

Clinton Round Up Club's Annual July Rodeo Returns Friday, July 18

The Clinton Round Up Club's annual July Rodeo returns on Friday and Saturday, July 18-19. Both night's shows will begin at 8PM at the Nance Rotary Park on the outskirts of Clinton.

Those participating in the rodeo will be competing for over \$9,000 in prize money in a wide variety of events. This year's competitors come from across the state.

Saturday's event will also feature a Rodeo Queen Crowning for three different age brackets: Queen, Princess, and Peewee Princess.

Tickets are available until July 16th at discount prices (\$7 for adults, \$3 for kids). Those who buy early are also eligible for a nightly raffly for \$100. Grab your tickes now via any of the following royalty candidates:

Rodeo Queen Tailee Finnell
580-331-7187

Rodeo Princess Victoria Weil
580-445-5541 or 580-715-0627

Rodeo Princess Macie Hall
580-821-1370

Peewee Princess Emma Townsley
580-309-2989

Tickets will also be available on Friday and Saturday at the door (\$10 for adults, \$5 for kids). Children 3 and under receive free admission.

As with previous years, 95.5 FM The Coyote will be broadcasting live from 4PM - 8PM, ready to hand out merchandise to those who drop by.



CLINTON ROUND-UP CLUB

Friday, July 18 | Saturday, July 19
Nance Rotary Park @ 8 P.M.

MORE INFO ON FACEBOOK!



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Friday

Sunny

H: 99° L: 74°
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Dr. Kalie Kerth Named Director of SWOSU College of Pharmacy Rural Health Center

rural health center
SWOSU COLLEGE OF PHARMACY

Dr. Kalie Kerth has been named director of the SWOSU College of Pharmacy Rural Health Center. A SWOSU alumna and longtime member of the College of Pharmacy faculty, Kerth brings years of experience in clinical pharmacy, rural healthcare, and community-based programming across western Oklahoma. Her appointment became effective July 1, 2025.

Kerth earned her Doctor of Pharmacy degree from SWOSU in 2011, graduating summa cum laude. After working in retail pharmacy throughout rural parts of the state, she returned to SWOSU in 2014 to help establish and lead the Remote Medication Order Processing (RMOP) Pharmacy. The program provides medication order review for critical access hospitals and helps fill pharmacy care gaps in small communities. Through a partnership with the OSU Center for Rural Health, the RMOP Pharmacy has also become a training space for student pharmacists preparing to serve in rural areas.

In addition to her clinical work, Kerth has helped lead numerous grant-funded efforts tied to health education, family support, and workforce development. She co-authored the USDA School-Based Telehealth grant, which expanded medical access for thousands of students in rural school districts, and serves as co-principal investigator for SWOSU Work Ready Weatherford, a multi-million dollar program focused on job preparedness and

long-term economic stability in western Oklahoma. Other recent grant work has supported maternal and child health services, food insecurity programs, and early childhood resources for families in need.

The Rural Health Center is part of SWOSU's continued effort to expand access to healthcare across the state through pharmacy education and collaborative partnerships. The center works closely with rural hospitals and clinics to serve medically underserved populations while also providing hands-on training to student pharmacists in areas like diabetes education, medication therapy management, and transitional care.

Kerth grew up in Forgan and has remained involved in a wide range of community initiatives throughout her career. She is the founder and executive director of Harley's House Crisis Nursery Association, a nonprofit that offers diapers, formula, childcare supplies, and other essentials to families at no cost. She currently serves as Vice-Chair of the Oklahoma Commission on Children and Youth, where she was first appointed by the Governor in 2019. She also sits on the Custer Country Board of Health and participates in several local and regional efforts related to child welfare, family support, and opioid prevention.

For more information about the SWOSU College of Pharmacy Rural Health Center, visit <https://www.swosu.edu/pharmacy/rhc/>.

Garrett King

Director of Institutional Advancement

SWOSU has announced that Garrett King will assume the role of Executive Director of the SWOSU Office of Institutional Advancement. The move comes as part of a multi-year, multi-phase strategic update to the institution's development and engagement efforts. In this latest role, King will continue leading the SWOSU Office of Institutional Advancement as well as the SWOSU Foundation.

