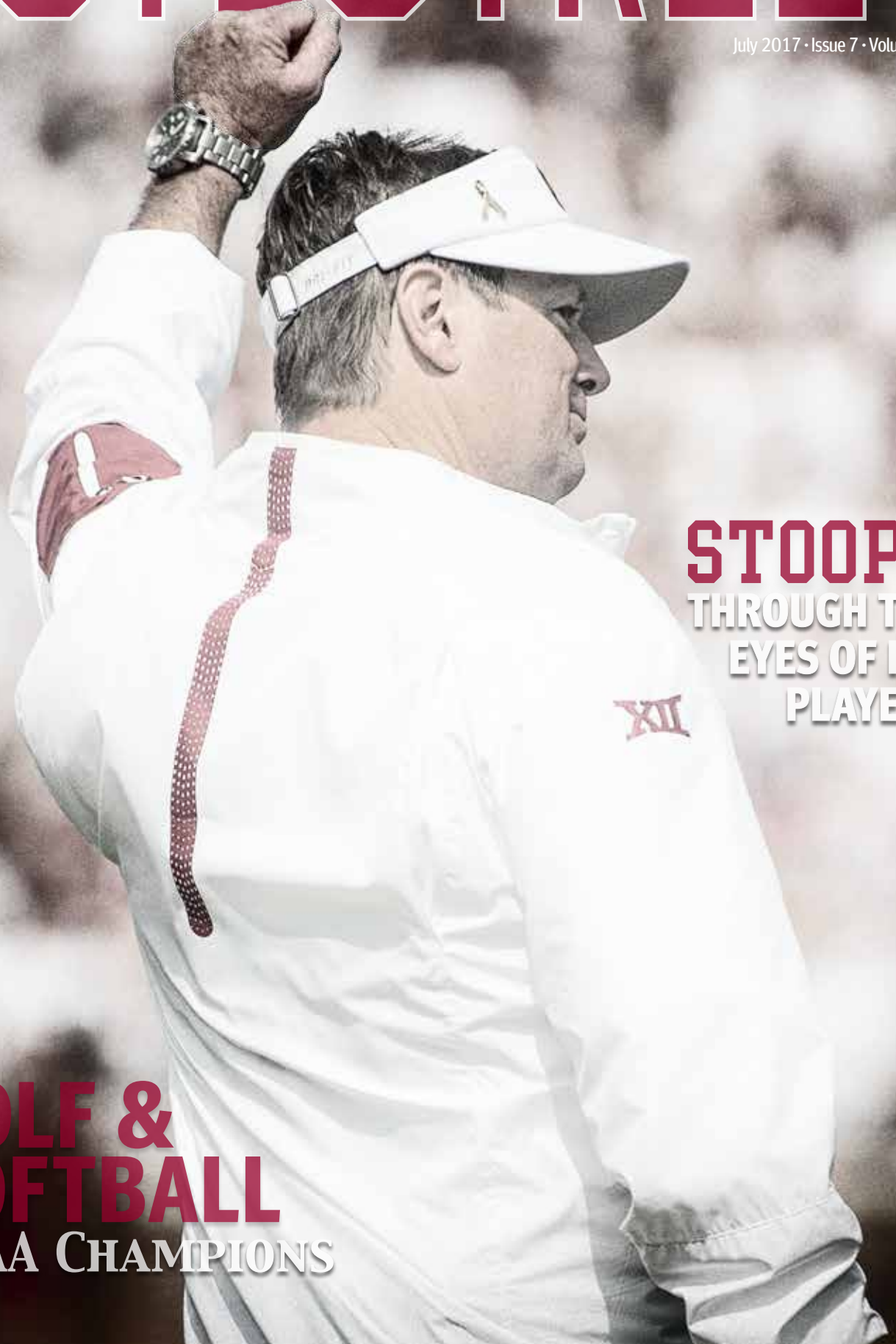



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MAGAZINE

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IN JULY

6 things to do in Norman in July



COMETS, ASTEROIDS, METEORS: GREAT BALLS OF FIRE
Sam Noble Oklahoma Museum of Natural History
Learn all about asteroids, comets and meteors and how they could impact the Earth in this unique exhibit that is open until Sept. 10.



NORMAN DAY - FOURTH OF JULY CELEBRATION
Reaves Park @ noon to 10 p.m.
Join the city of Norman's Parks and Recreation in its annual Fourth of July Celebration with fireworks, family activities and more!



NORMAN CONQUEST
J.D. McCarty Center @ 7 a.m. to 1 p.m.
Help the Bicycle League of Norman in raising funds for the J.D. McCarty Center and Camp ClapHans in our venture to help the children.



SUMMER BREEZE CONCERT - THE CRANE WIVES
Lions Park @ 7:30 p.m.
Enjoy some indie rock featuring a three-part vocal harmony, narrative lyricism, and a passion for songcraft that creates organic music that is equally accessible and innovative.



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.



SUMMER BREEZE CONCERT - THE CAVE SINGERS
Lions Park @ 7:30 p.m.
Enjoy another Summer Breeze concert this month. Hear the soothing and meditative sounds of this twangy, rootsy folk trio.

OVER

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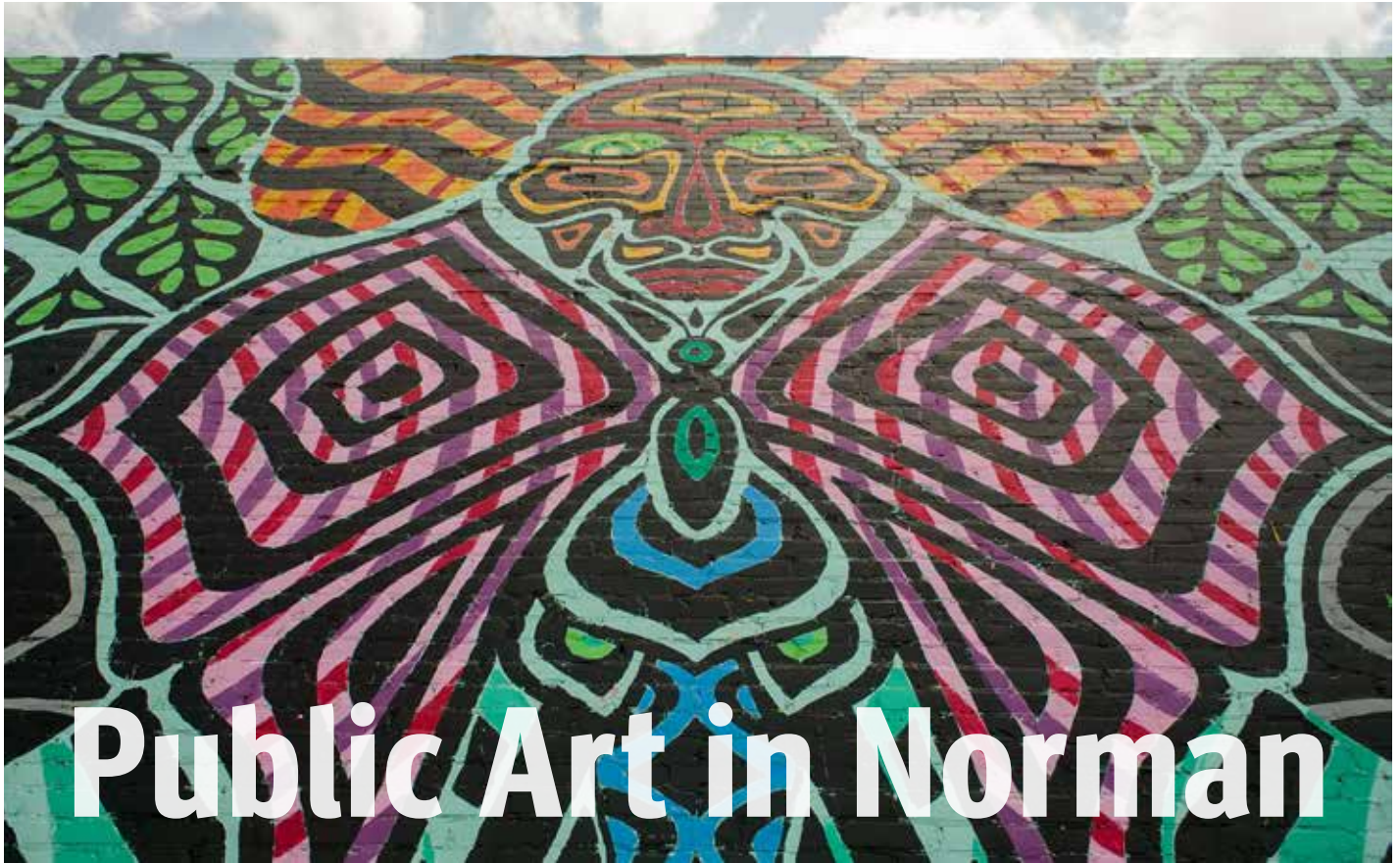
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Public Art in Norman

You don't have to search hard in Norman to find a piece of artwork that starts a dialogue or aims to connect the community.

Just turn a corner, and you might discover a giant rubber ducky sculpture painted to resemble legendary musician David Bowie as Ziggy Stardust. There might be a ducky decked out in pop art makeup that makes it look like it's straight out of a comic book.

Murals cover buildings around the city and Norman-centric bike racks populate downtown sidewalks.

Ask any art advocate in town and they'll tell you: Public art isn't slowing down anytime soon.

"Public art is on the rise in Norman and will continue to grow," said Cher Duncan, events coordinator and programs assistant at the Norman Arts Council. "The support the community has shown for arts programs such as the 2nd Friday Art Walk and the Norman Music Festival — to name a few — makes their love apparent. The support that the Norman Arts Council receives from the community also makes it apparent."

The following is a presentation of the newer works of public art on display around town this summer.



