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FOCUS IS THE KEY

Story and photos by Marise Boehs, staff writer

I began this story with a photo assignment at the State Fair. When I got home and downloaded the shots from the Central Oklahoma Woodturners Association demonstration, what I saw in each one was intense focus.

As I began to talk with the people involved, the underlying message was "focus is absolutely required" - for safety and success.

Paul Rupe, an Army veteran, has been woodturning seriously for 5-6 years. I asked him what the benefits of woodturning would be to a veteran. He said, "The way you have to focus on the wood and turning shuts out all outside thoughts and feelings. It is very therapeutic."

He went on to say that the club has a number of veteran members and they are always available to share and help others.

Jason Kang, COWA board member, has been turning for 15 years. He comes from a background of teaching others and has taken that experience into his club association as a mentor to new members. He, too, talked about

ON THE COVER

Paul Rupe, Vice-President of Central Oklahoma Woodturners Association, turns a piece of wood into a bowl at the State Fair.



Don Roetker demonstrates woodturning at the State Fair.

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the therapeutic aspect of woodturning. He also said, "It is an expensive hobby." But it need not be cost prohibitive. COWA membership has cost saving benefits.

COWA has grown since 1987 when a small group of woodworkers interested in wood turning set out to form a club dedicated to woodturning to serve the Oklahoma City and surrounding area. COWA's mission is to provide an organization through club meetings; to provide instruction through demonstrations and classes; and to promote the craft and art of woodturning.

The club hosts monthly meetings with woodturning demonstrations and discussion. Meetings are held at 6:30 pm on the 2nd Tuesday of each month in the Room 102 of Building B at Metro Technology Center, 4901 S. Bryant, Oklahoma City.

The first meeting of each quarter is a show-and-tell meeting with members showing and discussing their latest creations. Raffles are held for prizes and for turned items created by members.

Each year, COWA teaches 10 Saturday classes. Fall classes are considered novice classes and the Spring classes are for more advanced turners. Beginning in 2025 these classes will be held at our new COWA shop in downtown Oklahoma City.

See **WOODTURNER** page 4

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WOODTURNER con't. from page 2

A valuable benefit of club membership is the extensive collection of turning videos in our DVD library. The library is made available at each monthly club meeting.

The club also has open studio time where members come to turn, teach, learn, talk, with fellow club members. Bring your own tools or use the club's tools. Affordable classes and studio time, can get an interested person involved without a lot of expense. Club dues are \$30 a year.

For more information, to check the class schedule and join the club, check out www.centralokwoodturners.com.



Pictured is the finished bowl Carolyn and Jason where turning.

The mouse is one like Jason was giving away to kids who participated in games he created to get them interested in woodturning.

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~ IN HER OWN WORDS ~



Jason Kang, COWA board member and club mentor, instructs Carolyn Robbins during the State Fair demonstration.

How I Became Involved in Woodturning: A Story of Curiosity and Development

With a long-standing interest in woodworking and a background in making cutting boards, I felt inclined to challenge myself further.

The art of woodturning captivated me after observing a craftsman at Silver Dollar City creating rolling pins on a lathe. Later, while scrolling through Facebook Marketplace, I found a lathe for sale at a reasonable price. I decided to take the opportunity, bought the lathe, and initiated my woodturning endeavors by crafting pens and small items.

As I progressed, I sought out instructional classes to enhance my skills. This search led me to the COWA classes, which are offered twice a year.

Through these classes, I have gained valuable knowledge and insights over the past 4-5 years, and I continue to attend, refining my skills and fostering a lifelong passion for woodturning.

Carolyn Robbins

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Do you ever wish you had a personal assistant or someone on hand for certain situations? Saint Ann Assisted and Independent Living provides a 24-hour Concierge for residents' convenience. Concierge Director, Jessica Ledford, embodies the heart of Saint Ann's mission to ease and enrich residents' lives. Deeply committed to providing exemplary service, Jessica loves being there for people. Whether it's a postage stamp, a finicky phone, or something more serious, Jessica is quick to offer help with a smile and a hug. As well as being a devoted wife, mother, and avid gardener, Jessica is a bona fide sports fanatic. She gets everyone fired up for game days. Her competitive spirit keeps things amusing as she arranges trivia contests, sports brackets, and contests for everyone to enjoy.

Saint Ann Assisted and Independent Living is a ministry owned and operated by the Archdiocese of Oklahoma City. People of all faiths love living there and say it is one of the nation's top senior living communities. Concierge services enhance the fun and friendly culture and the home's focus on providing top-notch amenities and lifestyle.

The Concierge desk is open around the clock to assist people in a myriad of ways. It functions as an information hub and is staffed by people who go the extra mile to simplify residents' lives. From notary services and making copies, to opening jars or helping navigate online portals, Saint Ann's Concierge is devoted to making residents' lives easier. The Concierge



See SAINT ANN page 13 Jessica Ledford manages the Concierge department at Saint Ann.

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Played by Del Humphreys last year, Santa is available for children to have their free photos taken during the two days of the show.

Santa Market Doesn't Wait For December

Story and photos by Darl DeVault, contributing editor

To give customers more time to prepare for Christmas, the free 16th Annual Santa Market Craft Show will be held from 9 a.m. to 4 p.m. on both Friday and Saturday, November 21–22, in the Pavilion Building at the Oklahoma State Fairgrounds.

These November dates will help create a vibrant and festive atmosphere, ensuring shoppers get into the holiday spirit early and have ample time to prepare for the Holidays.

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

"We work to organize this show all year," co-founder Molly Nye said. "It is a true labor of love and helps all of us by doing something positive to help combat Alzheimer's Disease."

If anyone would like to get involved by volunteering, donating an item or service for the auction, or contributing an item for the Alzheimer's booth, please call co-founder Joan Clarke at 405-314-1033.

As one of Oklahoma's largest nonprofit arts and crafts shows, the festive shopping event features over 190 carefully selected, creative vendors

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The Santa Market

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Pavilion Building

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offering a unique and diverse range of products. These include handmade arts and crafts, jewelry, home decor, hand-painted ornaments, and fashion items.

The first 1,000 visitors on Saturday will receive free shopping bags, sponsored by local businesses.

In addition to handmade items, vendors also offer pet items, jewelry, home decor, and more. The Market offers free parking, a silent auction, and more. The event raised \$43,000 last year for Alzheimer's research. Since its inception up to this October, the Market has raised an impressive \$350,000 for the cause.

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

Shoppers can buy a wide range of Christmas-themed home décor. This includes hand-painted ornaments, festive wreaths, and homemade arts and crafts, such as knitted scarves and unique pottery pieces. Boutique and holiday items, jewelry, children's clothes, books, and food treats are also available.

Joan Clarke, Molly, and Megan Nye started the event in 2010, after Joan's husband passed away from Alzheimer's in 2007. Their shared goal was to support the charity fighting one of America's toughest diseases. They invite shoppers to join them in this meaningful cause, becoming part of the community that supports it.

"Molly and I had been selling items at craft shows for years, and we decided to organize our own event. We booked a small room in a hotel and started with 17 vendors," Clarke said. "By the time our third year began, we realized how much work it takes to put on a quality show, so we decided to turn it into a fundraiser." This decision was not made lightly, marking the beginning of our journey to create a successful event that not only brings joy to our community but also supports a cause close to our hearts.

Molly immediately suggested Alzheimer's as the cause, knowing the personal experiences of Joan and Megan, who lost their husband and father, respectively, to the terrible disease.

