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Scientists
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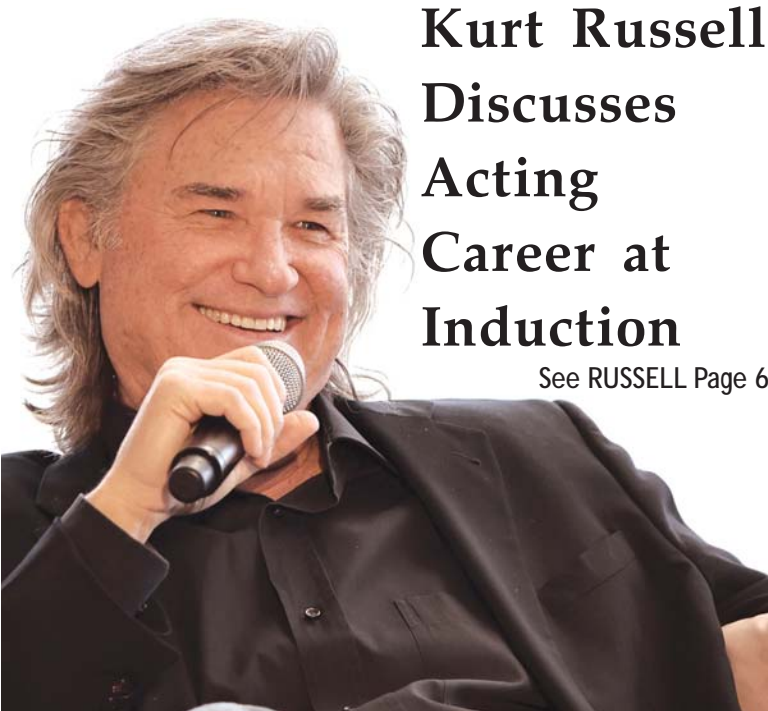
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SENIOR NEWS & LIVING

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Information for Oklahoma Seniors

OK

May 2022

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A watchful eye Local doctor helps seniors monitor health

Dr. Elise Brantley specializes in helping seniors preserve their skin health.

story and photo by Bobby Anderson, Staff Writer

It's all fun in the sun when you're young. But as you start to age all that exposure to the sun can begin to take its toll, resulting in blemishes and forms of skin cancer. That's where Dr. Elise Brantley and Scissortail Dermatology come in.

Brantley is a board-certified dermatologist who has been practicing since 2009. Her practice focus is evaluation and treatment of growths of the skin with emphasis on detecting and treating skin cancer. She is a native Oklahoman from Broken

Arrow. After graduating high school from the Oklahoma School of Science and Mathematics she attended the University of Tulsa for undergraduate studies. She received her medical degree from the University of Oklahoma and completed her residency training at the See SCISSORTAIL Page 2



Dr. Elise Brantley



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SCISSORTAIL

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University of Cincinnati where she served as chief resident.

While her husband was completing additional training in orthopedics she served on the faculty of both the University of Cincinnati and Emory University in Atlanta, Georgia before returning to Oklahoma.

She has been serving the Oklahoma City metro area for nearly 10 years.

She started Scissortail Dermatology this past September to better serve her patients.

"Over the years I've accumulated a practice of people who have had years of chronic sun exposure and a high rate of skin cancer development," Brantley said. "Many of them are elderly because skin cancers come from years and years of sun exposure. It's basically insult after insult after insult."

Years of data have taught us about the harmful effects of the sun's rays. Unfortunately, for many, that information wasn't available when they needed it the most.

"We didn't know then what we know now so when they were younger they were accumulating damage that no one had any idea how dangerous it was," Brantley said. "Luckily, now, we have a lot more knowledge about how the sun's rays cause damage but back then people just burned and kept going."

Brantley has heard stories of patients trying to get sun tans when they were younger. Baby oil, Crisco, aluminum foil, iodine were just a few of the concoctions people thought might help them tan.

The wisdom of trying to get a "base tan" before the summer is also one that Brantley says is a myth. Base tans do not protect from sun damage or skin cancers.

Brantley educates her patients so they can become more knowledgeable about what to look out for.

She focuses on prevention and protection from the sun as well as skin cancer detection and treatment.

"It's never a bad idea to come in and get a full body skin check from head to toe, at least for a start," Brantley said. "We can look at your overall risk factors, your history and personal history and even clues from your skin as to how much sun damage you've already accumulated."

"From there we can determine how often you should come in and we can go over how to detect things on your own."

Three main types of skin cancer exist and some may have genetic components.

Non-melanoma skin cancers include basal cell and squamous cell cancers.

Melanomas are the quicker, more dangerous forms that - if left untreated - can become fatal.

"Those can take off within only a few weeks for the more aggressive ones," Brantley said. "Anytime you have a brown spot or black spot that is not part of your normal skin that you don't recognize or is behaving differently you definitely should come get that checked out sooner rather than later."

"It doesn't mean it's melanoma. There's a whole category of things that are benign that look similar but are hard to tell unless you are trained."

It's never too late to hedge your bet against skin cancer. Seeking shade and not being out in the hottest part of the days from 10 a.m. to 2 p.m. are recommended.

There is more SPF protective clothing now than ever before including hats and shirts.

Sunscreen with an SPF of 30 or higher is also a great idea, reapplied every two hours.

Brantley notes that seniors are also at a higher risk of damage as they age, particularly if they spend more time in the sun.

"The more you are in the sun the less effective your immune system is at fighting off skin cancer," said Brantley, who also noted the benefits of getting Vitamin D from the sun can as readily be achieved through vitamin supplements. "If you are immune-compromised you can start growing more and more skin cancers as your system gets weaker."

Keeping a watchful eye over her patients is something that brings her immense joy.

"It's very satisfying how you can get to know someone young and develop a relationship and know these patients over years and years. I love that once you get established with patients you build that relationship and it's a privilege to get to know someone throughout their entire life. It's very much a part of who a patient is, not just what their skin looks like."

You can visit Dr. Brantley at one of her two OKC offices, Collier Skin Cancer Center, 3030 NW 149th St, or 401 SW 80th St, Bldg D, Ste 101. You can make an appointment by calling (405) 562-6222 or visiting her website at www.scissortaildermatology.com

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OPINION



Specialized Moving Services That Help Seniors Downsize and Relocate

Dear Savvy Senior,

Can you recommend any businesses or services that specialize in helping seniors downsize and relocate? I need to find some help moving my mother from her four-bedroom home - where she's lived for nearly 50 years - to an apartment near me. Overwhelmed Daughter

Dear Overwhelmed,

The process of downsizing and moving to a new home is a big job for anyone, but it can be especially overwhelming for seniors who are moving from a long-time residence filled with decade's worth of stuff and a lifetime of memories. Fortunately, there's a specialized service available today that can help make your mom's move a lot easier for her, and for you.

Senior Move Manager

To help your mom get packed up and moved into her new home,

you should consider hiring a "senior move manager." These are trained organizers (they are not moving companies) who assist older people with the challenges of relocating and can minimize the stress of this major transition by doing most of the work for you.

A senior move manager can help your mom pare down her belongings, decide what to take and what to dispose of, recommend charities for donations and help sell her unwanted items. They can even create a customized floor plan of her new home so your mom can visualize where her belongings will fit.

Senior move managers can also get estimates from moving companies, oversee the movers, arrange the move date, supervise the packing and unpacking and help set up her new home, have the house cleaned and just about anything you need related to her move.

If you want to do some of the work yourself, you can pick and choose only the services you want. For example, you may only want a move manager's help with downsizing and selling excess furniture and unwanted belongings but plan on doing the actual packing and moving yourself.

The cost of working with a senior move manager will vary depending on where you live, the services you want and size of the move, but you can expect to pay somewhere between \$60 and \$125 per hour or more, not including the cost of movers.

How to Find One

To locate a senior move manager in your area, visit the National Association of Senior Move Managers website at NASMM.org or call 877-606-2766. The NASMM is a trade association with an accreditation program that requires its members to abide by a strict code of ethics that ensures integrity. They currently have around 1,000 members across the U.S.

You can also search at Caring Transitions (CaringTransitions.com), which is the largest senior relocation and transition services franchised company in the U.S. They currently have nearly 200 franchises throughout the country.

But, before you hire one, be sure you ask for references from previous clients and check them, and check with the Better Business Bureau too. Also find out how many moves they have actually managed and get a written list of services and fees. And make sure they're insured and bonded.

