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## Ms. Oklahoma Senior America 2023 Crowned

Ms. Oklahoma Senior America 2023 Karen Brown Tims begins her reign after being crowned at the 15th annual pageant on April 15 at Mustang Performing Arts Center.

Story and photos by Darl DeVault, contributing editor

**K**aren Brown Tims, 70, an Arcadia businesswoman, was crowned Ms. Oklahoma Senior America 2023 at the 15th annual pageant on April 15 at the spacious Mustang Performing Arts Center with Miss

Oklahoma 2022, Megan Gold, as mistress of ceremonies. Ms. Oklahoma Senior America 2022 Roxanne Parks crowned her after the judges' selection.  
This annual pageant honors ladies 60

and up who personify the "Age of Elegance" by competing to reign as 2023 Ms. Oklahoma Senior America.  
With 15 contestants competing in Interview, Talent, Evening Gown and a presentation of their philosophy  
See CROWNED Page 2



## CROWNED

Continued from Page 1

of life, hailing from Arcadia, Jones, Newcastle, Bethany, Oklahoma City, Sand Springs, Yukon, Nichols Hills, Mead, Del City and Edmond, Oklahoma was well represented.

"Life is not over past 60. Continue to strive and accomplish, Tims said in an interview. "Our purpose is great even yet! The young people need to hear what we have learned and our guidance is imperative. This pageant and ALL the people involved inspired me and made me oh so happy! I would shout out to all women who are interested in joining us in the fun and growing with courage and confidence. It is never too late!"

Contestants were Barbara Bryant-Waggoner, Jones, Trish Carr, Newcastle, Sharron Clifton, Bethany with Wonna Cornelson, Lynn Jones, Carla Joy, Doreen Miles Williams, Edie Thomas, all of Oklahoma City and Karen Brown Tims, Arcadia. The others were Debbie Hay, Sand Springs, Ellen Henson, Yukon, Pam Holzberger, Nichols Hills, Judy Jackson, Mead, Eileen Milles, Del City and Venessa Saunders, Edmond.

The judges' selections that round out the court for the 2023 Ms. Oklahoma Senior Pageant are Barbara Bryant-Waggoner first runner up, Ellen Henson as second runner up, Lynn Jones third runner up and Sharron Clifton as fourth runner up.

The contestants displayed a hobby or talent within 2 minutes and 45 seconds, modeled a long evening gown, gave their philosophy of life within 35 seconds, and were interviewed by judges for 5 minutes.

Tims garnered the most applause for her spoken word talent presentation conveying the zest of the "Age of Elegance." Here is her "Bending Time" presentation about how all the ladies competing were so happy verbatim:

*Think with me for a moment, please, and with a show of hands, who, like me, has often wondered how to slow down time? My life seems to be flying by.*

*The truth is, we cannot change time; however, we can change our perception of time, and we all know our perception is our reality!*

*Remember when we were children and how slowly time seemed to go by? Seeming that summer and Christmas would never get here?*

*As children, we were spontaneous,*



2023 Ms. Oklahoma Senior America Pageant court, left to right, are Lynn Jones, Ellen Henson, Queen Karen Brown Tims, Barbara Bryant-Waggoner and Sharron Clifton.

*and all our experiences were new. Remember going out for recess and how fun it was and how that time went by quickly? How often would we beg, "Oh, please, just five more minutes" while doing something really fun?*

*My research tells me that as adults, we have become less mindful of our experiences, causing time to fly by! So Start noticing the wonder and amazement of everything!*

*Let's make our day last longer by going to new places, meeting new people, trying new activities, and being spontaneous.*

*My research further tells me; time seems to slow down when we make drastic changes!*

*Break old habits! Change what you have for breakfast. Eat dinner in the dining room on China and not in front of the TV on paper.*

*Above all, be unpredictable; it will make your friends and, better yet, your children wonder what you are up to.*

*I entered this pageant!*

*And to prove my point, this is a two-minute timer, and in my perception, I have been speaking with you for 10 or 15 minutes. Woo Hoo! I just bent time in my life.*

*I leave you with this, as a mother and grandmother, I give you all permission to take more recesses, and YES, you may have five more minutes.*

Tims is a busy entrepreneur running her three businesses, two of which she added since she was

60. She owns Bankers Insurance Group, CB Farms and a residential rental property firm. Her business exploits are scheduled to be featured in Forbes, Entrepreneur and Fortune magazines in the next few months as a part of a Women Business Leaders in Oklahoma article. She balances that with spending treasured time with her two granddaughters.

Her love of horses extends to cowboy mounted shooting, cutting horse contests and trail riding. She volunteers at a nonprofit horse therapy program that teaches troubled children to ride. She enjoys skeet shooting and bird hunting on her farms.

Her volunteer work includes the Oklahoma City Rescue Mission, National Cowboy Western Heritage Museum, Military Order of the Purple Heart, Oklahoma Foster Care Review Board, House of Healing, Healthy Living Center and her church.

Tims will be sponsored by the Ms. Senior Oklahoma Foundation to compete in October at the National Ms. Senior America Pageant in Atlantic City, New Jersey. The Foundation will pay her airfare, room and registration fee.

The national pageant is a nonprofit organization that honors senior women's achievements and encourages them to use their full potential to share a positive outlook on life with others.

Organizers say it is more than a "beauty pageant," Senior America is a re-affirmation of life and self-worth, laughter and tears, inner beauty and outward charm.

This philosophy is based on the belief that seniors are the foundation of America and our most valuable treasure. Organizers say the younger generation has the opportunity to build a better society through seniors sharing of knowledge, experience and resources.

The Ms. Senior Oklahoma Foundation has been staging the pageant since 2008, now under the direction of State Administrator Carol Kallenberger and Directors Deborah Wedel and Dove Schmidt.

Kallenberger from Guthrie dedicates much of her time to this annual event. She says these elegant ladies reflect the grace, charm and fortitude that shines brightly throughout our state. "It was truly an amazing event with all the contestants displaying every aspect of the "Age of Elegance," Kallenberger said. "I sincerely believe that a crown is not always made of rhinestones. It is made of discipline, determination, and courage. Thanks to everyone who helped make our 2023 Ms. Oklahoma Senior America Pageant a great success."

For more information about Ms. Senior America, please visit <http://senioramerica.org>.



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OPINION



How to Prepare a Will

Dear Savvy Senior,

I would like to make my last will and testament and would like to know if I can do it myself, or do I need to hire a lawyer?  
Don't Have Much

Dear Don't,

Very good question! Almost everyone needs a will, but only around one-third of American have actually prepared one. Having a last will and testament is important because it ensures your money and property will be distributed to the people you want to receive it after your death.

If you die without a will (a.k.a. dying "intestate"), your estate will be settled in accordance with state law. Details vary by state, but assets typically are distributed using a hierarchy of survivors i.e., first to a spouse, then to children, then your siblings, and so on.

You also need to be aware that certain accounts take precedence over a will. If you jointly own a home or a bank account, for example, the house, and the funds in the account, will go to the joint holder, even if your will directs otherwise. Similarly, retirement accounts and life insurance policies are distributed to the beneficiaries you designate, so it is important to keep them up to date too.

Do You Need a Lawyer?

Not necessarily. Creating a will with a do-it-yourself software program may be acceptable in some cases, particularly if you have a simple, straightforward estate and an uncomplicated family situation. Otherwise, it's best to seek professional advice. An experienced lawyer can make sure you cover all your bases, which can help avoid family confusion and squabbles after you're gone.

If you need help finding someone the National Academy of Elder Law Attorneys (NAELA.org), the National Association of Estate Planners & Councils (NAEPC.org) and the American College of Trust and Estate Counsel (ACTEC.org) websites are good resources that have online directories to help you search.

Costs will vary depending on your location and the complexity of your situation, but you can expect to pay somewhere between \$200 and \$1,000 or more to get your will made. To help you save, shop around and get price quotes from several different firms. And before you meet with an attorney, make a detailed list of your assets and accounts to help make your visit more efficient.

If money is tight, check with your state's bar association (see FindLegalHelp.org) to find low-cost legal help in your area. Or call the Eldercare Locator at 800-677-1116 for a referral.

If you are interested in a do-it-yourself will, some top options to consider are Nolo's Quicken WillMaker & Trust (Nolo.com, \$99) and Trust & Will (TrustandWill.com, \$159). Or, if that's more than you're willing to pay, you can make your will for free at FreeWill.com or DoYourOwnWill.com.

It's also recommended that if you do create your own will, have a lawyer review it to make sure it covers all the important bases.

Where to Store it?

Once your will is written, the best place to keep it is either in a fireproof safe or file cabinet at home, in a safe deposit box in your bank or online at sites like Everplans.com. But make sure your executor knows where it is and has access to it. Or, if a professional prepares your will, keep the original document at your lawyer's office. Also, be sure to update your will if your family or financial circumstances change, or if you move to another state.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://SavvySenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



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# RELIGIOUS CHARTER SCHOOL SEEKS PUBLIC FUNDS

Erika Buzzard Wright, Contributing Writer, Oklahoma Rural Schools Coalition

The Oklahoma Statewide Virtual Charter School Board is set to vote on a first-ever, publicly funded, religious charter school in its next meeting to be held sometime before the end of June. The Oklahoma City and Tulsa Catholic dioceses are asking the Board to sponsor a charter school that will be religious in all respects. The decision has national implications that challenge the constitutional separation of church and state.

St. Isidore of Seville Catholic Virtual School's application states that it will be Catholic in teaching, Catholic in employment and Catholic in every way. The Board declined to vote on the application in their meeting on April 11th, noting nine deficiencies. The applicants were given 30 days to address these concerns before a vote of the Board which could happen sometime in May or June.



