

WEST OK WEEKLY



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Deer Creek Conservation District Hosting Chicken Workshop

This past summer the City of Weatherford changed their city ordinances to allow permitted residents within city limits to raise chickens and the Deer Creek Conservation District is committed to educating interested residents on how to get properly certified in accordance with the new city ordinance.

The Deer Creek Conservation District will be hosting the Chicken Workshop, led by Wyatt Lohman, Saturday, October 28th from 9am to 11am at their offices located at 300 S. Broadway Street in Weatherford. The workshop will go over the requirements to gain and maintain your city permit as well as other topics such as predator prevention, how to lower feed costs, as well as the many benefits of raising chickens. Refreshments will be provided at the workshop and reigstration is not be required to attend.

Lohman is enthusiastic about the new ordinance and the multitude of benefits raising chickens can do for the environment as well as residents pocketbooks.

During his interview with the WestOk Weekly Lohman referenced the viral story of a homesteading experiment in the Province of Limburg, Belgium. The Province of Limburg offered 2000 families three chickens for each

family and the effort helped reduce tons of food waste from entering landfills.

"In one month, 200,000 pounds of food waste that people would put on the dumpster and then put on a city truck and haul it to a dump site. Yeah, it was actually converted into eggs," said Lohman. "So chickens are just awesome."

Lohman's excitement is most definitely merited as chickens can offer a sustainable way to manage food waste, potentially limiting fuel costs for waste services around the city, while also providing a staple food for family's diets.

In order to receive a permit to raise chickens within Weatherford City limits, a resident must prove they've attended a 2 hour educational course regarding chickens, that they live in an area not under the management of a Home Owners Association, and then they must pay a \$25 fee. The Chicken Workshop will count towards the 2 hour education mandate required to obtain proper permitting.

For more information about the event you can contact Wyatt Lohman by phone at 405-613-7006 or you can call the offices of the Deer Creek Conservation District at 580-772-7060.

High Winds H: 85° L: 62° Wednesday	High Winds H: 87° L: 51° Thursday	High Winds H: 67° L: 42° Friday	Mostly Sunny H: 66° L: 40° Saturday	Sunny H: 67° L: 41° Sunday	Mostly Sunny H: 68° L: 41° Monday	Mostly Sunny H: 68° L: 47° Tuesday
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Glenda Wittmeyer

Glenda Lou Wittmeyer was born February 14, 1947, in Tulare, CA to Cecil Horace and Mattie Pearl (Hicks) Grubbs and passed away Sunday, October 8, 2023, at St. Anthony Hospital in Oklahoma City having reached the age of 76 years, 7 months and 23 days.



Glenda was raised and attended school in Blair and Shawnee. On August 17, 1963, she married William Ralph Wittmeyer in Blair, OK. They made their home in Watonga until 1985 when they moved to Cordell and in 1997 settled in Weatherford. Glenda enjoyed motorcycles, 4 wheelers, spending time with family and friends, and spending the weekends at Little Sahara Sands. She will be remembered as a very classy lady, a devoted wife and a good Mama.

Glenda is survived by her husband of 60 years, Bill Wittmeyer of their home in Weatherford; two sons, Timothy Ralph Wittmeyer of Weatherford and Scott Wittmeyer and wife, Tina of Edmond; three brothers, Earl Wayne Grubb, Freddy Joe Grubbs and Jimmy Lee Grubbs; two sisters, Carolyn Wanda May Greybill and Tommy Sue; one granddaughter, Alyssa Friesen and husband, Jake; and two great-grandchildren, Greer and Leif Friesen. She was preceded in death by her parents.

Billy Parvin

Billy Jerome Parvin was born March 12, 1974, to William Szavo and Teresa Jean Fowler in Phoenix, AZ and passed away in his Weatherford, OK home.



He was raised by his grandparents, J.C. and Francis Parvin in Friona, TX. He attended and graduated from Friona High School. He enlisted in the US Navy on December 27, 1996, in Amarillo, TX. He was honorably discharged on May 20, 1999, in San Diego, CA with a M16 Sharpshooter Ribbon, Armed Forces Expeditionary Medal and a Sea Service Deployment Ribbon. He married Taylor Salas in February 2017 and Weatherford has been their home. He has been employed with FR Energy and Nextier for the last 10 years.

He excelled at mixed martial arts and enjoyed participating in all forms of MMA, he also was a trainer a coach, and a great fighter. He loved to ride his Harley Davison and he enjoyed drawing and doing art.

He was preceded in death by his parents, J.C. and Francis Parvin and a nephew Nathaniel Fowler, Jr.

