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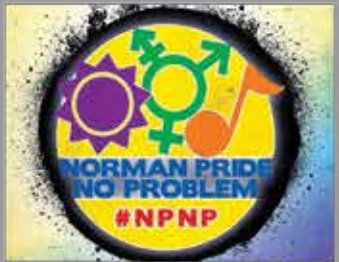
**August 11**  
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**August 12 & 26**  
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 Two August Summer Breeze performances take place. Dehli 2 Dublin take the stage on August 12 while Harpeth Rising closes out the season on Aug. 26. The performances start at 7:30 p.m. outside at Lions Park.



**August 25**  
**PORCHFEST**  
 Miller Historic District, 10 a.m.-10 p.m.  
 The third annual Porchfest will feature live music played throughout the Miller Historic District near Downtown Norman as part of the National Play Music on the Porch Day.



**August 25 & 26**  
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# Service Spotlight: Officer Katie Perry

No day is ever the same. That's how Master Police Officer Katie Perry describes her role with the Norman Police Department. She has been patrolling and looking out for the residents of Norman for seven years, always expecting the unexpected.

"I'm currently assigned to patrol operations," she said. "We're the ones you see on the streets, actively patrolling, driving through neighborhoods to prevent crime. We make traffic stops, calls for service, we're 911 responders and get called to make reports for larceny, fraud, burglary or lost items."

She begins each of her noon to 10 p.m. shifts with a briefing. Each officer gets a lineup and a quick rundown of anything they need to know that has happened over the previous 24 hours. She said it's the only predictable part of her job, and she prefers it that way.

"Everyone says we have routine stuff, but it's never routine in our line of work," Perry said. "Our division can get the widest range of calls since we work both during daylight and evening hours."

Becoming a police officer wasn't originally in Perry's plans. From Texas, she came to Norman to attend the University of Oklahoma in 1999. After graduation, she worked for the district attorney for six years. That's when she decided she wanted to try something else.

"I had a few friends on the force, and they were a huge influence on me becoming an officer," she said. "I'm so grateful to them for encouraging me



to apply. I love it and wouldn't have it any other way."

She said one thing she likes most about her job is how everyone always looks out for one another.

"I'm a female in a male-dominated force," she said. "But the males are supportive and help me out and always have my back. We all truly care about each other, and it makes our department great."

She said the unexpected appreciation she receives on the job keeps her going on the hard days. Perry recently saw a woman she met on a domestic dispute call a year earlier. The woman stopped Perry at a 7-Eleven to tell her thank you for saving her life.

"I didn't even recognize her," Perry said. "Those things really get me. I always give my advice and two cents as much as I can, but some people take it, and some leave it."

In addition to her patrol duties, Perry is on the Norman Police Department's

bike team and the Collision Investigation Reconstruction Team, known as CIRT. She's also a field training officer.

"I plan on staying for the long haul, although eventually I would like a change of pace from patrol," she said. "I really like our community relations office and have also thrown around the idea of becoming a detective at some point. Some days I want to do everything, and others I want to stay in patrol."

When she's not patrolling the streets of Norman, she enjoys spending time with her family at the lake, traveling or watching her son on the baseball field.

Perry said one thing she really wishes people would remember is that police officers are not the bad guys.

"You call us for help," she said. "We're the good guys. We are people, human beings in this world. We just happen to wear a uniform." — BSM

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- 1/4 tsp. Black pepper, freshly ground
- 8 large Eggs
- 14 oz. Sausage, cooked and crumbled
- 4 cups Sourdough bread, 1/2-inch cubes (about 4 1/2 oz.)

Preheat oven to 350 degrees F. Whisk together the Red Pepper Dip and milk until well combined. Add 1/2 cup cheddar cheese, green onions, pepper and eggs, stirring with a whisk. Place sausage and bread evenly in a 9 x 13 pan coated with cooking spray. Pour egg mixture evenly over bread. Top with remaining cheddar cheese. Cover pan with foil. Bake at 350 degrees F for 30 minutes. Uncover and bake an additional 15 - 20 minutes or until a wooden toothpick inserted in center comes out clean. Serve with fresh fruit.



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# Medical Exam



Adrianna Elbon, an OU pre-med senior, shadows Dr. Rick McCurdy as part of the Belknap Memorial Pre-Medical Proctorship.

## Hospital Program Gives Pre-Med Students Early Peek at Medical Profession

So many children dream of becoming doctors when they grow up. Whether inspired by real-life role models or the physicians they see on television, there's no denying that there's a certain allure surrounding the profession.

Unfortunately, with a job that requires such high levels of specialized knowledge and experience, there aren't many opportunities for would-be doctors to get a true taste of the career before investing their time and money into medical school.

The Belknap Memorial Pre-Medical Proctorship seeks to change that by giving pre-medical college students the chance to walk in the shoes, or at least in the company, of Norman Regional physicians.

The proctorship offers the opportunity for a select group of students to experience first-hand the challenges

and delights that come with a career in the medical field. Students are chosen based on their academic performance and community involvement. During the program, selected students shadow doctors, physician's assistants and nurse practitioners in a variety of specializations, introducing the medical students to the wide variety of career paths within the medical field, helping them to discover where their passions truly lie.

The program was started by Dr. Hal Belknap in 1989, with support from Norman Regional Hospital. When Belknap returned to Norman after serving in the military, his father challenged him to step up and give back to the community. And he did just that.

In addition to community service and his duties as a physician, Belknap sat on the admissions board for the OU School of Medicine. It struck him as

strange that most applicants had little to no experience in the medical field. When he looked into it further, he found that medical volunteer opportunities were few and far between. To Belknap, that sounded like yet another opportunity to give back to the community that he loved so much.

He collaborated with Norman Regional, and asked his colleagues to volunteer their time to the budding program.

Belknap died unexpectedly in 2008, but the people closest to him refused to see his hard work wasted. Dr. Brian Yeaman and JoAnn Belknap, in partnership with the Norman Regional Health Foundation, worked to continue the proctorship that Belknap created.

Adrianna Elbon, an OU pre-med senior majoring in Psychology, appreciates that the proctorship gives her the chance to explore the medical field in a

way that very few people have the opportunity to do. Through the program, she's discovered how much joy she finds in the interaction between physicians and their patients.

"Every physician I've been with has been great and very thorough with their patients. It showed me what kind of doctor I want to be," Elbon said.

Elbon is from rural Oklahoma, and she looks forward to going back and making a difference in her hometown of Vian.

"Putting more physicians and clinics in rural areas is so important," she said.

Seeing first-hand how some travel up to an hour to receive medical care, she is passionate about the importance of rural medicine.

"Students from rural communities shouldn't shy away from chasing their dreams," said Elbon. "Being from a small town doesn't have to be a disadvantage. If anything, it's a driving force."

To Dr. Rick McCurdy, a general surgeon at Norman Regional, the proctorship offers a way to give back to students in the community, and honor Belknap.

"His commitment to patient care and his compassion for his patients was exemplary. Premedical students need to understand these attributes, not simply their individual educational endeavors, as they continue their journey to medical school and beyond," he said. "I applaud all physicians, who have taken the time to help advance the art of medicine like Hal Belknap did."

For Avery Rogers, a pre-med junior at OU and social work major, the proctorship has been an eye-opening experience. She went into the program set on specializing in pediatrics, but during her time shadowing volunteer physicians like McCurdy, she found a fascination with surgery that she had never expected. Rogers discovered that the long, irregular days of a surgeon may just suit her personality better than the predictable hours of a physician that works in a clinic.

The proctorship has also offered her a renewed dedication to her chosen career path.

"I ask every doctor that I shadow if they would do it all again, and it's great to hear them say yes. It's reassuring to know that all of the challenges and hard work will be worth it," she said. "This experience has definitely given me the confidence that this is what I want to do."

During the program, students learn valuable lessons about work-life balance across different specialties, as well as the vast amounts of behind-the-scenes work that go into any successful medical practice. Through it all, they are reminded of Belknap's legacy of reaching out to the community and finding innovative ways to improve the lives of its residents.



Avery Rogers, pre-med junior at OU, spends time with with Dr. Jeffrey Buyten

JoAnn Belknap loves speaking to each new group of pre-med students every year and learning how her late husband's initiative has helped them find confidence in their decision to go into the medical field.

"Hal loved seeing people excel and find their passions," she said, happy that his efforts have inspired so many students and helped doctors to find ways to volunteer. "The opportunity to give back to the community meant everything to him." – BSM

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# Service Spotlight

## Sergeant Chad Humphrey



The average workday in America is about eight hours long. Not many people would like to work a longer shift, let alone one that lasts 24 hours. For the firefighters of Norman, however, that's just another day at the office.

This month, Norman Fire Department Sgt. Chad Humphrey gives an inside look into a "typical" day as a firefighter.

Each shift starts at 7 a.m. and lasts until 7 a.m. the following day. When the crew first arrives at the station, they spend about an hour getting caught up on the events of the previous shift – notable calls, equipment that was used and any problems that were encountered, Humphrey says.

At around 8 a.m., they head to the truck room that houses the fire engines and other vehicles. Each day, every single piece of equipment must be cleaned and inspected. Everything, down to the smallest screwdriver, has a designated place. This might seem like tedious work to an outsider, but taking time during a call to cope with malfunctions or search for misplaced

equipment could put firefighters or citizens in danger, he said.

"We're really good at working as a team," Humphrey said. Fire crews understand the importance of their daily routine. "If something needs to be done, we all do our part to get it done."

After the truck room duties are finished, the firefighters take some time to clean the station. After all, it's a second home to them, and no one wants to leave a mess for the next shift to come into. Then, after cleaning is finished, they get a short break for lunch, he said.

It's important to note that these duties are rarely performed without interruptions. When a call comes in, the crew must immediately stop whatever they're doing and get to the scene as quickly as possible. When they get back to the station, they pick up where they left off, whether it's grabbing a mop and cleaning the rest of the floor or eating the cold remains of their lunch.

In the afternoon, the firefighters do about two hours of training before sitting down for dinner. After eating,

the firefighters have some free time, which many use to study and prepare for the next promotion opportunity.

At Station 3, the men try to get to bed a little early, Humphrey said. They know that it's not likely that they'll get a full night's sleep. The station is in a highly-populated area near campus, and the crew responds to many calls throughout the night.

It's a long 24 hours, but Humphrey says it goes by quickly because of the number of calls they receive during each shift. For Humphrey, who has been a firefighter since 2007 and was promoted to sergeant three years ago, it's a nice change from his previous career in the corporate world.

"I like the sense of purpose that I get from this job," said Humphrey. "I've always wanted to help people, and I'm so thankful to finally have a career that makes me enjoy going to work every day. This is what I was created to do."

Humphrey lives in Moore with his wife, Janna, and two children, Max and Reese. – **BSM**

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# Boyd Street Teacher Features

## Elizabeth Briley

Elizabeth Briley began her career as a substitute teacher at her son's elementary school. Once her children were older, she decided to go back to work full-time and applied to be a teacher's assistant, working with students who had severe intellectual and physical disabilities.

"I instantly fell in love with the students," Briley said. "After being in the classroom for about a year, I read a book by Sharon Draper, *Out of My Mind*. After finishing the book, I knew that I wanted to teach special education for the severe and profound population. I was 51 when I got my certification."

"Because of the severity of the disabilities of the students in my classroom (many are non-verbal), it can take years to see progress in the students. This past year was the break out year," Briley said. Using a large board in her classroom to display the same pictures and layout

found on communication devices, Briley started the 2017-18 school year helping her students learn the words needed to use the device.

Then, at the end of the school year, one of her students had a breakthrough. He was able to use the learning board to point out to Briley and his classmates what he wanted to say.

"This is huge." Briley said. "He is making the connection that the pictures with words mean something. The smile on his face was priceless." With a self-contained classroom where her students don't often interact with other students in the school nor she with the other teachers, Briley said she was shocked to learn that someone had nominated her for teacher of the year.

"After the shock wore off, I thought at



least someone appreciates what I do, and it was nice being nominated, but I really didn't think I had a chance," Briley said. "The other nominees are amazing teachers who have been teaching a lot longer than I have. I work with some of Norman's best teachers and to have them recognize me and what I do meant a lot to me."

Briley was named Truman Primary's Teacher of the Year. – **BSM**

## Natalie Goodwin

Natalie Goodwin, Truman Elementary's Teacher of the Year, has been teaching for about 20 years, but she knew she wanted to be a teacher as far back as she can remember.

"Growing up, we had a chalkboard in our garage," Goodwin said. "I would corral all the neighborhood kids and teach them their ABC's. It was like a calling."

Now, Goodwin teaches 5th grade, but it's the way she teaches that seems to make all the difference for her students.

Early in her career, while teaching an elementary science lab in Texas, Goodwin discovered that hands-on learning can make a big difference in a child's learning experience.

