

WEST OK WEEKLY



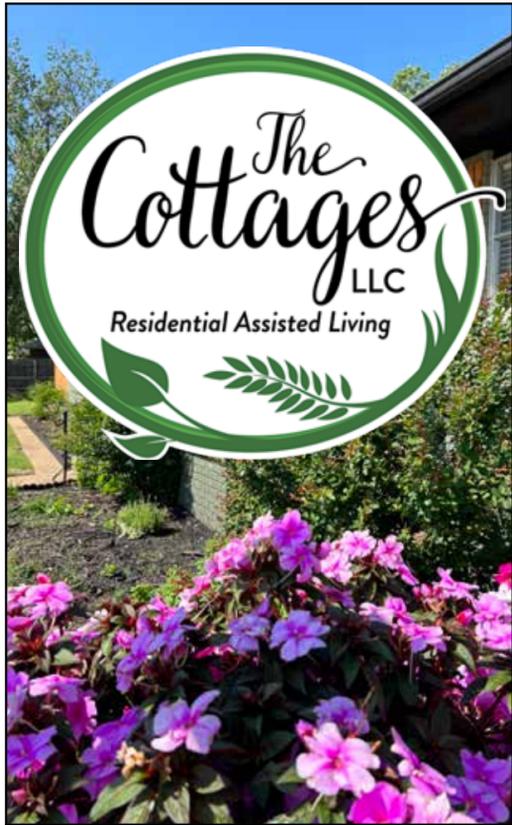
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The Cottages LLC Offers High-Quality Independent and Assisted Living



Dee Henderson and Bonnie Kliewer have faithfully served the elderly population in Western Oklahoma for over a combined 40 years and through their experiences in providing care for seniors they dreamed of a more individualized experience. With The Cottages, LLC of Weatherford they're turning that dream into a reality, promising small-scale, home-style assisted living that adapts to their residents' personal needs.

"I absolutely love taking care of the elderly population. I have a servanthood attitude as well as Bonnie," said Henderson.

Through her experiences in senior care Henderson saw that the most of the nursing homes or senior assisted living facilities in and around the area were always moving at a fast pace. With some facilities having up to 70 to 80 residents personalized health care just isn't a viable option.

"They're always moving onto the next project or task," said Henderson. By focusing on just six residents at a time The Cottages will be able to slow down that pace and allow their residents to do what they want to do when they want to do it. Whether that's attending one of their grandchildren's ballgames, going out to eat with their family, or even continuing driving, The Cottages will allow a level of comfort and service that can't often be found in corporatized assisted living centers. And while the pace of living will be slowed down to more effectively meet residents' needs the decision making will not.

"We'll be able to make decisions as the business owners. We'll be able to act quickly and implement changes as quickly as needed," said Henderson.

The Cottages first planned location will be located at 921 N. Bryan in Weatherford, nestled in a quiet residential neighborhood. The home will be outfitted with a hospital grade fire suppression system as well as a security system with cameras, alarms, and a privacy fence.

The Cottages will also provide 24/7 on site care for residents that promises a direct line of communication between family members and caretaker, medication management as well as home-cooked meals. They'll even encourage their residents and their families to share their favorite recipes, so that caregivers can prepare the comfort foods that residents crave.

The duo of Henderson and Kliewer are currently working towards getting their business fully licensed in the State of Oklahoma which they anticipate will be finalized in the coming month. It's important to them that their business will be held to the same standards as any other nursing home or assisted living facility in the state.

They're planning an open house and ribbon cutting for the facility on Tuesday, July 25 from 9am to 2pm for interested families to tour the home as well as sample the home style cooking that residents will experience on a daily basis. "We want to show people what the reality of living in the home will be like," said Henderson.

For more information about The Cottages, LLC you can visit their website at www.thecottagesllc.com or you can call Bonnie Kliewer at 580-309-3112 or Dee Henderson at 580-302-4128.

Local Christian School Offers Free Semester for Pre-K to 6th Grade

Jena Skarda
WOCS Staff

Western Oklahoma Christian School is waiving the tuition for the 2023 fall semester for new families, making it more affordable than ever to attend. Students must be first-time enrollees to be eligible. This tuition waiver can be applied at any of the WOCS campuses: Clinton, Weatherford, or Elk City.

"We want to give families an opportunity to experience WOCS with little to no obligation," said Dora Miller, WOCS Head of School.

Interested families can go to www.wocs.org to complete an online application and submit a \$30 application fee. The deadline is July 31.

WOCS offers full-day or half-day pre-kindergarten at all campuses.

Pre-kindergarten and kindergarten classes are limited to 14 students. Grades first through sixth allow 18 students.

New this fall, WOCS in Clinton will be offering a three-year-old program on Mondays, Wednesdays, and Fridays with the option of full or half-day classes. The cost is \$350 per month for a full-day and \$300 for the half-day option.

The limit is eight students. The tuition waiver does not apply to the three-year-old program.

The WOCS campus in Weatherford is excited to announce the addition of fourth grade this fall. A building campaign is underway to aid in future growth for the campus.

