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Navy Couple Married 55 Years

By Van Mitchell

Hank Kuhlman came from a military family while his wife of 55 years Jeanne did not.

Yet, the Edmond couple ended up serving in the United States Navy together in Washington D.C. and Florida.

“My grandfather was a Prussian army officer. My father was in the Army Air Corps, and then after that, Air Force when it changed over,” Kuhlman said. “As a matter of fact, when I graduated from high school, the first thing I got was a telegram from him (father). He was in Sondrestrom Greenland and said, “When are you enlisting?”

Jeanne Kuhlman said after graduating from college in 1969, she had limited career paths to choose from.

“In 1969 I had two choices as far as employment. I could become a schoolteacher, and I didn’t want to do that, or I could become an airline stewardess. I didn’t want to do that either, but I needed a job,” she said. “A friend of mine was talking about it and thinking about going into the Navy. So, she and I investigated, and I decided that wasn’t such a bad deal. So, it was a job, and it was something I wanted to try.”

Mrs. Kuhlman was hoping she could utilize her modern language degree in the Navy,

“I graduated from college with a modern language degree. I could



Hank and Jeanne Kuhlman are residents at Villagio of Bradford Village Independent Living in Edmond.

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“I graduated from college with a modern language degree. I could speak French quite fluently, and I was studying Russia and making some progress,” she said. “So, I was hopeful that maybe there would be something in the Navy where I could use my skills. But of course, they didn’t do that. I was administrative, which is fine. That’s what women did in those days because that was still the days of the old Auxiliary, and we were just beginning to change over starting in the ‘70s. And even so, there were limitations there too. But it was interesting.”

Kuhlman said he and his wife both started as ensigns which is the same thing as a Second Lieutenant.

“She got her commission ahead of me and later on she was a Lieutenant Junior Grade, which was senior to me,” he said.

Kuhlman served in uniform from August 1970 to September 1978, while his wife served from 1969 to 1972.

Kuhlman said he met Jeanne at the request of his Division Commander.

“We met because my Division Commander wanted me to go see this person who was giving him a hard time about a fleet program,” he said. “I made an appointment with her office, and I walked in and that’s how we met. We were both at Naval Air Systems Command in Washington, DC. We met early in October 1970. We got engaged in January, and we were married in April of 1971.”

The couple later moved to Pensacola, Florida where he was taking flight training. He was later transferred to Naval Air Station Lemoore Attack Squadron 146 in California and ended up serving in Vietnam.

Jason Young (right), SYNERGY Director of Marketing and John Cockrum.



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COUPLE con't. from page 2

After returning from Vietnam, Kuhlman returned to Pensacola and was part of Helicopter Training Squadron 18.

Kuhlman, who was no longer serving in uniform due to a reduction-in-force, was sent by the Navy in 1995 as a civilian employee to Tinker Air Force Base in Midwest City, which was home to two Navy squadrons.

"A lot of people were dismissed due to budget cuts," he said. "The parent command was Naval Air Depot Jacksonville, and they needed somebody out here to be the senior airframe engineer for these squadrons out here. And that's how we got here."

Jeanne Kuhlman said initially her husband thought the job transfer was a joke.

"He thought it was a joke when they first called him, because he didn't remember any large bodies of water in Oklahoma," she said.

Kuhlman worked at Tinker for 10 years before retiring in 2006.

After retiring, the couple moved to Edmond to reside at Villagio of Bradford Village Independent Living.

"We really enjoy it here," Jeanne Kuhlman said. "One thing about living in a community like this, if they don't see you or hear from you in a day or two, they come knock on the door and check on you." The Kuhlman's stay busy in retirement traveling and are active in their Quail Springs Baptist Church in north Oklahoma City.

Kuhlman also spends one day a week volunteering as a baby cuddler at Children's Hospital in OKC.



Hank and Jeanne Kuhlman have been married for 55 years and both served in the United States Navy. The couple are pictured in their Navy uniforms on their wedding day.

"In 1995 I was watching a news program on Channel 3 in Pensacola, and they were doing one of their little reports about baby rockers at the hospital. And the last thing the lady said was, "We never have enough men. So, when I retired, I called up Children's and said, "You need a male volunteer to hold babies?" And they jumped right on it," he said.

Kuhlman continued, "My primary responsibility is to comfort and calm down babies who are agitated or upset or hungry so that they don't burn calories. They don't burn calories, they grow. That's the primary responsibility. We have some other responsibilities, like we're supposed to talk to them and read to them and all to help their mental development also. It's my ministry."

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Tamara Cain Presents at National Estate Planning Conference



Tamara Cain, attorney with Cain, Cain & Janik, Estate Planners for Life™, recently served as a presenter at the 77th Semi-Annual Collegium of the National Network of Estate Planning Attorneys, held March 10–13, 2026, in Hilton Head Island, South Carolina.

The Collegium brings together estate planning attorneys from across the United States to exchange ideas, explore emerging trends, and advance best practices in estate and trust planning.

During her presentation, Cain addressed the importance of families thoughtfully transferring wealth to the next generation while recognizing the distinction between material wealth and non-material wealth—the stories, traditions, and values that shape a family's legacy.

Cain shared insights from a program she developed called the Estate Planners for Life™ Legacy Series, a nine-part set of guided workshops offered to clients and community members. The workshops are designed to help families preserve the stories, traditions, and values that matter most while celebrating the experiences that define their lives.