SWOSU ATHLETIC AUCTION
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HIGHER GROUND

Seeing God in the Darkness

Jim Morrison

"The love of God how rich and pure, how measureless and strong. It shall forever more endure the saints and angels song." The refrain from this old song has lightened the burden of many through the years. In our darkest nights we are reminded that God loves us. When the world seems to be crumbling down around us, we are reassured that even though it seems that it couldn't get any worse, a loving, creative God knows and cares.

When our knowledge and wisdom is exhausted and our cries seem to fall on stony ground, we must take one step at a time, trusting God to do what we cannot do. With Job of old, we can say, "Though He slay me, yet will I hope in Him..." (Job.13:15)

The Apostle Paul certainly was no stranger to overwhelming perils. He spoke of his stoning, beatings, imprisonment and even a persistent "thorn in the flesh." He pleaded with God for release from that "thorn."

But God reassured him it was for his own good so that he would not be exalted beyond measure. He reminded Paul that His Grace was sufficient. God's strength was made more apparent through Paul's weakness. So many things in life do not seem fair. Only God sees beyond the pain to the glory. Truly, we will understand it better by and bye.

I recently read a statement that I believe to be true for me. "Pride, laziness and self-sufficiency constantly tempt me with the lie that I am fine on my own." We often hold God at arm's length while we go about making plans and spending His resources on ourselves without God entering into the equation.

The truth is, we are not fine on our own. Without God in control we are vulnerable to the desires of the flesh and the enticing call of the more and better. Life will never make sense until we recognize that we were created by God and for God's good pleasure.

While visiting for Vacation Bible School and securing assistance for those needing help from the Ministerial Alliance, I am exposed to an economic level that most middle-class people only read about. It both humbles and shames me to realize how I have been blessed and privileged. I recently met a single, older man, living alone; disabled to the point of struggling to walk. He had worked through his life but now, back pain had put him on the shelf. Now he survives day by day with food stamps, while seeking to get on disability. We helped him with his utilities, directed his attention to the food resource center, patched a hole in his porch and got him a Bible.

I'm sure there were some poor decisions made along the way but that is true of all of us. He was part of the marginal people among us that we do not see because we are too consumed with ourselves. Pray that God will open the eyes of our heart that we may "rescue the perishing, care for the (lonely) dying" and be Jesus in the flesh to people in need.

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Levitt AMP to Feature Cruz Brothers on Friday



There are only two more Friday evening performances scheduled for the 2025 season of the Levitt AMP Clinton Music Series and this Friday night’s concert will showcase the musical talents of brothers Mark and Edgar Cruz, two of the most accomplished and skilled guitarists in the region. Beginning at 7:30pm on Friday, July 18th in McLain Rogers Park, The Cruz Brothers will perform a selection of music blending classical guitar with rock, Latin, and other contemporary influences.

This performance will mark Edgar Cruz’s third performance at the Concert series in as many years and will be the first time the brothers have performed together at the amphitheater in McLain Rogers Park.

Edgar Cruz has been a staple in the Oklahoma music scene since the 70’s and his musical repertoire certainly shows that as Edgar regularly performs original arrangements of popular classic rock songs such as Queen’s “Bohemian Rhapsody” or The Eagles “Hotel California” but also draws from a deep collection of original and Latin Spanish

Favorites as well as “the largest Beatles selection available” according to Edgar’s website. Edgar has also been frequently named Oklahoma’s Top Performing Artist/ Acoustic Guitarist by the Oklahoma Gazette. Edgar performs performs more than 300 times a year and traveled the globe sharing his love of the guitar.

Mark Anthony Cruz is as accomplished as his brother having performed solo and in conjunction with bands since the late 90’s. Currently, Mark works as a professor at the School of Music at Texas State University in San Marcos, TX. Mark has won several awards for his original compositions, including five first place awards in the Austin Classical Guitar Society’s composition competition. He has also garnered awards for his performance ability including a first place prize in the 2013 Winfield International Fingerstyle Competition.

