

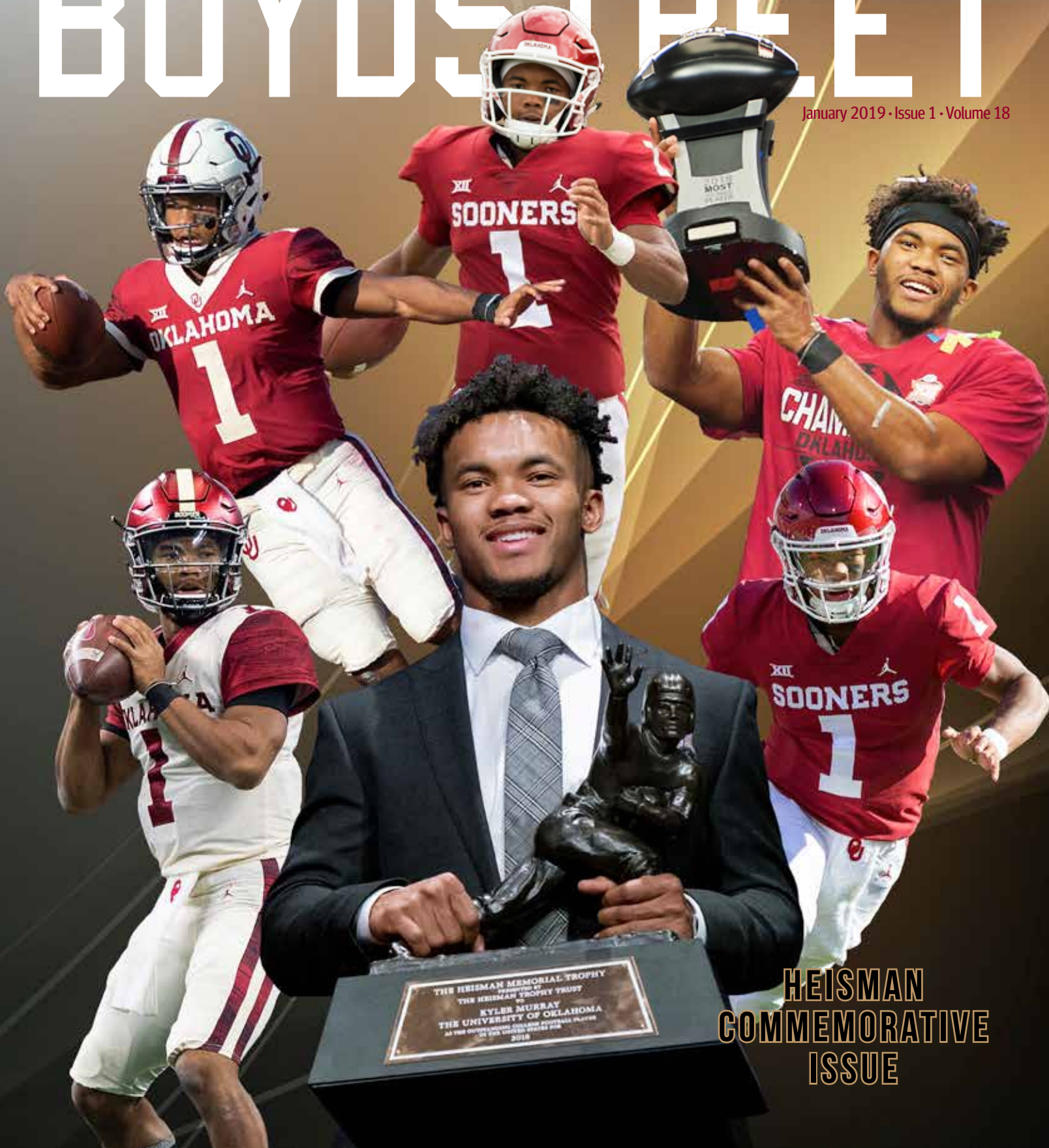
District Chief Introduces Bond
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Water Level

19 Ways to Be Happier, Healthier
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January 2019 • Issue 1 • Volume 18



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Cleveland County Christmas Store
Cleveland County Citizens Advisory Board
Cleveland County CROP Walk
Cleveland County Fairgrounds
Cleveland County Family YMCA
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Cleveland County Health Department
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Community Literacy Centers, Inc.
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Taste of Norman
Terra Verde Discovery School
The Depot
The Main District
The OK Academy
The Trails Fall Festival
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EDITOR-IN-CHIEF

Mark Doescher

MANAGING EDITOR

Lindsay Cuomo

SENIOR EDITOR

Chip Minty

PHOTOGRAPHY

Mark Doescher

CONTRIBUTORS

Sharla Bardin | Stefanie Brickman
Tegan Burkhard | Kaylee Campbell
Lindsay Cuomo | Kathy Hallren
Joy Hampton | Shannon Hudzinski
Chelsey Kraft | Chip Minty
Chris Plank | Christian Potts
Jeff Provine | Paige Uhr

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

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BOYDSTREET
MAGAZINE

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6 IN JANUARY

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6 things to do in Norman in January



Jan. 11

2ND FRIDAY ART WALK
Downtown @ 6 p.m.

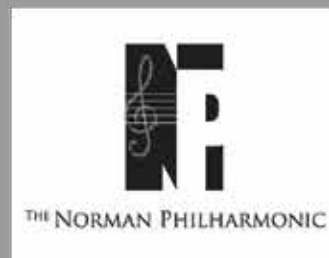
2nd Friday Art Walk is a monthly celebration of art taking place in Downtown Norman's Walker Arts District, presented by the Norman Arts Council highlighting artists, arts organizations and businesses.



Jan. 19

NMF BREW SESSIONS
Main Street Event Center

Norman Music Festival will be hosting local breweries from Norman, Oklahoma City and Tulsa paired with festival musicians in three sessions at 4 p.m., at 6 p.m. and at 8 p.m.



Jan. 21

**NORMAN PHILHARMONIC:
MLK CELEBRATION**
Catlett Music Center @ 3 p.m.

The Norman Philharmonic will honor the legacy of Martin Luther King Jr. during a special performance with director Richard Zielenski and guest speaker George Henderson.



Jan. 26

NORMAN CHOCOLATE FESTIVAL
Norman North High School

The Norman Chocolate Festival is an annual fundraising event with a rich history of bringing the community together to support education. The event features four different one-hour sessions from partnering restaurants and businesses.



Jan. 26

MEDIEVAL FAIR BALL
Oklahoma Memorial Union's Molly Shi Boren Ballroom
@ 6 p.m.

Learn the lively and exciting dances of the Medieval and Renaissance time periods, hosted by the Medieval Fair of Norman ahead of April's annual Medieval Fair.



Jan. 26

MIDLAND IN CONCERT
Riverwind Casino @ 7 p.m.

Mark Wystrach, Jess Carson and Cameron Duddy make up country trio Midland, hailing from Dripping Springs, Texas, who will perform at Riverwind Casino's Showplace Theatre stage at 7 p.m.



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Service Spotlight: Carolyn Glover



“We are like brothers and sisters here. We fight, we yell, we laugh... we love each other.”

Since Carolyn Glover started working for dispatch with the Norman Police Department 34 years ago, a lot has changed, including the incorporation of 9-1-1.

Glover, a supervisor in the communications department, laughs when she thinks about a typical day. Questions like that are hard to answer because typical days don't exist for emergency responders, she says.

Glover works from 7 a.m. to 3 p.m., Tuesday through Saturday with a team of three or four, answering calls and communicating information to the respective first responders, whether it's the police, emergency medical technicians or the fire department.

The office serves all calls within the Norman city limits. More than 400 calls come in each day and the goal is to complete each call and get responders on their way to the scene in two minutes or less.

Glover makes it almost every time. In fact, she says her calls usually come in under two minutes.

But Glover's work is not always done when she leaves the office.

If there's new housing development in Norman, she spends time outside of work going to the area and studying the street names. In fact, all of the team

members do so as well to continually educating themselves on Norman's ever-changing landscape.

“We need to be familiar with the streets, so we know how to get help to new areas,” Glover said.

Additionally, Glover and her co-workers' complete trainings regularly. Topics range from how to manage an active shooter to walking a caller through child birth. Glover says that continual training sessions are important because 9-1-1 operators are the first to hear of a problem, and it's vital that they're prepared to handle calls appropriately.

“We say we're the first responders for the first responders. They can't do their job until we have communicated the problem to them.”

She says the hardest part of the job is that there is hardly ever any closure to the calls they get. After a call is completed in her office, they are not likely to hear how it all turned out.

However, there is light throughout the often-challenging work, and her favorite part of the job is her teammates.

“We are like brothers and sisters here,” she says. “We fight, we yell, we laugh... we love each other.”

She also brags on management for taking great care of the employees, thus ensuring good for the team.

Outside of the office, Glover spends her time at church, hanging out with her kids and grandchildren, and traveling to areas where there is no cell service.

“I just love quiet time,” she said. “If I could travel every day of my life, I would.” – **BSM**

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Water Level

City of Norman Pioneering New Technology for Drilling Water Wells

The City of Norman is knocking on the door of new technology to boost the city's water supply, and it's borrowing ideas from an unlikely industry.

The city's utilities department is pulling an idea straight out of the oil patch, and it's applying it in the water patch of east Norman, where much of the community's groundwater comes from.

For several decades, the oil industry has been using horizontal drilling technology to reach oil and natural gas reserves that could not be productive through conventional, vertical drilling. Within the past 20 years, the technology has played a key role in revolutionizing the industry and driving U.S. oil production to all-time highs.

Now, Norman is leading the way in an effort to apply horizontal drilling to water wells, and if successful, it will produce up to six times more water at a fraction of the cost it currently pays.

"This is an exciting time for our well drillers," said Norman Utilities Director Ken Komiske. "This could be a game changer, not just for Norman, but other cities. Oklahoma City drills a lot of water wells."

And, in the end, Norman's water utility customers will be the ones who come out on top, because, if it works the way they hope it will, this technology could help keep rates lower.

While this technology originated in the oil industry, the city's application of it has nothing to do with oil, and the more controversial technology called hydraulic fracturing, or fracing, has nothing to do with what the city is doing, Komiske said. Unlike oil, which must often be coaxed into flowing, water flows freely into a well, so as soon as the well is drilled, it can be productive without further measures.

