

## Which Trail to Take?



Retired U.S. Navy Veteran Walt Schneider (left) discusses which trail he and Rob Walker (right) should take at Outdoor Powersports Offroad Park at Crossbar Ranch near Davis, Okla.

Story and photos by Darl Devault, Feature Writer

Some outdoor activities come with social distancing, such as hiking, kayaking, bicycling, while Jeeping is an everyone activity because your effort is as simple as driving. Jeeping offers the automatic added benefit of a COVID-19 safe recreational outing enforcing social distancing.

You can travel far to Jeep off-road or as close as nearby country roads. At Outdoor Powersports Offroad Park at Crossbar Ranch near Davis, Okla., drivers have many trails to choose from within the 6,500-acre park. While touring road and trails of Crossbar's granite canyons you realize there are many places to enjoy being outdoors away from people.

Edmond, Okla. resident, and retiree, Rob Walker, 65, wants to increase his Jeep

See TRAIL Page 6

## A special calling

### Hospice nurse grateful to help COVID-19 patients



Candy O'Neal, RN, has a deepened sense of life as she provides palliative care to hospice patients with COVID-19.

Story and photo by James Coburn, Feature Writer

Candy O'Neal's biggest challenge in today's nursing environment of COVID-19 has been the transition of caring for home-bound patients to those living out their final days in a nursing home, she said. She had to give up her previous patients up to another nurse to only work in one facility.

But O'Neal is used to being flexible in her career with a history in medical surgical care, emergency room care, and clinical nursing. Hospice is all about comfort and quality of life.

"Right now to me, this COVID stuff has kind of put people into a depression," said O'Neal, RN case manager at Companion Hospice in Guthrie.

O'Neal understands the need to quarantine COVID patients to a room. But it has caused them more weight loss and cognitive changes.

"It's not getting out in the dining areas — not getting to have activities — not seeing their loved ones. Having a parent or a child come visit through a window that you can't open is not the same. They're lacking that though, and so that's been pretty hard on them."

O'Neal wouldn't change being a nurse. She knows that she is making a difference in life the best she can. Helping families cope with their loved ones facing a terminal illness is heartfelt for O'Neal.

"This team here works well together. We all get along — all of us. And that's hard to find," said O'Neal, who has worked as Companion hospice nurse for nearly three years.

See CALLING Page 2



# CALLING

Continued from Page 1

A friend of hers who is now a nurse practitioner had been trying to recruit O'Neal to Companion for a couple of years before she accepted an interview. At first she was hesitant to accept being a hospice nurse who answers families' hard questions about an impending death. After three weeks she accepted her new journey in life.

"Something just told me to do it," she said. "And so I did, and honestly this has been the best decision I've made. It changed my outlook on life. I feel like I'm the one that feels rewarded from this. It kind of makes me emotional. I feel like we both end up at peace if that makes sense."

Oftentimes people ask O'Neal how she endures being a hospice nurse every day. She is helping people make a transition in life during a profound time of need in their lives.

"I'm helping them comfortably pass over. But you not only care for the patient — you care for the families a lot," she explained. "We do a lot of close interaction

with the families."

Helping families brings a continuity of care that O'Neal cherishes. She learns so much about their lives and what brought them to their present point in life, she said.

Hospice care does not focus on waiting for a family member to pass on. It's more of a celebration of life and what life has meant. The nurses meet their patients in whatever state of mind they are experiencing in life.

There are some patients that she has had a few years. They are re-certified for hospice as long as they continue to decline, she said.

"I get really attached to my patients. It's hard not to," O'Neal said. "But it's almost like losing a family member. You get close to them when you see them two or three times a week, and then as the disease progresses you may see them every day."

Her endurance in being a nurse stems from when she decided to become a nurse during her early twenties. She was studying to become a veterinarian when her grandparents became sick. She was told her grandfather

was dying of cancer.

"I thought I already like doing it for animals. I think I want to do it for people," she said.

O'Neal was auditing courses in nursing school when her grandfather passed away. She took a break from her nursing studies after he died and earned a Bachelor of Science degree in veterinary school. She had a baby. Her family needed her, so she shifted her career to work as a medical assistant in the office of Dr. Todd Krehbiel, who persuaded her to go back to

school to earn a nursing degree. She went on to earn a Bachelor of Science degree in nursing at Langston University.

During the holiday season, O'Neal says she is thankful for life itself and that her family and friends are all healthy during a time of uncertainty.

"Right now, it's uncertain even though we wear masks everywhere, you still don't know," she said. "I'd say I'm grateful for holidays but I'm really just thankful for life because right now there's a lot of people that are struggling."

## STRANGE BUT TRUE

SO THEY SAY...

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

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# OPINION

## S THE SAVVY SENIOR

Dear Getting,

The coronavirus crisis has changed the way a lot of people look at things, including wills. Currently, fewer than half of American adults have prepared a will. But having a last will and testament is important because it ensures that your money and property will be distributed to the people you want to receive it after your death.

If you die without a will, your estate will be settled in accordance with state law. Details vary by state, but assets typically are distributed using a hierarchy of survivors. Assets go to first to a spouse, then to children, then your siblings, and so on.

You also need to be aware that certain accounts take precedence over a will. If you jointly own a home or a bank account, for example, the house, and the funds in the account, will go to the joint holder, even if your will

**Dear Savvy Senior,**

Writing a will has never been a high priority to me but this lingering coronavirus crisis has changed my thinking. Can you recommend some good do-it-yourself resources to help me write a simple will? **Getting Older**

directs otherwise. Similarly, retirement accounts and life insurance policies are distributed to the beneficiaries you designate, so it is important to keep them up to date too.

### Online Will Makers

If you have a simple, straightforward estate and an uncomplicated family situation, writing your own will - with the help of a good online will making program - is a viable alternative to hiring an attorney and much cheaper. Like tax software, these online tools will guide you through a series of questions and will insert your answers into a will for you, and it usually takes less than 20 minutes from start to finish.

Three top-rated do-it-yourself options include the Quicken WillMaker & Trust 2021 downloadable software (available at [nolo.com](http://nolo.com)) that costs \$100 and works with Windows and Macs and is valid in every state except Louisiana; LegalZoom ([legalzoom.com](http://legalzoom.com)), which offers basic wills for \$89 or

# How to Write an Online Will

\$99 if you'd like assistance from an independent attorney; and Trust & Will ([trustandwill.com](http://trustandwill.com)) which charges \$89 for a basic will.

If that's more than you're willing to pay, consider FreeWill ([freewill.com](http://freewill.com)), which is a completely free will making resource made possible with the support of nonprofit organizations.

### When to Hire a Lawyer

If you have considerable financial assets or a complex family situation, like a blended family or child with special needs, it would be smart for you to seek professional advice. An experienced lawyer can make sure you cover all your bases, which can help avoid family confusion and squabbles after you're gone.

The National Academy of Elder Law Attorneys ([naela.org](http://naela.org)) and the National Association of Estate Planners & Councils ([naepc.org](http://naepc.org)) websites are good resources that have directories to help you find someone in your area.

Costs will vary depending on your location and the complexity of your situation, but you can expect to pay somewhere between \$200 and \$1,000

to get your will made. To help you save, shop around and get price quotes from several different firms. And before you meet with an attorney, make a detailed list of your assets and accounts to help make your visit more efficient.

### Make it Valid

Be aware that to make your will valid, you must sign and date it and have it witnessed according to the laws of your state. Most states require two witnesses who are not listed as beneficiaries in your will to watch you sign it. Some states also require that a notary witness the signing as well. [Nationalnotary.org](http://Nationalnotary.org) can tell you if a notary is needed to legalize a will in your state, if remote notary services are available, and how to access such online services to execute your will if you are sheltering at home during the pandemic.

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

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The reasons for choosing cremation vary from individual to individual. But as with all funeral arrangements, there are many options available regarding the cremation itself, services, price ranges, and what to do with the ashes. Please send for this informative brochure to help answer any questions you may have. It's free & you'll learn about the endless choices available to you.



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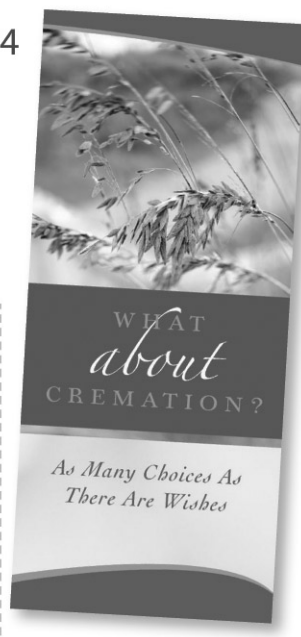
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## Frontline Fighters Scholarships

COVID cases are on the uptick and our healthcare community is exhausted. What a great way to give back to those that have done so much for our community while supporting small business! It's a two-fer!

Many in our communities are looking for ways to give back to our frontline healthcare professionals and, while food deliveries are great, we have an idea that will last long after the next meal is served. How about pre-paying for the required training of a healthcare professional? These professionals have to recertify every two years at a minimum in CPR (known as BLS Provider); many, depending on specialty or area of expertise, also have to take ACLS and/or PALS as well. Heartland CPR presents the "pay it forward" frontline fighter scholarship that allows appreciative community

members to pre-pay for a healthcare professional's training - either by assigning that payment to a particular individual - or by letting us apply it on a first donated-first requested basis. We'll let you know how your \$100 training "scholarship" was used and who the recipient was (if you haven't pre-selected); likewise, we'll let the recipient know who funded their training (unless they prefer to remain anonymous, of course).

Heartland CPR wants to help be part of the solution to keep our healthcare professionals trained and working on the front lines and let them know how very appreciated they are in their communities! Reach out to us if this program is of interest to you or your place of business. Thanks for choosing Heartland CPR! Call 405-603-6666 or email [Contact@HeartlandCPR.com](mailto:Contact@HeartlandCPR.com).

<https://heartland-cpr.blogspot.com/2020/04/frontline-fighters-scholarships.html>



# SSM Health St. Anthony Temporarily Moving to ‘No Visitor’ Policy

In response to a recent dramatic increase in positive COVID-19 cases statewide, SSM Health St. Anthony is temporarily unable to welcome visitors to its facilities. With some exceptions for cases such as labor and delivery, pediatrics and compassionate care, only patients will be permitted to seek care within SSM Health St. Anthony facilities. Visitors will not be permitted until further notice.

