

# Merry Christmas

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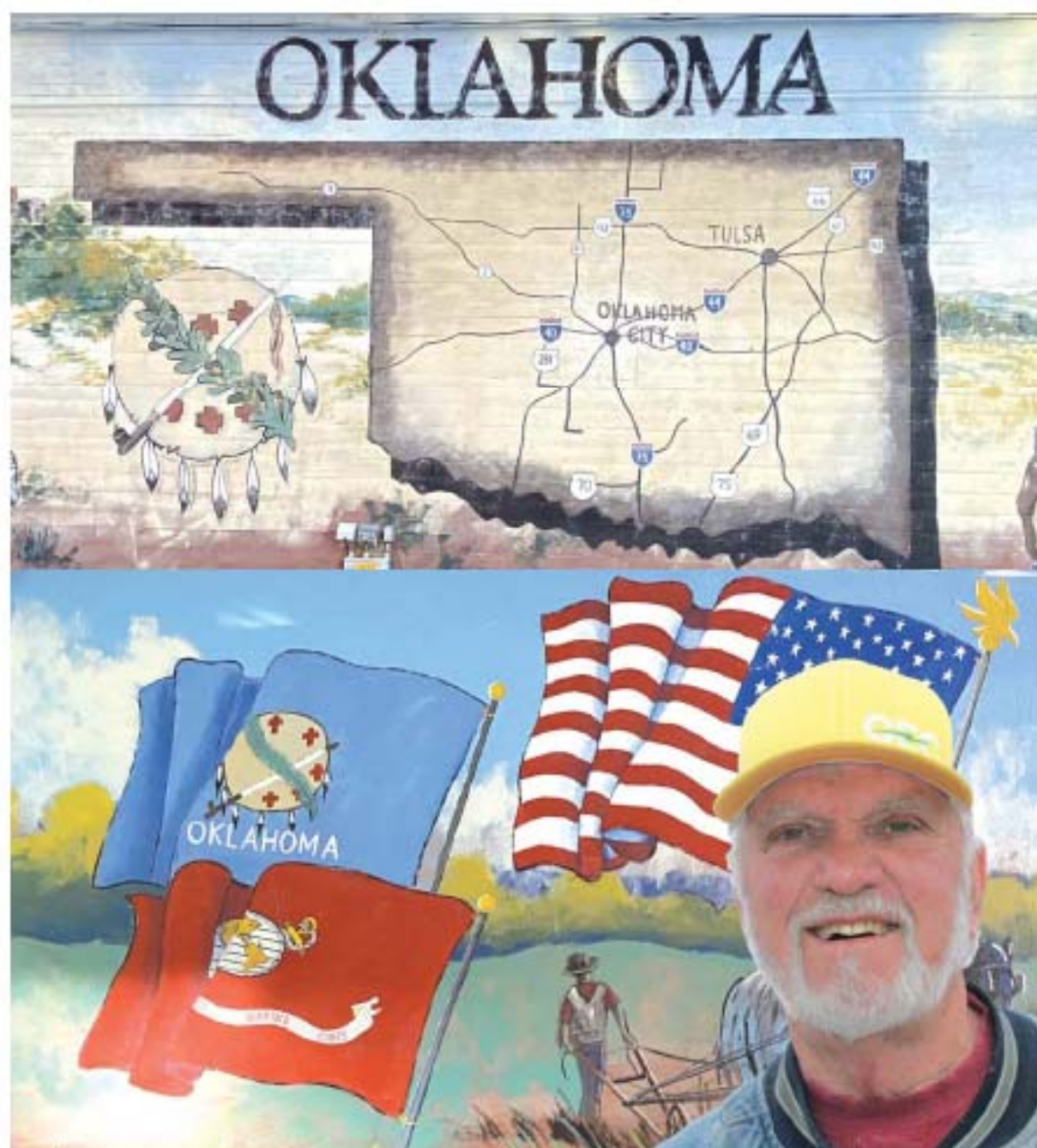
Information for Oklahoma Seniors

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### Oklahoma's Most Viewed Artist



Former University of Central Oklahoma art professor Bob Palmer (inset). Top - 2007 Outdoor Centennial Mural Downtown Oklahoma City. Bottom - 2021 Indoor Mural in Lookeba Oklahoma.

Story and photo by Darl Devault, Contributing Editor

For passersby looking at a large public art mural painted on a wall in Oklahoma chances are it was painted by former University of Central Oklahoma art professor Bob Palmer, 70, or one of his former students.

The renowned Bethany muralist's calendar is crowded with the commissions, chores and deadlines Oklahoma's most viewed artist attends to these days.

See ARTIST Page 2

### Guiding Sonic Corporation to National Prominence



Former Sonic Corporation CEO Cliff Hudson narrates his 34 years of steady progress in guiding an Oklahoma icon to national prominence at the Second Half Expo in October.

Story by Darl Devault, Contributing Editor

Cliff Hudson shared his story of earning an OU history degree, a Georgetown University law degree and leading Sonic Corporation's national growth to 3,600 franchises as a self-described jack-of-all-trades at the Second Half Expo in October.

As keynote speaker, the Edmond resident, 67, spoke at the National Cowboy and Western Heritage Museum in Oklahoma City. He emphasized at the beginning of his speech he still likes to read history. He made some history of his own during 34 years of helping lead Sonic to national acclaim in the drive-in restaurant world.

"We were thrilled to have Cliff Hudson as the keynote speaker of our inaugural Second Half Expo," said Bob Loudermilk, event founder. "As a successful businessperson and community leader, he has the credentials to deliver an

See GUIDING Page 5

## ARTIST

Continued from Page 1

He continues to add to his busy calendar by submitting proposals on large mural projects. Palmer, who earned a doctorate of education at Oklahoma State University, recently submitted a proposal to paint three of The Pathway to Hope Public Art Trail underpasses in Tulsa. The six underpasses are beneath Interstate 244 from Main Street to Greenwood Avenue, planned to honor the vibrant history of the Greenwood District.

Palmer Studios, Inc., a consortium of his best former students during his 30-year art professorship, is in demand. He is busy marketing his painting talents and historical perspective through his and his former students painting career.

Sometimes this means in-depth proposals to selection committees, while other times his vast legacy of 3,800 murals makes gaining work so much easier. This happens when a previous client calls and tells him he is needed for a massive project.

The internationally known artist, yes international because of his works in Canada, Mexico, Macedonia, Zagreb the capital of Croatia and Eastern Europe, is in demand. With the advent of the internet, when people want

the most talented muralists possible, they have a global reach. Palmer has been hired from Oklahoma to paint murals in Kansas, Texas, New Mexico, Tennessee and Louisiana.

"Retired from teaching in 2014, I still work my career every day, in some form or fashion, even when I am not busy painting a mural," Palmer said. "Now a days it seems people want us to do larger ones, with more detail about their agendas or concerns and I have to be ready with plenty of supplies to make that happen."

Successful nationally known Oklahoma sculptor Joel Randell said he was fortunate to get into one of Palmer's traditional painting classes at UCO in 1993. Randell went on to help Palmer complete 450 murals around the state.

"His quiet insistence that I trust my talent, telling us to paint big during the semester helped me learn to paint in an impactful way to create colorful and lifelike murals," Randell said. "I think that Bob can serve as an inspiration for all



2017 Indoor Mural for Fields of Hope.

of us of the power of mentoring a new generation of artists. The new budgeting for public art across our communities is transforming the cultural landscape in Oklahoma towns and cities."

Oklahoma art historians say Palmer had a lot to do with Edmond's City of Art status by showing the way to engaging its citizens and visitors with public art.

The art rich community began with more than 100 sculptures and paintings. This was sparked 30 years ago when Palmer first took his mural painting class's artists off campus from the University of Central Oklahoma to begin an intense mural painting campaign. This emphasis on adding public art to the community stretched seven semesters before they ran out of walls to paint in the downtown and outlying Edmond area.

This intense emphasis on public art in Edmond sparked many other public art installations, mostly focused on sculptures. The city created the Edmond Visual Arts Commission in 2001, half funded by Edmond's Art in Public Places Program. It commissioned many art pieces placed across Edmond's grassy intersections, city streets, business entrances and parks during the past 20 years.

Growing to more than 260 murals, sculptures and installations, Edmond exploded with public art. Edmond utility, transformer and traffic boxes are currently being transformed into works of art.

"As a public art muralist when you paint a scene on a huge scale the viewer is engaged through

the powerful lens of their cultural heritage," Palmer said. "My former students and I have done so many, when I retired, I finally put some of the best and largest into a book that has sold well."

His hard back coffee table book "Painting Oklahoma and Beyond" with 500 photos of his murals is available at Painting Oklahoma and Beyond illustrates state murals ([oklahomabooksonline.com](http://oklahomabooksonline.com)).

"While other artists have paintings in the permanent collection of prestigious museums, my pride is based on far more people seeing mine daily," Palmer said.

His last three decades as a prolific muralist means more of his art is on public display in Oklahoma than any artist in history and will remain so well into the future.

Palmer says while some artists have their photo taken with famous people, he tries his best to capture the normal street scene the viewer might have seen from the past at its most colorful and most robust.

"This mural work puts me on the road a lot. But I try to make sure the majority of my time away from home is applying paint to my murals," Palmer said. "Along the way I have met so many neat people here in Oklahoma it has made it a fun, exciting life."

"My wife has been my biggest fan. Starting off she wanted to keep track of every piece of art I did. After two years she realized that was not going to work and was happy to share her husband with the world," Palmer said, referring to his wife of 48 years, Carolyn.

### Over 55, Unemployed & Looking for Work?



The AARP Foundation Senior Community Service and Employment Program (SCSEP) can help you keep pace with the changing nature of work and improve your ability to find employment, even in today's tough job market. AARP Foundation SCSEP places older workers in a variety of community service activities at nonprofit and public facilities like day care and senior centers, schools and hospitals. As a participant, you can sharpen your job skills and earn income — all while giving back to your community.

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## OPINION



### Social Security Calculators That Can Help You Decide When to Claim

*Dear Savvy Senior,*

Can you recommend some good resources that can help my wife and me determine the best claiming ages for maximizing our Social Security retirement benefits? Just Turned 62

Dear 62,

Deciding when to start collecting your Social Security benefits is one of the most complicated and consequential decisions in retirement. The difference between a good decision and a poor one could cost you and your wife tens of thousands of dollars over your retirement, so doing your due diligence now is a very smart move.

#### Factors to Consider

As you may already know, you can claim Social Security any time between the ages of 62 and 70, but each year you wait increases your benefits between 5 and 8 percent. However, there are other factors you need to take into account to help you make a good decision, like your health and family longevity, whether you plan to work in retirement, along with spousal and survivor benefits.

To help you weigh your claiming strategies, you need to know that Social Security Administration claims specialists are not trained or authorized to give you personal advice on when you should start drawing your benefits. They can only provide you information on how the system works under different circumstances. To get advice you'll need to turn to other sources.

#### Online Tools

Your first step in getting Social Security claiming strategy advice is to go to [SSA.gov/myaccount](https://ssa.gov/myaccount) to get your personalized statement that estimates what your retirement benefits will be at ages 62 through 70. These estimates are based on your yearly earnings that are also listed on your report.

Once you get your estimates for both you and your wife, there are a number of online Social Security strategy calculators you can turn to that can compare your options so you can make an informed decision.

