

# SENIOR NEWS & LIVING

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## Historic Monastery Continues to Evolve and Grow

THE  
MONASTERY  
AT FOREST LAKE

Read his story on page 2

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Skin Your're In

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Matthew Pierce, owner of The Monastery at Forest Lake, stands next to his business truck.

# Matthew Pierce

## Owner/Innkeeper of The Monastery at Forest Lake in Oklahoma City

*Story and photo by Van Mitchell. Staff Writer*

**W**hen Matthew Pierce purchased The Monastery at Forest Lake, located at 3500 North Coltrane Road in Oklahoma City, he knew the property had sat vacant for a decade.

What he didn't realize was the amount of time and money it was going to take to bring the historic property, which served as the mansion home of Oil Baron and Oklahoma Governor Robert S. Kerr, back to life.

"Within the first few months of buying the house and as the hidden catastrophes kept emerging, I thought it appropriate to watch the old Tom Hanks movie, 'The Money Pit,' and I began to realize what a financial and architectural challenge I had signed up for," Pierce said. "Within 12 months I had gone

through my entire life savings, almost \$400,000, trying to get the 100 year old stone castle-like structure back in shape."

The Monastery at Forest Lake features a 10,000-square-foot stone fortress on 14 acres, a swimming pool, two lakes, a wedding chapel, and starting in October, the 5-star Bed and Breakfast will transition into an Airbnb.

"We're going to still offer The Cottage as an Airbnb, (which was Governor Kerr's servant quarters until 1949) as our most historic suite," Pierce said. "The Cottage also serves as one of our bridal suites for the wedding venue. And, the old bakery building from the monks' time here, which is still on-site, that's a big three-room stone building

which is going to be restored into another big cottage so that families can come and stay. It will have a waterfront view and a deck that extends right out to Forest Lake."

Pierce said the mansion was completed in 1926, and it has a plethora of Oklahoma history and characters.

"In the summer of 1926, this mansion and the E.W. Marland mansion in Ponca City were both finishing construction," he said. "This was all oil money. The financiers were Oklahoma oil barons of the 1920s, as well as politicians, law-enforcement, and even an occasional gentleman gangster. They formed a 'Hunting Lodge' in name only, cleverly incorporated as 'The Anglers Association', which disguised the real purpose of the massive structure with 150-pound doors and 18-inch walls: an illegal speakeasy bar on 50 acres of walled and gated forest. The Twin Hills Golf and Country Club was built in 1918, so that predates it, there was



The notorious, Oklahoma gangster "Machine Gun" Kelly.

a small lane that led to the Lodge from there."

Pierce said that there is a tunnel under the speakeasy that allowed bar patrons to quickly escape to the lake, accessed by a hidden staircase.

Pierce said the membership of the lodge held a high-stakes poker game weekly, featuring high rollers of the state's petroleum industry. He said one night, the card game was moved to Oilman Charles Urschel's home in Heritage Hills, and it became the scene

See MONASTERY Page 4



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# MONASTERY

Continued from Page 2

of an infamous kidnapping involving Oklahoma gangster "Machine Gun" Kelly.

"His wife, who gave him the moniker "Machine Gun", put him up for one last final caper, and then to retire from his life of crime," Pierce said. "The poker game was here most Thursdays and it unknowingly presented a lucrative target for a big "score ", but on that particular night, they had moved the card game to oilman Charles Urschel's house on NE 18th. Machine Gun Kelly kidnapped Urschel and another man, ultimately transporting Urschel to Texas in the middle of the night."

According to Oklahoma Historical Society archives, on July 22, 1933, using his trademark machine gun, George "Machine Gun" Kelly, along with Albert L. Bates, interrupted a bridge game at Charles F. Urschel's residence in Oklahoma City, abducting Urschel and Walter Jarrett at gunpoint while their wives helplessly watched.

The widower Urschel, oilman Tom Slick's brother-in-law and a trustee to his estate, had married Slick's widow, Berenice Slick, and combined their fortunes, creating one of the wealthiest couples in Oklahoma City. A criminal of relative obscurity, Kelly, born George Kelly Barnes in Memphis, Tennessee, in 1895, married Kathryn Thorne in 1930. Kathryn has been credited for creating Kelly's underworld persona, because she bought him his first Thompson submachine gun and dubbed him "Machine Gun."

After kidnapping Urschel, the criminals took him to a farmhouse in Paradise, Texas, and held him there for more than a week. The kidnappers released him on July 30 after a representative for the family paid \$200,000 in documented bills. Kelly was convicted and sentenced to life in prison and served 21 years at Alcatraz, inmate No.117.

Pierce said the hunting lodge closed in 1933 when Prohibition ended nationally, but Oklahoma elected to continue prohibiting alcohol statewide (until 1959).

"The oil company executives freaked out, despite running an illegal bar for over a decade," he said. "They're like, "Nope, we're done." They shut the doors".

Pierce said Kerr decided to buy the lodge sometime after it closed.

"He watched it sit for three years and said, "He said this is stupid. I'll close the lodge. I'll buy out my brothers. I'll own the place. I'll make it my home," Pierce said.

Kerr later sold the home to

Oklahoma City Children's Hospital pioneer, Dr. John Colmore.

"Colmore bought it in 1949, and raised seven children here," Pierce said. "We've been honored to have four of his now elderly children come and stay in the resort, in their old rooms from their childhood. "He was here until 1970".

His widow, Mrs. Colmore, sold the house to 13 Russian Orthodox-leaning monks in 1971 for \$38,000.

"They were a rather eccentric sect of Monks from Illinois, led by Bishop Burke and Brother John," Pierce said. "They were here from 1971 to 1988. They raised ostriches for the OKC Zoo and were known citywide for their amazing baked bread."

Pierce said Dr. Andrew John bought the property from the monks when Burke moved the church to Nebraska, and he was there until 2004.

"Dr. John modernized the air conditioning, the plumbing, added 4,000 square feet of living space, put in the pool, and put in the whole north wing where the pool table is," Pierce said. "He did all of that work, but his masterpiece was eventually sold at Sheriffs Auction in 2004. Retired World Cup soccer player from Peru, Chico Villar, and his wife Judy bought the empty mansion and enjoyed it as a weekend lake house, and I bought it from them."

Pierce said the monks operated a bakery called Brother John's Bread for over a decade.

"Most of us here locally, we remember that the monks were the Forest Park Volunteer Fire Department," Pierce said. "One day I was sitting in my office and I saw an older gentleman, in full monk garb with a rope for a belt, step out of a vehicle in the parking lot. Incredibly, it was Brother John stopping by unannounced for a visit."

Pierce said it was Brother John's first trip back to the Monastery since 1982.

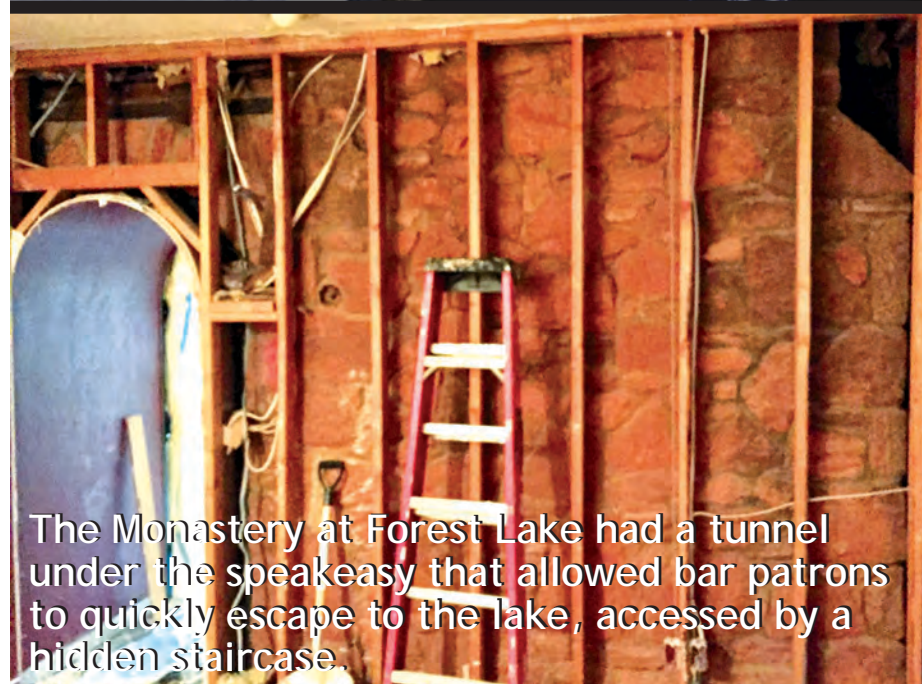
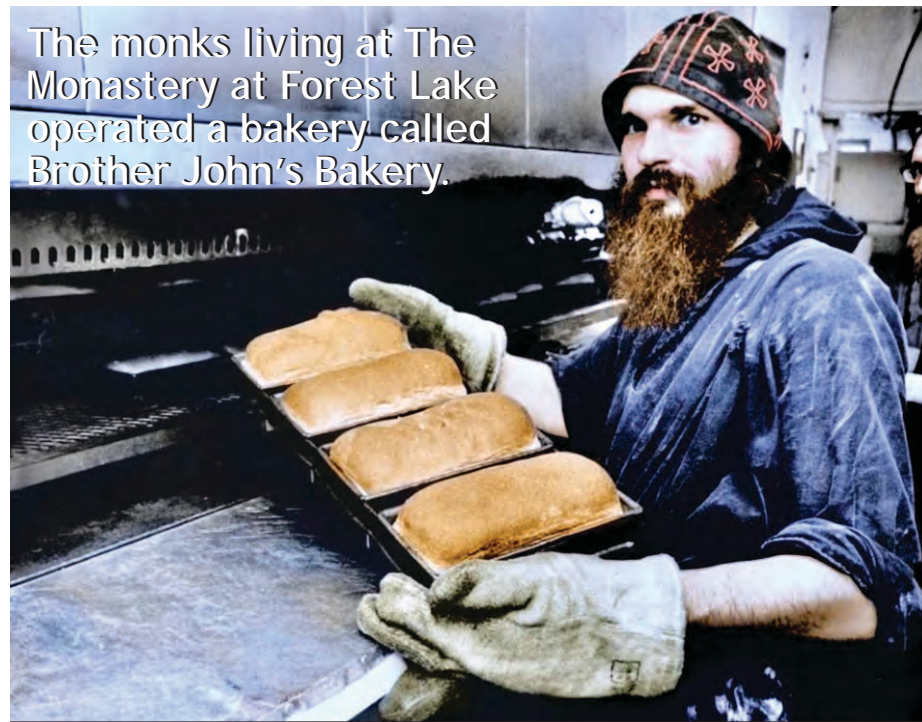
"We had a grand time visiting, and I finally got to ask Brother John a question I had wondered about since childhood: "How in the world did you guys become the Fire Department? Pierce said. "I told him I had a copy of the NBC television feature which was aired in April 1979, of him and the "Firefighting Monks". He remembered NBC filming it but he had never seen it."