"These personal experiences drive our commitment to the cause and inspire us to make Show successful each year," Clarke said.

The growing number of vendors, attendees, and funds raised demonstrates the collective effort and the important role this event plays in our community and the fight against Alzheimer's. Every dollar raised at the Market goes directly to the Alzheimer's Association, a nonprofit 501(c) (3) organization, and contributes significantly to ongoing research and support for those affected by the disease.

Customer participation and support are essential, and all donations are tax-deductible. This allows attendees to be part of a meaningful cause and to see how their contributions impact Alzheimer's research.

"Our customers' involvement is not just appreciated, it's crucial to the success of our event and the fight against Alzheimer's," Clarke said. "Our excellent vendors make this show what it is each year. We are one big family; everyone helps promote the show, advertise, and find new vendors. They donate to our cause, both financially and with their products, even though it's voluntary," Clarke said. "They assist with setup, cleanup, and everything in between. We have three vendors who have been with us all 14 years." Countless others have displayed for 5, 8, or even 10 years. One vendor called it 'The Greatest Show on Earth,' and it truly is.



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

Clarke says some vendors view the event as an opportunity to help their favorite charity receive as much support as possible through their craft and personal efforts.

By writing personal checks to the Alzheimer's Association during the Santa Market, these vendors contribute to the cause. They also donate products and gift certificates for the Alzheimer's auction and booth.

The Santa Market promotes the event each year at the annual Walk to End Alzheimer's, held this year on November 1 in downtown OKC. Clarke and her family have participated every year since 2003.

Held annually in over 600 communities across the country, Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support, and research.

National presenting sponsor Edward Jones has supported the walks for nine consecutive years. Biogen and Eisai are also national sponsors. Santa Market fielded a team for the walk.

For vendor or sponsorship opportunities, please get in touch with the organizers via email at thesantamarket@gmail.com or visit their website at thesantamarket.org. Updates are on The Santa Market's Facebook page.

Steve Eldridge, Senior News & Living, Oklahoma Veterans News Magazine and Nursing Times publisher, is once again a Diamond Sponsor. For more info, visit www.thesantamarket.org.

Joy Rails Invites You To Come Out and Ride

Story and photos by Marise Boehs, staff writer



First turnaround

Hop aboard uniquely designed railbikes for a memorable tour that begins at the Oklahoma Railway Museum and winds its way through charming neighborhoods and the scenic landscape of Lincoln Park Golf Course.



**End of the line
turnaround**

Explore the edges of Oklahoma City on this 6-mile journey. Your ride begins at the Oklahoma Railway Museum and heads north toward Adventure Park, rolling past the scenic Lincoln Park Golf Course.

The Joy Rails experience invites you to rediscover the charm of the outdoors from the seat of a pedal-powered or electric-assist railbike. As you ride the historic tracks once used by Oklahoma's industrial rail lines, you'll glide past open prairies, native trees, and gently rolling hills, all glowing under the golden light of the Southern Plains. The rhythmic clack of the rails and the scent of wild grasses create a peaceful backdrop for this one-of-a-kind outdoor adventure unlike any other in the area. It's the perfect way to see the sights from a new perspective – the railroad track!

Whether you're pedaling with friends, enjoying a quiet outing with a loved one, or sharing laughs with the kids, the ride offers a blend of nostalgia, fresh air, and unforgettable views. Keep an eye out for hawks soaring overhead or deer slipping quietly through the brush—this is Oklahoma's natural beauty at its best.

A Joy Rails outing is designed with comfort, fun, and flexibility in mind, making it perfect for families, couples, and solo riders of all ages. The open-air railbikes seat four and are adjusted to fit each rider. And with optional pedal assist, you can ride at your own pace—whether you're looking for a bit of exercise or just want to relax and enjoy the view.

With no biking experience required and a friendly team to guide you, Joy Rails offers a scenic and accessible way to explore the Oklahoma landscape—where adventure meets serenity, and the rails lead to lasting memories.

Take a short break while the guides turn your railbike. Then cruise south past the museum's impressive collection of railway equipment. At the second turnaround point, you'll get to spin your own bike before enjoying a relaxing return trip to where you began. A great outing for riders of all ages and ability levels!

From the moment your railbike begins to glide along the historic tracks, a sense of calm and wonder sets in. The rhythmic hum of the wheels, the fresh breeze, and the gentle pace of the ride create a peaceful escape from everyday life. With optional electric assist, riders can choose to pedal as much or as little as they like, making the journey effortless and enjoyable for all.

As the track winds through open meadows and quiet forests, the landscape comes alive with wildflowers, tall grasses, and the occasional sighting of wildlife. Sunlight filters through tree branches, and the air is filled with the scents of the season. Whether you're taking in the vibrant greens of spring or the golden hues of fall, each turn reveals a new view, a new moment to savor. It's a chance to slow down, breathe deep, and truly connect with the natural beauty that defines the region.

For more information and to book your ride - www.joyrails.com

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At the Southern Plains Fest, it's Mopar or No Car

by Richard Stephens, Jr., staff writer

Route 66 felt the weight of Plymouths, Dodges and Chryslers during the 5th (third time in Bristow) Southern Plains Mopar Fest (SPMF) on Oct. 3-4. On Day 1, a caravan of Mopars cruised 62 miles in the "Run for the Tower Route 66 Cruise." On Day 2, owners checked-in 76 cars and trucks for a car show on three blocks of Main Street (also Route 66).

Doug Cataline, owner/operator of the SPMF, loves Mopar vehicles and shares that enthusiasm with Bristow officials by making the town a SPMF showcase. He estimated 4,500 people attended the second day.

On Oct. 3, at 11:00 a.m., participants in 30 vehicles departed from the Chrysler Plymouth Dealership on 9th Ave. Their quest? Enjoy a "Run for the Tower Route 66 Cruise" and pick up playing cards to earn the best poker hand at seven roadside landmarks.

Daryl Bishop of OKC piloted his 1974 Plymouth Duster. He enjoyed the Route 66 Bowl card stop in Chandler and praised lunch at Butchers BBQ, another card stop. Although he assembled two queens and two 5s, he fell short.

David Griffin of Bartlesville did win the poker run with four "threes" (four of a kind), earning him \$560 and a Top 30 plaque for his 2023 Dodge Demon in the car show. "It was an opportunity of a lifetime...I've never been on Route 66 for that long of a period. It was fabulous to see all the old places," he said. After returning to Bristow by 5:00 p.m., more than 50 cruisers gathered with locals at C&J Kountry Fixings to eat and socialize.

On Day 2, Mopar owners from six states displayed entire lineups of classic machinery: Chrysler 300s, Newports, Barracudas (A-Body), Cudas (E-Body), Superbirds, Road Runners, Super Bees, Chargers and pickup trucks gleamed under the hot sun on both sides of Route 66.



Kerri Somerville of Edmond won the B.A.M.F. (trophy) and Best of Show (guitar) awards for her white 1947 Dodge Power Wagon (pickup truck).

The most unusual entry was an original 1942 Dodge WC54 ambulance painted drab green. Twenty-six year Army veteran Kevin Hicks of Chandler brings it to some car shows "because it's a tribute to the greatest generation." It won a Top 30 plaque.

