

Norman Holiday Events  
Festive Favorites

Toy Ride for Children Fighting Cancer  
Rumbling Reindeer

The International Pantry's Classes  
Cooking & Looking

# BOYD STREET

November 2018 • Issue 11 • Volume 17




# HOLLYWOOD

*Sooner Speedster  
Marquise Brown*

# SECURE CHECKING

It helps protect your money, plus your family's identities. And it's FREE for 90 days\*.

		LifeLock	Identity Guard	ID Shield
<b>Cost</b>	<b>\$5.95/mo.</b>	\$29.99/mo.	\$29.99/mo.	\$19.95/mo.
Checking Account with Online Banking & More	●			
Family Coverage	● <sup>1</sup>		●	●
3-in-1 Credit Report	●	●	●	
Credit Score	●	●	●	●
Total Identity Monitoring	●	●	●	●
Fraud Expense Reimbursement	● <sup>2</sup>	●	●	●
ID Theft Resolution Service	●	●	●	●
Debit & Credit Card Registration	●	●	●	●

Call 1.833.6.SECURE or visit [FirstUnitedBank.com](http://FirstUnitedBank.com)



BANKING

MORTGAGE

INSURANCE

INVESTMENTS



Not FDIC Insured Not Bank Guaranteed May Lose Value  
Not a Deposit Not Insured by Any Federal Government Agency

Requires additional activation procedures. <sup>1</sup>Family includes spouse; persons qualifying as a domestic partner under the provisions of any applicable federal, state or local law; children under 25 years of age; and parents of such natural persons who are residents of the same household. Website comparison of LifeLock Ultimate Plus, Identity Guard Total Protection, and ID Shield by First United Bank as of June 5, 2017. LifeLock.com, IdentityGuard.com and IDShield.com. <sup>2</sup>Identity Fraud Expense Reimbursement provided by subsidiaries or affiliates of Chartis, Inc. Please refer to the actual policies for terms, conditions, and exclusions of coverage. Coverage may not be available in all jurisdictions. \*Monthly service charge of \$5.95 waived for the first 90 days.



**\$10000**



**WIN YOUR SHARE OF \$10,000 IN CASH AND PRIZES. DRAWINGS HELD FROM 6 PM TO 11 PM EVERY SATURDAY IN NOVEMBER, THEN SCORE BIG WITH A \$1,500 GRAND PRIZE FRIDAY, NOVEMBER 30!**

OKC'S NUMBER  
**one**



**MICHAEL McDONALD**  
DECEMBER 21



**BRETT YOUNG**  
DECEMBER 28



**THIRD EYE BLIND**  
DECEMBER 29



405.322.6000 • WWW.RIVERWIND.COM  
I-35 AT HIGHWAY 9 WEST, NORMAN, OK  
GAMBLE RESPONSIBLY 1.800.522.4700

# SMALL BUSINESS SATURDAY

## November 24

SHOP SMART. SHOP *local*.

Use your **Republic Check Card** at select *local* merchants on November 24 to earn **SIX** ExtraRewards Points for **Every Dollar** spent

To see participating retailers:  
visit [rbt.com/sbs](http://rbt.com/sbs)  
or scan QR Code →



REPUBLIC  
BANK & TRUST

(405) 360-5369 › [rbt.com](http://rbt.com) › Member FDIC ›    

When we support local businesses, we create jobs, improve public service, and keep our communities' characters alive.

EXPERIENCE

# AWESOMENESS

TRIVIA SUNDAYS // BINGO THURSDAYS // \$3 SHOT LIST  
\$2 COORS BANQUET // CRAFT BEERS // ARCADE // MORE



307 E MAIN ST • NORMAN, OK • 405.701.7035 • WWW.EATATTHEGARAGE.COM

# WE'RE IN YOUR NEIGHBORHOOD



SEE MENUS AND LOCATIONS ONLINE AT

[WWW.LOUIESGRILLANDBAR.COM](http://WWW.LOUIESGRILLANDBAR.COM)



ALL DAY SUNDAY  
**FRIED CHICKEN**  
SUNDAYS & TUESDAYS

STARTING AT 5PM ON TUESDAYS

*join us for*  
**WEEKEND**  
**BRUNCH**

SATURDAY & SUNDAY TIL 3PM

**WIND DOWN**  
**WEDNESDAYS**

DIFFERENT BOTTLE OF WINE EVERY WEEK

**FRESH OYSTER**  
**WEEKENDS**

SHUCKED TO ORDER

**CURBSIDE TO GO**

TO PLACE YOUR ORDER, CALL 405-701-5844

*view our menu online at* [WWW.PUBDUB.COM](http://WWW.PUBDUB.COM)

AMERICAN



ALE HOUSE

3720 WEST ROBINSON AVE. | NORMAN | (405) 701-5844

[WWW.PUBDUB.COM](http://WWW.PUBDUB.COM)

# Features

- 14** **Life Interrupted**  
by Heide Brandes  
A Norman family's battle with cancer.
- 18** **Festive Favorites**  
by Lindsay Cuomo  
Norman marks calendar for busy holiday season.
- 31** **Normanite in the Spotlight: Joe and Rebecca Sparks**  
by Catherine Poslusny  
Legends still thriving as Norman staple after 50 years.
- 36** **Rumbling Reindeer**  
by Roxanne Avery  
Toy ride brightens Christmas for children fighting cancer.
- 48** **Hollywood Brown**  
by Chris Plank  
OU wide receiver follows humble path.
- 52** **Sooner Stalwart**  
by Chris Plank  
OU great Tommy McDonald remembered for passion, energy, character.
- 72** **Game Day Mass**  
by Roxanne Avery  
Church rolls out welcome for Sooner fans.
- 92** **Cooking and Looking**  
by Tegan Burkhard  
International Pantry draws seasoned chefs to weekly cooking classes.

- 08** **Visit Norman**  
by Stefanie Brickman
- 10** **Service Spotlight: Officer Jessie Griggs**  
by Chelsey Kraft
- 22** **Service Spotlight: Deputy Chief Mike Wilson**  
by Catherine Poslusny
- 26** **Boyd Street Teacher Features**  
by Kaylee Campbell
- 41** **More than a Meal: Abbott House Coaches' Luncheon**  
by Sharla Bardin
- 44** **Service Spotlight: Lt. Kyle Keller**  
by Joy Hampton
- 56** **Killer Instinct: OU's Alyssa Enneking**  
by Chris Plank
- 60** **Good Catch: Noble Coach Greg George**  
by Drake Diacon
- 64** **Standing Out: Timberwolf Athletes**  
by Josh Helmer
- 79** **Keeping Kids in School**  
by Lindsay Cuomo
- 82** **Growing Home: First Fidelity Bank**  
by Lindsay Cuomo
- 85** **Selling During the Holiday Season**  
by Steve Morren
- 88** **Animal Lovers: Rose Rock Vet**  
by Kaylee Campbell

November 2018 | **CONTENTS**  
ISSUE 11 - VOLUME 17

**EDITOR-IN-CHIEF**

Mark Doescher

**MANAGING EDITOR**

Lindsay Cuomo

**SENIOR EDITOR**

Chip Minty

**PHOTOGRAPHY**

Mark Doescher

**CONTRIBUTORS**

Roxanne Avery | Sharla Bardin  
Heide Brandes | Stefanie Brickman  
Tegan Burkhard | Kaylee Campbell  
Lindsay Cuomo | Kathy Hallren  
Joy Hampton | Josh Helmer  
Shannon Hudzinski | Chelsey Kraft  
Tyler McComas | Steve Morren  
Chris Plank | Catherine Poslusny

**ADVERTISING REPRESENTATIVES**

Tracie Gray - tracie@sportstalk1400.com  
Trevor Laffoon - trevor@sportstalk1400.com  
Perry Spencer - perry@sportstalk1400.com

**PUBLISHER** Randy Laffoon

**SPORTSTALK**  
MEDIA

Boyd Street Magazine

2020 E. Alameda

Norman, Oklahoma 73071

Phone: (405) 321-1400

E-mail: editor@boydstreet.com

Copyright © Boyd Street Magazine

Any articles, artwork or graphics created by Boyd Street Magazine or its contributors are sole property of Boyd Street Magazine and cannot be reproduced for any reason without permission. Any opinions expressed in Boyd Street are not necessarily that of Boyd Street management.

**BOYDSTREET**  
MAGAZINE

 boydstreet.com

 /boydstreetmagazine

 @boydstreet

Cover photo by: Mark Doescher



**GIVING THANKS**  
*for all the simple joys!*

**INSURICA**

# 6

Go to [VisitNorman.com](http://VisitNorman.com) for more!

# IN NOVEMBER

6 things to do in Norman in November



## Nov. 2 & 9

### RIVERWIND CASINO

7 p.m.  
Legendary country musician Dwight Yoakam takes the Showplace Theatre stage at 7 p.m. Nov. 2 while Lindsey Buckingham, formerly of Fleetwood Mac, performs at 7 p.m. Nov. 9 at Riverwind Casino.



## Nov. 2-11

### DOGFIGHT MUSICAL

Weitzenhoffer Theatre  
OU's University Theatre presents Dogfight Musical, based on the 1991 film, at the Weitzenhoffer Theatre at 8 p.m. Nov. 2, 3, 4, 8 and 9 with 3 p.m. matinees Nov. 3, 4 and 11.



## Nov. 4

### DAY OF THE DEAD

Lloyd Noble Center @ 2 p.m.  
The OU Hispanic Student Association presents the annual Dia de la Muerta/Day of the Dead Festival with live music, carnival rides, face painting, dance performances and more. Admission is free.



## Nov. 9

### 2ND FRIDAY ART WALK

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



## Nov. 15

### NORMAN PHILHARMONIC

FALL FLING  
Studio at Sooner Theatre @ 7 p.m.  
Enjoy an evening of romantic songs by the Norman Philharmonic with dinner catered by Benvenuti's Ristorante. Musical theater repertoire will include selections by classical and contemporary composers.



## Nov. 18

### WINTER WIND CONCERT SERIES

The Depot @ 7 p.m.  
The Matchsellers take the stage at The Depot as part of the Winter Wind Concert Series. The three-piece trio performs off-the-wall bluegrass and old-time music across the U.S. and Europe.





**B I N G O**

**BLITZ**

**FRIDAYS**

**IN NOVEMBER • 4PM - 10PM**

**TAKE HOME A SHARE OF**

**\$25,000**

**COLLECT ALL 5 LETTERS FOR YOUR CHANCE AT A**

**\$5,000 GRAND PRIZE**

SEE PLAYERS CLUB TO LEARN ABOUT EARNING ENTRIES



AdventureRoad.com  
Travel Partner



I-44 WEST | EXIT 107  
NEWCASTLECASINO.COM

# Service Spotlight: Officer Jessy Griggs



**W**hen Officer Jessy Griggs and his wife, Lisa, decided it was time for a move, they looked at communities that had a good relationship with their police department. This key factor led them to Norman, where they have lived for about two years, and both of them work for the city. Griggs as a patrol officer for the Norman Police Department and Lisa works for the Parks and Recreation Department.

"It's been great," Griggs said of the time he, his wife and their 6-year-old son have spent in Norman. "We are really impressed with how many events the city holds and how many citizens interact with city employees, including the police department."

Prior to coming to Norman, Griggs worked for the Lawton Police Department for 10 years, serving on patrol for four years, the gang task force for three years and as a detective for three years, including as a robbery and homicide detective for the last two.

Griggs decided he wanted to become a police officer during his teenage

years after having a "kind of rough upbringing" that included a lot of drug activity coming in and out of his parents' house. He knew he didn't want to live that same lifestyle, and this led him to looking into a career in law enforcement.

"I started looking around and realized I could make some positive change in people's lives," Griggs said. "Basically just helping people is something that I've always been drawn to."

As a patrol officer, Griggs is assigned to a beat each day, patrolling an area within Norman. He responds to the calls that come into dispatch for that area, handles traffic enforcement and attends any community-related events, such as Coffee with a Cop or school functions.

Next year, Griggs will be moving into a new role as a recruiter. His job will be to recruit quality applicants and help the department produce the best officers it can for the City of Norman. He will also work as a mentor for the academy, which means that once people are hired, he will be there as an in-

formal person to guide them through the process of attending the police academy.

"I've done a lot of things throughout my career, but the recruiting aspect is new to me, which is another reason why I wanted to do it. It's new and challenging," Griggs said. "I've got to say the recruiter and mentor role is something I'm more excited about than anything that I've done."

Griggs said Norman residents should keep in mind that the police department is there not just when people need help but also to interact with the community, whether that's through events or someone just coming by to chat.

"We enjoy going to events and talking with people. If you want to stop by and say hi, say hi," Griggs said. "Events like Coffee with a Cop show that we have support from all of our community, and with that, it shows that we are willing to put ourselves out there for the community too, which we absolutely love doing."

— BSM

Ask us about our discount for Police, Fire, Teachers and Military Personnel!

THE   
*Springs*  
AT GREENLEAF TRAILS  
Located off of Tecumseh just west of Porter



Smaller Square Footage with Upscale Amenities

- Homes Range from 1600-2300 Square Feet
- Choose a Floor Plan and CUSTOMIZE to fit your needs
- Gated Community
- Yards Maintained
- Community Clubhouse with Workout Room & Pool
- Monthly Community Gatherings
- Pond



**Landmark**  
FINE HOMES

Model Hours: Thursday - Monday 1:00-6:00  
or By Appointment



[landmarkfinehomes.com](http://landmarkfinehomes.com) • 405.347.5991 • [info@landmarkfinehomes.com](mailto:info@landmarkfinehomes.com)

1978

2018

40 years



Steaks  
Sandwiches  
Burgers  
and More

GIVING THANKS FOR 40 YEARS

Mon-Thurs  
11am-10pm  
Fri 11am-11pm  
Sat 11am-10pm

 502 S. Webster Ave. | Norman | 364-2139

# Holiday Lights!



**FRANK'S**  
LANDSCAPE

Serving Norman for over 35 Years

Don't fight the tangle.  
Have us install your  
lights this season.

**405-833-9033**

**They employ nine million people.**

**They earn \$1.6 trillion in annual revenue.**

**They are growing at five times the national average.**

Female-owned businesses are powerful economic drivers.  
So why do they qualify for less business loans?\*

[vbank.com](http://vbank.com)



\*2016 State of Women-Owned Businesses  
Report, American Express Open



# Life Interrupted



## A Norman Family's Battle with Cancer

**N**ick Incarnato's cancer didn't start out with classic symptoms. A senior at Norman High, he was a typical teenager with a typical teenage life until January 2018. He had a chance to go watch a University of Oklahoma basketball game, but simply didn't feel good enough to go.

"We thought it was the flu," said Nick's mother, Laura Incarnato. "He had symptoms of the flu, like fever and fatigue. We took him to a minor emergency center, and he was treated for the flu. After seven days, he was no better, so we took him back and they did blood work."

She knew from the doctor's face that something else was wrong with her son.

"He looked freaked out. He told us to take Nick directly to the emergency room," she said. "I think he suspected. Still, it was eight days before we got the official diagnosis."

On Feb. 7, the Norman High School student was diagnosed with leukemia, and for the entire Incarnato family, life was turned upside down. While Nick Incarnato had the hard part of fighting off leukemia and enduring the trials that go along with it, the whole family suffered along with him. Laura Incarnato lost 18 pounds and her husband lost 20 pounds almost immediately. Nick's two siblings had to watch their brother go through rounds of chemotherapy, lose his hair and suffer from treatments.

"It really pisses me off when people tell me that I'm so strong. I'm a mom. I lose it in my private moments, but I'm here for Nick. He's the strong one," Laura Incarnato said.

Treatment hasn't been easy for Nick. Along the way, he got bacterial meningitis and had to have surgery. His lung was punctured when they put the chest tube in. He suffered paraly-

sis. He has endured bone marrow aspirations with only local anesthesia. He had to stay home from school and away from friends due to his risk of infections and illnesses.

"He is a normal teenager who just had his life interrupted. He did some homeschooling, and Norman High was awesome about the whole thing," said Laura Incarnato. "But it got to him. I saw him watch his friends do regular teenage things, like prom. Not being able to go to prom was hard for him. That was a bad night."

"He did get to go to graduation. We didn't think he'd be able to, but the school was so awesome," Incarnato said. "We were at the Lloyd Noble Center, and they let him go through the players' tunnel and be the first one on stage. They did a special tribute for him, and that was special for him."

For the first six to nine months, Nick Incarnato underwent different phases

of chemotherapy, and within a month, he'll begin the maintenance phase of his treatment. He'll lose the hair that just returned and undergo spinal tap chemo.

"It's hard for him. He hates how he looks right now," Laura Incarnato said. "He'll have to take daily meds for at least two more years. Then, they say, we are done. But how do you go on with normal life after that?"

"The doctors are hopeful for a full remission. My philosophy is 'One day at a time'."

Though the prognosis is good for Nick, the chance that the cancer could return is ever-present. While he recently tested zero percent for cancer cells, the two-year journey ahead of Nick means that normal life like college is put on hold.

While leukemia ravaged Nick's life, the whole family has been affected as well. The stress on the whole family was staggering.

"The financial part is devastating too," Laura Incarnato said. "Having to go back to work was hard, because I felt like I was abandoning him. But, we all had to adjust to a new normal. No one can say how or why Nick got leukemia, and you don't think about it until it happens."

The ordeal did bring the family closer in ways most people can't understand, she said. They learned to lean on each other for support and hope, but the Incarnato family has been changed forever.

"Every little thing scares you. If this could happen to my son, what keeps other bad things from happening," she said. "I will say we have had a lot of good times together, though. You appreciate moments that most people take for granted. I wasn't present before, but now I'm aware of every moment I have



with the ones I love. We came through this together, and we helped each other go through it by being positive and keeping our spirits up."

In February, a year after Nick's diagnosis, Nick Incarnato and his family will visit Hawaii through the help of the Make-A-Wish Foundation. After that, Laura Incarnato said, her son still wants to go to college and resume a normal life. — **BSM**



## THE TRAILS GOLF CLUB

Contact us for  
**Memberships • Tournaments**  
**Banquets & Events**  
**Holiday Parties Booking Now!**

# The Club of Choice!

For Information  
Call Kathy at 405.229.1078  
or Visit [trailsgolf.com](http://trailsgolf.com)  
3200 South Berry Road, Norman

Love the sport...  
sport the love.