Photos by: Mark Doescher

Stash

If murals are what you're into, Stash, the clothing and home goods boutique at 412 E. Main St., is the ultimate jackpot. Owner Rebecca Bean has been rapidly adding artwork to the boutique's adjacent courtyard, where there once was only a single Rick Sinnett mural. Now, visitors can see murals from artists Dustin Caballero, Kristopher Kanaly, Ellen Moershel and H. Barry Zimmerman.

"I think what's so exciting about public art is that, to me, it's the most democratic form of art," Bean said. "You don't have to buy a ticket. You don't have to purchase a piece to put on your wall at home. You just show up and the art shows up for you."

And there's only more on the horizon. Bean plans to concentrate this summer on a large wall of a nearby building, which could spotlight artwork from five to seven local artists from diverse backgrounds. Painting could kick off as early as July and be accompanied by live-painting events and possibly interactive sessions in which the public can pick up a paintbrush and contribute too.

Bean sees public art as not only an incentive for business owners, but also "a way to put some beauty in a formerly forgotten or deserted place."

"It really is a great way to bring interest and to bring people to a place. Someone might drive by a blank wall a thousand times but if you put some art on it, it gives them a reason to stop and take a look around and explore an area."

"Public art is on the rise in Norman and will continue to grow."

#WeArtLindseyStreet

Road construction on Lindsey Street has deterred motorists and consequently walloped area businesses this past year. That's why the City of Norman and affected businesses decided to ramp up public art and promote the hashtag #WeArtLindseyStreet to encourage consumers to see new art and step into local businesses along the way.

Up first was artist Rick Sinnett, who created the intricate "Butterfly Mandala" design in vibrant blues and purples on the Koda CrossFit Norman building at 1210 McGee St. Completed in February, the mural has attracted art lovers and those looking for interesting portrait and selfie backgrounds.

"There have been numerous people taking pictures in front of it, posting them and hashtagging it," said Sinnett, who uses #ArtForThePeople to promote his artwork on social media. "I already see a positive impact."

When it came to what to paint, it was an easy decision for Sinnett, who had a design in mind before the project even arose. Sinnett said this design, like many of his others, appeals to both men and women, liberal and conservative. It brings people together.

"It's eight butterflies connected wing to wing around what I call the 'flower of life'," he said.

Sinnett said he drew the piece long before he ever thought about painting murals.

"When I drew the piece, I had some things going on in my life in my 20s that were making me think about how awesome life is. I know there are plenty of hardships, but I wanted to focus on the positive aspects."



Around Town

Three new ducky sculptures join the flock this year as part of the Samo Ducky Public Parks Project, a creative project produced by Red Dot Sculpture and Firehouse Arts Center. The sculptures take plain objects and reinvent them into something new.

“Artists just completed the designs and they were outstanding,” said Jonathan Fowler, vice president of Fowler Auto and member of the Norman Public Arts Board.

“One was a throwback to Princess Leia and Star Wars and was proposed prior to Carrie Fisher passing, so that was really timely. In addition to Princess Duck, there’s Scrubber Ducky and Space Bubble Duck, which is painted in a psychedelic way.”

While the original Samo Ducky resides in Lions Park, you can find exact locations for all duckies — about two dozen in all — on the Norman Arts Council website.

New artist-designed bike racks sponsored by Fowler Toyota will be added to the mix later this year. Currently, 26 can be found in Norman in the shapes of Oklahoma staples, including newer designs like the grasshopper (our insect of the prairie), waving wheat and Campus Corner icon Calvin Steves.

“When you’re on Campus Corner and round the corner from Louie’s and see the bike rack right there, if you’re from Norman, Oklahoma, you know what it is and exactly what it means. That bike rack is Calvin Steves, who’s much loved by the community and who sells newspapers all over Norman.” – **BSM**



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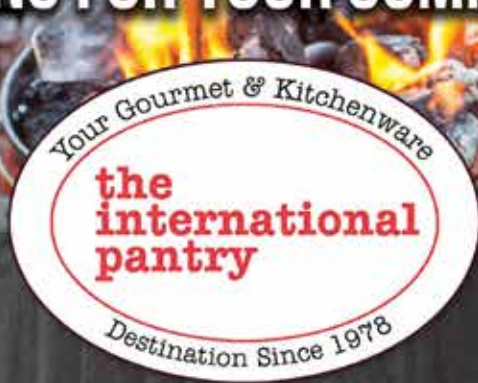
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INGREDIENTS:

8 aluminum foil sheets large enough to wrap around one chicken breast
4 (4-ounces each) boneless, skinless chicken breasts
1/2-cup Stonewall Kitchen Honey Sriracha Grill Sauce*

1 zucchini, sliced into thin rounds
1 red, green or yellow bell pepper, cut into thin strips
8 asparagus spears
salt and fresh ground pepper, to taste
extra virgin olive oil*



TOOLS NEEDED:

Lodge cast iron grill*
Meat thermometer*
Basting Brush*
Alluminum foil*



INSTRUCTIONS:

- Preheat the grill to medium-high heat.
- For each foil pack, prepare two sheets of aluminum foil; place the sheets one on top of the other for durability.
- Place one chicken breast on each stacked pair of foil sheets; season with salt and fresh ground pepper.
- Brush each chicken breast with 1 to 2 tablespoons Honey Sriracha Sauce.
- Divide equally and arrange vegetables around each chicken breast; season with salt and pepper.
- Drizzle chicken and vegetables with little olive oil.
- Fold the sides of the foil over the chicken, covering completely; seal the packets closed.
- Transfer foil packets to the preheated grill rack and cook for 20 to 25 minutes, or until done, turning once.
- Chicken is done when thermometer reads 165 F.
- Allow the chicken to rest for a few minutes.
- Serve.

*Denotes items available at the international pantry

DUTCH OVEN PIZZA

INGREDIENTS

Vegetable oil
Pizza dough*
Lovera's Pizza Sauce*
Shredded mozzarella cheese
Grated cheddar cheese



Spice Hunter garlic powder*
Salt and pepper to taste
Sliced onions
Pepperoni Slices

TOOL NEEDED:

Cast iron dutch oven*

INSTRUCTIONS:

Prepare your fire using either charcoal coals or wood. Take the pizza dough and split it in half. Spread half of the dough in the bottom of the Dutch Oven. Spread the tomato sauce over the pizza dough and sprinkle with garlic powder, salt, and pepper to taste. Add sliced onions and sliced pepperoni. If you would like to add additional toppings, now is the time to do it. Place the Dutch Oven with the prepared pizza on the hot coals. Place the lid on the Dutch Oven and place hot coals on the lid to start the baking process (this allows the dough to bake and the toppings to cook through). Bake for approximately 10 minutes or until done. After the pizza has cooked approximately 10 minutes and the dough is baked, remove the lid. Sprinkle the mozzarella cheese and cheddar cheese over the top of the hot pizza. Place lid back on the Dutch Oven and let the cheese melt. The more hot coals placed on the lid, the faster the cheese will melt. When cheese is melted, your pizza is done and ready to eat.

*Denotes items available at the international pantry



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CAB OU Football Coaches Luncheon

Oklahoma football fans will have a unique, in-person chance to hear directly from the coaches just days before fall football camp begins as part of a Citizens' Advisory Board (CAB) fundraiser on Aug. 1.

The annual OU Coaches' Luncheon will be held at Journey Church of Norman, and will be a great chance for fans to see new head coach Lincoln Riley, who was recently named successor to the retired Bob Stoops. The lunch will be an opportunity to hear Riley and his assistants share perspectives on the upcoming season as well as answer questions from fans.

The program is the CAB's biggest fundraiser, and will help benefit children in foster and kinship care.

The Citizens Advisory Board is an organization that assists children in foster care within the Cleveland County child welfare system by providing foster children and families with the things necessary for a stable environment, such as meals, clothing, beds and even gasoline cards.

In addition to these kinds of items, CAB provides clients with financial support, so children can participate in community and school activities.

CAB also focuses on activities that enrich children's lives and provide opportunities to experience a sense of belonging within the community, said Cindy Nashert, this year's event co-chair. That can include sports activities, academic club activities, camps and church outings.

Of course, all of this takes a lot of financial support, she said.



The luncheon helps the Citizens Advisory Board fund emergency food, clothing and medications and provide year-long support for about 750 children in foster and kinship care within Cleveland County, Nashert said.

Though the Coaches Luncheon may be the biggest fundraiser for CAB, it is certainly not the only way to get involved.

Twenty-five years ago, CAB created the Secret Santa program to help fulfill the wish lists of children in need during the holidays.

"The philosophy for Secret Santa is that, for once, a child should be able to ask for what they want for Christmas, no matter how silly it may seem, and get exactly what they wish for," said Nashert.

Today, more than 800 children are benefitting from the program.

Volunteers can get involved in helping local children by contacting CAB to become elves themselves or simply donate to the Secret Santa program.

As for the Coaches' Luncheon, individual tickets are available for \$50 per person, with tables available for businesses, as well as other sponsorship opportunities. For more information about the luncheon and the Secret Santa program, visit www.cabok.org. — BSM





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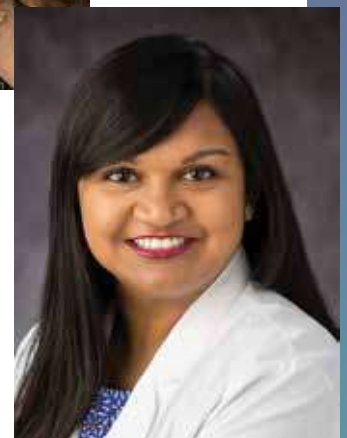
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Scott Shuler



Scott Shuler (second from right) discuss project details with (from left to right) Nate Baier, Quayla Caldwell and Tracy Orndoff of Top of The World.

Scott Shuler spent his childhood playing catch and shooting hoops with his father, jumpstarting his passion for sports.

As he tossed around baseballs with his dad, Scott hoped to follow in his father's footsteps, joining a team and getting involved in sports for life. Whether he was golfing, playing baseball or watching the big game, Scott constantly surrounded himself with all things sports.