"That was a pivotal moment. I saw how excited the kids got about science, that was where the kids were having the most fun and learning the most," Goodwin said. "I took that lab setting and brought it

into my classroom. That discovery mode is super important for kids, to learn why they're doing things."

Now Goodwin tries to incorporate science into her students' everyday learning by using STEM activities and other methods, such as classroom meetings that help create a community and bonding environment for her students.

"I think I'm a good fit for them, and they're a good fit for me," Goodwin said about teaching fifth graders.

"They're these interesting, budding little people. They want to connect on a more adult level as they move into becoming a teenager. This year's class was a challenging group with many different personali-



ties, and it made me so happy to see them learn to be compassionate of others who are so uniquely different." – **BSM**



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# Cleveland County Free Fair

September 6th - 9th

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## NEW EVENTS In 2018

"Oklahoma Festival of Strength" Powerlifting  
10:00am Saturday, Sept. 8<sup>th</sup>

## Cleveland County Cornhole Tournament

1:00pm Sunday, Sept. 9th

### Live Bands Nightly Include

\* Thursday - "Mariachi Orgulla de America"  
Friday - Johnny Cash" (Phillip Bawer)  
Saturday - "Black Water Bridge"  
Sunday - "Clancy Davis Band"

### Wiener Dog Racing

Livestock Show - Rabbit Show  
Displays and Booths of All Kinds  
Live Radio Remote by KJKE, KOMA &  
Sports Talk Radio

Coloring Contest - DUE by: Sept 5th 5:00pm  
Baby Crawling Contest - Sept 7th 5:30pm  
Stick Horse Race - Sept. 7th 6:30pm  
Celebrity Milking Contest Sept 7th 7:00pm  
Car & Bike SHOW - Sept 8th -10:00am  
OK State Kid's Pedal Pulls - Sept 8th 11:00am  
Clev. Co. Kid's Pedal Pulls - Sept 8th 1:00pm  
State Wiener Dog Races - Sept 9th 2:00pm  
"Wienie Way" Costume Contest - Sept 9th 3:00  
Tablescapes - Sept 9th 2:00pm



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# Cleveland County Free Fair



## Annual Community Staple Full of Old-Fashion Fun

A staple of the community for more than a century, the Cleveland County Free Fair is right around the corner. The family-friendly fair is scheduled for Sept. 6-9 at the Cleveland County Fairgrounds, 615 E Robinson St.

The four-day event is packed with attractions, competitions, exhibits and entertainment, including a petting zoo, livestock show, baby crawl races, baking contests, photography contests, horticulture exhibits, antique tractor pulls and wiener dog races. There's even a carnival, which features expanded hours this year.

New features in 2018 include a powerlifting contest on Saturday, Sept. 8, and a cornhole tournament on Sunday, Sept. 9, said Richard Peters, president of the Fair Board.

Peters, who grew up just three blocks southeast of the fairgrounds, said he was always drawn to the area as a child and decided to join the fair board to help facilitate continued growth of the event.

"Once we moved to a farm in Noble, I started showing livestock. That's when I realized what the fairgrounds were all about," Peters said. "It's amazing to me that I was drawn to those fairgrounds even back when I was a small boy. There are families that are second-, third- and fourth-generation families that have all grown up around that fair. There's a lot of history and heritage there."

In a county that has both rural and urban areas, part of the growth has included the addition of activities that will appeal to people with different interests. The fair drew visitors from throughout Oklahoma and from five states last year, Peters said.

"We're very diversified, and that's why we have such a huge turnout," Peters said. "It's more than just a county fair."

The majority of the event is free, with the only aspects that visitors will have to pay for being food, drinks and the carnival rides, Peters said. There is also free parking, with shuttles available to patrons. Peters added that the fair is safe and clean for the whole family, with plenty of security and hand-washing stations all over the fairgrounds.

Peters said he often talks to fair visitors who say they came one day for a few hours then stopped by again another day because there is so much to see.

"Don't plan on just coming one day," Peters said. "You won't be able to see

and do all of it, and there's something new every day. You can come out each day, and I guarantee you'll see something different."

A complete schedule of events and information about how to enter the fair's various contests can be found at [www.clevelandcountyfair.org](http://www.clevelandcountyfair.org). — BSM

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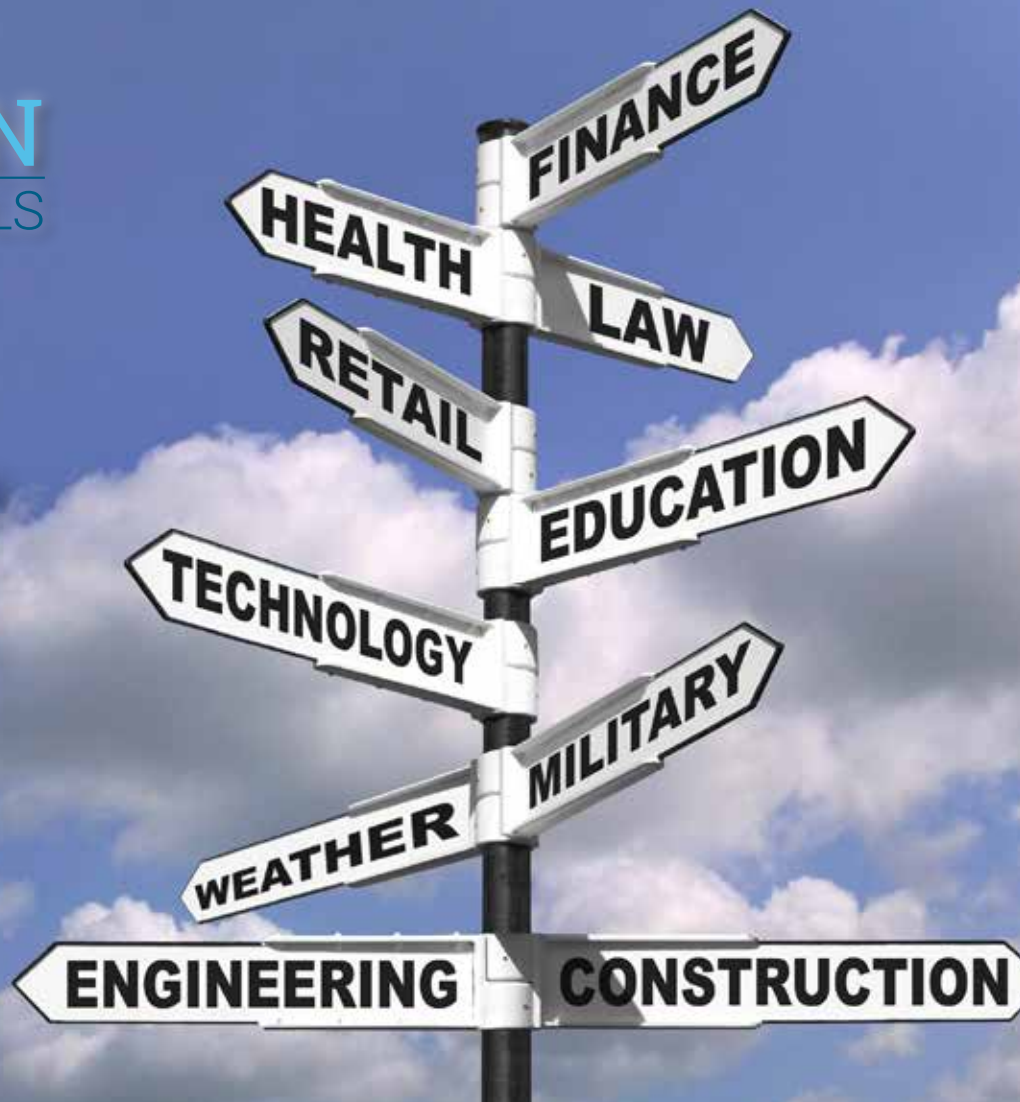


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## NORMANITE IN THE SPOTLIGHT

# Matt McMillen

Matt McMillen celebrates a Bedlam win with Bob Stoops.

**B**ehind every successful team is a cadre of difference makers who rarely get the recognition they deserve. From nutritionists and office managers to athletic trainers and strength coaches, the list of under recognized stars could go on and on.

In the Bob Stoops era, one of the biggest undercover contributors was Matt McMillen, the University of Oklahoma Sooners' director of operations. He has been described as a ring leader and the glue that helped hold everything together. If it involved anything with Sooner football or Bob Stoops' foundation, McMillen was involved in some way.

McMillen announced he was leaving the program this summer, a year after former head coach Bob Stoops announced his retirement.

"It's been a great ride, for somebody, in what I do, to be in one place that long, it's unheard of," McMillen said. "We're so fortunate Bob stayed so many years."

"I got to raise my two boys here all through school, and they're at OU now. It was a blessing. I had an absolute ball."

As Stoops' right-hand man for 18 years, McMillen served as president

of the HBC Champions Foundation, formerly known as the Bob Stoops Champions Foundation, and will continue to serve in that role, working to help disadvantaged and ill children in the Norman and Oklahoma City areas. Additionally, McMillen is going into business with Oklahoma City restaurateur Hal Smith and is opening a Matty McMillen's Irish Pub at NW 150th and Pennsylvania Ave.

You won't find McMillen's name in any box score or on any post-game recap or highlight video, but his impact on the smooth-running Sooner football machine is undeniable. McMillen's legacy at OU will likely be in the relationships he built throughout his 19-year tenure.

Stoops first met McMillen while an assistant coach at Kansas State University in the late 1980s. McMillen was an associate athletics director for the Wildcats at the time. They became close friends then, and years later when he was hired away from Florida to become OU's new head coach in 1999, he wanted to find a way to get McMillen involved.

The Sooners already had Merv Johnson, a 20-year OU assistant coach as the director of football operations, but Stoops viewed McMillen as someone

who could be key in helping to run logistics. McMillen, who was working as the marketing director for the National Cattlemen's Beef Association, was eager to get back into athletics.

"I knew when I called Matt about coming to OU that he was overqualified for the job, having worked as an associate AD at Kansas State for many years," Stoops said. "I really valued his understanding of athletics administration, and because of that, I knew he would bring a lot to our program in terms of helping blend the football and administrative side of things."

Matt McMillen became more than just a director of operations for Stoops.

"He was my best friend through these last 19 years at OU, a confidant, a guy I knew I could rely on," Stoops said. "He brought so much to me and to my family in that regard. Matt's incredibly bright, has a terrific sense of humor and helped keep things light and fresh in our office through a lot of ups and downs."

When Stoops retired, McMillen stayed around, continued in the same role, and current Sooner head coach Lincoln Riley welcomed McMillen's decision.

"Matt's been a huge help to me my whole time at OU, but especially this past year with the entire transition," Riley said. "He's been here for a long time, has seen so much success and has been a huge part of it. He's become a great friend and was a great partner here in the football office. He's a guy who could always put a smile on your face no matter the situation. We're going to miss having him around every day. He's a special guy with a great family, and he's done a lot for OU."

For McMillen, whether under Stoops or Riley, each year was just business as usual, helping run the behind-the-scenes aspects of Sooner football.

"What a great ride the last 19 seasons have provided," said McMillen. "I am so appreciative for the lifetime of memories and the opportunity to work with so many great coaches and players. This was just the right time to pursue some new opportunities, and I'm really looking forward to the next adventure."

One of McMillen's best friends, Clarke Stroud, former OU dean of students, will replace McMillen as director of operations.

Stroud said McMillen will be missed.

"He's one of those rare individuals who brings everyone together," Stroud said. "He makes people feel comfortable. Matt's one of the most generous guys I know... I don't think he wants anyone to know that, which makes it even better. He has that altruistic desire to make a difference in people's lives." — **BSM**

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# Check it Out



## Pioneer Library System debuts Norman Public Library East

**N**orman's newest library is open for business, with Norman Public Library East opening its doors at 3051 E Alameda St.

The library becomes the 12th in the Pioneer Library System, which provides library service to Cleveland, McClain and Pottawatomie counties. And it's the third in Norman, joining Norman West, which opened in late 2013, and Norman Central, a staple in downtown Norman that next year will be moving a few blocks north to a new location currently under construction.

"My love for libraries started with the very first library right here in Norman, Oklahoma," said Lynne Miller, Norman Mayor and an avid library user. "Now I see this library and I don't know whether I want to cry or I just want to dance. It's wonderful."

The library project was part of the Norman Forward quality of life package approved by Norman voters in a 2015 election and shares land also occupied by Norman's Fire Station No. 9.

The library features 12,500 square feet of space housing a collection of more than 20,000 items, with meeting rooms, study rooms, outdoor spaces and areas for children, teen services and technology use as a priority.

Hundreds turned out for the opening day event, which included a Norman Chamber of Commerce ribbon cutting and visits from many top city officials and others who played a major role in making the library a reality.

