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NOVEMBER 2024 | VOL. 26 ISSUE 11

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A Marine's Journey

Mr. Sam's WWII Story and Life

Read Sam's story on page 2



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At 97, Gillaspay Shares Tales of Courage, Service, and Resilience.

From serving in WWII to building a family farm and becoming a beloved storyteller, legacy spans generations.

Story by Richard Stephens, Jr.

Mr. Sam Gillaspay, age 97, is a member of the Greatest Generation, a precious and small (100,000 remain) group of men (and women) who served our nation during WWII. Everyone calls him Mr. Sam and he lives in Midwest City.

He is physically strong, slim, and walks straight without bending over or using any physical aid. Over time, he has lost much of his hearing, some memory and speaks with difficulty.

Joining the Marine Corps

"I was 17 and the United States needed men awful hard. So, I entered the Marines (enlisted on February 28, 1945, with a delayed report date) and I still had about three months of (high) school left," Mr. Sam said. His

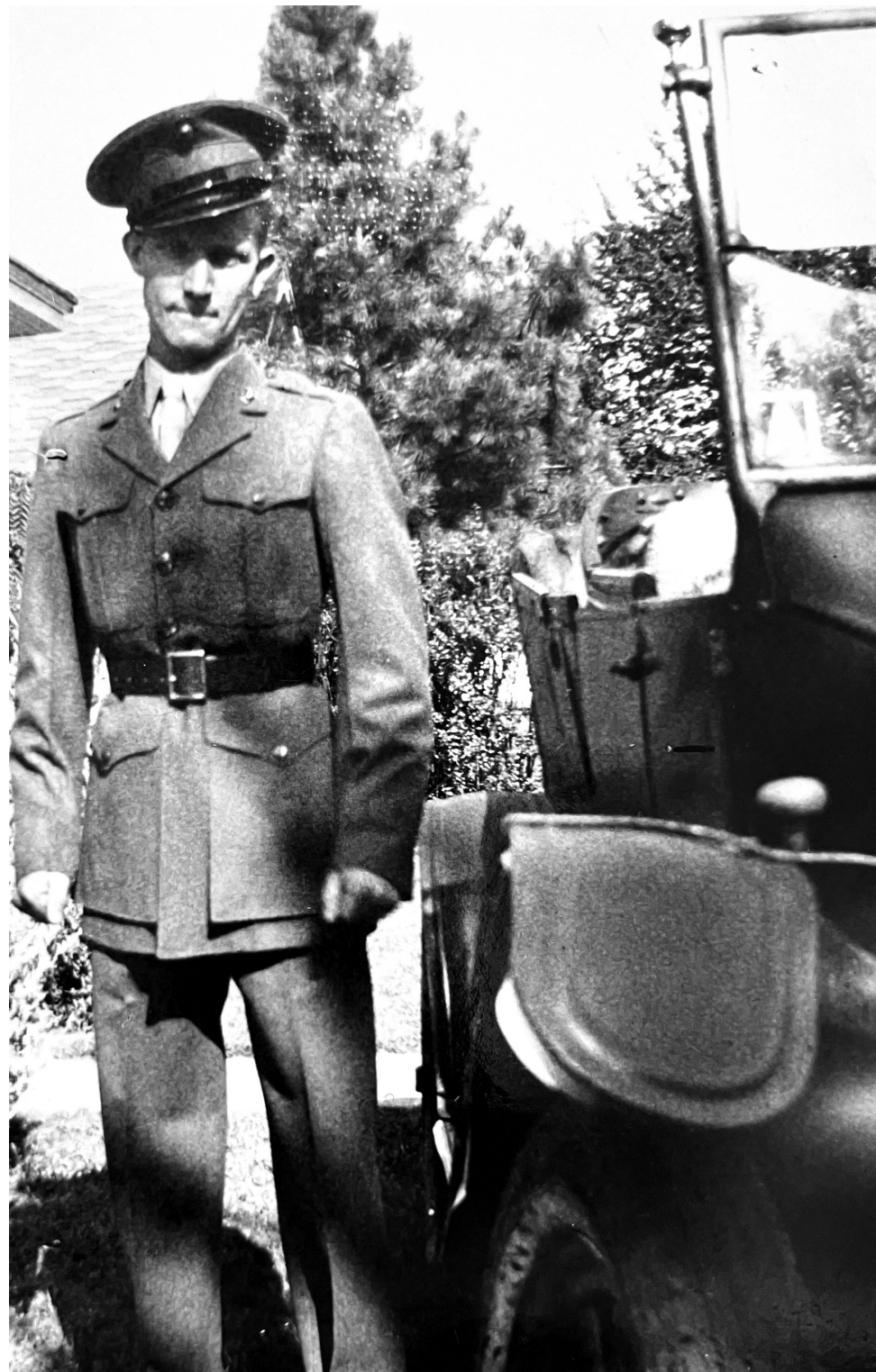
parents gave permission to enlist. Why the Marine Corps? According to Jeannie Vollmer, his partner, he felt that the Marines were the toughest Service.

Was he strong enough to join? Mr. Sam laughed and said, "Oh yeah. Back then, yeah, I was."

Training at Parris Island

After graduating high school, the Marines sent Mr. Sam a letter assigning him to active duty service, effective June 5, 1945. He remembered, "You got five days to get everything (ready to go). And so, it took us five days to get from Oklahoma City to the east to the ocean" at Parris Island, South Carolina, for basic training.

Was the training hard? "Yes, and I did pretty good...I made it the middle" (a good training record).



Mr. Sam Gillaspay during his service in the Marine Corps, 1945-1946. The vehicle may be one he drove at Camp Pendleton.

"They taught me how to fire a BAR (Browning Automatic Rifle)... It's a long...bigger than a rifle and it has at the end of it, a tripod. You laid down and (moving arms left to right) and shot...like a machine gun." Mr. Sam likely fired the Browning M1918A2 Automatic Rifle, which was the WWII production model used by servicemen after 1940. "They put me to do it and became real good ...We learned how to tear them down and get them back together. We did that for several days."

There was field training too. Wearing backpacks, men held their BARs and crawled under barbed wire into live fire zones to practice wartime skills.

"Live ammunition. We didn't know. They (instructors) were shooting. It was bang, bang. They told you that if you get up, they will shoot you. You die...And you had to just to squeeze through the wire. And some of the boys...had holes in their backpack...because they're already big men and (it was) a small width. I was down where it (the fire) didn't hit me or my pack. I made it just fine."

Assignment at Camp Pendleton

After training, "We went from Parris Island...from east to the west...to San Diego, California... And we didn't know where we were going. We got out of the train, standing on the pier in the middle of the night...and there was a big

See GILLASPY Page 4

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GILLASPY

Continued from Page 2

boat with planks (gangway). I had never seen such a ship like that - it was a monster thing."

The Marines formed up. A man called their names alphabetically, starting with "A." "All the boys were going upstairs (into the ship) as they called their name.

"Then, all of a sudden, this guy comes up with a jeep and said something to the guy that was reading the names. He said, 'You, you and you fall out and follow this man in the jeep.' And I was the third one. They put the three of us in that jeep and we drove and drove way up to (Camp) Pendleton" (California), Mr. Sam said.

The others left on the pier? "And all the rest of them, they ended going into the ship. Those that went out (on the ship), some of them came back, some of them didn't. I guess it was meant for me to stay right there.

"They needed somebody to take care of the general's car. They put me doing that." Private

Gillaspy's occupation was officially "Truck Driver." He serviced the vehicle and kept it shined.

Mr. Sam saw men coming back from being stationed in the Pacific theater of operations. "I was able to talk with them. This one man, I don't know why, it's been so long, he gave me his rifle that he came from the war..." because the man had used it shooting Japanese. "And he said, '...he couldn't take it anymore'...And he gave it (rifle) to me. And I was able to put it in my barracks."

Time Off

During days off, Mr. Sam and friends sometimes went to Los Angeles to United Services Organization (USO) parties. Hitchhiking was common.

USOs were a place to relax with talking, dancing and drinking. "What was nice was, Hollywood ladies would come up to me and ask, 'Would you like to dance with me?' I said, 'Yes, Ma'am, but I don't know how!'" he said, laughing.

Coming home

"My time ended (enlistment). They gave me my big footlocker...

When it was time (to leave), they took us to the post gates." Mr. Sam did what others did: hitchhiked home. "It was five minutes and this big Buick with a man driving it (pulled up). He said, 'Which way are you going?' Mr. Sam replied, 'I'm going to Oklahoma City.' 'Well,' he said, 'I'm going to Tulsa. I'll take you and it won't cost you nothing.'"

That's how Mr. Sam got home after serving in WWII. He was discharged as a Private First Class on August 26, 1946, after serving a bit more than 14 months.