*Brockhaus Jewelry*  
brockhausjewelry.com

**Generations**  
*Serving* Generations.

find us  
on Facebook



2107 W. Main Street | 405.321.4228



# the international pantry

Kitchenware, Gourmet & Gifts

## Thanksgiving Leftover Waffle



### Ingredients:

- 1-2 cups of leftover stuffing
- 2 ounces of leftover roasted turkey
- 1/2 cup of leftover mashed potatoes
- 1/4 cup of leftover gravy
- 1/4 cup of Stonewall Kitchen New England Cranberry Relish

### Directions:

1. Preheat waffle maker to medium-high heat. Grease waffle maker. Press 1-2 cups of stuffing into the waffle maker (depending on its size). Close top and cook 4-6 minutes or until the stuffing is golden brown and crispy. Open top and cool several minutes.
2. Remove waffle to a plate.
3. Top waffle with reheated turkey, mashed potatoes and gravy.
4. Serve with New England Cranberry Relish.

the international pantry

Bring in this coupon and take  
**20%** off any one  
REGULAR  
priced item

\*Not valid on super savers, sale items or with any other discounts

\*expires 11/30/18

Holiday Hours: Mon-Sat 10-6, Sunday 1-5 beginning 11/18 | 1618 W. Lindsey | 405-360-0765 | intlpantry.com

# HAPPY THANKSGIVING

FROM OUR FAMILIES TO YOURS



FIRSTLIBERTY  
BANK

3500 24th Avenue NW, Norman, Oklahoma 73069  
405-561-0300

Member FDIC Equal Housing Lender

# Festive Favorites



City officials and community organizations in Norman and Moore have plenty of special events planned to spread holiday cheer all season long.

## A COMMUNITY TREE LIGHTING AT ANDREWS PARK

On Nov. 30, Norman residents can celebrate Norman's annual Christmas tree lighting ceremony.

"This is the first year the city and the library are working together to coordinate this event," said Jason Olsen, parks and recreation superintendent. "Families can get in the holiday spirit with the tree lighting and then have some fun in the warmth inside the library."

Hot chocolate, apple cider and cookies will be served as attendees enjoy festive music. After the tree lighting, carolers from Wilson Elementary will guide the party inside the nearby library, where families can enjoy arts and crafts, story time and the chance to take a picture with Santa.

Festivities are planned to begin at 5:30 p.m.

## WINTERFEST AT LEGACY PARK

The celebrations continue the following Friday, Dec. 7 at Legacy Park. Beginning at 5:30 p.m., attendees will be treated to a full lineup of musical performances from Sooner Theatre, local churches, schools and more. There will be a gift-wrapping contest as well as arts and crafts. Kids can enjoy several festive activities, including a special appearance from Santa. Snap a picture or two with the jolly old elf in a fun photo booth.

"You get a printed copy and we will share the photos on our Facebook page too," Olsen said.

Adding to the charm, Legacy Park will now feature a Christmas tree as part of the park's holiday décor. For the first time in several years, Norman will have a living Christmas tree. The tree will be donated by Wells Christmas Farm in Norman.

For a full line up of performers and more details about Winterfest, check the Norman Parks and Recreation Facebook page.

## "A CHRISTMAS CAROL" AT UNIVERSITY THEATRE

Opening Nov. 30 and continuing Dec. 8, University Theatre will share a stage production of the beloved classic based on the novel by Charles Dickens. Suitable for all ages, performances will take audiences on a journey of redemption, filled with music, dance and Yuletide spirit. Tickets go on sale Nov. 12 at the Elsie C. Brackett Theatre and online at [theatre.ou.edu](http://theatre.ou.edu).

## MERRY & BRIGHT IN LIGHTS

The Norman Christmas Parade made a historic change last year, and the nighttime parade returns again on Dec. 8. Organizers made the move, so the festivities could include lights. Given the success and community response, this year's Christmas parade will begin a little later, beginning at 6 p.m. so the lights can shine even brighter.

"We are excited about doing the parade at night again because we so enjoy all the lighted floats," said Matt Woodland, this year's parade treasurer. "Many of

the participants are excited to up their game and add more lights."

Lining Main Street, spectators will also enjoy marching bands and a host of Christmas characters, including the man of the month, Santa Claus. Afterward, First Fidelity Bank will host Santa, so kids can stop in for a visit and pose for photos. For more details, visit [www.normanchristmasparade.com](http://www.normanchristmasparade.com).

## SOONER THEATRE PRESENTS "A CHRISTMAS STORY"

Back by popular demand, Sooner Theatre opens its production of the hit musical Dec. 7, running for two consecutive weekends in December. Travel back to the 1940s with Ralphie Parker as he endeavors to get his coveted Official Red Ryder Carbine-Action 200-Shot Range Model Air Rifle. Fans of the popular Christmas movie will enjoy all the iconic scenes, including Flick getting his tongue stuck to the flagpole, Randy getting dressed in his snowsuit, the leg lamp award, the bunny suit and more. Tickets range from \$28 - \$33 for adults and \$15 for children 12 and under. For more information, visit [www.soonertheatre.org](http://www.soonertheatre.org) or call 321-9600.

## ALL ABOARD! FAMILY NIGHT AT FRED JONES JR. MUSEUM OF ART

Organizers are starting a new tradition with their holiday festivities, and trains are taking over the museum! Museum-goers of all ages can enjoy model trains, art activities, banjo lessons, performances from the University of Oklahoma School of Dance and a cookie and hot cocoa bar on Dec. 13.



Independent | Assisted | Memory Care



*“Making new friends  
is the best part of my day.”*

*Rivermont is filled with opportunities to add fun  
and conversation to your life.*

*Chat with a friend over coffee in the Café,  
enjoy a stroll through one of our beautifully  
landscaped courtyards or share a meal in the  
restaurant-style dining room.*

*With Rivermont, you can have it all.*

**Call Today to  
Schedule Your  
Complimentary  
Lunch and Tour.**

***Independent Living***

800 Canadian Trails Dr  
Norman, OK 73072  
**(405) 360-0606**

***Assisted Living***

750 Canadian Trails Dr  
Norman, OK 73072  
**(405) 360-6056**

**RIVERMONT**  
INDEPENDENT • ASSISTED • MEMORY CARE

[www.legendsseniiorliving.com](http://www.legendsseniiorliving.com)

# Church Groups!

## Looking to serve your community?



Cleveland County

**Habitat  
for Humanity®**

**Help us build houses  
on Saturdays this  
Fall/Winter**

**Contact**

**Mike Davidson for  
info: 405.366.2813**



# ARIA

## REAL ESTATE GROUP



Lisa Talley  
Broker / Owner



Todd Clanton  
Realtor® / Operations Manager



Melissa Thomas  
Commercial Manager



April Butler  
HOA Manager



Courtney Stroup  
Accounting Administrator



Denise Laquerment  
Administrative Assistant



Yvonne Smith  
Realtor® / Property Manager



Donnie Stebbins  
Maintenance Supervisor



Melissa Colcord  
Realtor® / Management Coordinator



Mincee Beverly  
Realtor®



Libbi Holbrook  
Realtor®



Benjamin Dunaway  
Realtor® / Director of Real Estate



Nathan Hayes  
Realtor®



April Lee  
Assistant to the Dunrich Team



Jason Richardson  
Realtor®



Storm Goodspeed  
Realtor®



Logan Frampton  
Realtor®



Terri Standridge  
Realtor®



Ashley Ridney  
Realtor®



Sarah Thomson  
Assistant to Goodspeed and Associates



Julie Ward  
Realtor®



Lisa Ford  
Realtor®

**RESIDENTIAL & COMMERCIAL | SALES**  
**LEASING | MANAGEMENT**  
**HOME OWNERS ASSOCIATION MANAGEMENT**  
**405.701.8881 | [www.AriaGroupOk.com](http://www.AriaGroupOk.com)**

# Service Spotlight

## Deputy Chief

### Mike Wilson



**F**or Deputy Chief Mike Wilson, there was never a question about what he was going to do when he became an adult. As a child, almost everyone that Wilson looked up to was an Oklahoma firefighter. He grew up listening to stories from the firefighters in his family – his father, grandfather, uncle and cousin. He couldn't wait to follow in their footsteps and join the “family business.”

Wilson joined the Norman Fire Department as a probationary firefighter in April of 1982, when he was just 18 years old. He started out at the Main Street fire station, in the building next door to the fire administration building that houses his current office. As the years passed, Wilson worked hard and was promoted time and time again. At 28, he became one of the youngest captains that the Norman Fire Department ever had.

Now, as the deputy chief, Wilson is second-in-command, under Fire Chief Travis King. Wilson oversees the daily operations of the entire Norman Fire Department. When there is a

major incident in Norman, especially one that may draw media attention, Wilson is always called to the scene, no matter the time of day or night. Wilson acts as a public information officer while also surveying the scene to ensure the safety of all involved firefighters.

“We have amazing assistant chiefs on the scene that make it easy for me to oversee the operations. I mainly function as a safety officer, going around making sure the conditions are safe for the tactics that we're using. I'm kind of like the wise old owl in the fire department. I've been around for a long time, and I keep an eye out for the safety of our guys.”

Right now, Wilson is looking forward to seeing the culmination of the work he's done to address water supply issues encountered in areas outside of Norman's water distribution system.

In the past, the city has relied heavily on mutual aid partners, using tankers to bring much-needed water to these areas in the event of a fire. The city recently ordered two pumper tankers

with specifications that Wilson designed. They will carry 3,000 gallons of water. He said they will be a game changer for the fire department, fully equipping Norman fire crews to control fires in areas without hydrants.

That's just one example of how Wilson works to help the fire department better serve the people of Norman. He talks to Norman firefighters every chance he gets, eager to hear about which operations work well and always looking for areas that could use some improvement.

“The Norman Fire Department has been around for a long time. A lot of our practices have been passed down through the ages, through different generations of firefighters. We try to build on what works and incorporate new ways to make the department even better.”

Wilson lives in Moore with his wife of more than 30 years, Glenda. Their daughter is a schoolteacher in Moore, and their son-in-law is a Moore firefighter. – **BSM**

*This is a continuation of our series on public servants in Norman.*

# OCCASIONS

FINE STATIONERY, GIFTS & GOURMET



*Holiday Decor in Store!*



2001 West Main Street • 405.217.8467 • [occasionspaper.com](http://occasionspaper.com)



# Put the spotlight on *your* business

We love giving our members love!

Sponsorships are a great way to get involved with the Norman business community while putting the spotlight on your business as a Norman business community leader. The Norman Chamber is currently selling sponsorships for 2019 through November 16.

Call us today to secure your 2019 sponsorships at **(405) 321-7260**

**NORMAN**  
**CHAMBER**  
OF COMMERCE

## Small Business Saturday

Small Business Saturday is coming up November 24, so stay tuned to the Norman Chamber Facebook page for information about the #ShopNorman Passport contest on Small Business Saturday!

[Facebook.com/NormanChamber](https://www.facebook.com/NormanChamber)

• SMALL BUSINESS •  
**SATURDAY**  
NOV 24

**#SHOPSMALL  
WITH US**

#*Shop* NORMAN



# TERRA

AT UNIVERSITY NORTH PARK

Luxury Apartments



405.294.4735  
Amenities

- Wellbeats Virtual Reality Fitness Room
- State-of-the-Art Luxury Fitness Center
- Resort-Style Pool
- Outdoor Theatre
- Private Parking
- Life-Size Outdoor Chess
- Gated Community
- On-Site Dog Park
- 24-Hour Emergency Maintenance
- Grilling & Outdoor Lounges
- Smoke Free Building
- Free High Speed Gigabit Internet in all common areas

\*limited time only



2751 24th Avenue NW  
Norman, OK 73069  
[www.TerraNorman.com](http://www.TerraNorman.com)  
[info@nemanagement.net](mailto:info@nemanagement.net)



Professionally Managed by:



# Boyd Street Teacher Features

## Tracy Bates

**T**racy Bates got her start in teaching more than 25 years ago, and although she hasn't always been in a classroom, she's been teaching all the same. Bates realized her calling while working for Hertz, renting construction equipment.

I learned everything there was to know about backhoes and bulldozers, so I started to train new hires," Bates said. "That was the beginning of the end of my career at Hertz. I realized helping people learn was what I really wanted to do. So, I quit my job, returned to school and started teaching."

A few years later, she accepted her first teaching job, working in a small high school, but that too would give way to another kind of teaching. After a year and a half, Bates took what she calls an 18-year maternity leave, which provided her with an entirely new set of skills and experiences that would be useful when she returned to the classroom. Today, six years after returning

to the classroom, Bates teaches English at Norman North High School and says she has enjoyed every minute of teaching since her return.

"This year, I am most looking forward to helping students realize English is more than reading and writing," Bates said. "It is always fun to see kids have the epiphany that what they are really learning about is perspective and how to share it."

Still, it's the everyday occurrences that happen in the hall between classes that give teaching that added something that fills her heart.

"I love it when kids stop to share some news with me or just need a hug," Bates said.

And watching them walk across the stage at graduation is an accomplishment for both Bates and her students.

"Seeing kids walk across the stage, knowing many of them worked extremely hard to get there, fills me with a sense of hope and pride. It means I



have helped them earn a chance at a good life," Bates said.

Bates was voted by her peers as the Norman North High School site teacher of the year last year. An honor that she said, made her happy because it meant that the work she puts into creating fun, innovative and meaningful learning for her students was also being noticed by her colleagues.

"Honestly, the honor just made me really, really, happy!" Bates said. – **BSM**

## Phillip Trimmer

**A**fter too many years working in commercial sales, Phillip Trimmer found the silver lining in the economic downturn of the late-2000s. In simply looking for a way to provide for his family, he found his calling in teaching.

The process to get his alternative teaching certificate was long.

"That was a rough 18 months," Trimmer said. "I was finally given an opportunity by Christy Washington, assistant director of Special Services, to teach in a residential facility... back during the 2011-12 school year."

Today, Trimmer is a teacher for Norman's residential facility programs where he has spent the last five years teaching students living in the Oklahoma Juvenile Center for Girls. He teaches them in the most traditional of settings, a one-room schoolhouse.

"When it is math class, you teach many different levels of math simultaneous-

ly... in the same room," Trimmer said. "It is very much a 'fly by the seat of your pants' classroom setting and you really have to know your curriculum to shift from trig ratios in geometry to order of operations in middle school math, and then back to graphing linear equations in algebra; all in a matter of maybe 20 minutes."

One year, Trimmer worked hard to prepare his seven students for the old algebra End of Instruction test and four students passed. But, don't be fooled by the numbers. This was a major accomplishment for both Trimmer and his students as they were learning remedial math in conjunction with core math.

"It just felt good to see that success from students that struggled on a regular basis," Trimmer said.


"I was surprised and humbled that my peers recognized me for the site teacher of the year nomination. The golden apple that I received at the recognition



banquet sits on a bookshelf we have at my house," Trimmer said. "When I get a glimpse of it on occasion, I am reminded of what I have accomplished and that what I do does matter to someone, whether we see it or not."

This past spring, Trimmer earned his Master's Degree and Secondary Principal's Certification, a feat that required five semesters and one summer of studying, all while balancing full-time teaching and a family with two very active children.

This year, Trimmer said he is excited for his next challenge as he takes on teaching all boys, and the extra responsibilities that come with his recent accomplishments. – **BSM**

A family consisting of a woman, a man, and a young child are in a grassy field. The woman and man are holding hands and looking at each other. The child is running away from them. In the sky, there is a large, semi-transparent silhouette of a baby's head and arms, reaching out towards the family. The sky is a mix of purple and pink, suggesting a sunset or sunrise.

## From your first trimester to their last semester.

Experienced obstetricians. Obstetrics emergency department. Supportive labor & delivery department. Level III NICU. Local pediatricians. And more. Norman Regional Kids is right here in central Oklahoma for your growing family.



**NORMAN  
REGIONAL**  
Health System

**Kids**

[NormanRegional.com/Kids](https://NormanRegional.com/Kids)

Getting us all to a healthier place.



**BEST OF moore & SOUTH OKC**

**Reader's Choice AWARDS**

**Google Reviews** ★★★★★

**Get your new smile**  
ORTHODONTICS EXCLUSIVELY

facebook

**FIVE STAR CUSTOMER RATING**

**PLATINUM INVISALIGN PROVIDER 2018**

Children Teens Adults  
Braces & Invisalign

## Office Amenities

- Arcade Waiting Room
- HD Movie Theater
- Internet Cafe'
- Little Kiddo's Play Area
- Easy Check-in

Norman Office: 405-321-2735  
South OKC Office: 405-407-6453



Proud Sponsor  
of  Athletics

**South OKC Norman**

[www.orthoexc.com](http://www.orthoexc.com) Dr. Tim Shannon Dr. Mark Revels Dr. Gabriela Restuccia

## Not ready for winter?



*have a*  
**SUMMER STATE OF MIND**



1400 SW 24th Ave.  
405-364-1912  
ThompsonPool.com



# Do You Like Washing Your Car Every Day? Join The Club.

**Our Unlimited Car Wash Club Offers You One Low Monthly Rate.**

Join the Unlimited Club at Okie Express and wash your car every day if you like. We have three packages to choose from and you can wash your vehicle at any of our 8 metro locations **including our new location in Yukon!** Visit [www.OkieAutoWash.com](http://www.OkieAutoWash.com) or see your attendant for details.

We're open seven days a week and can wash and wax your car, truck or SUV in about three minutes. Plus, our vacuums and floor mat cleaners are always **FREE** with any wash purchase.