Using this technology, engineers are hoping to drill down to a depth of about 600 feet into a thick, water-bearing layer of sand. Once the well drilling operation reaches water, drillers will make a gradual turn to a horizontal orientation, so it can continue drilling along the length of the aquifer. As a result, the well will be exposed to far more water than with a conventional, vertical water well, he said.

Generally, a good vertical water well can be drilled through an aquifer that is about 60-feet thick and draw water from that zone. In comparison, a horizontal well could be drilled through far more of the aquifer, perhaps as much as 200 feet, tracking horizontally through the watery sand layer. As a result, the well could produce from four to six times more



water than a conventional well, said Chris Mattingly, capital projects manager.

However, horizontal wells are more expensive to drill, he said. While a typical vertical well can cost a little more than \$700,000, horizontal wells can cost between \$2.1 and \$2.3 million. But, the additional cost would be justified by the additional volume of water the horizontal well could produce.

The anticipated yield of a conventional, vertical water well is 200 gallons per minute. The expected yield of a horizontal well ranges between 800 and 1,200 gallons per minute, he said.

Utility Director Komiske said he and his team have been working on the project for two or three years, and they have consulted with several outside engineering experts, including the U.S Geological Survey and hydrogeologists at the University of Oklahoma. They also have discussed their plans with the Association of Central Oklahoma Governments.

"We've had a number of professionals look at this," Komiske said. "They're all excited to see it."

Mattingly and his team are still in the trial phase of the project, searching for the best groundwater formation to target with a horizontal drilling project. There are still some administrative steps to go through before a horizontal well can be drilled, so it may be awhile before the first horizontal well is completed, he says. — **BSM**



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A Century of Giving



Norman Rotary Club Marks 100 Years of Community Service in Norman

If something good happened in Norman over the past 100 years, there's a good chance one or more Rotarians had something to do with it, said Don Adkins, long-time member of the Norman Rotary Club.

"That's just a statement in fact," he said. "If there was a project of community interest, people in the Rotary Club would be involved."

Adkins is in a good position to voice an opinion on the Norman Rotary Club's history. The 87-year-old has been a member of Rotary for 62 years, and he's been affiliated with the Norman Rotary Club since 1994.

He and more than 120 Norman Rotary Club members are celebrating a legacy of community service as they commemorate their centennial year with special presentations and events planned through the spring of 2019.

Rotary International began in 1905 with the vision of Paul Harris, a Chicago attorney who formed a small organization of professionals with diverse backgrounds to exchange ideas, create lifelong friendships and give back to the community.

It didn't take long before Harris's dream made its way to Norman,

where 22 charter members applied to start their own Rotary Club. The group, which included University of Oklahoma President Stratton Brooks, was officially established as Rotary Club No. 1949 on May 1, 1919.

The Rotarian movement continued to expand across the country and around the world. Today, Rotary has more than a million members affiliated with more than 30,000 clubs in 200 geographic regions.

Once established, the Norman club went to work immediately, forming a Boy Scout committee during its first meeting. Through the 1920s, the club treated children to annual Christmas movies, bought books for the fledgling Norman Public Library and installed playground equipment on a parcel of railroad easement that eventually became Andrews Park.

"Service above self" was the motto back then, and it continues to be the club's purpose today, said Norman Rotary Club President James Chappel.

Members are using the centennial as an opportunity to celebrate past contributions and assess what lies ahead, he said.

"There's a lot of excitement in the club," he said. "What's interesting is that the older group is excited to get here, while the younger group is looking for what's next."

Chappel said the club has already undergone a lot of change over the last few decades. The door of membership is more open these days. One of the biggest changes was in 1988, when the international body began permitting women to join local clubs.

Also, professional diversity is no longer a determining factor for potential membership. That means there are no longer limits on the number of lawyers, bankers, real estate brokers, retailers and other professional occupations.

Today, the club is assessing further changes as it moves into its next hundred years, Chappel said. The club is looking at potential changes to its membership dues structure and requirements. The board is also considering potential changes to long-standing policies.

The whole idea is to get people in and involved in service projects, he said. So, future policies and rules may be amended to ensure public service remains strong.

The centennial year will culminate on April 27, 2019, with a special dinner that is being planned at the Sam Noble Museum, he said. The keynote speaker will be Ron Burton, long-time Norman Rotary Club member and past president of Rotary International. Burton now serves as chairman of the Rotary International Foundation's Board of Trustees.

Chappel said past and present Rotarians will be invited to attend the event as well as community leaders, who have been involved with Rotary projects and initiatives. There could be as many as 300 people there. The dinner will include a look into the future as well as a look at past accomplishments.

There is a lot of community service to look back on, said Mary Sherman, who became club president in 1995.

Sherman, who joined Rotary the year after women were first admitted, was personally involved in projects that provided South African students with laptops and that created a micro-financing program for impoverished

women in Peru. The club also contributed \$25,000 to construction of the Sam Noble Museum in the mid-1990s, and a decade after that, it funded renovations at Norman's Rotary Park, she said.

Other past projects have included tree plantings, Safety Town enhancements at Sooner Mall and a Kidspace playground construction at Reaves Park. The club also built the main building for Bridges, a Norman program that assists high school students who are homeless due to family crisis.

Current service projects include the club's annual Bueno Brunch fundraiser, the Rotary Success Cycle program benefiting Norman Public Schools and the Rotary Road Rally fundraiser. The club also teams with other Norman Rotary clubs to hold Le Tour de Vin, an event to fund a variety of community projects, programs and initiatives.

Money the Norman Rotary Club raises is returned to the community through nonprofit organizations that submit grant proposals each year.

Long-time member Adkins said Rotary is on the brink of reaching its primary objective as an international organization – the complete eradication of Polio, which has maimed and killed millions of people around the world.

Rotary has been at the front lines of that fight for nearly 40 years, and today, the number of reported polio cases is down to less than two dozen and is limited to only two countries, Pakistan and Afghanistan, according to the Polio Global Eradication Initiative.

That's a defining accomplishment, Adkins said.

"We will take the lead in responding to what the community's and the world's needs are," he said. "What are those needs going to be in the future? I don't know, but 'service above self' is part of Rotary, and we will rise to meet those needs."

"I believe there will always be a need for Rotary, because there will always be needs that are not met," Adkins said. – **BSM**



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Service Spotlight Levi Wilkins

During his senior year of college at TCU, Levi Wilkins was sitting in his room one day when he started to give serious thought to what he wanted to do following graduation. This was when he started thinking that maybe he'd be interested in becoming a firefighter.

He ended up volunteering at a station near campus after his now-wife, Emily, ran a quick Google search to help him learn more about the career path. Now, he is celebrating seven years with the Norman Fire Department this month and will have his first shift in a new role as a driver on Jan. 7.

As the word driver implies, Wilkins will now be driving the truck. He said a more complex part of that is he will also now be responsible for getting water in all the lines at a fire at the appropriate pressure, and learning tasks like that is one of the biggest parts of the promotion.

"It's a pretty involved process to promote to driver, more than most people expect," Wilkins explained. "As a driver, you are an officer and are sort of the captain's wingman for making sure things go right."

"The part that can be intimidating is after you've been a driver for a year, you are eligible to act as a captain," Wilkins continued. "If there's no captain at the station that day, you can fill that role. You're responsible for making those life-and-death decisions quickly. It's pretty sobering knowing that could be on your shoulders pretty soon."

Wilkins has been at Station 3 for a little over a year, and this is the second time he has been stationed at that location. Station 3 is unique because it is the one that serves the University of Oklahoma's campus. Between students and an older population in the area, Wilkins said he and his fellow firefighters at the location are kept pretty busy.

"We have the reputation as being the station that never sleeps," Wilkins explained. "We run generally more night calls than all the other stations. Station 1 at Main and Porter and us go back and forth between who's busiest. When the students are gone for Christmas break, they'll probably be a little busier."

Wilkins said a major draw of his job is the chance to positively impact others.

"Of course a big draw to being a firefighter is that every day when you show up to work, you may have the opportunity to help somebody who really needs it," Wilkins stated. "I mean, who gets the chance to do that on a day-to-day basis?"

Wilkins and his wife are both Oklahoma natives, attending high school together in Edmond. Emily started a job in public relations in Norman following her time at the University of Oklahoma, which is how the couple ended up settling down in the community. They have two children, a 5-year-old named Nora and a 3-year-old named Wyatt.

Outside of work, Wilkins is currently kept busy by the house-flipping project he and Emily are undertaking. He said he has "too many hobbies," but one of his main ones has morphed into a day off job – climbing mountains. Last summer, Wilkins climbed Mount Rainier and Mount Shasta and has future plans to go to Canada to rock climb and to Argentina to scale Aconcagua. He also works as a rock climbing guide for Summit Climbing, Yoga and Fitness at both the Norman and OKC Silos locations. – **BSM**

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

Photo by: Mark Doescher

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Boyd Street Teacher Features

Ashley Quate

Kindergarten is an important milestone, marking the official beginning of the school years. Teachers like Ashley Quate, kindergarten teacher at Kennedy Elementary, help students and their families transition into a new phase of life.

"I absolutely love teaching kindergarten," Quate shared. "It can be so exhausting, but it is so worthwhile. I'm giving young children their educational foundation. I can't think of a better career."

Quate felt the call to be an educator early in life but it wasn't until her second year in college that she finally took the leap and declared elementary education as her major.

"That summer I had the opportunity to spend a month teaching English to children in Ethiopia," she remembered. "That experience changed my heart and allowed my passion for education to flourish."

Since, she has spent a decade teaching

first grade and kindergarten, and she says that her students' "a-ha" moments are what keep her motivated.

"Their eyes light up with understanding," she shared. "Just last week, I was assessing a student and I had asked him to count as high as he could. He got this look on his face of complete shock when he made it to 100. He had the biggest smile when he made it to 200. I could see the pride on his face when he finished. We celebrated as a class and I definitely cried happy tears."

Since the days of lectures and note taking are far away, learning in Quate's classroom is interactive, incorporating different learning styles and technology.

"Technology is significantly important to what we do in the classroom," she said. "I have to find ways to engage and motivate my kindergarten students to learn at high levels."

Her colleagues honored her passion for teaching by selecting her as Kennedy's Teacher of the Year.



"I really didn't expect to win," she said. "It's so exciting to be chosen to represent my school as our Teacher of the Year. Norman Public Schools has amazing teachers. I'm so lucky to work for this district." – **BSM**

Sara Newsome

Teaching is a selfless endeavor. Successes are inherently embodied by those they teach, a task only compounded when students face additional challenges. Sara Newsome has been drawn to teaching students with special needs for as long as she can remember.