**OKLAHOMA**  
Statewide Virtual  
Charter School Board

"We agree that the Catholic Church should be able to have a virtual school but not financed with public money. Religious virtual schools should be financed just like religious brick-and-mortar schools—with private money," said Misty Bradley, public school parent and president of Oklahoma Parent Legislative Action Committee.

According to Oklahoma law, charter schools are subject to state regulations and are by law "public schools". Public schools are required to be non-sectarian and open to all students regardless of faith affiliation, social status, economic capability, ethnicity, or disability.

Republican Attorney General Gentner Drummond told the Virtual School Board in a February 23, 2023, formal opinion letter that approving St. Isidore or any other religious charter school would violate the Oklahoma Constitution and state law.

"I doubt most Oklahomans would want their tax dollars to fund a religious school whose tenets are diametrically opposed to their faith. Unfortunately, the approval of a charter school by one faith will compel the approval of charter schools by ALL faiths, even those most Oklahomans would consider reprehensible and unworthy of public funding," Drummond stated in his letter.

If approved, the St. Isidore Virtual Charter School would be open to all students across the state. Catholic leaders spoke plainly about focusing recruiting efforts on rural students. Lara Schuler, director of Catholic education for the Archdiocese of Oklahoma City, told media earlier this year that "the school would particularly serve students living in rural areas of the state."

Rural parents have expressed concern regarding the state's ability to properly fund existing public schools as well as a new virtual charter school.

"Many rural public schools in Oklahoma struggle financially already. Diverting more funds to an unconstitutional, religious virtual school would only cause our public schools to suffer more," said Meegan Holman, public school parent from Noble.

The religious aspect of the Catholic virtual school has raised concerns from faith leaders. Should the application be approved, Oklahoma would be the first state to send public dollars to a religious school.

"We believe that all persons should be able to worship and support their own faiths—but not with taxpayer dollars. We believe that no person should be forced by the government to finance faiths that are not their own," said Rev. Todd Littleton, pastor of Snow Hill Baptist Church of Tuttle.

Oklahomans may contact the following Statewide Virtual Charter School Board Members to share their thoughts on this matter:

William Pearson: [william.pearson@ok.gov](mailto:william.pearson@ok.gov), Dr. Scott Strawn: [scott.strawn@ok.gov](mailto:scott.strawn@ok.gov), Nellie Tayloe Sanders: [nellie.sanders@ok.gov](mailto:nellie.sanders@ok.gov), Barry Beauchamp: [barry.beauchamp@ok.gov](mailto:barry.beauchamp@ok.gov), Dr. Robert Franklin (Chair): [robert.franklin@ok.gov](mailto:robert.franklin@ok.gov), Dr. Rebecca Wilkinson (Ex Dir): [rebecca.wilkinson@svcsb.ok.gov](mailto:rebecca.wilkinson@svcsb.ok.gov)

# Announcing OKC Rep's 2023-24 Season

## The Antelope Party

by Eric John Meyer Directed by Jesse Jou October 12-22, 2023. "The Rust Belt Ponies Meet-Up Group for Adult Fans of My Little Pony: Friendship is Magic" gather weekly to visit Equestria—a land of enchantment aka Ben's apartment in rural Pennsylvania.

## Looking for Tiger Lily

Written and Performed by Anthony Hudson November 16-18, 2023. Starring Anthony Hudson – the human vessel for Portland's premiere drag clown Carla Rossi – LOOKING FOR TIGER LILY utilizes song, dance, drag, and video to put a queer spin on the ancestral tradition of storytelling.

## Under The Radar: On The Road

In Association with The Public Theater January 25-28, 2024. OKC Rep's annual collaboration with The Public Theater in New York brings a show directly from the NYC festival to Oklahoma City.

## Vietgone

by Qui Nguyen, Directed by Nikki DiLorento February 29 - March 9, 2024. An all-American love story about two very new Americans. It's 1975. Saigon has fallen. He lost his wife. She lost her fiancé.

## Of a Mind: Oklahoma City

Created by Kelly Kerwin, Emily Zemba, and Listen&Breathe, Movement Direction by Hui Cha Poos May 9 - June 2, 2024. Put on your headphones and join OKC Rep for a remount of OF A MIND: OKLAHOMA CITY, the audio-guided theatrical walking tour that originally delighted audiences in Spring 2022.

For more information visit: <https://www.okcrep.org/season>

# Commissioner Mulready Meets with Oklahoma Congressional Delegation

*By Oklahoma Insurance Commissioner Glen Mulready*

During the National Association of Insurance Commissioners' (NAIC) Congressional DC Fly-In on April 26-27, Oklahoma Insurance Commissioner Glen Mulready joined his NAIC colleagues in advocating for federal reforms that would reinforce state-based insurance regulation and strengthen policyholder protections. Topics discussed with members of Congress included long-term reauthorization of the National Flood Insurance Program (NFIP), funding for State Health Insurance Assistance Programs (SHIPs), and returning authority to the states to oversee Medicare Advantage marketing.



Glen Mulready, Oklahoma Insurance Commissioner.

"Coordinating with the federal government plays an essential role in our department's work to protect consumers and keep insurance markets stable and secure in Oklahoma. I greatly enjoyed speaking with members of our federal delegation about issues that impact every Oklahoman, and I look forward to continuing to work together on their behalf," said Commissioner Mulready.

The NAIC's annual Congressional Fly-In offers chief state insurance regulators and senior staff the opportunity to meet with their congressional delegation, discuss efforts to assist constituents, brief lawmakers on regulatory developments in insurance, and advocate for state and NAIC priorities.

If you have insurance questions, please contact the Oklahoma Insurance Department at 1-800-522-0071 or visit our website at [www.oid.ok.gov](http://www.oid.ok.gov).



# COMMUNITY

## Spring Season Veterans Rowing, Dragon Boating and Whitewater Rafting Teams Forming Now

Story by Darl Devault, Contributing Editor

Registration is now open for the 2023 Spring Season for Veterans Rowing, Dragon Boating, and Whitewater Rafting Teams to train and compete at RIVERSPORT, an official Olympic and Paralympic Training Center in downtown Oklahoma City on the Oklahoma River.

A RIVERSPORT Warrior is a Veteran 18 years or older who has served honorably in the military. Veterans with a military service connection can participate for free.

No paddle sports experience is necessary. New to paddle sports Veteran participants are encouraged

to register. Participants will practice on the downtown Oklahoma River with RIVERSPORT coaches once a week until the Spring Season competition event.

The Warrior participants will train in rowing, whitewater rafting, or dragon boating to compete in the upcoming Stars & Stripes River Festival on June 24. Teams will compete against other novice teams at the OG&E NightSprints under the lights that evening.

"RIVERSPORT Warriors gives veterans with a disability a concrete way to reclaim their ability to be physically active in a team sport



RIVERSPORT Warriors resting after competing in an intense race at a recent crew classic regatta.

and in the process, helps restore a sense of hope for the future," said Jamie Collazo, USMC Veteran and RIVERSPORT veterans program coordinator. "The social support, team camaraderie and feeling of accomplishment are irreplaceable. The increase in physical activity is a bonus."

Warriors rowing practice will be held 10-11:30 a.m. Thursday mornings at the Chesapeake Boathouse in the Boathouse District until June 24. The

fee is \$250 or free for veterans with a service connection.

Warriors whitewater rafting practice will be 6-7:30 pm on Thursday evenings, May 18 to June 24, at the McClendon Whitewater Center in the Boathouse District. The fee is \$200 or free for veterans with a service connection. Participants will practice on the RIVERSPORT Rapids with a professional raft guide once a

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WORRIORS

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week for a six-week season.

Warriors dragon boating practice will be from 6-7:30 pm on Wednesday evenings until June 24 at the Chesapeake Boathouse in the Boathouse District. The fee is \$175 or free for veterans with a service connection.

Registration is open for the 2023 spring season. New participants are encouraged to register.

These coach-led practices will provide Veteran paddle sports participants of all experience levels the opportunity to work together



and compete against other novice teams on the Oklahoma River and RIVERSPORT Rapids.

For more information or to sign up, contact Jamie Collazo at (405) 552-4040 ext 4992



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# Seniors Dominated Redbud Classic 30-mile Ride

Story and photos by Darl DeVault, Contributing Editor

Seniors over 65 were well represented at the 40th Redbud Classic Cycling event on the morning of April 15th as 60 seniors of the 619 riders set out from The Waterford Complex to Jones and beyond. The morning presented chilly and windy conditions on a timed group bicycle ride offering a 10 and 30-mile cycling tour and a 50-mile Fondo through Eastern Oklahoma County.

At 8 a.m., the temperature was a cloudy 53 degrees with a gusty 26 mph northwest wind that rose to 28 mph by noon. Although wind chill cannot be calculated above 50 degrees, when the speeds the riders achieve on a bicycle are factored in, the windchill was likely 40 degrees on the bike those first two hours.

Several seniors took the chilly conditions in stride. Two of the fastest riders in the 30-mile event were in the 65+ age group, almost winning their male and female events overall while

easily setting the best time in their age group. Senior Rainer Stachowitz, 67, from Edmond, finished the timed 30-mile ride second of all the 168 males. MJ Marsh, of Oklahoma City, over 65, was the first of 88 women in all age groups to finish the 30-mile distance. Modern timing can sometimes document senior dominance.

"It is impressive that seniors in the 65-plus age group were one and two in their distances overall on a day when some of the volunteers were wearing blankets because of the windy, cold conditions," said Brenda Schmitz, 30-mile rider, Oklahoma City court reporter and Zumba instructor.