Pierce said Brother John told him the story saying the fire department was across the street where the school is now, and one day he accidentally caught the bakery on fire.

"We waited and we waited and we're running around with little water hoses and we're trying to put this fire out," Brother John told Pierce. "We could see the windshields of the fire engines just 50 feet away in the station. Finally, the volunteer firefighters, they arrived, they jumped in the trucks, drove across the street, and put the fire out."

Pierce said the local fire chief asked Brother John if the monks would consider helping them fight fires because they were

The monks living at The Monastery at Forest Lake operated a bakery called Brother John's Bakery.



The Monastery at Forest Lake had a tunnel under the speakeasy that allowed bar patrons to quickly escape to the lake, accessed by a hidden staircase.

literally just steps away from the fire station.

"With Bishop Burke's approval, we agreed that that would be a righteous community service. And so that's how we became firefighters," Brother John told Pierce.

Pierce said The Monastery has also been home to several businesses.

"The Colmore's raised national award-winning AKC Dobermans until the late 60's," he said. "The same structure which became Brother John's Bakery, was originally built as a kennel for Dr. and Mrs. Colmore's show dogs."

Pierce said there were so many unknown money pits discovered during renovations of the property. At one point they were constructing a parking lot for the bed-and-breakfast resort, and Pierce's contractor could not figure out why the gravel base would seemingly disappear overnight.

"Every time we would pour a semi-tractor load of gravel out here in the parking lot area, within a day, it was gone. It would sink and mud would bubble up," Pierce said. "Finally, the contractor's like, "Dude, you've got a natural spring out here."

Pierce said a University of Central Oklahoma professor did some research on the property, and found the cause of the water issue.

"Greg James starts looking at the abstract and some photos from the Oklahoma Historical Archives and says, "You know Matt, this place had a commercial fish hatchery on it in 1928."

Pierce said there are some exciting projects beginning over the next few months, including several custom lakefront homes slated for construction by his business partner, Mike Menzel, on the east side of Forest Lake.

"It's exciting to see my original vision take shape, at such an important place of my childhood memory. My grandmother and I would stop at the bakery here and buy bread from the Monks in the early 1970s," he said.

For more information visit <https://themonasteryatforestlake.com> or call Matthew at (405) 760-9984.



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# 2023 Second Half Expo Features Panel Discussion

Story and photos by Darl DeVault, contributing editor

The free 2023 Second Half Expo connecting seniors to valuable resources begins at 8 a.m. Saturday, October 21st, and finishes at 1 p.m. for the third year at the National Cowboy & Western Heritage Museum in northeast Oklahoma City, which offers free parking.

In its fifth year, organizers call it the largest senior expo in Oklahoma and bill it as “Everything for the 50+ Generation.” It features more than 100 exhibits tailored to people in the “Second Half” of their lives. This is for those Oklahoma seniors looking to connect with the latest products, services, and educational resources needed to live as they have imagined. Oklahoma’s largest senior-related businesses will be present, providing education and demonstrations of their products and services.

Not just for the retired, the day

will be loaded with fun and activities, including free educational seminars, food samples, drawings for prizes and music from some of Oklahoma’s best talent.

“We firmly believe the senior years can be lived with dignity and purpose with the right guidance and resources,” said founder Bob Loudermilk. “We strive to support seniors and their adult children, honoring and assisting their aging parents.”

This year’s free panel session at 10 a.m. is titled “Is Your Estate Plan Retirement-ready? - Asset Protection Strategies in an Ever-changing World.” It offers four community thought leaders sharing their expertise. This timely information for seniors approaching the Second Half of life is about securing their financial future. The panelists will explain how asset protection strategies are paramount for folks entering



The 2022 Second Half Expo saw record crowds at the beautiful National Cowboy & Western Heritage Museum in Oklahoma City.

the Second Half of life, particularly concerning retirement, investments, asset management, Medicare, and new marriages. Entering new marriages later in life necessitates asset protection to

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# HEALTH

# Know The Skin You're In

Story and photo by Bobby Anderson, RN, Staff Writer

Your skin is your largest organ and the only one you can actually see and feel.

So as you age you might want to pay a little more attention to skin changes to prevent something minor from becoming something major.

That's what one of the leading dermatologists in Oklahoma City tells her patients.

Dr. Elise Brantley is a board-certified dermatologist who has been practicing for more than 10 years.

Her practice at Scissortail Dermatology focuses on protecting your skin year-round.

"I think it's a good idea for people to be aware of what the signs and symptoms of skin cancer are," Brantley said. "Just so they know whether or not they need to come in. Another thing is for people to be aware of potential risk factors they may not realize."

Scissortail Dermatology has offices on both the north and south sides of the metro.

You can learn more at their booth at the upcoming Second Half Expo being held at The National Cowboy and Western Heritage Museum in Oklahoma City, on Saturday, October 21 from 8 a.m. to 1 p.m.

The free event is the largest senior expo in Oklahoma and will feature 130 exhibits, lots of free giveaways as well as information on senior living, education, and retirement planning.

When it comes to people and their skin, oftentimes they'll ignore the proverbial warning signs.

"Honestly, everyday especially in the younger population who work outside," Brantley said. "A lot of people who spend or have spent a lot of time outside (are at risk)."

All those ball games, summers at the lake, and work outdoors will eventually catch up.

As you start to age accumulated exposure to the sun can begin to take its toll, resulting in blemishes and forms of skin cancer - some of which can be deadly if left untreated.

"Especially when they reach retirement age, that's when the problem arises," she said. "Before you get to cancer some people experience pre-cancers that are uncomfortable, tender, and make the skin rough. The skin surface is altered and a lot of our patients struggle with that."

Brantley's practice focus is the evaluation and treatment of growths of the skin with an emphasis on detecting and treating skin cancer.

She is a native Oklahoman from Broken Arrow.

After graduating high school from the Oklahoma School of Science and Mathematics she attended the University of Tulsa for undergraduate studies.

She received her medical degree from the University of Oklahoma and completed her residency training at the University of Cincinnati where she served as chief resident.

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

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treatment. You can look for



**Dr. Elise Brantley is a board-certified dermatologist who has practiced in the metro for more than a decade. Photo by Bobby Anderson, RN.**

signs of melanoma by following the ABCDE method

Asymmetry is where one half of the spot is unlike the other half.

The spot has an irregular or poorly defined border

- C stands for color. The spot has varying colors from one area to the next, such as shades of tan, brown, black, or areas of white, red, or even blue.

- D stands for diameter. Melanomas are usually greater than six mm, or about the size of a pencil eraser, but can be smaller.

- E stands for evolving where a spot looks different than the rest or changes in size, shape, or color.

Performing a skin self-exam means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your body. Ask

someone for help when checking your skin, especially in hard-to-see places like the scalp and back.

The annual cost of treating skin cancers in the U.S. is estimated at \$8.1 billion: about \$4.8 billion for nonmelanoma skin cancers and \$3.3 billion for melanoma, according to the Foundation.

Thanks to increased education and screening by dermatologists like Brantley, the diagnosis and treatment of nonmelanoma skin cancers in the U.S. increased by 77 percent between 1994 and 2014.

"It's a great idea to come in for at least one assessment," Brantley said. "Get an idea of what your risk factors are. You may not need to come in more than once a year. You may need to come in more often."

For Brantley, an ounce of prevention is worth more than a pound of cure.

For more information or to make an appointment visit <https://scissortaildermatology.com/> or call (405) 562-6222.





Tim Bales, with Nerve Renewal Neuropathy Clinics, along with several associates, visited with attendees and answered questions at the 2022 event.

EXPO  
Continued from Page 6

preserve pre-existing assets and ensure desired distribution. Older individuals relying on Medicare must protect these benefits to maintain a stable income during retirement. By proactively implementing asset protection strategies, Americans can secure their financial well-being, preserve retirement funds, and safeguard assets for themselves and their loved ones.

The panel session featuring Brian Hill, David Chaney, Tim Hast and Susie Brown will begin at 9 a.m. with coffee and pastries, allowing for networking. The discussions begin at 10 a.m. and end at 11:30. Seating is limited. Please RSVP to reserve your Meet the Panel - Second Half Expo seat. Details of topics and bios of the four panelists are available on this page.

