

Stafford Air & Space Museum Adds Historic Stealth Fighter to Collection



The Stafford Air and Museum received delivery of an F-117A Nighthawk this past Thursday after 8 years of work securing the once highly classified stealth aircraft. The F-117A Nighthawk, which is planned to be on full display at the museum by this upcoming fall, was the first operation aircraft in the world created with stealth technology. The aircraft is especially relevant to the museum because of the role General Thomas P. Stafford played in it's development during his tenure at the Pentagon in the late 1970's.

It was a long and winding journey to rehouse the aircraft at the Stafford Air and Space Museum, one that required much more than semi trucks with flatbed trailers.

The once highly Top Secret aircraft, which was produced during the height of the Cold War with the Soviet Union, still contained secret components that were still a primary concern of the United States government.

“We didn’t even know of its existence for about eight years until it was released to lead the attack into downtown Baghdad during the first Gulf War, and so that’s part of the mystique about it. But on the other hand, that was also part of our problems. It was still classified, when we had put in a request for this eight years ago. It’s just now arriving,” said Max Ary, Museum Director of the Stafford Air and Space Museum.

Because of the secretive nature of the aircraft, Ary along with General Stafford enlisted the help of several influential people, like former Oklahoma Senator Jim Inhofe and Inhofe's Chief of Staff Anthony Lazarski, who piloted the exact aircraft to be displayed. They along with several other members and friends of the Stafford Museum were instrumental in securing the aircraft.

Once they were granted approval to exhibit the plane, the challenges only increased. Among the many steps taken to transfer the aircraft to

the museum, any and all top secret components, including things like the exterior stealth coating, had to be removed. But after the plane was demilled, some aspects of the plane were unrecognizable and would need to be replicated. That replication process alone took 16 to 18 months.

Now that the aircraft is in possession of the Museum, tensions are still high. "I'm still going to be in my paranoia paranoia mode until that thing is in that room on its tires and everything put back together and then I'll worry about meteors crashing through the roof of the building and hitting it, because it's just been one of those projects." said Ary.

Ary is planning to have a soft release of the plane on exhibit in the museum sometime before the end of the summer with a more formal exhibition opening happening during the fall. For more information about the Stafford Air and Space Museum you can visit their website at www.staffordmuseum.org.



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Claressa Whiteskunk

Claressa Janelle White Skunk was born March 15, 1985, in Oklahoma City, OK to Hallie White Skunk. She passed away early Thursday, June 27, 2024, in the Oklahoma University Hospital in Oklahoma City, OK.



Claressa was given her Indian name, “Prayer Woman” (Hoo’estoo’nah).

Claressa was raised in Colorado and California and graduated high school in 2004. She moved to Oklahoma and was attending Redlands Junior College in El Reno, OK, working on a Registered Nursing Degree. She has worked in fast food service most of her adult life. She enjoyed going to Powwows, making beaded jewelry and attending Native American events.

She was preceded in death by her companion, Robert Lunsford.

She is survived by her mother, Hallie White Skunk, Weatherford, OK, daughter, Trinity Lundsford, Bartlesville, OK, three sons, Anthony Neely, Jr., El Reno, OK, Denver Lunsford, Fort Cobb, OK and Eli Jackson Lunsford, Ft. Cobb, OK, sisters, Rose Ann Jessete, of Kansas, Carol White Skunk, Weatherford, OK, Clarice Jacket, Towaoc, CO, Mary White Skunk Fry, Shawnee, OK and Wanda Whiteman, El Reno, OK.

Karen Crenshaw

Karen Kaye Crenshaw -Douglas was born on August 18, 1962, to Bertha Crenshaw and James Randall Conger in Clinton, OK and passed away Wednesday, July 3, 2024, in the Oklahoma University Medical Center in Oklahoma City, OK.



Karen was raised and attended school in Clinton, OK where she graduated in 1981.

She was an outstanding athlete during her high school career. She excelled in Field and Track where she still holds the Oklahoma State record in the 100-yard dash, 220 yard-dash, 440-yard dash and the 800-yard relay.

She received the Jim Thorpe Award while in High School as well as an Upward Bound recipient. With her unbroken record she was recently honored at the Clinton High School with a Karen Crenshaw Invitational Track meet. Along with being a Field and Track star she played basketball, and Summer Softball.

She was employed with Kentucky Fried Chicken, Loves Country Store, Taco Bell, and the Clinton Laundry while in Clinton.

