

April 17 - 23, 2024 • 10040 Hwy 54 • Weatherford • (580) 772 - 5939 • E-mail: Sales@WestOkWeekly.com • www.WestOkWeekly.com • Vol. 11 No. 16

Bulldog Cowgirls and Cowboys Perform Well at 51st SWOSU Rodeo



Courtesy Wright.Media

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The SWOSU Women's team dominated at the 2024 Rodeo, coming in 1st with a combined 355 points. Seniors Cheyenne VandeStowe (pictured right), Hadley Tate, and Libby Berger (both pictured left) placed in Goat Tying, Barrel Racing, and Goat Tying, respectively.



Women's Team Scores	<u>Men's Team Scores</u>
SWOSU355	Ft. Scott605
Panhandle250	Western
NEO225	NWOSU325
SEOSU155	Panhandle270
Coffeyville0	NEO210
NWOSU0	Murray160
Garden City0	SEOSU155
Western0	Garden City140
Ft. Hays0	SWOSU110
Murray0	Coffeyville70
Dodge City0	OSU60
Conners0	Ft. Hays60
Ft. Scott0	Dodge City60
Kansas State0	Conners25
Pratt0	Kansas State0
Colby0	Pratt0
	Colby0



Miss SWOSU's Mackynsie McKedy (pictured left) sings the National Anthem to kick off the rodeo's first day as Libby Berger (pictured right) holds the American flag in the arena.

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Bob Zerbe

Robert "Bob" Warren Zerbe was born August 3, 1954, in Michigan, to Clarence and Elizabeth (Fairleigh) Zerbe and passed away April 5, 2024, at OU Medical Center in Oklahoma City, at the age of 69 years, 8 months and 2 days.



Bob was raised and attended school in Paw Paw, Michigan. On October 12, 1976, he married Dianna Carol Skidmore in Wichita Falls, Texas. Bob enlisted in the US Army where he served for the next 21 years. Bob was stationed in Fort Hood, Germany and Fort Sill before retiring in 1995. He settled in Elk City and worked for the Coca Cola plant for 8 years and then with Great White Oil Field Service retired in 2019.

Bob was preceded in death by his parents and wife Dianna.

He is survived by three sons: Christopher Zerbe of El Reno, Jonathan Zerbe and wife Melissa of Oklahoma City and Andrew Zerbe of Moore; and four grandchildren: Dylan, Shelbee and Carter, and Carter Glenn and Christopher Zerbe.

Melinda Clark

Melinda Kay Clark was born on May 5th, 1957, to William and Helen (Waller) in Anadarko, and passed away on Wednesday, April 9th, 2024, in Weatherford, OK.

Melinda was raised in Clinton and graduated



After her father's passing, her mother began to decline. She cared full-time for her mother before her passing in 2016. She returned to Arizona only to realize it was no longer where she wanted to be, which led her back to Weatherford, OK. She chose to be the caregiver for her brother while he recovered from heart surgery. Her family is forever grateful for the care she gave when it was needed. She truly epitomizes the definition of a caregiver, showing compassion, attention, and affection to others in their time of need. Melinda is survived by her brother David Clark, of Weatherford, OK; niece Paige Romine, and husband J.R., and three great nephews: Reid and Ridge Rose, and Ryker Romine, all of Jenks, OK. She is also survived by her lifelong friend from the time they started Kindergarten until now, Debbie Tharel.

Donna Epperly

Donna Jolene Epperly was born October 29, 1957, in Duncan, to Sylvester L. and Rheta Nell (Griffith) Vowell and passed away Sunday, April 7, 2024, at Weatherford Regional Hospital, at the age of 66 years, 5 months, and 8 days.



Donna was raised in Empire, graduating from Empire High School in 1975. she grew up on a farm and helped her dad at an early age. She loved playing basketball and played throughout high school. She was also involved in a lot of groups in school.

After moving to Weatherford for college, she met Clayton Epperly on one of her shifts at Jerry's Restaurant. Donna married Clayton on March 7, 1982, in Las Vegas, NV and made their home in Weatherford.

Donna knew at an early age that she wanted to be a teacher. She earned her bachelor's degree from Southwestern Oklahoma State University in 1979 and her master's in 1981.

She taught school at Eakly High School until Eakly schools closed. Donna took the Counselor/ Special Ed director position at Geary schools until 2013. After that, she was appointed as the Federal Programs Director/Psychometrist until her retirement in 2019.

Donna was determined not to slow down and opened two businesses. One opened in 2015, the other in 2018. She became the bookkeeper and tax payer, keeping the rest of the family in budget for the month.

Donna enjoyed working Sudoku puzzles, teaching, decorating their home and spending time with family, grandchildren, and friends.

She used to paint ceramics and had quite the collection of Christmas decorations. Donna would also make stockings with each child's name in the family on it for Christmas.