“As COVID-19 numbers increase in our state, we continue to treat patients at all levels of care across medical conditions, including COVID-19,” said Tammy Powell, president, SSM Health St. Anthony Hospital. “As caregivers, we take seriously our duty to exhaust every measure in our toolkit to slow the spread of this virus. We have reached the point of community spread that we believe moving temporarily to a ‘no visitor’ policy is the most responsible course of action for our patients, employees and, ultimately, the larger community.”

All entrants to SSM Health St. Anthony facilities will continue to be required to wear masks or cloth face coverings and are subject to screening. “We look forward to a day when the curve has been flattened and we can welcome visitors into our facilities, and we will certainly be watching numbers and adjusting our policies accordingly as time marches on,” Powell said. “Until that point, we encourage Oklahomans to help us fight COVID-19 by wearing masks, washing their hands and keeping a safe distance from one another – we’re all in this together.”

# INTEGRIS Health Welcomes New General Surgeon in Yukon

INTEGRIS General Surgery Yukon is proud to welcome Jason Brown, M.D., to the team.

Brown received his medical degree from the University of Oklahoma College of Medicine and completed his General Surgery Residency at Marshall University in Huntington, West Virginia. He finished his Fellowship in Surgical Critical Care at the University of Hawaii, Queens Medical Center. He is a member of the American College of Surgeons, Society of Critical Care Medicine and the American Medical Association.

“The most gratifying part of what I do is having the opportunity to offer a surgical solution to a person with a surgical need and having the privilege of witnessing the positive impact on their life.”

His areas of interest include: Laparoscopic surgery, endocrine surgery, hernia surgery, colorectal surgery, breast surgery and gallbladder surgery. Brown offices at INTEGRIS General Surgery Yukon, 1205 Health Center Parkway, Suite 100, in Yukon. Call 405-717-5400 for more information or to make an appointment.



Jason Brown, M.D.

# OKLAHOMA HEALTH SYSTEMS JOIN NATIONAL HEALTH SYSTEMS IN URGING AMERICANS TO MASK UP

OU Health, Mercy and SSM Health St. Anthony are teaming up with 100 of the nation’s top hospitals and healthcare systems to deliver an urgent plea for all Americans: Mask up, because wearing a facemask is the best chance at slowing the surging COVID-19 pandemic.

More than 11 million Americans have tested positive for the virus – including an additional 1 million in just the past week – leading to 245,000 deaths. In Oklahoma, nearly 160,000 people have been infected by the virus and more than 1,500 people have died. Last week, Oklahoma saw a 74.8% increase in cases over the week before, according to data from the Oklahoma State Department of Health.

“We’re seeing more COVID-19 patients than ever coming into our emergency departments in desperate need of care but we are running out of room,” said Jim Gebhart, Community President of Mercy Oklahoma Communities. “We have to reduce the exponential increase of community spread before it’s too late.”

“The nation’s top hospitals and healthcare systems are partnering at this crucial time to deliver a unified message: Wear a mask to slow the surge of COVID-19,” said Chuck Spicer, President and CEO of OU Medicine, which is part of OU Health. “We urge people across Oklahoma and the nation to do their part to decrease the spread of COVID-19. This is a time when we must all join together to defeat a virus that is taking far too many lives.”

“As caregivers, our mission is to care for all patients with all conditions at all levels of care, but our hospitals are at maximum capacity,” stated Joe Hodges, Regional President, SSM Health Oklahoma. “We coordinate daily to create capacity where we can, but we are running out of ways to do that. We need the community’s help to support our valued physicians and nurses on the frontlines by wearing a mask to stay safe and reduce the infection rates.”

In this joint campaign, OU Health, Mercy and SSM Health and the nation’s top healthcare systems emphasize that current trends in the pandemic are daunting and frightening. If the nation stays on its current course, hospital leaders are increasingly concerned that more healthcare facilities will be overwhelmed as shortages of healthy caregivers make it difficult to handle a rapidly increasing number of patients. Unfortunately, this is already happening in parts of the country.

“The next several months will be critical,” Spicer said on behalf of the campaign. “Although there has been positive news about vaccine development, no one knows when those vaccines will be ready for

widespread use. In the meantime, everyone must remain vigilant, take precautions and follow public health orders. The country has reached a tipping point. The power to do what is right is now in the hands of everyone everywhere.”

Beginning today, OU Health, Mercy and SSM Health St. Anthony join their national partners in sharing public service messages for the #MaskUp Campaign. In addition to messaging across Oklahoma, the #MaskUp campaign will be featured in The New York Times, USA Today, The Wall Street Journal, The Washington Post and The Los Angeles Times.

The message reads:

“As the top nationally ranked hospitals, we know it’s tough that we all need to do our part and keep wearing masks. But, here’s what we also know: The science has not changed. Masks slow the spread of COVID-19. So, please join us as we all embrace this simple ask: Wear. Care. Share with #MaskUp. Together, wearing is caring. And together, we are saving lives.”

The U.S. Centers for Disease Control and Prevention points to recent studies that have shown facemasks successfully limit spread of the COVID-19 virus. Wearing facemasks protect in two key ways: by protecting the wearer against inhalation of harmful pathogens and particulates and by preventing exposure of those around the wearer.

In addition to masking, the CDC suggests that everyone minimize the number of non-household contacts, maintain a physical distance of at least 6 feet, and limit the amount of time around others, especially while indoors and in poorly ventilated areas.

For further information about masking guidelines and the #MaskUp campaign, visit EveryMaskUp.com.





## TRAIL

Continued from Page 1

activity. He explains you do not have to rule the off-road world. You can simply take advantage of what it offers, immersion in nature and social distancing. He insists seniors who take up the 4-wheeling off-road lifestyle will likely continue it long after vaccines make traveling safe again.

"Isolated in your vehicle, a person driving a Jeep cannot get close to anyone without intending to get close," Walker said. "I took a five state Jeep tour in June to Moab Utah with caution, finding if you camped in the outback you had to consciously work to get within social distance of someone. This, and it being the area's offseason, made it safe to have a wonderful outing."

Jeep travel and exploring provides enthusiasts with plenty of opportunities for recreation. Seniors looking for a zero COVID-19 risk reality on vacation can enjoy camping and the outdoors.

From the increased sale of four-wheel drive off-road vehicles, insiders say this contingent of outdoor enthusiasts has been

growing fast for many years.

Although magazine and television ads often portray Jeep owners as young and affluent, many retirement privileged seniors are learning the skills needed to enjoy what many see as rugged car camping.

Jeeping, also called off-road four wheeling, is the predominant name for the activity in America. Every year new enthusiasts create more demand for the continued strong growth in the already phenomenally large number of places to go off road.

Although you will occasionally see high-end Jeeps on the trails, the usual choice for locals is stock models. These have enticed many new adventurers into the sport.

They enjoy the feel of control over rough roads. Jeeps allow them the stability and ease of getting up and over rugged obstacles. Every area has trails of with varying degrees of difficulty.

These off-road activities began soon after WWII with advances in the machinery became high tech. This has revolutionized the quality and lowered the need to be outstanding drivers for the recreational Jeoper. Jeeping provides opportunities for all ages, shapes,



and sizes of folks, no matter their physical ability or driving level.

Jeeps have gone from being bare bones, WWII surplus workhorses, to having versatile number of uses. Many Jeeps are now used for a weekend, week, or longer, self-supported camping trip in the rugged parts of America.

Although using the word Jeep because they are often called Jeep trails, readers need to know many vehicles are every bit as rugged. Honda Ridgeline, Chevy Blazer, Honda Element, Toyota 4Runner, Subaru Outback, and

Nissan Pathfinder, just to name a few, will work just as well.

All these rugged vehicles are easy to maneuver and stable. They all provide the feeling of being in control of something that glides effortlessly through the outdoors. This gives even the newbie the confidence to slip into the seat and go off road.

With all the automobile builders offering Web sites with tours of their products, you can comparison shop. Look around, do not buy the first vehicle you try.

continued next page

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TRAIL

Continued from Page 6

For seniors, the attraction of doing what they have been doing for five decades or so, driving, has prompted many to try the sport now.

Everyone knows how to drive. Seniors can create haunting memories of their adventurous experiences off road, immersed in nature and enjoying the comforts of home while camping in the evening. The vehicle allows for the effortless hauling of all the camping gear needed to make a campsite as comfortable as you care to make it. Remember, you are not backpacking. You can bring along a small generator to combine the experience of camping with a little glamor and you have Glamping with spatial distancing.

If you choose to rent a Jeep at your adventure area, you can still pack your vehicle full of camping luxury for transfer at the rental site.

If you are brand new to the world of glamorous camping, search the Internet for ideas. In a world where public transportation is being shunned for its tight quarters with other people, you are in charge of

who and how you associate with others.

"I advise anyone planning to go off road and camp in an area to first go online to the many web sites detailing the area and weather predictions," Walker said. "Our national weather service provides this info to help promote its weather awareness agenda."

Walker says fellow seniors who go off road need to slow down, let some air out of the tires at your destination to make the going smoother and admire the scenery.

As newcomers to the activity, many seniors can easily find out if they enjoy Jeeping by renting one for a day trip.

Seniors are living longer and have time to do things. Retirement is a time to explore. Figure out if this activity interests you. Is this how you want to spend your free time?

Walker recommends that seniors set some short-term goals and be thinking about their long-term goals. The short-term can be a trip to Crossbar. The long-term is perhaps a multi-day trip to Big Bend National Park at our southern border in Texas. You can think of both simultaneously.

All the major Jeep destinations



With 6,500 acres of rocks, trails, fields and creek beds to explore and ride and RV sites, primitive tent camping Crossbar Ranch is great for corporate and private events as well as offroad competition. Crossbar Ranch is the perfect getaway for seniors wanting to get away from the metro areas.

offer Web sites describing rentals and trails. Canyonlands Jeep Adventures provides a complete overview of the sport. The U.S. National Park Service has a site allowing you find a place to go car camping and can help you get permits for certain camping spots.

Ending on a safety point, when in doubt, back out! If you are traveling on a trail or trying to maneuver around something that you are not comfortable with, do not do it. For more information visit [www.rideyourlifestyle.com](http://www.rideyourlifestyle.com).

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# COMMUNITY

## Woman is Class of the Field at Draper

Story and photos by Darl Devault, Feature Writer

Seniors athletes have reached a point in their lives where they are resilient and persistent. Because of early morning fog those were certainly the watchwords for the recent Oklahoma Senior Games cycling events October 10 held at Lake Stanley Draper October.