If you can't find a senior move manager in your area, another option is to hire a certified professional organizer who specializes in downsizing and relocating. To find one, check the National Association of Productivity and Organizing Professionals, which has a searchable database on its website at NAPO.net.

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.



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SO THEY SAY...

STRANGE LAWS

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

SBT In Illinois, the law is that a car must be driven with the steering wheel.

SBT California law prohibits a woman from driving a car while dressed in a housecoat.

SBT In Memphis, Tennessee, a woman is not to drive a car unless a man warns approaching motorists or pedestrians by walking in front of the car that is being driven.

SBT In Tennessee, it is against the law to drive a car while sleeping.

Keith Reed Nominated as Commissioner of Health

Governor Kevin Stitt nominates current interim commissioner of health for commissioner position

Thursday Governor Kevin Stitt nominated Keith Reed the Commissioner of Health for the state of Oklahoma. Reed has been with the Oklahoma State Department of Health (OSDH) for 20 years, serving in various positions throughout the agency.

Reed has been serving as OSDH's interim Commissioner of Health since October 22, 2021.

"I am honored to be nominated by Governor Stitt for consideration as Oklahoma's next Commissioner of Health," said Keith Reed, current interim commissioner of health. "I am proud to work alongside professionals that are truly dedicated to improving the lives of their neighbors. I look forward to the potential to serve in this capacity and continuing the transformation of OSDH, as it strengthens internally to ultimately be more responsive and a better partner for Oklahomans."

Reed was born and raised in Monroe, Oklahoma located in Le Flore County.

"I often draw on my upbringing in a smaller Oklahoma community when thinking about the needs of Oklahomans that OSDH has the responsibility for meeting," said Reed.

Reed has his Bachelor of Science in Nursing (BSN) from Oklahoma's Northeastern State University and possesses a Master of Public Health Degree (MPH) from the University of Oklahoma. Further, he is Certified in Public Health through the National Board of Public Health Examiners.

In addition to his public health career, Reed is a Colonel in the Oklahoma Air National Guard, serving multiple tours in support of Operations Iraqi and Enduring Freedom. He is currently assigned as Commander, 137th Special Operations Medical Group, Will Rogers Air National Guard Base, Oklahoma City.

"Keith Reed has done an exceptional job as interim commissioner of health and will continue to serve Oklahomans well in this permanent capacity," said Gov. Stitt. "Keith has a proven track record of success, and he is the right person to lead the Oklahoma State Department of Health into the future."

Before Reed is officially named as the Commissioner of Health, the senate must confirm his appointment.

The Oklahoma State Department of Health (OSDH) protects and improves public health through its system of local health services and strategies focused on preventing disease. OSDH provides technical support and guidance to 68 county health departments in Oklahoma, as well as guidance and consultation to the two independent city-county health departments in Oklahoma City and Tulsa. Learn more at Oklahoma.gov/health.



Oklahoma Health Commissioner, Kieth Reed.

Report Shows Devastating Number Of Nursing Home Closures

In case you missed it, the American Health Care Association and National Center for Assisted Living (AHCA/NCAL) released a report last week highlighting the growing number of nursing home closures. More than 1,000 nursing homes have closed since 2015, displacing as many as 45,000 vulnerable residents. As nursing homes and assisted living communities struggle with the lingering effects of the COVID-19 pandemic and a lack of sustainable government funding, AHCA/NCAL projects that hundreds of add

- Since 2015, facility closures have included 776 before the pandemic and 327 during the pandemic.
- Over 400 nursing homes may close before the end of this year.
- During the pandemic, nearly half of nursing home closures (46 percent) were facilities with the highest ratings by the federal government.

In response to the findings from the report, Mark Parkinson, president and CEO of AHCA/NCAL, said:

"Every closure is like a family being broken apart, with the lives of residents, staff and their families impacted in the process. With hundreds of nursing home closures looming now and thousands more anticipated if government funding is cut, state and federal policymakers need to step up to support our social safety net. We need to do better than just keep nursing home doors open—we need to make significant investments to better support our frontline caregivers and transform facilities for a growing elderly population."

In many cases, facilities are faced with the difficult choice of limiting admissions or closing their doors for good as a result of financial challenges and a historic workforce shortage. Earlier this month, the Eliza Bryant nursing home in Ohio announced its impending closure because of financial and staffing troubles, and the Kensington, a nursing home in Nebraska made a similar announcement a week later.

Nursing home closures mean reduced access to care for vulnerable seniors who need around-the-clock care. Policymakers must act by allocating the resources necessary to address this urgent crisis and support long term care for the future.

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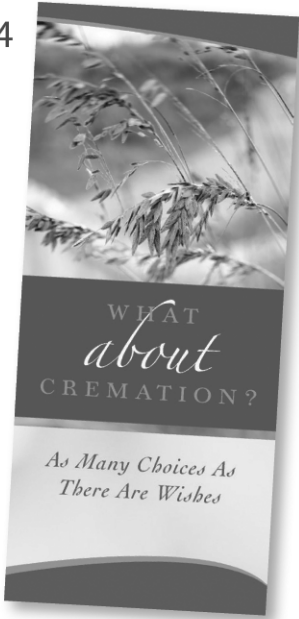
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Kurt Russell Discusses Acting Career at Induction ceremony

Story by Darl DeVault, Contributing Editor

In a conversation with an early-career friend and actor Michael McGreevey, Kurt Russell, 71, provided detail about his long career in TV and movies before a standing-room-only audience the morning before he received a great honor. Many seniors with a lifelong appreciation for Western heritage and culture gathered to hear him speak.

He was in Oklahoma City on April 9 to be inducted into the Hall of Great Western Performers along with his father, Bing Russell, later that night during the Western Heritage Awards at the National Cowboy & Western Heritage Museum. Russell's father, Neil Oliver "Bing" Russell, who died in 2003, acted in many Western TV and film productions, including Bonanza. For several years Bing played Deputy Clem Poster in the TV series Bonanza.

Russell treated the crowd of 440, of whom 100 stood for the

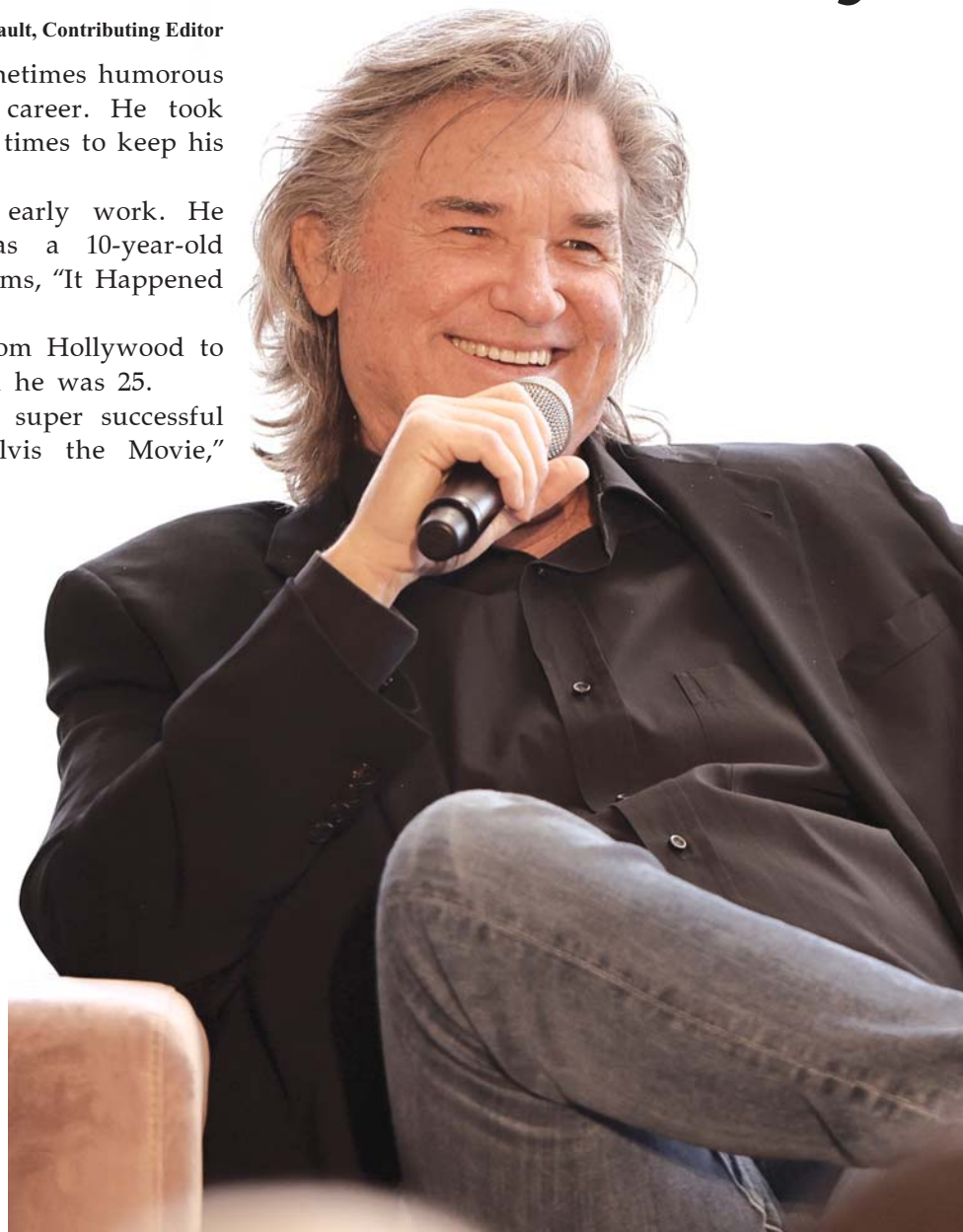
hour-long conversation to candid, sometimes humorous and unrehearsed insights into his career. He took corrections from the audience several times to keep his stories moving forward.