Hill is a partner at Ball Morse Lowe, PLLC, whose practice is focused on Estate Planning and Probate. Hill has guided clients in estate planning, probate, and trust administration for more than 18 years. He has served as an Oklahoma Bar Association Estate Planning Section officer. As a frequent speaker for various organizations, he has provided insight and practical advice to estate planning professionals.

Chief Executive Officer and founder of Legacy & Succession, LLC, Chaney, ChFC, CLU, has received numerous industry awards and accolades in his

more than 35-year career. He holds multiple industry designations, including Chartered Financial Consultant (ChFC), which he obtained in 1997.

Hast provides coaching and training in leadership, team building, and people skills and helps people in the workplace get along. He is the author of "Powerful Listening, Powerful Influence," available on Amazon in paperback, e-book and audiobook.

Brown is the co-owner of Senior Benefits Consulting and has 24 years of experience with Medicare and employer benefits. She teaches educational events on how Medicare works and meets with groups and individuals to consult with them on their Medicare options.


The panelist will impart crucial steps to safeguard your retirement, investments, and assets while ensuring a secure future. This session will equip you with valuable insights to navigate the ever-changing financial landscape, from managing risks to maximizing growth potential.

Ball Morse Lowe, Attorneys and Counselors at Law, is this year's presenting sponsor. It is also presented by "OKSenior Journal," with "The Oklahoman" as the National Media Partner and Oklahoma's News 4 as the media sponsor. Also a sponsor, "Senior News and Living" and "Oklahoma Nursing Times" will provide their publication at their booth all day.


Produced by Second Half Events, Inc., the expo is hosted by The National Cowboy & Western Heritage Museum at 1700 Northeast 63rd St.

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The ABCDEs of Melanoma


Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:




A stands for **ASYMMETRY**. One half of the spot is unlike the other half.




B stands for **BORDER**. The spot has an irregular, scalloped, or poorly defined border.



C stands for **COLOR**. The spot has varying colors from one area to the next, such as shades of tan, brown or black, or areas of white, red, or blue.




D stands for **DIAMETER**. While melanomas are usually greater than 6 mm, or about the size of a pencil eraser, when diagnosed, they can be smaller.



E stands for **EVOLVING**. The spot looks different from the rest or is changing in size, shape, or color.


Example:



Skin Cancer Self-Examination

**How to Check Your Spots:**

Performing a skin self-exam means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your body. Ask someone for help when checking your skin, especially in hard-to-see places like the scalp and back. Follow these steps:



1

Examine your body front and back in a mirror, then look at the right and left sides with your arms raised.

2

Examine the back of your neck and scalp with a hand mirror. Part your hair for a closer look at your scalp.

3

Bend your elbows and look carefully at your forearms, underarms, and palms.

4

Check your back and buttocks with a hand mirror.


5

Finally, look at the backs of your legs and feet, the spaces between your toes, and the soles of your feet.

If you wear nail polish, remember to check your nails when the polish is removed.

If you notice a new spot or an existing spot that changes, itches, or bleeds, make an appointment to see a board-certified dermatologist.

Be sure to visit us at The Second Half Expo,  
Booth #54 on Saturday, October 21, 2023 from  
8:00 AM to 1:00 PM at the  
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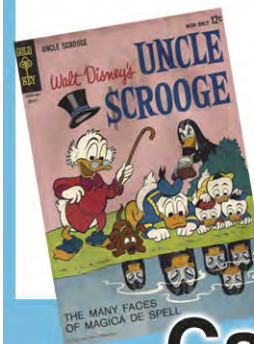
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# OPINION

## THE SAVVY SENIOR

### Three Vaccines Seniors Should Consider Getting This Fall

*Dear Savvy Senior,*

*Which vaccines are recommended for Medicare seniors this flu season? Just Turned 65*

**Dear Just Turned,** There are actually three different types of vaccines seniors should consider getting this fall to protect against a repeat of last winter's "triple-demic" of respiratory illnesses, which included flu, RSV and coronavirus. Here's a rundown of the different vaccines the Centers for Disease Control and Prevention (CDC) is recommending and how they are covered by Medicare.

**Senior-Specific Flu Shots** For people age 65 and older, there are three flu vaccines (you only need one) that the CDC recommends over traditional flu shots.

These FDA-approved vaccines provide extra protection beyond what a standard flu shot does, which is important for older adults who have weaker immune defenses and have a greater risk of developing dangerous flu complications compared with younger, healthy adults. The three senior-specific options include the: *Fluzone High-Dose Quadrivalent vaccine*, which contains four times the amount of antigen as a regular flu shot does, creating a stronger immune response for better protection. *Fluad Quadrivalent vaccine*, which contains an added ingredient called adjuvant MF59 that also helps create a stronger immune response. *FluBlok Quadrivalent vaccine*, is a recombinant protein (egg-free) flu vaccine that contains three times the amount of antigen as compared with a regular flu shot.

There isn't enough evidence yet to indicate whether one of these three

vaccines provides superior protection over the other two for seniors.

As for side effects, you should know that the Fluzone High-Dose and Fluad vaccines can cause more of the mild side effects that can occur with a standard-dose flu shot, like pain or tenderness where you got the shot, muscle aches, headache or fatigue. While the side effects of FluBlok tend to be a little less frequent.

All flu vaccines are covered 100 percent by Medicare Part B as long as your doctor, health clinic or pharmacy agrees not to charge you more than Medicare pays.

**New RSV Vaccines** Anyone age 60 and older, especially if you have any heart or lung conditions, diabetes, kidney or liver disorders that make you vulnerable to the respiratory syncytial virus (RSV) should consider getting one of the new FDA approved RSV vaccines (either Arexvy or Abrysvo).

These vaccines, recommended by the CDC, will help protect older and immunocompromised adults from respiratory illness, which is responsible for 6,000 to 10,000 deaths and at least 60,000 hospitalizations each year in seniors 65 and older.

The new RSV vaccines are covered by Medicare (Part D) prescription drug plans.

**Updated Covid Booster** If you haven't had a Covid-19 booster shot lately, you should consider getting one this fall. Even though the Covid public health emergency has ended and the number of cases has gone way down, it has been surging in recent months causing an increase in hospitalizations, especially among the elderly.

The updated Covid vaccine targets the XBB omicron subvariants that are some of the most dominate coronavirus variants circulating in the U.S. It will also provide protection against the EG.5 variant (Eris), which is closely related to the XBB.

Covid booster shots are covered 100 percent by Medicare Part B.

**When and Where** Most health officials agree that it's safe to receive the flu and Covid booster at the same time. But because the RSV vaccines are new this year, many doctors are recommending a two-week window between an RSV shot and the flu and/or the COVID shots.

You can find all three vaccines at most pharmacies, medical clinics and health departments, or you can do a search at [Vaccines.gov](https://www.vaccines.gov).

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

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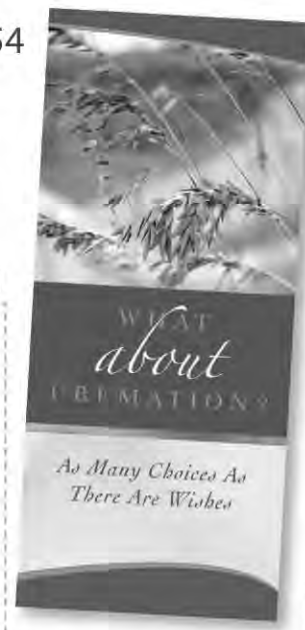
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# OMRF Discovery Could Lead to Treatment for Heart Valve Condition



Oklahoma Medical Research Foundation scientists Yen Chun Ho, Ph.D., and Sathish Srinivasan, PhD.

A discovery at the Oklahoma Medical Research Foundation could lead to a new treatment for a heart valve condition impacting more than 6 million Americans.

In mitral valve prolapse, the heart's mitral valve doesn't open and close completely, leading to inadequate blood flow. The disorder results from a birth defect or natural wear and tear over time. It can cause fatigue, stroke and, in severe cases, heart failure.

OMRF scientist Sathish Srinivasan, Ph.D., studies the lymphatic system, which transports tissue fluid throughout the body with the assistance of lymphatic valves. He wondered whether lessons learned from the lymphatic valves could also be applied to the heart valves.

"Lymphatic and heart valves are different, but we wondered, do the same molecules play roles in their function?" Srinivasan said. "It turned out to be a good guess."

Srinivasan's study, published in the journal *Circulation Research*, found that two proteins essential for lymphatic valve function – PROX1

and FOXC2 – are also key for good heart valve function.

In people who don't have one or both of the proteins, Srinivasan said, valves continue to enlarge out of check. Preventing this overgrowth may be an effective new approach to treat dysfunctional valves.

"We tested a treatment that can imitate the job of the two proteins in research models, and the valves showed major improvement in function," Srinivasan said.

This discovery is just the beginning, said Yen Chun Ho, Ph.D., a postdoctoral researcher in Srinivasan's lab.

"We have observed that other molecules known to operate in the lymphatic system are also present in the heart valves, so we know this is a promising direction for future work," Ho said.

The research was supported by grant R01HL163095-01A1 from the National Heart, Lung, and Blood Institute, part of the National Institutes of Health, and funding from the Oklahoma Center for Adult Stem Cell Research, a program of TSET.

# Golden Years, Healthy Living: Top Tips for Seniors to Stay Vibrant

In this blog, we will explore essential tips to help seniors lead a healthier and more fulfilling life. Aging gracefully involves taking care of both physical and mental well-being. By adopting certain habits and making small changes in daily life, you can significantly improve your health and enjoy the later years of your life to the fullest. Here are some key areas to focus on, courtesy of *Senior News & Living OK*.