The Spring's first large organized road ride in Oklahoma would have been much more well attended except for the untypical cold and windy conditions. Often numbering more than 1,000 cyclists, the event brought to mind the condition cyclists encountered the first year the event was timed



Brenda Schmitz is all smiles wearing her well-earned 40th Redbud Classic Cycling medal after completing a chilly, windy ride that kicks off her 2023 cycling calendar.

during its 15th start in 1997. Comparing and contrasting events over a good many years is something older Americans are good at and can sometimes provide the reader with a

See REDBUD Page 9



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# REDBUD

Continued from Page 8

different way of looking at seniors' endeavors.

Record low temperatures in April of 1997 did not deter 285 frozen cyclists who braved the bitterly cold 26-degree weather, which almost matched the record cold temperature for the day of 23 degrees in 1953.

The cyclists were determined to participate in the first timed version of that 15th Annual Redbud Classic. The popular first major ride of the Spring began at the Waterford Complex in Nichols Hills. The 10-mile and 30-mile tours started at 7:30 a.m. along the same route as the 50-mile timed event. The 10-mile course was a quick out-and-back along N.E. 63rd, turning around at Bryant.

The cold and windy weather greatly affected the cyclists, both the would-be riders who thought better of the bitterly cold day and did not show up and those who rode the event.

Usually, as many as 1,500 riders started the bicycle event back then, but on a day when the water in their water bottles froze solid, far fewer cyclists braved the cold. With predictions early the preceding week for only 35 degrees and the night before only 32 degrees, turnout for the event was light. Many who rode found they weren't prepared

for the numbing cold of the frigid temperatures and the harsh 15-30 mph winds.

Jones volunteers hosted the turnaround point for the 30-mile event, and the Jones police and volunteer firefighters directed traffic on a day with a wind chill index below zero. Jones native Linda Schilling joined with seven other Phi Epsilon Sorority volunteers, of whom some wrapped themselves in blankets, to help at the rest stop.

The turnaround's rest and refreshment stop was outside at the Jones Main Street Plaza, where many cold cyclists put aside the idea that they were losing valuable time in the first timed event by rearranging their clothing. The area was littered with people trying to warm up their feet and shake off the cold. Extra time was spent finding ways to unfreeze their water bottles so they could take on fluids for the ride back.

Many riders set about finding cardboard, newspaper, or plastic to put under their cycling clothing to help block the wind and be warmer on their bicycles for the return trip. Wheeler Dealer Bicycle volunteers came to the rescue with small plastic bags the cyclists could put on over their socks in their cycling shoes to help with their cold feet.

Some riders decided that to be completely warmer sooner was the better part of valor. They cut short

their 50-mile ride in the blustery conditions. They decided to turn for home to only complete the 30-mile distance since the course was identical to and from the Jones turnaround.

The top riders who wanted to continue to complete the 50-mile distance strained up the many hills of Eastern Oklahoma County and earned bragging rights as inaugural timed-event winners. Having always included Jones, and the challenging hills leading to and from hilly Hogback Road, the 50-mile ride was a good test of the riders' early-season conditioning.

The leader of the 50-mile timed ride was easy to spot, as an Oklahoma City Police patrol car with lights flashing led the way. Sponsor KWTV's helicopter also hovered nearby, videotaping much of the ride and sending live shots statewide.

The event was well-organized, and the riders were well cared for from a safety standpoint. Oklahoma City, Nichols Hills, Oklahoma County Sheriff's Department and Jones police ensured the participants were safe at every major intersection along the route.

Despite the low turnout in 1997, the Redbud Classic brought




Redbud Classic Executive Committee President Ray Heck laughs while being interviewed for local television after most bicycle riders finished this year's event.

recognition to Jones, and the entire Jones Police Department turned out to support the event. Nick King of Choctaw and Steve Allen of Midwest City, who have done the ride for the last five years, said they were impressed with the event's organization and safety measures. The event has grown to be one of Oklahoma's most popular cycling events, drawing riders from all over.

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# AAPI Celebration Planned at Oklahoma History Center

An event at the Oklahoma History Center (OHC) will highlight the history, heritage and contributions of the Asian American and Pacific Islander (AAPI) community to Oklahoma. "Asian American and Pacific Islander Experiences in Oklahoma: A Historical Journey" will take place on Wednesday, May 10, from 10 a.m.-2 p.m. May is AAPI Heritage Month in the United States.

Special honorees include Dr. Jordan Tang of Taiwan; Dr. Dick Hsieh of China; Dr. Thanh Van Anderson of Vietnam; former State Senator Ervin Yen of Taiwan; and current State Representative Cyndi Munson, a Korean American. Dr. Tang and Dr. Van Anderson will be honored posthumously.

The schedule includes a cultural fashion show, dance performances, hands-on activities and more. Performers include Dr. Gregory Lee on violin, Ai-Wei Chang on piano, the India Association, the Zomi community and the Japanese Association. Hands-on activities will include calligraphy and tea tasting.

Mike Lee Hoang, president of the Asian District Cultural Association and a Vietnam American, will be the emcee. Akash Patel, originally from India, will provide the closing remarks. Patel is the vice president of the United Nations Association USA, founder of the Happy World Foundation and the senior consultant for the Institute for Humane Education.

The event is free and open to the public. No registration is required. The event at the OHC is one of several taking place across the Oklahoma City metro throughout the month of May. The program at the OHC is part of the Oklahoma Historical Society's

Multicultural Office (OHSMO) and its "People of Oklahoma" series. The OHSMO has a working objective to develop programs and outreach initiatives to tell the story of Oklahoma's diverse heritage and give voice to these historically underrepresented communities.

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



Mike Lee Hoang (right), president of the Asian District Cultural Association and a Vietnam American, will be the emcee.

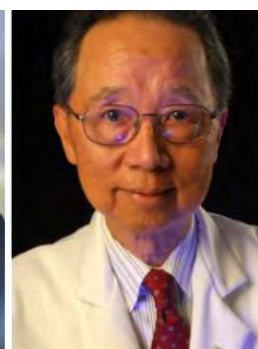
sites and affiliates across the state. Through its research archives, exhibits, educational programs and publications the OHS chronicles the rich history of Oklahoma. For more information about the OHS, please visit <https://www.okhistory.org>.



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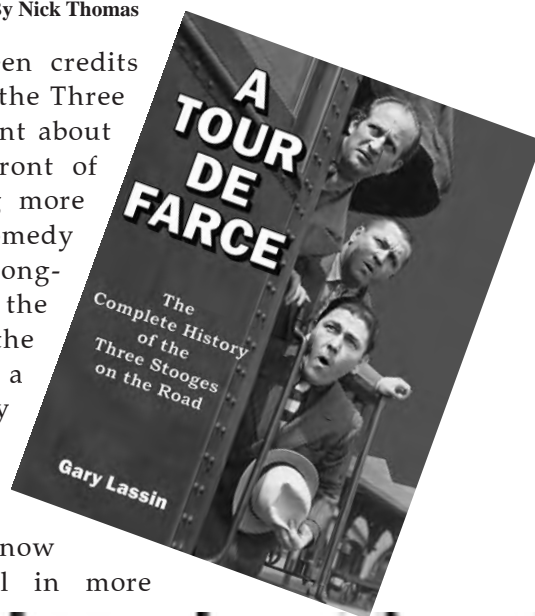
## TINSELTOWN TALKS:

# Calling all Knuckleheads: Touring with new Three Stooges book

By Nick Thomas

Despite extensive on-screen credits throughout their long careers, the Three Stooges comedy team only spent about a month or two a year in front of the cameras, rarely producing more than 10 of their beloved comedy shorts a year. According to long-time Stooges fan Gary Lassin, the slapstick legends were on the road for up to 6 months a year, crisscrossing the country to perform largely vaudeville-like acts on stage.

Those journeys, from the 1920s to the 1960s are now recounted in exquisite detail in more



The Three Stooges, Larry, Curly, Moe, in the 1937 short *Dizzy Doctors* - Columbia Pictures.

than 750 pages of Lassin's new book, *"A Tour De Farce: The Complete History of the Three Stooges on the Road."*

As president of the Three Stooges fan club and owner/curator of a Three Stooges museum (The Stoogeum, see <https://stoogeum.com/>) in Ambler, Penn., Lassin began assembling touring data over two decades ago.

"I just opened a blank Excel spreadsheet and began going through my Stooges memorabilia - playbills, programs, ticket stubs, photographs - to compile their travel history," said Lassin from his suburban Philadelphia home.



The Three Stooges, Moe, Shemp, and Larry with Emil Sitka in *All Gummed Up*, 1947 - Columbia Pictures

He also began searching newspaper archives back in the day before online databases existed. "Twice a year I'd drive to the Library of Congress in Washington to search their archives of major newspapers stored on microfilm."

The book, currently available directly from the author (see <https://tourdefarce.net/>), is also crammed with over 1,400 images mostly from Lassin's private collection, hundreds being published for the first time.

Comprising the two Howard brothers Moe and Curly (Curly being later replaced by third brother Shemp, followed by Joe Besser and Joe DeRita) and Larry Fine, the Stooges are famous for the 190 short films produced by Columbia Pictures from 1934-1959. The trio of turmoil were masters of vintage Hollywood madcap mayhem, famous for brutalizing each other with any heavy object at hand, initiating food fights, and flattening their surroundings faster than a professional demolition team.

So what would audiences attending their live stage shows have experienced?

"Nothing like their films, really," said Lassin. "They didn't have the benefit of movie special effects or other actors they could play off. So they usually did a 10-15 minute act consisting of two basic routines. There were skits where they'd play roles and act out a little and the other was called patter where they would go back and forth with silly jokes."