The best one that's completely free to use is Open Social Security ([OpenSocialSecurity.com](https://OpenSocialSecurity.com)), which runs the math for each possible claiming age (or, if you're married, each possible combination of claiming ages) and reports back, telling you which strategy is expected to provide the most total spendable dollars over your lifetime.

But if you want a more thorough analysis consider fee-based calculators like Maximize My Social Security ([MaximizeMySocialSecurity.com](https://MaximizeMySocialSecurity.com)) or Social Security Solutions ([SocialSecuritySolutions.com](https://SocialSecuritySolutions.com)). Both of these tools, which are particularly helpful to married couples as well as divorced or widowed persons, will run what-if scenarios based on your circumstances and show how different filing strategies affect the total payout over the same time frame.

Maximize My Social Security's web-based service costs \$40 per year for a household, while Social Security Solutions offers several levels of web-based and personalized phone advice ranging from \$20 to \$250.

#### In-Person Advice

You may also be able to get help through a financial planner. Look for someone who is a fee-only certified financial planner (CFP) that charges on an hourly basis and has experience in Social Security analysis.

To find someone, use the National Association of Personal Financial Advisors online directory at [NAPFA.org](https://NAPFA.org), or try the Garrett Planning Network ([GarrettPlanningNetwork.com](https://GarrettPlanningNetwork.com)), which is a network of fee-only advisers that charge between \$150 and \$300 per hour.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](https://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

<b>COVID-19 Cases:</b>	<b>666,040</b>
<b>New Cases Today</b>	<b>432</b>
<b>Sunday New Cases (11/28/21)</b>	<b>331</b>
<b>Friday &amp; Saturday New Cases (11/26-27/21)</b>	<b>2,112</b>
<b>Thursday New Cases (11/25/21)</b>	<b>945</b>
<b>New Cases 7 day Average</b>	<b>679</b>
<b>Active Cases</b>	<b>8,701</b>
<b>CDC/NCHS Provisional Deaths</b>	<b>11,903</b>
<b>Acute Care OSDH Licensed Facilities/Location**</b>	<b>Recent 3 day Ave. Hospitalizations</b>
	<b>Cases (ICU)</b>
Region 1 (NW)	29 (9)
Region 2 (NE)	34 (9)
Region 3 (SW)	46 (14)
Region 4 (EC)	18 (4)
Region 5 (SE)	21 (4)
Region 6 (Central)	35 (16)
Region 7 (Tulsa)	138 (58)
Region 8 (OKC)	133 (34)
<b>Total</b>	<b>454* (148)</b>
<b>Other Types of Facilities</b>	
Focus Facilities	13 (5)
Rehabilitation Facilities	0 (0)
Tribal Facilities	12 (1)
<b>Other Facilities Total</b>	<b>25 (6)</b>

\*Includes 16 hospitalizations in pediatric beds.

\*\*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 2021-11-29 at 7:00 a.m.

## GUIDING

Continued from Page 1

impactful and credible message. Just like in his thought-provoking memoir "Master of None - How a Jack-of-All-Trades Can Still Reach the Top," Cliff shared relatable experiences with his audience."

Hudson gave several examples of how he listened to his franchisees ideas and adapted them into Sonic's business of driving innovation and long-term business performance. Some would say this was crucial in making Sonic America's Drive-In.

Hudson was tapped to lead Sonic in 1995, overseeing the drive-in chain's growth from 1,500 locations in 27 states with systemwide yearly sales of \$905 million to 3,547 locations in 46 states and systemwide sales of \$4.5 billion. Franchise opportunities at Sonic have been rated as high as number three in the country.

His audience was treated to a surprisingly candid speaker who shared rare insight into his ability to climb the leadership ladder while guiding adaptation in the menu and business model at Sonic Corp.

Each time the Sonic board made

him an offer to give him more leadership potential at the growing national brand Hudson was faced with a major decision, a consuming question about his career.

First hired as general counsel, promoted to chief financial officer and later chief operating officer, the board finally asked him to serve as CEO and chairman of the board.

As he became a more skilled negotiator and capable administrator, he said he would study at each new opportunity. He then had a dialogue with himself wherein he would ask himself what the outcome would be if he did not measure up to the new challenge.

Each time a promotion was offered he realized the worst thing that could happen to him was he would leave the company with more stock ownership and for the last promotion leave having been the CEO of a major national corporation. He served as CEO for 23 years.

But clearly all of this was based on a firm foundation of education, good interpersonal skills gained as president of Northwest Classen High School Student Council, and entrepreneurship from college on.

While studying at the Georgetown University Law Center he edited the prestigious International Law Journal (a publication of the Association of Student International Law Societies).

He said several times there were valuable ideas offered by individual franchisees. He took their idea to sell ice cream, which Sonic did not then offer, to heart. He realized Sonic could add the two cheapest things to any product, air and water to create more sales and offer the customer more services. The more air added to ice cream produces a light and creamy texture. Water could be added to slushes and flavored drinks to expand a line of flavors to give the franchisees more products to sell and increase sales.

Seeing dissatisfaction among some of the franchisees about Sonic's national product being so regulated sparked his innovation mindset. Instead of addressing too much regulation, he innovated by proposing arranging for suppliers to provide national contracts to standardize supplies delivered to each franchise location. This dropped the price franchisees were paying for their supplies and made them more successful.

His speech was well received and after the applause died down

many in the audience formed a line to buy his memoir at a book signing. Hudson's wife Leslie sat at the table with him, opening the books for him to autograph for the buyers.

"Hudson is a good role model for those in the 50+ generation and the gist of his philosophy is available at his web site. He appears to have no plans for slowing down anytime soon," Loudermilk said. "In addition to his time with family and now serving of counsel in the Crowe and Dunlevy's Oklahoma City office, Cliff serves on three non-profit boards as well one for-profit board."

Hudson's philanthropy extends to local schools and his alma maters. The Hudsons endowed the Hudson Fellows scholarship fund for select Ph.D. students at the University of Oklahoma College of Public Health. They increased their scholarship gifts to \$5 million and the OU Board of Regents named the (now) Hudson College of Public Health in their honor in 2018.

He is past chairperson of Georgetown University Law Center's Board of Visitors. In addition he has served on the Oklahoma City School Board and the board of the Oklahoma City MAPS for Kids—a \$700 million school revitalization program.

## Willowood at Mustang Senior Living names Cathy Collins executive director

Willowood at Mustang Senior Living announces that industry veteran Cathy Collins will serve as the community's new executive director. Collins will oversee operations of Willowood at Mustang Senior Living's assisted living and memory care apartments.

Collins has served seniors for most of her life. A born and raised Oklahoman, she began her career as a certified nursing assistant, then a certified medical assistant, and later became a licensed practical nurse. In the years that followed, she worked in healthcare administration.

Now, as Executive Director for Willowood at Mustang, Collins will lead a team of senior care professionals in providing residents with the best quality services and care, all while ensuring residents are thriving in a loving, safe, fun community environment that feels like home.

"At the end of the day, it's the best reward to know I've made a difference in residents' lives," said Collins. For more information about Willowood at Mustang Senior Living visit: <https://willowoodatmustang.com/>



Cathy Collins - Executive Director, Willowood at Mustang Senior Living.

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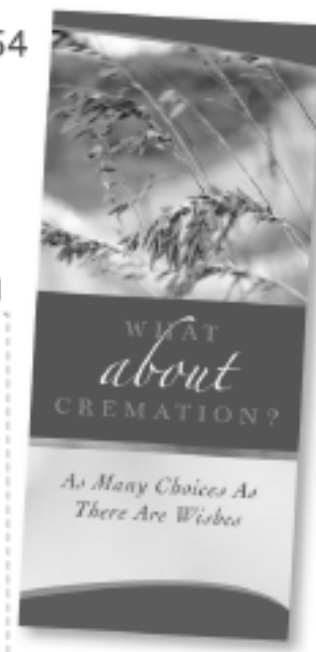
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# Thankful for a New Lease of Life this Thanksgiving

## An Oklahoma Man Shares His Heart Transplant Journey

With a renewed lease on life, this Thanksgiving will be extra special to Jack Chappell, 57. After showing signs of heart failure nearly a decade ago, this father of two began the fight of his life.

In 2012, Chappell fell ill with persistent symptoms. "I felt like I had a cold I couldn't get rid of," he says. "I coughed a lot. I couldn't get rid of it. I just felt lousy. I also felt like I was putting on weight." In 2013, after a business trip and at the urging of his wife, he was diagnosed with heart failure due to a severely weakened heart muscle by his primary care physician and was connected to cardiologists at INTEGRIS Health.

2015 was a difficult year for the Chappell family, and Jack especially, as his father tragically succumbed to terminal heart failure

at the age of 82. Within a short time after his father's passing, Jack's heart failure also worsened to the point where his life was in imminent danger. He was admitted to INTEGRIS Health under the care of Douglas Horstmanshof, M.D., co-director of INTEGRIS Advanced Cardiac Care (IACC), and underwent placement of a life-saving HeartMate 2 Left Ventricular Assist Device (LVAD). Chappell recovered quickly and was able to leave the hospital just over two weeks after LVAD surgery. He rapidly returned to work and an active life, supported by his LVAD. After the need for a LVAD replacement in 2019, the IACC team recommended pursuing a heart transplant, and in 2020, Chappell was placed on the transplant list to begin the search for a new heart.

"Jack is an individual who exemplified the value of being at the only hospital in Oklahoma that has access to all options to treat his worsening heart failure - in this case a LVAD that allowed him to work, care for his family and live successfully for years with a good quality of life," states Horstmanshof.

Jack's journey to a new heart was prolonged after contracting COVID-19 in November 2020. Despite a successful recovery from COVID under the care of the IACC team, his health declined again in early 2021, and he was admitted to the hospital for ongoing care while awaiting his new heart. He would spend four long months in the hospital waiting for his heart transplant. "That's a long time to be in the hospital for sure," he



admits. "But I got used to the routine of being there. I'd wake up, eat breakfast, do my labs, and work remotely from my hospital bed. I was able to stay busy."

In July 2021 he received the life changing news that he was getting a new heart. Chappell says he was in shock and then broke down in tears. "I honestly don't remember going to surgery. I just remember waking up in the ICU with a brand new heart and a second chance at life."

"After getting his new heart, every member of the INTEGRIS

See JOURNEY Page 7

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## JOURNEY

Continued from Page 6

Health staff that was involved in his care celebrated with Jack and his immediate family," Horstmanshof remembers. "Our whole team remains so proud of him for his dedication and grace throughout his journey and looks forward to many more years of knowing and caring for him as his INTEGRIS Health Family!"

Chappell recently joined other LVAD patients and completed the 5K in the Oklahoma City Marathon. He routinely stays in touch with the LVAD team and speaks to other heart transplant and LVAD patients as an advocate for the program.

A group of people posing for a photo Description automatically generated Jack enjoyed a fulfilling and active life with his LVAD, but is looking forward to rediscovering swimming or being in water without concern for his device. Now, after his transplant, he is getting back to traveling, going to football games, all while knowing he has more time to spend with his family. However, there will always be a special place in his new heart for the hospital he called 'home' for so long.

"We've got the best heart team right here in Oklahoma City. I don't know why anyone would go anywhere else."