"I always loved the competition," Scott says. "I loved the team aspect of it."

Scott's passion for sports even extended into his ambitions as a teenager looking for a first job. He used to pass ProImage in the mall, now Fanzz, and dream of the day he could apply and sell NFL jerseys or MLB hats to major sports league fans.

Once he hit the age of 16, he landed a part-time job and remained loyal to the Salt Lake City-based store owned by the Utah Jazz, working his way up the ladder over the next 12 years. Scott moved from part-time employee to full-time store manager before moving up to assistant buyer, buyer and general manager.

As a 20-something buyer for a major sports retailer, Scott ran into an older Oklahoma businessman, Pete Wil-

son, who sold hats to retailers. The two quickly struck up a friendship, and Pete became a mentor for Scott. As the years went on, Pete reached out to Scott and offered to partner with him at Top of the World, the sports hat store Wilson founded in Norman.

At first, Scott dismissed the idea, perfectly content with his job through the Utah Jazz. Ever the ultimate salesman Scott says, Pete eventually wore him down and convinced him to make the move to Norman. Over dinner in Salt Lake City, Scott made his life-changing decision.

"That night I told him, 'Do you have a few minutes? I'd like to trade my University of Utah tickets in for Oklahoma Sooners tickets. I'm coming to Norman,'" Scott says.

Now, Scott marks that decision as the best he's ever made. As president of Top of the World, Scott has fulfilled his dream of holding a sports-oriented career.

Today, Scott enjoys connecting with people, a key component of his upper management role, along with his work ethic. Scott attributes his work ethic to the influence of his role model – his grandpa – and his 12 years working retail with the Utah Jazz.

"I could see that those that were successful in business really worked hard and cared for their people," Scott says.

Scott makes it a point to connect with his 175 employees, dedicating time to visit the customer service representatives just as much as the warehouse employees, accountants and creative team. Scott dives in a little deeper, mentioning his childhood as a contributing factor. He and his family moved around every three to four years for his father's job at Gates Rubber Company, touring through the Midwest along the way. With frequent transfers to new schools, Scott says he quickly grew into his outgoing personality to easily make new friends during the moves.

He hosts a lunch for employees whose work anniversaries fall in each month so he can hear feedback from them while forging a connection. Scott and Top of the World also show appreciation for employees with annual just-for-fun trips, sometimes including their hat manufacturers from Vietnam and Korea.

"Constantly communicating (our) vision and that family atmosphere with the employees, I think, is important," Scott says.

Scott is humble, regularly attributing any Top of the World success to his

capable employees, all of whom he says share the same goals of advancing the business. He makes it a point to carve out a fun atmosphere for his work family to ensure his employees' on-the-job happiness.

"If you enjoy what you're doing, that's the key," Scott says. "Then you'll be successful."

As president of Top of the World, Scott also makes it a point to invest in local nonprofits that his employees are dedicated to. He and the company regularly donate hats to fundraising events and volunteer time around town. Scott has fully plugged into the Norman community throughout his 17 years of experience here, serving on the YMCA board for eight years before transitioning into his current position of Young Life board member, a role he serves with his wife.

"I fell in love with the people, obviously, because Southern people, they're like no other," Scott says. "They're just so friendly, and they took me in as part of the team right away. It just makes you feel welcomed and feel really good."

When he isn't busy moving on opportunities created by Top of the World's recent merger with J. America, Scott says he dedicates most of his free time to his family and golf while also partnering with the new Latin+Asian kitchen El Toro Chino. He and his wife, Kathleen, have their hands full, raising Rubi, Luci and Easton, all under the age of 8, and he also has an older daughter, Kelsie, attending Utah State.

"There's always a reason why you do what you do, and for me," Scott says, "I do everything I do for my immediate family, and secondly, my family at Top of the World." – **BSM**



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STOOOPS

THROUGH THE
EYES OF HIS
PLAYERS



Legend, icon, beloved... these are a few of the many adjectives used over the last few weeks to describe what Bob Stoops has meant to the University of Oklahoma. On June 6, to the surprise and shock of many, Stoops announced his retirement as the head football coach at the University of Oklahoma. The Youngstown, Ohio native took the Sooners from a post-Switzer era college football afterthought to a perennial power. He is walking away as the all-time winningest coach in Sooner football history, and that is just the start of the impressive numbers he has accumulated during his 18-year run as head coach at Oklahoma. In addition to ten Big 12 Conference titles and a national championship in 2000, Stoops coached the Sooners to a school-record 18 consecutive bowl berths and is the only coach to win the Fiesta Bowl, Orange Bowl, Rose Bowl, Sugar Bowl and a national championship, all while accumulating more victories over his 18 seasons than any coach in the game's history.

To look beyond just the numbers and truly understand what Stoops means to Oklahoma football, Boyd Street talked with those who played for him. The following is an edited transcript of the story of coach Stoops as told by his players.

THE FIRST TIME I MET COACH STOOPS

*I went to football camp with the Blake coaching staff and then went to coach Stoops' and his staff before the 1999 season. I got to see the two styles. When I went to camp with the Blake staff, we had fun and learned a lot, especially since Rex Ryan was the linebacker coach, but it didn't have the feeling of a top program. When I went to Stoops camp the next year, I was expecting the same type of laid-back, let's-have-fun type of camp, but it was completely different. That junior day blew me away, and gave me the feeling that there was something different about this staff. Summer camp wasn't a "let's collect some money, just stay laid back and have fun." It was "let's scour this group, coach this group as good as we can and see if there is any talent that can help this team." - **Teddy Lehman***

*I had heard so much about coach Stoops living in Oklahoma. They beat FSU my junior year of high school. Fast forward a year, and I went to their camp. I had gotten told no a few times by OU, but we won state at Carl Albert. I had a crazy good game against Booker T. and coach Stoops saw my film. The first time I met him was when they offered me a scholarship. It was such a simple conversation, but it said so much to me about his football knowledge, about how he could interpret things to players and how much he trusted his coaches. I heard his voice on the phone before I met him. At that time, I had Les Miles and Bob Stoops on the phone telling me they wanted me to play for them. After those conversations, it was a simple decision. Coach Stoops told me the real story, what he really thought, how he felt about me and it clicked. - **J.D. Runnels***

*I was headed to Miami until Stoops came in. OU wasn't really recruiting me. He came and saw me the day he got announced as head coach. I was impressed with his plan. Something he said stayed with me. Right before he walked out of the house he said, "I'm going to get OU back to where it was, I'm going to get the tradition back." He said it so confidently that you had no reason but to believe him. - **Jason White***

*I was 12 years old. My little league football team, the South Side Bears, visited OU. We were going to the national championship, so OU invited us to their practice. They let us watch them practice and go on the field. I told my dad I wanted to play under coach Stoops. As I got older, I went to the OU Football Camp and that was my first opportunity to meet coach Stoops. I did well at camp, and coach Stoops told me, "when it's legal for me to offer you a scholarship I'm going to because I want you to come play at OU." I was 14, I didn't believe it. I went back the next year and he repeated the same thing. He ended up coming to my games and everything when I could be recruited. It was going to be hard to beat OU and coach Stoops. I am honored to have played for coach Stoops. - **Gerald McCoy***

*I was one of those late offers. I didn't get offered until my senior year. I went to my first OU game when I was 5, and it was always a dream to play there. Up until that point, it was Stanford or Notre Dame, but once Kevin Wilson called me and offered, it didn't take that long to say yes. - **Gabe Ikard***



FAVORITE STOOPS MEMORY

When coach came in, I can't help but remember winter workouts. The goal was to take the cream off the top, and get rid of everyone who isn't committed. Guys were quitting the program on a daily basis. It was like catnip to the media. Guys like Roy Williams, Frank Romero and many others, we had already won in high school and we knew what it was like to play in a winning program. We noticed that in Schmitt's workouts. - **Trent Smith**

Coach was a guy that demanded a lot of respect. He was more of a defense guy when I was there, but I got more time to speak with him after I left the game. He is a father figure and you don't want to disappoint him, to make good plays on the field and smart decisions off the field. My fondest memory was a guy that can get on to you but you understand it more than just a game. I had off-the-field troubles early on, and he gave me second and third chances as a father figure.

I brought a die-hard fan down with me from Detroit to campus, and I was walking around giving him a tour. We walked by Bob's office and we poked our heads in as he was leaving, but he still let us come in and look around. For former players, he still treated all of us like family. I always appreciated that. - **Ryan Broyles**

During the SAE situation in the spring of my junior year, when Strike (Eric Striker) and I went into his office to tell him we weren't going to practice that day was one of the scariest moments of my life. The way he handled it was amazing. He didn't question or scold us. He backed us 100 percent and wanted to know how we could make it a good thing, how could we take a negative and make it a positive. He did everything he could have done to get behind us and help us do what we wanted to do as a team. He went above and beyond. I gained so much respect and admiration for him in that moment. - **Ty Darlington**

As far as favorite moments, the entire 2000 season fits the old cliché that it's about the journey. You start off thinking we were a fringe Top 25 team. Then with victory after victory, things snowballed. It was Sooner Mania. Helicopters following the team from the airport back to the dorms, thousands of people waiting for us at 2 and 3 a.m. when we got back. It's something that, despite having some really good teams, hasn't been replicated. How about after Nebraska as fans stormed the field and celebrated until 5 a.m. on Lindsey Street. You just don't see anything like that around Norman. That built-up energy just exploded in 2000, and it was all about the leadership of Bob Stoops. - **Teddy Lehman**

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An advertisement for BalFour of Norman featuring a collection of Oklahoma Sooners merchandise. The items include three white visors with the OU logo and Nike swoosh, two white polo shirts with the OU logo and Nike swoosh, and two maroon polo shirts with the OU logo and Nike swoosh. The background is a light, textured surface.