# For all your gaming needs



**Store & Technology Playground**  
OKLAHOMA MEMORIAL UNION  
900 Asp Ave. Room 101  
Mon-Fri 9AM-5PM  
405.325.5001 or 405.325.1925



shop online 24/7 at  
[oneustore.ou.edu](http://oneustore.ou.edu)

@OneUniversity  
 @OneUStore  
 /oneustore  
 @oneustore



# NORMANITES IN THE SPOTLIGHT



## Joe and Rebecca Sparks

If you've been in Norman for any length of time, you've probably heard of Legend's Restaurant. There's no arguing that the business boasts a storied history with which few Norman establishments can compete. In the weeks following a significant milestone for the restaurant, Legend's co-owners Joe and Rebecca Sparks have spent a lot of time reflecting on the profound bond that their business has created between them and the Norman community.

Legend's Restaurant celebrated its 50th anniversary on Sept. 15, commemorating this landmark event with a Chamber of Commerce ribbon cutting. Afterward, the restaurant gave away about 600 pieces of their famous lemon cake to the crowd of supporters that stopped by to celebrate their favorite Norman staple. Before the ribbon cutting, long-time customers were invited to the restaurant for a special wine tasting and hors d'oeuvres.

In the time leading up to the anniversary celebration, the restaurant started bringing back popular menu items from the past that long-time customers were likely to recognize and enjoy.

Joe and Rebecca Sparks also designed t-shirts to give away at the anniversary gathering, proudly proclaiming that the restaurant was "still cooking after 50 years."

"It's hard to survive in the restaurant business," said Rebecca, "so we both feel so proud and honored that we've been able to keep this going through all the ups and downs throughout the decades."

For example, many Norman residents may remember the strict Oklahoma liquor laws of decades past, when state authorities would raid restaurants and shut down the ones caught illegally serving hard liquor. During this time, the Legend's owners built wooden lockers in the restaurant to hold their customers' personal stocks of alcohol. They even built a small, fully-licensed liquor store on the premises to make sure that their customers had the option to be served drinks legally with their food.

Of course, that system wasn't convenient for anyone – the restaurant was losing money by not being able to sell alcohol and customers couldn't enjoy their favorite mixed drinks with their

meals unless they purchased entire bottles of liquor and brought them to the restaurant. Something had to change, and Joe Sparks stepped up to the plate. He was instrumental in championing the legislation that allowed restaurants to start selling liquor by the drink in 1985.

If you visit Legend's today, you can still see some of the wooden liquor cabinets that the owners have left intact. They are remnants of another era, reminding customers of the restaurant's place in Norman's history.

Legend's Restaurant started out as a pizza delivery service in 1967, located on Norman's South Navy Base. The business moved to its current location, 1313 W Lindsey Street in 1968, after experiencing tremendous success in their first year of business. Along with the new building, they added new menu items, including steak, sandwiches, salads and house-made desserts.

The restaurant stopped selling pizza in 1972 in favor of a more sophisticated menu. Their current menu has evolved since, keeping the sophistication of that 1972 menu with beloved

Legend's classics and seasonal menu that changes quarterly. Joe and Rebecca Sparks enjoy responding to the inspiration that they find from the world around them, integrating innovative new menu options for their customers.

"We're always looking for ways to stay fresh and keep people excited about coming back to Legend's," Rebecca says. "We want our menu to stay very classic while incorporating newer menu items that our customers may not have tried before."

Some of the newer items that have been most popular with Legend's customers are the mole shrimp, spicy curried shrimp and adobo chicken. However, you don't have to worry that your favorite Legend's staples will be rotated out anytime soon. The Sparks are mindful of customer favorites, such as the chicken crepes, chicken salad, fresh seafood and steaks.

Joe Sparks has been with Legend's Restaurant since the very beginning. He signed on in a managerial capacity three months after the restaurant opened, becoming one of about 10 of the restaurant's stockholders. Joe and his wife Rebecca, who started working at the restaurant almost 40 years ago, became sole owners of Legend's Restaurant in 1980.

The couple, both Norman transplants, are grateful for the way that the community has embraced their business over the years, and now they couldn't imagine living anywhere

outside of Norman. "This is our home," said Joe, gesturing to the restaurant around him. "Our whole careers have been involved in this restaurant and intertwined in the community."

In fact, they live less than a mile from Legend's and their daughter, Eva—now a junior at OU—basically grew up in the restaurant. She started taking fresh muffins to the tables during Sunday brunches when she was only 8 years old. Now, Eva still likes to do catering and wait tables at the restaurant a couple of times a week, which is always a treat for long-time customers who grew to know her through the years.

Legend's Restaurant has been incredibly involved in the Norman community during the past five decades, with co-owners Joe and Rebecca actively working with many Norman organizations, including Norman Public Schools and the Norman Public Schools Foundation, Firehouse Art Center, the Norman Chamber of Commerce, Norman Community Foundation, Norman Art Foundation and Friends of the Norman Public Library. The Sparks also played a big part in plans for the reconstruction of the West Lindsey Street corridor.

"We feel like we are a part of Norman, and Norman is a part of us," Joe said with a smile. "We're so happy here, and we're willing to do whatever it takes to keep Norman growing in a positive direction." – **BSM**



LIVE COMFORTABLY.  
LIVE CHARLESTON  
APARTMENTS.

Our homes offer you the best of affordable living in a location close to everything you need.

405-364-3603 | 2073 W. Lindsey St. Norman, OK 73069





**BOOTCAMP BLITZ**

**\$6** 1/3 LB CLASSIC BRATWURST CHIPS, AND A PINT OF BEER  
OR  
BEER AND A SHOT

NO SUBSTITUTIONS

Happy Hour 2 - 6 & 9 - CL

BootCamp

405.321.4444

**Auto Image USA**

AUTO DETAIL AND ACCESSORIES

405-321-4444

**Auto Detailing**

Get that car back to looking **NEW** again.

OTHER SERVICES WE OFFER  
ALARMS // WINDOW TINTING // RIMS & TIRES  
AUDIO & VIDEO // CAR & TRUCK ACCESSORIES  
WINDOW DETAILING

**2701 36TH AVE NW**  
**NORMAN, OK 405.321.4444**



**Stretching**  
for People of All Ages & Abilities  
Improves range of motion, circulation,  
posture while reducing stress & muscle pain

**Stretch U**  
Everybody's  
plays better  
move better!

Let Stretch U of Norman get you back in the game

**Stretch U**  
UNLEASH THE ULTIMATE YOU!  
OF NORMAN

**Move Better - Feel Better**

“Stretching makes movement easier...plus, it feels great!!!”

**405.421.2794**

# Sitel is now hiring for call center agents.

This is a great opportunity for you to advance your career in a fun, friendly, inbound call center environment!

We offer paid training, benefits, and opportunities for advancement within the company.

Apply in person at 2701 Technology Pl  
in Norman or online at [jobs.sitel.com](http://jobs.sitel.com)  
keyword: **Norman**.



**sitel**

Empower humans. Enhance brands.

You said, "YES."



Now, let us help you  
create the Perfect Day.



**EMBASSY  
SUITES**  
by HILTON®

Norman - Hotel & Conference Center

2501 Conference Drive • Norman, OK 73069 • 405.364.8040 • [embassysuites.com](http://embassysuites.com)

Promote your products  
and services with the right  
signs and visual graphics.



**405.701.2890** [FastSigns.com/2040](http://FastSigns.com/2040)



**FASTSIGNS**  
More than fast. More than signs.®



# CLASS 101®

The team at Class 101 provides much-needed  
personalized college planning services.

- Counseling on which classes to take
- Developing a standout resume for colleges
- Increasing ACT and SAT scores
- Writing a stellar college entrance essay
- Creating the ideal college list based on a student's individual situation
- Applying for financial aid and scholarship opportunities



**Rennie Cook, Owner**  
**Class 101 - Norman**

[class101.com/norman](http://class101.com/norman) • [rcook@class101.com](mailto:rcook@class101.com)  
2212 Westpark Drive, Suite 104 • 405.346.8393



## Toy Ride Brightens Christmas for Children Fighting Cancer

Christmas is a magical time of year with Santa, toys, trees, tinsel and holiday wishes that come true.

But, imagine what Christmas is like for a child who is fighting cancer. Now, imagine the joy that child might feel as she listens to the rumble of Santa's approach with more than 300 motorcycles by his side.

On Sunday, Dec. 9, the Toby Keith Foundation OK Kids Korral Toy Ride will leave the Fort Thunder Harley Davidson motorcycle shop in Moore as a cadre of cancer survivors see them off. Led by Santa himself, the riders from across Oklahoma and Texas will make the holidays a little brighter as they deliver Christmas presents to sick children.

Ride coordinator Timmy Smith became involved in the program 15 years ago when he helped put Christmas lights on the houses of young cancer patients through the Bob Stoops Championship Foundation.

"Then, one day my buddy and I said we should get the motorcyclists involved. The first year, we had eight or nine motorcycles and now we have over 360 show up for this event," he said.

This will be the first year that all of the funds will go directly to the OK Kids Korral, a cost-free home for children battling cancer.

"We stopped at the OK Kids Korral for the last seven or eight years, and we passed a hat around for donations. But this year, we are focusing our efforts on making a bigger impact on Oklahoma's home for kids with cancer," Smith said.

Everything ends with an after party at Hollywood Corners where raffle tickets will be sold for prizes, and there will be an auction for memorabilia, such as a University of Oklahoma football helmet and a football signed by OU head coach Lincoln Riley and former head coaches Bob Stoops and Barry Switzer. A guitar signed by Toby Keith and many other items also will be part of the auction.

The mission of The Toby Keith Foundation is to encourage the health and happiness of pediatric cancer patients and to support the OK Kids Korral, which provides a convenient and comfortable home for pediatric cancer patients receiving treatment in Oklahoma City.

The Toby Keith Foundation has been helping children with cancer since 2006, and it continues its services through partnerships with hospitals, caregivers, foundations and civic groups.

According to the Toby Keith Foundation website, "There is no greater gift than keeping families strong and together during a difficult time. If we can alleviate stress on a family, encourage a brother or sister and comfort a sick child, then we will make a difference in the fight against cancer."

Smith said, "If you think about it, all of life is about children and getting them to the point where they're adults and they're thinking about children. We've got to help them out."

Beginning Nov. 1, unwrapped toys can be donated at Fort Thunder Harley Davidson, at 500 SW 11th St. in Moore. Tax-deductible donations can be made by check to the OK Kids Korral.

Those interested in participating in the ride can find more details at [www.facebook.com/OKKToyRide/](http://www.facebook.com/OKKToyRide/). — BSM

**DECEMBER 9, 2018**

REGISTRATION WILL BEGIN AT 8:00am AT FORT THUNDER

500 SW 11th St, Moore, OK 73160 **NO CAGES**



## RIDE WITH US

and help deliver Christmas gifts to children fighting cancer and make their Holiday a little brighter

### REGISTRATION

WILL BEGIN AT 8:00am  
AT FORT THUNDER  
500 SW 11th St, Moore, OK 73160

## \$30/BIKE

### RIDERS ARE FREE

Two wristbands will be given per registration for free beer (while supplies last) at Hollywood Corners.

PRE-RIDE MEETING 9:30am  
KICKSTAND UP 10 am SHARP

Please bring an unwrapped toy for Santa's Express

After-party at Hollywood Corners in Norman following the conclusion of the ride around 1pm with food, free beer (for those with wristbands) and live music. No bike? No problem! Join us at Hollywood Corners for the fun!

Benefiting The Toby Keith Foundation  
818 NE 8th Street Oklahoma City, OK 73104  
to learn more visit [www.tobykeithfoundation.org](http://www.tobykeithfoundation.org)



# COOLEST HANGOUT IN Oklahoma

GAMEDAY HQ  
MULTIPLE SCREENS  
FULL BAR  
LIVE MUSIC  
OUTDOOR CONCERTS  
BIKE NIGHT



4712 N. PORTER  
405-701-4990

[HOLLYWOODCORNERSSTATION.COM](http://HOLLYWOODCORNERSSTATION.COM)

## HIGH SCHOOL STUDENTS APPLY NOW. START AUGUST 2019!

APPLICATION PERIOD BEGINS NOV. 14, 2018.

### BUSINESS & INFORMATION TECHNOLOGY CAREERS

- Accounting Services \*
- Cyber Defense \*
- Database Administration \*
- Digital Video Production \*
- Entrepreneurship \*
- Graphic Design \*
- Legal Office Services \*
- Network Information Systems \*
- Pre-Engineering \* † ‡
- Programming & Software Development \*
- Teacher Prep ‡
- Virtualization & Cloud Storage \*
- Web Design \*

### HEALTH CAREERS

- Biotechnology \* ‡
- Medical Assisting †
- Nurse Aide ‡
- Personal Fitness Trainer †
- Physical Therapy Aide ‡
- Pre-Nursing \* †
- Veterinary Assistant ‡

### TECHNICAL CAREERS

- Automotive Collision Repair & Refinishing
- Automotive Service Technology
- Carpentry
- CNC Machining
- Computer Aided Design & Drafting \*
- Cosmetology
- Electrical Apprentice
- Heating, Ventilation, Air Conditioning & Refrigeration (HVAC/R)
- Service Careers Maintenance
- Welding

### ADULT ONLY CLASSES †

- Cosmetology: Practicing Master and Master Instructor
- Dental Assisting
- Diagnostic Medical Sonography
- Esthetician
- Practical Nursing
- Surgical Technology

\* Oklahoma's Promise | † College Credit | ‡ High School Seniors & Adults | ‡ High School Only | † Diploma or GED Required



**COLTON CASTLEBERRY**  
NNHS CLASS OF 2018

- MNTC Physical Therapy Aide, 2017-18
- Norman North High School graduate, 2018
- Attending OU fall 2018 to study physical therapy



**@MOORENORMANTECH**  
#MooreNorman #FutureNow

Submitting an application does not guarantee acceptance. Students will receive written notification of their application status in spring 2019.



[mntc.edu/futurenow](http://mntc.edu/futurenow) | 405.801.5000  
FRANKLIN ROAD CAMPUS: 4701 12TH AVE. NW, NORMAN, OK 73069  
IN PARTNERSHIP WITH MOORE AND NORMAN PUBLIC SCHOOLS



We're growing! Come by and check out the progress on our new chapel and the plans for our current space.

# St. Thomas More

UNIVERSITY PARISH & STUDENT CENTER

405.321.0990  
stm-ou.org  
stmuniversityparish@gmail.com  
stmstudents@gmail.com

St. Thomas More University Parish  
100 Stinson Street  
(corner of Jenkins and Stinson,  
two blocks south of  
Oklahoma Memorial Stadium)

**SUNDAY MASS TIMES**  
8:30 AM | 11:00 AM | 5:00 PM  
**SATURDAY VIGIL MASS**  
5:00 PM

**GAME DAY MASS**  
VISIT STM-OU.ORG FOR TIMES



 Brown's Shoe Fit Norman  
 brownsshoe fitnorman  
normanshoe.com

# Brown's SHOE FIT CO.

# MEET OUR COMMERCIAL BANKING TEAM

At Arvest, the health of your financial future is always our top priority. Our growing team of talented and experienced associates are focused on building relationships for decades to come. **For more information, contact us today.**



**Rocky Williams**  
EVP, Commercial Loan Manager  
200 E Main St, Norman  
(405) 366-3067  
rwilliams1@arvest.com  
NMLS# 1525800



**Brian Nave**  
VP, Commercial Banker  
200 E Main St, Norman  
(405) 366-3930  
bnave@arvest.com  
NMLS# 564248

[arvest.com/business](http://arvest.com/business)



# ARVEST®



Member FDIC

*Corkscrew*  
*Wine & Spirits*



2319 West Lindsey  
Norman, OK 73069  
405-573-9273

*GREAT SELECTION & SERVICE  
.....AND ALWAYS A HELLO!*

*Customers 55 & Older  
get 10% off Wine on  
Tuesdays & Thursdays*



*Lola*

*10% Off  
Any Wine & Spirit  
With this Ad!*

*May not combine discounts*

# BELMAR GOLF CLUB

## YOUR PERFECT CLUB SELECTION

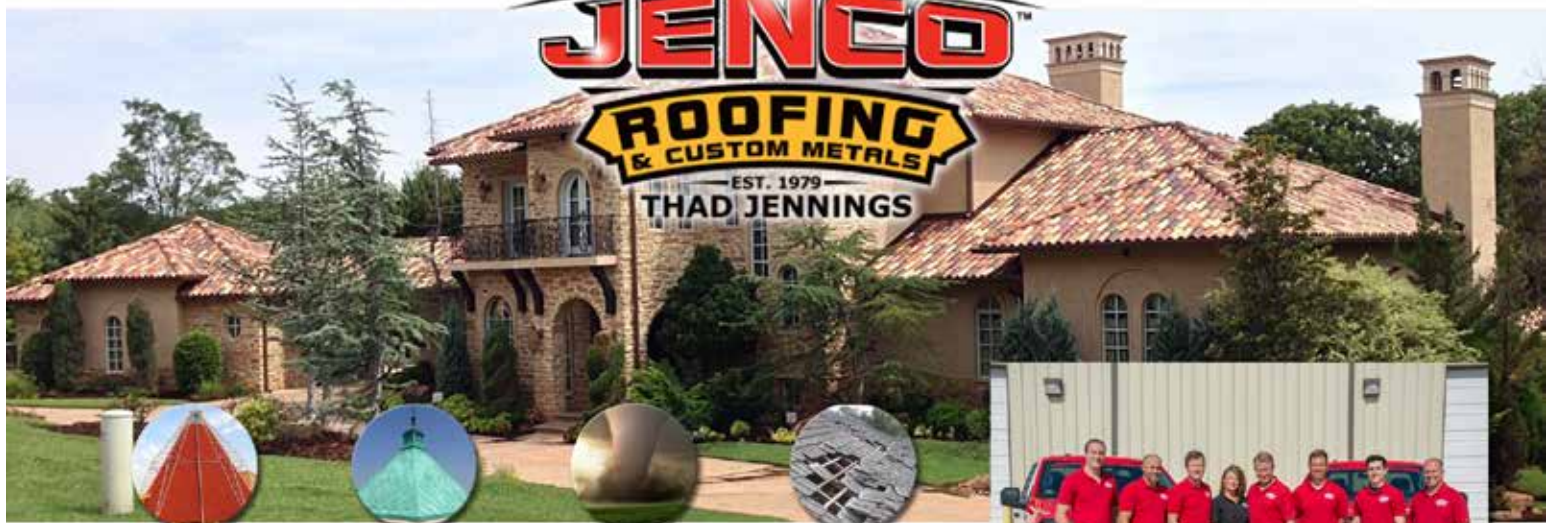
GOLF  
DINING  
RECREATION  
WEDDINGS  
EVENTS



[ilovethiscourse.com](http://ilovethiscourse.com)

1025 EAST INDIAN HILLS ROAD | NORMAN, OK 73071 | 405.634.0111

Family-owned & operated locally since 1979



High Quality  
Roofing Services



Custom Metal  
Fabrication



Oklahoma Storm  
Roof Repairs



Repair  
Work

405.720.9300  
[jencoroofing.com](http://jencoroofing.com)

ORCR#80000340 - Commercial Endorsement



# More than a Meal



## Annual Coaches' Lunch Raises Funds, Awareness for Abbott House

The annual University of Oklahoma Coaches' Luncheon is more than just a meal. It's a glimpse into the upcoming Sooner basketball season, and insight into the mission and outreach of the Mary Abbott Children's House, which serves children who are victims of abuse and neglect.