Breea Clark, Norman Ward 6 City Council representative presented a passionate speech about libraries and later watched as her son Ryatt made the library's ceremonial first check-outs. For the record, a collection of several dinosaur-themed books.

"I've always loved libraries. Books were my escape from reality, my connection to other people's reality, my lessons from history and my hopes for the future," Clark said.

Part of the design for the property was a piece of public art located on the west side of the building. "Prairie Wind," produced by Charleston, Ill.,

artist James Johnson, was unveiled in a ceremony earlier in July.

Matthew Kruntorad, architect of record with Meyer, Scherer & Rockcastle, the architectural firm handling the design work for the east and central libraries, talked about the design of the building but spoke more about his hopes for the lives it will touch in the future.

"It's great to see it all through to the end, and I hope there will be a lot of great memories made here," he said, looking over at two young children sitting in the lap of their mother as she read them a colorfully-covered book.

"And it looks like they already are."

Find out more about the new library or any of the services of the Pioneer Library System by going online to [www.pioneerlibrarysystem.org](http://www.pioneerlibrarysystem.org) or with the Pioneer Library System Connect App, available for download via Google Play for Android or the App Store for iPhone. — **BSM**



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# Reloaded



## Sooners Ready to Contend for Eighth National Title

Last season was marked by off-the-field changes for the University of Oklahoma football team. Long-time head coach Bob Stoops retired after 18 seasons and Lincoln Riley was charged with taking over. Riley excelled in his first season as head coach, leading the Sooners to its fourth straight Big 12 Championship and a berth in the college football playoff.

The story line heading into 2018 is all about on-the-field changes, but for a program like the University of Oklahoma, it's not rebuilding but reloading.

Last year's senior class led the Sooners to a 34-6 overall record, three straight Big 12 titles, three straight 11-win seasons and two college football playoff appearances over the last three seasons.

When you consider the early exits of Orlando Brown, Jr. and Mark Andrews, the Sooners have many holes to fill, including the replacement of 12 starters. However, for the first time in a decade, the Sooners have put

together back-to-back top 10 recruiting classes. With talented pieces in place, the chase for an eighth national championship is ready to begin.

### QUARTERBACK BATTLE

Without a doubt the biggest hole to fill in 2018 is at the quarterback position. Beyond his game play, Heisman Trophy winner and number one draft pick Baker Mayfield was a charismatic leader who brought a passionate attitude and work ethic that was contagious in the locker room and in the stands.

All eyes are now on Kyler Murray and Austin Kendall. As a two-sport standout who was drafted ninth overall in the major league baseball draft, many have pegged Murray as the favorite to win the job. But, Riley says the battle between Murray and Kendall is still a competition, not a coronation, and he has no time table in mind to name a starter.

"You never know how these things will play out," Riley said. "The most important thing at the end of the day is

to make sure we get the right guy who gives us the best chance to win. There is certainly a point where you have to make a decision, but the biggest mistake you can make is to rush it."

Murray is a dynamic athlete who was the first-ever Under Armor High School All-American in both football and baseball. He has already showcased his speed out of the backfield with a 66-yard scamper against West Virginia in his only start last season. He also threw an 87-yard touchdown pass to Marquise Brown in mop-up duty against Tulane.

Many questioned the decision by the Alan, Texas native to play baseball again this season. But, Murray says he has been steadfast in his focus on football, heading into this season, despite earning a contract nearing \$5 million in guarantees from the Oakland A's.

"Right now, I'm all about getting ready to go win a national championship in football," Murray said.



## A BREAK OUT STAR IN THE BACKFIELD

Despite a slow start, running back Rodney Anderson emerged as one of the best in the country in 2017, rushing for more than 1,000 yards, despite having five or fewer carries in the Sooners' first five games.

During each of the final eight games of the season, Anderson eclipsed 100 all-purpose yards and scored 16 touchdowns, including 202 yards rushing at the Rose Bowl. Anderson is considered by many to be the top Heisman candidate on the Sooner roster this season.

Sophomore Trey Sermon burst onto the scene as the Sooner "closer" in early games last year. Sermon racked up nearly 1,000 all-purpose yards including a 148-yard performance against Baylor.

Looking forward, the Sooners have strong depth at running back with Kennedy Brooks returning from injury and newcomer TJ Pledger.

"We're in a different place there than we were last year at this time. We had numbers, but now we have guys who have played some football," Riley said.

Perhaps the most versatile weapon for the 2017 Sooners was H-back Dimitri Flowers. Now the Sooners must find a replacement.

"We have two returners in Carson Meier, a senior who's done some really nice things for us the last few years, and Jeremiah Hall, a guy we were able to redshirt last year," Riley said. "We'll learn about their skill sets even more, and how they fit in."

## LOADED AT WIDE RECEIVER

The Sooner receiving corps looks loaded heading into 2018.

According to NFL.com, the Sooners feature the most intriguing NFL prospect at wide receiver in Marquise "Hollywood" Brown. Brown developed into a game changing playmaker throughout the 2017 season, with more than 100 yards in four games last season, including a standout performance in Bedlam, racking up 265 receiving yards and two touchdowns.

Sophomore CeeDee Lamb might be the most well-rounded Sooner receiver. The addition of Benny Wylie as the new strength coach has paid immediate dividends for Lamb, who has added 11 pounds of muscle heading in to spring ball.

The Sooners will also debut redshirt freshman Charleston Rambo, who many considered the star receiver of the scout team last season and the return of AD Miller. When you add to the mix tight end Grant Calcaterra, the Sooners have a solid group ready for the next step

## OFFENSIVE LINE STAYS STRONG

Orlando Brown Jr. developed into one of the best offensive linemen in the country, starting every game for the Sooners at left tackle over the last three seasons. Even though he has moved on to the NFL, the Sooner line will remain strong, thanks to solid recruiting from offensive line coach Bill Bedenbaugh.

Bobby Evans Jr. has proven to be one of the most consistent linemen for the Sooners, and his move from right to left tackle seemed inevitable. However, during the Sooner spring game, both Cody Ford and Erik Swenson saw time on the left side, and freshman Brey Walker has the size and ability to see immediate action.

Jonathan Alvarez returns after a redshirt season and has shown the ability to play both guard and center. Creed Humphrey was one of the most talked about redshirts of 2017. The standout from Shawnee has a high football IQ and will battle Alvarez at center.

## DEPTH ON DEFENSE

Despite struggles on defense, the Sooner roster is loaded with playmakers and depth. Riley gave a solid vote of confidence to his defense and defensive coordinator Mike Stoops that has helped to set the tone for the Sooner defense in the off-season.

"To do what this staff and this program did this year, with all the changes, it's unprecedented," Riley said.

The Sooners will have to count on its young talent to improve and to take the next step. The building blocks include linebackers Kenneth Murray and Caleb Kelly. Murray starred as a freshman, playing inside linebacker despite having previously worked mostly on the outside. Murray was named the co-Big 12 Defensive Freshman of the Year and is the returning leader in tackles. Kelly is moving inside after gutting it through the latter part of last season with injury.

"Having Kenneth back is a big deal, with how he improved from the beginning to the end of the year," Riley said. "Caleb Kelly gives us some versatility. I think he's a guy who could play multiple positions for us."

The depth at the inside linebacker position is bolstered by Levi Draper and Curtis Bolton, who are both battling back from injuries. Newcomers Brian Asamoah, DeShaun White and Nik Bonnitto could immediately figure into the depth chart while converted defensive back Ryan Jones caught a lot of attention for his size when he signed





with the Sooners last year.

“He was already a big kid. Getting into the weight and nutrition programs here, he’s just continued to get stronger,” Riley said of Jones. “If he can continue to mature, then he’s got a chance. He’s got some versatility.”

Jalen Redmond was considered by many to have a chance to start day one, but will miss the 2018 campaign due to concerns over blood clots. Keep an eye on Mark Jackson, Jr. who seems to fit the profile of recent Sooner success stories at the outside linebacker position.

Several break-out candidates dot the Sooner’s defensive line. Kenneth Mann is the returning sack leader for the Sooners and will play a major role in passing pressure and providing run support, as will Amani Bledsoe and talented redshirt freshman Isiah Thomas.

The interior of the defensive line has strength as well. With the continued improvement from both Neville Galli-



more and Dillon Faamatau, the Sooners have the potential to get the kind of push and power they need. Marquise Overton is back for his senior season, with a year of wrestling under his belt.

### NO FLY ZONE

The depth in the secondary has made the loss of several key contributors a little easier to swallow. After serving as a team captain in 2017, Steven Parker graduated to the NFL, leaving a huge hole. When you add in the loss of Will Johnson, the Sooners will need continued development in this position.

There is hope for the Sooner secondary, thanks to the overall depth and continued development of talent like Brendan Radley-Hiles, a five-star recruit and early enrollee. He’s in position to play as a freshman. Nicknamed ‘Bookie,’ Radley-Hiles played in the spring game and registered four tackles. His versatility will allow him to play several different positions in the secondary.

“We’re thrown in the fire and that’s where I like to be,” Radley-Hiles said. “Find your place and attack your role. I’ve already learned a lot about myself, challenging myself.”

Robert Barnes, Khalil Haughton, and freshman Patrick Fields will figure in the mix for safety.

Parnell Motley secured one corner position for a majority of last season while Trae Norwood stepped up late to start at the corner opposite of Motley. Tre Brown showed potential when

called upon by standout secondary coach Kerry Cooks.

Competition will continue to be king at the corners for the Sooners. The mix will include Miguel Edwards who had an interception in the spring game and Jordan Parker, who started as a freshman but was lost to a devastating knee injury during his sophomore season.

### THE TALK OF THE NFL

The NFL came calling for several Sooners in the last draft, but athletic talent is not all the pros are interested in watching. The upcoming season will showcase the Sooner’s explosive offensive scheme once again, and that will be of great interest to many who have developed an affinity for the Riley style of offense. Norman will be a magnet for NFL coaches who want to learn more about the Sooner’s approach.

“I’m more excited the NFL has started to open their minds about some of the things that guys are doing at the college level and seeing it can work anywhere,” Riley said. “It opens the door for our guys to get drafted highly, like they did, and it opens the door for them to compete right away. It shows recruits that what we’re doing here at OU will prepare them for the next level. It’s nice for the program, and nice for the opportunities for our guys once they’re done here.”

According to reports, at least 28 NFL teams inquired about the Sooner’s offensive attack. The numbers truly tell the story of just how good the Sooners have been on offense under Riley. Since Riley took over as the offensive coordinator three years ago, the Sooners rank first nationally with a passing efficiency rating of 187.7, completion percentage 69.4 and total offense with an average of 555.5 yards per game across the three-season stretch. They’ve won 34 of 40 games, including 25 of 27 in conference play, twice notching berths to the college football playoffs.

As flattering as the attention from the NFL has been for Riley, the second-year coach’s main focus is to continue getting better. With the continued addition of talent to the defensive side of the ball, the Sooners are once again poised for a solid campaign in 2018. – **BSM**

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# NORMAN



From the outside, it might be hard to see a whole lot of optimism for the Norman Tigers following another 1-9 season. However, even after a tough 2017 campaign, you won't find any long faces within the NHS football program.

In fact, head coach Rocky Martin and his staff are working toward better days that might be just around the corner, and there's a lot to be excited about.

For starters, quarterback Cade Horton (6'1, 175) has a season under his belt after being thrown in the fire his sophomore season. The two-sport athlete has already committed to play baseball at Ole Miss, however, his arm gives the Tigers options in the passing game they haven't had in several years. Even though last season was a roller coaster ride for Horton, there's a general belief that he's on the verge

of a breakout season. The talent is certainly there but limiting turnovers will be key for the junior quarterback as he looks to this season.

"He's really taken control of the team," said offensive coordinator Michael Collins. "When you're the starting quarterback you always have to be the leader, but he was surrounded last year by a bunch of vocal seniors. For him, part of it was being respectful to the upperclassman, but he hasn't handled it that way this year. He knows it's his show."

An abundance of talented ball carriers seems to follow Norman High into every season. This year is no different. Exavier Smith (5'11, 188) looks to play a big role in the running game after seeing an extended amount of carries last season. He is in line to be the next highly productive running back for the Tigers and his combination of speed and power will help take pressure off Horton, giving NHS the dual threat that it needs on offense.

"Exavier will get the first crack at being the feature guy," said Collins. "He looks great. He's at 190 pounds and his attitude is excellent. Joe Willie and Trey Hecimovich will also get their shots. All three have different strengths."

The Tigers have a lot of depth at wide receiver. Andrew Young (6'1, 180) is coming off a spectacular sophomore season, showcasing his skills in several one-on-one opportunities. Young's presence on the field will be vital to Norman High's passing attack.

"Andrew Young is solid," said Collins. "He's gotten bigger, stronger, faster and catches everything. He's also a great route runner."