According to Motortrend.com, Chrysler Corp. introduced Mopar (combination of "motor" and "parts") products in 1937. "When talking with an enthusiast, a Mopar car is one built by one of the original Chrysler Corp. brands, which in order of ascendancy are Plymouth, Dodge, DeSoto, Ram, Chrysler, and Imperial." Jeep qualifies, as Chrysler bought the brand in 1987.

Two distinguished guests flew in to mingle. Paul Rossi, a Mopar representative and champion National Hot Rod Association drag racer from 1963 to 2000, proudly showed his 1970 Dodge Challenger to admirers. Claudia Abel, Miss Direct Connection 1984, journeyed from Detroit. She told attendees, "What an opportunity to drive, walk and visit...the nostalgic Route 66."

Why hold the SPMF in Bristow? Cataline explained, "We all are hobbyists and we love the Chrysler Plymouth name...The second reason is to bring absolute awareness to the Chrysler Plymouth Tower that's in this awesome little town...in the crossroads of America...So it gave me inspiration to do a show here." The 1949 "Tower of Power" is being repaired for reinstallation at the corner of Main and 9th Streets in the summer of 2026.

Amid 30 vendors selling merchandise, parts, services, and food, attendees enjoyed live music from Tulsa's "Tempest Revival," covering hits of the '70s through '90s. "Sales have been very good because of the car show," noted Jordayn Fleetwood of Buffalo Beverage Company.

Car judging took place from 11:00 a.m. to 1:00 p.m., with awards at 2:00 p.m. Cataline gave the Top 30 plaques first, then special awards. Highlights: Leslie Foster of Ebgeron, Kansas, won "Claudia's pick" (a signed photo) for his 1971 Dodge Charger. Scott Wood took home the Sponsor's Award

See CAR SHOW page 14

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See Sudoku Answers on Page: 19



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OPINION



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Dear Savvy Senior

Can you recommend some good online resources for writing a simple will? I'm 70 and divorced and want to get my affairs organized, but I hate paying a high-priced attorney fee if I can do it myself
Don't Have Much

Dear Don't,

Having a last will and testament is an important document to have because it ensures that your money and property will be distributed to the people you want to receive it after your death. Currently, fewer than one-third of American adults have prepared a will.

If you die without a will, your estate will be settled in accordance with state law. Details vary by state, but assets typically are distributed using a hierarchy of survivors. Assets go first to a spouse, then to children, then your siblings, and so on.

You also need to be aware that certain accounts take precedence over a will. If you jointly own a home or a bank account, for example, the house, and the funds in the account, will go to the joint holder, even if your will directs otherwise. Similarly, retirement accounts and life insurance policies are distributed to the beneficiaries you designate, so it is important to keep them up to date too.

Online Will Makers

If you have a simple, straightforward estate and an uncomplicated family situation, writing your own will – with the help of a good online will making program – is a viable alternative to hiring an attorney and much cheaper. Like tax software, these online tools will guide you through a series of questions and will insert your answers into a will for you, and it usually takes less than 30 minutes from start to finish.

Some of the highest-rated do-it-yourself options include the Quicken WillMaker & Trust 2025 downloadable software (WillMaker.com) that starts at \$109 and is valid in every state except Louisiana; Trust & Will (TrustandWill.com) which charges \$199 for an individual will-based estate plan; and LegalZoom (LegalZoom.com), which offers will-based estate plans for \$129 or \$149 if you'd like assistance from an independent attorney.

Or, if that's more than you're able or willing to pay, two good options that will let you make your will for free are FreeWill.com or DoYourOwnWill.com.

When to Hire a Lawyer

If you have considerable financial assets or a complex family situation, like a blended family or a child with special needs, it would be smart for you to seek professional advice. An experienced lawyer can make sure you cover all your bases, which can help avoid family confusion and squabbles after you're gone.

The National Academy of Elder Law Attorneys (NAELA.org) and the National Association of Estate Planners & Councils (NAEPC.org) websites are good resources that have directories to help you find someone in your area.

Costs will vary depending on your location and the complexity of your situation, but you can expect to pay somewhere between \$200 and \$1,000 to get your will made. To help you save, shop around and get price quotes from several different firms. And before you meet with an attorney, make a detailed list of your assets and accounts to help make your visit more efficient.

Where to Store it?

Once your will is written, the best place to keep it is either in a fireproof safe or file cabinet at home, in a safe deposit box in your bank or online. But make sure your executor knows where it is and has access to it. Or, if a professional prepares your will, keep the original document at your lawyer's office. Also, be sure to update your will if your family or financial circumstances change, or if you move to another state.

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

BANANA BALL IS COMING TO OKC

The Savannah Bananas' wildly popular baseball phenomenon returns to Chickasaw Bricktown Ballpark in 2026

Banana Ball is coming to Chickasaw Bricktown Ballpark in 2026! The global phenomenon, made famous by the Savannah Bananas, will stop in Oklahoma City for two games Aug. 21-22.

As revealed Thursday night during the 2026 Banana Ball City Selection Show, Oklahoma City has been selected as a tour stop for the brand-new Banana Ball Championship League (BBCL). Chickasaw Bricktown Ballpark will host official league games featuring the Texas Tailgaters against the Indianapolis Clowns.

Tickets will go on sale approximately two months prior to the scheduled event dates for those selected in the ticket lottery. Individual ticket sales for the games are being handled exclusively by Fans First Entertainment, the company that manages the Savannah Bananas and BBCL member teams. Standard tickets start at \$35.

Banana Ball has taken the sports world by storm, drawing millions of fans with its non-stop action, viral moments and unique rules – including a two-hour time limit, no bunting and fans catching foul balls for outs. The 2026 BBCL season will feature six teams playing 60 games across the country, all leading to a can't-miss championship series in October. With dancing players, surprise guests and one-of-a-kind in-game antics, Banana Ball delivers an entertainment experience unlike anything else in sports.

For updates and announcements, follow the Comets on social media and visit bananaball.com.



Sherri Coale Explains the Power of Half Time

Story and photo by Darl DeVault, contributing editor.

Former University of Oklahoma Women’s Basketball Coach Sherri Coale shared her story about realizing that the score at halftime is less important than how people grow and evolve. She used this to illustrate that attendees of The Second Half Expo can reinvent themselves as they age during the October event.

As keynote speaker, the Norman resident, 60, spoke at October 18th at the National Cowboy and Western Heritage Museum in Oklahoma City. Coale, a passionate coach, emphasized at the beginning of her speech that she likes to convey her life philosophy by sharing examples of how she coached her athletes to great success at OU.

“We were thrilled to have Sherri Coale as the keynote speaker at the Second Half Expo,” said Bob Loudermilk, event co-founder. “As a Hall of Fame successful women’s college basketball coach at OU for 24 years, she delivered an impactful and credible message. Just like her thought-provoking new book, “The Compost Pile,” Sherri’s relatable experiences impressed our audience at the Expo.”

Coale began her speech by challenging the audience to examine their lives and determine what makes their heart sing. She related how she would ask each of her basketball players that question to empower them to think about the big picture, not just playing ball at OU.

Her ability to ask her players to figure out what makes their heart sing was her way of prompting them to have a good life, not just a good college experience. This coaching philosophy, rooted in personal growth and empowerment, has the potential to inspire change in all of us.

SAINT ANN con’t. from page 5

department coordinates transportation to doctor appointments two days per week. It also manages daily deliveries from all types of stores, florists, pharmacies, and other vendors. The Concierge orders room service meals and reserves guest apartments and event areas for private parties. At its core, having a Concierge available day and night helps give residents peace of mind because they know someone is a phone call or short walk away. In assisted living, staff are also available to assist residents with personal care, medication administration, and individualized services.

