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Dr. Elise Brantley, M.D.

Practicing for almost 15 years, Brantley established Scissortail Dermatology in 2021.

Story by Van Mitchell, Staff Writer



Dr. Elise Brantley, M.D., owner of Scissortail Dermatology, 3030 NW 149th in Oklahoma City, says one of the biggest concerns her patients have this time of year is dry, itchy skin.

"To improve dry skin, it is important to focus on restoring the quality of the top layer of the skin," she said. "Use soaps/body washes only in areas that need deep cleansing such as under the arms or in the groin. Moisturizers are most effective after a shower or bath. Pat dry, but leave the skin somewhat damp in the areas that are the driest. Apply the moisturizer to damp skin, being careful not to slip. Many patients find it safest to do this step while sitting down."

She said creams like CeraVe and Cetaphil are great examples of effective and well-tolerated cream moisturizers.

"Creams are more effective

than lotions in keeping the skin moisturized," she said.

Scissortail Dermatology was established in 2021, but Dr Brantley has been practicing for almost 15 years, over 10 of which have been in the OKC metro area. Her clinic provides care to both North and South OKC. She has several hobbies including creating quilting patterns, which she has turned into an online business.

"My mom was a quilter," she said. "I wasn't really that interested in it until I saw this random sampler, crazy quilt that was just wild. It blew my mind." She dove into the craft and now sells quilt patterns online.

Brantley's other hobbies of long-distance running, reading, and playing piano keep her busy.

"I took piano (before), but quit in sixth grade," she said. Now as an adult, her 12-year-old daughter



Dr Brantley dove into the craft and now sells quilt patterns online. She also enjoys long-distance running, reading, and playing piano.

Isabella is following her path in developing her own piano skills. After seeing how much she enjoyed watching her daughter perform in recitals, her husband encouraged her to start taking lessons again at the same time. She and Isabella now enthusiastically perform side by side.

Brantley said her husband Steven, an orthopedic sports medicine physician, and her Scissortail team are the key to her ability to pursue her endeavors.

"My husband's very supportive." The staff in the clinic are highly efficient and organized, which allows her time to develop her other interests on her days off.

Brantley is board-certified and has been practicing dermatology since 2009. Her practice focus is evaluation and treatment of growths of the skin with emphasis on skin cancer.

She is a native of Broken Arrow, graduated high school from the Oklahoma School of Science and Mathematics, and 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.

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

Brantley initially went to school to become OBGYN, but then did a dermatology rotation and was blown away at how fun it was to make a diagnosis.

"It was cool," she said. "It's fun to use your own visual skills to make diagnoses where you don't always have to rely on labs. It's just really fun to figure it out with your brain. It's really fascinating to me."

Brantley said diagnosing is a learned skill.

"We spend years learning a method of how to look at something (on the skin) and know what it is," she said. She likens it to car enthusiasts being able to instantly recognize the make model and year

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BRANTLEY

Continued from Page 2

of a car. She explains that learning to recognize a car by its characteristics such as bumpers, taillights, hood ornaments can become second nature to someone who observes them on a regular basis. "You just know you, and you don't even think through why you know it. You just know it." Brantley named her clinic Scissortail Dermatology to suggest something recognizable.

"I wanted something that felt comfortable and familiar," she said. "I have scissortails on my kitchen wall, and I was Facetiming with my brother." Brainstorming together for a name for the new clinic, he noted the bird hanging in the background. He suggested the name Scissortail and it stuck

Brantley said building a doctor-patient trust is important to her.

"It's important for them to trust me that I have their best interests in mind," she said. "I talk a lot to my patients about what kind of things interest them. We talk about their grandkids, we talk about their hobbies, we talk about their sun exposure, of course, what they're doing outside. We actually catch up, they ask me about my daughter, I ask them about whatever projects they've been working on. If they're quilters, we swap quilt pictures. I truly believe that's the magic of what makes a practice like this work. I know them and they know me, and that builds a trusting relationship where we can actually make good decisions together. The fact that you can take care of someone through their lifetime is really appealing."

For more information about Scissortail Dermatology call (405) 562-6222 or visit www.Scissortaildermatology.com

SNL PUBLISHERS NOTE: Let's have some fun!

St. Patty's DAY! Find the Leprechauns Contest!



Readers are paying attention. St. Patrick's day or the Feast of Saint Patrick, is a religious and cultural holiday held on the 17th March, the traditional death date of Saint Patrick. On Saint Patrick's Day, it is customary to wear shamrocks, green clothing or green accessories. Saint Patrick is said to have used the shamrock, a three-leaved plant, to explain the Holy Trinity to the pagan Irish. Your job is to locate the LEPRECHAUNS in this issue! You already know the routine. LEPRECHAUNS are scattered throughout this issue. Count the LEPRECHAUNS and TEXT the total number, with your name and phone number, to **405-631-5100**. **1st and 2nd** texter with correct number, WINS a free one year subscription to SN&L (\$43.75 value each) **PLUS a \$25 gift card!** 3rd place wins a **\$25 Gift Card!** All entries will receive a free copy of our digital *Flip Page Edition* of SN&L each month (you must provide an email address)! Everyone's a winner! LEPRECHAUNS are not hidden, but look in stories, ads and features!

IMPORTANT NOTE: Contest begins **MARCH 5th** and ends **MARCH 29!** No entries will be accepted prior to 03/05/24.

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SNL PUBLISHERS NOTE: JANUARY WINNERS!

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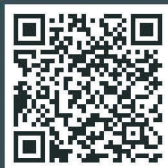
1st place - ANN ZIEGLER (24 hearts - 5:01 pm 02/08/24) and 2nd place - Joni Johnson (7:04 am - 02/11/24) while Kathy Baxter was 3rd (7:18 p.m. - 02/15/24)! **WINNERS - BE SURE TO TEXT YOUR MAILING ADDRESS TO 405-631-5100 FOR YOUR PRIZE(S)!**



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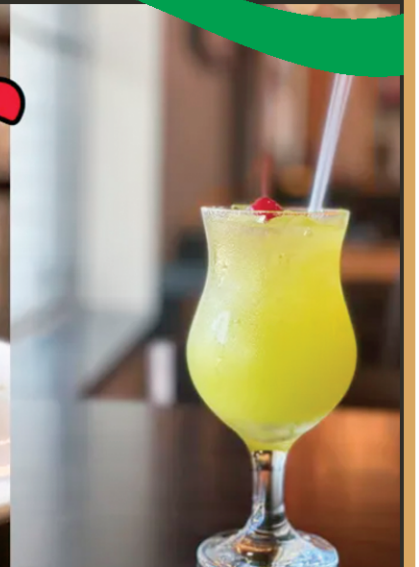
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VIPcare Opens Moore Location

Story and photos by Marise Boehs



With the opening of VIPcare’s newest location in the Moore metro area, seniors now have a new and innovative health care option.

VIPcare has been serving senior communities since 2006 in clinics across the southern United States. VIPcare cares for more than 80,000 Medicare beneficiaries utilizing a health management approach that prioritizes spending quality time with the physician.

By focusing on a senior care model and increasing access to high-quality care, VIPcare’s model is at the forefront of the future of healthcare, as opposed to the current system the healthcare organization refers to as “sick care.” Patients are encouraged to see the doctor often instead of only when they are sick, contributing to their success in patient outcomes.

VIPcare’s goal is to always provide a better healthcare experience for their patients: Less time in the waiting room, more time with the doctor, and more time to care.

VIPcare promises to be there when their patients need them the most with same-day, urgent care appointments, 24/7 on-call provider, and transportation assistance.



VIPcare located at 12301 S Western Ave, Suite A-1 in Moore is now open and accepting new patients.

The new clinic is located a little more than a quarter of a mile south of where S Western Ave crosses SW 119th St (close by Westmoore High School). Their hours are Monday through Friday, 8 am - 5 pm.

Call for an appointment or more information at 405-877-6898.



Anna showcases one of the modern and comfy exam rooms in the Moore VIPcare location.

ANNA COVEY, Community Liaison with VIPcare

VIPcare is committed to delivering compassionate and preventive healthcare. This level of exceptional healthcare is something everyone should have access to. VIPcare specializes in primary care for individuals 65 and older. “We accept most Medicare Advantage plans and work personally with insurance plans to ensure families receive the coverage they need and deserve.”

We believe in better healthcare as opposed to ‘sick care. VIPcare eliminates potential healthcare burdens by offering same-day appointments and transportation assistance to and from appointments. Because our doctors only see an average of 12 to 15 patients a day instead of the industry standard of 25 to 35, they’re able to spend more time with patients, sometimes up to 30 minutes. This allows for a different mindset and a different way of providing care. At VIPcare, it’s about time. More time with the patient. More time to care.

Also, as the Community Liaison, Anna is available to assist with difficult paperwork, insurance, questions and other logistics for patients wishing to bring their primary care to VIPcare.

See VIP Page 8



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JARED ADAMS, M.D, Staff Physician

Dr. Adams is a board-certified primary care physician specializing in Family Medicine. He earned his medical degree from the University of Oklahoma College of Medicine and completed his residency at the Lincoln Medical Partnership in Lincoln, Nebraska.

Dr. Adams has worked in numerous medical fields, including family medicine, obstetrics, urgent care, and emergency medicine.



KELLY & TANISHA

"When you come in here you will see us every time. We are the staff and we will NOT let you wait in the lobby or in the exam room for more than a few minutes."

VIP Continued from Page 6
PERSONAL EXPERIENCE

What can I say? This place is as advertised!

In an effort to get the real and full story, I decided to get involved in the VIPcare process and see for myself.

