

WEST OK WEEKLY



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Annual Can Sculpture Contest & Charity Event Returns in March



Grand Can

SCULPTURE COMPETITION

Compete so others can eat!

The Connections Food & Resource Center's Grand Can Sculpture Competition is coming up on March 29th - 31st. Open for all to compete, the annual competition is a powerhouse of fun and instrumental in raising pounds of food for the Center to distribute to western Oklahoma families in need.

Last year, there were a few duplicate designs; to prevent this, all registered parties will be asked to submit design ideas to Lori at director@connectionscenter.org. Teams are welcome to change their design between the deadline as long as that design is still open and not being done by another competitor.

The sculpture building will be hosted on-site on March 29th and 30th as teams work on their project. Snacks will be provided.

On competition day, March 31st, invite friends and family to come out, enjoy the food trucks, and vote on their favorite sculpture. There will be multiple categories contestants may be awarded. These include (but are not limited to) "Best Use of Labels," "Most Pounds of Food," and the "People's Choice Award." Awards will be presented that evening at 7 pm.

The deadline to register is March 10th. Early registration is highly encouraged. For more details about competition rules, categories, and more, check out Connections on Facebook at Connections Food & Resource Center.

46th Annual Weatherford Area Livestock Show Starts Soon

The Weatherford Area Livestock show was organized in 1977 to offer 4-H and FFA livestock exhibitors in the Weatherford trade area an opportunity to exhibit their projects while promoting the City of Weatherford and the Weatherford Area Chamber of Commerce. The event is sponsored by the Weatherford Chamber of Commerce Agri-Business Committee and is open to any school age child five years and older from the following communities: Arapaho-Butler, Binger-Oney, Carnegie, Clinton, Hinton, Hydro, Lookeba-Sickles, Mt. View-Gotebo, Thomas-Fay-Custer, and Weatherford. All

animals must be owned and fed by the exhibitors for a minimum of 60 days prior to the show. Ag teachers will be asked to verify ownership for all entries. There will be a \$20.00 per head entry fee for the event this year with everything being paid out. Each exhibitor will be receiving a premium in class.

The livestock show will take place at the Weatherford Ag Expo Center in Dean Rader Park over Thursday, January 26th and Friday, January 27th with showmanship concluding at the end of each species.

This year, two to four scholarships will be offered

by Southwestern Oklahoma State University to high school seniors who have participated in the Weatherford Area Livestock Show in 2023, 2022, or 2021 and will attend SWOSU in the Fall of 2023. Applications for the scholarships will be available at the show and upon request. Winners will be announced in the Spring!

For more information over general rules or schedule breakdown check out their flyer or contact Andy McPherson (580-302-1045), Dr Tim Lowry (580-774-1186), or Weatherford Ag Teachers Randy Henderson or Dina Falasco.

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Police Chief Louis Flowers (left) has retired after 30 years of service to the city of Weatherford. He is pictured here with former Weatherford Police Officer Scott Smith.

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Miguel Torres

Miguel Torres-Cabada was born March 3, 1932, to Aurelio Torres and Aurora Cabada in Durango, Mexico, and passed away Sunday, January 15, 2023, in the River Valley Nursing Center in Clinton.



Miguel was raised in Mexico where he also attended school. He went back and forth from Mexico to the United States to work at 14. He worked in several states, including California and Kansas, before settling in Clinton in 1990. He was employed with the Chicken Factory in Cordell, Kellwood's Factory, and retired from Bar-S Foods when he was 75.

He married Elisa Najera Cardenas in 1962. He was a member of the St. Mary's Catholic Church. He loved his church family, the outdoors, doing yard work, and, most of all, spending time with his grandchildren. He was preceded in death by his parents, son Ramiro Torres, daughter Genoveva Torres, brother Manuel Torres, and sisters Eloisa, Sofia, and Teresa.

He is survived by his wife; six children: Jesus Torres and wife Sonia; Carlos Torres and wife Consuelo; Rogelio Torres and wife Mini; Blanca Miller and husband Johnnie; Miguel Torres; and Oscar Torres, all of Durango, Mexico; brother Vicente Torres; sister Lucina Torres, 27 grandchildren, and numerous great-grandchildren.

Marge Miosi

Margaret Ann Pfaff was born August 13, 1948, in Okeene, OK, to Orville and Catherine (Verhoff) Pfaff and passed away January 14, 2023, at her home in Weatherford.



Marge was raised in Okeene, OK. She graduated from Okeene High School in 1967.

On January 14, 1968, Marge married Anthony Duwayne Miosi, known by friends and family as "Wayne," in Lakewood, Washington. Wayne went into the service, and Marge moved back to Canton area to be near family. They lived several places before they settled in Weatherford in 2003.

Marge loved to crochet, play board games, cook, collect recipes, volunteer at the church and spend time with family and friends.

Marge was preceded in death by her parents, brothers Bill and John, and sister Jo Ann.