Jack Chappell, 57. After showing signs of heart failure nearly a decade ago, this father of two began the fight of his life.

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# Friends of the Capitol celebrates Statehood Day with OKCPS 4th grade artists at the Oklahoma State Capitol!

Friends of the Capitol was honored to host their annual Statehood Day art contest with nine OKCPS 4th grade classes. Ridgeview, Adelaide Lee, Hawthorne, Coolidge, Shidler, Hillcrest, Britton, Cleveland, and Martin Luther King Elementary Schools all competed for 1st, 2nd and 3rd place. The theme was "My Oklahoma," which all the students painted their interpretation of what Oklahoma meant to them. Their works of art was showcased at the Oklahoma State Capitol, on Statehood Day. All their families, friends, and teachers came out to support them and had some refreshments and celebrated Oklahoma's Birthday!

There were protests going on at the Capitol that week and this brought some light to the Capitol and to Oklahoma. Seeing the 4th graders dressed up showing off their art to everyone was priceless!

"Friends of the Capitol" loves being a part of celebrating Statehood Day by bringing in kids and educating them about our Capitol and our great State. It is a great way to get Oklahomans involved"-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. For More Information: Amy Dillon, 405-843-2443 or [adillon@friendsofthecapitol.com](mailto:adillon@friendsofthecapitol.com) or visit [www.friendsofthecapitol.com](http://www.friendsofthecapitol.com).



Continued next page



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# A Passion for Writing Bears Fruit

Story by Darl Devault, Contributing Editor

Seven years after retiree Mac Troy began writing his novel and a year after his own untimely death, the longtime Oklahoma City resident's time-travel saga "Out of Time" is finally in print.

Featuring a modern-day teenager's time travel to Oklahoma's Territorial days, the book would never have been published without the assistance of his widow, Carol Wilkinson Troy, a longtime on-air personality and executive at KOCO-TV5 in Oklahoma City.

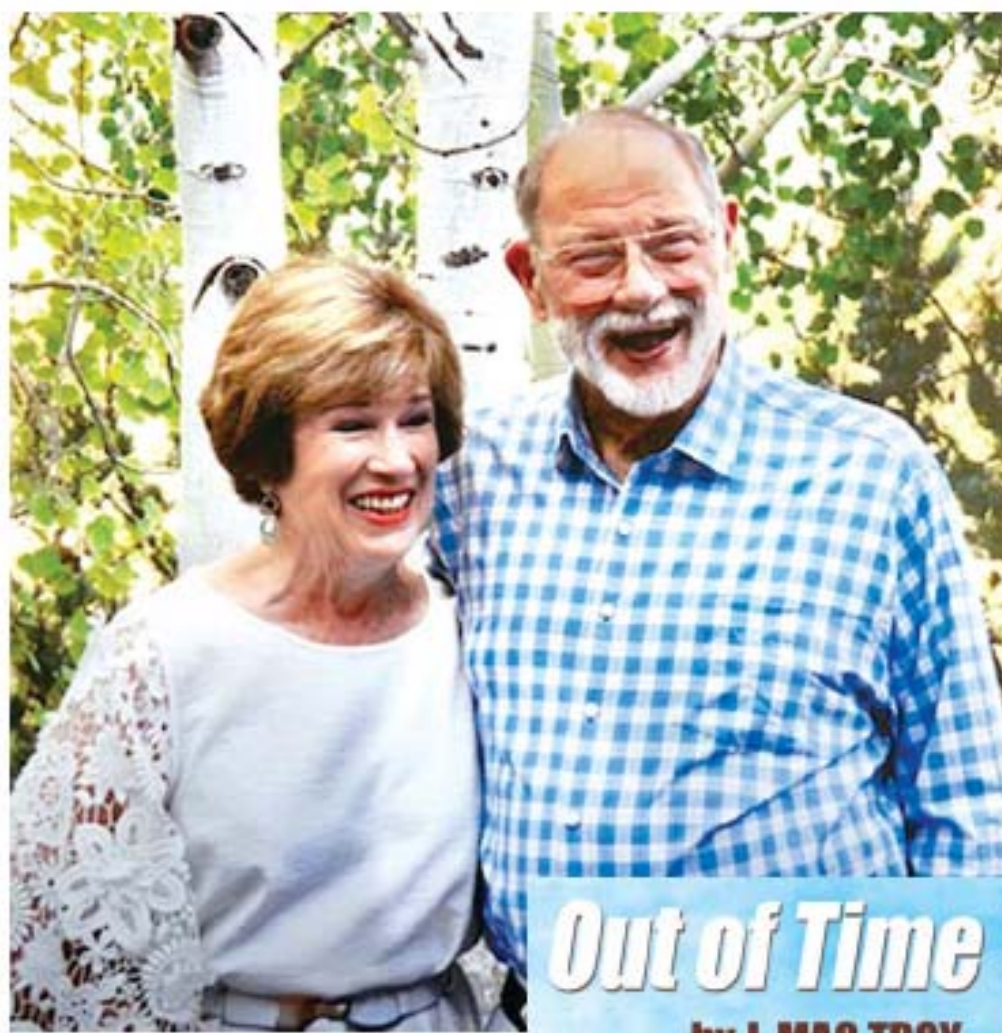
"Out of Time" is the realization of Mac's dream to write a book that would transport readers of all age groups to new worlds," Carol Troy said. "His not living to see his dream realized was sad enough, but it would have been truly tragic if his efforts had all come to naught."

The paperback book of 350

pages will make its debut on Friday, Dec. 3, at Full Circle Bookstore in north Oklahoma City. A talk about the book and its long journey to print will be given by several guests invited by Carol, who will sign books for her late husband.

Finally retired after decades of producing television documentaries and operating his own advertising agency in Oklahoma City, Troy began writing "Out of Time," his third work of fiction, in 2014. Although he produced numerous award-winning documentaries and ads during his career, including one Emmy nomination, the noted metro resident was at heart a fiction writer.

"Mac was a voracious reader," Carol said, "and he lived a pretty adventurous life, including directing a documentary film crew in the climbing of Citlaltepetl,



Carol Wilkinson Troy and J. Mac Troy pose in their backyard in 2019. Right - "Out of Time" Book Cover.

the third highest peak in North America. His life experiences and love of the written word came together in his writing."

"Out of Time" follows the adventures of teenager Travis "T-Bone" Stone of modern-day Dallas, Texas, who unexpectedly finds himself and his dog transported back in time to Oklahoma's territorial days. Adjusting to his new life as a greenhorn cowboy, the athletic youth falls into the company of a colorful assortment of rough-and-ready characters who teach him how to survive the dangers of life in the West.

Along the way, the wide-eyed time traveler meets the mysterious Wind Dancing, a fetching Cherokee maiden who has more than a little to do with T-Bone's time-travel adventure. His ready adaptability to his new environment and his passionate feelings for Wind Dancing leave young T-Bone with mixed feelings about returning to his former life in the 21st century.

Although a complete work of fiction featuring a dog that communicates with the young at heart, Troy strived for historical accuracy in his depiction of life in the early 1890s Oklahoma

and Indian territories. The author consulted with noted Oklahoma historian Dr. Bob Blackburn to achieve this realism.

"The author has done a superb job of mixing fantasy time travel with an authentic history of cowboys and Indians in the Old West," Blackburn said. "I thoroughly enjoyed this book."

Blackburn has been invited to the Dec. 3 book signing to comment on the historical events and characters in the book. Several other special guests, including Oscar-winning producer Gray Frederickson, may be present to discuss Troy's efforts to get his final manuscript in print.

"It's been just a little more than a year since Mac's death," Carol said, "so the celebration of his book's debut will also serve as a nice commemoration of his life and his passion for writing."

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**BBT** One gallon of used motor oil can ruin approximately one million gallons of fresh water!

**BBT** More money is spent on

gardening than on any other hobby!

**BBT** In Tennessee, a law exists which prohibits the sale of bologna (meat) on Sunday.

**BBT** In the White House, there are 13,092 knives, forks and spoons!

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## TRAVEL / ENTERTAINMENT

# The Gifts from Bethlehem ... Pennsylvania, That Is

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

As covid just won't go away, I find it comforting and safer to recall previous travels, that I hope you will find interesting, until safe travel becomes the norm.

Best known for its history as a steel town, Bethlehem Pennsylvania has a number of gifts for the traveler searching for authentic Americana. A few of the buildings on the vast expanse of the grounds of the Bethlehem Steel plant have been preserved as giant iconic sculptures of steel as a backdrop for a plaza and event space called SteelStacks. The space consists of several outlets for information and entertainment including, the ArtsQuest Center for films, shopping, snacks, the Air Products Town Square with its performance stage for free programming year round, the outdoor space of the PNC Plaza and the Levitt Pavilion SteelStacks amphitheater for all types of music.

And while at SteelStacks it would be hard to miss the 40 foot tall glass sculpture in the spiral staircase produced by ArtsQuest's Hot Glass Studio (The Banana Factory). The studio is open for public viewing as the craftspersons blow and manipulates hot glass into a variety of shapes. The process is hypnotic as the glass team seems to do an impromptu dance as they assist the main glass blower. Samples of their work are on display and perhaps can be purchased. The free gift of observing the glass blowing experience is another valued gift of Bethlehem.

While in Bethlehem you must visit the Sands Casino Resort Bethlehem; whether it's for gaming, a gourmet meal with exceptional service at Emeril's Chop house, or just marvel at the Steel plants transformation into a glamorous high end entertainment venue. My beverage and dining offerings were beyond my expectations. Additional food service is available at the Carnegie Deli, St James Gate Irish Pub and Carvery, The Market, Chopsticks or the Cobalt Buffet and Café. Of course the Sands offers an expansive hotel and even an upscale shopping mall with such stores as, Tommy Hilfiger, Izod, Ultra Diamonds, and Lenox to name a few.

For a more traditional dining experience, you can take in Fegley's Brew Works located on Main Street where the beer makers craft is taken seriously. Not being a beer person I was pleased to learn of the different qualities and techniques that make up the brewers art from light ales to dark and tasty beers. Some beers are seasonal, as is their Pumpkin Ale, but others range from the award winning Fegley's E.S.B., an amber light; to the dark Steelworkers Oatmeal Stout, which is a reply to Guinness and is described as "a meal in a glass." In addition to their unique beers they offer a nice selection of wines from California, Argentina and Germany.

For a quiet and laid back evening, the Edge Restaurant fills the bill, with subdued lighting and white table cloth elegance. You are taken back to a fine dining experience unexpected in this rural Pennsylvania setting. My Sautéed Scottish Salmon with Fig Balsamic was surpassed by their special side dish of potatoes au gratin; a seemingly simple dish but which always gets rave reviews.

Of course the real charm of Bethlehem, Pennsylvania is staying in downtown proper with its historic buildings dating back to 1700s and perusing the shops including the extensive Moravian book store with seems to go on forever. Being founded in 1745 it claims to be the World's Oldest Book Store. I wonder what London would have to say about that. The Bethlehem hotel is a member of the National Trust Historic Hotels of America, but modern in comfort and amenities, in an upscale 1920's atmosphere.