This lunch has a lasting effect, not only as a fundraiser for the nonprofit but through attendees' who become interested in volunteering and assisting with the organization, said Tiffany Wells-Combs, executive director of the Abbott House.

"What I love is to see the community coming together to support a great cause," she said.

The coaches' luncheon, which took place on Oct. 30, is in its 13th year and features University of Oklahoma basketball coaches, Lon Kruger and Sherri Coale, who preview the coming season.

Wells-Combs said the lunch is also an opportunity for the organization to share information about the work they do.

"The support that people have in the community for Abbott House is just tremendous," Wells-Combs said. "They want to help children in our community."

Money raised at the lunch helps general operations, which assist victims of physical abuse, sexual abuse or neglect through coordinated interagency investigation, intervention, education and advocacy. The organization, which started in 2006, offers a safe place for children to tell their stories after a sexual or severe physical trauma.

Last year, the Abbott House served 471 children through their efforts, which included forensic interviews, medical exams and advocacy. The Abbott House, 231 E Symmes, serves Cleveland, McClain, and Garvin counties, and it can assist other counties, as needed, Wells-Combs said.

Wells-Combs is new to the Abbott House team. She started as the executive director last summer, but she knew about the Abbott House's work through her previous job at the Norman-based Center for Children and Families.

Wells-Combs said one of the reasons she was interested in the position at Abbott House was because of the compassion and dedication shown by the staff.

"They are child advocates at heart, and they are very passionate about helping children," she said.

Wells-Combs wants more people in the community to know about the help and hope that is offered through the Abbott House and its staff. She said one of her goals as the executive director is to raise awareness about the organization's programs and services.

"We need to talk about what is going on with the children in our community, and I'd like the Abbott House to be the one that starts those conversations," Wells-Combs said.

For more information about the organization, visit [www.abbott-house.org](http://www.abbott-house.org). —  
**BSM**

**DON'T FORGET THE VODKA -  
YOUR FAMILY IS COMING**

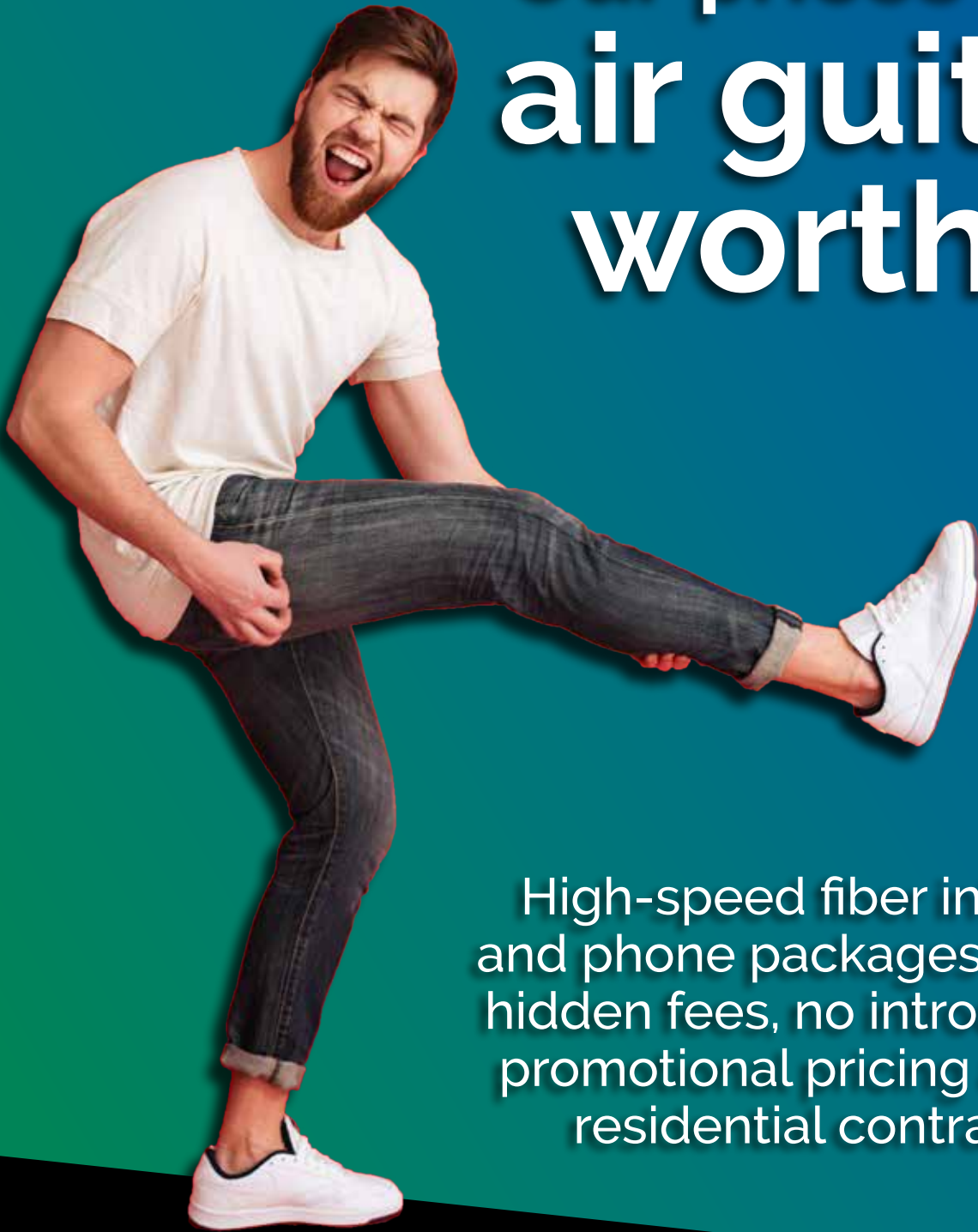


*SPIRITZ N' WINE*



**1246 N INTERSTATE DR. • 405.366.9463**

Our prices are  
**air guitar**  
**worthy**



High-speed fiber internet  
and phone packages with no  
hidden fees, no introductory  
promotional pricing and no  
residential contracts.

**OEC** Fiber

Learn more at [www.OECFiber.com](http://www.OECFiber.com)



## SERVICE SPOTLIGHT: LT. KYLE KELLER

**C**ounty detention supervisor Lt. Kyle Keller is a family man — at work as well as at home with his wife and two sons.

Keller is a shift supervisor at the Cleveland County Detention Center, and he's deeply committed to his career. He wants people to know the Cleveland County jail is not the stereotypical dark, dank place people think of when they hear the word jail.

"We're blessed with one of the newest, high-tech facilities in the state," Keller said. "The staff is friendly and professional."

Keller said, unlike prison where a sentence has been handed out, people's futures are uncertain in jail, and that creates a unique sort of tension that jailers must recognize when dealing with the people who come through the doors.

"Here, we don't treat people like they're a number," Keller said. "They're not here for storage like most jails. When they come here, we treat them like people. I think that's one of the things that makes us different."

While Keller has always enjoyed working for the sheriff's office, he says that

Sheriff Todd Gibson's leadership has taken the job to a new level that he believes will make the Cleveland County jail the best in the state.

"One of the things I think makes this place amazing is we're not afraid to evolve," he said.

Keller started with the Cleveland County Sheriff's Office in 2011, after working at the Oklahoma County Sheriff's Office. In Norman, he started at the old jail next to the Cleveland County Courthouse while the current facility was being finished.

"We moved into the new jail in 2012," he said.

At that time, he was the training coordinator, working with new detention officers. In that capacity, he created the training curriculum that is still used today. His experience in teaching entry-level officers and deputies started in 2009 in Oklahoma County. At that time, Keller really just wanted to be a motorcycle cop.

"I had no idea I would like teaching, but I love it," he said. "It's nice to be able to know that 10 or 20 years from now, somebody will be doing some-

thing because I've influenced them."

One of the biggest skill sets he helps detention officers learn is interpersonal communication. With 450 detainees in the jail, none of whom want to be there, detention staff need to work together and communicate. Keller believes he learned his communication skills at home.

"My mom and my dad communicated really well and weren't afraid to talk to people," he said. "They never met a stranger and they always have a smile."

Keller is deeply rooted in Cleveland County.

"I grew up in Oklahoma City on the border of Moore," he said. "I've always been told we were one of the first families that settled in Moore."

Keller's gregarious nature has paid off, because it puts trainees and those under his supervision at ease.

"If you don't break down that barrier between rank and seniority, things don't operate very well," he said. "We have to work as a family."

*This is a continuation of our series on public servants in Norman.*

**NOW HIRING!** Journeyman Plumbers  
Needed Immediately

Competitive Wages  
Experience Necessary

**BOB**  
**USRY** & SONS, INC  
PLUMBING CONTRACTORS

**405.364.1001**



Hello,  
neighbor!

Cindy K Nashert Ins Agcy Inc  
Cindy K Nashert, Agent  
www.cindynashert.com  
Bus: 405-307-0500

Please stop by and say, "Hi!"  
I'm looking forward to serving  
your needs for insurance and  
financial services.  
Like a good neighbor,  
State Farm is there.  
CALL ME TODAY.

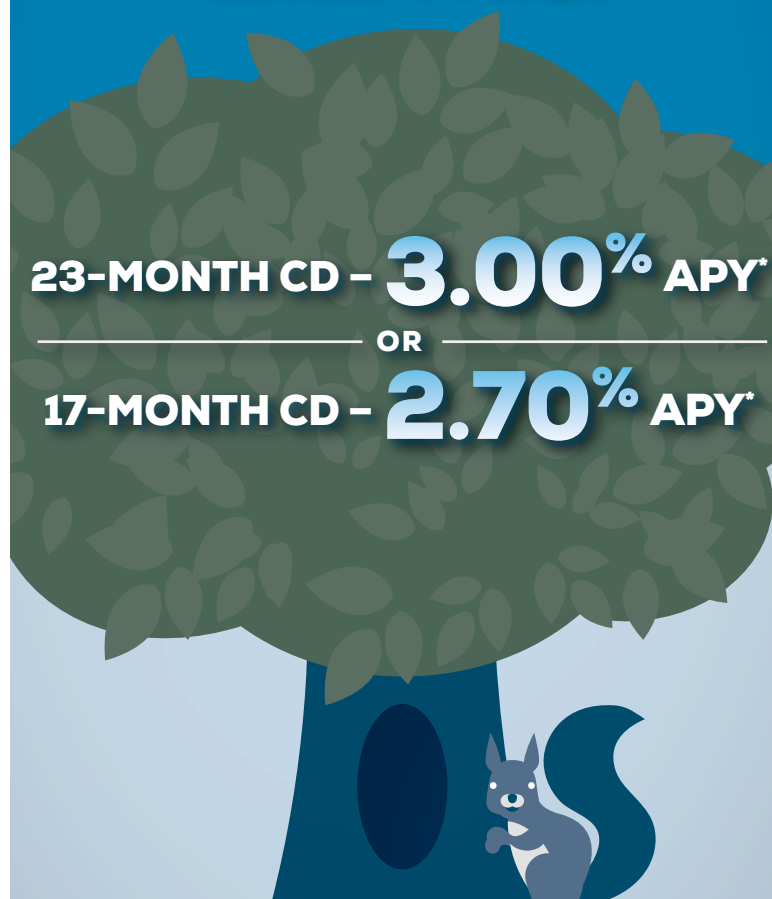


1001013.1

State Farm, Home Office, Bloomington, IL

**THERE IS  
A MONEY  
TREE.  
AND IT GROWS  
LIKE THIS:**

23-MONTH CD - **3.00%** APY\*  
OR  
17-MONTH CD - **2.70%** APY\*



**OKLAHOMA  
STATE BANK**

**THE BEST BANK FOR YOU.**

Guthrie | Norman | Edmond | Mulhall  
405-292-4453 | osbbank.com





# DRIVING ARTS + CULTURE + COMMUNITY

Proudly serving our community since 1973





# Hollywood

## OU Wide Receiver Follows Humble Path

**M**arquise Brown's introduction to football was different than most. It simply started with a costume. When he was just 4 years old, he got a Dolphins jersey to wear for Halloween and ended up wearing it every day.

That was all it took to launch a passion for a sport that has challenged the Hollywood, Florida product as much as it has blessed him.

The senior wide receiver knows a thing or two about challenges. On Saturdays, we cheer and celebrate the speed and big-play ability of the flashy playmaker, but the path that Brown has taken to get to this level is one that constantly reminds him of how truly blessed his life has been.

"Anything I'm doing now is better than I was doing before, so I better take advantage of it," Brown said with his trademark smile.

He started as a running back, and as time progressed, he moved to receiv-

er. But there was never a doubt who was the fastest player on the field any time he was involved. It was always Brown.

As his high school career at Chaminade-Madonna College Prep ended, the scholarship offers to play football at the next level were not rolling in. Grades were a major factor as was his weight, which hovered around 140 pounds.

"I didn't have anyone to walk me through it all, truly understanding the NCAA clearing house and all of that," Brown said of his options after high school. "Once I found out all of that, I took my ACT, but it was really late. I had walk-on opportunities but decided to go to JUCO."

Brown went from Hollywood, Florida to just outside of Hollywood, California to play at the College of the Canyons in Santa Clarita. He had to get a job and he didn't have a car to get him to and from practice or work,

but the lack of transportation never stopped him from showing up.

He would walk from school to his job at Six Flags Magic Mountain, and he never missed a practice. At Six Flags, he started out at Bugs Bunny World, an entry-level assignment where new employees deal with children and families.

"I loved working with little kids, getting them on the rides, helping them strap up," Brown said. "It was fun."

Brown would eventually earn a promotion to work on the Full Throttle ride, but bigger and better things were on the horizon. His play on the field was catching the eyes of college recruiters, inching him closer to an even bigger promotion. Brown had registered 50 catches for almost 800 yards and 10 touchdowns and had become a force in the kick and punt return game. It caught the attention of University of Oklahoma receivers coach Dennis Simmons.



"His JUCO coach reached out and said we have a kid who's special. We pulled up the video and it was very evident he was fast," Simmons said. "He is such a soft-spoken quiet kid. It was like pulling teeth to get anything out of him. But once I went out there and saw him practice, our relationship just grew from there."

As has always been the case, it was his speed that caught a lot of attention. At 10 years old, he picked up the nickname Jet because he would run by everyone.

"We were doing some things, one on ones during spring ball," Simmons said. "A defensive back had leverage, but when he came off the line it was a blur. I was wowed. He is fast."

Head Coach Lincoln Riley knew he was fast, but the problem for Brown early on as a Sooner was that maybe he was playing a little too fast.

"When he got here, he was always fast. You loved that. You would much rather have a guy playing fast all the time," Riley said. "But he was just out of control when he got here. He was falling down on routes. It was fast, but it was like, 'whoa, you've got a great weapon, but you've got to learn how to use it.'"

The process to become a complete receiver has driven Brown from the moment he stepped on the field at OU. He has always been the fastest player on the field, but in turn, he has also been the smallest.

"His mentality is incredible," Simmons said. "We heard it all when he got here, he's 146 what are they doing. The good part for us is we got to know the 146 before he got here, so we knew what he was capable of."

Benny Wylie, the Sooner's new director of Sports Performance, has built a strong relationship in a short amount of time with the Sooner standout receiver.

"I have had some great wide receivers that were told they're too small, and they're all wired the same way. You can't tell them they aren't 6-2, 200," Wylie said. "That gives them that spark, that intangible. He's a little irritated every time he steps on the field.



He has a chip on his shoulder that allows him to play at a high level, even bigger than he is."

For Brown, those who question his size are motivation for him.

"I refuse to think about it," Brown said. "I watch film. I watch guys my size, and I'm like, he can do it, then so can I. I watch Antonio Brown, Tyreke Hill, Tavon Austin. I watched them growing up and, if they can do it, I can do it."

Brown's transformation into a complete receiver has caught the attention of the NFL. On any given Saturday, scouts from all across the NFL flock to Norman to get a first-hand look at the kid they call Hollywood. NFL.com listed Brown as the most intriguing prospect that would be draft eligible at the end of the 2018 season. But, for Brown, it's all about improving every day.

"It's all about consistency and taking it day by day, taking each day for what it is, a day to get better," Brown said.

The hard work and dedication to perfecting his craft has been a pursuit his teammates have noticed as well.

"He's trying to prove himself," starting quarterback Kyler Murray said of

his receiver. "He wants to play at the next level like everybody else. He can't be a one trick pony. For scouts to take the chance on a small guy, you have to do those things. He's doing them well right now."

Marquise "Hollywood" Brown has overcome a lot to get to this point in his career. His speed has obviously been a factor to elevate him above the rest, but he is more than just a fast receiver. He is working to become a complete receiver.

"To be honest, I've watched this team the last few years with Lincoln, Ruffin (McNeil), Dennis, Bill (Bedenbaugh), so this has been my team for the last couple of years, and I've been tuned in," Wylie said. "I see this Hollywood guy and you hear all this stuff. Hollywood, flashy, gold, all this stuff, I was expecting something different than I got. What I got was 'Yes, sir'. He's a very humble young man."