Russell explained some of his early work. He described meeting Elvis Presley as a 10-year-old uncredited bit player in one of his films, "It Happened at the World's Fair" in 1963.

Russell talked about his move from Hollywood to buy a ranch near Aspen, Colo., when he was 25.

He discussed how acting in the super successful 1979 ABC Movie of the Week "Elvis the Movie," playing Presley at 27, earned him a Primetime Emmy nomination. Later a shorter, re-edited version of "Elvis" played in theatres throughout Europe and Australia. He said the highly-rated TV movie performance sparked his film career, and he has not done TV since. Russell's father Bing co-starred in the biopic as Elvis's father, Vernon Presley.

The discussion then turned to his roles in Westerns, where he starred as legendary lawman Wyatt Earp in the iconic 1993 film "Tombstone."



In this Richard T. Clifton photo, Kurt Russell shares acting insights on the day he is inducted into the Hall of Great Western Performers.

While some writers cite the movie as an absolute cult classic because it was a box office, purists realize it is one of the most iconic Westerns ever in depicting Western dialog.

Russell told the audience, "Tombstone" is getting what it deserves (continued acclaim). As far as I'm concerned, when it comes to dialogue, no Western stands up to "Tombstone."

Oklahomans agree, as evidenced by the Oklahoma State University football program's use of a scene from the film shown on their stadium's big screen as the Cowboys run onto the field. They loudly play 10 seconds of the scene near the movie's end where Earp screams, "the laws coming, you tell'em I'm coming and hells coming with me, you hear, hell's coming with me."

Although screenwriter Kevin

Jarre ("Glory") began directing his script for "Tombstone," producers fired him after a month. Russell said, "After helping secure financing for the film, the director was fired. They wanted me to take over the movie. I called Sylvester Stallone, who recommended George Cosmatos, who had done Rambo II with him. When he arrived, I said to George, 'I'm going to give you a shot list every night, and that's what's going to be.'"

Russell revealed other fascinating bits of the behind-the-scenes drama on the movie's set. He was forced to cut 22 pages from the script and yet still respect all the great actors he had helped gather for the production.

This extra effort on the film explains Russell's understated role continued next page

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RUSSELL

Continued from Page 6

as Earp for most of the movie, whose character was supposed to be retired from gunplay to be a gambler. Instead, Val Kilmer played the majority of the scenes involving a feared killer, Doc Holliday, capable of instilling fear and dispatching his opponent without a hint of remorse. Some writers think Kilmer stole the many scenes he was in because of his edgy, extremely believable portrayal of all the physical tics of a person with tuberculosis living in a hot climate.

Not at the event in OKC, Kilmer confirmed much of this in a 2017 blog post (via The Hollywood Reporter), saying: "Russell's totally correct about how hard he worked the day before for the next day's shot list and the tremendous effort he and I both put into editing, as the studio [Hollywood Pictures] wouldn't give us any extra time to make up for the whole month we lost with the first director. I watched Kurt sacrifice his role and energy to devote himself as a storyteller, even going so far as to draw up shot lists to help our replacement director, George Cosmatos, who came in with only

two days prep." Kilmer continued in 2017: "I have such admiration for Kurt. He sacrificed lots of energy that would have gone into his role to save the film. Everyone cared, don't get me wrong, but Kurt put his money where his mouth was, and not many stars extend themselves for the cast and crew. Not like he did."

Russell also starred in 2015 Westerns "Bone Tomahawk" and "The Hateful Eight". In 2019, "The Hateful Eight" was again released as a re-edited four-episode miniseries on Netflix with the subtitle Extended Version. Russell explained his role in "Bone Tomahawk", cited as Western horror, was so powerful it will be discussed 20 to 30 years into the future.

He finished by taking five questions from the audience in an approachable manner, including a child's request for his autograph. An audience member has posted a YouTube video of the event at [Kurt Russell Full Panel Discussion with Michael McGreevey 04-09-2022 2022 Western Heritage Awards - YouTube](#)

The Museum's website says it best: Through its three Halls of Fame, the National Cowboy & Western Heritage Museum



Former Gov. Frank Keating and Cathy Keating listen to Kurt Russell recounting many of his acting adventures during his 55-year career.

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Performers, or a rodeo cowboy in the Rodeo Hall of Fame, perpetuates and enriches facets of this Western heritage. By honoring them, the Museum, in a sense, provides a generational continuity with the past, present and future and bears witness to an evolving American West.

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OKLAHOMA WOMAN IS BACK IN THE SADDLE, AGAIN

After a major fall, metro senior credits physical therapy with helping her regain independence

Equine lovers can't imagine life without horses. Carol Peake or Piedmont is one of them, but a fall in the stables meant she had to pull back the reins on riding and she worried she might never ride again.

Peak has ridden horses since childhood. After another of countless rides, she was putting her riding gear away when it happened. A saddle strap wasn't properly secured, leaving the loop in line with her foot.



After breaking her hip, Carol Peake wasn't sure she would be able to get back in the saddle. Thanks to Dr. Alex Maxwell, at Valir Physical Therapy, she is now able to enjoy riding without pain.

"When I turned around to walk off that loop was around my ankle," Peake recalled. "It yanked my foot out from under me and I crashed to the ground right here on the concrete."

Her husband was nearby and heard her holler. He rushed to her side and called for help. Peake was rushed to the hospital

where they found she had broken the ball off her hip and fractured her femur. She required surgery

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SADDLE

Continued from Page 8

to repair the damage. Weeks later, she was back home, in pain and barely able to bend at the hip. She wondered how she would be able to ride again. That was when Peake started working with

"We find those things they want to do, and we make sure we are addressing them through our modalities and treatments," Maxwell said.

Peake was determined to get better. She pushed through day after day. With Maxwell's help and encouragement, she began to see



Carol Peake works with Dr. Alex Maxwell, with Valir Physical Therapy, on exercises that helped her regain mobility after she broke her hip and femur.

Dr. Alex Maxwell, a physical therapist at Valir Physical Therapy in Piedmont.

"She came in, day one, and knew, 'I want to get this pain under control,' and then, right after that, 'I want to get on a horse as soon as I possibly can,'" Maxwell said.

"Mostly I wanted my life back," Peake explained, but she knew she had a long way to go.

"She was very unsteady, and she was pretty nervy about standing on one leg, which you have to be on one leg to get into a stirrup and swing your leg over the horse," Maxwell said.

Peake was upfront with Dr. Maxwell, telling him on her first day about her determination to get back in the saddle.

Knowing her goals, Maxwell tailored her therapy in ways that would help her reach that goal of returning to riding. They focused on exercises that would target specific muscles, strengthening her body in ways that would help her someday get back on a horse again.

improvement — her pain became more manageable, and her strength increased. Nine months later, she reached her goal, climbing back in the saddle for the first time since her injury.

"It was exhilarating," she said of that moment.

Peake continues to ride regularly. She does need a little help getting into the saddle, though she's getting closer to doing it on her own. Meantime, she continues to work on strength and range of motion in her hip with the help of the team at Valir PT. She knows without them riding could easily have become a thing of the past.

"Being able to talk about something for weeks and weeks and train for it in here and then actually get to see her go and do it, it was an opportunity that I really appreciated her giving me," Maxwell said.

