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SENIOR NEWS & LIVING

OK Information for Oklahoma Seniors

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Terry Hill, pastor of the Canadian County Cowboy Church in Yukon, offers a video sermon from horseback in the church archives.

Story by Darl Devault, Contributing Editor

In his sermons and in person Terry Hill, pastor of the Canadian County Cowboy Church in Yukon, tells his congregation and this writer our church is in a good place. He says things are better than ever because God is sending them more good people.

The board recently has been kicking around the idea they may need to expand the non-denominational Cowboy Church on

East Main, on property donated by the Yukon Round-Up Club in 2013.

"You do not have to be a cowboy to worship with us," Hill said. "We just want our visitors to know we are not overly formal in our dress and our fellowship includes many who are not cowboys or wear cowboy

See COWBOY Page 2

Free Senior Day at the Fair



Story by Darl Devault, Contributing Editor

Senior citizens will be celebrated with free admission to the fairgrounds on their special day with events from 10 a.m. to 7 p.m., Sept. 22 at the south end of the Modern Living Building at the Oklahoma State Fair.

All seniors ages 55 or older are invited to enjoy the "Under the Big Top" themed event for activities, entertainment, exhibits, prizes and health screenings designed especially for the golden ager.

"We are very excited to be planning the Fair and Senior Day. New for the 2021 Senior Day event is Mike Black as Elvis!" said Robyn Hicks, Fair Special Programs & Events manager. "Since January, our volunteer Senior Day committee has been hard at work planning an excellent event for Oklahoma Seniors 55 and over. We look forward to having both a successful Senior Day and Fair."

Black, who will sing Elvis songs at 5:30 p.m., is from Choctaw after growing up in Midwest City. During his long career he has opened concerts for major acts Percy Sledge, Eddie Raven, The Grass Roots, Three Dog Night and Blood, Sweat and Tears.

Later he will appear outside at 7:30 p.m. during the Elvis Extravaganza at the Chickasaw Country Entertainment Stage. Black will compete with other powerful Elvis impersonators in a regional contest to allow one to go on to the National Championship in Las Vegas. Black has won this regional several times.

Activities planned for the day include a robust lineup of free health screenings: Blood Pressure Screenings • Blood Sugar Screenings • Pain Management Assessment • Vein Testing • Depression and Memory Screenings, and Diabetic Foot Screenings.

Flu Shots, Pneumonia, Bone Density, B12 shots will be offered by Passport Health with a cost incurred for all shots. Please have your insurance card if it covers your shots.

The event offers seniors Door Prizes (Registration: Session 1: 10 a.m. - 1 p.m., Session 2: 1 p.m. - 3:30 p.m. & Session 3: 3:30 - 6 p.m.) Pick up your ticket at the prize table for a chance to win one of many donated gifts.

See FAIR Page 5

COWBOY

Continued from Page 1

hats."

Hill is grateful for all the new people seeking fellowship in God's name who are attending the church since it shut down for eight weeks during the height of the COVID-19 surge in the area.

He wonders if the availability of their extensive online ministry is attracting more people to come in person. He thinks some of his early congregation members are watching the sermons online.

The ministry streams services both on YouTube and Facebook.

Hill shares a story about how he got back to his roots as a cowboy and pastor during their eight-week shutdown for COVID-19. He and his wife Evelyn took their video camera down to the Holy City of the Wichitas in the Wichita Mountains Wildlife Refuge, northwest of Lawton. He was inspired to record his sermon on the 66-acre area that looks much like Israel during Biblical times. A few weeks later, trying to change this up, Hill did his sermon on horseback in his round pen. These sermons can be found in the church's Web site archives.

The church has a practical ministry giving away Cowboy Bibles

and Bibles for all ages to whomever wants one. The church supports local, state and foreign ministries. Hill say their mission is "Bear ye one another's burdens, and so fulfil the law of Christ: Galatians 6:2."

Every Sunday the service begins with the presentation of the American and Christian flags. The congregation stands with hats removed as they sing God Bless America, followed by their theme song, Yes Lord, We Will Ride with You.

Another direct service to the flock is providing spiral notebooks on each row for the recording of prayer requests or a praise report if God has done something for members. The church prays over the needs expressed in the requests later in the service.

Again Church websites have become the new front doors of any church. Before visitors step inside the church itself, they can get a sense of the community and determine if they would belong. When a church streams its services online, it invites potential newcomers to join the service from afar to see how the sermon resonates with them.

Pastor Hill credits streaming for bringing many new families to the church within a few months. He happily says streaming "has been a huge success and we hope to have even more families join."

Hill thinks the congregation attends services on Sunday and then some watch the archived stream later to deepen their understanding of that week's lesson.

Founded in 1947, the Yukon Round Up Club owned the 13 acres now the church campus. The rodeo arena still emphasizes the cowboy heritage with club's name part of the original metal archway over the road leading to the arena. The church has made the venue a part of the ministry, offering community events.

On Sunday mornings, CCCC kicks off their services at 550 E. Main Street with fellowship, coffee and doughnuts at 9 a.m.

Sunday school classes for all ages start at 9:30 a.m. The church service begins at 10:30 a.m. Wednesday evenings they serve a fellowship dinner from 5:30pm to 6:30pm for a voluntary donation. Bible study classes for all ages begin at 7 pm.



They now offer a LIVING FREE class, small group sessions for those who need inner healing and help to stay away from life controlling problems.

Hill, owner of El Reno Steel, along with his wife Evelyn, founded the church in 2010.

"We welcome you to our weekly Cowboy Church Service, where hats are welcome but not required," Hill said. "We pray you will be blessed as we worship and fellowship in the 'Cowboy Way'."

For more information on this "Cowboy Ministry", find them on Facebook and YouTube or visit:

www.canadiancountycowboychurch.com.

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OPINION



Little Known Social Security Program Helps Seniors Manage Their Money

Dear Savvy Senior,

Does Social Security offer any special help to beneficiaries who struggle managing their benefits? My aunt, who has no children, has dementia and struggles keeping up with her bills and other financial duties. Inquiring Niece

Dear Inquiring,

Yes, Social Security actually has a little-known program known as the “representative payee program” that helps beneficiaries who need help managing their Social Security benefit payments. Here’s what you should know.

Representative Payee Program

Authorized by congress back in 1939, the Social Security representative payee program provides money management help to beneficiaries who are incapable of managing their Social Security income. Beneficiaries in need of this help are often seniors suffering from dementia, or minor children who are collecting Social Security survivors’ benefits.

Currently more than 5 million Social Security beneficiaries have representative payees.

Representative payees also handle benefits for nearly 3 million recipients of Supplemental Security Income (SSI), a Social Security administered benefit program for low-income people who are over 65, blind or disabled.

Who Are Payees?

A representative payee is typically a relative or close friend of the beneficiary needing assistance, but Social Security can also name an organization or institution for the role - like a nursing homes or social-service agency.

Some of duties of a representative payee include:

- Using the beneficiary’s Social Security or SSI payments to meet their essential needs, such as food, shelter, household bills and medical care. The money can also be used for personal needs like clothing and recreation.
- Keeping any remaining money from benefit payments in an interest-bearing bank account or savings bonds for the beneficiary’s future needs.
- Keeping records of benefit payments received and how the money was spent or saved.
- Reporting to Social Security any changes or events that could affect the beneficiary’s payments (for example, a move, marriage, divorce or death).
- Reporting any circumstances that affect the payee’s ability to serve in the role.

As a representative payee, you cannot combine the beneficiary’s Social Security payments with your own money or use them for your own needs. The bank account into which benefits are deposited should be fully owned by the beneficiary, with the payee listed as financial agent.

Some payees, generally those who do not live with the beneficiary, are required to submit annual reports to Social Security accounting for how benefits are used. For more information on the responsibilities and restrictions that come with the role, see the Social Security publication “A Guide for Representative Payees” at SSA.gov/pubs/EN-05-10076.pdf.

How to Get Help

If you believe your aunt may need a representative payee, call Social Security at 800-772-1213 and make an appointment to discuss the matter at her local office. Applying to serve as a payee usually requires a face-to-face interview.

Social Security may consider other evidence in deciding if a beneficiary

needs a payee and selecting the person to fill the role, including doctors’ assessments and statements from relatives, friends and others in a position to give an informed opinion about the beneficiary’s situation.

You should also know that if you become your aunt’s representative payee you cannot collect a fee for doing it. However, some organizations that serve in the role do receive fees, paid out of the beneficiary’s Social Security or SSI payments.

For more information on the program visit SSA.gov/payee.

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

| | |
|---|------------------------------------|
| COVID-19 Cases | 539,074 |
| New Cases | 4,152 |
| New Cases 7 day Average | 2,507 |
| Active Cases | 21,584 |
| CDC/NCHS Provisional Deaths | 9,044 |
| Acute Care OSDH Licensed Facilities/Location ** | Recent 3 day Ave. Hospitalizations |
| | Cases (ICU) |
| Region 1 (NW) | 50 (12) |
| Region 2 (NE) | 131 (33) |
| Region 3 (SW) | 149 (29) |
| Region 4 (EC) | 96 (24) |
| Region 5 (SE) | 64 (11) |
| Region 6 (Central) | 100 (23) |
| Region 7 (Tulsa) | 480 (145) |
| Region 8 (OKC) | 434 (118) |
| Total | 1,504* (395) |
| Other Types of Facilities | |
| Focus Facilities | 56 (20) |
| Rehabilitation Facilities | 3 (0) |
| Tribal Facilities | 44 (10) |
| Other Facilities Total | 103 (30) |

*Includes 64 pediatric hospitalizations
**Focus, Rehabilitation and Tribal Facilities numbers are not assigned to a specific region as their patient populations reside across the state. Information provided through survey of Oklahoma hospitals as reported to HHS as of the time of this report. Response rate affects data. Facilities may update previously reported information as necessary.
Data Source: Acute Disease Service, Oklahoma State Department of Health. *As of 2021-08-26 at 7:00 a.m.