"My friends with special needs stole my heart," Newsome said. "I volunteered with Special Olympics and did some service learning at (an elementary special education program) as a high school student. My student teaching experience led me to my current position (teaching) high school life skills/transition skills."

Newsome's lesson plans might look different than some of her colleagues at North but her classroom goals are the same: to assist her students and their families as they prepare for life after high school.

"Preparing my kids for happy, healthy

and safe lives in adulthood is my passion. Teaching special education can be chaotic, busy, stressful, fun and always entertaining. At the end of the day, I am worn out like most teachers," she explained. "My goal inside the classroom has always been to help my students become as independent as possible, although the idea of independent may look different for each individual student."

Newsome has continued to be active in Special Olympics, working to promote the program in the Norman community and she has the honor of representing Norman North as their Teacher of the Year.

"This job is hard work and truly takes a village in order to be successful. I am grateful for the opportunity to represent Norman North and Special Education as a whole. So many people deserve credit for helping me get to this point in my teaching career." – **BSM**





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A Voice for the Voiceless

Norman's State Rep. Emily Virgin named Minority Leader

In the eight years since she first joined the Oklahoma Legislature at the age of 25, District 44 State Rep. Emily Virgin, D-Norman, has established herself in the Oklahoma House of Representatives. So much so that, last month, she was elected by her caucus to lead the party as minority leader.

"As a vocal member of the minority, sometimes passing legislation is not the most important priority for me," Virgin said. "I see it as my responsibility to represent the voices of the voiceless, those who aren't wealthy, those who can't afford to have a lobbyist at the capitol."

Virgin is well suited to serve the citizens of the Norman community. She was born and raised in Norman and earned degrees from the University of Oklahoma and the OU law school. She says she's always had an interest in politics and public service.

"I grew up around campaigns because my grandfather, George Skinner, was a county commissioner in Cleveland County for 22 years. I was four years old the first time he was elected. He was an incredible public

servant and taught me the true meaning of serving the public."

It wasn't until the summer before entering law school that she realized she wanted to run for public office. She spent that summer volunteering for a number of organizations, but it was her work with victims of domestic violence, helping them fill out protective order paperwork at the courthouse, that made Virgin realize her calling in public service.

"I heard from them the state of women in our county and state and realized that we were not valuing women and many other communities with our policies as a state," Virgin said. "... seeing the human impact was very powerful to me. I knew, at that point, that I couldn't sit on the sidelines.

"I was surprised that my age and gender were topics that came up so frequently. They weren't barriers necessarily, but they did require me to have more in depth conversations with voters on their doorsteps."

Today, Virgin is focused on promoting policies that provide for adequate education funding, improving teach-

er pay and ensuring access to healthcare. For Norman specifically, this means including state funding for higher education.

"We've cut state funding to higher education and OU drastically over the past eight years, and we have to start investing again in our students, staff and faculty if we are going to move forward as a state," Virgin said.

But that investment in students and education doesn't stop in the classroom or the halls of the state capitol. It requires involvement by students in the political and legislative process.

"Many of Norman's legislators have been integral in getting more young people involved in politics and public service," she said. "It benefits all of us when we're all involved in the process."

Overall, her goal is succinct — to improve life for Oklahomans, in Norman and beyond, she said.

"Public service doesn't always pay well in terms of dollars, but it always does in terms of personal fulfillment and making a difference in your own communities." — BSM

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NORMANITE IN THE SPOTLIGHT

Gregg Garn

University of Oklahoma College of Education Dean Gregg Garn is on a campaign to stabilize the teaching profession in Oklahoma.

He's tired of watching the ranks of Oklahoma teachers grow thinner with every passing year. He sees seasoned educators leave the state for teaching jobs with higher salaries, and he watches as teachers leave the profession altogether.

As OU's education dean since 2011, he's seen first-hand the other side of the equation, as well. Promising students are less likely to go into teaching as a profession. And, who could blame them in a state that lags the nation in teacher salaries?

"Students shouldn't have to take a vow of poverty to be a teacher," he says. "Teaching doesn't pay much, but they shouldn't have to take a second job."

It's hard for teachers to save money to send their children to college, and it can be a challenge for them to buy a house, he says.

Garn, 47, has had plenty of opportunities to speak with state legislators, always asking them to increase teacher salaries and raise funding for education, but results have been sparse. Lawmakers approved a teacher pay raise at the end of this year's tumultuous session, but it was a drop in the bucket after years of neglect.

Now, Garn is taking matters into his own hands with a grass-roots advocacy campaign that starts with programs he's established in his own



college and stretches to communities across the state. If the state's support for education falls short, there are things communities can do to help take up the slack and make teacher paychecks go farther, he says.

His list includes student loan forgiveness programs, mortgage assistance, matching college savings plan programs, merit pay and more.

Community leaders with the ability to take action may not realize there are things they can do to help their communities keep and attract teachers. It's not just the state's problem, he says.

Garn has been traveling to towns and cities across Oklahoma for two years, speaking to civic groups and chambers of commerce, sharing specific ideas about how they can use local funding to establish programs that benefit teachers.

He says they can establish funds to pay the cost of childcare for teachers with children under 4. They can match teacher investments into 529 college savings plans for the dependent children of teachers. They can create funds to help teachers pay the down payment on new homes, or fund programs that acquire distressed residential properties that can be resold to teachers at more affordable prices.

Communities can also establish funds to reward teachers who earn national certification or advanced degrees.

On the state level, he advocates for tax-law changes that would specifically benefit teachers. He would like the state to allow teachers to be eligible for "VA style" home loans. He says there should be a tax benefit for day-care costs, and teachers should be allowed to deduct 100 percent of the interest on their student loan debt from their state taxes. In addition to that, the Oklahoma's Promise college tuition scholarship program should be extended to the dependent children of teachers.

Garn has a two-page list of ideas and suggestions he shares with whoever asks for it because he believes education is the bedrock of democracy and of a strong economy.

While Garn recognizes the untapped potential communities have for supporting teachers, he also believes Oklahoma's colleges and universities have a role as well.

At OU, he has established a student-loan forgiveness program that could be worth up to \$20,000 to OU College of Education students who graduate and go on to teach in Oklahoma. The Teacher Grant Program

has been in place for five years, and there are about 100 graduates and students enrolled so far.

The grant program is paid for with a \$5 million endowment created with private donations, and Garn hopes to build the endowment to \$10 million, which would generate enough money to benefit all students who graduate from OU's College of Education.

The dean has talked to counterparts at Oklahoma State University and the University of Central Oklahoma about establishing similar programs at those schools.

"I would love to see it on the state level," he said.

Raised in Iowa, Garn moved to Oklahoma 20 years ago to accept a faculty position at OU. He says that he and his wife, Jennifer, love living in Norman and are attached to Oklahoma as their new home state, where they are raising their three children, an OU freshman, a high school freshman and a sixth grader.

"Any kid in Oklahoma, regardless of zip code, should receive a quality education," he says. "Educational issues are complex and require public-private partnerships and input from people with different perspectives."

"We might not see the results next week or next month, but if we can improve education in Oklahoma, our children, grandchildren and communities will thrive." – **BSM**

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SERVICE SPOTLIGHT: DEPUTY LT. CHARLES GREGORY

Cleveland County Deputy Lt. Charles Gregory loves solving puzzles, at least if they lead to justice for victims.

The Sheriff's Office started investigating traffic accidents in 2014, and Gregory had 15 years of experience in accident reconstruction from his time working in Kansas.

Prior to 2014, the Oklahoma Highway Patrol investigated traffic accidents within Cleveland County's jurisdiction, Gregory said.

Now, the sheriff's office investigates traffic accidents within its jurisdiction unless an accident is on a state highway.

"Working wrecks is like a puzzle," said Gregory who serves as the department's lead traffic accident investigator. "You have all these pieces, and you have to put them together and not depend on just what people tell you at the scene. You have to look at what that evidence tells you."

Memories are not perfect and everyone sees things differently. In some cases, perpetrators may even try to slant the facts to avoid blame.

"The evidence always tells you what happened if you pay attention," Gregory said. "When we're working a fatality, you've got one driver that tells you what happened, but maybe the other driver can't because he or she is deceased."

In those cases, Gregory said it's vitally important to let the evidence speak for the deceased person.

"I investigate to get justice for the deceased and their families," he said.

Technology has improved significantly since his days working accidents in Kansas, but Gregory said it hasn't replaced the need for human input.

"Back then, I had to draw the diagrams, now I have computer software," he said. "I put the information in and it draws it for me. You still have to be able to look at the scene and your evidence to come up with what happened. There are computer formulas, but you have to know what information to put into the formula."

While many people don't like working accident scenes, Gregory says he's passionate about it.

"I love finding the truth of what happened and making sure the right people are held responsible," he said.

Gregory also supervises the night patrol shift, mentoring and training young deputies.

"He's a calm, patient supervisor who invests in teaching others to make a difference," said Sheriff Todd Gibson.

Gregory grew up in Little Axe and then attended Noble High School. In 1984, he started with the Cleveland County Sheriff's Office, working in the jail.

"I worked here in the Sheriff's Office from '84 to '86, and then I took a job with a sheriff's department in Kansas," he said. "We came back home in 2004."

During his 18 years in Kansas, he started a K-9 program and served six years as a police chief.

After his return, he worked patrol for a number of years before being asked to run a K-9 program for the Cleveland County Sheriff's Office.

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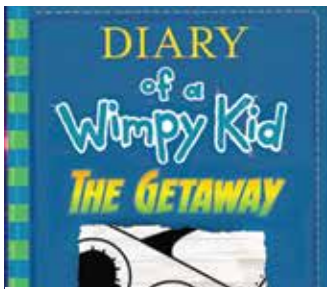
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Libraries Celebrate Holidays

In keeping with tradition, Norman's libraries were filled with holiday events to help the Norman community celebrate the season. Hundreds of visitors rang in the holidays at a variety of events.

The Norman Central library celebrated its 51st year with its Holiday Open House, featuring musical performances, crafts, snacks and a visit from Santa Claus. A special addition to the event this year was the inclusion of the City of Norman's Community Tree Lighting, which took place across the street from the library at Andrews Park.