Interestingly, Peake says the help she got through physical therapy brought other positives, helping her to enjoy time once again in her garden.

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COMMUNITY

Grand Activity at OKC RIVERSPORT

Story by Darl DeVault, Contributing Editor

Sometimes known as a Grand Activity, grandparents often help their grandkids explore new activities outdoors when they share leisure experiences.

Organizers say Oklahoma City RIVERSPORT provides such an opportunity in several locations, providing kayak lessons and rentals so grandkids and grandparents can share the healthy outdoors together.

The Oklahoma River in downtown Oklahoma City is a boon to recreational kayaking in the Boathouse District. Access these outdoor amenities at 725 S. Lincoln Blvd., located just south of Bricktown's Bass Pro Shop. Organizers rent equipment and provide quick land-based lessons to instill confidence in newfound on-the-water kayaking skills to paddlers. Instruction is vital

in steering these boats to a safe and fun adventure. This extends past those interested in kayaking to various paddle sports such as stand-up paddleboarding (SUP) and whitewater kayaking with more training.

Sitting in the boat on the water, it's easy to feel how kayaking can rekindle a connection with Mother Nature. The craft glides across the river's surface with each paddle stroke at your pace and effort rate. The retirement privileged will easily keep pace with the young'uns or your companions. Your efforts may entice you to become a senior kayaker and more avid outdoor enthusiast.

This popular water sport affords

See RIVERSPORT Page 11



Children prepare for the fun race part of the Oklahoma Paddlesport Festival before the 2021 ICF Canoe Sprint Super Cup finals on August 21, 2021, on the Oklahoma River.

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RIVERSPORT

Continued from Page 10

paddlers an up-close-and-personal view of the river and the wildlife along waterways – cranes, geese, ducks, and the fish in the river. Wide, lightweight plastic touring boats and flatwater kayaks (also called recreational kayaks) make this possible.

A new generation of wider constructed, safer flatwater kayaks featuring easy dynamic control is fueling a paddlesport explosion. These smaller boats' control and balance make for the perfect outing with grandkids.

Paddleboarding is standing on a wide "surf" board. You use a long, angled paddle to move leisurely through the water. Ages 8+ can paddle solo, while ages 5+ can SUP with an adult. SUP is included in the RIVERSPORT day and season passes, or you can rent a board by the hour. All participants must wear a personal floatation device (lifejacket also called PFD), which is provided.

SUP is available in the Boathouse District and via RIVERSPORT Flat Tide at Lake Overholser and Lake Hefner.

Downtown in the Boathouse District, grandparents can rent kayaks and SUPs or purchase a RIVERSPORT day pass for a whole day of fun and adventure.

"The Lake Overholser Boathouse and the Stinchcomb Wildlife Refuge are hidden treasures in Oklahoma City," said Elizabeth Laurent, spokesperson for RIVERSPORT. "It's a great place for grandparents and grandkids to spend time away from digital distractions and get back to nature."

RIVERSPORT's Lake Overholser Boathouse is located on the east shore of Lake Overholser, 12 miles west, and offers hourly kayak and SUP rentals. It features the North Canadian River, which winds through the Stinchcomb Wildlife Refuge north of the lake. The Refuge

is one of the best places to kayak in central Oklahoma. Quiet waterways are a great place to learn the basics.

Grandparents can easily share some fun time on the water with their grandkids as they enjoy kayaking by renting one for a few hours. RIVERSPORT Flat Tide puts you on the water in kayaks and paddleboards at the northeast corner of Lake Overholser near the Route 66 Bridge on the weekends. This Spring, the Oklahoma City Water Trust upgraded the parking lot near the Route 66 Bridge with a new gravel surface. This widening and replacing of the earthen surface make it available to about 60 cars.

Kayaker Michael Jones from Edmond left this five-star review of the Stinchcomb portion on the alltrials.com website on March 19, 2022. You can track his paddle excursion: Stinchcomb Wildlife Refuge: East Trail - Oklahoma | AllTrails: Beautiful day to kayak. The water was fairly calm. Busy on the river but not overly so. Went from the boathouse north, under bridges then up the west channel to the river. Not a lot of wildlife but heavier boat traffic is probably why. Went north on the river to near the turnpike. The water got shallow, so I headed back. Nice 3-hour workout.

Once a grandparent uses the on-the-water activities for a bonding session with their grandkids, the kids are sure to look around and see all the other opportunities RIVERSPORT has to offer. RIVERSPORT in the Boathouse District offers a wide variety of land-based activities, including a six-story adventure course, high-speed slides, climbing, bicycling, whitewater rafting, tubing, surfing and indoor skiing. RIVERSPORT also offers coached rowing and canoe/kayak programs for youth through high school age and masters (adult) athletes.

To learn more about RIVERSPORT, visit www.riversportokc.org online or email info@riversportokc.org.

STEPHENSON CANCER CENTER CELEBRATES MILESTONE ANNIVERSARY

OU Health Stephenson Cancer Center, located on the OU Health Sciences Center campus in Oklahoma City, recently marked more than a decade of delivering the most advanced, research-driven, comprehensive care for patients facing the challenges of a cancer diagnosis. Dedicated on June 30, 2011, Stephenson Cancer Center opened to patient care three weeks later.

A \$12-million gift made in 2010 by Tulsa residents Charles and Peggy Stephenson, longtime supporters of the University of Oklahoma, capped

a \$50-million private fundraising campaign. Theirs was the largest single donation to the Health Sciences Center at the time. In 2019, the Stephenson Family Foundation presented a transformative \$20 million gift to expand the center's research mission. Extending the impact of the Stephenson's generosity, the cancer center committed to raise an additional \$20 million, dedicated to the discovery of new ways to prevent, diagnose and treat cancer. The philanthropic support of the Stephenson family served to sustain momentum that helped secure the cancer center's designation as a National Institutes of Health (NCI) Cancer Center in 2018.

NCI designation became a specific goal for Stephenson Cancer Center in 2001, when the Oklahoma State Legislature approved House Bill 1072. Passed with bipartisan support, the bill called upon the university to create a comprehensive cancer center to provide leadership in cancer treatment, research and outreach. Further, the overarching goal was to achieve national recognition as an NCI-designated cancer center. Over the past decade, more than \$400 million has been committed to the support and ongoing development of the cancer center, making it the largest public-private biosciences initiative in Oklahoma history.

Stephenson Cancer Center is the only NCI-designated center in Oklahoma. NCI designation belongs to only an elite group of cancer centers representing the top 2% of centers in the United States. Then and now, the cancer center demonstrates an unprecedented commitment to fighting cancer through improved treatment, clinical research, support programs and education.

Robert Mannel, M.D., Stephenson Cancer Center director, emphasized what it means to have such a resource in the state. "Cancer is the greatest challenge of modern-day medicine, possessing an intimidating force to irrevocably alter the lives of patients and their families. Cancer touches all of us, with one of two Oklahoma men and one in three Oklahoma women getting a cancer diagnosis during their lifetime. Stephenson Cancer Center's vision is to eliminate cancer in Oklahoma and beyond. Its mission is to provide patient-centered, research-driven multidisciplinary cancer care. Such care is available in Oklahoma at Stephenson Cancer Center."

The presence of this unparalleled resource for the utmost in compassionate patient care makes it possible to offer a broad range of latest-generation therapies and research-driven clinical trials. Further, it allows patients to access world-class care close to home, eliminating the necessity of travel beyond state borders. This invaluable benefit preserves patients' vital networks of physical, mental and emotional support found in family, friends and spiritual communities.

"We're keenly focused on research-driven patient care that provides access to tomorrow's therapies today. It is research that drives us toward a future reality in which the burden of cancer is reduced or eliminated," said Mannel. "Here, we have harnessed the resources that will one day help to defeat this adversary, which has taken such a toll on families across the globe. Stephenson Cancer Center is an inspiring model of what we can accomplish as Oklahomans united for such a compelling cause."

Mannel explained that the cancer center's mission-critical components include recruitment of NCI-funded researchers and the education and superior training of oncology health professionals. "These strategies are part of the battle plan to defeat cancer."



STRANGE BUT TRUE

SO THEY SAY...

BBT It was once against the law to slam your car door in a city in Switzerland!

BBT Ernest Vincent Wright wrote a novel, "Gadsby", which contains over 50,000 words -- none of them with the letter E!

BBT About 3000 years ago, most Egyptians died by the time they were 30!

BBT More people use blue toothbrushes, than red ones!

