list, please email: mmahaffey@tealridge.com or call 405-608-8020. Please contact Mahaffey if you would like to schedule a time to interact by Zoom or visit in person.



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The return of vinyl is music to my ears

Finally, and I do mean FINALLY, I have solid evidence that some things were actually better in "the old days."

No longer do I have to stare at my kids' skeptical, sometimes horrified, facial expressions while I wax poetically about the merits of a television that could only pick up five channels (OK, six if you knew how to manipulate a TV antenna); a phone mounted to a wall; or a high school romance that began with spoken words as opposed to written texts and TikTok videos.

Perhaps I was too hasty when I threw away my AM/FM clock radio, my Pong game and my three-piece polyester suits. At the very least, I should have kept my turntable, a major component of my hi-fi system and my youth.

The reason? Vinyl is back, baby!

Recently released data from the Recording Industry Association of America showed that, for the first time in more than 30 years, vinyl albums (Google that phrase, kids) outsold CDs. True, services like Spotify and Apple Music are still the preferred way to obtain tunes; but for those of us who like to hold our albums as opposed to streaming them, the reemergence of the black, long play record album, and the hisses and scratches that come with it, is a victory of sorts for middle-aged music aficionados like myself.

My vinyl collection is long gone, as I succumbed to the superior sound and portability of CDs in the 1980s, but the memories endure. Growing up in suburban Chicago, I was a fixture at Polk Brothers, a home appliance and electronics retail outlet. While customers in one aisle shopped for refrigerators, I was in the adjoining aisle, flipping through recently arrived albums in search of the latest Elton John release. My Christmas wish list always included half a dozen albums, some of which my mother probably purchased in horror.

"They're called Kiss, Mom. Just look for the album cover featuring a guy wearing white makeup with blood dripping from his mouth."

Ah, yes, the album cover! And the back cover featuring the song list! My closest encounter to a broken bone occurred when I was pedaling home with my latest purchase and neglected to see a rut in the road, so fixated was I on the song titles. If I arrived home in one piece, I promptly retreated to my bedroom, dropped the stylus on the album and read the lyrics to each song, often laughing when I realized what I had been singing up until that moment.

"Oh, so it's 'Rocket Man, burning out his fuse up here alone.' I thought it was, 'Rocket Man, burning out his shoes, the pair I loaned.' "

I memorized the names of every musician who played on every track, eventually realizing a select group of drummers and horn players were in high demand when it came time for my favorite rock stars to cut new albums. I was playing guitar at the time and took heart knowing that, if I never found a band to play in, I could make a great living as a studio musician.

When I became a disc jockey at my high school radio station, I learned the art of "cueing" a vinyl song by dropping the stylus on a particular groove and then spinning the album backward so, when I pressed "play" on the turntable, the song started immediately. I



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

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STRANGE
BUT TRUE
SO THEY SAY...

- BBT Saturday mail delivery in Canada was eliminated by Canada Post on February 1, 1969!
- BBT In Tokyo, a bicycle is faster than a car for most trips of less than 50 minutes!
- BBT There are 18 different animal shapes in the Animal Crackers cookie zoo!
- BBT Should there be a crash, Prince Charles and Prince William never travel on the same airplane as a precaution!

SCHWEM

Continued from Page 20

knew that skill didn't improve my status with girls, but I was sure they would have been impressed were outsiders allowed in the studio. They weren't.

I learned wooden crates from grocery stores were the perfect width to hold my album collection. I never resorted to alphabetizing my LPs, but they were sorted by genres; and the "Greatest Hits" albums occupied the front spaces, with the Eagles getting top status. And why not? In 2018 the band's greatest hits collection surpassed Michael Jackson's "Thriller" as top selling album of all time.

So, Gen Z and Internet Generation members who brag about the 10,000 songs you carry on your phones, along with the 20,000 photos, take a deep breath. Find Drake's best seller "One Dance" on vinyl, seek out a turntable and enjoy the experience.

And read the lyrics. It's "I had to bust up the silence," not "I had to bust up the sirens."

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

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

Broom Hilda



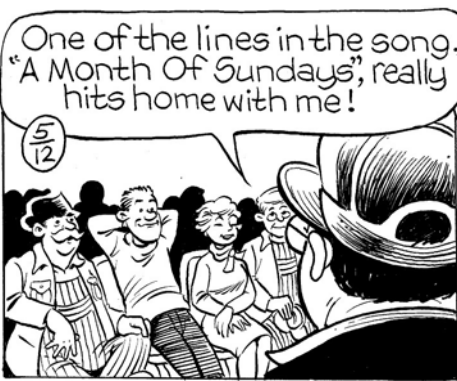
By Russell Myers

Animal Crackers



By Fred Wagner

Gasoline Alley



By Jim Scancarelli

JUMBLE

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

IGAME

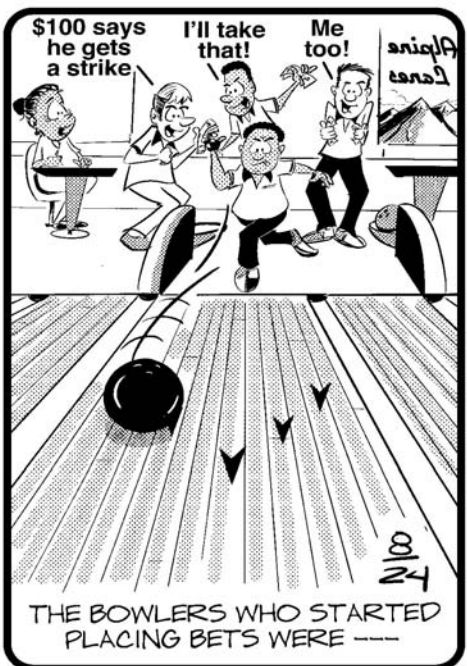
GYROL

YEHHNP

RWASLP

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



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

September Answers

Jumbles: CARGO SHOVE COTTON PRIMER

Answer: The plastic surgeon who was known for leaving no scars was a — SMOOTH OPERATOR

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9 a.m.

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9:30 a.m.

Walk in your neighborhood, on any sidewalk, track or trail. Download the Walk to End Alzheimer's mobile app to track your steps and receive messages of support along your route.



10 a.m. - 1 p.m.

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For more information about this year's event, visit okcwalk.com

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