The one-semester tuition waiver, offered by WOCS, should not be confused with House Bill 1934 (Oklahoma Parental Choice Tax Credit Act). WOCS will communicate details with families about HB 1934 as they become available.

Classes begin August 10. For more information contact WOCS at www.wocs.org or call 580.323.9150.

Western Oklahoma Christian School was founded in 1987. The Weatherford campus was added in 2007 and the Elk City Campus in 2011. The school provides Bible-based academic instruction for students ages three years old through sixth grade. The school offers computer, art, music, physical education, and Bible in addition to the standard curriculum.



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Joyce Hamburger

Joyce Elizabeth Hamburger was born March 29, 1933, in Sioux City, Iowa, and passed away Wednesday, June 28, 2023, at the age of 90 years, 2 months and 29 days.



This curly blonde haired little girl was blessed by God in so many ways. Her life changed course, as a little one, when her uncle and aunt Roy and Gladys Alldredge scooped her into their arms, adopted her and forever loved her as their daughter. She was as much of a blessing to them as they were to her. Raised as an only child to two loving parents, Joyce spent her youth in Elk City, running up and down the aisles at the family grocery store, riding out to the farms with dad and outings to the park with mom. Her parents changed her life forever and gave her the best life has to offer.

Joyce graduated from high school in Elk City, then in 1950 enrolled at what was then Southwestern State College in Weatherford. She and several friends from Elk City began participating in the Wesley Foundation of Weatherford. By 1953, a handsome young man Arlen Ray Hamburger also began participating in the same program. And as luck would have it, love was found! Joyce graduated with her bachelor's degree and on June 1, 1955, married her sweetheart Arlen.

Joyce and husband Arlen spent the next 65+ years giving back to their church, First United Methodist Church and the Wesley Foundation in Weatherford. Her Sunday School class brought joy, friendship and a closeness to God. Whether giving in times of need, volunteering with time or just praying with those in need, this church community was always at the center of her life. It is here she and Arlen raised their two boys Kevin & Philip. As the boys grew, so did Joyce's commitment to the church. You could find her traveling across the country with the church youth group on ski trips, leading group meetings, and shaping the lives of young men and women of God. She also was extremely active throughout her adult life in Eastern Star. Her service and dedication to God touched so many lives.

Joyce was a wonderful mother who raised two amazing young men, who she was always so very proud of. However, being a grandmother might very well have been the highlight of her life.

She dotted on those kids, showered them with love, and of course special treats! Joyce even endured endless hours at the farm so she could hang out and watch her grandkids kick up some good old fashion fun! She will be deeply missed by her family.

Joyce was preceded in death by her parents and husband.

She is survived by two sons: Kevin Hamburger of Weatherford and Philip Hamburger and wife Marci of Tulsa; one brother Duane Rae of Corn; and five grandchildren: Samatha, Conner, Taylor, Jack and Thomas.

Angie Ohm

Angela Rachele Ohm was born in Weatherford, OK on April 21, 1980, to Rick Goodall and Brenda Terrio. She passed away Friday, July 7, 2023, in Richardson, TX at the age of 43 years, 2 months and 16 days.



Angie grew up in Weatherford and attended Weatherford public schools, graduating in the Class of 1998. After graduation, she left Weatherford to attend school at Oklahoma University in Norman, OK. She then married Ryan Kennemer and worked as a Pharmacy Tech for a couple of years. After their marriage her life journey took her to Frisco, TX where she met Curtis Ohm. While in Frisco, she was employed by medical and pharmaceutical billing companies where she gained many friendships and lifelong experiences doing what she loved the most. During Angie's free time, her passion was crocheting, craft work and spending time with her closest friends.

Angie was very dear and special to all that knew her for the loyal friendships, shared with many of her friends and the love that she had for her family.

We will remember Angie for her strong-willed spirit and willingness to help her friends and family in time of need. She will be missed dearly by all who knew her and the light that she brought to all of our lives. We have the hope that fills our heart that this is not goodbye but rather we will see you later.

She was preceded in death by her grandparents; Rudy and Peggy Goodall, Ray Young (Grandad Bug), and cousin Mykenzie Goodall.

Angie is survived by her mother Brenda Terrio and husband Lenny of Puyallup, WA, father Rick Goodall and wife Angie Hardin of Weatherford, OK; brother Heath Goodall and wife Danielle of Cypress, TX; a very special niece and nephew dear to Angie's heart Tucker & Abby Goodall of Cypress, TX, brother Greg Terrio of Graham, WA and family Gunner, Kianna and little girl Juliette, sister Echo Nemuth Larkspur, CA, grandmother Wayna Young of Elk City, OK, Uncle Tony Young and wife Barbara of Reno, NV, Aunt Tonya Nix and husband Gary of Elk City, OK, Uncle Gary Goodall and wife Shelly of Hammon, OK, Uncle Tony Goodall and wife Tammy of Butler, OK, Great Aunt Helen Smith and son Zack of Leedeey, OK, Great Uncle Terry Young and wife Debby of Grand Junction, CO, cousins: Landon Hise and wife Dana of Weatherford, OK, Rudi Burge and husband Bradey of Elk City, OK, Todd Goodall and wife Mindy of Leedeey, OK, Taryn Collier and husband Ethan of Elk City, OK, Gunner Goodall of Hammon, OK and numerous lifelong friendships.