Athletes train to peak for big events. A resilient athlete is tested when they need to train through a date they have set on their calendar to again attempt a peak performance a month later. The whole series of statewide events that make up the Oklahoma Senior Games were pushed back a full month because of concerns over COVID-19.

The 60 senior cyclists who gathered the morning of the event displayed even more persistence and resilience as they waited through a two-hour fog delay before starting their events.

For athletes who got up early to eat properly to begin racing at 8 a.m., this two-hour delay made it even tougher to perform at their best.

One new-to-the-Senior-Games racer made all the right adjustments. Terri Stadler went pedal stroke to pedal stroke over the hilly terrain with the men to win the 44K road race women's division. The Edmond resident showed she is a well-conditioned and experienced racer. She dominated her new 60-64 age range to stay in the lead pack until the final sprint with male racers from many adjoining states.

Many of the cyclists who started in a mass start travelled from out of state to qualify for the November 5-18, 2021 National Senior Games to be presented by Humana in Fort Lauderdale, Fla. The 50 and over bicycle racers were hoping to place first through fourth place at this year's games so they could qualify for those Nationals.

"Oklahoma offers many of these of riders racing today a chance to qualify for nationals because several states have cancelled their events because

See CLASS Page 9



Terri Stadler of Edmond, an experienced racer, dominated her new 60-64 age range by staying in the lead pack with the men to win the women's 44 K division at the 2020 Oklahoma Senior Games.



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## CLASS

Continued from Page 8

of the concerns of COVID 19," said Kathleen Fitzgerald, OSG state director. "It is surprising at first, how far they will travel to qualify for nationals, until you talk to them. Then you realize these are really competitive older folks who want to stay fit year-round as

providing important physical benefits. First, it is an aerobic workout, which for seniors is the heart of any health plan, pun intended. Cycling, therefore, is good for their heart, brain and blood vessels.

Cycling is easy on joints, Dr. Safran Norton says in the article. He says that unlike walking, cycling is good for anyone with joint pain or

cyclists."

The 22K and 44K road races drew the most contestants at Draper, while the 5K and 10K time trial events also saw many of the same road racers participate.

For the time trials, many rode expensive specialty time trial bikes. They began their race against the clock in one-minute intervals. Starting order was from youngest to oldest starting with males and ending with females.

The events observed U.S.A Cycling rules. The races went off without any wrecks or mishaps throughout the day.

In the time trial events, riders were not allowed to draft (take pace behind another rider) closer than 25 meters ahead, or two meters to the side. If anyone had broken this rule, they would have received a time penalty.

Both road race distances and the two time trail distances offered dual opportunity for qualifying for nationals. Again, qualifying in any event at the 2020 event earned the athletes the right to compete at Nationals in 2021.

The Games this year provide 27 sports venues, some with variations, which offer athletic training opportunities and social interaction. Along with the competitions, the Games supply healthy lifestyle educational information for seniors.

In a recent article published by the Harvard Medical School's Harvard Health online, bicycling is described as

age-related stiffness.

Bicyclists use their largest muscle group, the legs, which helps them build muscle while toning other muscles needed to keep them balanced and steer the bicycle.

These benefits carry over into everyday activities while helping cyclists build bone density, says Dr. Norton.

Greater Fort Lauderdale, Florida will host the 2021 National Senior Games, the largest multi-sport championship event in the world for adults 50 and over. More than 10,000 qualified athletes, accompanied by an estimated 15,000 visitors, are expected to compete in 20 medal sports in 2021.

The National Senior Games, begun in 1987, has 54 affiliated qualifying member games in North America promoting wellness and active, healthy lifestyles for older adults.

The Oklahoma Senior Games grew to more than 1,000 50+ athletes last year. Two Native American nations joined sponsors to help to conduct the many activities needed to allow the Games to run smoothly September through October. The Chickasaw and Cherokee Nations are underwriting the Games for the first time in 2020.

The Games promote healthy lifestyles for seniors through education, fitness with the spirited competition of sports and recreational games. This goes along with inspiring everyone to embrace health while enjoying the value of sports related exercise.



Greg Eberdt of Arkansas was the overall winner at the 2020 Oklahoma Senior Games 44 K road race at Lake Stanley Draper.



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## COMMUNITY

# OMRF scientists transform ice storm wreckage into art

When Mary Schneeberger's 100-year-old pecan tree snapped during October's ice storm, part of her heart broke right along with it.

"It lost a major portion of its trunk and its future is in jeopardy," said Schneeberger, who lives in Oklahoma City's Mesta Park neighborhood. "It's just a beautiful tree that adds so much to the house and the property. I was devastated."

But her boyfriend, Adam Cohen, offered up a silver lining thanks to coworkers at the Oklahoma Medical Research Foundation. Cohen, OMRF's senior vice president and general counsel, knew that foundation scientists Patrick Gaffney, M.D., and Michael McDaniel had decades of experience as woodworkers.

"I called Pat and Mike and they hurried over to look at the tree," said Cohen. "They each told

Mary they thought they'd be able to make her keepsakes from the wood."

Gaffney said he thought he could fashion some tables, while McDaniel would aim for a selection of salad bowls and vases. "We're very excited, because we've seen their work, and they're both incredibly talented craftsmen," said Cohen.

But Schneeberger's silver lining will take time. Like science, woodworking has its roots in patience.

Gaffney and McDaniel recently wrapped two years of work on nearly 30 original tables, bowls and vases from an ailing sweetgum tree. The diseased tree belonged to Gaffney's senior lab manager, Kiely Grundahl.

"Sweetgum is a challenging, unpredictable wood to work with," said McDaniel, whose work from the tree is on display at The Art



OMRF scientists Dr. Patrick Gaffney (left) and Mike McDaniel (right) in front of Mesta Park resident Mary Schneeberger's home. The pair will make keepsakes from Schneeberger's 100-year-old pecan tree that was damaged in the October 2020 ice storm.

See ART Page 11

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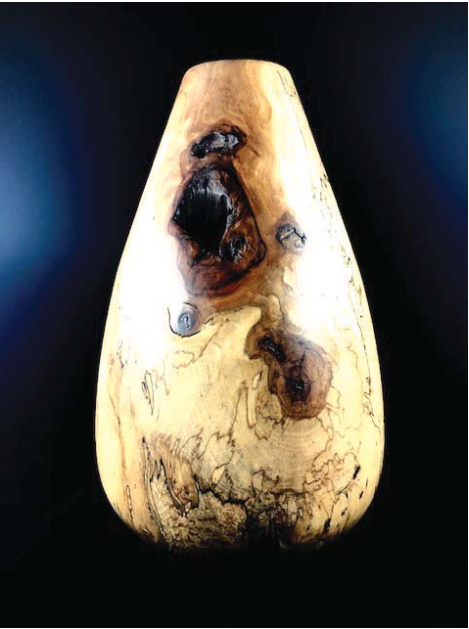
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ART

Continued from Page 10

Hall in Oklahoma City through Nov. 30. "But once I saw it had a fungus, all kinds of possibilities and options started racing through my head."



A vase made from a sweetgum tree by Oklahoma Medical Research Foundation scientist Mike McDaniel. McDaniel's work was on display at The Art Hall in Oklahoma City.

Under the right conditions, fungal growth in wood results in a sought-after feature called "spalting." The natural decaying process develops unique coloration, dark lines and patterns in lumber. Art, meet science.

Divided between the artisans, the wood from Grundahl's tree was stored for a year to allow spalting to continue and for the lumber to dry. For Gaffney and McDaniel, the wood proved a boon for all the extra time spent around the house in 2020.

Like most of OMRF's workforce, Gaffney spent the early days of the pandemic working from home. If he got stuck on a research problem, he'd head out to the small woodshop in his garage to

do some thinking while sanding slabs or treating the wood from Grundahl's sweetgum. "I think it even made me more productive with my science. It was the perfect place to think," he said.

McDaniel also finds respite in the craft. A self-taught woodworker,



A bowl made from a sweetgum tree by Oklahoma Medical Research Foundation scientist Mike McDaniel. McDaniel's work was on display at The Art Hall in Oklahoma City.

he fell in love with the hobby when a storm knocked down several Kentucky coffeetrees on his property.

"Every step is rewarding and peaceful in its own way. It's honestly not too complicated, just time-consuming and requires creativity when things don't go as planned. Part of the fun is finding the beauty in the chaos," McDaniel said.

Gaffney and McDaniel's garages are now full of future projects. Oklahoma City officials estimate the recent ice storm generated 100,000 tons of debris, and the pair got plenty of calls.

OMRF's Cohen said he knows it may be years before he and Mary see what beauty can be found in the storm's damage, but it will be well worth the wait.

"If Pat and Mike are able to take a moment of loss and transform it into something beautiful Mary can treasure," he said, "that will make her immensely happy."



Oklahoma Medical Research Foundation scientists Dr. Patrick Gaffney (left) and Mike McDaniel (right) display all of the finished pieces they made out of OMRF coworker Kiely Grundahl's (center) storm-damaged Sweetgum tree.

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## TRAVEL / ENTERTAINMENT

# The Gift of Travel

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

Travel is a gift. Under current Health conditions, Travel is sadly not advisable.

Perhaps come Summer 2021 world health will be safe or safer than present.

But this delay in physical travel should not negate planning a future travel adventure.

It might also be wise to plan a car trip relatively close to home. There are many enjoyable and interesting destinations in our own back yard. One such is Dodge City, Kansas.

Dodge City has developed its own PR catch phrase: "Get Into Dodge."

Of course that is a ironic take on the wild west phrase of a lawman to an outlaw of, "Get Out Of Dodge." I say, referring to one of the City's hero's, "Wyatt Earp Never Had It So Good." This popped into my brain during my trips final dining experience at Prime on the Nine restaurant, while reflecting on the good experiences in Dodge.

Overlooking a golf course, the Prime on the Nine restaurant, offers the highest of service and food to informed tourists and locals. <http://primeonthenine.com>

If you have followed my articles for some time, you know I like the traditional dining experience of Martini, and perfectly cooked tender local steak to medium plus. This elegant venue filled these requirements to perfection and the perfect closing meal to my three day visit to Dodge City. Truly Wyatt Earp in his short stay in Dodge, "Never Had It So Good."

