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Collected Wisdom

Retiree starts new path



At 70, Mike Bumgarner is starting a new chapter in life by helping others as a life coach.

story and photo by Bobby Anderson, Staff Writer

For the past 17 years as a hospital chaplain, Mike Bumgarner helped patients and families with some of the toughest decisions they would ever face.

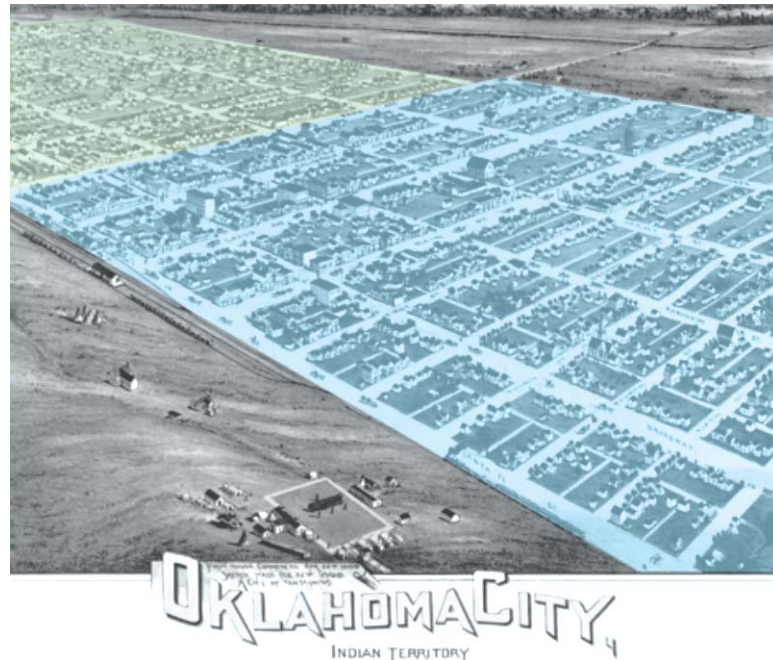
For nearly two decades before that, he served in ministry, helping guide

individuals on their individual spiritual paths, navigating life's ups and downs along the way.

"My greatest joy has always been

See BUMGARNER Page 5

Oklahoma City's Forgotten Early History



The green highlights Oklahoma City governed by Mayor Couch. The blue highlights South Oklahoma (south of Reno), separately governed by Mayor Patrick and others until July 1890.

Story by Darl Devault, Contributing Editor

Many seniors have read that Oklahoma City was built in a day, although historians will tell you that many facets of its rich Western Heritage have not been brought forward to today. That could not be truer than what is commonly thought of as Oklahoma City's history.

"The world can find the real story of Oklahoma City online at The First Eight Months of Oklahoma City (okgenweb.net), which provides a factual account of the birth of Oklahoma City in its two halves," said Larry Floyd, 69. The adjunct U.S. history teacher at OSU-OKC said in an interview, "Research often bears out far more detail and sometimes a more surprising history than what gets published in popular accounts of any historic event."

Although more than 50,000 settlers swarmed into the 2-million-acre "Unassigned Lands" of central Oklahoma Territory during the land run of April 22, 1889, Oklahoma City was not built in a day, month, or even a year.

Most future Oklahoma City residents came in by train to the Oklahoma Station townsite, arriving from the north and the south. The train coming north from Purcell was one hour late to the central depot for the three largest railways in the Southwest: Rock Island, Katy, and Santa Fe.

Because of this Oklahoma City began as two cities. Soon known as Oklahoma City and South Oklahoma City, this instant Western heritage was energized by people seeking the last of the free land folks had moved west

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HISTORY

Continued from Page 1

to settle. Part of that heritage was the abundance of land, a fact that complicated the city's beginning.

Many settlers wanted to claim their 160 acres while living close to the new townsite since it featured transportation and water as the North Canadian River ran through it. The 22 packed railroad cars arriving an hour late from Purcell brought new residents to a townsite already filled by hundreds of new Oklahoma Cityans. They had already staked their claims after arriving first on the train from Guthrie.

Oklahomans have consistently proven themselves resourceful, so the late arrivals set about creating South Oklahoma south of the Oklahoma City townsite. For every description of people staking claims and securing lots, the same took place on a prairie south of Reno Avenue in the new South Oklahoma City.

When G.W. Patrick found the most desirable lots taken and unable to do any better, he staked two lots on the south side of block three. His fellow late arrivals from the train followed his lead.

On April 23, Patrick began surveying south from the section line at Reno Avenue as the Citizens' Survey began working north. Encountering no conflicting surveys, Patrick's crew laid out 35 blocks along seven streets, and settlers made adjustments as required.

By Saturday, April 27, the citizens of South Oklahoma elected Patrick mayor and a full slate of city officials. They also drafted and adopted a city charter. Oklahoma City to the north elected Capt. W.L. Couch as mayor on May 1.

According to the City Directory published by the Oklahoma Chief newspaper in August 1889, South Oklahoma contained approximately 1,300 residents compared with about 3,700 north of Reno Avenue in Oklahoma City. The commercial district was mainly in Oklahoma City (except for the south side of Reno Avenue) and was the most densely developed portion of the two cities.

During the 15 months of its separate existence, South Oklahoma City saw three months of public schools, two churches, construction of an ice factory, lumberyards, and hundreds of homes built.

On May 2, 1890, the U.S. Congress passed the Organic Act, which



Built in 1931, the art deco First National Center at right begins an upward sweep to today's 50-story giant of the plains Devon Tower at left. When first built in 2011 it was the tallest building between Chicago and Dallas. The BancFirst Tower's steel and glass facade in the center was built in 1971.

provided for the organization of Oklahoma Territory and governing municipal incorporation. A petition was accepted on July 15, 1890, consolidating Oklahoma City and South Oklahoma into Oklahoma City.

This info is available online at <https://www.89ertrail.com/12/#>.

Capitol Hill was incorporated as a city in 1905. By then, a strong sense of community and civic activity made this area an economic and cultural force remaining independent until it joined with Oklahoma City in 1911.

The southern part of Oklahoma City continued to provide space to grow in the decade of statehood in 1907, Oklahoma City became the nation's fastest-growing city from 1900 to 1910 and the new state's capitol city.

Oklahoma City's first major park, Wheeler Park, was established on the banks of the North Canadian River in 1903. The park included extensive gardens and places to relax and picnic. In 1904 the city's first zoo opened in the park. After two great floods swept down the river in 1923, wiping out Wheeler Park, the zoo was relocated. The playground, park, and baseball diamonds were restored.

Oklahoma City's first airport was built in south Oklahoma City. In 1911, the Oklahoma City Municipal Airfield opened the skies for future travel. The airfield brought new opportunities and visitors to the city, and in 1941 it was rededicated as

Will Rogers World Airport.

Oklahoma City has since capitalized on its strategic central location from its beginning to its present status as the crossroads of America. Just like its beginning as a railroad hub, it assumed the crossroads are our nation's two main interstate highways (I-35 and I-40). They intersect in Oklahoma City and share the same roadway for two miles. Even before the interstate highway system, OKC gained from being on historic Route 66 from Chicago to Los Angeles.

Farmer-stockmen found the city's location along the North Canadian River strategic and its railroad services a lifeline to the rest of the country. Once the area's largest employer, the Oklahoma City Stockyards and its business district maintain a high profile, it is a tourist destination and unofficial Western heritage center. Although no longer a focal point for local slaughterhouses, the daily cattle auctions still make it the world's largest stocker/feeder market.

The city has cultivated its place as the centrally located Western Heritage center. It hosts more horse-related shows and competitions each year than any city globally. The National Cowboy and Western Heritage Museum is the official steward of that Western heritage. After a recent expansion, it now houses the most extensive collection of Western art and Americana west of the Smithsonian.

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OPINION



How to Get Your Affairs in Order

Dear Savvy Senior,

I would like to get my personal, legal and financial information organized so my kids will know what’s going on when I’m no longer around. Can you offer any tips on the best way to do this?

Unorganized Emma

Dear Emma,

Organizing your important papers and getting your personal and financial affairs in order is a smart idea and wonderful gift to your loved ones. Here are some tips to get you started.

Get Organized

The first step in getting your affairs in order is to gather up all your important personal, financial and legal information so you can arrange it in a format that will benefit you now, and your loved ones later.

Then you’ll need to sit down and create various lists of important information and instructions of how you want certain things handled when you die or if you become incapacitated. Here’s a checklist of areas you need to focus on.

PERSONAL INFORMATION

Contacts: Make a master list of names and phone numbers of close friends, doctors, and professional advisers such as your lawyer, accountant, broker and insurance agent.

Medical information: Include a list of medications you take, along with any allergies and illnesses.

Personal documents: Include such items as your birth certificate, Social Security card, marriage license, military discharge papers, etc.

Secured places: List all the places you keep under lock and key such as safe deposit boxes, safe combination, security alarms, etc.

Digital assets: Make a list of all your digital assets, including everything from social media accounts to online banking accounts to home utilities that you manage online. It should include usernames and passwords. Use Rutgers Digital Assets Inventory Worksheet (njaes.rutgers.edu/money/pdfs/digital-assets-worksheet.pdf) as a guide.