Participants in the series create a personal keepsake that gathers family memories, recipes, milestones, rituals, and traditions. The completed work becomes a companion to their legal estate planning documents. It offers future generations not only financial guidance but a meaningful record of their family's history and wisdom.

“Estate planning is about more than transferring assets,” Cain said. “It is also about preserving the heart of a family—the lessons learned, the traditions shared, and the values we hope will guide the next generation.”

Cain is a partner with Cain, Cain & Janik, PLLC, an estate planning law firm dedicated to helping families protect their assets, plan wisely for the future, and preserve their legacy through its Estate Planners for Life™ approach.

For more information about the firm or the Legacy Series workshops, call 405-364-2246 or visit www.EstatePlannersforLife.com.

Watch for Tamera's upcoming monthly column “A Matter of Trust” giving straight answers to common estate planning questions.



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Seminar Highlights Wellness and Vitality for Older Adults

Older adults and caregivers gathered May 14 for a full day dedicated to healthy aging, wellness and longevity during the “Positive Aging: Wellness for Today. Vitality for Tomorrow” seminar hosted by VillagesOKC and Concordia Life Plan Community.

The event brought together experts in medicine, wellness and nutrition to encourage participants to view aging as an opportunity for continued growth, health and connection.



“Thanks to everyone who joined us for Positive Aging: Wellness for Today. Vitality for Tomorrow,” said Julie Davis, event organizer. “We were so grateful to spend the day learning, connecting, and exploring practical ways to live healthier, fuller lives together. A special thank you to our incredible speakers.”

Davis serves as a board member for VillagesOKC, marketing project manager at Concordia Life Plan Community and executive director for the Concordia Community Foundation.

She said VillagesOKC is planning more engaging and informative monthly Positive Aging seminars, including a daylong event in September focused on technology use by older adults. The May seminar featured presentations from three speakers focused on physical, emotional and nutritional wellness for older adults.

Dr. Lauren Powell, a board-certified family medicine physician and nationally recognized wellness speaker known as “The Culinary Doctor,” delivered the keynote presentation. Powell encouraged attendees to rethink aging as “a season of strength, dignity and possibility.” She also shared practical daily habits designed to support metabolic health, cognitive function, resilience and overall well-being.

Attendees also participated in a chair-based movement session led by Christopher Coleman, wellness coordinator at Concordia. Coleman guided participants through exercises aimed at improving posture, circulation, flexibility and breath control. The movements were designed to be safe, accessible and easy to continue at home.

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From left, Julie Davis talks with Christopher Coleman, Dr. Lauren Powell and Chef Darin Leonardson.



The event also highlighted culinary wellness with a presentation from Chef Darin Leonardson, founder of Transformed Culinary Solutions. Leonardson led a sensory herb experience and demonstrated how hibiscus tea, citrus, ginger and cinnamon can be combined into healthy mocktail-style beverages.

Upcoming seminars will cover topics including crisis planning, caregiving, housing trends, elder law and family communication. A special all-day technology seminar is scheduled for September 10 and will focus on artificial intelligence, adaptive gadgets and smartphone solutions for older adults.

The monthly seminars continue through December. A complete schedule and registration are available online at www.villagesokc.org/positiveaging




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Eastside Ride Offers Seniors Many Options

Story and photos by Darl DeVault, contributing editor

Cyclists can select from a wide range of distances at the Sixth Annual OKC Eastside Bicycle Ride 2026, A RIDE LIKE NO OTHER!

The Major Taylor Cycling Club of Oklahoma (MTCCOK) presents its ride Saturday, June 27, starting in Oklahoma City!

The well-attended wrap-around multi-day event offers riders a quality bike experience on 5-, 12-, 25-, 35-, 50-, or 65-mile loop courses. There are routes for every senior, whether you're a beginner, an e-bike rider or a seasoned cyclist.

"On behalf of the club, we extend a warm welcome to riders who ride our event as we fulfill Major Taylor Cycling Club of Oklahoma's mission, and we expect to see you riding Saturday morning, June 27," said James Moore, Oklahoma director.

The long rides traverse the sometimes-hilly historic Eastside of Oklahoma County, where riders enjoy a police-supported course with water and rest stations to keep them fueled and energized.

The main riding event starts at 7 a.m. on Saturday, June 27th, at Frederick Douglass High School, 900 N Martin Luther King Ave.

The event is well supported by volunteers and has become central Oklahoma's most fully featured multi-day bicycle-riding experience. The club has amazed many local riders with the wide variety of social groups the organizers have attracted to volunteer.

The three-day event will kick off on Friday, June 26, with packet pickup from 3 p.m. to 8 p.m. and a meet-and-greet social hour at 6 p.m. featuring door prizes at the Staybridge Suites OKC Downtown/Bricktown. The hotel will host riders at 120 S Lincoln Blvd at a special rate—see hotel website.

This is just the beginning of a packed schedule that includes a variety of rides, social activities, and opportunities to connect with fellow cyclists. The Major Taylor Cycling Club of Oklahoma is more than just a club—it's a community built on its nonprofit mission to support the cycling community in Oklahoma. The strong sense of camaraderie is palpable, and everyone is welcomed and valued.

A foundational aspect of MTCCOK's hospitality is their "no drop"

philosophy. Experienced club members ride at a casual pace alongside beginners, ensuring no one feels isolated or lost. Short distances, such as the 5-mile and 12-mile routes, are traditionally escorted by police for maximum safety and comfort.