BBT A sneeze travels out your mouth at over 100 m.p.h.!

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

TRAVEL / ENTERTAINMENT

A Regent Cruise: Travel Fulfillment aboard Voyager of the Seas

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



Due to health limitations, I do not travel as much as I used to, but enjoy the travel I have had. I still enjoy looking back at my travel experiences, and sharing the best with you.

Love is defined as any of a number of emotions related to a sense of strong affection and attachment.

If this is true, then I think I'm in love - in love with a cruise ship and its crew! Regent's Voyager of the Seas is worthy of love. On a Baltic Cruise I was delighted with the services provided and the expert delivery on those services. (www.rssc.com)

This state of the art ship is only half the story. With every cabin comes with a comfortable balcony and large picture window with a cozy balcony enabling you to soak up like an appetizer the exotic ports of call - or a calming day at sea. Breakfast room service is must for those not so early bird people when you have an 8:30 am shore excursion. Room service for any meal request is available 24 hours!

Seven Seas Voyager is the world's second all-suite, all-balcony ship and the second to feature a restaurant operated by Le Cordon Bleu of Paris, following sister ship Seven Seas Mariner. The service at "Signature," recalls the days of exquisite, formal yet friendly service

followed by a 4:30 trivia contest where passengers can team up together to win on board points, exchanged near the end of the cruise for souvenir items. After dinner entertainment is eagerly anticipated as it may be a song and dance performance by the Regent Entertainers, specialty acts, a champion ballroom dance team, a magician, virtuoso musical spotlights or a very special all crew talent show.

Late night, for me was always up in the Observation lounge where Pedro my favorite mixologist could prepare his one of a kind Crush Martini, to accompany the relaxing virtuoso musical talents of European Charming pianist Vlado. And should all this entertainment not be sufficient there are 150 free movies available in your suite to lull you, with the gentle ships sway off, to slumber land.

I believe that the ease of cruising gets you the biggest bang for your travel buck. You get what you pay for in cruising with the Regent Line, and more. And there's much more to tell than space here can accommodate, so please feel free to ask.

I thoroughly agree with the quote printed on one of the chocolates left during turn down service. "We wander for distraction, but we travel for fulfillment." - Hilaire Belloc For your travel fulfillment visit Regent at www.rssc.com.

I hope to someday cruise again, as it is the best travel invested money, and travel memories, you can have.

in a fine Paris restaurant complete with synchronized Silver Bell service for your entree. It's a real travel adventure in itself when you order a traditional French appetizer of sweet breads, and find it surprisingly savory. There are four other main dining venues for less formal dining,

You enjoy impeccable service thanks to some of the highest space and service ratios at sea. This is exemplified not only in the food and beverage services but in the shore excursions, housekeeping, Internet services, boutique requests and the friendly cruise social staff. I say that the Voyager of the Seas is large enough to serve you, yet small enough to know you. After alerting Ginalyn, my housekeeping stewardess, that I liked my ice bucket always filled, it was done without fail each day with her daily service and found in the mini fridge. It's the small comfort touches that keep Voyager at the top of cruise ship ratings.

At 4 PM high tea is offered

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OMRF honors scientists at spring board meeting

The Oklahoma Medical Research Foundation presented scientific awards to four scientists and announced another as an endowed chair during Wednesday's annual spring board meeting.

Florea Lupu, Ph.D., received the Edward L. & Thelma Gaylord Prize for Scientific Excellence, OMRF's highest scientific award. Lupu joined OMRF in 2001 and holds the H. Allen and Mary K. Chapman Chair in Medical Research, which focuses on the study of cardiovascular and

involved in developmental disorders such as hearing loss, autism and schizophrenia.

The Fred Jones Award for Scientific Achievement was presented to Wan Hee Yoon, Ph.D. Yoon uses fruit flies to investigate how disruptions or failures in mitochondria — the driver for energy and metabolism in cells — can lead to neurodegenerative diseases like Alzheimer's and Parkinson's. Last year his research uncovered a rare genetic mutation deemed responsible



Oklahoma Medical Research Foundation scientist Gaurav Varshney, Ph.D.

circulatory diseases and disorders. His lab aims to find a new treatment for sepsis, which kills about 270,000 people per year in the U.S. — more than lung cancer, breast cancer and drug overdoses combined.

The Merrick Award for Outstanding Medical Research was given to Benjamin Miller, Ph.D., an internationally recognized leader in aging research. Miller, a physiologist, seeks to prevent the onset of chronic diseases by slowing the biological process of aging. His current work focuses on whether metformin, the world's most prescribed diabetes drug, is effective at slowing aging.

Gaurav Varshney, Ph.D., received the J. Donald & Patricia H. Capra Award for Scientific Achievement. Varshney uses revolutionary gene-editing technology to understand human hearing loss, a condition that affects 1 in 6 American adults. Last year, he received NIH funding to study 21 genes believed to be

for neurological disorders in nine children in Europe and the Middle East.

Also at the meeting, Darise Farris, Ph.D., was named the Alvin Chang Chair in Biomedical Research. Farris' lab studies conditions that range from Sjögren's disease to bacterial infections such as anthrax. Her focus is the body's abnormal immune responses in these conditions and how countering those reactions can result in better health outcomes.

"Dr. Farris is internationally recognized for her innovative research on immune responses in health and disease," said Rod McEver, M.D., OMRF's vice president of research, who held the Alvin Chang Chair from 2009 to 2020. "She is a highly valued colleague at OMRF and other institutions, and most importantly, she is a dedicated mentor to younger scientists."



Oklahoma Medical Research Foundation scientist Darise Farris, Ph.D.



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Grants fund essential equipment for OMRF mouse facility

Five grants totaling \$1.5 million have provided new cage-cleaning and sterilization equipment for the more than 20,000 mice that call the Oklahoma Medical Research Foundation home.

Offices in the animal facility, known as the Donald W. Reynolds Center for Genetic Research, also are being renovated, thanks to grants from the Hearst Foundation, J.A. Chapman and Leta M. Chapman Charitable Trust, National Institutes of Health, Presbyterian Health Foundation, and Robert Glenn Rapp Foundation.

Researchers rely heavily on lab mice, which share more than 95% of their genomes with humans. These mice help deepen scientists'

understanding of diseases ranging from cancer to Alzheimer's to multiple sclerosis and often play a crucial role in developing new treatments.

Mice receive a new cage every one to two weeks. Research technicians wash, sterilize and provide new bedding for nearly 1,000 cages per day. After 20 years, the highly specialized equipment was breaking down regularly: In 2020, OMRF's contracted technician made 38 visits for repairs.

"What kept us up at night was the prospect of our repair technician getting ill or that the equipment would have a catastrophic failure," said Jennie Criley, D.V.M., OMRF's director of Comparative Medicine.