Pets: If you have a pet, give instructions for the care of the animal.

End of life: Indicate your wishes for organ and tissue donation and write out your funeral instructions. If you’ve made pre-arrangements with a funeral home include a copy of agreement, their contact information and whether you’ve prepaid or not.

LEGAL DOCUMENTS

Will, trust and estate plan: Include the original copy of your will and other estate planning documents you’ve made.

Financial power of attorney: This document names someone you trust to handle money matters if you’re incapacitated.

Advance health care directives: This includes a living will and medical power of attorney, which spell out your wishes regarding your end-of-life medical treatment when you can no longer make decisions for yourself.

FINANCIAL RECORDS

Financial accounts: Make a list of all your bank accounts, brokerage and mutual fund accounts, and any other financial assets you have.

Debts and liabilities: Make a list of any loans, leases or debts you have - mortgages owed, car loans, student loans, medical bills, credit card debts. Also, make a list of all credit and charge cards, including the card numbers and contact information.

Company benefits: List any retirement plans, pensions or health benefits from your current or former employer including the contact information of

the benefits administrator.

Insurance: List the insurance policies you have (life, long-term care, home, auto, Medicare, Medigap, prescription drug, etc.) including the policy numbers, agents, and phone numbers.

Property: List real estate, vehicles and other properties you own, rent or lease and include documents such as deeds, titles, and loan or lease agreements.

Taxes: Include the location of your tax records and your tax preparer’s contact information.

Keep all your organized information and files together in one convenient location, ideally in a fireproof filing cabinet or safe in your home. Also be sure to review and update it every year, and don’t forget to tell your kids where they can find it.

If you need help, get a copy of “Get It Together: Organize Your Records So Your Family Won’t Have To” at Nolo.com for \$17.50 for the downloadable versions, or \$20 for a printed copy.

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	694,210
New Cases	1,011
New Cases 7 day Average	1,186
Active Cases	12,950
CDC/NCHS Provisional Deaths (As of 12/23/21)	12,348
Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	40 (14)
Region 2 (NE)	50 (20)
Region 3 (SW)	93 (21)
Region 4 (EC)	20 (6)
Region 5 (SE)	15 (1)
Region 6 (Central)	66 (15)
Region 7 (Tulsa)	232 (78)
Region 8 (OKC)	199 (66)
Total	715* (221)
Other Types of Facilities	
Focus Facilities	12 (4)
Rehabilitation Facilities	3 (0)
Tribal Facilities	20 (3)
Other Facilities Total	35 (7)

As of 2021-12-27 at 7:00 a.m.

BUMGARNER

Continued from Page 1

just being with people. I'm an extrovert and I get energy from being with people," Bumgarner said. "But focusing conversation and having a conversation around focused issues and helping people make determinations how they want to make their life better whatever that means I get such great joy out of watching light bulbs come on in peoples' minds."

So there was little doubt in his mind that when he retired from the hospital and turned 70, the next chapter of his life would still be centered on helping people, this time as a life coach.

Bumgarner started his road to professional coaching in 2012 with formal training.

"I knew I wanted to do life coaching after I went through all of that," he said. "The biggest challenge in doing coaching well is learning to ask really good questions instead of giving advice."

Bumgarner is a member of The International Coaching Federation with the designation of Associate Certified Coach. Before serving as a hospital chaplain for 17 years, he served as a college minister for 22 years.

For 19 years he served on church staff as a college minister and pastoral care.

A staple in the Norman community, he also served on the Board of Education for Norman Public Schools.

He is able to incorporate his experience through years of chaplainship into his practice. He can help people through end-of-life issues, debriefing after tragedy, and general guidance for individuals and families facing traumatic experiences, terminal illness, or death.

It was friend Kelly Lashar, MA, LPC who Bumgarner says helped him make his dream a reality.

Lashar is co-founder of Restore Behavioral Health, a private counseling practice of independent contractors providing mental health and relationship care to the community.

With locations in Norman, Edmond and Midtown OKC, a team of different types of therapists and coaches, faith and non-faith based, bring a variety of education, training, experiences, personalities,

and specialties. The business plan for Bumgarner isn't grandiose. He's not out to build a practice for the masses.

He'd like to work two or three days per week, pouring into maybe 20-30 clients each month.

"None of us have it figured out," he said. "A coach partners with a client or a team or a business to help them discover and put into action any agenda they deem will benefit their progress as a person or a company or a team."

In short, coaching is designed to help a person maximize their potential.

That can take a lot of directions and oftentimes uncovers needs that have been hidden for some time. That's why Bumgarner has a keen ear.

"If a client comes to me for coaching and it becomes obvious after two or three sessions that they are stuck in some issue from the past that is still greatly impacting their present, ethically I would offer the opportunity to refer them to a therapist," he said. "You may not be knee-deep in the mud but you're certainly ankle deep and you need to sit down and talk about this and that isn't what I do."

"Ethically, my job as a coach is to make sure I'm always distinguishing to you what I do as opposed to what you're asking for."

He says coaching is about discovery. Therapy is about recovery.

"I'm going to help you determine issues, challenge you on any kind of obstacles, any kind of belief systems or assumptions that could be inhibiting you from achieving whatever goal you're setting," he said. "That requires that I listen very deeply to what is said and what is not said and help you surface those things and help you design action plans to get you from where you are to where you want to be."

And, ironically that is driven by the client.

"Coaches never tell clients what to do," he said. "Clients in every session set the agenda. If they decide in the middle of the session they want to go a different direction the job of the coach is to go with them."

But "there is a lot of collected wisdom," Bumgarner smiled.

RSVP of Central OK Receives \$17,300 Grant

The Retired and Senior Volunteer Program (RSVP) of Central Oklahoma announces it has received a \$17,300 grant from the Oklahoma City Community Foundation and its Services for the Elderly iFund grant program. The grant will help fund its Provide-A-Ride senior transportation program and allow RSVP of Central Oklahoma to increase its level of service to older adults in Oklahoma County. Provide-A-Ride is a free medical transportation program for older adults who are no longer able to drive to doctor's appointments. Caring volunteers pick up seniors at their front door, take them to their appointments, wait for them in the waiting room, and then safely return them home. Last year, even with the COVID-19 extended shutdown, our volunteers provided 1,470 medical rides to 133 low-income, older adults.

"It's vital for us to help our elderly neighbors remain active, engaged, and healthy," said Beth Patterson, RSVP of Central Oklahoma Executive Director. "For more than four decades, the Oklahoma City Community Foundation has been a strong community leader and financial supporter in improving the lives of older adults in our community. This grant will help RSVP continue to provide a critical service to some of our community's most vulnerable citizens."

Since 1973, RSVP of Central Oklahoma has helped senior adults continue to live with purpose and meaning by connecting them with rewarding community volunteer opportunities, including RSVP's Provide-A-Ride Senior Transportation Program, which started in 1994. The past two years, RSVP volunteers provided more than 95,000 service hours in the community at a \$2.25 million value of service. RSVP is a partner of AmeriCorps Seniors and the United Way of Central Oklahoma. To learn more about the Oklahoma City Community Foundation, visit www.occf.org To learn more about RSVP of Central Oklahoma, visit www.rsvpokc.org.

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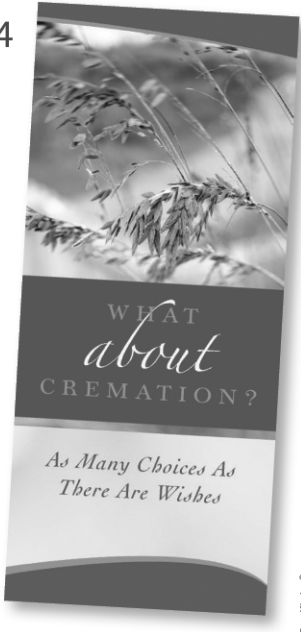
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MIRACLE OR MEDICINE? A COVID STORY

As Nelson and Lola Cresente sit, holding hands they realize the special gift they’ve been given this year. The gift of life.

Nelson nearly lost a battle with COVID-19. When doctors at the hospital told Nelson and his wife that he needed to be put on a ventilator they refused. He had been battling COVID pneumonia, but they feared a ventilator would be the end. They chose, instead, to go home with hospice care, to enjoy what time he had left together.

“The doctor told me I was going to take him home to die,” Lola said.

Just weeks ago, he was home on hospice care. A BiPAP machine aided his breathing. Ashley Henson, a nurse practitioner with Valir PACE, handled some of Nelson’s

care at home.

“We even helped them call a priest,” Henson said. “It was that dire.” Week after week, Nelson kept fighting back, doing what he could to regain strength.

“I’m a fighter, 100%,” he said.

During one trip to their home, Lola was explaining to Henson and a hospice nurse how a neighbor had stopped by the day before to pray over Nelson, specifically that his lungs would open. That’s when they witnessed what they all believe was a miracle.

“I listened to his lungs and his hospice nurse listened to his lungs. We looked at each other and were like, ‘We’re hearing air here. Air is moving,’” Henson said.

