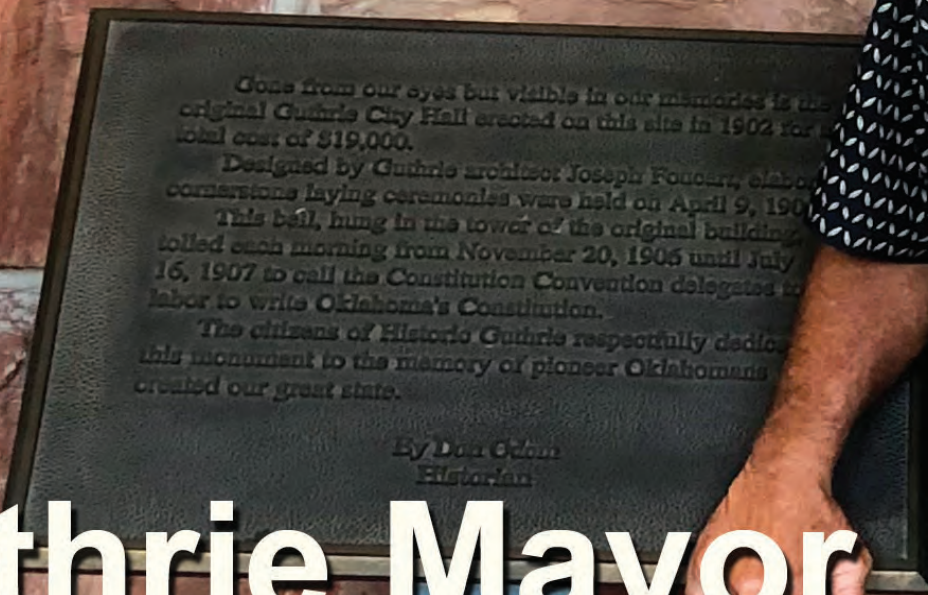


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Guthrie Mayor Continues Giving Back to Community

Read his story on page 2

Also in this issue | Page 6, "Otherworldly" Senior Day at the Fair | Page 24, National Senior Games



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Guthrie Mayor Steve Gentling continues to give back to his community

Story and photo by Van Mitchell, Staff Writer

Steve Gentling likes being involved and engaged in the community. He has served in that capacity as both a private citizen, and as Mayor of Guthrie since 2015.

"When we moved to Guthrie, I got pretty involved with a lot of different community activities," he said. "I joined the Lions Club right off the bat. I became a member of the '89er Day Parade Committee and ultimately chaired it for four or five years. I was chairman of the Logan County United Way for three years, and as a board member of American Legion Post 58. I got involved with a lot of local community activities, making a (good) community even better."

After Gentling retired as the director of the Veterans Administration Hospital in Oklahoma City, his desire to serve continued.

"When I retired, I still wanted to continue to be engaged and involved," Gentling said. "Some people came

and said, "You might want to think about running for mayor. I hadn't really thought of it too much. I had been, again, engaged with a lot of community activities, but not with governmental activities. I thought about what I had to contribute, and thought about wanting to make the community even better. So, I decided to run."

Born in Rochester, Minn., Gentling said early on in his life he decided he wanted to be a hospital administrator.

He went to graduate school at University of Missouri at Columbia, Missouri in Health Administration. "They had a VA hospital there in Columbia and I did a residency there, and liked it," he said. "They offered me a job out of graduate school, and so I joined the VA healthcare system. And then moved around, went from Columbia, to Albuquerque, to Minneapolis, to Madison, to Omaha, to Dallas, to Oklahoma City. I spent 36 years in the VA healthcare system.



Guthrie Mayor Steve Gentling has served as mayor since 2015.

The last 20 years as as the Director of the VA Medical Center in Oklahoma City.

Gentling and his wife Sue have three adult children, eight grandchildren and four great-grandchildren, all who live in Oklahoma.

"When we originally came to Oklahoma City, we lived in Edmond," he said. "Then as I got closer to looking at retirement, again, having lived in Minnesota, we always liked to live on, be on the water. I started looking around for some property that was on water and just happened to find a lot on Lake Guthrie. We built a home and moved from Edmond to Guthrie."

Gentling said his leadership and communication skills have helped him as mayor

"I think I have some skill sets that facilitate bringing people together, focusing on where we are and where we want to be," he said.

Gentling said he campaigned on the need to generate more revenue for the Guthrie community and to increase the city's sales tax.

"In the next year, 2016, we went to the people with a three-quarters of a cent sales tax increase, and it passed," he said. "It was for 15 years, and will generate about \$19 million over those 15 years. From my perspective, I think that was really one of the things that really helped us start to move ahead, start to do some things."

Gentling said it takes a team effort to build community success, and has high praise for Guthrie's leadership team that includes new City Manager Eddie Faulkner, and former City Manager Leroy Alsup, the city administration staff, and members of the city council maximizing the resources that are available to the city.

"Leroy and Eddie, I think, are just quality people that have contributed significantly to our community in their administration of the city and of

the resources," he said. "The council, seven different people, sometimes seven different views. I think we've been able to come together to do what is best for Guthrie. I think we've listened to citizens. And, I think generally we have been pretty much a close-knit council."

Gentling said Guthrie is tackling its biggest project with a new \$20 million wastewater treatment plant.

"That's the biggest financial project that this community has ever undertaken, and it should be finished in 2025," he said. "A large project that we just got the go ahead on, which actually was one of my visions back in 2016, was a youth sports complex. We've got a \$1 million grant, we've matched that with \$1 million for phase one, \$2 million phase one to enhance our youth sports complex. I see it as an economic engine for the community. I see it as it being one of the go-to places for youth and adult softball, baseball tournaments. I see it as a significant revenue generator for our community down the road."

Gentling said Guthrie is growing with at least 800 new homes being built in the next few years.

"We've got four new community developments, housing developments that when they're all finished will add about 800 rooftops to our community, that's significant," he said.

Gentling said he is a positive person, and tries to relay that in everything he does.

"I'm a cheerleader. I am a very optimistic person, so I see the very positives in everything and everybody," Gentling said. "That's why I don't call them problems, I call them opportunities. And some would say, 'Well, he's got his rose colored-glasses on.' Well, if that's the testament on my tombstone, I'll be happy with that. Because I much prefer to see the goodness and the positivity rather than the negativity."

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OPINION



How Seniors Can Protect Themselves from Cybercrimes

Dear Savvy Senior,

I spend a lot of time online and love the convenience of paying bills, shopping, and keeping up with my grandkids on Facebook and Instagram. But a few months ago, my computer was infected with malware, and I just found out some cyber crook opened up a credit card using my identity and went on a shopping spree. Do you have some simple tips to help me stay safe while online? Paranoid Patty

Dear Patty, Unfortunately, cybercrimes against seniors continue to be a big problem in the U.S. According to the FBI 2022 Elder Fraud Report, cybercrime cost Americans over age 60 more than \$3 billion last year, a whopping 84 percent increase from 2021.

While anyone can be subject to cybercrimes, seniors are frequent targets because they tend to be more trusting and have more money than their younger counterparts. But there are a number of things you can do to protect yourself from online fraud, hacking and scams. Here are a few tips to get you started.

Strengthen your passwords: A strong password should contain at least 12 characters and include numbers and a special character, like an exclamation point or asterisk. Be sure to change up your password across different sites to ensure a hacker would not gain access to all accounts through one password. And keep a written list of all your passwords stored in a safe secure place.

On your smartphone or tablet, be sure to set up a four or six-digit PIN to protect your device.

Opt out of pop-ups: To protect yourself from computer viruses and other

forms of malware, make it a habit to avoid any pop-up style message when you're on the web. Sometimes hackers disguise their malware as pop-up advertisements or "special offers" when you're shopping or reading online. Clicking on these pop-ups can lead to viruses or data breaches.

If you encounter a suspicious pop-up message, don't click on anything in the window. Simply leave the site or close out of your web browser.

When in doubt, throw it out: Sometimes online hackers will send you an email or text message and pretend to be someone they're not in order to convince you to share valuable information with them, such as your Social Security Number, address or credit card information. This is called phishing.

If you receive a message from an unknown sender, do not respond or click on any links or attachments. Instead, either ignore the message or delete it.

Share with care: There is such a thing as oversharing, and it definitely applies to online profiles. On social media platforms like Facebook, Instagram, and Twitter, online hackers can easily gather information about you from what you post – like where you live.

Ensure that your privacy settings are up to date so that only people who follow you or are your Facebook friend can see your posts.

Verify websites: Before you shop or access your bank online, double check the validity of the website you're using. Reputable sites use technologies such as SSL (Secure Socket Layer) that encrypt data during transmission. You will see a little padlock icon in your browser and usually "https" at the front of your address bar to confirm it's a secure connection. If you don't see it in the web address that you're on, you should not trust that website with your passwords, payment or banking information.

Have some back-up: Practicing safe habits will protect you and your information, but you don't have to rely on just yourself to stay safe. Anti-virus software works in the background to protect your computer from a variety of malware and helps to make it easier for you to avoid threats while surfing the web.

For more information on how to safeguard your personal technology devices and information, visit Consumer.ftc.gov and search "Protect Your Personal Information and Data." And to report fraud and identity theft go to reportfraud.ftc.gov/ and IdentityTheft.gov.

