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Sherri Coale
Keynote Speaker
SecondHalf Expo 2025
Saturday, Oct. 18
(details inside)

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Coale to Speak at Expo

Story by Darl DeVault, contributing editor

Sherri Coale's success in recruiting and coaching women's basketball players at the University of Oklahoma was truly remarkable, as her players won an impressive 10 Big 12 Conference titles, earning her Coach of the Year honors four times.

Throughout her 25-year journey, Coale, 60, also celebrated the players' potential as women, emphasizing academic excellence and character development. She also shared this with the community in many ways as a testament to her innovative dedication to her sport and its transformative power.

Now she is adding another facet to her well-rounded career as the keynote speaker at the Second Half Expo. This significant event for adults aged 50 and over will highlight the lessons readers can learn from her new book. "The Compost File: Stories for the Striver in Us All" has been well-received by the reading public.

"I loved writing "The Compost File," Coale said. "If people enjoy reading it half as much as I enjoyed writing it, we have scored a touchdown! The book is simply a collection of stories about everyday life. My hope is my new book nudges readers to laugh a little, cry a little and think a lot."

Coale will speak at 11 a.m. on October 18th during the free admission event celebrating senior agendas at the National Cowboy & Western Heritage Museum in OKC.

The expo, featuring more than 130 exhibitors, expert-led seminars, live entertainment, and prize drawings, begins at 8 a.m. Admission to the museum is free for attendees after the expo concludes at 1 p.m.



"I'm excited to be a part of the Second Half Expo!" Coale said. "In addition to the keynote address, "What Makes Your Heart Sing," I will be signing and personalizing both "The Compost File" and my first book, "Rooted to Rise." It will be fun to meet fellow strivers!"

Behind the scenes, she challenged all women to strive for more, which changed the outlook of many women and continues to resonate in their lives even today. Her work not only transformed the women's basketball program but also inspired a generation of women to aim higher and achieve more.

From modest beginnings as the first female All-State high school basketball player in Oklahoma's small oilfield town of Haldton, Coale played at Oklahoma Christian University. She then coached Norman High School athletes before lifting a declining Lady Sooners basketball program to national prominence.

Coale became so famous among Oklahoma's discerning populace that she was emboldened to start a mentor and support group called the "Sooner Stilettos" in November 2003. The group's goal was to involve the female community and business leaders with the OU women's basketball program.

In 2016, Coale and her team launched a new mentoring program called "In Her Shoes." This program was designed to further empower players by connecting them with female community mentors and former players, leaving a lasting impact on their personal and professional growth.

Coale was inducted into the Women's Basketball (2016), Oklahoma Women's (2007), Oklahoma Sports 2020, Oklahoma Christian University Athletics and Norman High School Halls of Fame.

This was not all that defined her. Her ability to help her players become accomplished people stood out as she propelled OU to being the biggest stage for women's basketball outside of the yearly national championship courts. Coale's trademark high-heels were a metaphor for the lofty goals she sets for herself, and her players and now her readers.

See **COALE** page 13

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Kristy Fancher kicked off the entertainment from the stage with her rendition of “Dream a Little Dream of Me.”

Senior Day at Fair

Story and photos by Darl DeVault, contributing editor

Senior citizens flocked to the OKC Fair Park in record numbers on Sept. 17, turning the Modern Living Building into a bustling hub of travel activity for their free admission day.

The unique “Your Passport to Adventure” theme turned the exhibitors’ booths into international havens, offering seniors a chance to embark on a metaphorical global journey. This, along with the ‘Senior Accessibility Shuttle’ that ferried guests from the Hurricane Harbor parking lot to the fairgrounds entrance, made the event truly senior-friendly.

The entertainment soon kicked off when 2025 Ms. Oklahoma Senior America, Kristy Fancher, sang from the stage. “It was exciting to sing for everyone!” Fancher said in an interview. “I sang “Dream a Little Dream of Me,” which is what I’ll be doing when I compete at the national Ms. Senior America Pageant in October in Atlantic City!”

She expressed how meeting the wonderful visitors was fun, and several of her classmates from her 1981 graduating class in Newcastle attended the event.

“I participated in line dancing as well as chair dancing!” Fancher said. She was selected by drawing to play the fastest feet game and won in heels in three rounds. “I was excited to receive a beautiful basket of goodies for winning. If you have never participated in this event, I truly recommend you come next year.”

Fancher was at the event with her group’s special booth in the center of the area, alongside the former Ms. Oklahoma Senior America pageant winners and organizers. They provided visitors with information about who they are and what they do, and also supported the event’s global flair as volunteer greeters at the door.

More than \$10,000 in door prizes were given away in three sessions. Many seniors picked up a ticket for each session to win one of many donated gifts. The multiple drawings in the morning, early afternoon, and late afternoon saw many happy seniors celebrate as they made their way to the stage to receive their prizes.

Irving Senior Center was the first entertainment group on the stage. Several entertaining community dance groups also entertained the crowd. The event’s crowd did not slow down as attendance increased during the COMMUNITY TEAM dance group’s lengthy presentation on stage.

“Global Grooves” took place on the stage, inviting seniors to “shake your global groove thang” in a game focused on identifying “worldly tunes.”

A line dancing group concluded their session on stage by inviting 15 audience members to join them just below the front of the stage for their final song, providing each with a bandana to encourage participation.

Later, nine members of The Okie Stompers of Norman, a well-choreographed group, showcased their unique blend of tap dancing and line dancing. Their performers dazzled with a well-received performance. Led by director and instructor Linda Jones, the group has won awards in clogging competitions. They are a fixture at many annual Oklahoma events and have also performed nationally and internationally.

At 1 p.m., audience singers took the stage to perform in the “Travel the World Karaoke Contest.”

After that, Oklahoma City’s longest-established men’s choral group, the Vocal Sounds of Oklahoma Singers, took the stage for several well-received classic songs. The 18-member group shared their award-winning a cappella men’s chorus singing several Americana ballads from the stage, with four-part close-knit harmony for the crowd.

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Passport to Adventure



The Christian group, the Okie Stompers dance troupe from Norman, featured nine cloggers, providing a spirited performance.

Contests and games were interspersed throughout the bill of fare, offering a variety of entertainment options. The day featured a Couples challenge: The "King and Queen of the World Couples Challenge" tested senior couples on how well they knew each other, adding a fun and entertaining element to the event.

All day visitors were asked to judge a video contest: A "Seniors in Motion" video contest showcased dance moves submitted by senior communities

across the state. The one-minute video entries from area independent, assisted living, and long-term care communities, featuring their residents, "In Motion," were shown throughout the day to allow the public to select the winner.

The day wrapped up around 5 p.m. as visitors returned to their local Oklahoma destinations after their worldly travels, provided by OG&E and the Fairgrounds.

See FAIR page 13

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Pictured left to right:
Al McPherson founder (ret.); Angela Davis, President & CEO; Evelyn McPherson; John McPherson, Client Services.

Story & photos by Marise Boehs

Eagle Group Agency held their Third Annual Health & Fun Fair on Saturday, September 13th in S OKC. There were vendors and raffle givaways, and tickets for food from food trucks nearby. And music and games.