She is survived by her husband Wayne of the home; son Scott Miosi of Weatherford; brother Henry Pfaff of Everett, Washington; two sisters: Ruth Wahl of Malaga, Washington; and Mary Ann Pfaff of Weatherford.

David Wright

David William Wright was born July 20, 1950, in Weatherford to Jake William and Mary Jane (Spratt) Wright and passed away Monday, January 16, 2023, at the age of 72 years, 5 months, 26 days.



He lived in and served in the Weatherford community his entire life. David joined the Weatherford Fire Department in the 1970's. He was a member of the Oklahoma Firefighters' Association. He became fire chief in 2006 and retired in 2015. David was always willing to help out friends in need. He dedicated much of his adult life to the betterment of the Weatherford community.

David acquired his love for flying from his father Jake and eventually purchased his own plane and formed an organization of local pilots. He loved to travel.

David was married to his loving wife Diane for 31 years. They went on many trips throughout the years. Beaches and fishing trips were among his favorites.

He was a member of the Masonic Lodge, SAWWE Flyers, National Association of Underwater Dive Instructors, Certified Scuba Diver, and he also enjoyed watching his grandkids in all their many activities.

David was preceded in death by his parents and sister Sharon Hume.

He is survived by his loving wife Diane of the home in Weatherford, son Cody Wright of Weatherford, five daughters: Lisa Stephens and husband Will of Mountain View, OK; Stacey Purinton and husband Stuart of Kingfisher, OK; Jessica Russell and husband Charley of Shamrock, TX; Kelly Moore and husband Jay of Weatherford; and Candy Hill and husband Mike of Madill, OK; and ten grandchildren.

Wilma McLemore

Wilma Freeda Harris was born February 1, 1934, near Eakly, to J.D. and Nora (Shelton) Harris and passed away January 11, 2023, at Carnegie Hospital, at the age of 88 years, 11 months, and 10 days.



Freeda grew up in the Eakly-Colony area. She started school in Colony grade school before moving to California. They moved back to Oklahoma where she attended Elm Grove, a one-room school. When that school closed, they moved back to Colony where she graduated in 1951. *(continued on top right)*

Freeda attended Hills Business College in Oklahoma City. She returned to Colony, where she worked for the Horn's Canna Farm while dating Jack McLemore. They married on August 4, 1952, in Chickasha and made their home on Cobb Creek where they started their family.

They continued farming and raising their family. Freeda enjoyed sewing, attending school functions: sports, 4-H, FFA, and spending time with family and friends.

She was preceded in death by her parents, husband, sisters Mildred, Wanda, and Jean, and brother Jack.

She is survived by daughter Beverly Lowry and husband Ron of Colony; three sons: Robert Duane McLemore and wife Aquilla; James Thomas McLemore and wife Pam; and Clay McLemore and wife Carla, all of Colony; brother William Harris of Purcell; two sisters: Lynda Nelson and husband Bob of Oklahoma City; and Letha Hutto of Moore; eleven grandchildren; and fourteen great-grandchildren.

Lera Sawatzky

Lera Sue Magill was born July 18, 1930, on the family farm west of Custer City to Ralph Otho and Lillie Mae Wilson Magill and arrived safely home in Heaven January 11, 2023, at the age of 92 years, 5 months and 23 days.



Lera attended grade school in Arapaho and had many fun memories, playing with her twin sister Vera, especially roller skating around the courthouse and peeking in at the prisoners.

In 1942, the Magill family moved to Weatherford. Lera and Vera helped their mother as young waitresses at the Cain Coffee Shop. One month before graduating with the renowned WHS class of 1948, Lera married A. J. Sawatzky on April 16, 1948.

Lera and A.J. made their first home in a converted chicken coop next to A.J.'s parents' house on Rt. 66. One day, while ironing and listening to a preacher on the radio, the Holy Spirit touched Lera's heart, and she asked Jesus to be her Lord and Savior. She remembered calling to tell her mother about her exciting decision.

In 1951, Lera and A. J. welcomed their son Kent Allen and eventually moved to Weatherford. Lera supported A.J. when he built his first house and began Sawatzky Construction Company in 1954. Daughters Kristie Lynn and Kerri Sue later completed the Sawatzky family.

Lera always had a joke up her sleeve. She kept things lively when she would stop by the office of Sawatzky Construction to banter back and forth with the employees. Shopping was Lera's therapy, especially shopping for clothes. Whether for herself or others, Lera was energized whenever she could shop.

Even though Lera spent her last five years living near her only surviving daughter in Fort Worth, TX, her heart desired to move back to Weatherford.

Lera was preceded in death by her husband; daughter Kristie Lynn McCune; son Kent Allen Sawatzky; brothers Freemont and Ralph Magill; and sisters Nellie Tuley and Niath Armstrong.

