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SENIOR NEWS & LIVING

Monthly

LIFELONG PASSION

Bowling has provided many opportunities for Navy veteran

Looking to the future with corn hole tournaments

Story on
page 2

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Bowling Played Major Role in Navy Veteran’s Life

By Van Mitchell, Staff Writer

Bowling has played a role in Bill Ruhman’s life personally and professionally, and he has received multiple national bowling awards. Ruhman, a resident of Villagio of Bradford Village Assisted Living in Edmond joined the U.S. Navy in 1946.

“Bowling has been a large part of my life,” Ruhman, 97, said. “I got out of the Navy in 1948, and I got into bowling and joined leagues and tournaments.” After serving his country in both Alaska and Hawaii, he worked as a civilian bowling center manager at Tinker Air Force Base for several years.

In 1982, Bicentennial Lanes in Rammstein, Germany, the largest military base in Europe, recruited him to be the Bowling Center Manager. In 1985, while still serving in Germany, he received the Meritorious Award for Leadership and the 1985 European Bowling Center Manager of the Year Award. In 1986, he returned to Tinker as the civilian bowling center manager, retiring after 25 years.

He was inducted into the Oklahoma City Bowling Hall of Fame in 1988 and the Oklahoma Bowling Hall of Fame in 1993.

Ruhman said bowling brought him companionship and friendships, but that did not stop him from being competitive. “It’s competition that makes you a better bowler,” he said. “It makes you bowl harder, and you learn something from it. With competitors, you do not look at them as an enemy, you’re competing against them. If they beat you, shake their hand and wish them well. But do not have a grudge against somebody just because they beat you.”

Competition led Ruhman to leave Oklahoma for a period to try his hand at bowling on the professional level.



Bill Ruhman has received multiple state and national awards in bowling and cornhole

“I thought I was pretty good at bowling, and I wanted to hit the pro tour,” he said. “I moved to California was on the tour for five years.”

After returning to Oklahoma, Ruhman later got involved in the Oklahoma Senior Games.

The mission of the Oklahoma Senior Games is to encourage physical wellness for men and women ages 50 and older by providing quality sport opportunities conducted in an enjoyable social environment at sites throughout the state of Oklahoma.

In 2016 Yukon was the only local senior game. The Yukon Park and Recreation Department had hosted senior games for 20-plus years at that time. The Oklahoma Senior Games Board of Directors decided at that time to encourage the growth of local senior games because as people age, they are less able to travel to compete in events that are more than a half hour from their home.

OSG encourages city recreation departments and the YMCA to host senior games in their respective communities.

These competitions are usually scheduled in spring or summer to prevent overlap with the Oklahoma Senior Games. Local competition tends to be less comprehensive than state-level competition, with fewer events available.

See **BOWLING** on page 4

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BOWLING continued from page 2

There are now five cities which offer competitions: Yukon, Ardmore, Muskogee, Moore and the Metro Senior Games in Oklahoma City.

The Metro Senior Games were produced by a successful partnership between the Greater Oklahoma City YMCA and the Oklahoma City Parks and Recreation Department.

Ruhman competed in bowling, singles and doubles, horseshoes, shuffleboard, pool, golf, and washers, and cornhole.

Washer pitching is a game like horseshoes, involving teams of players that toss washers towards a box or hole.

Ruhman is an Oklahoma Senior Games Gold and Silver Medalist. He has won over 300 of those medals.

"I'm kind of proud of them," he said.

Ruhman has won national championships in bowling as well cornhole.

"I just picked it up because it's got the arm swing of the bowler," he said. "It came easy for me."

The National Senior Games Association (NSGA) is the nonprofit umbrella organization for Senior Games across the United States. The NSGA's Member Organizations represent nearly every state and Canada and host sanctioned competitions in their areas.

The NSGA also hosts the biennial National Senior Games, which brings together over 11,000 participants ages 50-100+ to compete in more than 25 sports. Athletes must qualify at a State Senior Games in the year before the National Senior Games to participate in most events. This world-class

competition celebrates the athletic accomplishments of older adults and inspires people of all ages to be active.

The first Senior Games event, called the "Senior Olympics," was held in Los Angeles, California, in 1969, and the movement soon spread to other states. The first National Senior Games championship took place in 1987.

Ruhman said he enjoyed qualifying for national championships. He qualified for nationals in New Mexico, Oklahoma, Florida, Texas, California, Alabama, Tennessee, and Louisiana.

"I would go to nationals and that would be my vacation," he said.

Ruhman and his late wife Regina used to bowl together, as well as with friends.

Health issues forced Ruhman into bowling retirement.

"I couldn't bowl last year on account of my knees are gone and I was having trouble with equilibrium," he said. "I was having trouble with my equilibrium, and I thought I better stop before I fall. You get to the point you cannot do it. You just got to realize that it's all over with, but you are still okay."

Ruhman recently moved to Villagio of Bradford Village, to be close to his son who lives nearby.

"My son and I just lived a couple blocks away from here, and this is a real nice place," he said. "I wanted to be close to my son and that's why I came here."

Ruhman is not done with competition. He plans to continue playing cornhole and try to qualify for next year's nationals.

"I'm already practicing," he said.



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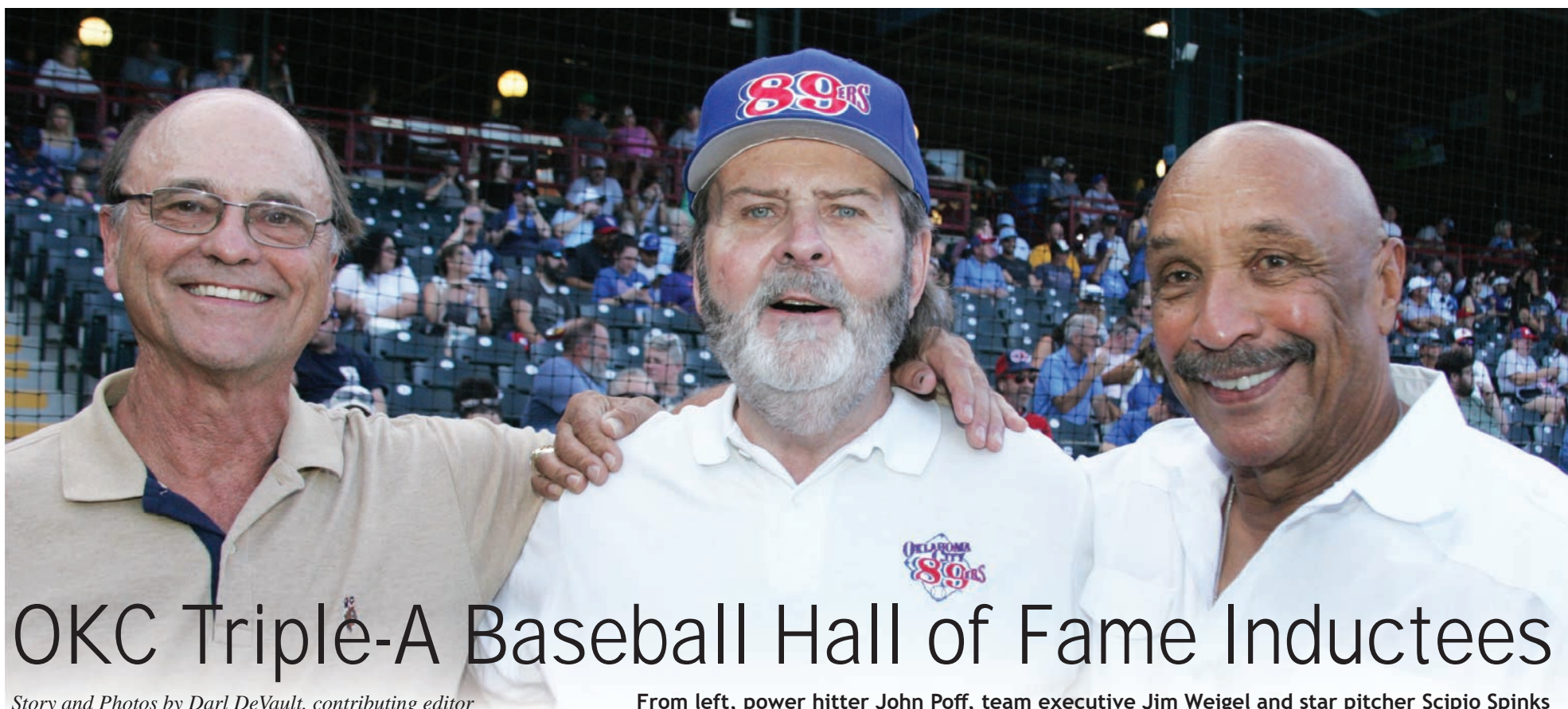


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OKC Triple-A Baseball Hall of Fame Inductees

Story and Photos by Darl DeVault, contributing editor

From left, power hitter John Poff, team executive Jim Weigel and star pitcher Scipio Spinks

Two former star players and an Oklahoma City Baseball 89er front office promotional legend were proudly introduced to the crowd on August 16th, as they were honored for their contributions to the team in their era.