A catastrophic failure, Criley said,

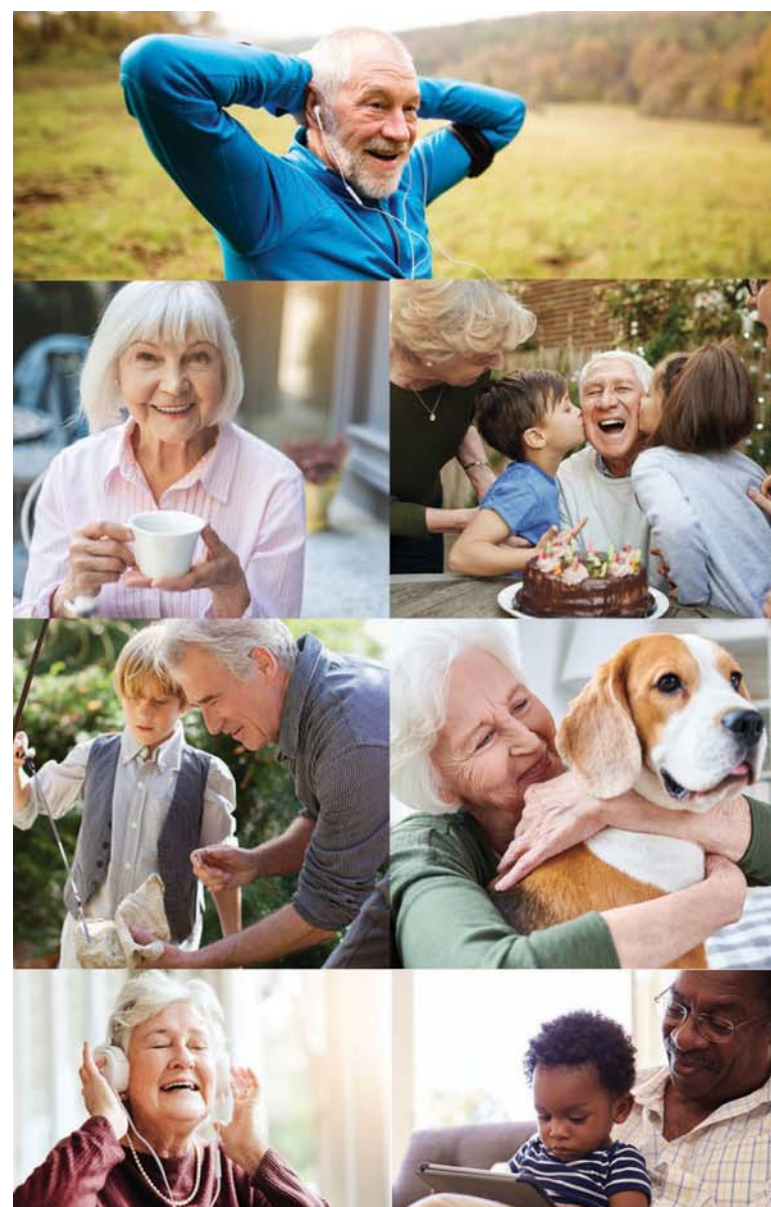


The Oklahoma Medical Research Foundation is home to more than 20,000 mice. Researchers rely heavily on lab mice, which share more than 95% of their genomes with humans. These mice help deepen scientists' understanding of diseases ranging from cancer to Alzheimer's to multiple sclerosis and often play a crucial role in developing new treatments.

could have meant a six-month wait for new, custom-made equipment. This would have caused sweeping delays in research operations, including

experiments involving a select group of "germ-free" mice for OMRF researchers like Matlock Jeffries,

Continued next page



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MOUSE

Continued from Page 14

M.D. These mice have no detectable microbes, and everything that enters their environment must be sterile.

"Our lab studies the relationship between osteoarthritis and microbiomes in the gut," Jeffries said. "The germ-free facility allows us to give mice a precise microbiome and examine the effects on knee cartilage when we perturb the microbiome. It's critical that their environment is kept reliably sterile. These grants provide that assurance." The grants replaced seven pieces of equipment utilized by researchers at OMRF, the Oklahoma City Veterans Affairs Medical Center, University of

Oklahoma Health Sciences Center, Oklahoma State University College of Veterinary Medicine and the University of Oklahoma.

The new equipment provides not only reliability, but also energy savings, resulting in more efficient use of foundation funds.

"These facility updates will provide decades of support for OMRF researchers to garner new insights and treatment strategies for diseases that impact people everywhere," said OMRF President Andrew S. Weyrich, Ph.D.

NIH funds for the renovation are from National Institute of General Medical Sciences Centers of Biomedical Research Excellence program grant No. P20GM139763-01.

STRANGE BUT TRUE

SO THEY SAY...

BBT In Phoenix, Arizona, you can't walk through a hotel lobby with spurs on.

BBT In California, a law created in 1925 makes it illegal to wiggle while dancing.

BBT In Utah, daylight must be visible between dancing couples.

BBT In Michigan, it is against the law for a lady to lift her skirt more than 6 inches while walking through a mud puddle.

BBT In North Carolina, it is against the law for a rabbit to race down the street.



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TINSELTOWN TALKS:

Bill and Susan Hayes still having the time of their lives on 'Days of Our Lives'

By Nick Thomas

Actors Bill Hayes and Susan Seaforth were married in 1974. Or was it 1976? Actually, it was both! The pair tied the knot when their "Days of Our Lives" characters (Doug and Julie) married two years after the couple wed in real life.

Some 50 years and a collective 5,000 episodes later, the Emmy Award-winning stars of the perennial NBC daytime soap opera are still together both on-screen and off. They recently produced a website, Secrets of Soap Opera Lovers, explaining how the two have lived, loved, and worked together for five decades (see www.soapoperasecrets.com).

"Our grandson, David Samuel, came up with the idea," explained Bill from the couple's home in Los Angeles. "He had been divorced and wanted to know the secrets for our long and happy marriage."

"So we wrote them down for him and he suggested we share them with others on the Internet," added Susan.

Their secrets, a collection of personal tips for building a successful long-term relationship, include singing and dancing together, saying I love you every day, keeping promises, and supporting your partner's dreams. Another involves kissing, an activity their TV characters frequently embrace. The couple's first kiss – on-screen and in real life – was in a premarital episode airing on July 23, 1970.

"That's our number one secret," noted Bill. "Give your lover a kiss first thing in the morning and the last thing at night."

"We have love scenes on the screen, so naturally we have to rehearse them at home," added Susan



BILL HAYES AND SUSAN SEAFORTH HAYES THROUGH THE YEARS

Bill Hayes and Susan Seaforth Hayes through the years.



Bill Hayes and Susan Seaforth Hayes in their living room filming Secrets of Soap Opera Lovers - provided by publicist

as Bill laughed in the background. "We need to practice a lot – we have to perfect them!"

On the website, Bill and Susan explain their secrets in a series of short videos filmed in the couple's living room, each reinforced by an illustrative clip of their characters from the show.

"We chose scenes from 'Days of Our Lives' that demonstrate the point we make in each video," said Susan.

Bill, who is 96, and Susan, 78, expect their characters to continue displaying on-screen affection through 2022 and beyond.

"The show is produced five days a week and they used to shoot day-for-day, but now they shoot eight episodes in five days," explained Susan. "Bill and I have been working about four to seven times a month which is plenty right now."

In addition to their daytime soap duties, both Bill and Susan have each appeared (separately) in a dozen feature films, as well as numerous TV movies, series, and theatrical productions throughout their careers. Bill even enjoyed a smash hit in the 50s singing "The Ballard of Davy Crockett," outselling versions by Fess Parker and Tennessee Ernie Ford.

"We recorded it on the first take in one day," recalled Bill. "I still get a royalty check each year for about \$3,000. So someone must still be buying it!"

Long-time fans of "Days of Our Lives" are still buying the love that Bill and Susan's characters share on-screen.

"It's not Shakespeare, but the writers continue to make Doug and Julie fresh as the times change and as we age," said Susan. "We haven't even thought about stopping. Old actors don't retire, they just lose their agents!" This iconic daytime TV couple, however, can expect to retain their management for quite some time.

"It's been hard work for many years, but we still love it," she adds. "We're proud to be producing a quality product as the matriarch and patriarch of the show."

Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See www.tinseltowntalks.com.

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STRANGE BUT TRUE

SO THEY SAY...

STRANGE LAWS

SBT In Georgia, it is against the law to slap a man on the back or front.

SBT In Louisiana, a bill was introduced years ago in the State House of Representatives that fixed a ceiling on haircuts for bald men of 25 cents

SBT In New York, it is against the law for a blind person to drive an automobile.

SBT In West Virginia, only babies can ride in a baby carriage.

deadCenter Film, Norman Music Festival partner for inaugural Oklahoma Music Video Award

In a year of full returns in-person and across theaters, deadCenter Film and Norman Music Festival are proud to partner on Thursday, April 28, at Sooner Theatre in announcing finalists for the inaugural Oklahoma Music Video Award in advance of the 22nd annual deadCenter Film Festival, taking place June 9 - 12. The award finalists will be presented at 7 p.m. during opening night of the music festival, which will run through Saturday, April 30 in Norman and precede an evening of programming merging music and movies.

The 22nd annual deadCenter Film Festival will take place June 9 - 12 in venues across downtown Oklahoma City. This inaugural partnership merges the schedule kick-off of the deadCenter Film Festival, in its first full in-theater run since 2019, with NMF, returning to full three-day operations after being one of the first metro area festivals to cancel in 2020, subsequently canceling the event again in 2021 due to the

pandemic. "One of my favorite things about Oklahoma is the way organizations work together to bring unique experiences to our state," said deadCenter Film's director of festival and operations, Miranda Patton. "Our partnership with the Norman Music Festival is undeniably one of those great partnerships. I am beyond excited about our upcoming event, the Music Video award, and future opportunities to celebrate music and film together."