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JARED DECK
ROCK SINGER

As described by Rolling Stone Magazine, Thomas native Jared Deck is "A freewheeling, keys-loving disciple of the John Mellencamp School with plenty of dirt still under his nails."

KYLE DILLINGHAM
VIOLINIST, ENTERTAINER

HORSESHOE ROAD
FOLK BAND

An OKC Native, Kyle Dillingham started playing violin at the age of 9.

While in high school, he was featured twice on Nashville's Grande Ole Opry are performed with Hank Thompson and Roy Clark.

He received his Bachelor's in instrumental music performance from Oklahoma City University.

He has taken his music to 42 countries, earning him the title of Oklahoma's Musical Ambassador.

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Jared Deck Fri. July 28th
Heather Appel Fri. August 4th

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SCAN ME

Clinton Hosts Annual Friends on Frisco Event



Chad Gray / WW

The Scouts BSA Troop 361 of Clinton performed flag ceremonies for the Americana themed Friends On Frisco last Thursday. Pictured from left to right are Nevin Hines, Aiden Hall, Floyd Sanders, Jacob Hendrix, and Lillie Sanders.



Chad Gray / WW

A crowd gathers in front of the historical Redland Theater on Frisco Avenue in downtown Clinton

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Chad Gray / WW

The 77th Army Band provide patriotic music for the Friends on Frisco event. Pictured from left: Jonathan Stobby, Jonathan Monroe, Samps Taylor, Matthew Wentland, and Aaron Atwood.

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HIGHER GROUND

Greater than Gold



Jim Morrison

Think of the gold rush in California in 1849 that brought thousands hoping to get rich quick. It was followed by the discovery of gold in Colorado in 1859 which launched that territory into statehood in 1876. In 1896 gold was discovered in the Klondike area of the Yukon territory. That first year up to 30, 000 people risked their lives in harsh weather conditions, seeking their fortune.

My discipleship group has been studying though 1st Peter. In that precious letter written to the scattered church of believers, Paul instructs and encourages them as they begin to face great persecution from the Roman emperor, Nero. The letter is filled with precious nuggets of golden truth.

After his introduction, he reminds them of their living hope and the great inheritance they have

through the resurrection of Jesus Christ. In verse seven of chapter one he describes their faith as “greater worth than gold.” The Old Testament prophets had searched intently and with great care for the truth which was now revealed to his readers.

In today’s world millions search for their fortunes in a multitude of ways. It may be material wealth. Casinos abound with people seeking the easy way to get rich. The commercials picture beautiful people laughing and partying as if they all had hit the jackpot. They never show the great majority who waste their money with nothing in return, or those whose lives are ruined through a compulsive addiction.

Even those of us who have entered into personal relationship with God through Jesus Christ can fall into a pattern of easy living, forgetting the price that was paid for our great inheritance. “For Christ died for sins once for all, the righteous for the unrighteous to bring you to God” (I Pet. 3:18b) We seek the things of this world over that which will never perish. God the Father sees and seeks people who will “in their hearts will set apart Christ as Lord.” (I Pet. 3:15) He calls forth those who “will not live the rest of their earthly lives for evil desires but for the will of God.” (I Pet. 4:2)

God speaking through the prophet Jeremiah says to a nation in captivity, “You will seek me and find me

when you seek me with all your heart.” (Jere. 19:13) That promise is true for us today. Too many of us are satisfied with a limited knowledge of God, living on the periphery of His blessings, settling for the bronze when the gold could be ours.

Peter challenges his readers to live as a “chosen people, a royal priesthood, a holy nation”— for what purpose? That they might “declare the praises of him who called you out of darkness into his wonderful light” (I Pet. 3:9)

In the final chapter he shares a vital truth that we would do well to memorize. “Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.”(I Pet. 5:8, 9)

On November 5th a “Day of Prayer for the Persecuted Church” has been set aside to pray specifically for believers around the world who are suffering for their faith.

Most churches will ignore that day. I challenge pastors reading this to look for resources available on the internet and bring your people to pray for their brothers and sisters in Christ.

To comment: 580-302-1142, jhm82@outlook.com

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LOCAL AND AREA NEWS



"The Coin Guy" - Obsolete Currency Auction Planned



Trent Boesen

Obsolete paper money refers to currency issued by entities such as railroads, State banks, merchants, State and local governments, but not by the Federal Government.

Those notes issued by State banks are a curiosity to collectors. When the issuing bank went under, the notes are dubbed "broken" and no longer used as money.

Heritage Auction in Dallas will commence on October 29, 2023, auctioning obsolete currency with collector values from \$250 up to \$2,500. The obsolete currency will complement Heritage's weekly select and signature currency auctions. Scarce and seldom seen notes will highlight the auction billing.