The hotel's bar, the Tap Room, adjacent to the main lobby, proudly boasts photographs of the hotels past guests including, Thomas Edison, Amelia Earhart, Johnny Bench and Presidents Eisenhower, Clinton,



Kennedy and Ford. For a step back in time a visit to the 1758 Moravian Sun Inn can be toured, or you may reserve your space on an adventure in the afterlife with their paranormal experiences.

Before there was steel, the towns religious founders pondered over a name for their new town, and feeling inspired, named it Bethlehem. Today it is known as the Christmas City complete with a shining star in the hills. The gifts of Bethlehem and the Lehigh Valley can be enjoyed year round for a quaint historic American experience with a dash of dining, education and entertainment.

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Past President: International Food Wine and Travel Writers Association

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## STRANGE BUT TRUE

SO THEY SAY...

### STRANGE LAWS

**BBT** In Texas, it's against the law for anyone to have a pair of pliers in his or her possession.

**BBT** In Philadelphia, you can't put pretzels in bags based on an Act of 1760.

**BBT** Alaska law says that you can't look at a moose from an airplane.

**BBT** In Corpus Christie, Texas, it is illegal to raise alligators in your home.

**BBT** In Miami, it is forbidden to imitate an animal.

**BBT** It is against the law to mispronounce the name of the State of Arkansas in that State.

# Brightmusic Chamber Ensemble Presents "Symphonic Strings"

Strings take center stage in Brightmusic Chamber Ensemble's third concert, "Symphonic Strings," 7:30 pm on January 11 at First Baptist Church in Oklahoma City. The concert will present Ravel's Sonata for Violin and Cello, which marked a turning point in his career, Gerald Finzi's powerfully expressive Interlude for Oboe and String Quartet and Pyotr Ilyich Tchaikovsky's only sextet, his "Souvenir de Florence," which has been described as a symphony for six strings.

The concert takes place at the First Baptist Church, 1201 N. Robinson Ave., Oklahoma City. Season passes, available on the website, are \$125 for the five regular-season concerts and all concerts of the summer festival. Single admission tickets are \$20 at the door. Admission is free for students and active-duty military with ID.

Maurice Ravel composed his four-movement Sonata for Violin and Cello between 1920 and 1922 and dedicated it to the memory of Claude Debussy, who had died in 1918. Described as "lean" and "linear," the sonata stood in sharp contrast to the lush harmonies and textures of his earlier works and was, Ravel wrote, "stripped to the bone; harmonic charm is renounced, and there is an increasing return of emphasis on melody." The sonata would, as the composer predicted, mark a turning point: after Debussy's death, Ravel was widely considered the leading French composer of the era.

British composer Gerald Finzi's personal and introspective Interlude for Oboe and String Quartet was written between 1932 and 1936 and, along with his clarinet concerto, is one of his best-known instrumental compositions. The one-movement work was subsequently arranged



Shaohong Betty Yuan, Amy I-Lin Cheng, Parthena Owens.

for oboe and string orchestra big, passionate piece with wide- and for oboe and piano. Despite its brevity, the Interlude is a

Continued next page

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L-R Tanya Bannister, Katrin Stamatis, Gregory Lee, Mark Neumann, Jonathan Ruck.

## STRINGS

Continued from Page 14

ranging moods and may have originally been intended as part of a concerto.

Tchaikovsky's four-movement sextet, "Souvenir de Florence," is a romantic symphony in microcosm. The work is so titled because one of the principal themes was sketched while the Russian composer was visiting Florence, Italy, but it is distinctly Russian. The composer wrote to a friend, "I am, in essence, composing for the orchestra, and

only then arranging it for six string instruments," a task he described as "unimaginably difficult." The result is a small-ensemble work with the grandeur of a symphony and the grace of his ever-popular "Serenade for Strings."

The Brightmusic Chamber Ensemble is Oklahoma City's foremost presenter of classical chamber music. For more information, visit us at [www.brightmusic.org](http://www.brightmusic.org) and follow us on Facebook at <https://www.facebook.com/BrightmusicOK>.

## STRANGE BUT TRUE

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**BBT** The average American/Canadian drinks about 600 sodas a year!

**BBT** A person uses approximately fifty-seven sheets of toilet paper each day!

**BBT** Honolulu is the only place in the United States that has a royal palace!

**BBT** In 32 years, there are about 1 billion seconds!

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## TINSELTOWN TALKS:

# Claude Jarman Jr. recalls a family classic: "The Yearling"

By Nick Thomas

Premiering in Los Angeles a few days before Christmas 75 years ago this year, "The Yearling" depicted the post-Civil War Baxter family struggling to survive in the backwoods of Florida. Notwithstanding fine performances from screen parents Gregory Peck and Jane Wyman, the film soon became a family favorite due in no small measure to Claude Jarman Jr. and his dramatic portrayal of their son, Jody.

Just 10-years-old when filming began in spring 1945, it was young Claude's first professional acting job. His powerful emotional performance was recognized with a Juvenile Academy Award.

"The only previous experience I had was in fourth and fifth-grade school plays and some community theater in Nashville where I grew

up," said Jarman from his home north of San Francisco. "MGM conducted a national search and the director, Clarence Brown, wanted a boy who was totally natural and looked the part - a skinny blonde kid, which I was."

Location filming in Florida took several months and was especially challenging because the director required dozens of takes for almost every scene which often featured animals, notably wild deer.

"They are obviously unpredictable," explained Jarman. "In one scene I had to run up to a neighbor's house with the deer following me, but it wouldn't. We had to do that probably 100 times before getting it right."

Jarman says several fawns were used in the film and each was named.

"My favorite was called Bambi and it grew into a yearling during the movie. Bambi was probably in 70% of the scenes where you see a deer and was the only one that would sit on my lap for hours with its legs folded which is usual because they normally want their legs down so they can quickly run from danger. I had a wonderful relationship with that fawn which, like me, grew up while making the movie."

Like Bambi, Claude also grew taller during production, but he

actually lost weight as the grueling shooting progressed through the humid Floridan summer.

"In those days, we could shoot 7 days a week in Florida," he recalled. "I was 110-lbs at the beginning of filming but lost 10-lbs by the end and was totally spent."

Considering his limited previous acting experience, Jarman's moving performance is still impressive to watch, especially the final scenes with the deer.

"The cast and crew were together for many months, so as the filming progressed you really got into the part and lived it," he said. "It was emotional for me, but you just took it one day at a time."

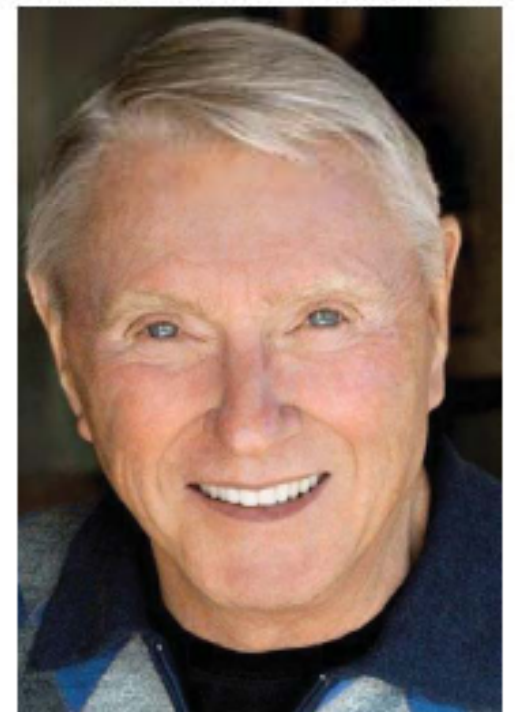
Jarman's film career ended in the mid-50s, but not before working with legends such as John Wayne in "Rio Grande" and Randolph Scott in "Hangman's Knot." "Intruder in the Dust," dealing with racial issues in the South, remains a personal favorite. He discusses his career in his 2018 autobiography, "My Life and the Final Days of Hollywood," available through Amazon and his Facebook page ([www.facebook.com/MYLIFEANDTHEFINALDAYSOFHOLLYWOOD](https://www.facebook.com/MYLIFEANDTHEFINALDAYSOFHOLLYWOOD)).

"I made 10 other films after 'The Yearling,'" says Jarman, "but nothing came close to being as difficult."

Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See [www.getnickt.org](http://www.getnickt.org).



Claude Jarman Jr. with fawn in *The Yearling* - MGM



Claude Jarman Jr. - sffilm

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# Midwest City Free Holiday Lights Spectacular

## *Now through Christmas night at Joe B. Barnes Regional Park*

Story by Darl Devault, Contributing Editor



Midwest City's Holiday Lights Spectacular creates a free holiday drive-through wonderland of twinkling lights celebrating the magic of the season with more than 100 animated light displays.

"The City of Midwest City is excited to bring Holiday Lights Spectacular back for the 2021 holiday season," said Josh Ryan, communications and marketing director. "The lights are an important holiday tradition for families in eastern Oklahoma County. Despite the many challenges we had in getting the show running this year, we knew it was a challenge we had to overcome."

The lights at the popular destination giving visitors plenty of the Christmas spirit to enjoy shine brightly each night through Christmas night (Dec. 25). The holiday light's shimmer will be viewable from the comfort of personal vehicles in a driving tour from 6-10 p.m. Sunday through Thursday and from 6-11 p.m. Friday-Saturday and 6-11 p.m. Christmas Eve and Christmas day.

Joe B. Barnes Regional Park comes alive with secular and religious displays featuring the vibrancy of a majestic 118-foot Christmas tree illuminated with more than 9,000 LED lights and topped off with a dazzling 8-foot star.

Visitors can enjoy driving through more than one million sparkling lights, many of which are animated. This seasonal celebration of animation is the hallmark of the display's dazzling winter wonderland claim to fame.

The lights of every color spectacular features the animated illumination celebration of a dancing forest light show performing to traditional holiday music. Visitors tune their vehicle radio to a specific frequency to hear the holiday music that accompanies the animation.

The one-of-a-kind Santa fly fishing in a 20-foot-tall waterfall with gliding fish and prancing animals is a unique feature of the loop through a quiet wooded area. Elves are seen baking their Christmas confections in the animated Candy Cane Company.

The Park is transformed into a lighted wonderland where visitors can see anything from the Nativity scene to Santa playing soccer. Visitors drive through the park and experience the displays while in the warmth of their car. The estimated drive time for completing the tour is 20-30 minutes.

This family tradition began in 1995 with just 44 displays and has grown to be what at one point was the largest animated lights display in a five-state region.

The Park, 10 minutes east of OKC at 8700 E. Reno Ave., is easily found from I-40. Head north on Douglas Blvd. to find the lit snowflakes heading west on SE 15th St. to the entrance south on Century Blvd between Midwest Blvd. and Douglas.

Admission is free, thanks to the Midwest City Chamber of Commerce and many merchants. The Holiday Lights Spectacular runs on sponsorships and donations. Donations are appreciated onsite or contact organizers.

With easy access from I-40 and just 10 minutes east of Oklahoma City, visitors and their family will want to make this an annual tradition for years to come.

For group arrangements for the light show, including guided group tours and itinerary planning and more general information call 405-739-1289 or visit Holiday Lights Spectacular | Midwest City Oklahoma. Organizers thank sponsors for their support that allows them to present this community service to the public.



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# Welcome Home Vietnam Veterans Reception

Story and photos by Durl DeVault,  
contributing editor

Two of Oklahoma's most esteemed combat Veterans spoke about their service at a reception on Marines Corp Day, the night before they were honored as Parade Marshalls at the Midwest City Veterans Day Parade.

