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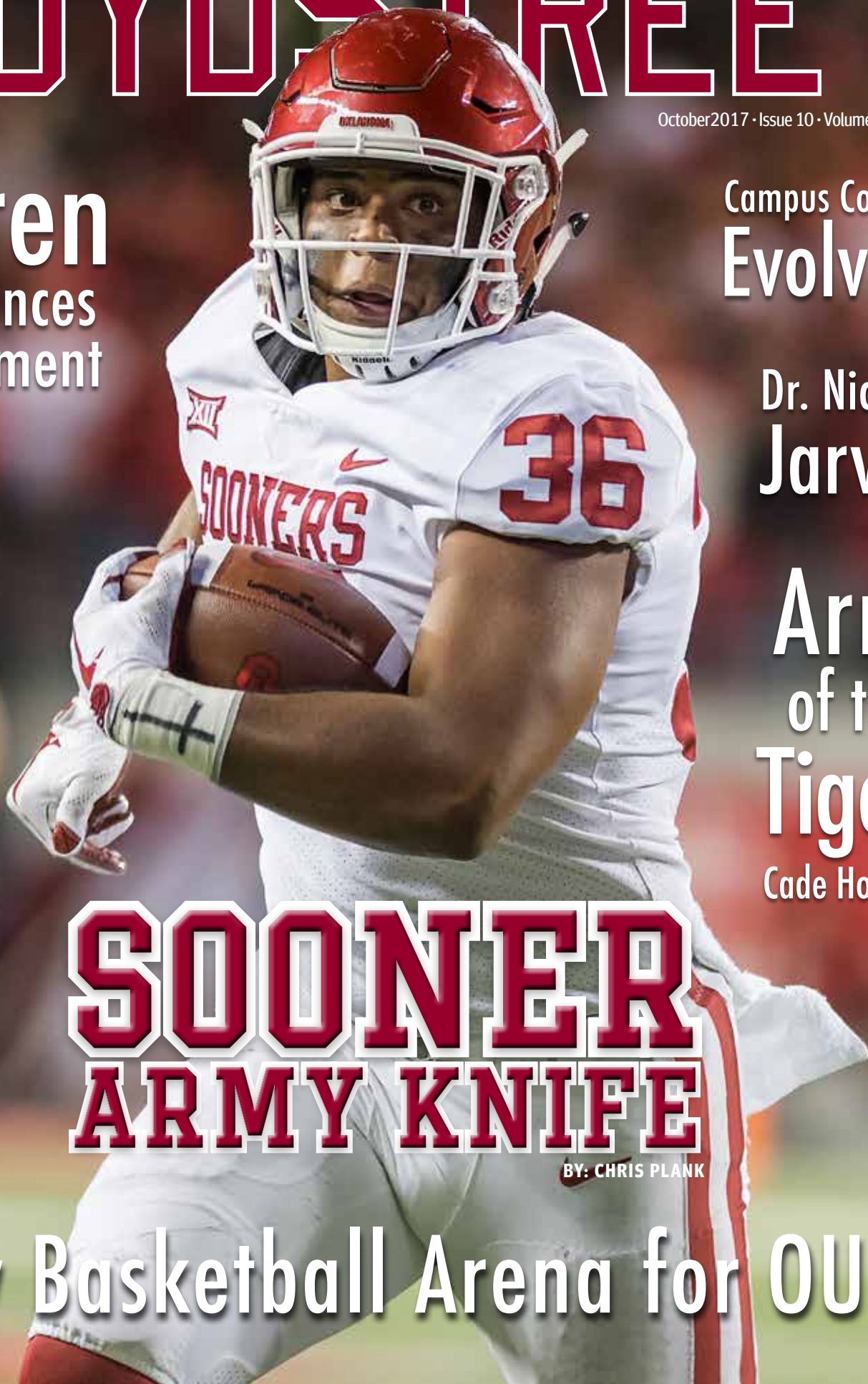
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IN OCTOBER

6 things to do in Norman in October



GROOVEFEST
Andrews Park, Oct. 1 @ Noon
Since its founding in 1986, Groovefest features local bands and other artists, poets and speakers gathering to celebrate music, arts, community and human rights, starting at noon.



2ND FRIDAY ART WALK
Downtown Main Street @ 6 p.m.
2nd Friday Art Walk is a monthly celebration of art taking place in Downtown Norman's Walker Arts District, presented by the Norman Arts Council that highlights artists, arts organizations and businesses.



MIX ON MAIN
Main Street, between 24th Ave. NW and Mercedes Drive @ 6 p.m.
The 3rd Annual Mix on Main features music, food trucks, beverages, outdoor family fun and shopping from 6-9 p.m.



NATIONAL WEATHER FESTIVAL
National Weather Center @ 10 a.m.
The National Weather Festival is a free event held at the National Weather Center and highlights the many weather-related organizations in Central Oklahoma.



OKLAHOMA WINE WALK & BREW FEST @ 2 p.m.
Brookhaven Village
The festival highlights Oklahoma wineries, breweries and merchants with live, local entertainers and will feature live college football action on big-screen televisions.



DOWNTOWN FALL FESTIVAL
Walker Arts District in Downtown Norman @ 6 p.m.
Main Street becomes a safe, festive trick-or-treat environment for kids and families with candy, moon bounces and much more including costume contests for pets, kids and families.



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Food & Shelter

A sign greets residents entering the McKown Village, a settlement of 32 new cottages in the 200 block of Reed Avenue in Norman. The three words are little, but their meaning is great.

“You Are Home.”

“Home” is exactly the feeling Food and Shelter officials want to convey to those living in the transitional housing units. The complex is composed of 16 single-resident houses and 16 family houses, ranging from 400 to 800 square feet. The village opened its doors to homeless and at-risk families this summer.

Some residents have bounced from home to home, while others have sheltered under overpasses and bridges, never having had a place to call their own.

“It’s been the most beautiful thing,” said April Heiple, executive director of Food and Shelter.

“We knew we wanted to build a vil-

lage. And in six weeks’ time, this has become its own little community of people helping people, of neighbors helping neighbors.”

A VISION FOR THE VILLAGE

Food and Shelter, a United Way-funded partner, has been housing individuals and families for more than 30 years. In the early 1980s, the charity started its housing program with three units and has slowly grown through the years. With the addition of the 32 new homes, they now have 72 units throughout Norman. The Reed Avenue location is also home to Food and Shelter’s new administrative offices and emergency shelter.

Four years ago, the City of Norman teamed with a group of housing providers, known as the Cleveland County Continuum of Care, to work on a strategic plan to end homelessness. The key to that, Heiple said, was more housing. However, East Main Place, the organization’s largest housing provider, had just shuttered.

“It became very critical that we needed to do something significant,” Heiple said. “It was then that we decided as an organization to take on a housing plan that would not only triple our current housing capabilities, but really provide something unique and special for our community.”

“It was serendipitous that at the same time that I was developing this plan and this vision to make Food and Shelter something bigger and better than it had ever been, Gene McKown was also thinking about what he could do to help this problem. We happened to cross paths, and in that moment, we decided we would work together to do something really important. We began this dream.”

McKown, local philanthropist and partner of Ideal Homes, said his family never had much money when he was growing up, but they instilled in him the importance of giving. He was moved to help Food and Shelter after a sermon from his preacher.

“It became very critical that we needed to do something significant”

“He preached a sermon about all the different things our church was doing in the community, and he said, ‘If you’ve been thinking about doing something and been procrastinating about it, I want you to do it tomorrow.’ So, I got up the next morning, walked to the Food and Shelter office, got a check and took it down to April.”

The community met McKown’s seed money, and businesses donated supplies from lumber to brick and concrete and offered discounted services to make the Village a reality.

“It was just a blessing from there,” McKown said. “This has been the most exciting thing in my life.”

A STEPPING STONE

On a recent Thursday, Julie Richardson sat outside the Village’s laundry room, manning the whirling machines while her fiancé, Steve Shelton, helped serve breakfast in the nearby dining room. The couple is among the Village’s first round of residents. As people filed into the building to eat, Richardson recounted her past, falling into one toxic relationship after the other, and of holding down a handful of jobs at once while trying to make ends meet.

“No matter how much I made, it seemed like it was never enough,” she said.

All the while, she moved from place to place without having four walls and a roof to call home. The couple hoped to fix an RV to live in, but they were never able to get the needed repairs on the vehicle. The two were living in a tent by the river when Richardson’s caseworker asked her to apply to live in a “tiny house” provided by Food and Shelter.

Equipped with a bed, comfy chair, coffee table, dresser, TV, coffee pot and dishes, the small cottages provide the necessities an individual or family need to live comfortably. Volunteer groups outfit the homes with furniture and home goods, and residents take those items with them when they transition into permanent housing. The stay for most is about 14 months, Heiple said.

Richardson beams as she talks about her house, saying she’s never lived anywhere so new. As nice as it is, she knows it’s just a stepping stone. She looks forward to moving on to the next chapter of her life.

“I want to own my own place — something that’s mine,” she said.

A ROADMAP FOR THE FUTURE

Those residing in Food and Shelter homes are battling significant obstacles — whether it’s mental health issues, physical disabilities, addiction or generational poverty. Each is assigned a caseworker who aligns the person’s needs with the right services. The caseworker works with each individual to map out a housing plan for when they live on their own and advises them on how to be successful once they get there.

In many of the organization’s success stories, Heiple said, residents go on to earn licenses and certificates from community and technical colleges to ensure they can earn enough money to provide for their family on their own. And many come back to mentor and volunteer once they transition out and no longer need the services.

In addition to having the support of Food and Shelter staff, residents have made the Village into a true community, with each person finding support in the other. It’s not uncommon for one neighbor to clean up the yard for someone who’s physically handicapped or help babysit or with errands, Heiple said.

She said residents see fewer obstacles and their path to a better future becomes clearer. They finally can lock the door behind them and lay their head down on the same bed, in the same home, every night.

“Now they don’t have to worry about where to sleep or how are they going to feed their kids. They can get that stuff out of the way. Their ability to get inspired to do something else, something different, can happen.”

As one of the city’s largest service providers, Food and Shelter is always in need of volunteers and donations.

Volunteer opportunities include serving breakfast and/or lunch, grounds keeping, sorting donations, answering phones and spending time with dining room guests.

See the organization’s day-to-day needs, sign up to volunteer and make financial donations at foodandshelter-inc.org. — BSM



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Campus Corner Evolves

Ryan and Mary Beth Broyles in front of their future Campus Corner business, The Porch.

For thousands of people in Norman, Campus Corner is home. It's where they hung out as kids, came of age as college students, got their first jobs or made game-day memories.

It was fun back then, and it's just as entertaining now with all the restaurants, shops, coffee houses, bars and offices mixed together in a tightly woven district with a history that dates back nearly as far as Norman itself.

So, when Ryan Broyles and his wife, Mary Beth, decided to open a restaurant on Campus Corner, it was no surprise.

Broyles was a star receiver for the Detroit Lions and the University of Oklahoma Sooners, so potential business opportunities abound. But, he and his wife are Norman High graduates and Campus Corner is home turf. Therefore, they decided to stake their claim near the corner of Buchanan and Boyd Street.

Soon, their business will overlook the University of Oklahoma campus, and their restaurant – called The Porch – will become part of a tradition that defines what it means to be a Sooner.

Jennifer Weiss knows all about coming home. She and her sister, Nancy Meoli, have been working hard to get back

to the corner since Othello's Italian Restaurant burned last April. Weiss and Meoli have owned the Campus Corner icon since 2011, but their history at the restaurant extends even farther than that. Both women spent years working at Othello's while they were students at OU.