For more information about The Levitt AMP Clinton Music Series you can find them on Facebook or you can visit their website at www.levitt.org/amp-clinton-ok/

CUSTER CO / DOG THERAPY - Custer County Sheriff Dan Day recently informed Custer County Commissioners that the jail is rolling out a new project called Dog Therapy. “In the very short time that we’ve had this [center], it’s really made [a] difference,” Day shared. “There are inmates that don’t ever smile--they don’t ever do anything--and then they see that dog. They can come up to the front and they smile like they have never smiled before.” Sheriff Day believes the program will help assist with inmate anxiety.

WEATHERFORD / PARKING - Weatherford Mayor Mike Brown says the city is working on expanding public parking in the downtown area. A portion of BancFirst’s Broadway parking lot will be used for public parking, which Mayor Brown says has already been discussed. Public parking will also be made available “across the street from BancFirst to the north,” explained Brown. “There’s a parking lot and we’re in the process of making a deal on that so we can expand public parking as people come to town, maybe our employees. Residents can park back there which leaves more spots for [travelers who can] stop at the [nearby] restaurants.” Brown also mentioned another big project downtown, the resurfacing of Kansas Street between Davis and Main Street.

SWOSU / COLLEGE TOWN RANKING Weatherford has been named one of the most beautiful college towns in Oklahoma by WorldAtlas. The article mentions the town’s charm, walkability, and local landmarks like the Stafford Air & Space Museum, but it’s the people and partnerships that truly set Weatherford apart. SWOSU officials are proud to be part of a town that feels like home to students, families, and the entire university community.

CLINTON / AFTER SCHOOL FUNDS - Federal funding for the REDS 365 After School Program in Clinton is currently on hold. Superintendent Nathan Meget says the program is made possible through the Federal 21st Century Community Learning Centers Grant. Meget says it has had a positive impact on district students and families since its introduction. “We’ve been grateful for the time we’ve had it, but like everything else right now, some of that stuff is getting reviewed on the national level,” explained Meget. “But that’s OK. We’ll figure out what [needs] adjustments. But for the moment, we’re going to have to kind of pause that program.” Meget says there is not a clear answer on when or if the funds will be released.

WEATHERFORD / STARBASE - A memorandum of understanding has been approved by the Weatherford City Commission that will relocate the STARBASE program from Burns Flat to Weatherford. The program will be located at the Stafford Air & Space Museum. Museum Director Colton Parkinson explained the program as more than 30 schools “touring the facility as part of the STARBASE program. We will collaborate with...faculty members that are part of the STARBASE program...in their off time.” The program will transition to the Stafford Air & Space Museum later this year after construction of the new STEM classroom is complete.

WEATHERFORD / NEW GYM FLOOR Weatherford schools Superintendent Mark Harmon says there’s been a delay in the repair of the high school gym floor. Harmon says he recently visited with the project contractor regarding the work. “The work has been delayed because they’re having trouble with the logo in the center of the floor,” explained Harmon. “They’re going to be back on it July 22nd through the 24th, and we anticipate the gym to be ready and operational by August 4th or August 5th.” The floor is in the process of being repaired after water got in the gym from the outside and caused damage to a portion of the floor.

OSDE / SCHOOL MEALS - The Oklahoma State Department of Education (OSDE) will mandate that every school district in the state fully fund student meals starting this school year. State Superintendent Ryan Walters made the announcement on June 7th, saying districts must use existing state and federal operational funding to pay for the student meals. Walters also claims funding has been grossly mismanaged and used to pay administrators rather than support children. Weatherford Schools Superintendent Mark Harmon shared his thoughts on the announcement. “We feel like [Walters] tried to do that last year with the Bible mandate, and the Ten Commandments mandate...I’m not sure that he’s able to make such a mandate,” expressed Mark. “We’ll just sit back and digest it for a bit. We’ll see what [other school districts] will do.”

WEATHERFORD / 7 BREW - A building permit has been issued by the city of Weatherford for a new commercial business. The permit shows that 7 Brew coffee shop will be located on Main Street between the former Carl’s Jr. restaurant and O’Reilly’s Auto Parts. It will be 895 square feet with a Drive-Thru canopy.