Get the most money for your collection by calling The Coin Guy 580-890-8076. Thanks for your support.



Alex Shook / WW

It's been over a week since heavy storms rolled through Western Oklahoma, and broken branches and uprooted trees can still be found in high profile areas like Weatherford's Rader Park and along Highway 54 (pictured).

Since Sunday, July 9, residents and community members of Custer, Washita, and Beckham counties have been hard at work to clean up the devastation left behind by two back-to-back storms.

A Look at Cleanup After Storms Roll Through Custer, Washita, and Becham Counties

Mike Smith
News Director

Strong storms in western Oklahoma in the wee hours of Friday, July 7, and Sunday, July 9, have resulted in numerous reports of property damage that are still being cleaned over a week later.

Crews have been working to restore electricity in the area after high winds rolled through the Weatherford area around 2 am Sunday. CK Energy reported a little more than 200 customers without electricity. PSO reported fewer than five customer outages.

"Citizens are doing a good job of picking up their debris, and it's greatly appreciated," comments Weatherford Fire Chief Mike Karlin. "[Weatherford's] old landfill south of Custer Street is open for any type of vegetative debris. That includes trees, limbs, and brush of any kind. Construction debris is not being accepted there, but we're encouraging you to reach out to your insurance company and make sure of how they want to handle [damages]."

Weatherford's old landfill will accept vegetative debris from 8-noon and 1-5. Fire Chief Mike Karlin says the City of Weatherford has begun picking up curbside vegetation and various debris as of Monday, July 10, and that work is still underway.

The storm scattered debris across the Weatherford community. The most notable reported damage was done to the Weatherford Church of Christ early Sunday morning.

Clinton City manager Robert Johnston commented on some of the biggest damage in Clinton, saying: "We had endured some damage Friday night, with the most obvious being our radio tower near city hall [...] that snapped in half."

Elk City had the entryway into a retail store pushed in several feet.

If you have sustained property damage from these storms that your city does not know about, it can be reported at www.damage.ok.gov.

Sayre Library's "Shark Week" Comes to a Close



Provided by Sayre Public Library - Facebook

Sayre Public Library has wrapped up their "Shark Week" reading program. Kids attending made paper puppets, created chalk silhouettes, and played games like "Pin the Fin on the Shark," all the while learning about Angel sharks, Epaulette sharks, Nurse sharks, and more.

ELK CITY SB / PROJECTS - Elk City Schools Superintendent Mike Sparks says the School Board of Education recently discussed future district projects. Sparks says replacing outdated technology was a key point of this meeting. The new school year begins on August 10th for Elk City residents.

WPS / ENROLLMENT - Officials with Weatherford Public Schools say in-person new student enrollment will be held July 18th at the Weatherford High School Library from 8:30-3:30. The enrollment will be for new students who reside in the district. The school will contact transfer students at a later date if their transfer is accepted. New students will need proof of residency, shot records, and a birth certificate if available. Those who pre-registered at Burcham Elementary in the spring will not need to attend.

CUSTER CITY / ADAMS - A Custer City man who was the subject of a silver alert was found safely in Gould by Harmon County authorities. Oklahoma Highway Patrol Lieutenant Steven Cornell says 64-year-old Fred Adams was returned safely to Custer County after the pickup truck he was driving ran out of fuel. Authorities found Adams and safely reunited him with his family.

CONNECTIONS / FAN DRIVE - The Connections Food & Resource Center in Weatherford is now in the process of holding a fan drive. The agency is collecting fans that will soon be distributed to clients who are in need of some relief from the heat. Fans can be dropped off at 122 S 8th St. in Weatherford at the Volunteer Entrance from Wednesday, July 19 to Friday, July 21, 9am-4pm.



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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. 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 July 19th - 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 20th** - Celia Bailey, Kenny Carlisle, Martha Gillingham, James Ivy, Irene Jones, McKenzie Mendez, Eric Shepard, Ben Snider, Sierra Webb, David Wright; **July 21st** - Sheila Cupp, Joaquin Jacob Gonzalez, Dennis Hill, Elisa Hines, Braden Lewis, Sheryl Settles, Luwynda Shawne, Tricia Sims Clothier, Britten Taylor, Coy Don Wilburn; **July 22nd** - Stan Baxter, Chris Beggs, Ed Capps, Richard Cliff, Chris Deffenbaugh, Nate Downs, Robert Elliot, Clayton Hamlin, Rick Hamilton, Pat Kourt, Trey Newton, Ricky O'Neale, Stacy Sadler, Kirby Sheperd; **July 23rd** - Micheal Austin, Andrew DeVoss, William Gentry, DeAnna Goosen, Tyler Jack Hoffman, Wanda Johnson, Donna Lutrull, Tyler Mullins, Astrid Olguin, Tracy Sanchez, Tyler Williams; **July 24th** - Megan Beasley, Hanna Boas, Kasey Boas, Sue Britton, Brandi Burazza, Charlotte Colby, Catie Disney, Tamara Hetherington, Mildred Jones, Rebecca Lynn Kubrak, Ashley LaGrange, Darrin Matz, Marvin Monaghan, Karen Stucker, Allan Taylor, Roxanne Ward; **July 25th** - Randy Dowell, Christy Hall, Kenneth Keil, Robert Waldrop, Dylan Ward.

