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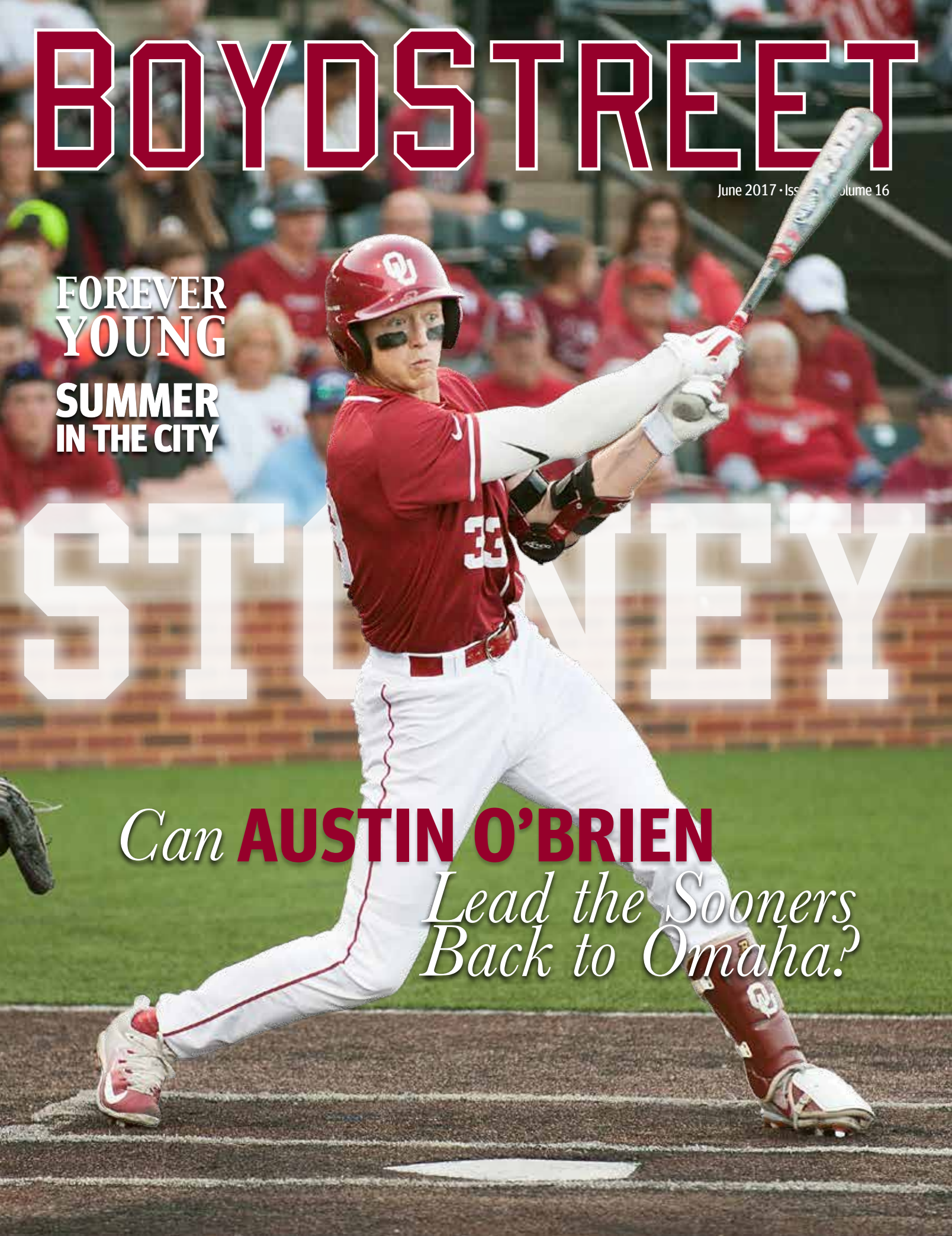
June 2017 • Issue 16 • Volume 16


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IN JUNE

6 things to do in Norman in June



NATIONAL WEATHER CENTER BIENNALE

National Weather Center @ 7 a.m. to 7 p.m.

The National Weather Center and Fred Jones Jr Museum of Art partner together for this free art show that focuses on weather in contemporary art.



JUNE BUG JAM

Sooner Theatre @ 7 p.m.

June Bug Jam is a fundraiser for Transition House, an organization providing pathways for the mentally ill. June Bug Jam 2017 promises to be filled with upbeat fun music from the 1950s through present.



SUMMER BREEZE CONCERT - TERRY BUFFALO WARE AND THE SHAMBLES

Lions Park @ 7:30 p.m.

Norman's own Terry "Buffalo" Ware and The Shambles bring their distinctive brand of instrumental surf/rock/r&b/Okie Twang to Lions Park.



2ND FRIDAY ART WALK

Downtown Main Street @ 6 p.m.

2nd Friday Art Walk is a monthly celebration of art on Downtown Main Street – a collaboration between artists, art organizations, and businesses, brought to you by the Norman Arts Council.



JAZZ IN JUNE

Brookhaven Village

Norman's 34th annual, three-day, outdoor festival bringing Oklahoma and national jazz and blues artists together to perform free for the public.



REEL A MILLION

Lake Thunderbird @ 6 a.m.-6 p.m.

Fishing for a million? Sign up for the Reel A Million Fishing Tournament at Lake Thunderbird hosted by Calypso Cove Marina.



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Jamie Rentzel named 'Teacher of the Year'

Jamie Rentzel's excitement about teaching and love of learning, plus her dedication to her students, equals a fulfilling career.

Rentzel, a 34-year-old math teacher at Norman High School, can add another highlight to her job. She was named the Norman Public School District's 2017 "Teacher of the Year."

"It's wonderful," Rentzel, said about the award. "I'm super proud to wear the title and be a representative of Norman Public Schools."

Rentzel, who is in her 12th year of teaching, also leads the Norman High School's math department, serves on the district's Math Advisory Board and was selected to participate in the state Department of Education's process to re-examine new state math standards. She also was recently awarded the Presidential Award for Excellence in Mathematics and Science Teaching.

Scott Beck, principal at Norman High School, said Rentzel "exemplifies professionalism both in her work with colleagues and in the classroom."

Beck also said Rentzel has not only helped to instill a math mindset in her students, she has served as a mentor

to so many other teachers who have passed this legacy onto students of their own.

"Her leadership in the math department and with the broader faculty has continually helped to push the level of expectation and excellence higher at Norman High School," Beck said.

Rentzel said she is grateful for the award, the recognition from her peers and the opportunity to shine a light on Norman High School. She describes the school as a place with a "great family feel" and a desire for continuous improvement.

"It's always about bettering ourselves and bettering our students," she said.

Rentzel, a Broken Arrow native, said her experiences in high school helped influence her decision to become a teacher. She enjoyed her math classes and would help friends with classwork. Her friends were impressed with how well she explained the subject to them. Her ability to help others and her desire to make a difference led Rentzel into education.

Rentzel said some of her favorite moments as a teacher are watching her students figure out how to solve a

problem and the excitement they feel when they understand.

Rentzel's students said they enjoy her classes because of her enthusiasm for the subject, her encouragement and her ability to make her classes a fun environment.

"She's willing to put in the effort to help us understand," said Jeriah Moenga, a senior.

Moenga said she appreciates how Rentzel establishes a fun classroom atmosphere, creating games for the students or letting them do group work when they delve into new subjects.

Moenga said she was excited about Rentzel receiving the teacher of the year award. "She is the greatest teacher ever. She deserves it."

Brian Phillips, a senior, said Rentzel "teaches us how to never stop trying and to believe in ourselves even when we feel defeated."

Phillips also credits Rentzel for helping him learn to appreciate math.

"She made complex problems easy for anyone to understand. She made math fun and intriguing. Her positive attitude in the classroom always radi-

“It’s always about bettering ourselves and bettering our students.”

ates and cheers up the other students and myself.”

Dani Lodangco, a senior, said Rentzel creates a comfortable environment for students. “Mrs. Rentzel makes it very apparent that she cares for her students’ well-being and not just for their academics.”

Elizabeth Phillips, also a senior, appreciates Rentzel’s teaching style.

“Mrs. Rentzel is the best math teacher I have ever had. She genuinely cares about what she is teaching, as well as her students. I can’t think of anyone else more deserving of teacher of the year.”

Rentzel said she is honored to be the district’s teacher of the year and, looking ahead, wants to keep improving as an educator.

“I’m going to keep giving 110 percent to my students.” – **BSM**



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INGREDIENTS:

- 2 medium carrots
- 2 stalks celery
- 1 small onion
- 2 tbsp tomato paste*
- 4 Lovera sweet garlic cloves, pressed*
- 1-2 tbsp One & Done Seasoning*



- 1 29 oz can tomato puree*
- Better than bouillon beef base (make 2 cups of beef stock)*
- 1 1/2 cups water
- 1-1 1/4 lbs ground ribeye, hamburger or spicy sausage

For the meat, you can use hamburger, spicy sausage, combo or ground ribeye steak (fat & all). We prefer the ground ribeye as it has the best flavor. We recommend choice or prime grade ribeye. Some food mixers offer meat grinder attachments. If you do not have a meat grinder, then we suggest a combo of spicy sausage and hamburger. For a stronger kick, use only spicy sausage.