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! July 16 – Carmen Arriaga, Lisa Gipson, MaKayla Morley, Paula Sawatzky, Mason Schmidt, Mason Schmidt, Juan Solis. **July 17** – Don Claussen, Norma Hale, Sandy Henderson, Angela King, Hannah Miller, Ken Snider, William Walker; **July 18** - Sidnie Arriaga, Vera Janzen, Christy Manhart, Vickie Mouse, Marquitta Moxley, Sonya Pearson, Lera Sawatzky, Louella Vaughn; **July 19** – Al Barrett, Bryce Butler, Ethel Cooper, Shaunda Garrison, Alicia Howell, Melanie Miller, Kody Robertson, Alfred Sawatzky, Jana Smith, Mika Tackitt, Kimberly Threadgill, Rose Walton; **July 20** - Celia Bailey, Kenny Carlisle, Martha Gillingham, James Ivy, Irene Jones, McKenzie Mendez, Eric Shepard, Ben Snider, Sierra Webb, David Wright; **July 21** - Sheila Cupp, Joaquin Jacob Gonzalez, Dennis Hill, Elisa Hines, Braden Lewis, Sheryl Settles, Luwynda Shawne, Tricia Sims Clothier, Britten Taylor, Coy Don Wilburn; **July 22** - Stan Baxter, Chris Beggs, Ed Capps, Richard Cliff, Chris Deffenbaugh, Nate Downs, Robert Elliot, Clayton Hamlin, Rick Hanson, Pat Kourt, Trey Newton, Ricky O’Neale, Stacy Sadler, Kirby Shepherd.

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Food Club Wheat Sandwich Bread, 24oz.	2 for \$3.00	Washington Red Cherries	\$2.99 lb.
Kraft Salad Dressing, 16oz. (All Varieties)	2 for \$7.00	Whole White Mushrooms, 8oz.	2 for \$5.00
Food Club Brownie Mix, 16.3oz.	2 for \$3.00	Blueberries, pint	2 for \$6.00
On The Border Fiesta Tortilla Chips	2 for \$6.00	Cucumbers	2 for \$1.00
Hawaiian Punch, 128oz. (All Varieties)	2 for \$7.00	Summer Melons (Asst. Varieties)	\$0.99 lb.
Idahoan Mashed Potatoes (All Varieties)	3 for \$5.00	Frozen	
Hormel Chili, 15oz. (All Varieties)	2 for \$5.00	Village Pie Maker Pies, 48oz.	\$13.99
Mrs. Freshley's Buddy Bars, 12 count	2 for \$5.00	Jimmy Dean Breakfast Sandwiches (All Varieties)	\$5.99
Shawnee Cornbread Mix, 6.5oz.	\$0.95	Pictsweet Air Fry Vegetables, 14oz.	2 for \$7.00
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Vlasic Snack'mms or Stackers, 16oz. (All Varieties)	\$3.99	Opas Smoked Sausages, 16oz. (All Varieties)	\$6.29
Griffins Syrup, 24oz. (All Varieties)	\$2.99	Ranchers Brisket Burnt Ends or Philly Cheesesteak Smoked Sausage, 12oz.	\$4.89
Peter Pan Peanut Butter, 16.3oz.	\$2.99	Colby Jack Cheese	\$5.99 lb.
Cravn Graham Crackers, 14.4oz.	2 for \$4.00	Boneless Center Cut Pork Chops	\$2.99 lb.
Pringles (All Varieties)	2 for \$5.00	Pork Spare Ribs	\$2.99 lb.
Dairy		Pilgrims Pride Boneless Chicken Breast	\$3.39 lb.
Crystal Farms Chunk or Shredded Cheese, 7-8oz.	2 for \$5.00	New York Strip Steak	\$13.99 lb.
Food Club Whipping Cream, 16oz.	\$3.29	Dry Grocery	
Food Club Half and Half, 32oz.	\$3.29	Solo Paper Plates, 22 count	\$3.99
Daisy Cottage Cheese, 24oz.	\$3.99	Simply Done Paper Towels, 8pk	\$11.99
Daisy Dip, 16oz. (All Varieties)	\$3.19	Lemi Shine Booster, 20oz.	\$6.99
Food Club Orange Juice, 52oz.	\$3.49		
Food Club Texas Style Biscuits, 10 count	2 for \$3.00		



Starting in 2022, BancFirst Weatherford committed to donate \$25,000 throughout the next 5 years for their Strength & Conditioning Facility, recently giving \$5,000 for the 2025-26 school year. Pictured, from left: Cody Cantrell, Taylor Sossamon, Cody Bell.