Hollywood Brown has wowed the Sooner Nation for the last two seasons, but his work ethic and humble ways may help pave a path where the best is yet to come. — **BSM**

# Happy Thanksgiving!



We all know we aren't the only ones who indulge in some extra treats on Thanksgiving.



Mention this ad for a special offer on your pet's next dental cleaning! Exp. 12/1/18

321-3361 | 400 24th Ave. N.W. | [roserockvethospital.com](http://roserockvethospital.com)



**WARD | GLASS**  
ATTORNEYS

Proudly Serving Oklahoma Since 1998  
1601 36th Ave NW Norman, OK 73072 405.360.9700



[wardglasslaw.com](http://wardglasslaw.com)

Stanley M. Ward  
Woodrow K. Glass  
Barrett T. Bowers  
Brent L. Neighbors  
R. Ben Houston  
Jonathan Irwin  
Geoffrey A. Tabor  
Tanner France



# One Stop Shopping for Home Services

Carpet Cleaning • Water Damage & Restoration • Dryer Vent Cleaning  
Area & Oriental Rug Cleaning • Chimney Cleaning • Air Duct Cleaning

*10% off any 2 Services. Call for Chimney Specials!*



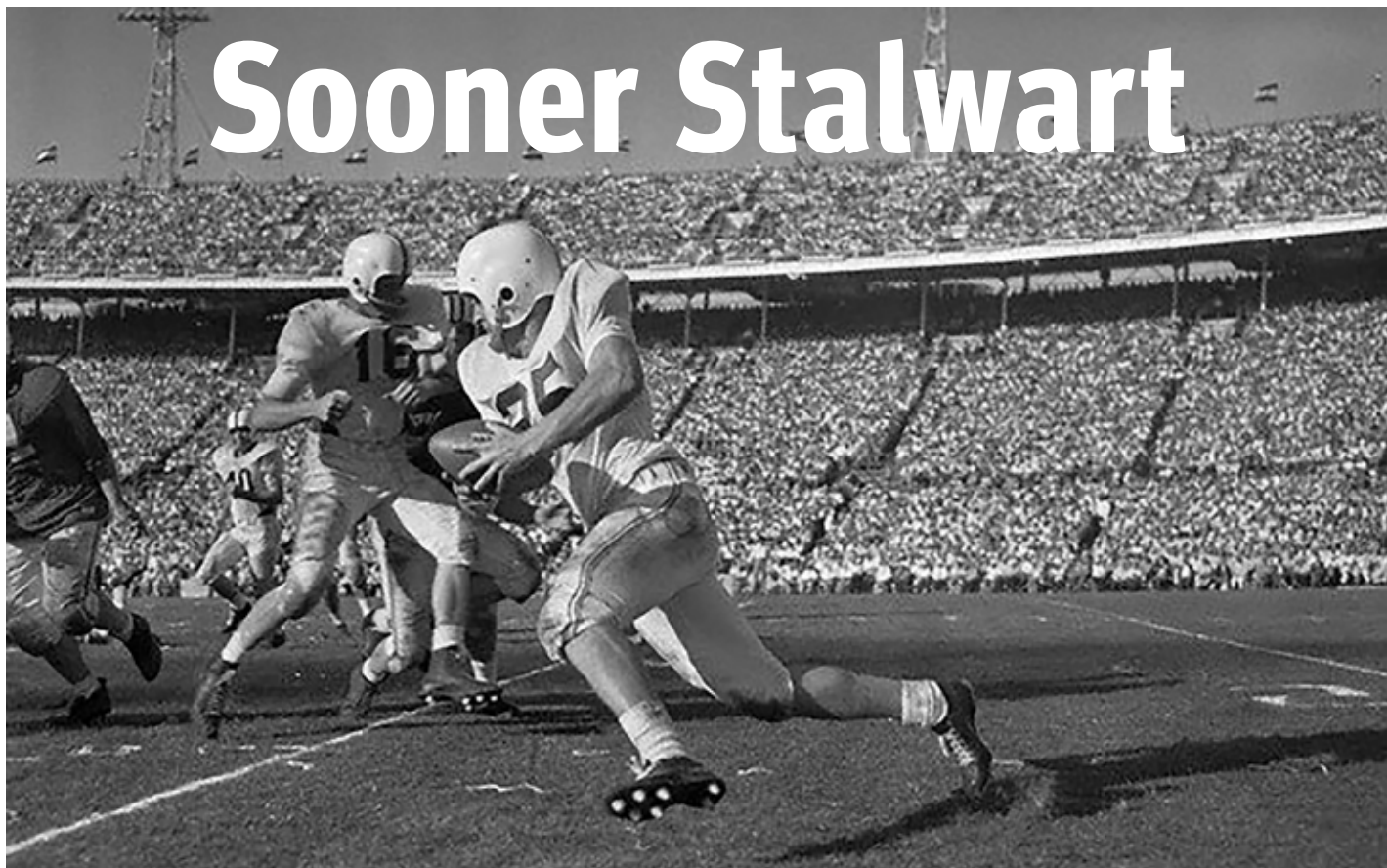
405-329-8999 | SOONERCARPETCLEANING.COM

**Voted Best Carpet Cleaner  
Again and Again and Again and...**



UNION.OU.EDU | UNION@OU.EDU | 405.325.2121

# Sooner Stalwart



Tommy McDonald running the ball against Maryland in the 1956 Orange Bowl that OU won 20-6 to secure the national title.

## OU Great Tommy McDonald Remembered for Passion, Energy, Character

**T**ommy McDonald was the kind of person that could absolutely light up a room. He had an energy and passion for life that was infectious. On Sept. 24, 2018, the Sooner legend and NFL Hall of Famer passed away at the age of 84. The legacy that McDonald left was indelible.

“Tommy McDonald lived life like he played the game of football. He was charismatic, passionate and had fun,” Hall of Fame president and CEO David Baker said of McDonald just after his passing. “He was such a character. Heaven is a happier place today.”

As an Oklahoma Sooner, McDonald developed into one of the best receivers in the country. McDonald won every game during his three-year Sooner varsity career and finished third in the 1956 Heisman Trophy voting, behind Notre Dame’s Paul Hornung and Tennessee’s Johnny Majors. McDonald’s OU teammate, Jerry Tubbs,

placed fourth. In 1955, McDonald led the National Champion Sooners in rushing yards, passing yards and receiving yards, a feat not likely to be matched at OU or anywhere else any time soon. He also became the only Oklahoma player to score a touchdown in every game.

McDonald was a two-time all-American. In 1955, he had 702-yards rushing, 265-yards passing on 17 completions out of 24 attempts, and he had 104-yards receiving on six catches. McDonald also had an interception and led OU in scoring, punt returns and kickoff returns.

After wrapping up his undefeated collegiate career, McDonald was the third-round pick of the Philadelphia Eagles. Despite being undersized, at 5’9” and 178 pounds, McDonald played 12 NFL seasons for five teams and was a six-time Pro Bowl selection. When he retired in 1968, he ranked second in league history in

touchdown catches, fourth in yards receiving and sixth in receptions.

It was with the Eagles where McDonald truly made his mark on the game. McDonald played a pivotal role in the Eagles’ 17-13 win over Vince Lombardi’s Green Bay Packers in the 1960 NFL Championship game. The Eagles win turned out to be the only time a Lombardi team lost in the post-season. McDonald caught a touchdown pass for the first score of the day, and from that point forward, he was a legend in the city of Philadelphia.

“Tommy McDonald played the game with a passion and energy that was second to none,” Eagles owner Jeffrey Lurie said in a statement. “He will be remembered as one of the most exciting players ever to play his position, but what really separated him and made him so unique was the infectious personality and charisma that he brought to his everyday life. He



was a man of character, both on and off the field."

McDonald was destined for the Hall of Fame, but unfortunately, the call did not immediately come. Maybe it was his size, maybe it was because not enough people had been exposed to his greatness on the field. But, in the end, McDonald waited 30 years before becoming the smallest player inducted into the Pro Football Hall of Fame.

"Oh, baby!" McDonald shouted in Canton, Ohio on Aug. 1, 1998. "Do I look excited, like I just won the lottery or the jackpot? Yes! I'm in the Hall of Fame!"

McDonald loved football, but what McDonald seemed to enjoy as much as anything in his career was reminiscing about the incredible leadership and ability of Bud Wilkinson. During a 2003 interview on ESPN Classic, McDonald talked about the incredible impact Wilkinson had as a coach.

"I have never seen that man raise his voice at anybody. The only way he would do anything was to call you into his office and if he wanted to dress you down or anything like that, he would do it by himself and with the door shut," McDonald said. "He wasn't a show off. He was a great mo-

tivator. In my senior year, we had just beaten Notre Dame 40-0 and then we had to play the University of Colorado. They had us 19-6 at halftime and we wound up beating them 27-19 because of the talk Bud Wilkinson gave to us at halftime."

That speech made a lasting impact on McDonald.

"He came in there and shut the door. He just stood there, and he looked as if he was ready to jump into a jersey," McDonald remembered. "He said, 'It has taken Oklahoma so many years to build that reputation up and you are letting that reputation down... It has taken so many great players ahead of you to start this streak and to get this streak going... Now what in the heck are you guys going to do about it? Are you going to show these people in the stands that you deserve to be in that jersey?' And that's what we did."

Tommy McDonald, one of the most personable Sooners of all time, will be truly missed.— **BSM**

Shop our online store at [www.crimsonproud.com](http://www.crimsonproud.com)

**TIME FOR  
A SECOND  
LAYER**



On Historic Campus Corner at  
792 Asp Avenue | Norman, OK  
405.321.6539

**BALFOUR OF NORMAN**  
WHERE YOU WILL FIND EVERYTHING SOONER!

# DEL RANCHO

**MONDAY**  
ALL DAY

**\$1 Off**  
Chef Salads

**EVERYDAY**  
2-4 PM

**Half-Price**  
Drinks

**TUESDAY**  
6-8 PM

**Half-Price**  
Steak Sandwich



[delranchonorman.com](http://delranchonorman.com) • 2300 W. Lindsey St.



**TOTAL** MTO  
BEVERAGE SERVICES LLC  
Private Label | Coffee Service | Bottled Water

## PRIVATE LABEL

Brand your company or corporate event on a practical product the customers appreciate.

## PREMIUM ARTESIAN WATER WATER & COFFEE SERVICE

Schedule your Norman or Metro business water and coffee delivery service today.

2451 Van Buren Street  
Norman, OK 73072

[TotalBeverageServices.com](http://TotalBeverageServices.com)



# Cheers to Good Friends!

Enjoy a Cold Beer and a Great Burger.

Kitchen Open Late  
35 different Craft and  
Domestic Beers

11am -2am Daily 769 Asp Avenue Campus Corner



## PROSPERITY POINTS FOR THANKSGIVING



Thanksgiving is one of my favorite holidays because it has little stress. It doesn't come with an expectation of presents, and it focuses on food! Even though the Thanksgiving Day Parade ends with Santa's arrival in Times Square, more employers are giving employees the day off and beginning the crazy holiday season after midnight. The best thing about Thanksgiving, though, is its focus on being thankful.

After a horrible first year in Plymouth, Massachusetts, the Pilgrims created Thanksgiving, giving thanks to God for bringing them safely through the trying times. Maybe this has been a great year for you, and you have plenty for which to give thanks, or maybe this has been an awful year, and you don't see any reason to be grateful.

There's a reason I wish you prosperity. Unlike being rich, being prosperous is within the reach of most people because being prosperous focuses on being grateful. Prosperity can be having family, friends, or furry companions that love you. Prosperity can be achieved through simple, inexpensive things, like a cup of coffee with a friend or a walk in the park. For years, I have said, "Prosperity is so much more than money." Your prosperity is your joy, and those things that bring you joy are also the reasons you have to be thankful. Take some time to look for the prosperity in your life.

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.



I want...

### Loan Sale

rates starting at  
**3.85% APR\***

LOANS FOR ALL THE "I WANTS" IN LIFE.

## BancFirst

Loyal To Oklahoma & You.™

MEMBER  
FDIC



\*Rate available with approved credit; auto debit from BancFirst account may be required. Not all applicants will qualify. Offer available on new loans or refinancing of non-BancFirst loans. Promo rate is for secured consumer purpose loans only, excluding real estate or mobile home secured loans. Dealer referred applications are not included in this offer. Offer ends 12/31/18.

**Peggy Doviak**  
Author • Radio Host • Speaker  
Certified Financial Planner™  
Listen 8:00am • 1400AM • 99.3FM  
peggydoviak.com



# dm

**DM Wealth Management, Inc.**  
Financial Planning and Portfolio Solutions

201 E Main Street Norman, OK 73069  
(405) 329-8884 | dmwealth.com



# Killer Instinct

## OU Volleyball Player Sets High Mark Despite Size Disadvantage

**A**lyssa Enneking has reached historic heights during her volleyball career at the University of Oklahoma. The unlikely outside hitter became just the 14th player in school history to reach 1,000 career kills.

While the path to 1,000 has not always been easy, the leadership and emotion that Enneking plays with has helped set the foundation for the future of volleyball at Oklahoma.

While the program is heading in a new direction under the leadership of first-year head coach Lindsey Gray Walton, Enneking and the group of seniors have several traditions they hope to continue for years to come. As Oklahoma finished its first match of the season, the team started to retreat to the locker room, but Enneking made sure Gray Walton was aware of the postgame tradition of singing the alma mater.

"It's been a little bit of a joint effort between the seniors and coaching staff to balance out the direction of the new program," Enneking said of her leadership role with the Sooners. "Seniors get to step in once in a while and say hold up we have a tradition we want to keep around."

For the first-year head coach, that is exactly the kind of leadership example she was looking for.

"It's huge. You're looking at a senior veteran who has definitely earned the right to have some major leadership in this team," Gray-Walton said of Enneking.

Enneking has excelled under the guidance of Gray-Walton and the entirely new coaching staff. She leads the Sooners in kills, attempts and hitting percentage, but the amount of trust that Gray-Walton has shown in Enneking has been a confidence booster for the senior.

"She has given me a lot of freedom and trusted me and that's one of the biggest compliments you get," Enneking said. "She has helped me out by really making me feel comfortable, even though it's a whole new program and a new situation. She lets me go and play free and play the volleyball I know."

Oklahoma surpassed its win total from last year after the first month of the season, and Enneking's play is a major reason why. With her continued success, other teams have started to fo-

cus more of the game plan on shutting down the League City, Texas product.

"With success comes a lot of pressure," Gray-Walton said. "What we've seen is a really good effort by a lot of teams to go after our heart beat, and we have been able to find other players to step up and rise to the occasion."

Enneking does not fit the profile of a tradition outside hitter in Division I. Despite being two inches shorter than the average height for her position, Enneking makes up for it with her power, energy and passion.

For Enneking, a majority of her career has been about proving doubters wrong. She has battled through injuries and adversity, but she says the lessons she learned when she was 12 and 13 years old have helped carry her through the hard times.

"I was always counted out because I was smaller," Enneking said. "I had to become a hitter by accident and everyone doubted me because I was too small. I'm going to do what I want. I love obstacles being put in my course. That's just something that I can have fun with on the journey."



Coach Gray-Walton sees that edge and has been able to help her use it to her advantage during her final season as a Sooner.

"I think she embraces the areas of the game that she can excel at and have a competitive advantage over her opponent," Gray-Walton said. "She can play six rotations and can play everywhere. She knows she's 5-11. She knows the person she's going against is 6-4 trying to stop her. She has to be different. She's been fun to watch and fun to coach, and her buy-in has been great, and you see that from the rest of the squad."

Enneking plays with energy. She fires up the crowd and her teammates. Her energy is contagious.

"I think it really ensures confidence in the rest of the girls. If I'm confident, so will the rest of them," Enneking said. "It's really important in the game of volleyball because this is such a mental game. The energy and cockiness that I have on the court assures the rest of the girls that we can do this and that we're good and that we can win this."

On Sept. 26, during a match against Kansas, Enneking reached a significant mark in her career. During the third set, she became just the 14th Sooner in program history to reach 1,000 career kills. Despite her bravado and energy, the milestone was less about reaching a goal and more about having fun playing the sport she loves.



"I think it's a lot bigger than just 1,000 kills," Enneking said. "I would love when I finish playing to share my story with everyone to inspire some girl somewhere, no matter what the obstacle, no matter what anyone says you can do, to do whatever you set your mind to." — **BSM**



**MONTHLY UNLIMITED WASHES  
& FULL-SERVICE WASHES  
STARTING AT \$18**

**Members Recieve 10% off any Oil Change or Detail Service.**

**GUARANTEED**

**We offer the only 7-day  
wash guarantee in town!**

1235 W. MAIN STREET - NORMAN, OK 73069  
405-321-5260 • WWW.CRUISEINAUTOSPA.COM



**NOW HIRING!**

# MONEY MARKET RATES ARE UP!

## 1.51% APY\*

Minimum Balance \$50,000

For more information, please contact our New Account Team at [newaccts@frontier-ok.com](mailto:newaccts@frontier-ok.com) or call Johnetta at 405.672.7831.

5100 SOUTH I-35 SERVICE RD | OKLAHOMA CITY, OK 73129  
405.672.7831 | [FRONTIER-OK.COM](http://FRONTIER-OK.COM)  
**I-35, EXIT 123A**

Member  
**FDIC**



\*Annual Percentage Yield. Minimum balance \$50,000. Rate effective as of 8/31/18. Rate subject to change. Early withdrawal penalties may apply.

## HONORING YOUR PATRIOTS!



TECHNICAL SERGEANT CODY BROWN HAILS FROM COLLINSVILLE, OK AND IS A DIE-HARD SOONERS FAN AND CURRENT OU GRAD STUDENT. SERGEANT BROWN IS MARRIED TO HIS WIFE DIANA WHO TOGETHER CELEBRATED THE BIRTH OF THEIR FIRST CHILD, ISABELLA, EARLIER THIS MONTH. SERGEANT BROWN JOINED THE AIR FORCE IN 2006 AS A MUNITIONS SYSTEMS SPECIALISTS. TECHNICAL SERGEANT BROWN JOINED THE OKLAHOMA AIR NATIONAL GUARD IN 2013 AND IS CURRENTLY SERVING WITH THE 138TH FIGHTER WING IN TULSA, OK.