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RETIREMENT REACTION

I'm in a group message with the D-Line guys for the Bucs and one of the Mizzou guys texted, "Big Game Bob is DONE." My response was Bob Who? Not one ounce of me thought he was talking about Bob Stoops. It popped up on my phone as soon as I looked it up. I was in shock. I didn't know how to respond, how to feel about it. I didn't talk about it for the first day because it had hit me that hard. - Gerald McCoy

Shocked, I honestly was. I'm happy for coach Stoops. I think it's great he's going out on top, healthy and on his own terms. He's obviously had a couple of really good years and without a doubt he is leaving the program on a good note. It's sad for me because even though I really like coach Riley and have a good relationship with him, it's just going to be different not seeing coach Stoops on the sideline. For fans and people that have covered the program for the last 18 years, it's kind of like starting over. It's kind of sad. It's truly the end of an era. - Teddy Lehman

It was sentimental. Most of my time now is spent in Harrah and Choctaw and in my gym. But on the day he retired, I was actually in Norman. A bunch of kids I train got invited to the OU Elite camp, and I was in the indoor facility. When the news started to break, I looked up and saw all the banners they didn't have when we were there, beautiful stuff you would never imagined having in 2001 and 2002. Thibs (OU D-Line coach Calvin Thibideoux) came in with me around the same time. When the news broke, it was the same reaction for both of us: what is this place going to be like? It was a weird coincidence to be in Norman that day, in the facility where it all started. - J. D. Runnels



I was really shocked as everyone else was. I thought he had a couple more years to coach, if not longer. At the end of the day, he knows when his time is his time, to step away on top. I feel like the program is in a great spot. He finished the year great last year, and I'm happy for him, couldn't happen to a better guy. - Jason White

He's always told us in the very beginning that he wasn't going to do this until he was 70. I really don't know what else he could have hoped to achieve. He'll go down as one of the all-time greats in Sooner history. He would always tell us that the program was bigger than all of us. Sounds like those are words he has actually lived by and feels like the program is even bigger than him. Even at 37, I'd still run through a brick wall for him. - Trent Smith

I was relatively surprised. I got word earlier in the day, so I had some time to process it. If you really sit down and think about all the reasons he gave, it makes a lot of sense. I don't think most coaches can say they left at the top of their game and feel good about how they left the program. He left at the top of his game and left the program to the guy he wanted to. It is a very unselfish thing to do, and he really left the program in a good spot. - Gabe Ikard

Like everyone else, I was a little shocked. He had a great career. To step down when he wants after finishing up a great season like last year, there is really no better time for him. - Ryan Broyles

FAVORITE GAME

My favorite is the ('02) Missouri game. No one thought we were going to call a fake field goal and throw it to a guy (Chris Chester) that was going to play guard in the NFL for 11 years, and the guy catches it with his elbows. You just can't write that, you can't script it. I think his genius shows in a lot of different ways. It wasn't just one story, there are thousands of them. We handled adversity well too, and I think that shows a lot about Bob Stoops. - **J.D. Runnels**

I'd pick two on different ends of the spectrum. After the Tennessee game was so cool, insurmountable odds, electric atmosphere and a lot of fun. He was so excited, we all were. The adrenaline was pumping in the locker room after that game and he told us it was one of his favorite wins during his time at OU. The other side was the Texas loss my senior year. That truly hurt so bad, we never should've lost that game. He was so calm and composed. He didn't rip us or tear into us or shame us. He talked about it being an opportunity. It is what we make of it. Come back to work on Monday one of two ways: let this define our season or push us to greater things. He didn't fluctuate much and never dramatically changed how he approached things. He was such a calming presence, and I'll always remember the way he was after that game in the face of adversity. - **Ty Darlington**

ADDITIONAL MEMORIES

Bob Stoops' main thing was special teams, and it wasn't just drawing up plays. He would explain in detail to every player what they were going to do. That was his art work. Look back at Antonio Perkins, J.T. Thatcher, Shep (Sterling Shepard). For me, the proof is in things like that and like how many walk-ons became difference makers. The list goes on and on, that is where a coach earns his greatness. - **J.D. Runnels**

When he spoke, everybody shut up. Coach Stoops believed in tradition. He would always show us videos of Billy Simms, Joe Washington and Lee Roy Selmon. He believed in keeping that tradition going. He wasn't ever going to let it slip, and he made sure we knew we should never get big headed. There were plenty of big players that came before us, and it was our duty to uphold the tradition. We defended home field, and we had to know we were playing for something bigger than just us. - **Gerald McCoy**

One thing that has shaped me in my adult years is his attitude of no nonsense, the importance of accountability. The more responsibility, the greater the pressure. He expected the most out of me being a captain for two years, and I always wanted to represent myself, my family and OU well. At some point in my college career, I knew that if I listen to what coach Stoops tells me, all the rest of the stuff will take care of itself. He challenged me to be not only the best player I can be, but be the best member of the OU community I can be, challenging me to be better and better. - **Gabe Ikard**

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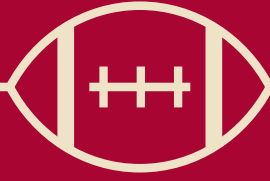


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Until the Very Last Stroke

Grit is defined as courage and resolve, true strength of character, and can often be an overused term in the sports world.

But the word just might be the best to define the 2017 National Champion Oklahoma Men's Golf Team, a group of underappreciated underdogs that showcased determination and ability to overcome adversity.

To best understand the true grit of this national championship squad, it is important to recognize everything the team and program has overcome. When Ryan Hybl came to the University of Oklahoma in 2009, he inherited a program that was coming off a 10th place finish in the Big 12 Championship. The leadership and impact of Hybl was immediate as the Sooners won their first tournament with Hybl at the helm, taking first at the Kansas Invitational. Throughout the next eight seasons, Hybl has engineered an incredible turnaround.

The Sooners registered the three-best single season scoring averages in school history and have reached the NCAA

Championship in each of the last seven years. In fact, OU is one of just five teams to reach the national tournament in each of the last six years.

Now, the Sooners are national champions. "What a crazy whirlwind," Hybl said after winning the second men's golf title in OU history.

"We're excited about what just happened, and I couldn't be happier for my guys and the program. It really validates a lot of hard work for the people that were here before our guys, former players, and of course our supporters and administrators that make it what it is."

For all the challenges Hybl has faced in re-building the program into a, nothing could have prepared him, his team or his family for the tragedy the Hybl family had to endure in September.

Hybl and his wife Becca lost their baby boy at 18 weeks.

After delivering the news they had lost their first son, Tucker Jackson Hybl, the coach left to care for his wife while his Sooners competed in the Gopher Invitational. As a team, the Sooners

rallied, and in the first sign of just how special this squad was, Oklahoma won the tournament. They showed their support for the Hybl family by attaching blue and white ribbons with the initials T.J.H. to their golf bags and checkered ribbons to their hats.

Assistant coach Jim Garren said winning the invitational was emotional for the team.

"It's hard to put into words how much our guys wanted to win that event," he said. "There was a lot of emotion, even a few tears."

And the emotion was felt well beyond the course.

"It was such a wonderful, beautiful thing how the guys rallied," said Becca Hybl, "They wanted so bad to win that for him. If he coaches 50 years, that will probably be the most meaningful moment he's had."

The Sooners would continue to play with a purpose on the course, showcasing the grit that would come to personify this squad. The Sooners finished in the top five in six of its final 10 tournaments. OU grabbed a win in the Lone



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Star Invitational while Grant Hirshman grabbed an individual title in the Southern Highlands Tournament in Las Vegas. Solid golf continued with a fifth-place finish in the Big 12 Tournament. Then the Sooners took off for the NCAA Stanford Regional and sophomore Brad Dalke took over. Dalke dominated, winning an individual title and helped carry the Sooners as a team to the NCAA Championship. Still, Ryan Hybl was looking for something more from his supporting cast. Dalke dominated with a career low 54-hole score, but the Sooners needed more to reach championship potential.

"Individually this is by far the best group I have ever had," Hybl said after the Stanford regional. "Max McGreevy has won twice, Grant Hirshman twice, Brad has won and they all have been good wins."

That supporting cast stepped up in a big way. During regional play only one player was under par, the eventual champ, Dalke. During the NCAA Tournament, every Sooner contributed during stroke play and eventually match play as well.

"That was the best thing about last week. We didn't have a weak link," Hybl said. "We wanted to be very competitive and that was our goal. It was about trying to win the golf tournament and we got close to that at a couple points.

Their defining moment occurred during the opening match of the NCAA Championship against Baylor. Down 2-0 with three matches left on the course, Riley Reinertson and Hirschman came through with a pair of 1-up victories to tie the match. Dalke sealed the come-from-behind win as the sophomore defeated Baylor's Matthew Perrine, 1-up, in 19 holes to help the Sooners advance.

Dalke was able to withstand Perrine forcing a 19th hole thanks in part to a chip-in. For most golfers, it would be a tough moment, if not impossible, to overcome. For Dalke it was just business as usual.

"We've had this goal in our minds since Pebble Beach, the beginning of the year," Dalke said. "We knew we had the team to do it. We have a lot of depth on our team. We're all super talented,

we're gritty, and we fight until the very last stroke."

Dalke, who played in the Masters this season and will participate in the US Open, was the stabilizing force for the Sooners all season long. When Dalke's putt hit the bottom of the cup on the 18th hole against Oregon, the Sooners clinched their first national championship in golf.

"It was just a dream come true, just to have the opportunity, and then to be able to go out there and finish it off and finish the fight," Dalke added.

For head coach Hybl, through all the adversity and pain, the realization of becoming a champion only adds fuel to the fire.

Through all the excitement of what happened, perhaps no one could have summed up this incredible run more perfectly and succinctly than junior captain Hirshman.