He is survived by his wife Taylor, of the home, four daughters, Miranda Brann and husband, Ike, Amarillo, TX, Hayden Salas, Kensleigh Salas and Harlow Parvin and a son, Deaken Salas, all of the home, his parents in law, Angela and Agustin Castorena, Clinton, brother, Chad Stovell and wife, Amy, San Antonio, TX and his best (four legged) friend, Nala and his care giver, Misty Salas.

John Woods

John Merle Woods, Sr. was born on January 10, 1943, in Monroe, OK, to Harry Arthur and Viada (Young) Woods and passed away peacefully at home on Monday, October 9, 2023 having reached the age of 80 years, 8 months and 29 days.



John grew up on a farm where he learned the value of hard work and perseverance.

John graduated from Monroe High School in 1961, and went on to earn his bachelor's degree in mathematics from Oklahoma State University in 1965.

He furthered his education with a master's degree in teaching from Harvard University in 1966 and a PhD in mathematics from Florida State University in 1973.

A dedicated educator, John taught mathematics for over 40 years. He began his career teaching high school math before pursuing his doctoral studies. He then joined Oklahoma Baptist University as a professor of mathematics and later moved to Southwestern Oklahoma State University. John believed that anyone could learn and enjoy math, and he dedicated his career to sharing this belief with others. His passion for teaching earned him several recognitions including the Bernhardt Academic Excellence Award, induction into the OSU Hall of Fame for outstanding alumni, and induction into the Oklahoma Educator's Hall of Fame.

John was an avid outdoorsman and world traveler who loved exploring new places with family and friends. He also enjoyed gardening, hunting, fishing, cooking, and playing games with family (especially Pitch and Scrabble). Known for his generosity and kindness, John always had a witty remark or a funny story to share.

John is survived by his wife of 28 years, Paulette Woods; three sons, John Woods Jr. and wife, Deana, Ben Woods and wife, Eliza and Paul Woods and wife, Sam; daughter, Roxanne Woods and husband, Louie Vargus; seven grandchildren; three great-grandchildren; two brothers, George Woods and wife, Kathy and Robert Woods and wife, Paula; two sisters, Barbara Chester and husband, Glendon and Mary Ulrich and husband, Tom; sister-in-law, Carol Woods, surviving wife of Harry; and numerous nieces, nephews and friends.

He was preceded in death by his parents; brother, Harry; granddaughter, Emily; and great-grandson, Conner.

John's legacy of excellence, integrity and joy will live on through his family and students. He will be missed by all who knew him.

Lynda Botchlet

Lynda Kaye Botchlet Lenaburg was born October 7, 1944, in Cordell, Oklahoma to Lorell and Wanza Lee Botchlet. She went to be with her Lord on October 6, 2023. Kaye grew up in Cordell - attending the 4th and College Church of Christ where she was baptized in 1963. She graduated Cordell High School in 1962 and went on to study English and French at Southwestern Oklahoma State University.



Kaye married Randy Lenaburg in 1972 and relocated to Highland, Illinois briefly before settling in Blackwell, Oklahoma. Kaye and Randy became active members of the Blackwell Church of Christ where they raised their three daughters. Kaye was employed by Blackwell High School as the vocational tutor. She also sold real estate in Blackwell for several years. "GiGi" and "Grandy" relocated their retired lifestyle to Stillwater, Oklahoma in 2018 where they could be near grandchildren.

Kaye was an avid quilter, and loved browsing the shops in Branson and Eureka Springs where she would stock up on supplies for her new creations. Many family members and friends benefited from her creative passion. Kaye and Randy enjoyed many trips to Holiday Island, Arkansas and loved seeing the shows in Branson. Kaye was a prolific shopper and could outlast even the most tenacious participants of the family's annual 'Black Friday' expeditions.

Kaye was preceded in death by her parents, Lorell and Wanza Botchlet, sister Gay Tagliavore, and husband Randy. She is survived by three daughters, Shauna Sweetser and husband Kevin of Garland, TX, Deidra Sixkiller and husband Greg of Blackwell, OK, and Cory Littau and husband Jeff of Stillwater, OK. Kaye is also survived by six grandchildren; Blaine Sixkiller, Keirstin Sexton (husband Ryan), Shelby McEntire (husband Daniel), Colton Sweetser (wife Shannon), Brock Littau and Landon Littau, as well as two great-grandchildren; Alexys McEntire and Kreed Sexton. Kaye will be missed by many, including her beloved golden doodles Wrigley and Copper who brought her much comfort and joy in recent years.