Donna battled liver cancer for 18 years, then major heart surgery 15 months ago. She was our hero and despite all these trials she kept her faith and these situations made her stronger.

Donna loved her grandchildren more than they could imagine. Her granddaughter, Brooklyn, has been labeled Donna's "twin". When these two were in the room, no one else mattered.

Sheila Lewis

Sheila Marie Lewis, 79 of Weatherford, Oklahoma, peacefully passed away after a chronic lengthy illness on April 10, 2024, surrounded by her children, at the age of 79 years, 6 months and 17 days.



Sheila was born on September 23, 1944, in Wildwood New Jersey to Walter Lucyan Czechowski and Eleanor Marie. As a young child of a military family, Sheila spent her younger years traveling from the West Coast to the East Coast, making many memories.

Sheila met and married the love of her life Kenneth Dean Lewis in Cape May, New Jersey, on June 27, 1964. Together they were blessed with 3 children. Sheila devoted her life to her children in their early years as a stay- at-home mom and later entered the workforce for various companies from General Dynamics to Southwestern Bell and later earned her associate degree in business management.

After marrying her husband Kenneth Dean, they moved every 4 years from the east coast to the west coast due to his active duty in the United States Coast Guard and ultimately settling in Tuttle, OK. Sheila eventually came to Weatherboard to be closer to her daughter as health concerns started to burden her. She spent many years at Weatherwood Assisted Living before moving to Oxford Springs where she made so many friends and gifted so many people with her multiple talents of playing the piano, organ, accordion, singing, dancing, crocheting afgans and blankets and joyfully giving them away as gifts.

She left a legacy with all her creative talents and will be missed by many who loved her. She is survived by her 3 children Kenneth Dean Lewis, Jr. and spouse Denise of Yukon, OK. Janice Marie Shelburne and Larry of Manford, OK (formerly of Weatherford, 0k), Michael Lewis and Aaron Leider of Los Angeles, California, her grandchildren Jennifer and wife Alex Breitmayer of Poulsbo, WA; Kara Shelburne of Tulsa, OK. Hayden Lewis of Oklahoma City, OK, Dalton Lewis of OKC; great-grandchildren: Dean Breitmeyer and Sunny Breitmayer, both of Poulsbo, WA; two brothers: Thomas Czechowski and wife Donna of Centerville, OH; and Richard Czechowski of Park City, Utah; and sister-in-law Wanda Clemmens of Claremore, OK.

She was preceded in death by her parents and her

She was preceded in death by her parents William and Helen Clark, as well as her grandparents.

Donna was preceded in death by her parents and one son, Chance.

She is survived by her husband of 42 years, Clayton Epperly of their home in Weatherford; two daughters, Shawnda Morris and husband, Josh and Shayla Epperly all of Weatherford; one sister, Brenda Berry and husband, Clyde of Empire, OK; three grandchildren, Brooklyn, Ethan and Maverick of Weatherford;

Donna is also survived by many niece and nephews, including Christopher and Jessica McLain of Gig Harbor, WA, Ashlee and Thad Massegee of Duncan, OK, Chase Berry of Empire, OK.



beloved spouse Kenneth in 2010.





Eastwood and Corcoran are Named the Newest Bulldogs of the Week

Grant Kopycinski Sports Information Graduate Asst.

Ty Eastwood and Bella Corcoran have been

chosen as the newest Bulldogs of the Week. The weekly student-athlete recognition is brought to you by Wright Media, the home of SWOSU Athletics for both livestream and radio.

Eastwood (Fort Cobb, OK) came through in a major way for SWOSU Baseball over the weekend against Southern Arkansas. He batted .438 over the three games, knocking in eight RBIs and scoring four runs of his own. Eastwood had big hits throughout the series, including a two-run homer to take the lead in game one. In the third inning of game three, he started and finished the scoring during an eight-run inning, totaling two hits and three RBIs in that frame.

Corcoran (Adamsville, PA) claimed the average title in Breakaway Roping over the weekend at the 51st Annual SWOSU Rodeo. She placed second in the long round with a time of 2.7 seconds and clocked that same time in Saturday's short go which won the round.



Oklahoma History: OKC Bombing and the Annual Memorial Marathon



Carol M. Highsmith's America / LIbrary of Congress collection OKC Memorial Reflecting Pool, the 9:03 Gate of Time, representing the first moment of recovery and when grieving and healing began.



Carol M. Highsmith's America / LIbrary of Congress collection

OKC Memorial close up of the Field of Empty Chairs, representing those killed on April 19, 1995.

Chase Wright taff Writer

April 19th, 1995, a monstrous

act of terror shattered the tranquility of Oklahoma City. The United States, still reeling from the World Trade Center bombing two years earlier, was thrust into another nightmare as a Ryder rental truck armed with a homemade diesel-fuel-fertilizer bomb detonated outside the Alfred P. Murrah Federal Building. The forceful explosion, ignited after 9 AM, tore off the entire north wall of the building, leaving a scene of devastation and despair.