Weiss remembers the outpouring of support from customers who came out after the fire.

It said a lot about the restaurant and the relationships it has built over nearly 40 years on Campus Corner, she said.

"We have a lot of people who consider Othello's home," she said. "We know them by name, and we know what they like to order."

Customers are not the only ones, she said. The wait staff and the cooks will return when the reconstruction is complete in November.

Campus Corner Merchant Association Executive Director Erin Patton said Campus Corner is a destination place in Norman, and business owners consider it a prestigious location with 40,000 potential customers across the street at the University of Oklahoma.

On game days, the number jumps to 100,000 people, she says.

That is part of the reason Campus Corner is seeing such a dramatic influx of new businesses opening in the district this fall, she said. Generally, vacant spaces do not last long.

In addition to The Porch opening before the end of the year, and Othello's reopening next month, Patton listed five other businesses planning to open on Campus Corner before the snow flies.

Insomniac Cookies will open on Asp, just down the street from the new restaurant Chix and Styx. Meanwhile, Kong's Tavern will open on Buchanan. Skinny Slims is a bar that will open on White Street near Frosty's Rolled Ice Cream and Opolis Clothing, which are also opening soon on White Street.

Fall is a busy time on Campus Corner, she said.

"The students are at home here, and we love the whole campus community, but we want the Norman community to feel at home here too and embrace the local shops that are here."

Weiss is not concerned about customers finding their way back to Othello's.

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Meanwhile, Broyles said his new venture with long-time Campus Corner restaurateur Ray Reyes will be a new experience for the business district and for him personally.

The two-story restaurant will feature gourmet sandwiches and bar with an assortment of drinks. But what will make The Porch unique is the porch area upstairs, where guests can look across Boyd Street to the OU campus and be high enough to see the giant television screen

inside Oklahoma Memorial Stadium. Inside the dining area, there will be photos of local dogs posted on what will be called the "Porch Pups Wall of Fame."

Since retiring from football, Broyles said he has been a full time real estate investor, so getting into the restaurant business is something different for him. Now, when he walks into a restaurant, he's paying attention to table counts, ingredients and waiter presentation.

"It's been different. It's been an eye opener, but it's been fun."

Broyles said there are four partners involved in the business, and a lot of people are bringing unique experiences to the table, which makes the business even stronger.

As a former athlete, he believes he is well prepared for business. Athletes have a business mindset, he says. They expect the unexpected, they can deal with outside pressure, they overcome challenges and persevere, they strive for excellence, and they understand teamwork.

Broyles never thought he would go into the restaurant business, but now that he's in it, it seems to be a comfortable fit.

"My wife and I both grew up here, so we're thrilled to be opening a locally owned restaurant because we love being a part of our community," Broyles said in a recent statement.

"In a sense, there's pride of ownership, not only for us, but also for family and friends, fellow athletes, and fans that have supported me since my days at OU.

"We wanted to build The Porch for everyone. We want anyone who visits to feel like they're at home." — BSM

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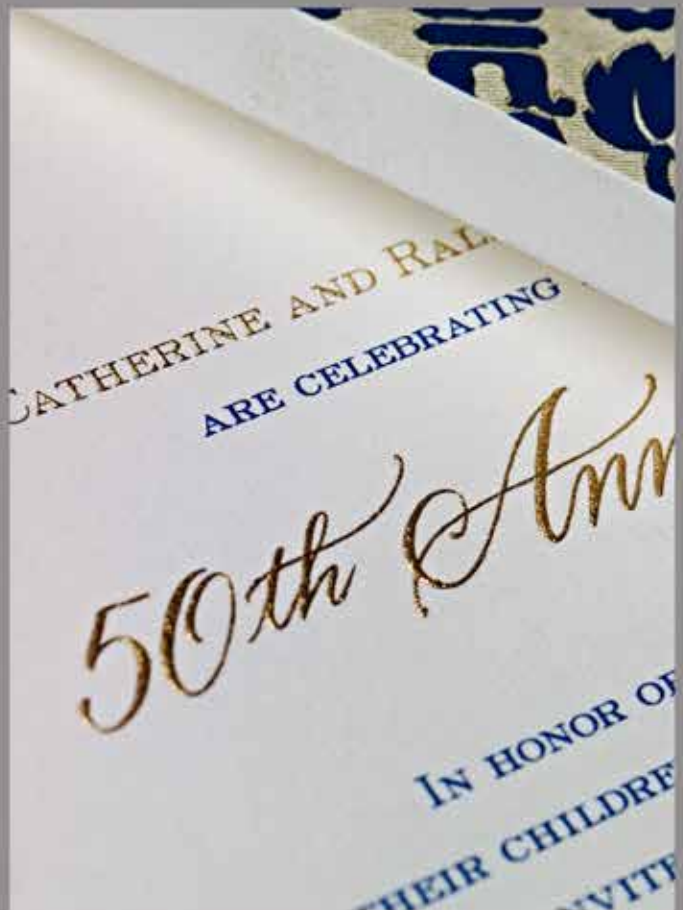
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Despite being a mother of twin boys, a doctor and living with a debilitating disease, Dr. Nicole Jarvis (center) is one of the most ardent and successful supporters of Parkinson's disease research.

When Nicole Jarvis was diagnosed with Young Onset Parkinson's Disease at 38 years old, there was no way she could know how quickly the disease would progress, or if she would be plagued by side effects from medications she would take to keep her symptoms at bay.

Despite all the unknowns, the OB-GYN and mother of two knew one thing unequivocally — that she wasn't giving up without a fight.

While many newly diagnosed Parkinson's patients are hesitant to make their diagnosis known, Jarvis was quick to announce the news to her coworkers, friends and family and to begin searching for local support and advocacy. Now 44, she's created her own nonprofit for fundraising and has raised \$1 million for the Michael J. Fox Foundation for Parkinson's Research, the largest nonprofit funder of Parkinson's research worldwide.

Not only that, but Jarvis has allocated nearly \$100,000 for local Parkinson's patients, working in coordination with the Parkinson's Foundation of Oklahoma to fund therapies and educational classes for those affected close to home.

Known around Norman as a champion for Parkinson's research, Jarvis is a shining example of what can happen when a devastating blow leads to a new perspective on life.

"I needed to do something positive out of something that was very negative," Jarvis said. "The diagnosis was a crushing devastation, but everyone has something in their life that's a crushing devastation of some kind that they have to deal with. You can either get in your bed and put the covers over your head and do nothing, or you can get out there and try to change the outlook of whatever your thing is."

"I wasn't just going to sit around and wait for it to ruin my life."

THE DIAGNOSIS

Jarvis' symptoms crept in, one by one. She began to feel more tired than normal, but she chalked it up to being an OB-GYN who delivered babies through the night and wrangled 4-year-old twins during non-work hours. It wasn't until a trip to Disney World to celebrate the birthday of sons Zachary and Ryan that she realized the symptoms might mean something more serious than being worn out.

"My family was running from place to place and I couldn't really keep up with them," she recalled. "My leg was dragging kind of funny then, and when I came back home, people at work noticed and were asking if I had injured myself."

Practicing at a hospital then, she fell down the stairs a couple times, and her right arm and eventually her right leg began to slow. Then, a tremor appeared in her right hand. A visit to the neurologist ruled out her first worry:

a brain tumor. But, it didn't pinpoint what was wrong. She self-referred to a movement specialist in Tulsa, and it was there she received the diagnosis of Parkinson's disease.

"After about 15 minutes, he said, 'absolutely, you have Parkinson's disease,'" Jarvis recalled. "So, we spent about two hours talking about what that was going to look like. I started on medication, and for a while I pretty much did my normal activities — and I still do most of those, too. But, it's a progressive disease, and there are only treatments for some symptoms but there is no cure."

SEARCHING FOR A CURE

Wanting to focus her efforts on research, Jarvis turned first to the Michael J. Fox Foundation. She was in search of events hosted by a local chapter for Team Fox, the grassroots fundraising groups from across the country. Finding none, she decided to start her own and just months later found herself hosting a large fundraising gala, now an annual event that raises about \$300,000 each year.

Then, in January 2013, Jarvis founded the Nicole Jarvis, M.D., Parkinson's Research Foundation, Inc., Oklahoma's only organization dedicated to funding research for improved treatments and ultimately a cure for Parkinson's disease. The foundation raises money for the Michael J. Fox Foundation, with a portion going to the Parkinson's Foundation of Oklahoma to help fund voice and exercise therapy and education classes for newly diagnosed patients. Jarvis also started a Young Onset support group through the Parkinson's Foundation of Oklahoma.

Reda Jarvis, Nicole Jarvis' mother, was surprised her daughter jumped into fundraising so soon after her diagnosis. But the fact she wanted to fight for a cure was just in her daughter's nature.

"Nikki has, from the time she was a little girl, been a person who believes you can do something and make a difference," her mom said. "Certainly, this is a diagnosis no parent ever, ever,

wants their child to have — especially at a young age with two little boys. I'm just so proud of her because she could have sat at home and felt sorry for herself. But that's just not who she is."

Emily Holland, office manager at Jarvis' private practice in Norman and one of Jarvis' closest friends, can attest to the positive impact she has on those affected by Parkinson's.

"You see someone directly affected by something (like Parkinson's) and it makes you more eager to become a better person and more sensitive to their struggles that maybe you weren't aware of before," Holland said. "It's really eye opening. She truly is an inspiration."

2017 WINTER GALA

After fundraising all year, Jarvis' foundation members are now finalizing details for the Winter Gala, which features a cocktail hour with a silent auction, a catered dinner with prestigious guest speakers and a live auction.

This year's event takes place from 6:30 - 9:30 p.m. on Dec. 14 at the Embassy Suites Hotel and Conference Center at 2501 Conference Drive in Norman. The RSVP deadline is Dec. 1, and more information can be found at jarvismdparkinsonsfoundation.org. Sponsorship packages run from \$500 to \$15,000, with individual tickets starting at \$125.

When Jarvis organized the first event six years ago, just months after her diagnosis, she set her sights on 50 attendees and a fundraising goal of \$10,000. What followed was an overwhelming outpouring of support from her community.


"We started organizing in September and hosted in December," said Jarvis, who is also a member of the MJFF Patient Council. "Our first gala that we hoped to have 50 people


come to, we had over 300 people, and we raised \$115,000."

The knockout event landed them in the top 10 fundraisers that year. To Jarvis, that showed just how caring the Norman community could be. Since that groundswell of support the first year, the event has only grown and brought in more money to fund Parkinson's research. In fact, it's now tallied \$1 million raised and has been a top-five fundraiser every year since.

When Michael J. Fox began his foundation in 2000, he announced the goal to find a cure for Parkinson's within 10 years. The foundation uses all funds raised every year to fund research, with nothing held in reserve for the next year. Seventeen years later, after major strides in Parkinson's treatment but no cure, Jarvis isn't disheartened; she's more determined than ever.

"What if the thing that doesn't get funded is at the bottom of the pile, and it's the magic cure? You just don't know," she said. "That is what keeps us going." — BSM




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Deneka Cain, executive director of the Cleveland County Habitat for Humanity, displays some of the items found in the Habitat ReStore.

Deneka Cain has a heart for the underdogs, the underserved and those who could use some help and hope.

She has turned that compassion into a career of advocating, supporting and uniting others and working to enhance services to better assist those in need. It's a foundation and a focus that she will apply to her newest role – serving as the executive director of the Cleveland County Habitat for Humanity.

Cain started the position in July and she looks forward to building and repairing homes for people, raising more awareness about the organization and partnering with other community organizations.

"I'm most excited about getting to do more projects and getting to touch peoples' lives," Cain said. "That's the reason we're here."