Harvey Cooper (5'10, 150) and Tyler Crump (5'8, 165) will also be important playmakers, as both have proven reliable and productive. With progressing

skill players all around him, Horton has more than enough playmakers to help out in the passing game.

With the offensive philosophy change last season from a power run to more of a traditional spread, the Tigers had to go through a change of mentality on the offensive line. By the end of the season, the unit gelled and came away playing its best football.

The coach hopes that experience will help pave the way for successful returners such as Robert Kowaleski (6'2, 245), Olawayemisi Oyesanya (6', 230) and Ben Sparks (6'3, 275). NHS has the luxury of featuring several linemen that have played a quality number of snaps. If the offensive line comes together, the sky is truly the limit for the Tiger offense.

Defensively, Norman High was hit hard by graduation at all three levels. However, the Tigers still feel like this could be one of the best defenses they've fielded in recent memory. The backbone of the defense will be found in a core group of linebackers, possibly one of the most formidable in 6A-1. Cole Thompson (6'1, 195) and Tyren Robb (5'10, 200) will serve as a fierce duo at inside linebacker, while Sam Wishon (6', 180) and Cedric Seals (5'7, 175) will man the outside of the four-linebacker set.

Up front, Tevin Randle (5'9, 145) and Charles Prince (6', 190) will be key players on the defensive line, to round out a talented front seven.

In the secondary, the conversation starts with Gunnar Luna (5'10, 150), who's arguably the most talented player on the entire defense. The summer has been good for Luna, as he's transformed with an extra 20 pounds of muscle. His speed and athleticism will be a difference maker for the Tigers. Look for Luna to be mentioned with various post season awards.—BSM

# 2018 SCHEDULE

Aug 30	Norman North	7:30
Sept 7	Deer Creek	7:00
Sept 14	@ Moore	7:00
Sept 21	@ Yukon	7:00
Sept 28	Broken Arrow	7:00
Oct 4	@ Edmond Memorial	7:00
Oct 12	Enid	7:00
Oct 19	@ Jenks	7:30
Oct 26	Westmoore	7:00
Nov 2	Edmond Santa Fe	7:00

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*Norman native Steve Morren has been assisting clients in property management and sales for 25 years. His experience includes residential, commercial, multi-family and investment real estate.*



# NORMAN NORTH



**N**orman North enters the 2018 football season in transition. With a record of 24-10 over the past three seasons, former head coach Brent Barnes has taken a coaching job in Scottsdale, Ariz., and Justin Jones was named the Timberwolves' new head man at the end of April.

Jones comes to North from Bishop McGuinness, where he and the Irish enjoyed a very successful seven-year stint. He compiled a 68-22 record over those seasons, including trips to the Class 5A state championship game each of the past two years.

"There's a lot of parallels between the McGuinness job and the Norman North job," Jones said. "Norman North is one of the only west-side schools to be in the state finals in recent history in 6A. McGuinness is the same thing. Both programs need to take that final step.

"Taking over a program with one step left, that gets me excited. It was going to take a special place for me to leave (McGuinness). Norman North was one of those that I had always watched from

afar. I love the type of kids that they have. I love where the program has gone in the last five to seven years."

To say the offense will have new faces is an understatement. The Timberwolves are replacing 10 starters on offense, including Ryan Peoples at the quarterback position, the Stoops brothers at wide receiver and Dalyn Alexander at running back.

Coach Jones loves what he's seen from likely incumbent Jacob Switzer (6'3, 175). The junior impressed throughout the spring and summer.

"From his entire body of work from the first day that I stepped on campus, the way that he works in the weight room and outside and his ability and his arm strength, he's really, really good. He's fast, too. He's got all the intangibles we want.

"It's just getting him to understand our system and make this system his own. He's getting more and more comfortable every time he steps on the field. Right now, he's the front-runner in the clubhouse."

Jones highlighted juniors Cale Cabbinness (6', 150), Malachi Gatewood (6'-1, 160 pounds) and Jake Roberts (6'4, 225) as pass-catchers to watch.

"Both of those guys had outstanding springs and have done an outstanding job in our seven-on-seven," Jones said.

He feels great about Roberts at the tight end position, too.

"He is going to be really good," Jones said. "He has a lot of experience and is very versatile."

In the backfield, the T-Wolves landed a pair of key running back transfers. Junior Jordan Ford (6', 215) transferred from NHS and senior Blaine Martin (5'10, 165) comes over from Jones where he led them to the Class 3A semifinalist last season with 1,000 rushing yards on 143 carries and 25 touchdowns. Sophomore running back Gabe Trevillison (5'8, 175) is also expected to be in the mix.

The lone returning starter for North is senior left tackle Ja'Vion Combs (6'4, 345). Senior Jaylen Johnson (6'3, 226) will slide in at guard or tackle. Senior Bo Kemmet (6'3, 240) moves to center and senior Austin Pratt (6'3, 240) will be in the mix on the offensive line.

"If I had to give the award to the most consistent, it would have been to the offensive line. I couldn't be happier with the way our offensive line came off the football and really dialed in on our schemes," Jones said.

Schematically, North will remain a spread offense.

"We're going to operate in the world where we want to be able to run the football. A lot of that is quarterback based," Jones said. "Our identity is that we're going to be able to run inside zone and outside zone and our quarterback is going to have to read one of those defenders and he's going to have to make that defender wrong."

# 2018 SCHEDULE

<b>Aug 30</b>	<b>Norman</b>	<b>7:30</b>
<b>Sept 6</b>	<b>Stillwater</b>	<b>7:00</b>
<b>Sept 14</b>	<b>@ Edmond Santa Fe</b>	<b>7:00</b>
<b>Sept 21</b>	<b>Mustang</b>	<b>7:00</b>
<b>Sept 28</b>	<b>@ Moore</b>	<b>7:00</b>
<b>Oct 4</b>	<b>Owasso</b>	<b>7:00</b>
<b>Oct 11</b>	<b>Putnam City North</b>	<b>7:00</b>
<b>Oct 19</b>	<b>Tulsa Union</b>	<b>7:00</b>
<b>Oct 26</b>	<b>@ Edmond North</b>	<b>7:00</b>
<b>Nov 2</b>	<b>@ Southmoore</b>	<b>7:00</b>

Defensively, the T-Wolves will operate out of a base 3-4 defense. Up front, North returns longtime starters in senior Brooks Smith (6'1, 260) at nose guard and senior Cole Mashburn (6'3, 240) at defensive end. Mashburn holds scholarship offers from Oklahoma, Texas Tech and Iowa State, among others.

"When you look at our roster, Cole stands out among everybody," Jones said. "He's certainly an elite athlete and he's an elite football player."

Jones feels great about what he returns in the linebacking corps, too, with seniors Kelton Dominic (5' 11, 210) and Blake Burns (5'10) and junior Jake Landers.

"When you look at our linebacker corps collectively, it's a big strength for us," Jones said. "All of those guys have done an outstanding job in their defensive preparation and what they've brought to the table this far. We return a lot of experience."

On the back end, senior Diontae Newson (5'10, 165) and junior Quan Williams (6', 170) are expected to start at cornerback, while senior Wade Hennessey (6', 178) and senior Dalton Smith (5'11, 185) will man the safety positions.

"Those guys have had an outstanding spring and summer," Jones said. — **BSM**



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# NOBLE



Last year was a historic season for Coach Greg George's Noble Bears. Noble put together a 10-3 record en route to its first appearance in the 5A state semifinals.

"To get to go on that journey with our kids, to play and practice on Thanksgiving, it was a great feeling," George said. "That's where you want to get and to finally get that chance after 25 years, it was a great deal."

The Oklahoma Secondary Schools Athletic Association reshuffled the districts for the 2018 season and Noble finds itself in 5A's District 1 with Altus, Ardmore and Lawton MacArthur; all of whom were playoff teams last year.

"If someone is looking at our district, people would say there are six teams who could be playoff teams and there's only four spots," George said. "People

say it's one of the toughest districts in the state, and I tend to agree. I know we have four playoff teams in this district from last year, and there were two more in Duncan and El Reno, who weren't that far off either. So, it's really tough."

The Bears entered the 2017 season with a quarterback battle between now senior Hayden Lingle (6'1, 175), junior Austin Fisher (5'8, 155) and junior Jay Smith (5'10, 160), following the graduation of three-year starter Baehlor Buol. Lingle grabbed hold of the job out of camp and never let go.

"Hayden did a great job," George said. "He came in and put up great numbers. He not only ran our offense well, he did a great job leading the team last year. He's out there being a leader for us this summer too working with his receivers on his own and getting bigger and stronger. He's doing everything he needs to do to help make us better next year."

One of the key points for offensive coordinator Kyle Davidson's continued success in 2017 was balance. After graduating the state's leading rusher in 5A Danny Arebalo, the staff will look to junior Gavin Yeager (6'2, 200) and seniors Bryan Henager (5'9, 145), James Robison (5'10, 165) and Umane Willhoite (5'10, 175) to take up the mantle in 2018.

"We've got four guys getting snaps back there right now, but Gavin is getting the main reps," George said. "He's a lot like Danny was. He's a very north-south runner and we've got a lot of guys who compliment him with very different styles."

The receiving corps will once again be talented in this season with seniors Isaiah Willhoite (6', 160) and Bryan Henage and junior Jay Smith. While coach George says players like Henager and Smith will play major roles in the offense, he acknowledges there's a reason why Willhoite led the team in touchdown receptions last year.

"Isaiah is definitely our go-to receiver," he said. "He's got speed, runs good routes and has really good hands. He makes the hard catch look easy."

The offensive line will have to be rebuilt after losing three starters to graduation. Returning in 2018 are junior center Hunter Largent (6'2, 315) and senior guard Hayden Tener (6'2, 245).

"We've got some positions we still need to figure out, but we've got guys battling and fighting to get better, to get stronger," George said. "We've got to make sure we're physical again this year. We're not there yet, but we're getting close to where we need to be on the line."

The defensive front seven will try to continue the 3-4 schematic success of 2017 with returning starter Largent on the defensive line along with senior linebackers Caleb Sturges (6'2, 220) and Colton Debusk (5'11, 165). Senior Lucas McGinnis (5'10, 200), sophomore Gabe Hudson (5'9, 160), senior Devry King (5'10, 185), Umane Willhoite and James Robison could play big roles at linebacker as well.

In the secondary, two-way players Isaiah Willhoite and Jay Smith will lead a talented group of players. Smith, who also competed for the starting quarterback job entering the season, was a key playmaker at corner and led the team in interceptions in 2017.

"We play a lot of spread teams, and we've been really good in the secondary," George said. "We're really good on all levels of the defense because our kids and coordinator Ray Crawley know this system. We've run it every year we've been here, and they really understand it because of that. They give us an opportunity to be good on that side again, and that's a credit to those kids."

Noble opens the 2018 season on the road against Newcastle August 31 and will begin district play September 16 at Duncan.— **BSM**

# 2018 SCHEDULE

Aug 31	@ Newcastle	7:30
Sept 7	Ada	7:30
Sept 14	Piedmont	7:30
Sept 21	@ Duncan	7:30
Sept 28	El Reno	7:30
Oct 5	@ Altus	7:30
Oct 11	Western Heights	7:30
Oct 19	@ Lawton Mac	7:30
Oct 26	Ardmore	7:30
Nov 2	@ Southeast	7:30



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# LITTLE AXE



Little Axe entered the 2017 season with a change at the head coach position, when longtime head coach Matt Looney resigned in December 2016 following a 2-8 season. The Indians found a new head coach in Matthew Lane, and they found themselves in the 3A playoffs.

"The first time I ever talked to this team I told them, 'Hey, we're going to be winners,' and that's how I approach it every day," coach Lane said. "It took a little while to change the culture side of it in terms of accountability and responsibility on the field as well as off the field, but these kids really took to it quickly."

This year, Little Axe was shifted down to District 7 of 2A, sharing a division with the defending 2A state champions Millwood and the state runner-up Washington.

"We obviously know what we have in store for us in terms of having the 2A state championship team on our schedule, which is tough, but I think our schedule kind of lines up for us to have success," Lane said. "We have 16 returning starters, which for a lot of schools that is a luxury you'd like to have."

There will be a change at quarterback after Steven Huff graduated. Huff started the majority of last season for the Indians. Coach Lane couldn't help but speak glowingly of his projected starter for 2018, sophomore Collin Gibson (6'1, 160).

"What we are going to miss most from Steven is his leadership, but for us, Collin has the potential to be the best quarterback in school history. He's a rare talent that you don't see a whole lot at a small school. I'm not sure if he's a Division-1 player yet, but he definitely has a future at the next level. He has all the tools."

Collin's older brother, senior Dylan Gibson (6', 190), has made the transition from offensive line to tight end this offseason and has the potential to be a big play weapon on offense, Lane said.