Since its formation in 2021, the club has grown significantly from its original 40 members into a thriving cycling community. This growth is a testament to the passion and dedication of its members, and it inspires all who are proud to be part of it.

The club's mission is clear: to improve the health status of our community through the exciting and rewarding sport of cycling. As the club grew, so did its vision, leading to the formation of cycling communities in Tulsa and Lawton. This shared mission and vision unite them in their love for cycling.

The event on Saturday offers a wide range of courses for riders of all levels, from beginners to advanced. There's a ride for everyone with distances ranging from 5 to 65 miles. The diverse range of rides and activities ensures that every participant will find something to be excited about.

Electric bikes are welcome, so seniors should turn out en masse. Upon their return, riders receive a custom multi-colored medal to bolster their pride in participating in an event conducted by an obviously thriving community of cyclists.

While the riders are gone on their rides, the parking lot will be converted into a post-ride social area. This area will feature plenty of seating under a tent for those taking advantage of the free food and listening to a DJ's music.

After a day of fun on the road on Saturday, the community comes together for music, free hot food, and great vibes as the club celebrates the joy of cycling together.

The 25-mile 8 a.m. Sunday Recovery Ride, further emphasizes its multi-day nature, offering more opportunities for fellowship and camaraderie.

Late registration of \$45 begins Sunday, June 1, 2026, but does not guarantee a t-shirt. To learn more and register for the ride, visit majortaylorccok.org/eastside-bike-ride-2026.

OPINION

S THE SAVVY
SENIOR

I Have a Will—Do I Also Need a Trust?

Dear Savvy Senior

My wife and I were recently talking about updating our will and wondered if we should also set up a trust. How do we know if we need one?

--Planning Ahead

Dear Planning,

That's an excellent question. A will is one of the most important tools in estate planning, but many people wonder if it's enough, or if adding a trust makes sense. The answer depends on your finances, your family situation, and what you want your plan to accomplish. Here's a simple way to think about it.

What a will does

A will spells out who gets your assets after you pass away. It also names an executor to carry out your wishes and can designate a guardian for minor children.

The downside is that a will must go through probate, which is the court process that validates it and oversees distribution. Probate can take months and, in many states, becomes part of the public record.

What a trust adds

A trust works a little differently. A revocable living trust holds your assets during your lifetime and directs how they'll be distributed after your death, without going through probate. Unlike a will, it stays private and lets a successor trustee step in immediately if you can't manage your finances, which is useful in cases of illness, injury, or dementia.

Trusts can also help with complicated family situations, like blended families or children with special needs, giving you more control over who gets what and when.

The biggest challenge is that you have to move your accounts and property into the trust yourself, which takes time and care. Most people who create a trust also keep a simple "pour-over will" to catch anything that wasn't transferred.

Because trusts are more complex, they usually cost more than a will. Attorneys typically charge \$1,000 to \$3,000 for a trust versus \$300 to \$1,200 for a will, although costs vary depending on the estate and location. You can use do-it-yourself options like Quicken WillMaker & Trust, Trust & Will or LegalZoom to save money, but they're generally best for simple situations. If your finances or family circumstances are more complicated, hiring an attorney is usually worth the cost.

When a trust makes sense

You might benefit from a trust if you own real estate – especially in more than one state – want to avoid the costs and delays of probate or prefer to keep your estate matters private. It's also helpful if you have a larger estate, a blended family, or want to ensure someone can manage your finances if you become incapacitated.

When a will may be enough

If your estate is relatively small, your family situation is simple, and most of your assets already have named beneficiaries – like life insurance, IRAs, or bank accounts with pay-on-death or transfer-on-death designations – a will may be all you need. Some states also offer simplified probate for small estates, which can make the process quicker and cheaper.

You don't need a trust just because you have a will. But if avoiding probate, protecting privacy, or managing assets during incapacity is important to you, a trust is worth considering. Even a modest estate can benefit from a clear plan.

Getting help

If you don't already have an attorney, a good estate-planning professional can help figure out what's right for you. Two trusted resources are the National Academy of Elder Law Attorneys (naela.org) and the National Association of Estate Planners and Councils (naepc.org), both of which let you search for local professionals.

Taking the time to put a plan in place, whether it's a will, a trust, or both, can protect your loved ones, ease stress, and give you peace of mind now and in the future.

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Melanoma - Know the Signs

Have you ever taken a glance at your skin and wondered, "Where did that new spot come from?" As time passes and experience accumulates, so do growths and changes to our skin. Some changes are expected, such as wrinkles or graying hair.

However, many of us experience other changes that our parents forgot to warn us about, and when we are not expecting them, these surprises can be confusing and sometimes even scary.

Most people have moles on their body, starting as early as infancy. Over time we watch these moles for changes using the mnemonic ABCDE. This stands for Asymmetry, irregular Borders, atypical Colors, Diameter over a pencil eraser in size, and Evolution or change. These are signs that a mole should be checked by your doctor to make sure that it is not actually a deadly type of skin cancer called melanoma.

In adulthood, a vast majority of us grow spots on the surface of the skin that look like the moles of childhood but are somewhat flatter and have a rough texture.

These are known as seborrheic keratoses, or, as some people call them, "age spots." They can start appearing at any time in adulthood, and they often mimic melanoma. Unlike atypical moles, however, they do not become cancerous. These are hereditary, are not related to diet or sun, and can be easily removed if they become itchy or irritated.