CLASSIFIEDS

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Chairs for Sale! Swivel, Dining, Rocking, and Patio Chairs. Call 580-613-0108 for details.

Baby Gear! Selling baby crib mattress (\$50), baby seat with mobile (\$20), and Fisher-Price Swing-o-Matic (\$45). All products are like new. Contact 580-613-0108.

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WOMEN'S GOLF 

Three SWOSU Women's Golfers Land on Illustrious WGCA All-American Scholar List

SWOSU Women's Golf placed three student-athletes on the Women's Golf Coaches Association (WGCA) All-American Scholar list, announced by the organization.

Ashlyn Acosta, Drew Dodgion, and Rebecca Lau represented SWOSU on the list. It is Lau's fourth consecutive season earning the honor. She becomes the first golfer in program history to win the award four times. Acosta and Dodgion each earned the recognition for the first time in their careers.

Since 20212, SWOSU Women's Golf has totaled 24 WGCA All-American Scholars from 13 different student-athletes.

Congratulations to Rebecca Lau, Drew Dodgion, and Ashlyn Acosta on being named WGCA All-American Scholars!

The criteria for selection to the All-American Scholar Team are some of the most stringent in all of college athletics.

To be selected, a student-athlete must:

- Have an overall cumulative grade point average of 3.50 or higher
- Be an amateur and on the team's roster through the conclusion of the team's season
- Have played in 50% of the college's regularly scheduled competitive rounds during the year nominated through the team's conference championship

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SWOSU Coach Fleetwood's Junior Golf Camp Begins at Weatherford River Valley Golf Course



Alex Shook / WW

Of the campers in attendance, by far the largest group was the boys' Grade 6 to 8. These 17 kids were split into two groups, with one spending their first day developing their putting skills. Here, two golfers putt their shots as close to the planted domes as possible. This camper is aiming for the blue dome, while the line seen behind him is waiting their turn to return the shot.

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Alex Shook / WW

The other half of the boys' Grade 6 through 8 spent the day leaning how to drive the ball down the course. Trash cans litter this lot to provide campers with a novel challenge; if you can land your high-quality SWOSU golf ball inside of it, you get to take it home with you!

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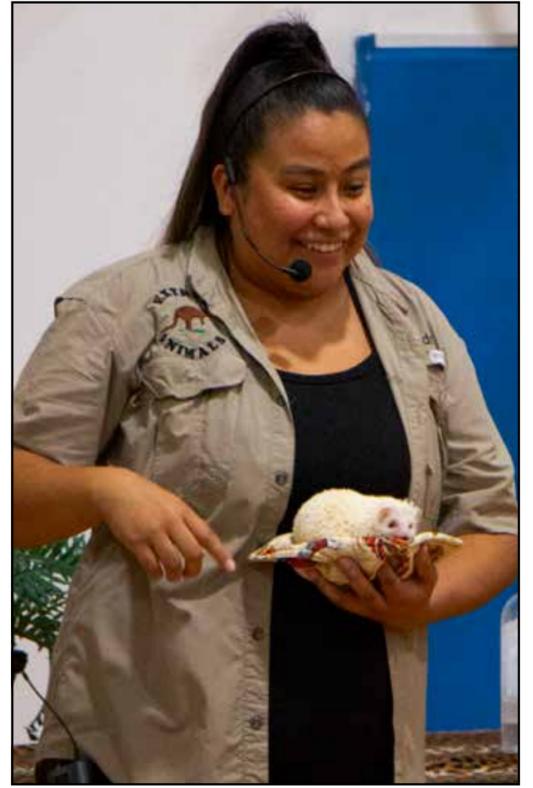


Alondra Martinez Introduces Kids to Endangered Species for WPLS



Alex Shook / WW

Pee-Wee the Kudamundi began acting up at the Western Plains Library System (WPLS) "EXTREME ANIMALS" event. Alondra knew that giving him some water would get him to calm down. It was because of this that the kids got to see Pee-Wee chug down half of a water bottle in seconds--most of it not quite making it to his mouth!



Alex Shook / WW

Sonic the Albino Hedgehog had two moods during his time in the spotlight. He was calm and observant while Alondra cradled him in a hot pan holder (seen above), but became aggressive while being held in her hand (seen below).



Alex Shook / WW

Julian the Ring-Tailed Lemur was definitely the star of the show. Alondra showed off many cute traits she possessed, including her love for Dum-Dum suckers.