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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Editor/Owner/Publisher - Steven R. Eldridge

Writers: Darl Devault, Contributing Editor, Bobby Anderson, Staff Writer,

James Coburn, Staff Writer, Van Mitchell, Contributing Writer

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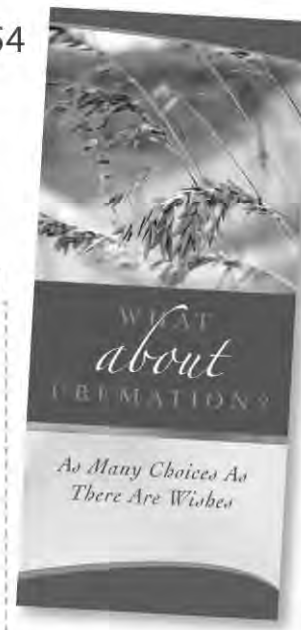
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Pioneer Woman Museum to Host 2023 Prairie to Palate Dinner

The Pioneer Woman Museum is excited to host its annual Prairie to Palate fundraising dinner on Thursday, September 21, from 6-9 p.m. The event will be held on the beautiful lawn of the Pioneer Woman Museum in Ponca City.

Prairie to Palate is an outdoor, farm-to-table dining experience. Enjoy a night of delicious food, wine, live music, and a silent auction. Dinner will be provided by Stagecoach BBQ & Catering, dessert by Banana Crate, drinks by Vortex Alley Brewing and El Patio, and live music by Ryan Burkett. All proceeds support the Pioneer Woman Museum and Statue's operating costs throughout the year.

Tickets are \$50 each and can be purchased online at the PWM website. Bottomless drinks with a souvenir-etched Pioneer Woman Museum pint or wine glass can be purchased for an additional \$12.50. Please RSVP by Friday, September 15.

Corporate sponsorships are available for \$1,000 each. This covers eight dinners with bottomless drinks and souvenir glasses.

The Pioneer Woman Museum is located at 701 Monument Rd. in Ponca City. For more information, please call 580-765-6108 or visit their website, <https://www.pioneerwomanmuseum.com/>.

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

Jimmo Settlement

The Centers for Medicare & Medicaid Services (CMS) reminds the Medicare community of the Jimmo Settlement Agreement (January 2013), which clarified that the Medicare program covers skilled nursing care and skilled therapy services under Medicare's skilled nursing facility, home health, and outpatient therapy benefits when a beneficiary needs skilled care to maintain function or to prevent or slow decline or deterioration (provided all other coverage criteria are met). Specifically, the Jimmo Settlement Agreement required manual revisions to restate a "maintenance coverage standard" for both skilled nursing and therapy services under these benefits:

Skilled nursing services would be covered where such skilled nursing services are necessary to maintain the patient's current condition or prevent or slow further deterioration so long as the beneficiary requires skilled care for the services to be safely and effectively provided.

Skilled therapy services are covered when an individualized assessment of the patient's clinical condition demonstrates that the specialized judgment, knowledge, and skills of a qualified therapist ("skilled care") are necessary for the performance of a safe and effective maintenance program. Such a maintenance program to maintain the patient's current condition or to prevent or slow further deterioration is covered so long as the beneficiary requires skilled care for the safe and effective performance of the program.

The Jimmo Settlement Agreement may reflect a change in practice for those providers, adjudicators, and contractors who may have erroneously believed that the Medicare program covers nursing and therapy services under these benefits **only when a beneficiary is expected to improve**. The Jimmo Settlement Agreement is consistent with the Medicare program's regulations governing maintenance nursing and therapy in skilled nursing facilities, home health services, and outpatient therapy (physical, occupational, and speech) and nursing and therapy in inpatient rehabilitation hospitals for beneficiaries who need the level of care that such hospitals provide.

The Jimmo Settlement Agreement included language specifying that nothing in the settlement agreement modified, contracted, or expanded the existing eligibility requirements for receiving Medicare coverage. While the Jimmo Settlement Agreement resulted in clarifications of the coverage criteria for skilled nursing and therapy services in the SNF, HH, OPT, and IRF care

settings, it did not affect other existing aspects of Medicare coverage and eligibility for these settings. A few examples of such other requirements would include that the services be reasonable and necessary, comply with therapy caps in the OPT setting, and not exceed the 100-day limit for Part A SNF benefits during a benefit period.

If you have a loved one in a Long-Term Care facility and have any questions regarding care or concerns you may have, you can contact an Ombudsman to assist you.

Areawide Aging Agency's Long-Term Care Ombudsman Program advocates for the needs of residents in LTC facilities serving Canadian, Cleveland, Logan, and Oklahoma Counties. You may contact us at (405) 942-8500 and ask to speak with an Ombudsman or visit our website at <https://www.areawideaging.org>.

New Employment Program Helps Launch Careers in Long-Term Care



Oklahomans looking to jumpstart a career in long-term care can receive help finding a job and getting their training paid for through *Care Careers Oklahoma*, a new employment program. Care Careers helps applicants find job openings at skilled nursing facilities near them and reimburses the cost of Certified Nursing Aide (CNA) and Certified Medication Aide (CMA) training. Potential applicants are urged to learn more and apply at <https://carecareersok.com/>.

Program Ambassador Tanecia Davis, who oversees Care Careers, said that she views her role as helping to put other Oklahomans on a career path for advancement and stable employment for many years.

"We aren't just helping people find 'a job,'" said Davis. "We are helping Oklahomans develop new and marketable skills while they work and earn a living. The on-the-job training they receive is setting the stage for a lengthy and rewarding career. Working in long-term care means knowing that you are using your skillset and training to make a real and positive difference in the lives of some of the most vulnerable members of our community."

Care Careers Oklahoma is a project of *Care Providers Oklahoma* and *LeadingAge Oklahoma*, associations representing the interests of the residents, staff and ownership of Oklahoma's long-term care facilities, including nursing homes, assisted living homes and intermediate care facilities for individuals with intellectual disabilities. *Care Careers*

is funded through money made available by the American Rescue Plan Act (ARPA). In 2022, the State Legislature appropriated \$4.5 million in ARPA money to Care Providers for "the purpose of recruiting, educating, and stabilizing Oklahoma's health care workforce." Using those dollars, *Care Providers Oklahoma* and *LeadingAge* launched Care Careers, which also receives oversight from the Oklahoma Health Care Workforce Training Commission.

Care Providers Oklahoma President Steven Buck said the Legislature acted wisely by investing in workforce development.

"Our profession is facing a real crisis, and that is a lack of qualified long-term care personnel here in Oklahoma," said Buck. "That crisis has already forced multiple facilities to close. It is also directly related to the quality and consistency of care that our residents receive. My thanks go out to our lawmakers, particularly the authors of our appropriation, Sen. John Haste and Rep. Kyle Hilbert, for recognizing the severity of this challenge and taking steps to address it."

LeadingAge Oklahoma Director of Member Services Leanna Vasquez said she was grateful for the opportunity to help address Oklahoma's health care workforce shortage.

"We see the significant workforce needs in the long-term care facilities across Oklahoma and we want to do all we can to help provide a better quality of care to its residents through this program," said Vasquez.



Dr. Elise Brantley



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“Otherworldly” Senior Day at the Fair



The patriotically-dressed Christian group Okie Stompers pose just after bringing their toe-tapping clogging excitement to the Senior Day at the Fair last year.

Story and photos by Darl DeVault, contributing editor

Senior citizens 55 and over can celebrate near-space travel with free admission to the fairgrounds on their special day with events from 10 a.m. to 7 p.m., Sept. 20. The festivities are in the Special Events Area at the south end of the Modern Living Building at the Oklahoma State Fair.

Sponsor OG&E energizes the day along with others who support the “Out of This World” themed event with alien and flying saucer decorations. Senior activities, a photo booth all day, entertainment, exhibits, door prizes and health screenings are designed especially for the golden ager.

“Our 46th annual Senior Day at the Fair fits the 55+ fair goer in many ways,” said Cindy Dimit, longest serving committee member. “First, you have access to the total experience of the fairgrounds, while others come to the Modern Living Building to enjoy the Senior Day, never leaving the building because of our many exhibitors, screenings, and entertainment.”

The Okie Stompers kick the morning off with their combination of tap with line dancing as their ten performers dazzle with their ultimate

toe-tapping’ clogging and bright outfits show. They perform again at 11 a.m. for late arrivals.

Area independent and assisted living and long-term care communities have created a one-minute video of their residents “In Motion.” The entries were judged, and the top 10 will be shown all day for the public to select the winner.

Along with the many senior-oriented booths making their services available, Senior News and Living will give away the September issue at the booth all day. The publication will supply a door raffle prize from the stage and raffle prize at the booth.

The audience can participate in themed activities on the decorated stage. At 1:20, audience singers take the stage to perform in the “Out of This World Karaoke Contest.” The otherworldly experience is offered to everyone seated throughout the day.

This year again features back-to-back Elvis tribute artists in the late afternoon and evening. Back from his popular performances for the last two

continued next page



Elvis tribute artist Mike Black singing an Elvis Presley song while entertaining a Senior Day at the Fair audience in 2022.

FAIR

Continued from Page 6

years, Mike Black sings Elvis’ songs at 6:30 p.m. The Choctaw resident has opened concerts for major acts Percy Sledge, Eddie Raven, The Grass Roots, Three Dog Night and Blood, Sweat and Tears.

Shawn Klush kicks off the most significant tribute to Elvis outside at 7:30 on the Chickasaw Country Entertainment Stage. He has starred as ‘Elvis’ in the award-winning Las Vegas show “Legends in Concert.”

Klush has sung in the “Elvis Birthday Tribute Tour” with Elvis’ former musicians, singers, and friends

in major venues in multiple cities. He portrayed Elvis in the “The King and I” episode of HBO’s historical drama TV series “Vinyl” produced by Martin Scorsese and Mic Jagger.