An example of the latter, says Lassin, is when one would ask, "You goin' fishing?" To which another would respond, "Yeah, you got worms?" followed by the punchline, "Yeah, but I'm going anyway."

Lassin estimates his book documents up to about 95% of live appearances by the Stooges. "We'll never come up with all of them," he said. "They also visited hospitals, military bases, and other places that weren't advertised to the public."

The author, who is related to Larry through marriage, has amassed over 100,000 pieces of Stooges memorabilia with thousands of items displayed in his museum. Like many adult Stooges fans today, he originally became enamored by the comedy troupe as a child.

"We only had three TV channels to watch when we came home from school," he recalled. "So it was impossible for a kid not to see them and like them."

*Nick Thomas teaches at Auburn University at Montgomery in Alabama and has written features, columns, and interviews for numerous magazines and newspapers. See <https://www.getnickt.org/>.*



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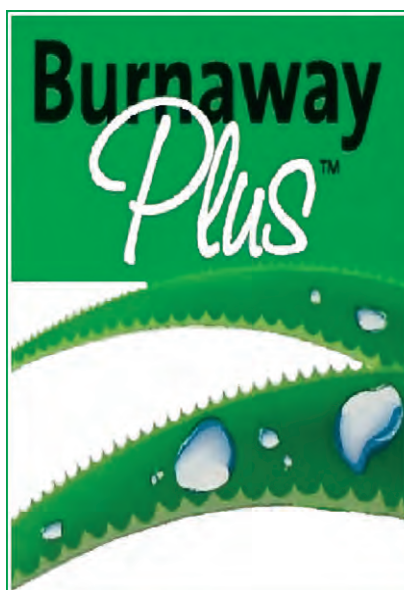
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# SNL CENTENARIANS OF OK



## Lois Boston

(Right) Lois Boston is a SUPER CENTENARIAN celebrating her 110th birthday on May 10! Lois will be celebrating her 110th Birthday on Wednesday, May 10th, 2023. Lois is the oldest living person in the State of Oklahoma as well as the oldest living person to attend OPSU College in Goodwell.



## Jackie Robertson

(Right) Jackie Robertson celebrated her 100th birthday with family & friends in Sapulpa. She was "Outstanding Girl" of her 1941 Sapulpa graduating class. She went on to Tulsa Business College, worked in the insurance business, attended 1st Methodist Church & is past president of Tulsa Insurance Women. Her life advice is: "Treat others like you would like to be treated!"



## Ted Karner

(Left) Veteran Ted Karner of Claremore was born 100 years ago in Logan County, OK. His early education took place in a rural school. WWII changed the course of his life.

He joined the Army Air Corps, which later became the U.S. Air Force, where he served for 30+ years, attaining the rank of Chief Master Sergeant.

## Rutha Bryant

(Right) Rutha Bryant a graduate of Webster High School in Tulsa celebrated her 100th birthday on April 12! One of six children, she was born in Red Fork, one of Tulsa's oldest communities. Happy Birthday, Rutha!



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## RSVP Celebrates Provide-A-Ride Program Volunteers



RSVP of Central Oklahoma Board Member Tara Bradley, left, Executive Director Beth Patterson, center, and Provide-A-Ride Volunteer Lilly Buckner, right. Buckner was one of many volunteers honored recently for her dedication.

RSVP of Central Oklahoma recently marked the end of its Provide-A-Ride senior transportation program with a celebration of volunteers who dedicated their time to helping older adults get to their doctor's appointments.

The celebration of volunteers took place at the Oklahoma History Center. The organization's Provide-A-Ride senior transportation program started in 1994, and during that time volunteer drivers gave more than 130,000 rides to low-income older adults.

RSVP of Central Oklahoma continues to partner with more than 50 nonprofits in the central Oklahoma community. It celebrates its 50th anniversary this year of matching people 55+ with meaningful volunteer opportunities in the community.



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# VillagesOKC applauds Miss Oklahoma for her work with seniors

By Marilyn Olson, Executive Director, VillagesOKC

Megan Gold has spent nearly a year as Miss Oklahoma, championing the cause of senior adults across the state.

VillagesOKC is proud to applaud this beautiful young professional who has a heart for seniors and wisely recognizes the value of community. It is in a community for every decade of life that "breaking bread together" provides food for the body and nutrition for the soul.

Because of her love for her grandfather, Megan, crowned Miss Oklahoma in June 2022, chose the platform for her social impact initiative to be "America Let's Do Lunch - Ending Senior Hunger."

After the death of his wife, Megan's grandfather continued to live independently. But he felt

alone, sad and no longer had the motivation to prepare nutritious meals. In fact, he didn't feel hungry. Megan saw the value of Meals on Wheels which daily provided both a hearty meal and even more a friend with whom to share a meal.

During this past year's reign, Megan lived in the senior living community Inverness in Tulsa while continuing as a TV meteorologist at Tulsa's Channel 6 and carrying on her duties as Miss Oklahoma. She chose living there to further highlight her platform and to get to know more senior adults. The benefits of being in this community went two ways.

"I found that in my busy work life and traveling as Miss Oklahoma, even in all the crowds, I often felt alone," she said. "The



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Miss Oklahoma Megan Gold with VillagesOKC representatives Marilyn Olson and Lance Robertson

genuine friendships of these adopted grandparents cared for me as a person. They encouraged me."

VillagesOKC will continue to follow Megan's career and her ongoing initiative reducing isolation and food insecurity among seniors. VillagesOKC will also be encouraging young students and professionals across Oklahoma to value senior adults and consider the wide-open

field of gerontology for their life's work.

Megan is the daughter of Mike and Kathy Gold of Edmond and is the proud twin sister to brother Michael. Megan graduated from the University of Oklahoma with a degree in broadcast journalism and meteorology. She has worked as a meteorologist in Texas, Missouri and now in Tulsa.

## STRANGE BUT TRUE

SO THEY SAY...

**BBT** Most Canadians live south of Seattle.

Canada and the United States are both large countries which can make understanding the

relative geography difficult. But the contiguous United States goes farther north than you think and the majority of Canadians live near the southern border. The result? At 45 degrees latitude, Seattle is farther north than Toronto and Montreal, meaning that 64 percent of Canadians live south of Seattle.



# VillagesOKC plans daylong workshop for seniors

"Positive Aging" is the theme of a daylong workshop to be hosted by VillagesOKC as part of its Senior LifeSkills Learning series. The event will allow participants to hear from and ask questions of local presenters who are highly regarded in their fields. It is co-sponsored by Grant Estate Law.

VillagesOKC Executive Director Marilyn Olson said senior adults age 65+ are the target audience for this workshop which intends to educate and give older adults an opportunity to socialize with their peers.

"Nearly one-third of Oklahoma seniors face characteristics which are related to the risk of social isolation," Olson said.

The May 10 event at Rose State College will feature author Bruce McIntyre, a panel discussion on "A New Look at Food and Fitness," showing of "Age of Champions" video, and a presentation on "Your Heart-Brain Connection." A light lunch will be served. The event is free.

McIntyre is CEO of the Oklahoma Parkinson's Alliance. He shares his

expert guidance and warm humor with thousands of people each year. He is the author of Receiving Peace, Thrive Anyway, Parkinson Positive, Graceful Transitions and Resilient Life.

Fitness panelists include Lori Manning, RD, LD, and Kimberly Cusher-Gonzalez, PT, DPT. Manning is a dietitian at Mercy Hospital where she specializes in outpatient nutrition therapy. She has a Bachelor of Science degree focused in Nutrition Sciences from University of Oklahoma. Cusher-Gonzalez is a doctor of physical therapy at Norman Regional Health System. Her specialties include Parkinson's disease treatment, total joint replacement rehabilitation, and balance training.

"Your Heart-Brain Connection" is a presentation by Susan Radcliffe, RN, MN, MHR. Radcliffe has been a nurse and an educator for over 45 years including at OU Medical Center. Her presentation will explore how someone's body was designed to optimally function and what the body does in response to thoughts, feelings and beliefs.

See WORKSHOP Page 20

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## WORKSHOP

Continued from Page 19

“Age of Champions” is a documentary about athletes preparing for the 2009 National Senior Games: a 100-year old tennis player from Cape Cod, brothers from Washington, D.C., in their 80s who swim, a Texas widower who finds solace in training, and his rival, an 86-year-old champion in field events intent on a world record.

The free, daylong session will be May 10 at Rose State College in the Jeanie Webb Student Union, FNB Community Bank Ballroom, 1910 Hudiburg Dr. in Midwest City

Registration is at 9:30 a.m. Sessions run from 10 a.m. until 2 p.m. with a light lunch included. Online registration is available on VillagesOKC’s website: <https://villagesokc.helpfulvillage.com/events>.



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## SNL CROSSWORD CORNER

**Across**

1 Pats down in a weapons search

7 Gather, as crops

11 Theater ticket word

14 \_\_ Beach: Southern California city

15 Memorable lioness

16 Imprecise suffix

17 Well-suited to a person’s abilities

19 Pontiac muscle car

20 One-named “Tik Tok” singer

21 College-level HS science course

23 Bundle of hay

26 Kid’s riddle: “Why is six afraid of seven?” “Because seven \_\_ nine!”

28 Range above 41-Down

29 Gift giver’s eager urging

32 Hire

34 Like Beethoven’s “Pastoral Symphony”

35 Arrow controlled by a mouse

37 Little piggies

40 Salad green

42 LinkedIn user’s quest

44 Of sound mind

45 Fancy fish eggs

47 Shapiro of NPR

48 Punctual

50 \_\_ of honor: wedding

party VIP

52 Smell

53 Late-night NYC show

55 Tenant’s payment

56 Like bouquets of roses

58 Dining room piece

61 Former soccer phenom

Freddy

62 Unpretentious

67 Pen tip

68 Reverberate

69 Science journal since 1869

70 Obtain

71 Lion’s warning

72 What there may not be “in the house” during a tearjerker

**Down**

1 Annual shot target

2 Knock (on)

3 “Here \_\_ again!”