Habitat for Humanity is a nonprofit organization that builds affordable homes for families in need. Along with new homes, the organization also renovates existing houses and helps people repair and improve their own homes and neighborhoods.

Cain said she's always been impressed with Habitat for Humanity, its reputation and the support it of-

fers for others. It's one of the reasons she applied for the executive director position.

"I wanted to find something where I could continue to be in public service."

The Norman resident brings to the job a background that includes serving as the chief executive officer for Meridian Behavioral Health, a nonprofit in North Carolina and the executive director of the Oklahoma County Crisis Intervention and Urgent Recovery Center.

Cain also worked as the consumer advocate general for the Oklahoma Department of Mental Health and Substance Abuse Services. That position included serving as the chief legal counsel and as an advocate for consumers of behavioral health services in the state.

Her experience, drive and determination and nonprofit administration were some of the factors that influenced the Cleveland County Habitat for Humanity's selection committee, said Chris Martin, president of the board of directors.

"As a committee, we unanimously agreed she was the most qualified candidate for the position," Martin said. "She has a great deal of expe-

A Passion for Public Service



rience with nonprofit organizations. She also has the leadership skills we were looking for."

Cain, who earned her law degree from the University of Oklahoma, said a fellowship as an undergraduate influenced her path toward public service. She spent the summer in Washington, D.C. working for Sen. Don Nickles, and it enhanced her understanding of public service and political processes. The experience helped her determine that she could make a stronger impact, serving others on a local and state level.

Now she is focused on helping Habitat for Humanity touch more lives in Cleveland County. Cain's goals for the nonprofit include raising funds to build more homes and other needed structures, supporting the underserved parts of the county and creating partnerships with community organizations with missions that overlap with Habitat for Humanity.

Martin said he believes Cain will move the Cleveland County Habitat for Humanity in a positive direction.

"She has already shown great leadership delegation and management skills," he said. "She is committed to team building within the organization and partnership within the community." – **BSM**



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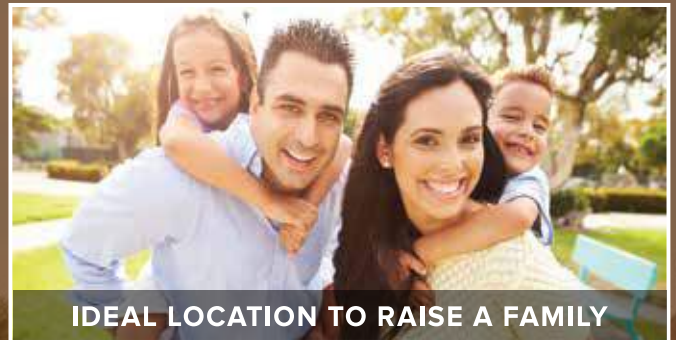
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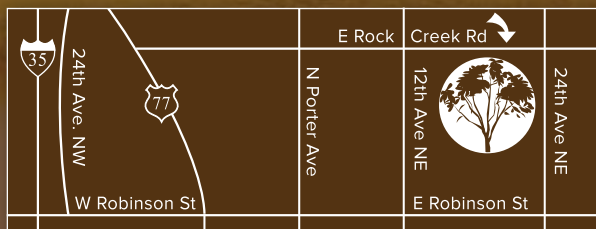
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The Spookiest Monster Dash Yet



Get ready to lace up your running shoes and slip into your best Halloween costume, because the Monster Dash is back. The Junior League of Norman puts on this festive race annually, and, this year, it is all happening on Oct. 29 at Reaves Park, kicking off at 2 p.m.

Intended to be a time for families to come together to support the community, the Monster Dash is open to everyone, allowing Norman resident of all ages to have safe and active fun.

“Monster Dash stands for a community celebration,” says Allyson Rink, a member of the Junior League. Working on Junior League’s fundraising committees for two years, Rink says the best part of the dash is the kids.

“Having the race is great,” she says, “but at the end of the day, we are all about the youth.”

Children are encouraged to wear a Halloween costume to and during the race. There will be a costume contest as well, with prizes in addition to the t-shirts and finisher medals awarded to all 5K participants.

The committees, made up of people like Rink, are the backbone of organizing Junior League events. Organizers expect to see around 250 people at the race, hopefully from all over the state.

“Some races are quite overwhelming when you walk up to them, but this one is very close-knit and family-oriented,” Rink says.

Initially, a committee of six worked on Monster Dash, but they have since added four brand-new members. Since its creation 11 years ago, the Monster Dash has gotten bigger and even more family-oriented.

The Junior League allocates the proceeds of this race to their four sponsored projects based on need. A large portion of the funds raised this year will go to Baby Steps, a program founded by one of the original Junior League members.

Baby Steps helps teen parents with early childhood education services including free childcare while they work to achieve their high school diploma, Rink said.

Baby Steps serves as their first class of the day as parents spend time with their child, learning from professionals, including pediatricians, about positive parenting skills.

Early registration costs \$30 for the 5K and \$10 for the one-mile fun run, increasing after Oct. 15. To register, visit at juniorleagueofnorman.org/our-fundraising. — **BSM**



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Final Pavement

For the first time in Norman's history, all of its city streets will be paved by the end of 2017. That means no more road graders, no more spring rain washouts and no more dust on dry summer days.

Yes, there are still dirt streets in Norman. Nearly a half mile, to be exact, but Norman will be dust free later this fall, passing a milestone that has taken 30 years to reach, said Public Works Director Shawn O'Leary.

The projects are on Indian Hills Road in far northeast Norman and on Imhoff Road in far southeast Norman, and the work is part of an overall effort to maintain neighborhood streets through a \$25 million bond issue that voters approved in 2015.

As a result of the funding, street crews are working full time to patch, mill, pave, lay asphalt, pour concrete and reconstruct streets in neighborhoods across the city.

It is the third round of funding voters have approved since the program was introduced in 2005.

Each year, the city evaluates 160 miles of city streets and roads, using sophisticated engineering tools to eval-

uate each of its streets on the surface as well as beneath the surface.

O'Leary said his staff uses the information to determine which neighborhood streets need attention and to schedule projects, giving preference to streets with the most need.

They identify everything from routine maintenance, such as surface milling and an asphalt overlay to total reconstruction.

O'Leary said the bond program allows the city to do maintenance before streets deteriorate to a point when total reconstruction is necessary.

Neighborhood jobs can take longer, anywhere from a week for asphalt to as long as a month for concrete. Reconstruction projects take even more time, he said.

"In neighborhoods, we are working with driveways and children, so we have to be careful," O'Leary said.

There are four to five crews working on separate neighborhood street projects at any one time, and project managers are careful to spread the work around to limit the inconveniences drivers may face because of the construction.

There is always street construction going on somewhere, and O'Leary said he and his staff are aware residents lose patience at times.

Despite occasional inconveniences, the neighborhood street program has proven to be one of the city's most popular initiatives. Each time a new bond issue has been proposed, voters approve it by an even wider margin, O'Leary said.

It's like a grade card for the city, he said. The bond election results suggest residents are pleased with the street improvements, and the investment is beneficial.

"Voters want more street projects, and they are happy with the work we're doing," he said. "It's a great program, and we're proud of it. The citizens give us great feedback."

For a comprehensive overview of the program and a list of streets projects funded over the next few years, go to: <http://www.normanok.gov/content/2016-2020-street-maintenance-bond-program>. — **BSM**



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Ambitious Plans



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The City of Norman and the University of Oklahoma are using a different name, but they are hoping their vision for a new development in west Norman will spark the same fire for Norman that Bricktown and MAPS ignited in downtown Oklahoma City two decades ago.

Millions of dollars in new sales tax revenue for the city and new sources of ad valorem taxes for the schools could be among the benefits. Visitors, jobs, growth and excitement were cited as developers unveiled plans for University North Park at a Norman City Council study session last month.

Norman Mayor Lynn Miller and OU President David Boren are among proponents of the plan, calling it an opportunity for OU and the city to join in a project that could benefit the entire community.

The proposed 500-acre development area is between Rock Creek and Tecumseh roads, east of Interstate 35. It would be anchored by a new multi-purpose arena where OU

basketball games could be played. It would also host other college athletic events, high school athletic events and live concerts. The area would be available for conventions and community events as well.

Surrounding the arena, the development would include entertainment venues, restaurants, a hotel, an exposition center and other mixed uses. The district could attract visitors to Norman 365 days a year, supporters say.

Proponents believe the development could generate more than \$15 million annually in additional tax revenue for the city and county governments, and would be a substantial addition to an initial University North Park development area that has been growing south of Rock Creek Road for more than a decade.

Mayor Miller said the goal is to complete the vision and create a regional draw where people can shop, live, work and play.

Through the development, Norman could better compete for entertainment and retail dollars as well as new Norman residents, she said.

"I believe that this University North Park entertainment district plan is the type of development that will really make Norman stand out regionally," Miller said. "I see it as a natural continuation and growth of Norman Forward concepts of spurring economic development while adding to the quality of life."

OU President Boren was among a broad base of supporters.

"This endeavor holds potential to benefit the entire community," he said. "The university looks forward to playing a supporting role to benefit the residents of Norman."

The Citizens Tax Incremental Finance District Oversight Committee unanimously approved the plan last month. Next, the Norman City Council will consider the master development plan. After that, the council will consider funding options and public financing participation.

Miller hopes the council can take action in a timely way to move the project forward. — **BSM**

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SOONER ARMY KNIFE



He may be labeled as a fullback, but University of Oklahoma senior Dimitri Flowers is beyond being labeled just by the position he plays. Essentially, he is the college football equivalent of a Swiss Army knife.

He excels at running, blocking, pass catching, making tackles on special teams, and he probably could throw a pass or two if called upon to do so. The senior from San Antonio, Texas is taking on a prominent role in the Sooner offensive game plan.

"I like to say he's a fullback, but he's a utility guy," said Baker Mayfield. "I know he doesn't get all the stats and the press and whatnot, but look at what he (does) every game. He's been such a smart football player for us."

If there were a football dictionary, a picture of Flowers should be next to the word versatile. His game play is the very definition of the term.

"He could be a running back, a fullback. He could be a wing. He could be a wide receiver," said Sooner

co-offensive coordinator and inside receivers coach Cale Gundy.

However, one shouldn't leave out Flowers ability as a blocker. With his 6-foot-2, 247-pound size, his typical offensive use is as a blocker. Offensive linemen Dru Samia said that having Flowers is like having a sixth offensive lineman out there.

For the humble Flowers, it is just a matter of doing his job.

"I love doing my job, and whatever it takes to help this team win, I'm going to do it," Flowers said. "I don't care if I get the glory."

Playing a position that is often overlooked and, in some offenses is disappearing, Flowers has cemented his spot among some of the great fullbacks at OU in the modern era. The position has produced some solid names from Seth Littrell, JD Runnells, Matt Clapp to Trey Millard and now Flowers. There has been something special about the fullback position at Oklahoma.

"I think it's just the tradition and honestly that's what brought me here," Flowers said of the laundry list of standout fullbacks the Sooners have produced over the last 20 years. "I hope I just fit into that lineage."

For those who came before Flowers, specifically JD Runnells, seeing the fullback position continue to thrive in Norman is a point of pride.

When Runnells was a freshman, OU was considering getting rid of the fullback position.

"Just knowing that it was almost extinct, and now looking back 10 years, we've had four or five All-Big 12 guys, that's what makes me proud," Runnells has said.

While Flowers may be happy, just "doing his job," that job remains an ever-moving target.

