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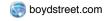
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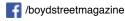
BOYDSTREET



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# IN AUGUST

6 things to do in Norman in August



#### PICHER, OKLAHOMA: CATASTROPHE, MEMORY AND TRAUMA

through Sept. 10.

Fred Jones Jr. Museum of Art
The art exhibit gives insight
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depleting natural resources
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## SOONER THEATRE PRESENTS OKLAHOMA!

Sooner Theatre, Aug. 3-6
The Rodgers &
Hammerstein classic will be presented by the Sooner
Theatre cast with evening performances Thursday,
Friday and Saturday and afternoon matinees Saturday and Sunday.



#### SUMMER BREEZE CONCERT -THE BOYD STREET BASS Lions Park @ 7:30 p.m.

Enjoy another Summer Breeze concert this month. Hear Boyd Street Bass, a seven-piece horn band playing their blend of funk, swing, Latin and pop music.



#### 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.



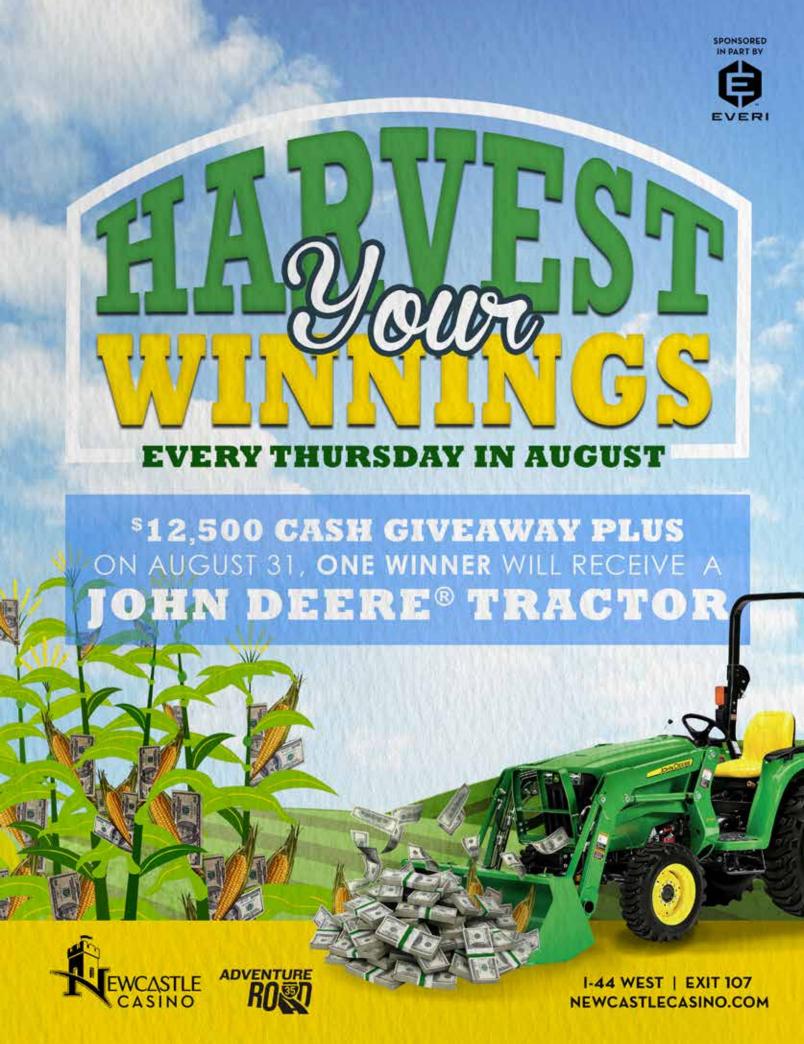
### PORCHFEST

Historic Miller District @ 6 p.m.
The 2nd annual Porchfest will feature 30 acts playing one-hour sets on 10 different porches in the Historic Miller District.



#### SUMMER BREEZE CONCERT - JOHN FULLBRIGHT Lions Park @ 7:30 p.m.

Enjoy another Summer Breeze concert this month. Okemah native John Fullbright will take the stage in the final Summer Breeze Concert of the season.



COMMUNITY BY: SHARLA BARDIN



enovations to Norman's two high schools were built to prepare freshman for their high school experience and guide seniors to college and other career paths.

This fall, the freshman academies and college and career centers at Norman North High School and Norman High School will open. The improvements are part of the \$126 million bond package that voters approved in 2014 to fund improvements throughout the district.

Norman Superintendent Nick Migliorino said more than \$20 million in enhancements have been made to the two high schools.

The freshman academy concept offers a freshman-specific section of the school, complete with a dedicated principal, counselor and attendance secretary, lounging areas and classrooms where multiple classes can

The college and career centers are designed to give older students more

of a college-type atmosphere, with lounge and study areas, new labs and seminar rooms.

Scott Beck, principal of Norman High School, said the renovations feature enhanced resources that better meet the needs of students.

Norman High's new freshman academy and college and career center will help foster development and accommodate the kinds of creative, autonomous and innovative experiences students need to prepare for what follows high school, Beck said.

Additionally, Beck said the freshman academy will give students a common space with state-of-the-art classrooms and collaborative learning areas where students can interact.

Peter Liesenfeld, principal at Norman North High School, describes the freshman academy as a place where freshmen will find support and a strong foundation for a successful transition to high school.

Liesenfeld said Norman North has a dedicated team that works closely with freshmen to build relationships and develop a sense of community. The team assist with the change in rigor and expectations as they help students learn how to be accountable and advocate for themselves.

He said their facility provides collaborative learning spaces, which are important components of a college or career experience.

"We also plan to expand the options available to students by connecting them with exploration opportunities such as university partnerships, dual enrollment, job shadowing and internships."

Beck said some of the features of Norman High's college and career center include 3D printing, a new library and commons area that will serve as a hub for learning. There will also be breakout study rooms, a bookstore, a technology support desk, a coffee shop and a large outdoor learning space and courtyard area.

# "university partnerships, dual enrollment, job shadowing and internships"



Scott Beck, principal of Norman High School, said the new freshman academy and college career center at the school will help foster creative and innovative experiences for students.

"The college and career center will look much more like where our students are headed than where they've been," Beck said.

Among the other construction projects at the high schools are enhancements to athletic facilities, including a new all-sports weight room at Norman North, revamped locker rooms, resurfacing of the softball and baseball fields and the installation of canopies over the stands at the softball and baseball fields, Migliorino said.

Enhancements to Norman High include renovations to the Harve Collins Football Field, specifically press box enhancements and a new concession stand, scoreboard and sound system.

— RSM

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COMMUNITY BY: CATHERINE POSLUSNY



#### his past May, Chilton Purcell, longtime community advocate and Oklahoma native, was named the new executive director of the Mary Abbott Children's House, and she couldn't have been more excited.

"I originally learned about the Abbott House when I was with the United Way of Norman," says Purcell, who has admired the children's advocacy center for more than a decade.

"I loved the work they did from the beginning."

The Abbott House is designed to be a safe place for children to tell their stories after a severe trauma, with experts on staff providing forensic interviews, medical exams and victim support advocacy.

"Before a children's advocacy center existed in Norman, the child would sometimes have to tell their story to multiple people in a police station or a doctor's office – a clinical and potentially scary place for a child," Purcell explains. "The beauty of the Abbott House is that a child can come to this warm environment that we've created and tell their story at one time to a trained forensic interviewer, and then we can get them on the road to healing."

Purcell joined the Abbott House team in 2016 as the director of community

## Abbott House Welcomes New Executive Director

engagement, bringing to the position more than 10 years of nonprofit experience and almost 20 years of experience in fundraising, advocacy and organizational development.

One of her favorite things about the Abbott House is their commitment to education and early response. "We do trainings anywhere there are child-serving professionals, so we can talk about how to recognize and report child abuse and neglect," she said.

"Kids look to us for signals on how they should react. Sometimes, they'll give you a little bit of information and see if

it's OK for them to keep talking. It's really important to be prepared for that situation, so that you know how to react and not retraumatize the child."

Purcell hopes to expand this education program, and continue working to help children get to a safe, nurturing environment as quickly as possible.

"I love that part of what we do," she says, "because it feels a little bit more preventative and proactive."

Looking toward the future, Purcell hopes to continue the amazing work that's occurred at Abbott House for more than 20 years by upholding the legacy of Dr. Mary Abbott and protecting and listening to children.

"I'd also like to carry on the strong relationships that we have with our multidisciplinary team, including DHS, law enforcement, mental health organizations and the district attorney's office."

The Abbott House welcomes long-term volunteers available on a consistent basis to serve during the day. They also need comfort items, which can be anything from a book to a stuffed animal to a personal-sized blanket.

More information on the Abbott House and how to donate can be found at www.abbott-house.org. – **BSM** 



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n the seventh inning, back-to-back strikeouts were pitched before an unpredictable chopper was fielded, the ball thrown to first and the final out called.

A dog pile ensued on the pitcher's mound as the University of Oklahoma softball team won their fourth national championship in the Women's College World Series.

Legendary Sooner coach Patty Gasso was in tears in the dugout as her team won back-to-back titles for the first time in her distinguished career. The win made Gasso one of the most accomplished coaches in OU history. It's no surprise she and her family are among Norman's favorite residents.

Living in Norman for 23 glorious softball seasons, Gasso has earned a reputation as one of the most outstanding college softball coaches in the country.

Leaving her job coaching softball at Long Beach City College to come to OU, Gasso arrived from Southern California in 1995 with her husband, Jim, and son J.T. and their other son D.J. on the way.

She spent the next four years building a program from the ground up and feeling that God led her family to Norman.

"We are a very spiritual family and felt God wanted us to find Norman. We just felt God made all of this happen for us."

Then, in 2000, everything fell into place. The Sooners won their first national softball championship, giving OU its first NCAA title in any women's sport.

Aside from her coaching, her outstanding teams and the championships, Gasso said she really likes living in Norman.

"What brought me to Norman in the first place is the people. I was lived in the fast-pace of LA and everybody was pushing and shoving and was out to get what they wanted. Coming to Norman was an adjustment because life is a lot slower. But I've attached to it, and now when I go back to LA to recruit, it's difficult because I'm not used to the hustle and bustle. The people, the slowness, the genuine atmosphere in Norman are what I like because I'm a very low-key, chill kind of person."

Gasso said she appreciates her neighborhood and her home, giving her a place to relax with family and friends.

"It's a simple life, and because my job has me hustling all of the time, I don't know if I would function well in that type of life all the time. The simple and the quiet are what I really like."

Raising a family in Norman has been fun for Gasso, who said some of her families' favorite activities were being able to attend OU games.

"One of the benefits of being the kids of a coach at OU is they get to go

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The Gasso Family.

down on the sidelines of games," she said. "We've seen some of the greatest basketball, baseball and football games while the boys were growing up, and we enjoyed going to bowl games and traveling on the road. We just built our family vacations and activities around all the socialization of OU athletics."

A lot of the athletes Gasso targets during recruitment are from Southern California or big cities in Texas, and there is a lot in Norman to help sway them to sign with OU.

"I think the kids are looking for something new and different, and Norman has that small-town feel. I think they really like the small-town atmosphere mixed with big-time college athletics and find the people of Norman and in the state of Oklahoma to be a good fit for them," she said. "They feel people here are friendly, welcoming, sincere and loyal to their team."

The loyal, enthusiastic fans are what led to expanding the stadium.