STEP 1: I scheduled an appointment and gave my insurance cards to Tanisha to process. Fortunately, my BCBS policy is accepted by them. So just like that, I was in with an appointment for two days later.

STEP 2: I showed up on time to my appointment. Tanisha greeted me as I came in the door. She was simply sitting at her desk, open to the lobby. No big plastic window barrier or nothing! She had some basic and traditional paperwork for me to fill out, which only took a couple of minutes. We chatted about the weekend and TV sports and kids playing softball while I checked the boxes. It was nice.

STEP 3: Paperwork finished, we went into an exam room. Now, when I say exam room, it is really more like someone's den or sitting area. No computer. (Just digital scale that lies.) But anyway, Kelly did the basic nurse interview about meds I take and any problems or complaints - like the swollen arthritic joints in my hands. Blood pressure was a little high, and we talked about maybe why it was.

After chatting with her - and it did feel more like a friendly chat than an exam of my vitals - she left her notes on a clipboard on a chair saying the doctor would be in soon.

STEP 4: And, believe it or not, he really did come in soon!


We talked about all the stuff Kelly had made notes about. And we talked about my fitness program, weight loss so far, and where I want to be going forward.

I am training for a 6-day, 230-mile bike ride starting June 2. I still have some weight to lose. But soon, I will need to focus more on strength and endurance.

Dr. Adams was all about it! We decided to do a blood panel and check back in a month to formulate a plan to get me to my goal.

I could not feel better about my experience with VIPcare and look forward to working with them to stay healthy, live my life, and ride many more trails - 75 years and counting!!

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OKLAHOMA CITY BALLET



Oklahoma City Ballet will present Ballet Ball: Coastal Cruise on April 6, 2024 at the Omni Hotel in downtown Oklahoma City. All proceeds from the

Ballet Ball benefit Oklahoma City Ballet's programs and performances. Co-chaired by Bailey Gordon and Natalie Fitzpatrick, this gala will feature cocktails, dinner, a live auction, dancing, plus a special performance by Oklahoma City Ballet dancers. Guests are encouraged to dress in nautical-chic evening wear.

"This year's Ballet Ball will be a boatload of fun", said co-chair Bailey Gordon. "We are excited to welcome our guests for beachside cocktails, an incredible dinner, and a captain's party complete with a yacht rock band. My favorite part of the night is always the special performance Oklahoma City Ballet dancers. It's the perfect way to remind guests that funds raised at the

event fuel Oklahoma City Ballet's programs year-round, including free community programs and performances that are enjoyed by thousands."

The nautical theme is inspired by May's production of Fancy Free, a ballet by Jerome Robbins that inspired the film On the Town. Fancy Free will be presented with Carmina Burana and Cacti, May 10-12, as part of the Ballet's "Shorts" series, which features three short ballets in one program.

"Every year the Ballet Ball creates an annual theme which allows the attendees to get creative with their attire. It's a lot of fun to see what people wear. This year, we want people to think of an elevated yacht party. We even have a "what to wear" guide on the website," remarked cochair Natalie Fitzpatrick.

Live music will be presented by Soft Hands, a local yacht rock band. A highlight of the evening will be a performance by Oklahoma City Ballet's professional dancers, who will perform a special piece choreographed just for this occasion.

Ballet Ball: Coastal Cruise will take place on April 6, 2024 from 6:30 p.m. to midnight at the Omni Hotel. Individual tickets are \$250 per person and sponsorships are available starting at \$1,000. Tickets go on sale March 1. To purchase tickets to the Ballet Ball, visit <https://www.okcballet.org/balletball/>, call (405) 208-8836, or email events@okcballet.org. Checks can be mailed to Oklahoma City Ballet, 6800 N. Classen Blvd., Oklahoma City, OK 73116.

Ballet Ball Sponsors at the Onyx (\$3,000) level will receive a one-of-a-kind silk scarf or pocket square by local clothier William & Lauren, made exclusively for this event.

For more information, tickets, and to learn about other performances, call 405-838-TOES (8637), visit okcballet.org, or follow Oklahoma City Ballet on social media @okcballet.

EDMOND MOBILE MEALS AND EDMOND HISTORY MUSEUM PARTNER TO HOST EVENT HIGHLIGHTING THE LIFE STORIES OF EDMOND'S SENIOR CITIZENS



MEALS ON WHEELS AMERICA 2024 MEMBER

Edmond Mobile Meals and the Edmond History Museum invite the community to join them at the "Meals and Memories" oral history exhibit opening reception at the Edmond History Museum. Tickets for the event are \$50 each, and all funds will be split between the two organizations.

The happy-hour style (come-and-go event is scheduled for Friday, April 5, 2024, from 5-7pm. Attendees can enjoy delicious hors d'oeuvres and cocktails prepared by Edmond Mobile Meals Chefs, Toni Washington & Matthew Rodriguez.

This event kicks off a month-long celebration of Edmond Mobile Meals' 50th Anniversary of service in Edmond. Founded in 1974, the nonprofit organization has served over 1.2 million meals to homebound elderly and disabled residents in Edmond.

The oral history exhibit will feature several video interviews with Edmond residents about how living in Edmond has shaped their lives. Cristi Twenter, Executive Director of Edmond Mobile Meals describes how the oral history exhibit ties in with their anniversary celebrations. "Over the years, our organization has learned so much from our daily interactions with Edmond's seniors. These residents have such a rich history, with interesting stories spanning over five decades of living in Edmond. We are honored to be of service

to Edmond's seniors who helped build our community to be the thriving place it is today, and so we wanted to preserve local seniors' personal stories as part of Edmond's historical record with an exhibit at the Edmond History Museum. We hope to continue to add to the collection in the coming years." She adds, "It is fun to collaborate with other organizations in Edmond to share in the collective impact of making Edmond a wonderful place to live."

"I'm always surprised how every oral history we receive at the museum provides new insight into Edmond history or connects to other research in our collection," said Derek Lee, Curator of Collections. "I'm looking forward to hearing these and learning new information."

"Hearing peoples' life stories is the best way to learn about the past and connect different generations," said Amy Stephens, Museum Director. "We applaud Edmond Mobile Meals for capturing and sharing these oral histories!"

For more information about this event or Edmond Mobile Meals, please contact Cristi Twenter at 405-341-3111, or email

info@edmondmobilemeals.org. For information about the Edmond History Museum and the oral history exhibit, please contact Derek Lee at

dlee@edmondhistory.org.

Tickets for the reception can be purchased at:

<https://www.edmondhistory.org/product/meals-memories>. Edmond History Museum is located at 431 S. Boulevard, Edmond, OK 73034. The hours are 10:00-5:00 Tuesday - Friday, and 1:00-4:00 Saturday. Admission is free. Please visit the museum website at <https://www.edmondhistory.org> or by calling the museum at 405-340-0078 to learn more.

OPINION



How to Tap Underutilized Burial Benefits for Veterans

Dear Savvy Senior,

What types of funeral benefits are available to old veterans? My 83-year-old father, who has Alzheimer’s disease, served during the Vietnam War in the 1960s. Planning Ahead

Dear Planning,

Department of Veterans Affairs’ (VA) National Cemetery Administration actually offers a variety of underutilized burial benefits to veterans as well as their spouses and dependents.

Most U.S. veterans (both combat and non-combat) who didn’t receive a dishonorable discharge are eligible for burial benefits. To verify your dad’s discharge, you’ll need a copy of his DD Form 214 “Certificate of Release or Discharge from Active Duty.” If you don’t have it, you can request online at Archives.gov/veterans.

Here’s a rundown of some of the different benefits that are available to veterans that die a nonservice related death.

Military Cemetery Benefits: If your dad’s eligible and would like to be buried in one of the 155 national or 119 state, territory or tribal-operated cemeteries (see VA.gov/find-locations), the VA provides a number of benefits at no cost to the family, including: a gravesite; opening and closing of the grave and perpetual gravesite care; a government headstone or marker; a United States burial flag that can be used to drape the casket or accompany the urn; and a Presidential Memorial Certificate.

If your dad is cremated, his remains will be buried or inurned in the same manner as casketed remains.

But be aware that funeral or cremation arrangements and costs are not taken care of by the VA. They are the responsibility of the veteran’s family, but some veteran’s survivors may be eligible for burial allowances.

The VA also offers a memorial web page called the Veterans Legacy Memorial for any veteran buried in a national, state, territorial or tribal cemetery. This allows families to post pictures and stories of their loved one online as a way to remember and honor their service.

If you’re interested in this option, the VA has a pre-need burial eligibility determination program to help you plan ahead before your dad passes. See VA.gov/burials-memorials/pre-need-eligibility or call the National Cemetery Scheduling Office at 800-535-1117.

Private Cemetery Benefits: The VA also provides benefits to veterans buried in private cemeteries. If your dad chooses this option, the VA benefits include a free government headstone or grave marker, or a medallion that can be affixed to an existing privately purchased headstone or marker; a burial flag; and a Presidential Memorial Certificate.

Funeral or cremation arrangements and costs are again the responsibility of the family, and there are no benefits offered to spouses and dependents that are buried in private cemeteries.

Military Funeral Honors: Another popular benefit available to all eligible veterans buried in either a national or private cemetery is a military funeral honors ceremony. This includes an honor guard detail of at least two uniformed military persons, folding and presenting the U.S. burial flag to the veteran’s survivors, and the playing of Taps.

The funeral provider you choose will be able to assist you with all VA burial requests. Depending on what you want, certain forms may need to be completed which are always better to be done in advance.

For a complete rundown of burial and memorial benefits, eligibility details and required forms visit Cem.va.gov.