INSTRUCTIONS:

- Peel carrots. Finely chop carrots, celery and onions.
- Sauté vegetables with olive oil until they begin to soften.
- Add tomato paste and garlic, cook for a few mins until it begins to caramelize.
- Add meat, One & Done, tomato puree, broth and water. Bring to a simmer and cook until it reaches your desired texture/flavor. Finish off with more One & Done as needed. It will be less spicy if you start off with 1 tbsp and add more after it's cooked.

*Denotes items available at the international pantry



Stovetop Smoker Tri-tip

INGREDIENTS

- 2 lb tri-tip (2 lb = 0.9 kg) (at room temperature)
- Kosher salt*
- Freshly ground black pepper*
- John Henry Old Stockyard Seasoning*

TOOLS NEEDED:

- Cameron Stovetop Smoker
- Carving knife



INSTRUCTIONS:

- Gather all the ingredients. Bring the meat to room temperature (important!).
- Season both sides of the meat with salt and pepper and then sprinkle generously with dry rub. Allow to season at room temperature for at least 1 hour. It can also be covered and refrigerated for 6-10 hrs. If you do so, be sure to bring the meat back to room temperature.
- Place 2 Tbsp. of wood chips in the center of the smoker pan, covering an area roughly the size of your burner. Then place the drip pan lined with a sheet of aluminum foil (easy cleanup!).
- Place the tri-tip on the rack. Make sure to leave space between the tri tip and the sides of the smoker.
- Bring the smoker to the stove and center the smoker over a large burner. Close the lid but leave a 1 inch gap. Turn the heat to medium. When you see the first signs of smoke rising from the pan, close the lid securely and start timing. Smoke a 2 lb. tri-tip for 30 minutes (2.5 lb. tri-tip for 40 min).
- When it's almost done, preheat the oven broiler to high. Remove the lid off the smoker. Transfer to the oven and broil for 4 minutes on each side to add a nice char on the outside. Make sure the meat is about 6 inches away from the heat source otherwise it will burn easily. After broiling, the internal temperature should be 130-140F for medium rare.
- Let the meat rest for 10 minutes (important!). Slice against the grain and serve.

*Denotes items available at the international pantry

BROWN BUTTER CHOCOLATE CHIP COOKIE SKILLET

INGREDIENTS

- 1 3/4 cups King Arthur all-purpose flour*
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 14 tablespoons unsalted butter, divided

- 1/3 cup sugar
- 1/2 cup dark brown sugar, packed*
- 2 teaspoons Nielsen Massey Madagascar Bourbon vanilla extract*

- 1 large egg
- 1 large egg yolk
- 1 cup Guittard chocolate chips*
- Ice cream, for serving*



INSTRUCTIONS:

- Preheat oven to 375 degrees F. Lightly coat 2 5-inch cast iron skillet with nonstick spray.
- In a large bowl, combine flour, baking soda and salt; set aside.
- Melt 10 tablespoons butter in a medium saucepan over medium heat. Cook, whisking constantly, until the foam subsides and the butter begins to turn a golden brown, about 3 minutes. Remove from heat; strain through cheesecloth or fine sieve.
- Stir in remaining 4 tablespoons butter until completely melted. Whisk in sugars and vanilla until well combined. Whisk in egg and egg yolk until well combined. Add flour mixture, beating just until incorporated. Gently fold in chocolate chips.
- Divide mixture into the prepared skillet. Place into oven and bake until edges are golden brown but center is still moist, about 12-15 minutes.
- Serve immediately, topped with ice cream, if desired. *Denotes items available at the international pantry

TOOLS NEEDED:

- 2, 5" cast-iron skillet*



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This February, Norman lost one of its most important figures, and the city came together to consider the lives he affected and the impact he had on his community.

Bryan Young was an attorney, coach, educator and a family man. On Feb. 7, Young was shot in his home on by the estranged husband of a woman he was representing in a divorce case. It was a tragic end that shook the Norman community.

“Bryan Young was always there to serve others,” said Don Rother, a longtime coaching partner. “He loved the people that he was around and did everything for them and not for himself.”

Young had a more impressive and interesting resume at age 47 than most people hope to have by the time they retire. Principal, coach, lawyer, jockey, teacher — he did it all.



FOREVER YOUNG

“You name it, and Bryan has done it. And, he not only did it, he did it well,” said Gordon Drummond, Young’s former coaching partner and friend of more than 20 years.

But his resume wasn’t the most important thing about him. It wasn’t the reason that everyone came away with a story about how he made their lives better.

“What really made Bryan distinctive were the things that he did behind the scenes that people really didn’t know about,” said Drummond, a Norman High School soccer coach and retired university professor. “That’s what made him stand out.”

“Every job that he had he was serving others,” said Rother, Norman North High School soccer coach and director of coaching for the Norman Youth Soccer Association. “A lot of the reason why I’m where I’m at right now

is because of his mentoring and just being around him, learning the game with him and seeing how he handles things.”

Young started out his coaching career as an assistant soccer and wrestling coach at Norman High, and moved over to Norman North when the school opened in 1997. After coaching multiple sports and teaching history for several years, Young became Norman North’s assistant principal in 2006, moving up to the role of principal in 2009.

“That was quite a jump,” says Drummond, who wasn’t surprised at all by his friend’s advancement. “Bryan was a leader and a problem solver. He was someone who could inspire other people.”

In his time at Norman North, Young was one of the proudest and most enthusiastic cheerleaders that the

students could have ever hoped for. He attended more school events than anyone would rightfully expect their principal to attend, and the students took notice.

“The students all knew that he really loved them,” Rother said. “That was probably the most important thing that I learned from him.”

Young worked to give the students what everybody wants to have — someone on their side, believing in them and cheering them on.

Young built the Norman North soccer program from the ground up and led his team to two state championships. Few coaches have seen the level of success he achieved in his time with the Timberwolves.

“He always held the highest expectations of his players,” Rother said. “He was a great motivator. Every time he was in the locker room, when he

came in to speak before a game — I wasn't even playing and I was getting pumped up to play."

His passion was contagious. No matter the opponent, he expected his players to win, and he taught them how to have that same confidence in themselves.

Young knew how to connect with people in a way that mattered, whether it be a one-on-one conversation, a team huddle or a speech to the entire high school. "Everyone that was around him loved him," Rother said.

"What's so interesting about Bryan is that he was always looking for new challenges," Drummond said.

During his time, as one of the most successful coaches that Norman North has ever seen, Young was also attending school himself. He earned his master of education administration in 2003 and his juris doctorate degree in May 2012. In 2014, Young retired from the school district to pursue a career in law.

As a lawyer with Ward & Glass, LLP, Young used his expertise to stand up for people who couldn't stand up for themselves, especially special needs children and people in dangerous situations.

He did not step into law to make a lot of money, Drummond said. He did it to help as many people as he possibly could.

And who could ask for a better champion than Bryan Young?

Young was intense, very passionate and very competitive. He was the kind of competitor that you couldn't help but admire.

"He always worked so hard in everything he did," said Rother. "When I look back at it all, everything he did was serving others."

When people mention Young's competitive nature, they rarely finish the sentence without trying to explain just how much he cared about other people.

"I think with a lot of people there are two sides, and with Bryan it just seemed like the two sides were so different — competitiveness and caring. But that's who Bryan was, and that's why he was so distinctive. That's why Bryan stood out," Drummond said.

"I like to describe Bryan as a small man with a giant's heart."

Bryan was devoted to his wife, Lisa, and son, Braxton. Though he focused on helping so many people in all areas of his life, his family was always the driving force behind everything he did.

"Bryan Young is someone that everyone is going to miss," Drummond said. "There was no one like him."

Young's killer, Timothy Michael Deffner, also shot and killed his wife Cayann Paterson and later killed himself. Young had been serving as Paterson's attorney in the couple's divorce proceedings.— **BSM**

CROSTOWN CLASH MEMORIAL TROPHY



The idea for the Crosstown Clash Memorial Trophy was born from an impromptu on-air conversation during a Norman High vs. Norman North soccer Crosstown Clash broadcast on the Sports Talk Network.

The idea was to put in place a trophy akin to that of the Bedlam Series Trophy between the University of Oklahoma and Oklahoma State at the collegiate level. The trophy would be awarded to Norman High or Norman North at the end of each school year. The school with the highest point total by a combination of regular season wins against the opposing team will get to proudly display the trophy for the following school year. The schools can also win points in sports that might not have head-to-head matchups by their finish at the state level like track and field, cross country, golf and tennis.

Norman Public Schools' director of athletics, T.D. O'Hara, is excited about what the trophy could mean for the rivalry.

"I think it makes it even more of a special rivalry than what it has been in the past," O'Hara said. "It adds meaning to the actual rivalry when the two schools play."

Upon hearing the idea, Bryan Young, a lawyer with Ward & Glass L.L.P., former principal at Norman North and coach at both high schools, decided it was something that needed to be set into motion. Ward & Glass agreed to sponsor the trophy. After tragic events and the untimely death of Young, organizers decided to name the trophy in honor of Bryan. The trophy will now be known as the Bryan Young Crosstown Clash Memorial Trophy.

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NORMANITE IN THE SPOTLIGHT

Paul Massad

“Contrary to popular belief, I didn’t come to Norman on the same train as David Ross Boyd,” Paul Massad likes to say.

In actuality, Massad came decades later as a college student and has ended up as one of the University of Oklahoma’s key leaders, serving as vice president emeritus and senior associate vice president for development and director of major gifts.

