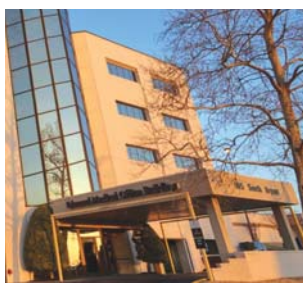


Medical
Center uses
'4Ms' Guide
for Older

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Local
jeep club
gives
nurses
lift

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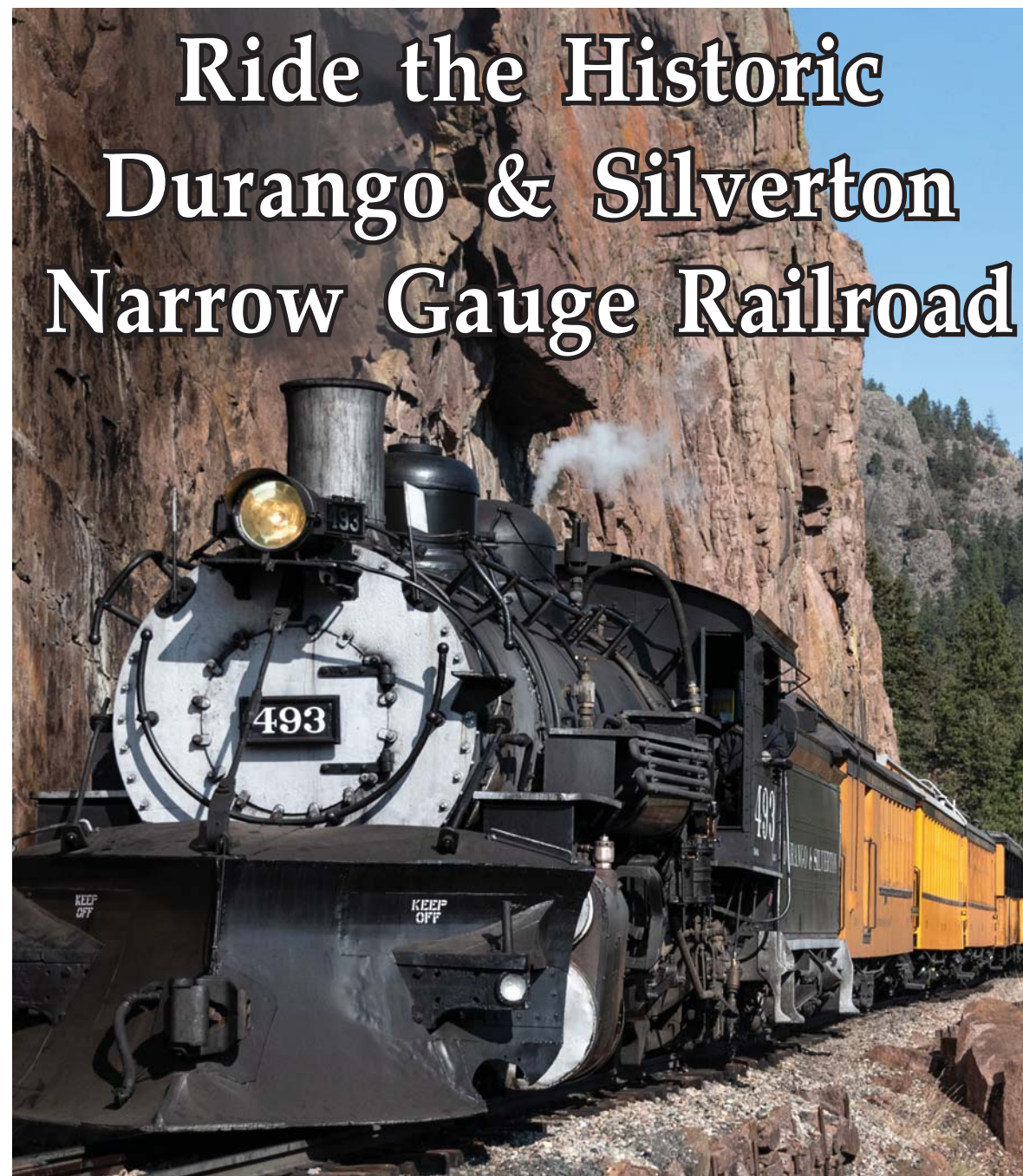


SENIOR NEWS & LIVING

www.seniornewsandliving.com Information for Oklahoma Seniors

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Coal-fired, steam-powered Locomotive 493 pulls the excursion Durango & Silverton Narrow Gauge Train home to Durango from Silverton along the steep canyon walls. Photo by Anthony D'Amato.

Story by Darl Devault, Feature Writer

For seniors trying to make a decisive quality of life recovery from pandemic restrictions booking outdoor experiences now is critical because pent-up demand will create a scarcity at premium destinations.

Seniors got to their vaccines first. With

the easing of COVID-19 restrictions more Americans will be getting outside. This may mean seniors need to act quickly in planning a vacation.

Going to the Colorado high country in the summer is often on the minds of

See RAILROAD Page 5

Library Services Evolve to Meet Senior's Needs



Assistant Librarian Shawna Deeds (left) looks on as Librarian Sara Schieman sits at longtime librarian and facility namesake Miss Mabel C. Fry's historic desk on display at the library. Photos by Darl Devault

Story by Darl Devault, Feature Writer

Seniors are important to the Mabel C. Fry Public Library in Yukon and they have almost 5,000 large print books to support their reading needs. These fiction, nonfiction and biography books are widely circulated, especially since the library is in the same building next to the Dale Robertson Center, Yukon's Senior Center.

"Our large print collection is one of the most circulated collections in the library," Librarian Sara Schieman said. "We know this because we routinely weed our holdings, deleting those books not being checked out. Our large print books rarely make that list."

"We have found our seniors are more comfortable with physical books than eBooks because most of them prefer the ease and feel of a printed book." Schieman said.

This library, born out of community effort and named in honor of the first paid librarian, has small town charm based on a strong customer service ethic with big city technology. Customers can watch travelers driving on Route 66 right out front while using current technologies such as free Wi-Fi extending to the property line. This service was just upgraded through a \$5,000 Digital Inclusion grant from the Oklahoma Department of Libraries (ODL). The library, one of four in Canadian County, is funded by the City of Yukon, grants and its two support groups.

Another important offering for seniors is a computer

See LIBRARY Page 8

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OPINION



Dear Need,

COVID-19 has hit nursing homes hard over the past year, making it extremely difficult for people attempting to choose a nursing home during this time.

While many eldercare experts suggest avoiding nursing homes during the pandemic if at all possible, some families, like yours, find themselves in difficult situations needing long-term or rehabilitative care for their elder loved one now. To help you find a good nursing home in the COVID era, and avoid a bad one, here are some steps to follow.

Make a list: There are several sources you can turn to for referrals to top nursing homes in your area including your mom’s doctor or nearby hospital discharge planner; friends or neighbors who may have had a loved one in a nursing home; and online at Medicare’s nursing home compare tool at Medicare.gov/care-compare. This tool will not only help you locate nursing homes in your area, it also provides a 5-star rating system on recent health inspections, staffing,

Dear Savvy Senior,

Can you give me some tips on how to pick a good nursing home in the COVID era? My mother had a stroke a while back and can’t use her legs any longer. I’ve been taking care of her at home, but her health has declined to the point that I absolutely can’t do it any longer.

quality of care, and overall rating.

Also keep in mind that it’s always best to choose a nursing home that’s close to family members and friends who can check in often, because residents with frequent visitors usually get better care.

Do some research: To research the nursing homes on your list, put a call into your long-term care ombudsman. This is a government official who investigates nursing home complaints and advocates for residents and their families. This person can tell you which nursing homes have had complaints or problems in the past. To find your local ombudsman, call your area aging agency (800-677-1116) or visit LTCombudsman.org.

You should also visit the Centers for Medicare and Medicaid Services website (data.cms.gov), which provides updated data on U.S. nursing home reported COVID-19 cases and deaths.

Contact the nursing homes: Once you’ve identified a few good nursing homes, call them to see if they have any vacancies, what they charge, and if they

How to Choose a Quality Nursing Home During a Pandemic

accept Medicaid.

Also, find out their staff-to-patient ratio and staff turnover rate; their COVID infection-control procedures; the percentage of residents and staff that have been vaccinated for COVID; and their facility visitation policy.

If visitor restrictions are in place, see if they offer smartphone, tablet or laptop technology assistance so you can have Facetime, Zoom or Skype video calls with your mom.

Tour your top choices: The best way to evaluate a nursing home is to visit it in person, but because of COVID, some facilities may offer limited or virtual tours only. To help you evaluate and rate a facility, Medicare offers a terrific checklist of questions that you can print at Medicare.gov/NursingHomeCompare/Checklist.pdf.