Immediately following the announcement of music video finalists, deadCenter Film will offer a screening of the documentary feature "Skating Polly: Ugly Pop" about the Oklahoma-bred, now West Coastbased, band Skating Polly, which was winner of the film festival's Audience Award in 2021. The evening will feature a Q&A with director Henry Mortensen after the screening and a performance by Skating Polly, a trio of siblings known for memorable, genre-shattering versatility for more



than a decade. "We are just thrilled to be able to partner with a tremendous organization like deadCenter Film Festival on the inaugural Oklahoma Video Music award. Being able to overlap our brands and extend our message to broader audiences on each other's behalf is the kind of collaboration that benefits our state, undoubtedly," Shari Jackson, Norman Music Festival's executive director said. "Being able to make this presentation with Skating Polly in attendance is the cherry on the top. On behalf of our board of directors, I can certainly say that we look forward to future collaborations with deadCenter Film Festival." For more information visit: <https://www.deadcenterfilm.org/>

CROSSWORD CORNER

- Across

1 Arrest

5 Dwarf planet named for a goddess

9 Places to relax

14 Prefix meaning "personal"

15 Caribbean isle seriously damaged by a 1995 volcanic eruption

17 Threshold adjoiner

18 Law enforcement tool that may be triggered by a siren

19 Natural healer

20 First-class freebie on long-haul flights

21 1959 winner of 11 Oscars

23 Alfred of coffee fame

24 Mollycoddle

26 Jocular headlock accompaniment

31 Yani __, youngest golfer to win five majors

33 Trendy

35 Head makeup

36 Loose

38 Some holy city dwellers

40 They go with guys

41 Ithaca opening

43 Pirogue, e.g.

44 Campaign buy

46 Reply card, say

48 Viral internet item
- Down

2 Muslim veil

2 Allan-__: Robin Hood cohort

3 Citrus liqueur

4 "Truth is ... "

5 Imprisons

6 Leeway

7 Thorough

8 Composer Jule

9 Reach ahead of

10 Private employer

11 Wisconsin-based bike brand

12 Spydom name

13 Actuarial datum, e.g.

16 Rocket __

22 Bob Jones Award org.

25 Parrot

27 Prime spot for stargazing?

28 Cuban city with a U.S.
- 50 NFL highlight reel clip

53 Barista's concoction

58 Get in the game

59 Reference for budding meteorologists

60 Acid __

61 Sara Pennypacker kid-lit heroine

62 Capone capturers

63 Evening stroll

64 Stone massage sites

65 Class with poses
- 29 SSN, e.g.

30 To be, in Latin

31 Harbor sights

32 Flip out

34 Mononymous supermodel

37 Jazz group guy

39 In the loop

42 Accessory with a suit

45 Artist Modigliani

47 Equilibria

49 Big name in apple products

51 "The Girl Who Played With Fire" author Larsson

52 Medicinal shrub

53 Cosmonaut's insignia, once

54 Spaghetti __ puttanesca

55 Krystle and Alexis on the 1980s "Dynasty," e.g.

56 Stew

57 Maui's famously twisty Road to __

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Social Security Administration Releases Equity Action Plan

Today, the Social Security Administration released its first Equity Action Plan, supporting President Biden's whole-of-government equity agenda to advance equity, civil rights, racial justice, and equal opportunity for all.

On January 20, 2021, The President signed an Executive Order, Advancing Racial Equity and Support for Underserved Communities Through the Federal Government. The Executive Order requires all Federal agencies "to pursue a comprehensive approach to advancing equity for all, including people of color and other people who have been historically underserved, marginalized, and adversely affected by persistent poverty and inequality."

"Social Security's programs touch the lives of nearly every American, providing income security for the diverse populations we serve, including people facing barriers, people with disabilities, people who are widowed, retirees, and their families," said Kilolo Kijakazi, Acting Commissioner of Social Security. "Systemic barriers may prevent people who need our programs the most from accessing them. Our Equity Action Plan will help to reduce these barriers and ensure people have access to our services."

Social Security's Equity Action Plan includes:

- Increasing collection of race and ethnicity data to help understand whether programs are equitably serving applicants and beneficiaries,
- Revising policies and practices to expand options for service delivery, Ensuring equitable access for unrepresented claimants in the disability application process,
- Decreasing burdens for people who identify as gender diverse or transgender in the Social Security number card application process, and
- Increasing access to research grant programs for Historically Black Colleges and Universities and Minority Serving Institutions and procurement opportunities for small and disadvantaged businesses.

To learn more about the actions outlined in the Equity Action Plan, please visit www.socialsecurity.gov/open/materials/SSA-EO-13985-Equity-Action-Plan.pdf. For more information about efforts to redress systemic barriers in policies and programs to advance equity for all, visit www.whitehouse.gov/equity.

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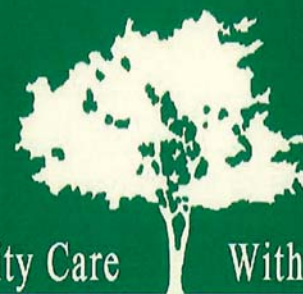
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OKC ZOO WELCOMES NORTH AMERICAN RIVER OTTER TO ITS ANIMAL FAMILY

Oklahoma Trails is home for new female river otter, Hazel.

Guests visiting the Oklahoma City Zoo and Botanical Garden will have an opportunity to see its newest animal family member, Hazel, a female North American river otter. Hazel, 1, recently arrived at the OKC Zoo from Potter Park Zoo in Lansing, Michigan, and can be seen at the Zoo's river otter habitat in the Big Rivers building at Oklahoma Trails. The recommendation for Hazel to relocate to the OKC Zoo came from the Association of Zoos and Aquariums Species Survival Plan® (SSP) for North American river otters. AZA's SSP programs are cooperatively managed programs created to oversee species populations within AZA accredited zoos and aquariums.

"It's always exciting to connect guests to a new member of our animal family," said Tyler Boyd, the Oklahoma City Zoo's curator of carnivores. "Hazel is settling in nicely and becoming familiar with her new habitat space. At this time, she is our only river otter but we are working with the AZA's SSP program for river otters to find her a companion."

Located throughout North America and Canada, river otters are classified by the International Union for Conservation of Nature as stable, meaning that their population in the wild is not in immediate danger of decline. River otters are just one of 13 different otter species found globally. River otters are known for their long slender bodies with short legs and their excellent swimming abilities. Adult otters can vary greatly in size, growing to about 2.5 to 5 feet and weighing between 10 and 30 pounds. A carnivorous species, river otters eat fish, frogs, crayfish, turtles and even some small mammals. They hunt either alone or in pairs but can also forage on land for insects and small mammals.

You "otter" make your way to the OKC Zoo to see Hazel! The Oklahoma City Zoo is open from 9 a.m. to 5 p.m. daily with the last entry no later than 4 p.m. Purchase advance tickets for general admission at www.okczoo.org/tickets. Located at the crossroads of I-44 and I-35, the OKC Zoo is a proud member of the Association of Zoos and Aquariums, the American Alliance of Museums, Oklahoma City's Adventure District and an Adventure Road partner. Regular admission is \$12 for adults and \$9 for children ages 3-11 and seniors ages 65 and over. Children two and under are admitted free.

Stay connected with the Zoo on Facebook, Twitter, Instagram, Linktree and TikTok, and by visiting our blog stories. To learn more about Zoo happenings, call (405) 424-3344 or visit okczoo.org.



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CALENDAR OF EVENTS

MAY

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 plainswindrdr@gmail.com for details. Follow us at www.facebook.com/HFOleTimersClub, 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
Email: 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.

Paseo Arts District's First Friday Gallery Walk
3024 Paseo St. 405-525-2688
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
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!

MAY

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.

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.

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Second Friday Art Walk
122 E. Main St. Norman, OK
Second Friday Norman Art Walk is a free celebration of arts and creativity held monthly starting at 6 p.m. in the Walker Arts District of Downtown Norman.

MAY 6 - MAY 8

FREE ONE OKC: Homecoming Weekend. Booker T. Washington Park. NE 4th St, Northeast OKC
When: Fri., May 6, 5 p.m., Sat., May 7, 10 a.m.-7 p.m. and Sun., May 8, 10 a.m.-2 p.m.
Email: info@oneokcevent.org
www.oneokc.org/oneokc
Northeast Renaissance is proud to announce the return of Oklahoma City's livest annual block party. The weekend kicks off Fri, May 6 at 5 p.m. with the State of Northeast & Homecoming Reception at the Market at EastPoint. Sat, May 7 from 10 a.m. until 7 p.m., OKC's dopest block party is returning to Booker T. Washington Park. Sunday, May 8th: Join volunteers as they work to replenish & restore our community through a special cleanup workday at the park. Celebrate Mother's Day at Florence's.