It all started in the fall of 1956, when Massad transferred from Cameron University in Lawton to OU. At that time, Norman was half the size of Lawton, just 30,000 people. He earned his public relations degree in 1960, a proud student who marveled at the brand-new Copeland Hall on the South Oval.

“I thought, ‘This building is great! What more could anyone possibly need?’ And now I walk into Gaylord Hall, and I...” Massad mimes looking up and around in awe, demonstrating that there truly are no words.

Massad has been around Norman for a long time – he celebrated 50 years of employment at OU in 2010 and is showing no signs of slowing down.

He was fortunate in the early days, being offered a job at OU after he graduated. He started out as an assistant in the public information office, but that was just the beginning, Massad said.

“The university has been extremely kind to me,” Massad says. “I wasn’t just kept in one job – there were so many opportunities.”

Through his career, Massad has served in student recruitment, alumni outreach, development and more. During that time, the university and Norman have grown up alongside one another with expansive new construction on campus as the town has grown to four times the size it was in 1960.

Campus, too, has changed during Massad’s tenure. One of the biggest developments in his early years was a grant from the W.K. Kellogg Foundation, which facilitated construction of the conference center and expansion of OU’s College of Continuing Education. Later in the 1960s, the tower dormitories were completed to house more OU students than ever before.



“George Cross was a unique president,” Massad says, “but we got on a jumbo jet when President and First Lady Boren came to Norman.”

He recounts the expansions on campus since Boren’s arrival, such as the National Weather Center on the south research campus and today’s new Residential Colleges. “They’re an exciting opportunity for upper-class students,” Massad said. “In four minutes, they’re in class without having to drive!”

Massad’s affection for Norman and OU is strong. “I love the size of our city – with growth. I love the size of our university – with growth.”

He says that Oklahoma may be a young state, but that is actually a boon since we maintain a good deal of our pioneer spirit. Massad points out with certainty that “Oklahoma is not stale” and there are always new opportunities, such as the new building for the Peggy and Charles Stephenson School of Biomedical Engineering now under construction.

OU is unique among the universities it is compared to because Norman is a relatively small community, Massad said.

“Norman has about 114,000 people, not at all like Houston with six million. I get phone calls all the time from people who have friends with children at OU and say what a comfort it is – like home.”

“Outside of the construction, I can cross town in 18 to 19 minutes. It’s incredible,” he said.

Still, he says Norman has all the features of a first-class city.

“It’s the best of all places. There’s the world airport 22 minutes away, the Health Sciences Center 20 minutes away, and the things they’re doing there for people, it’s wonderful!”

Norman did not become what it is today by accident; it required the hard work of generations, many holding family names still prominent in Norman. Massad said that many parents and grandparents yearn for their children and grandchildren to stay in Norman, and he does too.

“Judy Kaye and I have two children who graduated from Norman High and two grandchildren who graduated from Norman North. My grandson is working to become a petroleum engineer, so he might have to leave. But my granddaughter, we hope she stays.” he adds, “It’s a good town to live in.”

Massad feels that a big part of what makes Norman a vibrant place comes from the university and, especially, each year’s freshman class.

“Norman is a very progressive city. That’s why it attracts such tremendous students and tremendous faculty. People

don't just come to Norman; they become involved and stay."

The population of Norman is in constant flux, which Massad holds as a great advantage for the community.

One of the exciting things about this city is that every year brings a brand-new group of students who offer new things, and we see off a group that has left its mark on the community.

"People want to come to a place that is constantly changing. There is always something new in Norman, which is part of why we have such wonderful enrollment from out-of-state and international students at the university."

In addition to students, Massad says that faculty are involved, counting off several faculty members who have been elected to positions on city council or as mayor.

"The city and the university have done so well working together."

Despite Norman's growth in population, Massad says he has few concerns because he trusts in Norman's tradition of strong leadership to resolve issues before they become problems.

"Nobody can predict what this city and this institution will be like in 10 years, but I can tell you this," Massad says. "It's going to be progressive."

Massad believes the university will help contribute too, offering not only athletic events, but also fine arts and prominent national and international speakers, in many cases at no charge to the community, while Norman continues as a city of festivals.

He sums up with a simple question.

"Why wouldn't you want to live in Norman?" – **BSM**

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When Lois Annesley started a student job with the Norman Public School District, she had to use shorthand and operate a typewriter without correction tape. The 17-year-old also had to have impeccable spelling skills because there was no such thing as spell check.

Today's students might compare that life to the stone ages, but for Annesley, it was just the 1960s.

Since those early days of shorthand and typewriters, Annesley has worked for the Norman Public Schools, serving the last 41 years as secretary to the superintendent. She will retire at the end of June.

As part of her many duties, she fields calls from around the district and helps connect people to the right administrator. No matter the task, she views every day as an opportunity for growth and development.

"When I went to school at IBM, they would tell us, 'Sometime in the future you'll be able to order things from the computer,'" Annesley recalled. "We thought, 'Wow, that is amazing! I hope we live long enough to see that.' And look at us now!"

Alesha Leemaster, director of communications and community relations, can attest to Annesley's calm, polite and respectful demeanor when helping others.

"The callers may need information quickly, they might have some concerns, they might be overjoyed by something. But it's the most important thing to them right then," Leemaster said. "And Lois helps everyone with such poise and grace; it's just tremendous to see."

As she approaches retirement, Annesley has taken some time to look back on all the changes she's seen in

her 49-year career with the district. The lifelong Norman resident hasn't just adapted to rapidly-advancing technology, but also to a growing student population, shifting district demands and a handful of superintendents, who she says were strong in the leadership roles that were needed at the time.



Annesley has spent the last 17 years with Superintendent Joseph Siano, who she describes as a visionary and mentor. Siano also has announced he will retire in June.

"He has been a continued inspiration to everyone to show how important it is to provide equal opportunities for all students," she said.

When asked what she'll miss most about her longtime post at Norman Public Schools, Annesley said she will miss the people she works with every day. Over the years, she's grown to see them as an extension of her family.

- **Claim to fame:** Graduated from Norman High School and work for the school district for 49 years (including 41 as secretary to the superintendent) before retiring this year
- **Family:** Husband Kenny Annesley and daughter Julie (Andy) Morris
- **Retirement plans:** Spending more time with family and not setting a weekday alarm clock
- **Motto:** "Look at every day as an opportunity for growth and development."

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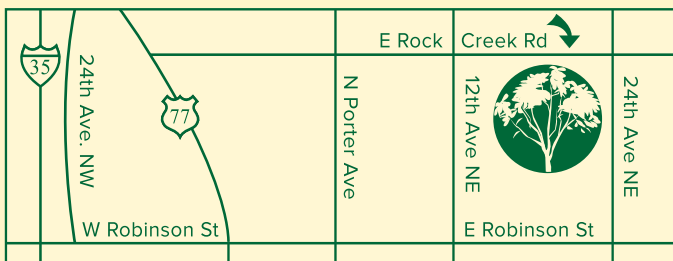
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NORMAN PARKS AND RECREATION: SUMMER & SPORTS CAMPS

Entrust Norman Parks and Recreation with keeping the kids active through summer programs focused on soaking up the sun. Athletes-in-training are sure to pick up new tricks during the Summer Sports Camp Series, which features sports-focused camps like soccer and shooting to skills-based training like speed and strength. As a bonus, fitness-minded campers can try four separate sports at the variety sports camp and refine their talents with the help of former OU athletes, OU coaches and area professionals.

For ages 5-14. \$55-80. 366-5472, 2000 W Brooks St, www.normanok.gov



Kids with an interest in having fun with friends are sure to have a blast as a Norman Parks and Recreation explorer or super camper. After dropping the kids off at the 12th Avenue Recreation Center or Irving Recreation Center, leave them to a wide variety of crafts, games and competitions with other campers. Throughout the 12-week program, campers will also get a taste of community entertainment through group outings to skating rinks, arcades, pools, farms and museums.

For ages 5-11, \$45-135. 292-7275/292-9774, 1701 12th Ave NE/125 Vicksburg Ave, www.normanok.gov



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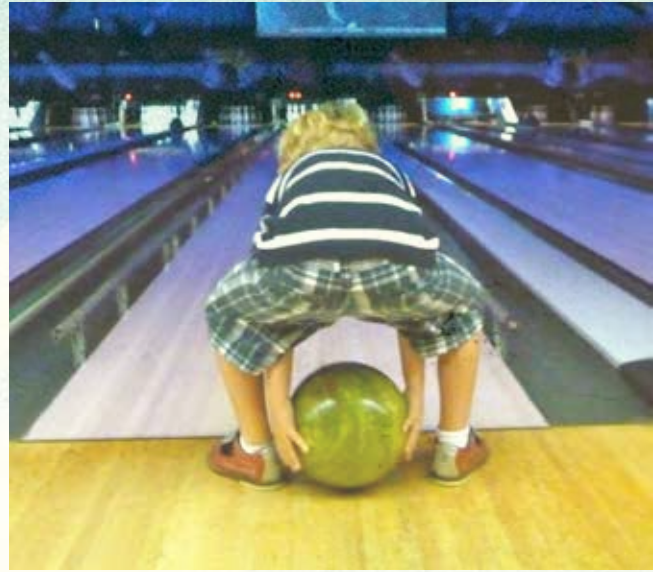
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All summer long, the kids can take advantage of steep discounts at the bowling lane. Bring the kids to Sooner Bowling Center, and redeem coupons for two free games of bowling daily. Simply rent a pair of bowling shoes, set up the bumpers, and watch the kids attack the pins. Who knows, by the end of the season, kids may be ready for the challenge of bowling without bumpers. Also, kids can celebrate a slew of spares and strikes in the Kids Bowl Free Summer Program.