## Stay Hydrated

Water is the most essential nutrient for our bodies, and proper hydration becomes even more critical as we age. It's not uncommon for seniors to experience reduced thirst sensations, which can lead to dehydration if not carefully monitored. *Drinking enough water* throughout the day helps maintain bodily functions, improve digestion, and enhance cognitive function. Aim for at least 8 glasses of water daily. Consider carrying a reusable water bottle with you, and if you find it hard to remember to drink, set reminders on your phone to sip regularly.

## Quit Smoking Now

Smoking can have serious health consequences at any age, but it becomes even more hazardous for seniors. If you are a smoker, quitting now can significantly improve your health and reduce the risk of various diseases, including heart disease, lung disorders, and cancer. Understandably, *quitting smoking can be challenging*, but you don't have to do it alone. Seek support from friends, family, or join a cessation program. *Nicotine replacement therapy*, prescription medications, or behavioral therapy can increase your chances of success.

## Drink Less Alcohol and Seek Professional Help if Needed

As we age, our bodies' ability to metabolize alcohol decreases, making it vital for seniors to moderate their alcohol intake. Limiting alcohol can lead to improved liver health, reduced risk of accidents, and better sleep. While occasional moderate drinking may be acceptable, excessive consumption can result in health problems. For those struggling to reduce alcohol intake, substance abuse treatment centers offer a range of professional help, including rehabilitation programs, counseling, and support groups, all of which can provide invaluable assistance in achieving a healthier lifestyle. If you're concerned about affordability, you can find nonprofit and donation-based centers in your area.

## Prioritize Getting Enough Sleep

Getting a good night's sleep is essential for anyone, but it's *especially crucial for seniors*. Quality sleep supports cognitive function, mood, and immune system health. Aim for 7-9 hours of sleep per night. Establish a regular sleep schedule by going to bed and waking up at the same time each day, even on weekends. Create a comfortable sleep environment with a supportive mattress and pillow, and consider using blackout *curtains to block out light*. Additionally, avoid caffeine and heavy meals close to bedtime, as these can interfere with your sleep.

## Avoid Isolation

As we age, maintaining social connections becomes even more critical for our mental and emotional well-being. Engage in social activities that you enjoy, spend time with friends and family, or join clubs or groups that share your interests. Social interactions can *reduce feelings of loneliness*, enhance your mood, and even stimulate your cognitive function. Don't underestimate the power of a good conversation or a shared laugh in enhancing your overall quality of life.

Embracing a healthy lifestyle is within reach for seniors by following these essential tips. Stay hydrated, quit smoking, limit alcohol consumption, prioritize sleep, and nurture your social connections. Each of these points may seem simple, but their cumulative effect can significantly impact your health and overall well-being. Remember, it's never too late to make positive changes for your well-being. Your journey towards a healthier lifestyle starts with small, intentional steps and a commitment to your own health and happiness. Take charge of your health today, and enjoy the benefits of a more vibrant and fulfilling life as you age.



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# Accidental falls top list of non-fatal injuries sending Americans to ER, study finds

- **Unintentional falls are the most common, with an estimated 5,598,438 incidents yearly.**
- **Unintentional poisoning came second, with approximately 1,712,272 incidents each year.**
- **Unintentional firearm incidents are the least common, accounting for only 26,830 emergency room visits.**

A new study reveals the non-fatal injuries that most frequently land Americans in the emergency room, with accidental falls being the top cause.

The analysis undertaken by experienced personal injury attorneys **John Foy & Associates**, used the latest data from the Centers for Disease Control and Prevention (CDC) to uncover the leading injuries prompting adults to seek emergency medical assistance.

**Unintentional falls are the leading cause of non-fatal injuries in America**, resulting in around 5,598,438 ER visits annually across all genders and ages. This type of accident may occur due to circumstances like slippery, cluttered, or unstable walking/working surfaces.

**The second most common is unintentional poisoning**, with around 1,712,272 individuals affected each year. From foodborne illnesses to drug overdoses, poisoning comes in many forms and represents one the largest ER risks nationwide. This category excludes the unexpected adverse effects of correctly administered drugs and bacterial illnesses like food poisoning.

**Unintentionally struck by or against takes third place** and accounts for 1,591,827 visits each year. These visits typically involve incidents where individuals are struck by an object, animals or person, rather than a vehicle or machinery. They can occur in a number of circumstances, such as at a person’s workplace, while walking their dog, or rollerblading on the beach.

**Occupants of motor vehicles are fourth**, with an estimated 1,541,393 visits each year. These accidents affect occupants of cars, pickup trucks, SUVs, vans, heavy transport vehicles, and buses and most commonly occur as a result of traffic accidents.

**Unintentionally cut or pierced is the fifth most common reason**, accounting for an estimated 1,293,773 visits each year. Accidental incisions, slashes, perforations, punctures, and lacerations from household or occupational objects are common examples of this non-fatal injury.

**The sixth-leading cause is overexertion**, which can result from activities like heavy lifting or intense workouts, and accounts for more than 1,272,977 yearly emergency department visits.

**Coming in seventh is unintentional bites and stings**, causing around 427,255 emergency visits. This accounts for injuries such as snake and lizard bites, bee and wasp, scorpion stings, and even jellyfish stings. This also encompasses injuries involving penetration of the skin from plants or plant parts.

**Other unintentional transportation-related injuries come in eighth**, with about 350,007 cases each year. These injuries include pedestrians injured while boarding transport, accidents involving power scooters, go-karts, streetcars, and even space transport.

**Presence of a foreign body is the ninth leading cause**, with around 277,922 yearly incidents. Such incidents could involve accidental ingestion or insertion of foreign objects, such as toys, pebbles, or dirt, into the eye or other orifices of the body.

**Rounding off the top ten is unintentional pedal cyclist injuries**, with 229,312 incidents. This includes accidents involving bicycles and similar transport modes, such as losing control, colliding, or other traffic-related events on public roads.

**John Foy, founder of John Foy & Associates, commented on the findings:**

“The data provided further important insights, when looking at sex differences between male and female ER visits. For instance, women are more frequently victims of dog bites than men, which could be in part due to the fact that more than 70% of dog walkers are female.

“Additionally, the data suggests that occupants of larger vehicles, such as cars, trucks, or buses, are 590% more likely to sustain non-fatal injuries than motorcyclists.

“It’s also noteworthy that overexertion alone results in more emergency room trips than dog bites, pedal cycle incidents, and bites and stings combined.”

For more information, visit: <https://www.johnfoy.com>

**Methodology:** The research utilized the latest data from the CDC to identify the leading causes of non-fatal injuries among American adults aged 18-85+. Child-specific injuries were excluded to prevent skewness. Injuries were categorized and ranked based on the estimated number of emergency room visits caused. The data was then cleaned to make it easily digestible, with ‘unknown’ or ‘unspecified’ injuries removed. Patterns, like gender differences in injury types, were also investigated to provide insightful conclusions.

For more information visit <https://www.johnfoy.com/>

The leading causes of non-fatal injury in America		
Rank	Cause of emergency room visit	Estimated number of emergency room visits
1.	Unintentional fall	5,598,438
2.	Unintentional poisoning	1,712,272
3.	Unintentionally struck by or against against object/animal/person	1,591,827
4.	Unintentional motor vehicle occupant injury	1,541,393
5.	Unintentionally cut or pierced	1,293,773
6.	Unintentional overexertion	1,272,977
7.	Unintentional bites and stings	427,255
8.	Unintentional other transportation injuries	350,007
9.	Unintentional foreign object inside body	277,922
10.	Unintentional pedal cyclist (bicycle, etc.) injury	229,312
11.	Unintentional motorcyclist injury	223,431
12.	Unintentional dog bite injury	220,125
13.	Unintentional fire/burn injury	213,634
14.	Unintentional machinery injury	129,858
15.	Unintentional pedestrian injury	119,214
16.	Unintentional natural or environmental injury	50,627
17.	Unintentional inhalation or suffocation	32,214
18.	Unintentional firearm injury	26,830

The leading causes of non-fatal injury in women		
Rank	Cause of emergency room visit	Estimated number of emergency room visits
1.	Unintentional fall	3,175,566
2.	Unintentional motor vehicle occupant injury	787,044
3.	Unintentionally struck by or against object/animal/person	646,693
4.	Unintentional overexertion	626,959
5.	Unintentional poisoning	549,420

The leading causes of non-fatal injury in men		
Rank	Cause of emergency room visit	Estimated number of emergency room visits
1.	Unintentional fall	2,422,822
2.	Unintentional poisoning	1,162,368
3.	Unintentionally struck by or against object/animal/person	945,134
4.	Unintentionally cut or pierced	836,243
5.	Unintentional motor vehicle occupant injury	754,326





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### Elizabeth Von Gunten

(Right) **100 years old.** Naomi Elizabeth (Oursler) Von Gunten of Stillwater is Always very active in her church & community, she regularly Facetimes & Zooms her family using her own iPad, but being the mother of wonderful children who contribute to their communities & churches is her special honor. Words of wisdom: "Go to church, be active in it & develop a strong religious faith!"



### Leon Campbell

(Left) **100 years old.** Leon Campbell served in the Army during World War II, had a career as an aircraft mechanic, and had many hobbies. He was a competitive dancer winning many awards. Words of wisdom to us are: Love the Live You Live and Dance Like No One is Watching!



### Betty Jean Shuttee

(Right) **100 years old.** Betty Jean (Field) Shuttee of Enid is a retired pediatric nurse, enjoys all music by Lawrence Welk, reading, gardening, singing, Netflix & angel food cake. Her travels have taken her to 39 countries & to every state in the US. She received a proclamation from the Mayor & a special poster made by a class of preschoolers. Words of wisdom: "Be patient, be positive and be kind to everyone!"