In the last two seasons, Flowers has been called upon to be much more involved in the Sooner offensive attack than just about any fullback might

imagine. Against Iowa State in 2016, Flowers became the feature back after the suspension of starter Joe Mixon and injuries to Semaje Perine and Abdul Adams.

In that 34-24 win, Flowers finished with 115 yards rushing on 22 carries. He also notched a touchdown reception and maintained all of his special teams responsibilities as well.

"I told him in the locker room in front of the whole team, I don't believe I've ever seen a guy do all of that, what he did, so well in a game," said former head coach Bob Stoops. "And he had two days of practice to do it."

For Flowers, it was just another day at the office. "It's really nothing different," Flowers said of his role in the Iowa State game. But that role has continued to evolve and grow and, on the biggest stage to date in the 2017 season, Flowers shined.

In the Sooners 31-16 win over No. 2 Ohio State, Flowers was not only a major player, but the spark the Sooners needed to get the offense back on track in the third quarter. When the dust had settled, Flowers was the team's leading receiver with seven catches for 98 yards and Oklahoma had avenged one of its most disappointing defeats of 2016.

"It was a blast. There is nothing like going to an away field and a historic tradition like Ohio State and beating them. It was a blessing to be that involved," Flowers said. "For coach Riley and Baker to have that trust in me and for everyone on this team to have that trust in me, I'm glad I was out there and able to do it."

Ohio State scored to start the third quarter, leaving an uneasy feeling that the Buckeyes were just starting to get on track. But Flowers and Mayfield hooked up for maybe the biggest play of the night.

"It was wide open," Flowers said of the 36-yard catch and run. "I don't get the ball that often so I have to take advantage of every opportunity."

The start of Flowers' 2017 season has been so successful that he is already on the cusp of matching his receiving



yards for the entire 2016 season. But, he is keeping his play in perspective.

"I want what's best for the team," Flowers said. "Whether that means I touch the ball a lot or touch the ball none, I'm still going to go out there and do everything to the best of my ability."

But don't be fooled, Sooner quarterback Baker Mayfield joked during the Monday press conference after the Ohio State win. Flowers is enjoying the role of being more than just a blocker.

"Oh, he loves it," Mayfield said. "Don't get that confused."

"Behind the scenes, he'll say, 'coach Riley, c'mon, let's ... He'll try to scheme up a play where he gets it,'" Mayfield said.

Lincoln Riley confirmed that Flowers has diagrammed his own plays, and jokingly estimated they've been put into action "about five percent of the time."

It's a role that Flowers honestly did not know he would have when Riley took over as offensive coordinator in 2015. When Riley was named to the position,

Flowers quickly did a scan of the East Carolina roster and noticed something missing, a fullback. Riley quickly confirmed to Flowers that he had a role in his offense and any concerns from Flowers were immediately erased. To date, the Sooners currently have six fullbacks listed on the roster, matching the total number of fullbacks on the other nine teams in the Big 12 combined.

"He's just a football player. He's very valuable," Riley said. "His role has grown more and more, and if he continues to play well, I could see him continuing to climb this year."

OU running backs coach Jay Boulware predicted before the season began that Flowers would be an overachiever.

"Dimitri Flowers can even do more than what you've seen him do so far. We really like what he brings to the table. I'm curious to see what kind of year he can have. It could be a special one."

Could it be that the best of Flowers is yet to come? – **BSM**

Walk-On Bedlam Hero: Tim Lashar

The magic of game days has always been a welcome source of joy and distraction, and as we get deeper into the football season each year, it becomes increasingly clear just how much our team means to Norman.

The thrills of Saturdays at the stadium are electrifying, and it's always fun to reminisce the glory days, especially when Bedlam is concerned. Many of us are likely to remember a certain legendary kicker named Tim Lashar.

"I decided to walk on after graduating high school in Plano, Texas," Lashar said. "I wasn't really an OU fan growing up. I mostly watched professional football. I saw the opportunity, though, and decided to try it out."

At first, Lashar was just an unknown player from Texas paying his dues and working hard on his degree. But, all that changed during a 1983 Bedlam matchup. With 10 minutes left in the game, the Sooners were staring down what looked like a likely loss to Oklahoma State.

In a series of exciting plays, OU rallied back from a 20 - 3 deficit, bringing the game within reach after scoring two unanswered touchdowns, including one two-point conversion.

Now, down 20 - 18 with three minutes remaining, Lashar took the field, launching a 46-yard field goal that cemented a Sooner victory and his role on the team. He continued a successful route that eventually led to a 1985 National Championship during his junior year.

"Sometimes people see me as a player that came out of nowhere, but the truth is, I was working hard for a while," Lashar said. "Nobody really sees all the effort that goes in until the opportunity arises for a player to put the skills he's been working on to use."

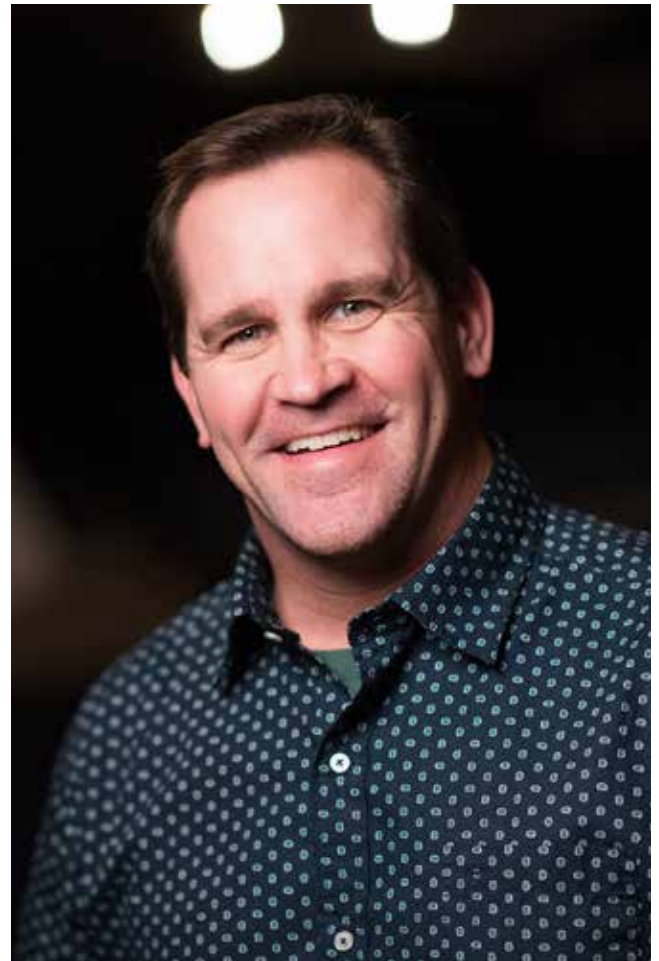
Despite coming to Norman from Texas, Lashar found himself feeling at home right away.

"I had a great time at OU," Lashar said. "It really was an awful lot of fun. I loved the personalities of my fellow players, and I loved playing against great teams with them. I have so many fond memories from my time there, which is a big part of why I wanted to stay in Oklahoma instead of going back home to Plano."

Lashar's time at OU from 1982-1987 led him to camp with the Los Angeles Rams in 1987 and eventually a season with the Chicago Bears in 1988. After leaving the NFL, Lashar made his way back to Oklahoma.

He worked as an area representative for the Fellowship of Christian Athletes and even put his broadcast journalism degree to use for local radio station KNOR.

In 1994, Lashar made another transition. He entered the heating and air conditioning industry and quickly found an expertise in the field. Within four years, he was working as a general manager, and a decade later,



he opened his own business: Lashar Home Comfort Systems.

Many likely know Lashar's story as an inspiring athlete that helped lead OU to victory, but he also shares the story of a true Sooner. He came to get an education and play some football, but what he found was a community that he loved and where he decided to stake a claim. — **BSM**

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SIMPLY THE BEST

A recent Sports Illustrated survey named Joe Castiglione as the best athletic director in the country, voted as such by his fellow athletic directors and members of the media. The results of the survey help to hammer home something known in the Sooner Nation for many years. Castiglione is the best at what he does.

Created and executed by national college football writer Bruce Feldman, the gathering was meant to discover the answers to two simple questions: what factors determine how effective an athletic director is at his or her job and who are the best three in the business? While Feldman was not stunned by the results of the survey, there was something that did surprise the Sports Illustrated writer.

"With his peers, I was surprised when his name didn't come up, just because I heard it so often," Feldman told SoonerSports.com. "He's so respected in the business. They just have such an admiration for him, which was different than anyone (else)."

Castiglione is in his 20th year at The University of Oklahoma and has presided over the most successful era of athletics in school history. Nearly half of the Sooners' team national championships (17 of 36) have come since Castiglione arrived in Norman in April 1998. Ten have come in the last five years, and a nation-leading seven have come over the last two years.

The incredible accomplishments on the field have been backed up with incredible numbers in the classroom. Last spring marked a school-record 11th consecutive semester of a 3.0 or higher GPA, with a department-best 3.09 mark. Seven OU programs registered a 100-percent multiyear Graduation Success Rate for the most recent reporting period, and OU's most recent multiyear GSR of 85 percent is a school record.

"As somebody who has covered sports for quite a while, I'm not surprised by some of the comments (about Castiglione)," Feldman told SoonerSports.com. "(He) is one very, very approachable guy. I can see how

that helps him with the national media, and I'm sure it helps him relate to coaches and people in terms of development. It seems like it comes very natural to him, and I think that resonates with people."

To best appreciate where the Sooner athletic department is today, you must take time to understand where it was the day Castiglione stepped on campus. When Castiglione arrived at OU, the athletic department budget was \$26.3 million. The department owed \$15 million to the university and the football program had disappeared from the national landscape. Simply put, it was an uphill climb.

"My goal was to be successful," Castiglione said. "And to have my work and purpose be respected."

If the goal was to be successful, then the proof is in the accomplishments. During his tenure, OU has won national championships in football (2000), softball (2000, 2013, 2016, 2017), men's gymnastics (2002, 2003, 2005, 2006, 2008, 2015, 2016, 2017),



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women's gymnastics (2014, 2016, 2017) and men's golf (2017), along with dozens of conference championships across all sports.

There have been two Memorial Stadium renovations, as well as the recently unveiled state-of-the-art, 132,000-square-foot football complex. With Castiglione as the captain of OU's fundraising operation, OU has received \$520 million in athletics-specific donations, far exceeding the amount raised before his arrival.

The current athletic budget is now \$138 million. The department erased its debt in 10 years, and, in recent years, has presented to the university an annual gift ranging from \$8 million to \$9 million.

Perhaps as important is how he has molded the perception of Oklahoma athletics. In the end, Bruce Feldman, Sports Illustrated and the rest of the country found out what we have known first-hand.

"I don't know anybody that says a bad word about Joe Castiglione and the amount of success they've had on and off the field," a fellow AD remarked in the SI piece. "What they've done there since he's been there is remarkable."

This honor leaves little question as to whether Joe Castiglione is great at his job. — **BSM**



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Making Music at the Library



Kizzie Ledbetter, of the Oklahoma City duo Adam and Kizzie, performs at the library during a Black History Month event.



Dr. Lonnie Smith entertains in a free workshop during Norman's Jazz in June festivities at Norman Public Library West.



Since its opening in late 2013, music has been a regular offering at the Norman Public Library West yet, to many in the city, a best kept secret. The musical sounds of the free concerts fit right in at the library. One of the most popular music events is the monthly Lunch and Listen concerts, offered on the fourth Thursday of each month. Attendees listen to a musical performance while dining on lunch, either brought in or purchased from Paisley Café inside the library.