"This is exactly what I came here for. At Oklahoma we win championships and we just added another one."— **BSM**

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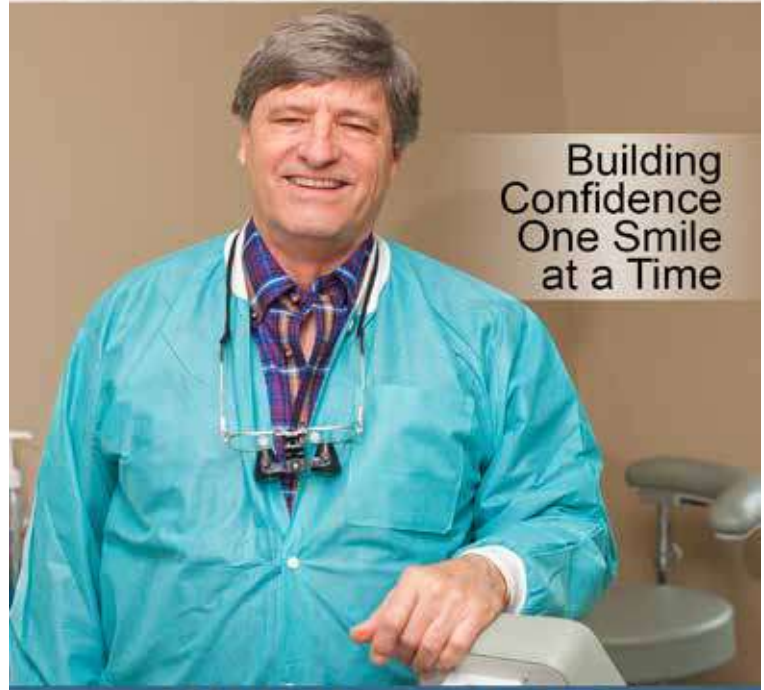
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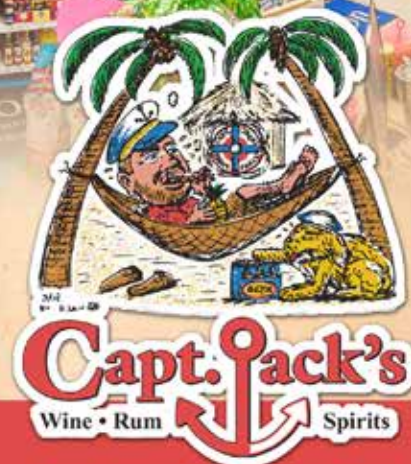
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The Power of Three

The Oklahoma Sooner softball team did it again.

For the first time in school history, the Sooners have won back to back titles in softball. It was an incredible run, filled with frustrating lows, incredible highs and, once again, the ultimate prize.

"Words cannot express this feeling, this journey. I still cannot believe that this happened, with where we started and where we finished," head coach Patty Gasso said after the title clinching win over Florida. "I think if you looked at us in February and March, even parts of April, you would never imagine us sitting here right now with trophies in front of us."

The Sooners were met with adversity and tragedy as soon as the season started. Gasso lost her father right after the season's first series.

"I lost my dad in February," Gasso told ESPN's Holly Rowe in a tearful postgame interview. "I just tried to stay close to the team. We went through struggles. I went through struggles. To be here right now is an unbelievable blessing. And he would

be here. It was hard. I held it in. I love these guys. They fought hard for me, for our program. I cannot believe that we've done this."

The outpouring of emotion from Gasso symbolized the powerful and poignant path the Sooners traveled this season. While struggling off the field with the emotional loss of her father, Gasso was on the field dealing with a team struggling with monumental expectations.

After opening the season as the No. 1 team in the country, they finished the first half of the season at 23-7, dropping out of the top 10. Despite disappointing moments, the Sooners notched impressive wins over eventual NCAA Tournament teams BYU, Ole Miss and a dominating run-rule victory over UCLA. But the Sooners were unable to maintain momentum.

Heart breaking losses to Arizona, Notre Dame and back-to-back losses to Cal Poly had the Sooners struggling to find an identity.

But, the Sooners found a way to connect and ended up winning 38 of their final 40 games, including a perfect

5-0 mark in the Women's College World Series.



"We finally got to a point where we said, enough is enough," Gasso said of early season challenges. "We felt the pressure of being better, and that's not fun. These guys figured it out about the end of March, early April, right when we were starting Big 12 play, and it just kept growing."

The team's resiliency showed after a tough trip to Los Angeles, which ended with the Sooners registering a 4-3 mark over the seven-game stretch and those back-to-back losses to Cal Poly. The Sooners turned things around, winning nine straight games before heading into the rivalry showdown with Texas. But once again, off-the-field issues, including more tragedy, struck the Sooner softball family. Coach Gasso's first ever recruit lost her daughter. Former Sooner Nicole (Myers) Nalepa's 9-year old daughter Kelsey was fatally injured in a car



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accident that happened as the family was returning from a softball tournament. They were rear ended by a drunk driver.

Despite off-the-field issues, the Sooners played incredible softball during Big 12 play. Oklahoma clinched its sixth straight Big 12 regular season championship and then stormed through the Big 12 Tournament, beating Oklahoma State for the fourth time this season in the championship showdown.

However impressive the turnaround was, the NCAA Selection Committee was not all that impressed with what the Sooners had accomplished and dealt the Sooners a 10-seed and a challenging regional that would involve a championship re-match with Auburn.

The Sooners dug themselves an even deeper hole when they lost the first game of the Norman Regional to North Dakota State, marking the first time since 1984 that the defending national champ lost its post-season opener. Looking back, it was a needed wakeup call but not their only one in the post-season. Trailing by two runs to Tulsa in an elimination game, the Sooners rallied, thanks to Caleigh Clifton and Sydney Romero, blasting a pair of two-run homers in the bottom of the 10th inning, forcing an if-necessary game that would advance the winner to the Super Regional.

While it took a touch of Sooner Magic to keep the season alive, it was also the birth of the movement that became the calling card for the Sooners' post-season run: The Power of Three.

"It really became our post season charge," freshman Nicole Mendes said. "We had met in chapel and we heard the story of David's men, there were three of them, and they had David's back. So, whatever happened we have each other's back and each other's front. And whenever someone is down we knew we were going to be there for them."

The Power of Three became more than just a rallying cry. It became the motto for how they were able to overcome and persevere through such a challenging season.

"They just never quit. They never were afraid," Gasso said. "They had so much confidence and so much belief in what they were doing. It's that Power of three they are talking about. They feel God's presence. They feel no fear and the feel love for each other and they just want to showcase their passion for the game on the big stage and they did that to a tee."

The Sooners stormed through the post season winning 11 games. The Sooners silenced an at-capacity crowd in Auburn and dominated in the Women's College World Series. But there was one notable difference for the Sooners in 2017 compared to the 2016 team. The Sooners developed a pitching staff beyond just standout Paige Parker.

The emergence of Sooner closer Paige Lowery combined

with the development of freshmen Mariah Lopez and Nicole Mendes solidified the unit as much more than a one-woman show. That staff mentality was on display in the championship-clinching win over the Gators. "To see four pitchers pull this off is a dream come true for a coach, because every one of them had a piece of this," Gasso said.

And the domination of Paige Lowery was not only an emotional moment for the junior transfer from Missouri, but also for her coach.

"It is unbelievable that this kid right here was on the bottom of that (celebration) dog pile," Gasso said of Lowery. "She was broken (when we met). She didn't love softball, didn't want to pitch and wanted a change. To see her growth as a pitcher and as a person has been so rewarding. I'm glad we got her. I'm glad she's loving pitching again, and I don't know how much sweeter it could be than it is right now."

"I can't believe it," Lowery explained. "I can't believe how close and tight this team is. I'm just so blessed and humbled and thankful and grateful, and I don't have enough words to describe how I feel."

The Oklahoma Sooners did it again. What this Sooner team has overcome, what this Sooner team has endured, what this Sooner team has battled through deserved the kind of fairy-tale ending it received. – **BSM**

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Alix Yaw's move to on-campus housing will be a memorable one.

The senior at the University of Oklahoma will soon live in one of two new residential colleges opening this fall.

The colleges – Dunham College and Headington College – represent a new type of housing for OU. The residential colleges aim to create smaller, inclusive communities for sophomores, juniors and seniors of different backgrounds and academic interests.

The buildings will accommodate about 300 students each and will include a shared dining area, faculty-in-residence apartment, seminar rooms, faculty offices, classrooms, storm shelter and student lounge areas, according to the university's website.

Yaw will serve as a resident mentor in Dunham College and help with coordinating programs. The Norman resident said she's thrilled about the opportunity and the chance to live on campus. She lived at home during her freshman year and has rented a house in the years since.

"I'm just really excited to see what life on campus looks like," she said.

Yaw said she looks forward to creating close bonds with the students living in the residential colleges and believes the

colleges can help foster a sense of kinship and support.

"I think it's going to be an opportunity for students to build their own community," she said.

The residential college model is patterned after similar residences at Harvard, Yale, Oxford and Cambridge.

"OU is the first in the state to adopt a residential college based on the Yale University model, but our colleges are designed specifically with OU students in mind," said Nick Hathaway, vice president of administration and finance at OU.

Hathaway said some of the benefits of the model include providing an intimate and supportive community designed to promote the social, intellectual and personal growth of OU undergraduates, build upon the university's strong sense of family and community, increase retention and graduation rates and strengthen the academic culture on campus. – **BSM**



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PROSPERITY POINTS ON PORTFOLIOS AND POTATO SALAD



Your investment portfolio is a lot like potato salad! Although this doesn't seem possible, the similarities are amazing:

- Potato salad has many ingredients; some taste good by themselves, and some don't. Your investment portfolio also has many different asset classes in it. Some of them are risky and wouldn't be wise by themselves, but when combined with other investments, they might help lower your portfolio risk.
- Portfolio risk is usually defined as either

Beta or Standard Deviation. Standard Deviation is a measure of potential variability of investment returns, and part of the formula is correlation.