### Phil Morgan

(Right) **102 years old.** Phil Morgan is a veteran of WWII. Words of wisdom: "Put God first, go to church and develop a close walk with the Lord. Cherish your family, spend time with them, time goes fast, and kids grow up too quickly. Honor the military, respect the United States of America."



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# U.S. Representative Tom Cole Receives National Award

United States Representative Tom Cole received the National Distinguished Advocacy Award this week, the most prestigious award presented by the American Cancer Society Cancer Action Network (ACS CAN), in recognition of his significant contribution in the fight against cancer to increase research funding.

ACS CAN, the advocacy affiliate of the American Cancer Society, presents the annual award to select lawmakers who demonstrate outstanding leadership in the area of cancer-related public policy advocacy.

"Representative Cole has repeatedly distinguished himself as a leader and true advocate on cancer advocacy issues, particularly through his commitment to increased biomedical research funding," said Lisa Lacasse, president of ACS CAN. "His introduction of the Strengthen the Pediatric Research Initiative Act, to provide additional funding for childhood cancer research, is a true testament of his commitment to save lives from pediatric cancer. ACS CAN appreciates his steadfast leadership in investing in cancer research to improve public health nationwide."

"Representative Cole is a true cancer leader", said Howie Jackson, cancer survivor and ACS CAN Oklahoma CD-04 ACT Lead volunteer. "His commitment to providing additional funding for child cancer research is a testament to the value he sees in our next generation of Oklahomans."

The award was presented on Sept. 19 as part of the annual ACS CAN Leadership Summit and Lobby Day. Nearly 700 cancer patients, survivors and their loved ones met with their elected officials to urge them to support policies that increase funding for cancer research and prevention programs and address barriers that prevent diverse populations from enrolling in clinical trials.



U.S. Representative Tom Cole.



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# WriterCon Expands in Audience and Impact



**WriterCon founder and best-selling fiction author William Bernhardt from Choctaw speaks during the four-day writer's conference.**

Story and photos by Darl DeVault, Contributing Editor

In its second year, September 1-4, at the Renaissance Waterford Hotel in northwest Oklahoma City, WriterCon offered many seniors among the more than 200 aspiring writers a glimpse of the many facets of the book writing and publishing trade. The four-day conference was comprehensive, with four breakout sessions for each of six 45-minute periods daily featuring book industry luminaries and best-selling authors as speakers.

This year, the event offered the most attendees ever a robust educational offering, exploring ideas from authorship to representation to publishing. Discussions of trending issues like AI-generated text and social media influencers' power occurred.

Organizer William Bernhardt, 63, of Choctaw, began his career as a nationally prominent author in a significant way in 1991. He continues positively impacting book publishing by expanding his signature largest annual writers' conference in Oklahoma. The event added a fourth day emphasizing book sales and the reader with ReaderCon on Monday.

"Growing up locally and graduating Midwest City High School in 1978, I want to support regional authors' writing aspirations at a level not

available here when I was learning my craft," Bernhardt said on the first day of the conference. "Oklahoma has just as many talented writers as New York or anywhere else. We must support their efforts that put them on an even footing. We have just as much talent as any other area, if not more, but historically we have not done as well at nurturing and promoting our own."

Another expansion of WriterCon this year was the launch of the online WriterCon Magazine. It was printed in 38 full-color pages in its debut edition exclusively for the event. Executive editor Kadey Bernhardt and editor Lara Bernhardt said they look forward to the voice the online publishing provides them in support of the book industry. Powered by Substack, it is found at [WriterCon Magazine | William Bernhardt | Substack](http://WriterConMagazine.com).

Recent University of Oklahoma photography journalism graduate Ralph Bernhardt provided attendees with free author portraits for the event's first two days.

Currently, literary agents and publishing houses of good size receive more than 5,000 unrequested manuscript submissions annually. The industry reports that less than one

percent of all authors get their books published. Bernhardt and his wife Lara, also an author and publisher, dedicate thousands of hours to planning the event to help regional authors beat those odds. By conducting a writing conference addressing the many industry standards, they coach authors to raise their authorship to best-selling status if they have that spark of talent, originality, and, most importantly, perseverance.

To say that WriterCon is a labor of love is an understatement, as Bernhardt puts his two-book-a-year schedule, which has produced 61 well-received books, in the background while he creates WriterCon each year. He recruits speakers year-round when he attends at least five writers' conferences nationwide to stay abreast of industry trends and his voracious need to learn.

Apart from being interested in the book publishing industry because of his imminent success, Bernhardt is quick to talk about what reading and books offer the reader. Studies show seniors who read daily see their cognitive functions improve over six months.

"Many studies have indicated that reading offers many cognitive benefits, keeping the brain active, improving vocabulary, and exposing readers to new ideas," Bernhardt said. "But there are also emotional benefits. Studies show readers are more empathetic and understanding. Readers are better spouses or partners. Books are also a great cure for loneliness. When you enter the minds of others (even fictional characters), you gain a better understanding of how others think and what they are going through."

The Bernhardts displayed their enthusiasm for writing and reading to the WriterCon attendees by offering a schedule that ran six pages and 112 breakout sessions. These sessions covered many topics, from writing instruction panels, genre roundtable chats, keynote address speakers, and agent interview sessions.

Becoming a No.1 New York Times bestselling author in 1991 with his "Primary Justice," Bernhardt is fortunate that his first book delivered such a robust central character that it sparked a well-received book series.

His training as an attorney and becoming a partner in a Tulsa law firm sparked his ability to write his debut fiction novel. The first of his iconic courtroom dramas sold more than one-half million copies in its first six months. His publisher needed to reprint the literary fiction debut of his



**New York Times internationally best-selling author Lisa Gardner spoke all four days of the WriterCon writer's conference.**

Ben Kincaid courtroom drama several times in the first year. This started a writing career that has seen a series of books, including a new series character, Daniel Pike, launched in his recent No.1 bestseller, "The Last Chance Lawyer."

His 10-book "Red Sneakers" series on how to best write fiction has assured his place in American writing history. Bernhardt received the Oklahoma Center for the Book 2019 Arrell Gibson Lifetime Achievement Award. He had sold more than 10 million copies of his books at the time when his book count stood at 46 works. By 2019, he had written his bestselling Ben Kincaid mystery/ thriller series, three books for young readers, and the historical novels "Challengers of the Dust" and "Nemesis." He had also penned three poetry books, "The White Bird," "The Ocean's Edge," and "Traveling Salesmen's Song," displaying a robust career.

He says his favorite is "The Florentine Poet," a fable published earlier this year, which critics have called "The Princess Bride" for literature lovers.

Digital media technology is reshaping the book industry. The book market now encompasses physical books, e-books, audiobooks, and other digital formats. Even though the book industry is dominated by large book publishers and one big online retailer (Amazon), there are still alternatives for publishing and selling books.

The industry is highly competitive,

continued next page



WRITERCON

Continued from Page 22

with players ranging from traditional publishing houses to online booksellers and self-publishing platforms to print-on-demand small publishers. These changes will likely continue as the industry embraces more technologies. One recent change is that audiobooks are the fastest-growing sector of the publishing industry.

A critical takeaway from attending these sessions over the three-day writing portion of the event is how persistent even the best authors need to be to shepherd their high-quality manuscripts through the publishing process. Many of the presenters firmly expressed that even high-quality manuscripts of good originality are still rejected, usually due to not being a correct fit, but are often later published when passed on to different agents/publishers.

"I remember what it was like," Bernhardt said. "Being a young kid desperate to write but unable to find much instruction or professional guidance. Our goal with WriterCon is to make it easier for the next generation of Oklahoma writers. We give scholarships each year to young people who want to attend the event. I know I've been fortunate. This is my way of paying it forward."

Home-schooled and Acellus Academy local eighth-grade student

Scarlett Hoffman, who is writing fantasy, dystopian and sci-fi fiction, was one of two scholarship attendees this year. "It has been an awesome experience," Hoffman said. "I have learned so much that will help me in my writing. The high points have been getting to pitch to agents because I have been looking for an agent these last three months. The other high point was talking to other writers in my genres during the roundtable discussions."

Lisa Gardner spoke several times during the conference in well-received sessions. She is a No. 1 New York Times internationally best-selling author of more than 25 crime thriller novels, including the Frankie Elkin series. Adapted for both film and TV, her work has earned her numerous foreign awards while being published in more than 30 countries. Her Keynote address and best-attended session of more than half the attendees featured her detailing how authentically she researched every facet of her books. She shared how extensively she travels to interact with the FBI and learn from countless police officers. "It is always a huge honor to be invited to speak," Garder said. "When William contacted me about coming to WriterCon, I was thrilled and flattered. A chance to talk to other authors, just like me, about the craft we love best. What could be better?"



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# Paul Newman should never be marked down

by Greg Schwem

I have never been a fan of restaurants owned by, or associated with, celebrities. I could be if, while dining, the celebrity whose name is on the door and the menu were sitting near me or, preferably, being told the wait is “over an hour, since you don’t have a reservation.”

So far, that hasn’t occurred. I’ve never spotted Michael Jordan devouring a T-bone at Michael Jordan’s Steak House; never saw Jimmy Buffett – may he rest in peace

- working the blender at Margaritaville or encountered Robert De Niro dunking tuna sashimi into soy sauce at Nobu. During Oprah Winfrey’s six-year run as a partner in Chicago restaurant The Eccentric, I visited one evening and pointedly asked the waiter if Oprah was really in the kitchen, whipping up a side dish known only as “Oprah’s Potatoes.”

She wasn’t.