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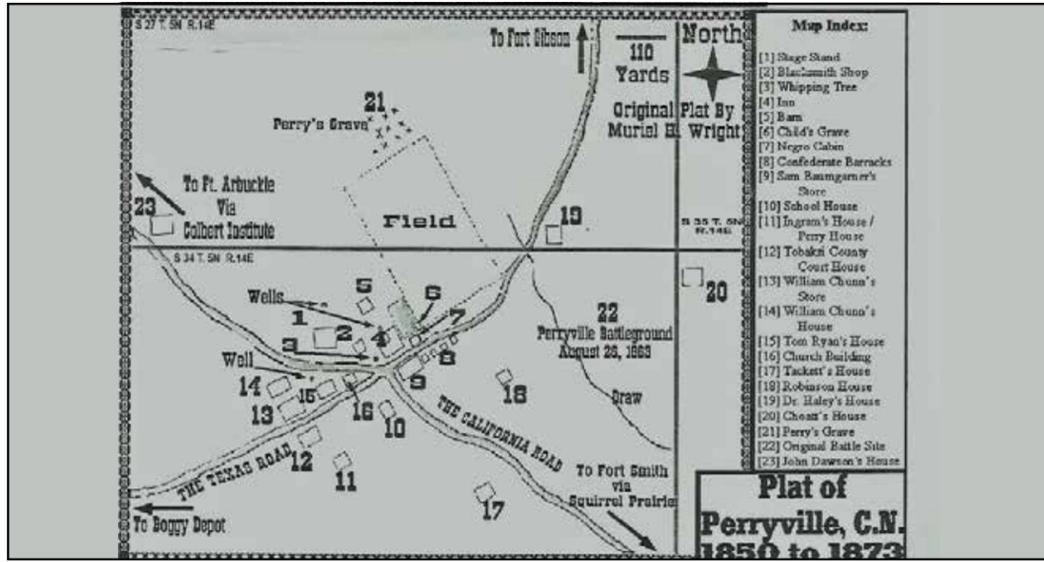
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Oklahoma History: The Battle of Honey Springs



Courtesy Oklahoma Historical Society

Muriel H. Wright's Original Plat of Perryville, CN - 1850 to 1873.

Chase Wright
Staff Writer

During the Civil War, two climactic battles took place in Oklahoma. The first became known as the Battle of Honey Springs Depot – July 1863. Named after the skirmish between Union forces under the command of General James G. Blunt and Confederate contingents under the main commander General Douglas H. Cooper. Union informants caught wind that Cooper planned to attack the union base at Fort Gibson, and when word reached Gen. Blunt, he gathered a force to head off Cooper at the nearby depot Honey Springs. Blunt's goal was to shut down the Confederate advance before they could get reinforcements from the nearby General William Cabell's brigade, who were on their way from Fort Smith, Arkansas.

Blunt's 3,000 men crossed the Arkansas River on July 15th, 1863, and in the middle of the night gathered outside of Honey Springs. Dawn came and the first shots rang out. Soon, the entire southern camp was stirred and a full-blown fight had begun. It did not last long. The region had recently had frequent rain showers which caused the Confederate troops' firearms to fail. As more rain began that afternoon, their wet and cheap gunpowder caused a series of misfires, and Cooper sounded the retreat. Many of the Confederate forces were already fleeing after realizing that their only means of defense was essentially useless. Most of Cooper's men had fled and any hopes of a counterattack were quickly squashed. They relinquished control of Honey Springs and fled south down the Texas Road to meet up with nearby Confederate forces. Blunt had seized control of the depot, and with it, taken control of the northern Arkansas River Indian Territory. However, Blunt knew the Confederates would regroup and once again set their eyes on Fort Gibson. So, he decided to pursue Cooper.

Over the next month, Blunt led his division out from Fort Gibson to find and defeat the Confederate army in Indian Territory, permanently. Blunt knew Cooper's forces were fleeing towards Boggy Depot and would make their way through Perryville Depot.

He also received word that General William Cabell's forces, who were supposed to rendezvous with Cooper, were deserting after the news of Cooper's defeat and that Cabell was heading to nearby Fort Smith to gather strength.

Gen. William Steele Steele, who was stationed at Perryville as a rearguard unit, received word of Blunt's pursuit and expected Blunt to abandon his chase of Cooper and focus on Cabell. Knowing if he did so, Cabell could pressure Blunt against the Arkansas River and Blunt's flank would be open for his troops to exploit.

However, Blunt must have decided that Cabell's deserting army wasn't an immediate priority and decided to pursue Cooper with haste and came across Steele at Perryville. Steele had set up a hastily crafted picket line with two howitzers blocking the northern road into town. On August 26, 1863, Blunt's forces quickly widened their board and began firing artillery into the defense line. The battle, a rare night fight, was over quickly as the exchange speedily fell into Blunt's favor.

The Confederate forces, reeling from news of their comrades' recent defeat at Honey Springs, retreated without their stockpiles and wares. Blunt seized the supplies and ordered the town burned. Perryville, due to its close proximity to the Texas Road (a major trade route across Indian Territory between Texas, Oklahoma, Kansas, and Missouri), was a crucial strategic depot for the Confederacy, and they suffered a tremendous blow by forfeiting it to the Union. Oklahoma Historical Society logs compare the loss of the depot to be as if Cooper's entire army had been destroyed. Blunt's victory landed a mighty win against the South.