FAIR
Continued from Page 1

There will be multiple drawings in the morning, the early afternoon and then again during the late afternoon. Each session's tickets will be discarded after the end of their respective time. Please register again for both afternoon door prize sessions. Please check the winner board during each session.

The day will also feature a Photo Booth and 22 senior health and recreation exhibitors.

A full listing of what goes on "Under the Big Top" is available online at senior-day-event-detailed-schedule-8-11.pdf (okstatefair.com)

The Oklahoma Senior Games demonstration area will be there on Senior Day and for the whole run of the Fair.

This year the Games will offer special strength testing for seniors at their Senior Fitness booth

Tests will include arm strength (pushups), leg strength (globet squats), abdominal strength (forearm plank), and balance.

The largest interactive demonstration court for seniors is one of the fastest growing recreational sports, Pickleball. It is now widely embraced by seniors for its great health outcomes.

Pickleball is a recreational paddle sport for all ages and skill levels. Grandparents who welcome the opportunity to try new fitness outlets can play with their grandkids to stay active.

Whether seniors are looking for a way to exercise or want to be challenged at a competitive level, there is a place in the pickleball

community. Volunteers are needed help support the large Senior Games area from September 16 to the 26. By volunteering, helpers earn a free fair ticket, T-shirt and close-in free parking. Schedule shifts at its sign up website:

www.signupgenius.com/go/9040a4da4a628aa8-oklahomal

The organizers are counting on the warm hospitality and strong sense of community spirit our citizens have shown as volunteers to allow the state to thrive.

"Our volunteers are a major part of how and why our state has proven itself as a great place to compete in senior games each year," volunteer coordinator Regina Stewart said. "We have grown to

offer more games because of the time and energy Oklahomans who do not compete have invested in offering the Games to those who do compete."

Seniors can enter at gates 1, 2, 6, or 10 to catch one of the free trams which begin running at 10 a.m. Trams can stop at Gate 3 or by the fountain on General Pershing Blvd to drop you off as they are the closest drop-off points to the building. Electric and manual wheelchairs are available for rent inside Gates 1/2, 6 & 9, while supplies last. Free coffee and snacks will be on offer at 10 a.m. until they are gone.

To view the schedule of activities

OMRF seeks
volunteers for
anti-aging study

The Oklahoma Medical Research Foundation is recruiting healthy volunteers to study whether a diabetes drug can slow aging.

OMRF scientist Benjamin Miller, Ph.D., is investigating how metformin impacts insulin sensitivity and its link to the biological processes of aging. The 12-week study will take place at the Harold

Hamm Diabetes Center in Oklahoma City and is open to adults between the ages of 40-75 without chronic disease.

"Aging is the leading risk factor for all chronic diseases. If we can slow the process, we may simultaneously slow or prevent the onset of conditions like cancer, cardiovascular disease, Alzheimer's and dementia," said Miller, a physiologist in OMRF's Aging and Metabolism Research Program.

Metformin is the world's most prescribed diabetes drug and is believed to be effective at slowing aging. In a 2019 study, Miller found the drug to be less impactful for this purpose when combined with exercise in sedentary adults. By understanding how metformin impacts the cellular function of healthy volunteers in the absence of exercise, Miller hopes to further show who it can — and cannot — benefit.

Volunteers will undergo a health screening prior to enrollment. Those with known heart disease, diabetes, bleeding disorders, cancer or other major illnesses do not qualify for the study. Strict Covid-19 protocols will be followed to ensure participant safety.

Once admitted, visits may range from 10 minutes to five hours and will include blood draws, muscle biopsy, a bone density scan and an insulin sensitivity test. Participants will be compensated for time and travel, and metformin or placebo will be provided at no cost.

To participate or for more information, contact Oklahoma Shared Clinical and Translational Resources at 405-271-3480 or osctr@ouhsc.edu.

Funding for the research is provided by National Institute on Aging grant No. R01AG064951, a part of the National Institutes of Health.

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BBT A jellyfish is 95 percent water!

BBT In Bangladesh, kids as young as 15 can be jailed for cheating on their finals!

BBT The katydid bug hears through holes in its hind legs!

BBT A company in Taiwan makes dinnerware out of wheat, so you can eat your plate!

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Mark Harmon's Impact Remembered on His 70th Birthday

Story and photos by Darl DeVault and Richard Mills

For a decade, actor Mark Harmon, star of the CBS action drama "NCIS" provided the spark needed to propel The Children's Center Rehabilitation Hospital in Bethany to a fundraising goal. He and his famous friends sustained a 16-year charity mission in the area raising more than \$1 million through the "Pitch in for Kids" baseball charity game, bowling competition and auction.

Locally, Dr. Michael Wright of the Oklahoma Sports Science and Orthopedics (OSSO) was friends with Harmon during his time in San Bernardino. He participated in baseball charity games Harmon organized. Moving to Oklahoma City in 1998, Wright soon connected with The Children's Center.

Wright then called Harmon to invite him and his charity team "the Bombers" to consider The Children's Center as a fundraising stop on a several-city tour the team did each summer.

The Bombers played the OSSO Healthcare Network Outlaws, a team of physicians and staff members of the medical organization. Each year OSSO served as the primary sponsor and producer of this premier fundraising event.

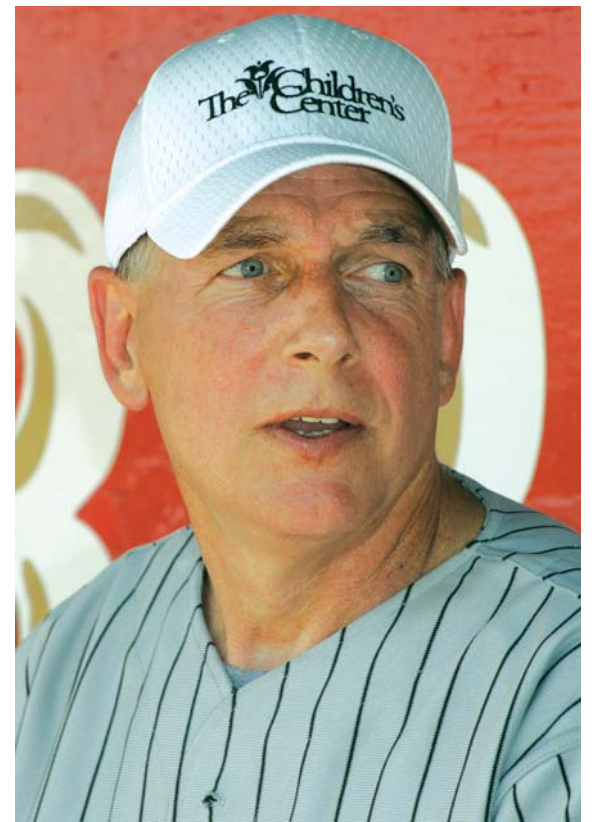
The relationship with The Children's Center began in 2001. The event was a rousing success. The team made the hospital its focus each year for that decade.

"It's humbling to look back and see the positive impact Mark Harmon, the Bombers charity baseball team and the OSSO baseball team had on fundraising and raising our hospital's visibility in the community," said Albert Gray, executive chairman of the board at The Children's Center Rehabilitation Hospital.

The first time Harmon visited The Children's Center, patients greeted him at the door with excitement. At the time, the hospital only had a complex care unit with 100 inpatient beds. Harmon toured the facility, where the patients played baseball with him in the hospital gym. The children used toys to mark the bases and enjoyed their time with Harmon.

It was evident Harmon empathized with the patients, so raising money for this hospital was an easy decision. He saw the need and understood the hospital relied on private contributions from organizations and individuals to provide continued pediatric and rehabilitative care.

Although a career actor, Harmon is no stranger to competitive athletics. He was the UCLA Bruins' starting quarterback in 1972 and 1973. The National Football Foundation gave him their award for All-



Star of the highest rated drama on TV, "NCIS," Mark Harmon visited area for 16 years.

Round Excellence in 1973.

For the 10 years Harmon and his friends helped the Children's Center, they hosted a bowling competition and auction on Friday

See HARMON Page 7

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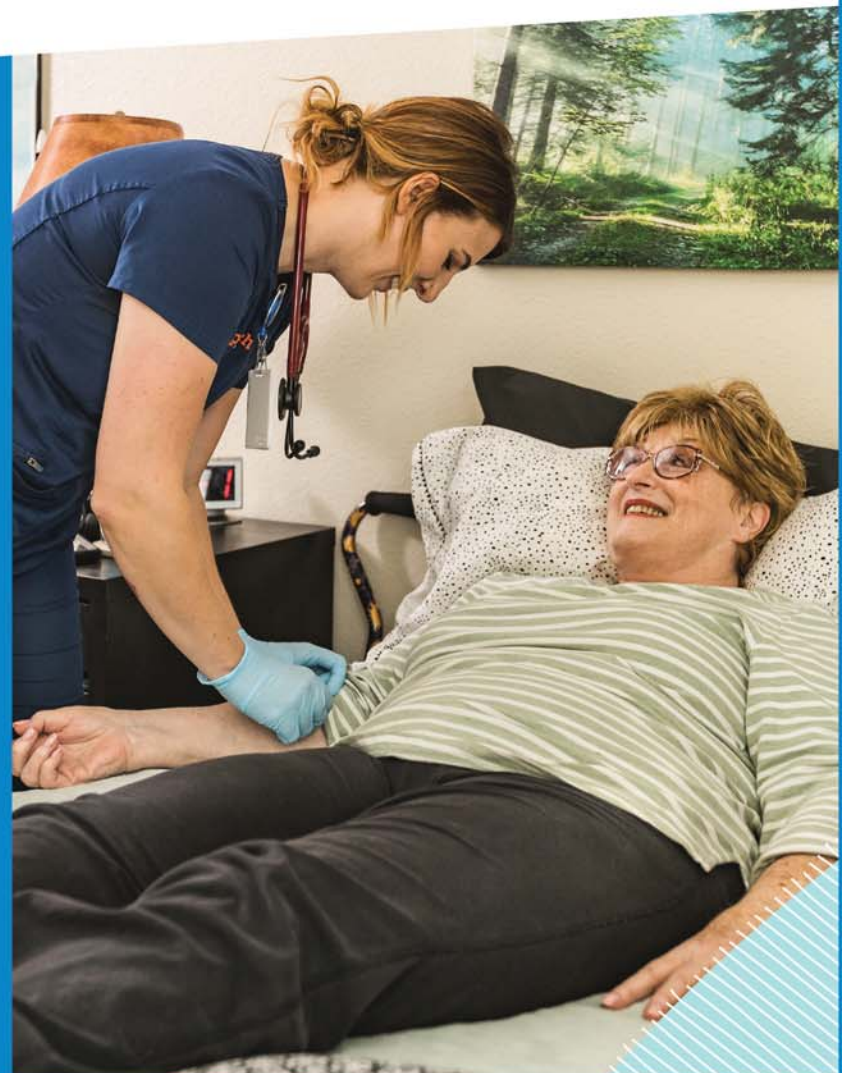
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HARMON