Activities planned for the day that saw 4,000 seniors last year include a robust lineup of free health screenings: Blood Pressure Screenings, Blood Sugar Screenings, Pain Management Assessment, Vein Testing, Depression and Memory Screenings, and Diabetic Foot Screenings.

Passport Health will offer Flu, 65+ Flu, Shingles and Pneumonia vaccines at a cost. Attendees are asked to present their insurance card if it covers their shots. They can file to the following plans - Aetna,

BCBS and all affiliates (Anthem, BlueLincs, etc.), Cigna, Global, Healthcare Highways, HealthChoice Oklahoma, Humana (Medicare Advantage only), Medicaid/Sooner Care, Medicare/Medicare Advantage, UMR, and United Healthcare (not if the card says “referrals required”).

Those without insurance or a plan not in Passport Health’s network will have to pay at the time of service. Vitamin B-12 injections are \$20 cash. The day also features 24 other senior health and recreation exhibitors.

Door Prizes are offered (Registration: Session 1: 10 a.m. – 1 p.m., Session 2: 1 p.m. – 3:30 p.m. & Session 3: 3:30 – 6 p.m.) Pick up your

ticket at the prize table for a chance to win one of many donated gifts. There will be multiple drawings in the morning, the early afternoon and then again in late afternoon. Each session’s tickets will be discarded after the end of their respective time. Please register again for both afternoon door prize sessions.

“Since January, the volunteer Senior Day committee has been working hard to plan an excellent event for Oklahoma Seniors 55 and over,” said Robyn Holly, Fair Special Programs & Events manager. “We look forward to a successful Senior Day and Fair.”

A full listing of what goes on “Out of This World” is available online at <https://okstatefair.com/uploads/senior-day-event-details-2023.pdf>

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Sip & Shop Craft and Health Fair Graces Saint Ann

Story and photos by Darl DeVault, contributing editor

Volunteer residents and staff will host a free Sip & Shop Craft and Health Fair Extravaganza at 10 a.m. Saturday, October 14, at Saint Ann Assisted and Independent Living. Last year, 90 vendors and 1,500 shoppers enjoyed the holiday market.

Campus Director Joyce Clark says Sip & Shop is an excellent example of how the senior living community designs daily life around an emphasis on fun and resident-centered services. She says this year's market will likely be the most well-attended event ever staged in the 21-year history of the northwest Oklahoma City independent and assisted living community.

"Sip & Shop will be an affordable and entertaining way for people to purchase their Christmas gifts and other items," Clark said in an interview. "Resident volunteers are actively involved in the planning and management of the market." "After the market, we have a

second celebration by raffling door prizes donated by generous exhibitors to our residents."

The retail and health exhibitor lineup features many diverse vendors.

Showcases of crafts, food, art, senior services, healthcare, vintage items, and an extensive array of items are offered. "With so much variety, there should be something for everyone," said Clark. "I personally am attracted to the handmade linens, food, barn quilts, clothes, jewelry, wood crafts, and engravings," Clark said. "One of the rewarding outcomes of Sip & Shop is how we support and promote local small businesses and entrepreneurs."

Archbishop Emeritus of the Archdiocese of Oklahoma City Eusebius J. Beltran's vision of a senior living ministry motivated the Archdiocese to develop the campus 21 years ago. The assisted and independent living center is a not-for-profit Catholic organization serving people of all faiths, featuring a chapel, Chaplain, and daily Mass. It includes 120 independent living apartments, 50 assisted living apartments and a convent.

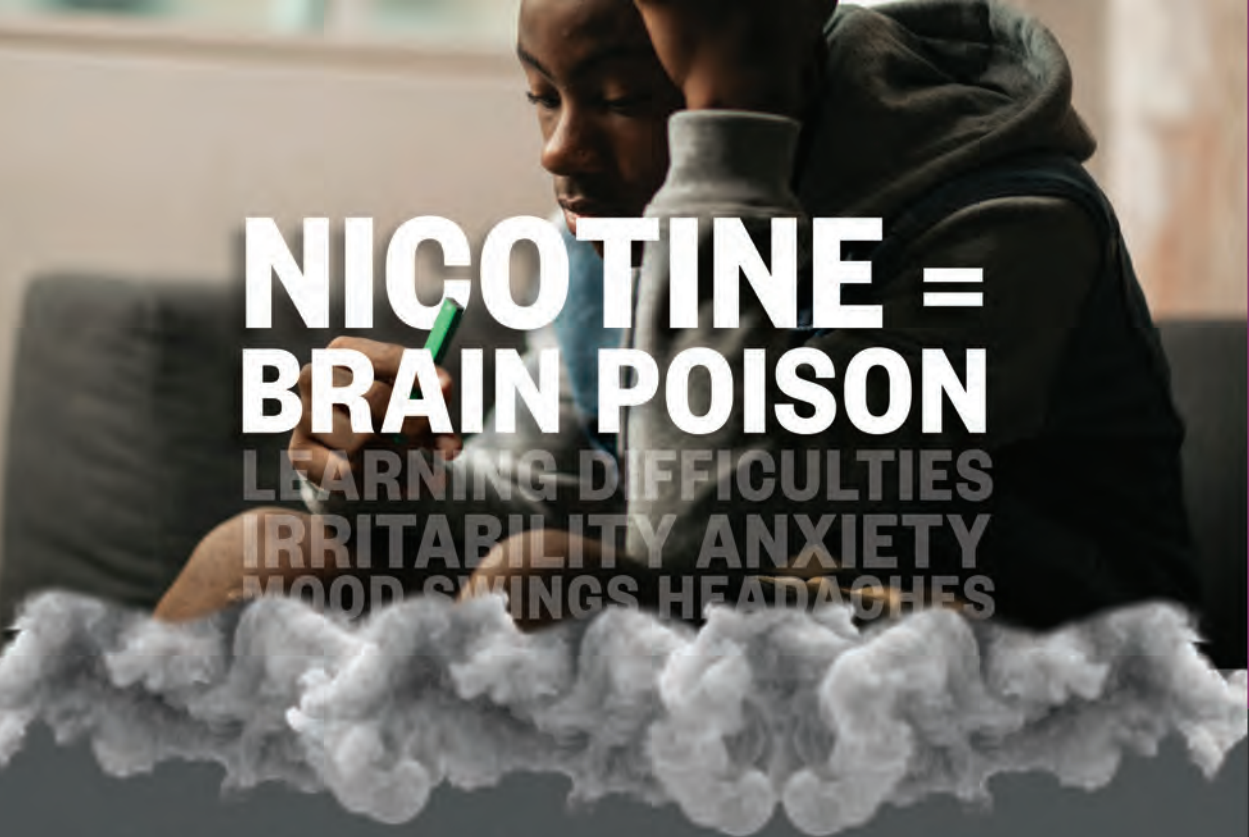
The "Sip" part of the event will be free apple cider and wine tastings. Put A Cork In It, a local company, will host the wine tastings. The wine venue has been a Bricktown mainstay since 2008, offering award-winning wines.

Archwell Health, Oklahoma Senior Journal, and Put



From left, Assisted Living Administrator LaTrona Fulbright, Director of Community Outreach Richard Amend, and Campus Director Joyce Clark, Campus Director, stand behind seated Archbishop Emeritus Beltran, welcoming attendees at last year's holiday market.

continued next page



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SIP & SHOP

Continued from Page 8

A Cork In It are major sponsors of Sip & Shop. Oklahoma Senior Journal's radio show on The Eagle 96.9 station will broadcast live from Saint Ann the hour before the event starts. An estimated audience of 22,000 people will hear the program. Organizers say the radio show adds a spark to attract visitors to the fun-filled day.

"Our hard-working dining services staff will make close to 400 lunches for exhibitors, residents, and employees," Clark said. The neighbor next door to the west, Zion Lutheran Church, will provide overflow parking. Shuttles will circle to make sure people quickly get back and forth.

Saint Ann Assisted and Independent Living is located at 7501 W. Britton Road in Oklahoma City. Residents of all walks of life enjoy the home's active lifestyle and caring atmosphere.

Organizers say remodeling is in the works for the cozy campus and is set to begin soon after the Sip & Shop event in October.

For more info, call Lisa at (405) 721-0747 Ext 322 or visit <https://www.saintannretirementcenter.com/> **Independent Living | Assisted Living OKC | Saint Ann Retirement Center**



Resident Karel shows off the gift basket she won last year, donated from vendors raffled to Saint Ann Assisted and Independent Living residents.



Bri Bibbs, owner of Felicity Flowers Company, is a talented florist and one of last year's vendors at the Sip & Shop Craft and Health Fair.

STRANGE BUT TRUE SO THEY SAY...

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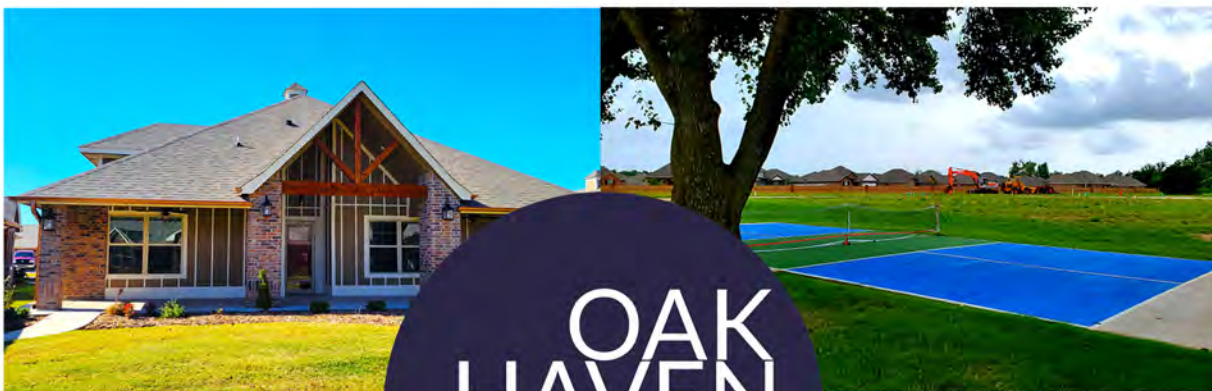
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NATIONAL NEWSPAPER CARRIER DAY – September 4



National Newspaper Carrier Day on September 4th recognizes the dedicated newspaper carriers (yes, they are still delivering) who deliver the news in the wee hours of the morning.