Seniors who were raising children in the 1980s in OKC or attending 89ers games were well aware of the brilliance of Jim Weigel, 79, who made the ballpark a fun place beyond the play on the field. He and two others were inducted into the Oklahoma City Triple-A Baseball Hall of Fame. The Hall, established in 2023 to celebrate the 25th anniversary of Chickasaw Bricktown Ballpark, honors the most influential figures in Oklahoma City's Triple-A baseball history.

New inductees, power hitter John Poff, star pitcher Scipio Spinks, and Weigel made significant contributions to the city's baseball history during the 89ers era (1962-1997), a period marked by huge crowds and innovative promotions. The 89ers era, a time of significant growth and popularity for the team, with record-breaking attendance and a surge in fan engagement, holds a special place in our local sports history.

Weigel's ingenious promotions, which he began with the San Diego Padres, were truly groundbreaking. His nine seasons there, serving as Director of Promotions and Marketing and later Director of Minor League and Scouting Operations, were marked by his ability to spark the San Diego Chicken and revolutionize fan engagement. Later, a grateful San Diego Chicken (now The Famous Chicken) put in appearances in OKC.

Weigel's tenure as the 89ers Vice President and General Manager for 12 years (1981-1993) left an indelible mark on the OKC fans. His comprehensive strategy to build a fun and engaging atmosphere at the ballpark not only sparked nine of the top 11 yearly attendance records, including the single-season record in 1992, but also made the fans feel more connected to the game.

He enticed seven major league teams to play preseason exhibition games at the 89ers All Sports Stadium. His staff offered innovative fan experiences with nightly promotions, concerts, and the famous Dot Race. These unique elements of his strategy set the 89ers apart and created a sense of intrigue and engagement among the fans, making their experience truly memorable.

"My 1983 creation of Abner 89er dressed in throwback baseball attire, complete with his signature big mustache and pill box hat as a well-received mascot was innovative," Weigel said. "I am proud fans can still purchase items with that logo 42 years later."

In 1989, he designed the Robo Niner mascot, which stands as an early example of how technology, enhanced performance, and integrated branding became key components in revolutionizing the role of mascots in sports and entertainment. His efforts led to the dynamic and technologically advanced mascots we see today.

Weigel displayed a talent for developing promotional staff. He was adept at developing talent in sports administration, as many of his 60 former interns went on to successful careers. This proactive mentoring of an intern team sparked a prioritized fan engagement and marketing strategy throughout baseball.

Weigel emphasized entertainment beyond the game when he brought in renowned musical acts like The Beach Boys, The Temptations, Jimmy Buffett, and Chicago to perform postgame concerts. By extending beyond typical baseball-centric promotions, he tapped into a wider audience's interest in live music. While concerts are now a common element in minor league promotions, his efforts in this area were inventive for the era.

This sustained success points to a well-executed and integrated strategy that resonated with the community, including his "Pack the Park" giveaways and sponsorship involvement. His 12 years of advanced original thinking, combined with creative entertainment, strategic partnerships, and a deep understanding of fan engagement, have never been equaled in OKC.

John Poff's time as a power hitter with the Oklahoma City 89ers in 1978 and 1979 was not just a period of strong and consistent numbers. It was a time he later called "the real heart of my eight-season baseball career." In his induction speech, he outlined the deep personal connection he felt with the city. This sentiment adds a layer of nostalgia and emotional connection that he is proud to share with the team and the city.

Scipio Spinks pitched for OKC for three seasons, leading the team in starts, innings, and strikeouts in 1969 and 1970. He holds two of the top nine single-season strikeout totals during the 89ers era and threw a no-hitter in 1969. Still humble today about his gratitude to Oklahoma fans, Spinks pointed out in an interview that he lost that no-hit game in the last inning without run support, but struck out 15 batters.

The three new Oklahoma City Triple-A Baseball Hall of Famers, Jim Weigel, John Poff, and Scipio Spinks, are a testament to Oklahoma's rich sports tradition. Their achievements and contributions to the game of baseball make them deserving of the induction honor.



Higher Ground

By Jim Morrison

Lord, Teach Us to Pray

One of the darkest periods in the history of the United States occurred in the days following the Revolutionary War. Dr Edwin Orr, a scholar and preacher records that there was a moral slump that almost destroyed the Church. He writes, "Drunkenness became epidemic. Out of a population of five million, 300,000 were confirmed drunkards. Profanity was of the most shocking kind. For the first time in the history of the American settlement, women were afraid to go out at night for fear of assault. Bank robberies were a daily occurrence."

Churches were losing more members than they were

gaining. The chief Justice of the United States, John Marshall wrote to James Madison, "The church is too far gone ever to be redeemed." Only two believers were found in the student body in Princeton. Christians were so few on campus in the 1790's that they had to meet in secret, keeping their minutes in a secret code so that no one would know.

How did the situation chance?
A movement called the Union of Prayer swept through Great Britian. It crossed over the Atlantic to the United States. Issac Backus, a Baptist pastor, in 1794 called for the urgent need for prayer for revival to pastors

of every Christian denomination in the United States. Soon the churches were united in a network of prayer on the first Monday of each month.

The frontier of Kentucky was a lawless territory where outlaws held the upper hand. A Scotch-Irish Methodist minister, named James McGready, who was so ugly that he attracted attention, promoted a concert of prayer every first Monday of the month. He got people to pray for him from sunset on Saturday evening until sunrise on Sunday morning. Then in the summer of 1800, came the great Kentucky revival. Eleven thousand people came to a communion service.

Orr writes that, "out of that movement came the call for the abolition of slavery, Sunday schools, Bible societies, and evangelistic fervor."

In the following two segments of Higher Ground I will share about other great prayer movements

that changed the course of our history. Today, in most of our churches, fervent, heart-felt pray for conviction of sin and the call of repentance is seldom heard. Prayer is relegated to the beginning and ending of a service or class, and then only prayers for the sick or the offering of praise. These are important but intercession for the lost is not at the forefront. Corporate prayer is not a consideration.

I close with this prayer from Wesley Duewel, a great man of prayer. "Lord, teach me to pray, teach me to pray. Fill my heart with your hunger, my eyes with your tears, my soul with your hatred of sin. Fill my will with the strength to resist the devil in prayer, and fill my spirit with the mighty power of the Holy Spirit so I can pray with mighty prevailing prayer. Lord, teach me to pray."

Jim served as Director of the Baptist Student Union at Southwestern Oklahoma State for 37 years. After retiring he served as chaplain of the Custer County Jail for twenty years, and a local truck stop as well. He writes a religious column for two local newspapers. He currently lives in Weatherford.

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THE FREEDOM TOUR is a passionate project of Rich Dixon, a parapalegic handcyclist in Ft. Collins, Colorado. For the past 13 years, he along with supporters and volunteers, has sponsored a bike ride to raise money for children rescued from human trafficking. The TOUR supports 22 children at Project Rescue’s Home of Hope in south Asia.

Human trafficking is an issue larger than any one of us can fix, but the Freedom Tour supports one group of kids rescued from exploitation. All funds raised go directly to provide care, education, food, shelter, and to begin a new life.

“We know the people who care for these children, we know where the money is going, and we know the children whose lives are being changed as a result of our efforts,” Dixon said. “Your support helps these kids recover from the trauma of slavery and experience hope and freedom.”

The FREEDOM TOUR partners with PROJECT RESCUE to support the kids at the HOME OF HOPE, serving children who have been rescued from the forced sex trade. Children receive housing, food, clothing, aftercare, and education in a safe, nurturing environment.

The HOME OF HOPE is located in a politically sensitive area. To safeguard the children and their caretakers, it is refered geographically to “South Asia.” It is part of a larger PROJECT RESCUE ministry.