The Eagle Group Agency was founded in 1988 and is a family-owned, independent agency bringing over 100 years of combined experience to the community. They have earned the nickname “Insurance Solution Finders” for helping countless Oklahomans find the right coverage.

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GLO REHRIG - DEDICATED VOLUNTEER

*Grief and a desire to help others leads
Rehrig down volunteer's path.*

by Van Mitchell, staff writer

Through grief and a natural desire to help others, volunteerism is a part of Glo Rehrig's daily life.

"I just like to help people. I do not want to just sit and do nothing," Rehrig said.

Born in Oklahoma City, Rehrig, 95, has spent most of her life in Oklahoma County. She attended Oklahoma City and Putnam City Schools before graduating from Northeast High School.

She studied at Oklahoma State University for three years, got married, and had two sons. She earned a cosmetology license and operated a shop for several years.

Rehrig, a resident of Villagio of Bradford Village Independent Living in Edmond, taught cosmetology at Central High School for five years while attending OSU, where she earned a degree in Trade and Industrial Education.

She continued her education at Central State College (now UCO) in Edmond and earned a master's degree in Guidance and Counseling. She served as a counselor at Foster Estes Vo-Tech, Putnam City High School, Edmond Mid-High, and Edmond Memorial High School where she retired in 1990.

"I enjoyed cosmetology, and I enjoyed the counseling," she said. "I have run into lots of my students still, and they remember me. And we have a good relationship with each other, and I've enjoyed that."



Rehrig's two sons Alan and Phil were the lights of her life. They were very active in sports, and she happily watched as the boys started on Edmond Memorial's basketball teams; both were part of Oklahoma All-State basketball in high school.

Alan, the younger son, played basketball all four years at OSU and football for one year. Sadly, Alan was murdered in 1985, and the case is officially unsolved.

Rehrig formed a support group and attended training to facilitate helping families of homicide victims. She worked with the Oklahoma City Police Department, the District Attorney, and the state Medical Examiner for 10 years, helping many families adjust to the tragedy of losing a loved one so abruptly.

Mercy Hospital's NICU unit was the next volunteer spot for Rehrig. She rocked premature babies twice a week for 5 years. She completed her volunteer career by spending 5 years at the OSBI Forensic Center (just south of UCO's University Center) where she led tours of the facility and reprised her work with a Homicide Family Support group.

"Because OSBI just opened their forensic center, and I went over to talk to them to see if they would take me on," she said. "They had never taken volunteers before, but they took me. I scheduled meetings and did work with the victims because I'm a victim."

Phil, Rehrig's first son, taught and coached basketball at Christian Heritage Academy for many years. He succumbed in October 2017 after a second-attempt bone marrow transplant.

She said her faith has been a guiding light for her in dark times.

"For all my life, my faith has carried me through. The death of my sons was the worst thing that I've ever gone through," he said. "It (son's murder) still has not been settled. I'm still praying for it. I hope it will happen before I die." Rehrig has 8 grandchildren and 12 great-grandchildren, most of whom live in the Oklahoma City area.

See VOLUNTEER page 14

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See Sudoku Answers on Page: 19



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OPINION



What Seniors Need to Know About This Fall's Vaccines

Dear Savvy Senior

With a longtime vaccine critic leading the nation's health departments, can you give me updated information on which vaccines are recommended for Medicare seniors this fall?

Medicare Mary

Dear Mary

Even though the Centers for Disease Control and Prevention (CDC) is undergoing major cultural changes and upheaval, the overall fall vaccine recommendations for "older adults" resembles last year, with exception of the Covid shot. Here's what you should know.

Flu Shots for Seniors

Just as they normally do, the CDC recommends a seasonal flu shot to everyone 6 months of age and older, but it's especially important for older adults who have weaker immune defenses and have a greater risk of developing dangerous flu complications compared with younger, healthy adults.

For people age 65 and older, there are three different FDA approved flu vaccines (you only need one) that are recommended over traditional flu shots. These include: the Fluzone High-Dose Quadrivalent, Flublok Quadrivalent (recombinant, egg free vaccine), and Fluad Quadrivalent.

These vaccines are formulated to create a more robust immune response, helping the body produce more antibodies, which makes them more effective in preventing the flu.

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

RSV Shots

In addition to the flu shot, the CDC also recommends a single-dose of RSV (respiratory syncytial virus) vaccine for all adults age 75 and older, as well as to high-risk adults between ages 50 and 74. These are people who have chronic heart or lung disease, weakened immune systems, diabetes with complications, severe obesity, or who live in long-term care facilities.

RSV is responsible for 6,000 to 10,000 deaths and up to 150,000 hospitalizations each year.

The three RSV vaccines approved and available in the U.S. – Arexvy, Abrysvo and mResvia – are all covered under Medicare (Part D) prescription drug plans. But note that if you got an RSV shot last year, or when it first became available in 2023, you do not need to get a second dose this year. For now, only one dose of RSV vaccine is recommended.

Covid Booster

If you haven't had a Covid booster shot lately, the Food and Drug Administration recently approved the 2025–2026 Covid-19 vaccine, which has been updated to target the dominant strain.

This vaccine has been recommended for all adults 65 and older and younger people that have a health condition that makes them vulnerable to severe Covid. But the new, CDC Advisory Committee on Immunization Practices just announced that they are no longer recommending Covid shots. Instead, they are recommending 65 and older adults and immunocompromised younger people should decide individually or with a doctor.

Covid still causes at least 40,000 hospitalizations and approximately 47,000 deaths in the U.S. each year. Covid shots are covered by Medicare Part B.

Pneumonia Vaccines

If you haven't been vaccinated for pneumonia, you should also consider getting the pneumococcal vaccine this fall. These vaccines are now recommended by the CDC to adults age 50 and older, instead of age 65, which was the previous recommendation.

Pneumonia causes a whopping 1.2 million people to visit medical emergency departments in the U.S. each year and causes roughly 50,000 deaths.

If you've never been vaccinated for pneumonia, the PCV20 (Pevnar 20) or PCV21 (Capvaxive) are the top choices because they cover the most common serotypes.

Medicare Part B covers pneumococcal shots, and you only need to get it once.

Side-Effects and Safety

You should be aware that all these vaccines can cause mild side effects like pain or tenderness where you got the shot, muscle aches, headache, fever or fatigue.

Also note that it's safe to receive these vaccines at the same time, but it may be best to spread them out a week or two because multiple vaccinations on the same day may cause increased side-effects.

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



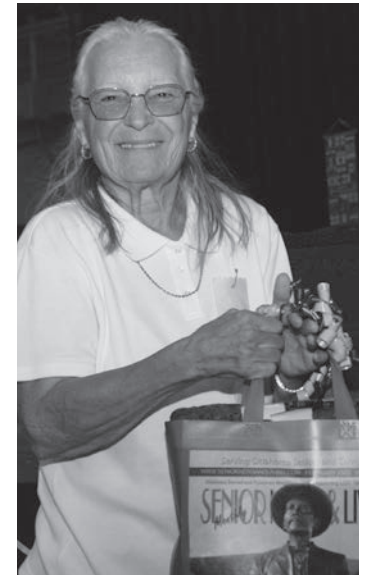
The 18-member strong Vocal Sounds of Oklahoma pose just after they shared their love of four-part a cappella singing with the audience.