Paying for Care

With nursing home costs now averaging \$255 per day nationally for a semi-private room and nearly \$290 for a private room, paying for care is another area you may have questions about

Need Help

or need assistance with. Medicare only helps pay up to 100 days of rehabilitative nursing home care, which must occur after a hospital stay of at least three days.

Most nursing home residents pay for care from either personal savings, a long-term care insurance policy, or through Medicaid once their savings are depleted.

The National Clearinghouse for Long-Term Care Information website (LongTermCare.acl.gov) is a good resource that can help you understand and research your financial options. You can also get help from your State Health Insurance Assistance Program (SHIP), which provides free counseling on all Medicare and Medicaid issues. To find a local SHIP counselor visit ShiptaCenter.org or call 877-839-2675.

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.

SITUATION UPDATE: COVID-19 COVID-19 Oklahoma Test Results

Cases	422,156
*Total Cumulative Negative Specimens to Date	3,034,289
*Total Cumulative Number of Specimens to Date	3,429,181
Acute Care OSDH Licensed Facility Hospitalizations	491
Other Types of Facilities Hospitalizations	51
Total Cumulative Hospitalizations	23,813
Total Cumulative Deaths	4,302

- As of this advisory, there are 422,156 cases of COVID-19 in Oklahoma.
- 811 is today’s 7-day rolling average for the number of new cases reported.
- There are 38 additional deaths identified to report. 26 of the newly reported deaths occurred since 1/1/2021.
- * One in Adair County, one female in the 50-64 age group.
- * One in Beckham County, one female in the 65 or older age group.
- * One in Caddo County, one male in the 50-64 age group.

- * One in Cherokee County, one female in the 65 or older age group.
- * One in Cleveland County, one male in the 65 or older age group.
- * One in Comanche County, one male in the 50-64 age group.
- * One in Custer County, one female in the 65 or older age group.
- * Two in Garfield County, two males in the 65 or older age group.
- * One in Greer County, one male in the 65 or older age group.
- * Two in Kingfisher County, one female in the 65 or older age group, one male in the 65 or older age group.
- * One in Kiowa County, one male in the 65 or older age group.
- * One in Latimer County, one female in the 65 or older age group.
- * One in Logan County, one male in the 65 or older age group.
- * One in Love County, one male in the 65 or older age group.
- * One in Mayes County, one female in the 65 or older age group.
- * One in Noble County, one female in the 65 or older age group.
- * Six in Oklahoma County, one female in the 50-64 age group, four females in the 65 or older age group, one male in the 65 or older age group.
- * One in Ottawa County, one male in the 65 or older age group.
- * One in Pawnee County, one male in the 65 or older age group.
- * Two in Pittsburg County, two males in the 65 or older age group.
- * One in Seminole County, one female in the 65 or older age group.

***The total includes laboratory information provided to OSDH at the time of the report. As a result, counts are subject to change. Total counts may not reflect unique individuals.**

*****The purpose of publishing aggregated statistical COVID-19 data through the OSDH Dashboard, the Executive Order Report, and the Weekly Epidemiology and Surveillance Report is to support the needs of the general public in receiving important and necessary information regarding the state of the health and safety of the citizens of Oklahoma. These resources may be used only for statistical purposes and may not be used in any way that would determine the identity of any reported cases.**

Data Source: Acute Disease Service, Oklahoma State Department of Health.
*As of 2021-02-25 at 7:00 a.m.

RAILROAD

Continued from Page 1

senior citizens. One of the most memorable experiences available there is taking the narrow-gauge steam locomotive sight-seeing train journey from Durango to Silverton. After a two-hour layover so visitors can eat, it returns to Durango through the scenic San Juan National Forest.

"I rode the train last year under full COVID-19 protocols where it only went halfway to Silverton. It was still a great experience," said Larry Floyd, 68. The adjunct U.S. history teacher at OSU-OKC said, "This year going all the way on up to Silverton to spend two hours in the historic mining town and coming back would be a great bonus."

"I also recommend driving up to Silverton to tour the wonderful mining town museum. The jail in the museum really gives you an idea of how bleak jail was at the turn of the last century. Also, only five miles out of Silverton is the Old Hundred Gold Mine tour. You find out what it was like to work underground in search of gold."

The Durango & Silverton Narrow Gauge Railroad also provides visitors an all-inclusive full day of Silverton's historic mining town highlights. A bus takes visitors to Silverton in the morning. They return in the afternoon on the train.

Riding the D&SNG for three hours and 40 minutes each way at 12 miles an hour is one of the most unique vacation experiences in America. The trains travel at slow speeds along the mountain cliffs due to many sharp turns. The track takes the trains 400 feet above the Animas River amidst steep mountain scenery.

The coal-fired, steam-operated locomotives are 1923-25 vintage. The train offers four classes of service, from a historic private car, first class, recently refurbished deluxe class, to a seat in vintage coach seating or open-air gondola car.

The coaches each feature bathroom facilities as both enclosed and open gondola cars allow a panoramic view of the mountains.

Concessions are available on every train.

A National Historic Landmark and National Historic Civil Engineering Landmark, the railway has been ranked in the top 10 railroad journeys in the nation for

many years.

The railway features a 12,000-square foot free railroad museum in Durango near the ticket office matching its historic status. Besides many vintage exhibits, it features an 800-square-foot model railroad.

Last year for the first time in 138 years the train did not make it to Silverton, elevation 9,318 feet. The normal cadre of 159,000 tourists were denied a 45-mile full trip last summer on the 36-inch-wide rails.

The 2021 summer schedule will be released in early March. Seniors should book their tickets while these high-demand reservations are available. This is especially important to seniors who plan for the weekends where a 10 percent senior discount is offered if they book online.

Highway 550 between Durango, Silverton, and Ouray is known locally as the Million Dollar Highway. Some say it is because of the amount of gold ore many thinks is still in the roadway's fill. Others say the name comes from the priceless views it provides of the San Juan National Forest and the highway's actual cost through the rugged terrain. It features steep and twisting canyon-clinging roadway through the towering mountains.

From Durango the highway featuring steep drop-offs without guardrails climbs over Coal Bank Pass at 10,660 feet, and Molas Pass at 10,899 feet. Two campgrounds are nearby before the highway descends into Silverton.

Beyond Silverton on 550, drivers climb Red Mountain Pass, at 11,075 feet and descend the steep canyon walls of Uncompahgre Gorge into Ouray. Ouray, featuring a large outdoor natural hot spring, is known as the "Little Switzerland of America." Bathers at the springs are treated to picturesque mountain views.

One way to see the historic train on its way to and from Silverton each day is to camp at the Durango North Riverside KOA, a convenient 15 minutes north of Durango. Campers can watch the train from their campsites along the gentle Animas river among Ponderosa Pines.

The KOA offers RV sites, lodging and tent sites. If tent camping, campers want a site next to the river where they can sometimes spot wildlife in the pasture across the river.



Coal-fired, steam-powered Locomotive 493 pulls the excursion Durango & Silverton Narrow Gauge Train to Silverton along the rugged San Juan Mountains. Photo by Anthony D'Amato.

Many visitors to the area also tour the Mesa Verde National Park nearby. It sees half a million tourists each year. It is one hour and 15 minutes west of Durango by state highway and the Mesa Top Loop Road. The United Nations named the well-preserved Ancestral Puebloan cliff dwellings a cultural World Heritage Site in 1978.

Visitors can buy 1-hour, ranger-led tour tickets for the park at the Durango Welcome Center beginning at 10 a.m. up to 2 days ahead in person only and sell out quickly.

Seniors age 62 or over can buy discounted annual and lifetime National Park passes in person at a federal recreation site or through the mail. It provides the pass owner plus any number of accompanying passengers entry in a single, private, non-commercial vehicle at all Federal operated recreation sites in America.

Touring the huge Cliff Palace and the Chapin Mesa Archeological Museum offers visitors insights into this ancient Native American culture. Many of the dwellings can be seen from the Mesa Top Loop Road. It offers views of the archaeological sites and overlooks. This includes Sun Point Overlook with panoramic canyon views.

Starting just north of Durango, outfitters in town also offer rafting experiences of every level. They also offer guided 4X4 Jeep trail tours, zip line adventures and introductory rock-climbing excursions.

The folks at Mountain Waters Rafting sell a D&SNG Raft and Rail package. After a morning raft trip on the Lower Animas, customers take a shuttle for the scenic ride to Silverton along the spectacular San Juan Skyway. They explore on their own for lunch before catching the afternoon train back to Durango.

The phrase San Juan Skyway also invites visitors to the area to set out on a seven-hour minimum car tour they will not forget. The trip from Durango to Silverton is a small part of the Colorado Scenic and Historic Byway System. It forms a 235-mile loop of southwest Colorado traversing the heart of the San Juan Mountains.