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Judge: Ashlyn O'Brien
5:30 PM Cards Due
6:00 PM Showmanship
Show begins at conclusion of showmanship
Showmanship Divisions:
Peewee (8 & under) Junior (9-12)
Intermediate (13-15) Senior (16-18)
\$25 Entry Fee per Head

Show Order: Breeding Ewes, Market Lambs, Breeding Does, Market Wethers
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FRIDAY, JULY 18
GILT AND BARROW SHOW
Judge: Ryan Sites
Show Order: Purebred Gilts, Commercial Gilts, and Market Barrows
5:30 PM Cards Due
6:00 PM Showmanship

SATURDAY, JULY 19
MARKET SHOW
Judge: Christian Hammons
Show Order: Gilts and Barrows
Show Together
8:00 AM Cards Due
8:00 AM Showmanship

Both Friday and Saturday shows will begin at conclusion of showmanship
Showmanship Divisions:
Peewee (8 & under) Junior (9-12)
Intermediate (13-15) Senior (16-18)
Breed Format:
Berk, Chester, Duroc, Hamp, Hereford, Landrace, Poland, Spot, York, Light Cross & Dark Cross
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Estate Planning & Senior Living

A Message from Chaplain Jim Olson at Corn Heritage Village & Rehab

Stop and think about someone you care about; think about the things 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 comes as no surprise.

Jim Olson serves as Chaplain for Corn Heritage Village Nursing Homes. Prior to living in this area, Jim ran his own cleaning company for 27 years in Colorado.

"Finding this job was an answer to a prayer, regarding my heart to be involved in some kind of ministry work in my semi-retirement years. When my predecessor, left the position, I volunteered and was hired around Jan. of 2022. I have an associates degree in Theology, and have had other schooling, as well as prison ministry and music ministry. I am available for special events and outdoor music evangelism. The use of music, especially hymns, is significant in the Nursing homes. I use music to teach Bible truths. Many times, as we seek to minister and help others, it is we ourselves who receive the greater blessing."

"This has been true for me as I get to know residents and staff. God's heart is for the orphan and the widowed, and those who are alone and who need assistance. The staff at the nursing homes are the unsung heroes. I have great respect and admiration for the love and joy they bring into their jobs. My mission is to let them know how much God loves them, and to help them experience His love, both now and the life to come. John 13:34 sums it up pretty well: "A new commandment I give unto you, that ye love one another as I have loved you, that ye also love one another." (Jesus)"

You are invited to attend a hymn sing on the second Sunday at Weatherford, 801 N Washington, at 2:00 pm, and 3:00pm on the third Sunday in the town of Corn, OK (106 W Adams).

King Legal: Do You Know the Importance of Planning for Your Legacy?

From the breathtaking sunsets to the windswept plains, Oklahoma is a place of beauty, and her people have worked hard to call the place home. Through droughts and tornados, bumper-crops and oil booms, Oklahomans have endured and created lives, families, and communities that bring pride to us all.

After a lifetime of labor and investment, you want to make sure that your legacy will be protected. This is where attorney Carissa King can step in and ensure that you and your life's work are prepared for whatever may come your way.

"Carissa walked my husband and I through the process of setting up our trust," a previous client said. "She and her team were with us every step of the way, and made what we expected to be a difficult process actually very enjoyable! We highly recommend her."

Born, raised, and now bringing up her own family in Western Oklahoma, Carissa is focused on providing individualized care to each of her clients. "I want people to feel comfortable when they come into my office, and work with them to answer their

questions and come up with a customized plan to meet their goals," she said. "I want to provide my clients with a big city service combined with small town familiarity and feel."