For ages 15 & under, \$3.49. 360-3634, 550 24th Ave NW, soonerbowl.com



NORMAN PUBLIC SCHOOLS: SPORTS CAMPS

Student athletes who want an edge on the competition can draw from their very own school-hosted sports camps. At Norman North, enroll in volleyball camp to learn the fundamentals. During a three-evening, mini-pom camp at Norman North, future squad members can hit the mat, perfecting their pom moves with the help of Varsity and JV ladies. Norman High will host a baseball youth skills camp, running campers through drills to improve their pitching, base running, fielding, throwing and hitting skills.

For ages 4-8th grade, \$50-110. 364-1339, 131 S Flood Ave, www.norman.k12.ok.us

SAM NOBLE MUSEUM: SUMMER EXPLORERS

Embark on a summer adventure at the Sam Noble Museum. Whether accompanying a 4-year-old for a dinosaur discovery session or sending older kids off to day camp for pond exploration adventures, children are sure to have a blast in the name of science. During these indoor and outdoor class sessions, staff will lead students through fun and unique hands-on activities, from studying animal poop and digging in the dirt to seeing the museum behind the scenes and observing reptiles and amphibians up close.

For ages 4-14, \$15-70. 325-4712, 2401 Chautauqua Ave samnoblemuseum.ou.edu



Photo By: Steve Sisney - The Oklahoman

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HEY DAY: SUMMER CAMP

Send the kids to Hey Day this summer for a blast of fun. With a variety of thrilling activities to enjoy, the kids will appreciate a full day packed with bowling and laser tag with new friends. After fueling up with the provided breakfast and lunch, the kids can run off their energy in the laser maze or special camp games. As a bonus, campers can reach new heights with a ropes course adventure, held inside. For fun out of the sun, simply enroll kids in a day of Hey Day Summer Camp for arcade entertainment and more.

For ages 7-15, \$29.99-109.99. 310-3500, 3201 Market Pl
www.heydayfun.com



THE TRAILS GOLF CLUB, JIMMIE AUSTIN GOLF CLUB & WESTWOOD GOLF: JUNIOR GOLF

Let the kids take a swing on the greens this summer as a junior golf program participant. Sign beginners up at The Trails Golf Club for instruction by PGA Golf Professionals, as well as team contests, games and agility drills. At the Jimmie Austin OU Golf Club, Sooner Golf Academy participants will refine their golf skills in a series of three day junior camps held on a course consisting of rolling hills, native grasses and Bur Oaks. For a free mini junior golf immersion class, bring the kids by the Westwood Golf Junior Clinic for putting green and driving range practice. Then, enroll them in the six-day Junior Golf Academy, complete with pizza party and awards presentation.

For ages 6-18, \$0-165. Various locations:
www.trailsgolf.com
www.ougolfclub.com
www.normanok.gov



NORMAN YOUTH SOCCER ASSOCIATION: SUMMER CAMPS

Prepare the kids for the big leagues with soccer skills training camps hosted by Norman Youth Soccer Association's Oklahoma Celtics. For a simple introduction to the sport, opt into the recreation camp. Those who aim to score multiple goals or block strikers' shots will have a blast refining their talents at the striker/keeper camp in June. Serious soccer players can also take part in the Pre-college Academy Camp for their best chance at making the most of the collegiate level athletics recruiting process. For pure fun with players of all ability levels, choose the Celtic Soccer Academy camp to learn individualized techniques.

For ages 6-18, \$85-229. 573-0070, 1001 E Robinson, www.normansoccer.org



YOUTH PERFORMANCE: CONDITIONING CAMPS

Young athletes can get a jump start on their overall performance and conditioning through one of three summer programs at Youth Performance. Utilizing a scientifically-based approach, athletes from elementary school through high school can focus their training to enhance strength, endurance, speed, agility and more. Packages include hour-long sessions two to three times a week. There is even a Rookie Camp in July.

For ages 18 and under, \$100 for 10-12 sessions per month contact Youth Performance at 701-3416, 500 W Main St
www.youthperformanc.net



MOORE NORMAN TECHNOLOGY CENTER: SUMMER YOUTH ACADEMY

Encourage the kids to pick up new skills and discover new passions at Moore Norman Technology Center's Summer Youth Academy. Rather than bringing home a new puppy, enroll kids who love animals in the Animal Kingdom course. If woodshop is an interest, mitigate risky operations by letting experts teach students how to safely handle tools in the carpentry class. From computer game design and CSI Camp to duct tape design and small business basics, the kids are sure to fall in love with something new this summer.

For ages 9-14, \$75-140. 364-5763, 4701 NW 12th Ave NW, www.mntc.edu

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PROSPERITY POINTS

FOR AVOIDING FAKE INVESTMENT NEWS



Deciding whether or not something is “fake news” seems to be the question for 2017, even when you are trying to understand your investments. Although stock market data is plentiful, it’s hard to tell the difference between research, marketing, and fake news. Here are some tips to help you decide what you can trust.

- Today, with online publishing, it’s easy to look like an expert. Before you believe an article, check the author’s credentials.
- If you read a research study, see who

financed the work and where it was published. Research occurs outside of university settings, but commercial sponsors may have an interest in the outcome.

- Typically, research offers findings or results while marketing promotes specific products.
- If someone is touting investment performance, look at the time periods of the study and compare them to equivalent market index results. Cherry picking timelines can lead to misleading returns.
- Always check to see if the investment performance includes the fees or cost of the investment.
- Although the implementation of the mandatory DOL fiduciary standard has been delayed, require your financial professional to hold your best interest first. Consumer pressure is stronger than legislation.

With social media, “advertorials,” and impressive marketing plans, it can be difficult to find trustworthy data. However, just a little research on your part can make all the difference. Be Prosperous!

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A Fitness Journey

Fitness is a journey, full of peaks and valleys.

Exercise routines start, but life can change, workout habits can be interrupted and fitness can fade. The trainers at Orange Theory Fitness know all about that. They've seen it happen to others, but more importantly, they have seen it happen to themselves.

Broken habits and interrupted routines are normal for most people who encounter bumps in the road of life. The key is knowing how to come back around and start over when the clouds clear.

For those just starting their fitness journey, those who are starting over again or those currently at the top of their game, OTF is dedicated to helping people along the way with fitness classes for all levels.

Stacey Brown, head trainer at OTF Moore, has been up and down in her own fitness journey. From being a softball player and cross-country runner, Brown has a love for fitness and for helping people accomplish their goals.

She won numerous medals in a successful high school cross-country career, but she struggled with her fitness journey after high school. Between getting married and entering motherhood, fitness took a back seat.

"Until about age 30, I was a frumpy mom. Out of shape, overweight, fast food, supersizing everything with the ice cream. I started with running a couple miles and lifting weights in my garage to start getting me back. Over the years I continued exercising and making better food choices."

Eventually, Brown became interested in doing marathons, running her first race in 2007. After that, she thought she would never do it again, but 10 years and 14 marathons later, she is at the top of her game.



Brown's most recent running accomplishment was completing the prestigious Boston Marathon this spring.

"Marathons are a little crazy to me. It's a bit insane, but I love them."

She likes the feeling of accomplishing something most people wouldn't dare try, and she likes to feel her body going into complete failure, but continuing to push forward anyway.

Now at Orange Theory Fitness, Brown is training others to start or continue their fitness journey and to be their best. OTF focuses on a group fitness atmosphere, where members are guided by a trainer and working alongside other people who are also trying to reach their fitness goals.

"OTF is for everyone, no matter their fitness level. Everyone is working side by side at their own level," Brown said.

Participants range from beginners to seasoned athletes, and everyone feels comfortable, pushing at their own pace, she said.

Orange Theory Fitness practices interval training, which elevates heart rates, builds fitness and burns calories. Members get a full strength and cardio workout in just one hour.

For those who are just starting their fitness journey, Brown says, "Start! And be consistent."

To learn more about Orange Theory Fitness and their programs, visit www.orangetheoryfitness.com or call 703-5259. – **BSM**

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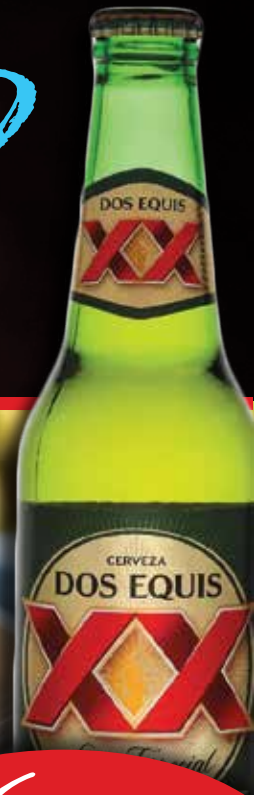
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Some people were just born to be Oklahoma Sooners.

Whether due to family ties, having grown up in the Sooner State or even a burning passion to play for the University of Oklahoma, for certain people it just seems to be their destiny.

For Sooner senior first baseman Austin O'Brien, there is no question that he was born to be a Sooner. The man they call Stoney is not only living his dream playing for the Sooners, he is a key piece helping to lead the revival of OU's baseball program.