Please allow this story to serve as a caution to not show up in Durango and expect to buy a ticket for the train. It just does not normally happen. The train is almost always sold out. It makes sense to book reservations at www.durangotrain.com now to enjoy one of the greatest railroad experiences available.

HEALTH

OU Health Edmond Medical Center Uses '4Ms' to Guide Care of Older Adults

Even as the COVID-19 pandemic continues to challenge health systems, the OU Health Edmond Medical Center is making significant strides in improving the health of older adults through its designation as an Age-Friendly Health System.

Edmond Medical Center, as part of the OU Health hospital system, received the certification from the Institute for Healthcare Improvement, which works to improve and sustain better health outcomes for people across the world. The four essential elements of an Age-Friendly Health System are known as the 4Ms:

* What Matters: Asking older adults what matters most to them and aligning care with those goals in mind

* Medication: Using age-friendly

medications that do not interfere with what is important to the older adult

* Mentation: Preventing, identifying, treating and managing dementia, delirium, depression and other mental health issues

* Mobility: Ensuring older adults move safely every day and maintain their function for activities that are important to them

"The 4Ms are helping us to provide better, safer care for our 65-and-older population," said Darrin Nobis, RN, MSN, director of the Medical-Surgical Unit at Edmond Medical Center. "Asking our patients what matters is so important. Because of that, we're using fewer medications, more appropriate medications and are helping patients move around



more, which reduces falls. It is making a difference in their health outcomes."

Healthcare providers may naturally use some of the 4Ms concepts in patient care, but having a framework ensures they will be addressed at every patient visit. In addition, the 4Ms have been incorporated into the hospital's electronic health record so that providers can track improvement over time.

Asking patients what matters not only guides the other three M's, but it creates a rapport. It's not unusual, Nobis said, for patients to express surprise and delight when a nurse asks what's important for them to do after their hospital stay.

"When patients know that their healthcare providers will prioritize their wishes when making treatment decisions, they are more engaged and more likely to be compliant with the plan of care," he said. "We are also asking 'what matters' at different stages of their stay in the hospital - if they come in through the ER, for example, then go to the ICU or a regular floor. When we discharge them, our goal is to communicate their wishes to the next step in their care, like home health or a skilled nursing facility, so that the 'what matters' thread gets pulled all the way through."

When patients are asked what matters to them, their answers vary but are often related to family activities. One patient, who had fallen at his home, wanted to return home and be able to walk around safely with his wife. For patients like him, nurses prioritized getting

him out of bed and walking, which in turn would give him more strength and reduce the risk of falls. Even a week in a hospital bed without much mobility can significantly decrease a patient's chances of moving about safely in the future.

Edmond Medical Center also places a high priority on a patient's mental state and choosing medications that are most likely to be effective without impairing their cognition or increasing the risk for falls. Nurses assess patients for delirium at least twice a day, and they work with physicians to prescribe medications that don't increase the risk of delirium or interact with other drugs in a negative way.

Currently, there are more than 46 million Americans age 65 and older, and that number is expected to double by 2060. The 4Ms framework will be crucial for helping that population age well, Nobis said. "We will have a massive influx of baby boomers into the hospital system," he said, "and the 4Ms will help us deliver the outcomes that are important to their health and quality of life."

The OU Health University of Oklahoma Medical Center in Oklahoma City is also part of the Age-Friendly Health System designation. Nobis served as co-manager for the project with Teri Round, MS, RN, Executive Director of Clinical Operations and Assistant Director, Reynolds Center of Geriatric Nursing Excellence, for the Fran and Earl Ziegler College of Nursing at the OU Health Sciences Center.

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LIBRARY

Continued from Page 1

with an oversized keyboard and special software which allows the patron to increase the size of anything on the screen for readability. The software, Zoom Text, is also able to read out the text on the screen to the patron. The large print high contrast keyboard, ball mouse, and accessibility software were bought with a grant from ODL and Institute of Museum and Library Services (IMLS).

"When our seniors discover this capability, the accessible computer station becomes the one they select to use from then on," Schieman said.

The IMLS's purpose is to advance, support, and empower America's museums, libraries, and related organizations through grant-making, research, and policy development.

"We were fortunate to get this latest grant to buy outdoor access points for enhanced WI-FI so community members can freely access the internet from our parking lot and west field day or night," Schieman said. "This high-speed access will empower residents of Yukon and Canadian county who

might need the internet when the library is closed."

Schieman emphasizes customer service as the guiding light for the seven full time and five part-time employees of the library, which returned to regular service hours in October. "We stress to our fellow employees how important it is to greet each library patron as they come in and ask how we can help them that day," she said. "We strive to provide the best customer service we can, to make the library a welcoming place for everyone."

Assistant Librarian Shawna Deeds extends customer service to another level by providing patrons in Yukon home bound service by delivering books and materials to their homes. "I deliver about once a month for most of our patrons who require the service," Deeds said. "I get to know my patrons well and learn their reading habits to curate personalized deliveries of large print books and books on CDs. It is truly one of the highlights of my job."

Lately the librarians have assumed a new helping role in the community by assisting seniors get registered on the Oklahoma State Department of Health COVID-19 vaccine registration portal. They have helped patrons to register,



Librarian Sara Schieman demonstrates the large print high contrast keyboard and ball mouse seniors have found to be valuable in using the accessible computer station. Photo by Darl Devault

fill out the short questionnaire and provided pointers to help them schedule their appointment to receive the COVID-19 Vaccine.

Another strong customer service point is Deeds and the other staff helping patrons with digital equipment. This has run the gamut from helping patrons set up their

Kindle E-readers to assisting with Microsoft Office products such as Excel. "Shawna has gotten so good at assisting these folks we have begun allowing patrons to set up appointments for one-on-one assistance," Schieman said. "However, all of our staff is available for walk-in technology help."



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COMMUNITY

Local jeep club gives nurses a lift

by Bobby Anderson, Staff Writer

As Mother Nature ramped up and roads became perilous, a local group recently helped metro nurses shift into four-wheel drive.

The term "essential personnel" should now officially include Chris Watham and his nearly 800 friends in the Red Dirt Jeep Club who gave more than 300 free rides to work after the winter weather hit.

"I can't take credit for this. I saw it on a group page Northeast of us," Watham said. "A year ago, they did it one stormy night. You know, me and my wife were sitting here thinking 'why couldn't we do this.'"

The idea of setting up a hotline to coordinate rides came to fruition within 48 hours. Watham put out the call to the club's membership.

"I immediately had about 10 that said 'let's do it,'" Watham recalls. "The rest slowly trickled in."

That was February 11 just a few

days before the storm was slated to move in.

He put the word out to local hospitals about what the group was planning and set up a Google Voice number to handle calls and texts coming in.

Watham's wife, Megan, initially began manning the phone. She was quickly overrun with requests and had to recruit two helpers as two more lines were added.

"The first and foremost in my and my wife's minds was safety," Watham said. "I wanted our drivers to make sure they handled the snow. A lot of them are transplants from the north - Ohio, Detroit, Chicago - so they're comfortable. We wanted to follow CDC guidelines and make it as safe as we could hauling strangers in a strange vehicle."

Watham said through the group's work with various local non-profits



like the Jaxon Kade Foundation and Caring Cradles the club's name was already familiar with a lot of nurses.

"A lot of NICU nurses I ended up hauling already knew about that and the club by that," Watham said. "We always try to strive to have a positive influence in the world. It put most of our riders at ease."

Watham lost count on the

number of calls and texts.

"I think it was awesome," Chris said. "Our riders loved it. When I was manning the phones and calling back I can't remember the number of peers we heard on the phone that were so grateful to have help and were so worried about getting to the hospital because half of their numbers were decimated by call-ins

See JEEPS Page 14



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COMMUNITY

Retired Air Force physician leaves \$2.2 million to OMRF

Wesley Robert "Bob" Mote, M.D., was soft-spoken and private. A U.S. Air Force physician for 39 years, Mote still lived in the 1,200-square-foot Moore home he purchased in the '60s when he died at age 83.

Mote, who never married and had no children, made a \$75 gift to the Oklahoma Medical Research Foundation in 1989. When he died, both foundation officials and Mote's family were more than a little surprised to learn of a second gift to OMRF worth \$2.2 million.

"We were shocked to learn the size of his estate," said Mote's great-nephew and namesake, Wes Mote, who said that his great-uncle lived a modest life. "Money meant very little to him. He cared nothing at all about impressing people."

A second-generation physician, Mote's family traces his love of medicine to a childhood spent around his father's clinic in Ardmore. After graduating from medical school at the University of Oklahoma, the young man who had devoted hours of his childhood to writing letters to soldiers during World War II joined the Air Force.

Following posts overseas and stateside, Mote took a staff position at Tinker Air Force Base. He devoted nearly four decades of his life to the care of servicemen and servicewomen and retired as Tinker's chief of occupational medicine.