Jessica Ledford manages the Concierge department. Trained as a massage therapist, Jessica says that, “Human touch is so important. Feeling a gentle hand on the shoulder or the warmth of a hug can be so comforting. Such a simple gesture lets residents know they are cared for.” Jessica is a true confidant—a sympathetic ear and a comforting shoulder, willing to take time to offer reassurance, kind conversations, or a heartfelt prayer. Jessica builds a personal relationship with residents as well as their families. Clarita, an independent living resident said, “Jessica is such a delight! Everyone in my family knows her, including my brother in Germany!”

After normal business hours, the Concierge staff also help with maintenance and housekeeping tasks like trash collection, replacing batteries, and resetting TV’s. Thanks to the Concierge, aromas of fresh coffee and cappuccino fill the “Beverage Bar” daily where people linger to laugh and chat.

At times, the Concierge Department is on the frontline in identifying potential health issues with independent living residents. Daily interaction with residents sometimes leads to noticing a change in cognition, mobility, hygiene, or behavior. If something seems off, the Concierge can help alert families. This heads-up often expedites the medical attention, medication adjustment, or in-home care that residents need. The Concierge makes “wellness checks” on independent living resident when requested by others

Her audience was treated to a surprisingly candid speaker who shared rare insight into her ability to motivate young people to examine their progress in life and play basketball at their highest potential.

However, it was clear that all of this was based on a solid foundation of her extensive education as a player herself, her good interpersonal skills, and the hiring of Jan Ross as her assistant, who served OU for 22 years.

Coale’s teams made history at OU with six Big 12 Regular Season Championships, 68 All-Big 12 Team selections, 131 Academic All-Big 12 honors, four Big 12 Tournament Championships, 16 All-District Academic Team members, 19 straight NCAA Tournament appearances, four Academic All-America Team Members, 13 All-Americans and nine Sweet 16 appearances.

After relating to the audience, they need to find their purpose by asking themselves what they love or what they are good at. Coale began her use of a historical event at OU to explain the central premise of her speech.

Since her retirement from OU in 2021, Coale has been exploring public speaking, becoming an obviously skilled and dynamic speaker, as evidenced by her adapting her speech to the occasion at the Second Half Expo. Her personal journey—from a successful coach to a dynamic speaker—is a testament to the power of reinvention.

She explained that nothing is less important than the score at halftime and spent the remainder of her speech giving the details that brought that concept home to the audience.

The story began when the OU team, a powerhouse in women’s college bas-

See COALE page 28

or it is noticed they are conspicuously absent from events or dining. If a resident is unwell, the Concierge will order a complimentary room service meal delivered to their apartment.

Families say knowing the Concierge is on-site and available for their loved one is a tremendous comfort and asset. The Concierge department conducts security checks of the building, monitors cameras, and tracks weather events. They are trained in emergency preparedness protocols like putting out first floor hallway seating during tornado watches.

Saint Ann Assisted and Independent Living has an outstanding life-enrichment program with numerous activities, entertainers, and things to do. Thanks to the evening and weekend Concierge, residents enjoy even more socials such as Thunder watch parties, weekend chair-volleyball practice, movies, Monday night hymn sing, and Friday night bingo.

Independent living resident, Michelle Tuttle, said, “Living at Saint Ann is like living on a cruise ship! With housekeeping, maintenance, dining, and the Concierge on call, I don’t need to worry about anything. I can just relax and have fun.” Residents agree, Saint Ann’s Concierge Department is a blessing and a mainstay to Oklahoma City’s premier Senior Living Community.

Saint Ann Assisted and Independent Living is located at 7501 West Britton Road in Oklahoma City between Council and Rockwell. Call Lisa or Jessica at (405) 721-0740 for a personal tour to see all Saint Ann has to offer.





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CAR SHOW con't. from page 10

for a 1961 Plymouth.

Cataline generously donated \$500 to Bristow's FAA and \$1,000 to its Historical Society.

The SPMF contributes to Bristow's ability to draw people downtown to attend free, fun activities. Mayor Kris Wyatt texted, "Events like the Southern Plains Mopar Fest help draw people to our community, supporting local businesses and showcasing the charm that makes Bristow such a special stop along Route 66."

Asked why do car buffs like Mopar, Cataline smiled. "Everything is classic and if you like cars, you have to be here because you'll love these cars. They're old and old is cool."

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HealthSpring, the new brand for Health Care Service Corporation's Medicare business, gives customers in 29 states and the District of Columbia plenty of choices with its 2026 Medicare Advantage (MA) offerings, including plans for most lifestyles, health statuses, and budgets.

This may include Medicare Advantage HMOs and PPOs, Dual Eligible Special Needs Plans (DSNP) for those who qualify for both Medicare and Medicaid**, and Chronic Condition Special Needs Plans (CSNP) for people with certain qualifying chronic health conditions.***

Additionally, HealthSpring offers Medicare Supplement plans and Prescription Drug Plans (PDP).

"Medicare isn't a one size fits all proposition," said Stephen Harris, President, Government Markets with Health Care Service Corporation, which includes HealthSpring. "People eligible for Medicare are very diverse, with unique backgrounds and needs. That's why it's important for insurers to serve their local communities and provide them with options that meet their individual needs."

MA plans provide additional benefits not available in "original" Medicare. All HealthSpring MA plans include routine vision and hearing coverage. Most include dental coverage, no-cost fitness programs, home-delivered meals at no extra cost following hospitalization****, and prescription drug coverage. Plans remain affordable with many available for no extra premium and with some including a rebate of the customer's Part B premium.*

2026 Annual Enrollment Period
The Medicare Annual Enrollment Period begins Oct. 15 and continues through Dec. 7. Most plans purchased during AEP are effective Jan. 1, 2026.

People can learn more about HealthSpring's plans and find out which plans are available in their locations by entering their ZIP codes at www.healthspring.com or by calling (877) 349-2897 (TTY 711) seven days a week, 8 a.m. to 8 p.m. (through the end of AEP) to speak with a licensed insurance agent.

Brand history
Long-time customers likely remember HealthSpring from the past. It is a strong

brand with an outstanding reputation for putting customers first.

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*HealthSpring will reduce your monthly Part B premium based on the plan's specific benefit amount.

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HealthSpring is the newest national brand from Health Care Service Corporation, offering Medicare plans available for enrollment in October 2025. HealthSpring joins the HCSC portfolio of national platforms and solutions that go beyond the expected – serving more than 26 million people across the country with the goal to advance health care by being a trusted partner to members, committed to helping them achieve their health and wellness goals.

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We do not offer every plan available in your area. Currently we represent 7 organizations which offer 55 products in your area. You can always contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program to get all your options. *Benefits, features and/or devices vary by plan/service area. Limitations, copayments, exclusions, and restrictions may apply. Contact the plan for more information. **HealthSpring will reduce your monthly Part B premium based on the plan's specific benefit amount. ± Kits are based on availability and subject to change. Once selected, kits cannot be exchanged. HealthSpring products and services are provided exclusively by or through operating subsidiaries of Health Care Service Corporation, a Mutual Legal Reserve Company. Health Care Service Corporation and its affiliates contract with Medicare to offer Medicare Advantage HMO and PPO plans and Part D Prescription Drug Plans (PDP) in select states, and with select State Medicaid programs. Enrollment in a HealthSpring plan depends on contract renewal. © 2025 Health Care Service Corporation. All Rights Reserved.