Burial Allowances

In addition to the burial benefits, some veteran’s survivors may also qualify for a \$948 burial allowance and \$948 for a plot to those who choose to be buried in a private cemetery. And \$231 for a headstone or grave marker allowance. To find out if your dad is eligible or to apply, see VA.gov/burials-memorials/veterans-burial-allowance.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit <https://savvysenior.org>. Jim Miller is a contributor to the NBC Today show and author of “The Savvy Senior” book.



Locally Owned and Published Monthly

Editor/Owner/Publisher - Steven R. Eldridge

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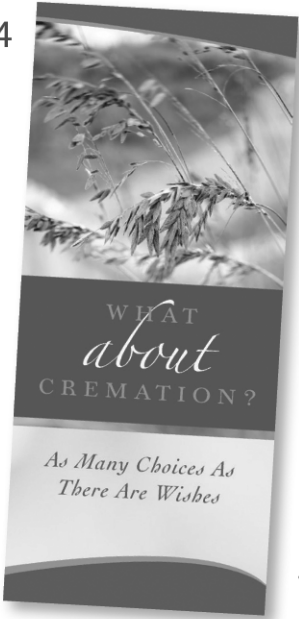
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		3		8	4			7
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3				7			2	

See Sudoku Answers on Page: 31

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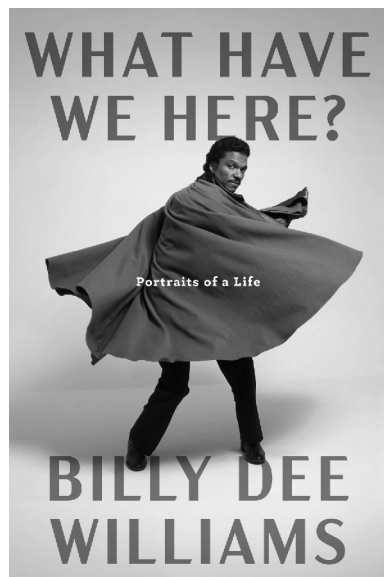
Billy Dee Williams – More Than a Charming Space pirate

By Nick Thomas

As any devoted Star Wars fan can deduce, the title of Billy Dee Williams' new autobiography, "What Have We Here?" released in February, is a nod to the actor's most famous character – Lando Calrissian. The smooth-talking caped space smuggler first greets Princess Leia with that line in 1980's "The Empire Strikes Back."

While the feisty cinnamon-bunned princess may not have swooned on-screen when the charming Lando gently kissed her hand before eventually joining forces to save their galaxy (although Leia's fleeting smirk suggests her royal knees might have buckled slightly), other screen characters were not so demure when confronted with the suave actor.

For instance, Diana Ross (playing singer Billie Holiday) first glimpses Williams (portraying her future lover, Louis McKay) in 1972's hit movie "Lady Sings the Blues." Her character promptly sinks to the floor, emotionally melting – mouth agape – captivated by the dreamy, white-suited Williams gracefully



Cover of Williams' book, What Have We Here - provided by publisher.



Billy Dee Williams - credit Albert L Ortega. Provided by publisher.

descending a staircase.

"When I saw film of myself walking down those stairs, I fell in love with me!" said Williams, laughing, from his home in Los Angeles. In real life, too, fans were similarly drawn to Williams' charisma.

"I even had a woman faint right in front of me and it's all very flattering," he recalled. "But I don't take myself too seriously."

Beyond his Hollywood status as a heartthrob or swashbuckling space pirate, Williams was a solid, compelling actor throughout his long career that began when he stepped onto a Broadway stage, barely 8 years old.

Raised in Harlem during the 40s in a moderately well-off household, young Billy's family supported his interest in the arts which also included painting – a career he originally planned to pursue. But in 1956, on a chilly winter's day in New York City, he literally bumped into a TV casting director emerging from a clothing store, striking up a conversation.

The chance encounter led to an offer of work as an extra in East Coast television series, reinvigorating his interest in acting. After moving to Hollywood, Williams would amass hundreds of film, television, and theater credits over the next six decades.

"For a young, brown-skinned boy like me growing up in Harlem, getting to Hollywood was a far-fetched dream in those early days," Williams said. "I'm not a very competitive person when it comes to something like sports, but I am

when it comes to acting. I was determined to make it."

And he did, with lead roles in feature films such as "Mahogany" (1975), "Scott Joplin" (1977), "Nighthawks" (1981), as well as ABC's "Dynasty" series and the acclaimed TV sports bio-pic "Brian's Song."

"I didn't want people to just see a young black kid from Harlem on the screen, but to appreciate the full spectrum of the characters I was playing," said Williams.

It's been almost 45 years since Williams first entered the Star Wars universe as Lando Calrissian. With his broad appeal and extensive acting experience, he was a popular addition to the franchise.

While he acknowledges that sci-fi actors rarely win Oscars or Emmys, Williams remains grateful for the recognition the character afforded.

"In the long run, I think the whole idea of creating a huge fan base gives you much more longevity," he said. "I'll be 87 in April, and I've had a lot of interesting experiences throughout my life that are described in the book. Some were not pleasant, but working on 'Empire' (and two other Star Wars movies) was. I'm always observing, learning, and trying to be a sponge, so to speak, to make myself a better actor."

Nick Thomas teaches at Auburn University at Montgomery in Alabama and writes features, columns, and interviews for newspapers and magazines around the country. See <https://www.getnickt.org>.

USS Oklahoma Sailor Killed in Pearl Harbor Attack to be Buried

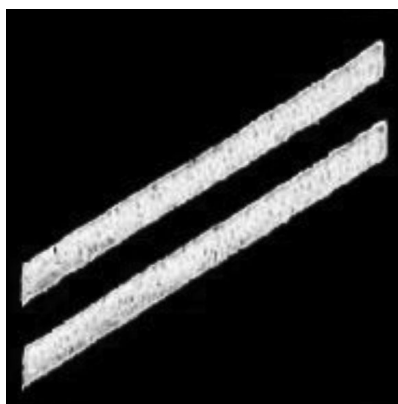
Seaman 2nd Class Cecil Thornton, born in Rogersville, Alabama, who died during the Dec. 7 attack on Pearl Harbor, will be buried with full military honors in the Civitan Cemetery in Rogersville, Alabama on March 11 at 10 a.m.

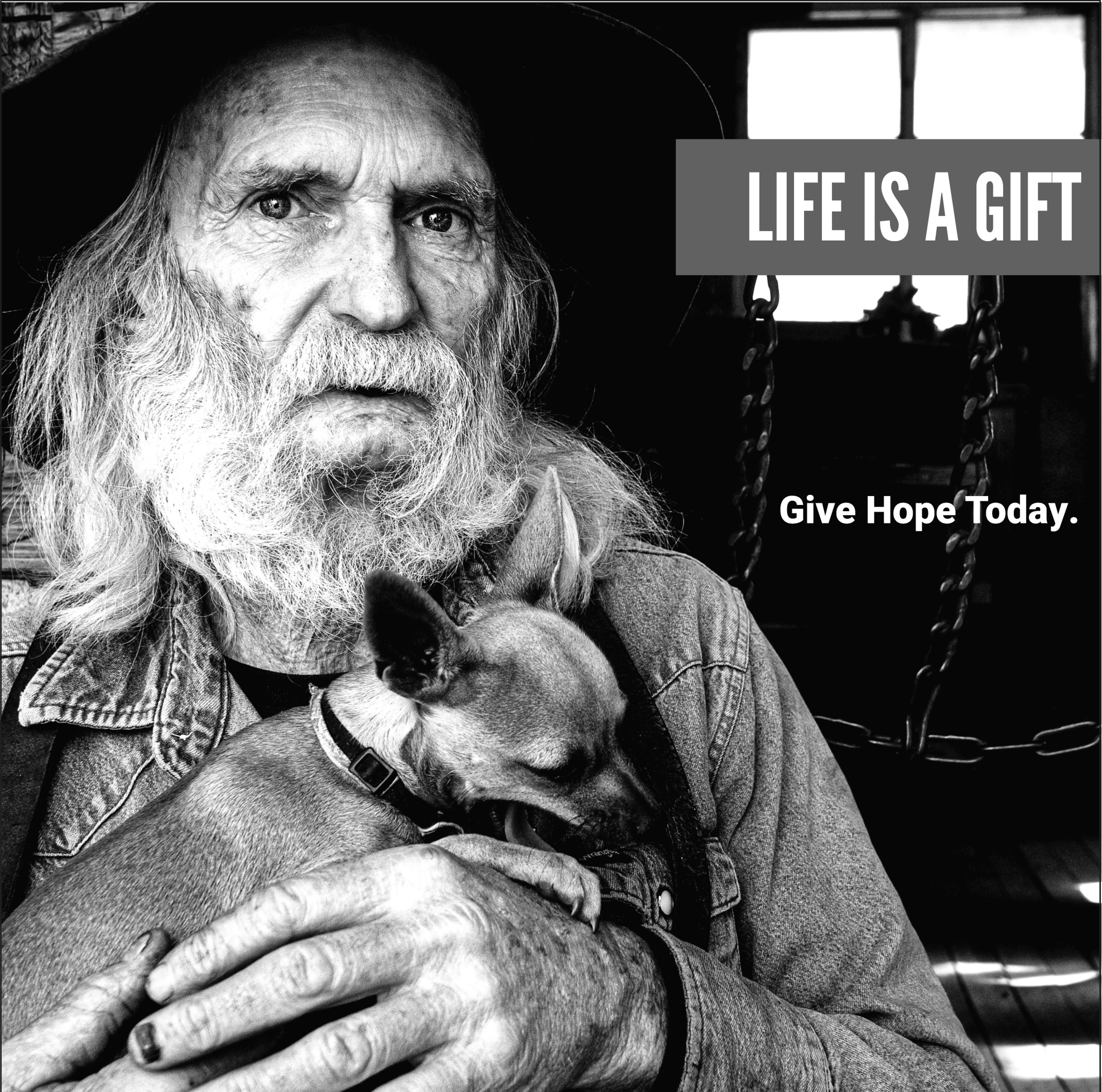
As Seaman 2nd Class, Cecil Thornton's duties included performing ordinary deck duties in connection with the upkeep and operations of the ship, such as painting, cleaning, and polishing of the ship's brightwork; the collection and disposal of garbage; maintenance and repair of various types of equipment. He also handled ropes and wires; stored and secured items; assisted with the movement of cargo on and off the ship. He stood watches as lookout, telephone talker, messenger, or similar duties. Also was member of a gun crew.