FAIR con't from page 5

The volunteer Senior Day committee's unwavering dedication and inspired work were evident in every aspect of the event. Fair Special Programs & Events Manager Amber Roberts also contributed to its resounding success, leaving the attendees feeling proud and satisfied with their participation.

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

Dee Guyer, Moore, won the *Senior News and Living* door prize of a self-care package.



Presenting sponsor OG&E, with its large display and booth workers wearing their cruise captain hats, took the theme "Your Passport to Adventure" to heart.

COALE con't from page 2

In her second book, Coale shares key aspects of life's lessons that her readers have come to embrace. It is an inspirational collection of short stories based on her life experiences. The book employs the metaphor of a compost pile to explore how setbacks and challenges can serve as the "soil" for resilience, growth, and transformation.

Coale explains the book was born out of her desire to write after retiring from her long career. She reflects on the similarities between the "ridiculously hard" work of coaching and writing, noting that "the process in both is the prize."

The new book is a collection of "bite-sized nuggets" of stories that Coale has collected in a file on her computer over the years, which she named "Compost". Like its namesake, these raw ideas are turned over and processed to produce valuable lessons. She says the stories are meant to "alert us to what we might be missing while we're looking the other way."

The life lesson stories are intended to inspire ambitious individuals.

They touch on universal experiences related to parenthood, leadership, competition, and the daily grind. Many of the stories emphasize the human condition and the emotional journey rather than just the final result.

In addition to the "Sooner Stiletos", Coale was a leader in developing the "Sooner Big Sis Program" and involved her teams in numerous community service initiatives. While the Stiletos was an external community mentorship group, the "Big Sis" program focused on OU players mentoring local elementary students at least one hour a week in their classrooms.

In March 2021, Coale retired after 25 seasons as OU head coach. With the arrival of new head coach Jennie Baranczyk, Coale's organizations, such as the "Sooner Stiletos," were not continued.

"Words cannot express how honored I was to work with Sherri on her most recent book, "The Compost File," said Carol McManus, executive editor, Mark Victor Hansen Library. "Her stories brought tears to my eyes, and gave me a practical dose of insight on everything from coaching to family and service to others."

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VOLUNTEER con't from page 10

Rehrig and her husband George traveled to Europe in 1975 and to Hawaii in 1976. They were married for 16 years; among her memories included his joy with the children, and that he shared her love for basketball! After his death, she continued to travel with friends going to Alaska and on other cruises.

Rehrig is blessed with a wide circle of friends from teaching school, OSBI work, First Christian Church in Edmond, and those she has met at Results Gym.

Bradford Village resident Winnie Hall is her sister. In the past, she made tables from barn wood and professionally hung wallpaper. She anticipates showing her love for gardening by establishing a flower garden at her cottage.

“I’ve enjoyed being up here at Villagio of Bradford Village Independent Living. I like this facility and what they do with us and what they plan for us. They work so hard to keep everybody busy,” she said.

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11:45 AM Oklahoma Senior Follies The Joy Tour

Founded in 2011, the Oklahoma Senior Follies' mission is to celebrate Oklahoma's premier senior performers while raising funds to support senior-centric services.



12:30 PM Michael Cooper Dean Martin Tribute Artist

Michael has been a Dean Martin tribute artist for over 20 years. He also MC's & sings other genres.



2:00 - 4:00 PM Bonus Session Dave Sheets & Marcus Costantino

Following the Expo, join publishing experts Dave Sheets and Marcus Constantino for a two-hour empowering workshop designed for those ready to explore how to write, publish, and share their message. You'll gain practical strategies for structuring your writing, overcoming roadblocks, and navigating the publishing process with confidence. This free session, valued at \$249, is a must-attend for authors, aspiring authors, thought leaders, influencers, pastors, community leaders, small business owners, and entrepreneurs.

3 POWERFUL PRESENTATIONS - ATTEND FREE

Workshop and Presentation - 9:00



Dave Sheets & Marcus Costantino

Igniting Your Writing: How to Write & Publish Your Book

Join publishing experts **Dave Sheets and Marcus Costantino** for an empowering workshop designed to take your book idea from concept to reality. Whether you're just starting out or polishing a manuscript, you'll gain practical strategies for structuring your writing, overcoming roadblocks, and navigating the publishing process with confidence. If you've ever dreamed of becoming an author, this workshop will give you the tools and inspiration to finally make it happen.

Dave Sheets is the owner of BelieversBookServices — a publishing services company working with hundreds of authors each year to create and market their books.

Marcus Costantino helps influencers position themselves in the marketplace; and that usually starts with a book.



Book Launch Party - 10:00



Bob Loudermilk

Book Launch for “Never Retire”

Join Bob Loudermilk at the Second Half Expo for an inspiring Book Launch Keynote. Listen as Bob tells his story and inspires you to rethink retirement and reinvent yourself anew!

For decades, we've been told there's a finish line—work hard, cash out, and step aside. That script doesn't lead to freedom. It leads to decline, disconnection, and wasted potential.

Never Retire is the wake-up call. It dares you to reject the old story and step into a life of reinvention, impact, and unstoppable purpose. Packed with real stories, science, practical tools, and a fresh vision for the future, this book shows you how to rise higher, live stronger, and make your next chapter your boldest one yet.



Special Keynote Presentation - 11:00

Sherri Coale, Hall of Fame Coach, Author, Master Storyteller

Stories for the Striver in Us All

Join Hall of Fame Coach, celebrated author, and master storyteller Sherri Coale for an unforgettable keynote presentation. With her signature wit, wisdom, and authenticity, Sherri will share insights drawn from her latest book, *The Compost File*—a powerful collection of stories that reveal how life's challenges and setbacks can become the very soil that fuels resilience, growth, and transformation.

Through heartfelt storytelling and lessons learned from her extraordinary career in coaching and beyond, Sherri will inspire attendees to recognize the “striver” within themselves, embrace change with courage, and discover the beauty in life's second half. Whether you're seeking motivation, reflection, or practical wisdom to carry forward, Sherri's keynote will leave you uplifted, empowered, and ready to write your own next chapter.

ATTEND FREE: CHAT & LEARN SESSIONS

Hot Topics for Seniors 50+ & Their Families

8:30 - Have questions about Medicare?

Ask away! Learn what's new & changes coming in 2026

Ginny Curtis-Gillespie, Owner, Navigating Medicare

9:00 - Unmasking Nutrition: Secrets They Never Taught You

Understanding food triggers & overall health practices

Kari Rayl, Functional Diagnostic Nutrition Practitioner
FDN-P, Trugenex

9:30 - Clinical Trials

Why do they happen and how do they work?