# PATRIOT

OF THE GAME

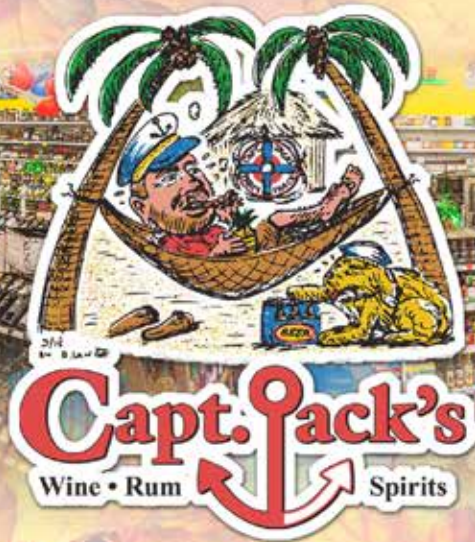
DRIVEN BY PATRIOT FORD

# PATRIOT



[WWW.PATRIOTFORD.COM/HERO.HTM](http://WWW.PATRIOTFORD.COM/HERO.HTM)  
2805 N 9TH AVE, PURCELL  
888.698.3231 • [PATRIOTFORD.COM](http://PATRIOTFORD.COM)

# FALL FOR OUR SELECTION



3000 Sq. ft. of beer, wine, rum, & spirits  
for all your tailgate celebrations!!

2400 12th Ave NE | (405) 310-6328

# Free Local Home Delivery!

PHYSICIANS & SURGEONS  
PHARMACY

PHYSICIANS & SURGEONS  
*Pharmacy*



## Get your Flu Shots Today!

Proudly serving Norman since 1971 as a full service pharmacy  
providing face-to-face service to our clients.  
On most items we beat big box store prices.

(405) 364-5222 | [pspharmacy.com](http://pspharmacy.com) | 900 North Porter, Suite 101 | Norman  



**N**oble superintendent Frank Solomon and the administration were looking for more than just a football coach as they sifted through applications before the 2014 season. They wanted a winner with the next hire, but equally as important, they wanted to hire someone who would serve as a key figure in the community, as well as a role model to the athletes.

"I think a community guy is what we were looking for," said Solomon. "We needed someone that had a plan and the demeanor that could get everybody on board together. We needed someone that could not only sell himself, but to sell everyone that was involved in his long-term game plan."

The name Noble ultimately chose was Greg George, previously the head coach at Tecumseh.

Fast forward to today and George is in his fifth season as the Bears' head coach. In that short time span, playoff runs have turned from a hope into an expectation. Football games have turned into an event that the entire community attends on fall Friday nights.

Yes, the state of Noble High football is in a good place, but how were the Bears able to secure such a quality coach when the program wasn't in the best place? What did George see that made him want to tackle a rebuilding job?

"We played Noble when I was at Tecumseh, and I knew what kind of place it was," said George. "They had a really good administration and people that

# Good Catch

## Noble High School Coach Brings Football Success, High Character to Community

were going to support the program. I knew it was a great community, with a great school and really good facilities. At the time, I just thought it was a diamond in the rough."

There's been no buyer's remorse after handing George the keys to the football program. In fact, you could probably even say he's surpassed everyone's expectations, judging from how well-received he's been in the community.

"He has a very calming demeanor," said Solomon. "He wants to win, but he also wants to make it fun for the kids, parents and teachers."

The 2017 season was a thrilling ride for the Bears. For the first time in program history, the team made an appearance in the state-semifinals, while also tying a school record with 10 wins. It was truly an indication of just how far the program had come under George, as the Bears were able to reload after losing valuable players on offense, including quarterback Baehler Buol and wide receiver Christian Robinson-Moore. As impressive as last season was, George doesn't want that to be the crowning achievement of the football program. He wants to win it all. He wants a state title.

"We just want to do things the right way," said George. "We started out by putting our system in and took our lumps early on. We've made the playoffs two years in a row and got to the semi-finals last year."

"This year, the kids are playing really hard," George said.

"We've had some injuries and things aren't going the way we want it to. But the kids really do play hard, and that's what I really love about this place. No matter where you're at, I think a good reflection of your program is how hard your kids play, week in and week out. Our kids always give us everything they've got."

You root for good people to do well. Locally, there are few individuals you'll run into that are as good of a man as George is. Those are the words of many affiliated with the Noble community.

"He's just a great, ethical and moral individual," said Solomon. "It's kids and family first with him. Not only with his own kids, but his coaches and their kids, as well. He's the kind of guy that every parent would want their child to play for. He's just so steady and consistent." — BSM

## STORM SHELTERS | SAFE ROOMS



### Why Atlas Safe Rooms?

- Texas Tech Tested
- No Stairs
- Can't get trapped underground
- Indoor or Outdoor Install
- High Security External Lock
- Expandable/Relocatable
- Manufacturer Direct Pricing
- Highest quality storm shelter on the market

### Veterans Discounts Available



**EF-5 TESTED**  
EXCEEDS FEMA STANDARDS

405.888.9797

Sooner Mall

across from Old Navy

atlassaferooms.com



evolved.

COMING SOON



COME SEE WHAT THE Y HAS TO OFFER FOR 2019. NEW YEAR. NEW YOU.  
CLEVELAND COUNTY FAMILY YMCA • 1350 LEXINGTON AVE • YMCANORMAN.ORG • (405) 364-9622



## CLASSEN URGENT CARE CLINIC

### CLASSEN URGENT CARE CLINIC

is conveniently located in Norman near  
The University of Oklahoma.

We proudly serve all of Norman, Noble,  
Oklahoma City, Purcell, Lexington, Pink,  
Slaughterville, Little Axe and  
surrounding communities.

**OPEN DAILY 7am to 10pm**

**Open 365 Days a Year  
Including Holidays!**



Get Your Flu Shot



405.701.7111

2818 Classen Blvd

[classenmedicalcomplex.com](http://classenmedicalcomplex.com)



**Giving thanks.**

**Julia D Chew Insurance Agency Inc**  
Julia Chew CPCU CLU, Agent  
701 Wall Street  
Norman, OK 73069  
Bus: 405-329-3311  
juliachew.com

I'm so very thankful for my family, my customers and my amazing community. Happy Thanksgiving to you and yours!

**Here to help life go right.®**



1708160

State Farm  
Bloomington, IL

**WALDEN CLEANERS**  
*Est.*  
**1933**

**The inlaws are coming...**  
*get it cleaned*

# HEY DAY®

## Weeknight Therapy

**\$10.99 UNLIMITED BOWLING (INCLUDES SHOES)**  
MONDAYS - THURSDAYS 8PM-CLOSE



**NORMAN • BRICKTOWN • HEYDAYFUN.COM**



**\$500 OFF**  
Closing Costs

Lock in your mortgage rate by Dec. 31  
on a new or refinance home loan.

Get started today! [RCBbank.com/Save500](http://RCBbank.com/Save500)

*Happy Savings!*

Locations across OK & KS. Find one near you.

Call 855.BANK.RCB | Visit [RCBbank.com](http://RCBbank.com)

SAVE \$500 with approved credit on RCB Bank Mortgage secondary market loans locked between October 1, 2018 and December 31, 2018. Must meet minimum loan and program underwriting requirements. Lender credit must be used toward closing cost, not redeemable for cash. Some restrictions apply. Member FDIC. NMLS #798151.



**LUXURIOUS  
WEST NORMAN  
LIVING**

**405.307.0154**  
[legacytrailnorman.com](http://legacytrailnorman.com)

# Standing Out



## Norman North Swimmers, Soccer Player Exceeding Expectations

**N**orman North swimmers Aiden Hayes and Jonathan Tang have already left their mark by helping lead the T-Wolves last February to their fourth Class 6A boys state championship, marking North's fourth in the last six years.

Meanwhile, Norman North freshman Jada Ryan hopes to join them and in winning a state championship with the girls' soccer program this spring.

But, the most amazing thing is what these three are doing as individuals.

Only a sophomore at North, Hayes has already racked up a bevy of accolades, which includes 48 Oklahoma swimming records. He has three top-ten times, including a 20.56 seconds mark in the 50-meter freestyle, a 49.23 seconds mark in the 100-meter backstroke and a 48.33 seconds mark in the 100-meter butterfly.

Those three registered as the sixth, seventh and third-best all-time marks ever recorded in the 13-14 age group. His 48.33 seconds in the 100-meter butterfly topped Michael Phelps' time at the same age.

A junior at North, Tang owns 13 Oklahoma swimming records and his 23.67 seconds in the 50-meter freestyle registered at 97th all-time in the 15-16 age group.

"I'm really honored to have gone on to compete at that high of a level. All of the work that Aiden and I both put in really does pay off," Tang said.

Hayes credited his relationship with Tang as one of the reasons for his growth and success.

"I've had a really great time swimming, to get to go to the level of meets we've gotten to and to go to such great venues, but to do it with Jonathan and to have a partner to train with and compete with every day. It's just a great time," Hayes said.

The pair met when Tang was 12 and Hayes was 11 and have developed a friendship inside and outside of the pool.

"We became training partners and, from there on, every single day, it's just been awesome battles at practices. We're best friends now. It's just the best ride ever," Tang said.

In addition to defending their team state championship at North, the pair has Olympic aspirations.

"We have Olympic trials coming up in about a year and a half, so everything I do right now is to further myself, to prepare myself for Olympic trials," Hayes said. "I want to make Olympic trials and then further my ranking in the United States and hopefully make the Olympic team in 2020."

In order to reach those lofty goals, they train tirelessly. Hayes and Tang practice 10 to 12 times a week. They also have a great set of coaches helping push them forward. Kent Nicholson is their head coach at Norman North, Hogan Thomas is the pair's individual coach and Hayes' father, Ben, is a volunteer assistant at North as well.

Thomas and Ben Hayes swam in high school together at Westmoore and won a state title back in 1995. Thomas raved about Hayes and Tang's desire to get better.

"The best word to use to describe working with these two is reward-



ing, to see how far those guys have come along not necessarily with what they've accomplished but with what they've done on their work ethic," Thomas said.

Jada Ryan is turning heads too, on the soccer pitch. And, it's taking her to some pretty amazing places.

After taking part in the three-day Elite Player Program in June, Ryan was selected as one of the standout performers and invited to spend a week training with the Celtic FC Academy in Glasgow, Scotland, this coming February.

"It's a great opportunity for me to learn from those coaches and players and get better as a defender and as a person in general," Ryan said. "I'm also really excited that I get to travel with my mom."

Ryan will get to see exactly what life is like for those that attend the Celtic FC Academy. She will attend classes with them during the day and take part in training sessions after classes conclude.

Ryan is a versatile player, having played center back, forward and right wing. Lately, though, she's been playing as a defender and has fallen in love with the position.

"I've been playing defender for a while, and I think I prefer defense," Ryan said. "It's a harder position, and you get to be stronger on and off the ball."

But, what does she know about Scotland?

"I don't know much. I just know that it's going to be hard to understand their accent," Ryan said with a smile.

Ryan heard the news that she had been selected for the program from Oklahoma Celtic executive director Don Rother. He broke the news during a meeting with fellow players.

"I thought it was pretty cool," Rother shared. "It was neat for all of the players to be there to celebrate her. I could tell how excited she was. Everybody gave her a round of applause and



cheered for her."

Rother said he is most excited for the experience.

"It's something that she'll get to remember for the rest of her life," he said. — BSM

# Start Planning the Perfect Family Gift.

Signature Custom Pools  
signaturecustompools.com



405.256.8764



**Peace of Mind. Service You Can Trust.  
For 77 Years and Counting.**



**WAGGONERS'**

Heating & Air



**TRANE**

*It's Hard To Stop A Trane.*

**\$99**

CALL TODAY TO SCHEDULE A

**Furnace TUNE-UP**

or \$175 for Plan Preventive Maintenance Agreement that includes two visits.

1351 E Indian Hills Rd | Norman | (405) 329-2076 | WaggonersHVAC.com

**VOTED BEST HEAT AND AIR CONDITIONING COMPANY**



A PREMIER OKLAHOMA USED CAR DEALERSHIP

**405.360.9292**

FAMILY OWNED AND OPERATED

WITH OVER 35 LENDERS WE HAVE  
FINANCING AVAILABLE FOR ALL  
TYPES OF CREDIT



OVER 250  
LATE MODEL  
PREOWNED  
AND IN  
STOCK

bryanscarcorner.com 

ON THE CORNER OF 24TH AVE SW AND LINDSEY STREET



# HEALTHY SMILES FOR LIFE.

JENNIFER M. JENKINS, DDS | SARA K. SPURLOCK, DDS

Dental Design Studio offers comprehensive dental care in a relaxed and fun atmosphere. We see our patients as friends and we want only the best for you and your oral health. Using the latest dental care techniques, our dentists and staff are here to create healthy smiles for life!

- **Relaxed and Fun Atmosphere**
- **Individualized Care**
- **Latest Dental Care Techniques**



Our state of the art facility allows us to provide the best in dental care for you and your family.

**SCHEDULE YOUR APPOINTMENT TODAY!**

(405) 321-6166 | [www.normandentist.com](http://www.normandentist.com) | 561 Merchant Drive, Norman

dental design studio



The Leaders in Allergy and Asthma Care since 1925

Appointments 405/235-0040  
www.oklahomaallergy.com

FIVE Convenient Central Oklahoma Locations

Main @ The Oklahoma Health Center  
750 N.E. 13th, Oklahoma City

Meridian Medical Tower  
(Across from Mercy Hospital)  
13321 N. Meridian, Suite 100, OKC

Edmond at Fisher Hall  
3560 S. Boulevard, Suite 150

Midwest City  
8121 National Avenue

Mold/Pollen Counts: Website, Facebook  
Twitter @okallergyasthma



### Come see us at our Norman location at Medical Park West • 3580 R.C. Luttrell Drive



Dean Atkinson,  
M.D.



Richard Hatch,  
M.D.



Gregory Metz,  
M.D.



Patricia  
Overhulser, M.D.



Shahan Stutes,  
M.D.



**NORMAN HOURS:**

Mon, Tues, Thurs	7:45am - 5:20pm
Injection Hours	8:00am - 5:20pm
Wednesday Injections	10:00am - 5:40pm
Friday	7:45am - 11:40am
Injection Hours	8:00am - 11:40am

OAAC's Stefanie Rollins is now seeing patients at our Norman clinic.

**Stefanie recently received her asthma educator certification.**



Stefanie Rollins,  
APRN, CNP, AE-C

# BETTER TOGETHER

Identify Needs. Find Solutions. Improve Lives.



**GIVE TODAY**

**UnitedWayNorman.org/give**

# How To Prepare Your Home For Winter

Keep your home warm and safe this winter by following our comprehensive to-do list before the real cold sets in. It's never too early to get a jump start on these tasks, especially when the weather is still nice outside!

## 1. SEAL YOUR HOME

Give your home a quick run-through, checking for drafts. You can do this by holding a lit candle near the following areas: windows, doors, vents, plumbing areas, mail chutes, air conditioners and electrical and gas lines.

If the candle flickers, you've got a draft. Seal up all holes and reinforce existing points of entry with weather stripping. You can also caulk windows and doors to make sure they are sealed against the cold.

## 2. CLEAN YOUR GUTTERS

If your gutters are clogged with sodden leaves, they can freeze up and block the drainage, allowing melting ice and snow to slowly seep into your roof and cause excessive damage.

## 3. REVERSE YOUR CEILING FANS

Flick the reverse switch on your ceiling fans to make the blades spin in a clockwise direction instead of counter-clockwise. This way, the fans will produce an updraft to push the rising hot air downward.

## 4. PRUNE YOUR TREES

Check all trees near your home's façade for low-hanging or loose branches. Prune them so they don't end up cracking

from ice, heavy snow or wind and damaging your home.

## 5. TAKE INVENTORY OF YOUR EMERGENCY SUPPLIES

Stock up on water, canned food, batteries, flashlights and storm lanterns. You may also want to invest in an external charger or generator for some juice when the lights go out.

## 6. TURN OFF EXTERNAL FAUCETS

Unscrew your garden hose from the spigot and drain your sprinkler system to prevent any freezing. You may need to call in a professional in order to do this properly.

## 7. PROTECT YOUR PIPES FROM FREEZING

Prevent burst pipes and avoid costly repairs with these simple steps:

Keep your heat on even when you're not home so that your pipes don't freeze and burst.

Allow your faucets to drip during severe cold snaps.

Wrap any exposed piping and hose bibs to prevent freezing.

## 8. CHECK YOUR HEATING SYSTEM

Make sure everything is in working order before the cold blows in. If anything needs repairs, tend to it now while it's still warm out.



Federal Credit Union

www.oufcu.com



# IT'S HOW SOONERS BANK!



Full menu of products and services, including FREE checking accounts, new and used auto, boat, motorcycle, and RV loans.



Mobile App with FREE Mobile Deposit.



Home equity loans and lines of credit.



Direct deposit and payroll deduction discounts.



Proudly Serving Our Community for 60 Years!

Oklahoma Sports & Orthopedics Institute



We are proud to introduce...



**J.T. Glomset, MD**

Orthopedic Surgeon

Sports Medicine Specialist

Treating patients in  
Westmoore, OKC, Mustang,  
and Weatherford



**Jacob Haynes, MD**

Orthopedic Surgeon

Joint Replacement Specialist

Treating patients in  
Midwest City, Norman,  
OKC, and Edmond



**Clayton Nelson, MD**

Orthopedic Surgeon

Hand, Wrist & Elbow Specialist

Treating patients in  
Midwest City, Norman,  
OKC, and Edmond

**405. 515.8090**

**www.OSOI.com**



**TWO MEN  
AND A  
TRUCK®**

**"Movers Who Care.®"**

**OKLAHOMA CITY**

**405.708.7707**

**TWOMENOKC.COM**

Each franchise is independently owned and operated. | U.S. DOT No. 2634814

# Cobblestone Creek



- Norman's Only Par 3 Course
- Wedding and Event Venue
- Exclusive Foot Golf Tees & Holes
- Call for a Tee Time today!