Marjorie Phillips

In the early hours of October 4, 2023, Marjorie J. (Willis) Phillips lost her battle with cancer and passed away at her home in Thomas, OK. Marjorie was able spend her final days visiting and hugging her grandchildren and great-grandchildren from Texas, Colorado, New Mexico, and Kentucky.



Marjorie was best known in her community for her kindness and generosity as well as her embroidery work. She loved setting up a booth selling her beautiful kitchen towels, table scarves, receiving blankets and aprons every Christmas at the Thomas Christmas festivities.

Marjorie had a deep abiding faith in God and tried in all ways to live her life following the example of our Lord Jesus Christ. She loved welcoming folks into her home with a meal or just a cup of coffee with a slice of homemade pie.

Marjorie was preceded in death by her late husband of 67 years, Ben Phillips, her parents Henry and Pearl Willis, her brothers Harlon and Don Willis and her sister Shirley Self.

She is survived by her children: Jerry Phillips, of Mojave Valley, Arizona; Juanita Riley and Ron Phillips of Thomas, Oklahoma; Marty Phillips of Mechanic Ville, New York and her sister Linda Dittmer of Casa Grande, Arizona; 14 wonderful Grandchildren, 29 amazing Great-grandchildren, and 3 Great-great grandchildren.

Dale Conley

Roy "Dale" Conley was born February 26, 1961, to Roy Gene and Nadene (Sawatzky) Conley, in Clinton, and passed away in Clinton, on Sunday, October 8, 2023. Dale was born and lived his entire life in Clinton.



Dale was employed by the City of Clinton for 24 years and became disabled in 2020 due to health issues.

Dale enjoyed hunting, fishing, and being with family. He was preceded in death by his parents, his grandparents Harvey and Bertha Sawatzky and Earl and Ethel Conley, and a niece Morgandy Merrill.

He is survived by his sister Berta Litke and her husband Jerry of Arapaho, nephew Kalan Merrill of Weatherford, nieces Jennifer Pearson, and her husband Chris, Jessica Litke, all of Clinton, a great nephew Aden Short and Great nieces Grace and Bentley Pearson of Clinton, a very special lifetime friend Betty Munsey.

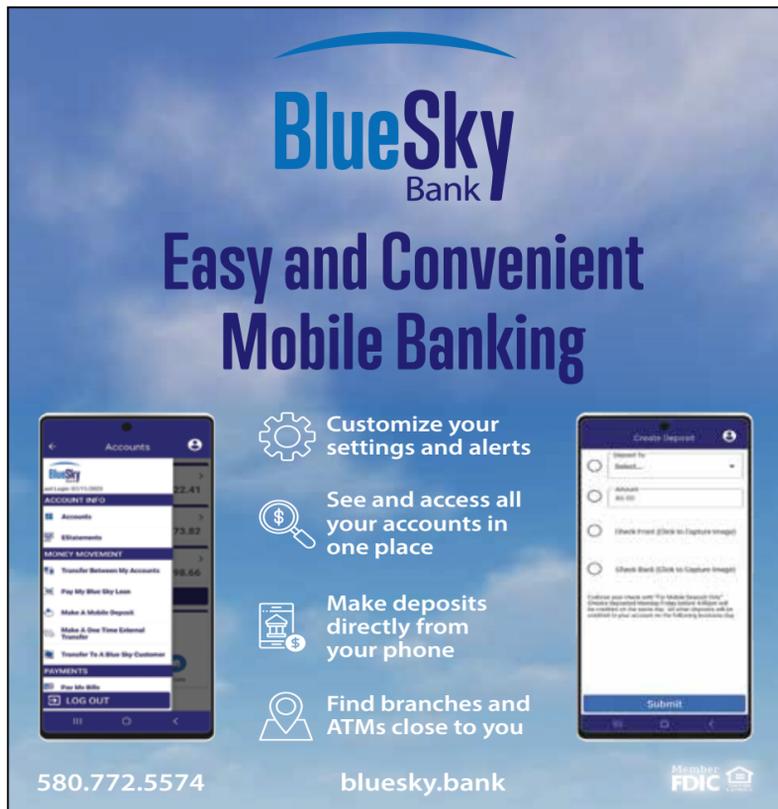


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Oklahoma History: Our Legacy in the World of Softball



Courtesy World Baseball Softball Confederation

China vs USA (1996) - Nearly 9,000 fans filled the Columbus' Golden Park Stadium in 1996 to witness the Olympic Softball final, one of the most historic softball games of all times.

Chase Wright
Staff Writer

January 1st is always an exciting day; it's a day when resolutions are set and dreams of the new year are at their highest. It also happens to be the day when Oklahoma and Softball became inseparable. On January 1st, 1966, the Amateur Softball Association moved its headquarters from Newark, NJ to OKC, OK.