Awards and Decorations include Purple Heart Medal, Combat Action Ribbon, American Defense Service Medal (with Fleet Clasp), Asiatic-Pacific Campaign Medal, World War II Victory Medals.

Duty Stations were: USS Oklahoma (BB 37): 03/29/1940 and Naval Training Station Norfolk, VA: 12/15/1939.

Promotions include: Apprentice Seaman upon enlistment and Seaman 2nd Class: 04/14/1940





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CARLSTONE offers more

Story and Photos by Marise Boehs

INCLUDED IN THE RENT seems to be the catch phrase when talking about Carlston Adult Community and its luxury senior independent living. Located near Porter and Robinson, in the heart of Norman, Carlston is safe and quiet and fairly new.



Carlstone is located at 501 E. Robinson, Norman.

Carlston offers a variety of amenities but the most impressive is the onsite restaurant with open dining. "They can come down to the restaurant and order off the menu," said Judy Ernst, Executive Senior Supervisor. "Breakfast is available all day," she continued. "Our chef is a scratch cook, he cooks it when it's ordered."

Also in the restaurant is a coffee bar that has cappuccino, fresh brewed coffee, hot water for tea and hot chocolate. "It is available all the time," she said. Restaurant meals, coffee and cappuccino are all included in the rent.



A cappuccino and coffee bar at the entrance of Carlstone's onsite open seating restaurant is available to residents all day every day.



Onsite fitness includes a pilates room complete with instructor, two treadmills and a recumbent bike.

Basic TV and internet is also included in the rent. "When a new resident moves in, they bring their TV and we hook it up," she continued.



Washers and dryers are in each apartment. Utilities are included in the rent.

"We have morning and afternoon transportation. A resident can put their name on the list and their destination and we take them there. A doctor's appointment needs to be scheduled ahead of time and if a resident needs to be in OKC or somewhere farther we use a driving service and we pay for that." Transportation is included in the rent.

Upstairs offers a fitness room with treadmills, a recumbent bike, and a small barbell rack. Down the hall is a pilates room with instructor. Fitness gym and pilates is included in the rent.

The facility has a variety of game rooms for group activities and quiet sitting areas for reading. The ground floor has a 120-person capacity safe room that has comfy chairs, a TV and a bathroom to ride out the Oklahoma weather when needed.

During March and April, Carlstone is having a move-in special. A one bedroom, one bath apartment is \$1999 a month for 6 months.

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UCO Designated a Purple Heart University

UCO Recognized for Service to Military-Connected Faculty, Staff and Students

The University of Central Oklahoma was designated a Purple Heart University by the Military Order of the Purple Heart Monday, Feb. 19, in a ceremony held on UCO's campus. Central was awarded this honor for its longstanding commitment to serving military-connected faculty, staff and students, specifically those who were wounded in combat.

"It is an extreme honor for the University of Central Oklahoma to receive this designation as a Purple Heart University," said UCO President Todd G. Lamb.

"This designation represents the dedication of UCO to serving those who have served. We are grateful to our military-connected students, faculty and staff for their service and sacrifice and are honored to help them as they pursue their next steps."

To become a Purple Heart University, institutions must develop a purposeful approach to supporting not only those who are

military affiliated, but also those who have sacrificed themselves in some way to defend our nation and earned a Purple Heart. Institutions must also meet and exceed standards in providing aid and programming to support Purple Heart recipients' academic endeavors.

"UCO is honored to receive this recognition of our Purple Heart recipients and military-connected students," said Tom McShane, director of TRIO Student Support Services – Veterans at UCO.

"We are grateful to the Military Order of the Purple Heart for this designation, which acknowledges our veteran and military-connected students, and the services UCO provides to them."

The Military Order of the Purple Heart is chartered by Congress for combat-wounded veterans and is composed of military men and women who received the Purple Heart medal for wounds suffered in combat or by an act of international terrorism.

"We are honored to have UCO as a Purple Heart University," said James Battles, Oklahoma State Department junior vice Purple Heart commander and Purple Heart chapter 820 commander.

"Having UCO support the military and those who have sacrificed for our freedoms humbles me and my fellow veterans. Having UCO support their military students and staff shows the military community that they are not alone in their service and sacrifice for their nation."

UCO prides itself on our commitment to military-connected students, which is evident in our multiple national rankings and awards.

UCO ranks as a top 100 institution nationwide for providing services and support for military-connected students for the eighth consecutive year on the 2023 Military Times "Best for Vets: Colleges" list. Central was also named a gold-level Military Friendly

To learn more visit <https://www.uco.edu/student-resources/vss/>.



School in the public universities category with more than 10,000 students by Victory Media's 2023-24 Military Friendly Schools list. In 2023, Central was awarded a grant from the Boeing Foundation to address the emotional, physical and educational needs of military-connected students.

Central provides services and support for veterans and military-connected students through the Veterans Higher Education Resource and Opportunity Center (VetHERO) and federally funded programs. These programs provide services such as assistance with educational benefits certification, enrollment services, mentoring and campus and community engagement opportunities.



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Metropolitan Library System events this March



The Metropolitan Library System continues to share exciting programming in March. Continuing are Crowns Tea events, plus the addition of Women's History Month events, a book signing with Gwenna Laithland also known as Momma Cusses on TikTok, STEAM Break activities, and a special virtual discussion through the library's partnership with the International English Library in Dusseldorf, Germany.

Women's History Month at the Library

"Celebrate the Women of Oklahoma: A Film for Women's History Month"
March 7, 6:30pm at Belle Isle Library (5501 N. Villa Ave., Oklahoma City, OK 73112) Oklahoma's history is rich with pioneering women who broke barriers and made lasting impacts. From the "Wild West Women" of the late 1880s to the first woman elected to political office in the state, a transformative high school coach, and a community-focused banker, these women's stories are celebrated in an award-winning OETA series.

March 16, 10am at Downtown OKC Library (300 Park Ave., Oklahoma City, OK 73102) Join us this Women's History Month for a journey into the past with Clare Westmacott as she delves into "And Now I Am All Alone," the upcoming memoir of her grandmother's diary and experiences during World War II. Clare Westmacott will lead a thought-provoking conversation on March 16 at the Downtown OKC Library, offering insights into Klara's life, frustrations, fears, and hopes for her children in London and Germany during the war, as documented from 1940 to 1944. This discussion promises to shed light on the varied experiences of women during World War II. Join us from 10:00 am to 11:30 am at the 46th Star Auditorium. Join us at noon for refreshments and community-building. Registration is required and guests can attend in person at the Downtown Oklahoma City Library or virtually via Zoom. Reserve your spot today at <https://www.metrolibrary.org/womens-history-month>.

Crowns Tea at the Library

"The Crowns Tea" hosted by Thick Descriptions celebrates the rich heritage of church hats, inspired by the book "Crowns: Portraits of Black Women in Church Hats." Attendees showcase splendid headpieces, creating a vibrant tapestry of diversity. The event invites reflection on the historical significance of church hats, fostering intergenerational connections. "The Crowns Tea" transcends fashion. To experience the magic of The Crowns Tea, register at hello@thickdescriptions.org or call 405-397-0584.

- Sat, March 2, 2pm at Belle Isle Library (5501 N. Villa Ave., Oklahoma City, OK 73112)
- Sun, March 3, 2pm at Bethany Library (6700 NW 35th St., Bethany, OK 73008)
- Sat, March 16, 2pm at Del City Library (4330 SE 15th St., Del City, OK 73115)

Book Signing: Momma Cusses with Gwenna Laithland

March 7, 7pm at Midwest City Library (8143 E. Reno Ave., Midwest City, OK 73110) Join us for a special event and book signing with Gwenna Laithland, local author and creator of @mommacusses on TikTok. She's known for her funny and honest take on modern parenting. Attendees can be among the first to grab her new book, "Momma Cusses: A Field Guide to Responsive Parenting & Trying Not to Be the Reason Your Kids Need Therapy." Copies of her new book will be available from Full Circle Bookstore at the event.

STEAM Break at the Library

Metro Library locations will host "STEAM Break" events celebrating Science, Technology, Art, and Math during STEAM month.

About Metropolitan Library System: The Metropolitan Library System provides library services for more than 800,000 residents of Oklahoma County. We have 19 physical locations as well as 24/7 access to our digital resources at metrolibrary.org.

Additional Contact : Zoe Travers, Internal Communications Coordinator, (405) 606-3751, zoe.travers@metrolibrary.org.

Oklahoma History Center Museum to Host Eighth Annual Vietnam Veterans Day Event



The Oklahoma History Center, in association with VillagesOKC, the local offices of Humana, Oklahoma Warriors Honor Flight, Navigating Medicare and the Force 50 Foundation, is proud to host a pinning ceremony honoring all the servicemen and servicewomen, active or reservists, who served anywhere in the world during the Vietnam War-era. Family members of any veteran unable to be present may also receive this pin. The event will be held in the Devon Great Hall of the Oklahoma History Center on Friday, March 29, from 10 a.m.-noon, with doors opening at 9 a.m. This event is free and open to the public.