4 Submerged

5 Joint above the ankle

6 Cheeky talk

7 Tells, as a story

8 Building wing

9 On the ocean

10 Online remittance app

11 “Correctamundo!”

12 Bone: Pref.

13 “To \_\_ it may concern”

18 “Figured it out!”

22 Fabric

23 Reaches 212 degrees

Fahrenheit

24 Sleep disorder

25 Made certain

27 Expressive online image

30 RN’s workplace

31 Stanley of “The Hunger Games”

33 Golf tournament kickoff

36 Paper purchases

38 Disgraced energy firm

39 Period of work

41 Range below

28-Across

43 Half a bikini

46 Only “V” Monopoly avenue not named for a state

49 \_\_ Joe’s

51 Peace agreement

52 Song from the past

54 Chin-up muscle, briefly

56 Vampire tooth

57 Not of sound mind

59 “007” James

60 Kind of jet

63 “Huh!?”

64 Regret

65 The old college \_\_

66 Giggle sound

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Answers on page 31

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# 2023 OKLAHOMA

If your organization is having an upcoming event, let us know. Email the information to [news@seniornewsandliving.com](mailto:news@seniornewsandliving.com) For a complete calendar of OK History events visit: <https://www.okhistory.org/calendar/ohs/>



May 10  
10 a.m.–2 p.m.

## Asian American and Pacific Islander Experiences in Oklahoma: A Historical Journey

Oklahoma History Center, 800 Nazih Zuhdi Drive Oklahoma City, OK 73105. An event at the Oklahoma History Center (OHC) will highlight the history, heritage and contributions of the Asian American and Pacific Islander (AAPI) community to Oklahoma. "Asian American and Pacific Islander Experiences in Oklahoma: A Historical Journey" will take place on Wednesday, May 10. May is AAPI month in the United States.

May 6  
9 a.m.–4:30 p.m.

## Spring Agricultural Day

Hunter's Home, 19479 East Murrell Home Road Park Hill, OK 74451. Learn about 19th-century agriculture at Hunter's Home on Saturday, May 6, from 9 a.m.–4:30 p.m. as staff prepares for the upcoming growing season. Adults and children can check out the gardens, fields, animals, and house observing the changing of seasons at the only remaining pre-Civil War plantation home in Oklahoma. Spring Agriculture Day is included in the price of regular admission to Hunter's Home. For more information, call 918-456-2751.

May 6  
10 a.m.–2 p.m.

## Blacksmithing and Wheel Setting Demonstrations with the Saltfork Craftsmen

Cherokee Strip Museum and Rose Hill School, 2617 West Fir Street Perry, OK 73077. Visit the Cherokee Strip Museum in Perry to watch the Saltfork Craftsmen give a Blacksmithing and Wheel Setting Demonstration in the blacksmith shop. The forge will be lit at 10 a.m. and the demonstration will take place from 10 a.m. to 2 p.m. The wheel setting demonstration will take place at the May 6 gathering with the museum's resident blacksmith, Tom Nelson.

May 8  
1 p.m.–2 p.m.

## "How to Research Your 'Historic' Property" webinar

State Historic Preservation Office, 800 Nazih Zuhdi Drive Oklahoma City, OK 73105. On Monday, May 8, at 1 p.m. (Central Time), the State Historic Preservation Office will host a FREE webinar about "How to Research Your 'Historic' Property." Historic properties come in all shapes, sizes, styles, and types. In this workshop, learn helpful strategies for researching a variety of property types.

May 11  
1 a.m.–2 p.m.

## "Documenting Post-European Contact Archaeological Sites in Oklahoma" webinar

State Historic Preservation Office, 800 Nazih Zuhdi Drive Oklahoma City, OK 73105. On Thursday, May 11, at 1 p.m., the State Historic Preservation Office (SHPO) is offering a FREE webinar to provide guidance to archaeologists documenting Post-European Contact archaeological sites in Oklahoma for review by the Oklahoma State Historic Preservation Office.

May 13  
9 a.m.–11 a.m.

## Quilting workshop with Martha Ray

Sod House Museum, 4628 State Highway 8 near Aline, OK 73716. The Quilting workshop with Martha Ray meets on the second Saturday of each month from 9 to 11 a.m. at the Sod House Museum at a cost of \$5 per person. Martha Ray teaches how to create appliqué designs, traditional block patterns, original designs, crazy quilts, landscape designs, and paper piecing.

May 13  
10 a.m.–2 p.m.

## Carriage House Sit and Sew

Henry and Anna Overholser Mansion, 405 NW 15th Street Oklahoma City, OK 73103. Sewers of all ages are invited to join the "Carriage House Sit and Sew" at the Henry and Anna Overholser Mansion in Oklahoma City. This free monthly event is for makers and crafters of all kinds and all skill levels. Participants are encouraged to bring their supplies and projects to sew and create in a different setting. Register for each session at <https://www.preservationok.org/shop> Registration is limited to 20 people. Guests can bring their food and drink.

May 18  
10:30 a.m.

## Story Time at Hunter's Home

Hunter's Home, 19479 East Murrell Home Road Park Hill, OK 74451. Every month, from March to June, Hunter's Home will have a monthly story time for children of all ages. Watch for a new book title to be introduced every third Thursday of each month!

May 20  
11:30 a.m.–2 p.m.

## Annual Picnic

Will Rogers Birthplace Ranch, 9501 East 380 Road Oologah, OK 74053. The Indian Women's Pocahontas Club (Cherokee) would like to invite you to a very special day at the Will Rogers Birthplace Ranch in Oologah on Saturday, May 20, from 11:30 a.m.-2 p.m. The club will be hosting its annual picnic, which celebrates Cherokee heritage and brings people together for a relaxing afternoon.

May 27  
10 a.m.–4 p.m.

## Scavenger Hunt

Hunter's Home, 19479 East Murrell Home Road Park Hill, OK 74451. On Saturday, May 27 come to Hunter's Home to hunt for and learn about items from the 19th century by taking part in a scavenger hunt inside the historic Hunter's Home, and on the grounds of the rural property. The activities are perfect for children ages 6 to 12. There will be prizes given to those who are able to complete the entire scavenger hunt! Visitors can also experience living history interpreters demonstrating 19th-century trades, daily chores, cooking, gardening, and crafts at the historic home. This event is free with regular admission fees.



# GetBak'd offers a variety of THC, CBD products for pain relief

by Van Mitchell, Staff Writer

GetBak'd, located at 516 South Coltrane Road in Edmond is part of a locally owned and operated patient-driven group that has come together to provide an excellent experience and selection for the Oklahoma medical marijuana community.

The Edmond medical marijuana dispensary store opened in 2018, and its hours of operation are 10 a.m. to 8 p.m. Monday through Saturday and noon to 5 p.m. on Sundays.

Their mission is to provide the highest quality alternative treatment through a variety of cannabis and hemp-based products. They carry THC as well as CBD products to cover the patient seeking non-psychoactive treatment, to those seeking a stronger treatment through the use of high THC products.

"GetBak'd is the actual brick and mortar of the cannabis side of the of business," said Marlon King, brand marketing manager. "When

you think of a pot shop, you think are just going there to get high, and to get by. GetBak'd does offer THC, but we also offer a full CBD selection that offer no mental change while delivering relief. We offer flower, gummies, capsules, topicals, tinctures, vapes, oils, edibles and patches. We are a full holistic establishment."

King said patients will need a doctor's prescription recommendation to consume THC products, CBD and Delta 8 products are 100 percent legal under the 2018 federal Farm Bill and require no medical card.

He said GetBak'd has a monthly patient drive where patients can meet with on-site physician who can evaluate their qualifications for a medical marijuana card.

"We have a doctor on staff," he said. "Patients can renew their (medical marijuana card) or get a new recommendation card at the monthly patient drive."



GetBak'd, located at 516 South Coltrane Road in Edmond opened in 2108. Pictured are store managers Jayda Laster, left, and Laketia Swann.

A medical marijuana patient license allows someone with an approved application to legally buy, use and grow medical marijuana and medical marijuana products in Oklahoma. The license is in the form of an identification card that can be used to prove an individual is a license holder. The card contains the patient's name, photo, date of birth, city and county of residence, the type of license, the date the license expires, and the patient's unique medical marijuana license number.

King said there are misconceptions on how medical marijuana works. The most common use for medical marijuana in the United States is for pain control. The cannabinoids in marijuana may reduce pain by altering pain perception pathways in the brain.

"There are so many benefits it can have," he said. "It does help relieve pain, anxiety, PTSD, helps with sleep,

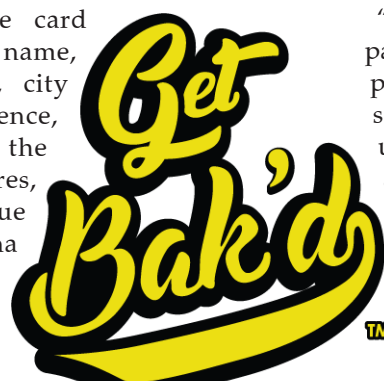
loss of appetite in cancer patients, neuropathy, or nerve problems. The biggest misconception is to get the relief that cannabis has, you have to feel high."

King said another misconception about cannabis is the type of people that use medical marijuana products.