Another common finding in adult skin is the accumulation of permanent bright red spots known as cherry angiomas. Like seborrheic keratoses, these are also hereditary and tend to accumulate over time. They, too, are unrelated to diet, sun exposure, or other external causes. They grow wherever they wish on the skin surface and can easily be accepted as a part of normal healthy skin.

Many patients become frustrated in their 60s and 70s with the progressive thin nature of their skin, particularly on their forearms. This leads to easy bruising under the skin known as purpura. These dark purple patches can sometimes occur even with just a slight bump or pressure and can be further aggravated with the addition of blood thinners that make the bleeding last longer and

The ABCDEs of Melanoma

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:

- A** stands for **ASYMMETRY**. One half of the spot is unlike the other half.
- B** stands for **BORDER**. The spot has an irregular, scalloped, or poorly defined border.
- C** stands for **COLOR**. The spot has varying colors from one area to the next, such as shades of tan, brown or black, or areas of white, red, or blue.
- D** stands for **DIAMETER**. While melanomas are usually greater than 6 mm, or about the size of a pencil eraser, when diagnosed, they can be smaller.
- E** stands for **EVOLVING**. The spot looks different from the rest or is changing in size, shape, or color.






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the bruises more prominent. Purpura are a results of the passing of time and UV radiation exposure from the sun that degrades the skin's protective cushion of collagen and elastin fibers. When these fiber lose their integrity, the blood vessels below become exposed and fragile, and the outer layer skin becomes easily damaged and sometimes even torn. Using protective sleeves can sometimes provide a barrier when doing heavy work such as yard work or rough play with puppies and children.

Although the findings mentioned above are usually no cause for concern, there are some skin changes that indicate potentially dangerous sun damage. For example, some patients develop rough patches on the sun exposed areas such as arms, hands, and face. These "actinic keratoses" are considered precancerous and can evolve into squamous cell carcinoma, a cancer that, if left untreated, could become aggressive and potentially fatal. Another type of cancer that can develop on the skin is basal cell carcinoma. Basal cells are often clear or shiny bumps that may bleed easily. They can be quite subtle in the beginning and are often ignored as an acne blemish or mole.

Lastly, as mentioned above, melanoma can be sneaky and hide among normal moles or keratoses, mimicking benign growths.

Visiting with your Primary Care Physician (PCP) or Board Certified Dermatologist can help you determine which spots are normal, which ones can be dangerous, and what your overall risk factors for skin cancer are. As mentioned above, many of the benign spots can mimic skin cancer, and some skin cancers mimic benign spots. Because of this, it's wise to have your physician give a thorough baseline exam if you are at risk.



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The Wall That Heals Visits Mitch Park

Story and photos by Darl DeVault, contributing editor

Oklahomans and visitors from surrounding states joined thousands of Veterans May 14-17 at the Mitch Park Display in Edmond to experience The Wall That Heals. The three-quarter-scale replica of the Vietnam Veterans Memorial in Washington, D.C., patriotically honors the men and women who gave their lives in Vietnam or later died as a result of their service.

At Mitch Park viewing the Wall installation, the highly decorated Vietnam Veteran and motivational speaker, Eddie R. Beesley, 80, explained he was also an author. The Oklahoman from near Beggs handed this writer a book filled with his harrowing experiences in the Vietnam War. The book details his journey of resilience, which inspired his powerful memoir, "Lucky Enough," published in 2005.

Corporal Beesley enlisted in the U.S. Marine Corps in 1963 at just 17 years old. In May 1965, he was deployed to Vietnam with Delta Company, 1st Battalion, 4th Marines, 1st Brigade.

In August 1965, while serving as the point man on a patrol near Chu Lai, Beesley's platoon discovered an enemy minefield under construction. While maneuvering to assess the situation, a squad leader stepped past him; as Beesley stepped back, he triggered a hidden landmine. The blast killed two Marines and severely wounded four others.

The explosion resulted in the traumatic amputation of both of Beesley's legs, making him one of the first above-the-knee double amputees of the war.

"I am attracted to attend every offering of the Wall as I write about my visits often in my book," Beesley said. "I pay solemn reverence to the men



Volunteers carry one of the first full-size sections of The Wall That Heals, in front of the flags saluted before the process began that morning in Mitch Park in Edmond.

and women whose names are etched on the walls while paying particular attention to those I served with early in the war."

Today, he lives with his wife Connie in Edmond, Oklahoma. He is active in the veteran community, serving as the Native American Chairman for the Department of Oklahoma Veterans of Foreign Wars (VFW) in organizing tribal recognition ceremonies for fellow Veterans.

Community members and visitors engaged with the The Wall That Heals over its four-day run at specific times for the exhibit's major events. This included the opening Native American Vietnam Service Recognition Ceremony, a heavily attended Vietnam Veterans Welcome Home Ceremony, and the poignant "Light Up the Night" Oklahoma County MIA Tribute.

That powerful evening tribute honored the more than 100 Missing in Action service members from Oklahoma County during the Vietnam War. The special illumination of the Wall offered a moment of solemn remembrance for those still missing.

A HMONG SGU Recognition Ceremony honored the Hmong Special Guerrilla Units who served alongside U.S. forces during the Vietnam War.