They were hosted by civic leaders and volunteers in welcoming home Vietnam Veterans in an often-somber reception planned by Midwest City Mayor and U.S. Coast Guard Veteran Matt Dukes.

More than 100 Vietnam combat Veterans gathered at the Reed Center in Midwest City saw several somber military traditions presented.

The men heard speeches by U.S. Air Force (Ret.) Colonel Chuck DeBellevue, 76, America's top air ace of the Vietnam War, and U.S. Army (Ret.) Major Ed Pulido, whose vehicle was hit by a roadside bomb in Baqubah, Iraq in 2004. The two combat Veterans emphasized the attending Veterans'



Retired Veterans (from left) Chuck DeBellevue, Matt Dukes, Bruce Ewing and Ed Pulido pose at the reception welcoming Vietnam Veterans home at Midwest City's Reed Center.

sacrifice and service was vital to keeping America free.

Four Carl Albert High School Air Force Junior ROTC cadets presented the colors.

Two other cadets then performed the POW/MIA Missing Man Table & Honors Ceremony in a dignified and solemn manner. The National League of Families of American Prisoners and Missing in Southeast Asia first conceived the poignant observance. The emphasis given to the empty chair sitting at a POW/MIA table by the two cadets brought home to the audience the plight of prisoners of war and missing in action soldiers even today.

Dukes emphasized in his opening remarks he was humbled to offer a belated welcome home to Vietnam Veterans from Midwest City, the city where patriotism lives and the spirit flies high.

Area resident U.S. Air Force (Ret.) Col. Bruce Ewing was moved by the honor to attend the event. "For me this was the 'Welcome Home' that we always wanted but never, till lately, got," Ewing said. "Midwest City got it right and I feel the combat Veterans in attendance could feel proud of their service a bit more openly than in years past. In short, it was a joy to be there."

Ewing served in country as a captain 1970-71, as part of the Air Force Advisory Group advising the Republic of Vietnam Air Force at Tan Son Nhut Air Base near Saigon, present day Ho Chi Minh City. He was also TDY to Udorn Royal Thai AFB, Thailand in 1971 when DeBellevue and Steve Richie got their fifth MiG kill making Ritchie the Air Force's first Vietnam ace and moving Chuck on to his later status of leading ace in that war. He retired as a Colonel in 1990 after 27 years of service.

Local Veterans of Foreign War posts, American Legion and the South Vietnam Veterans Association were well represented at the more than 10 tables full of in country Vietnam Veterans.

DeBellevue, narrated his September 9, 1972 mission two MiG kills. Those two kills added to his previous four air victories made him the top air ace of the Vietnam War in his F-4 Phantom II. He ended his detailed account of that mission by emphasizing how humble he was because so many fellow service members made every flight possible.

Continued next page



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## VETERANS

Continued from Page 18

The Edmond resident expressed gratitude for those gathered with whom he shared the perils of war in Southeast Asia to ensure freedom for all Americans.

In honor of those U.S. Marines gathered, the 246th birthday of the Marine Corps ceremony was conducted that evening, also known as Marine Corps Day. Retired Marines Dave Willis and Donald Schmidt cut the symbolic birthday cake in traditional style with a ceremonial sword while Dukes narrated the history of the Corps and ceremony.

Pulido gave a more personal speech. The Edmond resident received the Bronze Star with Valor and the Purple Heart after his left leg was amputated. This ordeal is depicted in his book "Warrior for Freedom: Challenge, Triumph and Change, The Major Ed Pulido Story."

Major Ed, as he is known for his nationwide impact on the Veteran services movement, spoke of his father's cancer diagnosis in December. He expressed its connection to Agent Orange and

how it has impacted his family.

His father, U.S. Army (Ret.) Chief Warrant Officer 4 Manuel J Pulido served in Vietnam and after as a Hughes helicopter crew chief as a Battalion Aviation Maintenance Officer. "My father is an immigrant from Colombia who took the sacred oath seriously to defend this great nation during and after the Vietnam war," Major Ed said. "As a Vietnam-era Veteran who served with honor and distinction for more than 30 years, he taught us the importance of always making sure we understood the mistakes made in not properly honoring his comrades by an ungrateful nation will never again be made on our future war fighters. Because as he puts it, we will never leave anyone behind again on the field of battle and on the Homefront ever again. So, help him God."

"On behalf of a grateful nation, thank you for your service," Major Ed ended his speech. "Thank you for your sacrifice. We will never leave you behind on the field of battle and on the Homefront, so help us God."

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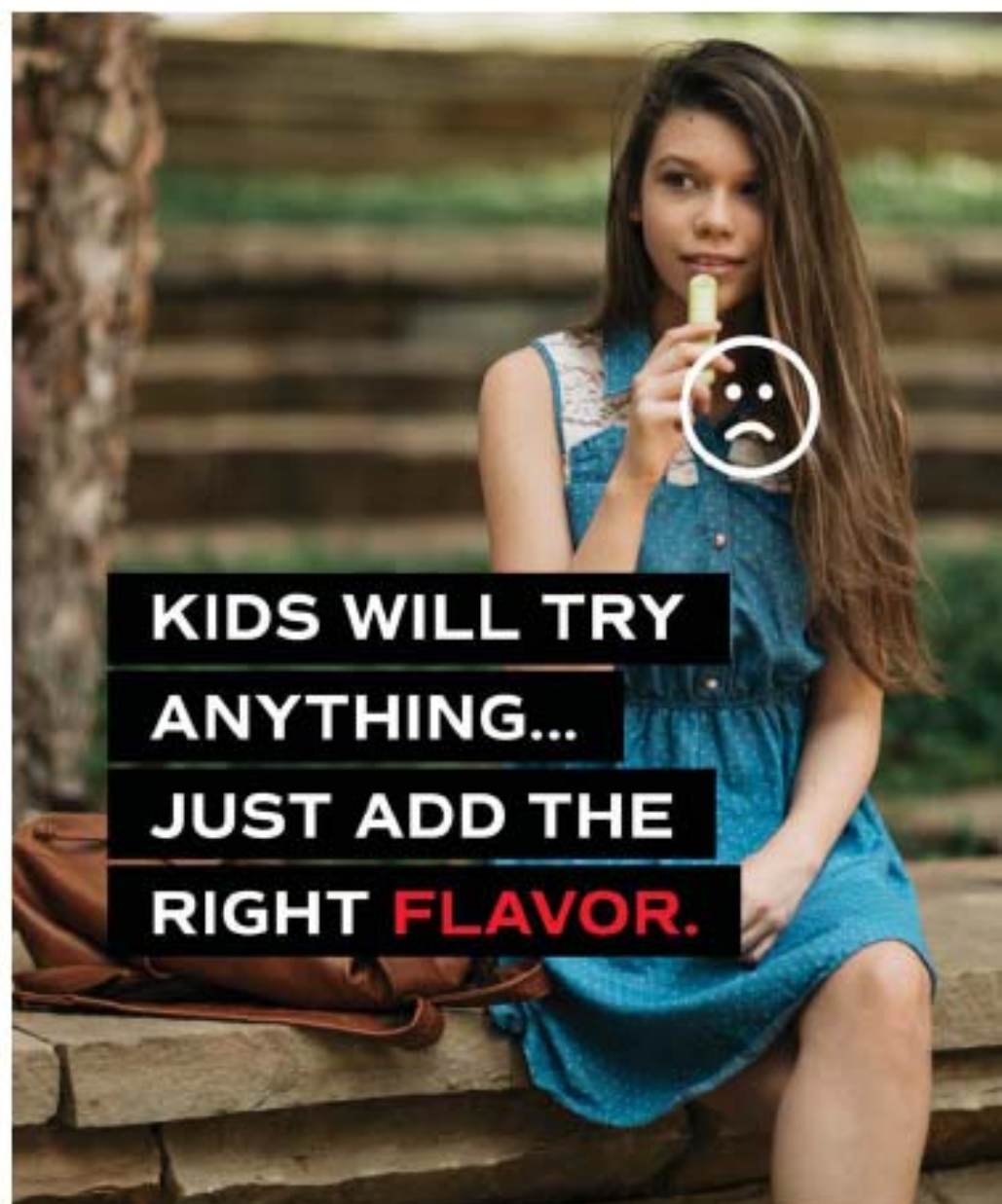
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# OU Public Health Dean Is Senior Author for Global Study

Blood clots are a major concern for people facing various health situations, including surgery, hospitalization and cancer. While current medications lower the risk of clots, they increase the chance of bleeding complications, to an extent that some people cannot take them. However, a new option may be on the horizon — a research study published today in the prestigious *New England Journal of Medicine* shows promise for a new oral medication that is effective for preventing clots without increasing bleeding.

Gary Raskob, Ph.D., Dean of the Hudson College of Public Health at the University of Oklahoma Health Sciences Center, is senior author of the publication and chair of the steering committee for the study. The study tested the drug Milvexian in patients undergoing knee replacement surgery, who have a high risk of developing clots in the deep veins of their legs. More than 1,200 patients undergoing surgery at 118 health centers in 18 countries participated in the trial. Results



Gary Raskob, Ph.D., Dean of the Hudson College of Public Health at the University of Oklahoma Health Sciences Center

showed that a daily dose of 100 milligrams or more of Milvexian was more effective for preventing clots than the current standard of treatment and, importantly, it had a low risk of bleeding.

"We are encouraged by these initial results with this new oral anticoagulant that works differently from existing medications," Raskob said. "We may finally be able to realize the longstanding goal of separating the benefit of anticoagulant medication for preventing clots from its side effect of increasing bleeding complications."

There is an enormous need for drugs to prevent clots — two of the top 10 drugs sold across the world are anti-clotting medications, Raskob said. Blood clots can cause serious illness and disability. As the underlying cause of most heart attacks and strokes, and of clots in the legs that move to the lungs, they are responsible for about 1 in 4 deaths worldwide. Blood clots in the lungs, known as pulmonary embolism, are fatal for about 100,000 people each year in the United States, according to the Centers for Disease Control. Because so many people require the medications to reduce the risk of clots, researchers are devoting significant time and resources to developing new therapies that are effective and improve patient safety.

Researchers chose the drug Milvexian to study because of the way it reacts with a protein in the blood called Factor XI. People who have a genetic deficiency of Factor XI (a condition known as hemophilia C) have a lower chance of developing clots later in life, and they don't have spontaneous bleeding complications compared to people with other types of hemophilia. This suggested to researchers that if Factor XI could be reduced in at-risk patients, clots could be prevented without bleeding complications. Milvexian works by binding to Factor XI and inhibiting it, which reduces the risk of clot development.

Most of Raskob's research career has been devoted to the prevention, diagnosis and treatment of blood clots, formally called deep-vein thrombosis, as well as pulmonary embolism, a blockage that occurs when part of a clot breaks off and travels through the bloodstream to the lungs. In July, he was an author for another publication in the *New England Journal of Medicine* about abelacimab, a monoclonal antibody injected under the skin, which also targets Factor XI for the prevention of clots.