Lola was shocked.

See MIRACLE Page 7



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MIRACLE

Continued from Page 6

“You know what I did. I cried. And he did too. And praised God for it,” Lola said.

From there, Nelson continued to make improvements. He was moved off hospice care and began at-home therapies through Valir PACE.

Now, just a few weeks later, he can once again leave his home. He’s no longer connected to the BiPAP machine, using a portable oxygen machine instead.

“I really think he’s a miracle,” Henson said. Henson said the Cresentes were both vaccinated and she does believe the vaccine also played a role in his story. “I think even though he was vaccinated and came close to death, I think that probably would have been an inevitable thing had he not been vaccinated,” Henson said.

One of the few things Nelson has not regained is his sense of taste. He said he is really looking forward to the day he can enjoy tasting the delicious meals his wife makes – especially a steak dinner.



COVID survivor Nelson Cresente and his wife Lola visit with nurse practitioner Ashley Henson, during a recent visit at Valir PACE in Oklahoma City.

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Omicron Variant Discovered in Oklahoma Wastewater

The Omicron variant of the virus that causes COVID-19 was discovered in sewage samples collected in Tulsa on Friday, December 17.


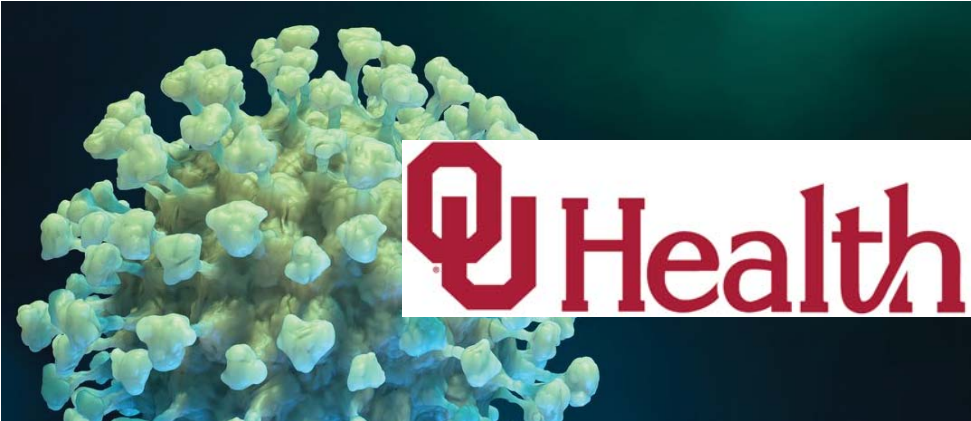
The discovery of the Omicron variant was made through the efforts of a team comprised of scientists, epidemiologists and public health leaders from the University of Oklahoma, OU Health, the Tulsa Health Department and the City of Tulsa and supported by the Pandemic Prevention Institute at the Rockefeller Foundation. People infected with SARS-CoV-2 shed the virus in their waste before they develop symptoms of COVID-19, allowing scientists to provide an early warning of surges and, now, the presence of the new variant.

Since September 2020, the team has been monitoring wastewater drainages in Tulsa, Oklahoma City and, more recently, several smaller cities. Wastewater samples are collected by a team led by Jason Vogel, Ph.D., Grant Graves and Caitlin Miller of the Oklahoma Water Survey at OU and are analyzed by a team of microbiologists

led by Bradley Stevenson, Ph.D., Ralph Tanner, Ph.D. and Erin Jeffries of the Department of Microbiology and Plant Biology at OU.

“By collecting wastewater from multiple communities across the state, we have a sampling network that represents more than 1.2 million Oklahomans,” Vogel said. “That has allowed us to sample more than 30 percent of the state’s population and detect the Omicron variant in wastewater as it starts to move into the state.”

“We have seen the concentration of SARS-CoV-2 in wastewater increasing recently, to concentrations higher than we have ever observed. This increase has been driven by COVID-19 caused by the Delta variant. However, the recent detection of the Omicron variant in wastewater means that a significant number of Tulsans are now infected with it. While our data suggests that infections from the Omicron variant are still a fraction of the infections from Delta variant SARS-CoV-2, Omicron is on the rise. Monitoring wastewater will allow us to track its prevalence



more quickly and with less effort than patient testing,” Stevenson said.

“The detection of Omicron in Tulsa’s sewage highlights the power of wastewater testing as an early signal and complement to other surveillance approaches. The Rockefeller Foundation and the team at the Pandemic Prevention Institute are proud to support this cutting-edge work,” said Megan Diamond, manager and wastewater lead at The Rockefeller Foundation.

Public health officials reiterated the importance of getting vaccinated or

receiving a booster shot and wearing a mask in public indoor settings. Because wastewater analysis predicts the presence of the virus about a week before infections may be reported through human testing, researchers know the Omicron variant is already spreading in the state.

“Although the Delta variant of COVID-19 is still the most dominant variant in Oklahoma currently, Omicron will most likely become the dominant variant in a few weeks

See OMICRON Page 9



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OMICRON

Continued from Page 8

or months," said infectious disease epidemiologist Katrin Kuhn, Ph.D. of the Hudson College of Public Health at the OU Health Sciences Center. "The evidence thus far shows that the Omicron variant is more transmissible than previous variants, so it is important that people get vaccinated if they're not already, or get the booster if they're eligible. Vaccinations are very effective at preventing severe illness, hospitalizations and death."

"It is more important than ever that people who are unvaccinated get vaccinated as soon as possible and those who are fully vaccinated get their booster," said Tulsa Health Department Executive Director Dr. Bruce Dart. "It's also important to stay home when sick to prevent the spread of illness. Testing is a great resource to know your COVID-19 status before going around others. Masking indoors where social distancing may be difficult, regardless of vaccination status, is also recommended. The Tulsa Health Department encourages all residents to continue to take a layered prevention approach to stay safe." Even though the Omicron variant appears to be more easily transmitted than the Delta variant, early evidence suggests that the symptoms of infection

could be milder, Kuhn said. That points toward a classic trajectory for viruses in general, including possibly SARS-CoV-2, the virus that causes COVID-19.

"For viruses to survive in the human population, in time they often evolve to become more transmissible but less lethal in order to keep multiplying," Kuhn said. "That's actually good news. Even though we may have to learn to live with COVID-19 indefinitely, a positive scenario is for it to become milder and eventually turn into something like the common cold."

The characteristics of the Omicron variant also underscore the importance of wastewater surveillance, Kuhn said. Because people infected by Omicron may not experience major symptoms, they may not get tested; therefore, official test results won't accurately reflect the infection rate.

"If people don't feel as sick with an Omicron infection as they do with the Delta variant, they may not get tested, but wastewater analysis provides a picture of everyone who is infected whether they have symptoms or not and whether or not they get tested," she said. "In that respect, it's actually more important to monitor the wastewater because it gives us a very good indication of how much transmission there is in a community."

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University of Oklahoma Newspaper Archive Available Online

Story and OU story scans by Darl DeVault, Contributing Editor

Remembering is a common theme among seniors, which comes with being retirement privileged and the contemplation of a full life rich in accomplishment. This gift of remembering was recently brought home by the power of technology and the Internet when Oklahomans made the 120 years of the University of Oklahoma's student newspaper available to read online.

For many who wrote for the paper or attended OU, the linkage of personal memory to the passage of time in their lives becomes more precious as they age.

Oklahomans and interested people worldwide can explore and search OU's history from their computers,

one article or photograph at a time. This opportunity puts our state and our state's most prominent research university in a new light in the age of the Internet, now 30 years on.

The Oklahoma Historical Society recently partnered with the Carl Albert Congressional Research and Studies Center (CACRSC) to digitize the OU's student newspapers, including all issues from 1897 to 2017.

"The Oklahoma Historical Society is excited to make the OU's Student Newspapers Collection available on the Gateway to Oklahoma History (<https://gateway.okhistory.org/explore/partners/CACR/>)," said Chad Williams, Oklahoma Historical Society director of research. "Through this partnership

with OU and the Carl Albert Congressional Research and Studies Center, along with the University Library and Journalism School, we have made the entire history of OU available with a click of your mouse."

9,557 OU student newspapers are now available to research, read, and revisit. As the senior archivist at the Carl Albert Center's Congressional Archives, JA Pryse, an OU graduate, supervised the digital scanning and indexing.

The OU Student Newspapers Collection comprises work produced across various publications chronicling the evolution of OU since its earliest days.

"Just as town newspapers are a snapshot of every community in Oklahoma, the student newspaper is a daily snapshot of the history of OU and their students and faculty throughout the years," Williams said in an interview. "Inclusion of these newspaper issues on the free online Gateway to Oklahoma History allows that history to come alive for generations to come as they share these word-searchable digital files on social media or download them to their computer."

From its 1897 beginning as a student-run semiweekly, the newspaper's name has evolved. The collection includes the "Sooner State Press," founded by H. H. Herbert as

a School of Journalism teaching tool from 1920—75.