Rachael McKenzie, Director of Patient Recruitment, Lynn
Health Science Institute

10:00 - Home Health - Aging in Place

Best Practices for getting care at home

Sylvester Pegues, Business Outreach Manager, Firstlight
Home Care

10:30 - Retire Safe - Financial & Estate Planning

Practical money tips & planning tools for aging well

Justin Dodson, Senior VP, McGuire Capital Advisors

11:00 - S.A.L.T - Seniors and Law Enforcement Together

Current scams affecting older adults and how to protect yourself

Staff Sergeant Tara Hardin, TRIAD Director, Oklahoma
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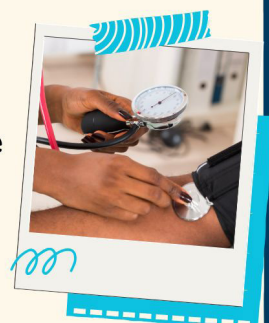
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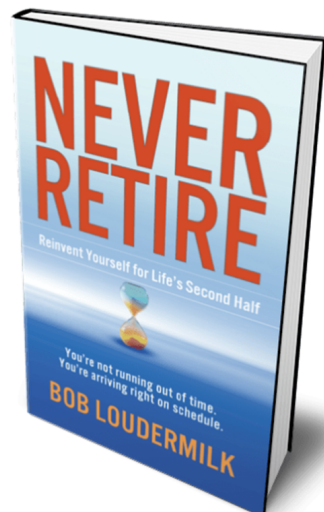
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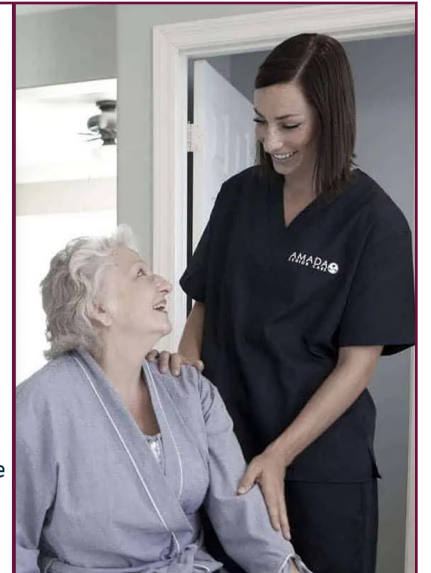
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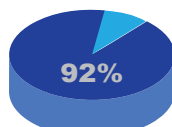


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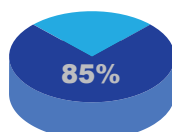
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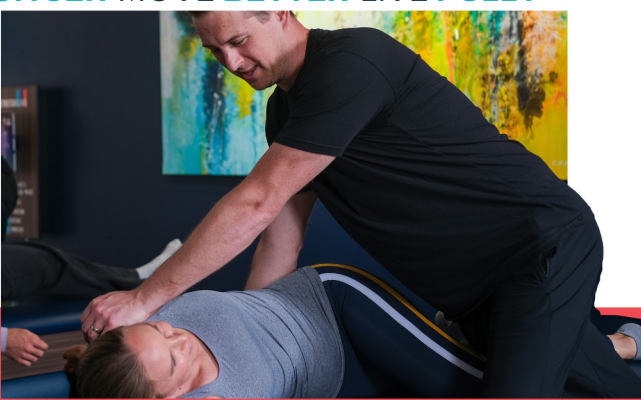
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Rock My Route Western Style

by Richard Stephens, Jr.

The route – Route 66, that is - that runs through downtown Yukon from 4th to 6th Streets was shut down on August 28 to allow 10,000 party people to relax for a night of country and western music. The 9th Rock the Route music fest featured three distinct country styles from Caroline Grace, Them Dirty Roses and Tanner Usrey.

COWGIRL WHO HAS A STORY TO TELL

Caroline Grace, 22, originally from Elk City, opened the night with catchy country songs often built around storytelling. For instance, “The Man With the .45,” about an outlaw, includes the lyrics, “He’s the meanest in the west / wanted dead or alive / The legend only knows him as the man with the .45.”

She performed her own “Cowgirl Wears Lipstick” with hits such as The Judds’ “Turn It Loose” and George Strait’s “All My Ex’s Live In Texas.” Her clear, on-key voice made listening easy.

Before going on stage, she said her music is inspired by Marty Robbins “for storytelling and the western style thing” and Chris Stapleton “is a huge inspiration; he is incredible.”

Festivalgoers shared their thoughts. Denise Williams, a senior citizen from OKC, said, “I love that Yukon puts on the free Rock the Route every year.”

Robert Waits, another senior and US Army veteran who served from 1986-1995, shared that the concert “makes people aware of what Yukon is about. This is a family event, free to the public.”

SOUTHERN ROCK-COUNTRY ENERGY

“Yukon, Oklahoma, make some noise tonight!” announced Them Dirty Roses band as they took the stage. “The crowd happily obliged. Brothers James (lead vocalist, guitar) and Frank (guitar, drums, piano) Ford, Andrew Davis (guitar) and Ben Crain (bass) hail from Alabama. They moved around the stage performing high-energy, southern rock-country music.

Fans heard their favorite anthem songs like “Molly,” “The Good Life,” “A Bad Hand,” and “Hell of a Note.”

With Ben’s bass and Frank’s drumming providing momentum, Andrew’s guitar riffs traded off against James’ vocals.



Jim Powell, a senior citizen of Yukon, said, I like all kinds of music, including country and western. Live free music is the best. Laura Powell



Rhett Snow of Moore rode the bronking mechanical bull without falling. Way to go, Rhett!

John Smith of Mustang and friends sat far enough back so the music was less loud. He is a retired US Navy and Air Force Master Sergeant who served for 22 years, including in Vietnam. He came “mostly to listen to the music and watch people.” There was plenty to see and hear and Smith was enjoying both.

TEXAS COUNTRY WITH HEART

Tanner Usrey, who grew up in Prosper, Texas, launched into songs from 2023’s debut album, “Crossing Lines,” and July’s, “These Days.”

Usrey sang straight from the heart. He swung from slow, heartbreaking love letters like “Josephine” to driving, angry songs such as “Gasoline and Adderall”.

Explaining the inspiration behind “These Days,” Usrey said, “I wrote it when I was kind of at a low point...I wrote this song one night...I guess, man, I guess I made it through another day and sometimes that’s all you can ask for....If you’re struggling, all you have to do is make it to the next day to the next day and...because it’s not so bad and the world’s a bit better of a place.”

We were treated to old and new favorites like “Beautiful Lies” (“I’d steal the moon from the stars / Just to get to where you are”) and “Smoke in the Air.” His clear baritone voice filled the block as the crowd sang along to choruses. Route 66 echoed with music until the final note.

Two senior citizens from Norman, Randy and Carla Gibbs, were glad they stayed. “We love his music and his voice and the way he talks to the audience.”

FAMILY, FOOD, AND FUN

Near 5th Street, 14 vendors offered pizza, gyros, onion burgers, soft drinks, and snow cones. Beer sold for \$7 a can closer to the stage. Families gathered at the Rockn’ Family Fun Ranch, where kids enjoyed necklace and bracelet-making, dart and water games, bull riding, a water slide, a rock-climbing wall, and more.

“Rock the Route continues to be such a big draw because it offers the best of both worlds—a small-town community feel with big-time talent,” said Jenna Roberson, Yukon’s Public Information Officer. “It’s the kind of event where you can see rising stars up close and make memories with family and friends.”