It was a musical month at the Norman West library, with performances and performers from the Norman Children's Chorus, the Sallee Music Studio and the handbell talents of the OKC Handbell Ensemble and the handbell choirs from Norman's St. Stephen's United Methodist Church.

Norman's newest library, Norman East, celebrated its first Christmas with apple pie making, holiday movies, crafts and story times at 3051 E. Alameda St.

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mie counties is eligible for a Pioneer library card.

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Children peel apples as part of an apple pie making program at Norman Public Library East.

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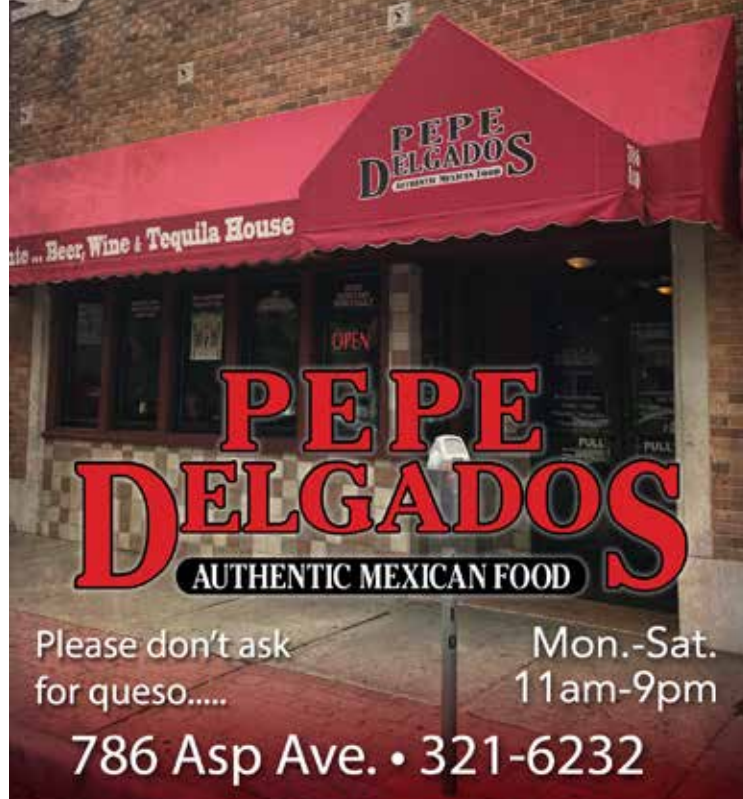
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We Love Teachers

Arvest Recognizes Teachers Through Award Program

As part of an annual effort to honor Oklahoma teachers and express gratitude for the work they do, Arvest Bank selected three area teachers to receive \$500 checks during special presentations at their schools last semester.

“Supporting education is a core priority of our bank and our shareholders,” said Rocky Williams, Arvest executive vice president in Norman.

The “We Love Teachers” program began three years ago in the Oklahoma City area. It expanded to counties across the state in 2017, and this year, the program was expanded into Arkansas, Missouri and Kansas, Williams said. There were about 2,000 teachers nominated for the awards this year.

The bank selected 36 Oklahoma winners in 2018, and it gave away a total of \$18,000 in prize money. Williams was responsible for selecting winning candidates from the Norman area.

Those awards went to Lyndsay Schlegel, a fifth-grade teacher at Roosevelt Elementary School in Norman; Taylor Curtis, a kindergarten teacher at Oakridge Elementary School in Moore and Ashley Robertson, a fifth-grade teacher at Blanchard Intermediate School in Blanchard.

“It was hard to select the best qualified candidate because they were all deserving,” he said.

Oversized, \$500 checks were presented at each of the schools in Norman, Moore and Blanchard. There were balloons, and all the children in the school were on hand to watch the presentation. None of the teachers were aware that they had won until their names were announced, Williams said.

“Everybody was really happy because, with tight budgets these days, that \$500 to teachers is a big help,” Williams said.

Arvest has said the award program is intended to be an expression of respect and appreciation for the work teachers do. It also is a gesture of support at a time when Oklahoma schools continue to face budget challenges. All prizes went to teachers who work at state-funded schools.

“At Arvest, we understand the critical roles teachers play for our children, our communities, and our future,” said Brenda Gauntt, Arvest marketing manager. “We appreciate how hard Oklahoma’s teachers work, and we hope these awards reflect our gratitude for them.”

Teacher nominations were submitted through social media in mid-October, and winners were chosen in November. In addition to Cleveland and McClain counties, other counties included in the We Love Teachers program include Adair, Canadian, Cherokee, Comanche, Cotton, Craig, Creek, Grady, Delaware, LeFlore, Mayes, McCurtain, McIntosh, Muskogee, Nowata, Oklahoma, Okmulgee, Ottawa, Payne, Pittsburg, Pontotoc, Pottawamie, Sequoyah, Stephens, Tulsa, Wagoner and Washington.

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Moore Norman Technology Center, OU Students Competed to Win Cash Prizes

Students stood beside tables filled with thrift shop treasures, homemade sweet treats, reusable water bottles, laptops and tri-folds, visualizing their unique business ideas for all of Norman to see.

Meanwhile, businessmen and women, professors and parents mingled with the six Innovation Challenge finalists from Moore Norman Technology Center and the University of Oklahoma to learn more about their fledgling businesses.

After spending weeks perfecting their presentations on market research, their business model and the technical aspects of their innovation, each group of finalists shared their business ventures with the audience in quick, 90-second pitches.

"We're extremely pleased with the support of the community, showing up for this event," said Norman Economic Development Coalition Vice President Maureen Hammond. "And we couldn't be more proud of the student presentations and the talent."

Organized by the Norman Economic Development Coalition, competitions like the Innovation Challenge offer students the chance to join the growing ranks of young entrepreneurs, earning real-life experience outside the classroom before casting their original ideas into the marketplace.

"I think it's really fantastic, because otherwise students just get all of their

learning and all their practice in the classroom, and the classroom experience really doesn't model real life very well," said Mark Yearly, who attended the event.

"We need to give opportunities to show (students) that being an entrepreneur is an option," Hammond said. "And we're helping support and stimulate that pipeline and show them that there's a community that supports entrepreneurship and embraces it."

Leading up to the Innovation Challenge, each group of entrepreneurs competed with fellow classmates in the hopes of landing a top finalist spot. At Moore Norman Technology Center, high school students delivered their pitches, while at OU, groups of college students took their ideas to the school's inaugural Entrepreneurship Expo.

A panel of judges composed of community business owners and innovators listened to presentations and selected the finalists and ultimately the winners of this year's challenge.

Bill Conway, founder of Weather Decision Support Systems and Innovation Challenge judge, said judges were looking for outside-of-the-box thinkers. They were also looking for the financial feasibility of getting the company off the ground and the financial projections of where they thought it will be in 3-5 years.

The six finalist groups then compressed

10 minutes' worth of data, marketing ideas and financial plans into 90-second pitches for a crowd of community members at the evening reception.

"The Innovation Challenge has really opened up doors to meet new people and new customers," Arielle Quartuccio said, Baking 4 A Cause entrepreneur and one of this year's winners. "When he started to say my name... my mouth literally was open wide. It was very shocking and very exciting."

Quartuccio shared the spotlight with Justin Kleiber, a computer engineering junior, and partner Devon Alcorn, an electrical engineering junior, who founded Cloud Patrol, a drone radar network designed to protect planes and land drones that obstruct flights.

Kleiber said the process has helped to streamline his vision and expand his business savvy.

"I think the best part about this is that OU's Business College has given us a lot of help and support along the way, and it's taught us a lot more," Kleiber said. "It's really helped us because we come from such a different background than most students. We didn't come in with all this business experience."

For Quartuccio, the \$1,000 cash prize will allow her to take her Baking 4 A Cause idea to national Business Professionals of America and DECA competitions. Kleiber and Alcorn said they will use the \$1,000 award to help fund further market research. — **BSM**

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Murray Attributes Heisman Success to Time Watching Baker Mayfield

Kyler knows football. Kyler knows baseball. Kyler knows what it feels like to be a top 10 pick in the Major League Baseball Draft and he knows what it's like to win a Big 12 Championship on the gridiron.

University of Oklahoma quarterback Kyler Murray also knows what it takes to expand the population of OU's Heisman Park. On his first ever trip to New York City, Murray came away with the most cherished piece of hardware in college football.

He made an improbable run against heavily favored Alabama quarterback Tua Tagovailoa to become the seventh Heisman Trophy winner in Sooner football history. Throughout the 2018 season, many pegged Alabama's quarterback as the favorite for the honor. When the final votes were counted, Murray was the one holding the 25-pounds peice of hardware.

By winning the 2018 version of col-

lege football's most prestigious individual honor, Murray vaulted OU to a tie for the lead — with Notre Dame and Ohio State — for the most Heisman Trophies won.

"I was always confident in my abilities," Murray said. "I always knew what I was capable of. I just think being at OU, the right fit for me, the right people around me, obviously great teammates, great coaches. I knew this offseason that we had something special. You put hard work into it, you're bound to be successful."

What led Murray to his Heisman moment was as much about patience as it was hard work.

In 2015, OU coach Bob Stoops and offensive coordinator Lincoln Riley saw Murray pop up on their radar as a potential transfer from Texas A&M. Two other talented transfers were also on the horizon, Florida's Will Grier and another A&M transfer, Kyle Allen.

When Stoops asked his top assistant what he thought of the three, Riley became a prophet.

"I like the other two," Riley said, "But if Kyler comes here, he's going to win the Heisman."

At most schools, that kind of statement would buy a nonstop ticket straight into the starting lineup. At OU, not so much.

After his transfer, many anticipated the 2017 season as Murray's year to take the starting job, replacing engrained Sooner starter Baker Mayfield. But the NCAA granted Mayfield an extra year of eligibility, leaving Murray to play another year as a back-up after sitting out an entire season due to NCAA transfer rules.

"That had a direct effect on Kyler," Riley said. "When we brought him in, there was an expectation that Baker was only going to be here one year. A

Photos by: Mark Doescher

lot of people, a lot of families, wouldn't have handled that well. But he did, his family did. They understood, and he just said, 'Whatever happens, happens. I'm here to work and get better, and the opportunity will come at the right time.'

"As hard as it may seem, which it was definitely difficult at times when I wanted to be out there, I just trusted the process," Murray said. "It was easy to sit behind Bake because he was so deserving. So, for me, it was easy, just getting to learn behind him. What he did at Oklahoma is part of the reason I'm standing up here today."