1350 Cobblestone Creek Drive • 405.294.0267  
[cobblestonecreekgolfclub.com](http://cobblestonecreekgolfclub.com)

# SOONER Pharmacy



1811 W Lindsey Street  
405.329.6001  
[soonerdiscountpharmacy.com](http://soonerdiscountpharmacy.com)



## Norman's Family Pharmacy



# Game Day Mass



## Church Rolls Out Welcome for Sooner Fans

**F**ather Jim understands the complexities of the modern world, especially surrounding game day on the University of Oklahoma campus.

That's why he established a Game Day Mass this year as a way of feeding the spiritual needs of OU football fans. Father Jim is also known as Reverend James Goins, the pastor of St. Thomas More University Parish and Student Center, 100 Stinson St. in Norman.

"Sunday Mass is an obligation for Catholics and Saturday evening counts as Sunday," Goins said. "Game Day Mass is a great way for football fans to fulfill their obligations."

The reasoning behind the idea for Game Day Mass is that a lot of people come out for the game, driving long distances, and by the time they drive home, they may be tired on Sunday morning.

"They can enjoy Mass and a peaceful Sunday morning and support the

Sooners as well," Goins said.

When the Sooners hosted Army on Sept. 22, visitors from other parts of the country were in Norman rooting for Army. "It was very nice to meet them," said Goins.

With a pared down program, described by Goins as a "no-frills Mass," the service is complete in 40 minutes.

The Game Day Mass is for Catholic Sooners, visiting Catholics and everyone else.

"Everyone is always welcome at a Catholic Mass," Goins said. "Everyone is welcome to attend."

Goins said, "As the university parish we are passionate about OU and passionate about the Sooners, and we want to do everything we can to help people come out and support the

team. We think by helping Catholics fulfill their obligations on game day, it will also help them enjoy the game."

The time for the Game Day Mass varies depending on the time of kick off. For early kick offs, Mass begins 30 minutes after the conclusion of the game. For a late kick off, Mass begins 90 minutes before kick off.

There's even more going on at St. Thomas More, including Sunday Suppers for college students following the 5 p.m. Sunday Mass. For more information, visit the website at [www.stm-ou.org](http://www.stm-ou.org). — **BSM**





Gift Cards  
for the Holidays!

2110 W. Main • 405.366.6270 • bloomaesthetics.com



Home of the  
"Original"  
Sooner Swirl



6 point Lionshead Beer \$1.99 All Day Every Day  
Beer & Liquor specials & \$2.99 shots  
Check out our web site for other specials

Corner of Boyd & Classen • 329-3330  
www.themont.com • Open Daily 11am to 2am  
Full Menu Served Until Midnight - Late Night Menu Till 1am

**PROVIDING TRUSTED TAX,  
ACCOUNTING AND  
BUSINESS SOLUTIONS  
FOR OVER 30 YEARS**



**Gray, Blodgett & Company, PLLC  
CERTIFIED PUBLIC ACCOUNTANTS  
AND BUSINESS ADVISORS**



**629 24TH AVE SW NORMAN, OK 73069  
405-360-5533 WWW.CPAGRAY.COM**

# Sheo's MARKETPLACE



The 2019 Collector Edition Console



STICKLEY

THE 2019 COLLECTOR EDITION CONSOLE ADDS NATURAL BEAUTY TO ANY ROOM. STARTING WITH BEAUTIFUL AMERICAN HARDWOODS, MATERIALS ARE METICULOUSLY CRAFTED IN THE U.S. AND THEN ADORNED WITH THE RICH HUES OF HANDCRAFTED MOTAWI RIVERSCAPE TILE.



3500 BART CONNER DR.  
- NORMAN - 405.364.0728  
THEOSMARKETPLACE.COM  
PHONE ORDERS WELCOME



FREE ESTIMATES. CALL TODAY » 866-480-1643 | SoonerFoundation.com

# Don't Settle.

 **VESTA**  
Foundation Solutions



**MASK DENTAL STUDIO**  
**DEREK R. MASK, DDS**  
**INTRODUCING JAY WHITE, DDS**  
Family & Cosmetic Dentistry  
f t i MASKDENTAL.COM 405.321.5143

# HOME TO CHAMPIONS

Improving Strength,  
Conditioning,  
& Self-Esteem



500 West Main, Suite 300 | 405-701-3416 | youthperformance.net

# BUWICK GROUP INVESTMENTS & INSURANCE

*This is Open Enrollment  
for health insurance.*

*We're saving folks money.*

*Let us help you find a solution.*

*Business • Individual • Medicare*

**Greg Buwick • President**



**405.329.6000 | WWW.BUWICKGROUP.COM**

Securities offered through Leigh Baldwin & Co., LLC Member FINRA / SIPC



## Norman's Premier Funeral & Cremation Service Provider

3401 Havenbrook St. | Norman | 405-329-0101

[HavenbrookFuneralHome.com](http://HavenbrookFuneralHome.com)



# Port, Sherry & Fortified Wines

**O**n a recent trip to Spain and Portugal, I became reacquainted with sherry and port. I must admit that I have approached these wines in the past with some trepidation because the first ones I had tasted were poor-quality imitations of the real thing.

Fortified wines include port, sherry, vermouth and some less well-known regional wines. In all cases, these wines are produced through the normal fermentation methods, and then spirits, such as brandy are added. The additional alcohol acts as a preservative.

There is history behind this methodology. Years ago, wine that was shipped across the ocean was subject to spoilage. This method of preservation was adopted primarily in Spain in Portugal. Vermouth was fortified and spiced probably to cover the off taste of lesser quality wine.

Porto (port) comes from the Douro River valley in Portugal, and it is often characterized by a sweet quality caused by stopping the fermentation process before the yeast converts all the sugar to alcohol. The addition of alcohol terminates the fermentation. The result is a sweet, but tasty after-dinner drink. The grapes from Douro have a distinctive pleasant flavor. That same flavor is also present in the non-fortified Portuguese red wines.

Sherry is fermented until all the sugar has been converted to alcohol, making a dry wine. The brandy is then added. Originating from the area near Jerez, Spain the lighter sherry is designated fino and sweeter olorosos. The sweeter sherries are created by adding sweetening.

Marsala and Madeira, come from the island of Sicily and Madeira is made in the style of wine from the Madeira Islands. Marsala is made with the same process as sherry and madeira uses the same process as port.

Sherry, porto, marsala and madeira originate in Europe and are good to great quality.

Vermouth originated in Italy for medicinal purposes, it became popular as an aperitif and later as an ingredient in cocktails. The spices added are all trade secrets. There are now many high-quality vermouths being produced in the United States. These tend to be pricey, so I would recommend trying these at the cocktail bar, before investing in a bottle. When you find one you like, your local retailer can order it for you, if it's not in inventory.

Get adventurous and give these a try.

Enjoy,  
Kathy

**GIVING THANKS FOR COLD BEER.**

**GREAT SAVINGS!  
GREAT SELECTION!  
GREAT SERVICE!**

1330 Alameda St. • Norman • 405.364.9262

[www.JoesWinesandSpirits.com](http://www.JoesWinesandSpirits.com)

JOE'S  
WINES SPIRITS  
NORMAN, OK

# TIME IS

Limited spaces  
remaining at  
this rate!



# RUNNING OUT



4 bedrooms starting at

# \$399

PER BEDROOM

Prices subject to change.



Fully-furnished suite-style living with private bedroom and bathroom

Amenities include:

- Resort-style pool
- 24-hour study lounge
- 24-hour fitness center
- and more!



Campus Lodge

FOLLOW US



CampusLodgeApts

TOUR TODAY AND RESERVE YOUR HOME!

405.701.3500 | 1800 Beaumont Dr. | campuslodgenorman.com

# Keeping Kids in School



## Norman Regional Rolls Out New Technology for Addressing Student Illness

There are many pieces that go into the puzzle of educational funding. When students miss school days, it costs more than a parent's day off work or the co-pay for an urgent care or doctor visit. School districts lose funding dollars as well.

Furthermore, missed school days impact students through lost class time and missed opportunities to learn the material they will need to be successful in the future. That's why the Norman Public School District is in search of some high-tech solutions.

"Last year, in our health services, we saw over 94,000 student health visits," said Beth Roberson, a registered nurse and the health services coordinator for Norman Public Schools. "We have a huge population utilizing our services."

Last spring, district officials began to explore the potential of a Tele-med program, using existing community partnerships with Norman Regional Health System and the Norman Regional Foundation.

"There are a lot of school districts, particularly in North Texas and across the country, that have had great results in reducing absences using similar programs," said Dr. Kate Cook, medical director for Pediatric Hospital Medicine and School Tele-health with Norman Regional. "The Lancaster Independent School District was able to save \$500,000."

Two pilot programs are now operational in Norman Schools, at Washington Ele-

mentary and Irving Middle School.

"The virtual care kiosks opened Oct. 1," Roberson said. "We have had a lot of interest, and we are excited to use the system. We had a third of our parents sign up at Washington on back to school night and almost 25 percent at Irving."

But this program has really been many years in the making, Roberson said. Unlike many other school districts in the state, NPS has a school nurse or health assistant at every school, which, Roberson said, is an important first step.

"We could not do what we do without the foundation and the hospital's support. They provide over half of the funding for this program," Roberson said. "NPS has partnered with Norman Regional and Norman Regional Foundation for the last 11 years to have a school nurse at every Norman school. This program is a natural progression with the resources and technology available."

Utilizing the high-tech kiosks, nurses can now connect students with a board-certified pediatrician without anyone having to leave their school or office. The kiosks operate using a Telemed tablet that is equipped with video conferencing capabilities as well as digital devices that help collect important medical information, including a stethoscope, otoscope, blood pressure cuff and more. Parents can also be a part of the virtual visit as well.

"The school nurse sends me a message, and I email the parent a link to join in

on the visit," Cook said. "They can do it from their smart phone or computer, from wherever they are."

"Everyone can see everyone," Roberson said. "We can check temps and look into a child's throat, nose or eyes. We can even look at an irritation on a child's skin using a dermascope that magnifies important details and sends it to the doctor."

If a condition is not contagious, a student might be able to return to class that same day, Cook said.

"Our goal is to reduce or even eliminate the time students are out of school, which is especially valuable for kids with chronic health issues like asthma or diabetes. We want to help kids feel better that same day."

If the child's condition requires medications, Cook can send a prescription to the family's pharmacy of choice. During the pilot of the program, virtual care visits are free as officials explore the impact and fine tune best practices.

"We are exploring how we can best use it and how to best benefit students," Roberson said. "We are looking for how we can expand the program and use it for all of our students."

Both Cook and Roberson anticipate expanding the program to more schools during the 2019-2020 school year. — **BSM**

DIAMONDS ARE  
FOREVER

BUT OUR SALE  
ENDS SOON

---

Oklahoma's largest selection of  
bridal and wedding jewelry.

---



*Lewis Jewelers*

2705 S SERVICE RD, MOORE, OK 73160

LEWIS-JEWELERS.COM

405-703-4644



**C | S | O**  
CRAIG & STREIGHT ORTHODONTICS

Schedule an appointment today!

**(405) 321-1926**  
[craigandstreight.com](http://craigandstreight.com)

**Norman Office**  
706 24th Avenue NW  
Norman, OK 73069

**South OKC Office**  
10001 S Penn Ave Suite 130  
Oklahoma City, OK 73159

**Mustang Office**  
1476 N. Mustang Rd.  
Mustang, OK 73064

**\$5 MILLION GIVEN TO MEET THE NEEDS OF OUR COMMUNITY**

**ORU**

**OPERATION ROUND UP**  
OEC FOUNDATION, INC.  
[WWW.OKCOOP.ORG/ORU](http://WWW.OKCOOP.ORG/ORU)

**OEC**  
OKLAHOMA ELECTRIC COOPERATIVE

# Growing Home



## Norman-Based First Fidelity Expands Local Footprint

**F**irst Fidelity Bank has been a part of the Lindsey Street community for many years, with its location inside Homeland at 1724 W Lindsey St.

In response to the improvements made in the area, the Norman-based bank has expanded, opening a new, full-service location at 1337 W Lindsey St. First Fidelity's president and CEO Lee Symcox said the new location is an example of the bank's commitment to the Norman community.

"We are proud to be a part of the revitalization of Lindsey Street," Symcox said. "Norman is one of our primary markets, and we have a lot of our customer base living and working in this area."

"When we saw how the city has invested in the area with the street work and landscaping, we wanted to add to that and build a beautiful facility to complement the work that has been done and encourage other businesses to make the area a premier district."

Area customers, business owners and university students now have access to a convenient, full-service branch that includes loan and new account services as well as drive-in teller access and a fully functional, deposit-enabled 24-hour ATM.

With 29 locations across the Oklahoma City metro, First Fidelity has deep roots in Norman. The financial institu-

tion was established on Main Street in 1922, known as City National Bank at that time.

"My grandfather came to Norman in the early '50s, and since, we have had four generations involved in the bank," Symcox said. "I started working at the bank when I was 14 and my father still works at our location on Main."

From his professional vantage point, Symcox has been able to watch Norman grow and adapt over several decades.

"Banking has been interesting over the years," he said. "The most memorable time was during the '80s Oil Bust. It was difficult, but we are very proud that we weathered that storm. We are the only bank in Norman that did not fail or require outside assistance to stay afloat."

"I was lending officer then, and there wasn't much business to be done during that time."

Symcox said First Fidelity has a vested interest in seeing Norman prosper.

"A bank can only do as well as the community it resides in. We are very committed to Norman and helping people achieve their financial goals. It's an important part of our mission." — **BSM**

Reserve Your Holiday Event Sooner!

# SOONER BOWLING CENTER

**Holiday Parties Booking NOW!**  
Private Rooms • Catering • Mixed Beverage License

soonerbowl.com 405.360.3634 SIGNUP ONLINE OR STOP BY!



**BRING IN THIS AD FOR  
\$5 OFF  
ANY CAKE!**

Tax not included. Add-Ons cost extra. Limit one coupon per transaction per visit. Please mention coupon when ordering. Not good in conjunction with any other offers. Good at any OKC Metro area Dairy Queen location. Hurry Offer Ends December 31, 2018.



1835 W Main St,  
Norman  
2301 S. Telephone Rd,  
Moore

**Come in for  
BLACK FRIDAY SPECIALS!**



**Boxed Lunches available &  
Surprise Discounts All Day!**

# Schlotzsky's®

Not valid for online orders. Offer valid on item of equal or lesser value only. Exclusive of tax or gratuity. Sale, resale and/or internet distribution strictly prohibited. Void where prohibited. Cash value 1/100¢. No cash back. Additional exclusions may apply. ©2018 Schlotzsky's Franchisor SPVLLC. All rights reserved. Black Friday Deals only valid on Nov. 23



# PRIMROSE

*Funeral Service*

EST 1931

*Every life has a story.*

*Call us today to tour our beautiful facilities. 405.321.6000*



# SUNSET

*Memorial Park Cemetery*

BURIAL | CREMATION | PRIVATE ESTATES



[PRIMROSEFUNERALSERVICE.COM](http://PRIMROSEFUNERALSERVICE.COM)

Transparency & Trust



## Christian Brothers

A U T O M O T I V E

Nice Difference Warranty

2 Years / 24,000 Miles

Whichever Benefits

You Most

**Have us check your car before your family travels during the holidays!**  
**Locally Owned and Operated by Curtis & Becky Henning**

**November Special**  
**\$50 off with Coupon**  
**Any Service or Repair \$150+**

*Free Shuttle Service to and from Work or Home*

Must be presented at time of service. Not to be combined with other offers. One coupon per visit. Valid at Norman location. Expires December 31, 2018.

**405.701.1811 • 3050 Yarbrough Way, Norman 73072**  
**[cbac.com/Norman](http://cbac.com/Norman)**

# Ask an Expert



## Selling During the Holiday Season

It's coming fast, and there's no way to slow it down. The holidays will soon be here, with all the tradition, the bustle, the cool weather and, of course, the shopping. The holiday season is a fun time of year, but for those in the process of selling their homes, it can get complicated, what, with all the lights and decorations.

In real estate, sellers walk a fine line. They don't necessarily want to ignore the season and appear to be the Scrooge of the neighborhood. At the same time, they can't decorate like they're in Santa's Castle, either.

I always suggest sellers approach the holidays with a couple of things in mind. It's OK to decorate tastefully, but subtly with colorful accents that make the home cheerful and inviting, but keep in mind that the buyer must be able to imagine themselves in the home along with their own holiday traditions.

Here are some tips for sellers to consider as they plan their decorations this season.

- Less is more. Be careful not to overdo the garland, the lights, the boxes and the bows.
- Consider accenting your home with holiday scents like simmering cider, cinnamon or baked cookies.
- Stay away from personalized decorations. Remember, buyers want to visualize themselves in the house, and your sister's monogrammed Christmas blanket may not be helpful.

- Blend with the neighborhood. If outside decorations are prominent, then fall in with the crowd, but consider using white lights and hanging an elegant wreath on the front door. Stay away from blow-up Santas and life-sized angels.
- Consider skipping the tree. They tend to steal the show, block pathways and make a room seem small. Tiny trees are no substitute. They can be depressing and sad. Trees are only helpful when they can highlight a large room with a high ceiling.
- Stow the greeting cards. They can make a room look messy.



The holidays can be an enjoyable time of celebration and family gathering, but they also present challenges. Compromises may be necessary, and that can be difficult. A common alternative is delisting the home until after the holidays, when house hunters have left the malls and have returned to their search.

*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.*



## LISTING OF THE MONTH

5105 LADBROOK STREET

3 BEDS - 2 BATHS

Lovely west side home in the popular Cambridge Addition. This impeccably maintained three bed two bath home sits on a well landscaped, treed lot and is move in ready. It's been updated with heat and air, paint and appliances. The north facing covered patio is over looks established plantings and backs a greenbelt. Cambridge features a beautiful lake with walking paths, parks and wide open green spaces. Well priced at \$169,500.