"He's a really good athlete and he's one of the fastest kids on the team," Lane said. "He's a mismatch for most teams at the 2A level because he's super physical being a former lineman – and he'll play some backer for us too – but he's also got really good speed for a guy his size."

Senior Jesus Vega Jr. (5'9, 170), who will contribute at wideout, in the running game and the defensive secondary, is another name to watch out for offensively.

The running back field has two playmakers with two seniors, including do-everything back Michael Yeahpau (5'11, 175) and electric playmaker David Santiago III (5'7, 140). Both players contribute defensively as well, with Yeahpau at linebacker and Santiago at safety.

Clearing the way for the seniors will be an experienced group of offensive linemen. Junior Weston Early (5'10, 265), senior Riley Barringer (6', 200) and junior Ethan Nusser (5'7, 215) all return after what Lane calls a successful offseason for the group.

"Last year, across the line, we only averaged about 215 pounds, and entering this year, we are already averaging about 235 pounds," he said. "The fact that we are only going to start one senior on the line, and all of these kids are putting in the work they need to makes me excited for the next couple of years."

The Indians defense will shift to a 3-4 scheme in 2018 to take advantage of the team's speed. The scheme change will mean a position change for seniors Riley Barringer and Dylan Gibson. Both will move from defensive end to inside linebacker. The defensive line has considerable depth with senior Mason Payne (6'3, 240), junior Jonathan Price (6'2, 220), junior Weston Early, junior Ethan Nusser, and sophomore Niko Knapp (5'7, 250).

The secondary is nicknamed the "L.A.P.D: Little Axe Pass Defense," as seniors Jesus Vega Jr., Jacob Rumley (5'6, 145), and Santiago lead the group into 2018. Coach Lane says Vega is the playmaker of the group.

"We call them the L.A.P.D. and Jesus is definitely the sheriff of that," he said. "He's going to go play somewhere at the next level. When he was healthy for us, he shut down some of the best receivers we played against last year. He plays both ways, but if he has to get a breather, it'll have to be on offense because he makes too big of a difference for our defense."

Coach Lane and Little Axe will start the season Aug. 31 against Bridge Creek and begin district play Sept. 21 against Lexington. — **BSM**

# 2018 SCHEDULE

Aug 31	Bridge Creek	7:30
Sept 6	@ U.S. Grant	7:00
Sept 14	@ Bethel	7:00
Sept 21	Lexington	7:30
Sept 28	@ Washington	7:30
Oct 5	CCS	7:30
Oct 12	@ Crooked Oak	7:00
Oct 19	Stratford	7:30
Oct 26	@ Millwood	7:00
Nov 2	Star Spencer	7:30



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# COMMUNITY CHRISTIAN



Coming off a winless campaign in 2017, restoring optimism was priority number one for Community Christian head football coach Mat McIntosh.

"After the year we had last year, our big goal for the spring and going through the summer was to just make sure our guys were excited again about football," McIntosh said. "Be sure morale was good, be sure our guys really had a belief that we could really turn the corner this year and make a big jump."

The Royals enter year three in Class 2A with their eyes set on contending for a playoff berth. CCS is once again in a challenging district with two-time defending 2A state champion Millwood and perennial power Washington.

"We know we've got our work cut out for us, but we do feel like with what we've got we should battle for playoff positioning," McIntosh said. "We really feel like, after those first two (Millwood and Washington), it really does open up for two other teams to step up and an opportunity may be there for us."

Sheer numbers in terms of kids that

came out to play football was a challenge for McIntosh and his staff a season ago. They put an emphasis on getting new faces involved and returning some that had played on the gridiron in years past.

"We lined up our last game of the year with 18 guys, just because our numbers were low and had injuries," McIntosh said. "This year, throughout all the offseason and spring, our numbers have rebounded really well. We recruited our hallways really good. I have about 10 upperclassmen that didn't play last year that are coming back out to play this year. We're very excited about this coming year."

The Royals will once again operate out of a spread offense.

"One of the things that people notice, we are fundamentally committed to playing a more up-tempo type of spread. We'll go fast," McIntosh said. "One of the things with spread football, if you don't pick up yardage, don't get first downs or a touchdown, you're not going to give your defense much rest. But, at the 2A level and with our kids, a lot of our guys play both ways anyway. So, we've just committed

to the fact that we're going to be on the field anyway. So, let's try to use tempo to the best advantage that we can."

While it's a familiar scheme, an unfamiliar face will be at the quarterback position.

The likely triggerman for the Royals will be taking his first starting snaps behind center, if all goes according to plan. Coach McIntosh said they elected to move senior A.J. Ward (5'11, 180) into the starting quarterback role.

"It looks like right now A.J. Ward will be our quarterback," McIntosh said. "It was a learning experience for him, but he did a good job. We've had a great spring and summer and feel like he's got a pretty good grasp of the position."

Sophomore Tyler Root (5'11, 145) will also see some time at quarterback, providing the Royals some flexibility offensively.

"He's got a ton of potential and very big upside," McIntosh said. "A.J. is such a good athlete, it will let us use him at some other places from time to time."

One of the players McIntosh recruited back to football is primed for a big season in the backfield as well. Senior Jackson Montgomery (6'1, 190) played as a freshman and sophomore before sitting out last season. Montgomery will be the starting running back.

"To be honest with you, short of injury, I'd be surprised if he's not an over 1,000-yard guy," McIntosh said. "He's a good, big athlete that has speed. We expect him to be a real weapon for us."

The Royals' 2017 all-purpose yardage leader returns in senior slot receiver Evan Young. Fellow senior wide out Matthew Gray is back as well.

"We think probably the deepest position on our team will be our skill guys outside and in our slots," McIntosh said. "We'll go easily two, three deep at each of those positions."

Along the offensive line, CCS brings back two three-year starters in senior center Tanner Campbell (6'2, 170) and senior guard Chris Ledford (6'1, 250).

Defensively, the Royals will once again operate out of a 3-3-5 stack defense. Up

# 2018 SCHEDULE

Aug 24	Crossings Christian	7:00
Aug 30	Luther	7:00
Sept 7	@ OKC Patriots	7:00
Sept 21	@ Stratford	7:00
Sept 28	Millwood	7:00
Oct 5	@ Little Axe	7:00
Oct 12	Star Spencer	7:00
Oct 18	Lexington	7:00
Oct 26	@ Washington	7:00
Nov 2	Crooked Oak	7:00

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front, Campbell and Ledford will pull double duty as members of CCS' defensive line. One of the newcomers that McIntosh is excited about on the defensive line is sophomore defensive end Harry Shuman (6'2, 240).

"We think he'll help us on both sides of the ball, but we really expect some big things from him on the defensive line," McIntosh said.

Another athlete that has played in the past but did not last year is senior Tyler Ratliff (6'6, 190). He will figure in as well on the defensive interior.

"When we came out of our team camp, he was one of the biggest surprises for us. If he wins a start for us or not, he'll spend time on the defensive front," McIntosh said.

Another returnee is one of the headliners in the linebacker corps. Senior Case Harding (5'10, 154) had focused strictly on baseball in the past, but he's back and has earned the nod at middle linebacker.

"He decided he needed to come back out, and he's really taken the reins in spring and summer at middle linebacker," McIntosh said.

At the other linebacker positions, a pair of sophomores that saw significant snaps as freshmen, Reed Holland(5'9, 195) and Alex Hoselton (5'8, 177).

"They've just come back bigger, stronger and smarter, so we look for some big things from them at linebacker," McIntosh said. "We should be much better with a year of development and much better with some guys coming back out for football."—BSM

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# A Head Start

## Sports Community Fighting Concussion Issue with Safeguards, Protocols, Awareness

**A**s new research emerges, universities and public schools nationwide are taking concussions more seriously. While preventing a concussion is nearly impossible, new protocols are being used to protect athletes who may suffer a brain injury.

Effective Nov. 1, 2017, a new law went into effect in Oklahoma that lays out specific requirements for how players, athletic trainers, coaches and administrators have to deal with, treat and manage concussions. The law also puts into place penalties for officials who do not follow the protocols, which include advanced education about treatment and management.

But what the bill does not address - and what athletic programs struggle with constantly - is prevention of concussion injuries in sports.

According to Dr. Ted Boehm, MD, sports medicine physician with Oklahoma Sports and Orthopedics Institute, very little can be done to completely avoid concussions.

"No matter how careful you are, nothing can completely prevent concussions unless you simply don't play the sport," said Boehm, who also serves as team doctor for Norman High School, Norman North and a local college. "The biggest key to prevention is awareness and treating patients appropriately."

A concussion is an injury to the brain caused by an impact or a high-speed situation in which the brain is injured within the skull and symptoms can be present in varying degrees. Boehm said the injury can be worse in youth because the brain is not fully developed.

Symptoms of concussion can include headaches, blurry vision, dizziness and nausea.

"It used to be that people thought you had to be knocked unconscious

to have a concussion, but that's not necessarily true," Boehm said. "We are a lot more aware of concussions now. I wouldn't say the frequency of concussions has increased, but we know now what to look for."

If an athletic official or coach suspects a concussion, Oklahoma's new law requires certain protocols to be in place. One is to not allow the athlete to return to play that day. In fact, most schools and sports programs in Oklahoma are required to follow step-by-step procedures before the athlete can return to sports.

"We need to make sure an athlete with a concussion does not return too quickly and run the risk of secondary impact syndrome, which is associated with significant morbidity and mortality," Boehm said. "With secondary impact syndrome, the brain is not fully healed yet, and it just can't handle the second injury."

In most people, 90 percent of concussions will resolve in a week, Boehm said, but he added that athletes must be honest about how they are feeling.

"You shouldn't return until you are asymptomatic while off medications," he said.

### NEW RULES AND REGULATIONS

At the University of Oklahoma, each player is given a series of standardized neuropsych tests, and if a concussion occurs, that test is given again.

"This way, we have a baseline in which to compare," said Scott Anderson, trainer at OU Athletics. "Obviously, the point is to support athlete welfare. The protocols at the university have changed over the years, and we are constantly looking at the standard of care when concussions occur."

High school and college football programs aren't the only programs battling this problem. The NFL released



Dr. Ted Boehm -  
Sports Medicine Physician with  
Oklahoma Sports and Orthopedics Institute

its most recent injury data on Jan. 26 with statistics compiled by IQVIA, an independent third-part company. The injury data included statistics ranging from 2012 to 2017 for the incidence of reported concussions in the preseason, regular season and postseason.

Total concussions for preseason, regular season and postseason in 2017 was 294 instances, a jump from 2016's 250 and 2015's 279 cases.

The University of Oklahoma's Head Injury and Concussion Safety Protocol also requires that any student-athlete diagnosed with a concussion shall not return to activity for the remainder of that day. Final medical clearance and any return to activity will be determined by the Team Physician in conjunction with the certified athletic trainer involved with the management of the athlete's injury.

"We are now in year four of a longitudinal study sponsored by the NCAA and the Department of Defense, and our protocols are part of that research going on," said Anderson. "But at the end of the day, athletes have to be active participants in their own welfare by being willing and compliant to report concussions."

In addition to the restrictions on returning to play, the protocols also provide guidelines for initiating cognitive rest. The "Return to Learn" approach includes a step-by-step program that requires cognitive rest in addition to physical rest. Current evidence suggests both physical and cognitive rest allow the brain to heal more quickly. - **BSM**

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## PROSPERITY POINTS ON POTATO SALAD & PORTFOLIO CORRELATION



I don't know anyone who doesn't like potato salad—especially if it's your family's secret recipe! Your investment portfolio is a lot like potato salad. Although this doesn't seem possible, the similarities are amazing:

- Potato salad has many ingredients—boiled potatoes, eggs, onions, dressing—and most of these don't taste that great by themselves. They are, however, magic when mixed together. Your investment portfolio also has many different asset classes in it. Some of them are risky and almost none would be wise on their own. However, when combined with other investments, they might help raise your investment return and lower your portfolio risk because of

correlation.

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

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

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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# Look Before You Pump! Don't Get Skimmed At The Gas Station

**H**ow many times a month do you fill 'er up? It's a mindless chore, but did you know it can also be the beginning of a financial nightmare? Gas pump skimming is an old crime that's made a comeback – and your debit card may be at risk.

Every day, 29 million Americans pay for fuel using a credit or debit card. However, compromised pumps with skimming devices installed by scammers have recently been found in several states.

Since these skimmer devices are almost invisible, they can be really difficult to spot, enabling them to easily capture the information of up to 100 cards a day! And, thanks to Bluetooth technology, the criminal doesn't even need to return to the scene of the crime to collect the data their skimmer has obtained; it can all be done remotely from as far as 100 yards away.

Yes, EMV-enabled technology has become more commonplace, but gas stations were given until 2020 to update their payment system, which means many are still vulnerable to such hacks today.

Protect yourself against this heinous hack by arming yourself with all you need to know about card skimmers.