Another outstanding dining experience is the Central Station Bar & Grill, <https://centralstationdc.net/> where you have the option of dining in an authentic 1950 railway car. With a salute to the rails that opened up Dodge City to the cattle markets, it's only proper to order a steak as well. I devoured a rib eye steak, side salad, sweet potato fries with onion rings. With four kinds of steaks to be mesquite grilled or with other choices including chicken varieties there is something to satisfy your western appetite. Despite being there on a very popular night, the service and quality of my meal did not suffer. To top of the entree the apple cobbler delight dripping with caramel and ice cream was an exquisite and unexpected finale. This venue also offers a dance floor and sports bar amenities as well as guest entertainers.

For a quick casual fix, the homemade pizza while you wait is offered at Dodge City Brewing, [www.dodgecitybrewing.com](http://www.dodgecitybrewing.com), but closed on Monday and Tuesdays. To hear how vodka and gin is distilled, visit the Boot Hill Distillery, [www.boothilldistillery.com](http://www.boothilldistillery.com) with tours and tastings available. More interesting than the process is the building's history and location on top of Boot Hill cemetery. The Vodka is mild and mixes well while the Gin is heavy on botanicals and sold at a premium price.

You must save time to tour the Boot Hill Museum, [www.boothill.org](http://www.boothill.org), where a large new museum building is near completion. [www.boothill.org/construction-update](http://www.boothill.org/construction-update) The Museum hosts an extensive gift shop with artifacts and memorabilia. The best part of admission is being able to walk into a replicate of the Old Dodge City wooden store fronts, including the Long Branch Saloon, complete with bar and piano. Other stores offer remembrance of shops that might have been in old Dodge City on front street. Walking back and forth on the wooden board walk you might feel a moment in old west time.

A walking tour of the town takes you by many of the bronze statues remembering many celebrities made famous by the Myth of Dodge city. Of cores there is Wyatt Earp and even Matt Dillon.

I drove up from Oklahoma City on what is casually called the Northwest passage on state highway 270 and 183. While the online map suggested a drive time of 4 and 1/2 hours its more like about



6 hours, but worth it for the destination and a chance to see the unspoiled landscape of Oklahoma, accented by a few wind farms. A mirage when first approaching Dodge City you see a large hill covered in black. At first you wonder what causes the blackness, and soon see it is a massive panorama of black cattle, the prime resource of Dodge. All of this can be explained if you take the trolley tour, which also goes through the remaining inhabited buildings of Fort Dodge.

I happily stayed at the conveniently located Best Western North Edge Inn, where my first story room had an exit just feet away from my automobile parking. Of course they offer all the amenities you expect from a Best Western including the free morning breakfast to start your sight seeing off right.

So much to see and do in Dodge City so please check out more at: [www.visitdodgecity.org](http://www.visitdodgecity.org)

### Mr. Terry Zinn - Travel Editor

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

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# OKLAHOMA CITY ZOO MOURNS DEATH OF MALE INDIAN RHINO, ARUN

The Oklahoma City Zoo and Botanical Garden is sad to announce the death of male Indian rhino, Arun, 30. Caretakers discovered Arun in the Zoo's rhino barn at Sanctuary Asia on Thursday, October 29 at approximately 7:30 a.m. when they arrived to start their day. Arun came to the OKC Zoo in 2019 from the Fort Worth Zoo as part of a breeding recommendation through the Association of Zoos and Aquariums (AZA) Greater One-Horned Rhinoceros Species Survival Plan (SSP) and was paired with the Zoo's Indian rhino Niki, 12. They are the parents of the Zoo's week-old, female rhino calf born on Friday, October 23.

Caretakers reported that Arun had exhibited some abnormal behavior in being less eager to participate in training over the last few weeks. However, he still participated in blood collection practices almost daily, and his most recent bloodwork came back normal. The Zoo's veterinary team will conduct a necropsy (animal autopsy, including histopathology) to help determine the cause of death. The median life expectancy for Indian rhinos according to the AZA's Species Survival Statistics is 30.2 years.

"Arun was a great rhino and ambassador for his species who had a special connection with our caretakers and guests alike," said Rachel Emory, OKC Zoo's curator of elephants and rhinos. "Though we are sad by his loss, we know Arun's legacy will live on through his daughter. We look forward to watching her grow and are hopeful she too will contribute to the survival of this species through a successful breeding program."

Weather permitting of 50 degrees or warmer, Shanti, Niki and her calf will be on view at Sanctuary Asia. Niki and baby will have outdoor access to a secluded habitat area viewable to guests riding the Elephant Express tram.

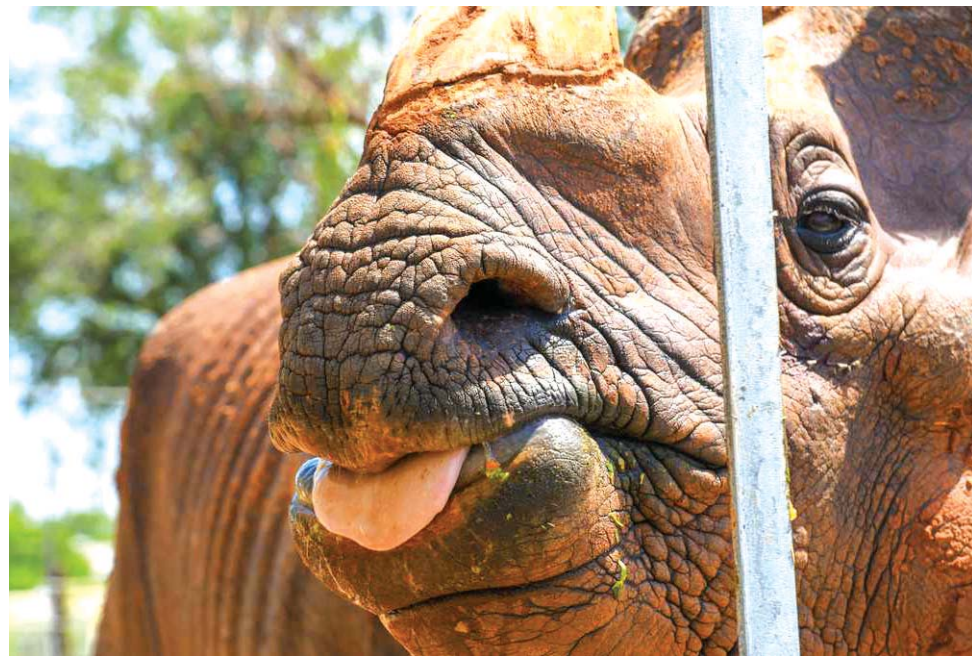
Native to India and Nepal, Indian

rhinos, also known as greater one-horned rhinos, can weigh more than 3,000 pounds. These impressive animals are known for their single horn and tough skin that resembles body armor. Indian rhinos are currently listed as "vulnerable" by the International Union for the Conservation of Nature. Through successful conservation programs, Indian rhino populations in the wild have increased to more than 3,600 animals. However, there is a continuing decline in the quality of their natural habitat and the species continues to be illegally hunted for its horn.

The OKC Zoo is helping save Indian rhinos by supporting the International Rhino Foundation's efforts to protect vulnerable and critically endangered rhinos and their habitat in India with money from the Round Up for Conservation Fund. The Zoo's Round Up for Conservation program encourages guests to donate their change from any Zoo purchase to help protect wildlife and wild places around the world. Members of the Zoo's American Association of Zookeepers chapter have also raised more than \$373,000 for rhinos in Asia and Africa through its fundraising efforts since 1990.

Zoo fans are invited to post favorite photos and memories of Arun on social media at Facebook, Instagram and Twitter.

The Oklahoma City Zoo is open from 9 a.m. to 5 p.m. daily. Advance tickets are required for all guests and ZOOfriends members and can be purchased at [www.okczoo.org/tickets](http://www.okczoo.org/tickets). Zoo tickets are limited each day to ensure safe social distancing among guests. 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.



OKC Zoo Mourns Death Of Male Indian Rhino, Arun.

Regular admission is \$12 for adults and \$9 for children ages 3-11 and seniors ages 65 and over. Children two and under are admitted free. Stay up-to-date with the Zoo on Facebook, Twitter and Instagram and by visiting Our Stories. Zoo fans can support the OKC Zoo by

becoming a member. Memberships can be purchased at [ZOOfriends.org](http://ZOOfriends.org) or any place admission is sold in the Zoo's Entry Plaza during regular business hours. To learn more about this event and Zoo other happenings, call (405) 424-3344 or visit [okczoo.org](http://okczoo.org).

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# GRATITUDE AND GRIT - A THANKSGIVING STORY

## *Oklahoma man battling rare disease inspires others*

For many families, COVID-19 has changed the way we celebrate Thanksgiving this year. Still, a young father of four in Elgin, Oklahoma shows others that gratitude can exist even in the face of adversity.

Tyler Fikes is not one in a million, but he is one in about 100,000 people each year who develop a rare condition known as Guillain Barre Syndrome, a disorder in which the body's own immune system attacks its nerves. The cause of GBS is not clear, but it is preceded by a viral infection in some people. Fikes recalls he had just gotten over a cold when he first noticed symptoms.

"It was Thursday about noon. I'd been working at my computer. It had kind of the same sensation as if your arm or something went to sleep and it was waking up, that little pins and needles feeling. I thought well maybe I'm holding my hands against the side of the desk or something and I didn't really give it much

thought," he said.

Within days, though, he was in the hospital, paralyzed from the neck down.

"So, from Thursday at noon to early Monday morning, that's how long it took. I went from being able to do whatever I want to literally not being able to scratch my own nose," Fikes remarked.

Doctors prepared Fikes and his wife Savannah for the worst. The disease was progressing fast and there was a very real possibility that Fikes would lose the ability to breathe without the help of a ventilator. Still, Fikes did not lose his faith or his determination.

"You do what you do. This is the hand that I was dealt, and God said, 'Do it.' and we said, 'Okay.' I had a lot of prayers. I actually had people praying for me from the Philippines, India, you know all over the world. By the next morning, they said, 'it looks like it has stopped progressing.



**Tyler Fikes of Elgin works to regain movement and strength after battling Guillain Barre Syndrome, a rare condition that impacts only one or two in every 100,000 people each year. His therapist at Valir Physical Therapy said his story of grit and gratitude are an inspiration.**

It should be all recovery from here. And here we are two years later still recovering," he said with a smile.