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By Van Mitchell, staff writer

Bill Norfleet has been collecting coins for years, and after retiring, he took his collecting to the next level by opening his business Brazito Coins and Collectibles, located at 2525 Northwest Expressway, Suite 222 in Oklahoma City.

"I've collected coins for a long time, and when I retired, I decided I'd just start selling some and buying some and trading back and forth," he said. "It keeps me off the sofa. It helps me to meet people and do things." Norfleet sells/buying at coin shows, sells coins online, and meets with individuals by appointment only at his Oklahoma City office location.

"I'm not a high-pressure salesman at all," he said. "I'm not going to pressure them to sell them (coins). I just try to help them (with coin information/values). Hopefully they'll come back when they do want to sell them if they do."

Norfleet said the internet has changed the way coins are sold. "The online section is taking over from the storefront business," he said. "Coin shows are not a storefront, but they're akin to them. It's face-to-face-stuff. I'm afraid that the (smaller) coin show deal is kind of dying." Norfleet said there are still larger coin shows that attract buyers/sellers from across the country.

"One of the biggest ones in the country is in Orlando, Florida," he said. "We went to that one in January. It had 660 tables. We went to one a couple weeks ago in Houston. That's a pretty good size show with 120 tables. There was a lot going on there. A lot of people buy and sell. The bigger shows have many different things there, and you draw a whole lot more people."

Norfleet said to help better attendance at the Oklahoma coin shows, he is using email to help attract more attendees.

"We are trying something new. We're going to send out an email to about the first 1,000 people that are identified as having an interest in coins," he said. "We'll send out a few emails, one of them four weeks before the event and one another week or 10 days before the event. We'll see how that works."



Norfleet said his website features a variety of certified coins.

Certified coins have been graded by an authoritative third party like the Professional Coin Grading Organization (PCGS) or Numismatic Guarantee Company (NGC).

A coin that has been certified will come in a tamper-evident encapsulation or slab from the organization that certified and graded it. This slab will have the necessary information to verify the coin's grade and authenticity. "A lot of what we have for sale are what are called certified coins, and they're in a plastic container," he said.

Norfleet said coin collectors have a wide variety of coin interests. "It's just wide (coin interests)," he said. "Two of the most popular of all time are Morgan dollars and Peace dollars. The (Morgan) were

made from 1878 to 1921. Now there were some years in the 1920's and 1930's when they weren't made because the price of silver got to where it didn't make sense to make a dollar with it. They made a few in 1934 and 1935. The Peace dollars were made from 1921 to 1935. Gold coins are popular. The Indian head two-and-a-half-, five- and ten-dollar Indian head gold coins. The Saint-Gaudens coins are popular."

Norfleet said he receives phone calls from people who are interested in selling their coins and inquiring about what they might be appraised at.

"We talk about what they have, and that gives me a good feel whether it's worth their time and mine for us to get together or not," he said. "I had one lady call and said she had a lot of foreign coins she was interested in getting appraised. I told her I didn't handle foreign coins, but I gave her information on

some people who do. Sometimes you get people who don't have any children or grandchildren, or as is my case, don't have any children or grandchildren who are interested in coins. That's true of a lot of people. We try to be helpful to them in figuring out how to make that decision, whether they want to sell them or keep them."

Norfleet said he has never lost interest in collecting coins.

"I just enjoy the hunt, but I've always enjoyed going to coin shows and taking a list with me of things that I want and looking for them," he said. "Sometimes you don't find what you are looking for. But a lot of times, you'll find something."

For more information about coins call Norfleet at (405) 495-4000, email billnorfleet@hotmail.com or visit brazitocoinsandcollectibles.com.



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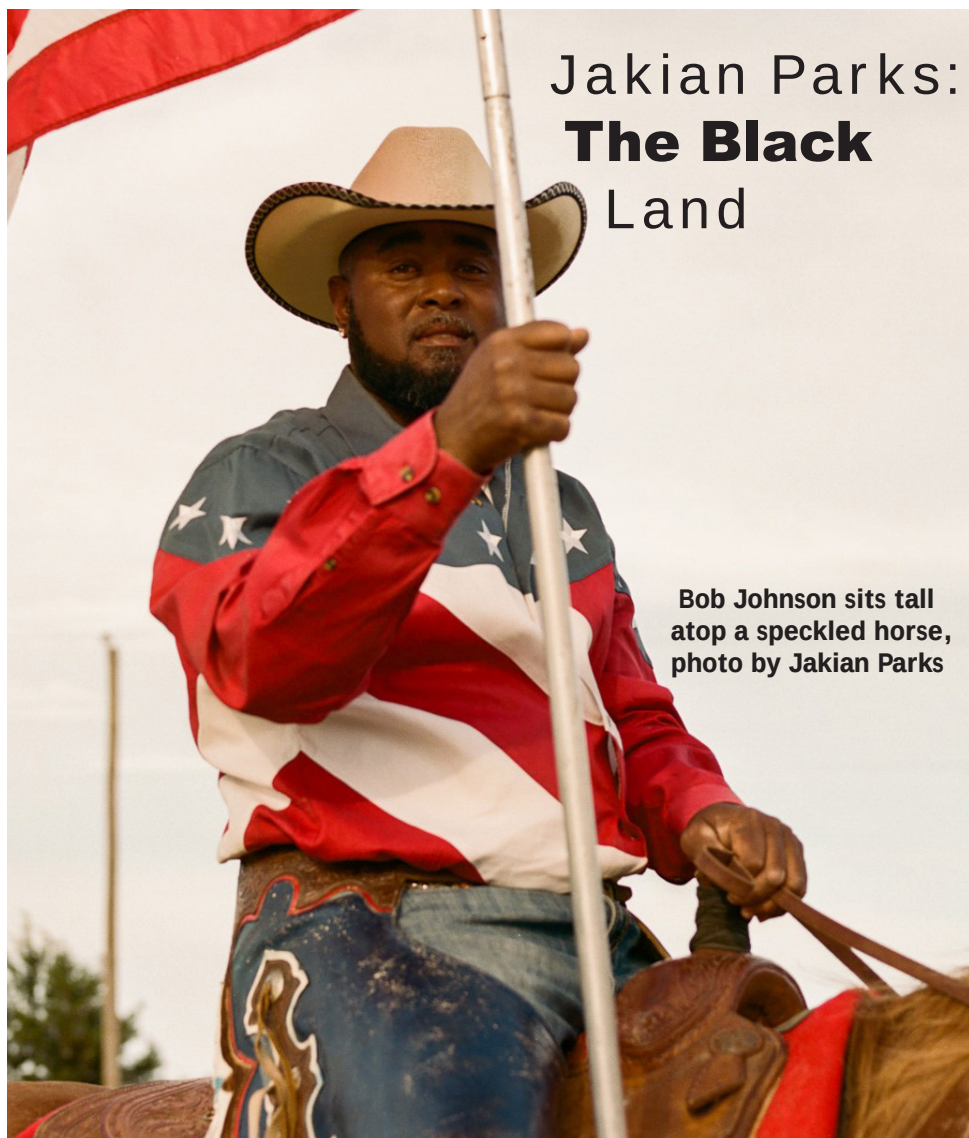
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Bob Johnson sits tall atop a speckled horse, photo by Jakian Parks

Story by Darl DeVault, contributing editor, photos courtesy of the artist

The free upcoming photography exhibition, “Jakian Parks: The Black Land,” at Oklahoma Contemporary Arts Center in downtown OKC, celebrates what Oklahomans know well: rodeo culture. This exhibition takes it a step further by imbuing Black rodeo with profound cultural significance.