The 375-foot-long synthetic granite structure was equipped with LED lighting, allowing round-the-clock viewing. This meant many Veterans, families, and residents could visit during late-night and early-morning hours for private, quiet reflection away from the daytime crowds.

The Wall That Heals' 140 panels contain the names of more than 58,000 Vietnam service members, 990 of whom are Oklahomans, ensuring accuracy and consistency with the original Memorial.

The Edmond VFW Post 4938 coordinated the display with the help of the City of Edmond Parks and Recreation Department. The post recruited volunteers to assemble and dismantle it. They offered a six-day community partnership of public engagement, inviting everyone to take part in this shared act of patriotic remembrance.

Vietnam Veterans have been the focus of a groundswell of recognition over the past 14 years as the U.S. government has executed a sustained, multi-administration effort to provide "overdue recognition" to Vietnam-era Veterans.

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Story and photos by Darl DeVault, contributing editor

Tinker Air Force Base and its “Tinker Strong” philosophy were capably represented by Col. Tamilyn S. Dismukes, Deputy Commander, 72d Air Base Wing, at the 2026 Oklahoma City Memorial Marathon’s three events on Saturday, April 25, in downtown OKC. She draped finishing medals over participants in the 5K run and the Senior and Kids cumulative-mile finishes of their marathons.

“Handing out medals at the Oklahoma City Memorial Marathon finish line was a humbling reminder of Oklahoma’s incredible dedication and passion for community,” Col. Dismukes said. “Witnessing thousands of participants—including our service members, veterans, retirees, and their families—vividly illustrates the enduring resilience of Oklahomans. This profound shared experience reinforces the unbreakable, supportive partnership between our military and the local community.”

Spanish Cove Retirement Village and Vietnam Veterans were also well represented on April 25.

The 75-strong contingent from Spanish Cove in Yukon, Oklahoma, won a \$500 cash prize for having the most participants in the Senior Marathon. The prize money is directly designated to fund and enhance the winning group’s community wellness programs.

The Senior Marathon and Kids Marathon use a “couch-to-marathon” remote compilation structure. Participants aged 60 and older walk or run a total of 25 miles incrementally starting in January (averaging roughly 1.5 miles per week).

On Saturday, April 25, at 8 a.m., the Spanish Cove team, all wearing team T-shirts, started from outside the Oklahoma City National Memorial & Museum to complete their final 1.2 miles together in downtown OKC.

The course guided the seniors through the streets of downtown Oklahoma City, concluding with celebratory finish medals at Scissortail Park.

The team’s efforts were spearheaded by their Wellness Director, Debbie Miller, who coordinated the training schedules, group registration, and race logistics to foster active aging.

Miller has also assembled many Dragon Boat crews since 2012 to race on the Oklahoma River downtown in RIVERSPORT’s Dragon Boat League. Spanish Cove now fields multiple specialized crews, including the Golden Dragons, Silver Dragons, and even specialized co-ed and all-women’s rosters.

In a heartwarming display of resilience, Vietnam Veteran retired Marine Capt. John Bisbee, who recently gained 100% disabled Veteran status for his Agent Orange exposure at 76, walked for the second year in the Senior Marathon with his wife Peggy.

Bisbee said he saw the event as a way to support the nonprofit Oklahoma City National Memorial & Museum that opened in 2001. It has been serving the community for 25 years in honor of the victims, survivors, rescuers, and all those affected by the devastating April 19, 1995, bombing.

Just by walking its unique cumulative 25-mile training regimen before the race weekend, by completing 1.5 miles each week starting in January, they were ready. On the day of the race, they completed their marathon by walking the final 1.2 miles at the “Run to Remember.”



US Air Force Col. Tamilyn S. Dismukes drapes a Senior Marathon finishing medal on a woman runner.

Bisbee said participating in the Memorial Marathon weekend holds a profound significance. “My wife and I enjoy being a part of all that the Memorial Marathon represents—our community coming together to remember those killed, those who survived, and those permanently changed by the 1995 Oklahoma City bombing in 1995.”

Their unwavering commitment to the event serves to inspire others, showing that with perseverance and the right mindset, anyone can achieve their goals and positively impact their community.

The Senior Marathon is an untimed event, allowing runners to savor the experience without pressure or competition. In addition to the race, the Senior Marathoners had the opportunity to participate in the Health and Fitness Expo at the Oklahoma City Convention Center on Saturday. The Expo, presented by the OKC Convention and Visitors Bureau and OU Health, was located adjacent to the finish line. It offered a platform for Senior Marathoners to interact, show their support, and gain insights into health and fitness.

The Oklahoma City Memorial Marathon is the largest fundraiser for the privately owned and operated Oklahoma City National Memorial & Museum, a National Park Service-affiliated site. Runners received free admission to tour the Museum that day.

Over two days, the event welcomed more than 20,000 runners and walkers from across the United States and several foreign countries. In addition to the Senior Marathon, a 5K and a kids’ marathon, the event featured a half-marathon, a marathon relay (comprising five-member teams) and a wheelchair division.

The Senior Marathon was presented by Mercy, a nonprofit Catholic health system serving Arkansas, Kansas, Missouri, and Oklahoma, as the event’s presenting sponsor.



Evy Leibfarth, then 21 years old, won her two events at the Worlds Ranking event at OKC Whitewater Center (RIVERSPORT) in March 2025, after winning the bronze medal in the Canoe Slalom C-1 event at the 2024 Paris Olympic Games.