Tanner Usrey is moving up the music star chain with a mix heartbreaking and angry songs sung in an honest manner. His newest album, These Days,

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THE EXPRESS CLYDESDALES

Strength, Tradition and Community

by Vickie Jenkins, staff writer

On July 15, 2025, the Express family, and the wider Oklahoma community, lost a visionary leader, Bob Funk Sr., co-founder of Express Employments Professionals and the driving force behind the Express Clydesdales, passed away at age 85 in his home in Yukon, Oklahoma. His legacy of faith, service, and community endures in every hoofprint these majestic horses leave.

When Bob Funk Sr., co-founded and former president, Express Professionals in 1983, his vision went far beyond the office. At the heart of his company's mission was a simple but powerful goal; to help as many people as possible find good jobs for connecting clients with good people. Years later, that vision would take on a unique and unforgettable form in the shape of the Express Clydesdales, a world-class team of horses that represent strength, tradition, and the enduring spirit of community.

In 1998, Funk traveled to Regina, Saskatchewan, where he attended the long-standing Canadian Western Agribition. It was there that he first laid eyes on the striking black-and-white Clydesdales. Their size, beauty and grace captivated him. Funk knew immediately that this breed could become something more than a showpiece. They could serve as ambassadors for his company, touching lives and bringing people together.

Soon after, the Clydesdales were introduced as both a neighborhood marketing tool and a symbol of Express Employment Professionals mission. Their barn, originally bought in 1936, was restored in 1998 to house the team. Since then, the barn has welcomed thousands of visitors from across the country and around the world.

The barn has become a favorite destination for local families, offering an experience that's both educational and fun. It's the kind of place where grandparents love to bring their grandchildren, creating special memories while enjoying the beauty of the horses and the welcoming atmosphere.

Tabitha Hageman, co-manager has many responsibilities. She cares for the horses consisting of grooming and feeding the horses, oversees the barn and gift shop, answers phones and coordinates events ranging from school field trips, wedding receptions, tours and parades. "It's a rewarding job, even though it can be exhausting at times," she admitted with a smile. "For me, the joy comes from seeing the horses connect with people, and how those moments often leave lasting memories."

Though admired for their size and strength, each Clydesdale has a unique personality. 'Wizard' for example is the natural leader of the group when pulling the wagon. The barn is home to nine Clydesdales in total, and each one takes patience, consistency, and about six months to a year of preparation. Their care is carefully managed, including a special diet twice a day.

The Express Clydesdales are not only beloved by the local community, they are also world-class competitors. Over the years, they have been crowned champions in prestigious, earning recognitions for both six and eight horse hitched. Their travels have taken them to some of the most respected venues in North America including the Calgary Stampede, the Royal Winter Fair, the World Champion Clydesdale Show and the Oklahoma State Fair, among many others.

At every event, the Clydesdales carry with them the mission of Express Employment Professionals; Excellence, teamwork and dedication. Their presence in these arenas is not just about trophies. It's about representing a tradition of service and community that began with Funk's vision.

Perhaps, one of the most memorable moments in the Clydesdales history came when they had the honor of escorting Prince William and Kate, the Duke and Duchess of Cambridge at the Calgary Stampede. This royal appearance placed the Express Clydesdales on the world stage, where



Tabitha Hageman, co-manager of the Express Clydesdales Barn, stands beside one of the gentle giant Clydesdales.

their grace and their breed reflected the dignity of both their breed and the company they represent.

For Tabitha Hageman and the many who visit the barn, the Express Clydesdales are more than horses. They are teachers of patience, examples of teamwork, and symbols of strength blended with gentleness. "Taking care of these horses and sharing them with people is something that reaches across every language and culture," Tabitha commented.

From the beginning in a small Oklahoma barn to international competitions and even royal appearances, the Express Clydesdales continue to inspire wherever they go. With caretakers like Tabitha and the vision of Bob Funk, their story remains one of dedication, excellence, and community, written one hoofbeat at a time.

Express Clydesdales Barn is located at 12701 W. Wilshire Blvd. Yukon, OK 73099 and barn is open to visitors Tuesday-Saturday 10am-3 pm. Guided tours are available through purchases.

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 NOV 12	WHAT IS A GOOD DEATH? The emotional & psychological journey of healing after loss
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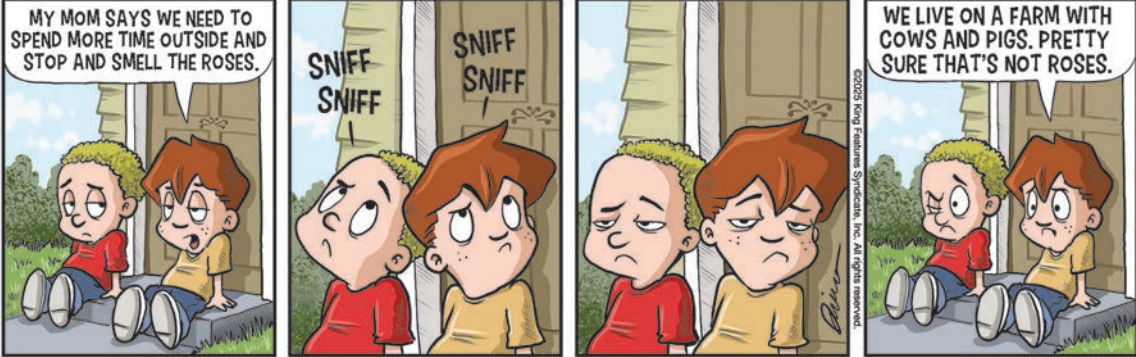
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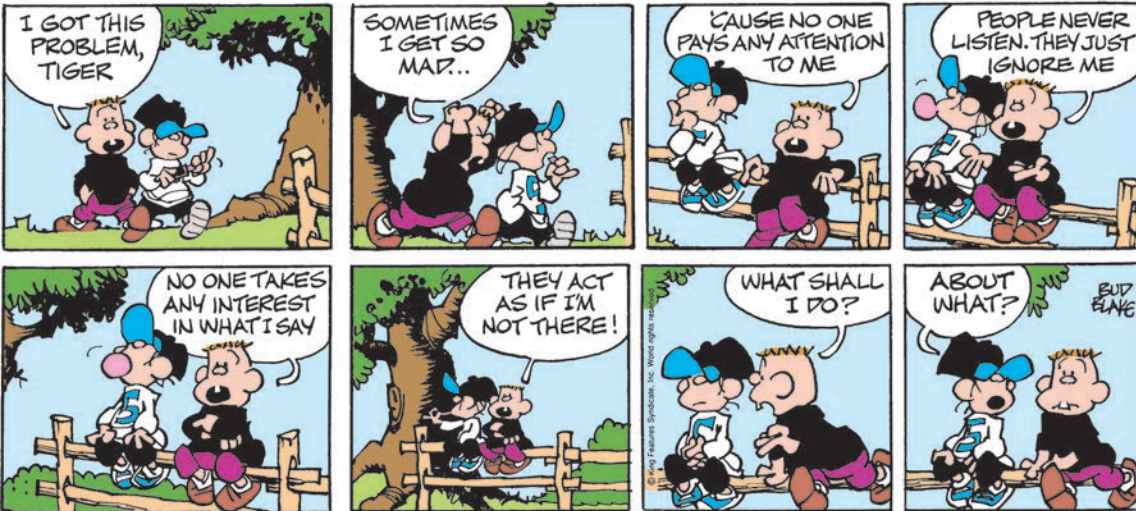
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King Crossword