It displays photos of Black cowboys as a dynamic symbol of survival, resilience, and the reclamation of identity, while reminding the world that photo-documentarians are important.

Opening on November 6 and running through June 1, 2026, the exhibition features Parks’ photography to challenge historical narratives and honor a deeply rooted, yet often overlooked legacy of Black equestrian life in Oklahoma and the West.

Traditionally, the dominant image of the American West has been a whitewashed one. Parks is resisting this historical erasure and its stereotypes by showcasing Black contributions to cowboy and equestrian culture. While largely ignored throughout America, Parks’ photography exhibition boldly and directly confronts this historical exclusion, restoring visibility and dignity to Black cowboys and families.

Challenging those stereotypes of exclusion, Parks’ portraits capture a “quiet grace” that resists the negative stereotypes and invisibility historically imposed upon Black bodies. His work presents his subjects with authenticity, full agency and humanity.

“A cherished aspect of this process was learning more about the Black towns around Oklahoma,” Parks said. “Visiting historical figures and lands to discover more about my own history was very inspiring. This pushed me to dig as deep as possible into Black archives.”

As a documentarian, the photographer shares the critical visual archive he is building of Black agricultural and equestrian traditions. By doing so, he ensures this cultural memory is preserved and passed down, bridging the gap between past and present and actively resisting the forces of erasure.

“The Black Land” reframes the complex relationship Black people have with the land by reclaiming a spiritual connection to it. Oklahoma’s Black cowboys, such as Bass Reeves and Bill Pickett, and cowgirls working the land from horseback, command historical attention as they helped build a place in American history.

The exhibition title acknowledges the duality of this connection—a history marked by forced labor and stolen land, alongside the deep knowledge and resilience that grew from it.



Jakian Parks poses for a photo

By celebrating resilience and the persistence needed to survive, the exhibition shows how Black communities have transformed a painful history into a source of enduring strength. Scenes of rodeo, gospel choirs, and quiet family moments illuminate Parks’ sense of spiritual and communal resurgence.

Parks’ journey of researching Oklahoma’s historic Black towns and archives for the project underscores the project’s personal and ancestral nature. His photographs are a tribute to inherited land and independence, honoring the wisdom passed down through generations.

By showcasing Black rodeo culture in a prestigious institutional art setting, such as Oklahoma Contemporary, the exhibition elevates the tradition to a larger audience and serves as a point of pride and inspiration for younger Black generations.

To promote representation, Parks founded the nonprofit “Oklahoma Cowboys” to address the lack of visibility in mainstream rodeo culture. The organization aims to empower Black youth by showing them that rodeo is a viable path, expanding their horizons beyond basketball courts and football fields.

By elevating community stories, his visual work is driven by storytelling. It gives voice to individuals and communities whose stories have been overlooked by mainstream narratives, placing their rich and vibrant culture on center stage.

His photographs affirm Oklahoma’s rich Black heritage, an area steeped in the rich but often-forgotten history of Black settlements and entrepreneurship. This exhibition seeks to make that history especially significant.

By highlighting local themes focusing on Oklahoma’s Black rodeo traditions, Parks directly addresses the local context. His work draws attention to the state’s Black towns and the unique equestrian history that has shaped them.

Parks, 23, was born in South Oklahoma City and raised in the nearby suburb of Yukon. Growing up in Yukon, He found his artistic inspiration at Young Achievers Christian Academy in northeast Oklahoma City. The exposure to “real Black culture and history” at the school had a profound influence on his photography, which often explores themes of Black heritage and equestrianism.

“The Black Land is a ceremonial parade of the admiration and respect we have for ourselves and our ancestors,” exhibition guest curator Chloe Flowers said. “The overlap between faith and forward action creates a supernatural progression for Black people. I hope viewers are able to see their reflections in the work and implement more advancement into their lives.”

The exhibition honors local heroes and traditions, from the famed Boley Rodeo to Parks’ memories of the Black cowboy tradition, influenced by his late aunt, Shay Nolan. It places Oklahoma’s Black community at the center of the American West’s historical narrative, where it has always belonged.

Admission to Oklahoma Contemporary is free to ensure accessibility for all community members.

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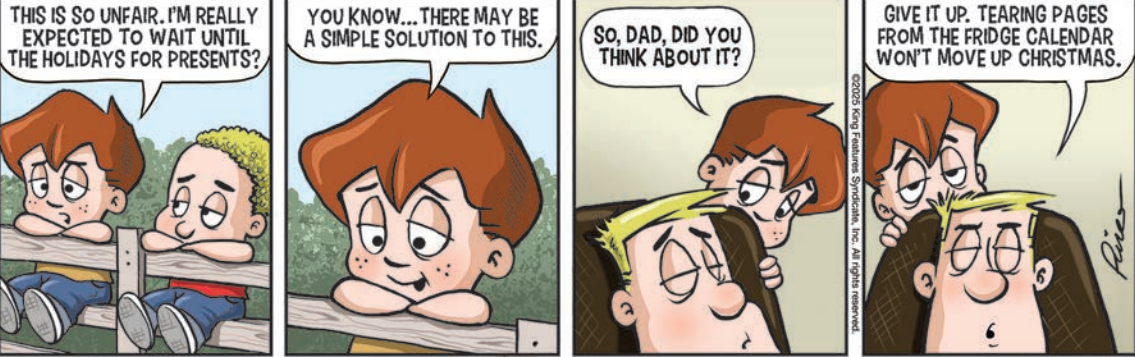
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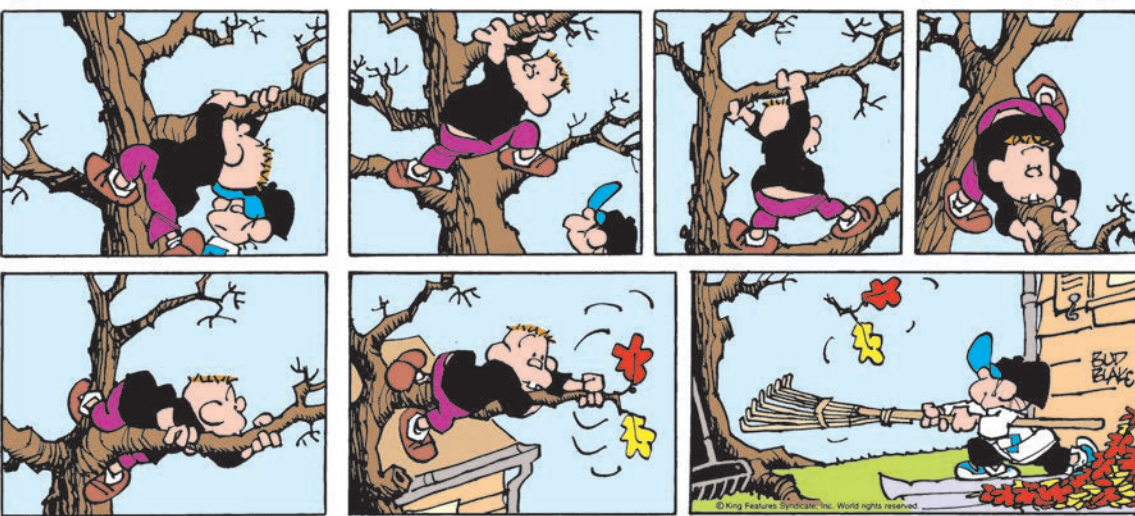
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Psalm 38:11-12ab

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

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HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Music note is missing. 2. Leg is moved. 3. Clothespin is missing. 4. Sheet is longer. 5. Window is wider. 6. Arm is not showing.