As frustrating as the wait was, the amount of experience gained from spending time around Mayfield helped Murray become the quarterback he is.

"I've said it multiple times — I give him credit for the way I'm playing right now."

Murray said that playing as a freshman at Texas A&M gave him confidence, playing against great teams, such as Alabama and LSU. It was an opportunity to see how it was done, but the biggest influence was spend-

ing time on the bench at Oklahoma, watching how Mayfield did it.

Under the mentorship of Mayfield and the leadership of Riley, Murray was able to keep the Sooner offensive machine rolling. Murray was the first FBS player to enter bowl season averaging at least 300 passing yards and at least 60 yards rushing per game. His 4,527 yards of total offense are more than 68 of the country's other 129 teams, including six squads that are ranked in the AP top 25.

"The years I've spent here at Oklahoma, walking by the statues every day going to class, going through the hallways and the facility, after seeing (Baker Mayfield) do it, for me, honestly, it's something I set out to do," Murray said. "Hopefully hoist up the trophy and... leave my mark on Oklahoma football in a positive way."

Murray has left his mark on OU football. His efforts led Oklahoma to become the first school to have back-to-back quarterback winners. As Murray rolled through his memorable Heisman address, he shared about the special relationship he had as leader of the Sooner offensive attack.

"To coach Riley," Murray said, "Nobody really knows how hard these past couple years have been for me, but you were my family through it all. You pushed me, kept me going, kept me focused. You pushed me harder than any coach ever has. I just want to say thank you for believing in me and allowing me to be quarterback of this team, leader of this team."

Riley added afterwards, "Those who have been in the fire understand how much work it takes. A lot of things have to fall your way as well. Kyler's journey, it's kind of the stuff of legends. But with all the high points, there were a lot of tough moments for him. To see what that guy has gone through and improve as a player and all around, it's a lot of pride. We have a very close and great relationship. I'm so happy for him."

Murray became the second Heisman Trophy winner in as many years of Riley's tenure as head coach of the Oklahoma football program. It has only happened four times in the history of the award that winners have come from the same school in back-to-back seasons. At this pace, Heisman Park may need its own zip code. — **BSM**





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As the University of Oklahoma's women's gymnastics team prepares for a new season, their sights are set on an old goal – win a national championship.

That expectation has become the norm under 14-year, head coach K.J. Kindler. The Sooners already have three national titles under Kindler's guidance, and the team may have its most talented roster as they look to make a push for their fourth title.

The drive for a championship in 2019 is fueled by heart-break from the 2018 National Championships in St. Louis. Oklahoma looked to be in control and on the way to back-to-back national championships, only a near perfect score could possibly beat them. Unfortunately, that is exactly what happened. UCLA standout Christine Peng-Peng registered a perfect 10 on the balance beam and the UCLA Bruins took home its first national title since 2010.

Despite the disappointment, Kindler took pride in how her team performed.

"At the end of the day, we can look back and say we absolutely had one of our best performances," Kindler said. "That's the only thing you can ask of your team. You can't control every part of these moments. We controlled what we could, and we did an excellent job."

"But as far as regrouping, it just is great motivation. It wouldn't matter if we won a national championship or came in second or 14th, that's how we work as a staff and a team. We move on to the next moment and get working forward."

That next moment for the Sooners began as soon as they returned home from St. Louis. With a strong roster of returning talent and a solid group of newcomers, the Sooners immediately hit the gym with the focus of getting back to the top.

"It has been great to see the way they have responded," Kindler said. "I know a lot of sports aren't able to practice in the summer, so they take breaks. In gym, it's difficult to do that. You have to stay fit, stay strong... because that is when injuries happen. We are always flipping, always going upside down, and we have to be in tune. There is no moment that you can't be unfocused doing gym. That air awareness, you can't lose that."

Any extra motivation the Sooners might need was helped with their pre-season ranking. Despite registering more first place votes than any other team, the Sooners found themselves in the No. 2 spot, looking up at pre-season No. 1 UCLA.

"Last year they were the national champions... They have a phenomenal freshman class," Kindler said of the Bruins. "We're going to have to work for it. We're going to have to earn it."

This No. 2 ranking marks the ninth straight year the Sooners have been in the top five nationally to begin the season. But No. 2 is not a place OU is used to. This is the first time since 2015 that the Sooners have not been in the top spot to start.

Despite their rank, OU's 2019 roster is stacked. The Sooners return six gymnasts who combined for 13 All-America

Bouncing Back

**After Falling Short in 2018,
OU Women's Gymnastics
Brims with Confidence**

honors in seniors Brenna Dowell and Nicole Lehrmann, juniors Jade Degouveia, Maggie Nichols and Bre Showers and sophomore Anastasia Webb. Dowell and Nichols also combined for four individual national titles in 2018. In addition to the returners, the Sooners have added newcomers Karrie Thomas, Emma LaPinta, Allie Stern and Olivia Trautman

"This team is improved from last year's team, especially on vault and beam in my opinion," Kindler said. "On balance beam during our intra-squad, we fill out these things called inquiries we can hand to a judge if we don't like there score. When I was filling those out, I noticed that every person has upgraded their balance beam routine. They've obviously worked hard, and I see the same thing on vault. We need to build up our depth in bars. Floor is coming together and that is all about making that choreography click with the tumbling."

The return of Maggie Nichols provides the Sooners with one of the most electric, dynamic and decorated gym-

nasts. In 2018, she held the top spot in the all-around every week of the season, culminating in an NCAA Individual National Championship in the all-around. Nichols added two more national titles on bars and floor. She is the only gymnast to ever post two perfect 10s on every event, becoming the first and only gymnast to post back-to-back "Gym Slams" with a 10 on every event in consecutive seasons. Along with her honors on the national level, Nichols was also the 2018 South Central Region Gymnast of the Year, the 2018 Big 12 Gymnast of the Year and a two-time Big 12 Individual Champion, in floor and all-around.

The talented junior has garnered every imaginable award possible and continues to step up her game, not only in the gym but also as a leader.

"Maggie has been a leader since she walked in the door," Kindler said. "As you get older, there is no doubt you feel you have a bigger voice. As they feel comfortable, as they have earned respect, they believe they can now speak, and I think that is where Maggie is now."

The talented Sooner roster will be challenged by one of the most difficult and exciting schedules in program history. The Sooners' home slate features four powerhouse meets with competition against 2018 NCAA Championship teams Alabama, Florida, Georgia and UCLA. Along with Oklahoma, the five teams have combined to win the last 23 NCAA Championships.

"This is what I call a dream home schedule," Kindler said. "What an amazing opportunity for Sooner fans to see the best of the best the NCAA has to offer right here in Norman. This slate is a beast. It will bring challenge, excitement, artistry and edge-of-your-seat moments. It's a top-of-the-mountain, once-in-a-lifetime kind of home schedule."

With a talented core of young gymnasts competing at the highest level possible all season, the Sooners are poised to return to the top of women's gymnastics. As Kindler continues to etch her name among the greatest in the sport, this Sooner squad is in position to once again challenge for a national title. — **BSM**

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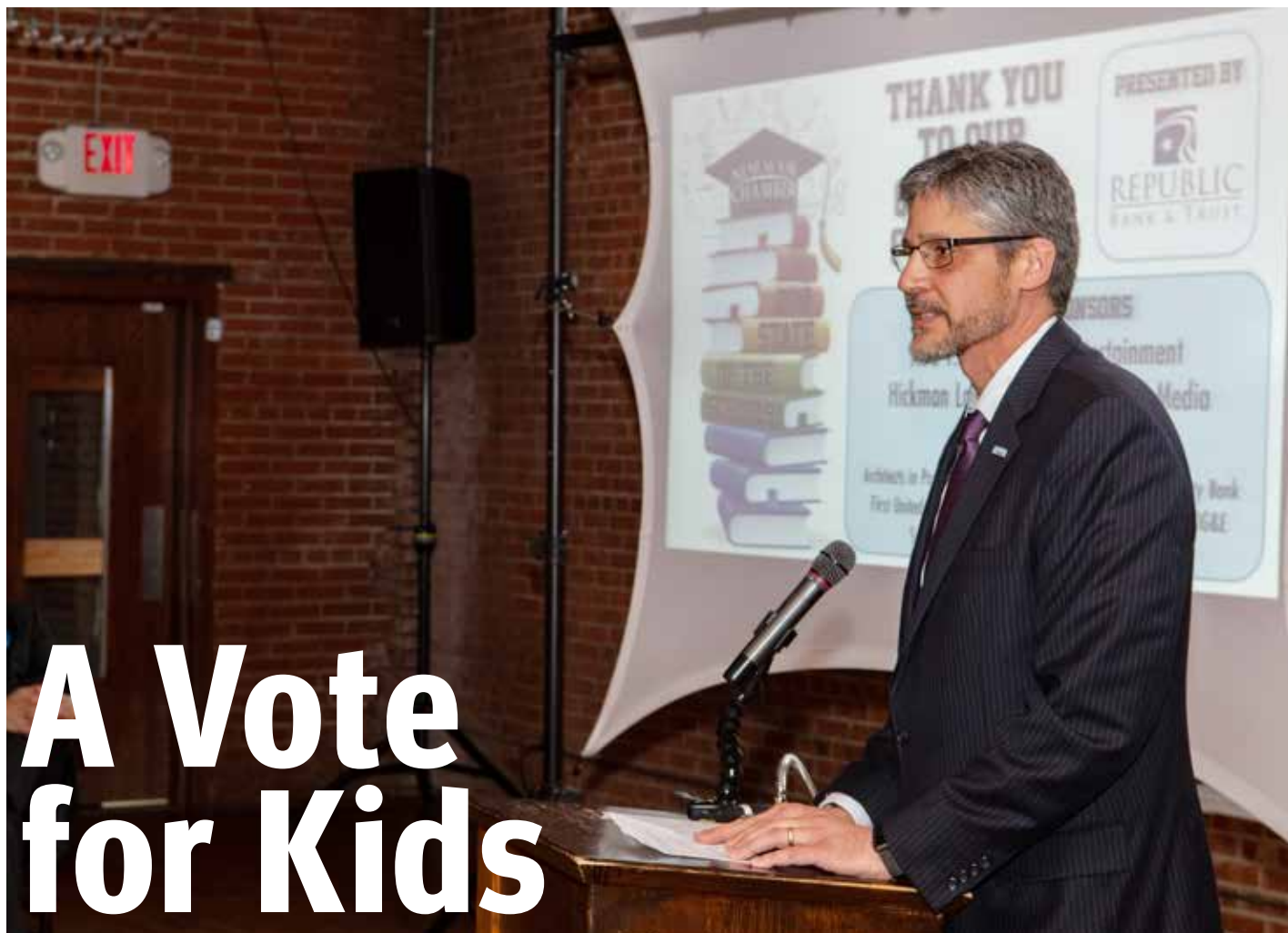
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NORMAN NORTH GIRLS AND BOYS DEFEAT TIGERS IN FIRST MEETING OF THE SEASON





A Vote for Kids

Norman Superintendent Lays Out Plan for 2019 School Bond

When a Norman Public School superintendent has something important to say, there's no better place to say it than the Norman Chamber's annual State of the Schools Luncheon, where he has the attention of the community's most influential decision makers.