"I've come to the stadium and seen people standing in long lines just trying to get in. I've seen people not get into the stadium because there aren't enough seats. I've seen people coming in as soon as the doors open an hour and a half prior to game time because they are ready," Gasso said. "We don't want people to get used to watching at home because the sport and atmosphere is much more exciting to be there in person. We have constant sell-outs and standing room only. The expansion is well overdue and is very much needed."

Since family is vitally important to Gasso, she has made coaching "very, very much a family affair," she said.

Jim was the first coach in the family when he coached collegiate football and baseball, followed by soccer. He now gives lessons to young athletes in both softball and baseball.

Her oldest son, J.T., is Patty Gasso's hitting coach. J.T.'s wife Andrea played softball at UCLA and is now Gasso's volunteer assistant coach. They had their first child, Joseph, in October, giving Patty and Jim their first grandchild.

Gasso's youngest son, D.J., played baseball at Bradley University in Illinois, where he graduated. With one year of eligibility remaining, D.J. transferred to UCO in Edmond so he could spend more time with his family.

"It allows us to see him play and allows him to see us play, so now we are truly all back together in the same area." – BSM

## Plank's Softball Stories

#### THE SEASON THAT CHANGED IT ALL

A plan was in place: the Gasso family would return to its roots and move back to California after the 2000 season. The run in Norman had been special, but it was time. Or, so they thought. But, something magical happened. A team not from the west coast ascended to the top of college softball. The Sooners won the National Championship for the first time in program history beating UCLA 3-1 in front of nearly 9,000 fans in Oklahoma City. The plans to leave Norman were shelved.

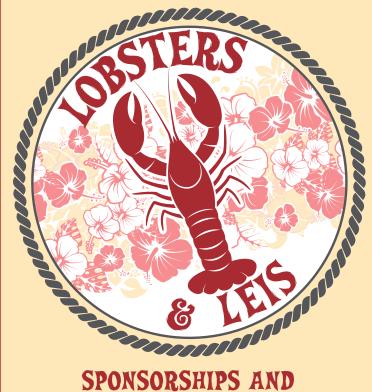
"When we won in 2000, my husband Jim was back in California and we had already made plans that it would be my last year," Gasso said. "The work I was putting in and the pay and having a family was not adding up. But the National Championship in 2000 created a lot of opportunity. That win was enormous, not just for me. It was good for our program, for the sport and for other coaches."

The championship in 2000 broke the stranglehold the west coast had on college softball. Since 1987 when Texas A&M won the National Championship, 11 of the next 12 national titles were won by either UCLA or Arizona. The 2000 Championship saved Gasso's tenure at OU, and also signaled that Middle America was a legitimate contender. Since the Sooner title in 2000, nine different teams have won titles.

#### THE GROWTH OF A SPORT

After winning back-to-back titles for the first time in OU history, Gasso is on the leading edge of a sport that has seen extensive growth.





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"Television has made (softball) very popular because it's a very easy and a very quick game to watch on TV," Gasso explained.

From a numbers perspective, TV viewing has been impressive. The two-game sweep by the Sooners over the Florida Gators was the most watched sweep in Women's College Series Finals history. The overall series was up 33 percent from 2014, which was the last time there wasn't a third game in the Championship series. According to ESPN, the WCWS Finals set a new streaming record.

Perhaps the greatest gauge of how seriously softball is being taken by the networks came during OU's 17-inning win over Florida. ESPN had a decision: stay with the Oklahoma/Florida thriller or shift to the heavily promoted playoff rematch between the Los Angeles Dodgers and the Washington Nationals. They chose softball.

"The idea that we were in a game that pushed my Dodgers off ESPN and I had something to do with that was pretty big time," Gasso said.

#### A FAITH BASED LIFE

As Sydney Romero rounded third base after her game winning home run against Tulsa in the Norman Regional, the usual high five from Coach Gasso was replaced by the middle, ring and pinkie fingers touching. The gesture was a tribute to the "Power of Three" that came to identify the approach and focus the Sooners had during the post season run. The "Power of Three" took on a life of its own and helped to bring a biblical story to life.

Beyond the wins and losses, the practices and work outs, the focus on faith is the deep-rooted piece of the foundation of the Gasso family, and in turn the Oklahoma Sooner softball program.

"It is why I coach. I have to give props to my husband because he allows me to do this. He gave up his coaching career to allow me to do what I'm doing. He's sacrificed a lot and I don't know if I appreciate that as much as I should. But he's also the leader of our family spiritually and he has guided me to not be afraid to share the platform of what keeps us fearless, what gives us faith and hope," Coach Gasso said. "It's been pretty cool to see how God has been working within all of this. I'm most proud of watching the transition between the time when athletes come into our program as freshmen and leave as seniors. I believe my job is to play a large part in forming these athletes for their futures. They come in as girls and my goal is to make sure they leave as women, hopefully strong women with a heart for God." - BSM



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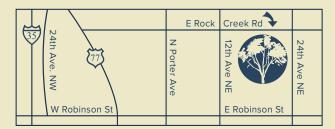
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s economic storms go, this one has been a real doozy.

Businesses were closed, jobs were lost, profits were slashed and emotions ranging from anguish to empathy have reigned across Norman.

But the clouds are beginning to lift along west Lindsey Street, and hopeful merchants are ready to celebrate.

Though street construction has all but paralyzed traffic along Lindsey for more than a year continues, there is finally hope on the horizon.

The Interstate 35/Lindsey Street bridge reconstruction project was finally completed in late July, reopening a major gateway used daily by multitudes of west Norman shoppers.

That development was a major source of relief for merchants starved for good news in the wake of some of the hardest times their businesses have ever seen, said Kristen McCall, manager of The International Pantry, 1618 W Lindsey St.

The good news coincides with the second rendition of Love Lindsey on Aug. 19, a celebration that goes beyond a typical sales promotion. The event not only offers shoppers attractive prices, it also gives them a chance to win a prize package worth hundreds of dollars. The more they spend, the better their chances of winning. In addition to that, the event is also intended to benefit the Norman Public School Foundation.

"Merchants are hoping to get people out to Lindsey, not just to shop, but also to help others, even though this could be the toughest time for their businesses," said McCall, a coordinator for the Lindsey Street Merchants' Association.

Some businesses have been forced to close completely by severe traffic disruptions from the massive street-widening and storm-drainage project, and others have seen revenues cut from 25 to 50 percent since construction started, she said.

But merchants have persevered, and they are optimistic that the worst of the storm is behind them. The bridge is now open, and workers have essentially finished paving two lanes on Lindsey's north side, so drivers will have an easier time navigating through the work zone.

The city has assured merchants that customers now have complete access to all businesses along the thoroughfare, and the entire project should be finished in November or December.

"As each piece of the project comes together, we get a little more relieved," said McCall.

Love Lindsey began last spring as a special project initiated by the Norman Chamber of Commerce, said Michelle Hohlier, the chamber's vice president of member services and sales.

She said the first Love Lindsey event, held on May 20, increased shopping traffic partly through Facebook promotions that reached 20,000, and hundreds of those people responded.

There are a lot of people who want to support Lindsey, Hohlier said. Norman residents care about each other, and they want to be engaged.

In addition to increased traffic on May 20, sales improved, resulting in a merchant donation of about \$1,000 to animal welfare programs in Norman.

McCall said she is looking forward to the Aug. 19 event. Some of the businesses participating include Christmas Expressions, Classic 50's, The International Pantry, Legends Restaurant and The Bay Street Bistro.

"I think it will generate traffic, and it will be a fun back-to-school weekend



Norman Mayor Lynne Miller (center) cuts the ribbon on the Lindsey Street bridge.

that will support the Norman Public School Foundation."

Despite the hardship they have seen, merchants are looking forward to giving back through Love Lindsey, she said.

"To be honest, without our community, we would not be in business. No matter how tough your business is, if you support your community, they will always support you," McCall said. – BSM



COMMUNITY BY: CHEYENNE DICKERSON

## Cleveland County Free Fair

he second largest fair in Oklahoma is gearing up for another year. The Cleveland County Fair anticipates an estimated 35,000 attendees will enjoy the petting zoo, tractor pulling contests and more.

The event will begin on Thursday, Sept. 7 and run through Sunday, Sept. 10.

Cleveland County Fair Board members take pride in how clean and safe the "mini state fair" is.

"Our county fair is one of the cleanest and safest you'll ever attend," said Richard Peters, Cleveland County Fair Board president. "The food is fresh, everything is kept up and you can come out there with your family and enjoy it."

Peters said there is always an abundance of security, and for this year's fair, a brand new, 6,000-square-foot building addition has been made to the fairgrounds to accommodate more events and visitors.

The board's main goal is to make this fair the best in the state, Peters said.

"The County Fair Board needs to be commended for really getting behind this and making it the best. In fact, the fair board matches every donation made for the fair."

One of the event's top attractions is the weiner dog race on Sunday, Sept. 10 at 1 p.m.



Cleveland County Fair Board Members (left to right): Jerry Calvert, Carl Mize, John McDaniel, Richard Peters, Joe Inman, and Carol Doner.

Not pictured: Chuck Calvert, Ron Coulter and Steve Mann

Last year's contest drew more than 100 dogs from three states, said Peters. This year, the fair added \$1,000 in prize money and a costume contest.

In addition to the second annual weiner dog race, Peters suggested fairgoers enjoy the poultry show, scheduled for that same Sunday, also at 1 p.m. For this event, chickens are caged so the judges and attendees can get an upclose experience, Peters said.

This year's fair also features a Hispanic Heritage Night on Thursday, begin-

ning at 4 p.m. A live mariachi band is scheduled to perform, followed by a Tex-Mex band.

Fairgoers will be busy on Friday as well.

Kicking off around 6 p.m., crowds can watch tractor pulls, stick horse racing and goat roping. They can also visit a petting zoo and enjoy carnival rides and live entertainment.

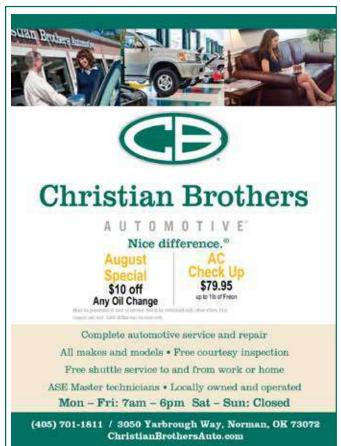
There will also be a baby crawl contest for youngsters who are fast on all fours. A four person cow-milking contest is scheduled for Friday at 7 p.m.

During the four days, visitors will have many opportunities to witness some of the best livestock in the state with state champions in everything, Peters said.

To see the dates and times of all the shows, visit the online Fair Book at www.clevelandcountyfair.org.

Free parking is available. However, visitors should arrive early to ensure they get a space.

To access the free lot, use the Classen Street entrance just north of Robinson Avenue. A shuttle service will be available. – **BSM** 



## **Cleveland County Free Fair**

September 7th - 10th

615 E. Robinson St, Norman, OK



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Baby Crawling Contest - Sept 8th 6:00pm
Stick Horse Race - Sept. 8th 6:30pm
Celebrity Milking Contest Sept 8th 7:00pm
Car & Bike SHOW - Sept 9th -10:00am
OK State Kid's Pedal Pulls - Sept 9th 11:00am
Clev. Co. Kid's Pedal Pulls - Sept 9th 1:00pm
Project Fairway - Sept 9 4:00
State Wiener Dog Races - Sept 10th 1:00
"Wienie Way" Contest - Sept 10th 12:00 noon
Tablescapes - Sept 10th 2:00

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COMMUNITY BY: TEGAN BURKHARD



t Norman Public Schools, administrators like Superintendent Nick Migliorino hope to see students glued to their laptop screens both inside and outside of the classroom.