Part of the decision to move likely came from the desire to get softball included as an Olympic sport in the early '60s. Shortly after the move, softball teams, who had been pushing for Olympic inclusion, began to promote new events, encourage new players, and compete in nationwide and international games.

However, despite the sport reaching its Olympic

requirement in 1965, Olympic organizers did not include softball in the Olympics until 1996. Although, by this time, the USA Softball Hall of Fame Complex (built in 1987) had been raking in publicity and fans from around the world.

The Complex had been hosting worldwide games and is regarded as one of the finest softball facilities in the nation.

Softball was an Olympic sport from 1996 to 2008, and during this time, its popularity skyrocketed. Team USA dominated during these 4 Olympic periods with 3 Gold Medals and 1 Silver Medal. In the 1996 season, the United States won gold with only one loss due to a base error which resulted in a run not scoring (they lost by one run).

American Hall of Famer Lori Hannigan pitched

the first solo no-hitter at the Olympics in a game against Canada in the Summer Olympics of 2000. The 2000 season ignited USA's dominance of the summer league. They would go on to a 22-game winning streak at the Olympics between 2000 and 2008. Their only loss came from Japan in the gold medal match.

Things looked promising for softball and the Olympics until the decision to drop baseball and softball for the 2012 Olympic program "failed to be overturned by a 52-52 vote with one abstention" (ESPN). It seemed to be the end for international competition as countries began reducing their budgets for the sport following the announcement.

Even though worldwide competition was beginning to see a rocky future, the collegiate and national future for softball was on the rise.

The OKC Complex began hosting the NCAA Women's College World Series, the World Cup, the Slow Pitch Championship Series, and the 18U Gold National Championship.

A Softball Hall of Fame museum was established to honor many of the great athletes that helped drive the sport. By the mid-2000s, The 5-star facility and museum were booking 150,000 fans and had events slated for up to 30 weekends a year.

Then, in 2016, the International Olympic Commission voted to include baseball and softball in the 2020 Summer Olympics. At the Olympics, the US team won a silver medal, with Japan winning Gold and Canada placing silver.

Today, the USAS (USA Softball) organization fields over 120,000 teams and over 1 million members! So, the next time you get a chance to visit the USA Softball Hall of Fame Complex, don't hesitate. You'll enjoy state-of-the-art entertainment setups like free Wi-Fi, live streaming, hospitality buildings, digital videoboards and fantastic food. All while watching the highest levels of competition from some of the most talented women in the world.

HIGHER GROUND

The Power of Hope



Jim Morrison

The summer is past and the cooling winds of fall are refreshing as we enter into a busy season of activities and events designed to enrich and foster relationships and continued growth of the harvest past. Summer camps, Vacation Bible Schools, and mission trips, perhaps have brought a harvest of young Christians and new minds, hopefully eager to begin their journey of faith.

While the church is about providing opportunities to stimulate growth in the Christian faith for young hearts, the home remains the primary agency God uses to develop lasting followers of Jesus Christ. I'm afraid that so often we fail to do a meaningful job of helping Mom and Dad in their role at this point. The Scriptures encourage parents to fulfill that role. Passages such

as Psalms 78:3-10 insist that parents pass on to their children what they have seen and experienced of God's work. They were to tell their children the praiseworthy deeds of the Lord. They were commanded to "teach their children, so the next generation would know them (the commandments), even the children yet to be born, and they in turn would tell their children. Then they would put their trust in God and would not forget His deeds and keep his commands."

Parents seldom are as skilled and knowledgeable to do an adequate job of helping their children grow in their march toward becoming mature disciples. They usually feel that this is the job of the church. Some are really not that concerned about the spiritual growth of their children since they have had little instructions in that area. It is easy to accept the status quo without making the supreme effort required to provide the needed instruction. This is an area that the church can come alongside and provide resources and guidance that will make it practical and manageable to carry out their role. We may assume that they would not respond or accept our suggestions or resources. That may be, but the easiest thing to do is to do nothing and hope for the best. Maybe we need a renewed faith in the power of the Holy Spirit to ignite our efforts to bring victory

over Satan's obstacles and do what we can, praying all the while that God would bless and empower parents to value the life and character of their children by helping them achieve excellence rather than mediocrity.

They need a foundation that will withstand the forces all around them in this evil age.