Also, a visit to a celebrity-owned restaurant invariably ends with a bill that could easily be paid by a celebrity but not us common folk. The same holds true in grocery or liquor stores. I’ll happily save a few bucks and not purchase the Guy Fieri barbecue sauce or the Nick Jonas tequila. My football tailgates won’t suffer.

And yet, I recently found myself feeling sorry for actor Paul Newman. And not because he’s dead.

Newman, star of classics including “The Sting,” “Butch Cassidy and the Sundance Kid,” and “The Color of Money,” not to mention the owner of steely blue eyes, launched a line of “Newman’s Own” salad dressings in 1982. According to [newmansown.com](http://newmansown.com), the line grossed \$300,000 in its first year. None of those profits came from me, for I remember picking up a bottle of Newman’s Italian dressing while in college, glancing at the price and immediately placing it back on the shelf. My date, who I promised to cook for, “Italian style,” had to settle for generic dressing, which did its best to compliment the other generic products that dotted the menu. Cash-strapped college students were not Newman’s target demographic.

Eventually Newman parlayed his success into other foods, including pizza, spices, olive oils and spaghetti sauces. It was the latter that caught my eye during a recent grocery visit. Newman’s Own Marinara, Tomato & Basil and Sockarooni (“so delicious it could knock your socks off,” the website proclaims) sauces were among the CHEAPEST on the shelves.

College students, there’s a SALE in aisle five! Paul Newman has been officially marked down!

How did Newman allow brands like Rao, Barilla and Classico to dominate the “too lazy to make your own sauce” market, charging upward of \$2 more for sauces? Sad to say, I think it’s because the name “Newman” no longer carries the relevance it used to. Cool Hand Luke died 15 years ago this month. The more time that elapses, the more likely shoppers will pick up a bottle of Newman’s Own and say, “Who?” before putting it back.

Yes, we are a celebrity obsessed culture, but we also want to feel like we have a connection with the celebrities we support. If Taylor Swift launched a line of gum and charged \$5 per stick, I am certain sales would still explode, for what young girl doesn’t want their breath to smell like Taylor’s?

Now fast-forward 15 years. Taylor will be 48. Probably married with a couple of kids. Maybe doing a 90-minute Vegas residency as opposed to a three-and-a-half-hour stadium show. Will her gum still be a hot commodity? Or will it be alongside the gossip rags and the disposable lighters in the grocery checkout aisle while a new female singer, who probably is currently in preschool, is charging \$10 per stick. And making millions.

This time, I tossed two jars of Newman’s sauce into my cart, not because they were cheap but because I don’t want Paul Newman, whose



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



Grab yourself a bottle of Newman’s Own.

films I still watch, to fade away. Besides, the labels say, “100% profits to help kids” and, as vague as that sounds, kids need all the help they can get these days.

Now I just have to find that college girl and invite her over for a dinner that will knock her socks off.

(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.

NTTSU

LYTES

YACENG

DXEEEC

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### THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek

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

“ [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] - [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] ”

(Answers next month)

**September Answers**

Jumbles: FOYER    GAVEL    ATTEST    HELIUM

Answer: They re-surfaced the pool table, and — IT FELT GREAT



# Pearl Harbor Sailor Born in Oklahoma to be Buried

*Died During the December Attack on Pearl Harbor*

Robert Thomas Stout was in El Reno, Oklahoma on Feb. 27, 1920 and enlisted at Denver, Colorado as a Seaman Apprentice.

Robert reached the rank of Fire Controlman 3rd Class (FC3c) with duties included operating, maintaining, inspecting and repairing the weapons control systems used on combat ships. He also operated range finders, optical fire control equipment, repaired electrical firing circuits and manned fire control stations in action.

Robert's Duty Stations included the USS Oklahoma in April, 1941 until death, USS Rigel in 1940, Elementary Fire Controlman School in 1940 at San Diego, USS Oklahoma in 1939 and the Naval Training Station Great Lakes, IL in 1939.

Awards and decorations included the Purple Heart Medal, Combat Action Ribbon, American Defense Service Medal (Fleet Clasp), Asiatic-Pacific Campaign Medal (Bronze Star) and the World War II Victory Medal.

Robert Thomas Stout, Fire Controlman 3rd Class died during the Dec. 7 attack on Pearl Harbor, will be buried in the Cottonwood, Cemetery, 20499 1st Street, Cottonwood, California on September 15.

Families of Sailors that died in the Pearl Harbor attack are offered a choice to either have the family member re-interred at NMCP, or choose an alternate location, such as a veterans', private family site, or Arlington National Cemetery. Navy Mortuary, a branch within Navy Casualty, will coordinate the movement of remains, which typically arrive a couple days prior to the burial.



Robert Thomas Stout, Fire Controlman 3rd class.

## SNL WORD SEARCH - Halloween

Find the words. When done, unused letters spell out a hidden message.

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

Afraid	Bogeyman	Fairy	Ghoulish	Midnight	Witchcraft
Alien	Cackle	Fright	Goblin	Scare	
Bat	Casket	Genie	Gory	Tombstone	
Beast	Creepy	Ghost	Midnight	Vampire	

Check Out Answers in the Classifieds Page 26

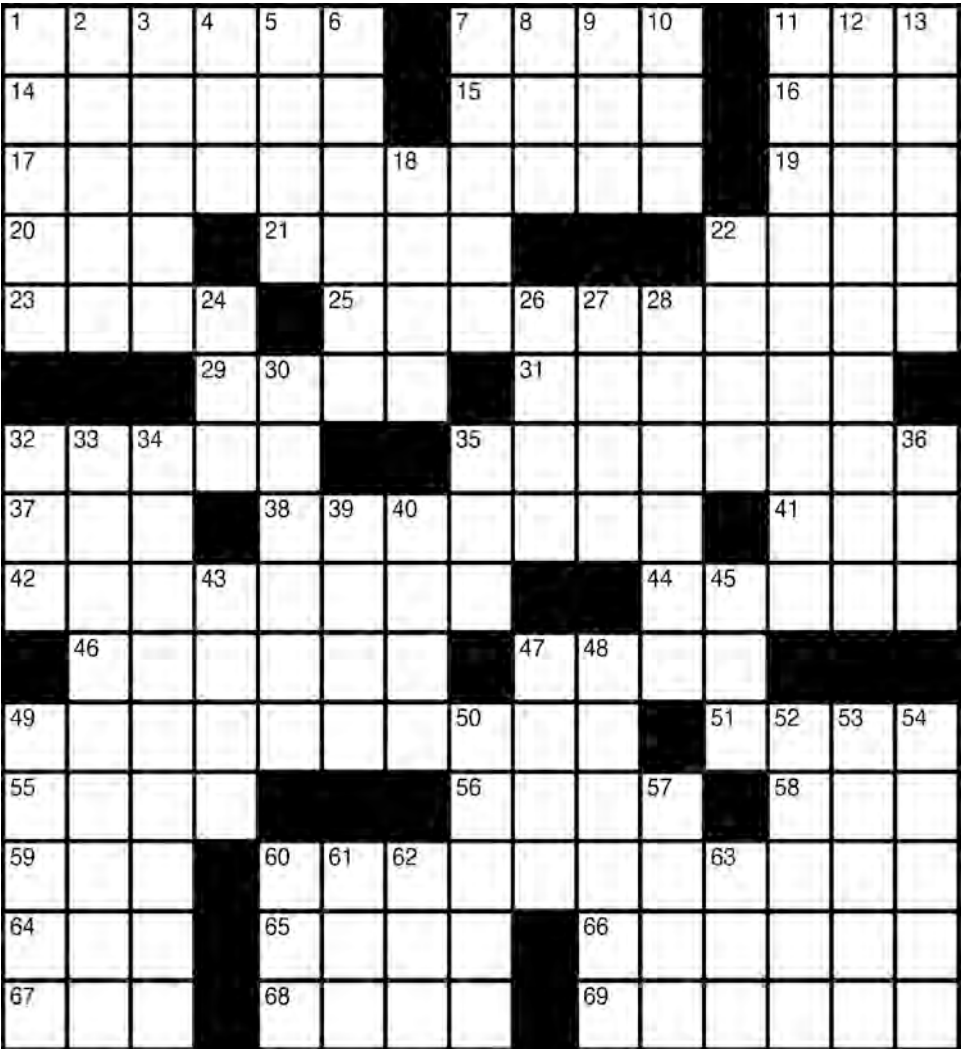
## SNL CROSSWORD CORNER

### Across

- 1 Andre with eight Grand Slam wins
- 7 Russell of "The Americans"
- 11 Indian state in the Western Ghats
- 14 Lanai furniture material
- 15 "You said it!"
- 16 Furthermore
- 17 Make Todd stay home after a "Meet the Press" blooper?
- 19 Untruth
- 20 Large planter
- 21 Barnacle spot
- 22 Hoofbeat sound
- 23 "Breath, \_\_, Memory": Edwidge Danticat novel
- 25 Refuse to let Wood exhibit "American Gothic"?
- 29 LEGO buys
- 31 Long-necked waders
- 32 Iberian peninsula country
- 35 Bigelow or DuVernay
- 37 "\_\_\_ we meet again"
- 38 Make Garfunkel pay for breaking a recording contract?
- 41 Regret
- 42 Hands over
- 44 Luxor's country
- 46 Folklore monsters
- 47 Lavish party
- 49 Donate twice as much as Gates?
- 51 Family nickname
- 55 MLB stat
- 56 Retain
- 58 Filing aid
- 59 "You got it"
- 60 Maneuver Phillips into telling how he got the "Dateline NBC" job?
- 64 "Mangia!"
- 65 "Motor Trend" topic
- 66 Pad of paper
- 67 Med. caregivers
- 68 Cook up
- 69 Uses delaying tactics
- with melted Gruy re
- 13 Skilled (at)
- 18 Animator's sheets
- 22 Gator kin
- 24 Need a lift, maybe
- 26 \_\_ seed pudding
- 27 Golden State Warriors coach Steve
- 28 Storybook sister
- 30 Completely
- 32 Sault \_\_ Marie
- 33 Speckled legume
- 34 Humanitarians
- 35 \_\_ Plaines, Illinois
- 36 Jobless, in a way: Abbr.
- 39 Archipelago part
- 40 Govt. crash investigator
- 43 Steals from
- 45 Opening
- 47 High spirits
- 48 Phone notifications
- 49 Laundry appliance
- 50 "No need to remind me"
- 52 Ring-shaped reef
- 53 Group of jurors
- 54 Helps in a heist
- 57 Jr. challenge
- 60 Pinot alternative
- 61 Sharing word
- 62 GPS display
- 63 Scheduling abbr.