She moved to Yukon, OK in 2015 and worked in food service. For the past five years she was employed in the Deli in the Sprout Store in Yukon.

She married Carlton E. Douglas on October 24, 2020, in Oklahoma City. They have made Yukon their home.

She was a member of the Bethany Baptist Church, she loved to cook, play board games, dominoes and farkle, her passion was being with family and friends.

She was preceded in death by her mother, Bertha, and sister, Tesa Richardson.

She is survived by husband, Carlton, of the home, five daughters, Terena Crenshaw, of NY, Aaliyah Crenshaw, Joplin, MO, Amy Perez and husband, David Aguiare, Sentinel, OK, LaShawn Barnett and husband, Emil, Piedmont, OK, April Gonzalez and husband, Nicolas, Moore, OK, her father, James Conger and his wife, Margaret, Independence, KS, three sisters, Patricia Player, El Reno, OK, Tonya Dwira, OKC, OK and Phyllis Perry and husband, Thomas, Lawton, OK and four brothers, Billy Fisher, El Reno, OK, Edward Crenshaw and wife, Sherell, Baltimore, MD, Terry Crenshaw, Independence, KS and Trey Conger, Independence, MO.

She is also survived by 11 grandchildren, Quinn Crenshaw, Nicholas Martinez, Jaque Carpenter, Gabriella Becerrill, Isabella Gonzalez, Kolten Perez, Izaiah Zapien, Easton Barnett, Callie Barnett, Aiden Gonzalez, Jeremiah Gonzalez and one great-grandchild, Elijah Carpenter.

Kathy Regier

Kathryn Cloe (Martin) Regier was born on Thursday, October 22, 1942 in Brady, OK, to John Fletcher and Eva Cloe (Bean) Martin. She passed away Friday, June 28, 2024, in her Cordell home.



Her parents moved to Elmore City, OK, remaining there until graduating high school. She attended East Central University in Ada, OK, graduating with a Bachelor of Science Degree in Medical Technology in 1964. She continued her professional development in medical technology, completing an internship at St. Anthony’s Hospital in Oklahoma City where she earned her credentials with the American Society of Clinical Pathology.

Kathy married Charles Regier on March 18, 1967, in Elmore City. Charles and Kathy made their home in Cordell where they welcomed their only child, a daughter, Nicole Renee, in 1970.

Kathy was employed as a Medical Technologist for the State Hospital in Clinton, OK, later beginning a career with the Cordell Memorial Hospital in Cordell, OK. In the early 1980s, Kathy followed her heart and passion, launching “Kathy’s Kreations” from her home. Her strong work ethic and vision grew the business from starting small with a unique line of baby products to the opening of a retail store on the Square in downtown Cordell. The 1990’s saw Kathy become a Financial Advisor for Waddell and Reed with offices in Cordell, Weatherford and El Reno.

In 2009, Kathy’s health challenges began, and she pursued the best health care providers to overcome each challenge. During this time Kathy pursued several hobbies: glass staining, quilting, and painting.

Kathy was a lifelong Methodist. She was a leader for the UMFY youth at her church and for the district. She also served on numerous committees for the United Methodist Church throughout her lifetime. Her favorite scripture, 1 Peter 2:24, helped her through many hospital stays: “He himself bore our sins in his body on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed.”

Some of her favorite family memories were camping and traveling in their Fifth Wheel Camper with their grandchildren, and of course fishing. Kathy enjoyed saying, “no one has had better friends than I have had!” She considered her friends as among her greatest blessings.

Kathy was a member of the Beta Sigma Phi Sorority and the PEO Women’s organization in Cordell. Kathy loved anything creative, including painting, crafts, gardening and creative outlets. She also enjoyed traveling, shopping, decorating and fishing. Most of all she just loved being around people!

Kathy is survived by husband Charles; daughters Nicole Regier Boyles and Cody Gauger of Edmond, OK; one grandson, Brayden Boyles of Cordell; two granddaughters, Emma Boyles and Lauren Boyles, of Weatherford, OK; one brother, Bob Martin and his wife, Carolyn of Oklahoma City; one sister, Nahoma Nation, of Eugene, Oregon; one sister-in-law, Ramona Martin; one brother-in-law, Dale Regier and his wife, Phyllis, as well as many more extended family members and friends.