"We are all professionals, parents and productive people of society," he said. "Just because we use cannabis as a natural alternative form to treat our life's challenges we have, it doesn't mean that we are the person getting high playing video games all day with no motivation."

That is not it. We want to make sure that people understand that you can use cannabis with a purpose. That's why identifying with a term is important Bak'd- the relief that comes from purposeful use/consumption of cannabis."

For more information call (405) 438-2256 or email [info@getbakd.com](mailto:info@getbakd.com) or visit <https://www.getbakd.com/>.



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## STRANGE BUT TRUE

SO THEY SAY...

**BBT** Saturday mail delivery in Canada was eliminated by Canada Post on February 1, 1969!

**BBT** In Tokyo, a bicycle is faster than a car for most trips of less than 50 minutes!

**BBT** Tablecloths were originally meant to be served as towels with which dinner guests could wipe their hands and faces after eating!



# OMRF accepting applications for Teen Leaders program



Some of the Oklahoma Medical Research Foundation’s Teen Leaders for the 2022-2023 school year.

The Oklahoma Medical Research Foundation is seeking applications for its 2023-24 Teen Leaders class. Applications are due May 15.

Now in its 11th year, the program is open to high school students entering sophomore, junior and senior years. OMRF’s Teen Leaders program provides group activities, panel discussions with foundation scientists and state civic leaders, and new in 2023, more time in the foundation’s labs.

Students leave with the leadership skills and tools to be change-makers in their communities. They also learn how to become advocates for medical research and improving human health.

“Nearly 400 of Oklahoma’s young leaders have passed through our doors as Teen Leaders,” said OMRF Development Director Caroline Allen, who coordinates the program. “In response to their feedback, we’ve updated the sessions to include more time with our scientists. We hope that with even more access to real-

world research, they’ll be inspired to become greater advocates for medical research.”

Selected students also learn the fundamentals of nonprofit fundraising and development, board structure, networking and creating impactful social media content. Teens also work together on a special event to cap off program activities each spring.

Group sessions will begin in September and continue through the 2023-24 school year, generally on the second Tuesday of each month. Applicants must demonstrate good academic standing and attend school in Oklahoma. There is no cost to participate.



## STRANGE BUT TRUE SO THEY SAY...

**BBT** Myth: Bees can only sting once

*You typically do your best to avoid winged stingers. With good reason: Bumble bees and yellow jacket wasps have*

*mostly smooth stingers and can attack repeatedly.*

**BBT** Myth: Touch a baby bird and mom will fly the coop

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**Barrie & Susan Litchfield**

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Arbor House of Midwest City 9240 E. Reno Ave. MWC, OK 73130 <b>405-455-3900</b>	Arbor House of Mustang 850 N. Clearsprings Rd. Mustang, Ok 73064 <b>405-376-2872</b>

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# Sen. Mullin visits OMRF



Oklahoma Medical Research Foundation Vice President of Clinical Affairs Judith James, M.D., Ph.D., U.S. Sen. Markwayne Mullin, and OMRF President Andrew

The Oklahoma Medical Research Foundation on Thursday welcomed U.S. Sen. Markwayne Mullin (R-OK) for updates on work at the Oklahoma City-based nonprofit biomedical research institute.

Mullin met with OMRF President Andrew Weyrich, Ph.D., and scientists from two of the foundation's research programs. OMRF Vice President of

Continued next page

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VISIT

Continued from Page 24

Clinical Affairs Judith James, M.D., Ph.D., briefed Mullin on the foundation’s tribal partnerships and the impact of federal funding at OMRF. A board-certified rheumatologist and member of the National Academy of Medicine, James supports a range of research collaborations with tribal communities as program director of Oklahoma Shared Clinical and Translational Resources (OSCTR).

OSCTR program members, which include the Cherokee, Chickasaw, and Choctaw Nations, the Southern Plains Tribal Health Board, and others, are working to accelerate research and patient access to treatments for conditions that disproportionately affect tribal and rural populations.

Mullin met with Aging and Metabolism Research Program Chair Benjamin Miller, Ph.D., who is studying the biological process of aging with the goal of extending the number of healthy years in a person’s life. Miller updated Mullin on OMRF’s research partnerships with the Oklahoma City Veterans Affairs Medical Center and the University of Oklahoma Health

Sciences Center. “Support for biomedical research is critical for the health of our country,” said Mullin. “Scientists at OMRF are doing important work in areas including cancer, Alzheimer’s disease, autoimmune conditions and opioid abuse. Advances made by Oklahomans here impact every American.”

In his meeting with Mullin, Weyrich shared a brief history of OMRF, which was founded in 1946 and opened its doors four years later thanks to donations from more than 7,500 Oklahomans. Today, the foundation has nearly 500 staff members and scientists across more than 50 labs. OMRF’s discoveries have yielded hundreds of patents and three life-saving drugs available in hospitals and clinics worldwide.

“It was an honor to welcome Sen. Mullin to OMRF and introduce him to Oklahoma’s medical research foundation,” said Weyrich. “Oklahoma’s U.S. senators have a longstanding commitment to biomedical research. Their support for OMRF’s scientists and our mission of making discoveries that make a difference has changed and saved lives.”

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Seaman Imoni Okine on the USS Nimitz



U.S. Navy Yeoman Seaman Imoni Okine, from Midwest City, Okla., left, and Yeoman 3rd Class Ruby Crystal Patino, from Los Angeles, review paperwork aboard the aircraft carrier USS Nimitz (CVN 68). Nimitz is in U.S. 7th Fleet conducting routine operations. 7th Fleet is the U.S. Navy’s largest forward-deployed numbered fleet, and routinely interacts and operates with allies and partners in preserving a free and open Indo-Pacific region.



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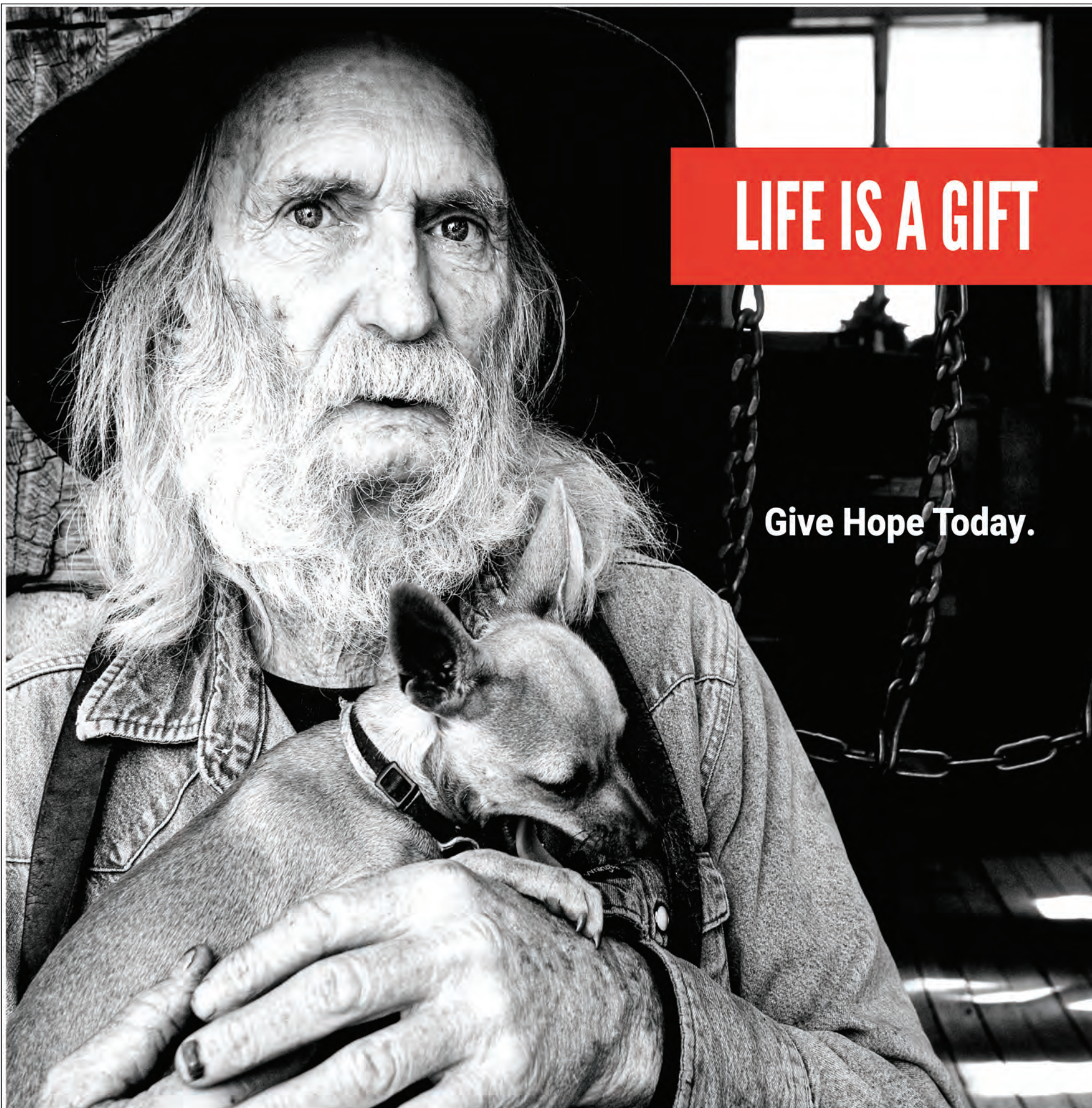
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in today’s  
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# Mercy Hospital Kicks off \$2.6 Million ER Expansion