Story and photos by Darl DeVault, contributing editor

Tickets are available to the world-class prestige of hosting two sports of “America’s Home Summer Games” as the 2028 LA Games rounds into view two years out.

Be prepared for a major change as the Los Angeles 2028 Organizing Committee (LA28) officially designates its venues here for the softball competitions: OKC Softball Park (Devon Park), and for canoe slalom: OKC Whitewater Center (RIVERSPORT).

Because the International Olympic Committee (IOC) strictly prohibits corporate sponsorship phrasing in venue names during the Games, LA28 strips away local corporate branding in favor of generic, functional descriptions.

The 2028 LA 28 Olympics are known as a “Home Olympics” because we are the host country. Oklahoma City is doubly blessed for this quadrennial because the canoe slalom and women’s softball competitions are truly “America’s Home Summer Olympics” in our fair city.

The Games will be painted with prestige, and the paint won’t ever fade. It will dazzle forever, just as the 2025 OKC Thunder’s NBA Championship will sparkle for time immemorial. The Games will bring hundreds of Olympic athletes, international media, and visitors from around the world to the metro.

Surely something will transpire during those magic days that will further define and refine OKC’s international image. New iterations of the Oklahoma Standard’s disciplined consistency will be amplified and broadcast worldwide and permeate social media.

Oklahomans are encouraged to step up and be part of this historic moment, fostering pride and a sense of belonging as spectators at the Games.

The time is now, and the lottery is as close as access to the Ticket Portal at Official LA28 Olympic and Paralympic Games Tickets: <https://tickets.la28.org>. The registration period for this drop of tickets ends July 22.

Canoe Slalom tickets for July 14–22, 2028, are sold as single-day sessions encompassing all day-of heats.

Softball tickets for July 23–29, 2028, are sold on a per-game basis rather than daily passes.

The LA28 ticket lottery is open and is the required first step for fans who want the opportunity to purchase tickets when sales begin. Registration is free and open to anyone 18 years or older. While being selected through the lottery does not guarantee tickets, it offers a fair chance to secure them during sales, helping you plan and stay informed about your chances.

The ticketing pipeline operates in rolling phases rather than a first-come, first-served rush. Buyers must submit their names to the official LA28 Ticket Draw during designated entry windows. Selected winners will receive an email with a 48-hour window to purchase tickets, so registering early ensures you don’t miss your chance during the upcoming sales periods.

Again, registration is currently open for this round until July 22, 2026. Fresh inventory across all sports will be allocated to selected registrants in August 2026. Again, tickets start at \$28.

Organizers have capped nearly half of all global tickets at \$200 or less to keep the events accessible to local families. Note that a standard 24% ticketing service fee is added at checkout. Individual accounts can buy a maximum of 12 tickets total across the competition sessions.



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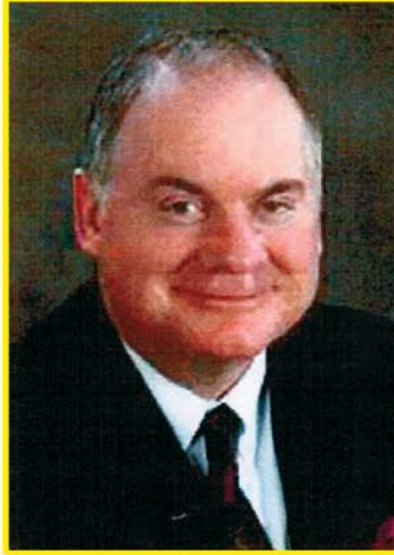
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EMBARK and Allegiance Credit Union Launch Monthly “Third Friday Free” Fare Days

Promotion offers a no-cost way to explore Oklahoma City from May through September

EMBARK, in partnership with Allegiance Credit Union, announced today the launch of Third Friday Free, an annual promotion offering free fares across Oklahoma City’s transit network. Starting May 15 and continuing through September 18, residents and visitors can enjoy no-cost rides on fixed-route buses, RAPID NW, Zone 1 Paratransit bus, the OKC Streetcar, and Oklahoma River Cruises every third Friday of the month.

The promotion encourages people to trade in their keys for a transit pass and to experience the city from a new perspective. By aligning free-fare days across land and water, EMBARK aims to demonstrate how seamlessly the city’s transit options connect neighborhoods, business districts, and entertainment venues.

“Whether you are commuting by bus, navigating downtown on a streetcar, or enjoying a scenic river cruise, our goal is to show how these services work together to move our city forward,” said Jesse Rush, Director of EMBARK. “The Third Friday Free program, made possible by our partners at Allegiance Credit Union, invites everyone to break their daily driving routine and discover the convenience of transit. From the street to the river, we are providing a stress-free way to reach the people and places that matter most in Oklahoma City.”

Oklahoma River Cruises operate seasonally from April through November. Starting in May, the cruises run a Wednesday - Friday schedule, making the Third Friday Free promotion an ideal time for residents to experience the river as both a transit option and a unique local attraction. Due to high demand, passengers are encouraged to arrive early for scheduled departures on Free Fare Days to ensure a boarding spot.

The Third Friday Free promotion is sponsored by Allegiance Credit Union. Based in Oklahoma City and serving more than 23,000 members across eight counties, Allegiance is committed to strengthening communities through accessible, inclusive financial services.