Continued from Page 6

night for sponsors and hospital employees. On Saturday, the group staged a charity baseball game at the Chickasaw Bricktown Ballpark in the afternoon before the minor league night game. Harmon was gracious in signing autographs while posing for photos with fans at the events.

The Bombers team of Harmon's Hollywood industry friends and former star MLB players made the trip from southern California each year. Harmon's college roommate and now his agent Barry Axelrod was the Bombers' manager and often late-inning pitcher. Hollywood super producer Frank Marshall and MLB veterans Wally Joyner (first base) and Cy Young winning pitcher Rick Sutcliffe (now an ESPN broadcaster) accompanied Harmon each year. Other teammates included Mark Heydorff, Peter Dubrawski, John Sciarra, Steve Klausen, Ed Galigher, Brad Lyman, Jim Peterson, Deacon Nauslar, team historian and catcher Don Manning. Most years Scott Wedman, Rusty Van Dam, Scott Wedman, Bruce Walton, MLB veteran Mickey Hatcher and long-time player coach Chuck Olsen rounded out the team.

Often, local sports stars, celebrities and media members played for the OSSO team against the Bombers in the seven-inning game.

Harmon, the Bombers and OSSO raised \$1 million through their annual fundraiser. This sustained the hospital in raising the remaining \$9 million needed for a new Pediatric Medical Rehabilitation Unit. This unit added 20 additional inpatient beds, providing short-term care for children and teenagers needing rehabilitation after an injury or illness.

Many of the staff and supporters of The Children's Center are certain God brought Harmon and the Bombers to Bethany each year.

The grateful management and staff at The Children's Center wish Harmon a resounding Happy Birthday on his 70th birthday September 2nd. They are proud he and his friends played a key role in the legacy of helping children and teens heal and thrive, as the hospital has expanded to treat more patients since then.

Exciting recent developments at the hospital, with more than 700 employees, include the opening of a community compounding

pharmacy. In keeping with the Bombers' efforts, the hospital opened a state-of-the-art Adaptive Recreation and Fine Arts Center. They are working to open an adaptive ballfield for patients and the community later this year.

These new facilities expand the hospital's reach into the surrounding community. It will offer children with differing abilities opportunities to participate in therapies, arts, and recreational activities.

"Harmon and his team truly had a heart for our patients, and the fact that we are weeks away from completing construction on our own ballfield speaks to the impact they had through their charity baseball game. We are forever grateful," Gray said.

After finishing the fundraising drive for the hospital, Harmon and his group moved their philanthropic efforts to other children's concerns locally for six more years before Dr. Wright moved his practice to Lake Havasu City, Ariz.

Revamped, it became the Mark Harmon Celebrity Weekend. Each year the team took part in a bowling event and a baseball game or golf event to raise funds for children related non-profits supported by the OK Kidz Charities Foundation.



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Comedian Greg Schwem Expands Audience to Seniors

Story by Darl DeVault contributing editor

What does nationally successful comedian Greg Schwem, 58, do when he hears a return performance at Tellico Village in Loudon, Tenn. set for October sold out in two hours? Realizing the power of comedy is important to his burgeoning senior audience Schwem looks at his busy national schedule and calls back to offer to do a second show because he wants to accommodate his fans.

"I've already written my opening line," Schwem said. "Rather than say, 'How many of you saw me last time?' I'm going to say, 'How many of you can't remember if you saw me last time?'"

Schwem has been writing a nationally syndicated comedy column appearing in Senior News and Living since 2010. Now that

he has joined the active senior demographic, he realized it was time to start talking humorously about his own senior "experiences" as opposed to just writing about them.

Schwem joins a famous Oklahoman who realized he needed to include senior humor in his routine when Will Rogers quipped "When you are dissatisfied (with aging) and would like to go back to youth, think of Algebra."

Schwem is grateful to his audiences as he secures more bookings speaking to this demographic. He has generated a good amount of interest with bookings at Sun City Austin, Texas and the Forest CC in Fort Myers, Fla. for next year. Many fans are joining the legion of



Nationally syndicated comedy columnist Greg Schwem.

Schwem devotes because they can watch his online videos of his national performances on his website www.gregschwem.com and via his social media channels. His

followers have howled as Schwem recounts his battle with a kidney stone, the embarrassing sounds he

Continued next page



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SCHWEM

Continued from Page 8

emits during yoga classes and seniors who are building massive houses as opposed to downsizing.

"Why do you need a wine cellar?" he asked a recent audience. "At some point in your life, the only thing in your house that should be aging is you!"

Already hugely successful as a comedian writing and performing customized routines for some of our nation's largest corporations, Schwem is enjoying the opportunity to add seniors to his national schedule. He says he is delighted seniors are such great laughers; they inspire him to write new routines to tickle their funny bone.

He has been writing comedy at the national level for many years. His column appears in the Chicago Tribune's web edition and more than 25 other newspapers and periodicals around the world.

The Illinois native left a promising career as a broadcast journalist in 1989 to pursue his love of standup comedy. After several years traveling the country working comedy clubs, Schwem transitioned into providing humorous keynote presentations for the corporate market.

"I realized I had a knack for writing customized material about individual companies, whether it was making them laugh about their products or just their culture," Schwem said last month. "It can be tricky; there is a very fine line when having fun with a company's employees, so I am careful to make the business community laugh while also praising its work."

Over the past 20 years, Greg's corporate clients have included Microsoft, Cisco, IBM, Southwest Airlines, McDonald's and even the CIA. "If I can get America's covert intelligence agency to laugh at itself, I think I am doing pretty good," Schwem said.

And now seniors are squarely in his sights for humor. "It is such a joy to watch people who are clearly enjoying their golden years be entertained, and laughter is a big part of that," Schwem said. "Since I am 58, I realized performing in front of active seniors would allow me to continue doing what I love. People love to laugh at their aches and pains and other issues associated with aging and I'm no different."

He shared a joke in our interview that fits here: "I'm now playing Pickleball. The game begins with everybody meeting at the net and revealing what physical ailment drove them to play Pickleball."

His humor reaches out from his audience to the communities they live in.

"Florida retirement communities always seem to contain an animal's name in the title. And yet you never see that animal in the community. I stayed with a friend who lived in Panther Crossing. Trust me, any panther who attempted a crossing would have been nailed by a golf cart."

Finally, knowing his audience is suffering from assorted maladies, he is happy to share his own.

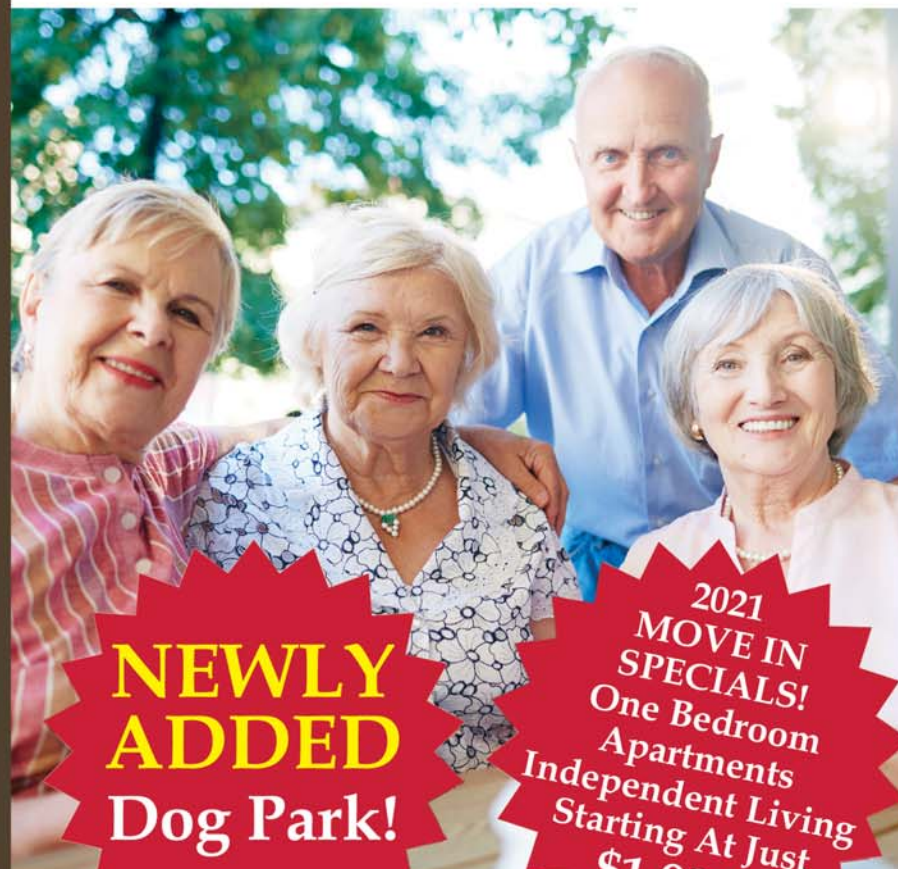
"I threw out my back pulling weeds. I tore my retina shoveling snow," he said. "At this point, I'm only two seasonal injuries from laying on the couch for the entire year."