MAY 7 & MAY 8

Norman Pride Weekend 2022
Andrews Park. 201 W Daws St.
When: Sat., May 7, 12-10 p.m. and Sun., May 8, 7-9 p.m.
Phone: 405-349-3449
Email: info@normanOKpride.org
Price: FREE
normanOKpride.org/prideweekend
Norman Pride is thrilled to present Rupaul's Drag Race Allstar Miss Alexis Mateo as this year's Pride Festival headliner! The festival will host nearly 100 vendors, artists, and nonprofits, foodtrucks, live entertainment, inflatables, & other family-friendly activities. Vendor hours are 12-7pm. The weekend will wrap up on Sunday with the Parade in Downtown Norman at 7pm. There will be prizes! Kids and teens ages 11-19 (LGBTQ2SIA+ and allies) are invited to participate free of charge as part of the Youth March (normanOKpride.org/youth).

Legacy & Transformations
First Baptist Church of OKC
1201 N. Robinson Ave. OKC
When: Sat., May 7, 7:30-8:30 p.m.
okchambersymphony@gmail.com
Price: Free
www.okchambersymphony.com/concerts-1/s35cy1gzyorfgzytjq5sbsdu87xxj
Haydn: Il Mondo Della Luna
Overture, Shaw: Entr'acte, Haydn: Symphony No. 92 in G major, Hob. I:92 "Oxford", Haydn: Divertimento in B-flat major, Hob. II:46, Brahms: Variations on a Theme by Haydn, op. 56. Admission is free. Approximately one hour with no intermission.

MAY 21

Calderón Dance Festival
Plaza District. 1618 N. Gatewood Ave.
Sat., May 21, 10 a.m.-10 p.m.
Phone: 405-267-3434
Email: info@plazadistrict.org
Price: Free
www.plazadistrict.org/calderon
A festival celebrating the life of Shannon Calderón and her vision for building a community with inclusive, diverse and equitable opportunities in dance.
- DANCE CLASSES - Access to various styles and levels of dance classes ranging from traditional to specialized taught by experts.
- DANCE PERFORMANCES - Opportunities to watch performances and showcases -
ARTIST PANELS - Discussions for and by local dance educators, studio owners, teachers and dancers.

MAY 21 & MAY 28

Make Ready Market
220 NW 13th St., Oklahoma City
When: Sat., May 21, Sat., May 28, 11 a.m., Sat., June 18, Sat., July 16 and Sat., Aug. 13
Phone: 4053990097
carly@fieldstudyclothing.com
Price: FREE
fb.me/e/1idHQT9v
The Make Ready Market is an all-makers market held every 4th Saturday of the month in Midtown OKC. Artists and makers offer a range of handmade goods including clothing, jewelry, body care, soap, original art, plants, and vintage. Plus, food and live music. Follow us on Instagram @makereadymarket or find us on Facebook for more details.

JUNE 21

Make Music Day Sulphur, OK
Downtown Sulphur Plaza
300 W Muskogee Avenue
When: Tue., June 21, 3-10 p.m.
Phone: 580-618-4934
sulphur@makemusicday.org
makemusicday.org/sulphur
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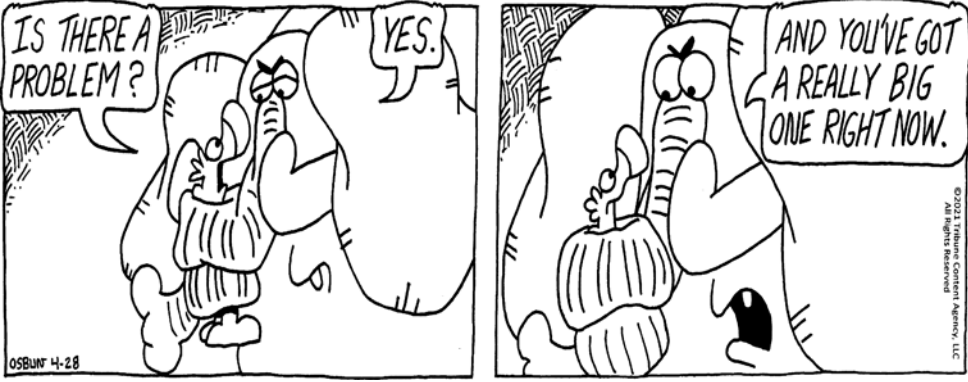
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MRAYWL

VABHEE

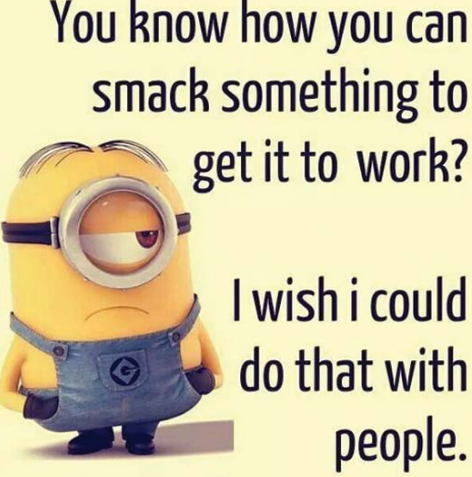
Check out the new, free JUST JUMBLE app



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

April Answers | Jumbles: ENACT VIRUS FELLOW CAVORT
Answer: The sea-based wind farm produced this type
of energy. — "ALL-TURN-ATIVE"

MINION ALLEY - It's good to be a Minion



Gasoline Alley

By Jim Scancarelli



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

Greg Schwem: My new meal plan includes a thesaurus

by Greg Schwem

"I am currently on the "adjective" diet, meaning I will swallow anything that describes how I want my body to look.

It's not the first time I have tried to obtain a better shape via attractive sounding nutritional titles. I strode into a vitamin store recently and walked out with something called "Serious Mass." It's a product that, judging by the physiques of other guys buying it, would make my neck the size of my thighs.

Perhaps the product worked for them. For me, it should have been titled "No Mass. Seriously."

Next up was "Joint Mobility," a supplement that, according to its manufacturer's website, prevents inflammation that can result in "unwanted pain, stiffness, cracking, or even popping joints."

Sadly, those cracks and pops persisted although I felt very mobile when making my way to the couch.

Have I learned my lesson? No, as evidenced by an initial trip to a local smoothie store, where a whole new batch of enticing and promising verbiage awaited me.

I have never been a fan of smoothies, particularly as a substitute for actual food. If I am going to drink my lunch, I want to feel as full as if I had just exited McDonald's after polishing off a double quarter pounder with cheese and large fries. This has never happened. One time it didn't happen because I spit out the entire contents after seeing my receipt. Who knew something called "Acai" would require a second trip to the ATM?

Nevertheless, smoothie stores and juice bars now occupy most of the retail space not already acquired by Starbucks. A relative recently purchased a "faith based" juice franchise.

"So, if Jesus ever wanted a smoothie, this is where he would go?" I texted her shortly after the grand opening.

I still have not received a response. Hey, I thought it was funny.

I decided to give a recently opened smoothie bar near my home a chance. I had just left the gym after a particularly spirited workout and wanted to retain that good health feeling for as long as possible, meaning until 5 p.m. when I planned to join a friend for beer and wings.

Striding up to the counter, I ordered something called "Island Green," containing spinach, kale, mango, pineapple and banana. It sounded inviting, never mind that it was the color of Augusta National.

"Would you like any supplements?" asked the "smoothierista," or whatever you call the person tasked with grinding kale into a liquid.

"Such as?" I responded.

I was shown a list of powders including collagen, vitamin B12 and whey protein. But my eyes immediately went to another one: "Fat Burner."

Excuse me? A scoop, or several, of sand-colored powder could burn unsightly fat from my frame? Why was this even in stock? I mean, who is ordering a smoothie and saying, "No, no, I don't want to remove fat. In fact, I want just the opposite. Can I have a scoop of flab? Do you have any plump? And while you're at it, gimme two scoops of low self-esteem!"

I didn't ask what exactly was in Fat Burner; for all I know it's the color of sand because it actually IS sand. It was also an extra dollar. I ordered it.

The only burn I felt was the one in my stomach, which disappeared after 20 chicken wings.

A friend recently introduced me to the term "SUPERFOODS," which sounds like, if eaten, would give me the ability to fly. I have tried most of them; I can report there is nothing "super" about chia seeds and lentils.



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

A green smoothie.



As of today, I vow not to base my daily food intake around descriptive titles. Instead, I will continue hitting the gym, drinking copious amounts of water and limiting my ice cream intake.

Unless that ice cream is SLOW CHURNED. That's healthy, right?

(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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