She is survived by her twin sister Vera Janzen of Surprise, AZ; daughter Kerri Gasparovic and husband Dan of Fort Worth, TX; daughter-in-law Debbie Sawatzky of Broken Arrow; son-in-law Malcolm McCune of Edmond; eight grandchildren: Tobi Wilson and husband Matt of Weatherford; Jami Moss and husband Justin of Abilene, TX; Mac McCune and wife Kristy of Weatherford; McKormic Schale and husband Logan of Weatherford; Ayrtton Sawatzky of Minneapolis, MN; Niki Sawatzky of Broken Arrow; Dusti Grantham and husband, Colton of Oklahoma City, OK; and Danny Gasparovic of Fort Worth, TX; and ten great-grandchildren: Luke, Mark, Sawyer, Asher, Hogan, Gracelyn, David, Vernie, Russell, and Callahan.

D.L. Stehr

Darrell Lee "D.L." Stehr was born June 29, 1946, to Martha Stehr and Emanuel Stehr in Clinton. He went home to be with his Lord and Savior on January 13, 2023, in the Weatherford Regional Hospital by his family's side.



Darrell was raised in Clinton, where he graduated high school in 1964. He continued his education at Southwestern Oklahoma State University in Weatherford.

Darrell was united in marriage to Judy Cabaniss on November 17, 1966. To this union, two children were born Deedra and Brennon. His father employed Darrell at the family business "Bill's Body Shop" in Clinton.

Darrell later began a career with Southwestern Bell Telephone Company in 1972. He served in various positions before being made responsible for all pay phone operations in the Western Oklahoma area. He retired in 2003 after more than 31 years of service.

At a young age, Darrell took an interest in real estate. He acquired, owned, and operated property throughout Clinton. His talents were many, with welding being just one. He was skilled in performing renovations, repairs, maintenance. He also oversaw the daily business operations of what became a Stehr family business.

Darrell was a member of the Trinity Lutheran Church for many years where he taught Sunday School. He later was a faithful and active member of the Clinton First Baptist Church where he served as a Deacon.

Darrell was preceded in death by his parents, brothers Lealon and Calvin Stehr; sister Norma Tice; and parents-in-law Dale and Maxie Lee Cabaniss.

He is survived by his wife of more than 56 years of their home; daughter Deedra Vice and her husband Shane of Norman; son Brennon Stehr of Clinton; two grandsons: Dalton Vice of Houston, TX; and Brant Vice of Norman; sister Charlene Ewing and her husband Don of Oklahoma City; and a host of nieces, nephews, and friends.

Kip Ringo

Gregory Kip Ringo was born November 12, 1963, to Vaudie Ringo and Patricia (Harper) Ringo in Cordell and passed away Tuesday, January 10, 2023, in the St. Anthony Hospital in Midwest City.



"Kip" was raised in Clinton, graduating in 1982. He worked at McKinsey Ford for the past 34 years.

He married Darcy Belter in 1985. To this union two daughters were born. He later married Vanessa Aviles in 2012. To this union a son was born.

He enjoyed sports (especially golf), spending time with his children and grandchildren, and doing yard work.

He was preceded in death by his mother, infant sister Canda Vaudette, and stepmother Jane Ringo.

He is survived by his wife Vanessa, son Sebastian Sage Ringo, daughters: Catherine Stewart and husband Michael of Clinton; and Kenna Ringo and husband Cole Spencer of Mustang; father; sister Natasha Ringo; brother Rory Ringo of Fresno, CA; and five grandchildren: Kyler, Kyn'Tavion, Ruby, Margo and Alex.

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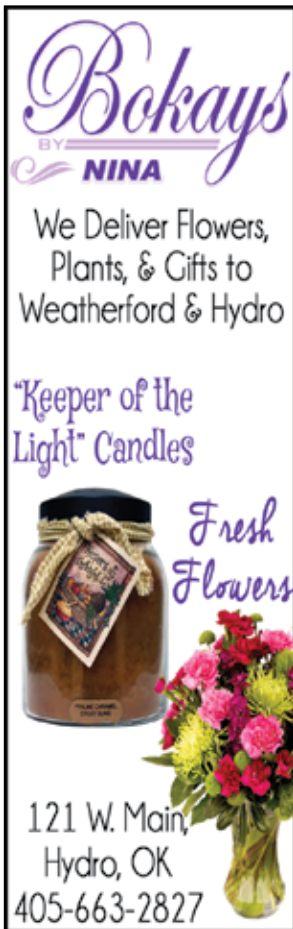
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Offering services for rehabilitation, independent living, and long-term care, Corn Heritage continues to provide Nursing Home Care with "in-house benefits that you won't find anywhere else". As a top-quality service provider for years, their robust benefits and access to

skilled nursing staff comes as no surprise.

Some of the in-house benefits include: 24/7 pharmacy service; resident activities and events; Rehabilitation with state-of-the-art equipment; and 24/7 RN coverage with staff that truly treat each resident like family.