After his victory at Perryville, Blunt moved to Cabell at Fort Smith and captured it on September 1st, 1863.

Perryville, postbellum, was partially rebuilt but had lost its importance and members due to a new rail-line and station named McAlester which bypassed Perryville. Businesses and residents moved to the new railway town to retain their livelihood. Now, the community Chambers, Oklahoma occupies the original townsite.

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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."

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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."

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Clinton Veterans Center Provides Special Care for Veterans, Families

Chase Wright
Staff Writer

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 in Clinton.

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.

The Admissions Office is available by mail, phone, or email for admission information. Online applications for admission are available through oklahoma.gov/veterans.



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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

AARP: New Recommendations for Achieving Better Brain Health

Brain health is influenced by many factors, including economic and social factors such as income and financial security, housing conditions, environment, and access to nutritious food and exercise. A new report from AARP and the Global Council on Brain Health (GCBH), “Building Better Brain Health for All People: GCBH Recommendations on Removing Barriers and Improving Opportunities Around the World,” takes these into account and offers recommendations for achieving greater brain health.

“If we want to improve brain health for all, we have to pay more attention to the needs of those at greatest risk of poor health and address social conditions that stand in the way,” said Sarah Lenz Lock, Senior Vice President of Policy and Brain Health at AARP and Executive Director of the Global Council on Brain Health. “Cognitive decline is not inevitable, and everyone should have the opportunity to experience better brain health as they age.”

The report highlights the ‘Six Pillars of Brain Health’ that can support the ability of individuals to positively affect their brain health. The pillars include exercise, intellectual stimulation, sleep quality, stress management, social engagement, and nutrition. While these may sound simple, many obstacles can prevent people from incorporating the six pillars into their everyday lives.

“Better brain health enables people’s minds to flourish so they can lead more rewarding lives,” said Lock. “Successful policies and strategies to promote brain health must integrate the many elements that influence cognitive wellness throughout life.”

See "BRAIN," Page 12

Insurance Accepted: SoonerCare, Blue Cross/Blue Shield, United Healthcare, Healthchoice, Competitive Self-Pay Rate

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HEALTH SERVICES SENIOR LIVING

Clinton, OK Now Home to a Genuine One-On-One Counseling Provider

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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Great Plains Regional Medical Center Dedicated to Serving Western Oklahoma

Chad Gray
WW Staff

For nearly a century, the Great Plains Regional Medical Center in Elk City has been dedicated to providing top-tier medical care to the rural residents of Western Oklahoma and, to this day, GPRMC remains fully committed to expanding the services they offer to meet the individual needs of these people who call Western Oklahoma home.

Boasting a staff of physicians that can provide neurological care, orthopedic care, otolaryngological care, urological care as well as general surgery, GPRMC's stated mission to "distinguish itself as the leader in providing comprehensive, cost-effective and high-quality healthcare" can be clearly seen in the specialized medical practitioners they've hired to ensure greater medical access for their patients so you don't have to travel hours and pay an arm and a leg for the care you deserve.

"We pride ourselves in patients having access to specialized medicine without having to travel," said Dr. M. L. Henry III, who is a Urologist and recent addition to GPRMC's line-up of specialized physicians.

Dr. Henry studied under one of the nation's leading urologists at OU before working for Integris Health for two years. He is a 5th generation Oklahoma Territory physician who can trace his family's medical roots to the days when doctors operated out of horse-drawn buggies.

Dr. Henry cites this heritage as one of the reasons he decided to join the team at GPRMC. "I have a special part in my heart for rural medicine and for people who don't have access to medical services," said Dr. Henry.

Seeing the void in urological health care services being offered locally to Western Oklahoma residents and being early in his career Dr. Henry saw joining the GPRMC team as a great opportunity to perform a variety of services for an under-served region. "I have the ability to both create rapport with patients and have life long relations with patients. It's a great mix of clinical work, procedures, and surgeries," said Dr. Henry.

Urology for those who don't know is a medical field dedicated to the urinary-tract system as well as reproductive organs. While there is a common misconception that urologists primarily work in male reproductive health, performing vasectomies or dealing with prostate health, urologists also deal with health issues that may arise in the kidneys or bladders.

In regions with aging populations maintaining proper urological health care is crucial. Preventative care can alleviate some of the issues that arise in middle age and later in life and Dr. Henry was kind enough to give us a couple suggestions regarding maintaining your urological health.

1.) Early intervention is key. Dr. Henry compared the aging human body to an old house. "It's like saying my house is falling apart, but I'm not going to do anything about it." Modern medicine has the means to scientifically prevent more damage from happening to your organs as long you're vigilant and properly maintain your health at an appropriate age. Middle age is when most people should begin consulting physicians

2.) Proper hydration prevents many urological health issues. As a Urologist Dr. Henry helps patients suffering from kidney stones and dehydration is often one of the main causes of this ailment. Drinking the recommended 3-4 liters of water a day as well as limiting the amount of sodium in your diet can help you stave off kidney stones.