The noontime concerts have entertained hundreds of local residents. Normanites have enjoyed a variety of acclaimed performers, including: Erin Yeaman, cellist and storyteller, The Sallee Jazz Quartet and Miss Brown to You, the Oklahoma City-based duo that combines bass, piano and guitar.

The next scheduled Lunch and Listen concert, on Thursday, Oct. 27, will feature the saxophone sounds of the University of Oklahoma's Graduate Quartet.

For several years, the library has hosted a community of local musicians for a night of Celtic music, with audience members even encouraged to join in to add to the performance.

At the centerpiece of the musical offerings is a Yamaha baby grand piano that was donated by community advocate and local businessman Chuck Thompson, who also serves as the president of the Pioneer Library System Board of Trustees.



The duo Miss Brown to You (Mary Reynolds on bass, Louise Goldberg on guitar and piano) performs at the Norman Public Library West's concert in August. (above and left)

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ARM OF THE TIGER

Norman High sophomore Cade Horton is a star on the baseball diamond and arguably the best player in the upcoming 2020 class in Oklahoma. With notoriety comes a lot of attention, especially from schools across the country vying for his talents. After a sports-filled summer, he made one of the biggest decisions of his young life, verbally committing to the Ole Miss baseball program in August. Committing to a school at the age of 16 isn't exactly normal for kids in going into their sophomore year. For most, deciding where they'll go to college is a process that isn't decided until their senior year. But for Horton, Ole Miss just made sense.

"Oxford, Mississippi just felt like home," said Horton. "They have some of the best facilities in the country and I love their coaching staff. The campus is great and I love how small it is."

Though his future may be on the diamond, Horton is a star on the football field as well. Last year, he led the Tigers' freshman team to an undefeat-

ed season and was so impressive he made an appearance in the final varsity game, giving fans a glimpse into the future. That experience would prove to be very important as he entered his sophomore season in a heated battle for varsity starting quarterback. Much like in his baseball career, his right arm took him where he wanted to be.

"I was never actually told I was going to be the starter," said Horton. "During game week preparations, I was working with the first-string offense. After that continued for the entire week, I just kind of figured out I was going to be the guy."

As Horton trotted onto the field for the opening series against Norman North in the Cross Town Clash, there was intrigue to see how he'd handle the atmosphere of a rivalry game and his first start. It took just one drive for Horton to make his presence known. After working his offense past mid-field, Horton unleashed a 47-yard touchdown pass to Mark Williams.

The message was clear: the Norman High Tigers have themselves a quarterback. It wasn't just the big plays he made; it was more about his command of the offense. He looked like the moment didn't faze him. Truth be told, he thrived in it as he finished the night with 19 completions on 29 attempts for 315 yards and four touchdowns. Though the Tigers came up short on the scoreboard, a statement was made.

"I love to play on the big stage," said Horton. "At first, it's nerve-wracking and you're just trying to settle in, but the experience was awesome. Playing against the defending state run-ners-ups, it was really cool."

Horton is just getting started at NHS. Many memories, and records, are left to chase. But with a work ethic that exists both on the field and in the classroom, the sky is the limit for his potential. — **BSM**



Boren Announces Retirement

“Serving as president has been the most rewarding period of my life,” Boren said.

Leaving the university at what he described as maximum strength, Boren decided that the end of this academic school year is the right time for a transition of leadership.

“I have always understood that there would become a time when I should pass the baton to a new president,” said Boren. “Our faculty has never been stronger. Our students have never had greater potential. We have an extraordinarily talented leadership team ready and able to lead our university into the future.”

While his retirement brings about some trepidation, Boren assured the community that there will be no gap in the university’s leadership.

“If a successor has not been named, I

will remain in the position until a permanent selection is made,” said Boren.

The university will now set forth to find a successor to one of America’s longest serving presidents. University officials say he will continue to teach a political science class after he retires. — **BSM**

University of Oklahoma president David Boren chose Sept. 20 to answer a question many have been wondering for a long time. When would the long-serving leader finally step down and hand the state’s flagship university off to someone new?

The former state legislator, Oklahoma governor and U.S. senator told hundreds attending his afternoon announcement that he will conclude more than 20 years at OU’s helm at the end of this academic year, capping off 50 years of public service, marked by a long record of promoting positive change.

As an Oklahoma policymaker, Boren campaigned for many progressive programs, including conflict-of-interest rules and reform of the state’s prison system.

Boren, 76, brought that same progressive spirit to OU, enacting dozens of new programs and constructing new buildings across OU’s three campuses. Since 1994, OU has invested more than \$2 billion in construction projects, including the National Weather Center in Norman and the Peggy and Charles Stephenson Cancer Center in Oklahoma City.

Photo by: Mark Doescher

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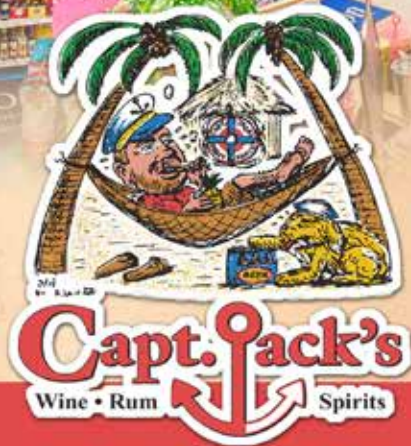
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Wright's Next Chapter

This summer, Norman bid farewell to Wright's Family Market, a family-run grocery store that has been a staple in the community since 1976.

Larry and Lori Wright, who had been with the store since Larry's father opened it 42 years ago, chose to look at the closure as a chance to reflect on all of the wonderful memories they made getting to know the people of Norman and to focus on a new chapter, Wright's floral market.

"Norman is growing and attracting more businesses and more competition," said Lori Wright.

The arrival of big-chain grocery stores made it hard for Wright's to stay competitive. "We understand that everybody's on a budget, and we couldn't even purchase some of the items for what the bigger stores sell them at. It's just the way things change."

"So after 42 years, we decided it was time. We have enjoyed being a part of Norman, and with The Flower Shop we still get to be a part of Norman."

Wright's floral market, known as "The Flower Shop" opened in 2014 at 1440 N Porter Ave., after Wright's Family Market closed its Main Street location.

Wright and her husband Larry work together to run The Flower Shop, with Larry Wright taking care of the behind-the-scenes work and the deliveries, while Lori Wright focuses on running the shop and floral design. The other employees, Monica Owen, Kate Bernard and Jordan Barton also

work on floral designs and are creatives in their own right.

"Everybody is multi-talented here," says Wright. "We complement each other really well."

When you walk into The Flower Shop, you are greeted with an array of beautiful arrangements that instantly spark thoughts of all the ways that you can brighten up those dark corners of your home, and all of the people in your life that deserve a thoughtful splash of color in their day.

The store looks fresh and modern, full of colorful accents, and displays an array of home products in addition to bouquets and potted plants.

The staff holds workshops on floral design and customers take their creations home with them at the end of the night. October's workshop highlights pumpkin arrangements.

"I love working with flowers. It's a happy vocation, and it's a lot of fun," says Wright. "If you like the people you work with, that's even more fun."

The store carries local flowers and products and offers a great variety of arrangements.

"We like to work with everybody's budgets," Wright says. "We can make beautiful arrangements for any price range."

Customers can stop by the store, on Porter or call in orders to 549-0888. The Flower Shop delivers within Norman city limits and more information can be found at theflower-shopok.com. – **BSM**

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Halloween can be fun, or it can be scary. Generally, we can choose whether we want to focus on fuzzy black kittens and smiling jack-o-lanterns or go through extreme “haunted” houses and watch slasher movies. Of course, sometimes, truly awful things happen, and these stories leave us disturbed and shaken. Our money also can be frightening, and events in both the economy and our personal lives can leave us afraid. Here are a few tips to make your money less scary:

- Begin saving an emergency fund. Some extra money in the bank makes unexpected bills easier to pay.
- Review your portfolio for its level of risk and proper diversification. It is easier to withstand market volatility when you know your investments are appropriate.
- Check your levels of insurance to see if you have enough coverage in case you become disabled or die. Also, review your homeowner's policy and automobile insurance to be sure that the type and level of coverage is appropriate.
- Create estate documents so your heirs can inherit your possessions in the way you desire.

Of course, your financial planning needs are broader than this, but if you completed these tasks in October, you would make major progress toward your prosperity. Now, about the monster that lives under your bed.....
Be Prosperous!

Peggy

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.

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With numerous options to choose from in Norman, picking an apartment can be a stressful experience for students.

They must decide on how long of a lease they need, how many roommates they want and how much to pay. It all adds to a student's long list of worries.

Those are all challenges that Campus Lodge at 1800 Beaumont Dr. is hoping to take off the table.

Between the updated apartments, all-inclusive rent, amenities ranging from outdoor activities to handy perks such as printers and a team of leasing specialists, Campus Lodge has worked to make life more fun and simple for the student community.

Their leases traditionally are for 12-months, ending in July, but they also have a limited number of leases ending in December and May, especially beneficial for upcoming graduates.

Campus Lodge offers four bedroom, four bathroom apartments, newly renovated with wood-style flooring and modern furniture. Rent covers utilities, including water, trash, cable, Internet and electricity up to \$40 per month per resident. They also offer a roommate matching system.

All of the apartments come fully furnished, both in the living spaces and bedrooms, including a washer and dryer, private

bathrooms, a screened in patio and an intrusion alarm.

But in all honesty, hanging out in the apartment with all the amenities might not be a top priority. That's why the apartments offer a 24-hour fitness center, a hot tub, pool with sun deck, sand volleyball, basketball court and free tanning.

While the fun additions are enticing, the biggest perks of living there could be the CART stop, which is right in front of the apartment complex. CART is the fixed-route bus system that is free to University of Oklahoma students, allowing students convenient transportation to and from campus.

Campus Lodge has a few apartments available for immediate move-in. For more information, go to: www.campuslodgenorman.com or call 701-3500 to set up a tour. — **BSM**



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Everything You Need To Know About The Equifax Breach

In a recently revealed breach, the scope of which the country has never before seen, 143 million Americans may have had their personal information exposed.

Equifax, one the nation's three major credit-reporting agencies, reported a massive data breach that lasted from mid-May through the end of July. Hackers were able to access people's names, Social Security numbers, birth dates, addresses and even some driver's license numbers. They also stole credit card numbers of approximately 209,000 people and dispute documents containing personally identifying information of 182,000 people. It wasn't just Americans who were targeted – the hackers also got their hands on personal information of some UK and Canadian consumers.

Right now, the situation is still developing and there are many more questions than answers. Researchers are seeking explanations for the site's outdated security system, an accurate number of those affected and the impact this will have on the future of credit reporting.

Meanwhile, though, people are wondering if they've been affected and what they can do about it. If you have any type of credit product such as a credit card, mortgage or auto loan, there's a chance your personal information may have been compromised. Instead of panicking, though, it's best to learn all you can about this data breach and then take the proper and practical steps toward protecting yourself against future damage.

FIND OUT IF YOUR INFORMATION WAS EXPOSED

You can do this by visiting an Equifax created website for sharing information about this issue, equifaxsecurity2017.com. Click on the "Potential Impact" tab and enter your last name along with the last six digits of your Social Security number. The site will tell you if you've been affected by the Equifax breach.

Since your SSN is sensitive information, be sure to complete this step only on a secure computer that uses an encrypted network connection. Once you're visited the Equifax informational site, you'll also find easy access to frequently asked questions about the breach. In addition, Equifax has set up a call center to assist consumers. The call center's hours of operation are 7 a.m. to 1 a.m. daily (weekends included), Eastern Time. That number is (866) 447-7559.