Beyond his medical career, Mote was an outdoorsman who enjoyed traveling the world, logging thousands of miles over his lifetime. "He would call us and say, 'I'm calling from China,' or 'I'm headed to Costa Rica,' or somewhere else," said

Wes Mote's wife, Leea. "He had just gotten back to Colorado after following the Lewis and Clark Trail and was about to head home when he died unexpectedly."

Although he was quiet-natured, his great-uncle radiated empathy and had "a manly way of being gracious and caring," said Wes Mote. He especially delighted in mentoring young medical students, going out of his way to call and check in on them as their careers progressed. "He was so excited about what was to come in medicine," said Wes Mote.

An avid reader with an insatiable intellectual curiosity, Mote remained a student of medicine even after his retirement. According to Wes Mote, he attended seminars around the country and kept up with the latest advancements in science and medicine.

Because Mote did not designate his donation to a particular area of science, the gift will fund research at OMRF where it is needed most. At OMRF, scientists work on projects affecting a wide range of illnesses, including cancer, Alzheimer's and heart disease.

"Dr. Mote's generosity will make a difference in the lives of countless Oklahomans and people everywhere," said OMRF Senior Director of Development Sonny Wilkinson. "It's clear that the hope for a brighter future medical research offers to us all mattered deeply to him."



Retired U.S. Air Force physician Dr. Bob Mote was soft-spoken and private. The Moore, Oklahoma, outdoorsman made a single \$75 gift to the Oklahoma Medical Research Foundation in 1989. Photo from OMRF

Wes Mote agrees. "He'd been around medicine since the time he was born, so to us, it makes perfect sense that he left his estate to research," he said. "I think probably his only regret about dying was missing out on what's to come in medicine."

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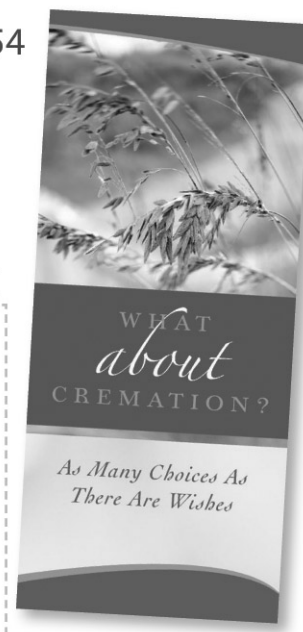
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TRAVEL / ENTERTAINMENT

Paradise Coast: Naples, Florida

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

While we are waiting for Winter to hide its terrible temperament, it's fun to dream of a warm Florida get away.

As always recheck the availability of the events, accommodations, and venues I have included. In these changing times of Pandemic, it's a good idea to double check what was current at my press time may have changed. None the less planning for the future is always a boost to our morale.

There's an old joke where a preacher is asking his congregation to raise their hands if they want to go to heaven. Many do raise their hands, but one man does not. The preacher asks the man why he didn't raise his hand. "Don't you want to go to heaven?" asked the preacher. And the man replied, "I thought you were asking, who wanted to go right now!"

Many of us are not ready to go to heaven right away, but I'd go to Paradise, that is

Florida's Paradise Coast anytime. It is the area inclusive of the West Coast Florida Cities of Mediterranean style Naples, and the tropical Marco Island

Naples offers upscale and funky shopping at their Fifth Avenue South: Florida's own version of Rodeo Drive. Shopping in the historic Third Street South area, one might find the perfect piece of art in one of kind shops. I was surprised at the Tommy Bahama store where a restaurant and bar separated the men's from the women's clothing sections. That's the way to shop! T.B. is famous for their drink of the day, often in martini format, with names like, Frost Bite, Kiwi-Tini, Cayman Cooler and Watermelon Splash. I was tempted to sample one, but dining at the award winning Sea Salt was waiting.

Sea Salt is an upscale restaurant known for fine beverages and a sophisticated culinary experience. After tasting a selection from the extensive menu it's easy to see why Sea Salt received Wine Spectator Award of Excellence for 2009 and 2010, and named one of the Top 20 Best New Restaurants of 2009 by Esquire.

I could have spent the evening at Sea Salt, but then I would have missed a charming musical production by the Naples Players of "I Do, I Do" at the Sugden Community Theatre in the Fifth Avenue South district. Another diversion is a pleasurable stroll through the Naples Zoo, with their Black Bear Hammock, Tiger, Lion and Giraffe exhibits, along with their Alligator Bay.

For a real break from reality an airboat ride on Lake Trafford gets you up close and vegetation slapping personal, with the folks at Airboats and Alligators. The extended drive north east to Lake Trafford is worth the effort for the natural vegetation and creature viewing on this west coast head water of the Florida Everglades, known as Corkscrew Swamp.

For your headquarters in paradise, The Naples Beach Hotel and Golf Club offers a family owned yet expansive hotel complex right on the beach; a Naples novelty. Owned and operated by the Watkins family since 1946, the comfy rooms have an historic old Florida feel about them. With plantation shuttered windows overlooking several pools and ocean views, you feel relaxed and



right at home. And as the name describes a fine golf course is adjacent. Also unique to Naples, is the hotels HB's, which is the only beach front dining restaurant in the City of Naples, and has been awarded a Wine Spectator Award of Excellence 2005-2010.

Once ensconced at a resort I usually like to leave the car parked and do nothing on a schedule, and know that my needs are met at the hotel; whether it is finding snacks and forgotten sundries from the gift shop, dining options, or the comfort of viewing a lazy sunset, or a favorite movie on the flat screen.

A Florida Paradise Coast getaway is a little bit of heaven, with shopping, attractions, fine dining, resort accommodations and relaxing seaside, letting any stress evaporate into the gentle ocean breeze. I can see why AARP named Naples-Marco Island the 10th best place in the country to retire and live.

For more information before you go check out:

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National Cowboy Museum Announces 2021 Honorees for 60th Western Heritage Awards

Some of the biggest names in popular film, literature, television and music will be recognized during the 60th anniversary Western Heritage Awards, scheduled for September 17 - 18, 2021, at the National Cowboy & Western Heritage Museum in Oklahoma City. The event has been expanded to honor individuals from both 2020 and 2021.

New this year, individuals in the literature and music categories will be recognized during a special awards luncheon on Friday, September 17. All other inductees and honorees will be recognized during the Western Heritage Awards Induction Ceremony on Saturday, September 18 beginning at 6:00 p.m.

"We're so proud to celebrate the 60th anniversary of this iconic event, which honors the individuals and creative works that continue the special legacy of the American West," said Natalie Shirley, Museum president & CEO. "With both the 2020 and 2021 honorees and inductees being recognized this year, it's sure to be an exciting weekend."

For ticket information and other schedule updates, visit nationalcowboymuseum.org/westernheritageawards.

2021 Western Heritage Awards Honoree List

LITERATURE

Western Novel

The King of Taos: A Novel by the late Max Evans, published by the University of New Mexico Press.

Nonfiction Book

Sand Creek and the Tragic End of a Lifeway by Louis Kraft, published by the University of Oklahoma Press

Art/Photography Book

Making a Hand: The Art of H.D. Bugbee by Michael Grauer, published by Texas A&M University Press

Juvenile Book

Silverbelly by S.J. Dahlstrom, published by Paul Dry Books.

Magazine Article

"Transitions in the Changing West: The Photographic Legacy of Jessamine Spear Johnson," by Tempe J. Javitz, published in Montana: The Magazine of Western History by the Montana Historical Society

Poetry Book

Second Wind by Patricia Frolander, published by High Plains Press

MUSIC

Original Western Composition

"El Caballo Del Fuego," recording artist Doug Figgs/The Cowboy Way, composed by Doug Figgs, Floyd Beard, Mariam Funke

Traditional Western Album

A Place to Land, recording artist Kristyn Harris, produced by Aaron Meador

FILM & TELEVISION HONOREES

Western Lifestyle Program

Today's Wild West, E307 produced by Mark Bedor at Today's Wild West LLC

Theatrical Motion Picture

News of the World, starring Tom Hanks, produced by Universal Pictures

Documentary

Charlie Russell's Old West, by coproducer and director Gus Chambers and writer and coproducer Paul Zalis at MontanaPBS

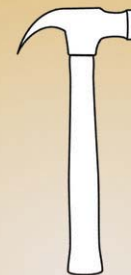
Fictional Drama

"I Killed a Man Today," Yellowstone, S3, E8 starring Kevin Costner, written by Taylor Sheridan



Russell "Red" Steagall is an American actor, musician, poet, and stage performer who focuses on American Western and country music genres and a previous honoree.

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JEEPS

Continued from Page 10

or Covid. They loved it just because they knew for a fact they could get there and get home.

"I had several tell me 'you don't understand how much this means to us.'"

Watham wouldn't allow any of the drivers to accept tips.