By the mid-1970s, the pre-computer newsroom printed it as "the Oklahoma Daily." By the time the newsroom was powered by CompuScan VDTs and an electronic back shop, it was slugged as "The Oklahoma Daily." Going online, the print edition now known as "OU Daily" became weekly while the "OU Daily.com" is updated daily, complete with videos.

For more than 120 years, the paper has been OU's public forum in all its forms. It has been the only independent, entirely student-run media outlet dedicated to serving OU's students, faculty, staff, and alumni on campus, in the state, and worldwide. The paper has won 47 major national organization awards, making it one of America's leading university newspapers.

Former OUDaily staffers are now foreign correspondents, editors, and reporters for The Wall Street Journal, CNN, The Washington Post, Bloomberg News, and many others. The paper has also educated a Pulitzer Prize winner, its current staff advisor, Seth Prince.

As with every collection on the Gateway to Oklahoma History, these newspapers can be explored by resource type, decade, and title.

See ARCHIVE Page 11

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ARCHIVE

Continued from Page 14

In addition, each issue can be searched for specific wording, while individual pages can be enlarged and downloaded.

This collection of 200,000 pages was digitized with the generous support of the Inasmuch Foundation in 2020. The grant allowed the CACRSC, OU, and the OHS the opportunity to make these indispensable community resources available online, free of charge. This electronic evolution of the student paper is in keeping with its long tradition of keeping up with technology. The paper was one of the first six university newspapers in America to go digital. In 1976, it purchased a CompuScan system for its students and editors to enter the desktop publishing world.

The CACRSC is a unique and nonpartisan institution striving to strengthen representative democracy

Now available free online, this front-page article by Darl DeVault detailed OU scientists starting their journey to secure a new infant chimpanzee for Washoe, the first chimp to be taught American Sign Language, in the March 20, 1979, issue of “The Oklahoma Daily.”

The Oklahoma Daily

Student Newspaper Serving the University of Oklahoma community Tuesday, March 27, 1979 Norman OK 73019 65th Year, No. 130 10 pages 10¢

through scholarship, learning, and service. It was established in 1979 by the Oklahoma State Regents for Higher Education and the OU Board of Regents. The center is a tribute to the ideals and leadership of the Honorable Carl Albert, native Oklahoman, OU graduate, Rhodes Scholar, and the 46th speaker of the US House of Representatives.

"This project has placed nearly 10,000 newspaper issues online and will only grow as current issues are published and placed on the Gateway in the future," Williams said. "This partnership reflects the Oklahoma Historical Society's mission to collect, preserve and share the history of the state. I invite all history lovers and specifically all Oklahomans to go online and explore the Gateway to Oklahoma History. You will find millions of pages of Oklahoma newspapers, photographs, books, documents, maps, audio, and videos telling the story of our diverse and unique state."

Scientists return with Loulis for Washoe

By Darl E. DeVault

University scientists returned from Yerkes Regional Primate Center at Emory University in Atlanta, Ga., with a 10 and one-half-month-old male chimpanzee, named Loulis, for Washoe, the first chimpanzee to be taught American Sign language.

The infant and Washoe have been doing fine together since introduction just before noon last Saturday, after an examination by Dr. Richard Carlson, M.D., a pediatrician working with the project, Roger Fouts, OU professor of Experimental Psychology, said Monday.

Fouts, research associate George Kimball and research assistants Diana Davis and Dave Rowe left

last Tuesday for the Yerkes Center to receive a replacement chimpanzee for the recently deceased offspring of Washoe, Sequoyah.

The new infant, Louis, is to be on indefinite loan from Yerkes to the researchers here at the OU Institute of Primate Studies.

The chimpanzee's name is a combination of two Yerkes lab technicians names, Louise and Lisa, a Yerkes official said.

The Sequoyah Project had been, prior to the death of Sequoyah, a major scientific study as to the feasibility of a chimpanzee mother teaching it's offspring a human language. The study will now be continued, with the adoption of Louis as Washoe's new

infant. "Ally, chimpanzee father of recently deceased Sequoyah, who also has signing capacity, will be introduced some time next week in order to maintain a family unit, even with the adoptive situation. And Ally will be able to teach signs too," Fouts said.

The trip to Yerkes Regional Primate Center was a long drive for the research team, 18 hours in Fouts' van, but since the airline transportation was a risk, the scientists would have rather not taken an air trip with such temperamental cargo. Much concern and planning went into preparation for the 24-hour return trip with Loulis.

(Continued on page 2)

(Continued on page 2)

entists—

(Continued from page 1)

line data gathering, observation and listening for the indefinite loan of the instrument. The instrument, from it's use, without restraints on the animal, began back to Norman.

calling to Fouts during the first hour or so for its mother. Then it began to come from the van's doors and windows and there was turned around, to protect the unnecessary command at the wheel.

[illegible]

production, but after Roger entered the scene, the two men began to work together. The production smoothed over. Later, he signed 'Come Hug,' and swagged in on towards the infant, Loulis jumped in to hug him. The two men, Loulis and of Washoe, and they slept together.

Loulis are doing fine together, the two men are doing fine together. The finger infants of grooming, Fouts said.

The infant have been doing fine since did have a good bond formed before Al- sometime next week, Fouts said.

Now available free online, this front-page article by Darl DeVault detailed OU scientists returning to the Institute for Primate Studies at OU with an infant chimpanzee for Washoe, the first chimp to be taught American Sign Language, in the March 27, 1979, issue of “The Oklahoma Daily.”

Scientists find Sequoyah replacement

By DARLE DeVULT

University scientists will travel to Atlanta today to acquire a new chimpanzee infant to replace the recently deceased Sequoyah, eight-week-old infant of Washoe, the first chimpanzee to be taught American Sign Language.

Roger Fouts OU professor of Experimental Psychology, research associate George Kimball and research assistants Diane Davis and Dave Rowe leave today for the Yerkes Regional Primate Center in Atlanta, Ga., to receive a one-year-old male infant to replace Sequoyah, the recently deceased chimpanzee infant of Washoe.

The Sequoyah Project had been, prior to the death of Sequoyah, a major scientific study as to the feasibility of a chimpanzee mother teaching its offspring an artificial language and form of communication.

The project and that the people at the Yerkes lab in Atlanta have been very understanding of the consideration for a project at another institution such as the Institute for Primate Studies at OU.

The one-year-old infant is no longer nursing and is expected to eat solid food, thus relieving Washoe of that duty. Fouts said.

When the research team's stay in Atlanta will be used to acquire data on the present feeding and play habits of the new one-year-old. Once the team has become thoroughly familiar with the new animal they will sign the final papers Saturday and drive the chimpanzee infant to the primate lab in Norman.

Primate lab research workers understand the lab to make ready for a more aggressive, older offspring for Washoe.

The project will proceed as before with the added safeguard of pediatrician, Dr. Richard Carlsen M.D., who will enter the cage and examine the new

infant without anesthetic being used. Fouts said the willingness of the pediatrician is going to make the project work much smoother for essential observational studies and will be the long range aspect of the project.

With the adoptive infant, and possibly a new one for Washoe in the future, Fouts anticipates a scientific environment to study whether it is possible for a mother to teach her offspring and adoptive infants American Sign Language. The study done in an atmosphere conducive to rigid control interaction with humans, which should limit amount of experimental error.

The mother and new adoptive male chimpanzee will be in an environment conducive to double blind, random signing acquisition by the new adoptive infant. Fouts said, "The test is that the experimenter and subject do not know the code or proper signing association and thus have to be later scrutinized as to the validity of the test given."

The Oklahoma Daily

A Student Newspaper Serving the University of Oklahoma community Tuesday, March 20, 1979 Norman OK 73019 65th Year, No.125 12 pages 10¢

Sailor wishes family in OKC happy holidays

Sailors help maintain America's advantage at sea. This means they do not always get to celebrate holidays with their loved ones. An Oklahoma City, Oklahoma, native serving in the United States Navy will celebrate the holidays with their fellow sailors in Guam.

"I've always enjoyed Christmas time," said Petty Officer 3rd Class Crystal Smith. "I'd always be the first one to start decorating the tree and the first one to put on Christmas music. I would say that one of my favorite memories from the holidays would be when my dad and I would go to drive-thru Christmas light shows."

Smith wants family back home to know they are missed this holiday season.

"I hope you enjoy this Christmas," said Smith. "Please don't worry about me not celebrating while out at sea because we are! There are ugly Christmas sweater contests, karaoke, Christmas card exchanges, white elephants and so much more going on. It is sad that I cannot be there, but please enjoy your Christmas. If you just put on 'Baby, it's Cold Outside,' you can bet on me singing along a



few thousand miles away."

Smith serves as an operations specialist aboard USS Lake Champlain. As a member of the U.S. Navy, Smith, as well as other sailors, know they are a part of a tradition providing unforgettable experiences through leadership development, world affairs and humanitarian assistance.

"To me, serving in the Navy means becoming the best version of myself for myself and for my country," added Smith. "It's a very prideful thing to be a part of."