Post war

Mr. Sam worked for Dolese, a well-known cement maker, for 40 years starting in 1949. He met Betty, his future wife, and once married, had two daughters, Rita and Cynthia. They built a home on 42nd Ave. and Kelly Ave. in Oklahoma City.

In 1961, Mr. Sam bought a 160-acre farm in Luther containing a small house built in 1889. He drove concrete trucks full-time for Dolese and farmed part time. Once he added rooms and electricity to the house, Betty, Rita, and

Cynthia moved there in 1968. Unfortunately, Betty died of a heart attack soon after. They grew wheat and alfalfa, fed 80 Hereford cows and raised chickens and rabbits.

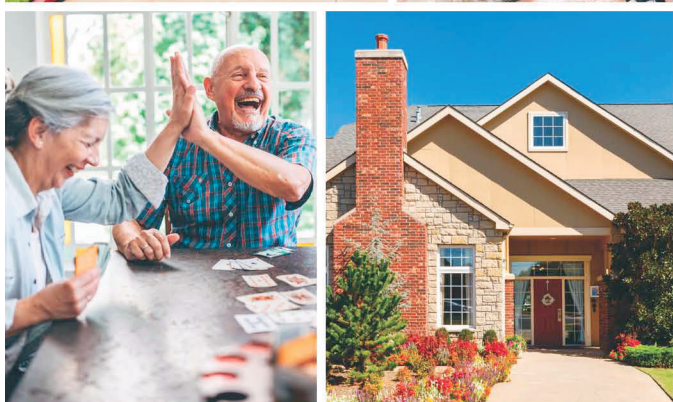
Mr. Sam is well known at Arcadia's Round Barn. He started storytelling and giving tours soon after the barn's renovation in 1992. He explained posters and pictures on the first floor and showed visitors the former hayloft on the second floor that hosted many dances.

Although he stopped storytelling at the Round Barn in 2020, lucky visitors can still catch him there when he stops in to say hello.

Postscript

Was Mr. Sam glad he served in the war? "Oh yeah, I was," he said, smiling broadly. "I enjoyed all of it."

Asked he had a philosophy on living life or what makes for a good life, Mr. Sam thought for a minute. Chuckling, then smiling, thinking through his answer, he replied, "I don't smoke. I don't drink. I don't chase wild women." (Laughed). His is a life lived well.



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Dan M.



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Easy Living Option for Older Adults

Story and Photo by Matt Neil

As Oklahoma's Best Real Estate Planner, I have had the privilege of working with clients at various stages of their lives. Working with seniors, I've seen firsthand how important it is for people to find the right home that truly suits their needs, especially as they transition into a new stage of life. One housing option that is particularly appealing is a single-level home with included lawn-care, located in a tight-knit community. There are so many benefits to this type of living arrangement, especially for older adults who are looking to simplify their lives while still enjoying home ownership. Let me share with you why this can be such a smart and fulfilling choice.

1. Ease of living and accessibility: One of the most obvious advantages of a single-level home is its accessibility. As we get older, the idea of climbing stairs multiple times a day becomes less appealing, and in some cases, it's no longer practical. A single-level home eliminates that concern entirely. Everything you need is on one floor—no stairs, no strain, just convenience. Whether it's moving around the home with ease, or thinking ahead about mobility in the future, single-level living provides

the peace of mind that comes with knowing you can stay in your home comfortably for many years to come.

2. Low maintenance, More Enjoyment: Another major perk is having lawn care included. For many older adults, the upkeep of a yard can become overwhelming—especially in Oklahoma's unpredictable weather. While you might still enjoy the sight of a beautifully manicured lawn or garden, the physical work it takes to maintain it can be exhausting and sometimes even dangerous in the summer heat or spring storms. Having lawn care included means you can enjoy the benefits of a well-kept yard without any of the hassle. You'll have more time and energy to spend on hobbies, family, or simply relaxing in your own outdoor space without worrying about mowing or edging. Often these communities will allow you to manage your own flower beds, so you can still exercise your green thumb and enjoy a small bit of gardening.

3. Community Connection: A neighborhood that has under 50 homes creates a perfect balance between privacy and community. It's large enough to offer variety in your neighbors, but small enough that you can truly get to know the people around you. This sense of

community is incredibly important as we age. Whether it's sharing a cup of coffee in the morning, organizing a neighborhood gathering, or simply having neighbors who look out for one another, these communities foster a sense of security and belonging that is deeply comforting. You're not just moving into a house—you're joining a supportive and friendly community, and that's something you can't put a price on.

4. Peace and Quiet: Smaller neighborhoods tend to be quieter and more peaceful, which can make all the difference in your day-to-day life. Without the constant hustle and bustle of heavy traffic, you can enjoy peaceful mornings on your porch, take leisurely walks around the neighborhood, or simply relax in your yard. It can be a wonderful environment for those seeking calm and comfort.

5. Security and Safety: Smaller neighborhoods often foster a stronger sense of security. Neighbors tend to look out for one another, and it's easier to notice unfamiliar activity, which can be reassuring. Additionally, many communities that cater to older adults may offer extra safety features, such as gated entrances or neighborhood watch programs, adding to that peace of mind.

6. Predictable Costs: Finally, when lawn care and potentially other exterior maintenance are handled by your homeowner's association (HOA), it's one less thing to budget for or worry about. Predictable monthly or annual fees help you manage your expenses better, without the worry of unexpected yard maintenance



Matt Neill, the Vibrant Oklahoma Group.

costs. This financial stability is a big advantage for many seniors living on fixed incomes.

In conclusion, owning a single-level home with included lawn care in a small neighborhood provides numerous advantages for seniors. It offers ease, comfort, community, and the ability to enjoy your home without the stress of maintenance. If this sounds like something that could improve your quality of life, I'd be happy to help you explore the possibilities and find a home that fits your needs perfectly. Give us, your certified Real Estate Planner, a call at 405-757-9980 or email at info@vibrantok.com

Matt Neill is a realtor who has lived in Oklahoma over 17 years and enjoys spending time with his family, reading, and cheering on the OKC Thunder.

OMRF Receives Alzheimer's Grant

With a new grant from the National Institutes of Health, an Oklahoma Medical Research Foundation scientist will look at Alzheimer's disease from a different angle.

Heather Rice, Ph.D., will look for links between the deadly, memory-robbing disease and a protein that historically has been linked to cancer.

Rice will collaborate on the two-year study with scientist Xin Zhang, Ph.D., from the University of Oklahoma Health Sciences Center. Zhang studies a protein called CD151, which has been associated with tumor metastasis and other aspects of cancer.

Zhang has found that the protein may be interacting with another protein, amyloid precursor protein or APP, which has been heavily implicated in the development of Alzheimer's. Rice's own lab at OMRF focuses on better understanding APP, with the hope of developing strategies to prevent it from breaking down and accumulating in the brain.

The pair hope to uncover new information about the interplay between the two proteins. "Ultimately, we believe their interaction may prevent overproduction of the protein fragments that lead to Alzheimer's," Rice said.

In the longer term, such studies could pave the way for new treatments for Alzheimer's, which accounts for 60% to 80% of all types of dementia. The disease is caused by damage to the brain's nerve cells.

This damage is believed to begin at least 20 years before the onset of symptoms such as difficulty with memory and other thinking skills. According to the Alzheimer's Foundation, the condition affects more than 10% of people 65 and older and is the fifth-leading cause of death in that age group.

"Despite a lot of effort, we do not yet have an effective treatment for Alzheimer's," said Benjamin Miller, Ph.D., who chairs OMRF's Aging & Metabolism Research Program. "Dr. Rice's proposed research takes advantage of a funding mechanism for high-risk, high-reward ideas, which illustrates her outside-the-box thinking toward potential treatments."

Rice's grant, No. 1R21AG085486-01, was awarded by the National Institute on Aging, part of the NIH. A team science grant from the Presbyterian Health Foundation funded early studies that made the NIH grant possible.

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Cornerstone Home Health has Long History of Serving Seniors and Veterans

Story and Photo by Van Mitchell, Staff Writer

Cornerstone Home Health has been providing services to seniors and veterans in the Oklahoma City metro area since 2003.

Ballinda Callison, President of Cornerstone Home Health said in an interview with Bott Radio serving veterans is a core aspect of their business.

“We service a lot of our veterans, and in fact, probably 80% of our business right now is with the veterans,” she said. “We take care of the veterans, we can do therapy for them, nursing wound care, all those types of things. We can also do their personal care, help them with showers or as little as driving them to an appointment for a doctor’s appointment, going grocery shopping for them, helping them strip and remake their bed, emptying the trash.”

Callison, the daughter of a nurse, has been helping to take care of patients in their homes since she was a young girl. As an adult with small children of her own, she brought meals and did light housework for members of her church, who appreciated the help and enjoyed seeing her children.

She later went back to school, earned a Business Administration degree in Health Care, and was licensed to work in Oklahoma as a Home Health Administrator. She was a co-owner of a staffing firm providing home health care services before starting CHH.