The furthest ride out of the metro was Choctaw. A few calls came in from Calumet and Pauls Valley but there weren't enough drivers.

As the weather worsened, calls came in from Tulsa and then eventually Dallas and Fort Worth.

"I'm not sure how word made it down there," Watham said.

Trista Matthew, RN, already knew her upcoming shift was going to be tough. Carrying the charge nurse phone for three ICUs on likely a short-staffed day, Matthew was preparing for the stress.

But she was more concerned about forecasts calling for nearly 15-inches of snow and how she was going to make it to work.

She heard about the offer on an ICU Facebook page. She texted the number and they called her back and scheduled her ride.

"My normal drive takes about 25

minutes and my ride picked me up in Northwest Oklahoma City all the way from Piedmont to drive me to OU," Matthew said. "She was super nice and flexible with picking me up, which was very helpful since we got put on a code yellow and I couldn't leave until about 9:30 p.m. when it was officially decided there was enough staff to cover night shift."

Matthew said her rides were uneventful, as they avoided I-44 and drove Northwest Expressway to avoid the I-44 bridges.

"That road is awful on a good day," she said.

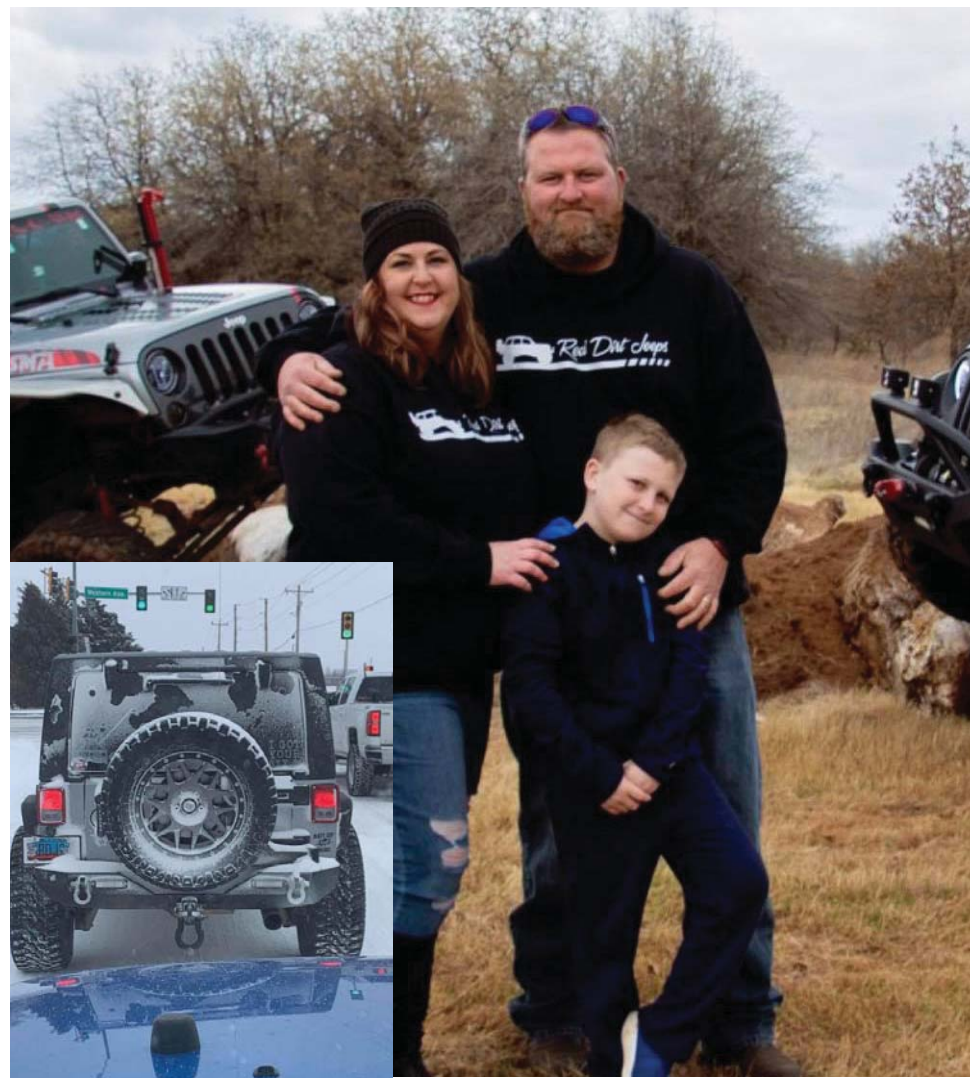
She said the rides were a blessing on an already stressful day.

Watham said he doesn't have plans to do the rides on a regular basis but things can change.

"I know my crew is gung-ho. If there's a need for it again and we have real bad weather (maybe)," Watham said. "It was a ton of work, a ton of time, and a ton of gas spent."

A Jeep club in Tennessee contacted Watham shortly after word got out.

"They're going to do it," he said. "I got the idea from another Jeep group. It's so cool we can pass it around. It's just the right people in the right places."



Chris Watham and wife, Megan, helped coordinate more than 300 rides to work for nurses and other medical professionals with the Red Dirt Jeep Club.

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LOOKING BACK

Paul 'Crocodile Dundee' Hogan is back – sort of

By Nick Thomas

It's been 35 years since Paul Hogan unleashed the iconic character of rugged reptile wrestling Mick Dundee onto the world in the 80s hit film "Crocodile Dundee" and two sequels. Hogan returned last December – via digital download in the U.S. – in "The Very Excellent Mr. Dundee" released on Blu-ray/DVD February 16.

The Aussie actor is quick to point out that "Mr. Dundee" is not another Dundee movie, but a self-parody where the quiet-living Hogan (starring as himself) falls afoul of a series of ill-fated self-inflicted blunders that snowball, sully his good reputation. The film also takes a gentle jab at celebrity culture and social media.

"But it's not a deep meaningful

movie, just a bit of fun," said Hogan from his Los Angeles home. "While it pokes fun at Hollywood rules and how social media through the modern online community can give you a reputation that you don't deserve, it's mostly aimed at me."

The screenplay, written by longtime collaborator Dean Murphy, is mostly fantasy sprinkled with factual tidbits about the real Hogan. Many more facts about Hogan's life and career are recounted in his autobiography, "The Tap-Dancing Knife Thrower: My Life (without the boring bits)," published last year.

While the book has been highly praised, critics were not so generous when "The Very Excellent Mr. Dundee" was first released last year. No surprise that didn't bother the



Paul Hogan as Crocodile Dundee with co-star Linda Kozlowski Rimfire Films, distributed by Paramount.



Blu-ray cover for The Very Excellent Mr. Dundee starring Paul Hogan - Lionsgate.

unflappable Hogan. "I ignored it, you just take it as it comes."

Critics were much kinder when "Crocodile Dundee" was released in 1986 to international acclaim. "Its impact was staggering and it turned out to be the most successful independent movie ever," said Hogan.

The original film yielded one scene destined for cinematic comedy history where Hogan defensively brandishes that giant hunting knife on the streets of New York City.

"I've still got the original knife, safe in a bank," said Hogan. "We also had rubber and wooden ones for various scenes, but I co-designed the original. It might be worth a bit of money to a collector now!"

Then there was the heart-stopping scene where Hogan's love interest, played by Linda Kozlowski, encounters a huge crocodile.

"That was mechanical, but there were real crocs in the water during filming," he recalled. "We had guys up trees with rifles just in case one came along and ruined everything."

So did Hogan consider asking Kozlowski, his co-star and former wife, to take a role in the new film?

"No, she's given up acting," he said. "I see Linda a lot and we're still friends. She was living in Morocco for a while but now is back in LA."

Despite all the money and fame his Dundee character generated, Hogan has remained grounded, unpretentious, and largely distanced from the Hollywood scene.

"I never really fitted in," he admitted. "After the success of Dundee, I received all sorts of script offers, good and bad. But I wasn't interested in becoming an actor for hire. My joy was seeing something that I wrote come to life on the screen."

While fans may be disappointed that the new movie only features a luckless Hogan as himself, the spirit of Mick Dundee lingers throughout the film. Now 81, however, Hogan has no plans to resurrect the character.

"The original worked fine. I'd like to just leave it alone now."

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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A Father of Three Suffers Complete Mitral Valve Failure And Lives to Tell About It

In June 2020, Cliff Allison of Tulsa suddenly developed a severe cough and shortness of breath. He sought urgent care, but was sent straight to the emergency room because his oxygenation was dangerously low.

"We thought he had COVID-19," admits Cliff's wife Crystal. "That was the fear on everyone's mind, but all the tests came back negative."