March 29 was designated as Vietnam Veterans Day by the 2008 National Defense Authorization Act, to be commemorated with annual nationwide events. Guided by the stipulations in that act, only Vietnam War veterans and their families are recognized. However, the Vietnam War Commemoration organization is providing recognition pins to honor any US veteran who served on active duty or in the reserves in the US Armed Forces at any time during the period of November 1, 1955, to May 15, 1975, regardless of location, Vietnam or otherwise. Family members of any veteran unable to be present may also receive this pin.

The keynote speaker will be Colonel "Chuck" DeBellevue, who has been deemed "Ace of Aces," one of only five to achieve that status from downing six North Vietnamese MiGs. He logged 550 combat hours while flying 220 combat missions, with 96 over Vietnam. His decorations include the Air Force Cross, three Silver Stars, three Legions of Merit, six Distinguished Flying Crosses, 18 Air Medals and the Republic of Vietnam Gallantry Cross with Device. In 2012,

he was inducted into the Oklahoma Military Hall of Fame and received the Congressional Gold Medal.

Also speaking will be Colonel Peter Plank, one of the founders of the Liberty Jump Team. This team has taken more than 100 World War II veterans back to the battlefields of Normandy and Belgium at no cost to the veterans. "Taking them to the battlefields they fought in and the villages they liberated is a humbling experience. Being a part of the Liberty Jump Team preserves the memory of those that came before us alive. We owe them that," says Plank.

Michael Do, an Oklahoma City businessman, will speak on behalf of the Oklahoma City Vietnamese community and the South Vietnamese military. Music will be provided by the 145th Army Band, known as "The Governor's Own."

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.

The Oklahoma History Center is a division of the Oklahoma Historical Society and is an affiliate of the Smithsonian Institution, National Archives and is an accredited member of the American Alliance of Museums. The mission of the Oklahoma Historical Society is to collect, preserve and share the history and culture of the state of Oklahoma and its people. Founded in 1893 by members of the Territorial Press Association, the OHS maintains museums, historic sites and affiliates across the state. Through its research archives, exhibits, educational programs and publications the OHS chronicles the rich history of Oklahoma. For more information about the OHS, please visit <https://www.okhistory.org>.

Amber Waves

by Dave T. Phipps



TIGER

by BUD BLAKE



The Spats

by Jeff Pickering



BIBLE WORD SEARCH

by Elie's Spiritual Treasures

Psalm 31:10b-11

my strength **fails** because of my **affliction**, and my **bones grow weak**. Because of **all** my **enemies**, I am the **utter contempt** of my neighbors and an **object of dread** to my **closest friends**—those who **see** me on the **street flee from** me.

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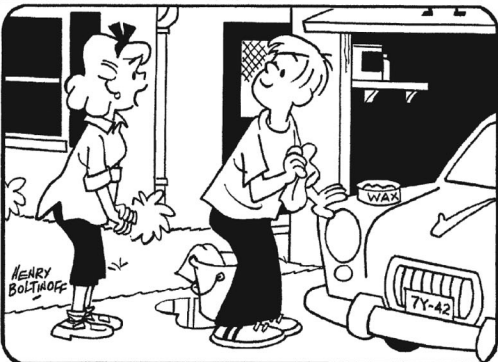
Find the **bolded/underlined** words in the diagram. They run in all directions — forward, backward, up, down and diagonally.

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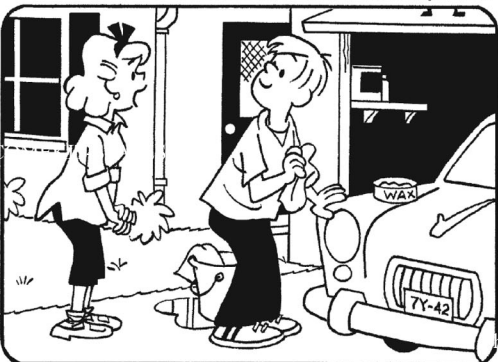
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

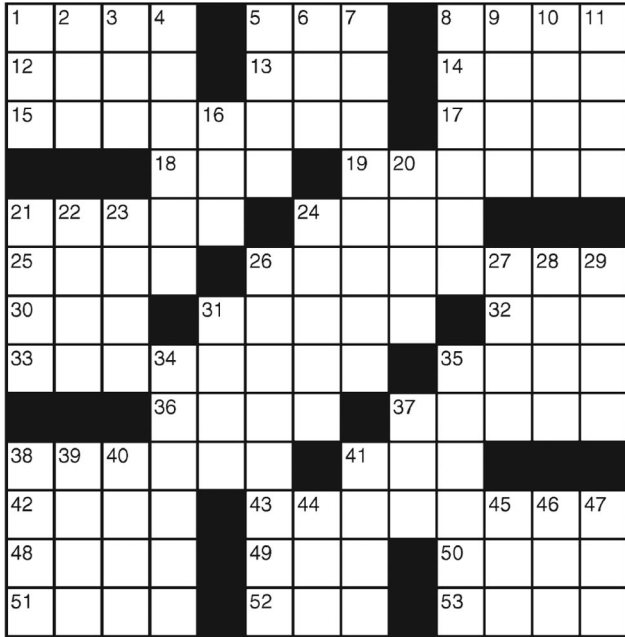


Differences: 1. Bumper is different. 2. Shelf is lower. 3. Window is different. 4. Wax is added. 5. Neckline is different. 6. Door knob is added.

King Crossword

ACROSS

- 1 Not so hot?
5 Dog tags, e.g.
8 Quick look
12 Antioxidant berry
13 French vineyard
14 Impetuous
15 Dungeon's quality
17 Actress Rae
18 Small batteries
19 Detroit hoopster
21 Like a neglected lawn
24 Coop group
25 Within (Pref.)
26 Foppish behavior
30 Caustic cleaner
31 Loud
32 Dean's list stat
33 Writer Steel
35 Three- sloth
36 Barn birds
37 Travesty
38 "Jane Eyre" author
41 Tofu source
42 Chicago's Mayor
43 Hanging loosely
48 Location



- 49 Swiss canton
50 Roasting spot
51 Church song
52 Domino spot
53 Harvest
10 Canadian gas brand
11 "Star Trek II" villain
16 Aye undoer
20 "500" race
21 Use a blowtorch
22 New Age singer
23 Genesis garden
24 Salutes
26 Prettified
27 Composer
28 Detail, briefly
29 Created
31 Salamander
34 Sea off Sicily
35 "Fearless" singer Swift
37 Boating hazard
38 Humdrum
39 "Gilmore Girls" daughter
40 Utah city
41 Use scissors
44 "Exodus" hero
45 "— had it!"
46 Museum-funding org.
47 Econ. measure

DOWN

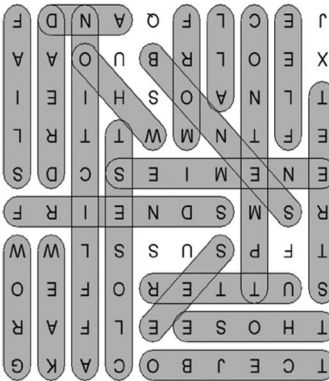
- 1 Bankroll
2 Obamacare acronym
3 Scooted
4 Japanese emperor
5 Frosts a cake
6 Hosp. workers
7 Hitchcock forte
8 Overly proper
9 Bridge position
10 Canadian gas brand
11 "Star Trek II" villain
16 Aye undoer
20 "500" race
21 Use a blowtorch
22 New Age singer
23 Genesis garden
24 Salutes
26 Prettified
27 Composer
28 Detail, briefly
29 Created
31 Salamander
34 Sea off Sicily

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Trivia test by Fifi Rodriguez

1. LITERATURE: In the children's book, what is Doctor Dolittle's special talent?
2. ART: Who painted the work titled "Starry Night"?
3. FOOD & DRINK: Which vegetable is commonly used to make pickles?
4. MUSIC: What is pop singer Taylor Swift's favorite number?
5. MEDICAL: What is a common name for lachrymation?
6. BUSINESS: When was the Chia Pet invented?
7. U.S. PRESIDENTS: Who was the first American to win a Nobel Prize?
8. HISTORY: The Aztec civilization emerged in which modern-day country?
9. TELEVISION: Who played the character Michael Scott on TV's "The Office"?
10. GEOGRAPHY: The volcano Mount Vesuvius overlooks which modern-day Italian city?

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BIBLE WORD SEARCH



Solution time: 23 mins.

Answers

King Crossword

Trivia Test Answers

1. He can talk with animals.; 2. Vincent van Gogh.; 3. Cucumbers.; 4. 13.; 5. Tears or crying.; 6. 1977 (Chia Guy).; 7. Theodore Roosevelt, the Nobel Peace Prize.; 8. Mexico.; 9. Steve Carell.; 10. Naples.



