

CTHC offers free admission on July 22

Each year, the Chisholm Trail Heritage Center opens its doors and offers free admission all day, to celebrate National Day of the Cowboy (NDOC). Set for the fourth Saturday every July, this year it will be July 22. The event is 10 a.m. to 5 p.m., doors open at 10 a.m.

Fun, western-themed free games for all ages of youth, live music by Cowboys at Heart band from Comanche and two Oklahoma authors are some of the activities. Games and art projects are available for children all day. Funding for the annual event comes from the Oklahoma Arts Council, which helps cover the cost of the entertainers, and an art project which youth can create and take home. Families can spend time in the interactive area that includes the branding station, saddle roping, the Duncan General Store and the chuck wagon.

Kelly Poland, who wrote "Oklahoma Prairie Tales" and Stella Dutton, author of "Pinto the Chisholm Pony" are scheduled to be here with copies of their books for sale. They will visit with guests and sign autographs.

As part of the day's festivities, guests can watch the movie, The Chisholm Trail Experience, in the museum's 4-D Experience Theater. A visit to the Campfire Theater is also a must - to "meet" animatronics Jesse Chisholm and Tex.

CTHC tour guide and cowgirl, Cheyenne

Budvarson, will be providing spontaneous lessons to people who want to learn how to rope. This is just part of the day's fun.

Since 2010, the Heritage Center has been celebrating National Day of the Cowboy with a free admission day, but it wasn't until 2013, when Oklahoma state legislators actually approved a resolution for the official recognition as a state holiday. Twelve states now officially recognize NDOC. In 2016, the Heritage Center was awarded the "Cowboy Keeper Award" by the NDOC, a non-profit organization. The Heritage Center is the only organization to have received this award, which is normally given to an individual.

When the NDOC Foundation awarded the Heritage Center with the Cowboy Keeper Award, it was noted that recipients are recognized for their substantial contributions to the preservation of pioneer heritage and cowboy culture - while also inspiring others to do the same.

Over the years, CTHC has had a variety of people, performers and exhibits here for NDOC celebration. There's been rodeo champions like Fred Whitfield and Shane Slack, and Native American performers including Jordan Beartrack and his sister, Brettnee Beartrack, and Myron Beeson. And in 2016, the Oklahoma Side Saddle Sisters. There have been a variety of photography exhibits - Ron Tarver, Kelli Brown, and one

even featuring vintage images of the Grand Ole Opry.

"This day is our way of giving back to the community. National Day of the Cowboy free admission gives newcomers and long-time residents a chance to visit," said Executive Director Stacy Cramer Moore.

It also attracts people from around the region, many who have never been here before.

The Garis Gallery of the American West will also be open for those who enjoy art.

On Sunday, July 23, there will be a "Broadway-style" Theatrical Review of the Chisholm Trail and Great American Songs of the West, performed and narrated by the Michael Lasser Trio (Michael Lasser, Alan Jones and Cindy Miller) They perform with big bands, like the Benny Goodman Tribute Band and Central New York Jazz Ensemble. Sponsored by the Chisholm Trail Heritage Center, as part of the Chisholm Trail 150th anniversary celebration, the show will be held at the Simmons Center Theater in Duncan (just south of the Heritage Center). Tickets are available at the Heritage Center, 1000 Chisholm Trail Parkway, Duncan. The show will start at 2:30 p.m. Sunday, July 23.

For information, visit CTHC's Facebook page, and the events listed, www.facebook.com/onthechisholmtrail.com. Chisholm Trail Heritage Center, 1000 Chisholm Trail Parkway, Duncan, OK (580) 252-6692.

Tips for acing the student physical examination

School time requires having all of the necessary supplies, clothing and gear ready for the year. In addition, preparing for a new school year often involves providing updated physical health information to the school administration.

The requirements for health screenings and reporting may vary between school districts. Some physical examinations need to be conducted annually, while others may only need updating at certain intervals, such as when kids transition from elementary school to middle school or middle school to high school. Updated physical forms also may

Visiting the doctor, nurse practitioner or a school-provided medical professional may not make school-aged children too happy. To make the process go smoothly, consider these suggestions.