Schwem has booked dates at several Del Webb communities and now seeks out active retirement communities near the sites of corporate dates where he is to perform. "In February, I'm doing a date in Fort Myers, Fla. for a metals association and, the next night, I'll be performing for 200 active seniors 10 minutes away. I hope I can keep the audiences straight," Schwem quips.

Greg Schwem is a monthly columnist for Oklahoma's Senior News and Living.

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Kurt Russell, Bing Russell to be honored during 2022 Western Heritage Awards

Due to an unforeseen medical issue, Kurt Russell is not able to attend the 60th Western Heritage Awards on September 17-18 as previously planned. Kurt and his father, Neil Oliver "Bing" Russell, will now be recognized during the 61st Western Heritage Awards as 2022 inductees into the Hall of Great Western Performers.

"I'm having hip surgery," said Kurt Russell. "I had hoped it could

wait, but my doctors said it needs to be this September. As much as I hate missing this year, I'm grateful to the Museum for being willing to move our recognition to 2022 so I can be there in-person to accept this great honor." This year's ceremony will recognize honorees and inductees from both 2020 and 2021. At this time, all other inductees, including Academy Award winner Robert Duvall and



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American country music singer George Strait, still plan to be in attendance.

"While we're disappointed that Mr. Russell will not be here this year, we're glad accommodations could be made for 2022," said Natalie Shirley, Museum President and CEO. "This year will still be a star-studded event, and 2022 is already shaping up to be just as special." Due to the overwhelming support of our Inductees, Honorees, their families and sponsors, tickets to the 2021 Western Heritage Awards Induction Ceremony are sold out, but tickets for a special livestream remote dinner held in the Museum's Annie Oakley Center are available for purchase and includes

access to the cocktail reception preceding the induction ceremony, Saturday, September 18.

The full list of Western Heritage Honorees and Inductees for 2020 and 2021 are listed below. For more information about the 2021 Western Heritage Awards, visit:

<https://nationalcowboymuseum.org/western-heritage-awards>.

The 60th Annual Western Heritage Awards supporting sponsors are Arvest Bank, The Chickasaw Nation, Cresap Family Foundation, Wrangler and Mr. and Mrs. Lenny Sadler. Promoting sponsors are Hall Capital, Fred Jones Family Foundation and Greg and Bekki Kowalski.



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TRAVEL / ENTERTAINMENT

From Montreal to New York via Blount Small Ship Adventures: Part 2 ~ On the Water

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

Travel is always an adventure and no more so than on a cruise where you are definitely not in control, as that is the responsibility of the ship's Captain. With a Blount Small Ship Adventure you are sure to have an adventurous nature as their relatively small ships (80 passengers) traverse less traveled waterways and dock at destinations where only small ships can go. My trip aboard the Grande Caribe took me from Montreal (see Part One of this sojourn) up to Quebec, then back through the Saint Lawrence Seaway, along the trail of the Erie Canal via the New York Canal System, down the Hudson River and docking in little old New York City, after a farewell cruise by the skyscrapers of Lower Manhattan while pausing at the Statue of Liberty.

This being my first time with Blount (it has about a 50% return booking of previous passengers) I have to commend the cruise staff from Captain John Hunnewell, to the all-important Cruise director, Lisa Pontarelli, down through all the seventeen support staff of housekeeping, galley servers and the deck hands who were all cheerful and helpful day after day of my twelve day cruise. A cruise ship company can have little control over weather, or tides, but when they pay special attention to passenger service, you know you have a good company and see why Blount has such a good return booking.

Blount is not so much about luxury accommodations as they are about informative and enjoyable destinations where many other cruise ships cannot go. Among other destinations my favorites (I have several favorites) include historic Hyde Park, home of President Franklin Delano Roosevelt; the Impressive West Point academy; Cooperstown with its charming main street shops, the Baseball Hall of Fame, and nearby Fenimore Art Museum preserved in an historic house. The Grande Caribe also stopped off at the Wooden Boat Museum, the towns of Troy and Quebec, the Fredric Remington Art Museum and a tour of the Singer Castle. But most enjoyable was progressing at a leisurely pace along the waterway with its water side homes and mansions of the Thousand Islands and all along the fabled Hudson river valley. Traveling on the water gives you a tangible concept of the country's geography and how it influenced the area's history.

For true marine lovers the over thirty canal locks encountered from Montreal to NYC, is illuminating. Passengers continued to marvel at these engineering mechanisms and how adept the crew and captain was at navigating through them. These relatively short pauses gives one time to reflect on the communities they bolster as well as a glimpse into American culture.

A Blount Small Ship Adventure nurtures a leisurely pace of travel. While the day is structured with a 7:30 a.m. bell to call you to breakfast, and the following lunch and dinner, you never feel rushed, even though everyone on my cruise was eager for the delicious meal times. Breakfast offers a cold buffet of fruit, yogurt cereals, as the crew serves the specialty of the morning which might be eggs Benedict, fresh scrambles eggs, hot pancakes, muffins or waffles. If there is a special egg order it is gladly taken. Lunch usually consists of a soup of the day and a variety of sandwiches throughout the cruise. After a BYOB cocktail hour, dinner may start off with a salad, followed by an entree of the day, maybe a steak, Mahi Mahi, pasta or Game Hen. Complementary wines are served by the glass during lunch and



more extensively at dinner. Of course a desert of ice cream or cake or pie tops off the meal. All meals are open seating and it's fun to mix up your dining partners, or cling to the congenial folks you like the most. The hit of any of our meals was the variety fresh baked of breads.

As a single traveler I relished having one of the few cabins with an outside door to the walk around deck. While the sliding door often would not stay shut, when it was open during day cruising it was a joy to relax on the opposite bed with views out the door of the shoreline accented with a variety of homes and landscapes dotted with colorful autumn trees. My cabin was designed for two, and I might suggest for my tastes two persons might be one too many in any of the cabins, as elbow room in the cabins is at a premium. But such is the design of small ships. I did hear some first time passengers comment on the noise in the cabins of the individually controlled air system, the engine noise, and the challenge in taking a brief compact shower, but that has to be chalked up to part of the small ship adventure. Again, the Blount cruise is about destinations not accommodations.

The evenings offered a formal cultural lecture in the common area, by Frederick Stonehouse, author of thirty books which made him an expert on the maritime history we were experiencing. A personable gentleman who was just as interesting when joining him during the informal family styled meals. Other evenings there was on board entertainment. The best perhaps was the jazz trio of Skip Parsons who brought a Dixieland style to this ultimate river boat. As my trip was in the fall, when children would be in school, my cruise was made up almost entirely of senior citizens. I found all the fellow travelers well informed and well-traveled. Getting to know a portion of their knowledge was an added Blount Small Ship Adventures treat.

For your special interests sign up for email alerts and explore a variety of 2015 cruise destinations at: www.blountsmallshipadventures.com

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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OMRF marks 75 years of discovery

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But in Oklahoma, a group of citizens recognized that it wasn't enough for physicians to work each day to treat illnesses like tuberculosis, heart disease and cancer. To make real headway against disease, medicine had to do more.

So, they created an institute where scientists could devote their entire careers to rooting out the causes of human disease: the Oklahoma Medical Research Foundation.

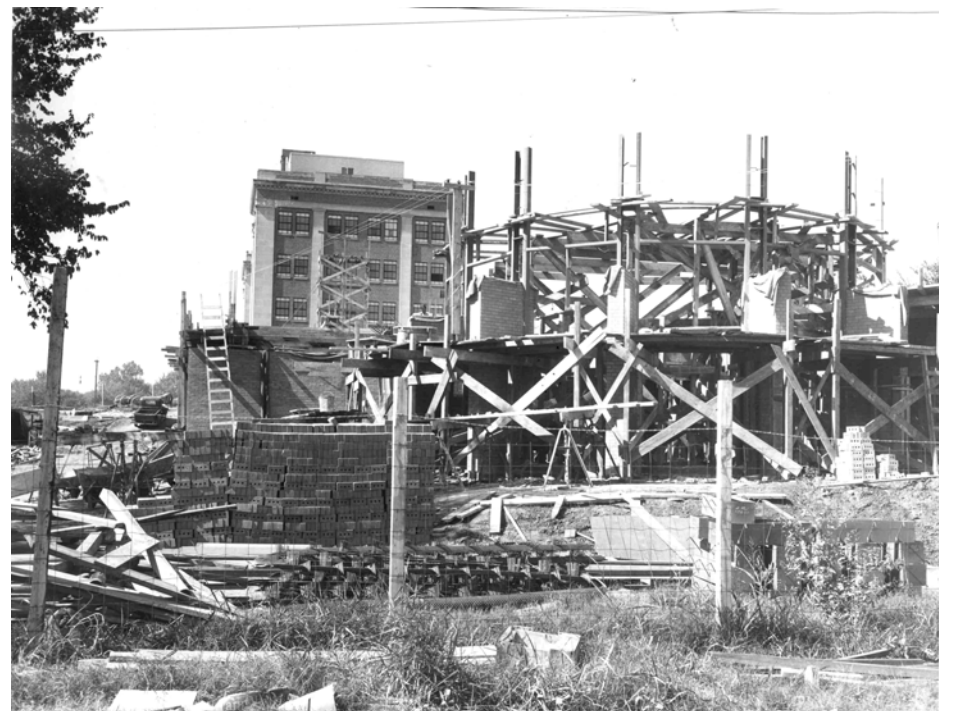
Saturday marks OMRF's 75th anniversary. On Aug. 28, 1946, Oklahoma's Secretary of State granted the charter of the new foundation that would, in the words of an early fundraising brochure, conduct "scientific investigations in the field of medical research to attack killing and crippling diseases about which little is known by science."