With over 70 years of experience as one of the "top rated Oklahoma nursing Home & Senior Care Communities" in the state, Corn Heritage is no stranger to innovation and adaptability. Two of the recent ways they've continued to elevate their care has been with the development of their in-house memory care unit at the Corn facility. This "industry leading treatment for Alzheimer's, Dementia, and related conditions" has unlocked new possibilities for care never seen before. The second way they've elevated

their care is with upgraded facilities. You cannot focus on the future if your equipment is living in the past. The new upgrades include "modernized rooms, cafeterias, ice cream bars, and more".

Corn Heritage is a non-profit and faith-based service provider with a high focus on personalized care and community involvement. From working with local doctors, to transportation to community shopping, activities, and outings, Corn Heritage is committed to their mission, "to provide the highest level of Long-Term Care & Rehabilitation Care in Oklahoma".

As a top care provider since 1948, Corn Heritage Village & Rehab wants to meet you! Browse their listings, contact them by phone, or schedule an appointment!

Clinton Veterans Center Provides Specialized Veterans, Families Care

The Oklahoma Department of Veterans Affairs is a crucial part of ensuring our military veterans receive all the assistance they need, because life after military service can be challenging. According to veteran census data from the George W. Bush Institute, there are 2.5 million post 9/11 veterans in our country. These veterans are facing severe uphill battles as they try to re-assimilate into civilian life. As many as "20% are diagnosed with post-traumatic stress", "22% with depressive disorder", and "40.7% feel like a guest in their own home". With around 48,000 homeless, or at risk, veterans, support structures are needed now more than ever. The Oklahoma Department of Veterans Affairs is committed to "empowering veterans and servicemembers in their pursuit of quality

of life and quality of opportunity in the great State of Oklahoma". As part of their mission, they have created and sustained programming that advocates for veteran interest, builds community support, and facilitates personal and financial independence for veterans in all phases of life. To both enact these programs and provide personal care, the department has Veterans Homes around the state, including one located in Clinton, OK.

The Clinton Veterans Home is located off I-40 South of Clinton "where residents enjoy a home-like atmosphere of western Oklahoma hospitality". The home is "devoted to the specialized treatment of Alzheimer's and other dementias". Residents at the home enjoy frequent recreational activities in

the recreational hall and auditorium where major renovations took place, with the most recent in 2002.

As part of their mission for care, the veterans home provide "medical services including nursing staff, rehabilitation therapy, pharmacy and recreational therapy". They are also able to provide medical supplies, medications, and equipment to the veterans through the inclusive medical care program. To assist veterans with travel, transportation to and from local appointments are provided for the veterans.

Clinton Veterans Home Admissions Office is available by mail, phone, or email for admission information. Online applications for admission are available through the Oklahoma Department of Veterans Affairs website: oklahoma.gov/veterans.



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SENIOR LIVING

HEALTH SERVICES

River Valley Offers High-Quality, Local Physician and Therapy Services

There's more to life than just getting by. It's about the people we meet, the experiences we share, and the fondness we feel as we look back at the windy paths our lives took. These life aspects are the fundamental backbone of River Valley Skilled Nursing & Therapy in Clinton, OK. The on-site and experienced staff don't call it a job, they call it a lifestyle.

With 24/7 skilled staff, the care given to the residents at River Valley is unmatched. Care that checks off each component of wellness and health. Every member at River Valley is licensed, certified, and specialized. From therapy services conducted by occupational and speech-language therapists to physician services to dietary services overseen by registered dietitians to nursing services that include focused care for diabetes management, IV Therapy, Respiratory Services, cardiac care,

Mobile Lab services, and more, the sheer work put into surrounding residents with highly sought-after medical professionals is staggering.

Every section, service, and activity has been hand-picked to provide residents with the highest level of happiness and support they can receive. Alongside top-of-the-line medical care, River Valley hosts a robust set of community options for their members so they can continue to make real connections and record more experiences with each other. Community options include church services, a beauty salon with barber services, an activity calendar, and an active resident council where residents ensure their voices can be heard. The council focuses on enjoying fellowship and providing "constructive input that helps govern activity choices, dining options and more".

The only qualified person to run your life is you,

and that should apply to the care you seek and the way you spend your time. River Valley Skilled Nursing & Therapy understands that, and as part of their ongoing mission to create comfortable environments with access to the best suite of care professionals and "to [serve] people with compassion and dignity", they work hand-in-hand with residents to schedule appointments and provide transportation to and from those appointments with doctors, labs, and radiology.

"River Valley focuses on long-term care, as well as care after hospital stays when physical, occupational or speech therapy and skilled nursing is recommended before going home." One of the most effective strategies to quickly recover from an extended hospital visit is skilled therapy. That's what River Valley wants to be "The Bridge between hospital and home."