Callison said the lessons she learned as a child with her mother helped shape her



Cornerstone Home Health has been providing services to seniors and veterans in the Oklahoma City metro area since 2003. The veteran-owned company is expanding its footprint by opening an office in Weatherford.

vision for Cornerstone.

“My mother did work in convalescent homes,” she said. “She was working almost 16-hour days, and she ended up getting her RN license through the convalescent home years ago. After my dad got back from Vietnam, she started working in private homes for individuals. Somewhere between eight and nine years old, I went with my mother at times to go out to these people’s homes and help her work alongside her because we became their families. Senior care or the home care portion is a big part

of keeping people in their home and keeping them from having to need advanced care.”

Callison said Cornerstone Home Health is about building relationships with their clients and families.

“We’d find out what their needs are and if they’re needing transportation to the doctor, if they’re needing physical therapy, if they’ve got a wound or if they’re, then we have to find out first what their needs are,” she said. “Then we would discuss what our services are.”

Callison said faith led her journey to Cornerstone Home

Health.

“I look back on my life and the Lord had been preparing me ever since I was a young girl for this kind of work,” she said. “It’s very challenging, it’s rewarding, it’s hurtful. You’ve got to have a passion because if it’s about the money, it isn’t going to happen.”

Now, the veteran-owned company is expanding its footprint by opening a location in Weatherford.

“We’ve opened an office this summer in Weatherford and started taking clients

Continued next page



Ballinda Callison, President of Cornerstone Home Health

HOME

Continued from Page 8

here, within about a 35- to 40-mile radius of Weatherford,” Kathy McGee, Business Development Administrator. “That’s going to include Custer County, Blaine County, basically all the way up I-40 back into Oklahoma City.”

McGee said Cornerstone saw a growing need for its services outside of Oklahoma City.

“It wasn’t necessarily a decision to press forward in one area. It just came out of being contacted to take care of a client, then another,” she said. “Instead of bringing people from Oklahoma City to do that, we decided that we would just go forward this way. We opened the office in the summer, started getting to know some people in the area, and we are really starting to dial into community activities and taking more patients.”

McGee said Cornerstone Home Health wants to hire local caregivers in their expanded area.

“Clients that are here in the Weatherford, Clinton area, their caregivers are going to be from the Weatherford, Clinton area,” she said. “If we have a client that’s in Hinton or Watonga, it’s probably going to be more like someone from that area. Our goal is hiring caregivers in those areas that are closer to those clients that we have in the rural markets.”

McGee said Cornerstone is focusing on personal care services for seniors and veterans in their expanded area.

“We’ll start with maybe light duty housekeeping, meal prep, cooking. We can help with some showering, running errands, some of those kinds of things,” she said. “We offer nursing services for veterans now and will expand nursing services to seniors in 2025.”

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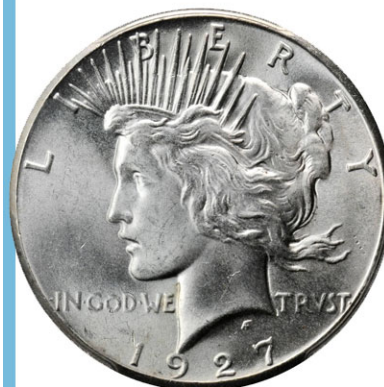
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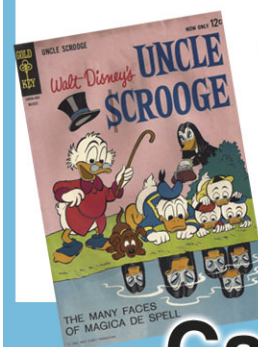
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Health Insurance Marketplace Open Enrollment Begins in Oklahoma: Secure Your Health Coverage for 2025

By Oklahoma Insurance Commissioner Glen Mulready

The Health Insurance Marketplace in Oklahoma is set to open for the 2025 coverage year on Nov. 1, 2024. Individuals and families can enroll in, re-enroll in or make changes to their individual health insurance plans starting at that time.

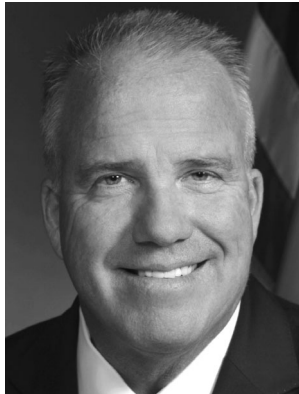
Key Dates to Remember:

Nov. 1, 2024: Open Enrollment Commences

- Starting Nov. 1, you can explore the various health insurance options available through the Marketplace in Oklahoma. This is your chance to find a plan that best suits your needs and budget.

Dec. 15, 2024: Deadline for Coverage Starting on Jan. 1, 2025

- To ensure your health coverage begins on Jan. 1, 2025, enroll or make any plan changes by Dec. 15, 2024, to avoid a coverage gap. Seven insurers will offer individual health plans for 2025 -



Oklahoma Insurance Commissioner Glen Mulready.

Blue Cross Blue Shield of Oklahoma (BCBSOK), Medica Insurance Company, Oscar Health, UnitedHealthcare (UHC), CommunityCare Oklahoma (CCOK), Ambetter of Oklahoma (Celtic Ins. Co.) and Taro Health. BCBSOK will offer a statewide plan, while the other insurers' plans will be available in selected counties. These insurers will provide a range of health plans tailored to Oklahoma residents' diverse needs. You will also find Dental Plans offered in the state on <https://www.healthcare.gov>.

"Now is the time to review you and your family's needs to secure the best coverage that meets those needs," Oklahoma Insurance Commissioner Glen Mulready said. "Visit [healthcare.gov](https://www.healthcare.gov) as soon as you can to find the plan that fits best."

Mulready added that healthcare costs are continuing to rise as demand increases and says it's more important now than ever that people are properly insured. Last year, over 269,600 Oklahomans who renewed or purchased plans during open enrollment averaged \$71 monthly premium cost after federal subsidies.

Plan options, monthly premiums and total annual out-of-pocket costs for 2025 will be available later this month when the Centers for Medicare and Medicaid Services release this information at <https://www.healthcare.gov/see-plans/#>.

SNL Metro Libraries November Events

Stay Active and Engaged: Senior Programs with the Metropolitan Library System

This November, the Metropolitan Library System has a great lineup of programs for seniors. Whether you're looking to stay active, connect with others, or learn new skills, there's something for everyone.

Wellness and Fitness Programs

Take charge of your health with Total Wellness, a free program by the Oklahoma City-County Health Department that focuses on preventing diabetes and heart disease through weight loss and increased activity. For those seeking a gentler exercise, Stay Active & Independent for Life (SAIL) offers chair exercises designed to boost strength and mobility. Sessions are available at the Northwest Library (Nov. 4 and 11 at 2:30 p.m.), Almonte Library (Nov. 5, 7, 12, 14, 19, and 21 at 10 a.m.), and Choctaw Library (Nov. 6 and 20 at 10 a.m.).

You can also improve your balance and muscle strength with Tai Chi, which helps reduce the risk of falls. Classes are held at Choctaw Library (Nov. 6, 13, 20, and 27 at 1 p.m.) and Southern Oaks Library (Nov. 12, 14, 19, and 21 at 10:15 a.m.). Space is limited, so be sure to register in advance.

Support and Safety

If you're caring for someone with Alzheimer's, the Alzheimer's Support Group at Bethany Library on Nov. 19 at 6 p.m. offers a welcoming space to connect with others and share practical advice. The S.A.L.T. Council (Seniors and Law Enforcement Together) will meet at Warr Acres Library on Nov. 4 at 10 a.m. to discuss the latest scams targeting seniors and how to stay safe.

Tech and Learning Opportunities

Join us for Computer Keys: Excelling with Microsoft Excel at Downtown OKC Library on Nov. 9 at 10 a.m., where you can learn to create spreadsheets, use basic formulas, and organize data.

This beginner-friendly class is perfect for seniors looking to brush up on their computer skills. Be sure to register early!

Discover Your Family's History

The library offers several exciting genealogy events this month. On Nov. 3 at 2 p.m. at Belle Isle Library, learn about Researching Your Native American Ancestry with a focus on Oklahoma's tribal records, including the Dawes Roll. At Southern Oaks Library on Nov. 14 at 6 p.m., attend Getting Started With Recording Personal Histories—a great way to preserve family stories. You can also participate in Genealogy 101 at Del City Library on Nov. 16 at 10 a.m., where experts will help you trace your family tree using library resources.

If you'd like to dig deeper, the Downtown OKC Library has an extensive collection of genealogy materials, including family histories, local records, and online databases like Ancestry.com and HeritageHub. Our Special Collections department offers personalized assistance and one-on-one tutorials to support your research. Whether you're just starting or diving deeper, we have the resources to help you discover your roots.

With these programs, there's something for everyone to enjoy this November at the Metropolitan Library!