She was preceded in death by her parents, one granddaughter, Lindsey Ann Boyles, three brothers and five sisters.

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Sheriff Raji (pictured, right) was recently inducted as the new Weatherford Rotary Club President by outgoing President Garrett King (pictured, left).

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Western Plains Library System (WPLS) hosted their annual “Extreme Animals” event as part of their Summer Reading Program. Kids in attendance met Joey the Kangaroo (pictured), and got to pet Banana the Python after the show.

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4:30 PM Cards Due
5:00 Showmanship
6:00 PM Show Begins
\$25 Entry Fee per Head
Show Order: Breeding Ewes, Market Lambs, Breeding Does, Market Wethers
**AOB: Will be formed with any breeds less than 5 head
Judge: Jett Smith
Prize Money
\$750 Grand Champions
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Showmanship age divisions:
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SATURDAY JULY 27, 2024
WEATHERFORD AG EXPO CENTER
Located Far North End of Rader Park
\$25 Entry Fee per Head
4:30 PM Cards Due
5:00 PM Showmanship
6:00 PM Show Begins
Breeds by Classification: Berk, Chester, Duroc, Hampshire, Hereford
Poland, Spot, York, Light Cross (no black) and Dark Cross
(5 Head to Make Breed)
**AOB: Will be formed with any breeds less than 5 head
Copy of Pseudo Papers Required
Judge: Adrian Austin
Show Order: Gilts followed by barrows
Showmanship Divisions:
Pee wee (8 & under) Junior (9-12)
Intermediate (13-15) Senior (16-18)
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LOCAL AND AREA NEWS



Mike Smith
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Mike and Judy Wilkes’s Family Endows Smalley Scholarship at SWOSU

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Judy and Mike Wilkes are thanked for their generous gift during a recent visit to the university. Pictured, from left: Provost Dr. Joel Kendall; Administration & Finance VP Lori Boyd; Judy (Smalley) Wilkes; Mike Wilkes; and President Dr. Diana Lovell.

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Southwestern Oklahoma State University (SWOSU) has announced a major charitable gift from longtime benefactors and SWOSU alumni Mike and Judy (Smalley) Wilkes of Oklahoma City.

The generous gift will allow for the full endowment of the Bud & Wanda Smalley Memorial Scholarship Fund which was established in 2017 to provide financial assistance to SWOSU students from Caddo County, Oklahoma who are studying in SWOSU’s Everett Dobson College of Business at the Junior and Senior levels.

“Mike and Judy Wilkes are ‘true blue’ SWOSU alumni who have generously given back to their alma mater for decades,” said SWOSU President Dr. Diana R. “Diane” Lovell. “We are deeply grateful to Mike and Judy for their latest investment in our work here on the Hilltop.”

Judy (Smalley) Wilkes is a 1976 SWOSU graduate and an Emerita Trustee of the SWOSU Foundation, Inc. Mike Wilkes is a 1975 SWOSU graduate and a Past President of the SWOSU Alumni Association. The Wilkses founded Houston-based Arrow Industrial Equipment in 1997 and Southwestern Paint Panels in 2006 and operated the firms until 2023, retiring in 2024. Earl Weaver “Bud” Smalley, Jr. was born on November 19, 1932, son of Earl and Mary (Woodward) Smalley north of Eakly,

Oklahoma. Wanda Lou Seymour was born on October 5, 1932, daughter of Randolph ‘Colonel’ and Cora Seymour of Oklahoma City.

The two were married on Jan. 19, 1953, and their union of 63 years was a joyful one. The Smalleys raised a family of four daughters in Eakly where the family farmed peanuts and cotton. The Smalleys were also commercially involved in the Eakly Farmers Cooperative Gin, the Eakly Propane Company, and had banking and funeral home interests.

The Smalleys were devoted members of the Eakly United Methodist Church and were proud grandparents of ten and great-grandparents of two. The Smalleys were champions of higher education, and took great pride in the fact that all four of their daughters, all four of the Smalley sons-in-law, and seven of their ten grandchildren are SWOSU alumni.

The Bud & Wanda Smalley Memorial Scholarship Fund is stewarded by the SWOSU Foundation, Inc. The Foundation was established in 1977 as SWOSU’s independent nonprofit partner. The Foundation is based on SWOSU’s Weatherford campus in the historic Burton House and works to promote philanthropy and distribute funds to support the activities and programs of SWOSU.