That's where Norman School Superintendent Nick Migliorino lined out the district's plan for a school bond proposal to be decided by voters on Feb. 12.

The community will vote on two propositions totaling \$186 million. The bonds will fund a variety of large-scale and small-scale projects across the district.

"The bond will touch every school in the district," Migliorino said at the recent event.

The larger of the two proposals focuses

heavily on safety and security, a priority Migliorino said was set by community stakeholders.

"We surveyed students, parents, teachers and community members and safety and security was in the top of respondents' concerns," Migliorino said.

An outside audit identified 475 projects, totaling \$309 million, and district administrators were then tasked with narrowing the list, looking at how to best meet the needs of the district's long-range goals.

If the bond should pass, schools would see updates to interior and exterior security, entrances, classrooms, restrooms, libraries and media materials, playground equipment and parking lots as well as the construction of storm shelters, libraries, classrooms, fine arts facilities and more.

"We are looking at how we can provide the best possible experience for students and for the community," Migliorino said. "Norman is a district that many other districts in the state look up to. The 2014 bond took steps in the right direction. We need to build upon those efforts."

"Many in this state are cutting programs, but we are growing our libraries and our fine arts programs," he added. "Libraries are the hubs of our schools. We need to invest in them. Involvement in our band, orchestra and choir programs is skyrocketing."

Middle schools and high schools will also see improvements to exterior lighting and vehicle access, in addition to maintenance like painting, carpeting, heating, air conditioning and roof repairs.

Additional projects include renovations to the Nancy O'Brien Performing Arts Center and a new Dimensions Academy, the district's alternative education program.

The second proposition addresses transportation, allocating \$3.5 million to help purchase new buses and for older buses to be upgraded to include additional safety and security equipment.

"It's time to retire some of our older fleet and upgrade to new technology to keep our kids safer," Migliorino said.

He outlined a plan to install cameras with a visual circumference of 360 degrees, so bus drivers can see all around their vehicles. He also discussed the installation of card-swiping systems, so parents and administrators can see in real time where the buses and students are.

"Imagine being able to know in real time when your bus will arrive or to know that your child made it on the bus that day," he said.

Additional improvements are planned for several athletic facilities in the district and for the acquisition of new health services equipment. To learn more about the referendums, visit www.normanpublicschools.org/bond – **BSM**



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19 Ways

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Be your best self so you can embrace all that life has to offer with these helpful tips from local professionals.

DIET & EXERCISE

1. Get moving! Commit to at least 15 minutes of movement each day doing something you enjoy to get your heart rate going. Movement improves mood, circulation and reduces stress. -- *Dr. Casey Peters, Norman Regional Primary Care – Moore family medicine physician*

2. Make The Most of TV Time. Turn that TV break into a mini workout. Get the whole family involved and turn it into a bit of a competition. -- *Justin Noel, Cleveland County YMCA healthy living director*

3. Don't let missed days snowball. People get frustrated with their setbacks, but its not the end of the world. Each day is a new day. -- *Chat Williams, Youth Performance co-owner*

4. Plan for better nutrition. It takes some planning to stay on track with your health goals. Keep a well-stocked pantry, prepare dinner components ahead of time, utilize your slow cooker/Instant Pot and don't overlook re-inventing leftovers. -- *Theresa Brown, Norman Regional's Nutrition and Diabetes Education Center dietitian*

5. Diversity your activity and don't take exercise to the extreme. Moderation is important for recovery to reduce your risk of injury. -- *Chat Williams, Youth Performance co-owner*

6. Find a coach or support person to help push you. When people work out together, they stay motivated. -- *Jay Bhakta, Orangetheory owner*

7. Kids should have a fitness plan too. Daily commitments to be active early

in life create healthy habits that lead to success later. -- *Chat Williams, Youth Performance co-owner*

PHYSICAL & MENTAL HEALTH

8. Compliment Yourself! When you look in the mirror first thing in the morning, instead of being negative, give yourself a compliment. Celebrate everything you can do, not just what you look like. -- *Justin Noel, Cleveland County YMCA healthy living director*

9. Enlist the help of supplements. Optimal nutrition can be difficult to balance with diet alone. To get the proper phyto-nutrients, vitamins and minerals, a high-quality multivitamin, vitamin D, fish oil and probiotic supplement can help you achieve a healthy balance. -- *Brant Alexander, Sooner Pharmacy*

10. Play More Brain Games. Your brain needs exercise too! -- *Justin Noel, Cleveland County YMCA healthy living director*

11. Don't obsessively weigh yourself. Weight is regulated by more than just what you eat. Try to stick to once a week. -- *Justin Noel, Cleveland County YMCA healthy living director*

12. Get creative to reduce your stress levels. Do a fun and creative activity like indoor gardening. Being in nature is another proven stress reducer, so your potted plants can be a double dose of stress reduction. -- *Dr. Archana Gautam, Norman Regional Health System interventional cardiologist*

13. Put a better night's sleep on your resolution list. Banish electronics from your bedroom and switch to a night mode on your phone about two hours before you head for bed. The stark "blue light" stimulates your brain, keeping you awake. -- *Oklahoma Sleep Associates nurse practitioner Alexis Stinnett*

14. Remember it is never too late to challenge yourself to be a better you! Don't worry about past failures. -- *Brant Alexander, Sooner Pharmacy*

MONEY & FINANCES

15. Track your monthly costs until you are certain of your average spending. This exercise makes you mindful of what you buy. Additionally, your cash flow forms the basis for your emergency fund, your life insurance need and your retirement savings plan. -- *Peggy Doviak, DM Wealth Management financial advisor*

16. Give up credit cards. Credit card debt is a drain on your monthly income and the revolving door of debt keeps you from getting ahead. Make a resolution to lose your credit card "addiction" in 2019. -- *Shannon Hudzinski, OUFC*

17. Take advantage of employer matching programs. The dollar for dollar

match provides an instant 100 percent return on that money, before market gains or losses. -- *Peggy Doviak, DM Wealth Management financial advisor*

18. Review the average return of your investment portfolio. If your stocks, bonds and funds are more conservative or underperforming the assumptions made, you can catch this quickly and adjust your investments or asset allocation to achieve success. -- *Peggy Doviak, DM Wealth Management financial advisor*

19. Reduce stress and save ahead of time for big events. Start a savings account and make regular deposits so you'll have the money to pay for the next round of holiday gifts or that big family vacation. You'll be thanking yourself in January 2020. -- *Shannon Hudzinski, OUFC – BSM*



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De-stressing After the Holidays

The holidays are over, and the celebrations, gala festivities and merriment have come to an end. No more sleeping well into the morning hours, eating a late breakfast or partying away into the night. No matter how hard we try to stretch those vacation days, winding down is never easy.

Coming off your high and returning to the mundane affairs of real life is often difficult. For some, the return to the workplace is slow and painful, but routine eventually catches up and gets us back on track. For others, a deep feeling of “blues” sets in.

In general, most people don’t need to resort to any special moves for bouncing back to their normal daily agenda. But there are many who cannot come off their holiday euphoria without disorientation. For those who find themselves stuck and unable to move on, psychologists have devised various methods for coping. Assuming you have had a positive holiday, here are some ideas for an easier return to life after vacation:

SLOW DOWN AND RELAX:

The last day of the holiday vacation is usually the most difficult. We try to squeeze in as much as we can as the hours quickly tick by. Therapists believe we should do just the opposite. Pull back on the schedule with calming activities to help our bodies adjust and return to the normal habits we left behind.

GET SOMEONE ON THE INSIDE:

Reduce the stress of returning to an office filled with piles of paperwork by contacting a coworker who might not have taken off for the holiday. She/he can fill you in on the important happenings during your absence and can identify the most urgent assignments prior to your return so you can get started right away.

KNOW YOUR NOSTALGIA:

If you’ve been traveling during the holidays, you may be one of those people who feel that focusing on memories of pleasant times can help you move back into daily life. Seeing photos and videos of the fun and excitement experienced during the holidays can lift spirits. For some people, though, reliving past events with their sensation of relaxation and enjoyment can trigger increased feelings of discomfort and anxiety, thus thwarting any efforts to deal with the here and now.

JUST BREATHE:

One of the best ways to decompress after an extended holiday is to engage in yoga and breathing techniques to help calm yourself and reach deep into your inner self. Proper breathing is something you should practice year-round, as physicians have found that most of us do not breathe properly.

Taking deep inhalations and long exhalations has been proven to encourage brain activity as well as stimulate effective blood circulation throughout our bodies. Meditation is often used as an adjunct to deep breathing and has been proven to help reduce the stress of returning from a holiday.

A MOMENT IN THE SUN:

Anyone who flies often knows about the impacts of jet lag. To cut down on this effect, doctors advise travelers to get out into the sun as soon as they can upon disembarking. When the UV radiation from the sun hits your eyes, it helps restore the sleep-wake cycle balance. Since similar symptoms can occur when coming down from a heightened experience to a normal state, even a short 15-minute walk in the sun can help you decompress from your extended holiday.

START MOVING:

Exercising or just moving around in a focused manner sends lots of endorphins rushing to your brain while using up the stress hormones that enable us to cope with mental and physical difficulties.

PLANNING YOUR NEXT VACATION:

Some therapists suggest that, to get over post-holiday blues, you should immediately start working on your next vacation. Yet, others recommend avoiding this approach and instead encourage focusing on the present, not the future.

TALK IT OUT:

If you’re still finding difficulty re-entering your pre-holiday existence, try having a heart-to-heart with a close friend or relative. They may be able to help you sort out your thoughts by acting as a sounding board or offering solutions you may not have considered.