“Investing in our community has been a core principle of Allegiance Credit Union since 1963,” said JC Reavis, President and CEO of Allegiance Credit Union. “Public transportation is a vital lifeline for many, whether they are traveling to work, medical appointments, or the grocery store. By partnering with EMBARK, we’re helping make these essential services more accessible to those we serve in the Oklahoma City community.”

More information about the Third Friday Free promotion and other EMBARK free fare days is available at <https://www.embarkok.com/bus/free>.



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Kristi, United Way Partner Agency client

To continue our important mission, we rely on the generosity of our community. One donation gives unlimited hope to Oklahomans who are overcoming life’s most difficult challenges.



SCAN TO DONATE

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Medicare Required Disclaimer: We do not offer every plan available in your area. Currently we represent 8 organizations which offer 73 products in your area. Please contact Medicare.gov or 1-800-MEDICARE, or your local State Health Insurance Program to get information on all your options.



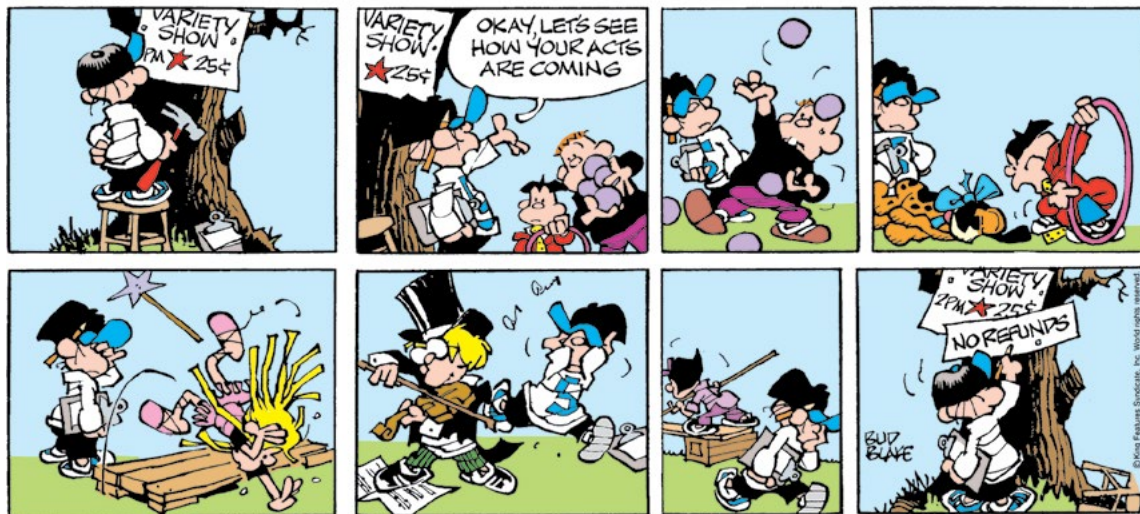
Amber Waves

by Dave T. Phipps



TIGER

by BUD BLAKE



BIBLE WORD SEARCH

by Elie's Spiritual Treasures

Psalm 42:1-3a

As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God? My tears have been my food day and night.

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A	S	T	R	E	A	M	S	H	E
W	I	T	H	R	E	T	A	W	T
N	G	Y	P	Y	S	O	V	S	H
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E	S	H	O	V	E	Q	N	Y	D
R	T	F	E	T	I	T	W	O	K
S	O	U	L	N	S	L	G	Z	G

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

WWW.SEARCHING-FOR-JESUS.COM Answers on pg 8



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King Crossword

Puzzle Sponsored by Eagle Group Agency

ACROSS

- 1 Idle of Monty Python
- 5 Homer's lament
- 8 Grate
- 12 Sprint
- 13 Geological period
- 14 Intro studio class
- 15 Met melody
- 16 Knee cartilage
- 18 Cough drop flavor
- 20 Valerie Harper sitcom
- 21 Light brown
- 22 Fluffy neck-piece
- 23 Streep of "The Post"
- 26 Patching up
- 30 Lab eggs
- 31 Witty one
- 32 Wrigley product
- 33 Proteges
- 36 Accra's country
- 38 Stein filler
- 39 Zadora of "Hairspray"

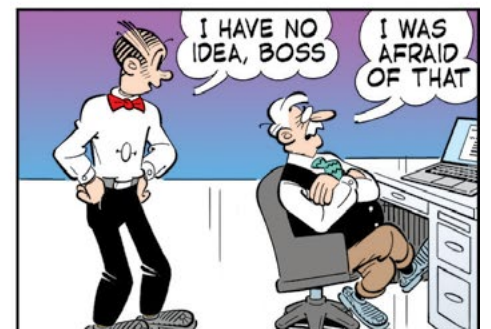
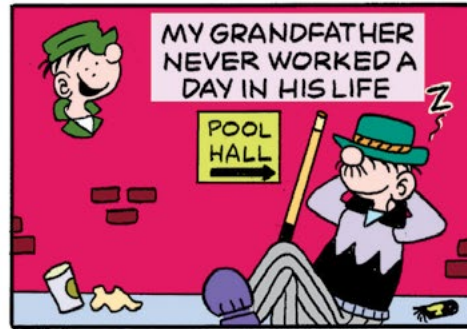
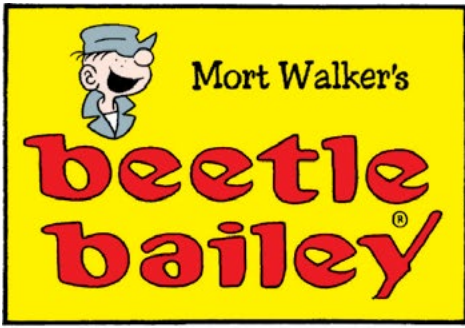
- 40 Huge success
- 43 H.L. — (The Sage of Baltimore)
- 47 Cites
- 49 Comic actor Danny
- 50 Oklahoma tribe
- 51 Nonsense
- 52 French 101 verb
- 53 Military VIPs
- 54 GI's address
- 55 Marsh plant