A lot has changed since the first newspaper carrier. Not only have the routines changed, but their methods and the age of the people delivering has changed, too. However, the newspaper carrier still exists in some form. Each and every newspaper carrier owe their start to an enterprising young immigrant in New York City over 180 years ago. As the tradition gradually fades, their history becomes no less fascinating.

According to a captioned photo released by the Museum of the City of New York, The Sun's publisher Benjamin Day hired the first paperboy on September 4, 1833. A 10-year-old Barney Flaherty answered the advertisement that September day. And although the ad specified for "steady men" to apply, Flaherty so impressed the editor that Day was so impressed by the boy's sincerity; he gave him the job.

Down on the corner, passersby soon heard Flaherty hawking his sales pitch. Eventually, the universal chorus of boys (and sometimes girls) calling, "Paper! Get your paper, here!" could be heard on the streets selling papers.

"A number of steady men can find employment by vending this paper. A liberal discount is allowed to those who buy to sell again." ~ Benjamin Day's 1833 advertisement in The Sun.

In 1960, The Newspaper Carrier Hall of Fame was created. It acknowledges some famous newspaper carriers in our nation's history, too. Included in the Newspaper Carrier Hall of Fame are Martin Luther King Jr., Warren Buffet, and John Wayne.

Note from the publisher: Nearly every time I attend an event, I meet someone that delivered papers at some point in their lives.

My brother and I started selling GRIT newspapers. Kids could buy these "Enquirer" type publications - 50 at a time - out of the ad section in comic books. I think we paid eight cents per copy and stood outside Gibson's Department store in McAlester and hawked those papers to customers for a quarter. It wasn't much, but it paid for our next batch of papers and a bunch of junk food and soda pop.

Later we delivered the McAlester News Capital and really started making money, LOL. I've been in the business for 53 years, all because of GRIT. Oh, and my Grandpa, for sitting at Gibson's Department store watching us sell those GRIT copies - sometimes all day!

Times have changed (and I'm still not in the Hall of Fame with John Wayne) but the 55-plus crowd still loves picking up our newspaper every month. Advertisers know that when they contact us - and we are sure glad they do.

Take care of those newspaper carriers this month. Give a pat on the back to our SNL delivery folks that work so hard to make sure you have your latest copy of Oklahoma's Senior News and Living.

By the way, I love hearing your stories. So if you delivered newspapers or just know a funny story, send me an email at news@seniornewsandliving.com. Who knows, maybe I'll publish your nugget so more than 60,000 seniors can enjoy.



Learn How to Cross-Stitch in Workshop at the Oklahoma History Center

On Saturday, September 9, from 1-4 p.m., the Oklahoma History Center will host an introduction to cross-stitch workshop. Participants will learn the process of cross-stitching and create a cross-stitch bookmark to take home.

The cost of the class is \$20 for Oklahoma Historical Society members and \$25 for nonmembers. The deadline to register is Saturday, September 2. All materials and instruction will be provided, along with light refreshments.

The Oklahoma History Center is located at 800 Nazih Zuhdi Dr. in Oklahoma City. It is open to the public Monday through Saturday from 10 a.m.-5 p.m. Please call 405-522-0765 or visit <https://www.okhistory.org/historycenter> for admission costs and group rates.

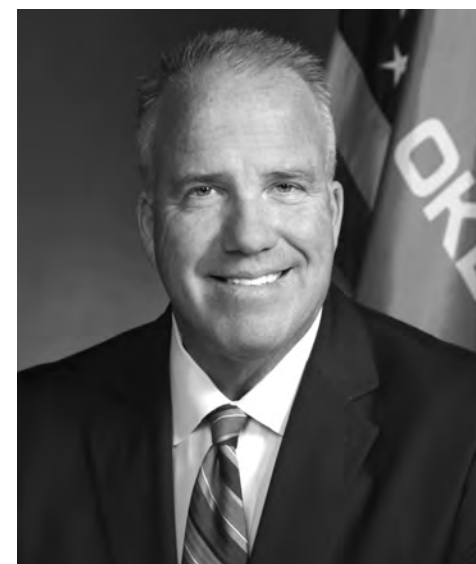
Oklahoma Insurance Department Adopts Best Interest Annuity Rule

The Oklahoma Insurance Department (OID) announced today that Oklahoma has adopted regulations enacting a "best interest" standard on annuity sales and recommendations based on the National Association of Insurance Commissioners' (NAIC) Model Regulation (#275).

The amended regulations, which are located in Oklahoma Administrative Code (OAC) 365:25-17, are set to go into effect on September 1, 2023. The rules require a producer to act in the best interest of consumers under the circumstances known at the time the recommendation is made.

"The new rules will provide stronger protections for retirees and safeguard access for lower and middle-income families in the state," Insurance Commissioner Glen Mulready said.

Oklahoma is the 40th state to implement the NAIC model regulation, a template for states to create their own regulation governing annuity sales that would align with the Securities and Exchange Commission's Regulation Best Interest providing robust consumer protection at the state and federal levels.



Insurance Commissioner Glen

Earlier this month, the OID issued a bulletin about the training requirements for producers involved in the sale, solicitation, or negotiation of annuities. The training requirements are now located in OAC 365:25-17-7.1. To learn more about annuities, visit <https://www.oid.ok.gov/consumers/annuity/> or contact the OID at 800-522-0071.

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OMRF awarded \$6.4 million for lupus study, seeks study volunteers

A world-renowned lupus expert at the Oklahoma Medical Research Foundation will lead a study aimed at detecting the disease sooner and preventing the resulting damage.

OMRF is accepting study volunteers for the Autoimmune Drivers and Protectants (ADAPTS) study, which is funded through a \$6.4 million grant from the National Institutes of Health, said OMRF Executive Vice President and Chief Medical Officer Judith James, M.D., Ph.D.

James' team is seeking volunteers at high risk of developing systemic lupus erythematosus, or SLE, because of a family history or a positive autoantibody test.

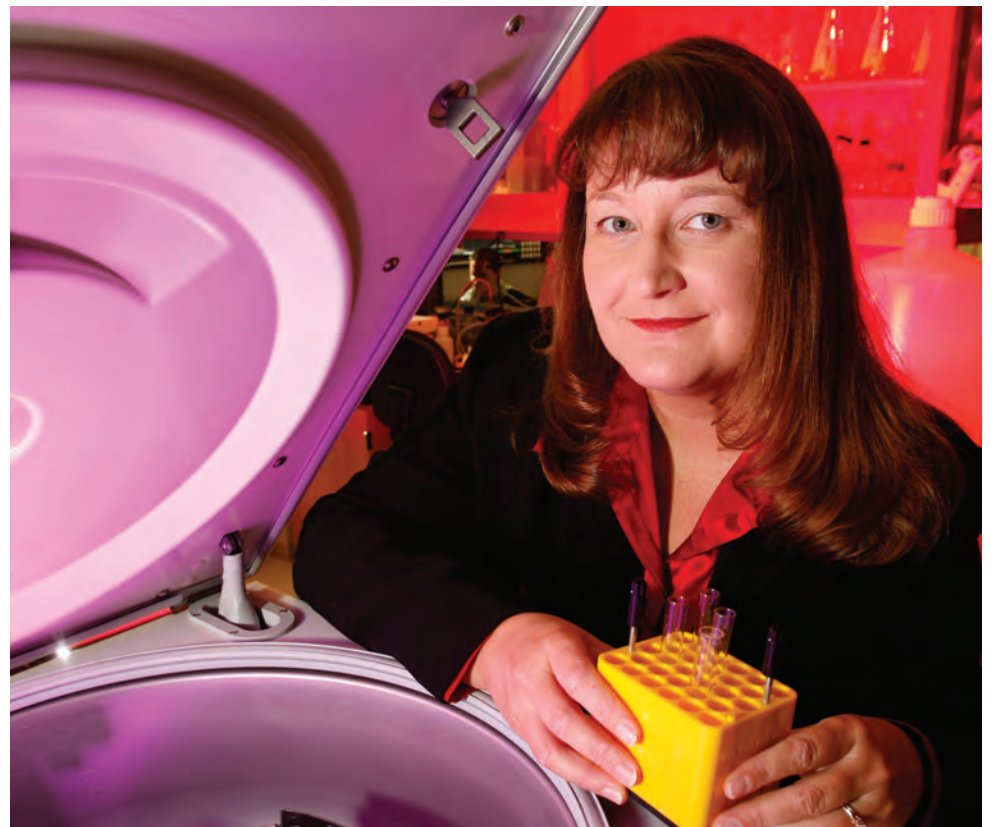
"Some people have blood markers for lupus but never get sick," said James, who is a member of the National Academy of Medicine. "Others have the markers and develop some symptoms but never get the full-blown disease, while in others, it ravages the body. We want

to better understand why and ideally how to prevent the transitions."