Amidst the chaos, over 300 buildings in the surrounding area were damaged or destroyed. When the dust settled and emergency crews completed their harrowing two-week-long rescue effort, the toll became clear: 168 lives lost, including 19 children, and more than 650 others injured.

The nation was plunged into mourning and disbelief with many Americans grappling with shock and grief. The FBI launched a frantic search for clues, and on April 20th, amidst the rubble, a breakthrough emerged: the VIN number of the Ryder truck led investigators to a body shop in Kansas, where a sketch of the rental van's renter emerged.

The agents went around town asking about the drawing and a hotel employee believed they recognized the man, his name: Tim McVeigh. A manhunt began for the biggest suspect in the worst terrorist attack on U.S. soil at the time.

A day later, after pushing his photo and name out under the Bureau's Criminal Justice Information Services Division in West Virginia, they located him; to their surprise, he was already in jail. Apparently, just 90 minutes after the bombing, an alerted Oklahoma State Trooper noticed his van was missing a license plate during a routine traffic stop. During the traffic stop, McVeigh was found with a concealed weapon and was arrested.

Once they discovered he was already in custody, they extended his detainment and began piecing together more evidence. It began to pile up, linking him to the heinous act that had shaken the nation to its core.

As investigators delved into Tim McVeigh's background, a troubling picture emerged. A former U.S. Army soldier, McVeigh had harbored deepseated resentments against the federal government, fueled by his experiences and disillusionment after failing to qualify for the Special Forces program.

His friendship with fellow soldier Terry Nichols and their shared affiliation with an extremist

On the serene morning of right-wing group provided further insight into the motivations behind the attack.

> The bombing, timed to coincide with the twoyear anniversary of the Waco siege, was a chilling act of retribution against the government agencies housed in the Murrah building. McVeigh and Nichols' sinister plot had been years in the making, a culmination of simmering anger and radical ideology.

> Despite McVeigh's swift arrest, the investigation into the bombing continued relentlessly. With the cooperation of key witnesses like Michael Fortier, who agreed to testify in exchange for a reduced sentence, the full extent of McVeigh and Nichols' culpability became clear.

> In June 2001, McVeigh was executed by lethal injection, marking the first federal death penalty carried out in nearly four decades. Meanwhile, the Oklahoma City National Memorial Museum rose from the ashes of the Murrah building, a solemn testament to the lives lost and the resilience of the human spirit.

> President Clinton's authorization of the memorial in 1997 underscored the nation's commitment to remembrance and healing. The Memorial, dedicated on the fifth anniversary of the bombing, stands as a poignant tribute to the victims, featuring symbolic landmarks like the Gates of Time and the Field of Empty Chairs.

> In the years following the tragedy, the Oklahoma City Memorial Marathon emerged as a powerful symbol of unity and resilience.

> What began with under 5,000 participants has grown into a global event, with over 25,000 registered runners coming together to honor the memory of those lost.

> For more information about online registration, bookings, the full weekend schedule, and how to get involved, please visit okcmarathon.com

> As we reflect on the significance of the Oklahoma City Memorial Marathon and its weekend of remembrance, celebration, and resilience, let us honor the memory of the lives lost and the strength of the survivors.

> Through the collective spirit of the running community and the unwavering support of participants and spectators alike, we stand united in our commitment to never forget and to continue striving for a future filled with hope, healing, and unity.

Key info about the Oklahoma City Memorial Marathon 2024 Weekend:

168 Seconds of Silence: The annual Oklahoma City Memorial Marathon always begins with 168 seconds of silence to honor the 168 individuals who lost their lives in the bombing.

Boston-Qualifying and USATF Sanctioned: The marathon is a Boston-qualifying event and is sanctioned by the USA Track & Field (USATF), ensuring high standards of organization and competition.

Health & Fitness Expo: Presented by Visit OKC and in association with OU Health, the Health & Fitness Expo takes place at the Oklahoma City Convention Center. Attendees can explore vendor booths, sample products, and attend educational seminars on running, fitness, and wellness.

Finish Line Festival: After crossing the finish line, participants and spectators can celebrate at the Finish Line Festival located in Scissortail Park. The festival offers music, food vendors, and activities for all ages, creating a festive atmosphere of accomplishment and camaraderie.

Reflections Speech by Joan Benoit Samuelson:

1984 Olympic Gold Medalist Joan Benoit Samuelson, who won the first Olympic Women's Marathon 40 years ago, will deliver a reflection speech. Her inspiring words will resonate with participants and pay tribute to the spirit of resilience and determination.

Free Entry to Memorial Museum: Throughout the weekend, participants can visit the Oklahoma City National Memorial Museum free of charge by presenting their race bib. The museum offers a poignant tribute to the victims and survivors of the bombing, providing a space for reflection and remembrance.

"This Memorial, like this community, will always stand for justice [...] and this memorial and the peace it will bring stands for your triumph."