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TRAVEL / ENTERTAINMENT

A Love Affair with Viking River Cruises: Part One - The Viking Danube Experience

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

There is no better way to travel and see more than on a cruise. Unpacking once, having an amenable home base for dining, education, entertainment and security are all additional cruise advantages. The ultimate cruise experience is river cruising, where there is never a dull visual moment. Whether moving slowly along picturesque landscapes or stopping at iconic locales to sample the best they have to offer, river cruising is a travel seekers delight. While we wait for safer and healthier traveling it's never too early to explore travel opportunities for the Summer. And, it's fun to imagine.

A summer cruise along the Danube and Rhine Rivers in central Europe was just such a joy aboard Viking Danube of Viking River Cruises. I cruised several years ago with this company through the canals and rivers of the Netherlands in the height of their tulip season, so I had expectations for this fifteen day Grand European Cruise. Many improvements had been made since that enjoyable cruise, and I can easily now see why Viking is the most awarded river cruise line.

The daily routine, while predictable, was never a bore. Starting off the day with an overwhelming come and go breakfast buffet, suited my non-morning personality perfectly. Then it was either preparing for an onshore morning tour (always included in the price of the cruise) or confirming an optional afternoon tour (which was always worth the price and effort for a full day of touring.) Viking rates their daily walking tours in relation to physical exertion, so passengers can choose the tour best suited for their abilities.

After the morning tour, we would return to the ship for beverage refreshments before lunch, which was served in the restaurant or in the lounge for a more casual light lunch. Cocktail hour had George playing away as all enjoyed exchanging tour experiences or just relaxing as the world glided by outside and peered through expansive windows. I must mention that Tibor and Danielle, efficiently and congenially executed cocktail requests, whether it was my usual or their ever-changing specialty of the day.

Soon Kurt, our program director, would join us for an over view of the next days events, and pass out administrative announcements. Off to dinner, where the presentation of 4 course cuisine was astounding. A selection of regional specialties were offered with an option of ordering a traditional steak, chicken or pasta alternative ~ wine always included. The elevator down to the restaurant is an added benefit for passengers wishing to by past the stairs. In my experience Viking River Cruises caters to its passengers, making all feel like VIPs. And with only 148 maximum passengers aboard the Viking Danube, this was easily accomplished.

After dinner it was either relaxing in the lounge, escaping to the library for solitude, planning your next day's activities, viewing a destination oriented movie in your cabin, or going up on the sun deck to marvel at the ever changing scenery.

Highlights of my cruise from Budapest to Amsterdam included a night time river salute to the lit buildings and bridges of



Budapest, to the exceptional Vienna Palace Concert of Mozart and of course the celebration of cruising by the castles of the Rhine valley.

The cruise seemed all too short as I had developed traveler relationships with the crew and fellow passengers, who once were strangers, but now compatriots. Through mutual travel experiences you naturally bond with fellow passengers, adding to the credit of river cruising. To paraphrase an old commercial, "Try it, you'll like it." I say, "Try river cruising, you'll love it!"

While now the Viking Danube River Ship has been replaced, there are many new Viking ships along the same itinerary and routines.

For more information on Viking River Cruises and their special offers go to: www.vikingrivercruises.com

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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Senior Hikers Offered Many Local, State Trails

Story and photos by Darl DeVault, Contributing Editor

Oklahoma City and the state offer many options for seniors trying to make a decisive quality of life New Year's resolution to get outside more to walk and hike. Hiking can grow to be an extension of taking a nice walk as close as your front door to stroll in your neighborhood, popular local walking trails, and Oklahoma's many lakes and state park trails.

Hiking does not have to start as physically demanding and challenging. It can simply be an adventure full of pleasant experiences to spend quality time with nature offering a sense of personal achievement.

Although the multi-use, 9.4-mile loop trail around northwest Oklahoma City's Lake Hefner claims the most popular trail system in the metro, another newer trail is catching up. Completed in 2015, the West River Trail (WRT) follows the North Canadian River's north bank from N.W. 10th Street to Meridian Avenue. It is protected from Oklahoma's strong south winds in spring and summer and winter's cold north winds along the wooded riverside.

Its 7.5-miles run from N.W. 10th Street west of Council Road to S.W. 15th Street at Meridian Avenue. It picks up from the Overholser Trail to connect to the east to the Oklahoma River Trails, allowing hikers access to and from the Boathouse District and downtown Oklahoma City.

The WRT is one of the three new trails created by tax dollars from MAPS 3. The other two trails are the Will Rogers Trail and the hilly and woodsy Lake Draper Trail circling the lake.

The WRT is a close-in rural trek that takes users along the North Canadian River and around Crystal Lake, away from streets and traffic. The trailheads offer parking at N.W. 10th Street on the west end or Reno Avenue or Crystal Lake midway through the wooded, scenic trail.

It is a part of the more than 90 miles of Oklahoma City's multi-use trails. The trails system offers recreation and exercise and a network of 10 interconnected trails that can take users to almost every point in the city.

The multi-skill level WRT offers several activity options and is accessible year-round. Dogs are welcome but are required to be kept on a leash. No motorized vehicles are allowed on the trail system. This child-friendly trail is ideal

for family nature trips with newly installed water fountains along the way. Many residents walk and run the course while taking in the many river views.

It is a venue of unexpected ruggedness. It offers close-in, tree-lined boundaries in some sections. Parts of the trail fit the description of a nature trail. Most of the other city trails are open and windswept.

Again, the metro's most popular place to walk is still Lake Hefner. The lake sits between Hefner Road on the north and North Grand Boulevard on the south and just to the west of the busy Hefner Parkway. The walkers, runners, bikers, and in-line skaters make for heavy traffic on nice days, particularly on the east side of the lake and around Stars and Stripes Park on the south shore.

"It's crowded sometimes but still a great place to walk or ride a bike," says city resident Rita Hejny, who lives in the Edgewater neighborhood south of Stars and Stripes Park. "It adds so much scenery and space to the area."

In addition to the trail activities, Lake Hefner offers restaurants and a venue for many other outdoor activities, including sailing, golf, and windsurfing. These sports provide visual entertainment to those wending their way around the trail at Oklahoma City's mecca for outdoor sports.

Other metro urban trails include Bluff Creek, just north of Lake Hefner; Dolese Park in west Oklahoma City near Putnam City High School; and Lake Overholser in far west Oklahoma City, just south of the old Route 66 bridge on N.W. 39th Street. All offer a quick fix for exercisers needing a workout.

The more adventurous can find challenging nature trails throughout the state, anywhere from 45 minutes to 6 hours from Oklahoma City by car. The Wichita Mountains Wildlife Refuge, some 100 miles to the southwest off I-44, welcomes hikers to a rugged landscape filled with cactus plants and bison. It is the largest bison refuge managed by the U.S. Fish and Wildlife Service. The pristine Charon's Garden Wilderness Area offers stunning backcountry vistas, a sparkling waterfall, and a secluded lake to those who venture across the challenging granite boulder field.

Other hikes in the refuge include Dog Run Hollow and a short climb to the top of Elk Mountain, with both offering animal sightings and



The West River Trail offers plenty of trees protecting the hiker from winds as it provides a rural trek feeling along the north side of North Canadian, away from streets and traffic.

thick patches of blackjack oak. "I go down to the Wichitas at least once or twice a year for a hike or a bike ride," says Oklahoma City resident Howard Lucero. "It's really not far for such a great outdoor setting."

True outdoor thrill seekers can make the six-hour trek via auto to the far end of Oklahoma's Panhandle for the eight-mile roundtrip hike to the state's highest point, 4,973-foot Black Mesa Summit. Once ascended, this peak provides a three-state panorama of buttes and mesas

covered with cholla cacti, sagebrush, and other Western flora.

For those who need a guide to outdoor venues across the state, "Oklahoma Hiking Trails" is available. Written and illustrated with maps and photos by Oklahoma City residents Kent Frates and Larry Floyd, the book provides exact information on nearly 60 natural and urban trails. The book can be ordered online at: www.bestoklahomatrails.com.

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Bonnie Plants Announces Statewide Winners of the 3rd Grade Cabbage Program

Oklahoman winner of the Bonnie Plants 3rd Grade Cabbage Program

Kids across the country are earning a lot of "green" after being selected as the "Best in State" in the Bonnie Plants 3rd Grade Cabbage Program. This year, nearly 200,000 third graders in the 48 contiguous states have gotten hands-on gardening experience growing colossal cabbages with one student in each state awarded a \$1,000 scholarship towards education from Bonnie Plants, the largest grower of vegetable and herb plants in the U.S.

"We relaunched the 3rd Grade Cabbage Program in the spring as a safe, remote-friendly learning activity to inspire children of all backgrounds to grow a love of gardening," said Mike Sutterer, President and CEO of Bonnie Plants. "After pausing the program last year because of the COVID-19 pandemic, we're thrilled to once again see so many students were able to participate and learn the basics of gardening as well as life lessons like responsibility, self-confidence and accomplishment."

At the beginning of the program,

Bonnie sent each student a starter cabbage plant and the lessons needed to care for and nurture their plant every step of the way. Students took a photo with their cabbage when it was fully grown and submitted it for a chance to win the \$1,000 scholarship. Winners were selected by Bonnie in collaboration with state departments of agriculture based on the student's enthusiasm to participate and learn in addition to the size and overall appearance of their cabbage.