As part of a districtwide technology initiative, it will become the norm this fall to see students plugged into laptops, investigating topics introduced by their teachers.

Thanks to the Norman community's support for the 2009 and 2014 bond issues, the district secured funding to purchase more than 8,000 MacBook Air laptops for their students, as well as SMART Boards, laptop docking stations and document cameras for teachers.

"We really made a huge investment on the teacher side of things knowing that our next phase would be moving into the student side," Migliorino says.

At the beginning of the 2017-2018 school year, teachers will hand out

laptops to every middle school and high school student in the district. As for elementary school students, technology will play its part in the learning process, with iPads and MacBook Air laptops available for in-classroom use. This way, students can play educational games or complete assignments while also becoming familiar with the very tools they will need in their professional careers.

The Norman district hopes to create learning opportunities for all students by encouraging them to use their firewall-protected laptops to explore questions, gain knowledge and start conversations with teachers, friends and family.

"If you look at the best teaching methods, it's all based on questioning," Migliorino says. "It's not based on what information can the teacher deliver to you. It's what questions can a teacher pose and have students go explore those questions and create new questions."

The new computer initiative will allow students to take the laptops home after class and during summers as they continue to enhance their user skills. Meanwhile, students can volunteer as technical assistants and help pass on tips and tricks to other students. Teachers, too, will instruct students in best practice lessons like digital safety, citizenship and footprint, to help students safely utilize these advanced resources.

One of the purposes of the technology initiative is to level the playing field for Norman's large and diverse population of students. Under the program, everyone gets access to the same technology, regardless of their economic status.

"It shouldn't matter where you come from, who your parents are or are not," Migliorino said. "The thing that we want to provide students is equal access to all information that's available." – BSM



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COMMUNITY BY: CATHERINE POSLUSNY



onarch butterflies are a beautiful sign of the changing seasons. We see them fluttering through the autumn breeze as they make their way toward Mexico, and then again as they stop to sample the local flora on their way back north for the summer.

But spotting those orange and black wings isn't as easy as it used to be. In fact, the monarch butterfly population has decreased by more than 60 percent over the past two decades, and the U.S. Fish and Wildlife Service is currently evaluating the species for protection under the Endangered Species Act.

The butterflies tend to migrate along Interstate 35, and they're having an increasingly difficult time finding fall-flowering nectar sources for their journey south, as well as milkweeds for the caterpillars to eat as they migrate north.

"Their numbers are dropping precipitously, and they're on the threat list," explains Katrina Menard, Ph.D., curator of recent invertebrates at the Sam Noble Museum. "There's been a lot of research in trying to figure out why that is, on top of figuring out how to prevent the decline even further."

When Michael Mares, the museum's director, learned about the nation-

wide monarch waystation program started by the University of Kansas, he initiated the conversation about how the Sam Noble Museum could become involved in the efforts.

"We've always had the butterfly garden in the front, and we have quite a few monarchs hang out there," explains Menard, "but we didn't have anything in terms of milkweeds for the actual caterpillars."

Menard is part of a committee dedicated to cultivating a monarch butterfly waystation in the Sam Noble Museum's Centennial Prairie, the 18-acre field to the south of the museum.

Others in the group are Nicholas Czaplewski, Ph.D., curator of vertebrate paleontology; Priscilla Crawford, Ph. D., conservation specialist for the Natural Areas Registry; and Amy Buthod, botanical specialist for the Oklahoma Biological Survey.

The group will plant native milk-weeds in a small section of the field and monitor their growth, along with any potential impact on the prairie, before expanding the project. It's important to note that they're using milkweed plants that are native to the prairie environment because caterpillars can be picky and won't eat non-native plants.

The committee has been working with OU Landscaping to maintain the land in a way that benefits both the milkweeds and the other native plants, including adjusting the mowing schedule to more closely replicate bison movement across the native Oklahoma prairies.

The Centennial Prairie is registered with the Natural Areas Registry, "a program for land in the state that has rare species, excellent examples of natural habitat or unique geological features," explains Crawford, who runs the program. She cites prairie dog towns, bald eagle nests and gypsum caves among the features the organization works to protect.

The Centennial Prairie is home to a rare flower, called the Oklahoma penstemon. "Generally, it's only found in central Oklahoma, in untilled prairie landscapes that are maintained as native hay meadows," says Crawford, who saw the field's penstemon population as a reason to certify the Centennial Prairie with the organization.

The ultimate goal is to restore a native Oklahoma prairie on the museum's land. "We collect fossils and we try to figure out what they tell us with respect to what the habitat was like when those animals lived," Czaplewski explains.

"For us, it's the conservation side that's so important," he continues. "Natural areas are disappearing more and more. Here's an opportunity for us to conserve a little piece of nature in association with our museum."

He's excited to give people a way to connect with the natural sciences outside of the museum's indoor exhibits. "They can walk out on the acreage and look at wildflowers and butterflies and whatever else is out there. It gives people an opportunity to be in nature that they might not have in their lives."

The field is completely open for people to explore, and many enjoy using it to exercise, walk their dogs or take photographs of the native plants that grow back there.

Many people, even native Oklahomans, have no idea about Oklahoma's natural ecological diversity, the scientists say.

"Ultimately, the mission is training and inspiring the future generation to do the same thing that we're trying to do, that it's worth the effort to try to restore these habitats," Menard said.

The committee hopes that their work on the monarch waystation and the Centennial Prairie will continue educating people and inspiring them to preserve the native Oklahoma prairies.



OU Big Event participants helped clean Centennial Field earlier this spring

"We can't just do something once and say 'it's restored!" These kinds of projects are always ongoing, especially in such an urban area," Crawford said.

She encourages people to keep an eye on the Centennial Prairie for new developments and opportunities to get involved.

"It's important for us to show people that there are environmental issues in Oklahoma that are worth doing something about," Crawford said. "There are things in Oklahoma that are worth saving. We have a huge amount of diversity right here in our state that we can work to improve and protect." – BSM



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COMMUNITY BY: TEGAN BURKHARD



fter nearly 10 years of trying, the Pioneer Library System finally has the funding it needs to expand and renovate its facilities to meet the demands of Norman's growing community.

Soon, Norman will have a newly renovated Norman Library Central and a newly built Norman Library East. Both projects are being funded through voter support of 2015's Norman Forward initiative, a 15-year, half-penny sales tax increase for a long list of community enhancement projects.

City officials broke ground on the east-side library project in April, and the facility is scheduled to open in the summer of 2018.

When voters rejected a 2008 proposal to replace the current central library, the Pioneer Library staff reassessed the community's true needs. Their evaluation showed a lack of resources for the more rural, east side of Norman. As a result, the Pioneer Library System and the City of Norman teamed to create a plan for a Norman Public Library East branch at 3001 Alameda St.

"I feel that it's a true partnership and one that really benefits the citizens of Norman," said Lisa Wells, Pioneer Library System executive director.

Through that partnership, the library service has been able to provide far more than what the city or the library system could have provided by themselves, Wells said.

Thanks to voters, all of Norman will be able to reserve meeting rooms and attend community programs inside the new east-side library, which will have 12,500 square feet of space. Current li-





brary cardholders and new library users alike will be able to take advantage of study rooms, stunning outdoor views and fast internet connectivity.

"Everyone on the east side is appreciative of any services they get because they're so used to not having the services that the west side has," says Caroline Dulworth, Norman Public Library Central Regional Coordinator and Branch Manager.

Like the west-side library, there will be a 24-hour kiosk outside the new east-side branch, allowing users to reserve and pick up items or check out and return materials at any time.

The building is environmentally friendly and designed to be energy efficient. It will be certified through the Leadership in Energy and Environmental Design (LEED) program.

As a LEED building, it will run efficiently while creating a warm atmosphere with its mixture of steel, glass, concrete and wood. It will also have an open layout with windows highlighting great views as far-reaching as Oklahoma City.

Once the new library opens, Norman's east residents will have a library close to home where they can relax with newspapers or immerse themselves in good books. Teens will be able to pick up new skills through unique, community-specific programming, while businessmen and women will be able to conduct Skype interviews in a flexible conference room.

"People use libraries for so many different reasons," Dulworth says. "A lot of them just want a place to feel like they belong." – **BSM** 



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or many, it may still be hard to get used to the idea of Lincoln Riley being the head coach of the Oklahoma Sooners.

That is not a knock against Riley. It's just that Bob Stoops was a staple at the University of Oklahoma and across the college football landscape.

The shockwaves of this summer's announcement will eventually subside as the season gets underway. And, when the season opener finally kicks off, there is little doubt among those who know Riley, that the coach is well prepared.

But who exactly is Lincoln Riley and how did he go from a walk-on quarterback at Texas Tech to the head coach at Oklahoma in a little more than a decade? The answer is littered with hard work, sage advice and a work ethic that is unparalleled.

At 33-years old, Riley is the youngest head coach in college football. Often when a new coach takes over, it's because a program is struggling or is in

need of a rebuild. But the Sooner's situation was unique. Of the other 21 coaching changes in 2017, only six coaches will take over programs with winning records. Additionally, OU is projected to not only compete for a Big 12 Championship but a national championship. Expectations for Riley are not just high; they are sky high.

"Would you rather take over (a team) that's struggling or the one that's better? Coaches have always had differing thoughts," Riley said of the opportunity. "Of course, you get the pressure. The expectations are there to win, but that's something that I enjoy. If you don't enjoy that sense of pressure, then (OU) is probably not the place for you."

The native of Muleshoe, Texas is no longer an assistant or a coordinator. He is the head coach. But, don't expect much to change about Riley and the way he approaches life and coaching.

Muleshoe is just 30 minutes east of New Mexico and about 45 minutes west of Lubbock. Just about everyone knows everyone in the town of 6,000. His parents, Mike and Marilyn, have lived in Muleshoe their entire lives.

Riley starred at quarterback in high school and led his team to the state semi-finals his senior season. Riley's love of the game planning side of football emerged at a young age. In an interview with the Tulsa World in 2015, lifelong friend and former Texas Tech roommate Jeff King said Riley was at another level, even in the fifth

"I remember we'd be playing football in the yard, and he'd be drawing up plays," King said. "They were some complex plays, as complex as you can

complex plays, be at 11."

Like many in high school, Riley was a multi-sport athlete. In addition to football, Riley played baseball, bashotball and ran track. But football as seemed to leave his

mark. Muleshoe football coach David Wood saw there was something more to Riley than just being a quarterback.

"I really saw his potential to be a rocket scientist," David Wood said in a 2015 interview. "He was just brilliant. Whatever he chose to do, he'd be something special."

After high school, Riley decided to take a shot at playing at the next level. According to then Texas Tech coach Mike Leach, Riley nearly passed up the opportunity to get on a coaching fast track.

"He's a sharp guy," Leach told the Dallas Morning News. "I had too many quarterbacks, so I knew I was going to cut him, but I wanted him to stay around and be a student assistant. That same day that I cut him, I offered him a job. Well, of course, he was mad,... so he wouldn't take the job until the next day."

Riley coached as a student assistant with the Red Raiders from 2003 to 2005 and as a graduate assistant in 2006. He became a full-time coach under Leach at the age of 23.

"When I hired him, Lincoln was the youngest full-time assistant in the country, but he had been with me as a student assistant and a GA for about six years and did a tremendous job," Leach said.

For Riley, it was an incredible step in his career and an experience that helped shape him as a head coach.

"The biggest thing I took from coach Leach was just the mentality that I think you have to have if you want to be really good on offense," Riley said. "That kind of fearless, always in attack mode, always believing in what we're doing mode."