## CROSSWORD CORNER

### Across

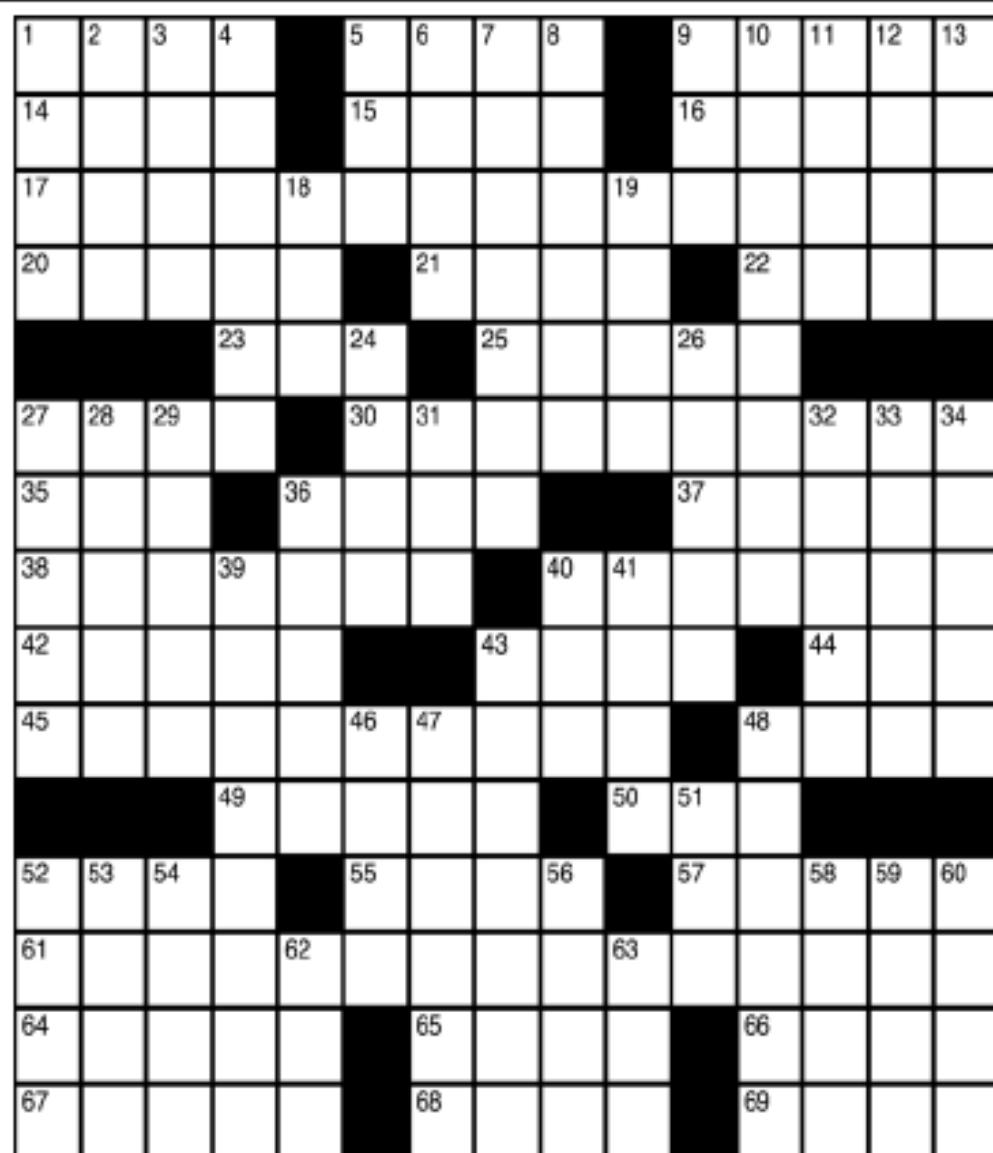
- 1 Stone-shaping tool
- 5 Hindu noble
- 9 Whirlpool brand
- 14 Trade fair
- 15 Dressed (in)
- 16 Apple's apple et al.
- 17 Ponce de Le-n's pursuit
- 20 Second most populous nation
- 21 Hereditary unit
- 22 Dark blue shade
- 23 Org. concerned with reducing emissions
- 25 Buddhist teachers
- 27 Smooch
- 30 2009 title chef played by Meryl Streep
- 35 Year, in Medell'n
- 36 Title for Judi Dench
- 37 Cartridge filler
- 38 Big signs hung in arenas
- 40 "I dunno"
- 42 Bagel flavoring
- 43 Fishing sticks
- 44 Pull hard
- 45 Collectible '90s-'00s stuffed toy
- 48 Measures of cell reception
- 49 [Scowl]
- 50 Pronoun with 51-Down
- 52 Wall St. debuts
- 55 Light controller in a lens
- 57 Overjoy

### Down

- 1 Lower-APR loan
- 2 Neural transmitter
- 3 Tater
- 4 Youngsters' zoo rides
- 5 Color TV pioneer
- 6 Sacha Baron Cohen persona
- 7 "Hidden Figures" co-star
- 8 God, in Hebrew
- 9 American gymnast
- 10 Apollo launch
- 11 R'o contents
- 12 Imp's punishment
- 13 Like used fireplaces
- 18 Bar beer source
- 19 Disaster relief org.
- 24 Open a bit
- 26 Portray
- 27 Skewered meat

### 28 Silly

- 29 Justice Sotomayor
- 31 Verbal hesitations
- 32 Popular video-sharing app, familiarly
- 33 Ring-tailed primate
- 34 Bottom-of-the-barrel stuff
- 36 Jeans fabric
- 39 Topic of little importance
- 40 Short hairdo
- 41 "Grand" ice cream brand
- 43 Give off
- 46 Mideast leader
- 47 Most spartan
- 48 Central American country bordering Mexico
- 51 Pronoun with 50-Across
- 52 Swedish superstore
- 53 Bowling targets
- 54 Numbers that may be long or stacked
- 56 Fence piece
- 58 Improved in a barrel
- 59 Hitting-the-ground sound
- 60 Site offering handmade crafts
- 62 Fitting
- 63 Caustic cleaner



## Broom Hilda

By Russell Myers



## Animal Crackers

By Fred Wagner



## Middletons

By Bill Brewer



## JUMBLE

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

OHOBT

UNDOW

SFLSIO

TOXVER

## 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.

(Answers Next Month)

November  
Answers

Jumbles: HONEY BUNNY LOCKET SOCIAL  
Answer: The dog who was very good at playing fetch was — ON THE BALL

## SHENEMAN THE STAR-LEDGER



## Gasoline Alley

By Jim Scancarelli



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

# Willowood at Mustang Senior Living to Host Holiday "Parade of Trees"



To celebrate the season, Willowood at Mustang Senior Living, offering assisted living and memory care, will be hosting a holiday "Parade of Trees" event.

Several local businesses and vendors have donated six to 14-foot Christmas trees decorated according to the theme: "Christmas Past, Present and Future." From Wednesday, Dec. 1 through Tuesday, Dec. 14, 9 a.m. to 5 p.m. daily, the public is invited to tour the display and enter a raffle to win a tree from the display. In addition, each tree will be entered to win the award for "Favorite Design." The winning business or vendor will receive a wine and cheese basket to share with their team.

This event is free, and guests will be asked to follow COVID-19 protection measures. While vaccinations are

not mandatory to attend, they are encouraged. Upon entry, guests will be given a symptom questionnaire. Hand sanitizer will be available and face masks are required inside to protect our residents.

"We're so grateful for the generosity of the area businesses and vendors that partnered with us for this event and donated the festive Christmas trees for our 'Parade of Trees,'" said Executive Director Cathy Collins. "We can't wait for guests to visit our community and see what's sure to be a winter wonderland." Willowood at Mustang Senior Living was designed to meet the growing need for senior housing and health care in Canadian and Oklahoma Counties and the surrounding area. Willowood at Mustang provides assisted living and memory care residences and offers services centered on quality care and life enrichment. The community is managed by WellAge, a respected senior care management company located in Lakewood, Colorado. For more information about Willowood at Mustang Senior Living, call 405-860-6326 or visit [www.WillowoodatMustang.com](http://www.WillowoodatMustang.com).

## STRANGE BUT TRUE

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**BBT** The Mint once considered producing doughnut-shaped coins!

**BBT** The only 15 letter word that can be spelled without repeating a letter is "uncopyrightable"!

**BBT** The longest recorded flight of a chicken is 13 seconds!

**BBT** The sloth (a mammal) moves so slowly that green algae can grow undisturbed on its fur!

**BBT** Cat urine glows under a black-light!

**BBT** The world's termites outweigh the world's humans 10 to 1!

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# IS IT A STROKE?

*Signs to look for this holiday season*



Stroke Survivor, Leslie Shaw and Ashley Henson.

This holiday season, Leslie Shaw, 66, is looking forward to time with family. It's time the Oklahoma City man wasn't always sure he would have when he was hit by a life-threatening stroke.

A massive stroke nearly claimed Shaw's life, leaving him hospitalized, unable to walk or talk. His doctors warned family members to prepare for a funeral.

"I decided I wasn't ready to get busy dying, so I'm going to get busy living," Shaw said.

Shaw says he was in the hospital when he discovered Valir Pace, a program that could provide him with all-inclusive care.

"We're able to identify a patient, evaluate and give them whatever amount of therapy they need. There's not an insurance company saying, 'OK, you qualify for this many visits and then done.' We just go until the goal is achieved," said Ashley Henson, a nurse practitioner with Valir Pace.

Shaw's stroke happened just a few weeks before his 60th birthday. His godson noticed something was wrong.

"He said, 'Godfather, your face is looking funny.' I said, 'Looking funny?'" Shaw said.

The young man told him his face was drooping. Not long after that conversation, Shaw collapsed and was rushed to the hospital. Doctors told him his only hope to recover was to start therapy as soon as possible.

"There's a window of time after a stroke, we call it neuroplasticity, where the brain is just ready and ripe to rehabilitate," Henson explained.

Henson said Shaw's experience is an important wake up call for all families with older loved ones, adding the holidays are a good time for families to check on their loved ones. Those wellness checks should include making sure they are taking their medications properly and following their doctors' directions, especially if they have high blood pressure or diabetes which both increase the risk of stroke.

Henson said it's also a good time for families to familiarize themselves with the signs of stroke. The acronym F.A.S.T. can help families know what to look for, when it comes to stroke.

The "F" stands for facial asymmetry — that's the "drooping" on one side of the face that Shaw's godson noticed.

"Have them smile. If part of their mouth is not pointing upwards, that's a sign," Henson said.

The "A" stands for arm weakness. The "S" for speech issues, such as slurring their words or struggling with speech. And, the "T" is for time, meaning you need to get help quickly.

Shaw did get to the hospital quickly. He also began therapy shortly after his stroke, and with the help of his therapists, he regained the ability to walk — first with a walker, then a quad cane and eventually walking on his own, even completing a 5K walk with some of his Valir Pace team at his side. He continues to work each week to maintain his strength and mobility.

Shaw credits hard work, God's grace, and his team at Valir Pace for his ability to continue to live independently and says he is ready to enjoy life with those he loves this holiday season.