- Attorney General Janet Reno April 19, 2000



SWOSU College of Pharmacy Launches Dual Degree Program





For Sale: 21 Bale bundles - Teff, Bermuda, Alfalfa Round Silage Bales - Alfalfa, Barley, Wheat Dry Round Bales - Wheat Straw, Barley D&D Nutrition Equine Bagged Feed Ignite Protein/Mineral Tubs Kelly 580-819-0664 or Jack 580-819-0343







Provided

Left to right: Teri Stubbs (Health Information Management Instructor), Paige Robinette, Sarah Lane, Campbell Coffey, Zoe Van Etten, Iris Gonzales, Megan Presley, Madilyn Lee, Dana Lloyd (Health Information Management of HIM), Dr. Hardeep Saluja, and Dr. Les Ramos.

Dr. Boone Clemmons SWOSU PR & Marketing, VP

Southwestern Oklahoma State University (SWOSU) is

proud to introduce the Pharm.D./Master of Science in Health Information Management (MSHIM) dual-degree program, which combines the Doctor of Pharmacy and master's degree in health information management.

This program represents a significant advancement in healthcare education, integrating clinical expertise with health data management. In Spring 2024, SWOSU welcomes its inaugural class, with seven Doctor of Pharmacy students admitted to this dualtrack program: Campbell Coffey from Prague, OK; Iris Gonzales from Sulphur, OK; Madilyn Lee from Yukon, OK; Sarah Lane from Jones, OK; Megan Presley from Shawnee, OK; Paige Robinette from Waukomis, OK; and Zoe Van Etten from Fair Play, Mo.

The collaboration between the SWOSU College of Pharmacy and the College of Nursing and Health Professionals has been pivotal in establishing this program. Together, these faculties seek to advance healthcare education, launching a program at the forefront of the industry. The integration of clinical and informatics education provides students with valuable skills.

Graduates will be well-prepared for various roles, with SWOSU being the second institution nationwide to offer this unique program. Additionally, the MSHIM program at SWOSU is accredited by the Commission on Accreditation for Health Information and Information Management Education (CAHIIM), making SWOSU one of the 12 programs in the nation with this accreditation. This allows students to pursue Registered Health Information Administrator (RHIA) credentials upon completion.

The new MSHIM program at SWOSU is entirely online, ensuring flexibility for students and making it possible for them to study from anywhere. The program's curriculum implements clinical pharmacy practices with modern health data management techniques. Students in the program will learn about various aspects of healthcare, including drug development, patient care, health data analytics, and digital health strategies. Graduates will have diverse career opportunities in clinical, research, technology, and management roles.

Detailed guidelines on eligibility, application procedures, and program specifics will be available on the SWOSU website. Prospective students, especially those enrolled in the SWOSU College of Pharmacy, are encouraged to explore this dual-degree pathway. For more information, contact Dr. Hardeep Saluja, Chair of the Department of Pharmaceutical Sciences at Hardeep.saluja@swosu.edu.



WEST OK / DROUGHT - The latest information from the US Drought Monitor shows abnormally dry and moderate drought conditions, beginning to creep back into western, northwestern, and southwestern Oklahoma counties. Much of Custer, Beckham, and Washita counties are all facing abnormally dry conditions. However, there are areas of Roger Mills and Dewey counties that are listed in the moderate drought category.

ELK CITY / TOURISM - The Oklahoma Tourism and Recreation Department recently released its updated Oklahoma Route 66 passport, featuring new local stops. A new stop, featured in the updated passport, includes the Elk City Chamber of Commerce in Elk City. The passport is divided into three sections: eastern, central, and western. To order a free copy of the Oklahoma Route 66 passport and download a digital version of the Oklahoma Route 66 guide, visit travelok.com/brochures.

CLINTON / LEVITT SERIES - The second year of the Levitt Amp Clinton Music Series will begin next month. According to Clinton Chamber of Commerce president Julie Caldwell, the kickoff show is going to feature the Army Band.

WEATHERFORD / CONNECTIONS - During the recent Grand Can Sculpture Competition, Assistant Director of Connections Food & Resource Center, Eddie Bennett, said the agency continues to serve more clients. The event raised more than 15,000 pounds of food and monetary donations to provide 28,000 meals.

WEST OK / DOBSON FIBER - Dobson Fiber has recently announced multi-million-dollar expansions of fiber internet in Cordell, Hobart, and Mangum. The company says construction will be completed in geographic zones. Once each zone is nearing completion, residents will be notified when they can begin to sign up for service. Dobson currently offers residential fiber internet services in 20 Oklahoma communities including Weatherford, Clinton, Elk City, and Sayre.

ELK CITY / ATV ACCIDENT - Two men were last listed in stable condition at OU Medical Center in Oklahoma City, following an ATV accident Saturday in Tillman County. The Oklahoma Highway Patrol says 44-year-old Robert Carnes of Elk City and 39-year-old Cody Rose of Roosevelt were hospitalized after the ATV they were riding attempted to climb a dune and rolled over.