It is not that we are without resources and opportunities available. We must encourage parents of young children especially, that we are behind them and willing to provide the tools to help them instruct their children. Often we have "Baby Dedication Days" which call for a commitment to raise that child to fear the Lord. But often that is as far as it goes. They need practical tools and resources, models and methods, and hands on instruction that will facilitate spiritual growth. There are no cookie-cutter guidelines. Every family is different. Each family can adjust and adapt. But every family that is serious about accepting their role as disciplers of their children, should have some goals and plans that they feel God would have them achieve as they lead their precious children toward a lifetime of fruitfulness in the Kingdom. May God give us wisdom in this area.

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LOCAL AND AREA NEWS

Mike Smith
 News Director

“The Coin Guy”

\$1 Coin Sells for \$19K



Several years ago, Dr. George Schwenk, a Florida Podiatrist, expanded his gold coin collection.

This collection recently sold at auction on August 16, 2023. The star of his collection was an 1880 \$1 coin, pictured above.

The total mintage of the \$1 gold coin was 1,600 pieces, all from Philadelphia. The bright yellow gold coin is a pleasing sight for all collectors. It was certified by the Professional Coin Grading Service as a Mint State 68+ (better than a 68 grade, but not quite a 69 grade). The 1880 \$1 gold coin sold for \$19,200.

Questions concerning coin collecting may be answered by calling The Coin Guy 580-890-8076. Thanks for your support.

Woods Insurance Opens Weatherford Office



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The Weatherford Chamber of Commerce held a ribbon cutting ceremony for Woods Insurance Service's fourth office. They are located at 1204 East Main Street, Suite B.

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Jena Skarda / WOCS

Jed Ronayne and Luke Horn enjoy recess at Western Oklahoma Christian School (WOCS) before having a few days off for fall break.

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OKC SUICIDE / TRONCOSO - A Clinton man who was involved in a standoff in Oklahoma City and died by suicide has been identified by investigators. Police say 61-year-old Ivan Troncoso was the man who barricaded himself inside a motel near South Meridian Avenue and Interstate 40. Before Troncoso took his life, officers were able to talk to him, and Troncoso told them he was not going back to jail. Police say it all started as a pursuit Saturday and that Troncoso had a felony warrant out of Custer County for unauthorized use of a vehicle. Early Monday, officers spotted the suspect's car again at a hotel on Meridian, and this time officers spoke with the suspect, who took his own life after a standoff that lasted several hours.

HINTON / BOND - A \$32.3 million bond will be on the ballot next month for voters in the Hinton School District. Superintendent Marci Derryberry says one project includes upgrades to the multi-purpose building. Derryberry says that some of the other projects in the district will include the construction of a fieldhouse with a wrestling room and adding safe rooms that will serve as classrooms at the middle school. Derryberry says the bond's passage will not result in a tax increase for property owners. Election day for the proposed bond is November 14th.

FOSS LAKE / HALLOWEEN - Park Manager Barry Hardaway says Foss Lake State Park is gearing up for Halloween this month. "Halloween in the Park" will be held on October 20th and feature a campsite decorating contest. The Haunted Trail and parkwide Trick-or-Treating will open at dusk on October 21st.

WESTERN OK / SALES TAX - It was another good month for sales tax in the city of Weatherford for August sales says Economic Development Director Yolanda Creswell. The City of Weatherford collected \$1.185 million for August sales. Other sales tax figures in western Oklahoma found the City of Clinton up by 2.3% with a collection of more than \$543,000. Elk City was up 2.6% at more than \$1.27 million and the city of Cordell had a 12% drop, collecting just over \$94,000.

CLINTON/ FD DRONE - The Clinton Fire Department has a new drone that assists the department in various ways. "We received a lot of phone calls for our drone to be launched, whether it's for the status of our water tower or to help the schools out with some different pictures and stuff," says Fire Chief Brett Russell. "The Soccer State Championship Ring had a picture from our drone that we went and flew up for them." Chief Russell mentioned that every operator of the drone in the department must be licensed through the FAA.

BADGETT / VIRAL EXPOSURES - A Weatherford physician says to take proper precautions as we move into the winter months that brings about more viral exposures. Dr. Blake Badgett provides tips for preparing for those winter months, saying that following the basics of good health--wash your hands, cover your coughs, eat healthy, and exercise regularly--can go a long way. Badgett also says it's a good idea for those over 50 and with underlying health conditions to get both the COVID and influenza vaccines.

WEEKLY SHOUTOUTS!

OH HAPPY Day TO YOU!