Lupus is an autoimmune disease in which the immune system becomes unbalanced and attacks the body's own tissues. It can result in damage to the joints, skin, kidneys, heart and lungs and is a leading medical cause of death among women of childbearing age. Although only about 400,000 individuals in the U.S. have the most severe form of the disease, perhaps up to 1 in 10 individuals will have blood markers that look like lupus.

The cause of lupus is unknown, but studies have identified links to genes, immune and inflammatory influences and exposure to environmental factors.

James, who leads OMRF's Arthritis and Clinical Immunology Research Program and holds the Lou C. Kerr Endowed Chair in Biomedical Research at OMRF, will collaborate with scientists and clinicians from Vanderbilt University and New York



OMRF Executive Vice President and Chief Medical Officer Judith James, M.D., Ph.D.

University.

"Finding people at high risk of developing lupus before they get sick is a challenge," James said. "It will require a team approach, using the expertise and the patient samples that each of our three institutions brings."

Jill Buyon, M.D., director of

the NYU Langone Health Lupus Center, will provide samples from study volunteers who, despite being asymptomatic, receive what Buyon called "a double-whammy" diagnosis during pregnancy: they have autoantibodies found in people

Continued next page

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OMRF

Continued from Page 14

who have lupus, and these autoantibodies have caused their infants to have lifelong heart damage.

Some of these mothers ultimately develop severe lupus or another autoimmune disorder called Sjögren's disease, while others develop only mild symptoms or none at all, Buyon said.

"If we can unlock the secrets of what makes someone progress from benign autoimmunity to clinical autoimmunity, that would be revolutionary," she said. "Then we could tell a woman, 'You have

these factors, so we might want to put you on preventive therapy,' and in others, we could avoid putting them on medicine unnecessarily."

By analyzing thousands of patient samples, James said she hopes to discover genetic or environmental protections against lupus.

To volunteer for the study or receive more information, call 405-271-7221. OMRF will enroll individuals for autoantibody testing and potential follow-up into the Oklahoma Cohort of Rheumatic Diseases, a collection of tens of thousands of blood, urine, saliva and tissue samples donated since 2001 by patients in OMRF's Rheumatology Center of Excellence.

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Ruby Miller

(Right) Ruby Miller was 100 on April 10, 2023. She lived in Hominy all her life and was a meat cutter and caregiver until retiring in her 90s. Ruby loves Christmas, having the family together, seeing grandkids happy and cooking big meals.



Georgia Friedman

(Left) Georgia Friedman celebrated her 100th birthday today in Bartlesville. She loves music from the Big Band Era, a big pot of spaghetti for the family & meatloaf.

Thanksgiving is her favorite holiday because of the food & watching her family play the annual touch football game called "The Turkey Bowl!" She loved to wear hats so her words of wisdom for younger people: "Take care of your skin; wear hats; use sunscreen; work hard & enjoy your family!"

Loretta Marshall

(Right) Loretta (Keller) Marshall of Hydro celebrated her 100th birthday earlier this year. She was a farmer, homemaker, mother & housekeeper. She keeps her yard & its many flowers & cactus in beautiful condition & mows a half acre lawn. She was the only church organist for her Parrish (Hinton Sacred Heart Catholic Church) for 52 years.



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If you know of a Centenarian you would like to honor, please visit <http://centenariansok.com/> and download and submit our form.

Bill Eugene Muncy

(Right) WWII Army Veteran Bill Eugene Muncy celebrated his 100th birthday today in McAlester.

He enjoys family gatherings, traveling, fishing & being outdoors. Candy bars were the only gifts he requested for his birthday. Thank You for Your Service and Welcome to the Centenarians Hall of Fame.



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OKC Skydance Bridge On New Stamp

The Oklahoma City Skydance Bridge will join other nationwide landmark bridges as part of a new stamp series by the U.S. Postal Service beginning August 24th. famous OKC landmark will soon grace collectors' books and the corners of envelopes nationwide. The Skydance Bridge will be featured in a new stamp series (one of four) by the U.S. Postal Service starting Aug. 24.

Inspired by Oklahoma's state bird, the scissor-tailed flycatcher, Skydance bridge soars over Interstate 40. The bridge is a 380-foot-long pedestrian bridge with a 197-foot-tall sculpture. The bridge opened in 2012 and connects Upper and Lower Scissortail Park. The bridge was built at a total cost of \$5.8 million for the pedestrian use, designed and structurally engineered by S-X-L, a local business. Visit your local post office or shop the USPS online at: <https://store.usps.com/store/product/stamp-collectors> to purchase these iconic stamps.



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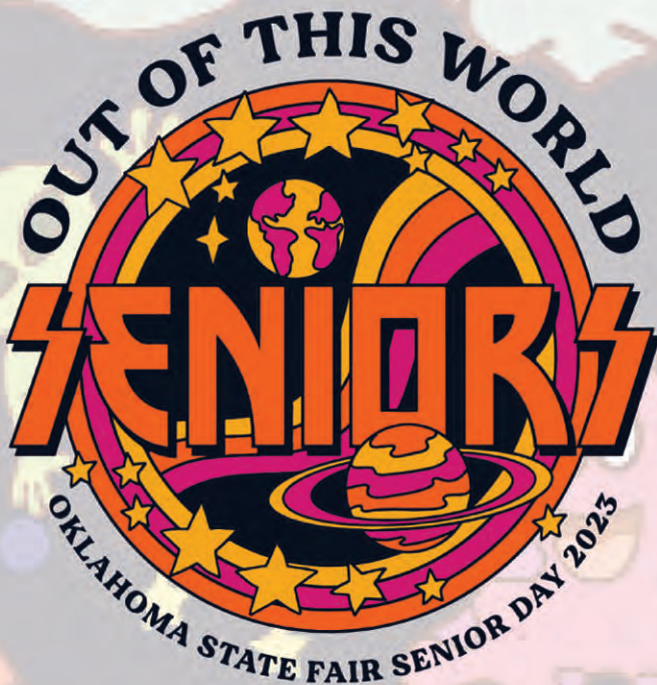
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DOOR PRIZES	Session 1: 10 a.m. - 1 p.m. Session 2: 1 - 3:30 p.m. Session 3: 3:30 - 6 p.m.
OUT & ABOUT: SPACE WALK	10 a.m. - 2 p.m.
SENIORS IN MOTION VIDEO VOTING	10 a.m. - 5 p.m.
OKIE STOMPERS	10:05 a.m. & 11 a.m.
BLACK HOLE TOSS	10:35 a.m.
THE MILKY WAY - EXPANSIVE UNIVERSE OR DELICIOUS CANDY	11:30 a.m.
YMCA COMMUNITY TEAM	12 p.m.
LOVE YOU TO THE MOON AND BACK COUPLES CHALLENGE . . .	12:50 p.m.
OUT OF THIS WORLD KARAOKE CONTEST	1:20 p.m.
IT'S NOT ROCKET SCIENCE	2:20 p.m.
THE BIG BANG GAME SHOW	3:05 p.m.
SAVE THE FROZEN PLANET	4:30 p.m.
JIM GARLING	5 p.m.
OKLAHOMA CITY SWING DANCE CLUB.	5:20 p.m.
ALIEN INVASION	5:55 p.m.
VOCAL SOUNDS OF OKLAHOMA	6:10 p.m.
ELVIS VISITS THE SPACE STATION	6:30 p.m.
SHAWN KLUSH - TRIBUTE TO ELVIS	7:30 p.m.
Chickasaw Country Entertainment Stage	

For more detailed information visit the Senior Day
page on the Oklahoma State Fair website.

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There are a lot of people in the 50+ demographic.

According to the 2020 U.S. Census there are more than 370,000 from Guthrie to Norman and Choctaw to El Reno. By 2030, that number will exceed 400,000. That's a lot of people who have this season of life in common.

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The face of aging is changing, for good. Due to great medicine, people are living longer – some well past a century. Estimates are on any given day 400 Oklahomans are over 100 years old. Many are cognitively sharp. VillagesOKC has members in that esteemed category.

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Many people want to age in their own homes.

Having trusted connections for home maintenance, insurance, roof repair, the yard, changes in Medicare insurance is helpful. VillagesOKC is also the connection for new friends and positive education.

Why Villages? Why now?

Isolation is deadly. VillagesOKC is the one connection for people across Oklahoma City.

Wherever we reside, getting up each day with a purpose and having daily social connections are as essential as food.

(Note: For a free copy of the US Surgeon General's recent report on Loneliness and Isolation, call (405)990-6637 or email info@VillagesOKC.org)

USS Oklahoma Ensign from Michiganto be buried September 7, in Hawaii

Ensign William Michael Finnegan, was appointed Ensign on Nov. 18, 1941, after rising to Chief Radio Electrician.

Ensign is the junior commissioned officer rank in the United States Navy. As division officers, Ensigns were in charge of overseeing the work of a crew of seamen and petty officers in a specific division. As a Chief Radio Electrician, Finnegan was required to qualify for the ratings of Radioman, Aviation Radioman, Radio Technician, Radarman, and Soundman.

In addition to the USS Oklahoma, Finnigan's Duty Stations included USS Nevada (BB 36), USS Tennessee (BB 43), Naval Air Station San Diego, CA, USS Ranger (CV 4), Headquarters, 15th Naval District, USS Farquhar (DD 304), New York Navy Yard, NY, Radio School, Cambridge, MA and Recruit Training, Great Lakes, IL



Ensign William Michael Finnegan

Awards and Decorations include: Purple Heart Medal, Combat Action Ribbon, Good Conduct Medal (2), American Defense Service Medal (Fleet Clasp), Asiatic-Pacific Campaign Medal (Bronze Star), World War II Victory Medal and the American Campaign Medal.