"Oklahoma is a young state,

so we sometimes find ourselves playing catch-up," said OMRF Interim President Adam Cohen. "But when it came to creating an independent research institute, we were on the cutting edge."

To fund the construction of OMRF, which would become one of only a handful of independent biomedical research institutes at that time, Gov. Roy J. Turner led a drive that spanned all 77 of the state's counties. The state's physicians organized one fundraising campaign, and pharmacists, dentists and nurses followed suit with their own efforts. When Turner declared a statewide "Research Week," organizers held 137 meetings in 42 cities and towns over seven days.

"This is one of the finest things we of Oklahoma ever have attempted," said Grace Marlow of Shawnee in 1947, when she and her husband donated \$26,000 to the new foundation in memory of their late son. "Such a wonderful movement



Construction of the Oklahoma Medical Research Foundation began in 1949.

cannot fail."

All told, 7,000 Oklahomans gave more than \$2 million to build the foundation. And what began as an 18-person scientific staff has since grown into an internationally recognized research institute.

OMRF now employs 450 staff members who study cancer, heart disease, autoimmune disorders and diseases of aging. Their discoveries

have yielded hundreds of patents and three lifesaving drugs now available in hospitals and clinics worldwide. Most recently, Adakveo became the first targeted therapy approved by the Food and Drug Administration for sickle cell disease, which affects an estimated 100,000 Americans.

OMRF scientists made crucial insights that paved the way for

Continued next page

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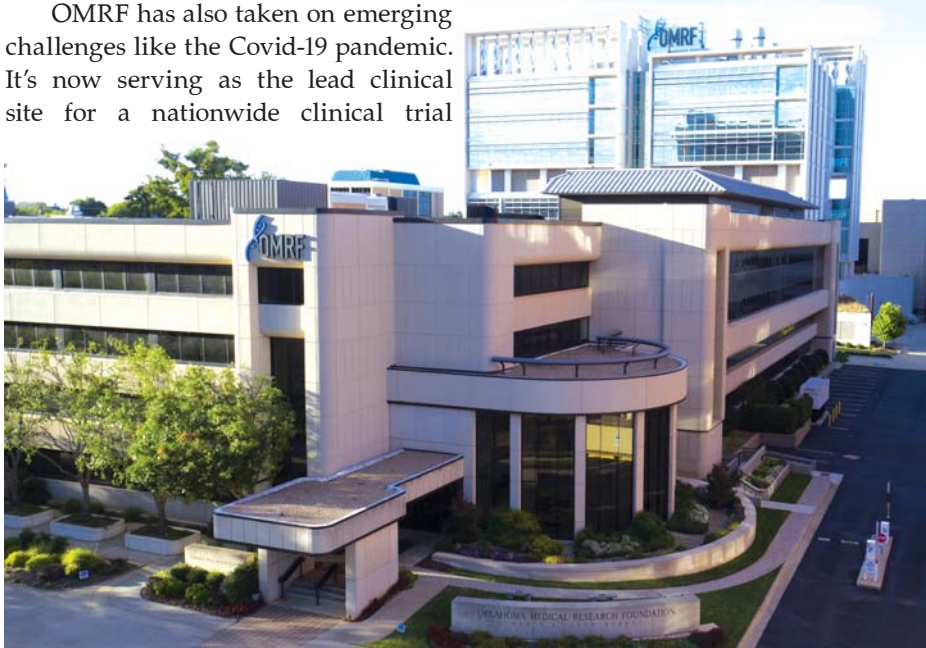
powerful protease inhibitors that transformed the therapeutic landscape for people with HIV/AIDS. The National Institutes of Health has designated OMRF an Autoimmunity Center of Excellence, one of only 10 in the country, for its work on conditions such as lupus, where OMRF researchers have played a role in identifying or confirming more than 60 genes involved in the disease.

OMRF has also taken on emerging challenges like the Covid-19 pandemic. It's now serving as the lead clinical site for a nationwide clinical trial

sponsored by the NIH to study why immunocompromised patients fail to respond adequately to Covid-19 vaccines.

"The goal of every medical researcher is to make discoveries that improve people's lives," said Rodger McEver, M.D., OMRF's vice president of research. "OMRF scientists have done that, and they're continuing to do so."

OMRF's founding donors could not have foreseen the advances their gift would make possible. Still, said McEver, "I hope they'd be proud."



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TINSELTOWN TALKS:

Claudia Wells went 'Back to the Future'

By Nick Thomas

When the Los Angeles Hollywood Museum reopened in August, having closed its doors to the public during much of the pandemic, Claudia Wells was one of many guests invited to celebrate the event that included a "Back to the Future" exhibit (www.thehollywoodmuseum.com).

Wells appeared in the original 1985 movie as Jennifer Parker, girlfriend to Marty McFly played by Michael J. Fox who starred in the beloved movie trilogy. Diagnosed with Parkinson's disease in 1991 at age 29, Fox later established the Michael J. Fox Foundation for Parkinson's Research (www.michaeljfox.org) which was also presented with a \$5,000.00 donation during the event.

"I'm a big cheerleader for the Back to the Future trilogy," said Wells from Los Angeles (see www.claudiawells.com). "So, anything I can do to promote the movies and

help support Michael I'm there with bells on."

"Back to the Future" was Wells' first movie role. Her scenes were brief but memorable, as was her first day on the set.

"It was the last scene of the movie with me, Michael, and Christopher Lloyd in the car," she recalled. "I remember when he (Lloyd) got out of the car and raised up those metal glasses on his face, it ripped the old-age make-up on his forehead and we had to wait for hours for him to get the make-up redone to shoot again."

She also recalls meeting Fox for the first time. "They were filming the Enchantment Under the Sea dance scene at a church and I was sent around to meet Michael. He came outside, gave me a hug, and told me he was looking forward to working with me. He was very positive, upbeat, kind, funny, natural, and



Claudia Wells and Michael J. Fox in 1985's Back to the Future - Universal Pictures.



The Hollywood Museum in the historic Max Factor Building - provided by the Hollywood Museum.

great fun to work with."

But when time came to reprise her role 4 years later in "Back to the Future Part II," Wells was unavailable due to a family illness and was replaced by Elizabeth Shue in Parts II and III.

"I've met fans who remember watching Part II when it came out and didn't even notice a different actress was playing Jennifer," Wells said. "But others told me they were screaming at the screen wondering why there was a different Jennifer."

Despite bumping into other cast members of the trilogy while traveling the film convention circuit over the years, 'the two Jennifers' have never met (who knows what that might do to the space-time continuum!). "I'd love to meet Elizabeth because I think she's just a brilliant actress and I was actually quite flattered when they cast her in the role."

After an acting gap of about 20 years, Wells returned to film and television. She also opened and still runs Armani Wells (www.armaniwells.com), a menswear store in Studio City. "The store will be 30 years old in December. I am so fortunate to have found two different careers that are completely fulfilling."

Wells says she was thrilled to be included in the reopening of the Hollywood Museum, especially with its "Back to the Future" exhibit and its support of the Michael J. Fox Foundation.

"Michael was able to hide the disease for a number of years and I was absolutely flabbergasted when I first heard he was diagnosed," she said. "He was so good at physical comedy and so healthy. But he has not only been an inspiration to others who have Parkinson's but has encouraged research that will hopefully lead to a cure one day."

Nick Thomas has written features, columns, and interviews for numerous magazines and newspapers. See www.tinseltowntalks.com.

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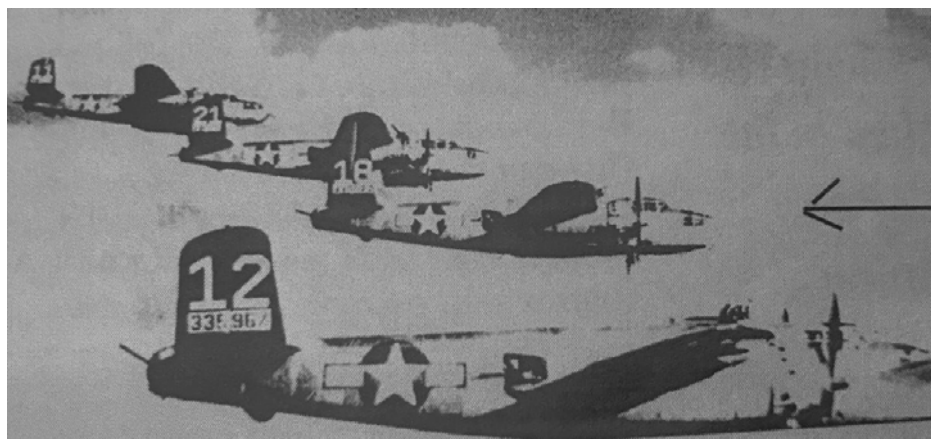
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The Airbase Arizona Flying



Our B-25 (#18) on a mission 1944 .



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Four Oklahoma City Health Systems Join to Provide Transparency on COVID-19 Impact on Hospitals

In an effort to provide transparency regarding the rising number of COVID-19 cases in Oklahoma, four Oklahoma City health systems are joining together to provide regular updates on COVID-19 case counts and bed availability.

The health systems will provide a joint update every Monday, Wednesday and Friday until our health care community begins to see relief from this current surge.

As a reminder, these numbers are constantly changing as our teams work to discharge, transfer, and admit patients throughout the day.