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 ; **October 18** - Ashley Bishop, Michaela Campbell, Jo Ann Cornell, Jean Miller, Zach Mogg, Chyrokie Noe, Dianah Robinson; **October 19** - Paynen Holley, Graham Murray, Erika Rivera, Jordan Stotts, Shane Swanee; **October 20** - Tina Bowman, Justin Branson, Kathy Kasper, Brenda Kimble, Eric Martin, Lauren Moshier, Loretta Propps, Janet Smith, Donnie Soddors, Pat Suderman; **October 21**- Kallie Brooks, Johnny Bridgeman, , Jack Golden, Mikaela Sandlin, Audrey Vincent; **October 22st** - Felicia Alcelfo, Skyler Barnhill, Chad Clark, Ryan Coleman, Roger Duncan II, Norma Hinojosa, Wes Hixon, Racquel Javorsky, Kari Nichols McCoy, Kim Mullins, Ben Sanders, Esther Switzer, Michelle Walls, Carlee Young; **October 23th** - Morgan Clothier, Jett Entz, Alvin Epp, Janis Koch, Andy Koch, Harold Miller, Kierston Rodriguez, Brian Seeman, Larry Don Terrel, Ramona Tharp, Jerri Ynguanzo; **October 24th** - Michael Blagg, Dusty Brodrick, Bob Crum, Kenneth Garling Jr., Amy Palmer, Delaney Smith, Mariah Ynguanzo.

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Yamaha 750 - 4 wheeler scrap parts. Best offer. 405-639-9667

2015 Dodge - Regular pickup bed. \$1,000. 405-639-9667

Delta Truck Box - Brand new, full size, white, one top opener. \$800 OBO. 580-330-1437

Military Jeep Hood. Roughly 30"x30". \$250 580-330-1437.

2014 Ford Focus - \$6,500. 580-330-3489.

2001 Honda 600CC - Navy Blue. 16k miles, \$2,000. 405-892-8301

Rambler Mobile Home - 33ft. 61k miles, new motor, \$15,000. 405-639-9667.

2003 Chevy Trailblazer - good tires. \$5,750. 580-330-3489

4-Michelin used passenger tires - 20 inch. 580-393-1444.

2020 Flagstaff - Super Light. 5th Wheel Camper. One Owner. Always Shedded. Lightly Used. Two Slide-outs. 32-footer. \$32,000. 405-777-3023.

2009 Mercury Grand Marquis LS - \$3,750 OBO. 580-330-3489.

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Riverside Roll Top Desk - Beautiful Oak desk. 1980's model. \$300. 580-772-7357.

Entertainment Center, \$100. Gun Cabinet, \$500. White Armoire, \$275. 580-330-1437.

Wood Door Cabinet - 6 shelves. Stands, 6 ft. Very good condition. \$65. 580-613-0108.

Tall Wood Table - 3ft x 3ft. Can be used for eating, board and card games--anything, really! \$45. 580-613-0108.

Doors! 83x27 1/2 metal. 32x80 wood, solid core. 580-772-7997.

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

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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. 580-613-0108.

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.

23 Dinner Plates - 75 cents each. 580-613-0108.

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MISC.

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LH Solid Wood Door - 3/0 - 6/8, Actual 35 1/2 x 79 1/2. All hardware, keys, jam, and threshold. \$50. Contact 918-415-4236.

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Nabisco Chips Ahoy Cookies All Varieties.....	\$3.98	Red - Yellow - Orange Bell Peppers.....	2 for \$3.00
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SENIOR LIVING

HEALTH SERVICES

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. 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.

But through her experiences in senior care, Henderson saw that most 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.

While the pace of living will be slowed down to meet residents' needs more effectively, 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 is located at 921 N. Bryan in Weatherford, nestled in a quiet residential neighborhood. The home is outfitted with a hospital-grade fire suppression system as well as a security system with cameras, alarms, and a privacy fence.

The Cottages also provides 24/7 on-site care for residents that promises effective communication between family members and caretakers, medication management, and home-cooked meals. They 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 have also worked tirelessly towards getting their business fully licensed in the State of Oklahoma. It's important to them that their business is held to the same standards as any other nursing home or assisted living facility in the state.

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



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Paula Hunnicutt Shares Her Strategies to Weight Loss and a Healthy Life



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Paula Hunnicutt's journey towards helping others manage their weight and pain is most certainly a personal one. In a matter of 4 years, Hunnicutt was able to lose 180 pounds; from there, her mission became clear.

"Both of my parents died from health issues that I felt if they would have known how to eat properly and move properly, that they may possibly still be here today. I wanted to be proactive about my health, and so that's what started it. At the time I was 304 pounds," said Hunnicutt. "Once I lost the weight, I felt so good. I just was, like, "I want to show at least one more person that they can do this." So I just started wanting to help people that were like me."