- **Work with physicians who have access to electronic health records.** EHRs are secure technology that provides easy access to vaccination records, health history, appointment reminders, and even prescription information. Some providers even make it possible for patients to directly access their health information through a secure login, helping save time.



THE MARLOW REVIEW'S
DAILY BOARD

The Marlow Review Community Calendar

MARLOW EVENTS

- July 8—32nd Annual Ziegenfuss Family Reunion**, 10 a.m.-4p.m., Oaklawn Community Center, located 3 miles west on Caddo and 1 mile south. There will be signs posted. A potluck lunch will be served at noon. Everyone is encouraged to bring old pictures. There will be door prizes, games, and lots of fun. For more info, call Hoyt and Janet McLemore, 580-658-3507.
- July 13—NO MUSIC**, Marlow Senior Citizens Center, 325 W. Main.
- July 14 & 15—Inside Garage Sale**, Marlow Senior Citizens Center, 325 W. Main.
- July 18—Jam & Games**, 6:30 p.m., Marlow Senior Citizens Center, 325 W. Main.
- July 20—Music**, Joe & Friends performing, 7 p.m., Marlow Senior Citizens Center, 325 W. Main.
- July 27—Bingo**, 6:30 p.m., Marlow Senior Citizens Center, 325 W. Main.
- Alcoholics Anonymous—Mondays and Fridays**, 8 p.m., old Oklahoma Missionary Baptist College facility, 9th and Caddo
- Marlow Farmers Market**, 8 a.m., Saturdays throughout the summer, sponsored by The Marlow Chamber of Commerce. Booth rental is free and set up is around the gazebo on the block of 300 W. Main. There is no need to reserve a space.
- Marlow Lions Club—Wednesdays** at noon, Lions Den, 223 West Main
- Marlow Masonic Lodge #903 meets the second and fourth Tuesdays** of the month at 7:30 p.m. at the Masonic hall, 323 West Main; also, pancake breakfast fundraiser at the Masonic hall on second Saturday of each month, 7 to 11 a.m.
- Marlow Samaritans Board meets every fourth Thursday** of the month, 5 p.m., 214 W. Main.
- Marlow Samaritans Clothing House**, 214 W. Main. Open 10 a.m. to 4 p.m. Fridays only until further notice.
- Marlow Serenity AA Group**, Tuesday at 6:30 p.m., 414 W. Kiowa (located directly behind the First United Methodist building on southeast corner of 5th & West Kiowa street). For more info, please contact the group at 580-641-1787.
- Narcotics Anonymous** now has one group in Stephens County, which meets every Tuesday at 5:30 p.m., Wednesday at noon, Thursday at 6:30 p.m., Friday at 6:30 p.m., Saturday at noon, and Sunday at 6:30 p.m., at 706 E. Ridley Rd., Duncan.
- Storytime—every Wednesday afternoon** at Garland Smith Public Library, 702 W. Main, 1 p.m., for children from birth through age 4; more info, 580-658-5354 or Garland Smith Public Library on Facebook. No sign-up is required.
- The Compassionate Friends South Central Okla. Chapter meeting**, 1st Tuesday every month, 6:30 p.m., First Baptist Church Marlow, Life Center, 214 N. 4th St. Room 102. All TCF Chapter members have lost a child, sibling, or grandchild. TCF offers friendship, understanding, and hope for those who have need of support after a child has died. For more information about this group, please call or text 405-482-7377 or email: tcfsouthcentralok@gmail.com.

BRAY-DOYLE EVENTS

- July 26—Bray Community Food Pantry**, 9 a.m. to 1 p.m., Bray Community Center. Anyone living in the Bray-Doyle school district and meets the income requirements are eligible to sign up and receive food once a month. If you need to sign up, come by the Community Center Tuesdays or Thursdays from 9 to 11 a.m.