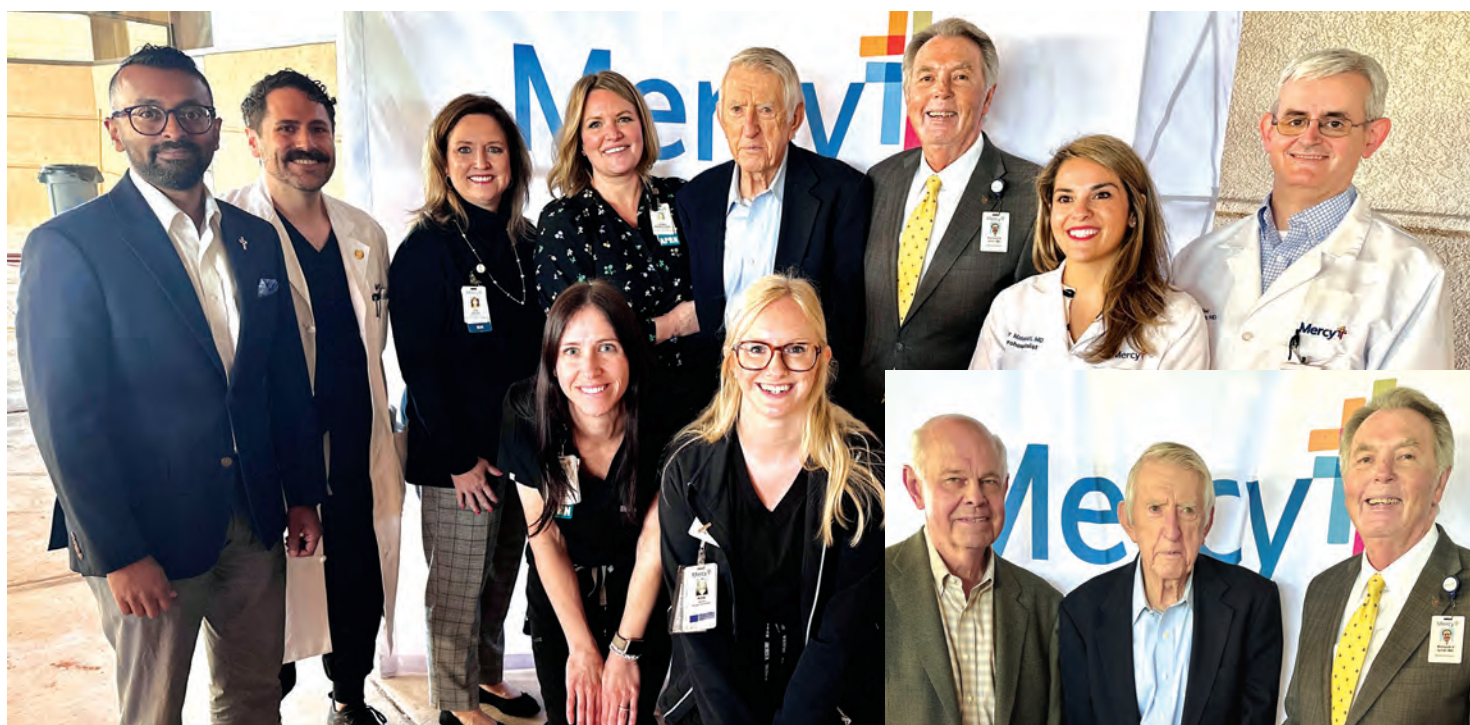
*Project funded by Oklahoma philanthropist Herman Meinders*

Mercy broke ground on a new construction project Friday to expand the emergency department at its hospital in northwest Oklahoma City.

The project will include adding square footage to the ER that will house a much-needed CT scanner and space for more radiology equipment in the future. Patients in the ER needing a CT scan currently must be transported to a different floor in the hospital to get this specialized imaging required for a diagnosis.

"We see about 140 patients every day in our ER, and around 60 of them need a CT scan," said Dr. Lance Watson, department chair of the emergency department at Mercy Hospital Oklahoma City. "This project is so important because the quicker we can get a diagnosis, the quicker we can get patients the treatment they need."

The hospital is an Advanced Comprehensive Stroke Center certified by The Joint Commission, the highest level of stroke certification awarded only to hospitals able to treat the most complex stroke cases. This special designation means Mercy has the most advanced imaging capabilities, 24/7 availability of specialized treatments



Top: Mercy Neurology team with Herman Meinders.

Right: Mo Grotjohn, Herman Meinders and Dr. Richard V. Smith.

and staff with the unique training and experience to care for patients who have experienced a stroke.

"For our stroke patients, getting a CT scan that will lead to a diagnosis as quickly as possible is critical to decrease their chances of

having long-term disabilities," said Dr. Bryan Van Zandt, Mercy interventional radiologist.

A CT scan is also needed for patients experiencing trauma, abdominal pain, chest pain, migraines and other neurological conditions.

"The hospital was built in the 1970s, long before we had much of the technology we use today in health care," Dr. Watson said. "Our teams do a phenomenal job working together to make our current process as efficient as possible. But there's no doubt having a CT inside the ER will be a huge advancement for patient care."

Nearly two million brain cells die every minute during a stroke until the patient receives treatment which can lead to disability or death. Despite the challenges, Mercy has the fastest door-to-needle time for stroke patients in the state at 27 minutes, compared to the statewide average of 44 minutes. Door-to-needle time describes the interval between the time a patient arrives at the hospital to the time they receive treatment.

When construction is complete, stroke patients will be wheeled straight from the ambulance into the CT scanner.

Funding construction projects and paying for new technology is a challenge for hospitals across the country. According to the American Hospital Association, 68% of hospitals could lose money this year due to pandemic-related financial challenges including increased costs and labor shortages.

Generous local donor Herman Meinders heard about the need for this equipment and stepped up to provide the funding. Meinders donated

\$2.6 million to cover the entire cost of the project through Mercy Health Foundation.

"We could not be more grateful to Mr. Meinders for his gift," said Dr. Watson. "His generosity infuses new life into our ER. It's been a tough few years for our co-workers. To know that someone cares enough to fund this critical project will be a huge morale boost for them."

Mercy's Meinders NeuroScience Institute is also named for Herman Meinders. The building houses the Meinders Center for Movement Disorders and its multidisciplinary team of specialists, nurses, physical therapists, speech therapists, home health nurses and advanced practitioners for patients with Parkinson's disease and other movement disorders.

Meinders said he wanted to show his appreciation for the neurology program at Mercy and made the donation in honor of retired Mercy neurosurgeon Dr. Richard V. Smith. Dr. Smith was the visionary behind the stroke program, and the new ER suite will be dedicated in his name.

"Herman is the perfect example of philanthropy at its finest," said Lori Cummins, vice president of Mercy Health Foundation Communities. "He sees a need and asks how he can meet it. His generosity is evident all over the campus of Mercy Hospital Oklahoma City, from the Meinders Neuroscience Institute and Meinders Center for Movement Disorders to the new Love Family Women's Center and now this ER project. People's lives will be changed forever because of him. Herman has been a true blessing to Mercy and those we serve."

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# Greg Schwem: Before you enter that gender neutral restroom...

by Greg Schwem

I gazed around the enclosure, wondering how such a small space could be the source of bullying, harassment, and a political maelstrom that shows no signs of abating.

Then I zipped up and exited the bathroom.

But not just any bathroom; a gender neutral restroom in a Chicago restaurant. Normally I don't do so much thinking while urinating, but others are doing it for me, as evidenced by the increasing number of unisex bathrooms popping up in businesses and bars, and throughout college campuses. Not to mention the debates occurring in Congress.

I am 100% in favor of these facilities, as I feel sorry for women, or those who identify as female, who endure long lines in airports or concert halls while their male counterparts breeze in, do their business and leave, never once wondering if the art of peeing at a particular moment will cause them to miss their flight or the band's encore.

Yet my question remains: Females, or those who identify as such, do you REALLY want to share a bathroom with us?

No, seriously, have you thought this through? I was in a college fraternity and, 40 years later, all I can say is, old habits die hard.

I'm not just talking about having to lower the seat when you enter the restroom after a male has used it. We've been leaving the seat up for years and we will continue to plead forgetfulness even if all toilet seats come with hand cranks to make the process easier. Not that it's difficult now.

What about our aim? Or lack of it? Are you ready to see droplets, or puddles of urine on the floor and wonder how long they are going to remain there until somebody who is grossly underpaid cleans it up?

That's what we look at. Unless we are the ones who misfired because, in our states of inebriation, we saw three urinals instead of one and chose incorrectly.

Now let's move to the sink. Dudes consider it to be more than just a receptacle for handwashing. Quite the contrary. I've seen guys shaving in public restrooms or worse, brushing their teeth and spitting gobs of who knows what into that same area supposedly set aside for cleaning hands. Gals, or those who identify as such, you might want to turn off the faucet with your elbows, just in case.

Oh, and, if you think our bathroom habits are disgusting, please rethink the idea of gender neutral locker rooms. For I guarantee you, the restroom is a microcosm of what awaits you in a changing area.

Sure, you wouldn't see our private parts, as unisex locker rooms are designed to ensure nobody has to change in public. But I guarantee you, we will still walk around in bare feet. Not just bare feet but fungus-addled, athlete's feet. Is there a law against toenail clipping in a gender neutral locker room? Because I've seen guys do this as well. Just saying.

Our mouths have no locker room filters, so be prepared to hear conversations about topics ranging from our copious amounts of body hair to last weekend's sexual conquest, which we are probably embellishing. We will also lie about what we plan to do THIS weekend and who we plan to do it with.

I applaud your right to identify yourself as "she," "her," "them" or "they." Believe me, I do. I have attended numerous pride parades, in multiple cities, and love watching people celebrate whoever it is they want to be. Be loud, be proud.