### Down

- 1 Quarrel
- 2 "Lincoln at Gettysburg" Pulitzer winner Wills
- 3 Square things
- 4 Disco \_\_ of "The Simpsons"
- 5 Went to the bottom
- 6 Behind, so to speak
- 7 "The Two Fridas" painter
- 8 Bird that won't fly away
- 9 \_\_ room
- 10 HP product
- 11 Valor
- 12 Bowlful often topped



Answers on page 35



# Oklahoma and Texas Turn Rivalry into Competition to Fight Food Insecurity

Throughout the month of September, the University of Oklahoma Food Pantry will be competing with the University of Texas's food pantry, the UT Outpost, to see which pantry can receive the most shelf-sustainable food.

The competition has been named the "Red River Food Fight" and the winner will be named the "Red River Food Fight Champion."

Matt Marks, campus care coordinator and director of the OU Food Pantry, said they are hoping this competition will help both universities as they try to combat the above-average rates of food insecurity within each of the respective states.

"It's a fun way to celebrate a historic rivalry," Marks said. "There's a lot of competitiveness on the football field, but we are coming together to combat food insecurity and hunger, which plagues both our states. Texas and Oklahoma are two of the hungrier states in our nation and this is a great way to come together to take steps to solve this

problem. We've got a great relationship with the pantry down in Texas, and just had great conversations with them to bring this together and unite around a very heated game to try to take care of people within our communities."

Royce Coleman, sophomore biochemistry major in the Dodge Family College of Arts and Sciences and OU Food Pantry associate director of campus engagement, said he began having conversations with UT last fall.

While there was immediate interest, the timeline was too near to effectively execute the drive. But this year, the timing was right.

"The initial goal of the competition was to utilize our historic rivalry and our extremely passionate fanbases toward benefiting both of our food pantries, which in turn would allow us to better provide for our students and staff," Coleman said. "We are hopeful that the many fans of this rivalry (the greatest college rivalry in the nation,



if I may say so myself) will join us in promoting this competition and help us combat the food insecurity that exists on our campuses."

Valeria Martin, assistant director for basic needs at the University of Texas at Austin, said there was no hesitation when the OU Food Pantry representatives approached them.

"We were so excited when the OU Food Pantry team approached us with the idea to collaborate in a friendly competition for the benefit of our campus pantries," Martin said. "Our goal for the Red River Food Fight is to raise awareness about UT Outpost in our community. Drawing on the rivalry and competition helps

energize our campus around supporting UT Outpost and keeping the pantry stocked while making more students aware of UT Outpost as a resource."

The winner of the Red River Food Fight will be announced on Oct. 7, the day of the Red River Rivalry football game. Boxes to donate canned goods and shelf-sustainable food to the OU Food Pantry have been scattered across campus; donations also may be made directly to the food pantry. Other items and monetary donations are always welcomed but will not go toward the competition.

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# Oklahoma Historical Society Seeks Nominations for Annual Awards

The Oklahoma Historical Society (OHS) is now accepting nominations for its annual awards program. Recipients of these awards will be honored at the OHS Awards Banquet to be held Thursday, March 21, 2024, at the Oklahoma History Center in Oklahoma City.



**Oklahoma  
Historical  
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The OHS is seeking nominations for the following awards:

• **Oklahoma Historians Hall of Fame:** This honor recognizes distinguished and long-term contributions to Oklahoma history through demonstrated excellence.

• **Bruce T. Fisher Award:** This award recognizes the significant contribution of an individual or organization for history-related projects, including exhibits, short-form publications, collections care, film, programming, and digital projects completed in the previous year with a budget under \$20,000.

• **Linda Williams Reese Award:** This award recognizes the outstanding dissertation or thesis on Oklahoma history completed in the previous year. It includes a \$500 award.

• **Joseph B. Thoburn Award:** This is awarded to a junior or senior in high school who exhibits outstanding achievements in the presentation or interpretation of state and local history. It includes a \$500 scholarship.

• **William D. Pennington Award:** This award acknowledges an outstanding social studies teacher—one who makes a lasting impact on students and provides remarkable support for Oklahoma National History Day projects.

To nominate an individual or a history project, visit [www.okhistory.org/awards](http://www.okhistory.org/awards) and download the nomination form specific to the award. Current members of the OHS Board of Directors and current employees of the OHS and its museums, sites and affiliates are not eligible. The completed form must be submitted no later than October 20 to [larry.odell@history.ok.gov](mailto:larry.odell@history.ok.gov) or mailed to Larry O'Dell, 800 Nazih Zuhdi Dr., Oklahoma City, OK 73105.

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# Oklahoma Senior Games Seeking Volunteers

Story by Darl Devault, Contributing Editor

The Oklahoma Senior Games provided a demonstration area at the Oklahoma State Fair, featuring Cornhole and Pickleball for the whole run of the Fair while recruiting volunteers for the remainder of this year's events.

The largest interactive demonstration court for seniors at the Fair was one of the fastest-growing recreational sports, Pickleball. It is now widely embraced by seniors for its excellent health outcomes.

Pickleball is a recreational paddle sport for all ages and skill levels. Grandparents who welcome the opportunity to try new fitness outlets can play with their grandkids to stay active.

Whether seniors are looking for a way to exercise or want to be challenged at a competitive level, there is a place in the pickleball community.

Also displayed in the demonstration area were the uniquely Native American-influenced T-shirt and medal designs that earned the National Senior Games Association's highest award for this year, recognizing the highest standards of excellence. The Oklahoma Senior Games T-shirts and medals were cited for demonstrating innovation in program development and following the NSGA's and its athletes' mission. It is rare for a state to earn national awards in both design examples in the same year.

The Games organizers say they count on the warm hospitality and strong sense of community spirit our citizens have shown as volunteers to allow the Games to thrive.

"Our volunteers are a major part of how and why our state has proven itself as a great place to compete in senior games each year," longtime volunteer Regina Stewart said. "We have grown to offer more games because of the time and energy Oklahomans who do not compete

have invested in offering the Games to those who compete."

Oklahomans with a flair for community service can help. Volunteers can help promote healthy lifestyles by encouraging active seniors 50 and over to enhance their lives through athletic and recreational competitions.

Stewart, also a Games' senior track athlete, directly supports the concept. "This keeps me motivated to stay active and compete, which allows me to be healthy," Stewart said.

Volunteering opportunities abound as the statewide events grow to more than 2,000 competitors this year. She said your fellow citizens need your help conducting the many activities required to allow events to run smoothly as they finish in October.

Stewart said she knows the community will continue embracing what has come to be known as the "Oklahoma Standard." The Games



Longtime volunteer Regina Stewart returns with a medal in 4x100 relay at a recent event.

promote healthy lifestyles for seniors through education, fitness and the spirited competition of sports and recreational games. This inspires everyone to embrace health and enjoy the value of sports-related exercise.

Officials ask that corporations organize groups of volunteers of 10 or more employees who can be assigned to specific sports in Oklahoma City, Moore, Yukon, Muskogee, Norman, Shawnee, Bixby, Perry, El Reno,

Continued next page

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# GAMES

Continued from Page 14

Catoosa, Lawton, and Owasso. These groups will be kept together to spark morale within the volunteering ranks.

Senior volunteers are the largest resource for the sanctioned state organization to produce yearly state games. This help allows the events to be the qualifying sites in the Sooner state for the NSGA national competitions.

The Games provide 29 sports, games and activities, some with variations, that provide athletic training opportunities and social interaction.

These are just some of the ways to volunteer for the 10 remaining sports on the schedule

in October. For Cycling at Ft. Sill, the organizers seek help with check-in, course monitors, bike holders, refreshments, and medals. The other nine sports, such as Badminton, need check-in and refreshments help. Shuffleboard organizers need scorekeepers, while Tennis needs help with check-in, refreshments, water coolers, t-shirt sales, and ball retrieving/distribution. This gives senior volunteers willing to help an idea of the help needed in Cornhole, Volleyball, Pickleball, Golf, Table Tennis, Weight Lifting, Fitness Challenge, and Racquetball.

Please visit the newly expanded <https://okseniorgames.com> for more info on volunteering and all the sports and games offered. Call (405) 821-1500 for general questions or email [info@okseniorgames.org](mailto:info@okseniorgames.org).



Oklahoma's numerous indigenous cultures and Native American Nations are honored in the Dream Catcher-influenced medals.



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TINSELTOWN TALKS:

Barry Bostwick

wants you to do the

Time Warp, again

By Nick Thomas

With Halloween coming up, there's no better time to satisfy your "Rocky Horror Picture Show" craving than by doing the Time Warp with Barry Bostwick who will be traveling the country in October for various conventions, appearances, and screenings of the 1975 musical comedy horror classic (see [www.barrybostwick.com](http://www.barrybostwick.com) for dates and locations).