For more information, please call 580-774-3267 or visit www.SWOSUFoundation.com.

ELK CITY SCHOOLS / ENROLLMENT - Elk City Schools Superintendent Mike Sparks says he believes district enrollment will be a bit higher when the 2024-25 academic year begins next month. “We are anticipating having somewhere in the neighborhood of 2,150 students attending Pre-K through 12th Grade,” explains Sparks. “Our enrollment has been really solid for the last three years, and continues to inch upwards.” Sparks also says that Elk City Public Schools has been receiving interest from students outside of the district looking to take advantage of the Oklahoma Student Transfers program. The first day of school for Elk City schools is scheduled for August 14th.

INITIATIVE PETITION SUCCESS - An initiative petition that would raise the minimum wage in Oklahoma has surpassed its signature goal and will appear on the November Ballot as SQ 832. If passed, the minimum wage will be gradually raised from \$7.25 to \$15 over the span of four years.

SWOSU / ATHLETIC AUCTION - The online portion of the SWOSU Athletic Auction will last from July 29 - August 9. An in-person event is also planned, says Director of Operations for the SWOSU Foundation Jessica Perry. Auction items may be previewed online by visiting SWOSUAthleticAuction.com

BROWN / INHOFE DEATH - Former United States Senator from Oklahoma Jim Inhofe has died at the age of 89. Inhofe was the longest-serving U.S. Senator from Oklahoma from 1994-2023. Weatherford Mayor Mike Brown says Senator Inhofe played a huge role in one day bringing a National Guard Readiness Center to Weatherford. “The groundwork has been laid,” says Brown. “It may be several years before anything comes to fruition, but there’s no doubt that [Inhofe] has put [Western Oklahoma] in a position to--someday--be able to show off a readiness center here.” Sources say Inhofe passed peacefully and was surrounded by family after a sudden illness over the 4th of July holiday.

WEATHERFORD PD / ASST CHIEF - Weatherford Police Chief Angelo Orefice says the department has a new Assistant Police Chief. Chief Orefice says Phil Williams has a significant amount of law enforcement experience. Williams started in his new position on Monday, July 8.

WEATHERFORD / BID - The city of Weatherford received one bid for work to be done at the north industrial park says Economic Development Director Yolanda Creswell. Creswell says the bid still must be approved by the industrial trust board and the city commission.

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Happy Birthday Wishes for Happy Birthday Wishes for July 17 – Don Claussen, Norma Hale, Sandy Henderson, Angela King, Hannah Miller, Ken Snider, William Walker; **July 18** - Sidnie Arriaga, Vera Janzen, Christy Manhart, Vickie Mouse, Marquitta Moxley, Sonya Pearson, Lera Sawatzky, Louella Vaughn; **July 19** – Al Barrett, Bryce Butler, Ethel Cooper, Shaunda Garrison, Alicia Howell, Melanie Miller, Kody Robertson, Alfred Sawatzky, Jana Smith, Mika Tackitt, Kimberly Threadgill, Rose Walton; **July 20** - Celia Bailey, Kenny Carlisle, Martha Gillingham, James Ivy, Irene Jones, McKenzi Mendez, Eric Shepard, Ben Snider, Sierra Webb, David Wright; **July 21** - Sheila Cupp, Joaquin Jacob Gonzalez, Dennis Hill, Elisa Hines, Braden Lewis, Sheryl Settles, Luwynda Shawne, Tricia Sims Clothier, Britten Taylor, Coy Don Wilburn; **July 22** - Stan Baxter, Chris Beggs, Ed Capps, Richard Cliff, Chris Deffenbaugh, Nate Downs, Robert Elliot, Clayton Hamlin, Rick Hanson, Pat Kourt, Trey Newton, Ricky O’Neale, Stacy Sadler, Kirby Sheperd; **July 23** - Micheal Austin, Andrew DeVoss, William Gentry, DeAnna Goosen, Tyler Jack Hoffman, Wanda Johnson, Donna Lutrull, Tyler Mullins, Astrid Olguin, Tracy Sanchez, Tyler Williamso.

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		Saran Wrap 100 ft.	\$1.79

Oklahoma History: Alvin Dark, Oklahoma’s Greatest Giants Player



Fred Hermansky / NBC Universal
Alvin Dark (right) with Willie Mays (left), known as one of the greatest players in the sport’s history. Photo circa 1961.