"It's truly amazing to see firsthand how the 3rd Grade Cabbage Program is able to inspire a love of vegetable gardening in young people and grow our next generation of gardeners," said Angela Thomas, Corporate Communications Manager at Bonnie Plants. "We're proud of all of this year's participants and would like to congratulate all of the winners whose hard work is paying off!"

Bonnie Plants launched the 3rd Grade Cabbage program in 1996,

choosing cabbages because they were the first profitable crop the company sold. The cabbages utilized for the program are the O.S. Cross variety, which is known for producing giant, oversized heads of cabbage that can tip the scales at more than 40 pounds!

Getting involved in the 3rd Grade Cabbage Program is free. Fall registration for those who are located in USDA Hardiness Zones 8-11 is now open. Teachers and parents can click here to register their class or student. Registration opens in January for the spring growing season.

A McCurtain, OK student just earned a lot of "green" after being selected as Oklahoma's winner.

Kynlei was selected by Bonnie Plants in collaboration with the Oklahoma Department of Agriculture, Food and Forestry based on the student's enthusiasm to participate and learn in addition to the size and overall appearance of their cabbage.

"It's truly amazing to see firsthand how the 3rd Grade Cabbage

Program is able to inspire a love of vegetable gardening in young people and grow our next generation of gardeners," said Angela Thomas, Corporate Communications Manager at Bonnie Plants. "We're proud of all of this year's participants and would like to congratulate Cameron whose hard work is paying off!"

"The Bonnie Plants 3rd Grade Cabbage Program is a wonderful way for teachers and parents to introduce children to agriculture through a hands-on, engaging and memorable learning experience," said Oklahoma Secretary of Agriculture Blayne Arthur. "It was inspiring to see the impressive cabbages that all of the students in Oklahoma were able to grow and we're confident this is just the beginning of a lifelong gardening journey for them!"

To see the 2020-21 winners as they come in and learn more about the 2022 contest, please visit: bonniecabbageprogram.com.

See photo page 18

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Kynlei Dill of McCurtain Public Schools has been awarded a \$1,000 scholarship from Bonnie as well as “Best in State” bragging rights for growing a nearly 10-pound cabbage.



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TINSELTOWN TALKS:

Ring in the New Year with some 'Marx Brothers Council Podcast' fun

By Nick Thomas

It's a personal resolution I observe every January: celebrating the New Year with duck soup, animal crackers and, of course, the cocoanuts.

No, it's not some strange private culinary ritual. It's a tradition to welcome the New Year with some old-fashioned Hollywood madcap merriment by viewing several Marx Brothers films including, but not limited to, three of my favorites: "Duck Soup," "Animal Crackers," and "The Cocoanuts."

And at some point this January, I'll also enjoy the next episode of the "The Marx Brothers Council Podcast." It's a series of monthly

podcasts co-hosted by three arts and entertainment veterans who are also noted authorities on the legendary 1930s/40s movie comedy team of Groucho, Harpo, Chico and, in their five early films, Zeppo Marx (see www.marxbrotherscouncilpodcast.com).

The podcast is an offshoot of the Marx Brothers Council Facebook group which evolved from Matthew Coniam's blog, "The Marx Brothers Council of Great Britain" launched a dozen years ago, where Noah Diamond and Bob Gassel became regular contributors.

To date, some 40 episodes have aired. Each is generally led by one



The Marx Brothers, Harpo, Chico, Zeppo and Groucho.

of the hosts with the others chiming in as the trio deep-dive into one of the films or some aspect of the Marx canon often joined by special guests. The hosts examine the films and lives of the Marx Brothers in astonishing academic detail but remain entertaining and amusing.

"I am just a big fan who often tries to hide my lack of expertise by making smart-ass remarks," said Bob Gassel (on Twitter @bobgassel), a career video editor based in Fairfield, Conn., who is also tasked with recording, editing, and publishing the podcast.

While the brothers only appeared together in 13 movies from 1929 to 1949, dedicated fans throughout subsequent decades have helped maintain the comedy team's popularity. So why their continuing appeal? It's their absurd humor and dangerous manic energy, explains author Matthew Coniam from Bath, England, who published "The Annotated Marx Brothers" in 2015 (see <http://marxcouncil.blogspot.com/>).

"It's low comedy for people with highbrow tastes," claimed Coniam. "That kind of dexterous verbal humor, that's very, very sophisticated yet shot through with a joyous foolishness."

"Their motivation is joy," added Noah Diamond, a writer and performer based in New York City (see www.noahdiamond.com). "Yes, they're anarchic comedians but they're not angry."

"I'm just going to say I love how smart they actually are," observed Gassel. "While some may see them as idiots, my perception is that in their best films they are just on a different wavelength than everyone else."

As children, all three hosts discovered the Marx Brothers for the first time and they continue to share that enthusiasm with listeners. "I'm especially proud of the balance between the scholarly and the silly that we seem to maintain," says Coniam, indicating the group's Facebook membership is over 5,000. "We must be doing something right!"

With all past episodes archived on their website, the holiday season is a great time to check out the informative podcast fun. And while you're at it, remember you can also enjoy "A Night at the Opera," "A Day at the Races," and even a "A Night in Casablanca" without ever leaving home.

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BBT The most popular item at Walmart is bananas. They sell more bananas than any other single item they have in stock.

BBT Sunsets on Mars are blue.

BBT The world record for the longest human chain (holding hands) is 652.4 miles and it consisted of 5 million people in Bangladesh as part of a campaign.

BBT Magpies are considered one of the most intelligent animals in the world, and the only non-mammal species able to recognize itself in a mirror test.

Home for Christmas

Casen Hazlewood of Ponca City is only two years old, yet he has spent much of his young life in the hospital. Casen was born on May 6, 2019 at just 26 weeks gestation. His mother Kari Hazlewood recalls the difficult pregnancy. "Casen and his identical twin brother, Hudson, had issues from the very beginning. They were diagnosed early on with what's called twin-to-twin transfusion syndrome, where one of the babies gets more blood and nutrients than the other. In our case, Hudson was the dominant twin leaving Casen malnourished."

When the boys were born, each weighed barely over a pound. Hudson was seemingly healthy given his size, while Casen struggled to survive. "Casen is a A picture containing person Description automatically generatedfighter. He has been battling something since before he was even born," says Kari. "He may be tiny but he's as tough as they come."

It was determined Casen had selective intrauterine growth restriction, a condition that occurs when there is unequal placental sharing which leads to suboptimal growth of one twin. Casen was noticeably smaller and more compromised than his brother. Sadly and unexpectedly, Hudson developed an infection and passed away 12 days after birth. When Casen came down with the same infection his parents feared the worse, but Casen somehow pulled through – as he would time and time again.

Casen would spend the first 154 days of his life in the neonatal intensive care unit.

"He was born in May and we finally got to take him home in October 2019," remembers his mom. "We were home for six days when he suddenly stopped breathing and we had to rush him back to the hospital. This would unfortunately become our routine."



Casen Hazlewood of Ponca City has spent much of his young life in the hospital.

Kari says each time Casen gets a mild cold or runs even a low-grade fever, he undoubtedly ends up back in the hospital. "Since his lungs aren't fully developed he has a lot of respiratory issues and goes downhill fast, so at the first sign of sickness we just start heading to INTEGRIS Children's. They are like our second family. We have spent so much time there. They all treat Casen as if he is their own child." Doctors are hopeful Casen will eventually outgrow his

frequent hospital visits as his lungs continue to develop and mature.

The staff at the pediatric intensive care unit at INTEGRIS Baptist Medical Center held a bubble send-off for Casen at the end of his last hospitalization, signifying the 177 days he has spent in the PICU overtime. "We just love Kari and Donnie and the entire Hazlewood family and wanted to do something really special for them,"

See HOME Page 19

CROSSWORD CORNER

Across

- 1 Morse code component
- 5 John Wick, for one
- 11 Wedding reception VIPs
- 14 Puerto Rico, por ejemplo
- 15 Blueprint
- 16 Legendary bird of prey
- 17 *Carpe diem
- 19 Rap sheet letters
- 20 "Zip your lip!"
- 21 Lust or greed
- 22 "And how!"
- 23 *Be the first to begin
- 27 Hug
- 29 Mom's mom
- 30 Extended pd. away from work
- 31 Notable period
- 33 Commercial charge
- 37 U.K. network
- 38 *Party gifts container
- 41 Coffee dispenser
- 42 Invite for
- 44 Aggregate
- 45 Container cover
- 46 Escape clauses
- 49 Letters in alphabet soup
- 52 *Act in desperation
- 56 Retinal cells
- 57 Fannie or Ginnie follower
- 58 Silently understood
- 61 Dismissal metaphor, with "the"

- 62 Familiar slogan ... and what each answer to a starred clue is?
- 65 A-lister
- 66 Wind instruments
- 67 Biter on a pooch
- 68 Nonetheless
- 69 Corporate jet maker
- 70 Hide partner