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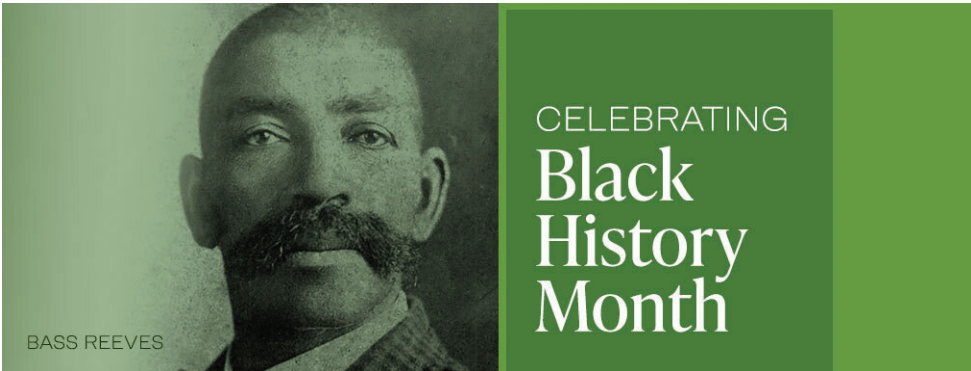
Story by Art T. Burton, photo submitted by the Oklahoma Historical Society

Deputy U.S. Marshal Bass Reeves, born as a slave in Arkansas, grew up in Lamar and Grayson counties, Texas, where he belonged to Col. George R. Reeves, later to become the speaker of the house in the Texas legislature. As a young man Bass Reeves escaped north into the Indian Territory, and he became acquainted with the Cherokee, Creek, and Seminole. It is believed he served as a soldier with the Union Indian Home Guard Regiments during the Civil War. After the war Reeves settled down in Van Buren, Arkansas, as a farmer. On occasion he would serve as a guide for deputy U.S. marshals who worked out of the federal court at Fort Smith, Arkansas, into the Indian Territory. Reeves had once boasted that he knew Indian Territory “like a cook knows her kitchen” and, as a result of his skills and his knowledge of the territory, he was able to make substantial money as a scout and tracker for peace officers. In 1875, when Judge Isaac C. Parker took over the Fort Smith federal court, Parker commissioned Reeves as a deputy U.S. marshal. He is believed

to be one of the earliest African Americans to receive a commission as a deputy U.S. marshal west of the Mississippi River.

Reeves worked for thirty-two years as a deputy marshal in the Indian Territory. He was the only deputy to begin with Parker’s court and work until Oklahoma statehood in 1907. Reeves, standing six feet, two inches tall and weighing 180 pounds, became a celebrity during his lifetime in the Indian Territory. Muskogee Police Chief Bud Ledbetter said about him, “The veteran Negro deputy never quailed in facing any man.” Reeves became an expert with pistol and rifle. Territorial newspapers stated that he killed fourteen outlaws during his career as a peace officer.

When Reeves began riding for Judge Parker, the jurisdiction covered more than seventy-five thousand square miles. The deputies from Fort Smith rode west to Fort Reno, Fort Sill, and Anadarko, a round trip of more than eight hundred miles. When a deputy marshal left Fort Smith to capture outlaws in the territory, he took



with him a wagon, a cook who served as guard, and at least one posseman. Reeves transferred to Wetumka, Indian Territory, in 1897 and then to Muskogee in 1898 after federal courts opened in the territory. The Chickasaw Enterprise on November 28, 1901, reported that Bass Reeves had arrested more than three thousand men and women for violating federal laws in the territory.


Newspapers praised Reeves’s reputation often. On November 19, 1909, the Muskogee Times Democrat wrote that “in the early days when the Indian country was overridden with outlaws, Reeves would herd into Fort Smith, often single handed, bands of men charged with crimes from bootlegging to murder. He was paid fees in those days that sometimes amounted to thousands of dollars for a single trip, trips that sometimes lasted for months.”

When Bass Reeves died on January 12, 1910, the Muskogee Phoenix wrote of the legendary lawman, “In the history of the early days of Eastern Oklahoma the name of Bass Reeves has a place in the front rank among those who cleansed out the old Indian Territory of outlaws and desperadoes. No story of the conflict of government’s officers with those outlaws, which ended only a few years ago with the rapid filling up of the territory with people, can be complete without mention of the Negro who died yesterday. During that time he was sent to arrest some of the most desperate characters that ever infested Indian Territory and endangered life and peace in its borders. And he got his man as often as any of the deputies.”

The greatest testimony to his devotion to duty was the fact he brought his own son in for murder once he received the warrant. Bass Reeves was one of the greatest peace officers in the history of the American western frontier.

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Meals on Wheels of Norman

Executive Director Retires After 28 Years



By Marise Boehs

Meals on Wheels of Norman, Inc. founded in 1972, is a 501 (c)(3) non-profit agency. Fifty two years ago, Tedo Prickett and June Morgan saw the need and brought Meals on Wheels to the Norman Community. The mission of Meals on Wheels is to provide nutritious noon-time meals to ill, disable, and senior members within the Norman city limits. They strive to improve the nutrition and mental health of the isolated recipients by providing visitation; and to improve the well-being of their clients by coordinating with existing services in the community.

Clients must live within the Norman city limits. The price of each meal is based on a sliding scale ranging from \$1.07-\$8.25 and is dependent on the clients income.

"About 50% of our clients are no charge," said Lynn Haynes, retiring Executive Director of Meals On Wheels of Norman. "These meals are covered through scholarships provide by grants and individual sponsorship." Clients range in age from 18 to 100+ years.

Determining a client's eligibility is a quick process and is determined through a brief income screening that can be conducted over the phone. A typical Meals on Wheels client is an elderly widow living on low-fixed income. Today only 9% of individuals served by Meals on Wheels qualify to pay full price.

Meals on Wheels benefits greatly through a community partnership with Norman Regional Health System. Not only does the hospital prepare the noon-time meals delivered by Meals on Wheels, but provides an annual subsidy of reduced meal cost, support, and in-kind services. Licensed dietitians determine diets of clients that have special dietary needs. Specialized diets such as diabetic, renal, healthy hear, pureed, and meals that are sensitive to certain food allergies are prepared with care. Additional care is take by the kitchen staff to cut the meat for clients without full use of their hands. All specialized diets are confirmed by the client's physician to ensure that the appropriate needs are being met.

In order to serve the community, Meals on Wheels relies on a base of over 160 volunteer drivers to deliver approximately 335 meals each weekday. There are 21 different routes delivered daily between 11am and 1pm. Volunteers deliver hot noon-time meals, as well as shelf stable meals for the weekends and holiday, and pet food to the recipients with furry friends. These volunteers come from all walks of life and range in age from elementary school students to retirees. The service these volunteers provide is much greater than just a meal delivery. They offer a lifeline to isolated clients. On many occasions volunteers have found clients in life threatening situations and were able to save the day by just



Lynn Haynes is retiring as the Executive Director of Meals on Wheels of Norman. She has served the non-profit in that capacity since 2002. Lynn started her non-profit career with the American Red Cross, then came to Meals on Wheels in 1996 as assistant director.

being there. During 2023, 90,711 meals were delivered to 963 ill, disabled, and senior residents of Norman.

Meals on Wheels is governed by a Board of Directors who are active in all fundraising, as well as daily operations. The staff is comprised of three full-time and one part-time positions. Interns through the University of Oklahoma Work-Study Program and TANF workers provide additional office help.

Fundraising is an essential aspect of Meals on Wheels's survival and growth. Meals Ambassador Baker Mayfield's No Bogey's With Baker held at TopGolf in OKC last April was a big success, "adding a large bump to our budget," said Haynes. Another major fundraising event is the annual golf scramble held in July. As the holidays approach, Meals on Wheels begins to promote its Poinsettia Sale. Their goal is to provide each client with a pretty plant for the holidays as well as raise funds for the budget.

"When I started here in 2002, our budget was \$150,000. We had 9 routes and served around 100 meals a day," Haynes said. "Our budget for 2024 is \$920,000. We have 22 routes and serve 305 meals a day."

**HAPPY RETIREMENT, LYNN HAYNES!
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**"My feet feel like they're on fire."
"Each step feels like I'm walking through wet paint."
"I live in constant fear that I'll fall."
"I can't sleep, my hands and feet tingle all night."**

What do all of these people have in common? They suffer from **peripheral neuropathy**. It's estimated that more than 20 million people in the United States have peripheral neuropathy. Unfortunately this figure may be significantly higher as the disease is often misdiagnosed because of its wide array of symptoms.

Toni Twitty of Be Well Acupuncture in Edmond, OK shares this belief. "I've been treating neuropathy, in all its various forms, for over a decade and so often my patients come to me because of the symptoms not because of a diagnosis. They saw one of my television specials, or read a testimonial of another patient and say to themselves, 'hey, I feel the same thing'."

Betty M. of Oklahoma City testified to this, "I remember my husband driving me to my consultation and I saw a woman running just outside our neighborhood. I was so envious- I kept thinking, 'I would give anything just to walk again'. My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed."

Fortunately, Betty would eventually see a review of Toni Twitty talking about similar symptoms and how she offers a real solution at Be Well Acupuncture. "I just knew I had to see her. She was my last hope."

"Almost all of our patients come to us with a story similar to Betty's. They've been everywhere else. They've been told there is no hope. They've been told, 'its just part of getting older,'" shares Brooke, a Patient Care Technician at Be Well Acupuncture. "It just breaks my heart but I know that we can help people like Betty so I'm always so happy when they walk through our door."

Those diagnosed with peripheral neuropathy often face a grim reality;

Western Medicine declares there is no solution while cost alternative therapies carry huge price tags and offer little to no resolve. Which is why Toni Twitty and the staff at Be Well pride themselves on being, 'the last resort with the best results'.

Peripheral neuropathy is a result of damage to the nerves. This damage is commonly caused by low blood flow in the hands and feet. Low blood flow results in lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate they will continue to do so until they completely expire, leaving those suffering with crippling balance issues. "In this case the absence of pain is not a good thing," shares Dr. Toni. "This usually indicates that your nerves are hanging on by a fragile thread."