INTEGRIS Health: INTEGRIS Health currently has 210 COVID-19 patients in our hospitals, with 173 of those patients in the metro. INTEGRIS Health has no available ICU beds.

Mercy: Mercy currently has 118 inpatients with COVID-19 in Mercy hospitals across Oklahoma, with 66 of those patients at Mercy Hospital Oklahoma City. Mercy has no available ICU beds and three patients waiting in the ER for an ICU bed.

OU Health: OU Health hospitals (all three, including Oklahoma Children’s Hospital OU Health): 42 inpatients with COVID-19. OU Health has no available beds for COVID-19 patients.

SSM Health St. Anthony: 140 inpatients with COVID-19 in SSM Health St. Anthony hospitals. No ICU beds are available.

Information as of Aug. 27, 2021.

Friends of the Capitol help celebrate the Life of Robert Miner

Friends of the Capitol was honored to be a part of the Celebration of the Life of Oklahoman, Robert Miner, by engraving his name at the Memorial Plaza at the Oklahoma State Capitol and meeting Miner’s friends and family who visited his paver. Nothing was going to stop Miner’s loved ones from celebrating his life, Covid-19, construction or heat, it did not matter!

Bob Nelson Miner, 77, of Edmond, Oklahoma was a very special Oklahoman. He leaves an incredible legacy of love for his country and his people. A graduate of the University of Kansas’ political science program, he held top management positions on Bob Dole’s U.S House of Representatives and U.S Senate staffs from 1962 to 1977. Bob was a business owner, golfer, photographer and strong health care advocate. He served in many leadership roles while volunteering for the American Heart Association. Bob retired in 2018 from the Oklahoma State Department of Health as the Clean Indoor Air Coordinator where he passionately worked toward a tobacco free Oklahoma.



“Friends of the Capitol” loves being a part of celebrating the life of a loved one by engraving a name on a granite paver at the Oklahoma State Capitol. “I have made so many friends though our non-profit when a donor donates at paver for a loved one”, says Amy Dillon, Executive Director.

Friends of the Capitol is a tax-exempt 501 (c) (3) corporation that is devoted to providing private funds to maintain and improve the beauty of the Oklahoma State Capitol building and complex and its works of art. It is the only tax-exempt corporation designated to receive private funds for this purpose.

CROSSWORD CORNER

- Across

1 Supplies food

7 Lord with a namesake sports trophy

14 Showy bloom

15 “The Miser” playwright

16 Levi’s alternatives in the bargain bin?

18 Rial spenders

19 Ascended

21 Humdinger

23 Bright red semi?

27 Song heard in the film “Marley & Me”

31 Sign of success

32 Sign of success

33 Arte who co-owns MLB’s Angels

34 Prayer ____

36 Dog collar for obedience school?

41 Sported

42 Steamed cantina dish

43 I in Innsbruck

46 Mogadishu is its cap.

47 Getty of “The Golden Girls”

48 Kibbles ‘n Bits?

51 Petition

52 Relaxation

53 Smarts

57 Inept patsy on water skis?

63 Captain Marvel, for one

64 Walking on air
- Down

1 Govt. agency in many 2020 headlines

2 Spa emanation

3 Title Marx Brothers setting

4 Jack of “Rio Lobo”

5 Gifford’s “Live” successor

6 Like logs

7 Huge hit

8 Passel

9 Niger neighbor: Abbr.

10 Nothing

11 Suspicious

12 E on a scoreboard

13 Private aye

17 Often-steamed serving

20 It may be inflated

21 Ceremonial display

22 “__ out?”

24 First name in daredeviltry

25 Takes the bait, say

26 Software subsidiary of IBM since 2019

28 Peace Nobelism Walesa

29 Focused, jobwise

30 Entirely without

34 Outlaw

35 To a degree

37 Villa-studded Italian lake
- 38 Greek city known for olives

39 Building additions

40 Strongly suggest, with “of”

43 Bar staple

44 Onomatopoeic dance

45 Quieted

47 Touch up, perhaps

49 Surgeon’s opening?

50 Dominated in competition

54 Threw off

55 Where to find a hero

56 Norse patron

58 Unruly head of hair

59 Trading place

60 Tchaikovsky’s Symphony No. 5 __ minor


61 First “Jeopardy!” guest host after Alex

62 Harris and a horse

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| | 65 | | | | | | | | | 66 | | | | |

Broom Hilda

By Russell Myers



Panel 1: A character on a broom says, "WOW! THAT'S THE MOST BEAUTIFUL SWIMMING POOL I'VE EVER SEEN!"

Panel 2: A character on a broom says, "SORRY, I COULDN'T RESIST!" and another character says, "NOW WE HAVE TO DRAIN IT!"

Animal Crackers

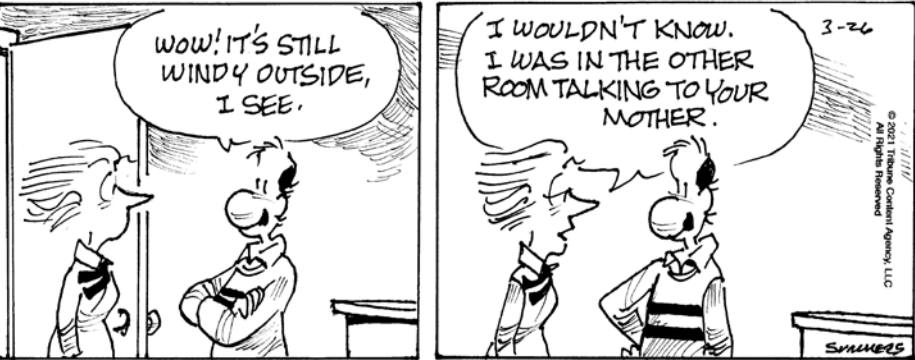
By Fred Wagner



Panel 1: Two characters are talking. One says, "YOU ATE A LEPRECHAUN?" and the other replies, "THERE'S A LITTLE IRISH IN ALL OF US." The date is 3-17 and it says "HAPPY SAINT PATRICK'S DAY!"

Willy Muffitt

By Bill Brewer



Panel 1: A character says, "WOW! IT'S STILL WINDY OUTSIDE, I SEE." The date is 3-26.

Panel 2: A character says, "I WOULDN'T KNOW. I WAS IN THE OTHER ROOM TALKING TO YOUR MOTHER." The date is 3-26.

JUMBLE

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

TOODU

UGBOM

WILPOL

NALETD

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Check out the new, free JUST JUMBLE app

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

Answers Next Month

August Answers | Jumbles: TOTAL DEPTH LUXURY JARGON Answer: After their coffee grinder broke, business at the coffee shop — GROUND TO A HALT




Panel 1: A character is taking a selfie in front of a house. The date is 4-12.

"She's taking enough selfies so she can binge watch herself."

Gasoline Alley

By Jim Scancarelli



Panel 1: A character says, "Here's your new dryer! Where would you like it?" The date is 1-23.

Panel 2: A character says, "Wait a sec! What's this dent on the back?" and another character says, "And there's touch-up paint on the front!"

Panel 3: A character says, "Uh... Hush, Sidney!"

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A way of life – Rodeo and nursing natural for LPN

Story by James Coburn, Staff Writer

Debbie Gordon likes helping patients stay away from hospitals by being where they want to be — at home.

"Our goal is to keep our patient in their homes as long as we can, so that they can stay there safely," said Gordon, a licensed practical nurse at Companion Home Health in Guthrie. "They get to stay in their environment, their comfort zone."

It was providence that led her to a nursing career, said Gordon, who had never dreamed of being nurse. But it was God's will, she said.

She's lent a compassionate hand to patient care at Companion for four years. Gordon also serves as a Companion hospice nurse when needed. And, she re-energizes by doing barrel racing.

This seasoned professional entered the nursing field in 1980 after graduating from Meridian Technology Center, located in Stillwater. Gordon said she likes the hometown feeling of

working for Companion that connects with nurses and families without a big corporate image.

"They definitely care about their patients and I feel like they care about their employees," said Gordon, who enjoys the one-on-one patient time that home health allows her to bond with patients. "You kind of get a closer relationship with your patients doing home health than in the hospitals."

Home health transcends the simple definition of a job because it centers on patient care. Nurses help them become stronger and educate them about their medications. The staff ensures patients use medications properly without dangerous complications caused by combining non-compatible drugs.

"The patients are important to the nursing staff," she said. "And they care what happens to the patients."

Nurses see all walks of life and give everyone the same loving care. They make sure therapy is provided, that patients are dressed and bathed,



40 years of nursing and rodeo keeps Debbie Gordon, LPN, in a steady pace with life.

and have nutrition on a regular basis.

"Every individual is different as far as what the need or might need," Gordon added.

Diabetes is prevalent, so she teaches patients to monitor their blood sugar every day in order to prevent complications and co-morbidities that are common with the disease.

"It's important to keep their

sugars within normal range because if they don't it affects all kinds of different functions in their body, their eyes, their kidneys, circulation and everything," Gordon explained.

Patients can still go to church, get prescriptions and get their hair styled. However, they are not supposed to

continued next page




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GORDON

Continued from Page 22

drive, shop for groceries or go to the mall.

"They don't have to be tied to home, but they can't be out running around," Gordon said. "It's a taxing effort for them to do that."

Patients have not mentioned a lot about COVID and the new Delta variant that is spreading across the state, Gordon said.

"Their biggest question is 'Have you been vaccinated?' Surprisingly, I have not had a lot of COVID questions. I've actually dealt with more frustration from it than questions about it. I know the patients that we have in assisted living facilities — it was very difficult for them not to be able to see their family.

The nurses always wear masks to help prevent the spreading COVID. But several patients have said to her, "I don't want you to wear that mask."

Gordon explains to them that she's required to wear a mask in order to protect them from contracting the disease.