William “WM” C. Greene / New York World-Telegram and The Sun
In the closest play of the 1951 World Series, Yankees Catcher Yogi Berra drops the ball mere moments before Giants Shortstop Alvin Dark steals home base.

Chase Wright
Staff Writer

Alvin Dark, one of the great players of America's favorite past time sport: baseball, was born in Comanche, Oklahoma on January 7th, 1922. Dark grew up during the Great Depression, fostering a personality of resilience and grit. After his family moved to Lake Charles, Louisiana, his athletic talents were on full display as he excelled in multiple sports. His athleticism earned him a scholarship to Louisiana State University (LSU), where he caught the attention of Major league scouts. Despite being eager to pursue his career in baseball, the world had other plans.

During WWII, Dark transferred to Southwestern Louisiana to train as an officer for the United States Marine Corps. He served between 1945 and 1946. After returning to the states, he found out that the Philadelphia Eagles had chosen him in the 1945 NFL Draft, but he instead signed with the MLB Braves, preferring baseball. With a full roster and his untested experience in the pro league, he was moved to the minor leagues for 1 season where he was named that league’s Rookie of the Year and an All-Star. He led the minor league in runs scored and doubles. He had proven himself.

The next year, 1948, Dark debuted officially as part of the Braves Opening Day roster and quickly took the starting shortstop position. Again, Dark excelled. He had a 23-game hitting streak, just 3 games shy of the record for rookies and was named MLB Rookie of the Year, becoming the second winner of the award, after Jackie Robinson.

The Braves secured the National League pennant that year with his exceptional fielding and hitting. In 1950, Dark was traded to the New York Giants, getting named Captain and helping to lead the team to their legendary MLB pennant run in 1951. At the end of the season, the Giants were tied with the Dodgers and had to play a three-game series for the pennant. It came down to game 3 with Dark’s Giants trailing in the 9th inning. He led off the inning with a single base hit, scoring a couple batters later, setting up penultimate scenario for the legendary “Shot Heard ‘Round the World”, where his teammate Bobby Thomson nailed a walk-off three-run home run that clinched the win.

A few years later, in 1954, the Giants won the World Series against the Cleveland Indians who had just set an AL record with 111 wins.

Dark proved himself again by getting a hit in every game and ultimately swept the Indians to secure the championship. During the World Series parade, Dark rode in the first car in line with Willie Mays in New York City.

He continued to have success throughout his MLB career, spanning 14 years and playing for the Braves, Giants, St. Louis Cardinals, Chicago Cubs, and the Philadelphia Phillies. Dark received the first Lou Gehrig Memorial Award in 1955. He was inducted into the Oklahoma Sports Hall of Fame, the Louisiana Sports Hall of Fame, and the Bay Area Sports Hall of Fame, but ultimately was unable to get into the MLB Hall of Fame, despite having a higher batting

average and more home runs than the other two shortstops in New York after WWII: Phil Rizzuto and Pee Wee Reese, both of whom are in the Baseball Hall of Fame. Critics believe it is likely due to Dark’s shortened prime years from serving during WWII. After retiring, Dark worked as a manager for many pro teams and won a World Series championship in 1974 with the Oakland Athletics.

Alvin Dark lived and breathed baseball. His contributions to the sport, both on and off the field, have left an incredible mark on baseball history. Dark's legacy continues to inspire future generations of players and fans. In a poll in 1969, Giants fans select Dark as the greatest shortstop in team history. South of LSU’s campus a street was named after him “Alvin Dark Avenue”.

One of the great stories from his autobiography and those around him came during his tenure as Giants manager in the early ‘60s. Future Hall of Famer Gaylord Perry was in the batting cage with teammates and Dark around. Despite Gaylord’s prowess as a hitter, he had yet to hit a homerun in the major leagues. During the training session, Gaylord and company recall Alvin Dark casually mentioning “There’ll be a man on the moon before he, [Gaylord], hits a home run.”

A few years later, July 20th, 1969, Apollo 11 landed on the moon at 1:00pm. Thirty minutes later, after 547 at-bats, Gaylord Perry knocked his first baseball out of the park. Alvin Dark passed away on November 13th, 2014 at 92. His legacy lives on.

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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 winding paths our lives took. These life aspects are the fundamental backbone of River Valley Skilled Nursing & Therapy in Clinton, OK which provides services to Veterans including long-term care and skilled therapy with the help of on-site and experienced staff. The staff don’t call it a job, they call it a lifestyle.