Freedom Tour Classic was held on June 21st of this year. 125 riders logged 4,300 miles that morning.

To find out more about this charity, please visit www.frontrangefreedometour.org. Also read more about Rich Dixon and his amazing story through his blog on the site.

Editor’s Note: No need to go to Colorado to get involved with this worthy project. (Although I heartily invite you to join me next year on the beautiful Poudre River Trail!)

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Free Lunch & Learn Series Promotes Wellness

Beginning in September, local health professionals will share their expertise in a series called Healthy Wellness Lunch & Learn. These free monthly lunches will be held at the Francis Tuttle Technology Center - Danforth Campus, following the Time For Living Seminars. They are co-hosted by VillagesOKC.

The lunches will follow the Time For Living Seminars, which run from 10 am to 11:30 am. The seminar topic for September is “Time For Caregiving Relief Options.” October is “Time For Discussing the Tax, Financial, Legal Issues,” and November is “Time for Creating New Holiday Traditions.”

WEDNESDAY SEPTEMBER 10



Dr. Daniel Prince, DC CCEP

Sept. 10, the presenter will be chiropractor Dr. Daniel Prince, DC CCEP. In addition to his work with professional athletes and clinical hours in Edmond, he is a published author and international seminar instructor. Dr. Prince is a practitioner of the Gonstead chiropractic method. This approach involves a detailed analysis of the spine and joints to identify misalignments and areas of dysfunction. Gonstead practitioners use a hands-on approach to make precise adjustments to correct these spinal misalignments and restore proper alignment and function.

TUESDAY OCTOBER 14



Kris Hapgood, RN

On Oct. 14, the presenter will be Kris Hapgood, RN. Her topic will be **“How Stem Cells Heal Fom the Inside Out.”** Hapgood is focused on finding the underlying causes of illness, not just treating symptoms. She says, “I’m here to proclaim that our bodies possess remarkable healing abilities, inspired by the very essence of nature itself. It’s time to rethink, to step ‘outside the box’ and truly embrace the potential for natural healing.”



Ashley Oyler
Nutritional Therapy Practitioner

TUESDAY NOVEMBER 11

On Nov. 11, the presenter will be Ashley Oyler, a Nutritional Therapy Practitioner. Her topic will be **“Tips for Wellness & Longevity.”** Oyler is a RESTART instructor. She leads a five-week class which combines elements of current nutrition education, a guided three-week sugar detox and the support and accountability of a small group. She says, “This is a powerful way to kickstart a new healthy lifestyle.”

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Wednesday, Sept. 10, 10-11:30am
“Time For Caregiving Relief Options.”
followed by Dr. Daniel Prince, DC CCEP

Tuesday, Oct. 14, 10-11:30am
“Time For Discussing the Tax, Financial, Legal Issues,”
followed by Kris Hapgood, RN

Tuesday, Nov. 11, 10-11:30am
Time for Creating New Holiday Traditions.”
followed by Ashley Oyler, Nutritional Therapist

The Francis Tuttle Technology Center - Danforth Campus is located at 3841 E Danforth Rd, Edmond. Registration is available at <https://lu.ma/timeforliving>

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OPINION

S THE SAVVY SENIOR

How to Prevent Falls at Home

Dear Savvy Senior

My 80-year-old father, who lives alone, has fallen several times over the past few months. Are there any tips or precautions you recommend that I can implement to help prevent this?

Concerned Son

Dear Concerned,

This is a common concern for millions of elderly seniors and their families. Each year more than 1-in-4 older Americans fall, making it the leading cause of both fatal and nonfatal injuries for those age 65 and older. But many falls can be prevented. Depending on what's causing your dad to fall, here are some tips that can help keep him on his feet.

Get him exercising: Weak leg muscles and poor balance are two of the biggest risk factors that cause seniors to fall. Walking, strength training and tai chi are all good for improving balance and strength, as are a number of simple exercises your dad can do anytime like sit-to-stand exercises (sitting down and standing up from a seat without using his hands for assistance), standing on one foot for 30 seconds then switching to the other foot, and walking heel-to-toe across the room.

Check his meds: Does your dad take any medicine, or combination of medicines, that make him dizzy, sleepy or lightheaded? If so, make a list or gather up all the drugs he takes - prescriptions and over the counter - and contact his doctor or pharmacist for a drug review and adjustment.

Many blood pressure medications, anti-anxiety drugs, antidepressants, anti-seizure drugs, antipsychotic drugs, diuretics, sedatives, tranquilizers, some painkillers and over-the-counter drugs that cause drowsiness are common culprits in medication-related falls.

Get a vision and hearing test: Even small changes in sight and hearing can increase your dad's risk of falling, so get his eyes checked every year to be sure his vision and eyeglasses (if used) are up to par. Hearing loss can also double the risk of falling, so have your dad's hearing checked too, and if he uses a hearing aid, be sure it fits well, and he wears it.

Fall-proof his home: There are a number of simple household modifications you can do to make your dad's living area safer. Start by helping him arrange or move the furniture so there are clear pathways to walk through and pick-up items on the floor that could cause him to trip like newspapers, shoes, clothes, electrical or phone cords.

If he has throw rugs, remove them or use double-sided tape to secure them.

In the bathroom buy some non-skid rugs for the floors and a rubber suction-grip mat or adhesive non-skid tape for the floor of the tub or shower, and have a carpenter install grab bars in and around the tub/shower for support.

Also, make sure the lighting throughout the house is good. Purchase some inexpensive plug-in nightlights for the bathrooms and hallways, and if he has stairs, put handrails on both sides.

For more tips, see the NIA 'Preventing Falls at Home: Room by Room' web page at NIA.NIH.gov/health/fall-proofing-your-home.


Choose safe footwear: Going barefoot or wearing slippers or socks at home can also cause falls, as can wearing backless shoes, and shoes with heels or smooth leather soles. The safest option is rubber-sole, low-heel shoes.

Purchase some helpful aids: If your dad needs some help with his balance or walking, get him a cane or walker. Also, to help ensure your dad's safety, and provide you some peace of mind, consider getting him a medical alert system that comes with a wearable emergency help button (some systems are voice-activated) that would allow him to call for help if he did fall or need assistance.

To help you evaluate your dad's future risk of falling, use the National Council on Aging's 'Falls Free Checkup' tool at NCOA.org/tools/falls-free-checkup

Send your questions or comments to questions@savvysenior.org, or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.

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Temple Has Unique Oklahoma History



The Scottish Rite Temple in Guthrie has served multiple functions in Oklahoma history including as the first capitol building of Oklahoma. The building features several prominent rooms including a theater.

By Van Mitchell, Staff Writer

The Scottish Rite Temple located at 900 E. Oklahoma Avenue in Guthrie has served multiple functions in Oklahoma history, including as the first state capitol building, as a location for TV and film production and as a site used by Freemasonry for educational and gathering purposes.

On April 22, 1889, Harper Samuel Cunningham, 33°, made the Run of the Unassigned Lands which opened for settlement. He came to practice law in the newly opened Territory. And he came to establish the Ancient and Accepted Scottish Rite of Freemasonry in what would soon become Oklahoma.

Designed for the use and benefit of the Masonic Fraternity in Oklahoma, the original Temple was situated at the northeast corner of Harrison and Broad Streets in downtown Guthrie. It served the Masons well from 1899 to 1923.

The original building in this complex, now named the East Annex, was constructed in 1908 by the city of Guthrie and called Convention Hall. It was intended as the meeting place for the Oklahoma State Legislature. It was a rectangular brick structure with two two-story wings flanking a two-story atrium having a gallery promenade. A basement completed the internal space.

The East Annex was used for one regular session of the Legislature in 1909 and one special session in 1910.

After the Legislature agreed to move the state capital from Guthrie to Oklahoma City in 1910, the city of Guthrie offered to sell the Convention Hall complex, including Capitol Park, to the Scottish Rite Masons, who wanted to construct a temple in Guthrie.

A deal was concluded with the Parr & Hawk, an Oklahoma City architectural firm, to design the western building (designated as the Temple), and the James Stewart Construction Company began construction in May 1920. Construction of the Guthrie Scottish Rite Temple was completed in 1924, at which time the Masons occupied the building, though interior finishes were not finalized until 1929.

It was listed on the U.S. National Register of Historic Places in 1987.