ACROSS

- 1 Antiquing aid
5 McCourt memoir
8 Alphabet quartet
12 Houston org.
13 "I love," to Ovid
14 Chaste
15 Floor cleaners
17 "Got it"
18 Plum relatives
19 Raw bar mollusk
21 Numbered rds.
24 "Eureka!"
25 River blockers
28 Rich soil
30 Prattle
33 Debtor's note
34 Elegance
35 Swiss canton
36 Golfer Ernie
37 Plucked instrument
38 Slightly
39 Brewed drink
41 Bygone jets
43 Jerry of the Grateful Dead
46 Part of 42-Across
50 Sweet sandwich
51 Nike slogan
54 Use a rotary phone

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		
36					37				38			
			39	40			41		42			
43	44				45			46		47	48	49
50					51	52	53					
54					55				56			
57					58				59			

DOWN

- 1 Common conjunctions
2 Old France
3 Canadian gas brand
4 Critics, often
5 Eastern path
6 Little rascal
7 Mediocre
8 Gorilla-like
10 Manitoba tribe
11 Woodland grazer
16 Rockies hrs.
20 Candied veggies
22 First lady of scat
23 Flies high
25 Conk out
26 MSN rival
27 Highly-ecommended book
29 Nile vipers
31 Football's Parseghian
39-Across
38 Stage comments
40 Paris school
42 Stick with a kick
43 Pantheon members
44 Met melody
45 Slightly open
47 Actress Spelling
48 Iranian money
49 "Beetle Bailey" dog
52 Numerical prefix
53 Melancholy

BIBLE WORD SEARCH

by Elie's Spiritual Treasures

Psalm 38:1-2

LORD, do not rebuke me in your anger or discipline me in your wrath. Your arrows have pierced me and your hand has come down on me.

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

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HOCUS-FOCUS

BY HENRY BOLTINOFF

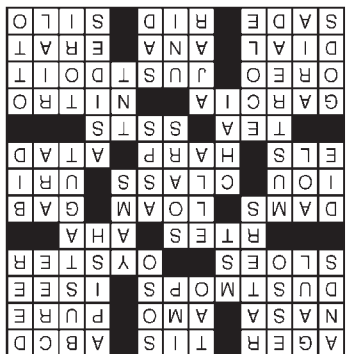


Differences: 1. Shorts are shorter. 2. Suitcase is moved. 3. Thumb is moved. 4. Hat is smaller. 5. Flap on backpack is smaller. 6. Sock is missing.



Answers

BIBLE WORD SEARCH



Solution time: 24 mins.

Answers

King Crossword

1. A horse. 2. Richard Dreyfuss. 3. Moscow, Russia. 4. Detroit, Michigan. 5. Panem. 6. Four. 7. 8 minutes, 20 seconds. 8. 10. 9. "Hill Street Blues." 10. 26.

Trivia Test Answers



1. GENERAL KNOWLEDGE: The children's novel "Black Beauty" is about what kind of animal?
2. MOVIES: Which actor narrates the 1980s film "Stand by Me"?
3. GEOGRAPHY: Which world city is home to Saint Basil's Cathedral?
4. U.S. CITIES: Which major U.S. city sits on top of a working salt mine that has been operating since 1910?
5. LITERATURE: What is the name of the country where "The Hunger Games" takes place?
6. MATH: How many sides does a trapezoid have?
7. ASTRONOMY: How long does it take for light from the Sun to reach Earth?
8. ANIMAL KINGDOM: How many legs does a lobster have?
9. TELEVISION: Which TV drama always begins with a meeting and the warning, "Let's be careful out there"?
10. LANGUAGE: How many letters are in the English alphabet?

SNL TINSEL TOWN TALKS

Take a Hike!

To Crater Lake in Oregon

By Nick Thomas

Viewing Oregon's Crater Lake for the first time caught me off guard – a massive impossibly blue expanse of water trapped within the shattered rim of an ancient volcano.

There was no hint of what lay ahead driving scenic Hwy 62 toward the Crater Lake National Park western entrance, some 60 miles northeast of Medford. Even after pulling into the car park, along with hundreds of other cars, the lake remained largely hidden until we walked to the edge of the parking lot.

And there it was – huge, deep, still, and oh so blue, on a scale that was hard to grasp. Still ringed with layers of pristine winter snow, it was especially striking in early June.

Normally, I would avoid popular national parks from late spring to early fall between 9 am and 3 pm because of the crowds – and at Crater Lake they can be stifling – but I made an exception for this vibrant aquatic beauty. Early morning and late afternoon shade can creep over the lake, creating distracting shadows. So we arrived at noon, waiting in line for over 45 minutes to gain park entry. Of course, the view is gorgeous anytime of the day or year, but with the full sun beating down midday to illuminate the water, it's just all that more spectacular.

The easiest hike, or walk really, with great lake views follows the stone wall adjacent to the car park around to the right. Every few steps you'll want to pause and absorb the view from a slightly different angle. The path is paved but may have snowy patches as it did when we visited. After the path dips down, you can then backtrack. Or, if you're up for a challenge, continue on as the trail rises into a wooded area that begins an 800+ foot climb towards the rim.

While the gradient is not extreme, it can be a little strenuous since the climb is unrelenting. The path is also rocky in patches and can be



Partial view of Crater Lake from the trail to the rim

heart-stoppingly narrow in a few places where the drop off is several hundred feet. However, the views of the lake from the higher elevation are worth the effort. In fact, you don't have to climb all the way to the rim because the partial lake views on the way up are still stunning. Despite its name, Crater Lake was not formed from an extraterrestrial impact but from a volcano that collapsed some 7,700 years ago. Although it receives more precipitation than it loses through evaporation, the lake level remains constant since some water seeps out through porous rock. The water is replaced only from rain or snow melt – no river flows in or out of the lake. This water purity contributes to its clarity and color. And with a maximum depth of almost 2,000 feet, it's the deepest lake in the U.S.

The photo accompanying this article is the first I took, moments after seeing the lake for the first time. It's not the best of the hundreds I captured, but it will forever remind me of that stunning initial impression. Nick Thomas teaches at Auburn University at Montgomery in Alabama and has written features, columns, and interviews for many newspapers and magazines. His hiking column describes short trails, hikes, and walks from around the country that seniors might enjoy while traveling. See www.ItsAWonderfulHike.com.

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.



Crater Lake from across the car park

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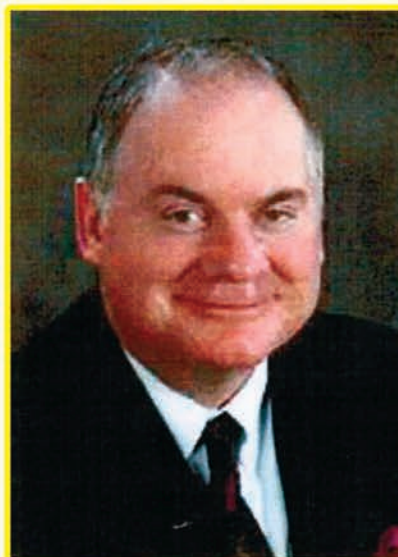
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Prevent a Fall. Grab a Bar!