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What's in a Name

Stubbeman Village

Banker, Oilman Stubbeman Makes Lasting Mark on Norman Landscape

Stubbeman" is a familiar name in Norman. Many a Sooner memory has been made at the old Stubbeman Village on Elm Avenue, across from the Adams Tower dormitory. There is also Stubbeman Avenue, which runs north from Robinson Street and passes the front of Norman North High School.

Most people, however, are unfamiliar with the generous couple behind the name, Emery and Iva Stubbeman.

Although not technically a Norman native, Emery Stubbeman was close to it. Stubbeman was born in Newport, Ky., in 1887, just two years before the 1989 land run that established Norman as a pioneer community. In 1890, Stubbeman's parents, H.W. and Margaret, moved to town with their son.

The Stubbemans were leather merchants, selling harnesses and other goods until they retired and moved to California in 1917.

Meanwhile, Emery Stubbeman attending Norman schools, and later moved to St. Mary's College in Kansas City, Mo. Eventually, he returned to Oklahoma where he served as a manager at Barker Lumber Co. in Noble, then returned to Norman in 1908 to serve the Norman State Bank as assistant cashier. He continued in that position after the bank was purchased by First National Bank of Oklahoma City.

Stubbeman eventually married Iva Jonas in 1912, the daughter of a banker. J.C. Jonas and his wife, Rose, came to Norman in 1902 from Minnesota, bringing with them their four children, including 13-year-old Iva. Jonas served as the president of City National Bank.

In 1926, Stubbeman left banking and entered Oklahoma's budding oil industry. He had helped establish the Van Pick Oil Co. in 1918, and after eight years as an investor, Stubbeman joined the company as a full-time manager of Van Pick.

His experience in the oil field prompted President Franklin Roosevelt to appoint Stubbeman to a position on the advisory board of the Oil and Gas Conservation Commission during the American mobilization for World War II. Yet oil was just one of Stubbeman's business ventures. He also was involved in land development in Norman. Stubbeman's career came full-circle in 1955, when he was elected chairman of First National Bank's Board of Directors, where he had served as cashier so many years before.

While the business life of Emery Stubbeman is noteworthy, he and his wife are more often remembered for their charitable work. The Stubbeman's list of organizations alone is impressive. In 1923, Stubbeman was one

of 37 Norman residents who formally began the Norman Kiwanis Club. The Norman Civil Leaders recognized his work to improve the city in 1926. In 1931, he started the Children's Christmas Party and was chairman of the annual event for 35 years. He was also a charter member of the Touchdown Club, an honorary member of the Future Farmers of America and a member of the Board of Directors of the Norman Chamber of Commerce.

Iva Stubbeman's community work included activities in the social and civic circles of Norman. She served on the Cleveland County Welfare Board, the Camp Fire Girl's Council and was a member of Norman Interfaith Council.

St. Joseph's Catholic Church served as her second home, where she was president of the Church's Altar Society and a member of St. Mary's Guild. In 1955, Stubbeman's efforts led Pope Pius XII to honor her with the Holy Cross and the Medal Pro Ecclesia et Pontifice.

Emery and Iva Stubbeman are buried at St. Joseph's Catholic Cemetery on N Porter Avenue. Their legacy lives on more than in just the city street signs or in the legends of Stubbeman Village. — **BSM**

Jean McCracken at the Cleveland County Genealogical Society and Amy Pence at the Moore-Lindsay Museum contributed to this story.



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PROSPERITY POINTS FOR ACHIEVING YOUR NEW YEAR'S RESOLUTIONS



Happy 2019! If you are like most people, you have created several New Year's resolutions, and at least one of them involves money. I want you to succeed and make progress toward your financial resolutions all the way through December 2019! Here are a few tips.

- Create concrete resolutions. Vague goals like, "I want to save more money," never give you a sense of accomplishment because you can't tell when you have been successful. Instead, try to save a specific amount each month. It both holds you accountable and lets you celebrate success.
- Create reasonable resolutions. If you are saving nothing right now, you probably won't be able to save a large portion of your salary each month. Set your sights lower, and then be determined to achieve it.
- Break large resolutions into smaller pieces. If you have a major goal for the year, try to accomplish 1/12 of it each month.
- Resolve to take full advantage of any employer contributions to your retirement account. If the employer matches your contributions, try to maximize the match.
- Don't give up. When people aren't successful, they lose hope and stop trying. The best way to achieve your resolutions is to pretend every day is New Year's Day.

A New Year is a great time to review your financial life and create a plan for achieving your goals. A year from now, you will be glad you did.

Be Prosperous! -Peggy

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

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Chardonnay, Chablis, Champagne

The chardonnay grape is one of the most versatile grapes grown. Although it's not the most commonly planted grape, it comes in among the top five around the world. It's a neutral green grape that gets most of its characteristics from the soil and climate where it's grown, and the methods winemakers use.

The exclusive use of stainless steel for fermentation and aging produces a very fruit forward flavor while the introduction of oak mellows the wine.

Chablis is a chardonnay wine originating in the Chablis region of France. In countries that are not within the European Union, the name is used to denote a dry white wine. Chablis is slightly more acidic than white burgundy, both of which have fruit notes.

Chardonnay is also the backbone of French white burgundy, which must originate from the Burgundy region of France.

Chardonnay wine produced in the United States comes in a broad range of styles as well. After first winning the Judgment in Paris in 1976, with a Chardonnay styled very much like white burgundy, U.S. winemakers struck off in new directions. Delayed harvests created wines with higher alcohol content, and the addition of oak during fermentation or in aging added toast flavors to fuller bodied wine. Malolactic fermentation creates a buttery flavor that wine drinkers seem to either love or hate.

Winemakers in Australia, New Zealand and South Africa have all created chardonnay with their own unique characteristics resulting from climate and methods. So, on a cold night, splurge for one or two bottles of chardonnay that you have not tried before and enjoy the journey.

Happy New Year,
Kathy

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A Resolution for Health

January is a time when many focus on new beginnings. The new year carries with it a timely chance to resolve to make a change for the better. According to Statistic Brain, weight loss was the No. 1 resolution made this year. A statistic that is not likely to surprise anyone, given that the CDC reports more than 90 million adults in the US identify as overweight or obese.

However, managing a healthy weight should be more than a vanity goal, shared Dr. Ronnie Keith, a bariatric surgeon with Norman Regional Health System. Excessive pounds can lead to an increased risk of many major health conditions and diseases, which can progress to more serious issues like heart disease or stroke.

"Obesity is also one of the few diseases that negatively impacts a person's social life and this can increase the risk of depression and other mental health issues," Keith added.

While not much of the above is new information, there have been advances made in the medical weight loss treatment options available. The American Medical Association declared obesity

as a disease in 2013, opening doors to additional research to expand our understanding of the disease.

When diet and exercise alone are not enough, patients can now turn to a growing list of treatment options.

"Obesity is best managed by a physician and a team that specializes in weight management," Keith advised.

Accredited by the American Society for Metabolic and Bariatric Surgery, Norman Regional offers several surgical and non-surgical options including bypass and gastric sleeve surgery, endoscopic balloons and a comprehensive medical weight loss program.

"Endoscopic Bariatric procedures have come around and helped us to bridge the gap between medical and surgical weight loss," Keith explained. "The endoscopic sleeve and gastric balloon have both been very effective... with no incisions and minimal down time for the patient."

Other options include supervised medical weight loss as well as medications that can help with appetite and craving control.



Dr. Ronnie Keith, bariatric surgeon with Norman Regional Health System

Advancements have also been made to reduce the risk involved in many of the surgical options available, Keith shared.

"The majority of (surgical treatment options) are performed laparoscopically and carry less surgical risks than colon and hip surgeries," Keith explained. "The process varies from patient to patient. Recovery time is anywhere between two to six weeks."

For more information about Norman Regional's Weight Loss program, please visit NormanRegional.com/WeightLoss – **BSM**

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Been There, Done That

Interim City Manager Brings Trove of College-Town Experience

Norman Interim City Manager Mary Rupp is focused on helping the city move forward, and with nearly three decades of experience in municipal government, she's in a good position to make that happen.

"In my early years of working in municipal government, I was extremely fortunate to work for elected and appointed city officials who provided opportunities for me to learn and grow as a city employee," Rupp said. "Their encouragement and mentoring provided me the confidence to pursue a career in city management."

During her 27-year career, Rupp has served as assistant and deputy city manager for the City of Stillwater, and most recently, as city manager of the City of Perry, where she lives just east of town with her husband, Marvin, near the couple's two adult sons and their families.

Despite her experience, Rupp said she was hesitant about taking the Norman job, but it was her conversations with Norman's Mayor Lynne Miller and with City Clerk Brenda Hall, who helped her see how her experiences serving Stillwater might prove useful in Norman.

"While the communities are different, they face many of the same challenges," Rupp said about Norman and Stillwater. "Being the Norman interim city manager is an opportunity to offer my municipal experience to Norman's mayor and city council as well as the Norman city staff.

"It is exciting to have the opportunity to serve in the third largest community in the state during this time of transition."

Rupp was confirmed by the Norman City Council as interim city manager in September, after Norman's previous city manager, Steve Lewis, resigned from the position.

In her new role, Rupp will be responsible for overseeing the day-to-day operations of the city until a permanent city manager can be confirmed. She'll also prepare a budget recommendation for the city council's consideration and help the council with their search for a permanent city manager.

Rupp's goals for Norman are also her strategy - to "carry out the direction of the city council; work with the city staff to effectively manage the city organization; and assist with recruiting and hiring a professional city manager for Norman."