O'Brien joined the Sooners as one of the most decorated high school players in Oklahoma. He was named the 2013 Oklahoma Gatorade player of the year during his senior season at Owasso and helped lead the powerhouse Rams to the state championship. O'Brien was named to about every All-State team possible and was even named to the Louisville Slugger High School All-American and Max Preps All-American team.

But, for Austin O'Brien, expectations were high in the baseball world, almost from the moment he was born. There is not a high school award or recognition that would set the bar any higher for him than having the last name O'Brien.

Austin's uncle Charlie O'Brien played 15 years in the big leagues with eight different teams, and he won a World Series ring in 1995 with the Toronto Blue Jays. Charlie's son Chris was a college catcher at West Virginia and is now with the Orioles in their minor league system. Austin's father John O'Brien was drafted by the St. Louis Cardinals and spent the better part of a decade playing professionally. Austin's brother is preparing to continue his collegiate career at Wichita State. Every single one of the O'Briens played high school ball in Tulsa.

"I wouldn't say there was stress or pressure. I was proud to be an O'Brien and just proud to have a family with a rich tradition in baseball," Austin said of the family's baseball tradition

of success. "It has always motivated me to go out and play hard and do the best that I can. I've lived, slept and ate baseball my whole life. It was just a blessing to always be around the game. I couldn't ask for anything more."

While welcoming the expectations that came with the family name, O'Brien has surpassed them consistently through his first few seasons with the Sooners. He was named to the All Big 12 Freshman team, he carved out a spot in the line-up despite battling a shoulder injury during his sophomore season and was one of the more consistent performers during his junior campaign. But success has escaped the Sooners. The year before O'Brien stepped on campus, the Sooners had advanced to a Super Regional only to be eliminated by LSU.

Expectations were high, but Oklahoma has failed to make the post season in each of his first three seasons. As the only four-year senior, O'Brien is determined to change that in 2017. Individually, he is having one of his



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best seasons at the plate, and, despite missing a handful of games, O'Brien is tied for the team lead in home runs. But it is more than just his performance on the field. He sets the tone in the locker room and clubhouse as the team leader.

"I think, being the only four-year guy, it's a big responsibility for me to lead by example, and show these guys that despite the last three years not going the way we've wanted, we can turn it around this year," O'Brien said.

"I told those guys before the season started in a team meeting, I've watched the post season three years in a row and it is not a good feeling. But if we work hard, play together and go out and have a blast on the field every day, we're going to have the season we want to have. I am so proud of the guys and the way we've played so far."

O'Brien is coming off an incredible performance against TCU. In fact the senior was named the Big 12 Player of the Week after one of the most thrilling home stands in recent memory. O'Brien drove in a team-high six runs in the series win. He hit .357 (5-for-14) with a .714 slugging percentage and provided the Sooners with a walk-off hit in the finale to clinch the series.

So, what has been the biggest difference for the Sooners in 2017?

"Leadership," O'Brien said without any hesitation. "When things weren't going good, it wasn't a blame game between

all the guys. Hitters weren't blaming pitchers and pitchers weren't blaming hitters. We all just stuck together and knew that if we all just kept working to get better every day we just knew we were going to get better."

But his senior season almost didn't have the finish it deserves. On March 11 against Buffalo, O'Brien suffered what appeared to be a season-ending injury after a collision at first base.

"Last out of the game, I almost threw up when I saw it happen," head coach Pete Hughes said. "With his reaction – he's such a tough kid – I knew it was really bad."

Many thought there was no chance that O'Brien would be able to return after the injury. But Stoney never doubted he would return. In fact, he texted his teammates after the injury, reassuring them that he wasn't done, and that he would be back, and they would be rolling again. O'Brien even told coach Hughes three days after the injury that he was feeling better.

"I thought my season was over. I did. That was my first thought," O'Brien said. "But I kept praying and trusting in God's plan and thankfully I've been able to get out there and play the game I love."

O'Brien put an exclamation point on his comeback on April 4 against ORU. He hit a grand slam in the bottom of the seventh against the Golden Eagles, giving OU a 6-2 win.

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"That was one of the greatest moments of my coaching career, because it was that kid," Hughes said of the grand slam to beat ORU.

"It was a big moment to say I'm back," O'Brien said. "A lot of people were curious as to how I was going to come back and if I was going to be able to perform. It gave a lot of my teammates confidence to show them I was back, and I wasn't going to hurt the team. I was ready to help the team and win some games."

With one incredible comeback already accomplished, O'Brien looks to cement the ultimate comeback, getting the Sooners back to the post season. But, for the Oklahoma native, it's more than just the support of Sooner fans, his coaches and teammates, the family support that O'Brien has is special, and having "Nanna" there has made it even more special.

"You can't beat it, they are there every single game. My nana Mary Poplin is freshly retired so she was excited to come to all the games and she hasn't missed one," Stoney said of his family's support. "My brother has battled injuries since right before his senior year at Owasso, and he's out at Cowley Community College and he's been banged up. Seeing how much my brother cares about baseball and how bad it hurts him to not be out there gives me extra motivation. It makes me realize that at any time you can get hurt and this game can be taken from you so you can't take it for granted. Work hard every day, have a smile on your face and thank God you're getting to play the great game of baseball."

Perhaps the best gauge of just how truly special Austin O'Brien is will never be told with a box score or a stat line. During the Friday game between the Sooners and Horned Frogs, TCU standout first baseman Luken Baker was injured in a collision at first base. It was a carbon copy of the type of injury and situation that took place when Stoney went down against Buffalo in March. O'Brien and coach Hughes made their way toward the TCU dugout. They weren't planning to talk trash or try to get inside someone's head, it was a gesture of hope.

"When he got hurt I was sick to my stomach. He was holding his arm the same way I was holding mine," O'Brien said. "I wanted to reach out to him and calm the fear that I knew I had. I just wanted to let him know that I was back in two and a half weeks, and I told him to stay positive and truly that I'm pulling for him."

This season is truly special for O'Brien, and it's much more than his talent on the field. The perfect ending for him is that he is getting to do it all at a place where he seemed destined to be.

"I've been a Sooner fan my whole life, and it has been my dream since I was a little kid to play my favorite sport for my favorite school in my favorite state," O'Brien said. "It is still surreal sometimes. I don't take it for granted, and try to work hard to get better every day and make my teammates better every day." — **BSM**



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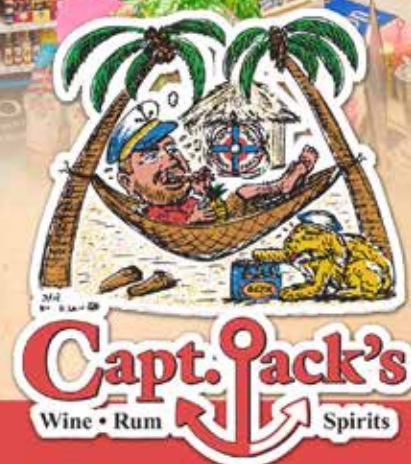
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Jimmie Austin Golf Club Renovations



After more than five years, renovations at the Jimmie Austin Golf Club are nearly complete, said Rodney Young, PGA General Manager.

It was a project that began in 2011 with a master plan for comprehensive renovations to the entire course and club facilities. What made the process even more successful was that the course remained open, Young said. At times, a few holes may have been closed, but there was never a time when the entire course had to be closed.

Key renovations included redoing all tee boxes and bunkers, building a state-of-the-art turf care facility, adding a short course for the OU golf teams to practice on and overall beautification.

“Basically, everything on the golf course has been redone except for the creek and the fairways,” Young said.

Young said the initial focus was on the course renovation because it’s most important to members and players. Next, the project turned to enhancing the clubhouse and other renovations.



Not only are the renovations for golfers, but also for those who want to use Jimmy Austin facilities for special events.

“We just started renovating our pavilion, adding retractable walls, redoing the fireplace, adding on to it and new landscaping around it,” said Young.

Another exciting addition to the golf club is the Michael A. Cawley Training Center. This new addition, projected to open in November 2017, will facilitate club fittings, golf instruction and entertainment. It will also be home to a two-bay golf academy and simulator.

Along with the physical renovations, the golf club has also enhanced the customer experience with the addition of forecaddies. Customers can book a forecaddie, which is someone who will accompany a golfer or group of golfers and assist them by providing course advice, cleaning up the course and clubs and spotting golf balls.

With all of the renovations, Jimmie Austin members and guests can enjoy their day, playing golf, enjoying lunch on the newly covered clubhouse patio and relaxing mid-game at the Heatly House. — **BSM**



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New Era Begins for NHS Football

Rocky Martin has always found the head football coaching job at Norman High School to be intriguing.

The storied tradition is one that he's admired since beginning his coaching career at Irving Middle School in Norman. So, when the job opened after last season, it was no surprise when Martin threw his name into the mix.

There's no denying that he has the credentials. After taking over the head coaching duties at Putnam City West, one of the toughest large school jobs in Oklahoma, he brought the Patriots their best season in 20 years. His 2016 campaign resulted in a 7-4 record and a playoff berth.

Though Martin clearly showed an upward trajectory at PC West, the opportunity to turn the Norman High football program around was too good to pass up.

But as hopeful as he was, a phone call from Norman Public Schools athletic director T.D. O'Hara would ultimately decide Martin's fate.

O'Hara was looking for nothing short of

the total package: a coach who could win on the field, but more importantly, develop kids off the field and prepare them for success in life. Ultimately, the district decided Martin fit the profile and hired him in January.