From the fifth-generation farming families to those just getting started, we all have people we

want to provide for and a heritage we want to pass on. Whether you need an estate plan, a probate, a deed, or general business assistance, Carissa King has years of experience to help you reach your goals. Visit www.kinglegalkok.com to learn more or give her office a call at 580-302-5282.

How King Legal Can Help (from www.KingLegalOK.org)

Estate Planning

Regardless of the stage of life or amount of wealth, everyone can benefit from estate planning. Estate planning is for anyone that has someone that they care about and is concerned about their well-being and the well-being of their loved ones. We prepare estate plans for estates of all shapes and sizes, finding each to be a highly rewarding process for our clients. We look at the big picture – your life, your business, your family dynamics, and your goals.

Trust Administration

A properly drafted and funded trust will generally avoid probate. However, there are still a few steps that must be taken in order to administer the trust. We provide our trustee clients with a clear framework of tasks, timing, and next steps, regardless of whether our office drafted the original trust documents.



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Estate Planning & Senior Living

Russell-Murray Hospice Offering Nursing Care for Western Oklahomans

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 with 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 patients 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 patient 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."

Red's Remedies Offers a Natural Alternative to your Health & Wellness

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 well being at Western Oklahoma festivals and gatherings. She discovered there were several people who resonated with her approach, who inspired her to set up a brick and mortar shop in Weatherford.

"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. April's 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.

"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. I love to talk about it," said April.

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.

"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."

You can find out more about Red's Remedies and the products and services they offer by visiting their website at www.redsremedies.com/ or by visiting their storefront at 307 West Main Street in Weatherford.

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Estate Planning & Senior Living

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 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, 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 extensive hospital visit is skilled therapy. That’s what River Valley wants to be – The Bridge between hospital and home.

Sunrise Respite Center Provides Weekly Activities for Loved Ones

Sunrise Adult Respite Center is a new ministry of the First United Methodist Church in Weatherford, with its purpose being to provide enrichment, interaction, and community to adults with mild to moderate dementia.

Sunrise Respite was started in 2023 by Mrs. Nancy Horton, alongside her husband Rev. Chuck Horton. With this ministry, they hope to provide attendees with an engaging environment for several hours, which also gives a respite for their main caregivers.

“We noticed a need for temporary care we didn’t feel was being met and wanted to provide that service for some of our own members, but also to the community at large,” explained Ministry Director Bailey Hanes.

Hanes, who graduated with a degree in Music Therapy from SWOSU, has a team of dedicated volunteers who have a keen desire to provide care for this community of people, including Stacy Cummins, Marianne Price, Bridgett Sims, and SWOSU’s Director of Music Therapy, Dr. ChihChen Sophia Lee.

Though the specific activities vary week by week, Sunrise respite advertises arts and crafts, worship, puzzles, games, and more. Dr. Lee also helps supervise music therapy session for participants.

Sunrise Respite takes place on Tuesdays from 9:30 a.m. to 1:30 p.m. with lunch provided. The weekly cost for each individual participant is \$25.

Visit www.fumcmethodistok.org for a printable forum if you are interested in your loved one joining. If you are interested in volunteering or have any questions, please email SunriseRespite@gmail.com or call the church at (580) 772 - 5565.



SUNRISE Adult Respite Center

The Sunrise Adult Respite Center is a ministry of FUMC of Weatherford that provides enriching activities and a sense of community for adults with dementia.





Tuesday, 9:30-1:30 • \$25 per session • Lunch provided

**First United Methodist Church, Weatherford (817 N 7th St)
Contact Bailey Hanes • SunriseRespite@gmail.com**



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2024-25 All-Sports Awards Recap: SWOSU Names Athletes of the Year



Jon Chidester
SWOSU Media Relations

The SWOSU Athletic Department has named Bodi Wallar (Baseball) and Lacy Mott (Volleyball) the 2024-25 Athletes of the Year, marking the official conclusion of the 2024-25 athletic season.

It was announced at this year's end of year awards ceremony that SWOSU's Athletes of the Year would be published following the completion of the final athletic event of the 2024-25 season. Last weekend, SWOSU Rodeo officially closed out the athletic calendar at the College National Finals, finally drawing the year of competition to a close.