That was two years ago. Today, at Valir Physical Therapy in Elgin, Fikes continues to do the hard work of recovery. Physical therapist Stephani Chambers has been at his side month after month, witnessing firsthand his true grit in action.

"He doesn't have that give up factor. He's like, 'No, let's try it again even when he is purely exhausted,'

Chambers said. "He would always be like, 'No, let's give it one more, come on we can try it again.' I'm like, 'OK, let's try it again.' You could throw a lot at him and he's going to give it every ounce of effort he's got. He's going to give it everything plus some."

Steadily, Fikes made progress. He experienced wins. First, getting out of the wheelchair, then the ability to dress and feed himself. The road to recovery was not without setbacks,



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## FIKES

Continued from Page 14

but those never phased Fikes. For him, it was just part of the process.

"You're working, you're making progress, leaps and bounds and then it just stops for a while; and then all of the sudden, it's like, I haven't tried that in a while. And you try it, and it just works. It's like, hey, that's motivation to get to the next plateau," he explained. Chambers says Fikes has always had the right combination of commitment and belief.

"I always tell patients therapy is 50 percent what you put into it and 50 percent what you believe about it. He's got both components. He's got the mind component and the effort component. So, his process is 100 percent his to gain," she said.

Fikes has definitely seen gains over the past two years at Valir. He regained not only the ability to walk, but the ability to drive again too. He struggles still to regain full use of his hand; but when his fourth child was born, he cut the cord himself – another meaningful victory for Fikes. His newest goal is to regain the ability to pick up his children.

"Right now, I can kind of cradle them in my arms and use my shoulders and my core to kind of pick them up, but being able to pick them up with my hands and do stuff

would be really nice. But we work around what we got," he said.

Fikes's never-say-never attitude is inspiring to all who know and meet him.

"To see the different milestones he's hit each time is really rewarding. We've all cried with him when he's cried and Savannah's cried, and we all have those happy tears when we hit those other milestones," Chambers said. Through it all, both the ups and the downs, Fikes and his wife Savannah stay rooted in faith, always looking to the future with optimism. Although it is not the path he would have chosen to take over the past two years, Fikes believes there is always light even in dark times. He explained that were it not for the tests done when he developed GBS, a nodule on his thyroid might have been missed.

"You know, if I hadn't had this, I would be walking around with potentially deadly cancer and I wouldn't know it. So, you know, it's all going to work out and my job is to just keep working," he said.

And in a year that has pulled the rug out from under many people everywhere due to COVID-19, Fikes shared this perspective:

"You with deal with what life gives you. You keep on going and the sun comes up in the east and sets in the west. That's what you do."



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## LOOKING BACK

# Neil Sedaka still singing through the pandemic

By Nick Thomas

Many performers have recorded videos of encouragement for fans throughout the COVID-19 pandemic months. But few, if any, have been as prolific as Neil Sedaka.

With more than 150 mini-concerts posted since April on his YouTube channel NeilSedakaMusic, the singer, pianist, and composer of 60s hits such as "Calendar Girl" and "Happy Birthday Sweet Sixteen" continues to churn out the casual performances from behind his home piano several times a week and plans to continue into the Christmas season and beyond.

"The response from people all over the world has been unbelievable, even those who were never really Neil Sedaka fans before," said the 81-year-old

singer from Los Angeles. "They can't believe my body of work."

Sedaka's repertoire would impress any artist.

"I started writing songs when I was 13 and have composed over 800," said Sedaka who, in late March, was one of the first entertainers to post a video of hope during the early pandemic days in the US in the form of rewritten lyrics to "Oh! Carol," his hit from the late 50s.

A week later, his first mini-concert – filmed by his wife on a cellphone from their New York home with the family parrot in the background – consisted of a medley of a half-dozen Sedaka hits.

"I just thought the music could be therapeutic for people locked down at home," he recalled. "Then



Neil Sedaka at his piano in his Los Angeles home about to record a new mini-concert - *photo provided by Neil Sedaka.*

people began requesting songs on my Facebook page, so I decided to continue the mini-concerts."

For Sedaka, too, the performances have helped get through the months of isolation after moving to the family's Los Angeles home earlier in the year.

"I've continued to play all the big hits, but I've also done a lot of my lesser-known songs that I like to call my forgotten or neglected children," he said. "Some of them I wrote 60 years ago and haven't played for years, so it can take a while to relearn the lyrics along with the chords and rhythms. But it's been very enjoyable for me as well."

Trained as a classical pianist at New York's Juilliard School, Sedaka discovered pop music as a teen and teamed up with lyricist Howard Greenfield to co-write the songs mentioned above and many more. In later years, other hits were written with Phil Cody ("Laughter in the Rain," "Bad Blood") but Sedaka's love for classical music never waned.

"There are not many singer-songwriters of my era who can play Chopin, Debussy, and Bach!" he said. "I've even performed a few piano pieces during the mini-concerts."

Like other artists, Sedaka's live tours have been postponed until 2021 (see [www.neilsedaka.com](http://www.neilsedaka.com)) and he says the mini-concerts have helped fill the void all entertainers are experiencing this year. He's also been appearing monthly on the Sirius XM channel '50s on 5' with his program "In the key of Neil." While he's looking forward to returning to live concerts next year, don't expect to hear any new Neil Sedaka songs since he stopped composing several months ago.

"I felt if you can't top it, you should stop it," he said. "I think the reason I've been around so long is I've always been able to raise the bar, reinvent Neil Sedaka, and to develop and grow. It's still very gratifying to hear my music played on the radio – the songs will outlive me."

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

**SBT** It is estimated that millions of trees in the world are accidentally planted by squirrels who bury nuts and then forget where they hid them!



# Former OK Governor Frank Keating shares cancer diagnosis; records message of support for ACS

The days following the Oklahoma City bombing on April 19, 1995, were some of the most chaotic in Oklahoma's history. Governor Frank Keating and his wife, First Lady Cathy Keating, were on site moments after the blast, and proved to be the calming force an uneasy state, and nation, needed at that time.

Today, the Keating's are lending their voice to another critical need, and that is support for Oklahoma's American Cancer Society. While much of the headlines this year have focused on COVID-19, every day 23 Oklahomans die from cancer.

"I have a high level of admiration for the American Cancer Society," Keating said. "I think the non-profit community and organizations like ACS are some of the most essential services in the nation. They provide services the government could not provide, and it's vital to support them during these times."

Keating is a cancer survivor himself and knows first-hand how devastating a cancer diagnosis can be.

"I was diagnosed with malignant melanoma in 2017," he said. "I am a product of the '50s and '60s generation and we never thought about sunscreen. Back then when I was at the Culver Military Academy, I wore my naval officer's uniform, and I had a hat, but I didn't wear it that often. All those years of sun exposure are what directly led to my melanoma."

The Governor first noticed the spot on his forehead a few years ago while still living in Virginia. He went to a dermatologist, who said it was nothing to worry about.

"So, I covered it with a little makeup, and went on with my life," Keating said. "When Cathy and I moved home to Oklahoma, my doctor here said it looked suspicious and biopsied it. Sure enough it was melanoma, and it was aggressive. My surgeon

removed it and said he got it all. But I still wanted a second opinion, so we went to MD Anderson, and the doctors there confirmed the cancer was gone. They praised the doctors here in Oklahoma, and that made me feel proud."

Recently, the Keating's recorded a public service announcement for the American Cancer Society of Oklahoma. It will begin airing on the organization's social media channels on December 1, which is known nationally as #GivingTuesday. Other notable Oklahomans participating in the campaign are Oklahoma County Clerk David B. Hooten, and former news anchor Cherokee Ballard. Singer Pam Tillis, who has Oklahoma connections, is a cancer survivor and recorded a message of giving.

"We see Oklahomans die from cancer every day," said Katie VanFossen, ACS Cancer Control Strategic Partnerships Manager. "One thing COVID-19 has taught us

is to take preventative measures like washing our hands and wearing a mask. If we can learn to do that, we can learn to listen to screening guidelines and get more people tested for cancer. We work every day to get this message out to our friends and neighbors; maybe now this will get their attention."

Throughout its 107-year history, ACS has made significant progress in attacking cancer. A vaccine for HPV, for example, has been proven to be an effective cancer barrier. Breast cancer deaths declined 40 percent from 1989 to 2016, largely due to improvements in early detection and treatment.

"We can continue this progress and reduce the daily number of cancer deaths if we approach cancer the same way we approach COVID," VanFossen added. "Most people would be okay with getting a COVID test every day, yet many react with fear at the thought of

Continued next page

## CROSSWORD CORNER

- Across**  
1 Photographer Adams  
6 "Happy Motoring" company  
10 Cuba, por ejemplo  
14 2000s first lady Bush  
15 Matty of baseball  
16 Twice-monthly tide  
17 Cr me de la cr me  
19 Kvetch like a fish?  
20 West of "My Little Chickadee"  
21 Mr. Peanut prop  
22 Dental hygienist's gizmo  
24 Essen's river  
26 Russian space station for 15 years  
27 Hurry-scurry  
28 "\_\_\_ Yankees"  
30 Spar without a partner  
33 Rascal  
35 "Honor Thy Father" author Gay  
36 Hawaiian porch  
37 Ab \_\_: from day one  
38 Uses a sieve  
42 Apply, as a brake  
44 Flynn of "Captain Blood"  
45 Extremely lame, in modern slang  
48 Hunky-\_\_: fine  
49 Toronto's prov.  
50 Dada co-founder  
51 Either H in H2O
- 53 Home of the NHL's Senators  
55 A head  
57 "Aladdin" monkey  
60 Old phone feature  
61 Business manager skilled at reducing expenses  
64 Shortest-named Great Lake  
65 Sci-fi's Jabba the \_\_\_  
66 Mars has two  
67 Aloha State bird  
68 Jazz and Disco periods  
69 Popular pie, and what the ends of 17-, 30-, 45- and 61-Across have in common
- Down**  
1 Grad  
2 Auto parts giant  
3 Clark Kent, really  
4 "... \_\_\_ he drove out of sight": Moore  
5 Tree that rhymes with a month  
6 Deserve  
7 Pivot around  
8 "Help!"-ful soap pad brand  
9 Not in the house  
10 Ancient Andean  
11 Aquanaut's base  
12 Texas city in a cowboy song  
13 Estimated: Abbr.  
18 Wheels, so to speak  
23 Game stick with a netted pocket  
25 Expose  
26 Sam who owned Cheers  
28 ISP alternative  
29 Fed. law known as Obamacare  
30 Clog  
31 "Wreaked" state  
32 Creepy sort  
34 Tool for two lumberjacks  
39 Completely, alphabetically speaking  
40 A.L.'s Blue Jays  
41 Scheming  
43 Pain in a canal  
45 Made of oak, say  
46 Complete  
47 Reach, as a goal  
51 NC State's conf.  
52 Dull sound  
54 On the safe side, at sea  
55 Spanish "this"  
56 Lawyers: Abbr.  
58 Mercedes-\_\_\_  
59 Big Dipper bear  
62 Lord's Prayer start  
63 You, in French

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Former Governor Frank Keating and his wife First Lady Cathy Keating.

a colonoscopy, lung scan or even a mammogram."