"I was thrilled, absolutely thrilled," said Martin. "It was definitely a dream come true to get that call. This job is one that I've really admired and wanted since I first came to Oklahoma."

The offensive game plan for Norman High School is likely to look different than it has been in the past. Granted, the Tigers will still be physical and run the ball. But, with Martin and his staff now at the helm, NHS will transition into more of a spread offense. The team will pose more of a threat in the passing game, which, at times, has been the Achilles heel for the Tigers.

Regardless of any change in philosophy, Martin said his team will be known for one thing.

"We're going to play hard," Martin said. "That's what we're going to be able to

hang our hat on. No matter what we do or how we try to do it, we're always going to go full speed and play hard."

Martin will try to revive a program that has missed out on post season play for four consecutive seasons. But like his previous job at PC West, Martin has proven that he knows how to bring a program back into contention.

"There's a ton of tradition at Norman High," said Martin. "To have the opportunity to get the program back where it needs to be is really exciting. We can't wait for the challenge."

The climb back to the top of 6A-1 is no easy task, especially when top programs like Jenks, Broken Arrow, Westmoore and Edmond Santa Fe are routinely at the top of the district.

However, more times than not, players reflect the attitude of their head coach. Martin surely isn't afraid of the challenge, and he does not expect his players to be either. — **BSM**

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High School State Champs

It was a banner spring season for a pair of Norman athletes. Norman North's Kaitlin Milligan won the Class 6A girls golf state championship and Norman High's Tate McDonald won the Class 6A boys pole-vaulting state championship.

Milligan blistered the competition at the Ponca City Country Club, winning by nine strokes over Ponca City's Sydney Hermann after firing a 1-over-par 73 on day one and 2-over-par 74 on day two.

Milligan had been close in past seasons, making winning the state championship her senior season all that much sweeter.

"After being that close all three years in high school and finally winning my senior year, it meant the world," Milligan said.

Using her length off the tee, Milligan won the state championship without her driver.

"I took my driver out of the bag and left it in the car this time," Milligan said. "I probably played the course more as it was designed to be played. Put it in the fairway, hit it on the green and putt. I think that was really the key to lower scores out there."

Milligan possessed a one-shot lead after day one and widened her lead by managing the wind and the course better than the field on day two. Milligan was the only golfer in Class 6A that recorded a score in the 70s on the second day.

"After day one, I was pretty excited. The second day was about controlling it in the wind," Milligan said. "Staying patient, keeping it low and out of the wind and being able to get the putts in when I needed to is what helped me keep my score close to par."

After three-putting the ninth hole on day two, Milligan was coming off back-to-back bogies. That is when she needed her experience to take over. She bounced back on the 10th hole, a 234-yard par-4, with a birdie that stabilized her round and set up a memorable finish to her high school career.

"I tried to tell myself to calm down," Milligan said. "I knew there were some holes coming up where I could get those shots back. I ended up birdieing that next hole. Sometimes a little fire is not bad, and I used it to my advantage in that situation."

Milligan said she did not know where she stood in relation to the leaderboard on the second day of the tournament.

"I think my Dad knew, but he wasn't going to tell me. He wanted me to play with pressure," said Milligan. "I didn't know what anybody else was doing. I just played my own game and did what I usually do."

As a signee to the University of Oklahoma, Milligan is ready for her next chapter, playing for coach Veronique Drouin-Luttrell.

"Growing up here, I've known Vero for a long time," Milligan said. "I went to camps (at OU) when I was in seventh grade. They've kind of been family friends ever since. I'm excited to become a part of the Sooner family."

Norman North girls golf coach Steve Knight says that Milligan's hard work is what allows her talent to shine and separates her from other golfers.

"I don't know that I've ever seen anyone practice harder than she does," Knight said. "She's constantly trying to improve her shot-making ability."

With her state championship, Milligan became North's girls program's first-ever individual state champion and just the second individual state champion in school history, joining Ryan Rainer who won the boys title in 2001.

Norman High junior Tate McDonald also entered the record books after he cleared 15-feet to win the 6A boys pole-vault title at Yukon High School, edging top-ranked Zach Legg of Bixby.

"I knew it was going to be some tough competition because we had a couple of guys at 15 with me, but it was certainly exciting," McDonald said. "Last year, I had almost gotten 14-6, which would have won the state title."

His highest jump this season was 15-2, a foot higher than any jump he made a season ago.

"I've gotten a lot more consistent," McDonald said. "I've increased my pole vault by a foot. My last six meets I jumped 15, all in a row." McDonald said.

And he credits much of his success to his coach, Wes Barnhart.

"He's really determined. He cares a lot about all of his athletes," said McDonald. "He's really passionate about his kids and does whatever he needs to do."

The Tigers have had three individual state champions and three runners-up



the past five seasons since Barnhart, a former state runner-up himself, took over as coach. McDonald takes pride in helping the program retain high standards.

"We really preach about a good, positive work ethic for all the pole vaulters, so that helps us stay motivated throughout the season," McDonald said. "We're trying to build that kind of culture within our track program."

McDonald knows he can go higher than 15-2 and he has a pretty specific goal in mind for his senior season.

"Our school record is 16-2, so my goal is to get 16-3 by the end of next year," McDonald said. — BSM





Jazz in June

The start of summer is a special time for jazz lovers in Norman. It's a time when warm weather, late sunshine and beautiful music all come together in the city's annual Jazz in June festival.

This year's rendition will take place from June 15-17, and there is plenty to enjoy for lovers of groovy sounds.

Whether a seasoned jazz listener or a newcomer to the genre, Jazz in June is a Norman staple that isn't to be missed. The lineup this year features local favorites and international legends, all free for anyone to attend.

The first night of the festival, "Blues in the Night," will feature several performers that many Normanites know quite well. Local favorites Caleb McGee and the Underdogs will bring their signature brand of rowdy, blues-heavy rock music to Brookhaven Village. Also kicking off the festival is Mike Hosty, who is teaming up with legendary drummer Jamie Oldaker to fill out his smooth acoustic tunes with percussion.

"Mike Hosty is a local legend," said Jazz in June Program Chair Jim Johnson, "But this is actually his first time performing at Jazz in June."

Hosty will host his own clinic at the Norman Public Library at 2 p.m. on the day of his performance. Musical performances will take place from 7:30 - 11 p.m.

The second night of the festival, "Jazz Under the Stars," also at Brookhaven Village, will feature a headlining performance from Lonnie Smith, a longtime guru of the Hammond B3 jazz organ and recent recipient of the Jazz Master Award from the National Endowment for the Arts.

"Lonnie Smith's performance will be elegant, funky, groovy, and exquisite," Johnson said.

Smith will host a clinic as well at the Norman Public Library at 2 p.m. Musical performances return to Brookhaven Village that night from 7:30-11:00 p.m. Supporting Smith will be the Claire Piersol Band's clarinet-driven jazz stylings.

The final night of Jazz in June, "Groovin' on the Green," will see the performances moved from Brookhaven Village to Andrews Park, where jazz fans have the opportunity to hear the music they love under the summer stars. Self-described "gypsy jazz" duo The Ardent Spirits will kick things off with an eclectic mix of up-tempo acoustic sounds. Afterward, listeners will be treated to a performance by Victor and Penny and the Loose Change Orchestra. This group combines acoustic instrumentation into a lively throwback to prohibition-era swing music.

Finally, in the last hurrah of Jazz in June, the Harold Lopez-Nussa trio will put on a headlining finale performance. This Cuban-born pianist will lead his group through a set of lively, danceable, groove-oriented music.

"We're very excited to have Lopez-Nussa here," Johnson said, "Especially since we only recently opened the door with Cuba, politically speaking. It's going to be a fiery, fun show."

— BSM

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Summer Time Summer Wine

It's time to sit on the patio, or by the pool, and sip some chilled wine. But keeping your glass the perfectly chilled temperature can be a challenge. My pro tip: refreezable plastic cubes won't water wine down. There are also some neat refreezable icicles that keep an entire bottle cold, very helpful on a hot day.

So what is the perfect wine to fill that chilled glass?

In summer, even dedicated red wine drinkers will drink white wine. However, if your preference is still red, then you will probably be happiest with a traditional chardonnay, with its heavier structure and full body. Or you can serve your cabernet sauvignon at cellar temperature, 60°F, rather than room temperature to bring a new dimension to your glass on a hot day. Twenty to thirty minutes in the refrigerator should do it.

Pool friendly single serve wines in cans now abound. Slightly fizzy Barefoot Refresh offers several wine flavors. Flip Flop, white or red, come in four packs that total a liter of wine. French winemakers have joined the canned wine

market with Pampelonne, a Rosè Lime soft wine and Sangria. Stella Rosa offers an aluminum bottle and you can even get Canella Bellini in a pool friendly container. Put a mixture in the cooler and you're ready to party.

Another intriguing wine, although not new, is Blanc de Bleu. This dry blueberry sparkling wine is both pretty and fun. You can add sparkle to summer mornings or evenings with individual servings of Prosecco, Lamarca or Cupcake. Individual servings mean a fresh glass every time with no waste.

Finally, if wine is not really your thing, Stoli has come out with a wine-based Ginger Mixer, perfect for a Moscow Mule. Other great serving suggestions are on the side of the box containing four cans.

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Pioneer Hearing

“Helen Keller in her advancing years concluded, after a lifetime in silence and darkness that ‘to be deaf is a greater affliction than to be blind... To be cut off from hearing is to be isolated indeed,’” shared Mark Hollingshead, co-owner of Pioneer Hearing Aid Centers, alongside his wife Becky.