Ensign William Finnegan was born in Bessemer, Michigan and died during the Dec. 7 attack on Pearl Harbor. Finnegan will be buried in the National Memorial Cemetery of the Pacific, Honolulu, Hawaii, on September. 7th.

SNL CROSSWORD CORNER

- Across**

1 ___-relief

4 Sacks

8 Loose strands of hair

13 Tonsillectomy doc

14 Class struggle?

15 Point of contention

16 Binary pronoun

17 *Genetically engineered retriever?

20 Many a Riyadh resident

22 Family chart

23 NYC airport near Citi Field

24 *Colleague of an Idaho farmer?

28 Care follower

29 Relatively small upright

30 Tammy of country

32 NFL stats

33 Socket set

35 Let up

36 *Advice to someone who doesn't want more kittens?

39 Star in astronomy

42 Of all time

43 Hr. to go

46 ___ knot

49 Successful candidate

51 God with good aim

52 *Teaches tricks to circus animals?

54 "Better Call Saul" network

55 Interminable time
- 56 Nevada city

57 *Food and water supplied during a marathon?

62 Future louse

63 Clip

64 Draft category

65 New prefix

66 Nonsensical

67 Holiday song, and, phonetically, an apt description of the answers to the starred clues

68 Start to sneeze?

Down

1 "You should smile more"

2 Barometer type

3 Soprano Teresa known for her recording of Berg's "Lulu"

4 Sack

5 Body spray brand

6 Beetle juice?

7 Clobber, biblically

8 Port producer

9 "Amazing Grace" ending

10 Abbreviation on old maps

11 Young hens

12 Data storage company

18 Got bigger

19 Exposed

21 Shut out

25 Promotional links
- 26 Chalcedony with black and white bands

27 One who's well-versed

28 Exhausted

31 Not as far

34 Binary pronoun

36 In things

37 Square

38 Hibernian, e.g.

39 ___ jar

40 Meteorological concern

41 Ristorante dumplings

43 ___ Aigner: fashion house known for accessories

44 Sneaks on the court?

45 Classic autos advertised with the Cole Porter song "It's De-Lovely"

47 Cow owner in a Rockwell painting

48 Real hoot

50 Caboose, e.g.

53 Salad topper

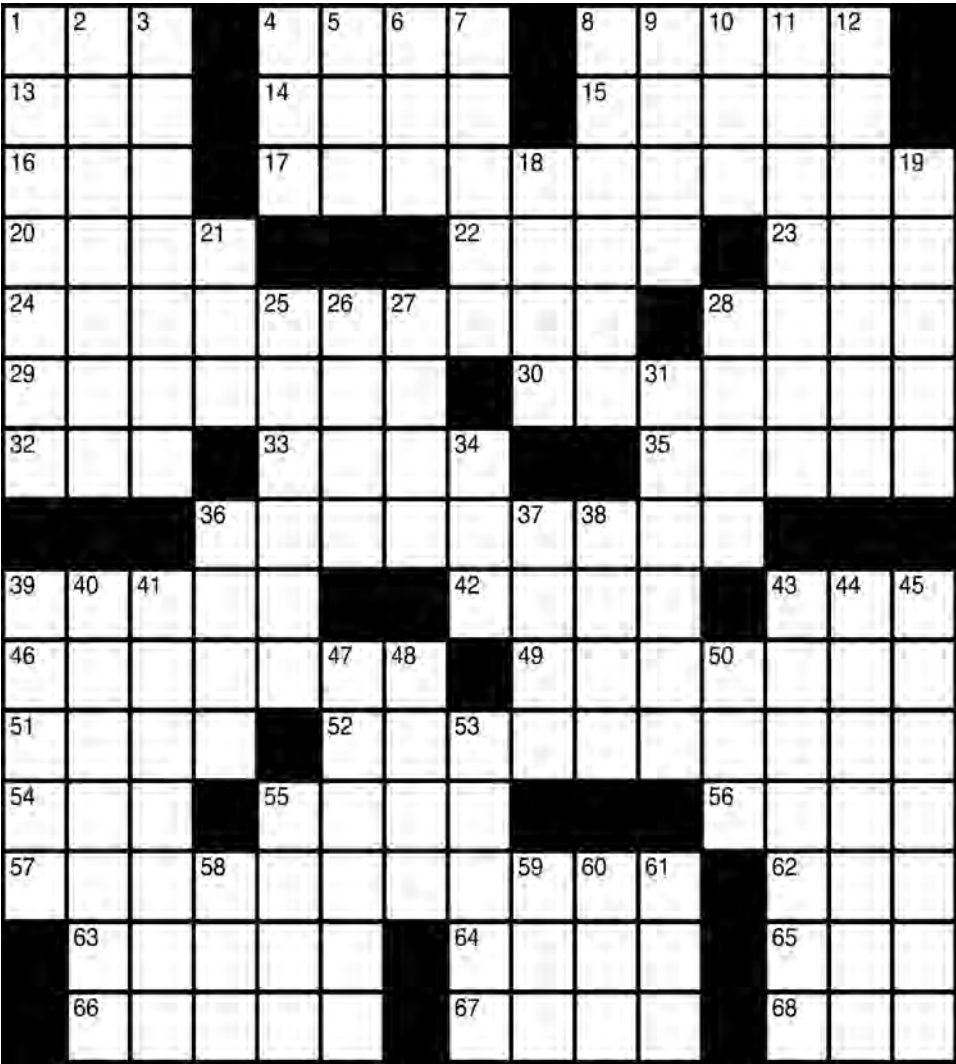
55 Shrinking Asian sea

58 Caterpillar roll fish

59 Peace activist Yoko

60 Word that indicates a name change

61 ESPN reporter Paolantonio



Answers on page 31

Excell leaving a Legacy of Caring

story and photo by
Bobby Anderson, Staff Writer

Kristina Tell, RN, knows how important leaving a legacy can be, both in life and in business.

That's why the executive director for Excell Home Health and Hospice believes her staff is making a difference every day.

"We provide life-changing services and for every one of our employees that is their goal," Tell said. "We have always been an agency where we have scored well on our surveys that come back. That's because we really take the time to take care of our patients. You can have the best marketing team in the world and they can go out and sell your product but if you're not fulfilling that product it's not going to continue."

"Our legacy is a legacy of excellence and that's what we continue to strive for."

Excell is able to offer a continuum of care with both home health and hospice services. If the time



Kristina Tell, RN serves as the executive director of home health and hospice services for Excell.

comes, patients can seamlessly transfer services without having to give up those important relationships.

"I think going to hospice is one of the scariest words for patients and so for them to be able to have that

same nurse transition with them and still go through that time we've seen a really amazing product from that," Tell said.

Patients suffering from disease progression, frequent emergency room visits, multiple hospitalizations, and/or aggressive medical interventions may also be eligible for hospice care. Hospice care can be discontinued at any time and is a covered Medicare benefit.

Home Health and Hospice offer an affordable way to receive medical care at home. Many who access these benefits are over the age of 65 and are entitled to Medicare benefits which cover 100 percent of the cost of services and associated medication and supply costs. Medicaid and most commercial insurances also provide home health and hospice coverage.

Often, when patients elect home health or hospice, it is their primary physician who authorizes, coordinates and follows their care from start to finish.

Excell Home Care & Hospice works closely with the physician of your choice to provide care. If the patient does not have a primary care physician and needs to be seen by a doctor, the Home Health and Hospice agency has Medical Directors who can visit the patient.

Tell started her nursing legacy in the intensive care unit at OU Medical. Looking for a change, she found Excell in 2010 and accepted a position as a field case manager.

A clinical supervisor role quickly followed before she accepted the position as director of nursing.

A transition in ownership in 2017

placed her in the director of clinical services role leading both home health and hospice.

"I just love our agency. We're very family oriented," she said. "I think it really reflects that when our employees are happy so are our patients. We really care about each other and want the best for each other. I think it would be really difficult to leave my family because I see them all as my family."

In a very mobile industry, Tell and Excell have enjoyed a loyalty from staff that is uncommon.

"I think that's one of the things that really sets Excell apart, we have a lot of tenure," Tell said. "Our director of rehab has been there since our doors opened in 1995. We have a lot of nurses that are 20-plus years, LPNs that are 15-plus years. We have a home health aide who has been here for 17 years. We have a lot of longevity and I think that speaks to who we are."

Each Excell employee knows they are helping patients leave a legacy, and in turn, creating one of their very own.

"I really think it is because we show our employees that we do value them and care for them. That makes a huge difference," Tell said of her staff longevity. "If they're just an employee, just another number they're going to go someplace else, chase that extra dollar. When you really put the time into your employees, getting to know them and their families we spend a lot of time together."

For more information about Excell Home Health and Hospice, visit <https://excellcares.com>.

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Oklahoma Seniors Fare Well at the National Senior Games

Story and photos submitted by H.R. Holman, Oklahoma Senior Games



Seniors from Oklahoma participating in the National Senior Games which was held recently in Pittsburgh, PA represented the state well, finishing with a balanced number of medals, 22 Gold, 23 Silver and 24 Bronze for a total medal count of 69, this number does not include the number of ribbons that were won for fourth through seventh place finishers. While the Oklahoma athletes finished in the lower tier of the medal count, they faired well. The state with the highest number of total medals was Florida with 586 with 19 states gathering at least 100 total medals. View the final results at <https://nsga.com/results-2023/>.

The next National Senior Games will be in Des Moines, Iowa in 2025. Oklahoma seniors can begin preparing for that competition this September through October.