This year, mammograms are down 87 percent due to COVID-19, and part of that is related to the mandated shutdown last spring.

"Mammograms are just one example," she says. "Other screenings have been affected too. So that

means when a person is diagnosed with cancer, their disease will likely be at a later stage, and ultimately we will see the mortality rate increase."

Looking farther down the road, VanFossen says it's difficult to imagine what the "new normal" will be. Hospital systems are now

understaffed, she says, along with increased costs for healthcare.

"We understand COVID is scary," she says. "Most of us have never seen anything like this in our lifetimes. But we want to get the word out that cancer remains a very real threat. Talk to your physician about any issues you may have and listen to their advice. As a society, we cannot forget about cancer even during a global pandemic." The former Governor agrees.

"Cathy and I shot this video for the American Cancer Society because we believe it's so important to let people know ACS needs

help," Keating said. "We all have people in our family or circle of friends who have been touched by cancer. When you hear the word 'cancer,' it can be very scary. But it is reassuring to know you're not out there on the lake without a paddle, and ACS will be there on your journey."

More information on the American Cancer Society can be found at Cancer.org, or by phoning the HelpLine at 1-800-227-2345. Look for the Keating's #GivingTuesday message beginning Dec. 1 on Facebook, Instagram and [Twitter @ACSOklahoma](https://twitter.com/ACSOklahoma).



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# Nursing Homes See Continued Record Number Of New COVID Cases

*Calls Continue For Congress To Replenish Emergency Funding For Hospitals And Long Term Care Facilities And For States To Take Additional Measures To Control Community Spread*

Community Spread is Linked to Cases in Nursing Homes

The graph displays two data series over time from June 7 to November 8, 2020. The left y-axis represents the 'Sum of 7-Day Community Incidence' (orange line), and the right y-axis represents 'Nursing Home Residents with Confirmed COVID-19' (yellow line). Both series show a significant upward trend starting in mid-September, with a sharp spike in early November. Key data points are labeled on the graph.

Date	Sum of 7-Day Community Incidence	Nursing Home Residents with Confirmed COVID-19
6/7	144,121	7,771
7/19	465,757	9,917
9/13	242,281	5,904
11/8	796,761	14,000

The American Health Care Association and National Center for Assisted Living (AHCA/NCAL), representing more than 14,000 nursing homes and assisted living communities across the country that provide care to approximately five million people each year, released a report today showing nursing homes in the U.S. continue to see a record number of weekly new cases this month due to the community spread among the general population, surpassing previous peaks since the Centers for Medicare & Medicaid Services (CMS) started tracking cases in nursing homes.

Recent data released by Johns Hopkins University and the Centers for Medicare & Medicaid Services (CMS) show that with the recent spike in new COVID cases in the general U.S. population, weekly nursing home cases are also on the rise. According to Johns Hopkins University, weekly new COVID cases in the general U.S. population rose by 229 percent to 796,761 new cases the week of November 8. A correlating uptick in new cases in nursing homes occurred when cases in the surrounding community started rising back in mid-September.

As experts have repeatedly noted, COVID-19 cases in a surrounding community is a top factor in outbreaks in nursing homes. University of Chicago's Tamara Konetzka, a nationally recognized expert on long-term care, recently said, "Trying to protect nursing home residents without controlling community spread is a losing battle." Dr. David Grabowski,

professor of Health Care Policy, Harvard Medical School recently stated, "The strongest predictor of whether or not we'll see cases in [a particular setting] is community spread."

"Our worst fears have come true as COVID runs rampant among the general population, and long term care facilities are powerless to fully prevent it from entering due to its asymptomatic and pre-symptomatic spread," stated Mark Parkinson, President and CEO of AHCA/NCAL. "Our health care heroes are doing everything they can to prevent it from spreading further, but this level of COVID nationwide puts serious strain on our workforce, supplies, and testing capacity. If everybody would wear a mask and social distance to reduce the level of COVID in the community, we know we would dramatically reduce these rates in long term care facilities."

During the second week of November, nearly half (49 percent) of new COVID cases in nursing homes were from Midwest states with major spikes in community spread in the upper parts of the region. As a result, the Midwest region saw a 275 percent increase in weekly COVID cases in nursing homes since mid-September.

After seven weeks of declining cases in nursing homes through mid-September, nursing home cases began to increase as nearly all 50 states have started to see rising levels of COVID cases. New weekly cases in nursing homes grew by more than 110 percent nationwide between mid-

See COVID Page 21

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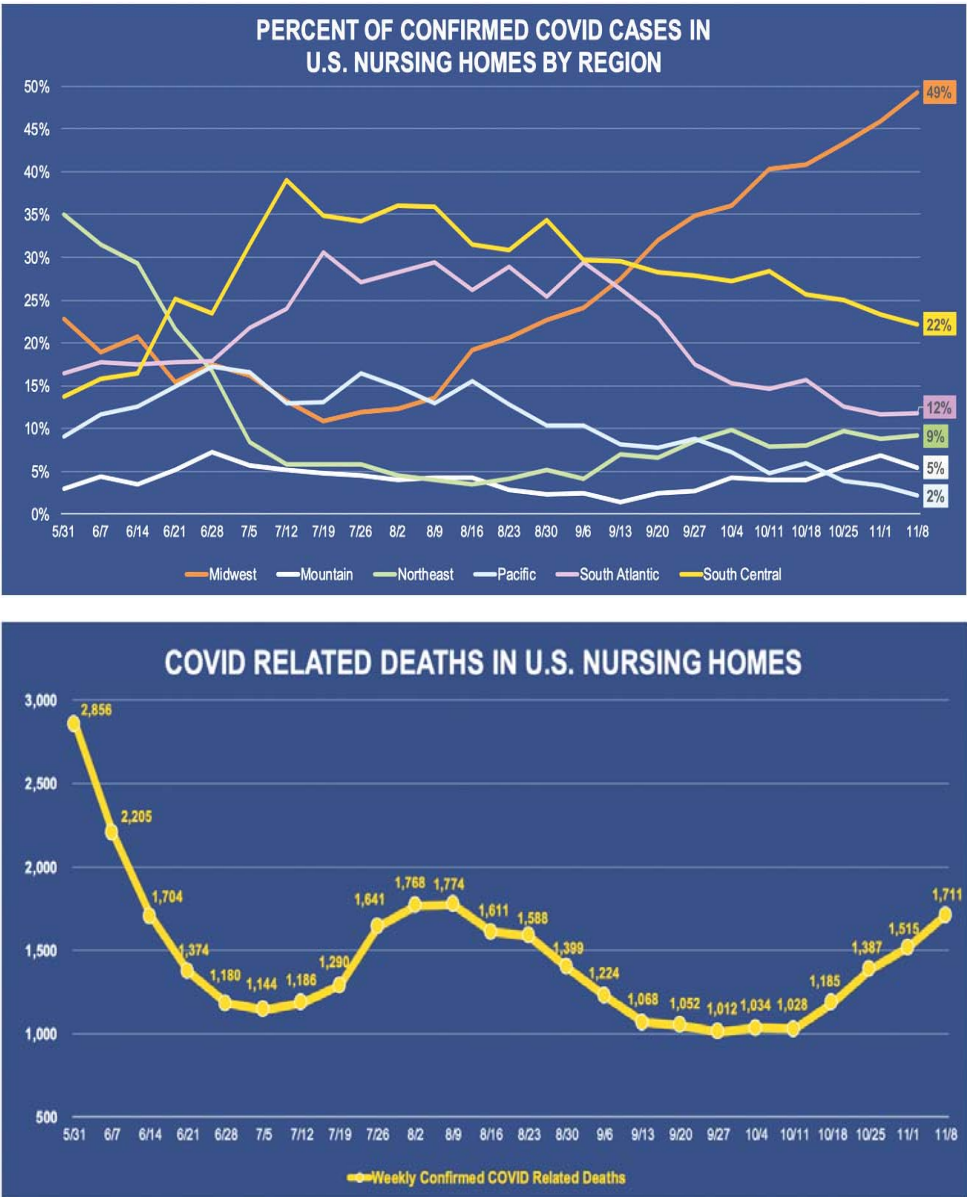
Continued from Page 20

September and the week of November 8.

The report also showed COVID-related deaths in nursing homes are starting to rise, 69 percent increase since late September. Nursing home residents are typically older adults with multiple chronic conditions, making them most vulnerable to COVID-19. Residents of long term care facilities account for only eight percent of the nation's cases, yet 40 percent of its deaths. While mortality rates have decreased compared to the spring due to a better understanding of the virus, better treatments, and government resources to help reduce spread, industry leaders remain deeply concerned that the rising number of new COVID cases in facilities will ultimately lead to an increasing number of deaths.

"We are especially concerned that this situation will only get worse with Thanksgiving just around the corner," continued Parkinson. "The public must realize that their actions not only endanger our nation's most vulnerable, but also trigger government lockdowns of facilities, keeping these residents from their loved ones. This is detrimental to their health, wellbeing and happiness. We urge everyone to do their part to slow the spread immediately and exercise caution when

celebrating Thanksgiving." With rising new COVID cases across the country, Parkinson said Congress must prioritize frontline health care workers and long term care residents during the lame duck session. Last week AHCA/NCAL released a list of actions that Congress should urgently take to help nursing homes and assisted living communities respond to the uptick in new cases. Most of the \$175 billion Provider Relief Fund provided by the CARES Act back in April has already been distributed and Parkinson said health care providers, including long term care facilities, will need additional funds to continue the response to the COVID pandemic heading into the cold and flu season. The financial aid is crucial in helping long term care facilities acquire personal protective equipment, conduct regular testing, and hire additional staff or reward current caregivers for their heroic efforts. "Congress must fulfill its duty," stated Parkinson. "Without adequate funding and resources, the U.S. is repeating the same mistakes made during the initial outbreak last spring and the major spike over the summer. We need Congress to prioritize our vulnerable seniors and their caregivers in long term care facilities, by passing another COVID relief package during the lame duck session on Congress." For more information, please visit [www.ahcancal.org/coronavirus](http://www.ahcancal.org/coronavirus).