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Experience Therapeutic Relief with "Heart & Soul" Counseling


It's common for people to associate health and wellness with physical ailments, but it's important to be aware that mental and emotional strain is a very real thing that can even manifest into physical problems. Seeking help when you experience physical symptoms is considered normal, and yet, there's a certain stigma or bias that people are afraid will follow them if they seek the same level of treatment for issues of the mind and soul. Asking for help and for an ear to listen from family, a friend, a colleague, or a professional is not a weakness.

Heart & Soul Professional Counseling Services, Inc. operates out of Weatherford and specializes in individual and family therapy for adults and children. Andra Epperly explains the philosophy of her work, "I go with people's needs and progress, and the relationship should be matched from both sides - patient and counselor." The services Heart & Soul provides are not currently done through programs. Instead, following their philosophy, sessions are determined case-by-case and by the patient's goals and progress. Andra explains, "Some programs don't seem to fit with what people need." Some of the additional services they provide include couple's therapy, marriage counseling, and play therapy. "We do play therapy with children as young as 3 years of age. They usually come until they feel problems they had are resolved, but they can always come back."

Heart & Soul Professional Counseling, Inc. also does diagnostic evaluations for medical professionals in the area, but the easiest way to get in touch is by calling or emailing: andra.counseling@att.net.



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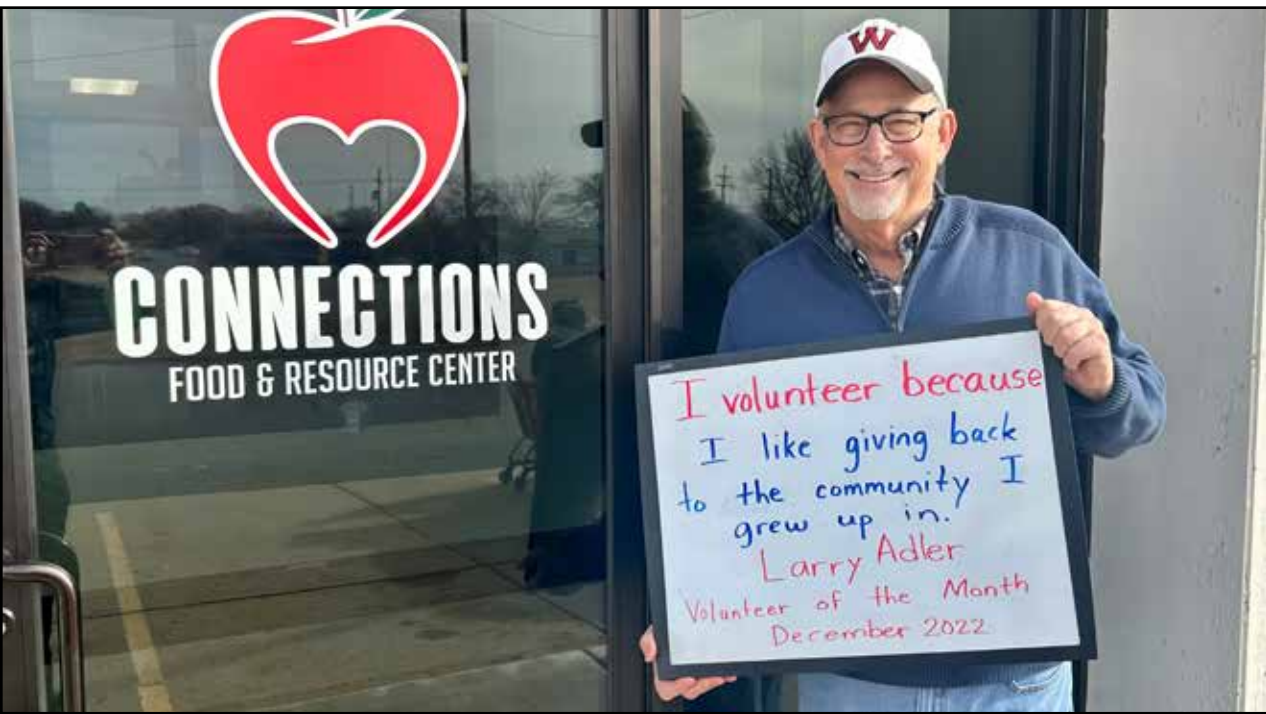
LOCAL AND AREA NEWS



Mike Smith
News Director



Cody Roper / SWOSU
SWOSU freshman Megan Bradley (left) was crowned Miss SWOSU at this year's annual scholarship competition. Landri Jones (right), a sophomore at Weatherford High School, won the Miss SWOSU's Outstanding Teen title.