Hunnicutt has now been working in the fitness industry for 20 years and has definitely helped more than one person find a healthier way to manage their weight and pain. She's prepared to serve more people at her new office inside DSA Fitness located on Main Street in downtown Weatherford.

As a certified holistic practitioner, a certified holistic nutritionist, and a certified autoimmune nutrition specialist, Hunnicutt specializes in finding personalized exercise and nutrition plans for each of her clients.

"We always want to be perfect, and we're not going to be perfect. So, I always teach them first of all to look at it in a different way. Like when they're eating food, is this helping you nutritionally? If it's not, have a little bite, but don't overdo it. If they have a bad day, it's okay to start again tomorrow. The biggest thing, I think, is don't overcomplicate it, because a lot of people want to."

Hunnicutt, who decries fad diets and health trends that require people to habitually count their calories which can oftentimes lead to anxiety, feels that people are generally served by a holistic approach to health and wellness. That means addressing both the mind and body individually for each of her clients.

Hunnicutt definitely practices what she preaches. Diagnosed with Celiac Disease as well as Rheumatoid Arthritis, Hunnicutt has had to take steps to manage both of her conditions, but with the right mindset, she believes that most everyone can have control over their own health.

Hunnicutt, who was recently accepted into medical school to study naturopathic medicine, is dedicated to her craft and ready to take on new clients. Hunnicutt offers a range of services that are primarily aimed at women of all ages. She's prepared to find the appropriate health and wellness plan for you today.

To find out more about Paula Hunnicutt and the services she offers or to schedule a consultation you can visit her website at www.paula-hunnicutt.com/, or you can give her a call at 580-309-2828.

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SENIOR LIVING

HEALTH SERVICES

River Valley Offers High-Quality Local Physician and Therapy Services

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

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

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

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

The only qualified person to run your life is you, and that

should apply to the care you seek and the way you spend your time. River Valley Skilled Nursing and 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.

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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 and Rehab, they are the best.

Offering services for rehabilitation, independent living, and long-term care, Corn Heritage Village and 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: 24/7 pharmacy services, resident activities and events ("shopping, cook-outs, arts and crafts, music therapy, and more"), rehabilitation with state-of-the-art equipment, and 24/7 RN coverage with staff that truly treat each resident like family.

With over 70 years of experience as one of the "top-rated Oklahoma nursing Home and Senior Care Communities" in the state, Corn Heritage Village and 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 with a high

focus on personalized care and community involvement. From working with local doctors to transportation to community shopping, activities, and outings, Corn Heritage is committed to their mission "to provide the highest level of Long-Term Care and Rehabilitation Care in Oklahoma." As a top care provider since 1948, Corn Heritage Village and Rehab wants to meet you! Browse their listings, contact them by phone, or schedule an appointment.



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SENIOR LIVING

HEALTH SERVICES

Great Plains Regional Medical Center Bolsters Care with Skilled Surgeon

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. To this day, GPRMC remains fully committed to expanding the services they offer to meet the individual needs of the 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 is to "distinguish itself as the leader in providing comprehensive, cost-effective and high-quality healthcare." This mission can be clearly seen in the specialized medical practitioners they've hired to ensure greater medical access for their patients. With their help at a convenient location, you don't have to travel for hours and pay an arm and a leg for the care you deserve.

Among this year's additions to the GPRMC's team is Dr. Donald Lesslie III, a General Surgeon with a specialization in Oncological Surgery who joined GPRMC this past January. Oncological surgeons are doctors who specialize in the treatment of cancer.

Dr. Lesslie, who is a Fellow of the American College of Surgeons as well as a Fellow of the

Society of Surgical Oncology, trained with leaders in the field of surgery as well as surgical oncology during his residency at the University of North Texas and subsequently in Houston at the MD Anderson Cancer Center. It was his experience during his rotations at UNT and research at MD Anderson that would ultimately set Dr. Lesslie on his course to becoming a surgical oncologist.

"You have these rotations or these experiences where you're influenced by the people who do a job and you see the impact that they have on people, and for me, those people were oncology folks," said Dr. Lesslie.

During Dr. Lesslie's training, he was able to see the cutting edge of cancer research and treatment. He's glad to bring his expert training to the folks of Western Oklahoma, but his journey to Western Oklahoma was not a direct path.

After a surgical oncology position in his hometown of Fort Worth came to a natural end, he looked for his next steps. After being introduced to GPRMC he knew this was his next move.

"I liked the pace, I liked the folks that worked here, and looking around, I thought there was certainly a need for someone that had some expertise and some ability to take care of things," said Dr.

Lesslie—and surely, he has expertise and ability in spades.