Riley found himself thrust into the role of offensive coordinator sooner than he anticipated. As the Texas Tech Red Raiders prepared to play in the Alamo Bowl against Michigan State in 2009, Riley learned that Mike Leach would not be coaching the Red Raiders in the bowl game. The responsibility of calling plays would rest on his shoulders. The Red Raiders went on to win and Riley helped engineer an offense

that racked up 579 yards. The interim head coach for the Red Raiders for that game was current OU associate head coach Ruffin McNeill.

The following season McNeill would be named as the head coach at East Carolina and one of his first hires was the 26-year old Riley as his offensive coordinator. Riley would spend five seasons with McNeill at East Carolina before coming to Oklahoma in 2015. McNeill would end up being the first ever hire of the Lincoln Riley era.

"Having a chance to work for Lincoln, it's a proud moment for me. It's an exciting moment as well," McNeill said. "I've been in coaching a long time, and I'm very honored to be joining the Oklahoma family. There's obviously outstanding tradition here."

The addition of McNeill to the staff has helped to ensure a seamless transition for Riley.

"In all the years together at Texas Tech, the five years together at East Carolina and the different experiences that we went through together,...we have a ton of history, a lot of trust built up," Riley said of McNeill at Big 12 Media Day.

And for Riley, as a new head coach, the addition of McNeill gives him yet another perspective to tap. Riley knows that even though Stoops has moved on, he still has a trusted confidant in the former head coach.

"I'll definitely use his counsel. I've learned a lot from him," Riley said of his relationship with coach Stoops. "One of the most impressive things to me was he always had a great sense for the pulse of the team, which I think is so important for the head coach. You've got to have an understanding of where the team is and what's best for the team in that current situation. He was, in my opinion, one of the best to ever do it."

From Muleshoe, to Lubbock, to Greenville and then to Norman, the rise of Lincoln Riley has been meteoric. It is often said that you never want to replace a legend. But for Lincoln Riley, it's a challenge that he has prepared for his entire life. It's a challenge that he will not shy away from. Confident, prepared, enthusiastic and energetic, Lincoln Riley is ready. – **BSM** 



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U comes into the 2017 college football season as the favorite to win their third straight Big 12 Championship and one of the favorites to reach the College Football

Not even the surprise decision of legendary head coach Bob Stoops stepping down after 18 years of elite football coaching could derail the optimism for 2017. Thirty-threeyear-old Lincoln Riley stepped into the head coaching job from offensive coordinator in such seamless fashion that the program didn't miss a beat. In fact, by keeping the entire coaching staff together and adding a proven winner in veteran defensive line coach Ruffin McNeill, OU's coaching staff remains one of the very best in the country.

To be good in any level of football, teams have to have a good quarterback, and OU has an elite quarterback with 2016 Heisman Trophy finalist Baker Mayfield returning for his senior year.

"It was a no brainer for me to come back," said Mayfield. "It is a dream come true for me to play quarterback at OU. We have unfinished business too, as our goal has never changed, and that is to win... a National Championship. I think we have the team that can do that and that will be our goal this season."

Mayfield (6'1, 220) is the only player in OU history to throw for at least 5,000 yards (7,665) and rush for at least 500 yards (582) during his career. His 89 combined touchdowns are the most for the Sooners at quarterback, and he trails only former Heisman winner Sam Bradford in passing touchdowns over his first 26 games.

In 2017, Mayfield set the Football Bowl Series single-season pass efficiency rating record with a 196.4, also finishing first nationally in completion percentage (70.9), and yards per attempt (11.1). He completed 254 of 358 passes for 3,965-yards and 40 touchdowns against only eight interceptions last season.

Coach Riley feels his quarterback room is very strong with Mayfield followed by sophomore Austin Kendall (6'2, 215). Kendall played sparingly last season, hitting 16 of 22 passes for 142 yards and two touchdowns. Heralded sophomore Kyler Murray (5'10, 192), coming off a redshirt year, will compete with Kendall for the backup job. Murray has something none of the other quarterbacks have and that is blazing speed. Murray played baseball in the Cape Cod League for most of the summer, but returned in time for training camp.

Another reason the Sooners are pumped for 2017 is their offensive line. OU returns eight players who have started at least one game for OU this season. The front five is led by All-American candidate and threeyear starter Orlando Brown (6'8, 345) at left tackle. Sophomore Bobby Evans (6'4, 312) is back at right tackle. The team has two experienced senior centers in Eric Wren (6'1, 306) and Jonathan Alvarez (6'3, 306). At left



















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guard sophomore Cody Ford (6'4, 343) started the first three games last year before suffering a broken fibula. Junior Ben Powers (6'4, 310) took over and played at an all-conference level. At right guard Dru Samia (6'5, 302), a three-year starter, is being pushed by junior Alex Dalton (6'4, 298). The best player up front in the spring was freshman center Creed Humphrey, (6'4, 310) who may be too good to redshirt.

For the offense, the biggest question marks are at receiver and running back. OU has talent in both areas. Junior Mark Andrews (6'6, 254) has started 12 of 26 games catching 50 passes for 807 yards and 14 touchdowns. Senior Jeffrey Mead (6'5, 195), after finishing strong in 2016, and Norman North alum, junior Nick Basquine (5'11, 194) are expected to play a bigger role at receiver this season. Basquine caught 20 passes for 265 yards. Senior Jordan Smallwood (6'2, 225) hopes to have a breakout year along with junior A.D. Miller (6'3, 197). Senior transfer Jeff Badet (6'0, 178) gives the receiver corps a boost coming off an 82 catch, 1,385-yard season with Kentucky.

In the backfield, there is talent, but little experience. Injured his first two years, sophomore Rodney Anderson (6'2, 218) has all the tools and is expected to be the starter against UTEP. Sophomore Abdule Adams (5'11, 205) was the third back last season amassing 53 carries for 283 yards. JUCO transfer Marcelias Sutton (5'8, 192) has shown excellent speed while freshman Trey Serman (6'0, 220) and Kennedy Brooks (5'10, 206) will vie for playing time.

OU is very strong at H-back with three-year senior starter Dimitri Flowers (6'2, 247) who may be the best in the country at what he does. Junior Carson Meier has emerged as a key backup to Flowers and freshman Jeremiah Hall (6'1, 240) is expected to be the future at the position.

OU believes they will be better defensively in 2017, changing to a 4-3 base alignment. The OU defense is led by All-American linebacker Ogbonnia Okoronkwo (6'1, 240) who had a breakout year last season, finishing with 71 tackles and nine sacks. Senior

nose tackle Matthew Romar (6'0, 295) has started 12 of 33 games and provides considerable experience up front, teaming with senior defensive end D.J. Ward (6'2, 280). Sophomore Neville Galllimore (6'2, 310) is a returning starter who finished with 40 tackles and one sack a year ago.

Sophomore Caleb Kelly (6'3, 229) is emerging as one of the best outside linebackers in the country after starting six of 11 games as a true freshman. Kelly finished with 36 tackles, three tackles for loss and one sack last year. Senior Emmanuel Beal (6'0, 223) returns to man the inside position, starting

10 games and finishing with 81 tackles, three tackles for loss and two sacks. Redshirt freshman Jon Michael-Terry (6'2, 240) is in a battle with junior Curtis Bolton (6'1, 220) for the "MIKE" linebacker position.

The secondary got a big boost when safety Steven Parker (6'1, 204) and cornerback Jordan Thomas (6'0, 185) decided to return for their senior year, sharing 58 starts between them. With the suspension of Will Sunderland, freshman Robert Barnes (6'2, 196), junior Kahlil Haughton (6'1, 206), senior Will Johnson (6'0, 185) and freshman Ryan Jones (6'1, 219) are all battling for time at free safety. Barnes will be the leading candidate going into camp.

Junior Prentice McKinney (6'0, 195) provides depth. Sophomore Chanse Sylvie (5'11, 193) figures in the mix at the nickel back. At corner, sophomore Jordan Parker (5'11, 188) and sophomore Parnell Motley (6'0, 175) are in a battle for the corner job opposite Thomas. J. Parker missed all of spring with an injury allowing Motley to shine.



On special teams, junior Austin Seibert (5'9, 210) is back after starting for two years as the place-kicker, punter and kickoff specialist. He hit 11 of 16 field goals and 72 of 74 extra points last season. The staff would like to relieve him of the punting duties this season, allowing him to concentrate on just two kicking principles.

Freshman Reeves Mundschau (5'11, 168) is a four-star recruit that will try to take over punting duties. Coach Riley said his final decision will be based on who is the better punter. He said he is not looking to make a change at the position just make a change.

OU will have a good team that is capable of winning the Big 12 Championship, and has the talent to get to the playoffs. But, like always, they need to stay healthy. They also will need to play well at Ohio State and hope the ball bounces their way to accomplish their goal of winning a national championship. – BSM

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SPORTS BY: LINDSAY CUOMO



## Heading for History

n Sept. 24, 1977, the No. 3 ranked Oklahoma Sooners traveled to Columbus, Ohio to face the No. 4 ranked Ohio State Buckeyes.

On that day, Sooner fans fortunate enough to be among the nearly 90,000 spectators, watched Uwe von Schamann step into Sooner history with his last-second field goal that propelled Oklahoma to victory.

It would be 40 years before the Oklahoma football team would have the opportunity to return to Ohio State's famous Horseshoe. Now, the University of Oklahoma's Alumni Association is doing their part to make sure Sooner fans have the opportunity to attend once again.

As part of their Sooner Sports Travel program, the Alumni Association has prepared a package for fans interested in travelling to Columbus for the Sept. 9 primetime kickoff.

It was an easy decision for the Alumni Association to include an OU-Ohio

State travel package in this year's slate of Sooner Travel events.

"It features two of the most storied programs in college football history," said JP Audas, associate vice president of Alumni & Development with the University of Oklahoma.

In the case of this game, the importance of providing a package to fans goes beyond the matchup of two prospective powerhouses and extends to the core goal of the Alumni Association to provide a valued service to the university and its fans.

"(The program) allows our fans to see a new place and experience new traditions," explains Audas. "We are always looking for ways to connect alumni and friends back to the university in celebration of our shared love for OU. There are so many things that make our alumni proud, but nothing unites the Sooner family quite like OU athletics."

While championships have paved the path of the Sooners on the field, the

Alumni Association and the Sooner Sports Travel program had their own start with an OU football national championship.

"We started this program in the year 2000 when OU football played in the Orange Bowl for the national championship," Audas said.

The Sooners won that game, and ever since then, the Alumni Association has provided annual travel packages to the OU-Texas game, bowl games and popular away games such Notre Dame, Alabama, Tennessee and, now, Ohio State.

"The success of this program has allowed us to grow beyond just OU football to many other marquis sporting events such as the Final Four, the Masters and the Kentucky Derby," said Audas. "The extraordinary success of OU athletics obviously plays a big role in our ability to attract large numbers of alumni and friends."

This year's OU-Ohio State game will be one to witness, as it could easily

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turn out to be even more historic than the one 40 years ago.

That game included coaching legends Barry Switzer and Woody Hayes, future Heisman Trophy winner Billy Sims and a last-second victory by the Sooners. This year's showdown ups the ante by pitting two national championship contending teams and a quarterback matchup between returning Heisman trophy finalist Baker Mayfield and current contender J.T. Barrett. The game also has the Sooners seeking revenge for a disappointing loss to the Buckeyes last year at Owen Field.