King Crossword

ACROSS

1 Dandies
5 Patient's need, briefly
8 Small town
12 "Yeah, right!"
13 Brazilian city
14 Screenwriter James
15 Buyer's offer
17 "Pinocchio" fish
18 Six, in Milan
19 Devoured
20 Dexterity
21 "See ya!"
22 Knock
23 Apiary homes
26 Business magnates
30 "Shake —!" ("Hurry!")
31 Singer Carly — Jepsen
32 Aussie hoppers
33 Lend a hand
35 Composer Joplin
36 Priestly garment
37 "Humbug!"
38 Music category
41 JFK Library architect
42 "— the season ..."
45 During

DOWN

1 Little lies
2 Theater award
3 Mani counter-part
4 NASCAR

Answers

King Crossword

Solution time: 23 mins.

Trivia test by Fifi Rodriguez

1. GEOGRAPHY: How many U.S. states are part of New England?
2. LITERATURE: What district does Katniss Everdeen represent in "The Hunger Games"?
3. ANATOMY: What is the longest nerve in the human body?
4. COMICS: What is Captain America's shield made of?
5. SCIENCE: What is the process called when a solid becomes a gas?
6. HISTORY: In what year did the Three Mile Island nuclear accident happen?
7. MOVIES: What is Edward's last name in the movie "Twilight"?
8. ANIMAL KINGDOM: What is the only marsupial found in North America?
9. TELEVISION: Which character on "The Brady Bunch" is famous for saying, "Marcia, Marcia, Marcia!"
10. ENTERTAINERS: Pop singer Taylor Swift was born in which U.S. state?

SNL TINSEL TOWN TALKS

Take a Hike! To the Sacramento River Trail

By Nick Thomas

Despite its name, the 17-mile Sacramento River Trail isn't tied to California's state capital but to a section of the 400-mile river that winds through Redding. However, don't panic. If your knees are protesting at the thought of attempting this long trek, you can still enjoy the popular path's highlights via a much shorter 'walk & drive' combo that includes stops at three amazing bridges that span the Sacramento River.

Begin the adventure at the South Trailhead, located by the parking lot off Benton Drive. Before setting out, a short stroll down to the river will reveal the historic Diestelhorst Bridge. With its sweeping curved support arches, the century-old bridge now serves as a striking pedestrian walkway and runs parallel to the more recent Lake Redding Bridge for traffic. You can also admire the 110-foot-high Union Pacific Redding Trestle as well as a fenced community garden, although access to the latter is only available to registered users.

After exploring, return to the parking area where the paved trail follows the river for several miles. Of course, you can hike all the way to Keswick Dam, but to appreciate the swift flowing river just walk about a half mile from the carpark to a small restroom and return.

The second phase involves a brief drive to Turtle Bay, east of the Diestelhorst Bridge, and home to the breathtaking 700-foot Sundial Bridge. Although not entirely transparent, the translucent glass paneled path across the pedestrian bridge provides an eerie view of the river beneath. At the bridge's north end stands the world's largest functioning sundial which, on a sunny day, can measure the time from 11 am to 3 pm (although I think it was running a little fast during our visit!).

The bridge also links the north and south sections of Turtle Bay Exploration Park, worth exploring for its gardens, playgrounds, museum, and refreshments. The paved trail continues winding through the park, offering a scenic setting to walk and burn off some calories should you indulge in an



Looking west through the Infinite Journey sculpture at the Sacramento River Trail Bridge

exotic coffee, smoothie, or mimosa at the Branch House Riverfront Bistro. The final stage of the trail is a 6-mile drive to Keswick Dam, west of the Diestelhorst Bridge. There's a parking lot with a small restroom opposite the dam off Keswick Dam Road. From there, a paved path to the right leads about half a mile to the red-railed Sacramento River Trail Bridge. It's a beautiful walk, with the Sacramento River flowing on your left, the dam behind you and, to your right, rolling hills speckled with wildflowers and shrubs. The path is also popular with cyclists, so be sure to watch for them.

Also known as a Stress Ribbon Bridge, the 13-foot-wide concrete structure is 418 feet long and supported by 236 steel cables inside the bridge deck – the first of its kind in North America and formally opened in 1990. Just a few steps passed the bridge is the Infinite Journey concrete sculpture that, according to its black and gold plaque, “evokes a Möbius, a ... never-ending path (that) resonates with the cycles of nature on the Sacramento River Trail.”

Whatever order you tackle the trail sections, the three iconic but very different bridges beautifully connect nature while conveying humanity across the Sacramento River, making the trail an unforgettable journey.

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.



Diestelhorst Bridge, left, and Lake Redding Bridge

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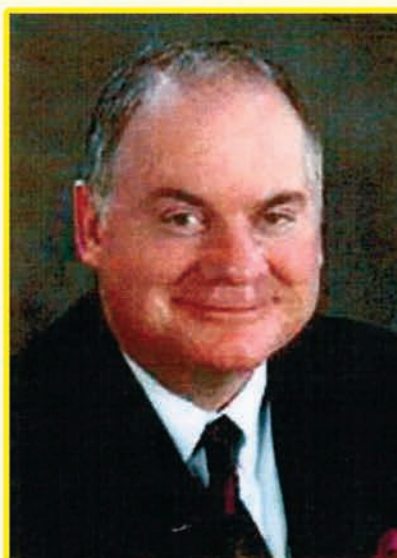
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COALE con't. from page 13

ketball, traveled to play the California Golden Bears, a formidable opponent, at the Golden Bears' home court in December 2008.

Coale said her team struggled in the first half because the Sooners' superstar, Courtney Paris, was not being adequately supported and nearly fouled out. At halftime, OU was down by 26 points (52-26).

Coale said she made drastic changes to the plays they would run in the second half, with no exceptions. Her insistence that they use just a few plays, such as a play named "Money," a high-percentage scoring play, seemed difficult for the team to comprehend in the locker room.

Back on the court during the second half, the players followed her instructions, and junior Nyeshia Stevenson, off the bench, began her personal 21-point surge that got OU back in the game. This was a testament to the players' ability to adapt and grow under Coale's guidance.

As the team sensed the momentum shifting, they intensified their defensive efforts, outscoring the Golden Bears 34-6 in the second half. Stevenson's impact wasn't limited to scoring. She also recorded a career-best four steals in the game, three of which came during the final five minutes as the Sooners tightened their defense.

During the comeback, Stevenson was a perfect 4-for-4 from beyond the three-point line in the second half. This streak of efficiency from deep fueled the Sooners' rally.

The Sooners won the game 86-75 by not being intimidated by the halftime score, thanks in part to Coach Coale's crucial adjustments. Coale proudly told her audience that this comeback set an NCAA record for the largest halftime deficit overcome to win a game in regulation.

Coale again pointed out to her audience that it is up to them to realize they are only at halftime in their lives and to make any necessary changes to make their lives successful. She finished her speech asking the audience to think about what they want, and what they were willing to do about it.