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SBT There is one slot machine in Las Vegas for every eight inhabitants!

SBT The most popular first name in the world is Muhammad!

OPINION

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Dear Savvy Senior,

Best Pill Boxes and Medication Management Tools

Can you recommend some good pill boxes and medication reminding devices? I've recently started taking several new prescription medications along with some vitamins I normally take and need to get a pill box that helps me organize them. What can you tell me? Almost 70

Dear Almost,

Pill boxes (a.k.a. pill organizers) play an important role in keeping people healthy because they help you stay on top of your medication regimen. While there are many options, here are a few tips to help you choose, along with some top-rated pill boxes as recommended by expert reviewers.

Identify Your Needs?

When choosing an appropriate pill box for you, you first need to ask yourself a few questions, such as:

1. How many pills do you take and how big are they? If you take only a few medications, a smaller pill box may be sufficient. But if you're taking multiple medications and large vitamin supplements, you'll want to get a large compartment pill box that can hold your daily dosage.
2. Do you take your pills once a day or multiple times a day? If you take medications only once a day, a simple pill box with one compartment will do. But if you need to take medications multiple times a day, you'll want to get a pill box with either two, three or four compartments for each day of the week.
3. Do you have problems remembering to take your medications? If so, there are organizers that have built-in alarms and reminding features, or you can download a free medication reminding app on your smartphone.
4. Do you have a difficult time opening your medication containers? If so, there are

easy-open pill boxes or automated medication dispensers that are ideal for those with dexterity problems.

5. Do you need a portable pill box for when you're away from home? There are smaller portable pill boxes made for traveling, some of which have sealed-shut cases that prevent moisture and dust from entering.

Best Pill Boxes

With help from The New York Times (Wirecutter) and USA Today (Reviewed), some of the best pill boxes in 2024 are offered by Auvon and Sukuos which make a variety of single and multiple compartment pill organizers that are big, colorful and easy to open.

Their top-rated options include the "Auvon Weekly Pill Organizer" for once-a-day medication users; "Sukuos AM/PM Weekly 7 Day Pill Organizer" for twice a day use; "Auvon iMedassist Moisture-Proof Weekly Pill Organizer" for four times a day; and the "Auvon Moistureproof Monthly Pill Organizer" for those who want to organize their medications monthly.

Or, if you're interested in a travel pill box, the "MUchengbao Travel Pill Organizer" is considered an excellent choice.

All of these pill boxes cost around \$10 and are available on Amazon.com or Walmart.com.

High-Tech Pill Organizers

If you need more help keeping up with your medication regimen, there are smart pill boxes that will organize your pills, remind you to take them, track your progress and even text or email caregivers if pills are missed. A popular option to consider here is EllieGrid (elliegrid.com, \$149), which connects the pill box to the EllieGrid app (via Bluetooth) that you would install on your smartphone.

Or if you need even more help, there are automated medication dispensers like the Hero (herohealth.com, \$45 per month), which is a comprehensive, Wi-Fi connected, app-based system that will remind you when to take your pills and dispenses them to you.

Medication Reminding Apps

If you're interested in a medication reminding app, some top-rated choices include MyTherapy (mytherapyapp.com) or Medisafe (medisafeapp.com). These are free apps that you can download in the Apple or Google Play app stores that will send you timely notifications to take your pills, and reminders to refill your prescriptions.

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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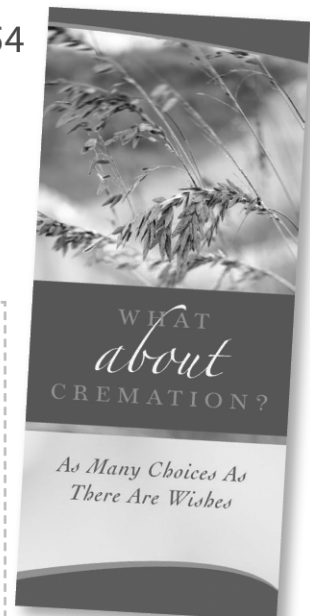
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See Sudoku Answers on Page: 31



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VillagesOKC holds 'Be Amazing' Anniversary Party

Each year, the members, board and sponsors of VillagesOKC meet to celebrate the past year with an Anniversary Party. This year, the celebration was held on a perfect Oklahoma evening at OKC's Chicken N Pickle.

From Guthrie to South Oklahoma City, members who live in their own homes love connecting over great food. This evening, they enjoyed shuffleboard, corn hole and - of course pickleball - watching, learning and playing. VillagesOKC members who are avid pickleball enthusiasts, Carma Branscum and Gayle Veasy, helped teach others who had never played before.



Chicken N Pickle hosted the VillagesOKC member appreciation and anniversary party.



Gayle Veasey, left, Rebecca Williams and Carma Branscum, right, coached pickleball at the Be Amazing event.

Pickleball is just one opportunity for mature adults to stay active and enjoy new friends. Sharing a meal, being there and sometimes helping each other with hard conversations, are all part of the new mindset for those who are embracing their age here in Oklahoma City and across the nation.

"This incredible organization's goal is to empower adults to age with vitality and purpose," said Alicia Jackson, Chicken N Pickle's Community Impact Coordinator. "We LOVE their purpose which reminds all ages that pickleball is for everyone." VillagesOKC members lead the way with a can-do spirit.



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November is National *Adopt A Senior Pet* Month

By Marise Boehs

November is a month dedicated to helping older pets find loving forever homes. If you've been thinking about adding a four-legged-friend to your family, consider opening your home and your heart to an older dog or cat in need. While small kittens and puppies may be cute, older pets are just as loving and loyal!

Since senior pets are fully grown, you will have access to important information like personality type and grooming requirements, making it easier to choose the perfect pet for your family.

Senior pets are typically calmer and less energetic than puppies and kittens, so it's easier to teach them new tricks. Many senior pets are already pros at performing basic commands.

Many people find themselves unprepared for the energy and needs of a young pet. But a sweet senior moves at a much more manageable pace. They're less demanding and usually fit in well in many kinds of households, including apartments.

Some are unprepared for the hard work it can be to houstrain a new puppy or kitten. You can spend a lot of time training a new puppy to do their business outdoors or teach a kitten to remember where the litter box is. But older pets are usually already houstrained, saving you that stress.

Understanding the personality of an animal is key to finding the perfect match for your

family and for that homeless pet. While young puppies and kittens are still developing their personalities, you'll know right away whether a senior dog is a snuggle-bug or a senior cat is more of an independent spirit.

Many people looking to adopt, complete overlooking the perfectly adoptable older dogs and cats in kennels and cage. In many cases, the absolute most difficult group of homeless pets to place are older dogs and cats. It is a sad fact that senior pets are often the last to be adopted from shelters, putting them at an increased risk for euthanasia.

When you adopt a senior pet, you're not only welcoming a lifetime of love into your home, you're also saving a precious life. You'll get lots of love from an amazing companion.

That said, bringing an older pet home from the shelter or rescue can have its own unique challenges. Sometimes, because the pet is at an advanced age, there can be some extra health issues to consider. They'll need regular vet care, preventative care, and dental care to stay in good health. But that, by no means, should deter someone from adopting a senior pet.

Depending on breed, lifestyle, and existing health issues, a senior dog or cat can still have plenty of healthy and happy years to give as your loving companion.

AUTHOR'S NOTE



Some of the best times of my life where spent with my beloved senior girls. They have gone on to their reward now but not a day goes by that we don't miss them and talk about the good times.

While the puppy is a joy, and thankfully through the chew-everything-in-sight-stage, she has a high bar to meet. We have to remind ourselves that she is who she is and not compare her to the seniors. "She's only 3 years old," is a constant refrain at our house.



HEALTHCARE FOR SENIOR PETS

Dogs and cats are considered seniors by the age of 7 years old. They age faster than humans and how much faster is determined by their size and breed.

Bi-annual exams are very important to senior pets to help them maintain a happy, long life.

Our pets are increasingly vulnerable to many illnesses as they reach their later years of life. Their health problems related to advancing years are like our own, including heart disease, dental problems, liver disease, digestive disorder, kidney disease, and cancer.

Early detection and treatment of diseases can enable veterinarians to extend your pet's life and improve the quality of it as well.

Senior exam & lab work benefits include:

Physical Exam Many diseases such as tumors, dental disease, and heart disease can be detected and treated early with a physical exam.

Blood Chemistry (CBC/Chem.) To identify various underlying problems with the internal organs early on before they become serious. Many of these problems may not be detected on a physical exam.

Source: Rose Rock Veterinary Hospital and Pet Resort

Urinalysis Assesses the health and function of the kidneys and bladder. Many diseases will cause urine to be abnormal before any other test or exam will show an abnormality. This is good for early detection of kidney disease.

Thyroid Screening (T4) Many breeds develop thyroid problems as they age. Screening allows early detection before they become ill.