CLINTON SB / SUMMER WORK - Clinton Schools Superintendent Tyler Bridges says in addition to capital projects being done around the district, several summer projects are planned including paving and painting work.

WEATHERFORD / PORK-A-PALOOZA -The annual Pork-A-Palooza is slated to return to Weatherford in 2025. Event organizer Jarred Jones says officials are shooting for March or April of next year. Jones says he is hopeful the event can coincide with the annual SWOSU spring football game.



Have a birthday, anniversary, or other special event? Email us at sales@westokweekly.com to announce it here for FREE! 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 to 8:00 Hwy 58. Five miles South of Hwy 152. For more information contact (405) 643-9211. Free and Open to the Public. OK 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@OKpa.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 April 17 - Louis Flowers, Shannez Garcia, Carol Godwin, Garnita Hamilton, Atom Hampton, Braden Huff, Alicia Humble, Chad Kimble, Braeton Kimble, Linda Pitt, Lauren Smith; April 18 - Dayton Altland, Kennedee Cox, Lane Goodman, Dana Green, Gus Hunojosa, Brian Jackson, Kenneth Richardson, Patty Scott, Haley Spradlin, Miranda Toney. April 19 - Chenchi Alvarez, Dulce Borjas, Brady Boyd, Zipporah Conway, Anna Cobb, Blake Goodman, Ariel Hawthorn, Taylor Neidy; April 20 - Lyndee Black, J'Lene Holley, Tracey Kelly, Bailey Murray, Ed Neufeld, Jordan Ralston, Barbara Steiner, Debbie Stewart, James Syzemore; April 21 - McKensey Coit, Mary Dodgen, John Flaming, Donita Folsom, James Gee, Gary Hays, Pat LoVecchio, Amber Morlan, Michelle Ruhl, Pat Strum, Stephanie Tompkins; April 22 - Christie Belmer, Tad Boone, Adalyn Daniels, Tip Farris, Jarrett Isch, Zach Lowrance, Ashley Nickels, Danielle Schmidt; April 23 - Marilyn Baldwin, Shelby Blagg, Lena Cardenas, Tyler Ellis, Andrew Fraser, Adam Fraser, Devon Jordan, Daryl Mosburg, Tom Willis.

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Chairs for Sale! Swivel (\$20), Rocking (\$65) and Adirondack Patio Chairs (\$65). Contact 580-613-0108.

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Furniture! 7-Piece Tiger Oak Dinette Pioneer hutch buffet table and 4 chairs. Devilled glass and mirrors fruit motif. \$2,000. Call 580-772-4297.

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MISC.

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Land-O-Frost Lunch Meats All Varieties	\$2.99	Red Barron Pizza 20 0z.	\$5.99

PUBLIC NOTICE

OCC-3D (03/22)

NOTICE OF FILING PERIOD FOR ELECTION OF DISTRICT DIRECTOR

TO ALL PERSONS INTERESTED:

Notice is hereby given that any person who is a registered voter and a resident of the Deer Creek Conservation District and has entered into or will enter into a Cooperator Agreement with the Directors of said District, may have their name placed on the official ballot of the District Director Election of said District for Position Number E2 by filing a Notification and Declaration of Candidacy with said District located at 300 S Broadway, Weatherford, OK 73096 between the dates of May 1 - May 14, 2024. Notification and Declaration of Candidacy forms may be obtained at the above location or on the Oklahoma Conservation Commission website. Completed forms must be returned to the above district location before close of business on the last day of the filing period. The Election will be held on Tuesday, June 4, 2024.

Board of Directors Representative: Larry Wright

Attest: Alli Selsor



Braden Hinton (left) and Brinlee Glassey (right) have been awarded the Weatherford Rotary Students of the month for April, pictured with Weatherford High School Principal Garrett Smith.



HIGHER GROUND

...Thy Will Be Done.



In a previous article we shared about the meaning of the "Kingdom of God." After we have established the rule and reign of God in our lives it is only natural that Jesus would continue the prayer with the phrase "Thy will be done."

Millions have quoted those words without the faintest idea of what

God's will is or without any intention whatever of seeing to it that our Father's will is done; even if they did know it. We do not intend to have God's will be done. It just becomes a pious phrase.

Yet the truth is that doing the will of God is the most important activity in all the world. Jesus himself said that it was this reason that he had come to earth. (John 6:38) "For I came down from heaven not to do my will but the will of Him who sent me."

WHAT IS THE WILL OF GOD? Simply put it is

God's intentions, desires, and plans which He would like to see fulfilled. God's will permeates every area of our life; not only in the affairs of man but also in the orderly, physical laws and forces of the universe. If we are to recognize and acknowledge His will we will recognize and acknowledge Him. To ignore and repudiate His will is to ignore and repudiate Him.