At age 53 with no prior health issues, Allison was admitted to the hospital in Tulsa with presumed pneumonia, but doctors were baffled because there was no obvious cause. His condition deteriorated quickly and he was moved to the intensive care unit, where they ultimately discovered the problem was with his heart. Allison had suffered acute severe mitral valve failure, likely due to a congenital heart defect.

"Because the valve was not closing, blood was backing up into his lungs with each squeeze of his heart. He was basically drowning from the inside," explains Crystal. "He was placed on a ventilator as doctors attempted to clear his lungs enough to perform open-heart surgery. Despite all interventions, Cliff was stuck in a vicious cycle. His lungs continued to fill with fluid while his heart was too weak to clear his lungs."

Doctors in Tulsa had exhausted all options. Allison was clinging to life when he was air-lifted to INTEGRIS Baptist Medical Center in Oklahoma City. His last hope was an advanced life-saving treatment called ECMO, or extracorporeal membrane oxygenation. ECMO does the work of the heart and lungs. It is not a cure, but it buys a patient time to heal.

ECMO is often called the 'last hope' for critical heart patients. For Allison, this was most definitely the case. As the helicopter landed at INTEGRIS Baptist, Cliff's condition suddenly decompensated. Without a moment to spare, Michael Harper, M.D., a critical care intensivist, performed emergency ECMO cannulation and saved Cliff's life.

"Mr. Allison arrived to our facility in dire straits," confirms Harper. "His lungs were so full of fluid that they could not absorb much oxygen, and his heart was failing to the point that his blood pressure was critically low. He was dying before our eyes. He wouldn't have survived another hour without ECMO. Our team moved rapidly to get him on support and stabilized, but this was only the beginning of his long road to recovery."

Once on ECMO and stabilized, Marshall Bell, M.D., a cardiovascular surgeon with the INTEGRIS Heart Hospital, was finally able to perform the life-saving open heart surgery Allison needed to replace his mitral valve.

"I received a call from Dr. Michael Harper about a patient with a ruptured mitral valve. He was young, in renal failure, had shock liver and severe pulmonary edema. He was very unstable and would likely not survive the night. We both agreed to move ahead aggressively," says Bell. "While the surgery went smoothly, we still had a long way to go before Cliff could be considered healed."

Although the surgery was a success, it took weeks to wean Allison off of ECMO. He suffered several setbacks and was hospitalized for a total of 47 days, mostly in intensive care.

"Life is so fragile," states Crystal. "In an instant we went from being a normal healthy family to one facing a sudden medical crisis. I found myself in frightening and unfamiliar territory, but I never felt alone. The staff at INTEGRIS showed such compassion, not just for Cliff, but for me. I will forever be grateful for second chances."

Continued next page

CROSSWORD CORNER

Across

1 Puts at ease

6 Pinot alternative

9 Something about a painting?

14 Ryan of "Paper Moon"

15 Brouhaha

16 Paint choice

17 *Mechanical plaything

19 ___-garde

20 Ambulance gp.

21 Quick inhalation

22 Horseshoe-shaped letter

23 Pennant ___

25 *Dark as can be

28 Patronizes, in a way

30 "Insecure" actress/ writer Issa ___

31 Enero, por ejemplo

32 Foil alternative

33 Rock's ___ Supply

34 Campus suffix

35 *Duke led one

40 Keeps in the email loop

43 Comprehend

44 Litter's littlest

47 Chef's dish words

48 Med. country

49 Web page banners

52 *Nursery rhyme arachnophobe

55 Barter

56 Cause friction

57 Be up against

59 Diner slice

60 Scoville unit food

61 Ump's call, often based on a sequence found in the answers to starred clues

63 Muscle beach bro

64 Bedazzle

65 When left turns are rarely allowed

66 Off-mic comment

67 Furry foot

68 Fills up

Down

1 Hides in fear

2 Do some work at Pixar

3 Protective camera piece

4 Sore

5 Whack over the wall

6 Keep a Persian company, perhaps

7 Take in, as a Persian

8 Huck Finn, for one

9 Served blazing

10 "Bolero" composer

11 In the ballpark?

12 Intimidated

13 Interoffice no.

18 Bear whose bed was too hard

22 Maureen of "Rio Grande"

24 Focuses on, as the catcher for signals

26 Bed with sliding sides

27 Sunflower St. school

29 Patch, perhaps

33 Ticket price determinant, at times

36 A single Time?

37 Soft ball

38 New Deal agcy.

39 Outfit

40 Engine part

41 Trite expressions

42 Bento box selection

45 Jazz festival site

46 One learning the ropes

48 "Nothing's wrong"

49 Bar mitzvah language

50 Notions case

51 Races round the bases

53 Caesar ___

54 Mufti's proclamation

58 17 of Laila Ali's wins, for short

60 "___-ching!"

61 Weaken

62 "Bambi" doe

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Answers on page 26

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Cliff Allison discovered he had suffered acute severe mitral valve failure, likely due to a congenital heart defect, after developing a severe cough and being sent straight to the emergency room.

Against the odds, Cliff miraculously pulled through. “So many prayers were answered. It is only by the grace of God and the dedication and skill of my care team that I am alive today,” claims Allison. “Because of them, I am still here to enjoy life with my wife of 28 years and my three

children. I’m very grateful to still be here for my family.”

Cliff got to go home from the hospital in late July. Through extensive rehab and physical therapy, he has made a full recovery. He continues to live his life with no restrictions, only newfound gratitude.

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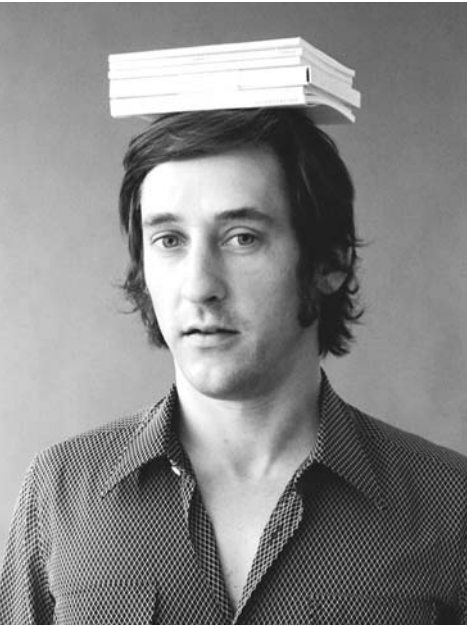
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OU Art Museum to Hold Virtual Event About OK Artist Ed Ruscha



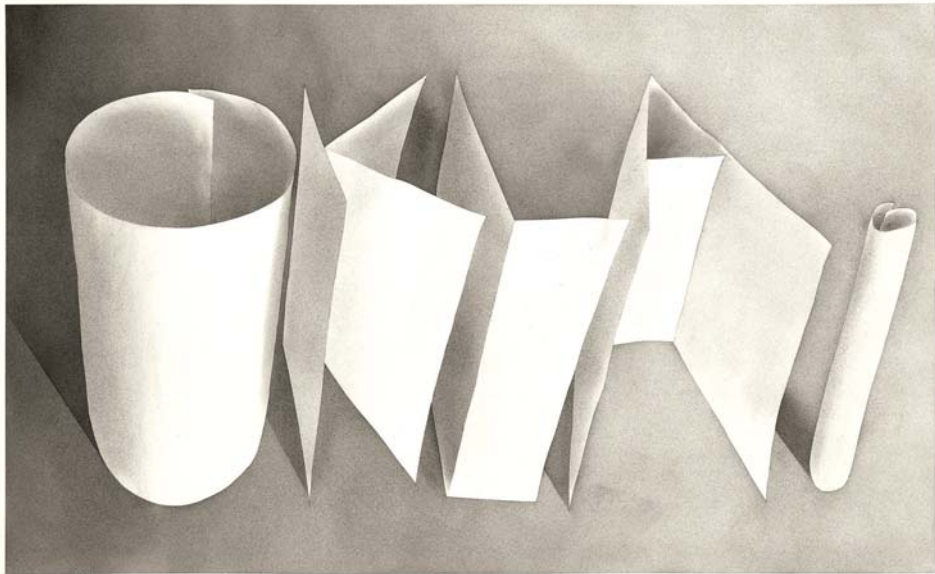
Artist Ed Ruscha and two current exhibitions of his work, OK/LA at the Fred Jones Jr. Museum of Art and Ed Ruscha: OKLA at Oklahoma Contemporary, will be the subject of a virtual panel discussion set for 3 p.m. Friday, March 5. Panelists will include the curators of both exhibitions, OKC Mayor David Holt and Los Angeles Mayor Eric Garcetti.