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Getting a flu vaccine during 2020-2021 is more important than ever because of the ongoing COVID-19 pandemic. Flu vaccination is especially important for people who are at high risk for the flu; many of whom are also at high risk for COVID-19.

It has been recognized for many years that people 65 years and older have a greater chance of developing serious complications from the flu compared to young, healthy adults. This risk is due in part to changes in immune defenses with increasing age. While flu seasons vary in severity, during most seasons, people in this age group bear the greatest burden of severe flu disease. The same can be said for COVID-19.

But age is not the only risk factor. Adults of any age with any of the underlying medical conditions listed below are also at increased risk.

**Asthma and COPD - Heart disease - Diabetes - Chronic kidney disease - Liver disease - Cancer - Pregnancy - Obesity - Smoking/History of smoking**

People with these types of conditions, and those who are immunocompromised for other reasons, are more susceptible of developing serious complications from the flu. Many of these conditions also increase the likelihood for serious outcomes from COVID-19.

If you fall in the high-risk category, vaccination is especially important. When you get vaccinated for the flu, you reduce your risk of getting sick and possibly being hospitalized or even dying. In turn, by staying healthy this flu season, you help conserve potentially scarce health care resources needed to help those battling COVID-19. Click here for more flu-related information.



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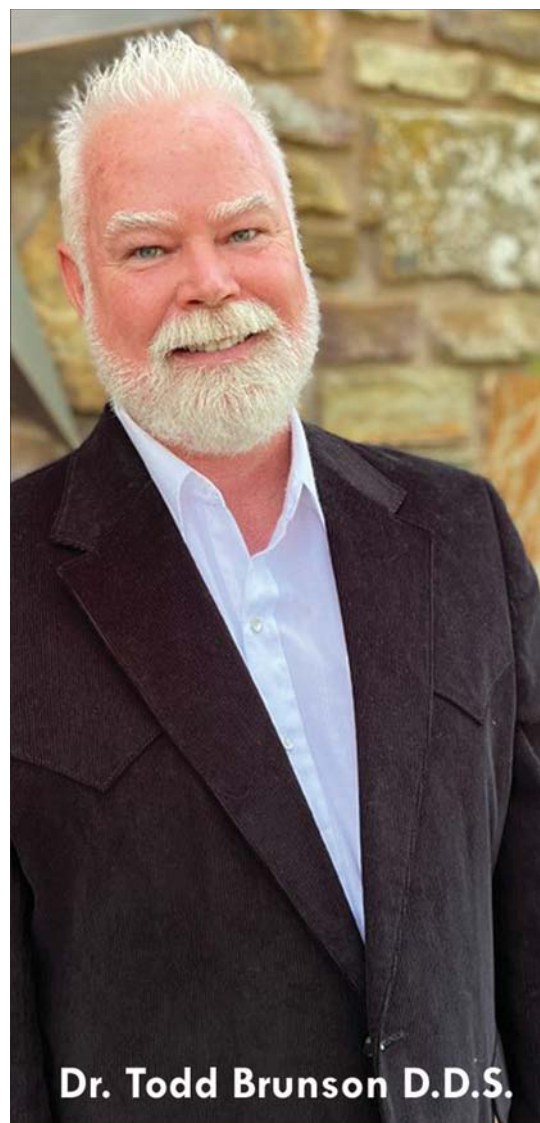


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a collection of original plays that  
celebrate modern culture. Season  
One explores video game reviews,  
D&D, Outlander fan fiction, and  
more. Every episode is under  
fifteen minutes.

## DECEMBER

### Online: Art Moves

When: Mondays-Fridays, 12 p.m.  
[www.artsCouncilokc.com/art-moves](http://www.artsCouncilokc.com/art-moves)  
Art Moves artists have adjusted  
from daily downtown  
performances to online  
streaming. 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

### Online Building Equitable Futures for Oklahoma's Children: An Early Childhood Research and Policy Series

When: Wed., Dec. 9, 1-4 p.m.,  
Wed., Jan. 13, 1-4 p.m. and Wed.,  
Feb. 10, 1-4 p.m.  
Phone: 4054294219  
[contact@okschoollreadiness.org](mailto:contact@okschoollreadiness.org)  
Price: FREE  
[okschoollreadiness.org/events/building-equitable-futures](http://okschoollreadiness.org/events/building-equitable-futures)  
The Oklahoma Partnership for  
School Readiness and the Early  
Childhood Education Institute  
have joined forces to offer a  
new, multi-session conference  
to highlight early childhood  
research, initiatives and policy.  
"Building Equitable Futures for  
Oklahoma's Children: An Early  
Childhood Research and Policy  
Series," will be from 1-4 p.m.,  
Dec. 9, Jan. 13 and Feb 10. Each  
of these free, online webinars  
will feature multiple keynote  
speakers and introductory  
remarks from state leaders and  
national experts, including State  
Superintendent Joy Hofmeister,  
who will kick-off the first session,  
titled "Foundations: How  
Oklahoma Research Influenced  
Pre-K Policies and Programs  
Across the Country."

## DECEMBER

### Free Weekend Streetcar Rides

December 4 - 6  
December 11 - 13  
December 18 - 20  
December 25 - 27  
January 1 - January 3  
[downtownindecember.com/streetcar/?mc\\_cid=142eae3d80&mc\\_eid=a34bef7305](http://downtownindecember.com/streetcar/?mc_cid=142eae3d80&mc_eid=a34bef7305)  
Enjoy complimentary fares on  
the OKC Streetcars on the  
weekends through January 3RD  
in celebration of their  
SECOND Anniversary.

### Christmas in the Park Yukon City Park

2200 Holly Ave., Yukon  
Through Dec. 31, 6-11 p.m.  
Phone: 405-350-8937  
FREE! Donations appreciated.  
[www.yukonok.gov/ChristmasinthePark](http://www.yukonok.gov/ChristmasinthePark)  
Holiday excitement and free  
family fun are in store at Yukon's  
breathtaking Christmas in the  
Park, a magical wonderland  
of visual entertainment offered  
starting the Saturday before  
Thanksgiving through New  
Year's Eve. Motorists from across  
the country visit Oklahoma's  
largest drive-thru light display to  
see 5 million twinkling lights and  
over 500 one-of-a-kind lighted  
displays. Guests may also enjoy  
walking through the lights or,  
for a small fee, riding the Santa  
Express Train.

## DECEMBER 5 & 6

### Repticon Reptile & Exotic Animal Convention

Oklahoma State Fair Park  
3220 Great Plains Walk  
405-948-6700  
When: Sat., Dec. 5, 10 a.m.-5 p.m.  
and Sun., Dec. 6, 10 a.m.-4 p.m.  
Phone: 863-268-4273  
[repticonevents@repticon.com](mailto:repticonevents@repticon.com)  
[statefairparkokc.com/events/481/details](http://statefairparkokc.com/events/481/details)  
Repticon Reptile & Exotic Animal  
Convention at the OKC  
Fairgrounds in the Hobbies, Arts  
& Crafts Building.  
Adults \$11 per day,  
\$17 two-day admission,  
Children (ages 5 to 12): \$5,  
Children ages 4 and under  
are FREE

## DECEMBER 5 & 12

### Lights on Broadway

1015 N. Broadway Ave. OKC  
Sat., Dec. 5 & Sat., Dec. 12  
[downtownindecember.com](http://downtownindecember.com)  
Cruise down historic Automobile  
Alley for the district's holiday  
open house and its stunning  
light display at the 5th Annual  
Lights On Broadway event! Each  
Saturday from 4-8pm, various  
retail shops and restaurants  
will feature buzz-worthy window  
displays in addition to  
family-friendly activities, special  
promotions, and giveaways. The  
much-anticipated free carriage  
rides will be returning and  
attendees will be able to skip  
the lines and book their rides in  
advance online.

## DECEMBER 12

### Indie Trunk Show

Oklahoma State Fair Park  
3220 Great Plains Walk  
405-948-6700  
Sat., Dec. 12, 10 a.m.-5 p.m.  
Phone: 405-640-3964  
[indietrunkshow@gmail.com](mailto:indietrunkshow@gmail.com)  
Price: Admission is \$7 per person  
and children ages 12 and under  
are FREE.  
[statefairparkokc.com/events/592/details](http://statefairparkokc.com/events/592/details)  
Indie Trunk Show at the OKC  
Fairgrounds in The Pavilion.

### 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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(405) 631-5100 EXT 3 or  
email your listing to  
[advertising@seniornewsandliving.com](mailto:advertising@seniornewsandliving.com)  
for more information and  
to be included!



# OKLAHOMA'S SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE

## FOR SALE

**Resthaven Memory Gardens**  
500 SW 104th. OKC, OK 73139. 2 plots for sale; current selling price: \$4,995.00. We can sell both for that price-2 for the price of one. Call Gary at 405-638-3004

**2 Resthaven plots for sale.**  
Current selling price \$4,700.00 each. Asking price \$2,700.00 each.  
405-615-6847

**FOR SALE BOSTON POP ALBUM, BRAND NEW UNOPEN.** WE HAVE 12 DIFFERENT VOLUME. \$7.50 EACH.  
CALL 580-450-2014

**Memorial Park Cemetery**  
Section 26. Lot 218, Space 2 & 3  
Asking \$1,500 a space  
Call/Text Jeff at 405-400-5132

## FOR SALE



**FOR SALE: Like New! \$3,500.**  
Used less than 5 times – **SHOWER BAY ROLL IN SHOWER + WATERPROOF WHEELCHAIR.** Set up in any room, connects to nearest sink w/ 35' hose. 50" Tall, 44" wide, & 80" long (including ramp). CAN DELIVER in OKC area! Call/Text Marianne (405-488-8351)

## FOR SALE

**Four Burial Plots in Resthaven for sale.** \$1,500 each or all four for \$5,000. Located at 500 SW 104th. OKC. Call 405-201-4267



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

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9 Months.....\$175.00

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Date(s) to Run:

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☐ 6 Months.....\$130.00  
☐ 9 Month.....\$175.00  
☐ ADD A PHOTO, ONLY \$8.00 MORE!