The Scottish Rite is one of the most widely practiced rites within Freemasonry, comprising 33 degrees that build upon the ethical teachings of the first three degrees conferred in Blue Lodges. The Scottish Rite emphasizes moral and philosophical education, allowing members to deepen their understanding of Freemasonry and its values.

The Scottish Rite Temple is a significant Masonic building that serves as a center for the Ancient and Accepted Scottish Rite of Freemasonry, offering education, fellowship, and community service.

"We're like a college-level class of the usual Masonry that you see in hometown lodges," Masonic Rite Temple General Secretary Glen Chaney said. "We have a continuation of the same purpose, which is to take good men and make better men. We are a philosophy, not a religion. We require that our members be eligible, that they do believe in a god, a greater spirit. We do not dictate who that is or what that is. It must be a force of good that all humankind has a soul that is immortal. And past that, we leave religion to individuals. What we do is try to make this world better."

Chaney said the Scottish Rite takes Masons through philosophical degrees and ceremonies and teaches lessons of moral and integrity through theatrical team performances.

"We in Guthrie are very proud because we are the mecca for this level of Masonic instruction," Chaney said. "We have been the guiding light that other people come to see how we do it."

Chaney said Masons come from across the country as well as far away as Brazil, Canada and Germany.

"We're one of the few temples that do all 29 degrees. We do that once a year. That takes three days," Chaney said. "We have theatrical teams for each of those degrees, and they come in and do that. We call that drinking from the fire hydrant of knowledge because it just knocks you down, overwhelms you."

Chaney said each fall they do a two-day version of instruction, which encompasses 14 degrees.

Tim Heaton, Facilities Manager, said the Temple is large enough to house the Masons while in Guthrie.

See **BOWLING** on page 32

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Project Offers Resource Platform

By Van Mitchell, Staff Writer

Chrissie Ward previously attended the Oklahoma Aging Advocacy Leadership Academy and wanted to do a project to help Oklahoma's aging firefighter community.

The mission of Oklahoma Aging Advocacy Leadership Academy (OAALA) is to identify, train and develop volunteer leaders, aging services professionals, and advocates in issues related to aging.

The Academy equips individuals with the skills and knowledge necessary to serve as dedicated leaders now and in the future, effectively representing the interests of Oklahoma's aging population.

"Firefighters face higher risks of cancer, dementia, and mental health issues because of the job," Ward said in a Facebook audio posting. "When they retire, they have a lot of struggles. Oklahoma has thousands of retired firefighters in the state."

Ward stated that her project involved developing a Google document accessible via both smartphones and computers. Resources listed in the project are for Oklahoma retired firefighters, families, friends, and community. Ward created a Facebook page titled "The Oklahoma Aging Firefighter," which includes a link to her Google resource document to meet retired firefighters where they are.

"The outline of the project is to take a firefighter from where they are now, to give them resources for help," she said. "Nutrition, substance abuse, help mental crisis, help the difference between respite, palliative hospice care, and how to have end of life discussions and make preparations, and it also leaves a section for grief for those that are left behind." State Rep. Mike Kelley represents Oklahoma's 60th District, which includes Canadian County.

Ward reached out to Kelley, a retired Battalion Chief and Shift Commander from the Oklahoma City Fire Department getting his input on her project. Kelley is the Executive Director of the Oklahoma State Firefighters Association, and advocates first responders by pushing for better wages, training, and protective equipment.

Ward said Kelley is making sure all firefighters in Oklahoma know of the project and resources available to them.

Kelley had her project link listed on Oklahoma State Firefighters Association website.

"This project originally started out just for the OKC firefighters," she said. "I became excited to know that this can help all Oklahoma firefighters and retirees. This helps bring much needed awareness to the needs and voices of our aging heroes. This support gives the project a powerful platform and helps reach more retired firefighters and their families. It sends a strong message that even after the uniform is hung up, our Oklahoma firefighters are not forgotten."

Ward continued "Thank you to Mike Kelley for his encouragement and support," she said. "It is because of you that any aging firefighter struggling with transition has access to these resources. They miss the comradery, the purpose, the rhythm of the firehouse, and they often face it alone. We all must do better at preparing them for what is next, not just physically, but emotionally, mentally, and socially, because there's life after the fire, but they need help finding it."

State Rep. Mike Kelley is a retired Battalion Chief and Shift Commander from the Oklahoma City Fire Department. He is the Executive Director of the Oklahoma State Firefighters Association, and advocates first responders by pushing for better wages, training, and protective equipment.

Kelley said Ward realized there was a need for a centralized resource platform for retired firefighters as well as seniors.

"During their career, they (firefighters) have a support system. They are around people all the time," he said. Some retired firefighters struggle with identity loss and may feel isolated. This (project) gives them a place to pull the various resources together that are all readily available. Anybody in our aging community could use these resources."

Kelley said Ward's challenge was finding a platform to get the word out about her project and the resources available.

"Her challenge to me was, 'How do we get this in more people's hands?' And I was like, 'I can make it available,' he said. "But it is the adage of you can lead a horse to water, but you cannot make them drink. I cannot promise you that people will use it."

Kelley said Ward's initial focus was firefighters in the Oklahoma City area. He said they needed to cast their net wider.

"A good percentage of them are in the rural areas," he said. "Obviously, her passion was about Oklahoma City. But I said we need to look broader. Many of these same resources are available to people in other communities around the state. That is why we put it (Facebook link) on our state website." Ward said firefighters face dangers everyday that can impact their life expectancy.

"Most people don't realize this, but the life expectancy of a retired firefighter is about 10 years shorter than the general population, and it is not because they stop taking care of themselves, is because of everything they were exposed to during their service," she said. "Firefighters face repeated exposures to toxic chemicals even with the best gear."

Ward said a firefighter's job is physically intense, emotionally draining, and often traumatic. "The mental toll of witnessing tragedy combined with years of interrupted sleep from cause and shift changes, has real consequences on long-term health," she said.

She noted that some retirees have reported a reduced sense of purpose after leaving the firehouse.

"Without strong support, this can lead to depression, isolation, and even substance abuse," she said. "This is why it is so important that we support our firefighters, not just during their service, but after. This project offers state and federal resources to help you, your spouse, or your child address potential challenges. No matter what life brings, you are not alone."

For more information visit <https://www.facebook.com/oklahoma.aging.firefighter>.



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Jade Marx reflects on Grandpa Groucho in new Hollywood Museum exhibit

By Nick Thomas

Grandparents often play a profound role in a child's development and life, providing not just affection and guidance, but a link to family history. Their absence, however, can leave a void that lasts a lifetime. But what if a missing grandparent is a beloved celebrity, admired around the world – someone whose legacy is shared publicly, but whose presence is never personally experienced?

In 1977, Jade Marx was just 3 years old when her maternal grandfather died. He was comedy legend Groucho Marx. Along with regular on-screen brothers Chico and Harpo, as well as lesser-known siblings Zeppo and Gummo, the Marx family is currently being honored with a new exhibit – “The Legends of Laughter: The Marx Brothers.” Along with other Marx family members, Jade was invited to celebrate the exhibit's July 17 opening at the Hollywood Museum in the historic Max Factor Building (see www.thehollywoodmuseum.com).

“The only memory I have of Groucho is being in his arms at his house and he was in his pajamas,” recalled Jade from Los Angeles. “But my grandmother and mother have shared stories about him and the family over the years.” Jade was one of several speakers at the exhibit's opening, along with other guests including Harpo's son (Bill Marx), Gummo's grandson (Greg Marx), and Groucho's grandson (Andy Marx) as well as family friends, entertainment historians, and celebrities.

“This was possibly the most Marx Brothers family members I've been in the same room with at the same time and it was so much fun – I think we should do a reunion!” she said. “We've all gone in different professional directions.” In addition to working as an actor, Jade dabbled in real estate and worked as a wellness professional. She took a hiatus from the entertainment industry to raise her son, who she says also has the acting bug. She's now returning to acting and performing as well as producing and writing projects, including some about her family.

“I can't talk about those just yet,” she said. “But I'm an artist and it's the heart of my being and my family's.”

The new exhibit includes Marx-related items never before seen on public display, says Donelle Dadigan, the founder and president of the Hollywood Museum.

“I believe it's one of the most comprehensive Marx Brothers exhibits, period,” she said from Hollywood. “It runs until the end of the year. We've got costumes that Groucho, Chico, and Harpo wore in the films that we pair with stills from the movies. Fans will recognize them.”