DOWN

- 1 Dutch cheese
- 2 Exceptional
- 3 "The doctor —"
- 4 Talkative
- 5 Fiend
- 6 Pitcher Hershiser
- 7 Solo in space
- 8 Actress Phylcia
- 9 With the bow, musically
- 10 Poker type
- 11 Galileo's birth-place
- 17 Pressing need
- 19 Actor Linden
- 22 Plead
- 23 Soccer —
- 24 Prior night
- 25 Campaigned
- 26 More, to Manuel
- 27 Polish tennis star Swiatek
- 28 Convent head
- 29 "Today" rival, briefly
- 31 Pint-sized
- 34 Flavors
- 35 K thru 12
- 36 Tom Collins liquor
- 37 Website invader
- 39 Green sauce
- 40 Urban haze
- 41 Apportion
- 42 Shortly
- 43 L-Q bridge
- 44 Designer Spade
- 45 Literary Jane
- 46 Must have
- 48 British singer Rita

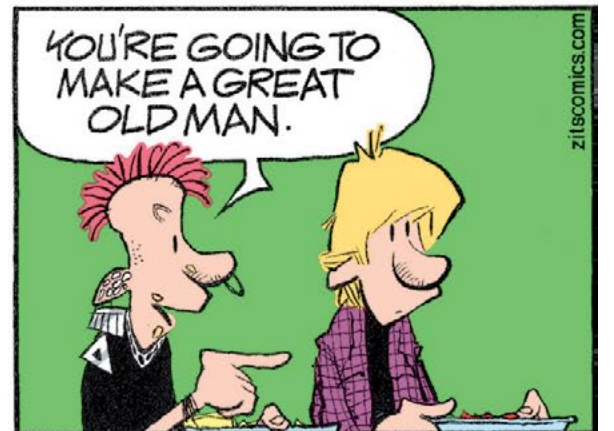
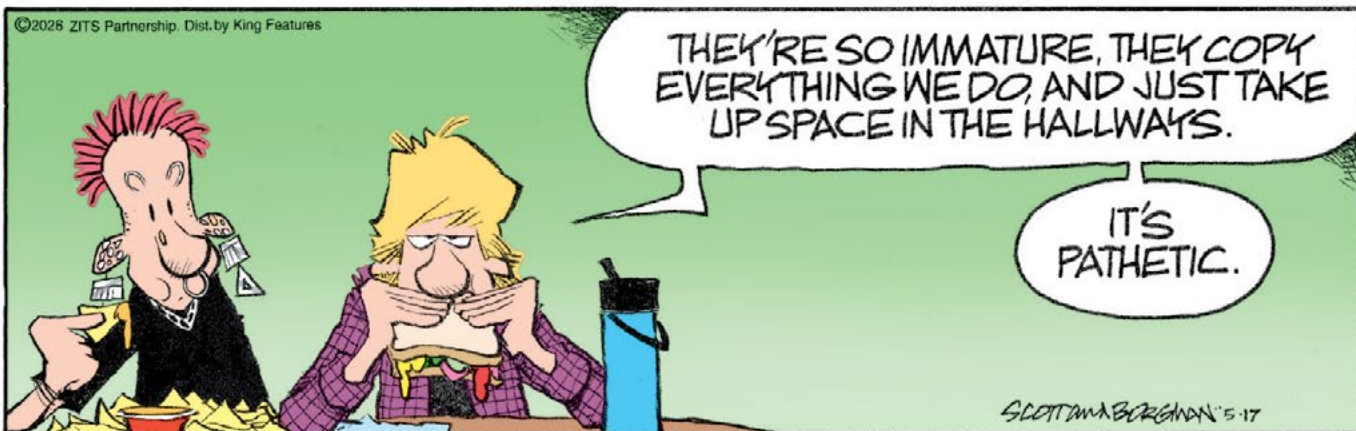
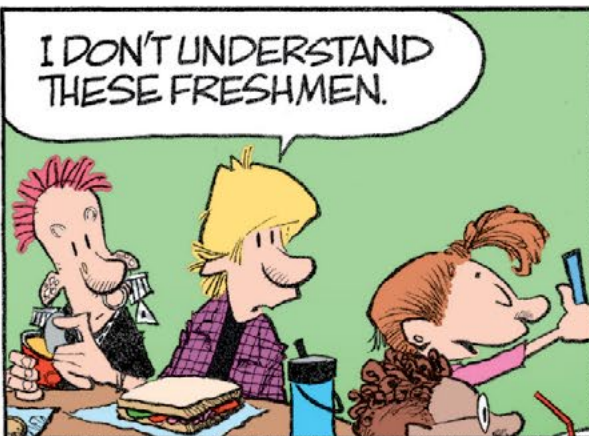
Answers on pg 8

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
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ZITS

Jerry Scott & Jim Borgman



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