According to Johns Hopkins Medicine, hearing loss affects an estimated 48 million people in the United States. This statistic includes one out of every three adults over age 65 and 15 percent of children ages six to 19. Two to three out of every 1,000 babies are born with hearing loss.

“No one wants hearing aids,” said Hollingshead. “They just have to finally realize there’s a need for them.”

Hollingshead, who is board certified in hearing instrument sciences and a member of the International Hearing Society since 1982, said hearing loss can be attributed to a variety of causes including loud noise, older age, heredity or even medication.

“We take (hearing loss) seriously,” Becky Hollingshead said. “It can be frustrating for individuals and families. They tend to withdraw. But if caught early enough, they don’t have the cognitive decline.”

Since 1974, Pioneer has been providing hearing services to the Norman community. The business was started by Becky Hollingshead’s brother, Jeff Rowray. In 1981, Jeff sold the business to his sister for \$1.

“He didn’t enjoy hearing aids as much as I did,” she chuckled.

After Becky and Mark took over the business, the two were the youngest hearing aid dispensers in the state of Oklahoma. They went on to open two other facilities in Oklahoma City and Edmond, as well as service centers in Shawnee and Seminole. In March of this year, they moved

their Norman branch to a new, larger facility on Gray Street. The new location provides more room for their customers, a more professional look and more space for community outreach.

Services provided at Pioneer Hearing Aid Centers include custom hearing aid fittings, yearly checkups, assistive listening devices and hearing screenings. They also provide aftercare, including cleaning, tune-ups and new batteries. Since the Hollingsheads entered the field, hearing service technology has come a long way. Hearing aids can now be digitally programmed and adjusted, custom fitted, and they are much smaller than they once were. Pioneer will be adding titanium hearing aids - the smallest hearing aids to date - to their inventory as well.

“The titanium goes so far in canal, you have to look all the way down in the canal to see it,” Russell Rutledge, a hearing instrument specialist at Pioneer, said. “They are 50 percent thinner but

15 times stronger, which enables them to be smaller and treat more severe cases. There’s a lot of power for a small device.”

More recently, Pioneer has started providing custom-fitted ear buds for mobile devices, which are often more comfortable than traditional ear buds.

Though Pioneer uses brand new technology and has a long history in Oklahoma, what they feel sets them apart is their dedication to customer service.

“The personal care, amount of time spent and level of service we provide is rare in any industry,” Rutledge said. “Pioneer enjoys seeing people - they’re the heart of our business.”

Pioneer Hearing Aid Centers services anyone over 18 years old. To learn more about their hearing aid services or custom ear buds, visit their new location at 515 W. Gray St. or call 364-3931 or 800-834-0841. – **BSM**



Pioneer Hearing owners Mark and Becky Hollingshead

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Getting the Most out of Youth Accounts

Managing money is a foundational life skill. There are so many factors involved and so many open-ended questions at play. How much should you be saving? When is it worth spending more? How do you keep spare change from burning a hole in your pocket? It takes years of discipline and training to perfect this skill, and ongoing self-control to maintain it.

That's why it's best to give your kids a head start on money management and saving. As a parent or guardian, remember that the lessons you plant today will take root and blossom, enriching your child's life for years to come. You've got tons of choices but most financial institutions offer dividend bearing accounts with little to no restrictions. Some financial institutions also offer student checking accounts for when your little one enters high school or college. Free debit cards and online banking often round out the mix.

.....So how should I get started?

SET A GOAL

Now that your child's money will be sitting in an account instead of a piggy bank, let them use this opportunity to save up for something big. Sit down with them and discuss what they'd like to save for. You can create a long-term goal, like saving up for college or for a first car. Also establish a short-term goal, like a new gaming console or a hoverboard.

Set a date for your goals, and then set up a savings calendar for illustrating how much money needs to be saved each month to reach the intended target by the designated date. Discuss ways to add to the savings, being sure to include money from birthday gifts, summer jobs, allowances and chores.

BANK TOGETHER

Whether your child is a first-grader or a lanky teenager, if this is their first time owning an account, they'll need you to show them the ropes.

Always bring your young child along with you when you stop by to deposit his or her savings. Show them how it works and let them see the account balance growing. If your child asks you to withdraw money from their account, make sure they see how this translates into a dip in their savings and a possible delay in reaching their goal.

For teens, you'll need to walk them through that first deposit and withdrawal. When they've probably got the hang of it, it's time to take a step back and let them be on their own. They'll feel like a million dollars managing their account independently.

However, share with your teen that every swipe of their debit card also means a dent in their account balance. Also be sure to warn kids of all ages about security. They should know to never share their account information with anyone, and to keep their debit card in a safe place.



Online banking is a great tool for young adults to use so that they can visually see their activity, their balances, and how even small expenses add up over time. Buying a soda or coffee each day can eat up their allowance pretty quickly!

MONITOR YOUR CHILD'S ACTIVITY

Don't aim to be a helicopter parent, but do keep an eye on your child's account. If their depositing a lot less than planned, ask them where their money is going. If your teen is maximizing his daily ATM allowance, speak to them about money management and impulse purchases.

Your teen's daily withdrawal limit may need occasional adjustment, so keep a careful watch on spending to see if any modifications are needed.

Even things as small as showing them your household budget can better prepare them for the future. Some other things you can do is show them how to write a check, complete a deposit slip or reconcile the account using a piece of paper. You can also walk them through their monthly statement to keep an eye out for excess fees or other charges that might not be theirs.

Remember that every little bit done now helps them become a whiz at money management in the future!



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Oklahoma Headache Center



Dr. Brett Dees, MD and
Dr. Christi Pendergraft, MD

Pain is invisible and often misunderstood or dismissed, but migraines or severe, chronic headaches can be debilitating. Non-pain symptoms of migraine are just as, or even more debilitating.

When your doctor tells you there's nothing wrong, which is often the case with non-headache symptoms, it can be devastating. According to Dr. Brett Dees, director at Norman Regional Health System's Oklahoma Headache Center, the World Health Organization ranks migraines as the sixth most disabling disease on the planet.

"A migraine often affects the whole body - it's disabling in daily life," Dees said. "Patients can't work or interact with their family in a meaningful way."

Driven by their passion for helping people with migraines and other chronic headaches, neurologists Dr. Dees, MD, and Dr. Christi Pendergraft, MD, have opened the Oklahoma Headache Center at the West Norman Professional building next to Norman Regional HealthPlex, just off Interstate 35 and Tecumseh.

"These patients' lives can be miserable," Pendergraft said. "Headache is rarely the sole symptom in migraine. It affects the entire body. Proper treatment not only changes a life, it gives back their quality of life."

The center uses a holistic approach - not just masking the symptoms, but finding and treating the underlying causes or triggers of a patient's headache. As each patient is unique, Pendergraft and Dees work closely with other specialists to personalize treatment plans. They also use a variety of therapies including natural products, hormone therapy and lifestyle change.

"This is the first comprehensive headache center in Oklahoma," Pendergraft said. "We look at each patient individually because every person is different. We spend the majority of clinic time reviewing their symptoms, confirming their diagnosis, tailoring treatment for them and looking at all aspects of their lives."

The center sees thousands of patients each year. Our patients suffer from an array of symptoms including headache, nausea, vomiting, vertigo, numbness and tingling, passing out or nearly passing out, vision changes, ringing in the ears, abdominal discomfort and other GI symptoms, memory problems, noncardiac chest pain and fatigue. The list of headache types is extensive, but includes multiple types of migraine, primary stabbing headache, exertional headache, hypnic headache, low or elevated spinal fluid pressure and post concussion headache.

"There are primary and secondary headaches," Dees explained. "Primary headaches are conditions where headache is the disease process itself. Secondary headaches are caused by other underlying medical issues. For these, we seek treatment with other specialists."

These neurologists not only seek assistance from other specialists, they also emphasize patient education and active involvement in their unique healing journeys.

"That's what sets us apart," Dees said. "The patient's participation is critical, as we are a team, and education is the foundation. Knowledge is power, which gives our patients the ability to make meaningful changes over time. Participation starts with listening, to gain a deep understanding of the patient's condition, problems and concerns. Our patients often

say you're the first doctor to ever listen to me."

Dees said that treating chronic headache is a marathon and not a sprint – it takes time. Recovery can take anywhere from days to months, but Pendergraft and Dees help their clients through each step.

"We don't just give a plan and send them on their way," Pendergraft said. "We have the ability to be a part of their lives, walk through each step of recovery with them and work with different aspects of care and treatment."

"We want people to know they're not alone," Dees added.