Down

- 1 Frisbee, for one
- 2 Befuddled
- 3 Shoe with a strap that nearly encircles the ankle
- 4 More smoke-filled
- 5 FDR's successor
- 6 German pronoun found in half of Munich?
- 7 What we have here
- 8 Highway divider
- 9 Actress Seales of "Insecure"
- 10 Opposing vote
- 11 Emmy category
- 12 Phoenix's 2019 Best Actor role
- 13 Few and far between
- 18 "At Last" singer James
- 22 Hardly any
- 24 Taiwanese PC maker
- 25 Queen of Olympus
- 26 Reel trouble
- 27 Napoleon's 1814 place of exile

- 28 Unruly crowds
- 32 Tummy muscles
- 34 Comprehensive
- 35 Shallowest Great Lake
- 36 Goals
- 38 Rise, as prices
- 39 Batter's job in a squeeze play
- 40 Eros, in Rome
- 43 Discard
- 47 Husk-wrapped cantina food
- 48 Something to update on Facebook
- 50 Solemn vow
- 51 "Whistle While You Work" septet
- 52 Turkey topper
- 53 "Chicago" showgirl Hart
- 54 Highly skilled
- 55 Splinter groups
- 59 Understanding words
- 60 Hardwood tree
- 62 Ozone-depleting chemical
- 63 Farm layer
- 64 Free TV spot

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Answers on page 26

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The Hazlewoods say their Christmas wish is to keep Casen healthy and at home.

HOME

Continued from Page 18

says Erica Liddell, a certified child life specialist at INTEGRIS Children's. "In all, between the NICU and the PICU and the 14 surgeries he's endured, Casen has spent almost an entire year in the hospital. That's half of his little life. So, we wanted to celebrate him in a big way."

The send-off, which also included big sis Brynlee, was just in time for the holidays. The Hazlewoods say their Christmas wish is to keep Casen healthy and at home. "As much as we love the folks at INTEGRIS Children's and want them to continue to be a part of Casen's life," says Kari. "We are hoping to see them less often in the new year! We want to see them socially, not just when Casen is sick."

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OK History Center Announces First 2022 Kilgen Organ Performance

The Oklahoma History Center is pleased to announce the first Kilgen theater organ performance of 2022, featuring widely recognized organist Clark Wilson. He will provide the accompanying music and sound effects to the Harold Lloyd silent movie "Girl Shy." The performance will be Monday, January 24, from 7 to 8:30 p.m. Tickets are \$10 for Oklahoma Historical Society members and \$20 for nonmembers, and may be reserved by calling 405-522-0765. Doors will open at 6 p.m. and seating is on a first-come, first-served basis. The Oklahoma History Center is located at 800 Nazih Zuhdi Drive in Oklahoma City.



Silent movie icon Harold Lloyd, the star of "Girl Shy," was recognized not only for his daredevil talents but also for his trademark horn-rimmed glasses. Of all the silent film comedians, Lloyd was the most profitable. His films out-grossed the movies of both Charlie Chaplin and Buster Keaton, and he made more films than both of them together.

In his previous performance at the Oklahoma History Center in October 2017, Wilson played two sold-out concerts accompanying the silent movie classic "Nosferatu." A resident of Ohio, Wilson began his musical training at age nine and has received hundreds of accolades and awards in the course of his career.

The Oklahoma History Center is a division of the Oklahoma Historical Society and is an affiliate of the Smithsonian Institution, National Archives and is an accredited member of the American Alliance of Museums. 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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SBT In Tokyo, a bicycle is faster than a car for most trips of less than 50 minutes!

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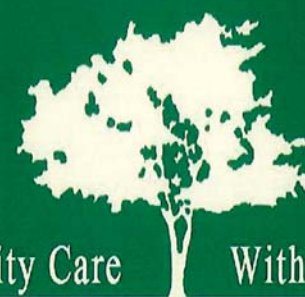
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INTEGRIS Health to Open Three Urgent Care Centers in Metro



Emergency rooms are designed for true emergencies, yet they are often filled to capacity by patients with non-emergent needs. Those suffering from the common cold, the flu or a minor injury.

Many of these patients resort to the emergency room because they do not have a primary care physician, their physician does not have immediate appointments available, or their injury or illness occurred outside of normal business hours. It can be a frustrating situation for everyone involved.

INTEGRIS Health is constantly looking for ways to make access to medical care more convenient for patients. That's why we are happy to announce that we will soon be opening three INTEGRIS Health Urgent Care centers in the metro,

strategically located to offer the care you need closer to home.

These new facilities will be operated solely by INTEGRIS Health, meaning they will provide the same exceptional care you would expect at any INTEGRIS Health location. INTEGRIS Health Urgent Care will provide care for urgent but non-life-threatening conditions. Providers will have access to lab services and imaging equipment to quickly diagnose and treat patients.

Each location will have two to three dedicated providers per site. Patients will see the same providers rather than a rotation of providers. These providers will have access to all INTEGRIS Health integrated medical records and will have access to the patient's primary care and specialty care providers.

"These urgent care centers truly are an extension of our services. We're reaching outside of the hospital and into the communities themselves," says Timothy Pehrson, the president and chief executive officer of INTEGRIS Health. "Our goal is to meet people where they are and provide the right care, at the right time, in the right place. These urgent care facilities enhance our continuum of care."

The first INTEGRIS Health Urgent Care center will be in Moore, located at 750 S.W. 19th Street, Suite A. This location will open to the public on Dec. 13. The two other facilities, one in north Oklahoma City at 2201 N.W. 150th Street, Suite 100 and the other in Norman at 1400 24th Ave. N.W., will open within the next six

months.

Each location will be equipped to offer x-rays and lab work and conduct minor procedures. Any patient requiring a higher level of care will be seamlessly transitioned to a more acute setting in the INTEGRIS Health system.

The urgent care facilities will be open from 8 a.m. to 8 p.m. every day of the week.

Patients can schedule an appointment online or add themselves to the list of expected patients by using the Get In Line feature on the INTEGRIS Health Urgent Care website. To learn more about the Moore location call 405-666- 9860 or click here: <https://integrisok.com/locations/urgent-care/integris-health-urgent-care-moore>

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Community spirit: Epworth nurses committed to patient care



Anita Bhandari and Reena Daniel are grateful for their nursing careers at Epworth Villa.

By James Coburn, staff writer

Anita Bhandari, RN, and Reena Daniel, LPN, say their lives have been enriched by their nursing careers at Epworth Villa, located in Oklahoma City.

"We always strive to give the best care possible," Daniel said.

Both women are charge nurses at Epworth on the skilled nursing unit, and both are furthering their education to advance their careers. They thrive on learning.

Daniel is working toward her Bachelor of Science degree in nursing at Oklahoma State University, while Bhandari is working toward becoming a nurse practitioner with a focus in gerontology.

Bhandari had already worked for one year as a CNA at Epworth Villa before becoming an RN. Helping seniors at Epworth is her purpose in life.

"That's why I'm furthering my education," she said.

Seven years ago, Bhandari began working at Epworth after earning her Bachelor of Science in Nursing degree from Wichita State University.

Daniel never thought she wanted to be a nurse even though all

her family is in the medical field. However, her aspirations changed when she worked as a CNA at Mercy Hospital. She went to nursing school at Platt College where she earned her credentials to become an LPN. She joined the team at Epworth more than 10 years ago.

Today, Bhandari and Daniel arrive at work in the morning for their assignments. They make sure the certified medication aides and certified nurse aides are there. They know from their reports who among the residents needs some extra care.

The staff has a methodology of best practices to ensure that everybody is cared for according to each resident's acuity level.

"I know I can go to anybody," Bhandari said. "If I have any concerns — if I have anything I want to bring up to my administrator, she is very open to any of our ideas and she goes for it. It just feels like a big family. I've been here for so long. I had my bridal shower, my baby shower here and everything. We're a community, we're just bonded together, and we work well."

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EPWORTH

Continued from Page 22

care. Bhandari said it touches her heart to see people’s lives change from being independent to being more dependent on others.

“That change is very hard mentally and physically once you get into that age,” she said. “And for that change it just makes a big difference to have somebody there listening to you.”

The first encounters a nurse has with a patient is always important, Bhandari said. Getting to know a resident’s needs brings opportunities to learn how to motivate and encourage them during challenging times. Patients are assessed as individuals to tailor a personalized plan. Bhandari learns what sustains a person’s wellbeing. For some it’s being home with their pets. So, they will share photos and talk about what is dear to them.

In her own life Bhandari sets herself at ease by being with her 4-year-old daughter and family. Writing is relaxing for her, too. Her life is well balanced by being a nurse.

“I’ve just loved working here,” Bhandari said. “I know there are changes in leadership, rules, and protocols. Change is always difficult, but I’ve always loved working here. It’s a big part of my life. I’m very grateful for Epworth Villa.”

As with Bhandari, Daniel is mother

as well. She is married with two children.

“So, pretty much right now, I’m pretty busy with working and taking care of the family and being in school,” Daniel said.

She loves to read and these days most of her reading comes from textbooks for learning.