Just remember that, when you enter that gender neutral bathroom, a dude whose idea of a perfect day includes a dozen beers and six street



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



Gender neutral bathrooms are a hot topic among many.

tacos may have just exited.

Nothing Congress can do about that.

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

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

## JUMBLE

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

RUSEH

OPRDO

NAREBT

XTCEEI

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### THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek

So, champ, we'd love for you to be our spokesperson.

What do you think of putting your face right up front?

I think I'm ready to spar with those other grill makers.

12/28

THEY WANTED TO PUT GEORGE FOREMAN'S NAME ON A GRILL, SO THEY THOUGHT ---

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

(Answers next month)

APRIL

Answers

Jumbles: LATCH WHOSE SLUDGE DRAGON

Answer: The college offered Earth science programs that were considered to be — WORLD-CLASS



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e022924

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## PERSONAL

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## TRAVEL/ENTERTAINMENT

# Aspen/Snowmass Colorado: E is for Extending

From Terry "Travels with Terry" Zinn [t4z@aol.com](mailto:t4z@aol.com)

I often extend my visits to one local to gain the most in time and treasure. While in Denver why not venture further.

The ski resorts at Aspen / Snowmass seem to have something for everyone: whether it's panoramic snow capped mountain views, the skiing and snowboarding slopes, shopping, fine dining, fun beverage pubs, or just plain sleeping in mornings in your lux resort room. Aspen/Snowmass is a bit farther than other Colorado Ski resorts if you are traveling by car from Denver, and so for decades it had to provide the best for its visitors, be it celebrities or weekend mountain enthusiasts. The two resorts are within comfortable driving distance to each other. Snowmass Village has many shops, dining venues and accommodations, while Aspen has another skiing venue, gondola, fine dining as well as upscale shops and fine art galleries.

I stayed at the mountainside, expansive, maze-like Snowmass Westin Hotel, where the service was fast and efficient, the dining at the Snowmass Kitchen extraordinary, and the mountain venues, complete with a ski lift right outside the rooms balcony, gave an authentic feel for a place and time out of the ordinary. The spacious mini suite offered two televisions, a mini fridge, Heavenly beds and a bath with tub and rain head shower. The Westin lobby bar, The Vue, was a convivial meeting place, whether refreshing yourself at the bar or lounging in the adjacent area Aspen complete with a blazing fireplace.

Between Snowmass Village and Aspen proper, is the turn off at a roundabout to the iconic Colorado vista called Maroon Bells: several mountain peaks guarding an alpine lake. On my December visit it was a must on my to do list, and undaunted and with directions from the Westin's Concierge I ventured forth, up a snow filled road. There is a reason that more photos are made of it in springtime and summer than in winter, as the December



road abruptly stopped 6 miles from the planned venue. The powdery snow was knee deep in spots, but a sighting across a frozen meadow produced a satisfying Winter view.

Down the road to Aspen I enjoyed a delightful brunch at the restaurant in Little Nell's, called Element47, which is the periodic table of elements designation for Silver, which founded the town. The Salmon Eggs Benedict and champagne Mimosa were as satisfying as the people watching. Their butternut squash soup was a burst of comforting flavors. While I am not a skier it was thrilling to observe the skiers and snowboarders coming down the mountain to the back door of Little Nell's, and a treat to take the adjacent gondola to the top of Aspen Mountain for a panoramic view of the Elk Mountain Range, where a glass of wine lets you toast your good fortune and mother nature's majesty. Down in Aspen itself you could spend the day roaming from art gallery to art gallery, my favorite being the art glass of the Pismo gallery a short stroll from Little Nell's.

Back at the Westin Snowmass Resort you may want to end your day, or start your afternoon by sampling the many New Belgian Beers at the Ranger Station, in the Westin complex. Besides the beer adventures, they offer several appetizers/snacks including pizza like pretzels and a sugar rocket treat of a giant s'more. The nearby Bar at Wildwoods is a lively nighttime venue.

If you are short on time and long on budget you may find flying into the small Aspen airport more to your liking than traveling by car, but then you miss the engineering feat of the interstate cutting through the Rocky Mountains, and interesting stops along the way such as Idaho Springs and Georgetown. In any case Aspen/Snowmass can provide you and your friends an enjoyable escape from the ordinary, and your stay at Snowmass Westin compliments the pleasure.

For more Information: <https://www.facebook.com/ViewlineResortSnowmass>, <http://www.thelittlenell.com>.

### Mr. Terry Zinn - Travel Editor

**Past President:** International Food Wine and Travel Writers Association  
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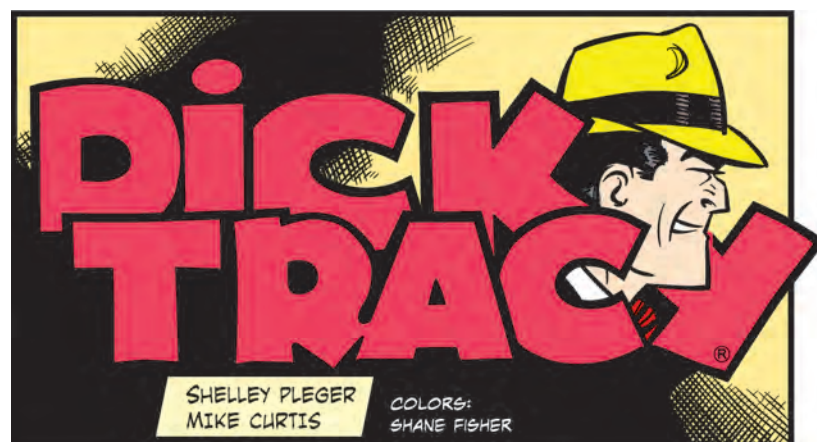
  
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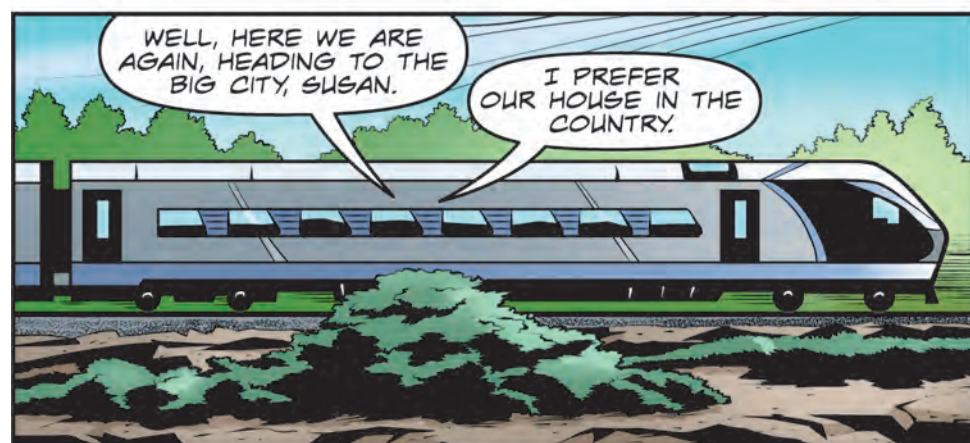


## TRACY'S HALL OF FAME

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TAKEN OFF LIFE SUPPORT  
ON 1/25/22.  
HOWEVER, OFFICER MORA  
DONATED HIS HEART,  
LIVER, PANCREAS AND  
BOTH KIDNEYS, SAVING  
THE LIVES OF FIVE  
PEOPLE.

-LT. WALTER REIMER



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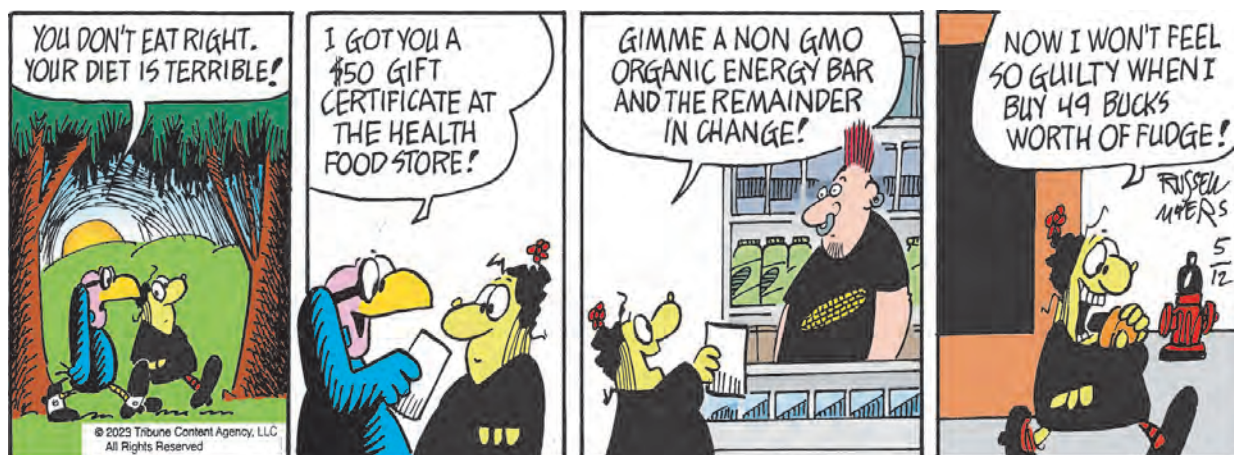
## *Animal Crackers*

By Fred Wagner



## Broom Hilda

By Russell Myers



**SNL APRILCHUKLES**

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool... After catching his breath, he ordered a banana split. The waitress asked kindly, 'Crushed nuts?' 'No,' he replied, 'Arthritis.'





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