- Correlation is also a mathematical formula that helps you see how related two investments are. In English, do they go up and down at the same time? Highly correlated assets will, while lowly correlated assets won't.
- Adding asset classes that might be risky (when measuring standard deviation) may lower a portfolio's overall standard deviation if they lower your portfolio's correlation.
- One major danger is that correlation isn't static, and correlation increases in times of market turmoil. Additionally, some investment options are bad ideas because of other risks they have.

Finally, all good potato salad is a little different from any other you have eaten. Similarly, there are many ways to create a lower portfolio correlation. Talk to your financial planner.

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The Fine Print: This article is educational, not investment advice. Investing is risky, and you can lose money. Talk to your financial team about any strategies before you implement them.



A Vision for Main District

Imagine a district in Norman where people could go to shop, eat, walk, sit outside and pass the time with friends. The place would have plenty to do, plenty of room and events that draw the community together.

Now, picture this district right at Norman's front door.

That is the vision of Shelly Cox, Vilona Michael and a cadre of merchants associated with The Main District in west Norman.

It is one of the city's newest business districts, formed in 2015 along the business corridor of Main St., between Interstate 35 and Mercedes. Its purpose is to harness the energy of a vibrant business community to promote greater economic development.

The central goal of The Main District is to encourage Norman residents to shop local, but at the heart of it all are relationships and quality of life, said Shelley Cox, The Main District president and owner of Cayman's, 2001 W Main St.

The organization is still young, but it is already in its third year of holding its Mix on Main event, an autumn festival that has attracted thousands to the district over the last two years.

The Oct. 20 event will include an evening of music and food trucks as well as beer and wine gardens. Boutiques and businesses will offer food tastings from local restaurants, and there will be family fun activities outside. Traffic will be controlled to promote walkability and parking will be plentiful.

This year, the district is introducing another initiative called "Main Monday." On the last Monday of every month, participating member businesses offer special deals, and food trucks are on hand for lunch and dinner.

The district is in the process of planning other events for the spring and summer.

The Main District started through conversations between business owners interested in making Norman better, Cox said. Members are working together to connect the community through gathering, shopping and eating.

"Once you walk the corridor, you can see we're quite an extraordinary mix of businesses along Main Street," she said.

Marketing consultant Michael sees great potential. Establishing new business districts is a specialty she has been practicing in Oklahoma City since 2012. Her clients have included Uptown 23rd Street, Classen Curve and Nichols Hills Plaza.

West Main is the first glimpse people get of the city because it is the way most people come into Norman, Michael said.

"It's the gateway, and it's important that it stays vital."

Michael said The Main District is a healthy business community, but, like most areas, there are empty storefronts. Their goal is to harness the collective energy of members to strengthen the district and promote more activity, she said.

"Business districts

help fill those vacancies" she said. "I have seen it happen in other places."

She said they are on their way to doing that by promoting walkability and by creating events the community can embrace.

"I think we're on a steady incline," she said. "It just takes time and everyone in the community needs to work together."

Norman needs a resurgence, and The Main District can be part of that, Cox said.

"We've heard about all the things happening in Oklahoma City, and now it's time for us to do that in Norman," she said. — BSM



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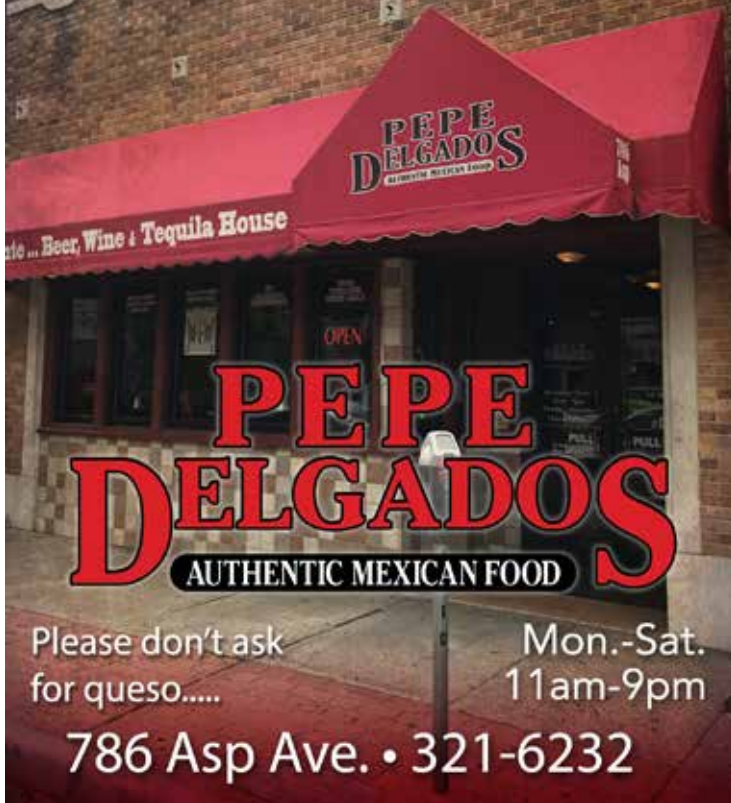
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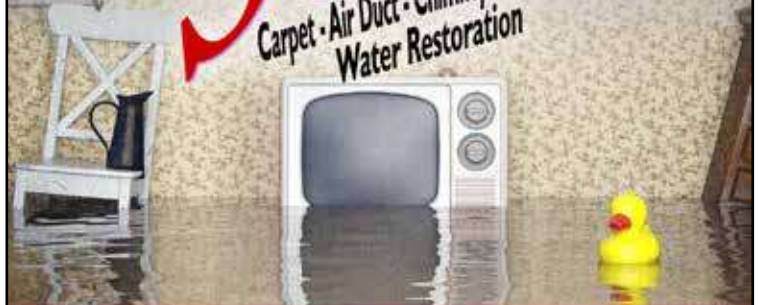
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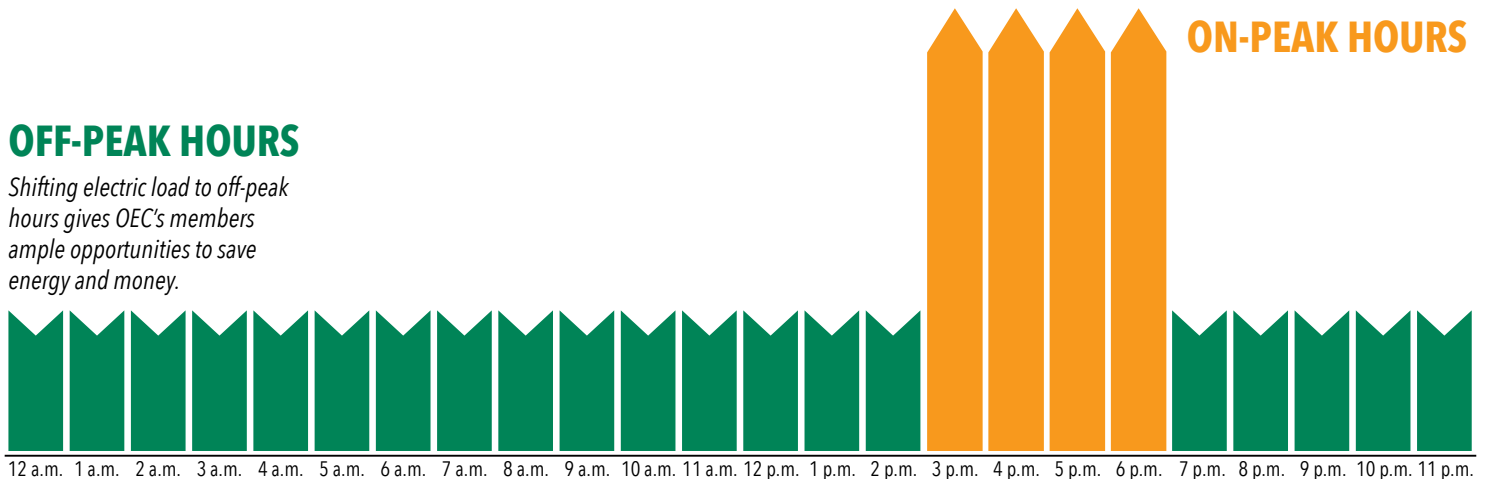
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A New Reason to Look at Riesling

Several years ago Relax Riesling was the most popular Riesling on the shelf. This popular product is on the sweet side like many Rieslings from Germany or the U.S. West Coast.

Many other Rieslings were also in the sweeter style, whether from Germany or the Western United States. There is, however, much more to the story. There is a German labeling system for higher quality Rieslings, but some find it complicated and tend to move on to other selections.

My purpose for this article is to look beyond the labeling system and focus on some simple tips for discovering some very enjoyable "dry" Rieslings.

Yes, they exist, and an increasing number of them are labeled exactly that way, "dry Riesling." These Rieslings have less residual sugar, but retain the light mouth feel. They lack the astringent quality or dustiness that pinot grigio or some sauvignon blancs may have. This makes them a refreshing summer wine that pairs well with vegetable and fruit plates.

Labels to look for include, Dr. Loosen Dry Riesling, Pacific Rim Dry, Chateau St. Michelle Dry, also, although not labelled "dry", try Hillersden, Bastgen or Monchhof.

If you are looking for something with a little pepper to it, look no further than Gewurztraminer. This wine will stand up to slightly to moderately spicy Mexican or Asian food, or those spicy cheeses. Great for an afternoon on the patio.

Gruner Veltliner is a classic Austrian wine that Austrians tend to keep to themselves. Occasionally, it is available in Oklahoma, but not reliably.

Finally, Raptor Ridge has started growing this grape and producing this wine in Oregon. This is a match made for excellent wine. This wine also has the peppery finish and dryness to make it perfect with spicy foods.

Finally, to keep you in step with the latest trends, here is a simple recipe for a Rosé Spritzer.