3.) Consult an authority. Specialized medical professionals are experts in their field and they help patients by ascertaining variables that can often be missed in general medical practices or in urgent care situations. Obtaining an accurate diagnosis for your ailments is a scientific process and understanding and then assessing the correct variables is critical for maintaining proper health. Otherwise, you're just shooting in the dark.

For more information about the health care provided by the Great Plains Regional Medical Center or to schedule an appointment you can visit www.gprmc-ok.com

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SENIOR LIVING HEALTH SERVICES

Saint Ann Assisted Living Provides Upscale Amenities at Affordable Prices

Richard Amend has been the Mission and Community Relations Director at Saint Ann for 16 years. Visiting with him is a fascinating jaunt down Memory Lane. Amend's mother Zelma was one of the first people to move to Saint Ann when it opened its doors in January of 2002. Amend says it was a joyous day with lots of excitement and hustle and bustle. That special spirit of welcome and enthusiasm is even stronger today. People are often awed by the atmosphere and loving culture. The incredible friendliness and hospitality of staff and residents is felt throughout the community.

Formally known as Saint Ann Retirement Center, the not-for-profit assisted and independent living community is owned and operated by the Archdiocese of Oklahoma City. A nursing home by the same name is conveniently located next door and is owned by a different entity.

Saint Ann offers assisted/independent living apartments of various sizes. Rent is charged monthly and there is no long-term commitment or expensive buy-in fee.

"Once someone settles in, they don't want to leave their new friends and amenities." "There is no need to try and have move-out restrictions of any kind," said Amend.

Great meals and restaurant-style dining are included in the reasonably priced monthly rates. In fact, the all-inclusive community provides most everything except personal telephones. Housekeeping, laundry, cable TV, Wi-Fi, 24-hour concierge, and scheduled transportation to shopping and doctor's appointments are also provided.

Although the campus is a ministry of the Catholic Church, people of different faiths and backgrounds enjoy living at Saint Ann. It's beautiful St. Joachim Chapel is open 24/7 for quiet meditation and daily Mass. An all-denominational service is also popular. Another unique highlight of Saint Ann is the attached convent for the Carmelite Sisters of St. Therese. The nuns continue to wear their habits and are active residents.

Assisted living at Saint Ann is fun and supportive. The assisted living administrator, LaTrona Fulbright, recently celebrated her 19-year work anniversary.

Cynthia, the RN, and the assisted living team provide personalized care and services including: medication administration and ordering, bathing and dressing assistance, cognitive reminders, escort to meals and activities, incontinence care, stand-by assistance, transfer assistance, and more.

A special feature in assisted living are three fully furnished apartments for respite short-term stays. These cozy suites are perfect for anyone who needs a little time to recover from illness or accident, has a caregiver at home that needs a break, or who simply wants to try out the assisted living experience. The Life Enrichment team includes one of the nuns. They orchestrate a very active and diverse menu of things to do. Events range from singers, dancers, volleyball, and comedy to painting classes, Bible study, games, speakers, and outings.

Move-in specials are typically available. Saint Ann is located at 7501 W. Britton Road in northwest OKC. For more information, Call Lisa at 405-721-0747 (Ext. #322) or visit SaintAnnRetirementCenter.com.

BRAIN

Continued from Page 10

The infographic below outlines the Six Pillars of Brain Health. Recommendations in the report for addressing barriers to brain health are informed by the latest scientific findings and by lived experience of people with cognitive issues. These include:

For individuals: Be an active participant in your health care and seek providers you can trust to listen and understand your cultural values. Make healthy choices whenever possible and try to incorporate the Six Pillars of Brain Health into your lifestyle.

For healthcare providers: Establish brain health screening as a key element in check-ups of aging adults and others at risk. Ensure family caregivers have the information they need to provide the most effective care and include them in consultations as appropriate.

For policymakers: Establish public policies and practices to promote greater awareness and early identification of cognitive and mental health issues, including diverse voices in the policymaking process. Facilitate healthy lifestyles enabling people to proactively promote and sustain their brain health across their lifespans.

For communities: Promote community engagement to raise awareness of brain health and debunk misconceptions. As community leaders, employers can take the lead in creating incentives to encourage healthy behavior. Include community members in decision-making and incorporate diverse perspectives, expertise, and feedback in all education, outreach, and communications initiatives.

Be Social	Engage Your Brain	Manage Stress	Ongoing Exercise	Restorative Sleep	Eat Right
Keep in touch with friends & family, don't let yourself get isolated.	Find ways to stimulate your thinking, explore new interests and hobbies.	Practice relaxation, adopt a stable daily schedule.	Move throughout the day, target 2 1/2 hours a week of moderate physical activity.	Get 7-8 hours of restful sleep every day.	Choose a nutritious, heart-healthy diet of fish, veggies, and fruits.

Provided by The Global Council on Brain Health (GCBH)

An outline of lifestyle choices that can improve your brain health.



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