Gov. Kevin Stitt has officially proclaimed September 2025 as “Older Adult Fall Prevention Awareness Month” in Oklahoma, underscoring the urgent need to address one of the most preventable public health issues facing older residents.

Oklahoma is home to more than 655,000 adults over the age of 65, and the consequences of falls in this age group are staggering. Each year, falls send approximately 8,000 older Oklahomans to the hospital, result in more than 800 deaths, and cost residents over \$600 million in medical expenses.

Beyond the statistics, fear of falling can cause older adults to lose mobility, withdraw from social activities, and experience isolation. Experts say many falls happen at home, especially in the bathroom, and often serve as the first indicator of health decline.

Thanks to a recent grant, VillagesOKC is offering a limited number of free brushed steel Winglts® grab bars continuing into October to anyone who reserves one while supplies last. The bars, available in both 18-inch and 24-inch lengths with a sturdy 1.5-inch diameter, are designed to provide stability and peace of mind for older adults navigating their homes.

According to aging prevention services at the Oklahoma State Department of Health, falls are predictable and, most importantly, preventable.

“Our goal is to raise awareness and encourage people to install a bar before they need it,” said Marilyn Olson, VillagesOKC Executive Director.

While installation is not included, VillagesOKC can connect recipients with experienced handymen to ensure the bars are secured properly. Installation costs are the individual's responsibility.

Public health leaders emphasize that small changes can make a big difference. A grab bar in the bathroom, better lighting in hallways, and removal of loose rugs are all simple steps that can significantly reduce the risk of falls. These are recommended for anyone 50 and older.

“As older adults and their families, we need to think proactively about safety,” Olson said. “Taking action today, such as grabbing a bar, can prevent the devastating physical, emotional, and financial impact of falls tomorrow.”

Call the VillagesOKC office at (405) 990-6637 to reserve a free grab bar while they last.

SECOND HALF EXPO 2025



Saturday
October 18 | 8am - 1pm

The National Cowboy &
Western Heritage Museum
Oklahoma City, OK

1700 NE 63rd St
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FREE EVENT FOR SENIORS 50+

150 Exhibits • Free Giveaways
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Keynote Presentation | 11am

Sherri Coale

Hall of Fame Coach, Author, Master Storyteller



Stories for the Striver in Us All

Join Hall of Fame Coach, celebrated author, and master storyteller Sherri Coale for an unforgettable presentation. Drawing from her latest book, *The Compost File*, Sherri will inspire and empower attendees with a collection of deeply relatable stories that speak to the heart of perseverance, growth, and transformation.

Book Launch Party | 10am

Bob Loudermilk

Entrepreneur, Inspirational Speaker, Author



Never Retire

Reinvent Yourself for Life's Second Half

Join Bob Loudermilk, author of the upcoming book *Never Retire*, for an insightful conversation about "what's next" and "what's new" for the 50+ generation who want to reinvent themselves in the second half of life.