Longtime Ruscha enthusiasts Mayors Holt and Garcetti will speak to Ruscha’s connections to their communities, both of which the artist has called home. Mark White, executive director at the New Mexico Museum of Art and curator of the OK/LA exhibition, will discuss Ruscha’s connections with five fellow Oklahoma artists who also made Los Angeles home in the late 1950s. Alexandra Schwartz, cocurator of the Ed Ruscha: OKLA exhibition at Oklahoma Contemporary, and Kirsten Olds, a contributor to the exhibit’s catalog, will examine Ruscha’s oeuvre as interpreted in Oklahoma Contemporary exhibition. The two landmark exhibitions, OK/LA at the Fred Jones Jr. Museum of Art in Norman, Oklahoma, and Ed Ruscha: OKLA at Oklahoma Contemporary in Oklahoma City, explore the lasting influence of Oklahoma on the career of Los Angeles-based artist Ed Ruscha. OK/LA, which opened Sept. 10, 2020, and runs through March 7, features the work of six friends and former Oklahomans who left the state in the

late 1950s for Los Angeles: Patrick Blackwell, Joe Goode, Jerry McMillan, Ed Ruscha, Paul Ruscha and Mason Williams. Both exhibitions are free and open to the public.

Ed Ruscha: OKLA at Oklahoma Contemporary, on display Feb. 18 through July 5, focuses exclusively on Ruscha and his Oklahoma roots. Over the course of six decades, Ruscha has created a wide range

of artwork varying in mediums that focus on the American Midwest and life on the road. This exhibition surveys the ways in which the Midwest has impacted Ruscha’s life and artwork. Registration for the March 5 event can be found on the museum’s website and event page: ou.edu/fjma/Events. A link to join the webinar will be emailed upon registration.



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Baseball returns to the Chickasaw Bricktown Ballpark



This 861-pound bronze statue honoring National Baseball Hall of Famer and winningest lefty pitcher ever Warren Spahn stands in a plaza just outside at the right field corner of Chickasaw Bricktown Ballpark. Noted Edmond artist Shan Gray sculpted Spahn.

by Darl Devault, Feature Writer

Seniors and their love of Minor League Baseball sat out last season with no crack of the bat, no roar of the crowd to excite the fans. The game is back, but seating is limited due to the pandemic. This makes this early notice to seniors important, so they can buy tickets before they are gone.

Seniors eager for games to begin again at the Chickasaw Bricktown Ballpark in downtown Oklahoma City need to jump on ticket sales early.

For seniors who played the game in their youth, to those who attended with the youth in their family this important business. Getting to see who is pitching well, who is hitting better is likely to be decided by who buys their single game tickets

for April and May home games beginning March 9. Season tickets are available now.

Otherwise it is Internet/radio where award winning Dodgers' sportscaster Alex Freedman delivers the play-by-play on AM 1340 "The Game" or through the iHeartRadio mobile app.

The Oklahoma City Dodgers will play 142 games against nine different opponents in the newly created Triple-A West. The Dodgers open play Thursday, April 8 on the road against the Tacoma Rainiers (Seattle Mariners) in their only matchup for the season.

The 72-home-game season begins Thursday, April 15 against traditional

See BASEBALL Page 23

BASEBALL

Continued from Page 22

rival Round Rock Express (Texas Rangers). The rest of the season will also see Thursday through Tuesday home stands, as the schedule was designed for Wednesdays off.

"This is the most anticipated season schedule in Oklahoma City baseball history," said OKC Dodgers President/General Manager Michael Byrnes. "After not being able to have a season last year due to health and safety concerns, this announcement (schedule) is a significant step toward baseball returning to Chickasaw Bricktown Ballpark. Last year we saw 16 former OKC players help the Los Angeles Dodgers to a World Series Championship, and we cannot wait to see what the future has in store."

With the six-game length of each series, the team will have three separate extended 12-game homestands: June 3-15, July 15-27 and Aug. 26-Sept. 7.

The ballpark will open with a reduced capacity from its normal 9,000 sellout count to begin the 2021 season. The Dodgers are working with the OKC-County Health Department on making the fan experience as safe as possible.

To reduce travel to benefit player

wellness, all series between the Dodgers and their opponents will be for six games. This will lengthen the season to Sept. 21, with no All-Star game or season ending playoffs.

Independence Day week features games against the Salt Lake Bees (Los Angeles Angels) July 1-6. Labor Day week will also see the team at home in Bricktown Sept. 2-7 versus the Albuquerque Isotopes (Colorado Rockies).

Most of the games will be against teams in the East Division, including Albuquerque, El Paso (San Diego Padres), Round Rock and Triple-A newcomer Sugar Land (Houston Astros). The traditional rivalry with Round Rock continues with 36 matchups in 2021. In addition to Salt Lake, the Dodgers will also host three other members of the West Division: Las Vegas (Oakland A's), Reno (Arizona Diamondbacks) and Sacramento (San Francisco Giants).

Fan-friendly surroundings at the ballpark is a complete recipe for family fun. The venue offers amenities designed to entertain children of all ages.

Catering to families is what these games are all about at the ballpark. Certain games feature face painting, clowns, jugglers, inflatables, toys, climbing structures. There is plenty of room for kids to play on

playground structures and on the grassy hillside.

A Speedball game allows fans to throw a baseball past a radar gun twice to establish an average speed. If they can throw the third ball at the same speed as the average, they win a prize.

The ballpark features an outdoor picnic area in the outfield along the large concourse. It is wide and runs around the entire facility. This allows fans to walk all the way around the park and see every angle of play from all the dimensions of the venue. Parents can attend to their restless little ones and still watch the game by showing them

the pitchers warming up in both bullpens from the concourse in the outfield.

Many fans enjoy looking at the history of baseball in Oklahoma portrayed on murals around the concourse. The ballpark also boasts of three larger-than-life bronze statues of Oklahoma's National Baseball Hall of Famers Mickey Mantle, Johnny Bench and Warren Spahn.

Again, single-game tickets for April and May home games will go on sale March 9. However, fans can currently buy season ticket packages and/or group outings by calling (405) 218-1000 or by visiting okcdodgers.com/tickets.



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MARCH CALENDAR OF EVENTS

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MARCH

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.

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 COVID-19.

Barbed Tales Podcast Theatre Online

Price: Free. When: Mondays, 6am Email: barbedtales@gmail.com anchor.fm/barbedtales Barbed Tales Productions brings theatre to the airwaves. Theatre for your ears. Due to the quarantine, live theater has to make adjustments so that we may still bring culture and entertainment to audiences. Barbed Tales Productions are taking steps to provide high quality entertainment. Creating podcast theatrical releases and online shows are a safe way to provide culture to our area. Season One explores video game reviews, D&D, Outlander fan fiction, and more. Under fifteen minutes episode.

Online: Art Moves

When: Mondays-Fridays, 12 p.m. 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

MARCH

Paseo Arts District's First Friday Gallery Walk

3022 Paseo St., Oklahoma City 405-525-2688 | thepaseo.org When: First Friday of every month, 6-10 p.m. peruse art from over 80 artists with 25 participating business for a night of special themed exhibits, refreshments and a variety of entertainment opportunities.

FREE: A Night In The Paseo

The Paseo Plunge 3010 Paseo St., Oklahoma City 405-315-6224 | paseoplunge.org When: First Friday of every month, 7:30-9 p.m. Phone: 405-898-4215 Email: poeticcity16@gmail.com Poetic City is bringing poetry and music every first Friday in the Paseo Arts District. Several artists come to bless the ears of the Paseo, and open mic will be available as well. Our fav Host Louisiana's Lady Kat will be in the building! Dj Chief Tr3 will be on the ones and two's creating vibes! Bleek is the event coordinator for all events and CEO of Poetic City. Sponsored Literati Press Comics & Novels and owner Charles Martin.

Second Friday Art Walk

Downtown Norman 122 E. Main St. Norman 637-6225 | downtownnorman.com When: Second Friday of every month, 6 p.m. In keeping with the CDC's guidelines to a safe reopening, we will limit the 2nd Friday Norman Art Walk to a virtual broadcast experience that celebrates art, artists and our local businesses on Friday, July 10 that we can all enjoy from home. tour shops studios, venues & galleries to view visual art exhibits, hear live music and more.

Blazing a Trail

1700 NE 63rd St. Oklahoma City When: Mondays-Saturdays, 10 a.m.-5 p.m. and Sundays, 12-5 p.m. Continues through May 16, 2021 Phone: (405) 478-2250 marketing@nationalcowboymuseum.org Price: \$12.50 * Senior and Children discounts available nationalcowboymuseum.org/exhibition/blazing-a-trail 2020 is the centennial for Women's Suffrage in the United States. For most of the West, however, suffrage was realized years or even decades before the rest of the country. Blazing a Trail explores why Western Women as a whole were more successful than their Eastern counterparts in achieving polling parity with men.