Gordon is well seasoned as a nurse in her career of about 40 years. Experience brings wisdom.

She went to college on a rodeo scholarship. And she still performs at rodeos.

Family issues brought her back home from college. Her sister was a nurse. When she learned Debbie had quit school, she said, "Are you just going to be a bum?"

Those words crushed Gordon because she always wanted to make her sister happy.

"So, I just went home that night, and I was lying in bed crying. And I said 'Lord, I'm lost, and I don't know what to do. And I need you to guide me.' And in six months I was in nursing school."

She never turned her back on nursing or rodeo. Rodeo was in her blood since she started riding a pony at age 5.

"I started competing when I was about 8, and I still do it," she said of barrel racing. "It's kind of like a second job for me. I train on my own."

She keeps five horses of her own and two from her sister that she rides north of Crescent.

Horses are large animals, and they can take advantage of that. But Gordon knows how to earn and keep their respect.

She learned when turning a horse loose, to never let them walk away from her. They stand their until she walks away from them.

They are creatures of habit, sort of like people, she said.

For more information visit:
<http://www.companionhealthcare.net/>



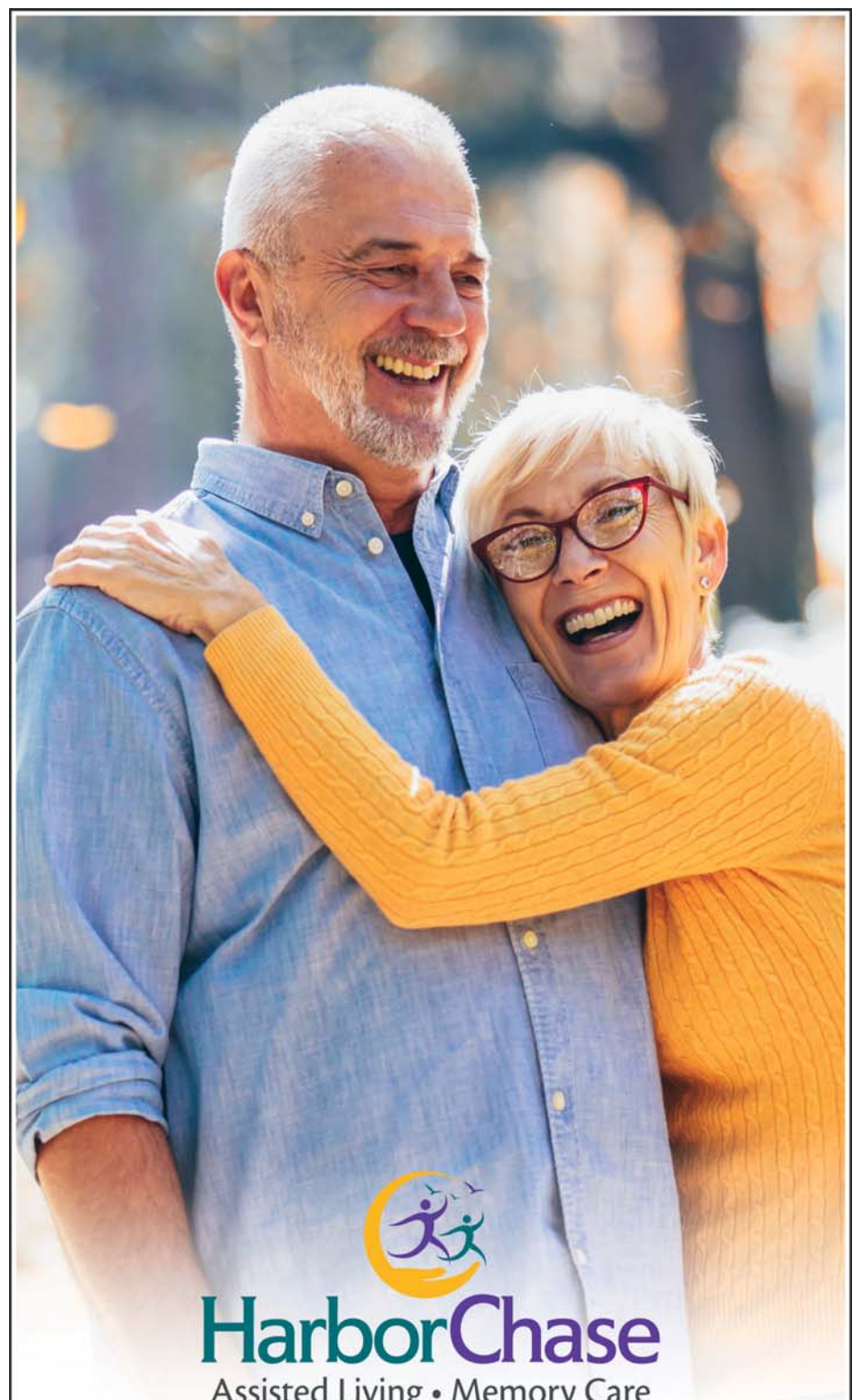
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The Cowboy Gets Inked with Tattooing Exhibition

New exhibition explores the history of tattooing in North America

Dark parlors, loud music and buzzing needles may come to mind when you think "tattooing," but The Cowboy's newest exhibition pushes past the tattooing stereotype to highlight the long-standing traditions of tattooing in North America.

Tattoos: Religion, Reality and Regret, opened August 27, 2021, at The National Cowboy & Western Heritage Museum, explores the cultural traditions of tattooing in Native American cultures and tattooing traditions that are practiced globally today.

"Tattooing is a form of expression often undervalued in historical research," said Dr. Eric Singleton, National Cowboy & Western Heritage Museum Curator of Ethnology. "Tattoos were used to express tribal affiliation and war honors, connections to divine beings, maturity rites, and social or religious affiliation so meaningful to some cultures that they could carry on with a person into the afterlife."

Now a part of modern, main-stream culture, this exhibition aims to highlight the history, legacy and traditions of Native American tattooing and the modern meanings and customs of tattooing through items and images from the Museum's permanent collections and the Dickinson Research Center.

"Our mission is to explore the evolving history of the American West and this exhibition cuts to the core of that idea," said Natalie Shirley, Museum President & CEO. "The West is more than just a saddle or a story about a cowboy, it's many things to many people and in this exhibition, we get to explore what tattooing means to our shared history."

For up-to-date information on the exhibition and associated programming and events, visit nationalcowboymuseum.org.



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"A Very OK Podcast" + "Brain Box" Live Podcast Crossover Event at the Oklahoma History Center

Join the Oklahoma Historical Society (OHS) and Oklahoma Humanities (OH) on Wednesday, September 22, at 6 p.m. at the Oklahoma History Center for a live podcast crossover event. OHS Executive Director Trait Thompson and Dr. Bob Blackburn of the OHS's "A Very OK Podcast" and Dr. Sunu Kodumthara of OH's "Brain Box" will lead a conversation about growing up in Oklahoma from multiple cultural perspectives, featuring guests Kelli Brooke Haney and Javier Hernandez. This crossover event will be recorded in front of a live audience.



Prior to the program, DJ Tangerine will perform and a bar will be available with complimentary beer and wine, sponsored by Coop Ale Works. Registration is \$15 for OHS members and \$25 for non-members. A charcuterie box can be purchased for an additional \$7. The panelists will be available before the recording, as will related OHS resources. Registration is required, and attendees must be 21 years old or older. Please visit www.okhistory.org/crossover to register.

On the Oklahoma Humanities "Brainbox" podcast, Dr. Sunu Kodumthara and her cohost, Dr. Ben Alpers, use the humanities to discuss issues affecting American society and culture. On the OHS "A Very OK Podcast" Trait Thompson and Bob Blackburn explore the interesting stories and fascinating personalities that make up Oklahoma's unique history.

Kelli Brooke Haney is the sixth child out of seven siblings. She was raised in Seminole and later Tahlequah. Haney graduated from the School of Fine Arts at the University of Oklahoma. In the 2000s she toured regionally with her Rockabilly band the "Oh Johnny! Girls" and worked in the photography, video and art industries. Haney is the daughter of retired Choctaw Native American tribal attorney L. Susan Work, who worked diligently on the McGirt v. Oklahoma case. Her father is Enoch Kelly Haney, the first full-blood Seminole and Creek Native American state legislator in Oklahoma and an artist of monumental sculptures such as "The Guardian," which sits atop the Oklahoma State Capitol.

Born in Mexico City, Javier Hernandez's mother moved the family to Oklahoma when he was two years old. Hernandez earned his bachelor's degree from Mid-America Christian University and graduated from Oklahoma City University School of Law. He has been part of the US Deferred Action for Childhood Arrivals program, and practices law with the firm Dunn and Hernandez. He has served as president of the Hispanic Law Student Association, president of the Alternative Dispute Resolution Group and vice president of the Immigration Legal Society.

Danny Eagle (DJ Tangerine) is an Oklahoma City open format DJ who performs regularly at Fassler Hall. He has been a mainstay in the area since 2016. He also performs in direct support of touring artists.

Oklahoma Humanities is an independent, nonprofit organization whose mission is to strengthen communities by helping Oklahomans learn about the human experience, understand new perspectives, and participate knowledgeably in civic life through humanities disciplines such as history, literature, film studies, art criticism and philosophy. As the state partner for the National Endowment for the Humanities, OH provides a free educational magazine, Smithsonian Institution exhibits, reading and discussion groups, and other cultural opportunities for Oklahomans of all ages. OH engages people in their own communities, stimulating discussion and helping them explore the wider world of human experience.

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

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Paseo Arts District's First Friday Gallery Walk

3022 Paseo St.,
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.

SUMMER PET SAFETY

Make sure your pets stay safe and cool this summer by remembering that if it is too hot for you, it is too hot for them. Bring pets inside when it is hot, and provide them with plenty of shade and water when they are outside. Walk your pets at cooler times of the day and never leave an animal in a car. Contact Animal Welfare at (405) 297-3100 if you see an animal in distress. Visitokc.gov/animalwelfare for pet safety tips.