- 3 oz. of Dry Rosé Wine
- ½ oz. simple syrup (available premade at your liquor store)
- 2 halved strawberries
- 1 lemon wheel
- 1 bottle club soda
- Strawberry and mint sprigs, to garnish

Gently muddle the strawberries and lemon wheel in a stemless wine glass so the juices and flavor are released. Add the simple syrup and rosé wine; then fill the glass with ice and top with a splash of club soda. Garnish the spritzer with a strawberry and mint sprig.

Have a great summer!

Kathy

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Palace Auto Supply

These days, Palace Auto Supply has a phone number that is 10-digits long. When you dial the numbers, it's almost like dialing through 100 years of history.

There were no 10-digit phone numbers when Palace got its first phone. Five-digit lines were not even necessary. In Palace's early days, the store's phone number was easy to remember: 19.

A lot has changed for the business since the days of Model T's and horse-drawn carriages, but one thing has never changed: 19 continues to occupy the last two digits of the company's phone number, 405-321-8019.

The auto parts store is celebrating its 100th anniversary this year, standing as Norman's oldest family-owned business, dating back to the spring of 1917 when W.A. Jansing opened his doors at 302 W Main in downtown Norman.

W.A. eventually sold the business to his brothers, Ben and Henry, who continued to pioneer an automobile industry growing into a 20th century era of technological expansion.

The Jansings found opportunities for business all around them.

The University of Oklahoma did not allow professors and students to park cars on campus, so the Jansings established one of Oklahoma's first valet services, delivering personal vehicles to campus, freshly fueled, washed and ready to go for their customers.

In those days, the Jansings dabbled in several other ventures, said Jon Jansing, 61, who took the business over from his father, Bernard Jansing.

The Jansings sold cars and boats, owned a Conoco gas station and had a wrecker service that operated into the 1950s. They eventually got out of the gas station business, and they sold their wreckers to L&A Wrecker Service, which continues to operate in Norman today.

Jon's father, Bernard, took over the business from his dad, Ben Jansing, and continued the family tradition. Jon Jansing called his father a tireless proprietor and steward of the company. He could



Greg, Jon and George Jansing (from left) work together to carry on the family business established 100 years ago by their grandfather and his brothers. Palace Auto Supply, 340 24th Ave NW, celebrated its 100th anniversary this spring.

have sold out in the 1980s and retired a wealthy man, but he chose to keep the business in the family and pass it to his four sons.

As a result, Jon Jansing continues to run the business with his three brothers, Ben, 66, George, 63 and Greg, 56. Bernard Jansing retired in 2014 and died in 2016 at the age of 92.

The days of operating in downtown Norman have long since passed. Like all of Norman's car dealerships and other automotive businesses, Palace moved west. In 1983, the business built a new store at 340 24th Ave N.W. Palace has expanded its storeroom since then, but otherwise, the shop looks pretty much the way it did in 1983, Jansing said.

While the storefront still looks a lot like 1983, the business has had to evolve and change to survive, he said.

"We're not supposed to be here," he said. "It's all about O'Reilly and Autozone now."

But despite competition from the national chains, Jansing and his brothers have

established their business within a core market of loyal customers.

Palace's clients include car dealerships, repair shops, body shops, paint shops, school district bus barns, county barns and an array of enthusiasts who spend their weekends under the hoods of classic cars.

"We really have a lot of customer loyalty," Jansing said. "We have guys coming in here that go back three or four generations."

Jansing loves Norman, and he talks about his customers the way most people talk about their old friends.

A recent anniversary celebration drew more than 225 customers for free hamburgers and hotdogs that he and his family cooked up to express their appreciation.

Apparently, Jansing has a lot of customers and friends because when he goes out to eat, he says he always sees someone he knows.

Maybe that's a little like the old days, when towns were so small that phone numbers only had to have two digits. — BSM

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How to be a Fashion Tightwad

CONSIGNMENT SHOPS

Shopping can be fun, especially when new trends and fashions hit the store racks. And it's usually tempting to pick up some new pieces at the beginning of the season. But buying a new wardrobe every season usually isn't in the budget. Sometimes, even one or two new garments is enough to max out your checking account!

Consignment shops have increased in popularity over the years, making shopping for high-end, unique or special occasion pieces less expensive and giving consumers a way to earn some money back on old clothes.

So, where do you start? Where are the best shops? And how does consigning work? We've got the answers for you!

Many consignment shops work on credit, so you "sell" your items to the shop and you earn credit for each piece that's sold. Find a shop that is close to you that sells trends similar to your style. Not only will you increase your opportunity to sell items, you will also score when you get to purchase new-to-you items. HowToConsign and ResaleShopping.com have directories of consignment stores across the country. These lists are by no means exhaustive, but it's a place to start.

When you bring your clothing into the consignment shop, be sure the items are clean and pressed to secure their best resale value. Buff nicks out of shoes, fix loose or missing buttons and make sure to leave stained clothing in your Goodwill pile. Trying to sell soiled or very worn clothing will hurt your reputation as a consigner, so be selective about what you bring to the store.

Once there, the store management will inspect your articles and determine which items to purchase from you and which items to pass on. Many stores will give you two options when purchasing your clothing: cash or credit. Generally, credit is more favorable for the seller as stores offer a higher price when you choose to use your credit in their store.

SUMMER SAVINGS

Summer is here, and with it comes vacation days at the beach or pool. But with the cost of clothing seemingly always on the rise, it can be a challenge to refresh your swimsuit wardrobe. Rather than buy new pieces, mix and match your two-piece separates for infinite possibilities.

For women and girls, two-piece swimwear is a great option if you don't want to purchase a new swimsuit each year. And, for growing girls, a two-piece can usually be stretched over a couple of years because you don't have to worry about the length of the pieces. They take a little longer to outgrow. As an added bonus, when you mix and match pieces, you will be the only one rocking that particular bikini!

Assuming you already have some two-piece suits in your wardrobe, here are some tips for creating your own unique style:

- To start, try mixing two different solid-colored pieces. Stick with neutral colors on the bottom, like black or white, and add a colorful top.
- Add some pizzazz by pairing a solid bikini bottom with a printed or embellished top. Color and prints on top will draw attention away from your bottom half.
- If you're feeling daring, mix two different patterns. Look for different swimsuits with at least one matching, neutral color to pull the pieces together.

You can also re-purpose old wardrobe pieces into fun cover-ups. For example, take the lining out of a tired dress for a new beach outfit. Or reuse a fashion scarf as a wrap at the pool.

When you think about adding swimsuits to your closet, look for stores that sell them as separates and mix and match with items you already own. You won't just be adding one new swimsuit; you'll have numerous possibilities for wearing the new pieces! And if you prefer one-piece styles, go with tankinis for full coverage without losing flexibility.

PICK A COLOR!

Remember when you had a favorite color? Whether it was pink, red, or green, favoring one color gives little girls something all their own. Favorite colors grow up when it comes to your wardrobe. Basing your fashion life around a single color has benefits to your purse too.

You're not stuck with one color for life, of course. But before going shopping, review your closet and see what patterns emerge. Do you love white, and wear it with everything? Are you tired of black, and ready to try something a little more courageous?

When you base a wardrobe on one color, you need fewer shoes, less accessories, and have more possibilities of mix and match out of a smaller basic wardrobe.

So, what are you waiting for? Pick a color and give it a try- there's no time like the present!

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The Montford Inn: Your Staycation Destination

Summer has arrived in full force, and with it comes the urge to get out of the house and make fun memories.

Why not take a fun-filled staycation right here in Norman? Staying in town eliminates the long hours wasted on travel, allowing you to make the most out of time off.

And there is a place in Norman where “staycationers” are encouraged to stick around, see the sights and do the things they’ve never done before.

“We’re always excited for the opportunity to help people discover all of the treasures that Norman has to offer,” says William Murray, co-owner of the Montford Inn, 322 W Tonhawa St. in Norman

The long-time Norman resident opened the inn in 1994 with his parents Phyllis and Ron Murray. Together, they have welcomed guests from all over the world, in addition to family reunions and wedding parties.

“We like to give people a very unique experience,” says Murray. “The inn has a local feel, something they wouldn’t get in a generic hotel.”

The family can trace their Oklahoma-style hospitality back to the days before statehood. “Montford Johnson was the inn’s namesake,” Murray said. “He was a landowner and cattleman in the late 1870s and ran cattle with Jesse Chisholm.”

The Murray family has longtime ties with the University of Oklahoma as well, and even has a room in the inn filled with authentic OU memorabilia from decades past.

Starting in a place with so much his-

tory is a great first step in the ultimate staycation. The second? Location, location, location.

The Montford Inn is about a mile north of campus and sits right next to the public library. Sprouts, Main Street restaurants and Campus Corner are all within walking distance. In fact, Murray points out that many guests can park their cars and leave them for the duration of their stay.

The inn, filled with comfortable vintage furniture and nostalgic décor, brings you back to a simpler time. Everything is designed to make guests feel completely at home, from the fresh flowers and quilted comforters to the hot breakfast cooked fresh every morning.

“We like being able to take care of people,” Murray says. “We want to make them feel comfortable here.”

The Montford Inn is home to 10 guest rooms in their main building, and six separate, detached cottages. Though the inn feels straight out of decades past, it has all the modern amenities needed to make sure that guests

have every convenience during their stay.

“It’s not a hotel, it’s an experience,” he said.

“Do it as a true staycation,” he said. “Come stay with us a couple of nights, go try out a couple of new restaurants, see a movie or do something at the university. Make time to do the things that you never seem to have time to do. I promise, you’ll feel like a visitor in your hometown.”