So how exactly is Dr. Toni able to reverse the effects of this degenerative disease? "Acupuncture has been used to increase blood flow for thousands of years. It helps get the nutrients to the nerves. But the real magic happens when I integrate ATP Resonance BioTherapy™. This is tech that was originally developed by NASA to expedite recovering and healing."

"I just can't say enough about Be Well," Betty shared joyfully. "My husband and I moved here 3 years ago to be near our grandchildren. I always stayed home because of the pain and discomfort. I couldn't keep up. Yesterday I walked around the park with him! Next week we're taking the grandkids with us! I am truly living life these days."

According to Betty's test results, she has seen a 74% improvement in pain and functionality, which is on par with a majority of our patients," shares Paige. "But more important than those test results is the joy she's expressed being here and hearing about all the amazing things she's able to do because she feels great!"

By seamlessly blending the ancient science of acupuncture with modern medical solutions, Be Well Acupuncture has achieved a 90%

success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed. "This not only aids in making a proper diagnosis but it helps to define just how much nerve damage has occurred," tells the doctor. "This is important because if a patient has suffered more than 95% damage, there is little that I can do to help them. I'm familiar with the medical miracle but I know my limits as a practitioner and the limits of my medicine."

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling, or 'pins and needles' or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options. There is hope.

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Senior Day at the Oklahoma State Capitol set for March 11



Story by Van Mitchel, Staff Writer

Oklahoma senior citizens, caregivers, and those interested in matters affecting aging Oklahomans are invited to the State Capitol for Senior Day Monday, March 11.

Attendees will have the opportunity to share ideas, needs and concerns with their state lawmakers, visit with organizations and state agencies to learn about services for older Oklahomans, and learn about current legislation that may affect older Oklahomans, said Rebekah Williams

Ombudsman Systems Advocate/Liaison.

"The Senior Day at the state capitol is primarily meant for aging Oklahoma's caregivers, and those that have a stake in our aging population, to make sure they can age well and stay in Oklahoma," Williams said. "We're hoping to have at least 500 attendees this year, and they get to go into the House chambers and sit in member seats. It should be an amazing day for our elders in Oklahoma."

The Oklahoma Alliance on Aging organizes the annual Senior Day event with the Oklahoma Aging Partnership; the Oklahoma Silver Haired Legislature Alumni Association; AARP; and the OKDHS Community Living, Aging and Protective Services Division.

The Oklahoma Alliance on Aging is a 501(c)(3) nonprofit organization dedicated to identifying the needs of aging Oklahomans, educating on issues, and advocating for solutions. It provides information and advocacy on issues including nursing homes, community care, housing, transportation, predatory lending, safety, legal rights, and quality of life.

Williams said attendees can arrive starting at 8:30 a.m. and sign in at the second-floor rotunda. Volunteers and signs will guide the way.

The event will run from 8:30 a.m.- 1p.m. at the State Capitol, 2300 N Lincoln Blvd. in Oklahoma City. The event is free to attend.

State agencies and nonprofit organizations will be there to provide attendees information on their programs and services for older Oklahomans.

The Senior Day session in the House chamber, fourth floor, begins at 10 a.m. with guest speakers including Lt. Gov. Matt Pinell, and House Speaker Charles McCall.



Oklahoma senior citizens, caregivers are invited to the State Capitol for Senior Day Monday, March 11. (Photo of last year's event)

"The program starts at 10 a.m. in the House chambers, and that will be until noon," Williams said. "The Lieutenant Governor will be greeting us, and the House Speaker is going to welcome us to the House. The Senior Day at the Capitol is to empower those individuals that are aging or caregivers, those that have stake in anything, to express their concerns and what they need, and what they want to see changed."

Williams said attendees will have the opportunity to meet with their local legislators.

"We will get them hooked up with their perspective legislator, whether it's senator or a representative, to be able to speak to them either that day or set up appointments to come back," she said.

Williams said legislators look forward to meeting their senior constituents.

"A lot of the legislators are very glad when these elderly people that are so faithful to show up at polls, come during election year, but at the same manner then they need to validate their vote by making sure there's a social infrastructure within to age well," Williams said. "Senior Day at the Capitol is a time to empower and inform and educate the seniors."

The Oklahoma Ombudsman Program serves residents in Oklahoma's long-term care facilities, including nursing homes, assisted living, and similar adult care homes

For the last 7 years, Williams has been an Ombudsman based out of the Southern Oklahoma Developing Association in Durant. She was appointed to the role of Ombudsman Systems Advocate and Liaison where she works as a face and voice with lawmakers and agencies to represent the residents of long-term care facilities across Oklahoma.

"In my role as a system advocate ombudsman, I am detailed to the state capitol during session to consult with lawmakers on bills that are best for people aging, or we kill the bills that aren't best for people aging," Williams said. "We work with different agencies, legislators, whatever we need to do to make sure that our elders are given value, and the rules and laws that are being passed, with everything within us, are in their best interest."

All individuals and groups planning to attend are encouraged to register on the Oklahoma Alliance on Aging website:

<https://okallianceonaging.org/events/>.

Nonprofit organizations requesting an exhibit table, and those interested in sponsoring, may use the registration link to apply.

For more information call (405) 943-1895 or email

info@okallianceonaging.org.

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5	1	3	9	8	4	2	6	7
4	9	8	6	2	7	3	1	5
2	6	7	3	1	5	8	4	9
1	8	2	4	9	6	7	5	3
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Mary Lea Forsythe

(Right) **100 years old.** Mary Lea Forsythe of Sand Springs was honored for her 100th birthday coming up on February 29 by the DAR Osage Hills Chapter. She attended Sand Springs schools and was in the High School All State Chorus all four years.



Janie Hackler

(Left) **100 years old.** Ms. Janie Hackler celebrated her upcoming 100th birthday surrounded by a large crowd of family and friends at Crossroads Fellowship in Bixby. She was beautiful in a pale pink outfit and was such a lovely and gracious lady greeting each and every person by name and with a smile and hug.

Iru Daugherty

(Right) **100 years old.** Iru Daugherty of Tulsa celebrated her 100th birthday over the weekend. When she moved to Tulsa in 1987 to work at Victory Church, her son Pastor Billy Joe asked her to “love on people.” And she has done just that, along with many other things, serving in whatever capacity needed & continues to work at Victory Church. She has had an interesting life with wonderful people & is so grateful for good friends.



Russell Shelton

(Right) **100 years old.** Russell Shelton celebrated his 100th birthday today. He was awarded a Purple Heart for his service with the Army in WWII, has lived in Bartlesville since 1948 & is a retired chemical engineer from Phillips. He stays active by riding a stationary bike 8 miles & doing 150 push-ups a day and always taking the stairs.



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Vietnam Veterans Day to be a busy one for VillagesOKC

By Marilyn Olson, Executive Director, VillagesOKC

March 29 will be a full day of celebration and commemoration for VillagesOKC members. It's National Vietnam Veterans Day, and two major events will fill the day. A morning ceremony at the Oklahoma History Center Museum will honor all Vietnam-era veterans. An afternoon ceremony at Del City High School will recognize the character and sacrifice of 1st Lt. James Robert Kalsu.

VillagesOKC is partnering with the Oklahoma History Center Museum, the local offices of Humana, Oklahoma Warriors Honor Flight, the Force 50 Foundation and Navigating Medicare to host a pinning ceremony honoring all the servicemen and servicewomen, active or reservists, who served anywhere in the world during the Vietnam War-era. Each will receive a lapel pin inscribed with "A Grateful Nation Thanks and

Honors You."

The event will be held in the Devon Great Hall of the museum 10 a.m. to noon, with the doors opening at 9:00 a.m. This event is free and open to the public.

At 1 p.m. that afternoon, a larger-than-life monument to Kalsu will be unveiled at the Del City High School stadium which bears his name. At 1:30 p.m. in the Del City Performing Arts Center there will be a Vietnam-Era Veteran pinning ceremony and premier of the documentary "Uncommon Character - the Legacy of James Robert Kalsu."

Kalsu was a stand-out student and Del City High School football star, an All-American at the University of Oklahoma, and Rookie of the Year for the Buffalo Bills, who became the only active professional athlete killed in action in the Vietnam War.



Maj. Gen. Rita Aragon (retired) pins Navy veteran Eddie Roach during a past Vietnam War era ceremony at the Oklahoma History Center Museum. Both are VillagesOKC members.