Sherri Coale poses with Oklahoma Veteran News Magazine and Senior News and Living, with her photo on the cover, just before speaking at the Second Half Expo.

SOCKS FOR SENIORS

Story and photo by Darl DeVault, contributing editor

Nonprofit Socks for Seniors Oklahoma has been enriching the lives of seniors and veterans in Oklahoma City-area nursing and assisted living homes since 2013. They deliver Christmas gift bags to those who might not otherwise receive a gift, bringing them joy and a sense of belonging during the holiday season.

Founder Sue McMillan and a friend delivered 127 pairs of socks to three local nursing homes during their first holiday season, meant to make the recipients feel remembered and special. Staff informed them that for some residents, this would likely be the only Christmas gift they would receive. This impactful experience inspired McMillan to create the organization and expand the number of recipients.

The heartfelt response from the recipients so touched McMillan that she has used her business administration background to solicit sponsors year-round, and the number of volunteers has grown significantly. During the 2024 holiday season, Socks for Seniors OK delivered gift packages to 2,257 senior citizens, including 502 veterans.

"This nonprofit's mission became my passion," McMillan said in an interview while working their booth at the Second Half Expo in October. "This has grown so much that we must thank Morningstar Storage and Gate Keepers Storage for their generous donation of space. It may sound strange to point this out in an interview, but they allow us to store inventory and to work on the bags year-round."

This program, aimed at seniors and veterans who have limited family interaction and are at risk of feeling forgotten during the holidays, quickly developed into a well-received 501(c)(3) nonprofit. Many merchant sponsors in OKC have donated space in their stores, allowing customers to make direct donations.

Volunteers assemble holiday gift bags filled with personal care items. The organization relies on donations from the community and now many local businesses to fill the bags. Many community business sponsors recognize that by providing a simple, thoughtful gift, Socks for Seniors OK brings joy, comfort, and a reminder to seniors that they are valued members of the community.

This aid is provided to residents in underserved nursing homes and assisted living facilities throughout the OKC metro area, as well as in Norman, Guthrie, Kingfisher, and Hennessey.

Now, bags contain essential and comforting items, such as socks (especially diabetic socks), gloves, scarves, toiletries, lap blankets, and activity books. Socks for Seniors OK relies on volunteers for many tasks throughout the year. To get started, readers can contact the organization directly through their website. They can express their interest in preparing items for the gift bags, including pairing socks, sorting donations, and delivering donation baskets to local businesses.

Readers can volunteer or donate year-round to Socks for Seniors OK by contributing their time, sending monetary gifts or gift cards, or donating specific items from their wish list. The best time to begin volunteering this year is in November, but the organization accepts donations year-round. The busiest time for volunteers is the week after Thanksgiving and the first week of December, when the gift bags are assembled and delivered to local nursing homes and assisted living facilities.

Financial donations enable the organization to purchase items in bulk, often at more favorable prices. These items—such as socks, gloves, and toiletries—are then used to fill the gift bags for seniors and veterans. Readers can



From left, Susan Moorman and Sue McMillan pose at the Second Half Expo, October 18, 2025

mail a check or gift card to Socks for Seniors OK, 3240 W Britton Road, Ste 103, Oklahoma City, OK 73120.

"People in nursing homes are being fed and cared for in warm environments, for which we are thankful, McMillan said. "But there is more to life than just being fed. We want them to know they are loved and cared for."

Their website provides a PayPal account for online donations. They need donations of new socks, particularly diabetic socks. Toiletries five ounces or smaller, including hand lotion, shampoo, conditioner, body wash, lip balm, and deodorant, are accepted.

Again, they solicit comfort items such as gloves, scarves, caps, and lap blankets. They also seek puzzle books, playing cards, and small notebooks and pens. Readers can find the organization's current gift list on Amazon by searching for "Socks for Seniors OK".

The best way to coordinate dropping off a large donation is to contact the organization via email at socksforseniorsok@coxinet.net to ensure someone is available to receive it.

Local businesses can participate by donating and displaying donation baskets or sponsoring an employee donation drive.

For the 2025 holiday gift drive, the donation deadline for Socks for Seniors OK is December 1. Donations should be dropped off at their Oklahoma City location by this date. The seven management volunteers will then be busy packing and delivering the gifts to residents.

For info on donating or volunteering, visit www.socksforseniorsok.org

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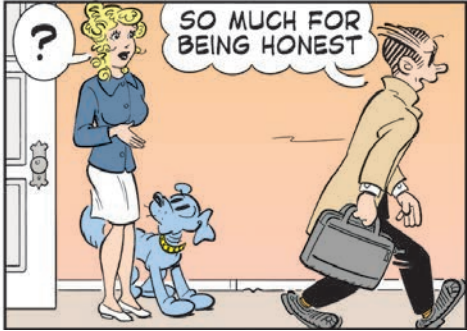
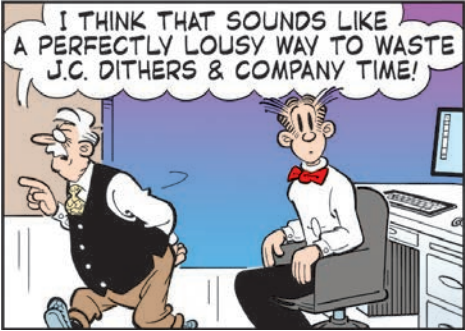
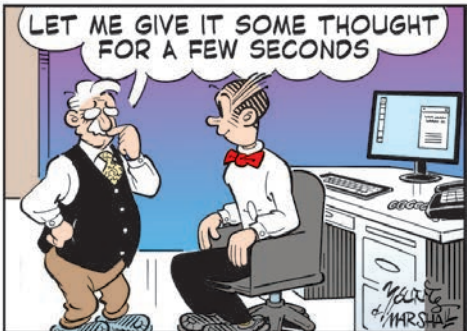
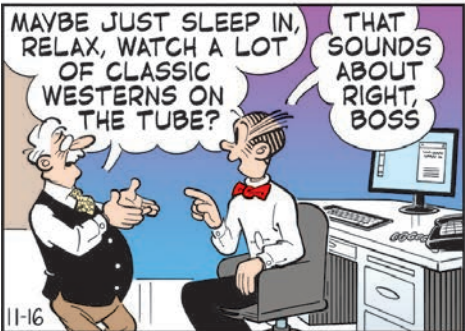
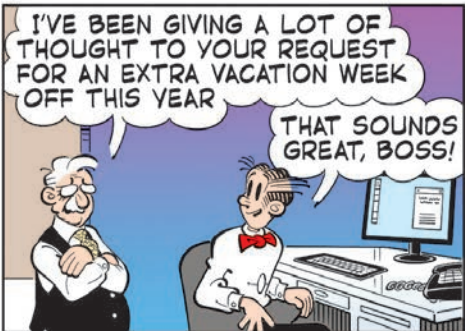
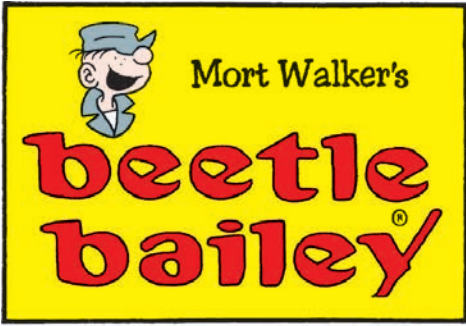
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Over 80% of patients report a significant reduction in pain. So don't feel trapped by pain. Get back to moving and exercising with your family and friends!