SIGN UP FOR FREE PROTECTIVE SERVICES

Whether your information was exposed or not, U.S. consumers are being offered a full year of complimentary credit monitoring and other services through Equifax's TrustedID product. The site will provide you with a date to return and sign up for these services. Be sure to follow up on the designated date because the last day for enrollment is Nov. 21, 2017.

The protective program includes the following features: Equifax credit report copies; three-bureau credit file monitoring, providing automated alerts of any major changes in your credit reports; Equifax credit report lock, preventing third parties from accessing your Equifax report; Social Security number monitoring, which performs online searches of suspicious websites that may list your Social Security number; and \$1 million identity theft insurance, which covers some expenses in the event of a stolen identity.

Be wary of those contacting you about a possible breach of your information. Scammers can send emails with fake links that ask you for personal information or offer "credit monitoring" services in exchange for credit or debit card information. Always go to sites independently of links sent within emails and never provide your full social security number over the phone.

PLACE A CREDIT FREEZE OR A FRAUD ALERT ON YOUR FILES

If your information has been exposed, consider placing a credit freeze on your credit bureaus. This will make it more difficult for someone to open a new account in your name, though it won't stop a thief from making charges to your existing accounts.

Instead of a credit freeze, you can choose to place a fraud alert on your files. This will warn creditors that you may have been victimized by identity theft, alerting them to verify that anyone seeking credit in your name is really you.

Even if the Equifax site did not tell you you've been exposed, it's always a good idea to closely monitor your credit card and financial accounts for charges you don't recognize.

GET A COPY OF YOUR FREE CREDIT REPORT EACH YEAR

Consumers are entitled, by law, to a free credit report from each of the Big 3 credit reporting agencies once a year. This means you can check your credit three times a year (once every four months with each of the bureaus). The only site you need to obtain this free copy is annualcreditreport.com, or by phone at 877-322-8228. You can also visit each credit bureau website individually to get a copy of your report.

Your free credit report will show all your lines of credit and other debt obligations, along with lots of data. However, it won't show your FICO score. If that's what you're looking for, go to your bank or credit card company. It usually costs money to get your FICO score but may be free if you decide to sign up for credit monitoring.

MONITOR YOUR BANKING INFORMATION

If you don't already use online banking services from your financial institution, it's important to think about those now. These services allow you to see your transactions as well as to receive alerts for unusual transactions or transactions above a certain threshold. Visit your financial institution's website to get more information on their online and mobile services.

FILE YOUR TAXES EARLY

Tax identity theft is more common than you think. If your SSN was accessed in this breach, it's best to file your taxes as soon as you have all the necessary tax information. Don't let a scammer use your SSN to get their hands on your tax refund. Also, be sure to respond immediately to any letters you receive from the IRS, though be suspicious of any emails or phone calls claiming to be from the IRS, as the IRS will not initially notify you using such means.

The Equifax breach may be one of the worst the US has ever seen, but by taking the proper steps toward protecting yourself, you can minimize any potential damage.

OEC Celebrates 80 Years



In an age where businesses come and go, it is remarkable for a company to celebrate an 80th anniversary.

Oklahoma Electric Cooperative began with a group of farmers from Cleveland and McClain counties who wanted to make rural electricity a reality. With their hard work and determination, they were able to acquire a loan in 1937 and formed an electric cooperative in the heart of Oklahoma.

Over eight decades, OEC has leveraged technological advances to continue to meet its members' needs and expand its geographic footprint, all while maintaining an unwavering commitment to its members. But most importantly, OEC has made itself an integral part of the communities they serve.

Autumn McMahon, manager of marketing and member relations, says OEC has rooted its business model on a concern for community, one of their seven cooperative principles. That commitment is evident throughout Norman.

"We are not only sponsoring events through organizations such as Big Brothers Big Sisters, Mary Abbott

Children's House and Citizens Advisory Board. The way we partner is more than just providing money."

In an effort to cultivate meaningful partnerships, OEC incentivizes its employees to give their valuable time as volunteers in the community, such as the United Way's Day of Caring or the co-op's educational outreach program.



As state lawmakers debate educational funding and school districts throughout the state work to retain quality teachers, OEC has taken an active role in supporting Oklahoma education.

"We are investing in our greatest resource, which of course is our children," McMahon says.

Educational outreach takes various forms for OEC. It can mean sponsorships for athletic teams, robotics teams and other educational programs.

However, the greatest impact is likely to be found when OEC employees take an opportunity to step into the classrooms, providing materials and lessons on energy-related subjects, working to directly enhance classroom curriculum.

"These programs all align with the state standards for testing," McMahon says. "As you can imagine, this is an enormous resource to the schools."

For the recent solar eclipse, OEC provided third, fourth and fifth graders at Lakeview Elementary School eclipse glasses and led the students through several different experiments with solar powered robots. Students were able to witness differences throughout the various phases of the eclipse.

OEC's involvement in education is not limited to simply classroom and sponsorships. Opportunities for older youth, including leadership programs and scholarships, can be found at okcoop.org. — BSM

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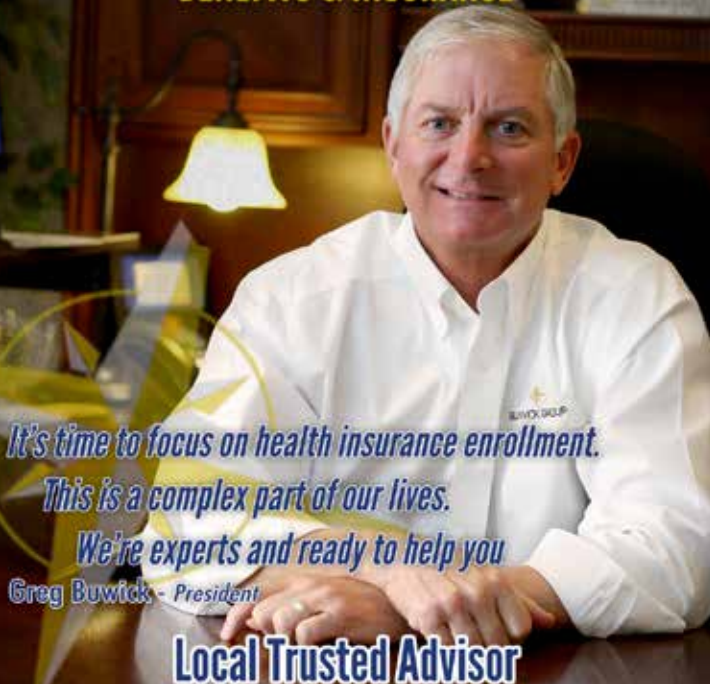
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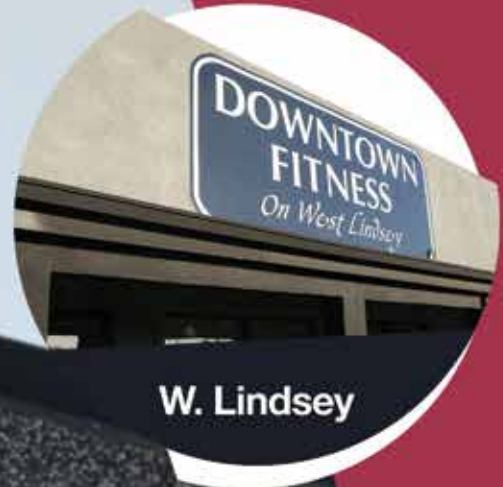
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The Art & Architecture of Bizzell Memorial Library

The University of Oklahoma's Bizzell Memorial Library received accolades from *Architectural Digest* in its recent survey of the "18 Stunning University Libraries Around the World You Need to See."

That familiar southern visage of red brick and white stone stands alongside libraries of Oxford, Yale and Paris. Yet, Bizzell holds so much more than what may be seen in a photograph.

OU's journey to establish its main library is a dramatic one. The university's first library, so the legend goes, was a collection of books belonging to OU's first president, David Ross Boyd. Once set up in the school's rented rooms in the downtown Rock Building, OU grew to establish a full library room in University Hall, OU's first brick building.

A major fire in 1903 destroyed University Hall and OU's entire collection of books. However, the campus came back stronger than ever with the first Carnegie Library dedicated to a university, which still stands today at the southeastern end of the North Oval.

At the northeastern end is Jacobson Hall, which became the "New Library" on campus in the 1920s. The building was split between the book collection and the university art museum.

Quarters were cramped, so officials looked for a solution. The answer was an entirely new building at the head of what would eventually become OU's South Oval.

It was to be built in the style of Collegiate Gothic, continuing a tradition of buildings like Evans Hall and Holmberg Hall that Frank Lloyd Wright would dub "Cherokee Gothic."

The University Library stood completed in 1929 and eventually was named Bizzell Memorial Library.

Jeffrey Wilhite holds a passion for the building, which he features in his book, *125 Years of Books to Internet – The Quasiquicentennial of the University of Oklahoma Libraries*.

In addition to his service as government documents librarian, he is the University Libraries art liaison and conducts special

tours for visitors interested in the detailed magnificence of Bizzell Memorial Library.

The tour begins at the southern entrance, which used to serve as the building's front door.

Wilhite describes the journey into the original library as "an ascension to heaven" thanks to its artfully minded architectural planning.

"Outside, we have all of these grotesques and faux-gargoyles," he says.

Monsters face out from the building, some holding it up with their shoulders or hands, and a few actual spout-mouthed gargoyles serve as drainpipes on the building's east end.

As visitors walk into the building, they climb stairs flanked by reproductions of famous paintings.

Continuing up the grand stairs past religious artwork, visitors come into the anteroom to the Great Reading Room. Here the importance of knowledge becomes clear by the four stern-faced monks with arms full of paper. Wooden cherubs, each

hand-carved with a different expression, look down upon blessed learners as they study.

After 60 years of heavy use by students, Wilhite says, the original library looked worn down with heavy curtains over the windows, harsh fluorescent lights and torn leather on the doors. In 2000, OU President David Boren's administration returned it to glory with renovations.

Among the work was putting statuary in the empty niches at the front doors, all carved by University School of Art faculty member Sohail Shehada.

A statue of former OU President William Bennet Bizzell stands at the top. According to Wilhite, Bizzell believed the library was the real heart of a school.

The 1929 building was never meant to stand alone. At first, there had been plans to build two more buildings on the east and west, forming a square atrium as they joined with Evans, but that never happened.

Instead, in 1958, the university made a new addition to the north. OU was determined to have cutting-edge design, so it hired Robert Harrell of Fort Worth, Texas, known for his interior designs at Houston's Shamrock Hotel, which became famous through the classic 1956 film *Giant*.

Harrell's brown diamond op-art floors, chartreuse brick walls and furniture upholstered in multicolored vinyl and leather clashed with the original interior. Later renovations calmed the bright walls and loud furniture.

Today, the large middle portion of the library is decorated with native art and other featured exhibits

In 1982, the university built its western expansion to the library. Previous plans for a turret-covered tower were shelved as some students referred to it as "the Death Star," according to Wilhite's book.

Visitors now pass by a clock tower, which overlooks the building's main entrance and a sunken garden known as the "Oklahoma Canyon."

Recent renovations have modernized the new edition's lower level, with light-up wall panels and cascading screens. The area is a massive leap forward in time from the original library's carved wood and elegant midcentury interior.

Wilhite describes the furniture as contemporary modern, low-light and modular so they may readily be rearranged to meet students' needs.

The Collaborative Learning Center has banks of available computers, many linked to large projectors so students can work in teams. Other study areas are filled with spacious cubicles with whiteboards. The entire space buzzes with activity and academics.