Meet Larry Adler, the Connections Food & Resource Center's Volunteer of the Month

Larry Adler is our Volunteer of the Month for December. Larry graduated from Southwestern Oklahoma State University and worked for several years at Weatherford Daily News. He moved away for a few years and then returned to help care for his mother. He saw how Connections helped his mother during her later years in life. He decided to pay it back by delivering food to many of our clients in Clinton. Connections Food and Resource Center offers a client choice food pantry that provides fresh produce, non-perishable, refrigerated, and frozen foods. We also help connect our clients to additional

services as needed. Connections serves 15 zip codes—Arapaho, Butler, Clinton, Colony, Corn, Custer City, Eakly, Fay, Geary, Hammon, Hinton, Hydro, Lookeba, Thomas and Weatherford.

An average of 90 volunteers put in 700 hours of work to distribute 26,000 pounds of food to 1,200 food-insecure Western Oklahomans per month. Please join the fight against hunger by signing up to volunteer.

Contact Volunteer Coordinator Dena Friesen at 580-774-5377 (office) or 469-443-6603 (cell) or email Volunteer@connectionscenter.org

DEWEY COURT / SECHRIST - An Apache man has been sentenced to life in prison in Dewey County District Court after pleading guilty to 2 counts of first-degree murder. Thirty-five year-old Tye Sechrist pleaded guilty to the shooting deaths of a Leedey EMT and her sister-in-law. Prosecutors had been seeking the death penalty but dismissed the bill as part of the plea agreement.

CLINTON CC / BIDS - Clinton City Council has approved a bid from Johnny Dixon for the demolition of the former Glancy Motel and Pop Hicks Restaurant structures. City Manager Robert Johnston says the demolition includes the north side of the Glancy property and all of the Pop Hicks structure. However, it would not include the demolition of the pool area. The cost of the demolition is just under \$115,000.

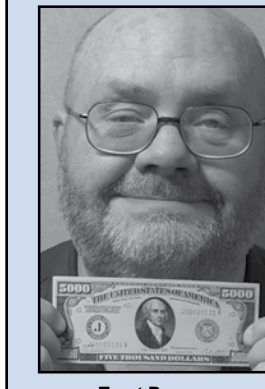
WPS / TEACHER OF THE YEAR - Weatherford Public Schools has named its District Teacher of the Year. Amber Morlan of East Intermediate receives the honor. Amber Hunt was named Teacher of the Year at Burcham Elementary, Reagan Cabaniss at Stafford, Rebecca Dougherty at Weatherford Middle School, and Leslie Waldrop at Weatherford High School.

BECKHAM COURT / MOORE Formal charges of aggravated possession of child pornography have been filed against an Elk City man in Beckham County District Court. Records show 37-year-old Jess Clark Moore had multiple child pornography images on his cell phone ranging in age from infant to prepubescent teenagers. Upon his arrest, Moore was jailed on a \$150,000 bond.

CUSTER COURT / BELL - A Custer City man has been sentenced to serve 30 years after being convicted by a Custer County jury last month of two counts of child sexual abuse and one count of sexual battery. Fifty-two year-old Roger Dean Bell was convicted on multiple incidents that occurred between himself and other female minors between September 2009 and June 2018.

CUSTER COUNTY / LAWTER RD - In an exclusive interview with Wright Wradio, Custer County Commissioner Lyle Miller provides an update on the Lawter Rd. project. Miller says bids should go out in March or April of this year. He says drainage and funding issues have contributed to delaying the project.

"The Coin Guy" - National Bank Note Error



This picture shows a National Currency note. They were issued by National Banks and backed by United States bonds. The issuing bank deposited the bonds with the United States Treasury. These were issued by the U.S. Government to towns and cities during the Great Depression. It was an attempt to make the notes stay within the area they were issued to help stabilize the local economy during the National Emergency of the 1930's. It was certified by Paper Money Guaranty as Very Fine 25. It is a Type 1\$10 National Bank Note Series 1929 for the First National Bank of Boston. World Banknote Auctions will auction it on March 10, 2023, in Sacramento, California as an error note. Can you find the error? On the left side the serial number is B011362A. The right side is E011362A. Both serial numbers and letters must match. Only 2 other notes are known with mismatched serial numbers: one from Indiana and one from Boston. There will be a Coin Show at Duncan, Oklahoma February 17-18, 2023, at the fairgrounds. For information call 580-475-4570 ask for Ed. Thanks for reading.

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Alcohol causing problems? Alcoholics Anonymous meets daily at 928 W. Main, Weatherford. Call (580) 819-0727 for more information. **Christian Free Store** - Donations of school supplies, clothes, shoes, etc. are needed or if you are in need. Please call (580) 637-2345 or (580) 291-3875. **Alfalfa, OK Community Center "Bible Study,"** Every Monday Night from 7:00-8:00 Hwy 58. Five miles South of Hwy 152. For more Information contact (405) 643-9211. **Free and Open to the Public. Oklahoma Parkinson's Alliance,** monthly support group meeting the second Thursday of each month, excluding December, at 5:30 p.m. at Weatherford's Pioneer Center, 1000 Gartrell Place. Patients, caregivers, family or friends are welcome. **Questions? Contact OK Parkinson's Alliance (405) 810-0695 or info@oklahomapa.org.** **Iron sharpens Iron** is a Christ centered adult support group every Tuesday night at 7pm. 233 E Main in Hydro, First Christian Church.