Electrocardiogram (ECG) Helps to detect heart problems that may not show on physical exam so further diagnosis or treatment can be started.

Glaucoma Screening To check the pressure in the eyes. If the pressure is too high, it can be painful and cause blindness.

Blood Pressure Overweight and geriatric animals are prone to high blood pressure. As in people, it can be a silent killer. Older cats are at risk and sometimes the first symptom is blindness or kidney disease that could be prevented if started on medications early.

Radiographs: For detection of abnormalities such as enlarged heart, tumors, and organ enlargements.

Dentistry: Keeping the pet's teeth clean prevents painful teeth, odor from the mouth, and bacteria from the mouth that could damage the kidneys, heart, or other organs.



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Discovering Unique Finds in a Vintage Antique Mall

Story and Photo by Vickie Jenkins, Staff Writer

Do you want to catch a glimpse of your past and relive precious memories? Stepping into 3 Strands Vintage Antique Mall feels like traveling back in time, where every corner is filled with the charm of yesteryear. Nostalgic treasures from decades gone by surround you, offering a delightful mix of retro signs to vintage furniture and classic fashion pieces. As you wander through the aisles, you'll find items that bring back memories to the simple times. The displays invite you to explore, making each visit and experience where the past and the present blend together, leaving you with a feeling of timeless connection to history.

Meet Dusty and Cindy Gardner, the passionate owners of 3 Strands Vintage Antique Mall, located at 4848 N.W. Expressway, Oklahoma City, OK. As the largest vintage and antique mall in Oklahoma City, OK it offers an inviting space for treasure hunters and collectors alike. With over 35,000 square feet of thoughtfully laid out displays, the mall is a haven for those seeking timeless pieces, from mid-century furniture to nostalgic decor. You are sure to find something unique and interesting to remind you of the past. There is spacious room to explore and discover hidden gems.

When asked what inspired Dusty and Cindy to open a vintage mall, Cindy smiled and explained, "Dusty has always been fascinated by old, forgotten items, always searching for rare antiques," she said. "What began as a small hobby quickly grew into a full-blown passion and before we knew it, we were needing more space, outside of our home,"



Standing in front of the big buffalo are Dusty and Cindy Gardner, owners of 3 Strands Vintage Antique Mall.

she added. "We found the perfect place. We love the excitement of our customers when they discover their long-forgotten treasures. We've also fallen in love with the community and all of the incredible people who have come into our lives. Today, the mall has 127 vendors and on our big sale days, we welcome over 2,000 people through our doors."

Cindy explained their vision behind creating 3 Strands Vintage Antique Mall, sharing how they wanted to build a space where both vendors and customers could feel appreciated and valued. "We envisioned a community where

passions could grow, where vendors could thrive and customers could find unique treasures that gave them that personal feeling." She went on to say that their journey was guided by faith. "We began to pray for direction and clarity, trusting that through faithful prayer, the right path would unfold. Little by little, our dream became a reality and now, we have a place where everyone can gather, prosper and connect in meaningful ways, and keeping our focus on God in everything we do. This commitment to faith and community has become the heart and soul of 3 Strands Vintage Antique Mall, where business thrives and relationships flourish," she said with a smile.

When asked if she believed there would always be a demand for antiques, even with the growing popularity of modern design, Cindy responded thoughtfully, "I truly believe there will always be a desire for antiques," she said with confidence. "After all, antiques carry stories and memories that can't be replaced by modern pieces. Modern designs has its place, but antiques offer something unique, a sense of nostalgia and the chance to hold a piece of time in your hands. I think that the emotional connection is

something people will always seek."

When asked about their personal favorite item in the store, Cindy smiled and thought for a moment before answering. "Well, I'm pretty sure Dusty's favorite is the vintage gas pump we have. He's always been fascinated by unique, industrial pieces like that," she shared. "As for me I'd have to say my favorite is the authentic stagecoach we have on display. It's such a striking piece of history. Every time I look at it, I think of the stories it could tell and the journeys it's been on. Now, we both have a soft spot for the big buffalo that stands proudly in our store. It's one of those pieces that really catches peoples attention when they walk in."

Overall 3 Strands Vintage Antique Mall strives to be remembered as something far more than just another antique mall. They aim to be a place where history, community and passion come together, offering an experience that leaves a lasting impression on everyone who walks through their doors.

3 Strands Vintage Antique Mall, is more than just a place to find unique treasures; it's a bridge that connects generations, sparking curiosity and nostalgia in young and old alike.

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Santa Market Craft Show Moves to Fourth Weekend in November

Story and photos by Darl DeVault
Contributing Editor

To give customers more time to anticipate Christmas, the 15th Annual Santa Market Craft Show will move two weekends into November, Friday the 22nd and Saturday the 23rd, at the Pavilion Building at the OKC Fairgrounds. This shift to earlier dates will create a vibrant and festive atmosphere, sure to get shoppers in the holiday spirit.

The Market is Oklahoma City's premiere free, two-day showcase for one-of-a-kind, Christmas-themed creations benefiting the Alzheimer's Association of Oklahoma.

"We work to organize this show all year," co-founder Molly Nye said. "It is a true labor of love and helps all of us by doing something positive to combat Alzheimer's Disease." If anyone would like to be involved by volunteering, donating an item or service for the auction, or an item for the Alzheimer's booth, please contact Joan Clarke at 405-314-1033.

As one of Oklahoma's most

extensive free-admission, nonprofit arts and crafts shows, the festive shopping experience will feature 180+ carefully chosen, creative vendors selling their unique and diverse products. Organizers say this is a shopping experience you won't want to miss.

The Market offers free parking, a silent auction, and more. It is open from 9 a.m. to 4 p.m. on both days. Handcrafted items are available for all shoppers' seasonal gift needs at an event that raised \$43,000 last year for Alzheimer's work. Since its inception up to this October, the Market has raised \$313,464 for the cause.

Visitors are encouraged to bring their children to have free photos taken all day with Santa, Del Humphreys, an International Brotherhood of Real Bearded Santas member. Visitors can also speak with Mrs. Claus, Linda Turner. Organizers say The Grinch himself will be there this year."

Shoppers may purchase a wide variety of Christmas-themed home décor. This includes hand-painted ornaments, festive wreaths, and



Linda Turner will reprise her role as Mrs. Claus to speak with children and have her photo taken.



Played by Del Humphreys last year as a naturally bearded Santa, Santa is available for visitors to get their free photos taken during the two days of the show.

homemade arts and crafts such as knitted scarves and unique pottery. Boutique and holiday items, jewelry, children's clothes, books, and food goodies are also available. The first 1,000 visitors receive free shopping bags sponsored by local businesses.

Joan Clarke, Molly and Megan Nye began the event in 2010 after Joan's husband died of Alzheimer's in 2007. Their shared goal was to support the charity addressing one of America's most challenging diseases. They invite shoppers to join them in this meaningful cause, becoming part of the community of support.

"Molly and I had been selling items at craft shows for years, and we decided to start our own event. We booked a small room in a hotel and started with 17 vendors," Clarke said. "By the time our third year began, we realized how much work putting on a quality show involves, so we decided to make it a fundraiser. Molly immediately suggested Alzheimer's since Joan lost her husband and Megan lost

her father to the terrible disease. These personal experiences drive our commitment to the cause and inspire us to make The Santa Market Craft Show a success each year."

Over the years, the number of vendors, attendees, and funds raised has grown tremendously, which is a testament to the community's support and the event's impact.

Every dollar raised at the Market goes directly to the Alzheimer's Association, a nonprofit 501(c)3 organization. These funds support crucial research, care, and support efforts, making a tangible difference in the fight against Alzheimer's. Your participation and support are vital, and all donations are tax-deductible, empowering you to be part of this meaningful cause and see the impact of your contribution on Alzheimer's research.

"Our excellent vendors make this show what it is each year. We are one big family; everyone helps

Continued next page

SANTA

Continued from Page 20

promote the show, advertise, and find new vendors. They donate to our cause, monetarily and with their products, even though it's voluntary," Clarke said. "They help with set up, clean up and everything in between. We have three vendors that have been with us all 14 years. Countless more have been with us for 5, 8, or even 10 years. One vendor named it 'The Greatest Show on Earth,' and it truly is."

The organizers limit the number of crafters' assigned spaces. Clarke says it is not about turning away new vendors but only allowing a limited number of each type of vendor. They wish they could take everyone, but having a variety makes for a better shopping experience, and the vendors have a much better chance of success. "We strive to ensure a diverse range of products and crafts, so our selection process is based on the uniqueness and quality of the items," Clark said.

Clarke says some vendors see the event as an opportunity to make sure their favorite charity receives as much as possible from their craft world and them personally. By writing personal checks to the Alzheimer's Association when The Santa Market rolls around, these vendors do their part to help. They also donate products and gift certificates to the Alzheimer's auction and booth.