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LAST NAME

STREET ADDRESS

APT. CITY

STATE ZIP CODE E-MAIL/PHONE

**PAYMENT INFO.** Check # \_\_\_\_\_ and Amount Enclosed \_\_\_\_\_

☐ VISA ☐ Master Card

☐ American Express

CARD NUMBER

EXP. DATE CVV # ZIP CODE

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  - Healthcare Power of Attorney
  - Durable Power of Attorney
- Email [makbkrptcy@gmail.com](mailto:makbkrptcy@gmail.com)

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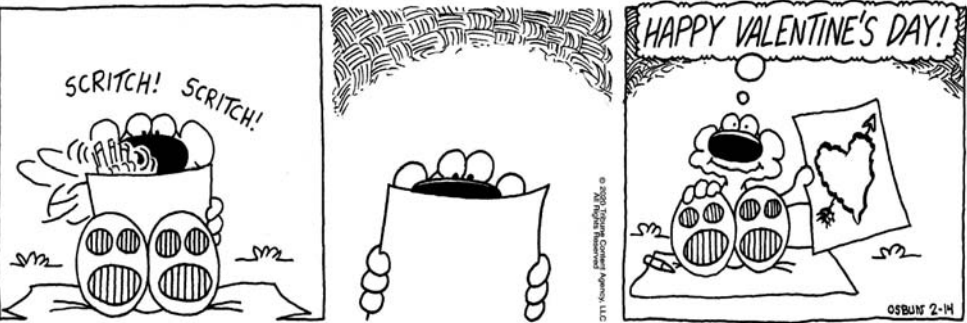
Broom Hilda

By Russell Myers



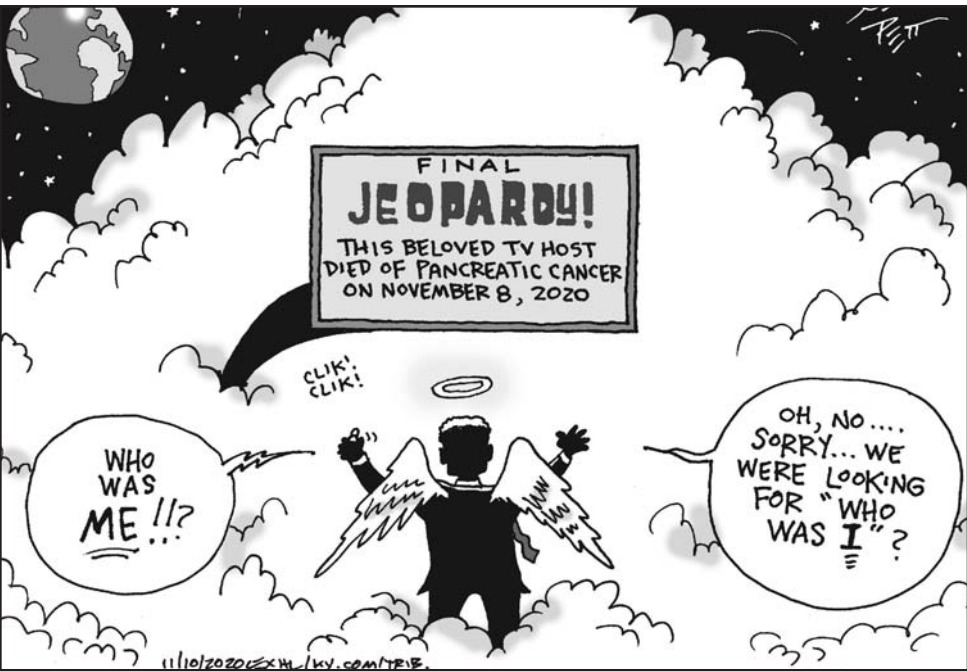
Animal Crackers

By Fred Wagner



Gasoline Alley

By Jim Scancarelli



# JUMBLE

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

KOLAP

LUDFI

GENAMA

TGUINO

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Check out the new, free JUST JUMBLE app

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

Print answer here:

(Answers Next Month)

November Answers | Jumbles: USHER YIELD PLUNGE ODDEST  
Answer: He dozed off listening to music on his head-phones, and was able to — SLEEP SOUNDLY

A	N	S	E	L	E	S	S	O	I	S	L	A
L	A	U	R	A	A	L	O	U	N	E	A	P
U	P	P	E	R	C	R	U	S	T	C	A	R
M	A	E	C	A	N	E	S	C	A	L	E	R
	R	U	H	R		M	I	R	A	D	O	
D	A	M	N		S	H	A	D	O	W	B	O
S	C	A	M	P	T	A	L	E	S	E		
L	A	N	A	I	O	V	O		S	I	F	T
		S	T	E	P	O	N		E	R	R	O
W	E	A	K	S	A	U	C	E		D	O	R
O	N	T		A	R	P		A	T	O	M	
O	T	T	A	W	A		E	A	C	H	A	B
D	I	A	L		C	O	S	T	C	U	T	T
E	R	I	E		H	U	T	T		M	O	N
N	E	N	E		E	R	A	S		P	I	Z



# Ancient Mysteries Revealed: Groundbreaking Spiro Exhibition to Debut at The National Cowboy & Western Heritage Museum

*The Spiro site contained one of the greatest collections of prehistoric American Indian artifacts ever discovered in the United*

The Spiro Mounds are one of the United States' most important ancient Native American sites, as well as an archaeological find unmatched in modern times. Yet, despite creating a sophisticated ancient culture, the Spiro people are nearly forgotten in the pages of history books. How did these incredible works of art and other treasures from all over North America end up hidden for hundreds of years, and why? Opening February 12, 2021 at the National Cowboy & Western Heritage Museum, "Spiro and the Art of the Mississippian World" will seek to answer these questions and more in the first major presentation on the Spiro Mounds ever undertaken by a museum, representing the first, and possibly last, time these artifacts will be reunited from various collections across the country.

"We are incredibly pleased to announce this unparalleled exhibition, which will give proper honor and representation to the culture and historical impact of the Spiro people," said Natalie Shirley, The Cowboy president and CEO. "Our staff has worked for years to create a world-class, exciting and collaborative presentation of a people who have been overlooked for too long."

This exhibition will share the art, history and culture of the Spiro people through approx. 175 objects, as well as an accompanying publication, website, public symposium and panel discussion. It was created in collaboration with representatives from the Caddo and Wichita Nations, the descendants of the Spiroan people, and with contributions by 17 humanities scholars from nearly a dozen universities and museums from across the United States.

The Spiro Mounds were the location of one of the largest and longest episodes of looting at any American archaeological site in history—comparable to that of Mesa

Verde in Colorado and, sadly, several others across the country. Both looting and New Deal/Works Progress Administration (WPA) archaeological excavations came together in a near-perfect storm at Spiro. In 1935, the public's imagination was peaked when the Kansas City Star called the site's discovery a "King Tut's Tomb in the Arkansas Valley," and identified it as the greatest source of Mississippian iconographic material ever found. Embossed copper plates, wooden sculptures, thousands of pearls and beads, large human effigy pipes and engraved shell gorgets and cups are just some of the items found at Spiro. In fact, nearly 90% of all known engraved shell created during the Mississippian period (900 – 1650 AD) was discovered at this one site. This exhibition will include the reunification of a range of items looted and archaeologically excavated at Spiro that have not been together since the early 1930s and 1940s.

"The quality and quantity of material found in at Spiro is unprecedented," said Eric Singleton, Ph.D., Museum Curator of Ethnology. "We are grateful to have the support of the Spiroan descendants, the Caddo Nation and the Wichita and Affiliated Tribes, as we prepare this exhibition. Without them, this exhibition would not be possible." The Spiroan people, along with other Mississippian groups across the eastern half of North America, created a world equal to that of the Aztec, Maya or Inca, consisting of trade networks and highly developed social, political and religious centers. The exhibition will explore the archaeology and history of Spiro and its relationship to other contemporaneous Indigenous communities in North and Central America, highlighting community development, religious and ceremonial activities, farming and hunting



practices and daily life. It will also illustrate how ecological factors, specifically the occurrence of the "Little Ice Age" beginning in 1350 AD and lasting until 1650 AD may have led to the site's decline and ultimate abandonment. The exhibition also showcases contemporary Indigenous art pieces that explore the ideas of origin and connect the art and artistry of the Spiro people to their modern descendants.

Following the exhibition, the online component and educational materials will be available on the Museum's website and in our permanent Native American gallery. In addition, the Museum will give both the Caddo and Wichita Nations all interpretative materials to use at their discretion in their respective tribal museums.

The exhibition will debut at National Cowboy & Western Heritage Museum February 12 - May 9, 2021, before traveling to the Birmingham Museum of Art (October 5, 2021 – March 11, 2022) in Birmingham Alabama, and the Dallas Museum of

Art (April 15, 2022 – August 5, 2022), in Dallas Texas.

The Spiro and the Art of the Mississippian World has been made possible in part by major grants from the National Endowment for the Humanities and the Henry Luce Foundation, as well as support from the Kirkpatrick Foundation.

Any views, findings, conclusions, or recommendations expressed in this press release do not necessarily represent those of the National Endowment for the Humanities.

About the National Cowboy & Western Heritage Museum

The National Cowboy & Western Heritage Museum in Oklahoma City is America's premier institution of Western history, art and culture. Founded in 1955, the Museum collects, preserves and exhibits an internationally renowned collection of Western art and artifacts while sponsoring dynamic educational programs to stimulate interest in the enduring legacy of the American West. For more information, visit [nationalcowboymuseum.org](http://nationalcowboymuseum.org).

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# PREPARE TO BE SURPRISED.

Meet the Maddox family. Their thirteen-year-old daughter, SaNiyah, has cerebral palsy and is confined to a wheelchair. SaNiyah's entire life – her happiness, her health, her every need – all depends on her family and help from the team at Special Care. But they also have two adorable young sons, demanding jobs and – on top of everything else – they foster an infant who needed a home, too. It's more than most of us could handle.

But here's the big surprise. The Maddoxes not only receive help from United Way agencies, they find room in a budget stretched to its limit and they give to the United Way. **Can you?**

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