## HOW IT WORKS

Hackers choose their gas pumps wisely. They usually opt to outfit the one that is farthest from the on-site convenience shop. This way, their activity is out of the range of any security cameras at the shop's entrance. The hacker will then place a skimming device on top of the pump's card reader. It will usually be identical to the existing reader, with only a few and hard-to-spot differences.

Sometimes, hackers may place a skimmer inside the pump itself. This task can be done in less than a minute. The hacker can then leave the area and access all the data being collected by the skimmer, with no one being the wiser.

## CHOOSE YOUR PAYMENT METHOD WISELY

You may consider giving yourself extra protection by using a credit card or cash to pay at the pump. A credit card may be compromised just like a debit card, but you can easily dispute fraudulent charges made on your card. Depending upon your financial institution, your debit card may offer minimal purchase protection.

If you want the safest payment method, cash is a good bet. However, remember that cash cannot be replaced if lost or stolen.



## HOW TO SPOT A SKIMMER

If you don't like the idea of carrying around wads of cash, you can still protect yourself against skimmers. Use caution while at the pump, and learn how to spot a skimmer. If something looks suspicious, move on to the next pump and report your findings to the local police as well as the gas attendant on duty.

## FOUR WAYS TO SPOT A SKIMMER:

- Use your eyes. Check out the card reader very carefully. Do the numbers on the PIN pad look raised? Do they look newer or bigger than the rest of the machine? Does anything look like it doesn't belong? Is the fuel pump's seal broken?
- Check the tape. Many gas stations place serial-numbered security tape across the dispenser to protect their pumps from skimmers. If the tape has been broken, or there's no tape on the dispenser at all, it may have been compromised.
- Use your fingers. Feel the card reader before sliding your card into the slot. Do the keys feel raised? Is it difficult to insert your card? These are both red flags that the card reader may have been fitted with a skimming device.
- Use your phone. There are several free anti-skimming apps you can install on your phone, such as Skimmer Scanner. Using these apps, you can scan a card reader for a skimming device and get an alert if one is detected. You can also check your phone's Bluetooth to see if any strange letters or numbers appear under "other devices."

## GENERAL CARD SAFETY

It's always a good idea to practice general safety when using a card to pay at the pump.

Choose the pump that is closest to the store and always cover the number pad with your hand when inputting your PIN. If you haven't yet updated to a chip card, now's the time to do so. It'll offer you an extra layer of protection. It's also a good idea to periodically check your account statements for suspicious charges.

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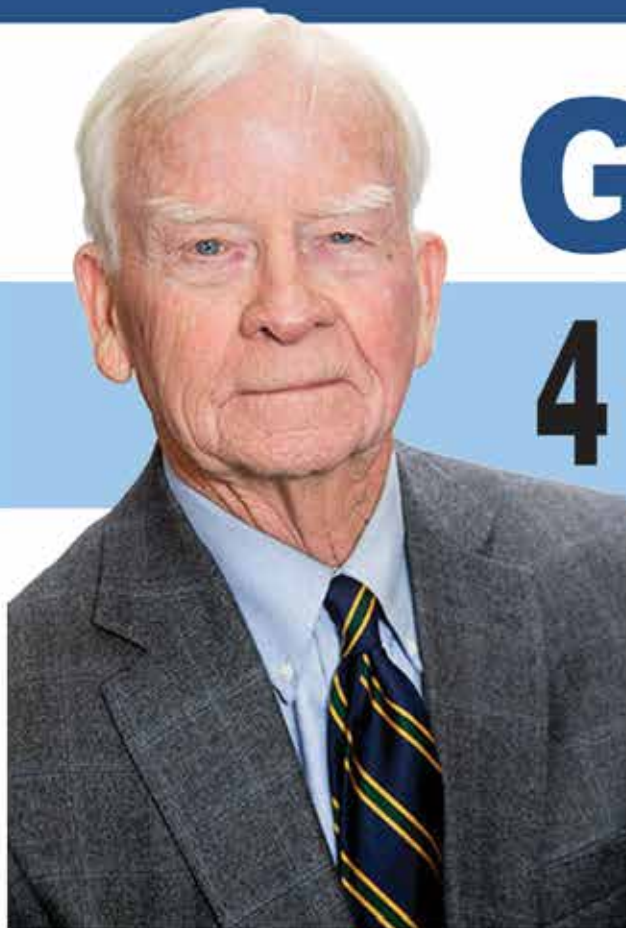
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### FRED GIPSON, D. AND CONGRESSMAN TOM COLE, R. ON THE ISSUES



#### Campaign Reform

**GIPSON** favors a Constitutional Amendment limiting the amount a candidate can spend in a congressional race to \$1.00 per resident in the district. For example there are approximately 770,000 residents in the 4th District and the limit that a candidate would be able to spend would be \$770,000. Gipson will not take money from PACs, lobbyists etc. and all of the money will come from donors in the district with a limit of \$500 per individual. He believes that a candidate's support should come from the District.



#### Gun Control

**GIPSON** as a former U.S. Army Officer favors a ban of weapons of war (AR-15s AK-47s) and believes stricter laws for background checks and waiting periods can be enacted and retain the basic protections of the Second Amendment.

**COLE** is primarily financed by PACs and lobbyists from D.C. and Virginia. This includes lobbyists representing the pharmaceutical and gun industries. Sadly, only 2% of the money raised by Cole came from the 4th District. The National Indian Gaming Association along with the Sioux, Puyallup, Sillagumish, Lummi, Chippewa Tribes-all outside Oklahoma-donated more money to Cole than individuals from Norman, Lawton, Duncan, Chickasha, Ardmore, Ada, Lindsay, Sulphur, Purcell, Pauls Valley, Frederick, Marietta, and Walters combined.

**COLE** has an "A" rating from the NRA and has taken money from the gun lobby.



#### Education

**GIPSON** Federal and state programs must elevate public education at all levels. Gipson will not support any program that devalues public education. We need to strengthen public education so that teachers will not be forced to leave Oklahoma.

**COLE** The current Administration and Cole have entrusted education to Secretary DeVos and others who seek to weaken public schools. Relying on unfunded tax cuts, and failing to accept Medicaid funding have led to the education crisis in Oklahoma and other states.



#### Social Security, Medicare & Medicaid

**GIPSON** favors protecting the integrity of these programs

**COLE** has indicated that benefits for those under the age of 55 are in question and advocates the creation of a commission to "study" social security. Cole was a player in convincing Oklahoma not to take the Medicaid money which added to the budget crisis in the State.

# Gipson4Congress.com

## What's in a Name?

# Harve Collins



### Harve Collins Never Really Left Norman

**N**orman is a town that always seems to draw former residents back for a visit, even if they've been away for years. Perhaps no example of that recurrent boosterism is better than that of Harve Collins, whose namesake stadium on the Norman High School campus is just a hint at the man behind the name.

Harve T. Collins was born in 1891, just two years after the land run settled Norman out of what had before just been a depot on the rail line. He grew with the town as a social young man with an aptitude for athletics.

Through the early years of the 20th century, his name was listed in just about every news account of team activities, including the annual Republicans versus Democrats baseball game.

Most famously, Collins served as team captain of the legendary state champion Norman High School football team in 1911. It's considered "legendary" because the Oklahoma Secondary School Activities Association did not start sanctioning state championships in football until 1944, but few can argue with an undefeated season in which not a single point was scored against them. During the seven games played, Collins led the Norman team to score 249 points against teams from Anadarko, Oklahoma City, Enid and elsewhere.

Collins graduated from Norman High in 1912 and went on to the University of Oklahoma, where he continued his athletics career.

Former Norman High School principal and superintendent Bert Corr said Collins was not a big man, only 5 feet, 8 inches tall and about 130 pounds. But, Corr said Collins was quick and he excelled at football and track. Collins' reputation as an athlete lingered long after he graduated.

With his school days behind him, Collins continued working in athletics as a coach for Norman High and, later, Pawhuska, chaperoning athletes to meets as far away as Chicago. When World War I developed, Collins left teaching and joined the Navy.

Collins turned to business after the war, getting into the technical side of the burgeoning radio industry. Corr said that Collins settled in California, where he built a fortune with the latest technology. "He was a gentle person, soft-spoken, capable, successful because of his good mind," Corr said.

The success led Collins to the 1939 World's Fair in New York, where he managed the public-address system and featured his own exhibit.

Collins did well enough in business that he retired in 1940, a year shy of his 50th birthday. He and his wife, Louella, followed an ambling path of travel. The story goes that in 1950, Collins took Louella back to Norman to see where he had grown up. Once back, Collins was caught up in town spirit, visiting often and becoming as big of a booster of Norman High athletics as anyone.

In a 1966 interview, Collins talked about supporting the Norman teams.

"When we first came back to Norman, there were some athletes washing cars just off the highway. I started thinking about that later. If they wanted to earn money that much, I figured I'd help them."

Corr said they met when Collins called the school about getting a jacket letter to commemorate his 1912 football season. Corr was happy to oblige, and Collins was quick to show gratitude with donations to any need the school had. Corr said Collins typically wrote checks, but his generosity in giving sometimes took creative directions.

"Once he gave the school a big diamond ring. I took it to a jeweler to see what we could get for it, but since they would only pay the wholesale price, it wasn't as much as Collins or I would have liked, so we held onto it. As far as I know, it's still in the school vault."

Collins became a common sight at Norman High, where he could easily be recognized from his old-fashioned style.

"He always wore a top coat, no matter the weather," Corr said. "It may have been because he was cold, but just likely it was just the way people used to consider themselves dressed in those days."

"I remember him attending several practices and games of the Norman High football team back in the 1960s," said Larry Reed, Norman High student from the class of 1970. "His generous gifts made possible the establishment of Harve Collins field. He just loved to give back to the community after having a successful career," Reed said.

In the days before their own stadium was built, Corr said the Norman Tigers played on the University of Oklahoma's Owen Field. As both schools grew, it became clear that a new solution was needed. When Collins passed away in 1977 at the age of 85, he donated a portion of his estate to resolve the matter with a fund for Norman High's own athletic venue. In 1981, the new track and field was named in Collins' honor.

Today Harve Collins is laid to rest in the I.O.O.F cemetery in Norman. Corr recalled riding to the cemetery with Louella, who carried Harve's ashes in an urn.

"It seemed like she was bringing him home." — **BSM**

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# Smart Move



## At Norman Studio, Students Learn More Than Dance

**D**ance comes in many forms and can be done just about anywhere, but to fully reap the benefits a studio education may be the key.

Researchers have been studying the benefits of dance for decades and the results have shown that dance, at different levels, offers a wide range of health benefits such as increased muscle tone, strength, endurance, improved balance, coordination and flexibility — but there are other benefits too.

Possibly the best benefits of dance, especially for children and adolescents, are increased confidence and self-esteem, positive body image and higher mental functioning. Dance, especially in a studio or other group setting, helps youth develop improved social skills and higher confidence in social settings.

While girls often start their dance education as young as three or four years old, Felicia Carter, owner of Norman's Modern Dance Arts, said dance is for everybody.

"A lot of time, boys don't discover dance until they're a lot older because of the stigma that goes along with it," Carter said. But that shouldn't deter parents from introducing their sons to dance at a younger age.

"To introduce any child to dance, they have to learn their basic foundation of movement patterns," Carter said. "We recommend doing a combination class which combines tap, and either ballet or jazz, depending on their age, and creative movement which covers improvisational movement."

Modern Dance Arts offers combination classes for both boys and girls and for a variety of age groups.

"Parents should expect to see their children grow in self confidence," Carter said. "Everything we teach

in our beginner level classes, or our new-to-dance classes, is attainable for everyone. So, you will see your child learn and grow and be proud of themselves at the year-end show."

Of course, there's more to dancing than just moving the body. In fact, students at Modern Dance Arts also learn dance and music theory, as well as musicality skills such as how to count music as part of their dance education.

As students progress through their initial combination classes, they can add additional classes to gain exposure to other types of dance.

"We try to stay as connected to our modern dance roots as possible," Carter said. "Modern dance was [developed during] the teens and the twenties when ballet was what everyone did and how everyone learned how to dance."

"These pioneers of modern dance said, 'you know what, you don't have to contort your body into abnormal shapes and in unnatural ways of holding yourself for it to be beautiful.' So, for the pioneers of modern dance, it was more about the expression of self and expression of natural movement."

Today, the ever-popular contemporary style of dance brings together aspects of many forms of dance.

"We all have our students' best interest at heart and want their experience to be positive," Carter said of her instructors. "

Modern Dance Arts, 1423 24th Ave. SW, is a locally owned and operated dance studio. A lifelong Norman resident, Modern Dance Arts owner Felicia Carter has been with the studio since she got her start in dance at nine years old. Modern Dance Arts is enrolling for fall classes. The studio offers classes in a variety of genres for both youth and adults. Classes run during the school year and include one smaller show in-studio and culminate with a bigger show at Oklahoma City Community College's Performing Arts Center. New-to-dance students can even try out a class before making the standard year-long commitment.