In late April, the SWOSU Athletic Department hosted the 2024-25 All-Sports Awards Ceremony at the Pioneer Event Center. Presented by Lucille's Hotel & Restaurant and ASAP General Stores, the event celebrated Bulldog Athletics' past year. At the ceremony's conclusion, SWOSU honored Isaac Foster as the Male Scholar-Athlete of the Year and Anna Bager as the Female Scholar-Athlete of the Year. SWOSU Athletic Director Todd Helton and ASAP Energy Inc. Chief Operating Officer Ray Harris also presented the Cecil Perkins Service Award to Valerie Fariss, recognizing her long-standing support of Bulldog athletics.

Bodi Wallar (Papillion, Neb.) transferred to SWOSU for one final year of eligibility this season and made an immediate impact on the field. He earned unanimous First Team All-Great American Conference honors as a designated hitter and was named a Second Team All-Central Region selection by the Division II Conference Commissioners Association (D2CCA). Wallar started the year strong, earning the GAC's first Player of the Week honor of the 2025 season. He finished the season with a .392 batting average, ranked fourth in the conference,

During the 2024-25 season, Wallar accumulated 65 hits, including 12 doubles and eight home runs. Wallar drove in 46 runs, scored 30 times, and posted a .608 slugging percentage, closing out his senior season on a 17-game hitting streak and reaching base safely in 29 consecutive games.

Lacy Mott (Waxahachie, Texas) concluded her fifth and final year as a Great American Conference Champion, helping lead the Bulldogs to a 21-8 record and their first regular season championship in program history. She became SWOSU's first GAC Player of the Year by unanimous vote, first three-time All-GAC selection, and first player to receive AVCA recognitions as a Player of the Week, All-Region selection, and All-American. Mott also earned First Team All-Region honors from the D2CCA and was a three-time GAC Player of the Week. She was named to three all-tournament teams, including the GAC Tournament, and led the league in kills per set (4.08) and points per set (4.59). Her 449 kills ranked second in the Central Region, and she set a career high with 30 kills against Oklahoma Baptist on November 4, the most kills by any player in the conference this season. Mott had 20 or more kills six times, hit .400 or better eight times, and finished with double-digit kills and digs in 18 contests, highlighted by a 24-kill, 25-dig performance against Southeastern on OBager (Juelsminde, Denmark) is a four-year SWOSU Soccer member, appearing in 66 games with 43 starts. She was recently named a GAC Elite Scholar, awarded to student-athletes with the highest GPA in their sport and at least 70 hours of completed classwork. Bager is a two-time Academic All-GAC selection and D2 ADA Academic Achievement Award winner, and she's on track for a third recognition later this summer.

Mott is also a three-time College Sports Communicators Academic All-District selection. Bager graduated with a perfect 4.0 GPA in Health & Physical Education.

Foster (Jones, Okla.) is a four-year SWOSU Football member and the Bulldogs' first all-conference offensive lineman since 2018, earning Second Team All-GAC honors this season. A consistent presence on the line for three seasons, Foster is a three-time College Sports Communicators Academic All-District selection. He'll be recognized later this summer as a three-time D2 ADA Academic Achievement Award winner and Academic All-Conference selection. Foster also received the GAC's Elite Scholar Award, graduating with a perfect 4.0 GPA in Exercise Science. He's now pursuing physical therapy school in Oklahoma City.

Teams also awarded their Most Valuable Players at the awards ceremony. Those MVPs were:

Volleyball - Lacy Mott, Senior
Soccer – Elise LaForge, Sophomore
Cross Country – Madisan Workman, Junior
Track & Field – Deuna Miller, senior
Football – Logan Monroe, senior
Cheer – Zylee Ipson , senior
Mascot – Aaron Taylor, sophomore
Men's Basketball – MJ Warrior, senior
Women's Basketball – Averi Zinn, senior
Women's Rodeo – Cheyenne VandeStouwe, junior
Horse of the Year – Max (Chenoa VandeStouwe)
Men's Rodeo – Brody McAbee, senior
Horse of the Year – Mighty (Jaylyn Hash)
Women's Golf – Freya Sala, junior
Men's Golf – Jack Phillips, freshman

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