The Oklahoma Headache Center is located at 3400 W. Tecumseh, Suite. 300. People who are experiencing chronic headaches, migraines or accompanying symptoms that are affecting quality of life can call 307-5700 to schedule an appointment. – **BSM**



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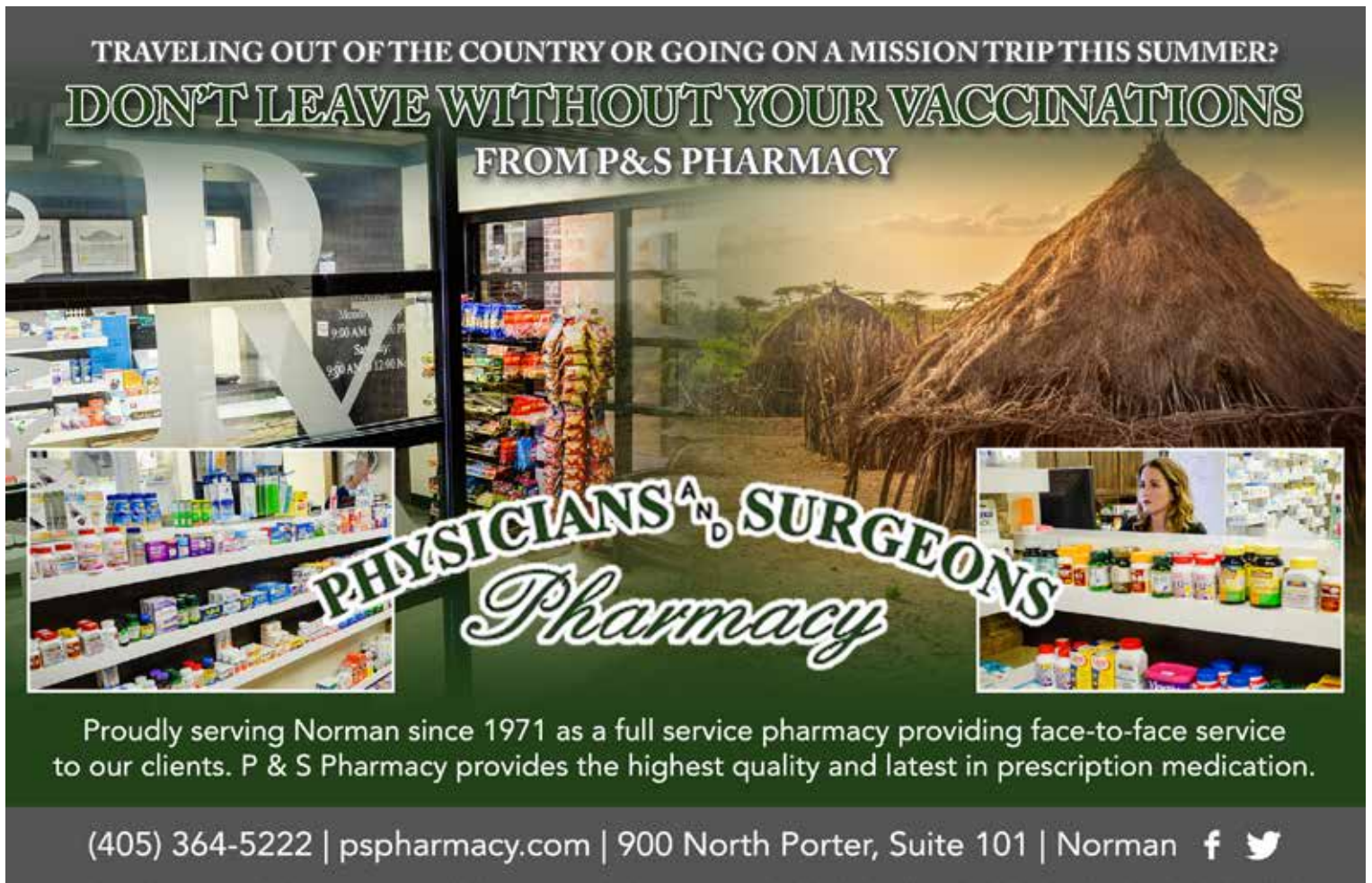
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Carlsbad Management Unveils Newest Property



It's a special summer for the Carlsbad Management Group as they unveil their newest project to the community: the Legacy Trail apartment complex.

What started out as an idea in 2015 is now a brand-new group of apartment buildings at Pendleton Dr. and Rock Creek Rd.

For Nick Jones, director of operations at Carlsbad, this is more than just the newest property to manage; it is his entry into the world of apartment design.

"This complex has a more modern feel inside," he says. Legacy Trail, set to wrap up construction at the end of this month, is leasing now.

Carlsbad Management Group was created in 2008 by Steve and Kristi Jones, both skilled veterans of the apartment management business. Nick, their son and a graduate of the University of Oklahoma, is no stranger to the industry himself. He grew up around the apartment business and moved to his current role in 2009.

"We're a small family business," Jones said. "I'm a life-long Norman resident, and my dad and step-mom have been here for decades. When we build in Norman, we take it seriously."

Carlsbad manages more than 2,000 apartment units spread across nine properties in Norman, Oklahoma City, Edmond and Lawton. They're proud to offer full-service property management, meaning they take care of every aspect of apartment management, from resident relations to marketing and budgeting. They

pride themselves on helping owners get the most out of their multi-family living properties, and in providing residents with a place that they're happy to call home.

The group is uniquely qualified to provide these services to apartment complexes because they work on both the building and the management side of things. They offer construction and development services through Carlsbad Construction Company. "It's a process that we really enjoy, designing and developing apartments," Jones said.

The Carlsbad Construction company has built five projects in the metro area since 2008, and offers a full range of construction services. Their two most recent projects are the Legacy Trail apartment complex and The Falls at Brookhaven, which was completed in 2012.

Their familiarity with the design, development and management of apartment complexes allows them to offer support to property owners in any stage of the game, from concept to finished project.

"I love watching something go from dirt and develop all the way into an apartment complex community," Jones says. "It's impressive, watching everyone work together to put everything in place and then being able to watch it grow."

To find out more about Legacy Trail call 307-0154 or visit legacytrail-norman.com. More information on Carlsbad Management group and their other properties can be found at carlsbadok.com. — **BSM**

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Lake Thunderbird is a 6,000-acre lake surrounded by nearly 2,000 more acres of prairie and woodlands. For years, people have called it by its nickname, "Lake Dirtybird" because of the water's heavy sediment, but more than likely that is a term of endearment for a recreation area that serves more than half a million visitors every year.

Along with the rest of the Oklahoma State Parks Division, Lake Thunderbird State Park is celebrating its 80th anniversary.

As the Great Depression ravaged Oklahoma, the state legislature worked with the federal government to create jobs to bolster the economy. After land was turned over to Oklahoma's new State Parks Division in 1937, The National Parks Service assigned hundreds of Civilian Conservation Corps workers to build roads and structures in new parks that would eventually become known as Beavers Bend, Roman Nose and Quartz Mountain.

Just one year earlier, east of Norman, the Army Corps of Engineers began considering a dam for flood control in the Little River valley.

By the early 1950s, the population south and east of Oklahoma City was surging. Tinker Air Force Base had been established with World War II, giving rise to Midwest City and Del City. Norman's population more than doubled as the Navy base at

Westheimer was established during the war. Following the war, the GI Bill welcomed thousands of new students to the University of Oklahoma.

With such rapid growth, locals were concerned about strained resources, particularly the water supply. Pro-



jections estimated that within two or three decades, every available drop of water in the area would be consumed.

In 1961, the "Norman Dam" began construction on Little River to flood the valley and create a lake to ensure that future citizens would have water. In 1963, State Highway 9 was rerouted to the south as water levels rose. At last in 1965, the US Bureau of Reclamation pronounced the dam completed at 144 feet. The lake and surrounding land were granted to the State Parks Division as the newborn Lake Thunderbird.

Throughout its more than 50 years, Lake Thunderbird State Park has been a feature for recreation in south-central Oklahoma. Its two marinas, Ca-

lypso Cove and Little River and nine boat ramps give ample access for a day of leisure and fun on the water. The lake has two swim beaches and plenty of places to fish. Lake Thunderbird is packed with crappie, largemouth bass, sunfish and more.

Yet, Lake Thunderbird State Park offers more than just water sports. There are few better places for a get-together than a good picnic spot, whether on the grounds or at one of the dozens of shelters along the shore. Patrons can even extend the fun by spending the night at one of Thunderbird's campsites.

Every generation needs the experience of sitting around the campfire, telling jokes and stories and watching the flames light up the night. For those needing a little more home comfort, the park also supports more than 200 sites equipped with hookups for recreational vehicles.

The south side of Lake Thunderbird offers even more opportunities for activity. Visitors can follow the Clear Bay entrance from SH 9 to the wide variety of trails running between Clear Creek and the dam's south end. Those out for a walk or mountain bike ride through nature can take a mile or so route through the woods on the Green or Yellow Loop, while those ready for a hike can follow the Red or Blue Loop for nearly five miles of stunning views. Experienced trekkers can take the South Dam entrance to the trailhead for the Gold Loop's 10 miles of switchbacks through tricky passages with names like Susie's Slide, Crazy Dave's Run and Roller Coaster.

To really get in touch with their natural side, visitors can skip walking and take a horse ride on the park's equestrian trails.

Visitors to the park are frequently greeted by untamed animals, especially birds of all kinds. The park's Facebook page is packed with photographs of wild turkeys, ducks, orioles, ospreys, scissortail flycatchers and even bald eagles during their migration in December, January and February.

Birdwatchers from all over travel to the Lake Thunderbird Nature Center at the west end of the Clear Bay Entrance. Staff naturalists offer guidance on where to see America's national bird, and they give lectures on all of Lake Thunderbird's creatures.

There is always something to do at Lake Thunderbird, and that will be especially true this summer as the anniversary party for Oklahoma's state parks kicks off on June 23 with a Birthday Cake Celebration. Movies under the Stars takes place during the summer months.

Rangers recommend calling the park at 405-360-3572 for activity updates, the first step in planning a day trip, camping or just an evening hike through one of Oklahoma's best state parks, located right outside Norman's back door. – **BSM**

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