Please call Steve for your private showing!

**Buying or Selling?**

Call Us for ALL Your Real Estate Needs!

**Dillard**<sup>TM</sup>  
**GROUP**

Real Estate Services

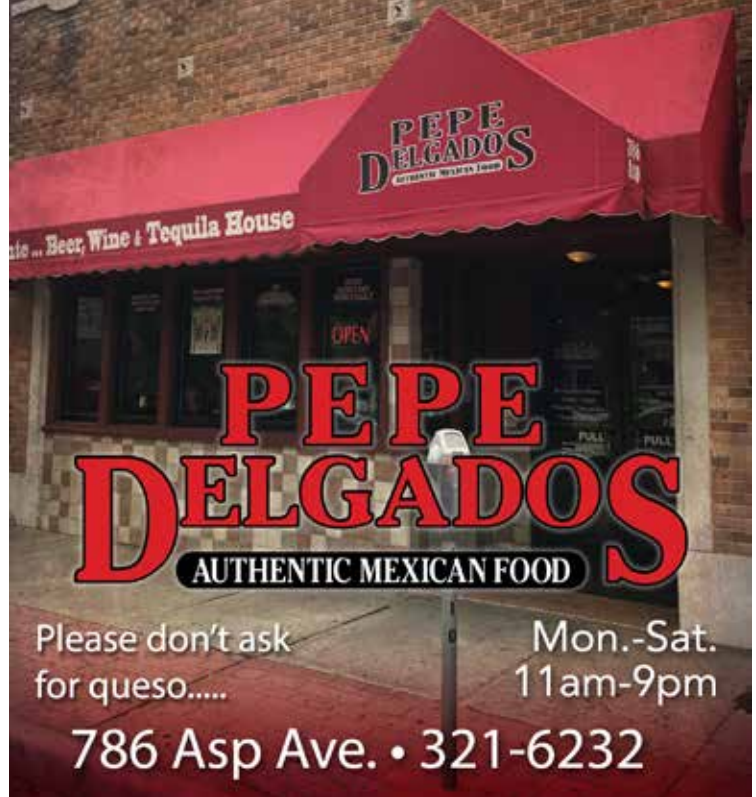
**Happy  
Holidays**

405.366.7707

DillardGroup.com

**We Are Not Tex-Mex!**

Open Since 1991



Beer, Wine & Tequila House

**PEPE DELGADITOS**  
AUTHENTIC MEXICAN FOOD

Please don't ask for queso.....

Mon.-Sat.  
11am-9pm

786 Asp Ave. • 321-6232

**LIFE MOVES FAST!  
AND SO DO WE.**



- Online scheduling
- 2 hour service windows
- Text notifications with tech's picture and bio
- GPS tracking right to your door



**NORMAN**  
Heating & Air Conditioning  
Plumbing

405.823.9641 • NORMANAIR.COM



# ***THE PUSH FROM THE COACH. THE ENERGY FROM THE GROUP.***

*When it comes to reaching our fitness goals, we all need a little help. With the beat of the music, high-fives from the group, and support of our fitness coaches, you'll be unstoppable.*



*After 30 days of feeling energized, stronger and better than ever before, we guarantee you won't want a refund.*

**SCIENTIFICALLY PROVEN RESULTS • WORK 1 HOUR. BURN FOR 36.\* • FOR ALL FITNESS LEVELS**

**START BURNING WITH A FREE WORKOUT AT [ORANGETHEORYFITNESS.COM](http://ORANGETHEORYFITNESS.COM)\*\***

**825 SW 19th Street | Moore, OK 73160 | 405.703.5259**

Orangetheory®, OTF® and other Orangetheory® marks are registered trademarks of Ultimate Fitness Group LLC. ©Copyright 2017 Ultimate Fitness Group LLC and/or its affiliates. \*Visit [orangetheoryfitness.com/termsfuse](http://orangetheoryfitness.com/termsfuse) for additional information. \*\*First-time visitors and local residents only. Certain restrictions apply. \$28 minimum value. At participating studios only.



# Animal Lovers

## Family-Run Rose Rock Animal Clinic Going Strong for Nearly 30 Years

Once a country veterinary clinic for animals large and small, Rose Rock Veterinary Hospital & Pet Resort has been reinvented over time, evolving with the Norman community.

Dr. Beverly Fritzler purchased the practice nearly 30 years ago with the goal of increasing the availability and quality of pet care in Norman. Since then, she and her team have turned Rose Rock into a full-service practice where pets are family.

"I felt like pets were fur-family members long before many considered them that way, as is more consistent with today's times," Fritzler said. "By purchasing the practice, I felt I had more of an ability in carrying out my ideas."

In 2001, Fritzler took a leap and embarked on a major expansion and redesign of the clinic. The old boarding kennel was torn down and the main building was expanded on three sides, creating a new boarding facility that provides luxury pet boarding options. The aesthetics of the building also changed.

"I wanted a more warm, comfortable, home-like feel rather than the traditional, cold, sterile feel of most medical facilities," Fritzler said. "We feel that type of environment helps to decrease the stress for our patients and provides a more comfortable experience for our clients."

Since the expansion, Rose Rock also transformed the practice into a full-service experience for Norman's pet population, adding professional grooming services and the latest in veterinary medicine and services.

Today, they offer a wide variety of diagnostic services, including ultrasound and endoscopy, as well as animal prosthetics and alternative therapeutic options, including acupuncture and rehabilitation hydrotherapy.

The practice also reaches the community in ways their patients may not have seen before. Working with local animal welfare and rescue organizations, their team provides surgical and other medical care for homeless animals, and the clinic even assists with finding homes for the animals.

Although Rose Rock has grown over the years, both in offerings and team members, it continues to be a family-owned and operated practice.

"We've always been a close family with a lot of family involvement in the business," Fritzler said. "I had always hoped my children would have a continued interest in the business and got lucky it didn't scare them away before they became of age to be involved."

"My son, Dr. Bryce Fritzler, has always been attracted to medicine, with the thought he'd pursue human medicine. As he got further in his studies, he decided veterinary medicine was more of his calling."

Today, Beverly Fritzler is joined in business by her daughter and practice manager, Breawna Fritzler, as well as her son, Bryce Fritzler and his wife, Dr. Jennifer Devine, who met in vet school before joining the practice in 2015 as associate veterinarians. Even Beverly Fritzler's husband, Harry, has played his part in the business over the years, helping out when needed.— **BSM**





MUIRFIELD  
HOMES

BY ALAN CHESHER



TRADITION



INNOVATION



SATISFACTION



QUALITY



VISIT OUR FURNISHED SHOWCASE HOME OPEN DAILY 1-6 AND WEEKENDS 2-5 AT 3001 LOCHINVER DRIVE  
OR CALL APRIL AT 405-292-5225 | MUIRFIELDHOMES.COM



F  
U  
D  
G  
E  
&  
C  
O  
O  
K  
I  
E  
S  
&  
N  
U  
T  
S



# Ready Made Or Custom GIFT BASKETS

Overflowing  
with your  
favorite nuts,  
chocolates, nut  
treats & cookies!

In an Oklahoma  
shaped box!

Corporate and  
Custom Label  
Christmas Gift  
Programs

Ask about our Gift Cards!  
And ask about our **VETERANS**  
& Active **MILITARY** Discount

Over 50 Years of Serving  
Central Oklahoma

THE BIGGEST BUNCH OF NUTS IN OKLAHOMA



**MASON'S**  
PECANS & PEANUTS

Mon - Fri: 8 to 6, Sat: 9 to 5  
Sunday: 10 to 5 (Oct thru March Only)

Ph: 329-7828 ~ Fax: 329-8170  
Email: sales@masons pecans.com

4913 SE 44th St., Norman, OK 73072  
I-35 Exit 106, 1/2 Mile West on Hwy 9  
(across from Riverwind Casino)

[www.masons pecans.com](http://www.masons pecans.com)

**Bring us your INSHELL PECANS!**  
**We'll crack and shell them for you!**

C  
H  
O  
C  
O  
L  
A  
T  
E  
S  
&  
D  
R  
I  
E  
D  
F  
R  
U  
I  
T

# VICTORYFAMILY.CHURCH



Welcome back  
students, faculty  
and staff!



1610 W. Lindsey St. Norman, OK 73069  
Phone: (405) 801-2929  
[www.dfnorman.com](http://www.dfnorman.com)

**Total Facility Upgrade!**  
- New Amenities  
- New Equipment



# Cooking and Looking

## International Pantry Draws Seasoned Chefs to Weekly Cooking Classes

**N**ovice home cooks and kitchen newbies pick professional chefs' brains during International Pantry cooking classes.

Fried eggs sizzle in a pan, and a group of eager students crowd around the stovetop, watching closely as local chefs Jeremiah and Brandi Caldwell put the finishing touches on a fresh batch of bibimbap. Cooking class participants witnessed the Coriander Cafe co-owners prepare a meal in the back of the International Pantry gourmet food shop.

During International Pantry cooking classes offered 50 to 60 times a year, Oklahoma chefs and co-owners like the Caldwells hand out recipes and whip up several full courses in front of students' eyes, all after hours at this Lindsey Street shop.

"We're all looking for something

that's memorable and fun to do, and you get a meal, you get to learn to do something, and people gain friendships," said Jocelyn Wall, owner of International Pantry.

Throughout the class, guests watch seemingly complicated meals come together in a few simple steps. Home chefs can observe and take notes as their favorite local chefs chop, fry and plate in the store's demo kitchen, tucked behind aisles of imported sweets and gourmet sauces. Guest chefs help demystify the process of preparing delicious dishes, hors d'oeuvres, tailgate favorites, baked goods and more, and last-minute class openings are always a possibility.

"I'm doing this for myself, mainly for my grandnieces," says Cindy Updegraff, a first-time cooking class student. "But, I needed to do something different, and I love Coriander Cafe, I

love their restaurant, so I just thought I'll go ahead and go."

While learning the ropes in the kitchen, participants also mingle and chat not only with their tablemates but also with the guest chefs. Regular attendees, who come weekly, make newcomers feel welcome, and as food processors whirl and fresh herbs decorate main dishes, students toss out questions to the chefs who answer as they go. Some chefs even grant hands-on opportunities to better explain certain cooking methods to the crowd.

"It's just a pleasant evening out," says longtime participant Brenda Runkle-Hatt, who has been attending International Cooking classes for a decade.

By the end of the Coriander Cafe class, the Caldwells served spring rolls with peanut sauce, bibimbap



with fish sauce and a mango lime sorbet. In between dishes, students scan the shelves in search of specialty ingredients and equipment conveniently found inside the shop, all offered at a 10 percent discount for attendees. As attendees polish off their plates, several Coriander Cafe regulars thank Brandi and Jeremiah, who recognize the students and remember them by their usual order at the restaurant.

"I think connection is what food is all about," Jeremiah Caldwell says. "So, you have the opportunity to meet the people that may frequent your restaurant to connect with their own families."

This connection and opportunity for a dinner and show keeps class attendees like Brenda coming back for more. Three times a year, International Pantry releases its upcoming seasonal schedules, featuring returning guest chefs and new talents.

At International Pantry cooking classes, couple's tables and group seats make for a cozy, yet intimate atmosphere. Sandy Brickman, an International Pantry employee, puts plenty of thought into each night's seating chart. She intentionally seats solo, first-time guests with friendly regulars, and she accommodates for friendships formed at cooking class, placing best buds at the same group table. With old and new friends, home cooks can pick up

new skills passed along by seasoned, local professionals.

Although cooking in front of a class differs from day-to-day supervisory roles in a restaurant kitchen, the change of pace and intimate connection draws in local chefs like the Caldwells and Oklahoma City chef Joshua Valentine.

"It's an outlet for me," Valentine said. "I get to get creative and not do the same mundane thing that I do in a restaurant all the time and I get to interact with people up-close and personal."

Valentine brings lessons learned during his time on "Top Chef" to each of his International Pantry classes, like moving past mistakes in the kitchen, from leaping flames to pots boiling over.

"Because you're forced into these environments (on the show), you're forced to be flexible and adaptive. You don't really have a choice," Valentine says.

Perhaps the most rewarding part of the job, Valentine relishes in the small moments when class participants truly understand something new for the first time.

"I can see how a teacher can enjoy those moments of seeing the light bulb click for a kid when they get something," Valentine says. "So, it's kind of the same thing when we get to do that."

Whether a semi-pro at home or a stranger to your own kitchen, International Pantry cooking classes offer the chance to see local chefs bring simple ingredients together in creative dishes, as well as the opportunity to meet new people and feast on cuisine prepared fresh by your favorite restaurant owner or local celebrity chef.

For more information about the cooking classes and a schedule of upcoming events, visit [www.intlpantry.com/cooking\\_classes](http://www.intlpantry.com/cooking_classes) or stop in at 1618 W Lindsey St. — **BSM**



Your tax problems  
don't care who you are.  
But we do.



**Rod Polston**  
Founder & President



**Rachel Pappy**  
Partner



**Brenna Baggett**  
Director of Client Relations



**Whitney Craig**  
Director of Tax and Accounting



**Cami Buettner**  
IRS Enrolled Agent



**Victor Stapp**  
Attorney



**Justin Proctor**  
Vice President and Managing Attorney



**Jorge Diaz-Druel**  
Tax Manager



**Monica Hickman**  
Tax Consultant

Talk to the people at Polston, Oklahoma's largest tax resolution and accounting firm. We are your people – a team of over 80 attorneys, CPAs and financial analysts – fierce about helping you win back your financial freedom.



**Polston**  
Tax Resolution & Accounting

[polstontax.com](http://polstontax.com) // 405.801.2146 // 844.841.9857

# WINTER IS COMING

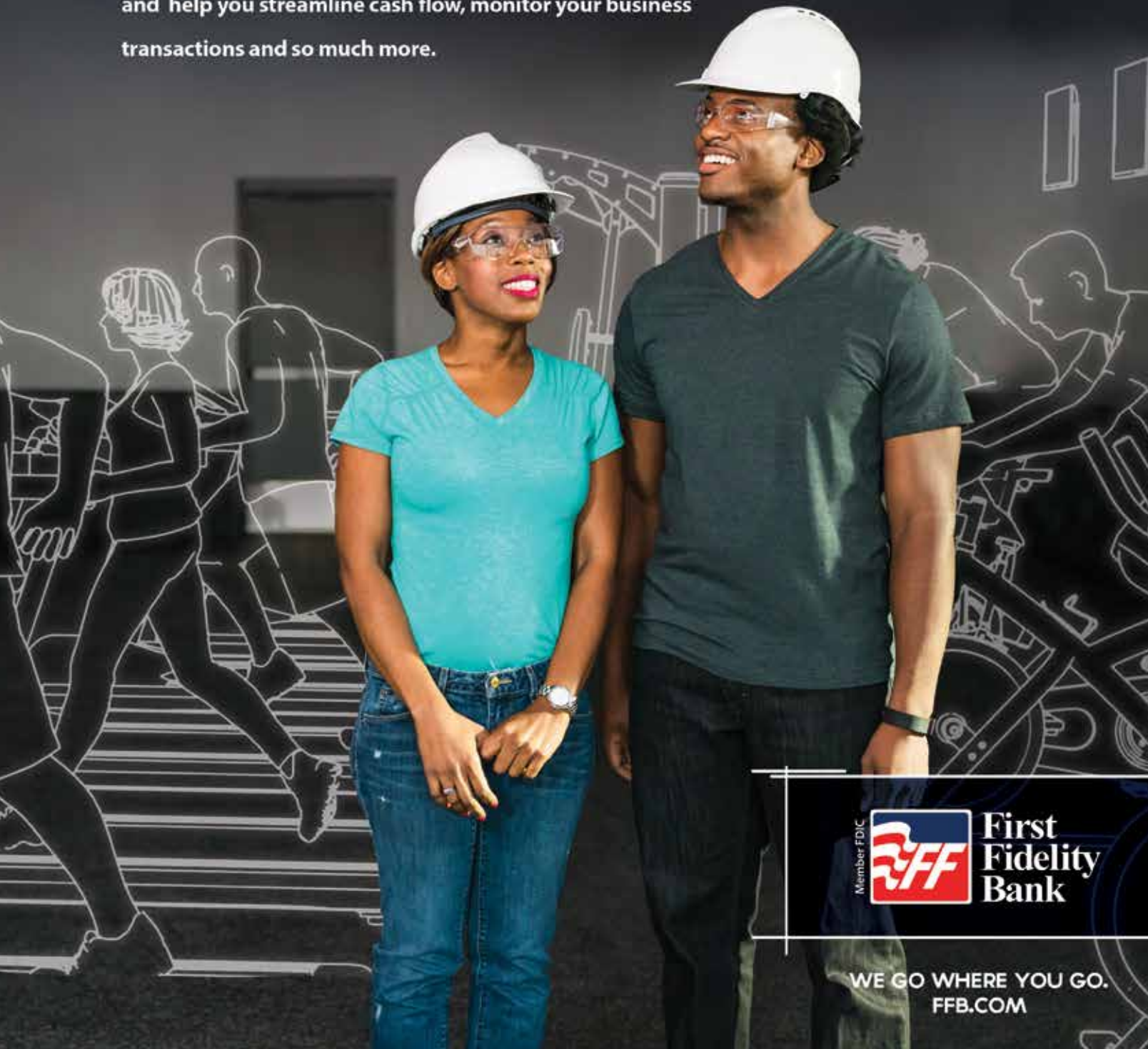
When the temps drop, pipes burst.  
Call us to get you business or home  
back to normal as quickly as possible.

**CAVINS**  
ENVIRONMENTAL GROUP  
**405-573-3048**  
CAVINSCONSTRUCTION.COM

**MOLD • WATER EXTRACTION**

# FFB, YOUR GO-TO FINANCIAL PARTNER.

Whether you've been in business for five or fifty years, FFB's treasury services make running your business easier than ever before. Let our specialists outline a plan just for you and help you streamline cash flow, monitor your business transactions and so much more.



Member FDIC



**First  
Fidelity  
Bank**

WE GO WHERE YOU GO.  
FFB.COM