Rupp was inducted into the Oklahoma Hall of Fame for City and Town Officials in 2018. — BSM



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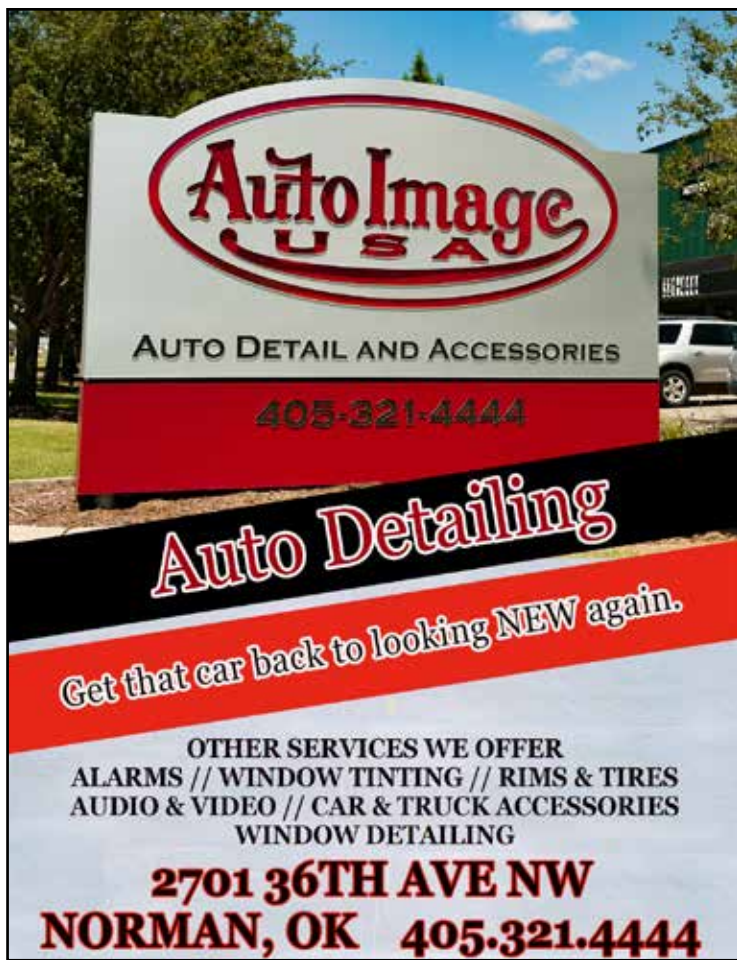


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Celebrating Safety



Banquet Recognizes Actions, Achievements of Norman's First Responders



Crime stoppers and the Norman Chamber of Commerce will join to celebrate the achievements of Norman's public safety community at the 21st annual Public Safety Awards Banquet on Jan. 24. said Tonja McCawley, president of Norman Crime Stoppers Inc

McCawley said the banquet is a chance to celebrate the camaraderie and cooperation among public safety agencies.

"It kind of opens up the community to know a little bit more about what's going on and how we work together to provide very important services."

Sarah Jensen, public information officer with the Norman Police Department, said the banquet is an "opportunity to come together with the community and other public safety

personnel and celebrate the actions and accomplishments of our peers that we work with daily."

Awards are presented to public safety personnel from the Cleveland County District Attorney's office, the Cleveland County Sheriff's office, Emstat-Norman Regional Health System, Norman Fire Department, Norman Police Department and the University of Oklahoma Police Department.

The banquet is also an opportunity for people to learn more about and support Norman Crime Stoppers, a program that provides a safe, anonymous way for individuals to report criminal activity. The program, Jensen said, helps "local law enforcement solve crimes and open investigations into critical incidents on a daily basis."

"Norman Crime Stoppers is a vital resource to law enforcement across Cleveland County," Jensen said. "As a police department, we value Norman Crime Stoppers and the additional

crime-solving resources they provide to our agency and other agencies in Cleveland County."

The event has grown in attendance over the years, drawing more businesses and individuals from the community. About 50 people attended the first banquet, while last year's crowd was a little more than 300 people, McCawley said.

This year's banquet starts at 7 p.m. at the Conference Center at the National Center for Employee Development, 2801 E State Highway 9. The banquet includes the presentation of two \$1,000 scholarships to two students, who are dependents of Norman first responders.

Table sponsorships are available for \$350, which provides seats for eight people. For more information about Norman Crime Stoppers Inc. or to attend the banquet, visit www.norman-crimestoppers.org. The deadline for reservations is Jan. 17. — **BSM**

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Founded in 1985, Sitel is a global company, employing more than 75,000 people in 27 countries around the world. They are looking for new customer service representatives to join their operations in Norman, at 2701 Technology Place.

Sitel's focus is incoming customer service calls. Employees answer phone calls on behalf of a variety of clients from different industries, said Stephanie Lief, talent acquisition manager for the company.

A key requirement Sitel seeks in job candidates is a good foundation in interpersonal communication.

"We want you to have a love of helping individuals," Lief shared. "We will teach you about our clients, and we will teach you our processes. You just have to have that drive to want to succeed and love customer service."

Customer service is the common role in which employees start, and from there, employees are able to learn the

business. Sitel does a lot of promotion from within, Lief said. Pay for a customer service representative position starts at \$10.30 per hour. Bilingual employees start at \$11.30 per hour.

Lief said the company aims to invest in employees and provides training to help with career advancement. For example, some employees have trained to become licensed insurance agents to handle phone calls for one of the company's clients.

There is also an opportunity for incremental performance-based raises beginning after 90 days.

"We really want people to learn and grow because being a customer service representative, you're not just answering phone calls. You're really changing somebody's day," Lief explained. "They're calling you because they need help, so we always set up people for success that way. You're not just a number to us. We really want to see you succeed and help you

grow and become part of our family."

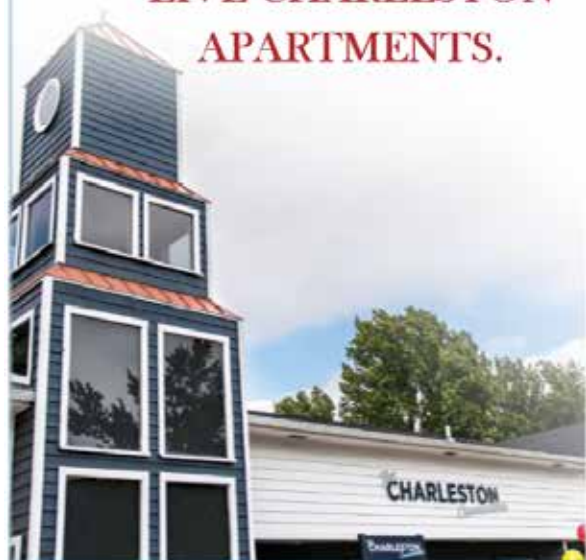
Lief, who just celebrated her five-year anniversary at Sitel, said those working for the company are a close-knit group, especially at the Norman site. Additionally, the company is focused on corporate responsibility and has an understanding of "giving where you live and taking care of the people in your community," which Lief said is an aspect she loves. In Norman, these efforts have included supporting the local schools.

"We all work toward one goal," Lief stated. "No matter what site we're at, no matter what part of the world we're in, we're all working toward one goal, so we really do have a collaborative environment ... open to share ideas and processes."

More information about available positions, including benefits, requirements and how to submit an application can be found at jobs.sitel.com.

— BSM

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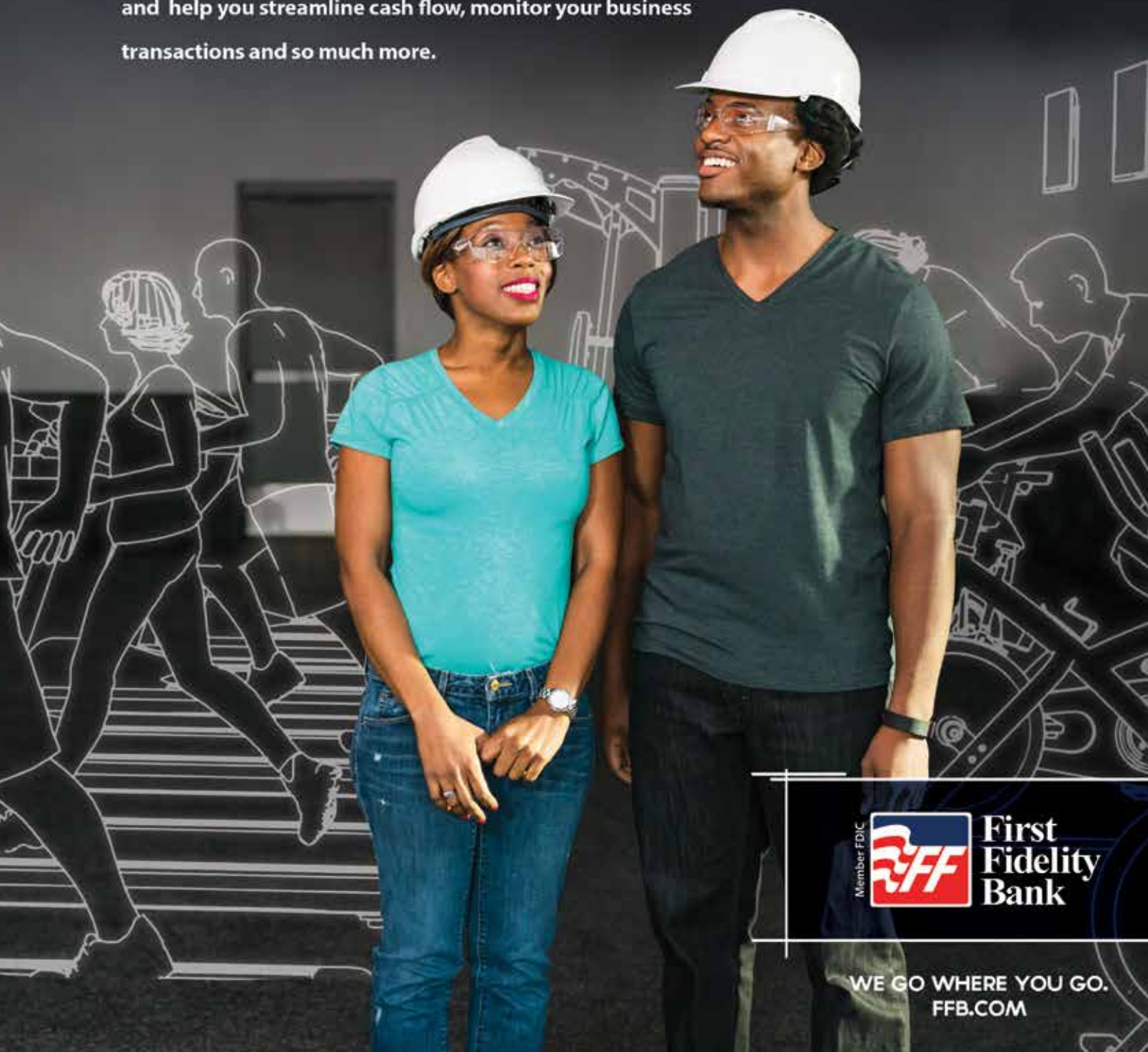
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