The Santa Market promoted the show at the annual Walk to End Alzheimer's on November 2 in downtown OKC. Clarke and her family have walked every year

since 2003. Held annually in more than 600 communities nationwide, Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

National presenting sponsor Edward Jones is in its ninth consecutive year helping to make the walks successful. Biogen and Eisai are also national sponsors. Santa Market fielded a team for the walk.

Nearly 7 million Americans are living with Alzheimer's disease in the United States. Additionally, more than 11 million family members and friends provide care to people living with Alzheimer's and other dementias.

In July 2024, the FDA approved Kisunla (Donanemab), a drug that can help treat early Alzheimer's disease. The medicine is administered intravenously every four weeks. In clinical trials, Donanemab slowed memory and thinking decline by 20-60 percent and slowed daily activity decline by 40 percent.

The organizers attribute The Market's successful 14 years to the invaluable contributions of quality vendors, loyal customers, volunteers, sponsors, and donors. They consider everyone involved part of the Santa Market Family and hope for their continued support to make this year's event a resounding success. This year, organizers are proud Steve Eldridge, Senior News & Living and Oklahoma Nursing Times publisher, is again a Diamond Sponsor. For more info, visit www.thesantamarket.org.



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American Legion Lebron Post 58

Expanding Initiatives to Help Veterans



The American Legion Lebron Post 58 in Guthrie is expanding its community footprint helping veterans through several initiatives including its Bunker 58 Esports program. Pictured are Post Commander Kim Vincent, and Steve Sibley who serves as the Lebron Post 58's Community Engagement Officer.

Story and Photo by Van Mitchell, Staff Writer

The American Legion Lebron Post 58 in Guthrie has a long history of doing community outreach helping veterans, active-duty members, and families of those who have served.

The American Legion Post is expanding its community outreach through a series of initiatives to help veterans receive the benefits and help they need, said Post Commander Kim Vincent.

Vincent, a U.S. Navy veteran, has served as the post commander since August.

She and her husband, also a Navy veteran, moved to Oklahoma from San Diego.

"For 20 years we'd come to Oklahoma. My childhood best friend

from Indiana moved to Edmond about 27 years ago," Vincent said. "We would just stay at her ranch, and we fell in love with it."

Vincent said she wanted to get involved with the Guthrie community.

"I quickly got involved with the American Legion when we moved here," she said. "I have a wonderful team of officers working with me. Together we have been so successful in starting new programs and getting them established."

One of those programs was the creation of the Bunker 58 Esports program, which is designed to reduce veteran suicide by providing an environment of connection, teamwork, and camaraderie for local veterans.

"Bunker 58 started as an idea between three Legionnaires a couple of years ago," said Army veteran and Lebron Post 58 Chaplain George Shafer. "We were sitting around drinking coffee, and one of our members read an article in the National American Legion Magazine about a partnership with a gaming organization. And in that article, it explained to us that eSports provides a level of camaraderie, accountability, and competition that veterans crave. We began the process of looking into what it would look like to get that program at our Post here in Guthrie. And we began looking at the cost and looking into the internet and considering where we could potentially run the program."

Shafer said the grand opening this summer was a success.

"It exceeded our expectations dramatically," he said. "We were hoping on a Wednesday afternoon to hopefully get 10 or 20 people to come out and look at what we were doing. We ended up having over 100 people show up. We were able to speak with veterans and attendees who had never stepped foot into an American Legion before. We've also been able to attract new members from a younger demographic. And the response that we got from our immediate community was overwhelmingly special."

Steve Sibley, a U.S. Army veteran, serves as the Lebron Post 58's Community Engagement

Continued next page

LEGION

Continued from Page 22

Officer.

He also serves as an Account Executive with Senior News and Living Magazine.

Sibley said one of his goals is helping launch the Oklahoma Veteran News-Magazine in January 2025.

Oklahoma is home to approximately 285,000 veterans, active-duty members, Guard and reservists. That number reaches well over half-a-million when you include their spouses and caregivers.

For veterans in Oklahoma, their greatest challenge is how and where do they find and access all the resources available to them? Likewise, for providers with services, information, and resources for veterans and their caregivers, their challenge is connecting with veterans and their family members.

"The purpose of our new magazine is to not only fill that gap, but also bring to light the stories of Oklahoma's active service members, guard, reserve members, veterans, and veteran owned businesses," Sibley said. "My goal has been for over two years now to come up with some type of veteran-focused news magazine for Oklahoma, while helping veterans access the benefits that they have. There's so much information out there and so many benefits that they can access. A lot of them just don't know. I want to get that information out."

Sibley said he and Vincent have worked together to put together veteran resource fairs at the American Legion.

"Kim and I started talking about an opportunity to do a resource fair for veterans last November," he said. "We started with that, and things have just gone from there. They're doing all these awesome things in the community already. I want to take what we're doing here at the Legion and engage with the community. We're working hand in hand with the Guthrie Chamber and we're going to their weekly events when we can, and we're trying to schedule our officers, so we have someone there all the time."

Sibley said the American Legion Post is hosting its next Veteran and Senior Wellness and Resource Fair Nov. 21 at the Post located at 123 N. 1st Street from 9:30 a.m. to 12:30 p.m.

Additionally, he said the Post also hosts Thursday morning coffees for veterans from 9 a.m.-noon.

"We have Thursday morning coffee, and we want to do things like invite our first responders and recognize their work in the community," he said.

Vincent said the community outreach also focuses on the next generation of future military members.

She said the Post has worked with Colonel Kyle Brede, (US Army RET) the JROTC commander at Guthrie High School to help spread the word about the American Legion and its purpose.

"It's important for us to be out in the community and engaging with the community and its young people to get them excited to hopefully one day join our military especially since recruiting numbers have recently been declining," Vincent said.

Vincent said the Lebron Post's biggest fundraiser event each year is its role in organizing Guthrie's annual 89er Day celebration each April. The 2025 celebration will mark the 96th annual event.

Vincent said one of the Post's long-term goals is providing temporary/transitional housing for veterans.

"We have a vision of having some transitioning homes," she said. "We want to be able to provide some kind of housing for them temporarily, and that's going to take some time. We need property to do that."

Vincent said the Post is considering looking for a location that is in a quieter spot.

"I feel like we need a space outside of town, with fewer horns honking, or the ambulance going to the hospital," she said.

Vincent said telling a veteran's story is important.

The Veterans History Project at the Library of Congress collects, preserves and makes accessible the firsthand recollections of U.S. military veterans who served from World War I through more recent conflicts and peacekeeping missions, so that future generations may hear directly from veterans and better understand what they saw, did and felt during their service.

"We're partnering with Senator (James) Lankford's office, with the Veteran History Project, where they're coming up here Dec. 5, where volunteers from the senator's office and the Red Cross will come and sit down with veterans and record their stories," she said.

For more information about the programs at Lebron Post 58 call (405)282-2589 or visit <https://lebronpost58.org>

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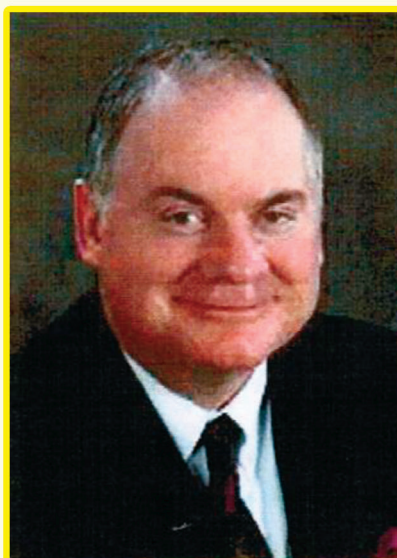


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By Marise Boehs

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The view from the top is incredible. You can see for miles and easily imagine cattle on the Sante Fe Trail driving through to Raton Pass and far off to the left you could even see Black Mesa in Oklahoma.