Regina Stewart returns home with a medal in 4x100 relay.



Bill Ruhman, of Edmond OK, won a Gold Medal in the 95-96 category for Bowling at the National Senior Games in Pittsburgh, PA.



While not a qualifying year, preparing this year will get you headed to qualifying in 2024. Check out the list of events and dates the OSG Facebook page or on the website, at <https://okseniorgames.com>.



Sue Hlavacek, Interim NSGA President, left and CEO with Kathleen Fitzgerald, Executive Director of the Oklahoma Senior Games, Kathleen got 5th Place in her table tennis competition.



Here's the Oklahoma Old School team in the Men's 3 on 3 Basketball, 60-64 age group. Left to right: Jim LaCamp, Patrick Keaney, Tim Larson, and Jerry Moore.



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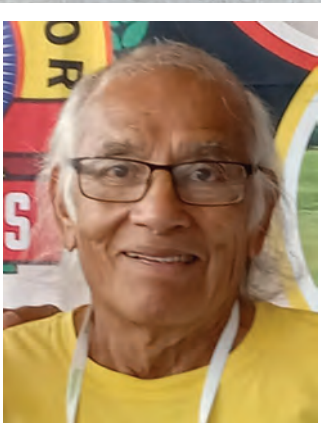
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Simeon Gipson Rides to Pennsylvania for Games



Simeon Gipson, riding through the streets of Tahlequah.



Simeon Gipson



At 77-years old, Cherokee citizen and U.S. Navy veteran Simeon Gipson was pedaling again. This time to the 2023 National Senior Games in Pittsburgh, Pennsylvania where he qualified to compete. Simeon left Tahlequah to make the nearly 997 mile bike ride on May 29th and received a huge send-off at the Cherokee Nation Headquarters in Tahlequah while Cherokee Principal Chief Chuck Hoskin Jr. signing a Proclamation declaring Tuesday, May 30th as "Simeon Gipson Day in the Cherokee Nation" for Gipson's sustained efforts to encourage physical wellness.

Above: Cherokee Principal Chief Chuck Hoskin Jr. reading the Proclamation declaring Tuesday, May 30th as "Simeon Gipson Day in the Cherokee Nation."

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TINSELTOWN TALKS:

Sidney Kibrick remembers 'Our Gang'

By Nick Thomas

First screened in movie theaters during the early 1920s, the "Our Gang" film series was produced for another two decades and featured an ever-changing cast of children, showcasing their comedic neighborhood antics.

Throughout the series of some 220 short films created by producer Hal Roach, about 40 child actors appeared regularly beginning in 1922's silent era and continuing through 1944. Sidney Kibrick is one of the last surviving "Our Gang" cast regulars.

Kibrick, 95, appeared in more than 2-dozen 'Gang' shorts, initially as an unnamed character but eventually anointed with the nickname 'Woim,' the exaggerated Brooklyn pronunciation of 'worm.'



Sidney Kibrick addresses crowd at the opening of the Hollywood Museum's Our Gang exhibit, July 27, 2022 - Photo by Bill Dow, courtesy of the Hollywood Museum



From the 1939 short, Auto Antics. Sidney Kibrick is second from right - provided by publiscist for the Hollywood Museum

Other well-known members of the gang included Spanky (George McFarland), Butch (Tommy Bond), Buckwheat (Billie Thomas), and Alfalfa (Carl Switzer).

"We'd have 2 hours of schooling in the morning and then work anywhere from 6 to 16 hours until we finished," recalled Kibrick from his home in Los Angeles. "There was a lot of work, no question about it, but our director Gordon Douglas was a terrific guy and he was really able to get a lot out of each kid."

Despite the long hours, there was occasionally time to relax and be a kid off-camera.

"There was a big pond at the studio, so Spanky and I would go fishing a lot," said Kibrick. "We developed a lifelong friendship and although he moved to Dallas while I lived in Beverly Hills, we used to visit and stay at each other's homes time and time again over the years."

Despite dozens of kids running around on set, Kibrick remembers things never getting out of control.

"We had scripts and had to rehearse before shooting so it was very structured," he recalled. "Parents had to be on the set at all times."

And while most of the young actors got along, Kibrick remembers one troublemaker.

"Alfalfa (Switzer) was a very difficult kid and created a lot of problems on the set. He was not nice - not only to the gang, but to the boys and girls who were extras in the movies. It was just his nature. Years later, he was killed in a fight, so he was basically a tough kid."

So too was Kibrick's character, Woim.

"I was Butch's sidekick and we were the bad guys always taking on Spanky, Alfalfa, and Darla (Hood)," he explained.

Born in Minneapolis, young Sid was just an infant when the family moved to Los Angeles so his dad could find better work and was later 'discovered' after turning five.

"My mother took us to Grauman's Chinese theater and after the movie, a man came over to us, pointed at me, and said he could 'use that little kid in the movies,'" Kibrick recalled. His parents really pushed him and his brother, Leonard, into acting.

"I was earning \$750 a week in 'Our Gang' which was a lot in those days, especially during the Depression," he said. "But by the time I was 15, I'd had enough. My parents wanted me to continue but finally my mother went along with my wishes. I later attended college and became a real estate developer. So I had a very successful post-Hollywood career."

Last year, Kibrick attended the opening of an exhibit at the Hollywood Museum honoring the 100th anniversary of the "Our Gang" series. "It's nice to be remembered!" he said.

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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Zinn's Martini Travels Exhibit Planned for Idabel Fall Festival

The Gallery at 11 North Central, Idabel, Oklahoma will be serving visual martinis with a photographic canvas art exhibition and sale during the annual downtown Fall Festival, October 7-8, 2023. MARTINI TRAVELS is a dozen or more images from photographer Terry Zinn's fifty canvas prints presenting cocktails against a backdrop of travel locations. Some of the fifty photographed locations might include, Berlin, Germany; Boone Hall Plantation, South Carolina; Oak Alley and of course Oklahoma City; among other locales. The exhibit was inspired by Zinn in 1995 after having a luncheon with Idabel native and international artist, Harold Stevenson where he recalled his tales of an extraordinary life over his favorite cocktail, the Martini..

The Gallery is the anchor of downtown Idabel, created and owned by another Idabel native, Robert Henderson. The Gallery was opened a couple of years ago after extensive renovation to the historic 1930's building that had been vacant and dilapidated for years. "We never charge artists a fee to exhibit and / or sell the work at The Gallery. Arts are an important element to our social society. Bringing the arts to the community, while remaining affordable, is an important mission of our work," explained Henderson.

The Fall festival hosts craft and food vendors, Miss Fall Fest pageant, chili cook-off and corn-hole tournament. Downtown streets will close with live music and entertainment throughout the event.

Zinn will provide a gallery talk at 7 p.m. Saturday, OCTOBER 7th at the reception along with Dian Jordan, Ph.D., of Hochatown, OK.

Martini Travel images have been previously exhibited in Oklahoma City at the Photo Art Gallery and at the 50 Penn Place Gallery. The exhibit will be accompanied by Zinn's photographic images of Harold Stevenson, Portraits of

Harold. Many of these private images have never been exhibited before. They were made with the endorsement from Stevenson which documented his studios, homes and exhibits from 1995 including locations of: Idabel, Oklahoma; Wainscott, Long Island New York; Long Island City; SoHo, New York; Key West, Florida; San Francisco; Dallas and Oklahoma City. In addition to Zinn's documentation in photographs he has made over 13 hours of taped interviews of Stevenson over the years. That material is the foundation of Zinn's play, Last Call: All I Ever Wanted to Be Was Tall, which is available for production.

Jordan's reception talk is highly anticipated as she will discuss the importance of Stevenson's inclusion in recent exhibitions. Jordan curated Art in Community: The Harold Stevenson Collection in 2020-2021 at the Museum of the Red River, Idabel. The exhibit was then followed by Stevenson being included in New York: 1962-1964 held at the Jewish Museum of New York in the fall of 2023. That exhibition explored art and culture and how artists living in New York responded to



Zinn's OKC Martini Travel

the socio-political changes of the time. Stevenson was also included as one of the 35 legacy artists for We Fancy at the 100th year celebration



Zinn's OKC Martini Travel

of the Art Students League, NY, also in 2023. Stevenson won a national scholarship to attend the prestigious

annual conference, the Oral History Association National Conference, and the International Art in Society Conference.

Zinn was employed for twenty-six years as Photography Processing Manager at the Oklahoma Historical Society/State Museum. His work has been published in numerous outlets. He has exhibited at the Oklahoma State Capitol, I.A.O. gallery, 50 Penn Place Gallery, Photo Art Gallery, and on permanent exhibition at the Gallery of the Plains Indian and the Oklahoma Judicial Center.

While in Idabel feel free to visit the Museum of the Red River and the Phil Silva vintage car collection. Or take the nearby drive to the ever popular Hochatown community known for Broken Bow Lake and luxury cabin vacation homes. The near by town of Hugo is of interest with its Elephant Cemetery.

Zinn resides in Oklahoma City where he is cataloging his works and seeking permanent homes for his collections. He can be reached at t4z@aol.com.

school in 1949. Jordan has previously spoken on Stevenson's place in the canon of 20th century art for the Oklahoma Museum Association's

Parents, where exactly is the ‘Circle of Trust’?

by Greg Schwem

One of the greatest joys of having adult children is knowing I now have the freedom to criticize other parents and their disciplinary methods.

OK, maybe “criticize” is too harsh; “actively observe and silently disagree” might be a better phrase.