Happy Birthday Wishes for Jan. 25th - Cassandra Conway, Stephanie Daniel, Tressa Hobbs, Mike Karlin, Derek King, Kennedy Merrill, Karah Moxley, Nataly Newman, Ralph Schreiner, Debbie Waggoner, Wilma Smith; **Jan. 26th** - Amanda Anders, Verla Barber, Matthew Bird, John Creswell, Kim Davis, Mike Ferguson, Don Groth, Heather Hawkins, Jevin Jefferson, Kari Jones, Bill Kern, Autumn Lottkeman, Alexander Mack, Rick Oliver, Tyler Vassar, Abby Wright; **Jan. 27th** - Brent Avery, Eddie Bird, Vickie Loncke, Josiane Garrison, Elisa McClurey, Kelly Pease, Noelle Price, John Radke, Billie Rodriguez, Angie Schmidt, John Smith "Poe", Amy Thornburg, Chris Thurman, Cylina Weatherly; **Jan. 28th** - Todd Boyd, Tina Goucher, Stacie Henderson, Johnetta Lindsey, Lara Menke, Zainia Moorhead, Pedro Rodriguez, Collin Shaw, Jenna Sheffield, Jamie Steffenson, Tara Stockton; **Jan. 29th** - Levi Feltman, Corey Fuller, Creelie Hamons, Chelsea Hughes, Farrah Humphreys, Que Jefferson, Krystal Kargis, Jacob Klassen, Donnie Lafever, Rachael Merchant, Rebecca Merchant, Liz O'Neill, Betty Prentice, Bob Smith, Duane Steinly, Kristen Stephenson, D'lese Travis, Clarice Whiteskunk; **Jan. 30th** - Hilda Bent, Mary Foster, Jessica Holt, Pat Reimer, Shona Stermer, Rachel Uraneck, Val Yoder, George Zatarain; **Jan. 31st** - Nocona Cook, Wayne Davis, Kimberly Hacker, Vermila Hamar, Evelou Ledford, Tiffany Lightfoot, Glen Mavity, Sheila Meinhardt, Bruce Potter, Keagen Smith, Delores Thiesen, Ryan Vandersee, Edie Wisnieski.

Chris Braggs Jr. and Averi Zinn Take Bulldogs of the Week

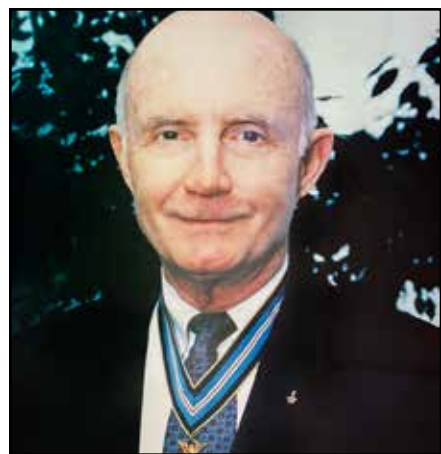
Grant Kopycinski
SWOSU Sports Assistant

Chris Braggs Jr. and Averi Zinn have won this

week's Bulldogs of the Week. This award is brought to you by Wright Wradio, the official partner of SWOSU Athletics for both livestream and radio.

Braggs Jr. (OKC) set a huge career milestone this week. During the Dawgs' game against Oklahoma Baptist, he became just the fourth SWOSU Bulldog in school history to score 1,000 career points. He finished that game with 11 points. He followed the record setting performance up by scoring a season high 18 points on 3-5 from three against Southeastern on Saturday. 29 points are the most he has scored in a two game stretch this season.

Zinn (Anadarko) was the catalyst for the Lady Bulldogs 2-0 record for last week. In the road win at Oklahoma Baptist, she totaled 21 points and four assists. She scored exactly 21 points again in a victory over Southeastern Saturday afternoon. This scoring outburst raised her average from 14.8 to 15.6 in two games.



This Month in Space History: January 19, 1993

30 years ago, General Thomas P. Stafford was presented the Congressional Space Medal of Honor in the White House by Vice President Dan Quayle. This prestigious award is the highest honor bestowed by the U.S. Congress to individuals who have made many contributions to the field of space exploration. General Stafford is one of the few living astronauts to receive this honor.

Most people know that Stafford had an extraordinary astronaut career, flying four space missions, including one to the moon, and carrying the title of "Chief Astronaut." What many don't know is that no figure in history has done more, for as long, to evolve America's space program and create international cooperation in space as Gen. Stafford. He has served as a close advisor to every NASA Administrator for the last half-century and to many Congressional committees and representatives dealing with NASA and the nation's future in space.