To learn more about Valir Pace and whether you or a loved one qualifies, visit [ValirPace.org](http://ValirPace.org)

  
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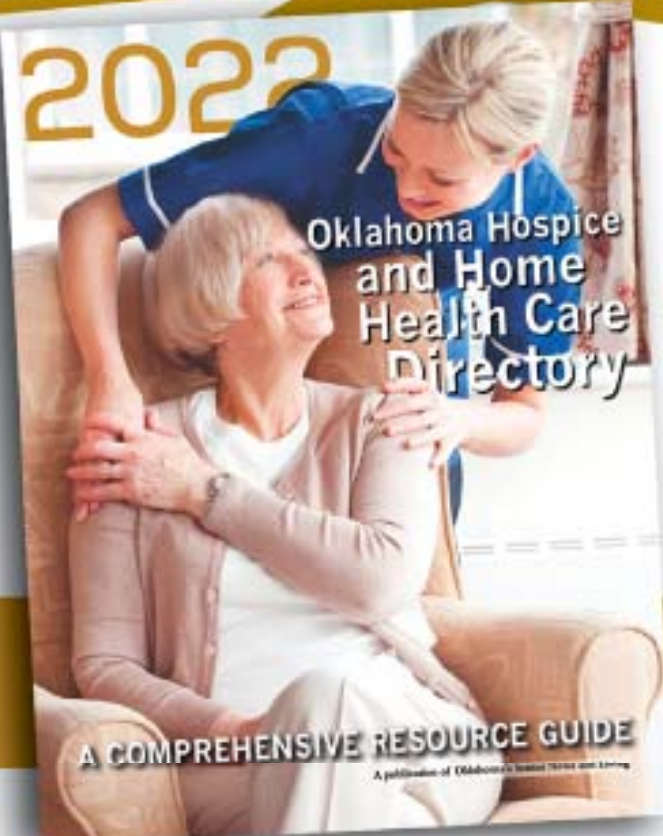


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## Nursing Home Employees Lend a Helping Hand to the Homeless

They say there's no such thing as a free lunch, but that's exactly what employees from St. Ann's Skilled Nursing and Therapy handed out Wednesday afternoon.

Bags filled with sandwiches and chips were put together to help the homeless in Oklahoma City.

"Our staff has really bought into this once-a-month event where we get to come out, we get to serve others," said Mary Peacock-Smith, St. Ann's administrator.

Each month, for the last few months, a group of employees from St. Ann's have assembled meals and then taken them downtown. They set up just north of the Embark bus station in Oklahoma City and hand out the lunches to anyone who asks for one.

On this month's visit, they brought 350 sandwiches, lunch sacks and bottles of water out to fill a void for some of those in need, but there is a greater purpose behind the lunch sacks both for staff members at St. Ann's and for the homeless.

"Being in lockdown and going through that traumatic event together, we needed something to bring us together and bring us a sense of community," said Peacock-Smith. "I think by serving others we really help ourselves in a positive way." The lunch giveaway event is part of a partnership St. Ann's has forged with the local non-profit Oklahoma Citizen Advocates for Recovery and Transformation Association (OCARTA).

"They decided hey we want to help and so they've been doing the food and the water and helping support our mission, and we certainly support theirs," said Donna Woods with OCARTA.

OCARTA offers free services to those in need of recovery or mental health services. This monthly lunch event helps bring awareness to the homeless community about the services that are available. And it is making a difference.



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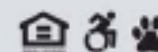
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# Greg Schwem: Would the ghost in my closet kindly return my shorts?

by Greg Schwem

I know my memory is ebbing as I age. Why else would I run to the Apple Store at least twice a year to replace charging chords I was CERTAIN I had packed before leaving the hotel room or home share property where I spend so much of my time now that I'm traveling again?

But I refuse to blame the alarming disappearance of wardrobe items on my mental faculties. Especially when my daughters are convinced a haunted spirit, one that seems to grow more annoying each day, lives within my family's confines.

As I write this, I am still searching for a sweatshirt, adorned with my youngest daughter's college emblem, that I planned to wear on a recent campus visit. I ended up having to purchase one at the university bookstore. Is it me or do colleges double the prices on souvenirs when parents' weekend rolls around?

My oldest daughter, living at home while she completes an online master's degree, is convinced the ghost took it.

"What ghost?" I asked, while tearing apart my closet and finding, among other things, an insurance card from 1997 and a receipt from a local paint store.

"The one that randomly closes my door," she said. "And turns on the ceiling fan light when I'm sleeping. That happened last week."

She is also convinced the ghost is male, as evidenced by the low voice she claimed to have heard one night while watching television; a voice her sister also heard from the other room.

"He took your sweatshirt for sure," she said.

I scoffed at her supernatural beliefs, certain the shirt would turn up eventually.

Until my shorts disappeared too.

I had returned from a workout and, a day later, realized they were missing. Normally I wouldn't care; I do possess other exercise attire, unlike some of the guys at my gym. I don't know the name of the dude who spends 30 minutes every morning on the elliptical machine, but I do know he is very fond of his 1985-86 Chicago Bears Super Bowl T-shirt. On the rare day he is absent, I assume he is doing laundry.

But then I remembered I had put my driver's license in these shorts. Ever lose your driver's license? It limits your ability to perform a myriad of functions, only one of which is driving.

I searched my closet. I emptied my laundry hamper. I did the same to a half-unpacked suitcase from a previous trip. I strained my back pulling the washer and dryer away from the wall, convinced the shorts had fallen behind one of them. I checked unlikely places, including under my bed, my office desk drawers and even our kitchen pantry. I know that's weird, but I once shut the pantry door not realizing our dog was in there. Never a barker, she simply laid down and napped until dinner time.

Meanwhile, my daughter watched from the doorway.

"It's the ghost," she said.

"It's not the ghost," I yelled in frustration, gesturing with a hand dripping in last week's garbage. The shorts weren't in there either.

"I know I did not leave the gym without pants. Somebody would have noticed. Probably the police."

That evening I announced I would be getting up early to obtain a new license at the Illinois Department of Motor Vehicles. If the shorts turned up, I gave my wife and daughter strict instructions not to move them.



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



"Do not disturb the crime scene," I said.

The next morning the shorts were neatly folded on my bathroom vanity.

"They were in my suitcase," my wife said. "Don't ask me how they ended up there."

But I know EXACTLY how they ended up there.

The male ghost is trying to drive me insane.

So he can move in on my wife.

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

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



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# DECEMBER CALENDAR OF EVENTS

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

## DECEMBER

**Join Our Ole' Timers Club! Fall into volunteering!** Help us prep for winter by insulating & preparing things at the barn, checking blankets and getting animals ready. These are things seniors can do! Join us on Wednesdays 10am-1pm for our Seniors' Program. You don't have to be a senior to join in! Refreshments provided or you're welcome to bring something to share. Come groom on donkeys, miniatures or even some horses. No experience needed; we will teach you. For those who just want to socialize, you can also help with basic chores or organizing supplies. There's something for everyone! \$15 Long-sleeved t-shirts are available for purchase, and you can also donate to help a senior get theirs if you like. Email [plainswindr@gmail.com](mailto:plainswindr@gmail.com) for details. Follow us at [www.facebook.com/HFOleTimersClub](http://www.facebook.com/HFOleTimersClub), [www.horsefeathersequinecenter.org](http://www.horsefeathersequinecenter.org), 405-260-7281, 6320 N. Highway 74C, Guthrie, OK 73044. Donations are needed to provide the Standard of Care that we do. COVID-19 has affected prices of hay, grain, supplements and more. Please donate to help the horses and also support our Seniors' Program.

**Chakaia Booker: Shaved Portions**  
Oklahoma Contemporary Arts Center  
11 NW 11th St.  
[oklahomacontemporary.org/exhibitions/upcoming/chakaia-booker-shaved-portions](http://oklahomacontemporary.org/exhibitions/upcoming/chakaia-booker-shaved-portions)  
Email: [info@okcontemp.org](mailto:info@okcontemp.org)  
Price: Free  
When: Through Aug. 31, 2022  
Commissioned specifically for Campbell Art Park, Shaved Portions is among the most recent additions to Booker's body of work marked by her distinct ability to radically transform her signature material - salvaged rubber tires - into an incredible array of biomorphic sculptures.

**PAMBE Ghana Global Market**  
2420 N. Robinson, OKC  
When: Tuesdays-Saturdays, 12-6 p.m.  
Continues through Dec. 24  
Email: [srbraden@gmail.com](mailto:srbraden@gmail.com)  
Price: Free | [pambeghana.org](http://pambeghana.org)  
PAMBE Ghana's seasonal fair trade Global Market returns this year in a new location. Shoppers of all ages will discover unique gifts, from the useful & handy to the creative & fun. All merchandise are fair trade items, from almost every continent, made by artisans who are paid a living wage for their work. Profits from the sales provide crucial funding for PAMBE Ghana's elementary school in rural northern Ghana. The Global Market will be open Tuesday through Saturday from 12 noon until 6:00 pm. PAMBE Ghana is a 501(c)(3) nonprofit organization with the Guidestar Gold Seal of Transparency.

## DECEMBER

**Abstract Pencil Sketches and Paintings: New Works by Sharon Burchett**  
MAINSITE Contemporary Art  
122 E. Main St. Norman  
405-360-1162. When: Starts Dec. 10. Tuesdays-Saturdays, 10 a.m.-4 p.m. Continues through Jan. 14, 2022  
Phone: 405-360-1162  
Email: [sburchettart@yahoo.com](mailto:sburchettart@yahoo.com)  
Price: FREE = admission is open to the public and without charge.  
[www.mainsitecontemporaryart.com](http://www.mainsitecontemporaryart.com)  
You are invited to the upcoming exhibition, Abstract Pencil Sketches and Paintings: New Works by Sharon Burchett that will be in the Library Gallery at MAINSITE Contemporary Art. The exhibition will include Burchett's newly finished commission piece, Blue Marble Philosophy (featured here) before it goes to the new owners in Illinois, along with several new paintings and drawings.

**LifeShare WinterFest and Snow Tubing.** Chickasaw Bricktown Ballpark 2 S. Mickey Mantle Drive.  
405-218-1000. [okcballparkevents.com](http://okcballparkevents.com)  
Dec. 20-24, Dec. 26-30 and Jan. 1-2.  
[www.milb.com/oklahoma-city/community/winterfest](http://www.milb.com/oklahoma-city/community/winterfest)  
Riding down the gigantic snow tubing slope is a thrill you won't want to miss. From snow tubing to holiday movies on the video board, plus sparkling holiday lighting and décor, this will be a holiday highlight that your family will remember for years to come! There's something for the whole family, so bring everyone along for a ride in the snow, hot chocolate and a snack, and a festive holiday atmosphere.

**Free EMBARK Fares**  
Take advantage of free EMBARK bus, OKC Streetcar and Zone 1 ADA Paratransit services on December 25 and 31 (dates subject to change). OKC Streetcar is free Friday-Sunday from November 19-January 2 for Downtown in December. Visit [embarkok.com/free](http://embarkok.com/free) or [okcstreetcar.com](http://okcstreetcar.com) for updates or to plan your trip.