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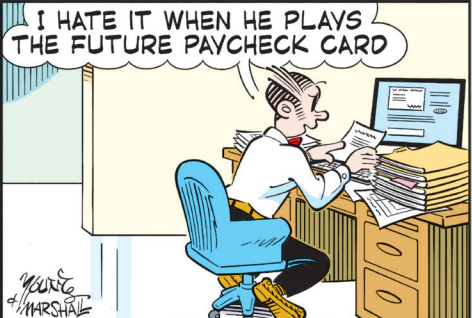
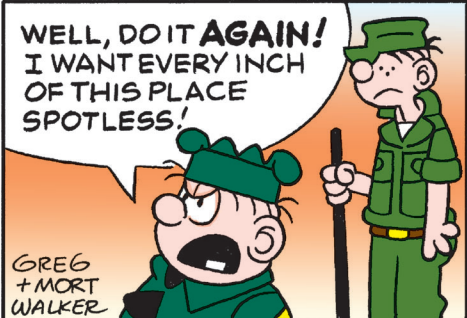
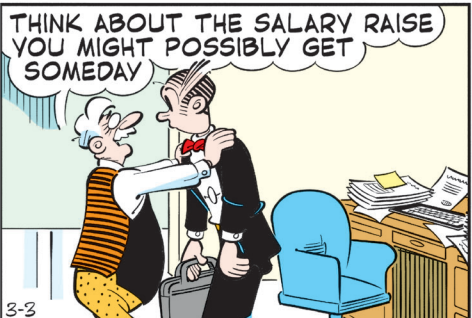
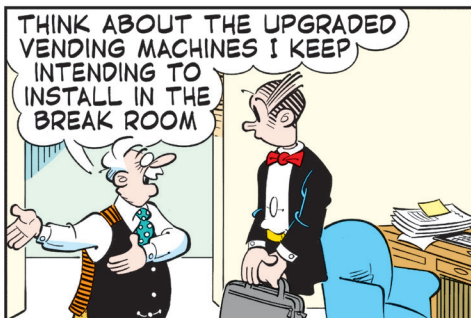
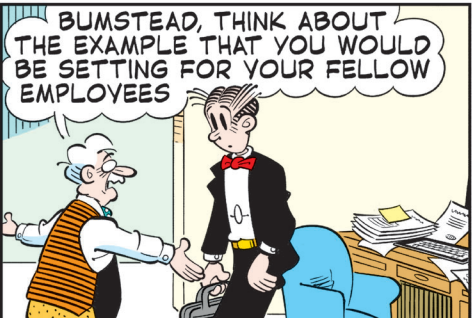
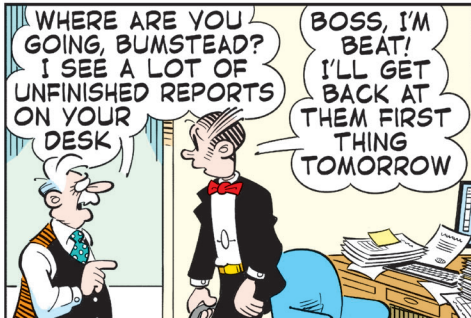
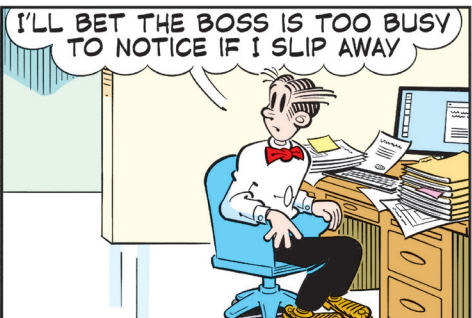
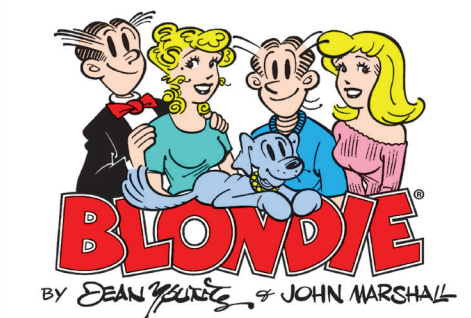
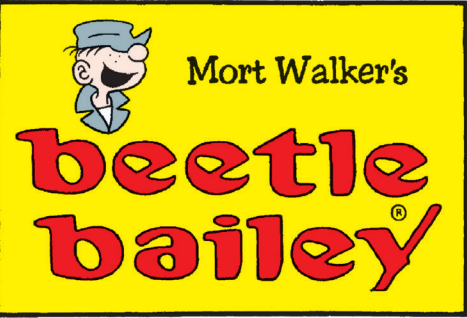
(405) 990-6637 Villagesokc.org

"If our children and grandchildren are to truly value the freedoms we have, it will be experiencing events like this where men and women are honored for their character and selfless acts of valor," said VillagesOKC Executive Director Marilyn Olson. "VillagesOKC values our veterans and intends to continue finding ways to honor them."

According to a release from the museum: "March 29 was designated as Vietnam Veterans Day by the 2008 National Defense Authorization Act, to be commemorated with annual nationwide events. Guided by the stipulations in that act, only Vietnam War veterans and their families are recognized. However, the Vietnam War Commemoration organization is providing recognition pins to honor any US veteran who served on

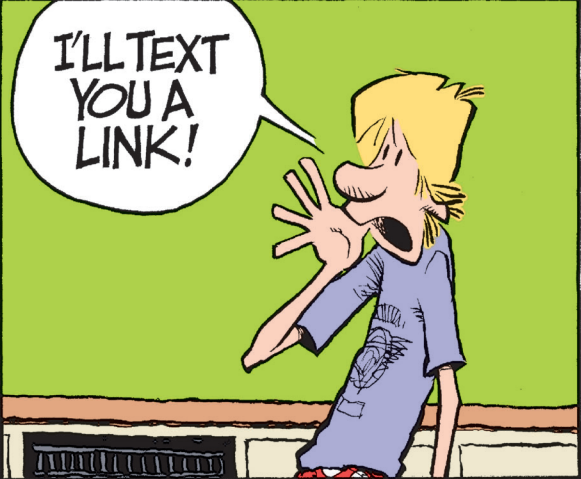
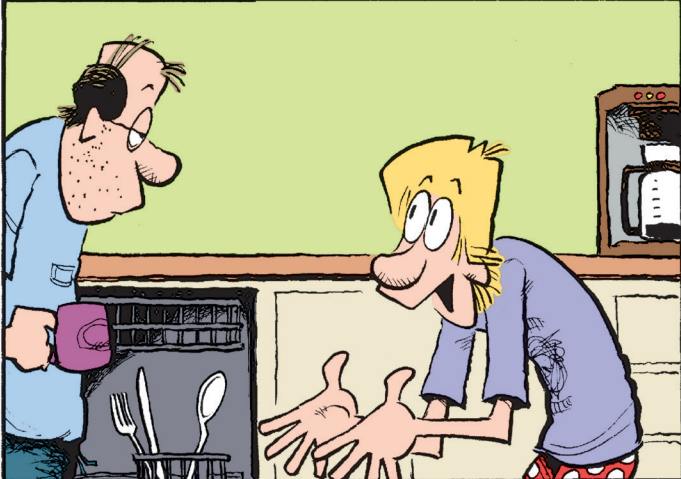
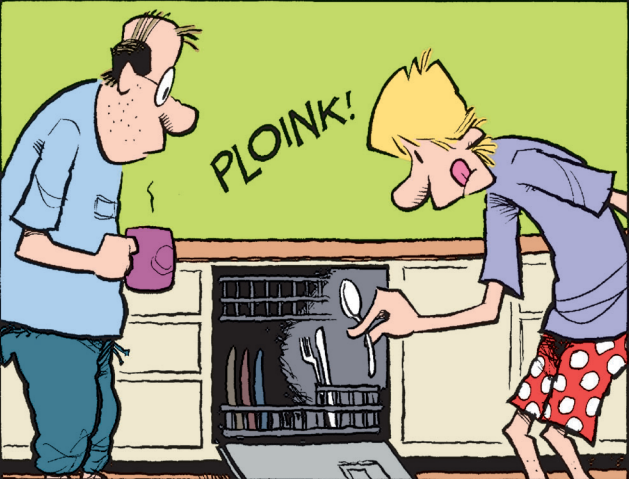
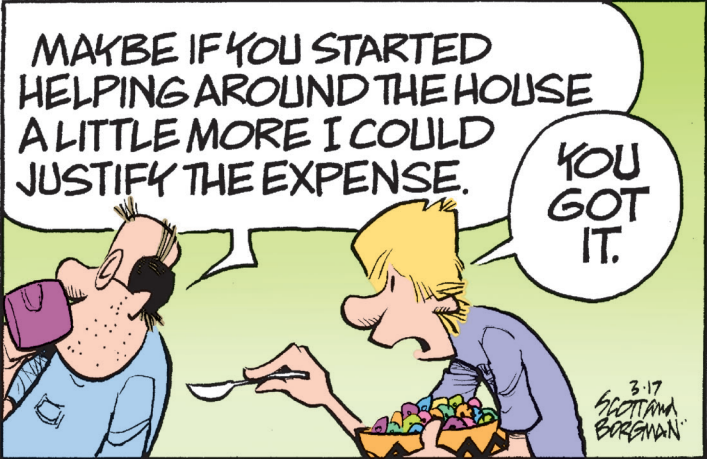
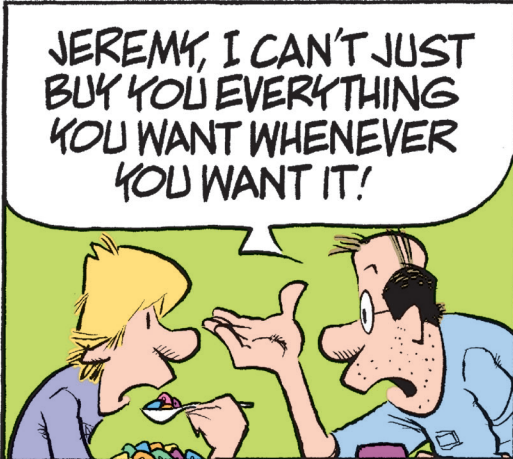
active duty or in the reserves in the US Armed Forces at any time during the period of November 1, 1955, to May 15, 1975, regardless of location, Vietnam or elsewhere. Family members of any veteran unable to be present may also receive this pin."

The keynote speaker will be Colonel "Chuck" DeBellevue who has been deemed "Ace of Aces;" one of only five to achieve that status from downing six North Vietnamese MiGs. Altogether, he logged 550 combat hours while flying 220 combat missions; 96 over Vietnam. His decorations include the Air Force Cross, three Silver Stars, three Legions of Merit, six Distinguished Flying Crosses, eighteen Air Medals and the Republic of Vietnam Gallantry Cross with Device. In 2012, he was inducted into the Oklahoma Military Hall of Fame and received the Congressional Gold Medal.



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