Workshop & Presentation | 9am

Igniting Your Writing: How to Write & Publish Your Book



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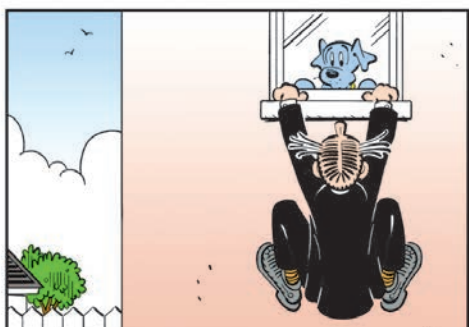
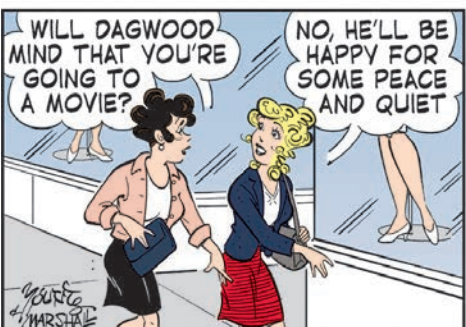
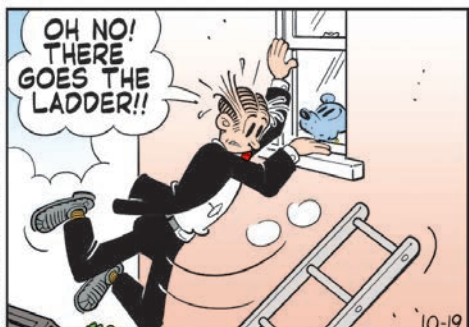
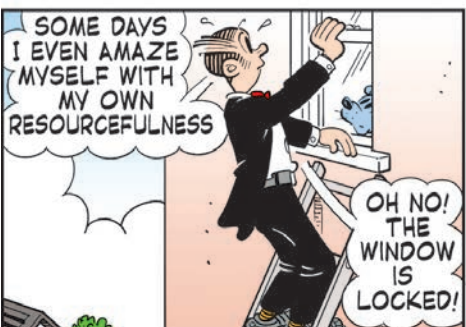
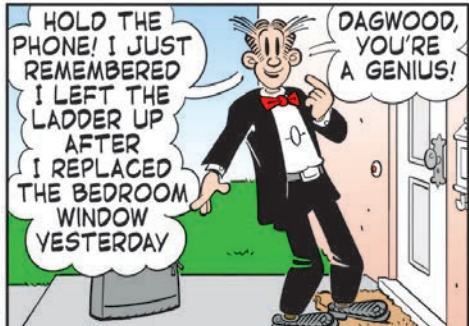
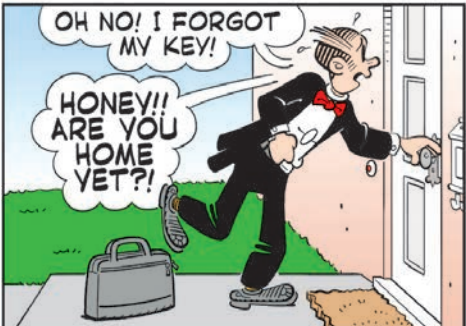
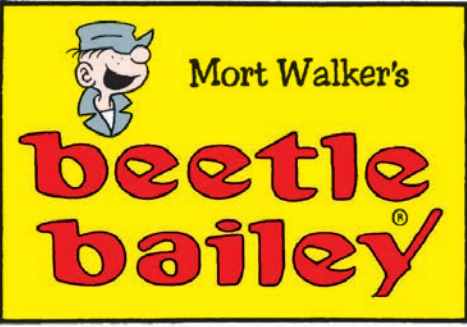
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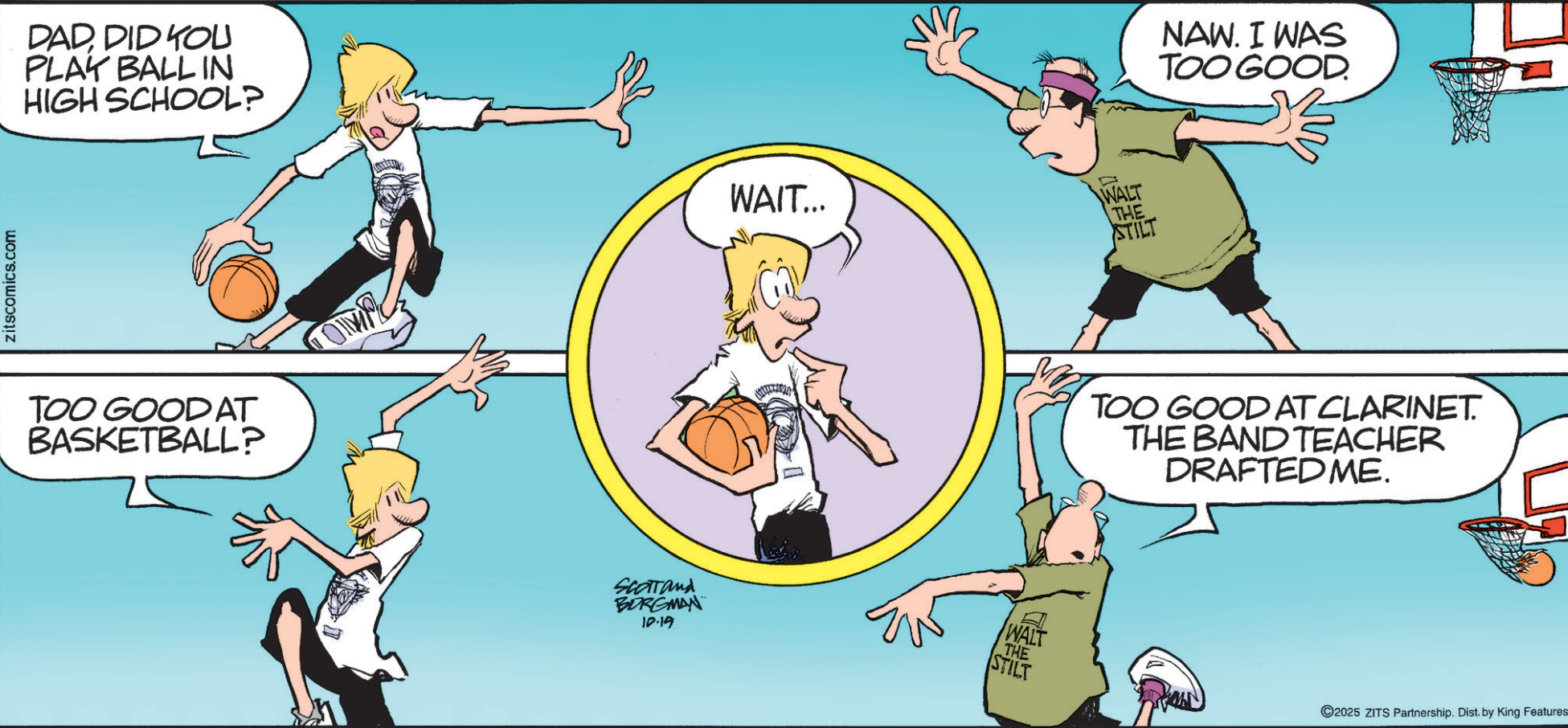
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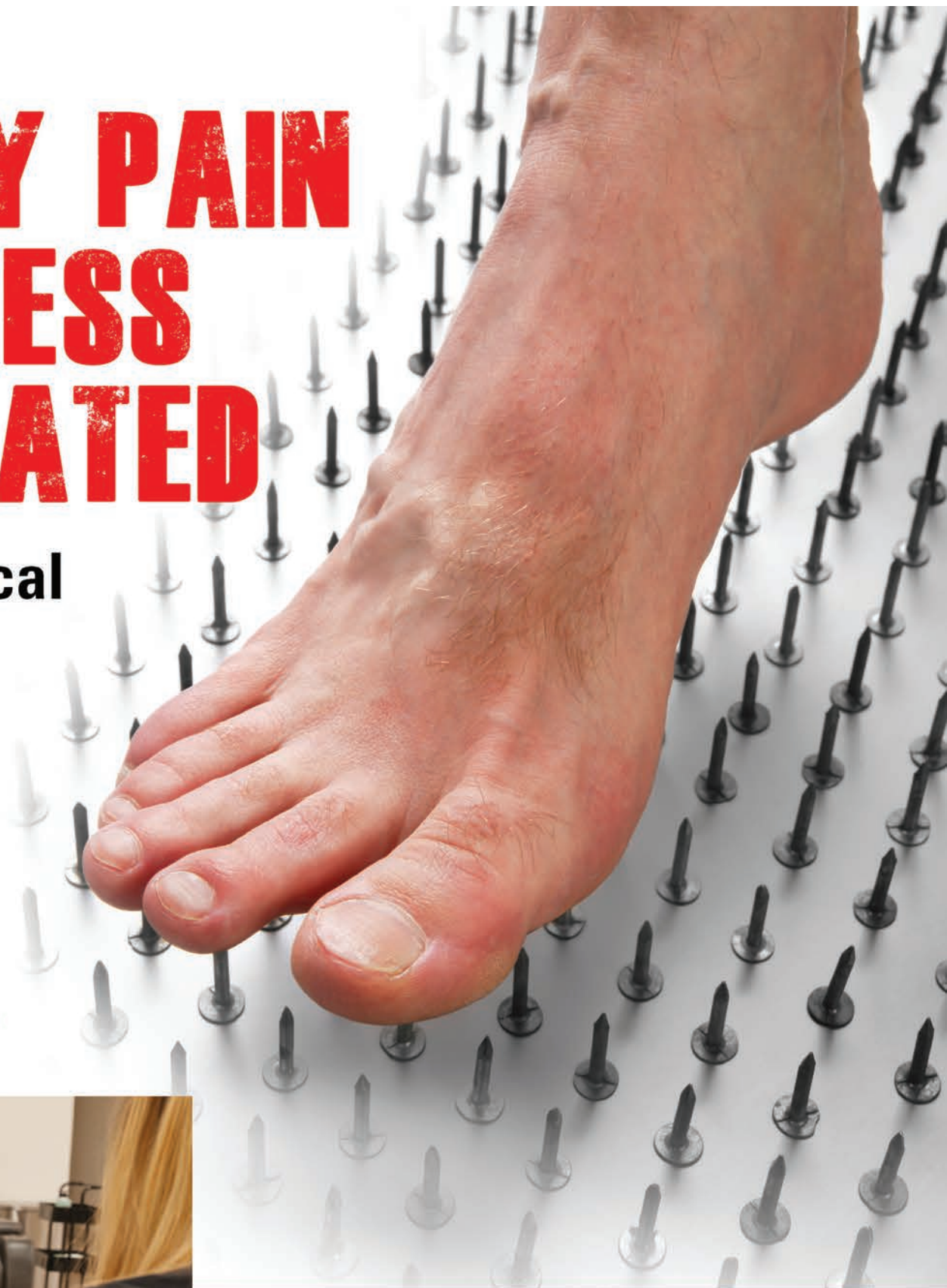
Jerry Scott & Jim Borgman



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