My children are 26 and 21, independent (more or less) and free to make their own decisions without my guidance. Which leaves me with plenty of free time to notice, in grocery stores, airports and other public facilities, millennial and Gen Z couples who have chosen to have children instead of dogs and now realize you can’t cage a child if it acts up. Like my parents, I find myself cringing at what this new breed of procreators consider to be acceptable punishment.

I don’t envy today’s parents and the challenges they face. Suffice it to say none of the other parents in my daughters’ kindergarten carpools would have marched into their schools and demanded their severely underpaid teachers stop reading “The Little Engine That Could” because it’s too “woke.” Well, come to think of it, a mother of seven who lived on my block and attended church several times a day may have if she’d been familiar with the word and its meaning.

Social media was a novelty in my daughters’ middle and high school years and certainly not the harmful behemoth that, today, is the gateway to bullying, ostracization and, in some cases, suicide. Yes, they both had cellphones at young ages and there were moments I had to lecture them about proper phone etiquette. Was I too lenient in certain situations? My father certainly thought so and wasn’t shy about voicing his opinions, usually at holiday gatherings. I would fruitlessly explain that he may have a different view if cellphones had existed when I was under his tutelage.

So maybe I’m overstepping my bounds when I question today’s parents about their punishment tactics. But I am generally curious. At the very least, can somebody with children please answer the following three questions?

1. Have you ever actually gotten to “three”?

Time and again, I see children misbehaving, only to silently snicker as their mom or dad says, “Logan, I am going to count to three.” What follows is the slowest, most drawn out recitation of “one” and “two” that I have ever heard. If I were a professional boxer, got knocked down in the ring and had 10 seconds to get to my feet, I would want one of Logan’s parents to be the referee. The Logans of the world aren’t stupid; they know they still have at least 20 seconds to do whatever has drawn their parents’ ire before backing off.

2. What exactly are “privileges”?

Because I am always looking for future comedic material and column ideas, I recently started driving for Uber. While taking a couple and their two children to the airport, I heard the dad telling his son if his behavior didn’t improve, he would lose all “privileges.” It’s not the first time I’ve heard that, and now this inquiring mind wants a definition. Maybe it’s because I don’t remember having any “privileges” when I was growing up. In my father’s eyes, being born was a privilege.

3. What, and where, is the “Circle of Trust”?

I first heard that phrase when Robert DeNiro famously uttered it to Ben Stiller in “Meet the Parents.” But that was a fictitious movie. When the Uber dad reminded his son that he was approaching a Circle of Trust violation, I wanted to stop my vehicle and ask if I could view the circle some time. Is it actually drawn somewhere in the house? What are the dimensions? These circles must exist somewhere, because I have heard multiple parents refer to them.

Parents of young children, if I receive the answers to these questions,



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



Greg Schwem has a few questions for today’s parents of young kids.

perhaps I will no longer roll my eyes or mumble under my breath when your little darlings are throwing tantrums at the bank or the hardware store. Even though my father never understood my concept of parenting, I want to understand yours. So I eagerly await your replies.

Don’t make me count to three.

(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 <https://www.amazon.com/>. Visit Greg on the web at <https://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 <https://www.gregschwem.com/>.)

JUMBLE

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

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AUGUST Answers

Jumbles: GROUT PENNY REGRET FACADE
Answer: The hypnotist’s new door made a great —
ENTRANCE

THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek

I thought you would like the new covering.

This is so soft!

I'd sleep on this!

1/18

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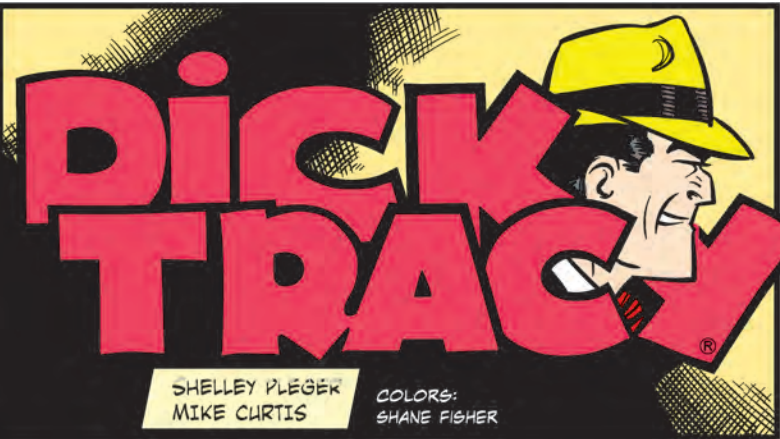
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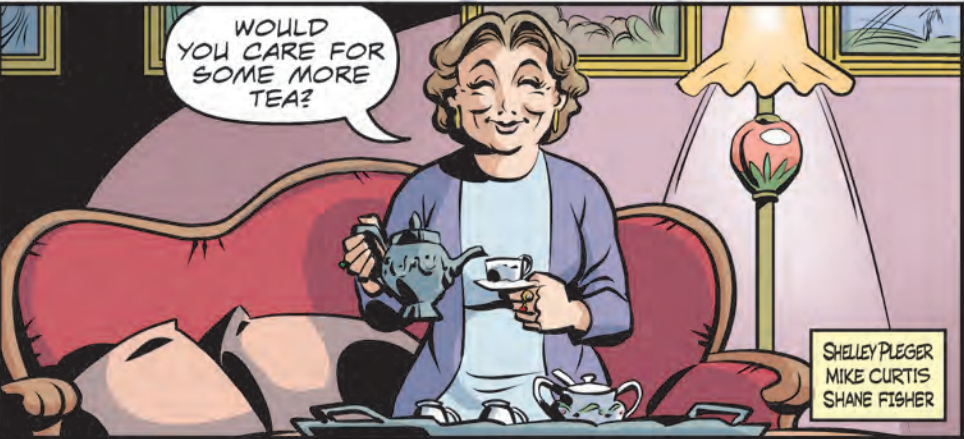
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JEFF JIRAK
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-LT. WALTER REIMER











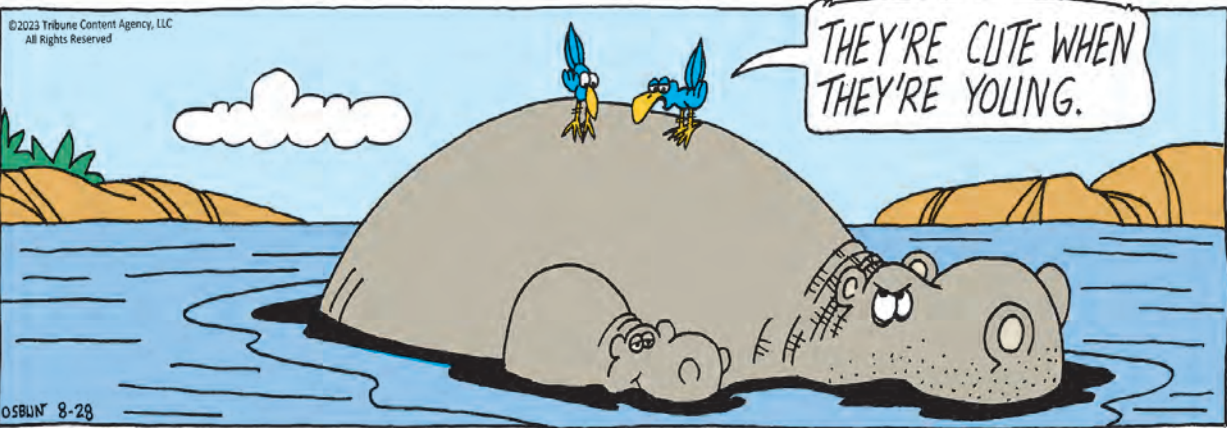






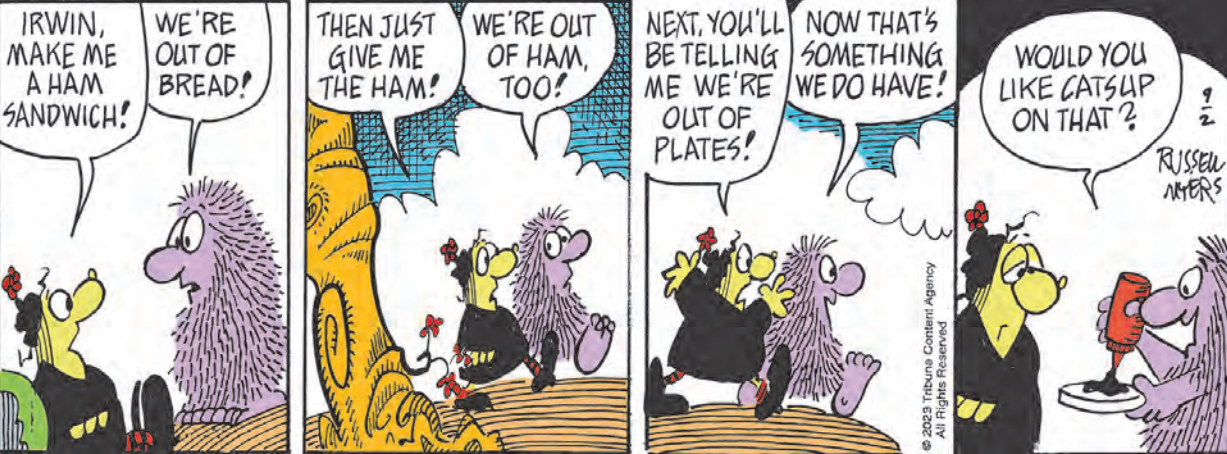
Animal Crackers

By Fred Wagner



Broom Hilda

By Russell Myers



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