With 24/7 skilled staff, the care given to the residents at River Valley is unmatched. Care that checks off each component of wellness and health. Every member at River Valley is licensed, certified, and specialized.

From therapy services conducted by occupational and speech language therapists to physician services to dietary services overseen by registered dieticians to nursing services that include focused care for

diabetes management, IV Therapy, Respiratory Services, cardiac care, Mobile Lab services, and more, the sheer work put into surrounding residents with highly sought-after medical professionals is staggering. Every section, service, and activity has been hand-picked to provide residents with the highest level of happiness and support they can receive.

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

The only qualified person to run your life is you, and that should apply to the care you seek and the way you spend your time.

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

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

Kids Therapy Connection in Thomas, OK, Helps Kids Realize their Potential in Future Endeavors

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

Each qualifying patient goes through an initial assessment evaluation that aims to build a personalized care strategy that can evolve and expand over their care term. Beside top-of-the-line physical and speech therapy, KT Connection also targets the often overlooked or forgotten aspects of development. Their occupational therapy uses sensory processing and fine motor skills strategies to targets areas often associated with daily living: getting dressed, brushing teeth, tying shoes, etc.

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

Insurance Accepted: SoonerCare, Blue Cross/Blue Shield, Aetna, HealthChoice, Competitive Self-Pay Rate

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SENIOR LIVING

HEALTH SERVICES

Corn Heritage Village Offers Personalized Care to Meet Wellness Needs

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

Offering services for rehabilitation, independent living, and long-term care, Corn Heritage Village & Rehab continues to provide Nursing Home Care with “in-house benefits that you won’t find anywhere else.” As a top-quality service provider for years, their robust benefits and access to skilled nursing staff comes as no surprise.

Some of the in-house benefits include:

- A 24/7 Pharmacy Service
- Resident Activities & Events (shopping, cook-outs, art, music, therapy, etc.)
- Rehabilitation with state-of-the-art equipment
- 24/7 Registered Nurse coverage
- Staff that truly treat each resident like family

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

The second way they’ve elevated their care is with upgraded facilities. You cannot focus on the future if your equipment is living in the past. The new upgrades include “modernized rooms, cafeterias, ice cream bars, and more.”

Corn Heritage Village & Rehab 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 providing residents with transportation, to community shopping, activities, and outings, Corn Heritage is committed to their mission, “to provide the highest level of Long-Term Care & Rehabilitation Care in Oklahoma.”

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

Assuring Home Health of Clinton’s High Quality Home Healthcare

Maintaining your or your loved one’s independence while dealing with chronic medical conditions can be extremely difficult and costly, so finding a balance between high quality healthcare and a high quality of life can be a daunting task. But it doesn’t have to be with Assured Home Health of Clinton.

Assured Home Health of Clinton is committed to tailoring their care to each individual patients need with a sharp focus on delivering the highest quality care possible and they’ve been doing just that in Western Oklahoma for years. “Our name has changed over the past years... but we’ve been serving Western Oklahoma for over 28 years and we’ve had pretty much the same staff for over 25 years,” said Assured Home Health of Clinton’s Executive Director Peggy Rennels.

Along with the high level of experience among

Assured Home Health’s caregivers, Assured Home Health guarantees they can provide a continuation of care for their patients whatever the situation. By directly employing their caregivers instead of relying on contractors or contract agencies, Assured Home Health ensures that you and your loved ones have the most reliable care for under any circumstance. And with most of their staff local, from Custer, Beckham and Washita counties, patients can expect caregivers to better understand their ways of life.

Another one of the benefits of choosing Assured Home Health are the resources offered by the their parent corporation the LHC Group. With five offices in Oklahoma and several others throughout the United States patients can rest easily knowing that they’ll be cared for wherever they live.

“Now with LHC, we have so many more things that are at our hands that we can get. We've got a diabetic program, a congestive heart failure program, a COPD program. We've got several programs in place that if you go from one town to another or the next state, their care can continue,” said Rennels. That continuation of care is important for maintaining the highest quality healthcare possible.

While Medicare is the primary insurance that patients usually use with Assured Home Health, they can also work with patients and their providers to keep prices manageable, and sometimes patients don’t have to pay anything out of their own pockets.

For more information about the services they provide, call 580-323-0277, or search Assured Home of Clinton on any search engine.