Other items include numerous photos, posters, and even Harpo's artwork, as well as Harpo's wig, iconic horn, and prop trunk, Chico's hat, and Groucho's glasses.

“Those wire rim glasses were very magical to me,” added Jade, “his eyes were so famous. There's a lot of neat things I've never seen before including a ‘You Bet Your Life’ board game (from Groucho's TV show) that I never knew existed. But I find the costumes particularly fascinating because you get to see their body frames and sizes which aren't always obvious on film. You can imagine them right there in front of you in those familiar outfits like Harpo's trench coat.”



Andy Marx (Groucho's Grandson), Donelle Dadigan (Host and President and Hollywood Museum Founder), Bill Marx (Harpo's son), Jade Marx (Groucho's Granddaughter), Greg Marx (Gummo's Grandson). PHOTO CREDIT - Sheri Determan, Courtesy Hollywood Museum



Some items in the Marx Brothers exhibit including Chico's hat, Harpo's coat, wig and horn, and Groucho's glasses and jacket. PHOTO CREDIT - Sheri Determan, Courtesy Hollywood Museum.

Although a regular viewer of Marx Brothers movies over the years, Jade doesn't recall the first film she saw.

“But I do remember being overwhelmed when I first realized I was watching my family,” she recalled. “I couldn't immerse myself in the films initially because that fact was distracting. However, over time I've come to enjoy their movies like anyone in the audience.”

As a child, Jade was instructed by her mother (Melinda Marx) not to tell others about the family's link to Hollywood.

“She's a very private person, but she also wanted people to like us for who we are, not because of our Hollywood connection,” explained Jade. “It seemed strange when I was young, but as I've grown older, I understand why she did that.”

As for losing a famous grandparent as a toddler, Jade has come to appreciate the historic footage of her grandfather.

“For most people losing a grandparent decades ago, they may only have photos to remember them by,” she says. “But I can access all those film and television images, and I can hear his voice. So it's really a blessing and makes me closer to him and my uncles. I'm very proud to be a Marx.”

Nick Thomas teaches at Auburn University at Montgomery in Alabama and has written features, columns, and interviews for many newspapers and magazines. His book, “Raised by the Stars: Interviews with 29 Children of Hollywood Actors,” featured a lengthy interview with June Lockhart talking about her father. See www.getnickt.org.

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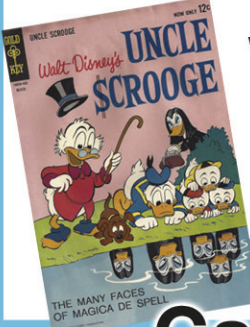
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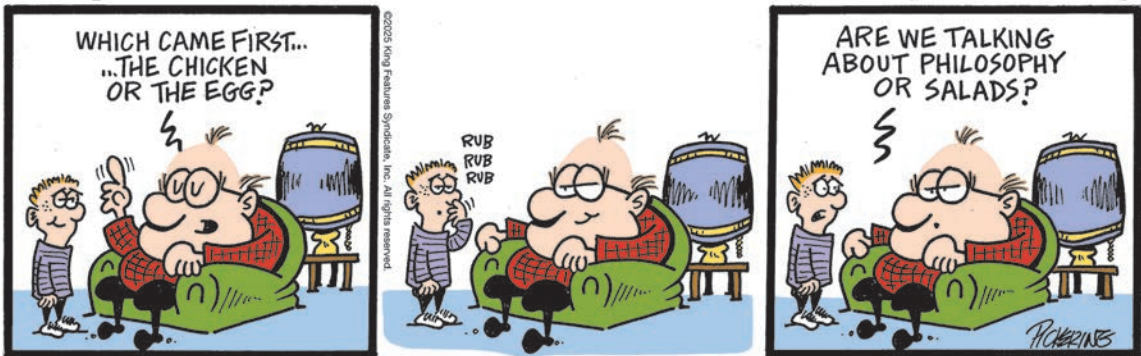
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BIBLE WORD SEARCH
by Elie's Spiritual Treasures

Psalm 37:29-30

The **righteous** will **inherit** the **land** and **dwell** in it **forever**. The **mouths** of the **righteous** **utter** **wisdom**, and **their** **tongues** **speak** **what** is **just**.

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

WWW.SEARCHING-FOR-JESUS.COM

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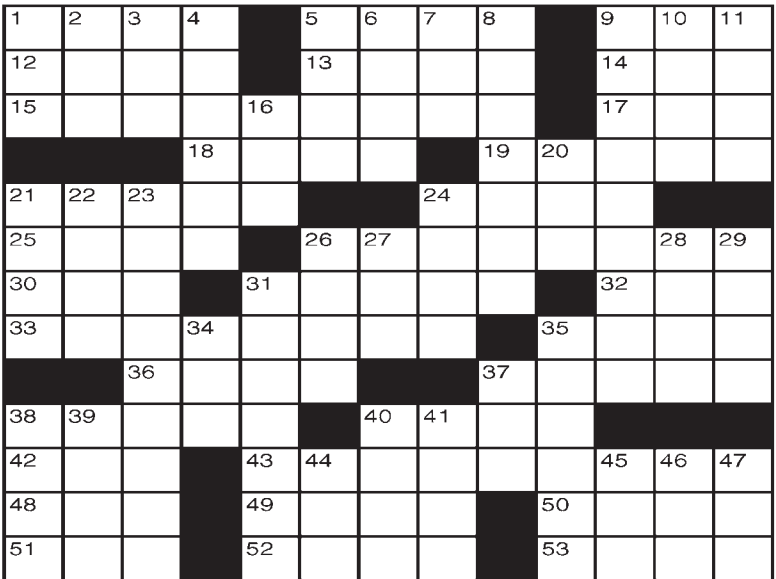
HOCUS-FOCUS BY HENRY BOLTONOFF

Find at least six differences in details between panels.

Differences: 1. Arm is raised. 2. Stripe is added to sleeve. 3. Light is moved. 4. Lid on ice cream cart is moved. 5. Tire is thicker. 6. Cart handle is shorter.

King Crossword

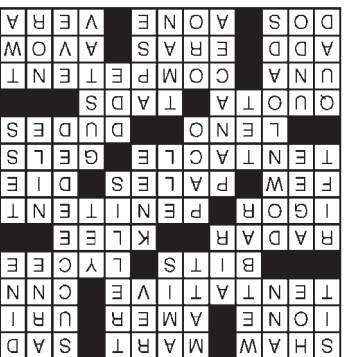
- ACROSS**
- 1 "Pygmalion" writer
 - 5 Grocery Blue
 - 12 Actress Skye
 - 13 From the U.S.
 - 14 Swiss canton
 - 15 Provisional
 - 17 Erin Burnett's channel
 - 18 Morsels
 - 19 French school
 - 21 Speed reader?
 - 24 Swiss artist Paul
 - 25 Borodin's "Prince —"
 - 26 Remorseful
 - 30 Hardly any
 - 31 Loses color
 - 32 Conk out
 - 33 Octopus arm
 - 35 Hair goops
 - 36 Comic Jay
 - 37 Ranch visitors
 - 38 Salesperson's goal
 - 40 Tiny amounts
- DOWN**
- 1 Perch
 - 2 Garden tool
 - 3 Raggedy doll
 - 4 Luxury hotel amenity
 - 5 Actor Dillon
 - 6 "Lucky Jim" author
 - 7 Speed (up)
 - 8 Vine-supporting frame
 - 9 Came after
 - 10 "Rule, Britannia!" composer
 - 11 Eat in style
 - 16 Vacuum's lack
- 20 Even so
 - 21 Falling-out
 - 22 Pulitzer winner James
 - 23 File transfers
 - 24 Elbow counterpart
 - 26 Designer Rabanne
 - 27 Right angle
 - 28 Cleopatra's river
 - 29 Hardy heroine
 - 31 Cure-all
 - 34 Hanoi holiday
 - 35 Composer Mahler
 - 37 HST follower
 - 38 Campus area
 - 39 Nullify
 - 40 IRS enforcer
 - 41 Church section
 - 44 Acapulco gold
 - 45 Cain's mom
 - 46 Neither mate
 - 47 Former Delta rival



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BIBLE WORD SEARCH



Solution time: 23 mins.