**Senior Chair Drumming: Beginner class combining rhythm, stretching and exercise in a group setting.**  
Every Wednesday and Friday from 1:15pm -2pm. FREE. Woodson Senior Center, 3401 South May Avenue. [www.okc.gov/parksignup](http://www.okc.gov/parksignup). Keyword 40768  
Senior Events (age 50+)  
EMBARK offers no cost, round trip rides to these senior centers for 60+. Schedule at 405-297-2583

## DECEMBER

**Zumba Gold: Move to the music and have fun dancing.** Every Tuesdays and Thursdays from 10am-11am. \$3.00/class. Will Rogers Senior Center, 3501 Pat Murphy Drive. [www.okc.gov/parksignup](http://www.okc.gov/parksignup). Keyword 40863  
Senior Events (age 50+)  
EMBARK offers no cost, round trip rides to these senior centers for 60+. Schedule at 405-297-2583

**Abstract Remix**  
Oklahoma Contemporary Arts Center  
11 NW 11th St. 405-951-0000  
[oklahomacontemporary.org](http://oklahomacontemporary.org)  
When: Mondays, Wednesdays-Sundays. Continues through Jan. 24, 2022  
Oklahoma Contemporary is bringing murals indoors with Abstract Remix, an exhibition of the work of homegrown Abstract Expressionists who use the large-scale format of muralism as a medium for their giant concepts.

**Paseo Arts District's First Friday Gallery Walk**  
3024 Paseo St. 405-525-2688  
[www.thepaseo.org](http://www.thepaseo.org). Peruse art from over 80 artists with 25 participating businesses for a night of special themed exhibits, refreshments and a variety of entertainment opportunities, 6-9 p.m. first Friday of every month.

**Coffee & Cars Chisholm Creek**  
13230 Pawnee Dr.  
405-728-2780 [www.chisholmcreek.com](http://www.chisholmcreek.com)  
First Saturday of every month, 8 p.m.  
Coffee and Cars OKC is the largest monthly gathering of car enthusiasts across the state of Oklahoma! Head to Chisholm Creek on the first Saturday morning of each month to share your passion for automobiles. The event will be held at the property just north of Pawnee Drive and Cabela Road. FREE and Everyone is welcome!

**LIVE! on the Plaza**  
1618 N. Gatewood Ave.  
405-426-7812 | [www.plazadistrict.org](http://www.plazadistrict.org)  
When: Second Friday of every month, 6-10 p.m. Join the Plaza District every second Friday for an art walk featuring artists, live music, shopping and more.

**Chakaia Booker: Shaved Portions**  
Oklahoma Contemporary Arts Center  
11 NW 11th St. 405-951-0000  
[oklahomacontemporary.org](http://oklahomacontemporary.org)  
When: Through Aug. 31, 2022  
Phone: 405-951-0000  
Email: [info@okcontemp.org](mailto:info@okcontemp.org)  
Price: Free  
[oklahomacontemporary.org/exhibitions/upcoming/chakaia-booker-shaved-portions](http://oklahomacontemporary.org/exhibitions/upcoming/chakaia-booker-shaved-portions). Commissioned specifically for Campbell Art Park, Shaved Portions is among the most recent additions to Booker's body of work marked by her distinct ability to radically transform her signature material - salvaged rubber tires - into an incredible array of biomorphic sculptures.

## DECEMBER 4 & 11

**Lights On Broadway**  
Automobile Alley  
1015 N. Broadway Ave. Oklahoma City  
405-488-2555. [automobilealley.org](http://automobilealley.org)  
When: Sat., Dec. 4 and Sat., Dec. 11  
[downtownindcember.com/lights-on-broadway](http://downtownindcember.com/lights-on-broadway)  
Cruise down historic Automobile Alley for the district's holiday open house and experience its stunning light display during the 6th Annual Lights On Broadway event! On the last two Saturdays of November and first two Saturdays of December, attendees can enjoy family-friendly programming along the sidewalks such as live music, balloon art, performance photos with Snow Globe Santa and much more each Saturday from 4pm-7pm.

## DECEMBER 11

**Will Rogers Gardens**  
3600 NW 36th Street  
**Children's Mini Greens Wreath (all ages):** Collect greens and berries in the arboretum with your family to create a mini wreath for your table or door. December 11 from 9:30am-11am. \$10.00/person.  
[www.okc.gov/parksignup](http://www.okc.gov/parksignup). Keyword 41697

**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.

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### Resthaven Cemetery

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plus \$500.00 transfer fee.  
405-640-4501

### Resurrection Cemetery, OKC, plot for sale

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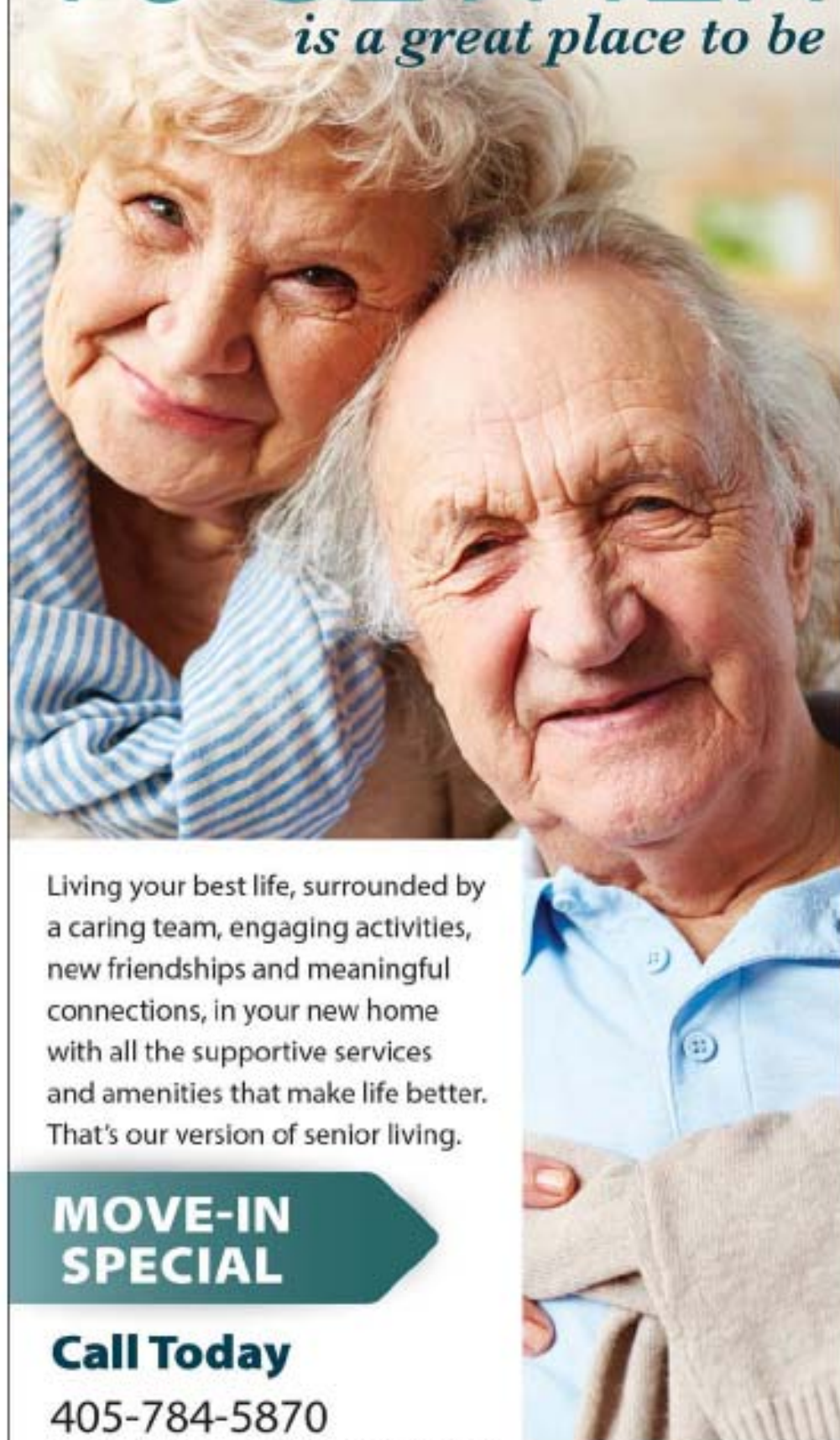
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# Vision Research Receives \$2.9 Million Boost at OU Health Sciences Center, Dean McGee Eye Institute

The vision research program at the University of Oklahoma Health Sciences Center and Dean McGee Eye Institute recently received a five-year, \$2.9 million grant renewal from the National Eye Institute. Called a P30 Vision Core grant, it supports the work of researchers in 21 laboratories with advanced equipment, sophisticated software, and other innovations to drive research that ultimately will improve the quality of life for patients seeking care for their vision.

Vision research is among the most highly funded areas of investigation at the OU Health Sciences Center. The current grant was originally awarded in 2011 and included several "cores" of specialized equipment available to vision researchers across the campus and at the neighboring Oklahoma Medical Research Foundation (OMRF). The grant renewal expands those cores, giving researchers additional tools to more quickly translate their findings into treatments.

"The amount of this grant renewal is based on the fact that most of our individual researchers hold R01 grants from the National Eye Institute, which is considered the gold standard in vision research funding," said Michelle Callegan, Ph.D., Director of Vision Research at Dean McGee Eye Institute and Professor in the Departments of Ophthalmology and Microbiology and Immunology in the OU College of Medicine. "Because our vision researchers have been so successful in attracting federal grant funding, we were able to renew this P30 grant, which not only advances their efforts, but helps us to recruit new vision researchers and trainees interested in vision science."

The grant will also fund the creation of a new core in Ocular Immunobiology, providing researchers advanced methods of analyzing the immunological underpinnings of eye disease. "There is an immune-related slant to every model of eye disease," Callegan said, "so the development of this core is really important to us." The Ocular Immunobiology Core will be led by Darren Lee, Ph.D., whose own research focuses on autoimmune uveitis, an inflammation of the eye that is the third-leading cause of

blindness in the United States.

Other cores include a Model Imaging Core that allows researchers to analyze visual function and other physiological parameters of eye disease models. The core also includes an emphasis on genotyping to ensure the genetic consistency of research models. It is led by Raju Rajala, Ph.D., whose research focuses on neurodegenerative diseases of the retina. The Cellular Imaging Core provides sophisticated equipment that allows researchers to visualize physiological processes at the cellular and subcellular levels. That core is directed by Michael Elliott, Ph.D., whose research focuses on cellular membranes and how they control cellular signaling in vision.

"The technology in these cores is very expensive. One individual researcher could not afford the equipment that we have," said Callegan, who leads the overall administration of the grant. "Not only do many different researchers use the equipment, but the cores also facilitate multidisciplinary collaboration between researchers from ophthalmology, physiology, pathology, microbiology and other areas across campus, as well as OMRF."

Since the original P30 grant was awarded in 2011, vision research has significantly increased at the OU Health Sciences Center and Dean McGee Eye Institute. Nearly 30 research laboratories across the OU Health Sciences Center and at OMRF are focusing on eye diseases, and multidisciplinary collaborations between vision and non-vision research laboratories have flourished. Several new vision researchers have been recruited, launched their own laboratories and gained their own independent funding.

"Many exciting things have occurred because of this P30 grant," Callegan said. "This funding has provided resources that our investigators otherwise would not have access to, and it has advanced research toward our ultimate goal, which is improving and restoring vision."

*Research reported in this press release is supported by the National Eye Institute, a component of the National Institutes of Health, under the award number 2P30EY021725-11.*



Michael Elliott, Ph.D., focuses on cellular membranes and how they control cellular signaling in vision

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