Bostwick, who starred as clean-cut Brad Majors in the original film, has attended dozens of screenings over the years but still looks forward to most where a 'shadow cast' of local actors act out scenes while the film plays in the background.

"I'm entertained like hell each time because the performances are just so wonderful," said Bostwick from his Florida home north of Orlando. "Many have been doing it for years and know every detail about every scene from the movie."

But these days, Bostwick does not perform with the shadow cast.

"A couple of years ago they got me up on stage to play the Ralph Hapschatt part, the character who gets married at the beginning of the film," recalled Bostwick. "There were only a few lines, but I just sucked at it because I couldn't keep up with the performers on stage. I swore I'd never get talked into that again. So, I just go out and screw around with the audience for a

Barry Bostwick still entertains, traveling the country in October for various conventions, appearances, and screenings of the 1975 musical comedy horror classic. photo from Barry Bostwick's website.

while to get them pumped up. I make fun of them as much as they have made fun of me for the last (48) years!"

To embrace the whole "Rocky Horror Picture Show" experience, fans dress as their favorite characters while yelling at the screen and tossing objects around the theater, behavior that would normally lead to ejection by management. But such conduct is not only tolerated but expected during the movie as fans mimic iconic moments from the beloved film.

Originally a critical and commercial flop when first released, midnight screenings in the late 70s soon began attracting young audiences drawn to the film's outrageous characters featured in exotic and erotic scenes.

By contrast, Bostwick's character is initially rather staid, peering through nerdy, black-rimmed glasses alongside girl-next-door fiancée Janet (Susan Sarandon). The pair stumble upon a country mansion occupied by Dr. Frank-N-Furter (Tim Curry), an eccentric transvestite scientist (who's actually an alien) preparing to unveil his latest humanoid creation, Rocky.

"I never get bored because the music (eg 'The Time Warp') is so superb and watching Tim eat up the screen is a delightfully enriching experience," says Bostwick.

When filming the original, Bostwick says the self-assured heroic character of Brad fit right into his professional wheelhouse at the time, but were there moments when playing the more shocking Frank-N-Furter character might have been more appealing?

"Sure, but then Tim would walk on the set to begin a scene and I realized I couldn't do it," he said. "He just had that spark that others have tried to imitate in later stage productions, but no one ever has. He helped make it the greatest cult movie of all time."

Nick Thomas teaches at Auburn University at Montgomery, Ala, and has written features, columns, and interviews for numerous magazines and newspapers.

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Fortune® magazine has again named Legend Senior Living among the Top 25 Best Large Workplaces in Aging Services. The 2023 list has just been released, and this is the second time Legend has been included in Fortune’s Top 25 list of large workplaces. Legend is a Wichita, KS-based, privately owned senior living provider with over 50 residences in six states, including independent living, assisted living, personal care and memory care.

Fortune partners with Great Place to Work to determine the Best Workplaces in Aging Services. Surveys of more than 140,000 employees are analyzed from Great Place to Work-Certified companies in the aging services industry. Employees share confidential quantitative and qualitative feedback about their employer’s culture, rating it as a great employee experience in terms of “trust, respect, credibility, fairness, pride, and camaraderie.”

To be considered for the list, companies must be Great Place to Work-Certified and be in the aging services industry. Companies with 1,000 employees or more are considered for the large category.

“It’s especially humbling to be named to the top 25 Best Workplaces in the country because the ratings come from our employees and are completely confidential and objective,” said Matt Buchanan, President of Legend Senior Living. “We have the best-trained, most dedicated employees in senior living, and they know the culture better than anybody. A great workplace has a direct impact on delivering great service. It means we’re supporting an overall culture of independence, dignity and purpose.”

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Wichita, Kansas-based Legend Senior Living® is a privately held senior housing and services company and one of the nation’s leading senior living providers. The company owns or operates over 50 senior living residences across six states – in Florida, Colorado, Texas, Kansas, Oklahoma and Pennsylvania.

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Barrie & Susan Litchfield

A photograph of an older couple, Barrie and Susan Litchfield, smiling. Barrie is on the left wearing a pink shirt, and Susan is on the right wearing a blue shirt. They are standing in front of a brick wall with a circular sign that says "OAK HAVEN 55+ ACTIVE ADULT".

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A photograph of an older man with a pained expression, holding his hand to his shoulder. To the right of the photo is a QR code with the "Get Bak'd" logo in the center.

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# Senior Day at the Fair was “Otherworldly”

On September 20th, the Oklahoma State Fair lived up to its theme, “The Place to be in ‘23,” when it hosted the “Out of This World Seniors Day” at the Fair, providing activities planned for older fairgoers.

Senior citizens 55 and older celebrated near-space travel with free admission to the fairgrounds on their special day. Many otherworldly experiences were offered to the audience throughout the day.

Many games and contests entertained senior fairgoers who preferred to kick back indoors on the hot and sunny Wednesday in the Modern Living Building. All were entertained by many acts from the space-themed stage and by visiting booths featuring alien and flying saucer decorations.

“I want to share our feedback so far is that this year was our best senior day ever,” said Lisa James, CompleteOK community liaison and event committee member. “I want to thank everyone so much for being a large part of making that happen; we appreciate all of you.” In saying this year’s was the best yet, James added, “I believe the variety of exhibit offerings for our seniors was the best I’ve ever seen.”

The day of activities, entertainment, exhibits, door prizes and health screenings designed especially for the



Senior Day at the Fair 2023 encouraged an “Out of This World Seniors Day” theme including alien characters and fun decorations for visitors and vendors.

golden agers was packed. The entertainment kicked off at 10 a.m. and finished with Elvis tribute artist Mike Black at 7 p.m.

The Special Events Area at the south end of the Modern Living Building featured

outlandish interpretations of many space motifs, including four larger-than-life green aliens with humans trapped inside the costumes.

Sponsor OG&E energized the day while many of the booths donated door prizes and offered giveaways designed especially for the golden ager.

This 46th annual Senior Day at the Fair saw the Okie Stompers’ well-choreographed group display their combination of tap with line dancing as their ten performers dazzled in special out-of-this-world T-shirts. After a quick costume change to a more patriotic outfit, they displayed their ultimate toe-tapping’ clogging when they performed again at 11 a.m.

The one-minute video entries from area independent and assisted living and long-term care communities of their residents “In Motion.” were shown all day to allow the public to select the winner.

Along with the many senior-oriented booths making their services available, “Senior News and Living” gave away their September issue at their booth all day. The publication supplied two door prizes from the stage and small glider planes at their booth.

Although official attendance numbers have not been released yet, “Senior News and Living” sales executive Amanda Miller gave away 900 copies of their publication in their bags before the last 100 were available for pickup without a bag.

The audience participated in themed activities on the decorated stage. At 1 p.m., audience singers took the stage to perform in the “Out of This World Karaoke



Darrell Melancon from St. Martinville, Louisiana, won the Senior News and Living special prize of a gift card tree totaling over \$65.

Contest.” The audience was treated to Gary Aylor’s singing performance at a Robert Goulet quality level. Archwell Health provided his prize.

Activities planned for the day that saw 4,000 seniors last year included a robust lineup of free health screenings. Major organizer OU Health provided memory and depression screening. Passport Health offered Flu, 65+ Flu, vaccines and B-12 shots while more than \$10,000 in door prizes were given away in three sessions.

Many seniors picked up a ticket for each session to win one of many donated gifts. These multiple drawings in the morning, the early afternoon and

continued next page



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(Top) Little green man visits the ArchWell Health booth.



The 26-member strong Vocal Sounds of Oklahoma pose just before they share their love of four-part a cappella singing with the audience.

## FAIR

Continued from Page 24

then again in late afternoon saw many happy seniors celebrate on their way to the stage to receive their prizes.

The 26-member Vocal Sounds of Oklahoma award-winning a cappella men's chorus sang several Americana ballads from the stage four-part close-knit harmony for the crowd at 4 p.m. without accompaniment.

The event chairs filled up as Elvis tribute artist Mike Black drew a packed house in the late

afternoon. Back from his popular performance last year, Black sang Elvis Presley's songs at 7 p.m.

The volunteer Senior Day committee works from January through September, planning an excellent event for Oklahoma Seniors 55 and over.

Adjacent, the Oklahoma Senior Games demonstration area was busy all day, with many waiting to play Pickleball on a demonstration court. As America's fastest-growing recreational sport, it is being widely embraced by seniors for its excellent health outcomes.



Winner of the Karaoke Contest.

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FIRST RESPONDERS ROLL OF HONOR

ELLA FRENCH

OFFICER FRENCH HAD BEEN WITH THE CHICAGO (IL) POLICE DEPARTMENT FOR THREE YEARS WHEN SHE AND HER PARTNER, CONDUCTING A TRAFFIC STOP, WERE FIRED UPON BY A PASSENGER IN THE CAR. BOTH OFFICERS WERE WOUNDED BUT RETURNED FIRE. FRENCH DIED OF HER WOUNDS. HER PARTNER RECOVERED. SHE IS SURVIVED BY HER FAMILY. END OF WATCH: AUGUST 7, 2021. -LT. WALTER REIMER



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Special Acquisition

Title: Mr William Shakespeares Comedies, Histories, & Tragedies  
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Provenance: Mason & Woods, auctioneers.

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By Russell Myers



SNL OCTOBER CHUKLES

**SNL** Two elderly women were eating breakfast in a restaurant one morning. Ethel noticed something funny about Mabel's ear and she said, "Mabel, did you know you've got a suppository in your left ear?" Mabel answered, "I have a suppository?" She pulled it out and stared at it. Then she said, "Ethel, I'm glad you saw this thing. Now I think I know where my hearing aid is."

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



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