Answers

Trivia test by Fifi Rodriguez

- 1. U.S. STATES: Which is the only state named after a president?
- 2. MYTHOLOGY: Which goddess is queen of the Roman gods?
- 3. LITERATURE: Who wrote the poem "Paradise Lost"?
- 4. HISTORY: Which monarch was known as the Sun King?
- 5. MOVIES: How many movies did Fred Astaire and Ginger Rogers make together?
- 6. GEOGRAPHY: The country of Malta is on which continent?
- 7. CHEMISTRY: What is a substance that speeds up a chemical reaction?
- 8. FOOD & DRINK: What is tzatziki?
- 9. TELEVISION: What is the name of the family in the sitcom "Arrested Development"?
- 10. ANATOMY: What part of the brain converts short-term memory into long-term memory?

- Trivia Test Answers
- 1. Washington. 2. Juno. 3. John Milton. 4. Louis XIV of France. 5. 10. 6. Europe. 7. Catalyst. 8. A cold condiment of yogurt, cucumbers, garlic and seasonings. 9. The Bluths. 10. The hippocampus.

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Colorado Trail Biking

By Marise Boehs

Poudre River Trail Ft. Collins

A family reunion in October last year brought us all together in Ft. Collins for a 3 day weekend. One of the activities scheduled was a bike ride on the Poudre River Trail.

If ever there was a place to fall in love with, this is it!

The trail is paved and runs along the river, through neighborhoods, around lakes and bluffs. It has curves and bridges and slight hills. Everything a good trail needs.

Many fond memories were made that weekend with my family. But there is more to this story. I returned to Ft. Collins and the Poudre River Trail in June for a charity ride.

See FREEDOM TOUR on page ??.



Lake Pueblo State Park, River Trail

This trail had been on my bucket list for the past several years. So when I realized it could be on my way home from Ft. Collins if I came home through Texas, I took an extra day to check it out.

Having been in Arizona and Utah earlier in the year, I was surprised to see that a portion of the trail looked a lot like what I'd seen there. Riding one way from the parkig lot, the trail was dry and a little bleak with bluffs on one side and trees on the other. But the trail was paved and smooth and it was early in the morning. I rode on in appreciation of the moment.

After about an hour, the temp was heating up and I was anxious to get on down the road. Back at the parking lot, before loading my bike, I thought let's see what the trail looks like going the other way.

Wow! It was a completely different trail. Still paved. Still 6' wide but running along the gorgeous Arkansas River. Farther along is a water sport area built for swimming, waterboarding and the like. Several mini beaches were rapidly filling with people enjoying the river on a hot day. And as always, there is more to see and enjoy next time.



SECOND HALF EXPO 2025



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SENIOR NEWS & LIVING

Essential Vehicle Theft Prevention Tips to Steer Clear of Thieves

By Oklahoma Insurance Commissioner
Glen Mulready



July is National Vehicle Theft Prevention Month. In 2024, almost 851,000 vehicles were stolen in the United States, according to the National Insurance Crime Bureau (NICB). That's averaging a theft every 37 seconds! The NICB also reported that the Hyundai Elantra, Hyundai Sonata, and Chevrolet Silverado 1500 were the most stolen vehicles nationwide. Vehicle theft

is a distressing experience, but there are some steps you can take to minimize your risk and protect yourself.

First, review your auto insurance coverage and know precisely what it covers. Not all coverage types include theft. Collision coverage covers damages caused when you're in an accident with another vehicle or object. Comprehensive coverage includes other kinds of physical damage like theft, vandalism and hail. If you finance or lease a vehicle, your lender will likely require you to have both. When you own your vehicle, it's your discretion to carry Comprehensive coverage. Talk to your insurance agent to decide if you should purchase Comprehensive coverage based on your vehicle's value, age, condition and where you drive and park it.

Next, let's look at some tips to prevent theft. The National

Highway Traffic Safety Administration (NHTSA) urges vehicle owners to:

- Park in well-lit areas.
- Close and lock all windows and doors when parked.
- Hide or remove valuables.
- Do not leave keys in the vehicle.
- Do not leave the area while the vehicle is running.
- Consider purchasing extra layers of protection for a vehicle if the vehicle's manufacturer does not provide an anti-theft system. These can easily be purchased online or in a store.

Lastly, what should you do if your vehicle is stolen? The most important thing is to remain calm and alert the authorities immediately. Call the police and file a report, providing as much information as possible, such as the make, model, color, license plate number and Vehicle Identification Number (VIN). Next, you will want to contact

your insurer within 24 hours, as well as your lender, with your report to let them know about the theft. Finally, if you left any credit or debit cards in the vehicle, contact your financial institutions to cancel them. Also, consider freezing your credit or placing fraud alerts to prevent thieves from using your personal information to borrow money or open accounts in your name. If you find your vehicle before the police do, notify them and your insurer at once.

Vehicle theft happens daily, but you don't have to be unprepared! By reviewing your insurance coverage and taking practical steps, you can avoid the headache of a stolen vehicle. If it does happen, know what you need to do and whom you need to contact. To find helpful information about auto insurance, visit oid.ok.gov/auto or call the Oklahoma Insurance Department at 800-522-0071.

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

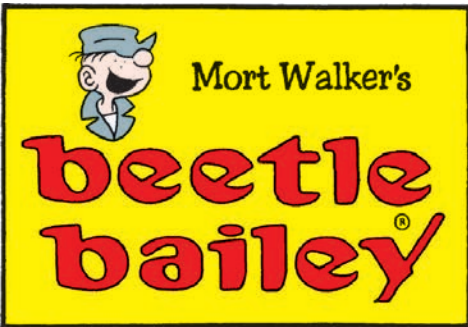
1. Cook spaghetti according to instructions in a large pot. Drain, reserving 1 cup of pasta water. Set aside.
2. In the same pot, melt the butter over medium heat. Add garlic, salt and pepper. Stir for 1 minute or until garlic is fragrant.
3. Add the spaghetti back into the pot with the lemon juice and 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.

Find more healthy recipes at


 **ShapeYourFutureOK.com**

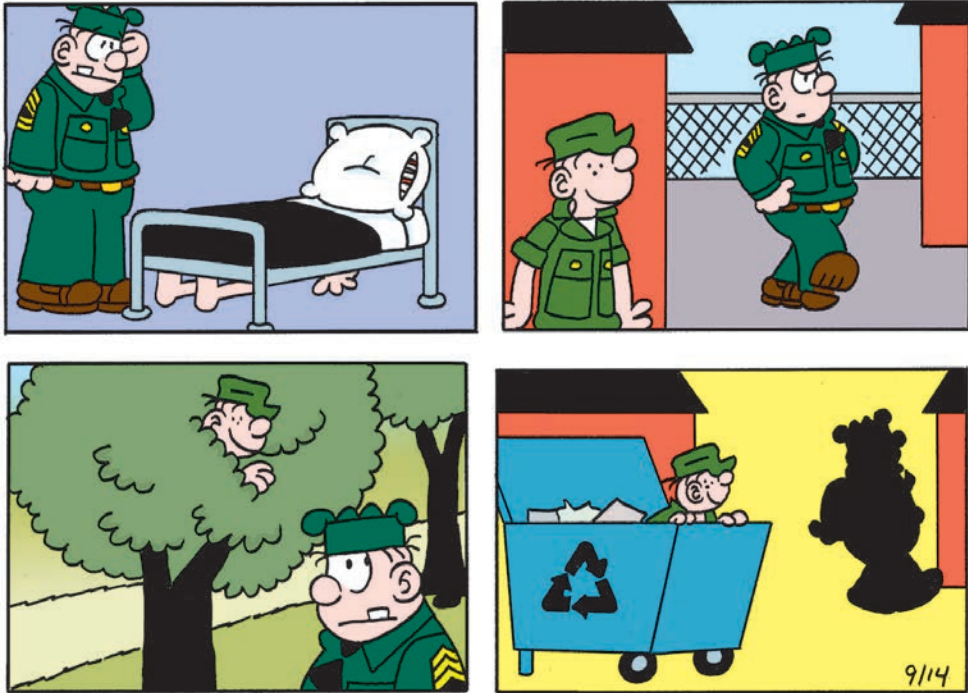
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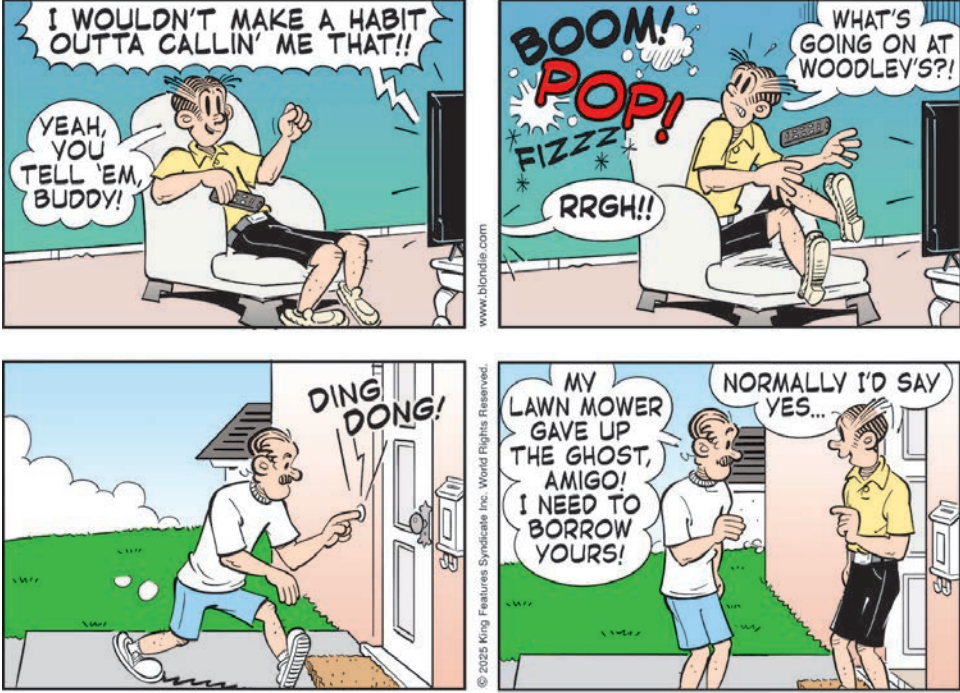