MARCH

Find Her West

National Cowboy & Western Heritage Museum 1700 NE 63rd St. OKC When: Mondays-Saturdays, 10 a.m.-5 p.m. and Sundays, 12-5 p.m. Continues through May 16, 2021 Phone: 4054782250

marketing@nationalcowboymuseum.org

Price: \$12.50 * Senior and Children discounts available nationalcowboymuseum.org/exhibition/find-her-west The American West is difficult to define and far more complex than stereotypes suggest. It is a destination, an experience, an idea, and for some even home. It has few boundaries and crosses cultures, geography, socioeconomics, gender, age, and eras. Photographs and other archival items from the Museum's Dickinson Research Center reveal this diversity. At its core, history is not about dates and events, but the people who experienced them. Not just the famous, but the everyday and ordinary. Look closely. These faces and names are not fiction.

MARCH

Historically Local Council Grove/Castle Falls Tour

Third Saturday of every month Email: amy@castlefalls.com Price: Free The only castle in Oklahoma City, whose construction began on 1-23-45, is celebrating its 75th anniversary by hosting a historically local tour monthly. Standard tour time is 12PM-1PM. Just west of the city, the original castle is now Castle Falls Restaurant with an accompanying Grande Hall. There is NO Charge but registration is requested. Registration at westenddistrictokc.com/events

MARCH 31

Davis-Waldorf Performing Arts Series: Harmonious Wail Online

Wed., March 31, 7-9 p.m. Phone: 4055741310 Email: kdavis@usao.edu Price: Free

usao.edu/dwpas

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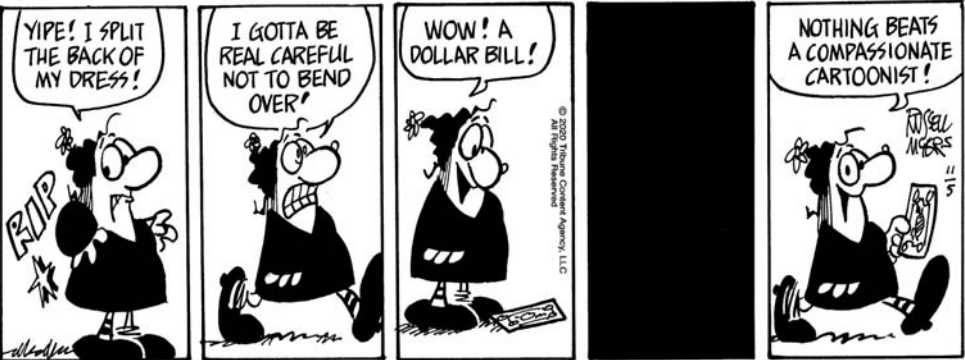
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SBT A crocodile always grows new teeth to replace the old teeth!

SBT The sun is 330,330 times

larger than the earth!

SBT Clinophobia is the fear of beds!

SBT A 'jiffy' is an actual unit of time for 1/100th of a second!

SBT Porcupines float in water!

SBT Pinocchio is Italian for "pine eye"!

JUMBLE

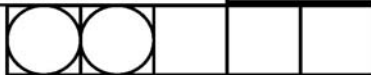
Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

VECOT

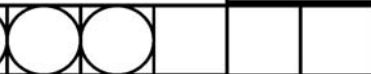


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EPMTT



FITSHY



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February Answers

Jumbles: BUILD COMIC FALLEN RADIUS
Answer: When the Jumble creators realized they'd forgotten to make a puzzle, they — SCRAMBLED

THAT SCRAMBLED WORD GAME

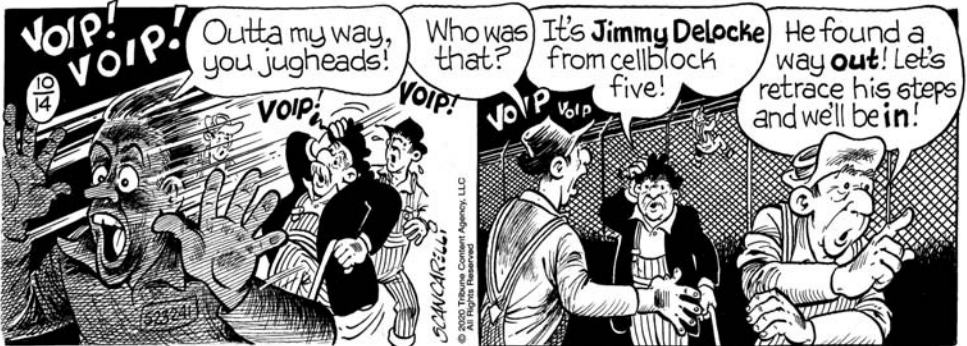
by David L. Hoyt and Jeff Knurek



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

Gasoline Alley

By Jim Scancarelli



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



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Greg Schwem: Questions (and answers) new 'Jeopardy!' hosts don't want to hear

by Greg Schwem

Back in 2018, when he was happily cancer free, the late "Jeopardy!" host Alex Trebek announced he was pondering retirement. Immediately I began polishing my resume.

In an earlier column, I pleaded with executives at Sony Pictures Television, distributors of the popular quiz show, to consider an unknown host for the role. Specifically, me. Someone whose updated LinkedIn profile would include "Unbridled passion for a game that involves more than 'buying an o.'"

The television world hasn't hired an unrecognizable face for such a high-profile assignment since 1993, when NBC announced some Harvard kid named Conan O'Brien would take over for David Letterman, after the latter moved to CBS. O'Brien eventually found his stride; true his late-night show (now on TBS) will be ending in June, but 28 years is pretty remarkable for a guy previously known for writing "The Simpsons" dialogue.

Trek bravely hosted "Jeopardy!" until just 10 days before his death. All-time "Jeopardy!" champion Ken Jennings was tapped as the first replacement, performing admirably amid intense speculation that he would eventually be elevated to permanent host. But the creative minds at Sony have other plans.

For now, anyway, they have taken the easy and overdone-to-death route: Hiring a revolving cast of celebrities because, gosh, the public is hankering to see more of Anderson Cooper. Or Green Bay Packers quarterback Aaron Rodgers. Or "Today" show co-host Savannah Guthrie. Or TV doctor Mehmet Oz. All four have been promised tryouts, according to published reports.

True, celebrities love "Jeopardy!" They also love to brag on social media when the game includes them. A simple Twitter search yielded celebs like Billy Eichner taking a screenshot of the "Jeopardy!" board and gushing, "Oh my God I was a clue on JEOPARDY today!!! WHAT IS AMERICAN HORROR STORY!!! I'm freaking out!!!"

Whoa, Billy. Dial it back a few exclamation points.

I'm not saying the upcoming hosts would be reading clues about themselves during their stints, but, in the event a columnist/comedian, disgruntled about being passed over for Trebek's job, was to get a job as a WRITER on the show, then "Jeopardy!" viewers can expect to see the following scenarios playing out in upcoming episodes:

"Hi, I'm Anderson Cooper. Let's play 'Jeopardy!' Our returning champion picks first."

"Anderson, I'll take Media for \$400."

"The answer is: 'This major cable operation was often referred to as 'fake news' by the Trump administration.'"

"What is CNN?"

"That is correct. Well, it's not really correct. I mean, we're not fake news. You want fake news? Head over to Fox. That's where's you'll see some "

"Anderson, I'll take Inebriated New Year's Eve Hosts for \$600."

"I'm not reading that one."

NEXT WEEK

"Hello, 'Jeopardy!' fans. I'm Aaron Rodgers. Let's kick off 'Jeopardy!'"

"Thanks Aaron. I'll take Famous Fans for \$800."

"The answer is: 'Against an over-the-hill Tom Brady, these fans braved icy temperatures to watch their team inexplicably kick a field goal on a crucial fourth down, costing them a trip to Super Bowl 55.'"

"Who are Cheeseheads?"

"Yeah, that's right. And it wasn't even that cold. And, yes, it was a stupid



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



There will be a rotating lineup of guest hosts before a permanent successor to Alex Trebek is announced.

call. I could have hit Davante Adams easily!"

NEXT WEEK

"Hello, I'm Savannah Guthrie. Wake up to 'Jeopardy!'"

"Thanks, Savannah. I'll take Rhyme Time for \$400."

"The answer is: 'The married name of a TV host if she wedded a famous Star Wars character.'"

"Who is Hoda Yoda?"

"Correct. Can we take a break? I feel an uncontrollable bout of laughter coming on."

NEXT WEEK

"Greetings, 'Jeopardy!' fans. I'm Dr. Mehmet Oz. Let's feel better with 'Jeopardy!'"

"Thanks, Doctor. I'll take Fables for \$1,000"

"The answer is: 'This doctor occasionally spouts debunked medical theories, including that hydroxychloroquine cures COVID-19.'"

"You."

"Phrase it as a question please."

"Who are you?"

"Correct. And more research needs to be done. Just don't drink bleach."

Sony higher-ups, if you don't want these potentially embarrassing moments to be a part of the show, my offer to host still stands. You know where to find me.

I follow @Jeopardy on Twitter.

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

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

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