For more information on the Montford Inn, call 321-2200 or visit montfordinn.com. – BSM



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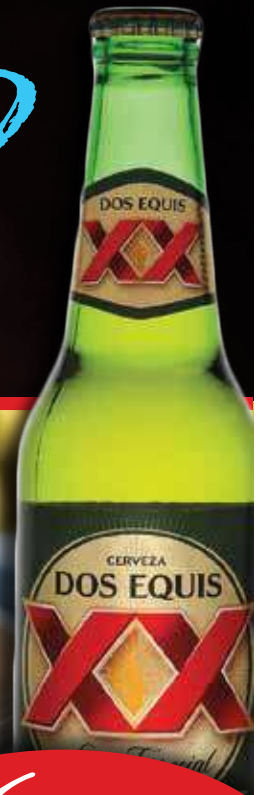
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CinemaVision MRI



What do you think of when you think about getting an MRI? A cramped metal tunnel? Loud noises and long, uncomfortable waits?

Think again!

Norman Regional Health System recently invested in a brand-new technology called CinemaVision, an immersive entertainment system that makes getting an MRI more like a night at the movies than a day in the lab.

Previously, when you got an MRI you had two options – earplugs, or a set of headphones that only receive a few select FM radio channels because the MRI (Magnetic Resonance Imaging) machine is wrapped in a copper Faraday cage that blocks out the majority of stations.

“Most MRI studies take between 30 and 45 minutes, and many patients have multiple studies,” explains Norman Regional Radiology Lead Supervisor Donovan Beswick. The lengthy tests are noisy, and can be especially trying for someone with claustrophobia or post-traumatic stress disorder (PTSD).

“It’s extremely hard to lay still when you’re confronted with something that you fear,” said Beswick. “The machine can be extremely loud, and it’s difficult to have to lay there and not be able to check your watch or know how much time you have left.”

With the new technology, patients will put the virtual entertainment system on before they go inside the machine and are immediately transported into the world of their favorite film, music or TV show, without ever having to

see the inside of the machine. The goggles and noise-cancelling headphones are immersive, similar to virtual reality. When wearing them, it feels like you’re in a dark movie theater with a giant screen all to yourself.

CinemaVision was created to help children and adults with claustrophobia and PTSD lay still during their MRI studies without the aid or the side effects of sedation.

Patients and technologists are also able to communicate better than ever. “It comes with a built-in microphone that’s right in front of the patient’s mouth so we can hear them,” Beswick said. The system automatically fades out the audio and visual components when the technologist is speaking so the patient can hear instructions.

CinemaVision offers digital audio, including all the FM stations, as well as the ability to play CDs and DVDs. It will also have cable TV so patients will be able to go to their MRI appointments without having to miss their favorite television shows.

“We were lucky enough to get two grants through the Norman Regional Foundation and the Norman Regional Auxiliary that bought two of these units, and the hospital paid for the third unit, so all three sites have this technology,” Beswick said. “That way, the patients are getting the same care and the same great experience at all of our locations.”

The Norman Regional Moore facility is scheduled to receive their CinemaVision unit around the beginning of July, and the HealthPlex and Porter campuses will get their units around the beginning of August. – **BSM**

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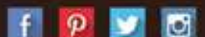
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Marcum's

Finds Fertile Soil on Familiar Ground



After more than three decades as one of Norman's most prominent family businesses, Marcum's Nursery has finally moved into town.

Bill and Cherie Marcum established their first store 35 years ago in Goldsby, proving that location, location, location is not always so important when you serve quality and treat your customers as an extension of your family.

Despite the business's funny looking zip code, thousands of Norman's gardeners, landscapers and tree planters have found their way to Goldsby, just south of Norman and west of Interstate 35 at Exit 104.

Sons Monty and Kelly expanded operations in 1994, opening an additional store. While close, the new location at 119th and Pennsylvania Ave. was in south Oklahoma City, not Norman.

No matter. Marcum's loyal Norman following took it in stride, knowing they had two locations close to Norman where they could find home-grown trees, flowers and hospitality.

Finally, in March, Marcum's acquired a Norman zip code through its purchase of K & K Nursery at 17550 S Sooner Rd.

It is not as though the Marcum family has an aversion to being in Norman. Kelly Marcum has lived in Norman for 27 years.

"If it had not been for Norman," Kelly says, "Marcum's would not be where it is right now."

Kelly and his brother Monty view their decision to expand to their third location as an opportunity to grow with Norman, which continues to expand to the northeast. They will also reach out to new markets in Moore and southern Del City.

"We're trying to keep up with our customers and make it easier for them to get to us," Kelly Marcum said.

Aside from all the business and marketing considerations, the brothers admit they're glad to finally be in Norman's fold.

"Now we have a spot up there with a location that is called Norman," Monty Marcum said. "We're true Normanites, now."

While the new location will have the same home-grown quality as the other two stores, the brothers said they will continue their practice of letting each store evolve and develop its own character to suit their unique customer base.

Shane Scott, a Marcum's employee for 10 years, is managing the Sooner Road store, and he makes independent decisions about what the store stocks for its customers, Monty Marcum said.

"The thing about Marcum's Nursery is that we are all different, and we all have our own personality, and we don't want that to change."

He said the Sooner Road location sells Marcum's trees and flowers, as well as other Marcum's products like Redbud compost.

Marcum's grows 99 percent of its trees on its 200-acre tree farm, and it grows about 90 percent of its flowers in its greenhouses. Those products are now available in east Norman just as they are in Goldsby and south Oklahoma City, Kelly Marcum said.

Meanwhile, Monty Marcum said their Goldsby location is venturing into a new area that will bring the business back to its early-day roots.

In addition to its traditional stock of trees, shrubs, flowers and garden supplies, he envisions Goldsby as a destination point along the interstate where customers can buy tomatoes, cucumbers, greens and other produce, freshly picked from a newly established, on-site garden.

Fresh produce sales were part of the business when Bill and Cherie Marcum were first getting established in 1975, and today, Monty Marcum sees an emerging demand from younger customers.

While the new venture may bring Monty Marcum and the family business full circle, he considers it another opportunity to grow.

With their new expansion now complete, the brothers say their family business is thriving with a third generation of Marcum family members getting involved, and that makes Marcum's even better.

Because it's a family-owned business, each family member takes pride in knowing their name is on the sign, Kelly Marcum said.

And now that they have a new sign in Norman, the Marcums are looking forward to a new chapter in a familiar place.— **BSM**

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In 1980, W. Kyle Power was a student at OU when his brother told him about a frisbee golf course in town.

"That's what we called it then," he said. "Its real name is 'disc golf,' and I've been addicted ever since."

They played at the Northeast Lions Park in east Norman, Power said. Built with nine holes in 1977, it was the state's disc golf course, soon to be followed by others in Oklahoma City and Tulsa.

While the history of the game goes back to the early 20th century, Power said modern disc golf began with Ed Headrick, former general manager of Wham-O, the company famous for making the frisbee.

Headrick led the development of disc golf as a new sport of throwing discs at a pole, seeing who can reach it in the fewest throws, much as one does with swings in golf.

As the sport grew and chain-dangling baskets evolved, Headrick founded the Professional Disc Golf Association and the 1979 Frisbee Disc Golf Tournament with a \$50,000 prize. Thanks to Headrick's promotional efforts across the nation, Oklahomans latched onto the sport, and local clubs continue playing to this day as they did at Northeast Lions Park when it was first built.

"It's really exploded over the years," Power says. "We have three disc golf courses here in Norman, as well as one in Little Axe and a new one in Noble, not to mention all the private courses and the ones in Oklahoma City and Edmond."

Power says disc golf is easy to get into because all it takes to play are the discs, making it a popular game for college students because it's inexpensive.

Norman disc golf enthusiast James Bierman agrees. "A good friend introduced me to disc golf around 1997. He gave me two discs to get started. The allure was that it was a fun, low-cost way to spend an afternoon, watching the discs fly."

Bierman has been playing professionally since 2009. He recommends beginners start out with neutral flying, mid-range discs, such as a Discraft Buzzz, Innova Roc or Dynamic Discs Truth."

"Consistency is key," he said. "Learn to throw them low and straight. These discs fly great. They will help a novice learn to throw with control and precision."

Even for those not expecting to go pro, disc golf offers a great chance to get exercise outdoors. Players walk a long way in addition to the full body workout that comes from throwing the discs.

There is also a strong sense of community among disc golfers. Jason Lawrence of the Sooner Disc Golf Club says disc golf is a partnership between the city and the players.

The Norman Parks and Recreation Department buys the baskets and mows, and players help keep the courses clean. Information about club activities is available at www.facebook.com/soonerdiscgolf/

The Sooner Disc Golf Club also hosts Norman's annual disc golf tournament at Northeast Lions Park. Lawrence said the event celebrated its 39th year in May and attracted more than 190 players. Next year, the club hopes to push participation to 270 or even higher.

Players are allowed in numerous categories at various levels, including Masters, Grandmasters, Intermediate and Recreational. There are special divisions for juniors as well as women, many of

NORMAN'S DISC GOLF COURSES

Northeast Lions Park

1800 Northcliff Avenue

- Norman's original disc golf course is best for seasoned players. It features a wooded front nine and a back nine that plays around the lake. Sooner Disc Golf recently added alternative pin placements on several of the holes to make the course more challenging.
- It may be tough for a beginner because of its championship layout, but it has short tee boxes on some of the holes, which can make it easier.

Griffin Community Park

1001 E. Robinson Street

- Griffin Park is probably the most popular course in Norman.
- Players also have their choice of playing the shorter red tee pads or the longer gold tee pads, depending on their skill level.
- The park creatively incorporates the woods for a variety of challenging shots.

Colonial Estates Park

1641 E. Lindsey Street

- The Colonial Estates course is probably the most beginner-friendly because it is relatively short and open.
- The main challenge for most players is the creek hazard that winds through the course's entire length.
- Colonial Estates is also popular with walkers and other park-goers, so a player needs to be aware of his or her surroundings before throwing a disc.

whom are active in the Oklahoma Women's League (OWL) of disc golf.

Disc golf is thriving in Norman. Bierman says, "I have several friends who have turned disc golf into a family affair.

They may initially make scorekeeping concessions for the kids to even the playing field, but it's amazing how quickly young players turn the tables on their teachers, he said. — BSM

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