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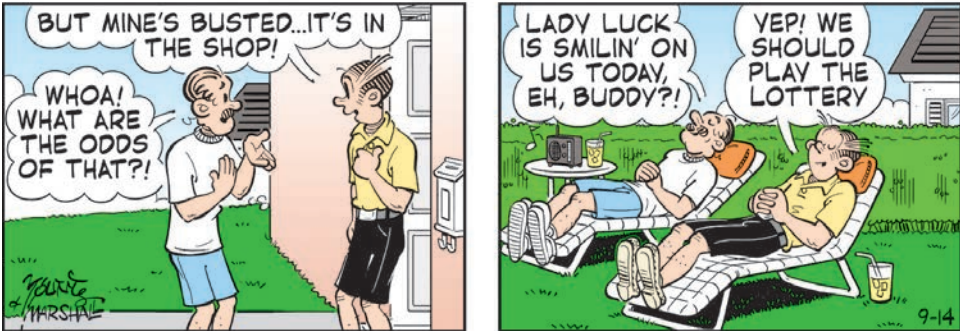
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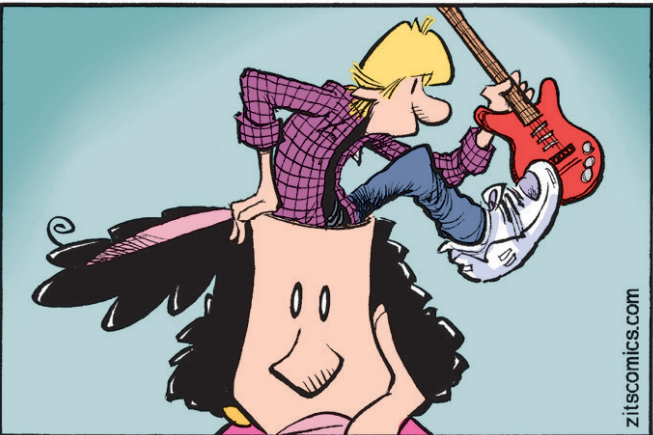
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GREG + MORT WALKER




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ZITS


Jerry Scott & Jim Borgman

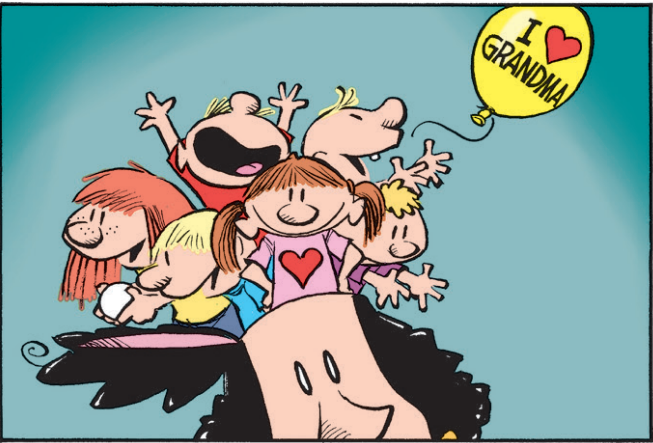


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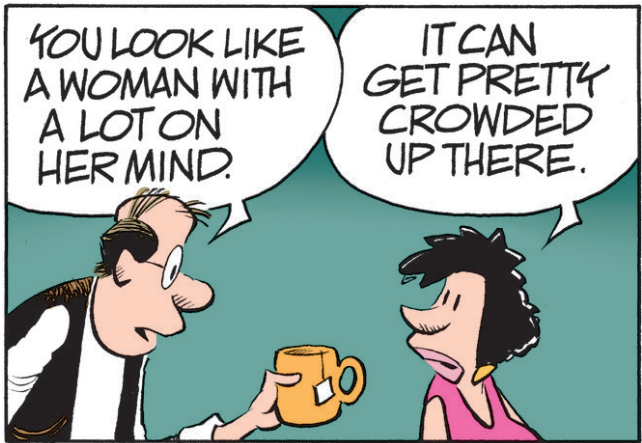




I ♥ GRANDMA



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YOU LOOK LIKE A WOMAN WITH A LOT ON HER MIND.
IT CAN GET PRETTY CROWDED UP THERE.



A Medicare Minute with Michelle

Beware of Medicare Fraud

There has been an alarming increase in fraudulent calls regarding Medicare plans. Here are a few tips to avoid being scammed:

- DON'T believe anyone who says they are calling from your doctor's office because you need to change Medicare plans.
- DON'T talk to anyone who says they are calling from Medicare to "verify" your Medicare number.
- DON'T give out your Medicare number or Social Security number.
- DON'T sign up for free things in exchange for your Medicare or Social Security number.
- DON'T respond to offers in the mail telling you a deadline is approaching
- DON'T call numbers promising you \$0 premium plans, Part B givebacks or free money for groceries or utility bills. Those are usually special plans just for Medicaid recipients.
- DON'T talk to people who knock on your door to discuss Medicare. It is illegal for a Medicare agent to come to your house without an appointment.-
- DO work with a local, licensed Medicare agent. They are not allowed

to charge for their services and they can answer questions and analyze your current policy to see if you need to make a change now.

- DO register your number on the Do Not Call list. Call 888-382-1222 from each phone you wish to register. You can also go to www.donotcall.gov. It will send you a confirmation email you have to click on in order to submit your registration. Your enrollment in the Do Not Call registration NEVER EXPIRES!

- DO make a note of the name of the company that called you and the time and date, and file a complaint at www.donotcall.gov. It will ask for your phone number, the type of service they were calling about, the time and date, and the phone number they were calling from. I'm not sure that does a ton of good, although the penalty for violating the Do Not Call regulation is \$50,000 per call. It know it's very satisfying to hang up the in their ear, but I figure the longer I keep them on the phone the less time they have to bother someone else.

If you're on the Do Not Call list, what calls ARE allowed?

- Calls from your existing Medicare agent to service your policy.
- Calls from your existing Medicare insurance company regarding your policy. (But beware, often these companies have call centers who try to get you to switch to a different plan.)
- Calls from a company where you signed a form giving them permission to call you.
- Calls from a company where you submitted an online inquiry. (Note: Don't do this! These web sites are often "aggregators who sell your information over and over again to agents.)
- Calls from a political organization.
- Calls regarding a survey.
- Charities.
- Debt collectors.

TEMPLE continued from page 18

"This building's so huge that we just have the space," he said.

Heaton said the housing includes 19 apartments plus other bed spaces throughout the Temple.