From its gothic original building with gargoyles and heraldry to the digital future, a simple walk through Bizzell Memorial Library is an architectural journey through more than a century of OU history.— **BSM**



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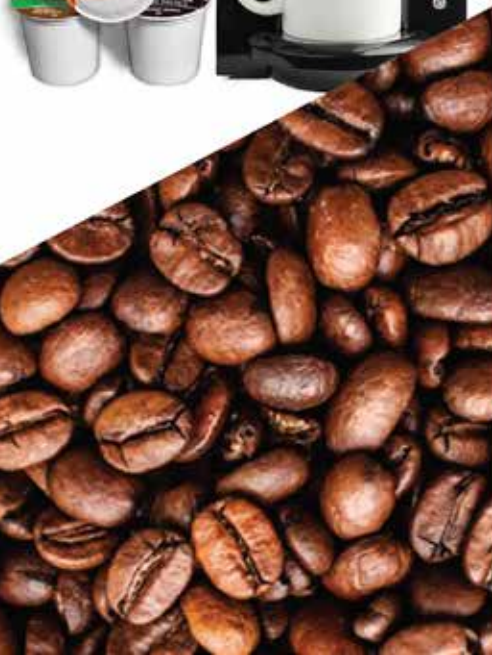
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More Than Just a Number

Body image and weight loss are common struggles for many throughout life. But, the number on the scale could be more than just a vanity concern.

Extra pounds carry with them an increased risk of serious health conditions including heart disease, diabetes, stroke and even certain types of cancer. A recent report by the Centers for Disease Control and Prevention showed that nearly 60 percent of Oklahomans ages 18 and older were classified as either overweight or obese, a number that has skyrocketed since the 1970s.

“Our environment has shifted so much,” said Dr. Laure DeMattia, bariatrician with Norman Regional Health System’s Journey Clinic. “We have convenience after convenience, and we don’t have to work as hard to get our calories.”

LIFESTYLE ALSO IMPACTS OUR WAISTLINES

“Our body is built to enjoy fats, salt and sweets,” DeMattia said. “We are so overly stressed and constantly busy that our sleep is impacted. When you are not getting enough sleep, that triggers the fight-or-flight part of our nervous system and our body craves more sweets to deal with the stresses. It’s not just a choice; it’s how your body reacts to the stress.”

Because obesity is the root of so many medical problems and impacts so many, DeMattia chose early on to focus her medical career on weight management, co-developing a medical weight management program for women at Northwestern University during her residency. Then, for several years, DeMattia focused on childhood obesity and bariatric care, which is a team approach to weight management.

She moved to Oklahoma in 2015, and now her focus on weight loss is both professional and personal.

“I saw so many people struggling with their weight, and the same line came out over and over: eat less, exercise more,”

says DeMattia. “Since college, I have struggled with my weight so I can empathize.”

Despite the staggering statistics, there is good news. As the old adage says, a little goes a long way, and that is certainly true when it comes to weight loss.

“People typically have very high goals in terms of losing weight. We get hung up on an all-or-nothing approach,” says DeMattia. “But even a five to 10 percent weight loss can benefit your health.”

SMALL CHANGES CAN MAKE A VALUABLE IMPACT

She said that 150 minutes of exercise per week can reduce the risk of diabetes by 60 percent.

“Do what you can. If you can’t run, walk. If you can’t walk, do seated cardio to get your heart rate up.”

At Journey Clinic, DeMattia takes a holistic approach, combining medications, meal replacements, physical therapy, dietitians and counselors to help patients find what will work for them.

“I find out where they are coming from, what’s going on in their life and what they have tried,” said DeMattia. “I want to help my patients see what they can control so we can focus on what we can change.”

So, how do you know when it’s time to seek medical help for weight loss? The answer is whenever it is a concern to you.

“Most insurances are not going to reimburse unless your body mass index is 25 or higher with a medical condition that is worsened by your weight,” says DeMattia. “But if your weight is impacting your health, you should talk to your primary care physician.”

For more information about weight management services at Journey Clinic, visit journeyclinic.com or call 735-2049. — BSM

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Oklahoma Institute of Allergy, Asthma and Immunology Opens New Clinic in Norman



Allergens exist in many forms. Whether due to mold, ragweed, peanuts or a litany of other sources, the American College of Allergy, Asthma and Immunology (OIAAI) states that an estimated 50 million people deal with the effects of exposure to allergens. Some allergens cause symptoms that can interfere with day-to-day life, such as your typical spring allergy, while others can be life threatening. Asthma, while not as prevalent as common allergies, is still as problematic for those dealing with the serious condition.

Helping Oklahomans with the treatment of these conditions and more for 15 years, the Institute is now bringing their cutting-edge treatment to Norman.

“For many years, our patients and their families, as well as our physician colleagues, have asked us to bring our forward-thinking providers to Norman,” said Tyler Messec, Chief Operations Officer.

This October, the institute will open its doors to their third metro location at 3261 24th Ave NW. Dr. Amy Darter, Medical Director and Dr. Jason Bellak will treat patients for allergy and acute asthma care as well as headaches, migraines, immunodeficiency and other potentially debilitating conditions.

“We chose to open in Norman so that we can better serve Norman and the surrounding communities just as we have very successfully served Edmond and Oklahoma City,” Messec said.

Darter and Bellak bring years of experience treating these serious medical conditions. Darter trained at UT Southwestern in Dallas, considered one of the most elite training programs for clinical allergy, asthma, immunology and clinical research. Bellak completed allergy, asthma and immunology training at the University of Wisconsin, also known as one of the premiere asthma research centers in the country. Both are board certified in adult and pediatric allergy and immunology.

Backed by a team of physician assistants, Nurses and a Pediatric Rheumatologist, Darter and Bellak offer state-of-the-art care including injectable asthma therapies, clinical research trials, immunodeficiency and oral immunotherapy to peanut and many other foods.

“Not only do we practice evidence-based allergy and acute asthma care, but we provide unique expertise in food allergy, drug allergy, hives, sinus headaches, migraines, immunodeficiency, cosmetic allergy and more,” said Messec. “Dr. Darter was the original allergist to bring rapid desensitization immunotherapy, a progressive high dose, monthly maintenance allergy shot, and oral immunotherapy to foods also known as oral food desensitization to Oklahoma.”

To learn more about the Oklahoma Institute of Allergy, Asthma and Immunology’s new location and the care provided, visit www.okallergy.com or call 607-4333. — **BSM**

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After 50 Years, Landscape Continues to Grow



If landscapers were trees, Richard Frank might be the tallest and widest in the forest.

But in reality, Frank is not all that tall or wide. So, it's hard to distinguish him from all the others, until you count the rings and listen to his story.

The 73-year-old Oklahoma State University graduate has been landscaping for 50 years, which means he started before most of today's landscapers were even born. Despite his age, he's up before dawn most days, works seven days a week and has not lost his enthusiasm for lifting, digging, climbing and driving his pickup a hundred miles a day.

"A guy can only watch so much daytime television," he says. "Most days, I still enjoy what I do. I like interacting with people."

Frank owns Frank's Landscaping, where he has been operating a tree farm and nursery south of Noble since 1986.

He graduated from OSU with an entomology degree in 1967, planning to follow his stepfather into the pest control business. But somewhere along the way, he decided it was more interesting to grow plants than kill bugs.

So, he began his career in Chickasha, installing lawns while taking turf management and landscape design classes in Stillwater. A few years later, he found himself in Tulsa, working on large landscaping projects through much of the 1970s. He moved to Norman in 1981, joined a tree farm south of Goldsby and continued his journey in an industry that was beginning to pick up steam in Central Oklahoma.

Frank says irrigation has been a key to the landscaping industry's growth in Central Oklahoma. There is so much rain in Tulsa and Eastern Oklahoma that people can plant trees and expect them to grow. In Central Oklahoma, it's not that easy, which is why Frank has been installing irrigation systems for the better part of 40 years.

Frank says he's a traveler, which is why customers are not likely to find him at his tree farm during traditional business hours. Usually, he's on the road with his crew, working for builders or individual homeowners from Lawton to Stillwater, installing everything from sprinkler systems to 20-foot trees. And on the weekends, Frank spends his Saturdays operating a booth at the farm market in Norman.

Sundays are when customers visit his nursery just south of U.S. 77 on 60th St. It is a menagerie of shrubs, trees, rocks, ponds with gold fish, succulents in hiking boots and even a family of wild cats.

Many of the plants are new arrivals, others have been there for a while. Regardless, Frank seems to know the history behind each one.

He'll even tell stories about some of the plants on his property, like the 20-foot holly they saved from a renovation project or a cypress rescued from a homeowner who didn't like trees.

A walk through his nursery is a journey of discovery, such as crape myrtles with trunks twisted into braids.

Frank enjoys traveling to trade shows three times a year, where he buys unique plants at discount prices, hauls them home in his pickup and introduces them to clients. Some of the new plants like the Oklahoma climate. Others don't, he says.

Frank carries all the mainstays, red buds, oaks and crape myrtles. In fact, he carries 12 different red bud varieties, 15 oak varieties, 20 kinds of crape myrtle and a different type of althea at every turn.

But Frank says he doesn't operate the typical nursery with price tags, cash registers and carts people can wheel from greenhouse to greenhouse. Guests who visit on Sunday afternoons are usually gardening enthusiasts Frank has met at the farm market. He gives them personal tours of the property, and if they see something they like, he'll quote a price as though they're standing at a garage sale.

It's not a formal operation, but that doesn't stand in the way of a burgeoning business driven by referrals and repeat customers. He says people like him because he's been around a long time and his rates are affordable.

So, Frank spends most of the year travelling to jobs across Central Oklahoma, and after 50 years of designing, installing, digging and planting, there's no plan to slow down. Hard work comes naturally, he said.

"My mom was mowing the lawn with a walk behind mower when she was 80," Frank says, "so, I come from good genes." — **BSM**

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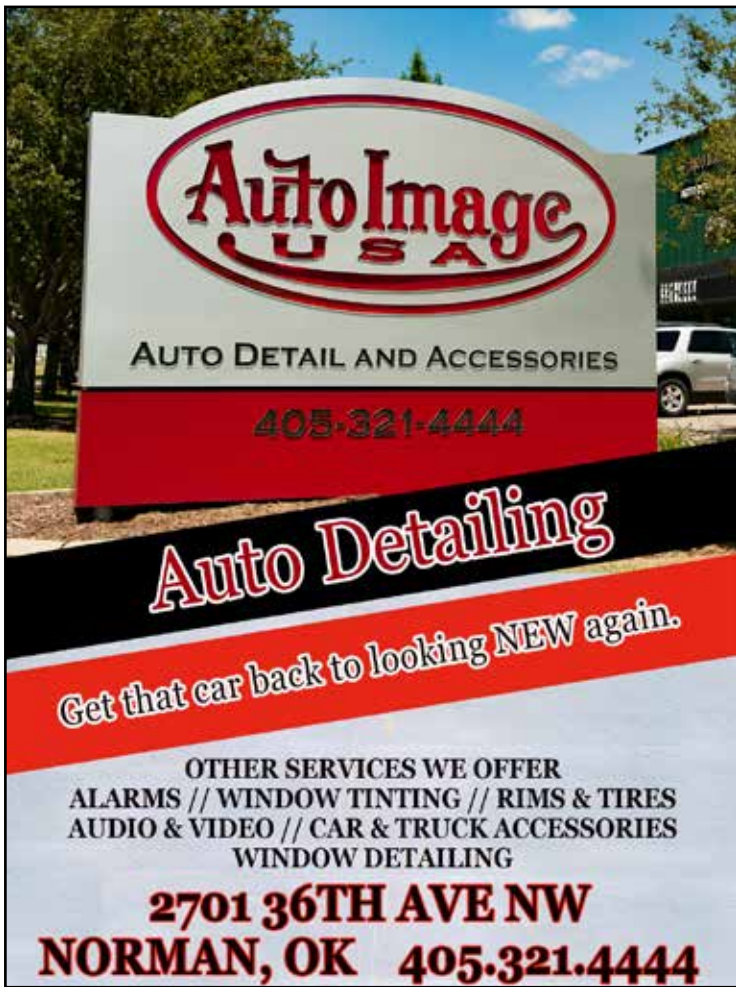
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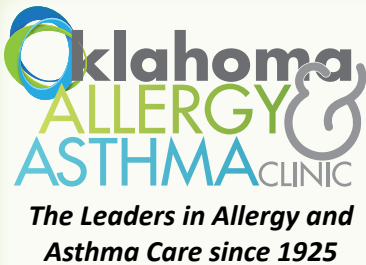