For a current schedule of classes, visit [moderndancearts.com](http://moderndancearts.com) or call 329-8982. — **BSM**

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# You say Syrah, I say Shiraz

**N**ames of wine can be confusing, and in some cases difficult to pronounce. Let's shed a little light on the subject, starting with the classic sauvignon blanc.

The classic sauvignon blanc grape is found in many wines including Sancerre, Pouilly-Blanc, Graves and others from France and Fumé Blanc in the United States. Why all the different names? There are a couple reasons. Robert Mondavi, a leading California vineyard operator, thought Fumé Blanc was easier to pronounce and therefore easier to market in this country.

Traditionally in France, wines are named after the region where they are produced, resulting in several names for wines made from the same type of grape. That tradition is slowly being supplanted by varietal designations, and there is a great deal of variation between the styles of Sauvignon or Fume Blanc. French Sauvignon Blancs are usually oaked, as are Fumé Blancs, while most American Sauvignon Blancs are not. New Zealand Sauvignon Blancs are also unoaked, offering a very fruity forward.

Zinfandel or primivato is often found side by side and, depending on whom you consult, are the same grapes or a close genetic clone of an older Croatian grape. Primivato is grown primarily in southern Italy, while the zinfandel

grape made its home in California with the gold rush. These grapes produce wines with very different characteristics, from fruit forward to downright sweet or even dry and full bodied. Generally dry, Primivato generally is a little lighter than zinfandel.

Pinot gris or pinot grigio are made from the same grape. However, their styles are quite different. Pinot grigio is a traditional light, dry wine from northern Italy. Pinot Gris is originally from the Alsace region of eastern France, and it tends to be full bodied and may have sweet notes. More specifically, Oregon winemakers are emphasizing medium-bodied wines with apple or pear notes.

Finally, Syrah or Shiraz are the same grape. Syrah is what French winemakers call this grape while Australian winemakers call it Shiraz. The style of wine produced is very different too. French wines are restrained, while the Australians are fruit forward. It is important to note that Petit sirah is a completely different grape, unrelated to the other two.

With so many delicious options to choose from, your local wine merchant can help you find the style you prefer.

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# Back to School Healthy

Dr. Betty Harmon, pediatrician with Norman Regional Health System



## Local Pediatrician Shares Insight on How to Start the School Year off Right

Yet another summer break is nearing its end. School supply shopping is in full swing as families across Norman ready for the first day of the new school year. But, there might be a few things you could have overlooked on your back-to-school to-do list. Local Norman Regional Health System pediatrician Dr. Betty Harmon laid out a few health-focused tasks to make sure you start the school year off right.

Developing a healthy sleep pattern topped Dr. Harmon's list as the first thing families should address as they prepare for a healthy school year.

"Sleep is important to allow the brain and the body to rest," Harmon explained. "You need to get into various levels of sleep so the body can function appropriately and that requires certain amounts of time to achieve."

Start the process to adjust your family's sleep routine sooner rather than later, slowly going to bed and waking up earlier, edging closer to match your school hours a few days at a time.

"Kids five and under need ten to 11 hours of sleep. Kids six to 12 need around nine hours. Kids 13 to 18 should get at least eight hours of sleep, in a 24-hour period, including naps," Harmon advised. "And, make sure you put down those electronic devices at least one hour before bedtime."

After a good night's rest, make a plan to start your day off right with a healthy breakfast.

"Eating a healthy breakfast awakens the brain so kids can be alert to learn

throughout the school day," Harmon said. "Cereal, toast, yogurt, fruits and nuts are good, quick options older kids can prepare by themselves."

Next on the agenda, Harmon said, should be to schedule your yearly check-ups including physicals, immunizations, eye exams and dental exams.

"We often take for granted that kids are healthy but it is very important to evaluate your child's health on a preventative basis instead of in an emergency," Harmon reminded. "Yearly physicals are important to make sure growth and development is on track. If children are involved in sports or marching band, they need to have a yearly physical prior to starting that sport or activity. Some of these activities can have intense practices and can be very stressful on their bodies."

In addition to all the other changes happening during the preteen and teens years, vision can change rapidly, Harmon added. A yearly eye exam is particularly essential during these developing years.

Finally, Harmon suggested that families work to find a healthy work/play balance. The solution will look very different for each family, depending on family's unique makeup and interests.

"Every family is different but kids need family time and down time to be healthy," Harmon encouraged. "Families can get creative in their routines to find for time for rest, homework and play, maybe pairing family time with active play on family bike ride." — **BSM**

Norman Regional Health System cares for kids from the day of their birth to their 18th birthday and beyond. To unite the comprehensive services focused on those early years, Norman Regional recently combined its children's services under a new name, Norman Regional Kids. Norman Regional Kids includes a Pediatric Hospitalist program, comprised of dedicated pediatricians who provide specialized care for children admitted to the hospital. These focused doctors provide immediate and ongoing care 24 hours a day, seven days a week to our community's youngest citizens.

### OUTSIDE THE HOSPITAL

Norman Regional Kids treats children outside of the hospital as well. Moore Pediatrics has been providing outpatient pediatric care for the Moore and Norman communities for many years and is the home of Drs. Reba Beard, Betty Harmon and physician assistant Laura Shao. Moore Pediatrics, located on the fourth floor of Norman Regional Moore at 700 S. Telephone Rd, is welcoming new patients. To schedule an appointment please call 912-3100.

### PARTNERING WITH SCHOOLS

This February during flu season, hospital officials partnered with a company called XENEX to bring germ-fighting robots to elementary schools in Moore, Norman and Noble. Coming this fall, volunteers with the Norman Regional Auxiliary will host a Kids Are Special People program at both Norman Regional Hospital and Norman Regional Moore. Kids Are Special People is a fun, day-long field trip for local grade-schoolers. Children visit the hospitals to learn about health topics such as exercise, nutrition, tobacco and safety.



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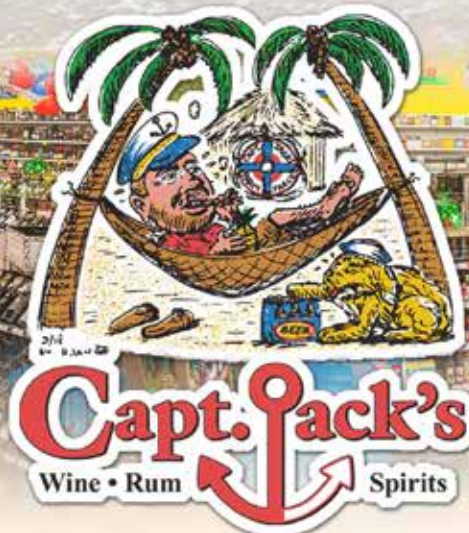
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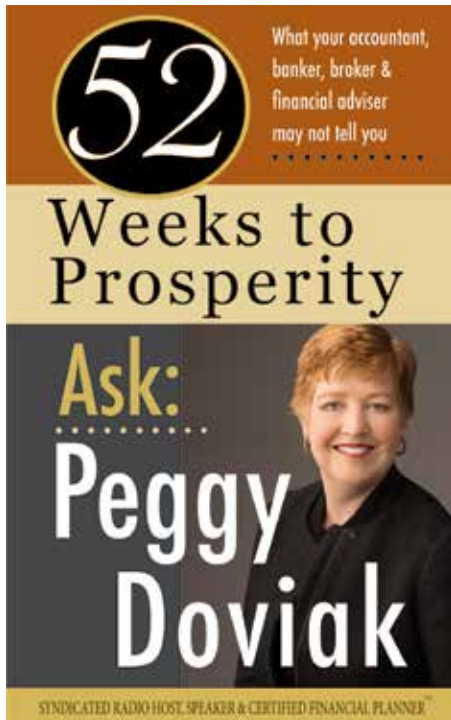
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# 52 Weeks to Prosperity

**Norman Author, Financial Planner  
Writes Book on Money Management**

next step for her to break the finance world down into manageable tidbits.

Fifteen years later, consumers can finally pick up a copy of “52 Weeks to Prosperity - Ask Peggy Doviak,” published by the Edmond-based The RoadRunner Press. Tucked inside this easy-to-digest finance book, readers will find a week-by-week guide to nailing down their personal finances.

Doviak makes it possible for readers to tackle their financial troubles and make true changes within a year. First, she introduces basic vocabulary and concepts before diving into a series of specific topics.

“Finance is a separate language,” Doviak says. “And it can be incredibly overwhelming.”

“52 Weeks to Prosperity” offers digestible chapters so readers can focus on different aspects of cash flow, insurance, investment, taxes, retirement and estate planning, one issue at a time. Doviak even introduces a variety of characters for readers to relate to, from the young woman trying to pay for a wedding and land a new job to the 60-year-old who is still working, demystifying Social Security benefits.

“When we’re afraid, we make really bad choices,” Doviak says. “So, the goal of the book is to make people not be afraid.”

In her book, Doviak also grants readers tips that accountants, bankers, brokers and financial advisers may not so readily reveal. With a series of exercises and activities at the end of each chapter, readers can put such financial concepts into practice in small doses. By the end of the book,

readers will know how to set measurable financial goals and work toward reaching these specific numbers via cash flow assessments and investment plans, no matter where their financial journey begins.

“I don’t care if you have credit card debt. I don’t care if you have a mortgage on your house,” Doviak says. “We’re going to take you wherever you are, and we’re going to help you put together a financial plan to fix anything that needs to be fixed.”

Doviak’s book also addresses surprising extras like gift tax and identity theft. As for anything else left unanswered, readers send their questions directly to Doviak through [peggydoviak.com](http://peggydoviak.com). Readers can also turn to the website for updates as tax laws change.

While Doviak initially intended to write just one general book to help readers grasp common concepts of financial planning, her idea evolved into a full series. Future editions of the “Ask Peggy Doviak” series will serve audiences with tailored financial content.

“I think people would be surprised how easy this is when you break it down into small pieces,” Doviak says.

In the edition geared toward women, Doviak will tackle small business questions, and the millennial’s book will help recent college graduates form healthy finance habits early. Doviak even plans to write a book that helps artists, writers and musicians manage money along with their creative pursuits.

Readers can pre-order Doviak’s book on Amazon or pick it up on its official release date, August 7. — **BSM**

**P**eggy Doviak learned the hard way that even hardworking CPAs like her mother can make mistakes with their personal finances. When her mom lost 40 percent of her retirement savings in 2000, thanks to some bad advice from a stockbroker, Doviak veered off her corporate training career path with a new goal in mind – to simplify the complex art of finances and keep consumers safe.

“I just didn’t want what happened to mom to happen to anyone,” Doviak said.