Dr. Lesslie, whose responsibilities at GPRMC run the gamut from general surgical procedures like gallbladder surgery and appendectomies to more complex oncological surgeries, always considers what will best serve his patients on a case-by-case basis and whether they'll be best served at GPRMC's facilities, but Dr. Lesslie assured me that he can perform the same complex procedures at GPRMC that he performed at other facilities such as the Texas Medical Center. But people can oftentimes spare themselves a complex procedure by being proactive and getting check-ups and cancer screenings at appropriate intervals.

"When you realize that things can be taken care of relatively simply when they're small and if we stay on top of them and these same problems can grow into big problems that cost quite a bit of pain and suffering and perhaps even death, it becomes a pretty powerful message to get out to people," said Dr. Lesslie.

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.

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 and 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 and 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.

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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Galt and de Sancy Named Newest Bulldogs of the Week

Grant Kopycinski
Sports Information Graduate Asst.

Philippine de Sancy (soccer) and Taryn Galt (volleyball) are the newest Bulldogs of the Week. The weekly recognition is brought to you by Wright Wradio, home of SWOSU Athletics for both livestream and radio.

Philippine de Sancy, a freshman from Issou, France, broke out in a big way against Northwestern Oklahoma State last Wednesday. She scored two back to back first half goals. They were the game tying and game winning goals for the Bulldogs. Within 15 minutes of game time, de Sancy scored her first two career goals.

Galt (Amarillo, Texas) had a strong week at her outside hitter position. Her 15 kills in a win against league leading Harding set a new career high. Over the three games, she averaged 11 kills a game and held a hitting percentage of .269. Galt putting up career numbers helped SWOSU volleyball go 3-0 last week.



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Bulldogs Overcome in Fourth Quarter



Jon Chidester
SWOSU Media Relations

SWOSU Football and Oklahoma Baptist battled in a one-possession game throughout, but the Bison outscored the Bulldogs 10-0 in the fourth quarter and went on to win the afternoon contest 20-13.

The Bulldogs led 13-10 heading into the fourth after a go-ahead field goal in the closing minutes of the third quarter. It's the second straight week a fourth quarter lead could not get cashed in for a win.

SWOSU tallied 229 yards of offense through three quarters in a solid showing but gained just 12 yards in the fourth quarter which squandered any chances of pulling out the victory.

The go-ahead third quarter kick came from Brandon McCary – his second made field goal of the day.

He entered Saturday with just one field goal attempt on the year and finished 2-for-2 from 34 and 29 yards out. He also put the first points up on the scoreboard from either team with his first-quarter field goal.

After the lead changed hands, OBU regained it on their ensuing drive. A back-breaking third down touchdown pass of 61 yards had the Bison back on top 17-13 with 14:03 left in the game.

SWOSU had just scored on back-to-back drives and had OBU on third and long but could not get the necessary stop to avoid points.

OBU added a field goal with under a minute to play for insurance.

SWOSU's lone touchdown came on the third quarter drive just before McCary's second field goal. At the time, it tied things up at 10-10.

The Bulldogs went on an eight-play, 64-yard drive that was capped off by a Dexter Brown touchdown run on the goal line.

SWOSU got chunk yardage on a trio of plays to move the ball down the field after Brown began things with a 17-yard run, followed later by back-to-back catches later on from Elijah Reed and Zion Mercer for 37 yards combined.

The Bulldogs trailed 10-3 at halftime. After the Bisons notched 198 yards of offense in the first half, the Bulldogs defense limited the visitors to just 107 in the second half in what was another solid showing.

Final numbers showed SWOSU with 241 yards of offense, compared to OBU's 305. It's SWOSU's second highest offensive output of the season.

On defense, Freddie Mango led all tacklers with 12. RJ Powell, the Reigning GAC Defender of the Week, came away with 3.5 tackles for loss and finished with eight tackles. Richard Silva had one sack, two tackles for loss, and seven total tackles.

Quarterback Sean Shelby finished 9-of-25 for 166 yards and fumbled once after being sacked late in the fourth quarter. Shelby also ran 16 times for 52 yards, but six sacks in the passing game deflated his final mark.

Dexter Brown rushed 11 times for 52 yards and his score.

Taylor Tosches led the receiving core with four catches for 100 yards – his first 100-yard game as a Bulldog.

The Bulldogs remain winless at 0-7 for this year's football season and will face Southeastern at 2:00 pm in Durant next Saturday.

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 SAYRE EAGLES	vs. Merritt	W 30-20
 THOMAS TERRIERS	@ BF-DC	W 42-7
 WATONGA EAGLES	--	--
 SWOSU BULLDOGS	vs. OBU	L 13-20

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