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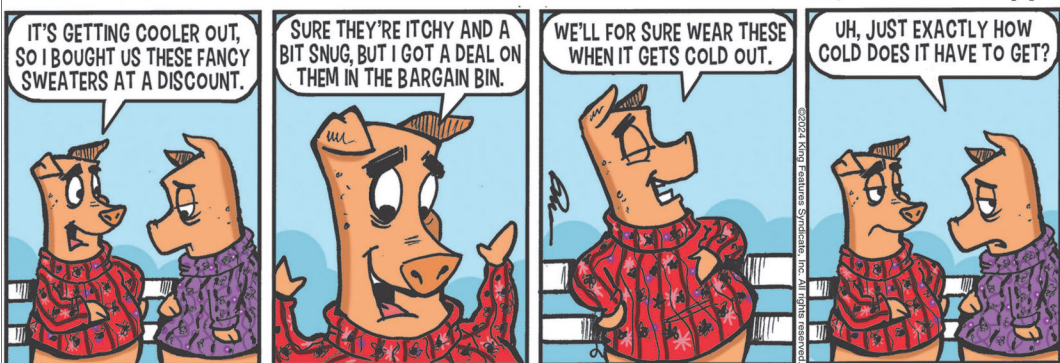
Capulin is located between Raton and Des Moines on Hwys 64 and 87 in northern New Mexico. The monument is a few miles north. Check the website for hours of operations and other information www.nps.gov/cavo/index.htm

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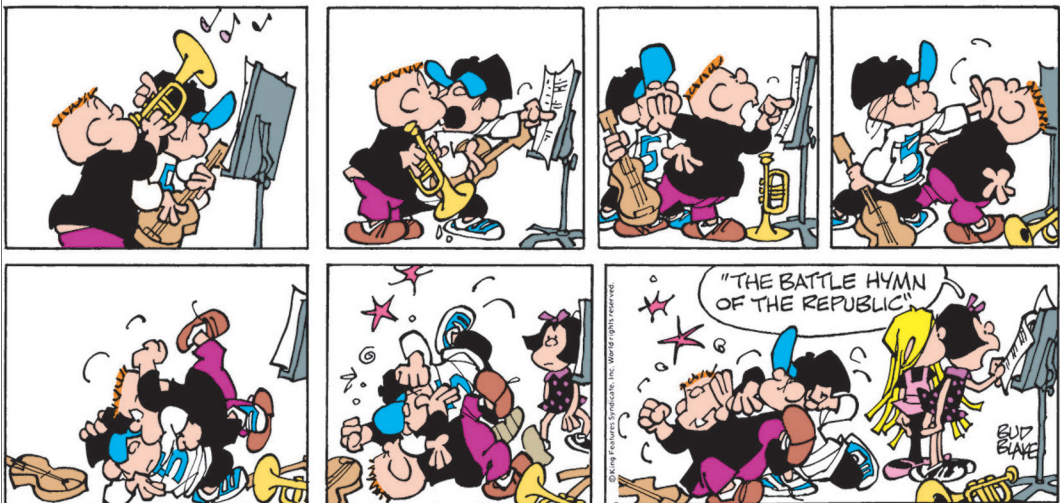
Amber Waves

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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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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Spoon is longer. 2. Handle on pot is lower in door. 3. Neckline is different. 4. Hair bun is smaller. 5. Window in door is lower. 6. Outlet is added.

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King Crossword

ACROSS

- 1 Fringe benefit
- 5 "Humbug!"
- 8 Rocky out-crop
- 12 Jai —
- 13 Swelled head
- 14 Valentine border
- 15 Cooking area
- 17 Gray's subj.
- 18 Wedding setting
- 19 Riyadh residents
- 21 Pride parade letters
- 24 GI entertainers
- 25 Ganges wrap
- 28 Incursion
- 30 "Tasty!"
- 33 Actress Thurman
- 34 Orchestral strings
- 35 Director Ang
- 36 Prohibit
- 37 Gas co., for one
- 38 Printer's blue
- 39 Corn core
- 41 Cruising
- 43 Drag
- 46 New York's — Island
- 50 Pundit's piece
- 51 Causing annoyance

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15			16				17			
18						19	20			
		21		22	23		24			
25	26	27		28	29			30	31	32
33			34					35		
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		39	40		41	42				
43	44			45		46		47	48	49
50				51	52	53				
54				55				56		
57				58				59		

- 54 Stallion's mate
- 55 Flightless bird
- 56 Revise
- 57 Org.
- 58 Trench
- 59 Pixels
- 8 Santa —
- 9 Not by design
- 10 "Superfood" berry
- 11 Understands
- 16 Work unit
- 20 German car name
- 22 Author Harte
- 23 Shire of "Rocky"
- 25 Long lunch?
- 26 Docs' org.
- 27 Cattle farm workers
- 29 Misfortunes
- 31 — culpa
- 32 Gents
- 34 Rubik's brain-teaser
- 38 Phoned
- 40 From days of yore
- 42 "A mouse!"
- 43 "Brave New World" drug
- 44 IRS employees
- 45 Get ready, briefly
- 47 Chic beach resort
- 48 Monogram pt.
- 49 Pvt.'s superiors
- 52 Parisian pal
- 53 Fanatic

DOWN

- 1 Brazilian rubber
- 2 Mideast airline
- 3 Harangue
- 4 Capital of Rwanda
- 5 Wager
- 6 Past
- 7 Beer ingredient

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1. MOVIES: Who was the only actor to receive an Oscar nomination for work in a "Star Wars" movie?
2. GEOGRAPHY: What is a body of land with water on three sides called?
3. U.S. PRESIDENTS: In 1960, which two candidates participated in the first televised presidential debate in 1960?
4. FOOD & DRINK: What type of flower produces vanilla bean pods?
5. MUSIC: What was the name of blues musician Stevie Ray Vaughn's first Fender Stratocaster?
6. SCIENCE: What type of gas is absorbed by plants?
7. LITERATURE: What is the name of the submarine in "Twenty Thousand Leagues Under the Seas"?
8. TELEVISION: What is Clair Huxtable's profession in "The Cosby Show"?
9. ANATOMY: What is a more common name for the sternum?
10. ART: Which European city houses the Rijksmuseum?

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

BIBLE WORD SEARCH

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

Solution time: 24 mins.

Answers

King Crossword

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1. Alec Guinness; 2. A peninsula; 3. John F. Kennedy and Richard Nixon; 4. Orchid; 5. Number One; 6. Carbon dioxide; 7. Nautlius; 8. Lawyer; 9. Breastbone; 10. Amsterdam

Trivia Test Answers

Event at Oklahoma History Center to Highlight Contributions of Choctaw Freedmen

On Friday, November 15, from 11 a.m.-1 p.m., Choctaw Freedmen Citizen Footprints (CFCF) is partnering with the Oklahoma Historical Society to share and discuss Black experiences on Route 66 in the Chesapeake Event Center and Gallery at the Oklahoma History Center in Oklahoma City.

The CFCF will unveil the "Oklahoma Freedmen Families and Descendants" pop-up exhibit at the event. This exhibit explores

the journeys of Freedmen families traveling across Route 66 and other Oklahoma roads, highways, and byways for work and family gatherings - creating a new path for their descendants to follow. These journeys played a pivotal role in shaping Oklahoma's history and narratives.

Brenda Droke, Doris Burris Williamson, and Wanda Warren will be the guest speakers, among others, rendering a special tribute to selected honorees from the Burris,

Coleman, Butler, Cole and Liggins families.

A light lunch will be served. The event is free, but registration is required. The registration deadline is Friday, November 1.

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 www.okhistory.org.



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All Stars-OKC Granny Basketball Funding-Raising Games

November 9th, Saturday

All Stars granny basketball team will be playing the Bridge Creek Fire Department at the Bridge Creek Middle School gym on Saturday, November 9th at 2 pm. We are fundraising for a children's Christmas toy drive.

Donations welcome. There will be a silent auction for baked goods and baskets.

For more information, contact Lori Rupert - Captain, All Stars-OKC granny basketball team 405-328-8090

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5	2	9	1	8	3	7	6	4
7	8	3	9	4	6	2	1	5
9	7	2	8	5	1	4	3	6
4	3	8	6	7	9	5	2	1
1	6	5	4	3	2	9	7	8



Sudoku Answers

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Goldie Nelson

(Right) 101 years old. Meet Goldie Nelson 101 and moved to Harrah, OK. Her brother, Harold, also lives there. Goldie and Olen Nelson were married for 66 years and raised two children, both of whom were at the celebration. Goldie's words of wisdom for us are: When You Get Married, Don't Go to Bed Angry, Communication is Important!



Faye Flowers

(Left) 101 years old. Faye (McCoy) Flowers, 101, has lived a full life in Jones, staying healthy without medications. She credits daily hot chocolate and regular bike rides for her longevity. She buys clothes from resale stores to donate to those in need. She was honored with the Pay It Forward award and featured in local media. Her advice: "Forgive easily, love everyone, and thank God daily."

John Knorr

(Right) 100 years old. WWII Veteran John Andrew Knorr, born October 26, 1924, in Kittanning, PA, graduating Notre Dame's Electrical Engineering program. He served 7 years in the Navy on the USS Langley. After a career with TG&Y Corporation, he retired in 1989. Now in Tulsa, he stays active and always has a smile. His advice: "Obey your parents. Listen!"



Margaret Burnett

(Right) 102 years old. Meet Margaret Burnett, a lively 102-year-old born in Kay County. She lived in several towns before settling in Ponca City, where she worked as a nurse's aide until 1994. She has a five-generation family, including three daughters, six grandchildren, nine great-grandchildren, and five great-great-grandchildren. For her 100th birthday, she collected food donations for the Northern Oklahoma Humane Society instead of gifts, a tradition she continued the following year.