This will all happen while rookie head coach Lincoln Riley, a mere three games into his coaching tenure, faces his first significant challenge on the road, in front of more than 100,000 fans, squaring off against Urban Meyer and a formidable Ohio State squad. Anticipation for this game is at a peak, and fan attendance in Columbus is expected to be high.

"This season is particularly exciting for our alumni and friends," says Audas. "We expect to host over 400 travelers on our Ohio State package."

The Ohio State packages include travel by land or air and a stay of one or two nights, depending on the package, at the Renaissance Columbus Downtown. While in Columbus, guests will be able to attend a welcome reception on Friday night and will be provided with continual shuttle service to and from the Short North Arts District.

On Saturday, guests will attend the official Boomer Bash pre-game party, always a highlight of the Alumni Association's travel events.

"In addition to food and beverages, we normally include a performance by the Pride Marching Band and OU Spirit Squads. We will also have a DJ, a photo booth and televisions," Audas said.

The Alumni Association is pulling out all the stops to ensure an ideal weekend of fun, fans and OU football.



The Oval at Ohio State University.

Attendees will be provided a deluxe motor coach ride to and from Ohio Stadium with a police escort. Prices for the packages are on a per-person basis, and more information about reservations can be found at www.ou.edu/alumni/sooner-sports-travel.html. – BSM

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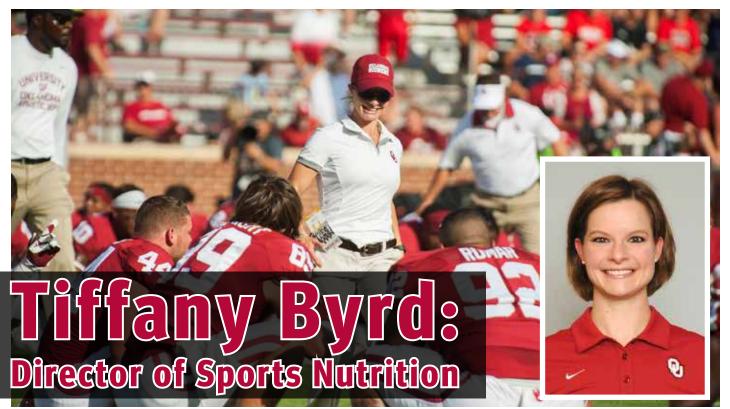
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SPORTS BY: MORGAN DAY



oach T' isn't your typical athletics coach. You won't see her calling plays from the sidelines or sending players out for another round of line drills.

What you're more likely to see is her monitoring football players for cramping and providing fuel in the form of electrolytes and snacks as they strive for a Sooner win. She eats most of her meals surrounded by student athletes, serving as a constant and reliable guide for what to eat and to treat their bodies well from the inside. And she works one-on-one with Sooners to ensure each athlete has a nutrition plan tailored to their body, to their sport and to their goals.

That's the daily grind for Tiffany Byrd, director of sports nutrition at the University of Oklahoma. Byrd, who students refer to as Coach Tiffany, Coach T or just Tiff, works around the clock to guide athletes, ensuring that by the time they step onto the football field, gymnastics mat or baseball diamond, they've done everything they can to perform at their absolute best.

"You come to Oklahoma and you expect to win championships," she said.
"You expect to come here and be a

contender. So, these players are pretty driven. Most of them want that extra one percent because they're elite athletes and they want to win. Nutrition is just one piece of the puzzle."

#### **From Gymnast to Dietitian**

Byrd, a longtime gymnast and threeyear member of the elite U.S. national gymnastics team, began her education at the University of Alabama but later transferred to the University of Nebraska and earned her bachelor's degree in nutrition, exercise and health in 2005.

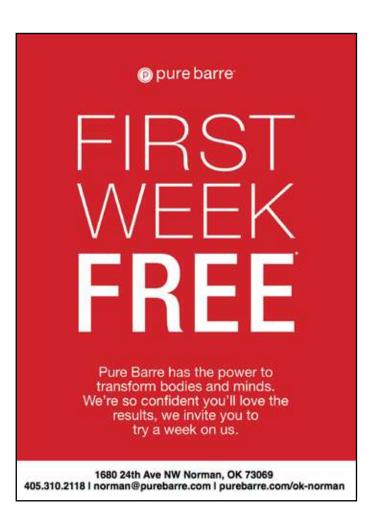
The Orlando, Florida native had dabbled in personal training and coaching but felt something was missing. It was University of Nebraska dietitian James Harris who made her take a second look at nutrition as a career choice.

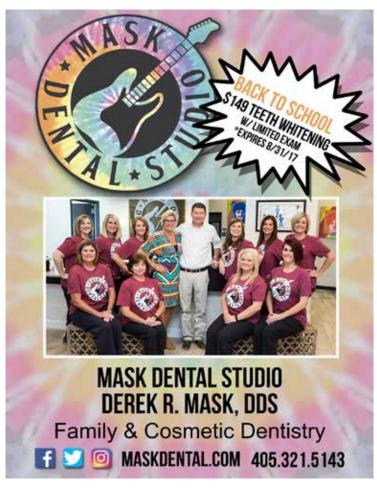
"He helped me to view food — which can kind of be a scary thing to a gymnast — as fuel, and something not to fear but to really utilize to enhance life and performance," she said. "And once I had decided on nutrition, I never looked back. I just pushed full force."

Byrd then earned her master's in human nutrition in 2011 from the University of Alabama. She spent one year in sports nutrition at Baylor University before landing at OU, one of the top athletic programs in the country.

"This is a dream," Byrd said. "There are days I drive down to the stadium, and I see the OU on the renovated stadium, and I'm like 'I can't believe I'm at Oklahoma.' Not only can I not believe I'm at Oklahoma, I'm at a dream job, and I'm the director of a department at Oklahoma. And I get to be a part of something great and work with the best coaches in the nation, where we have the opportunity for any of our 21 sports to win a national title every single year."

Like Harris had done for her, Byrd has helped others form healthier views on food, body and weight. Chayse Capps, a senior health and exercise science major who spent four years on the OU women's gymnastics team, finds trust and reassurance in Byrd because she's "been there and done that and she's worked her way out of it," Capps said.







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"In gymnastics, you try to be smaller, skinnier, lighter, but yet lean to basically defy physics," Capps said. "That's very different in the world of nutrition, and most nutritionists who don't deal with gymnasts don't necessarily understand that."

Paige Lowary, senior human relations major and member of the OU softball team, had heard negative comments over the years about players' weight before coming to OU and was relieved to find a relatable and encouraging confidante in Byrd.

"Some of us have self image issues, and she makes us feel very comfortable because she's so easy to talk to and open," Lowary said. "She's very passionate, and she's a friend even outside of her job."

#### **Impact on Student Athletes**

While there's only one director of sports nutrition, there are 21 sports and nearly 600 athletes. On the one hand, that makes Byrd's job a little challenging; on the other hand, it's an opportunity to make a significant impact on OU athletes each year.

Steven Parker II, starting safety on the OU football team and senior communications major, said Byrd has taught him how to make a "great plate" packed with vegetables and fruits, and that's something he'll carry with him after graduation.

"Coach T, in my opinion, has done a fantastic job making sure all her babies are fed — that's what she calls us," Park-

Orlando Brown, junior left tackle and human relations major, echoes Parker, saying he's learned to look at nutrition as a lifestyle that will help both on and off the playing field.

Caleb Kelly, outside linebacker and sophomore communications major, said Byrd taught him what foods to eat to make his body fat percentage decrease in order to gain more speed.





"I think she really loves her job," Kelly said. "We're all pretty sure she doesn't sleep, judging by how often she's on campus."

For Yul Moldauer, junior finance major and member of the OU men's gymnastics and U.S. gymnastics teams, it's all about balancing sleep, nutrition and managing stress — something that's not always so easy to do in college.

"You're working so hard and all the stress can make you lose track of how you're eating," Moldauer said. "Tiffany showed us how to balance how we sleep, how we eat and be mindful of what goes in our body."

Byrd, who lives in Norman with her husband Jay Campbell, is now in her fifth year as director of sports nutrition. She feels great pride and honor to work with OU's athletes. But with that comes pressure and expectation from parents to nurture the athletes and push them to be their best, just as any guardian would.

"I want these athletes to know they have people to care for them and invest in them, not just for their athletic career, but for their life," she said.

"Because it's all about relationships, and if I ever lose sight that it's about people and relationships — and the love and the passion that I have for these athletes — then I'll walk away. Because I do this for them." - BSM





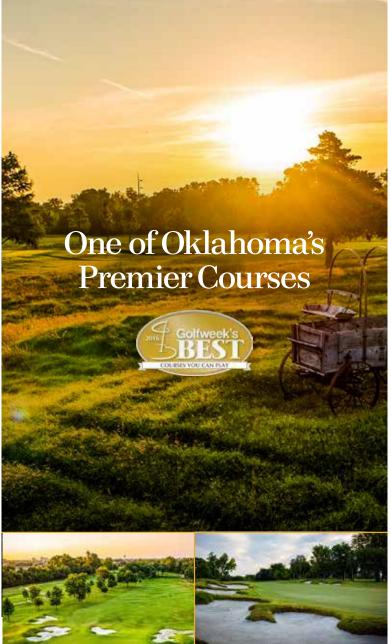
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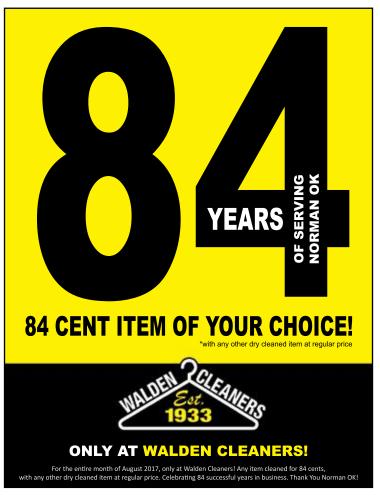




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## PROSPERITY POINTS FOR COLLEGE FUNDING



Summers always seem to end quickly, but especially in Norman, OK, heading back to school reminds us that OU football is just around the corner. If you aren't a star quarterback, however, college can be expensive. Here are some tips on how to pay the bill.

 Scholarships and grants can help lower the burden of paying for college. Take time to research opportunities carefully, and remember that good grades in high

school may be worth more money than a minimum wage job in a fast food restaurant.

- Scholarships can be based on entrance exams. Take review classes and practice exams to help raise your score.
- Basic classes can often be taken at community colleges, where class size is smaller and the cost is less.
- In-state tuition is lower than out of state. If you are going out of state, research the options for establishing residency.
- If you decide to invest in a college savings plan, look at the tax benefit
  of your state's plan, and research your options before you purchase an
  out of state plan from a financial adviser.

Finally, start saving for college early, but not at the expense of retirement savings. Your own financial stability should be established first.

Be Prosperous! Peggy Peggy Doviak, Ph.D., CFP \*

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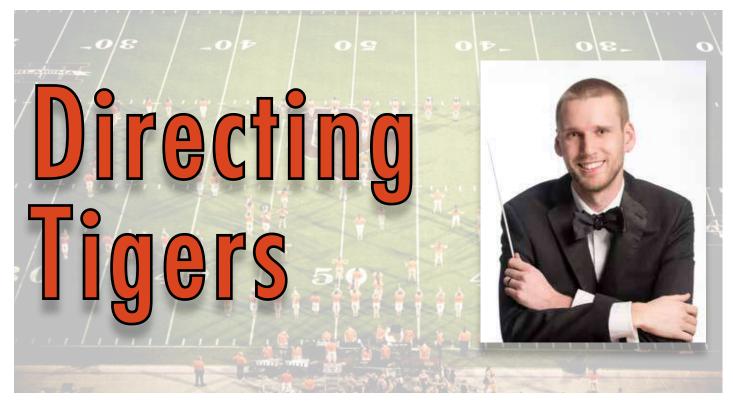
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Talk to your financial team about any strategies before you implement them.