The character of God is of such superb quality that we feel comfortable giving Him our total trust and wholehearted cooperation. If our confidence is in the person and character of God, it must be likewise in His will. There should be no doubt in our mind that if God is good, if he is reasonable, if he is compassionate, then his will is of the same quality as His character.

But many of us will say we love Him and then fear His will. We claim to trust Him yet react against His will. Because of the beauty of His behavior, and the quality of his character, His will is bound to be good and acceptable. In Eph. 1:9-10 in the Phillips translation it reads "For God has allowed us to know the secret of his plan, and it is this: He purposes in His sovereign will that all human history shall be consummated in Christ, that everything that exists in Heaven or earth shall find its perfection and fulfillment in Him."

How do we know the will of God? What are his

instructions for us to live out our live? Largely they are found in His word, the Scriptures. How often we neglect the very thing that would most clearly tell us how to conduct our relationships with or mates, our business matters, and our neighbors. He has our best interests at heart. He is not trying to keep something from us. Psalms 119 presents a beautiful picture of the beauty of learning the will of God from His word. Vs. 32-37, 47, 66-68,71-72, 133.

It is not enough to know the will of God; we must comply with it. "Not everyone who says unto me, Lord, Lord, shall enter into the kingdom of Heaven but he who does the will of my Father which is in heaven." (Matt 7:21) The Holy Spirit who dwells within us energizes us to do God's will. But this is only on the condition that we cooperate with Him. (Phil.2:13) "For it is God who works in you both to will and to do of His good pleasure."

I found the preceding material in my file. It sounds too good for it to be original with me but I don't know who to give credit. I just felt that the truths too good to be kept in the files where no one would read them. Hopefully some of you will benefit from it. To God and from his mind it came be the glory.

To comment: jnm82@outlook.com, 580-302-1142



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HEALTH SERVICES

River Valley Offers High-Quality 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 winding paths our lives took. These life aspects are the fundamental backbone of River Valley Skilled Nursing & Therapy in Clinton, OK which provides services to Veterans including long-term care and skilled therapy with the help of on-site and experienced staff. The 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 dieticians to nursing services that include focused care for diabetes management,

There's more to life than just getting by. It's about ne people we meet, the experiences we share, and the fondness we feel as we look back at the rinding paths our lives took. These life aspects 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 appoints 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 extensive hospital visit is skilled therapy. That's what River Valley wants to be – The Bridge between hospital and home.

Russell-Murray Hospice Offering Nursing Care for Western Oklahoma

A terminal diagnosis is one of the hardest things to face. It's commonly understood that each moment is precious, but when you're told explicitly that your finite amount of time is quickly approaching, the news can be overwhelming.

After receiving a diagnosis like that, families & patients may ask: What's the next step? What should I do? What's the point?

In the wake of shattering news, a little bit of help can go a long way.

Russell-Murray Hospice, Inc. is a nonprofit organization that provides in-home care to patients that have a terminal diagnosis of 6 months or less.

Following the diagnosis, families who reach out following a referral will be able to meet with a supervisor to discuss their needs. After, the team goes through the medical records of the doctors and determines the best treatment paths and equipment they'll need.

Then, the Russell-Murray team will get the necessary equipment installed and setup in the patient's home, even before they're discharged from the hospital.

The goal is to ensure the families can focus on each other and the time they have. All other cares & worries can be handled (transportation, visits, etc.).

Russell-Murray offers in-depth and varied counselor and therapy services per the patient's need. If new developments come up and additional therapy, like respiratory or physical, is needed, the team comes together to discuss if it can be covered and implemented. When providing care, the Russell-Murray caregivers can also train the patient's primary caregivers in specific care like wound dressing so they can ensure the comfort of their loved one.

Russell-Murray Hospice, Inc. has four locations - El Reno, Weatherford, Kingfisher, and Oklahoma City. They cover a 75-mile radius from El Reno, and any office can direct you to the service office for your location. They also offer extensive bereavement services for the family, including explanations and assistance in planning. Russell-Murray's goals are to "Take care of the patient and their family and to ensure they are able to experience these last stages together." When facing a terminal diagnosis, please remember that you don't have to face it alone. "We want to help. We want to be there. It's never too late."



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Stop and think about someone you care about; think about what you would do to ensure they're happy, comfortable, and looked after. Do you see your care ending after a little bit of work, or will it continue long into the future, through any ups & downs and rocky roads? How does the support look – is it hands-on? Focused on renewing things they've lost? Or is it simply the ability to be nearby if they require help? Our loved

ones deserve the best care, and at Corn Heritage Village & Rehab, they

are the best.