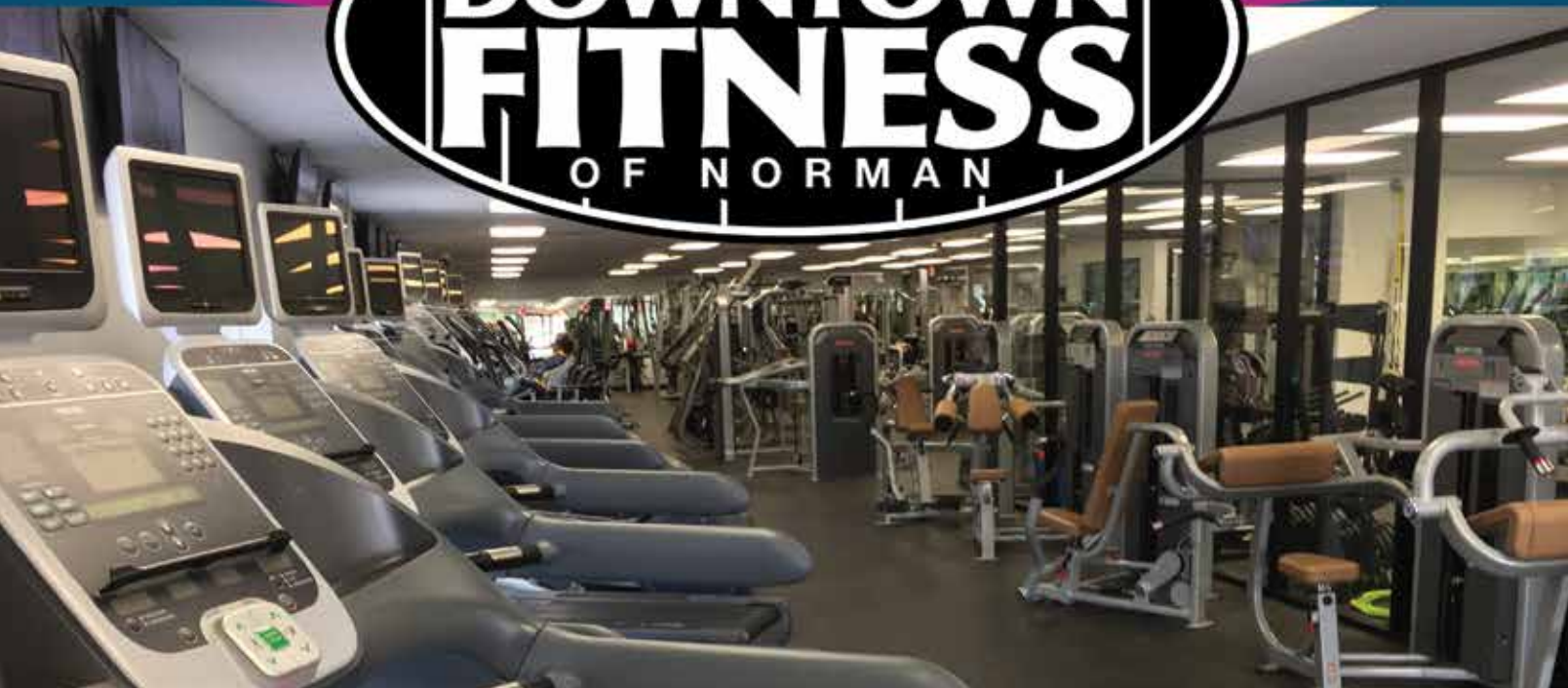
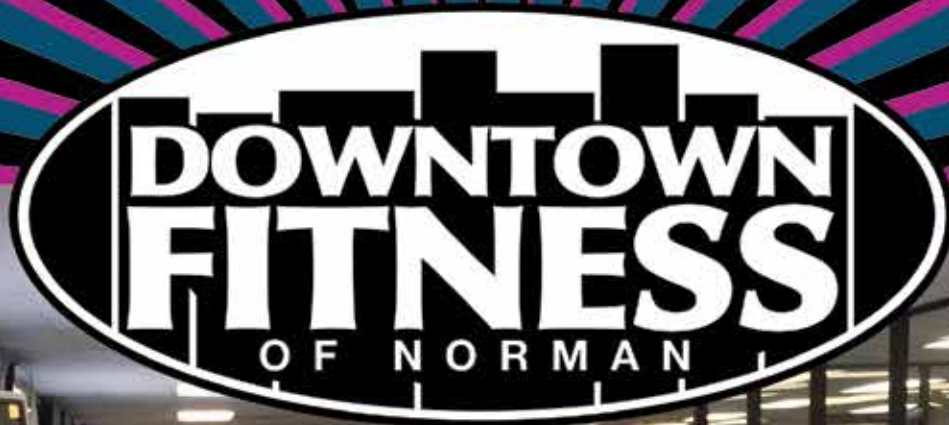
By 2003, Doviak had opened her own financial firm to pass along key tools of the trade to consumers like her mom. Doviak then made it her mission to write a finance book that she didn’t see available on bookshelves.

“People don’t gain control over their finances because it’s so overwhelming,” Doviak says. “And the more you understand what you need to do, the less likely you are to do any of it because there’s just so many pieces.”

Doviak earned her CERTIFIED FINANCIAL PLANNER™ practitioner status before continuing on to receive her master’s degree in finance. With a background in creative writing and a Ph.D. in education, it was a natural

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# Circle the Date



## Adult Day Center Serves Community with Upcoming Fundraiser

**C**ircle the date, call your friends and purchase tickets now to the annual “Purse-onality” fundraising luncheon, benefiting the Full Circle Adult Day Center.

Attendees enjoy a delicious lunch, a signature cocktail and dessert catered by Abbey Road and a gift bag. Additionally, a variety of purses and accessories will be auctioned off during silent and live auction events.

This year’s event takes place Saturday, Aug. 25 at 11 a.m. at The Railhouse, 102 W Eufaula St. in suite 205. All proceeds will be matched up to \$30,000.

Full Circle, 1304 Lindsey Plaza Dr., provides activities and social interactions during the day for seniors and people with disabilities, including dementia or other physical and mental challenges. But, the center facility really takes care of the whole family, the participant and the caregiver, said Donald Pyeatt, the center’s executive director.

“Full Circle not only takes care of the participants but also the spouse or adult children who are the caregivers,” Pyeatt said. “We help provide a break to the family to be able to carry on their lives and to work their full-time jobs in order to provide for their family.”

There’s always a lot of fun going on at Full Circle. The center welcomes participants between the hours of 7:30

a.m. and 5:30 p.m., hosting a variety of activities throughout the day. Volunteers cover daily news topics and lead open discussions. Staff members organize group activities including board games, art classes, cooking, manicures and more.

“We offer different trivia games, anything to help keep the mind active. We try to incorporate music and movement in our activities, and we have four or five individuals and groups who come in and play live music,” Pyeatt said. “Other activities include animal assisted activities, holiday celebrations and special events.”

“Participants are treated at least once a week to an outing such as a local museum, a community activity or a movie,” Pyeatt said. “They’ve even gone to an OU basketball practice.”

A common misconception at Full Circle, according to Pyeatt, is that the center is just for older people.

“Actually, our youngest participant right now is 30, and the oldest just turned 101 a few weeks ago,” he said.

People are also usually surprised to learn Full Circle provides medical care.

“We conduct a medical assessment prior to a person attending, and we have a full-time licensed professional nurse, who monitors the dietary and health needs of our participants,” Pyeatt said.

“Certified nurse assistants provide assistance with activities and personal care, and medication is administered by an LPN, or a medication administration tech as instructed by the persons’ physician.”

Full Circle accepts private pay, DHS, Advantage Waiver and VA benefits. But, because some people don’t fall into those categories, scholarships are also offered through funding from the United Way and the City of Norman.

With the help of continued community support, at the end of this year or possibly early 2019, Full Circle will move to a new located at 4223 28th Ave. SW, in the Franklin Business Park. Doubling their space, the larger facility will allow for three or four different activities to go on at the same time.

“This will help us divide our groups into the functioning level of participants,” Pyeatt said. “And we will have a secured outdoor patio area, too.”

The Cleveland Area Rapid Transit (CART) is available to assist participants with transportation to Full Circle.

Pre-paid reservations for the Purse-onality event are \$65. To register, call Full Circle at 447-2995 or [contactus@fullcircleok.org](mailto:contactus@fullcircleok.org) by Aug. 10. Seating is limited.

– BSM





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# Taste of Norman

## Community Kicks Off Season with Annual Event

**T**he Crosstown Clash is a spirited rivalry that Norman football fans celebrate at the start of every season, but, before the cleats hit the turf, the community hits the dinner table, sampling cuisine from dozens of Norman restaurants.

It's a tradition that's been going on for decades, and it's a fundraiser that generates thousands of dollars every year for the marching bands at Norman and Norman North high schools.

Taste of Norman will be on Aug. 30 in the University of Oklahoma's Mosier Indoor Athletic Facility, near the Oklahoma Memorial Stadium, where the game will be played.

No matter if fans are loyal to the Tigers or the Timberwolves, the event is a way to support young musicians in the district.

"You still get to be loyal to your school, but you know that you're supporting the band program as a whole for the community of Norman," said Becky Gillum, the Norman North band booster president and a member of the event planning committee.

Taste of Norman is hosted by the booster clubs from both schools and offers attendees the chance to choose 10 samples from about 30 restaurants.

"You just have a true variety of different things you can try," Gillum said, "If you've never visited these restaurants, here's your opportunity to get a little taste."

Visitors also are treated to entertainment when the Norman North and Norman High bands perform at the event. Stephen Meiller, band director at Norman High School, said he looks forward to the performances by the bands.

"My favorite thing about Taste of Norman is the pep rally that each band performs in," Meiller said. "The crowd is usually about half High fans and half North fans, so get-

ting to see parents and fans cheer for their school is always exciting to see and becomes a bit of a contest at times. It's always great to see how supportive of a community Norman really is."

Meiller said the community's financial support through the event also helps enhance the band programs.

"Taste of Norman also helps to bring together a large part of our community in support of music and the arts in our schools," he said.

Trent Davis, band director at Norman North, also is grateful for the generosity from the community and said the band raises about a third of its operating budget for the school year. The money is used to pay for music, equipment, clinicians, transportation, entry fees, instruments and repair, Davis said.

Taste of Norman is a great event for not only band families but the Norman community, he said.

"We have many of the same community members come out for our event every year. Our restaurant sponsors and corporate sponsors are fantastic. It's really great to see how our parents and the Norman community get behind our band programs each year."

Tickets to Taste of Norman are \$15 per person, and children 5 and younger can attend for free. The event is from 5:30 to 7 p.m. at the Mosier facility at 395 E Lindsey St.

Tickets can be bought from Norman High and Norman North band students, from the Republic Bank and Trust branches and at the door for the day of the event. Tickets for the fundraiser, as well as the football game, can also be purchased at the Norman Public Schools administration office at 131 S. Flood.

For more information about Taste of Norman, visit the event's Facebook page. — **BSM**

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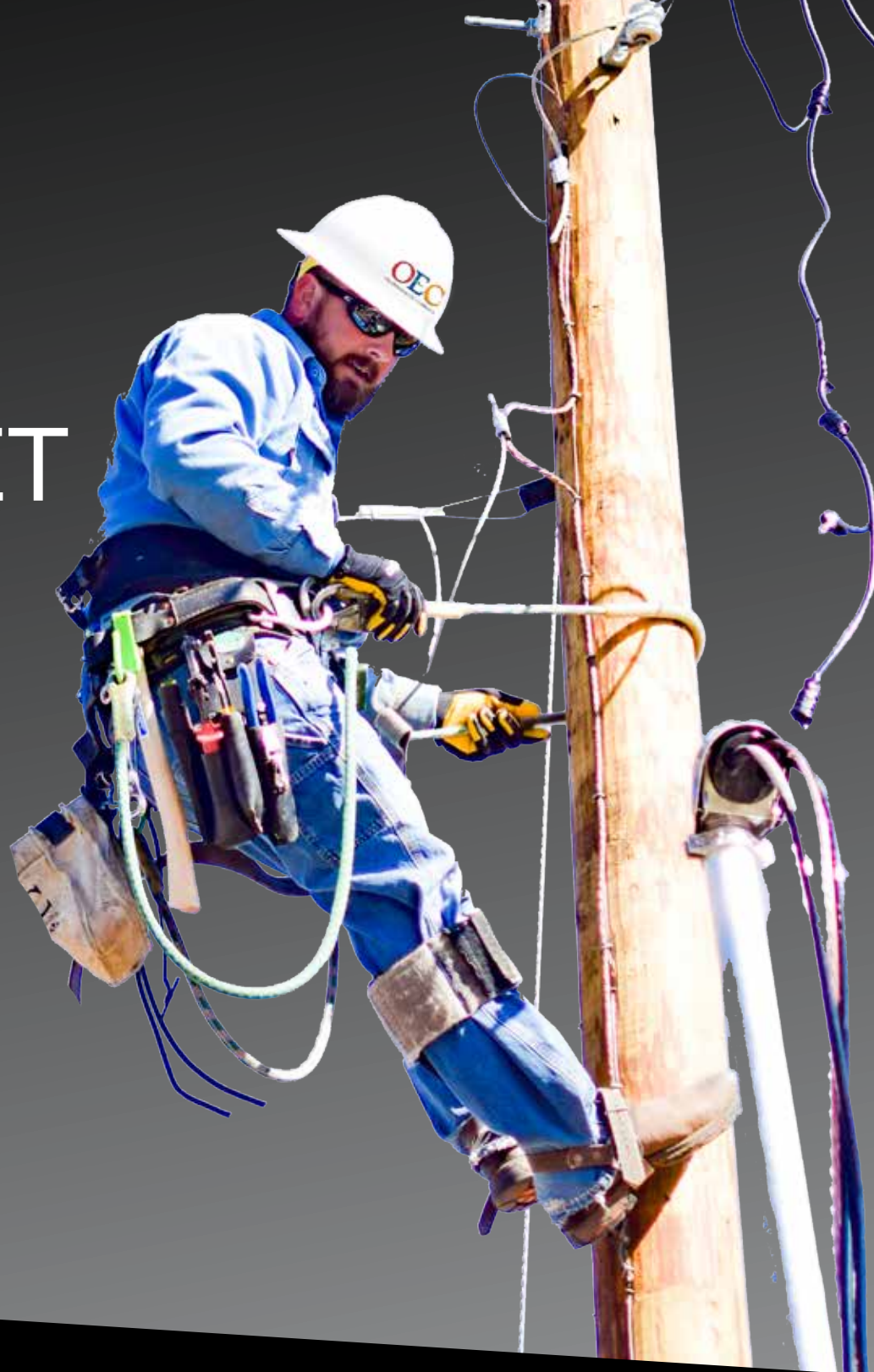
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