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Oklahoma City's baseball team is now the Comets

New brand honors Oklahoma baseball legend Mickey Mantle, emphasizes team affiliation with the Los Angeles Dodgers

Oklahoma City's Triple-A baseball team officials tonight revealed the team's new name and brand, the Oklahoma City Comets, during an unveiling ceremony at Chickasaw Bricktown Ballpark. The OKC Comets name pays homage to Oklahoma baseball legend Mickey Mantle, whose nickname was "the Commerce Comet." The brand's light blue and red colors and logo, with a baseball shooting through the sky like a comet, honor the team's long-time affiliation with the Los Angeles Dodgers.

"We wanted our new name and brand to be something that reflects Oklahoma's rich baseball history and our affiliation with the Dodgers but

is also uniquely ours and embraces the future of our city and state," said Oklahoma City Comets President/General Manager Michael Byrnes. "Mickey Mantle-the Commerce Comet-is an iconic baseball figure for our state, our city, our team and our ballpark. In addition, the OKC Comets name and different marks that display images of space suggest a look toward the future and enables us to have a bit of fun bringing our new identity to life for our fans."

Byrnes said the local community and key stakeholders played a significant role in selecting the new name. Over the past two years, team officials hosted

focus groups with members of the community and reviewed the high volume of feedback received from fans via social media and email submissions.

"We appreciate our community of fans who provided input into the new name and brand and who have supported this team throughout the years-since 1962," Byrnes said. "Our commitment is to continue to provide the same fun, family-friendly game day experience our fans have come to expect-now with new signage, new uniforms and mascots."

The team remains the Los Angeles Dodgers Triple-A affiliate through at least 2030 under the current Professional Development League license, featuring players one step away from Major League Baseball for years to come.

Work is underway to replace signage, uniforms and other graphics with the OKC Comets brand, which will greet fans when the new season begins in April 2025. Fans who want to get a jump-start on displaying the new brand can purchase OKC Comets merchandise online or at the Team Store, located on the west side of Chickasaw Bricktown Ballpark. Season memberships for 2025 are currently available for purchase.



WHAT'S FOR DINNER? EASY LEMON PASTA

INGREDIENTS

- 1 stick unsalted butter
- 1 lb. spaghetti
- 2 Tbsp. garlic powder
- 1 tsp. salt
- 1 tsp. black pepper
- 3 Tbsp. lemon juice
- 1 Tbsp. lemon zest
- 3/4 cup grated Parmesan cheese
- 1 package of chicken sausage
- 1/2 cup of grape tomatoes (halved)
- 1 Tbsp. vegetable oil



INSTRUCTIONS

1. Cook spaghetti according to instructions in a large pot. Drain, reserving 1 cup of pasta water. Set aside.
2. In the same pot, melt the butter over medium heat. Add garlic, salt and pepper. Stir for 1 minute or until garlic is fragrant.
3. Add the spaghetti back into the pot with the lemon juice and lemon zest. Stir in 3/4 cup of reserved pasta water and 1/2 cup Parmesan cheese. Toss to coat. Add more pasta water if needed.
4. Slice and cook the chicken sausages in a skillet over medium heat until they are heated through.
5. Remove the lemon pasta from the pot. Add the vegetable oil to the same pot. Add grape tomatoes and cover with a lid. Turn the heat to medium-high and cook the tomatoes for 3-4 minutes, occasionally stirring until they darken in color.
6. Top the pasta with the sausages, tomatoes and remaining Parmesan cheese.
7. Serve immediately.

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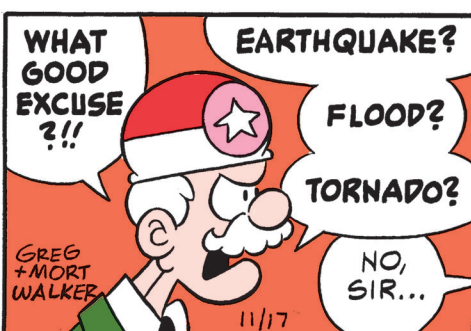
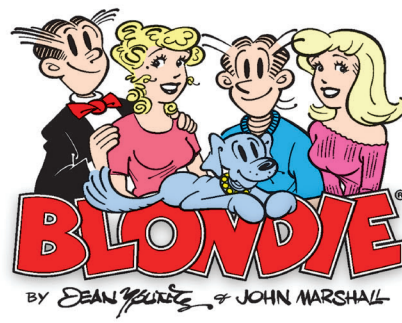
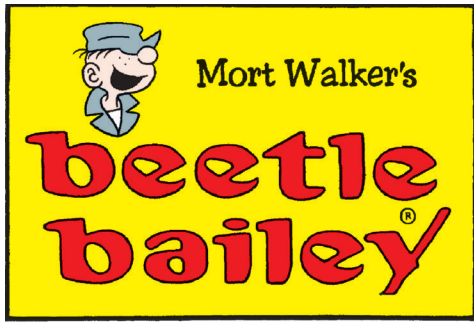
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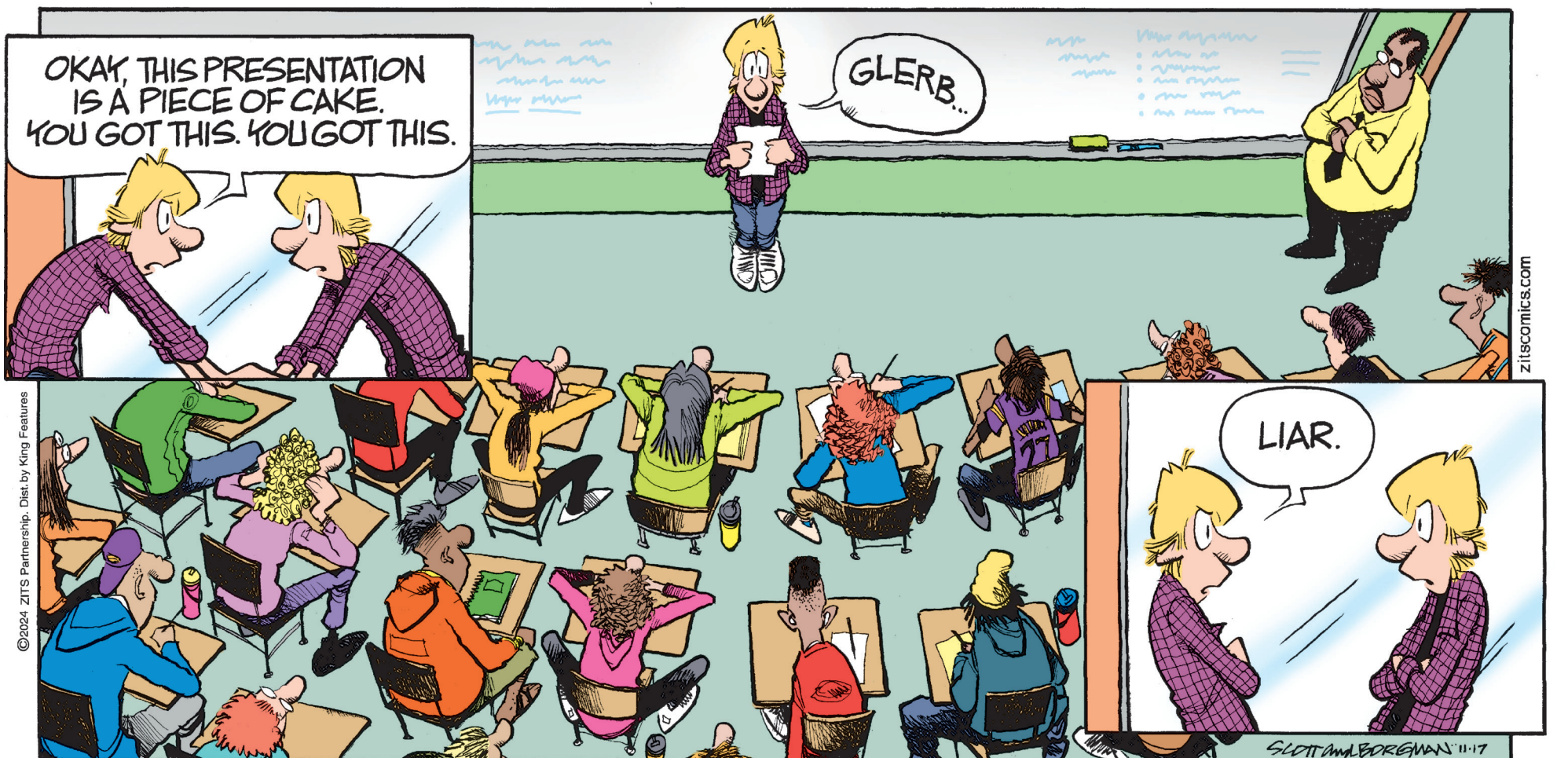
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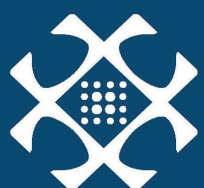
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