“I love being a nurse, I wouldn’t want to do anything other than what I’m doing right now,” she continued.

Daniel is grateful for being a nurse in a skilled nursing unit, so she doesn’t visualize a nursing career in management. Her patients receiving skilled nursing care are generally there for a month, two weeks or possibly 100 days.

“I want to be on the floor where I can interact with patients and families. It’s what I enjoy doing,” she said. “I love when they get here, they are not able to do basic things and when they leave, they’re able to function on their own. When they leave, they always say thank you and they tell us how great we were. We have a lot of patients the come back because they love the care that we gave them. We love working here because it’s a great place to work and a great place for the residents. And, we really strive for these patients to be well taken care of, so when they leave here, they leave here happy.”

For more information visit: www.epworthvilla.org.



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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.

Zumba Gold: Move to the music and have fun dancing.
Every Tuesdays and Thursdays from 10am-11am. \$3/class. Will Rogers Senior Center, 3501 Pat Murphy Drive. 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

LIVE! on the Plaza
1618 N. Gatewood Ave.
405-426-7812 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.

Abstract Remix
OK. Contemporary Arts Center
11 NW 11th St. 405-951-0000
oklahomacontemporary.org
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.

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. Keyword 40768
Senior Events (age 50+) EMBARK offers no cost, round trip rides to these senior centers for 60+. Schedule at 405-297-2583

JANUARY

Maren Hassinger: Nature, Sweet Nature
OK. Contemporary Arts Center
11 NW 11th St. 405-951-0000
oklahomacontemporary.org
When: Through Aug. 31, 2022
Email: info@okcontemp.org
Price: Free
oklahomacontemporary.org/exhibitions/upcoming/maren-hassinger-nature-sweet-nature
Traveling from Aspen Art Museum, the exhibition Nature, Sweet Nature, by renowned artist Maren Hassinger, has been reconfigured to respond to the grounds of Oklahoma Contemporary. Nature, Sweet Nature is comprised of two installations constructed with galvanized wire rope. Garden and Paradise Regained will each stand in rows at relative human scale; one near the entrance to the art center and the other within the Sculpture Garden.

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.

Free Stroke Awareness Community Education.
A STROKE Happens every 40 seconds in the United States. Stroke can happen to anyone and the number of strokes are increasing in ages 20-55. "BE a STROKE HERO," Free Training available. Simple, practical, teachable techniques for your community groups. Learn the New Treatments for Stroke. Learn how to recognize the early warning signs of stroke in less than one minute/ Learn what to do and what not to do in a stroke emergency. Learn simple, effective ways to lower your stroke risk. Please contact Charlotte Colbert, RN, MS, CPHQ, 405.650.0656, Integris Health Stroke Community Educator and schedule a brief 20 minutes stroke awareness education session with your community group.

JANUARY

SENIOR CHAIR DRUMMING (AGES 50+)
Class combines rhythm, stretching and exercise. No experience necessary. Wednesdays and Fridays from 1pm-1:45pm - FREE
Woodson Senior Center, 3401 S. May Avenue.
okc.gov/parksignup.
Keyword 37358

Devon Ice Rink
When: Through Jan. 30, 2022
Myriad Botanical Gardens
301 W. Reno Ave. Oklahoma City
405-445-7080. myriadgardens.com
downtownindecember.com/devon-ice-rink/?mc_cid=b8841159f5&mc_eid=a34bef7305
The Devon Ice Rink returns for its 10th season in the Myriad Botanical Gardens in 2021! Get ready for another great winter of outdoor ice skating at Downtown in December's premier attraction. Skate across 5,500 square feet of real ice and indulge in seasonal food and beverage offerings. Experience the magical, park-like atmosphere surrounded by the glittering lights of the Devon Ice Rink.

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 for more information and to be included!

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 Lawn Crypt# 254 in Garden of Shepherd. \$4,000.00.
 Call 405-659-0118

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.

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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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APT. CITY

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☐ American Express

CARD NUMBER

EXP. DATE CVV # ZIP CODE

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Broom Hilda

By Russell Myers



Animal Crackers

By Fred Wagner



Willy Muffitt

By Bill Brewer



JUMBLE

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

UNDOH

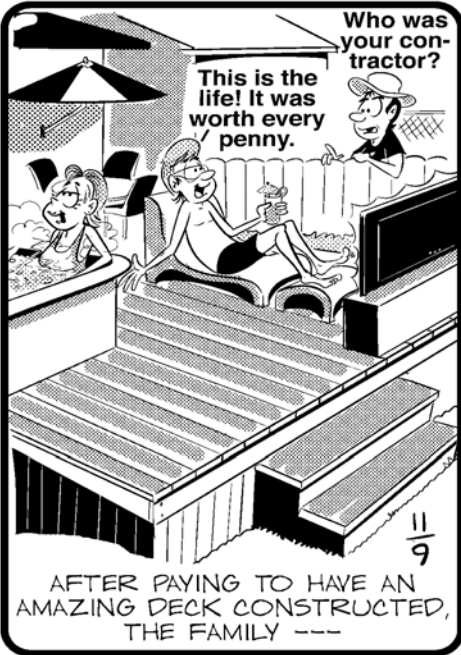
DALGE

KTREMA

PNNIKA

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.

Answer here:

(Answers Next Month)

December 2021 Answers

Jumbles: BOOTH WOUND FOSSIL VORTEX


Answer: The rescue team reached him in the forest, but he wasn't — OUT OF THE WOODS



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Gasoline Alley

By Jim Scancarelli



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		G	E	T	A	H	E	A	D	S	T	A	R	T		
E	M	B	R	A	C	E		N	A	N	A					
L	O	A			E	R	A			A	D	F	E	E		
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Santa just laid off a bunch of elves via Zoom

by Greg Schwem

The elves gathered around their home monitors at 2:40 p.m., per Santa's emailed instructions. Unable to congregate in the main workshop or communicate face to face with their boss since COVID-19 struck the North Pole in March 2020, they wearily clicked the Zoom link Santa provided.

Soon, Santa's grainy image appeared. The elves were perplexed. Normally Santa chose a holiday-themed background; there were hundreds to choose from since Mrs. Claus had installed a green screen in the garage housing Santa's sleigh. But this time Santa sat at his kitchen table, a blank wall behind him. The table contained a legal pad and a half-consumed glass of eggnog.

"I come to you with not great news," Santa began.

Yes, COVID-19 had caused supply chain issues, but the elves had pivoted and were still on track to produce the Marvel action figures, the Harry Potter Lego sets and the Jurassic World Super Colossal Tyrannosaurus rex toys that dotted kids' online wish lists in 2021. Maybe the news involved the T. rex. It was no secret that Santa had added some "COVID pounds." So, lugging dinosaurs down chimneys would be a tall order this Christmas Eve.

"This has been a very challenging year," Santa continued.

"Well duh," an elf responded, careful to first ensure his microphone was muted.

"The market has changed, and we have to change with it," Santa said. "Some kids, particularly older ones, are opting for 'experiences' rather than toys. Try as we might, we can't manufacture whale watching excursions and hot air balloon rides from the workshop."

"That's what gift cards are for," another elf mumbled.

"Excuse me?" Santa said.

"Nothing, sir. That was my dog," the elf replied.

"We are laying off about 15% of the workforce," Santa said, removing his bifocals for emphasis. Audible gasps were heard, and a few elves responded with elf profanities, the most popular being, "Holy Snickerdoodle!"

"If you are on this call, you are part of the unlucky group," Santa said.

His words hit the elves like the weight of a falling Christmas tree. How could Santa be so cruel? Hadn't he learned anything from Better.com CEO Vishal Garg? On Dec. 1, the mortgage lending company's founder terminated more than 900 staffers via Zoom. In his address, Garg said it was the "second time he had to do this." The elves could never remember Santa doing anything similar and many had been the jolly man's faithful helpers for upward of 300 years.

Garg's video quickly went viral, forcing him to take time off, "effective immediately," and putting him on numerous naughty lists for life. It didn't take long for Santa's address to experience a similar fate. CNN obtained a copy and, that night, Anderson Cooper conducted an EXCLUSIVE interview with fired elf Tinsel.

"I had to inform my wife and 37 kids," Tinsel told Cooper. "We trusted Santa. Most of my kids were looking forward to the day they could join the workforce. Not anymore."

"What are you going to do now?" Cooper asked.

"Not sure," Tinsel replied. "There aren't a lot of opportunities at the North Pole outside of toy making. But I'm putting my resume on LinkedIn tomorrow."

The next day, rumors of a "toxic culture" in Santa's workshop began to surface. One elf promised to produce emails of Santa calling the elves "lazy" and "not worth their weight in candy canes." Lawyers stood at the ready, forcing Santa to issue a carefully crafted apology, courtesy of his marketing team.

"I failed to show the appropriate amount of appreciation and respect for



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



all you have done," the apology stated. "I shall try to do better. Until then, Merry Christmas."

Santa's offer of two month's severance pay was generous but most elves reached for comment said they were meeting with financial advisers to discuss their futures.

Kids be warned; the Great Elf Retirement may soon be upon us.

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

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

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