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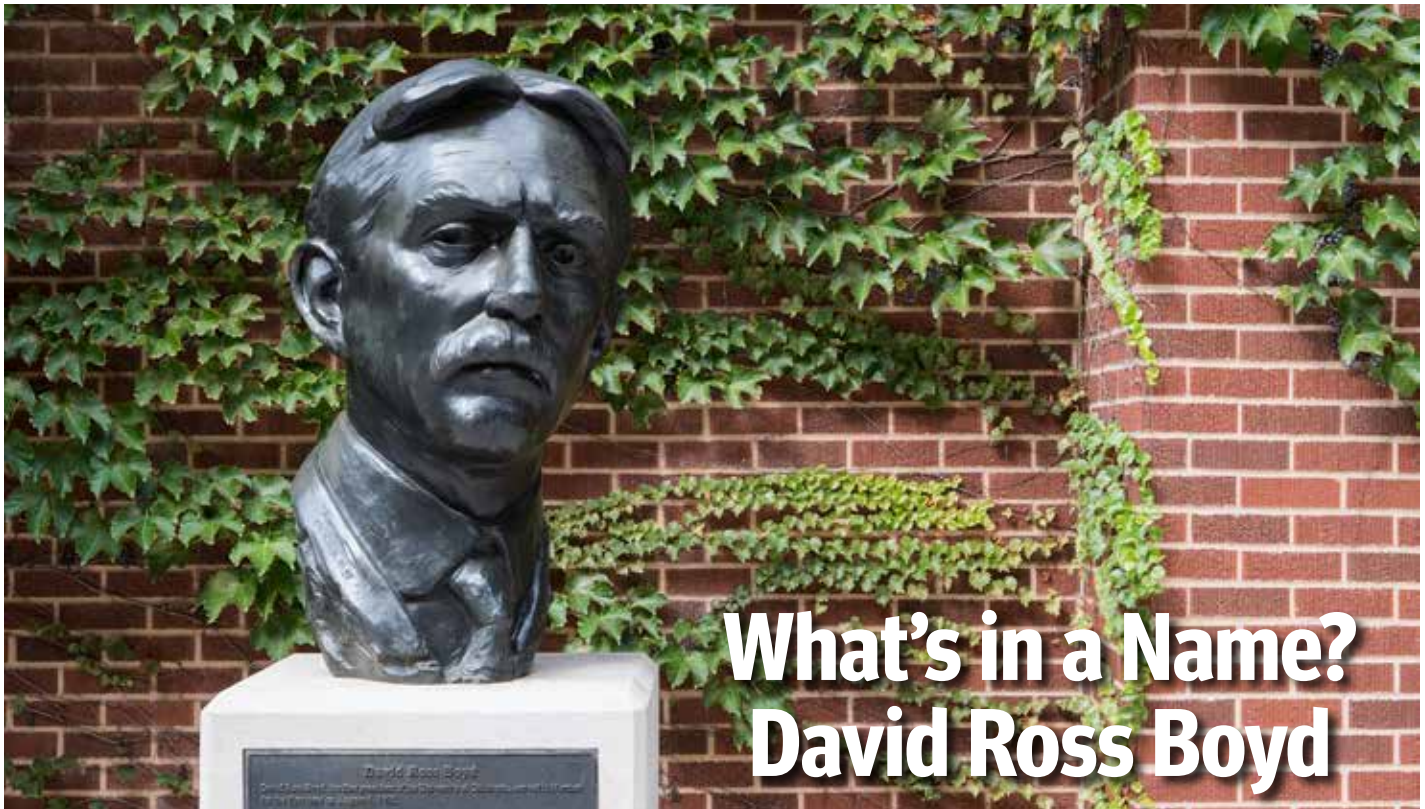
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What's in a Name? David Ross Boyd

Nearly everyone in Norman has heard the name David Ross Boyd. Although Boyd's time in Norman was less than two decades, he left behind plenty of namesakes.

Boyd Street crosses town at the northern edge of campus. OU's first family lives in the Boyd House and there even used to be a Boyd Field in the early days of university athletics.

Many of us may have even heard the tale of Boyd's mission to plant trees in the dusty prairie landscape of Norman in 1893. He bought a whole nursery of saplings, shipped them to town and planted many of them around campus by his own hand. Others were given to townspeople.

David Ross Boyd was born on July 31, 1853, the oldest of 11 children, and he grew up on the family farm in Coshocton County, Ohio.

Teaching was in young Boyd's blood. His father was a teacher, along with serving as a member of the Underground Railroad. David Boyd shared stories of late-night rides to transport escaped slaves to the next depot on their way to freedom in Canada. His

mother served as a teacher before she married and taught her children the importance of education.

College had been his mother's vision for her children, but it was no easy task for a family short on funds, so Boyd worked hard to achieve higher education.

He took up teaching school himself and saved every cent he could for tuition. After several attempts at inexpensive experimental schools, he took an offer from his father to farm 40 acres of old sheep pasture to grow corn. At the end of the season he had collected a staggering \$700. Now 20 years old, Boyd headed to Wooster College in Wooster Ohio.

Upon graduation, Boyd became principal of Van Wert High School in Ohio. After just one year, Boyd was promoted to superintendent. He worked there for 10 years, during which time he courted and married Jennie Thompson. The couple had their only child, Alice, in 1886.

It was a solid job, but Boyd yearned for more. Van Wert was long-established, and Boyd had a drive to build

something new. He resigned to dabble in real estate, making quick money on developments in the West, but the new career still did not fulfill his desire to work with people and see them grow. In 1888, he returned to work as a superintendent, now in Arkansas City, Kansas.

However, managing a school still was not enough. During his time off, Boyd organized a brigade of transient workers into a government workforce that built roads and parks to modernize the little town. People were hinting that Boyd would soon become superintendent for Wichita schools, but the recently settled Oklahoma Territory got to him first.

The newly founded Board of Regents of the University of Oklahoma needed a heating system for their first building, so two board members went to Arkansas City in 1892 to review a system Boyd had installed in a new high school he was building. While talking about the university's need for a president, Boyd offered several suggestions.

A few weeks later, regents offered him the job, so he went to work and over



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the next 15 years, he helped establish the University of Oklahoma.

Statehood brought many changes. Oklahoma Territory's governors had largely been Republican, but the newly elected state leaders were Democrats. They set about remaking state agencies, and the university was one area of focus. Boyd was a vehement Republican, so the new governor replaced Boyd along with 13 of his university colleagues.


A person like Boyd was not one to lie down for long.

In fact, he was more disappointed by the loss of faculty than that of his own job. Even before looking for a new job for himself, he spent months writing letters and making calls to find positions for as many of his lost colleagues as he could.


At first, he considered retiring, but after only weeks without a job, he was offered the position of superintendent of education for Presbyterian Board of Home Missions.

The new job moved him to New Mexico, where he worked with the Navajo community and, four years later, was offered the presidency of the University of New Mexico. Again Boyd charged into another frontier school.




Later, Boyd and his wife retired to Glendale, Calif. to be near their daughter, but often traveled back to Norman to visit. David Ross Boyd died Nov. 17, 1936. - **BSM**



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The Return of Schlotzsky's



Extensive construction on Lindsey Street brought with it significant challenges for many businesses, including the Schlotzsky's location, which had been operating on the bustling thoroughfare since the 1980s.

David Jones, president and CEO of DLJ Foods Inc. said the decision to close the store was difficult.

"We had a challenging time with bridge construction and road closures," Jones said. "We wanted to update and refresh the store but the construction made it impossible to stay open."

After reluctantly deciding to close, the Jones' began to search for a new location and they settled on the east side of Norman in Alameda Square where construction began this September for a newly remodeled restaurant.

"We are excited to bring Schlotzsky's back to Norman," Jones said. "We are from Norman. We are a part of this community, and we are exciting to offer Norman a new place to hang out."

And a new hangout is exactly what Jones has planned. With free guest Wi-Fi, upbeat music, TVs and a Coke-A-Cola Freestyle unit, he is envisioning a youthful, modern atmosphere where Normanites can enjoy their meals in the dining area or outdoors on a patio.

"We want to offer a laidback place where students can study in the restaurant and families can enjoy a good meal together," Jones said. "We want our customers to feel good when they leave. I think this will be a homerun."

And, to Jones, feeling good goes beyond the building, it also includes quality food and great service in a fun and clean atmosphere.

"We take pride in our facilities and our food," said Jones. "Fast, fresh and current. We offer a tasty, healthy menu with lots of gluten-free options."

"This is a family-owned operation and my wife is gluten-free, so we really understand. We get it," Jones said. "We take the extra care needed. Our product is really important to us."

Normanites can look forward to the sandwiches, soups, salads, wraps and pizzas as much as the indulgent Cinnabon rolls when the restaurant opens later this year.

"We will start from scratch every day, baking right there in the store," Jones said. "We use no preservatives. It has always been that way but we are excited to bring it back to Norman."

The new location will offer drive-thru and online ordering services for quick pick-up, in addition to the dine-in options. Meanwhile, Jones said his Schlotzsky's location on 19th Street in Moore is operating right now. — **BSM**

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Changes at
SCRATCH
 Kitchen & Cocktails

With a change of the season comes a fresh update to the menu at Scratch Kitchen & Cocktails. As the name implies, the staple of the restaurant is from-scratch ingredients, all the way down to the ketchup and mayonnaise.

Scratch's general manager, Brady Sexton, says using real ingredients is what drives the restaurant each day.

Scratch's craft cocktails also feature a variety of made-in-house offerings, including syrups, free-squeezed juices and some liqueurs.

"Our cocktails menu is what differentiates us from everyone else in Norman," says Sexton.

The fall and winter cocktail menu will roll out soon, coinciding with plans to open a spinoff location, a brand new cocktail bar expected to open in Oklahoma City's Paseo Arts District in November.

While none of the new offerings are set in stone, the process to build the new menu is well underway. The Scratch staff craft their seasonal selections well in advance, working on ideas for the fall and winter as soon as the spring and summer lists come out, Sexton says. Two consultants come to the restaurant and they, along with Sexton, the bar team and manager try everyone's ideas.

"It's a three or four day creative process," Sexton explains.

They use the same process for food items as well, adding new menu items and flavor profiles to popular dishes. For example, the Arancini currently on the menu has a southwest profile, but will shift to something a bit earthier for the cooler seasons.

Sexton said they are also going to mix in some new sandwiches and adjust the plating on some of their favorite entrees, including new side pairings and sauces with the New York strip.

"We are looking for ways to have some more fun with the stuff that people have already come to love," Sexton said.

To learn more about the new seasonal offerings, visit scratchnorman.com for the restaurant's updated food and cocktail menus. — **BSM**

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