LIFESTYLE BY: MORGAN DAY



ith Joel Deardorf now leading the Norman High School band and orchestra, the community can expect a high-energy leader focused on creating and strengthening community ties and turning music into a lifelong avocation for students.

Deardorf, who has served as the Norman High School assistant band director since the fall of 2008, replaces retiring band and orchestra director Jim Meiller. Meanwhile, Meiller's son, Stephen Meiller, will fill Deardorf's shoes as he takes on the role of assistant band director.

Originally from the Dallas/Fort Worth area, the Norman resident earned his bachelor's degree in instrumental music education from the University of Oklahoma in 2007 and his master's in education administration, curriculum and supervision from OU in 2017. Deardorf hears from many students that they want to become band directors, but Deardorf said his goal is for each student to foster a love of music in any capacity after graduating from high school.

"Go do whatever you want to do, but keep music a part of your life," he said. "Become a member of your college marching band, join your community's concert band, or offer kids music lessons."

Moving forward, Deardorf wants to increase the band's visibility in Norman and engage the community in new ways, perhaps by forming a band alumni base for former members to stay connected. You can expect to see the marching band interacting with Normanites at various parades.

On the Aug. 5 episode of "America's Got Talent" they will lead a parade for 12-year-old Oklahoma City-area contestant Darci Lynne, and perform at a grand opening of a McAlister's Deli in Norman.

The marching band now is ramping up for its fall shows, which include a lineup of songs "portraying a journey through space." Deardorf has tapped a friend and SpaceX lead engineer to educate band members about the space industry and his role in building rockets.

"Every time I do a show, we try to integrate some outside learning," he said.

Husband to Emily and father to 19-month-old Amelia, Deardorf loves

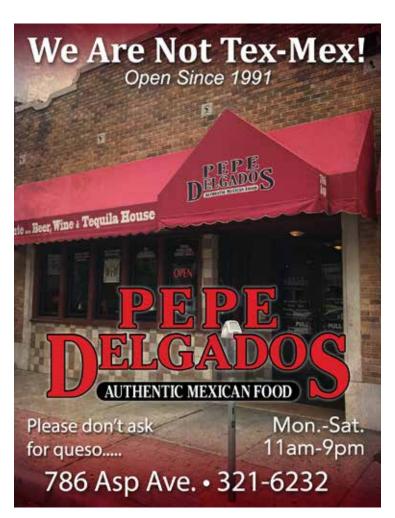
the fast changes and challenges that come with working in public education — especially with high school students.

"Being around high school kids is challenging and entertaining," Deardorf said. "It's different every day. You couldn't pay me \$200 million to sit at a desk all day. I love the unpredictability of what I do."

In Deardorf's time with the band, membership has gone from 100 to 150 and could reach about 170 this year. He attributes that to a yin-yang leadership pairing.

"To simplify things, Jim was old and wise, and I was young and dumb. It's kind of like how a good marriage works. You complement each other," he said.

"I'm a marching band guy and marching band can be difficult. I think I brought extra value to that side of the program, which helped retain kids over the course of the full year. But the lion's share of the credit goes to Jim. He had high expectations and a level of achievement across the program that kids needed to push to meet." – BSM





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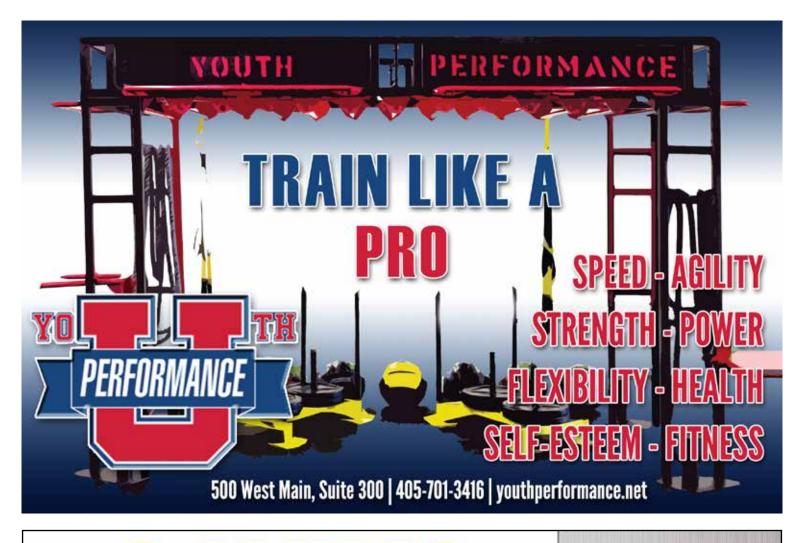
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- Dr. Frank R. Lin, Johns Hopkins Medicine

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LIFESTYLE BY: CHIP MINTY



hen the dog days of summer settle over Norman, it means football season is just around the corner.

It won't be long before footballs are flying, shoulder pads are popping and marching bands are playing.

But before any of that happens, fans will carry on a unique tradition that began more than two decades ago to celebrate local restaurants as they prepare for the annual Norman High, Norman North showdown on Owen Field.

More than 3,000 people are expected to attend the annual Taste of Norman banquet, a variety laid out by up to 30 restaurants from across the Norman community.

The event helps keep band members at Norman High and Norman North high schools marching and playing all year, said Trent Davis, Norman North band director.

"It's a huge funding source," he said. "At Norman North, it is about a third of my budget for the year."

Taste of Norman is a labor of love for the entire community. Dozens of restaurants volunteer to participate, serving their specialty dishes to hundreds of hungry fans. For the past several years, the University of Oklahoma's athletics department has accommodated the massive feed in the Mosier Practice Facility across the street from the Gaylord Family Oklahoma Memorial Stadium.

Fans arrive before the doors open at 5:30 p.m., and restaurants keeps dishing up the favorites until 7 p.m., or just before the rivalry kicks off across the street, said band booster Becky Gillum, a volunteer in charge of lining up restaurants and coordinating with OU.

The parent of a sophomore band member at Norman North, Gillum said the event will be pretty much the way people remember it, even if they've been away for a while.

"It will be the same as last year. It's a well-oiled machine, so we try not to change it too much."

One thing that does change from time to time is the line-up of restaurants.

Gillum said band boosters are always looking for new restaurants to bring into the mix, and everyone is welcome, but slots are limited to about 30.

There are a few stalwarts, such as Legends, serving its lemon cake, and The Mont, serving its queso.

Other restaurants on hand this year will be La Baggett, Raising Cane's Chicken, El Chico Mexican food, City Bites sandwiches and Hideaway pizza.

Gillum said portion sizes tend to be small, so patrons have plenty of room to get samples from several different restaurant tables.

"It's really nice. It's just a taster," she said.

Tickets cost \$15 per person, and all proceeds from ticket sales are split between the two bands, she said.

More than 300 band members from both schools will be out selling tickets to family and friends through the month of August. Patrons can also contact either school to obtain tickets.

"It's a really good way to support the bands here in Norman," Gillum said.

Marching season gets to be expensive, and the schools' budgets don't cover all the costs, band director Davis said.

Davis said the tradition is for both bands to give their premier performances at Taste of Norman before walking across the street to play at the season opener.

In addition to routine instrument repair bills and music, proceeds pay the cost of charter buses when the bands travel to contests out of state. They also pay for contest entry fees and help pay for the college instructors who are invited from time to time to hold special music clinics.

All the activities supported by Taste of Norman help band members grow musically, and develop an esprit de corps.

Davis said it all pays off during state marching band competitions at the end of football season.

"Without it, we would not be able to do a lot of the things we do," he said. - BSM

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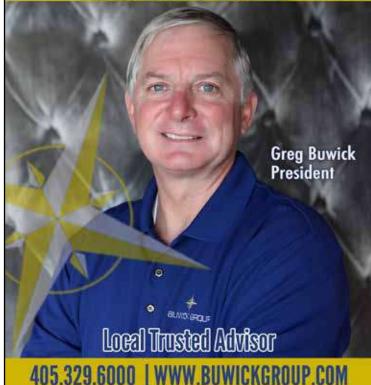
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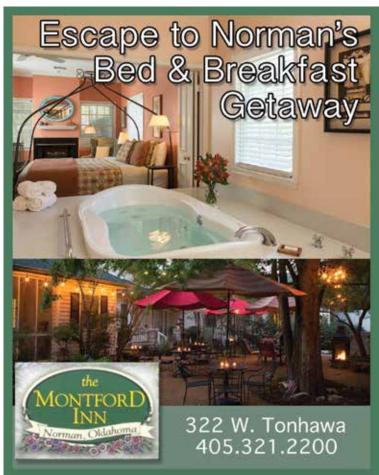
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## Cider is Wine... What?

ard cider burst on the market a few years ago. In the ever-expanding world of flavored spirits, craft beer and wine, confusion persists about cider. Cider is classified in the wine category because, like wine, it is made from the juice of crushed fruit that is fermented.

Just like with grapes, the fresh juice can be consumed as juice. Unfiltered, preservative free pressed cider will naturally start to ferment very quickly. In most parts of the world, cider is presumed to be "hard" since it ferments so quickly. Cider may develop some natural carbonation, similar to that found in Vinho Verde and other slightly effervescent wines, but not a full head as found in beer.

Cider, once pressed, is fermented with the same yeasts used in wine and champagne. No water is added in the process of cider making, just like with wine. Beer, in contrast, is fermented from grain and always includes malt, barley and a lot of water in the process, which is why brands advertise the purity of the water used to brew.

To complicate the classification further, there is apple wine. Apple wines are produced in the same methods as cider but fer-

mentation progresses to reach a higher alcohol content. Cider typically has an alcohol content of 4-6% abv, while wine generally has abv of 12-14%.

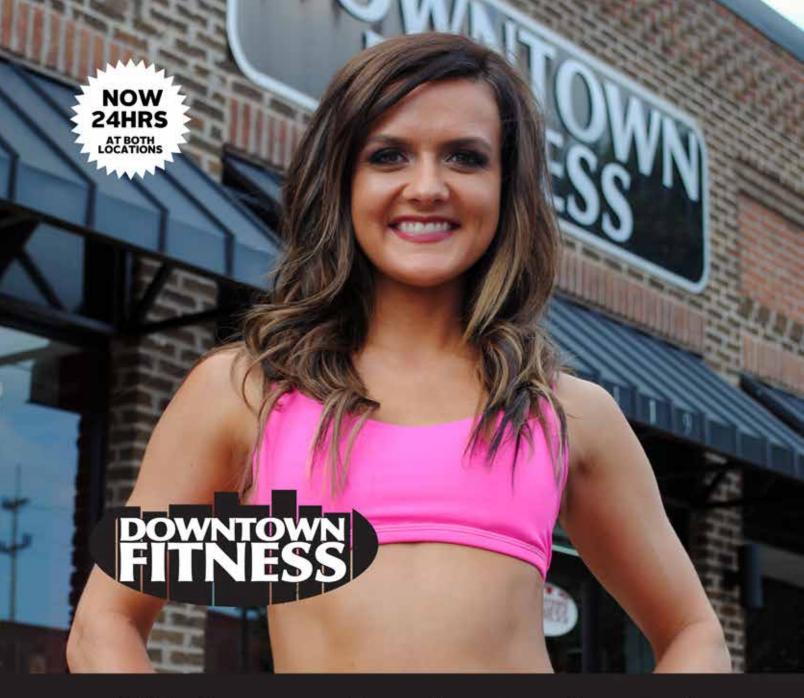
Cider can have many additives including sulfites to stabilize the product, fruit flavoring and sugar. So reading the label is important. Ciders vary greatly from dry to sweet and your local wine merchant can help you select the right type for your palette. In an added bonus, cider is gluten free, which can be very important to some drinkers.