In 1989, President Bush called upon Stafford to chart a long-term path to send astronauts back to the Moon and onto Mars. He assembled an accomplished team of approximately 50 scientists and engineers called the "Synthesis Group," of which Stafford served as Chairman. After two years of intensive work, the result was a detailed plan of action entitled "America at the Threshold" that was so visionary and detailed that parts are still being used today to help chart our future course into space. We only have to look at the recent Artemis 1 launch to witness some of Stafford's vision.

Additionally, Stafford was asked by several NASA Administrators to form and lead numerous critical committees to find and verify solutions to complex challenges faced by NASA over the last four decades. When the Hubble Space Telescope was launched in 1990, a committee led by Stafford would develop a critical repair to the Hubble Space Telescope after being launched with a crippling manufacturing flaw in its mirror. Stafford's team devised a solution and pioneering methods to repair the telescope. Hubble revolutionized

the science of astronomy and completely changed our concept of the universe. None of the more than 2 million mind-boggling images sent back to Earth from the Hubble would have ever existed without Stafford.

In the late 1990s, Stafford would use his unique knowledge gained by forging working relationships with the Russian space program during his Apollo-Soyuz mission. Stafford would lead a committee that would orchestrate a crucial working relationship with the Russians that led to U.S. astronauts living aboard the Russian MIR space station for long durations, forging a new alliance with the Russians in space. This led to both nations coming together to spend over 20 years designing, building, and operating the International Space Station (ISS). Today, the ISS has evolved into an orbiting United Nations as astronauts from 18 countries have lived and worked together aboard the station conducting groundbreaking scientific and engineering work that will positively impact every nation on Earth.

After the loss of the Space Shuttle "Columbia" and her crew in 2003, Stafford led the committee that would review all of the engineering and procedural changes that had to be made before the Shuttle ever flew again to assure its safety. Stafford has continued to play major roles in the development of space and military technology as a consultant to numerous aerospace corporations long past the time most people would have retired. Today, nearly 50 years after his last space mission, Stafford still chairs NASA's critical oversight committee on Space Station Safety and Readiness.

Stafford is the only person who can say that his work has spanned the nearly seven-decade history of spaceflight. Even more amazingly, it continues to this day. He is a true American hero and a perfect example of what the "Congressional Space Medal of Honor" represents.

You can see this unique artifact, and many more, prominently displayed in the Stafford Gallery at the Stafford Air & Space Museum.

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HIGHER GROUND

Knowing God



Jim Morrison

"What comes into our minds when we think about God is the most important thing about us." This statement by A.W. Tozer is one of his classic quotes. It would be interesting to ask that question of ten people on the street. What comes into your mind when you think about God? The concept of God varies greatly in this day of pluralism and toleration.

Of course, a few would deny the existence of such a being. We call them secular humanists; those who feel that the secular, natural world is all that exists and it is totally up to humanity to make it better or worse. There is no need of a supernatural being such as God. I met one this summer and while there are few who would admit it many live their lives as if

it were true. God is left out of the equation as they go about their day, making decisions, setting goals, and building relationships.

Maybe there are times when we should ask the basic questions, "why was I born" and "was what is my purpose in life?" But often these questions are dismissed as unknowable and they go about building their lives on transient things that will pass away. Many believe that there is a God but do not see him as one with whom they can have a personal relationship. He is there when we are in trouble or when we can't handle the situation.

The Westminster Shorter Catechism states that the chief end or purpose of man is to "glorify God and enjoy Him forever." This tells us that it isn't about us. He didn't create us to make us happy or to serve us when we need help. We were created to so live that we might bring glory to our Creator. Our greatest satisfaction or joy will come when we are glorifying God with our lives and obeying him in service and in loving relationships.

We need a day of self-evaluation when we think about God; his character, his desire for us, and our limited desire to know him in all His fullness. It is not that he has not made himself known to us. We have just celebrated the great incarnation, when God revealed himself in the form of a baby, who cried when he was

hungry and needed his diaper changed. He has made Himself known to us and now it is our turn to learn of Him in a journey of faith and obedience. Paul, writing from his prison cell after many years of service through much suffering and sacrifice cried out, "I want to know Christ and the power of his resurrection..." (Phil. 3:10)

How do you get to know the Triune God? (Father, Son, and Holy Spirit) Of course it begins with full surrender to Him as Lord, acknowledging that we are rebels serving ourselves instead of Him, receiving his forgiveness and the promised Holy Spirit to be our guide and source of strength in a journey of obedience.

But too many today, see this as the end all and their ticket to heaven. They get their weekly "fix" by sitting in a Sunday service, giving to the needy and paying their debts. But they fail to see their lives as being on mission twenty-four hours a day. Discipleship is best learned through obedience—active involvement in the ministry of Kingdom advancement through their time, talents, money, vocational calling and study; renewing their minds daily through the study of God's word, and the writings of Godly men and women. I end with the question with which we began. "What thoughts enter your mind when you think of God?"

To comment, email me at jmm77@att.net.