Online: Barbed Tales Podcast Theatre 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.

SEPTEMBER 1

Chair Drumming

Beginner class combining rhythm, stretching and exercise. September 1 from 1pm-1:45pm
FREE
Woodson Senior Center,
3401 South May Avenue.
www.okc.gov/parksignup.
Keyword 40768

TAI CHI FOR BETTER BALANCE

SENIOR EVENT (AGE 50+)
Will Rogers Senior Center
3501 Pat Murphy Drive
Beginner class to learn gentle, low-impact, slow-moving exercise. September 1 from 2:30pm-3:30pm
FREE
www.okc.gov/parksignup.
Keyword 40673

SEPTEMBER 2

ZUMBA GOLD

SENIOR EVENT (AGE 50+)
Will Rogers Senior Center
3501 Pat Murphy Drive
Just as much fun as regular Zumba, but less intense, with exercise through choreographed dance.
September 2 from 10am-11am
\$3.00
www.okc.gov/parksignup.
Keyword 40669

SEPTEMBER 3

GARAGE BAND

SENIOR EVENT (AGE 50+)
Will Rogers Senior Center
3501 Pat Murphy Drive
Bring an instrument (for just your singing voice) and jam.
September 3 from 12:30pm-1:30pm
\$3.00
www.okc.gov/parksignup.
Keyword 39528

SEPTEMBER 7

WOODCARVING DELIGHT

FREE SENIOR EVENTS(AGE 50+)
Will Rogers Senior Center
3501 Pat Murphy Drive
Learn the basics and create your own masterpiece with the OKC Woodcarving group.
September 7 from 1pm-3pm
www.okc.gov/parksignup.
Keyword 38965

DISCUSSION IN HISTORY

FREE SENIOR EVENT (AGE 50+)
Will Rogers Senior Center
3501 Pat Murphy Drive
Group discussions on history and current events.
September 7 from 2pm-3pm
www.okc.gov/parksignup.
Keyword 39649

SEPTEMBER 11

JUNKLAHOMA 2021

The Old Store
100 Monroe Ave. NW Piedmont
Sat., Sept. 11, 9 a.m.-4 p.m.
Phone: 405-373-2093
Email: junklahoma@yahoo.com
Price: FREE. fb.me/e/3dPQtv969
JUNKLAHOMA is a 'junk' show featured during Piedmont's annual Founder's Day celebration. It is presented by The Old Store and showcases a wide variety of handpicked junk, vintage, antique, handmade, repurposed and boutique style vendors.

Raising Butterflies

CommonWealth Urban Farms
3310 N. Olie Ave. Oklahoma City
Sat., Sept. 11, 11 a.m.-12 p.m.
Info@commonwealthurbanfarms.com
commonwealthurbanfarms.com/garden-school
There is magic in the Monarch chrysalis! Not only is a beautiful experience, raising butterflies is helpful! Fewer than 10 percent of monarch eggs and larvae will survive to become adult butterflies, largely due to predation of the larvae. Raising them in an indoor habitat boosts survival to rates well over 90 percent. A panel of experts will show participants how and where to look for butterfly eggs and larvae and how to support them as they go through their amazing transformation. The first 10 educators get in free! \$10 per workshop, \$15 per couple/pair

SEPTEMBER 13

YARN CLUB

SENIOR EVENT (AGE 50+)
Will Rogers Senior Center
3501 Pat Murphy Drive
FREE. From beginners to advanced, learn from an instructor or each other about knitting and crocheting.
September 13 from 1pm-3pm
www.okc.gov/parksignup.
Keyword 40648

SEPTEMBER 27

The OHCE Bits and Bytes Computer Group, sponsored by Oklahoma County OSU Cooperative Extension Service, will hold its monthly meeting via Zoom on September 27, 2021 from 1:30 pm to 3:30 pm. You are invited to log onto the Zoom Meeting as our guest. Please contact Pat Smith, President at pmsmithokc@gmail.com for link information.

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 and Businesses that offer low to no cost events to our readers.

Call us today at (405) 631-5100 or email your listing to advertising@seniornewsandliving.com for more information and to be included!

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2 Cemetery Lots at Sunnyside Cemetery
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Text: 405-850-1163

Memorial Park Cemetery
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\$2,500.00 each. Sec-20, lot 2,
spaces 1-3, \$2,000.00 each.
Park price \$5,495.00. Buyer
pays \$295.00 transfer. Call or
Text 1-(405)-919-0751

Cemetery Spaces In Rose Hill Burial Park. Lot Number 38 with Four Spaces in Rose Lawn Section. Value at \$4,995.00 Each. Sell Two Spaces For \$3,500.00 Each. Or All Four For \$12,000.00. Call 316-312-1482

CEMETERY PROPERTY FOR SALE

Resthaven Cemetery
4 spaces. Current selling price \$4,970.00 each. Asking price \$2,700.00 each or all four \$10,000.00 plus \$500.00 transfer fee. 405-640-4501

Resurrection Cemetery, OKC, plot for sale \$750.00. Desirable Section 8, Block 26 location. Text 405-818-2881 or call and leave message.

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

FOR SALE



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I have 20(+) years experience in the Nursing - Home Health field. I can work part or full-time, M-F. Also, I charge reasonable hourly rate(s). with References. 405-830-7837

LOOKING FOR ROOMMATE

LOOKING FOR ROOMMATE. Two bedroom, two bathroom apartment. Renter would have the master bedroom. \$500.00 a month including all utilities. Apartment is in the Heritage Park Drive area south of Edmond, OK. Please call or text 405-541-1428 or email ann.richardson1969@gmail.com

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Haircuts \$10.00 at Mustang Senior Citizens Center. Wednesday mornings from 8:30AM-11AM. Call 405-376-1297 or 405-245-6200 for other days at homeshop.

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Brightmusic and Bannister Begin New Chamber Music Season *"Songs without Words"*

Guest pianist Tanya Bannister joins the Brightmusic Chamber Ensemble in their season-opening concert "Songs without Words," Tuesday, September 21, 7:30pm at First Baptist Church in midtown Oklahoma City. The concert spans two centuries with works by Romantic era composers Robert Schumann, Carl Maria von Weber, and Walter Rabl, alongside the elegiac "Soliloquy" by living American composer John Corigliano. Tanya Bannister is a versatile pianist serving as co-founder and artistic director of AlpenKammerMusic in Austria.

John Corigliano (b. 1938) began "Soliloquy" as an elegy for his late father, a former concertmaster who found solace in the violin. The work is adapted from his clarinet concerto commissioned for New York Philharmonic clarinetist Stanley Drucker and Leonard Bernstein as conductor, whose personalities are reflected in the first and third

movements, respectively.

German composer Robert Schumann (1810-1856) dedicated his Piano Quintet in E-Flat Major to his beloved wife and fellow pianist/composer Clara Schumann, who regularly performed it. Schumann composed it and five other chamber music pieces in just one year, and Clara considered the work "splendid, full of vigor and freshness."

"Introduction, Theme, and Variations" for clarinet and string quartet was formerly attributed to German composer Carl Maria von Weber (1786-1826), but it is now thought to be composed by his contemporary Joseph K  ffner (1776 - 1856), known more for his guitar music. Similarly, Austrian composer Walter Rabl (1873-1940) is less well known today, but Johannes Brahms awarded him first prize at the 1896 Vienna Tonk  nstlerverein (Musician's Society) competition for his Quartet in E-Flat Major for clarinet, violin, cello, and piano.

Musicians appearing in the concert are: Tanya Bannister (piano), Chad Burrow (clarinet), Gregory Lee and Katrin Stamatis (violins), and Jonathan Ruck (cello).

Admission for each concert is \$20 at the door and free for children, active-duty military, and students with ID. Or, save \$55 with a \$125 season pass for all 5 regular season and 4 summer 2022 festival concerts. Passes are available by mail or online at brightmusic.org/passes. Brightmusic Chamber Ensemble, Oklahoma City's own chamber ensemble, will perform its 2021-22 season of fine classical chamber music at First Baptist Church, 1201 N Robinson in midtown Oklahoma City. The venue offers plenty of space for social distancing.



Tanya Bannister. Photo courtesy of Tanya Bannister.

Free parking is available north and southwest of the building. For more information about the ensemble and upcoming concerts, visit www.brightmusic.org.

Fall is a great time to get out and visit.

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INTEGRIS Health to Build New Heart and ICU Hospital Expansion at INTEGRIS Baptist Medical Center

INTEGRIS Health has made it our mission to partner with people to live healthier lives, and in keeping with that promise we are excited to announce the construction of a state-of-the-art Heart and ICU Hospital expansion at the INTEGRIS Baptist Medical Center, Northwest Expressway campus.

INTEGRIS Baptist Medical Center has long been known as Oklahoma’s leader in caring for the most complicated medical needs—from the state’s only burn center to the hospital that performs the most solid organ transplants.

The new 209,000 square foot building will have 64 ICU beds, multiple cardiac catheterization labs, cardiovascular operating rooms, hybrid operating rooms, electrophysiology heart labs and convenient cardiac diagnostic testing areas. The new space is designed with the patient in mind, making navigating the hospital and clinics as easy as it has ever been in one convenient location.

Construction begins immediately and will be completed in 2024. “INTEGRIS Health is a not-for-profit, community health system, which means it is governed by Oklahomans for the benefit of Oklahomans,” said Timothy Pehrson, president and chief executive officer of INTEGRIS Health. Pehrson continued, “when the project was presented to the board, they were delighted with the concept of continuing INTEGRIS Health’s legacy of being the most trusted partner for health in Oklahoma. The new Heart and ICU Hospital expansion at INTEGRIS Baptist Medical Center will help Oklahomans for many generations to come.”



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