If you are looking for a change of pace, cider offers plenty of options. Angry Orchard and Ace are some of the most popular. Most ciders are packaged like beer in individual servings, making it perfect for hot summer days.

Have a great summer!

Kathy





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Ideally, a plump vacation fund that's fed throughout the year is the way to go. Unfortunately, though, we often don't think about how to pay for vacation until it's a few weeks away. To make things even worse, according to LearnVest, an alarming 74% of Americans go into debt to pay for a vacation.

Don't become part of that statistic! Be proactive in planning your vacation by saving up for it in advance. Forgo some luxuries in the months or weeks leading up to your vacation and save the extra cash for your getaway. Consider running a yard sale featuring all of your forgotten treasures and use the profits to fund your trip. Skip your weekly dinner out for a while and put the money in your vacation budget.

Now it's time to plan your vacation! When you've got the money saved up, create a realistic vacation budget. These six vacation saving tips will help you plan the perfect getaway while staying well within your budget.

#### **Timing is Everything**

Be a savvy shopper. There is an ideal window for buying everything, and booking airline flights is no exception. Flight prices generally fluctuate until departure day, but experts say the sweet spot is 54 days before your travel date. If you don't want to be busy checking prices all day, sign up for emails from a savings alert site. Let them know which dates and locations you're interested in, and they'll let you know when a flight goes on sale so you can book your discounted tickets before they're sold out.

#### **Clear Your Cache**

Hotel and airline sites use cookies to determine what you're shopping for. They'll see which days you're searching and raise their prices accordingly. Beat the system by clearing your cache before every new search so they can't read into your browser history. You might see as much as a 50% drop in prices when searching with an empty cache!

#### **Sweet-Talk Your Way to Savings**

Just because your hotel room is pre-booked, it doesn't mean you can't save. Don't be shy about asking for an upgrade at check-in.

About 78% of hotel guests who request an upgrade at the front desk actually receive one. Some face-to-face schmoozing can go a long way!

Also, by 6 p.m., most hotels know which rooms will be filled for the night. If you check in later in the day, you'll have a better chance at getting the keys to the room with the incredible view – even with your economy-class price tag.

#### **Never Pay Full Price**

You can score a deluxe vacation without the deluxe price tag – all it takes is a little research. Check sites like coupondivas.com, entertainment.com and Groupon.com for amazing deals and deep discounts for local eateries and entertainment centers. You can also find cheaper tickets to nearby amusement parks by looking for sellers on Craigslist. Also, if you're traveling with kids, don't forget to look up restaurants with "Kids Eat Free" promotions.

#### Freebie Fun

Challenge yourself to enjoy one day of your vacation without spending any money at all. Search local sites and logs for write-ups about fantastic free things to do nearby. You might find a charming family farm, a gorgeous waterway, a fun splash pad for the kids or a scenic hiking trail. Or, just spend the day at the closest beach!

Don't eat out on this day either. Many hotels include a continental breakfast – take full advantage. For lunch, you can picnic on sandwiches. Dinner can be something effortless and delicious that you brought from home or pick up at a local supermarket. Consider packing a travel grill or panini maker for easy meals. You can heat up some hot dogs or burger patties, or bring some baguettes and an assortment of sliced cheeses for fresh paninis. Round off the meal with some pre-sliced veggies.

You'll be surprised at how much fun you can have without spending a penny!

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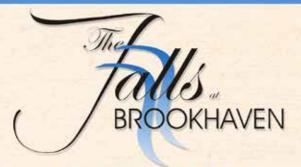


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BY: EMILIA HART BUSINESS



ndocrine disorders affect millions of people in the United States. Endocrine systems impact important functions, including how the heart beats, how bones grow and even fertility.

Of these hormone-related disorders, Dr. Tom Connally, surgeon and medical director of the Norman Regional Health System Endocrine Surgery Program, focuses primarily on those of the thyroid and parathyroid. Both located in the back of the neck, the thyroid and parathyroid glands maintain hormone levels.

"Thyroid and parathyroid are only related in name and location. Function is completely independent," said Connally, who is a member of the American Association of Endocrine Surgeons.

"The thyroid makes thyroid hormones, which affect many metabolic functions. The parathyroid glands maintain calcium levels," he said.

Connally works closely with Norman endocrinologists, pathologists, primary care providers and radiologists to provide diagnoses and treatment plans for parathyroid and thyroid diseases.

Patients have seen numerous benefits due to the technological advances in treatment at Norman Regional Health System. Intraoperative parathyroid hormone monitoring and minimally invasive surgical procedures allow patients a shortened operation time, a quicker healing time and fewer complications.

"We use intraoperative parathyroid hormone monitoring to determine whether more than one gland is abnormal," Connally said. "We have excellent imaging for localization. It helps facilitate a successful operation with a less invasive approach."

Parathyroid hormone monitoring at the time of surgery is used not to diagnose, but to assist during surgery. Doctors can test hormone levels to ensure the removal of all overactive glands. Norman Regional is the only health system in the region that uses this beneficial equipment right outside the surgical suite, reducing the time to receive the results from 40 minutes to nine minutes.

The localized surgeries are far less invasive than in previous years. Connally said incisions are about half the size they once were, which creates a lower risk of bleeding or vocal cord nerve injury. The use of minimally invasive techniques alongside localized anesthesia allows some patients to go home the same day of surgery.

### **PATIENT EDUCATION**

"It is important for patients to have a basic understanding of the disease and procedure," Connally said. "It gets confusing."

Most diseases related to the parathyroid are caught through routine lab work, he said. Symptoms may include an abnormality in calcium levels, kidney stones or osteoporosis. Other associated symptoms are fatigue, bone and muscle pain, insomnia and memory loss.

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Imbalances in thyroid hormone production can be identified through blood work, but thyroid nodules are often caught through imaging that is done for other reasons, such as carotid artery screenings. Occasionally, symptoms may be present, such as a mass in the neck or chest.

"And just because nodules are found, that doesn't mean a patient has cancer," Connally said. "These cancers are exceedingly rare. In the case of parathyroid, it's almost always benign. For thyroid nodules, the risk of cancer is approximately 5 percent per nodule."

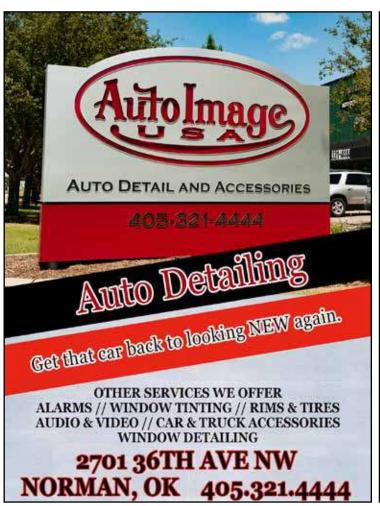
For patients looking for information related to the thyroid and parathyroid, adrenal problems, endocrine tumors of the pancreas and intestines, as well as surgery, Connally points to endocrinediseases.org, the website for the American Association of Endocrine Surgeons.

"The website has a list of questions to ask surgeons," he said. "It is important for patients to have information about the disease and know what questions to ask. Experts from across North and South America came together to compile this helpful information for patients across the spectrum."

Connally's clinic is located at the office of the Oklahoma Surgical Associates, 500 E. Robinson, Ste. 2300. For further information about thyroid or parathyroid diseases and surgeries, call his office at 405-329-4102 or visit www.normanregional.com. – BSM











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eople who live or work in Norman are likely to have been to Penny Hill Deli at least once or twice in their lives. This Norman staple serves some of the best sandwiches and mac & cheese in town.

Oklahoma natives Pamela and Gary Graham have owned the sandwich shop since 2003, and have been running the restaurants with their family ever since.

Originating from humble beginnings on Hal Muldrow Drive in 1981, Penny Hill Deli has come a long way.

After running the Hal Muldrow location for many years, the Grahams and their sons, Ayram and Gerritt, decided it was time to expand and diversify with a new location, an expanded menu and a new set of horizons.

The new Penny Hill Deli is now located at 1150 W Lindsey at the corner of Berry Road and Lindsey Street. It has a full menu that still includes their original sandwiches that regular patrons will recognize. The restaurant's newest additions include burgers, salads and a full bar, with 19 beers and seven wines on tap, six frozen drinks and extensive liquor options.

This new location is not just for lunch breaks anymore. With the menu additions, huge bar and late-night hours, Penny Hill has been transformed from a favorite lunch

spot to a place to hang with friends, take a date or watch a ball game.

The sandwiches still seem to be hit for the Penny Hill regulars, but patrons willing to try something new, swing for a burger. Their burgers are made with 100 percent ground rib eye, and they can get a little exotic, like the mac & cheese burger.

With the larger space, Penny Hill was also able to add a dog-friendly patio and a private room that can be rented out for special events. They plan to show the Sunday NFL ticket this fall.

Even with the Lindsey Street construction, the restaurant has been packed since the opening on May 12. Whether it's because of the new space, the extended menu or the local love for Penny Hill Deli, the restaurant has had an overwhelming response from the Norman community.

Penny Hill Deli is open every day of the year, with the exception of July 4, Thanksgiving and Christmas.

Patrons can find the full food and bar menus online at www.philldeli.com. – BSM

Dhoto hii: Mark Doogshor

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BY: LINDSAY CUOMO BUSINESS



here is no doubt that Oklahomans love their desserts. So, when Dean and Veronica Ingram discovered an inventive specialty sweet shop during a stroll down a San Diego boardwalk, they knew they had found something with potential.

"We saw this line out the door, and we knew we needed to check it out," Dean said.

The Ingrams quickly befriended the owners of The Baked Bear, Rob Robbins and Shane Stranger, who were wowing locals and tourist alike with premium, custom ice cream sandwiches.

It would be a few years until the dessert shop would be able to set roots in Oklahoma, but it wasn't for lack of trying. Dean made sure he called Robbins and Stranger every year in hopes they would be ready to expand into new markets.

"They had just opened so they told me to call them in a year," Dean said.

And he did, for three years in a row.

Finally, The Baked Bear was ready to make its way to Norman and Robbins and Stranger knew exactly who should lead the way. The Ingrams brought along their family friends, James and Joanna Howard, to discuss the budding partnership.

"We knew the Norman community was primed for this type of place," James Howard said. The Howards and the Ingrams were now on a fast track to open the first Baked Bear location in Oklahoma.

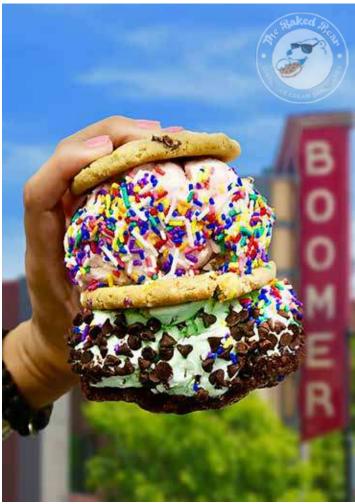
The much-anticipated grand opening in April greeted a long line of hungry guests with the chance to win free ice cream sandwiches and bragging rights as one of the first visitors to The Baked Bear.