Offering services for rehabilitation, independent living, and long-term care, Corn Heritage Village & Rehab 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 come as no

surprise. Some of the in-house benefits include:

- A 24/7 Pharmacy Service
- Resident Activities & Events
- Shopping, Cook-outs, arts & crafts, music therapy, & more")
- Rehabilitation with state-of-the-art equipment

• 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 Village & Rehab is no stranger to innovation and adaptability. Two of the recent ways they've continued to elevate their care have 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 focusing on personalized care and community involvement. From working with local doctors to transportation to community shopping, activities, and outings, Corn Heritage is committed to its 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!



Heart & Soul Counseling Offers Professional Therapeutic Relief

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.

Red's Remedies Offers Natural Alternatives for Your Health

People want to feel good in their bodies and sometimes a different approach can make all the difference. "If you make people feel better, that changes the world just a little bit for the better," said April, the owner and Master Herbalist at Red's Remedies. For over a decade, April has made it her mission to help people feel better with natural remedies and herbalism, heeding advice that's been passed down for generations upon generations. Living in Weatherford since 2019, April, or Red as her friends call her, started offering natural alternatives for wellbeing at festivals and gatherings around Western Oklahoma. She discovered there were several people who resonated with her approach. "I found that there was a local demand for my products... so I wanted Weatherford to have access to alternative medicine and would see that there is another possibility that can help them feel better daily," said April. Located at 307 West Main Street. her store offers a wide range of natural remedies that she creates herself. Her products are wide ranging, from teas and herbal medicines, to skin care regimes, pain relief, and aromatherapy. April has accumulated a breadth of knowledge that she is glad to share with Western Oklahoma. "Everything in my shop is going to be good for you. So, you have to find what would possibly work for you or your conditions and I just feel that it would benefit everybody that has a need to feel better... I'm kind of like the tour guide." April is also building a repertory, or a resource guide that will help clients better find the natural remedies that suit their needs. She's still gathering more knowledge, but she is ready and willing to share it with anyone and everyone that walks through her door. "I want to make a space where people feel heard that is founded on trust. And of course, I'm always available, you know, for questions," said April. You can find out more about Red's Remedies and the products and services they offer by visiting their website at https://www.redsremedies.com/ or by visiting their storefront at 307 West Main Street in Weatherford.



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The West Wind Salon & Spa Team Give You a Chance to Feel Amazing

to getaway from your day to day responsibilities and treat yourself. In Western Oklahoma, those places may seem few and far between, but West Wind Salon and Spa In Weatherford offers a little bit of everything to make to get you feeling like a millions bucks.

Located at 219 West Main street in Weatherford Oklahoma, West Wind Salon and Spa offers a wide range of services including: haircuts and styling, aesthetic services, massage therapy and even a boutique to grab all of the products you need to keep you looking and feeling good. And that's one of the main missions at West Wind Salon & Spa.

"I wanted a kind of a one-stop shop... a place where the public could come in and get all their services

Everyone needs a little TLC sometimes. A place met in a clean and relaxing atmosphere," said Tracy Sitton, owner and barber/cosmetologist at West Wind. Tracy has over 20 years of experience in the industry and through that experience she's learned a lot about what her clientele's needs and desires.

> Through that experience Tracy has gathered a team of specialists perfectly suited to meet any client's potential needs.

> Tracy is available for bookings for any of your hairstyling and cosmetology needs. You can schedule an appointment with Tracy online through www.westwind219.com

> Tracy is joined by Kaitlyn Settles, another hair stylist working at West Wind Salon and Spa and is available for hair appointments by calling her at 580-819-3032.

Hannah Sandoval is WestWind's resident aesthetician and appointments with her can be booked at www.vagaro.com/us04/hsesthetics/staff

Looking for a massage? Kaitlyn Hebel has you covered. Visit the-urban-unwind.square.site/ to schedule an appointment for a massage with Kaitlyn.

The Strappy Cat Boutique is also located within the West Wind Salon and Spa offering women's clothing and accessories. You can find out more information by finding the Strappy Cat on facebook and instagram.

For more information about West Wind Salon and Spa you can get in touch with them by calling 580-302-1931. Alternatively, you can also visit their website at www.westwind219.com

Kids Therapy Connection In Thomas Helps Kids Grow to Realize Their Potential

Kids Therapy Connection out of Thomas, Oklahoma is a clinic offering individualized speech, occupational, physical, and speech therapy for children from birth to 18 years of age. As the "only clinic in western Oklahoma to specialize in pediatric care", KT Connection is on a mission to help their patients realize their potential.

Each qualifying patient goes through an initial assessment evaluation that aims to build a personalized care strategy that can evolve and expand over their care term. Beside top-of-the-line physical and speech therapy, KT Connection also targets the often overlooked or forgotten aspects of development.

Their occupational therapy uses sensory processing and fine motor skills strategies to targets areas often associated with daily living: getting dressed, brushing teeth, tying shoes, etc.