"They look like Warren and June Cleaver's bedroom with an ensuite. Completed in 1952. They still look like 1952," he said. "They've been featured in several movies."

Heaton said they feed members on-site as well as eat at various Guthrie restaurants.

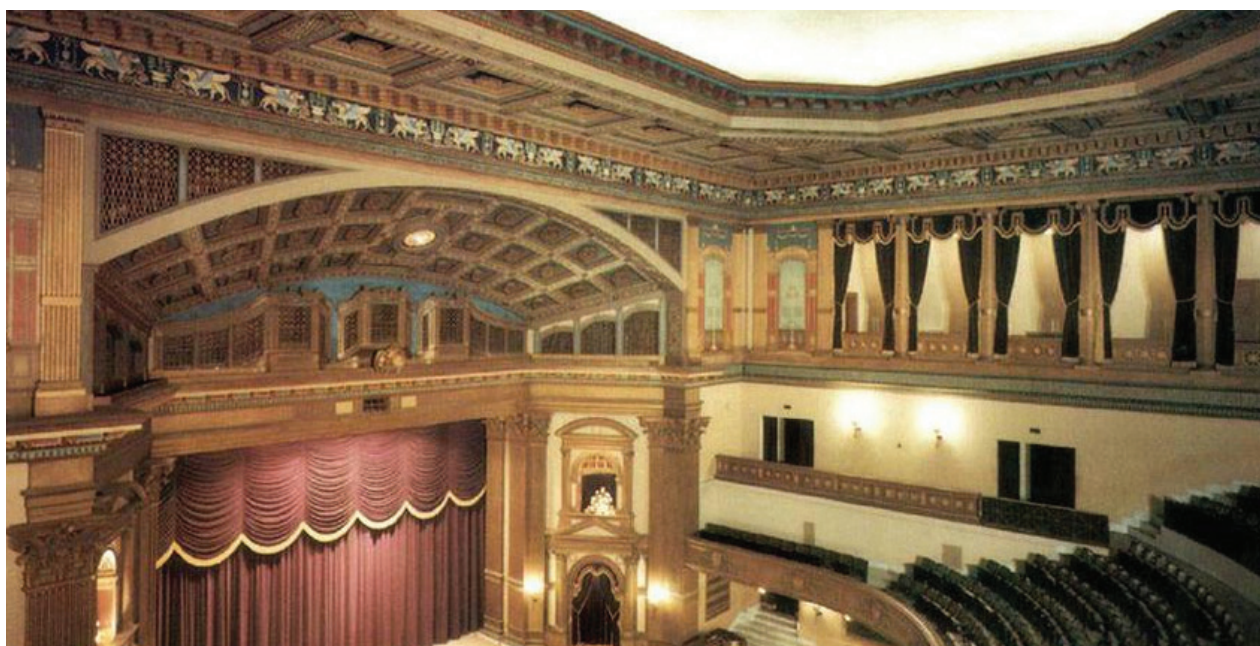
Heaton said public Temple tours take place Monday to Thursday at 10 a.m.

"People from every walk of life like to find out, want to come see this place," he said. "We get a lot of Masons from around the country as well who know this place and it becomes a destination for them to come see."

The Scottish Rite Temple in Guthrie has served as a filming location for several movies and TV shows, including the 2020 film "Reagan."

"They (film crew) built the (replica) of the Oval Office here," he said. Heaton added that the Temple served as the backdrop of the White House for the "Reagan" movie, as well as scenes replicating a train station.

The Scottish Rite Temple has members that are Veterans, including Chaney an U.S. Army Veteran.



"A number of our members are Veterans," he said. "Masonry is something that is appealing to Veterans. I have seen young men that came in and they didn't know what they're getting into and suddenly, it's like the whole world is lit up and they could see so many avenues for thought, for service in the community, for just being a better person."

Chaney said becoming a Mason was a defining moment in his life.

"This has been, for me, one of the most defining aspects of my life," he said.

"It's made me look at the way I treat the world and try to do a little better."

For more information about the Guthrie Scottish Rite Temple call (405)282-1281 or visit www.guthriescottishrite.org.

So be very choosy who you give permission to call you. It is within your rights to ask what they are going to do with your information.

Michelle Schaefer is a local insurance agent specializing in helping people make decisions about their Medicare plans. She is an Edmond resident with 30 years of insurance experience AND a card-carrying Medicare client. If you have Medicare questions you'd like answered in a future column, contact Michelle at agency@michelleschaefer.com or 405-254-7727. For further information, go to www.medicare.gov, call 800-MEDICARE, or contact your State Health Insurance Assistance Program (SHIP).

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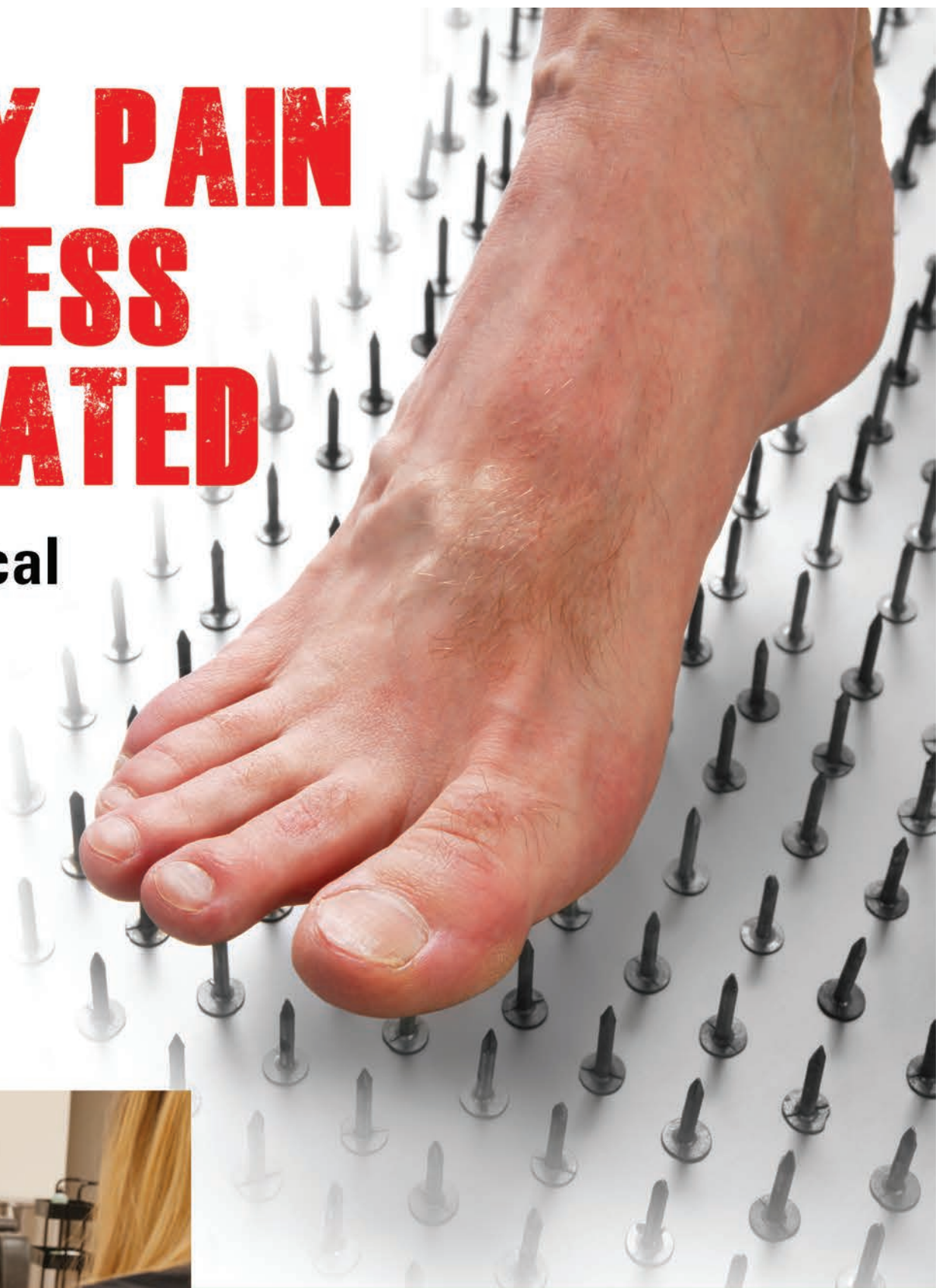
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