Plans are in the works to expand into other cities in the metro area, as well as Tulsa and Stillwater, but for now, they will focus on serving Norman patrons the fresh-baked cookies, brownies and donuts with their original-recipe ice cream.

Each month, the Baked Bear debuts a cookie of the month - delicious concoctions like s'mores, Mexican hot chocolate and salted caramel.

The creative treats will even be making an appearance during OU football games this fall with a cart loaded with sandwiches inside the stadium and a game-day tent outside.

Patrons can keep up on all the cookie-of-the-month flavors through The Baked Bear Norman Facebook page or by visiting www.thebakedbear.com. – **BSM** 



### **JoAnna and Veronica's Insider Tips:**

- Score a tasty deal with a box of a dozen day-old cookies for \$5.
- Get creative by mixing and matching the top and bottom of sandwiches. When adding toppings, the options are endless.
- Need gluten-free? The Baked Bear staff is happy to accommodate certain food restrictions and allergies, so ask for special adjustments like a fresh scoop and toppings.
- The Baked Bear offers event catering with a selection of ice cream and baked goods and friendly staff to provide service.
- Hold a fundraising event at The Baked Bear.
   Non-profit organizations can earn up to 30 percent of sales during an established time.
- The Baked Bear has free parking for customers in a lot just north of the store.

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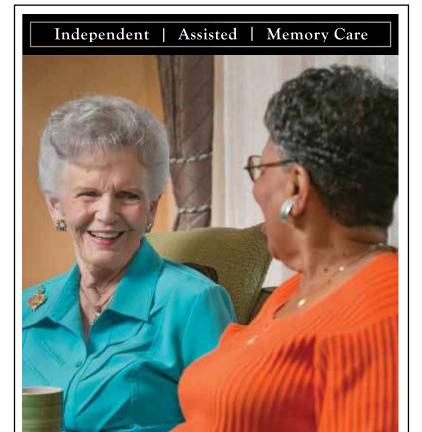
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# WARD GLASS

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BY: JEFF PROVINE HISTORY



ucked away in the neighborhood north of Campus Corner is the Service Station Restaurant, an icon of Norman that draws regulars back, whether locals or folks returning to town.

Service Station co-owner Kenton Johnson said that being nestled between OU's campus and the churches south of Main Street makes for a quiet neighborhood straddling the two worlds of Norman.

"People will call and ask, 'What street do I need to get on?' And I'll say, 'Depends where you're coming from'."

Despite the confusion, people find their way to the Service Station, especially during football season.

"Game days are a trip," Johnson says.
"The sheer number of people walking in, parking in the church lots around. We try to accommodate everyone we can."

"The patio helps," he adds, pointing to the outdoor eating area once used by the former garage for vehicle repairs and service.

The building where the Service Station resides was once a Conoco gas station in the early age of automobile travel, with uniformed attendants who would check fluid levels and wash windshields while pumping gas.

After the station closed in the early 1970s, brothers Phil and Jerry Crewson and Jerry's wife, Teddie, purchased the building.

The three planned to use it as storage for their furniture and antiques business, the Now & Then Shoppe.

But the success they were having across the street at their Crosby's Cantina restaurant led them to change their plan.

They saw the old Conoco had potential as an eatery, and soon the Service Station Restaurant was born.

Johnson says that the restaurant opened the day of the Bedlam football game, Nov. 18, 1978. OU won the game 62-7.

More than 72,000 people watched the game just a few blocks to the south, and the Service Station was in a prime location to help celebrate.

"It must have been bedlam inside the restaurant, too!" Johnson said.

When the Crewson family decided to get out of the restaurant business in 2000, Johnson, his wife, Betty, and partner Jeff Crabtree bought the enterprise.

"I did a few jobs in the southwest, working the oil fields and so on, but this is what I wanted to do," Johnson says. "So, after I worked a few years in restaurants to learn, I got into it."

The original plan was to open a Mexican restaurant, but, as Johnson explains, new restaurants are scary, and the Service Station looked like a good deal.

It was well established, already more than 20 years old when the partners bought it.

Johnson said they were careful to maintain all the nuances that Service Station customers loved. They videotape everything in the restaurant before they removed furnishings and decorations to make room for a painting project. Once painting was complete, they returned everything to their respective spots.

Nothing on the walls are for sale, Johnson said. It is all part of the Service Station world, including the sign featuring a bullet hole from a case of mistaken identity when police thought a late-night cleaning session might be a burglary.

One of the biggest features of the restaurant is the bar, which Johnson says was "made by the Brunswick Corporation, the kind only made in the 1880s. The Crewsons found it in a little place in Kentucky and brought it back."

He adds with a laugh, "Think of the stories it could tell! I've seen some of the pictures from Greek parties back in the day."

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With such a long history, repeat customers have made the Service Station into something of a second home. Johnson says they come to "see their neighbors, their friends. It almost is the place where everybody knows your name."

Johnson has a framed pair of photographs on the wall: one of the Conoco in 1961 and one he took in 2011, 50 years later.

"I tried to line it up to show the same angle, show where everything was. You can see the front room is where the pumps had been, and the bay windows were once the garage doors."

The original menu consisted of four to five hamburgers, a couple of chicken sandwiches, and a steak. The menu now offers more than four pages with a little bit of everything, including some Tex-Mex dishes.

In addition to the lifelong customers, Johnson says that a sense of family has grown up from their staff.

"A lot of our clients worked here as kids... We'll go to their weddings, we'll go to the hospital when their babies are born, and now they come in with their own kids 6 or 7 years old."

Johnson says with a sigh that the Service Station Restaurant will be "40 years old next year," and that they "plan on being here for a good while longer." – **BSM** 



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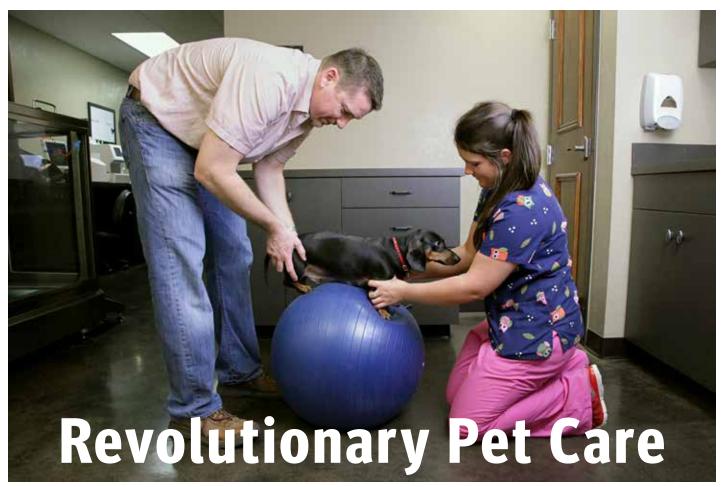
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BUSINESS BY: LINDSAY CUOMO



ave you ever suffered from a nagging knee or hip injury? Even normal wear-and-tear to these hard-used joints can spell out serious pain in the long run. The same goes for our four-legged friends too. Whether common conditions like hip dysplasia, arthritis or orthopedic injury, our pets age a lot faster than we do. The lingering effects of a painful condition can impact their wellness and quality of life, just as it does their owners.

Thankfully, McGee Street Animal Hospital offers Normanites some cutting-edge options in pet care techniques and advanced technologies including stem cell therapy and an animal rehabilitation program called Pets in Motion. Motivated by his personal experience, Dr. Gregory Emmert, owner of McGee Street Animal Hospital, became the first veterinarian in the state certified as a Canine Rehabilitation Practitioner (CCRP), in 2009.

"The reason I became interested in (pet rehabilitation) was because I had a

knee injury in high school that wasn't treated properly and I have dealt with years of trouble with that," shares Emmert. "I could relate my experience with my patients' experiences."

Today, Emmert uses a variety of therapies to decrease pain and speed recovery to ultimately improve his pawed patients' quality of life.

"We are able to strengthen the animal and reduce medicine," Emmert says. "We can see the same results in three

to four weeks that happens in a typical 10 to 12 week repair. We actually had a dog completely paralyzed from eating too much chocolate... and got the dog to walk again."

The Pets in Motion program utilizes such options as hydrotheraphy, a therapeutic laser, neuromuscular electro-stimulation, stem cell therapy, therapeutic ultrasound and exercise to rebuild muscle mass, improve range of motion in joints and help pets lose weight, decreasing the need for medications.

"Many of these therapies can be used in cats as well, especially our therapeutic lasers," says Emmert. "It interacts with cells to speed wound healing considerably."



The science behind the laser therapy is complex. The laser, also known as a cold laser, delivers light at a specific wavelength causing the cells to send out signals that decrease swelling and inflammation, block aspects of pain and stimulate blood flow.

McGee Street has had success treating arthritic symptoms and spine injuries with their single-day stem cell therapy. The process happens completely in-house, which Emmert says, reduces procedure wait time as well as expense and increases the number of viable cells that can be used for treatment, or stored if additional procedures are needed.

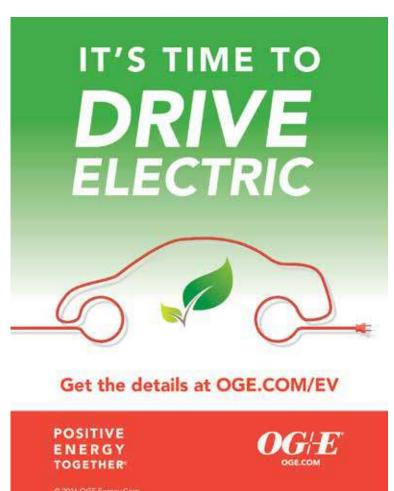
"We are able to do it for considerably less than offices that have to send out for the stem cells," explains Emmert. "We have had positive results with the (stem cell) procedures."

The risk involved in many of these therapies is minimal and the McGee staff creates an individualize plan for each patient.

"Of course not every dog is going to be the same," says Emmert. "Animals typically recover in a stair step so we keep adjusting the therapies along the way."

For more information about the services offered at McGee Street Animal Hospital, visit www.mcgeestreet.com or call 329-0181. – **BSM** 







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### Do's and Don'ts of Successful Furniture Arrangement

ave you ever purchased a piece of furniture, or worse, a complete room full of furniture and hated your choice once it was in your home?

Mistakes in furniture selection and placement are common because it is difficult for most people to visualize the three-dimensional effect of furniture in advance. The result is often a room that is out of scale or off balance with crowded or blocked traffic patterns. Pre-planning furniture placement, using a detailed floor plan, is a necessary first step to avoid furniture-buying remorse.

Here are a few tips to consider when arranging a room:

DON'T block a view from a window – especially if it's a good view. Placing tall chairs and a lamp on a table smack in the center of a picture window is a big no-no. Choice and placement of furniture should complement architectural features.

DO plan a furniture grouping that won't conflict with your window. You might consider a sofa flanked by two end tables with lamps – creating a symmetrical furniture grouping that allows your window to take center stage.

DON'T place only wooden pieces of furniture along one wall or at one end of a room. Too many wooden pieces in one cluster tend to have a cold; uninviting look.

DO mix wooden pieces with upholstered furniture for texture, contrast and interest.

DON'T be "matchy-matchy." Too many matched pairs of tables, lamps and acces-

sories will make your room resemble a furniture store, lacking individual personality or creativity.

DO achieve variety by choosing some similar, but not exactly matching pieces to balance each other. For example, two

non-matching lamps of similar size and shape would be a great way to add interest to the space. If you find buying and arranging furniture to be overwhelming and frustrating, then DO call a qualified professional decorator. In the long run, their expertise will save you time and money.





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