Kids Therapy Connection operates out of their main office in Thomas and out of Elk City on Mondays and Fridays. A new building is in the works in Thomas that will allow them to expand services to parent classes and play groups. Referrals can be done through your Primary Care Physician or by parents calling: (580) 661-3517 for initial evaluations. Additional information is available on their website ktconnection.com





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April 17 - 23, 2024 • WestOK Weekly • Page 10 Presented by: Pioneer **SWOSU Baseball Power Past Muleriders in Weekend Rubber Match**



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Jon Chidester SWOSU Asst. AD

An eight run fifth inning, 18 total hits on the day, five

quality relief innings from Zane Leonard, and a muchneeded final response on offense in the seventh helped lift SWOSU Baseball to a 16-9 win in the series finale over Southern Arkansas on Saturday. The result gave the Dawgs a series victory and allows them to keep pace in the GAC standings as the regular season inches to a close.

It's the first series win over SAU since 2019. SWOSU moves to 22-19 overall on the year and 13-14 in league play with six very important conference games left to play. After a full weekend of action around the league has concluded, the Dawgs sit ninth - just one game out from the eighth and final playoff spot.

SWOSU got a 4-for-6 day at the plate from Marco Barrera on Saturday and nine collective hits from Ty Eastwood, Jackson Syring, and Geoff Marlow who combined for eight RBI. On the mound, six arms were required to get the job done – none more effective than Zane Leonard who threw from the second inning through the sixth to help steady the ship.

Leonard, in for Josh Fluet who got the start, entered with two runners on in the second inning and no outs, and after a walk of his own, proceeded to get out of a basesloaded jam without allowing a run by striking out three consecutive SAU hitters. He finally surrendered runs in the sixth in his final inning of work. In his longest relief effort of the season, he struck out six, walked one, and scattered three hits.

The Muleriders jumped out to a 1-0 lead in the first

inning but did not score again until the sixth. SWOSU overtook SAU in the third with a pair of runs and then exploded for eight more in the fifth. RBIs in the third came courtesy of Eastwood (2B) and Marlow (1B).

In the fifth, SWOSU sent 13 hitters to the plate and scored four of their eight runs with two outs. After a safety squeeze made the score 6-1, five straight reached base safely as the bats pieced together four singles - three of which that plated additional runs.

Leading 10-1 after the flurry, the game was far from over. The visitors scored three runs in the sixth and another four in the seventh. Just like that, things tightened with a 10-8 game headed to the bottom of the seventh.

Barerra doubled to lead the seventh off and eventually scored. SAU issued four walks in the inning, one of those intentional, as SWOSU went on to match the previous Mulerider four spot in the top of the seventh with four runs of their own in the bottom half. This nullified the previous momentum that had shifted in favor of the visitors and gave the Dawgs breathing room the rest of the way. A Marlow two-run home run an inning later all but sealed the deal.

The Muleriders finished with 12 hits including three that left the yard and another two triples and two doubles. SWOSU outhit them but used 14 singles to do their damage. Eastwood doubled twice in the contest.

Up next for SWOSU will be a road midweek matchup against Newman on Tuesday. From there, the Dawgs will face Arkansas-Monticello across state lines next weekend in continued GAC play.





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WE'RE HERE WHEN YOU NEED US, WORLDWIDE.

Jon Chidester SWOSU Asst AD

SWOSU softball dropped both ends of their

series ending doubleheader against Southern Arkansas, 5-0 and 3-2. SWOSU will regroup at home next weekend when they host Arkansas-Monticello for their final home stand of the season on Friday, April 19.

Game One - SAU 5, SWOSU 0

SWOSU was limited in their plate appearances during the first game of the day. They only knocked two hits and had four total base runners through their seven frames of offense.

The Muleriders used two innings to do their damage. Three consecutive base hits in the second brought across two runs and a bases loaded double in the fifth put up their final three.

Blaire Gentry (L, 9-12) threw 5.0 innings before being relieved by Lauren Bratcher.

<u>Game Three – Oklahoma Baptist 13, SWOSU 1</u>

After tying the game at 2-2 in the sixth inning, SWOSU fell in the bottom of the seventh inning and lost 3-2.

SWOSU found the bats in the series finale and matched SAU's hit total with eight apiece, though this didn't amount to a score until the penultimate inning. SAU put runs on the board in the first and third for a two run advantage going into the sixth.

Katie Boline knocked a lead off base hit to open the inning and Dani Carmo's sacrifice bunt brought her all the way across for SWOSU's first run. The Bulldogs proceeded to load the bases and Jordyn Wadley came home off a passed ball to knot things up at two.

SWOSU had a chance for more in the seventh, but stranded two in their final opportunity at the plate. Courtney Hill got two quick outs from the Muleriders during the last frame of play, yet a single down the right field line from the home team scored the winning run and canceled the comeback attempt from the Dawgs.

Hill (L, 3-12) went the whole 6.2 innings for SWOSU. Katie Boline batted 3-4 with a run scored. Jordyn Wadley finished 2-4 with a run scored as well.

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