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SENIOR LIVING

HEALTH SERVICES

Russell-Murray Hospice Offering Nursing Care for Western Oklahomans

A terminal diagnosis is one of the hardest things to face. It's commonly understood that each moment is precious but when you're told explicitly that your finite amount of time is quickly approaching, the news can be overwhelming. After receiving a diagnosis like that, families & patients may ask: What's the next step? What should I do? What's the point? In the wake of shattering news, a little bit of help can go a long way.

Russell-Murray Hospice, Inc. is a nonprofit organization that provides in home care to patients that have a terminal diagnosis of 6 months or less. Following the diagnosis, families who reach out following a referral will be able to meet with a supervisor to discuss their needs.

After, the team goes through the medical records with the doctors and determines the best treatment paths and equipment they'll need. Then, the Russell-Murray team will get the necessary equipment installed and setup in the patients home, even before they're discharged from the hospital. The goal is to ensure the families can focus on each other and the time they have. All other cares & worries can be handled (transportation, visits, etc.)

Russell-Murray offers in-depth and varied counselor and therapy services per patient need. If new developments come up and additional therapy, like respiratory or physical, is needed, the team comes together to discuss if it can be covered and implemented. When providing care, the Russell-

Murray caregivers can also train the patient's primary caregivers in specific care like wound dressing so they can ensure the comfort of their loved one.

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

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

People want to feel good in their bodies and sometimes a different approach can make all the difference. "If you make people feel better, that changes the world just a little bit for the better," said April, the owner and Master Herbalist at Red's Remedies. For over a decade, April has made it her mission to help people feel better with natural remedies and herbalism, heeding advice that's been passed down for generations upon generations.

Living in Weatherford since 2019, April, or Red as her friends call her, started offering natural alternatives for well being at Western Oklahoma festivals and gatherings. She discovered there were several people who resonated with her approach, who inspired her to set up a brick and mortar shop in Weatherford.

"I found that there was a local demand for my products... so I wanted Weatherford to have access to alternative medicine and would see that there is another possibility that can help them feel better daily," said April.

Located at 307 West Main Street. April's store offers a wide range of natural remedies that she creates herself. Her products are wide ranging, from teas and herbal medicines, to skin care regimes, pain relief, and aromatherapy. April has accumulated a breadth of knowledge that she is glad to share with Western Oklahoma.

"I want to make a space where people feel heard that is founded on trust. And of course, I'm always available, you know, for questions. I love to talk about it," said April.

April is also building a repertory, or a resource guide that will help clients better find the natural remedies that suit their needs. She's still gathering more knowledge, but she is ready and willing to share it with anyone and everyone that walks through her door.

"Everything in my shop is going to be good for you. So, you have to find what would possibly work for you or your conditions and I just feel that it would benefit everybody that has a need to feel better... I'm kind of like the tour guide."

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

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2023-24 SPORTSMANSHIP AWARD WINNERS

Jon Chidester
SWOSU Media Relations

On Friday, the Great American Conference announced its sportsmanship awards for the 2023-24 winter & spring seasons. SWOSU men's basketball and women's golf both earned the recognition, chosen by the league's head coaches based on a points system. It's the first time men's basketball has garnered recognition, while women's golf secures its seventh such honor dating back to 2012.

In 2012, The GAC's Student-Athlete Advisory Committee initiated a sportsmanship award to be presented for all team sports. The winning school will receive a banner similar to the one presented to GAC tournament championship winners. The goal of the program is for member institutions to promote good sportsmanship among its teams, fans, and all involved with the events.

"These awards serve as a reflection of the NCAA Division II emphasis on sportsmanship and game environment," GAC Commissioner Will Prewitt said. "These selected programs have competed with dignity and class and have represented the GAC in a manner worthy of public admiration."

GAC 2023-24 Recipients:

Men's Basketball.....SWOSU

Women's Basketball.....East Central

Men's Golf.....Harding

Women's Golf.....SWOSU

Women's Tennis.....Ouachita

Men's Track & Field.....Northwestern

Women's Track & Field....Southeastern

Baseball.....Harding

Softball.....Ouachita

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Addie Blackwell / WW

Participants at the Eagle Football Kids Camp engage in blocking drills under the guidance of the High School football coaches.

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Addie Blackwell / WW

Young athletes at last week's Kids Football Camp take directions from Weatherford Football coach Kyle Mickley on how to catch a football while running away from it.

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