

Scenes from Liberty Mountain



Torrence Photography took these pictures at dress rehearsals for "Liberty Mountain" which opens this weekend for four shows at Joy Theatre. A large cast of characters has been busy putting the final touches on the drama for opening night on Friday. See Director Caleb Sigmon's column on page 1 for more details.



Photos by Torrence Photography

North School Awards

Kathy James, Physical Education teacher at North Elementary School for 31 years and with 39 years of service to Cleveland County Schools, retired June 11. The gymnasium at North School was dedicated in her honor and named the Kathy James Gymnasium.

A Honor Roll

1st Grade: Chloe Anthony, Syniah Bailey, Carson Bell, Madison Canipe, Lathan Feemster, Uriah Gunnon, Anfelinne Hernandez, Justin Lawson, John Bradley Ledbetter, Mallory Sims, Colston Wright, Kadan Campion, Macey Carico-Wilson, Sarah Glen Eagle, Bradley Floyd, Josiah Hill, Raenisha Lytle, Brasdin Moore, Sila Murdan, Viviana Tinoco, Brandon Vance, Jordan Torres, Alicia Williams, Kegan Anderson, Aiden Biddix, KHamauri Davidson, Tayler Elliott, Sabrina Howell, Bree Rogers, and Kayla McSwain.

2nd Grade: Aiden Evans, Tyler Furman, Madison Lucas, Kaydence Smith, Samuel Yelton, Jeremiah Amaya-Debras, Brei-ahna Canipe, Sakhia Boswell, Amir Boyd, and Will Varner.

3rd Grade: Owen Jones, Elliot Habel, Matthew Morrow, Latiah Caldwell, Taylor Canipe, Chance Habel, Jaidyn Moses, Anthony Anselmo, Reed Cooper, Samantha Harrelson, Olivia Massagee, Christopher Meredith, Cheyenne Reynolds, and Noah Smith.

4th Grade: Shyanna Peeler, Payton Slycord, Kieth St. Clair, Julianna Williams, Tyasya Bell, Holly Campbell, Colby Carroll, Briana Dennis, John William Eagle, Alex Eaton, Lydia Owens, Nicholas Spencer.

AB Honor Roll

1st Grade: Precious Adams, Kody Cannova, Chloe Carringer, Dakota Harrelson, Ahmad Leggett, Bobby Moses, Xavier Adams, MyShawn Littlejohn, Sean Lowe, McKenzie Lowery, Brandon Bolen, Hayvn Boyce, Bryce Davis, Jamie Herron,



GYMNASIUM DEDICATION – The North School Gymnasium is now the Kathy James Gymnasium in honor of the North School Physical Education teacher who has retired after 39 years with Cleveland County Schools, 31 at North Elementary School.

Cameron Laye, Hope Mullinax, Shaelah Rice, Wesley Turner, and William West.

2nd Grade: Shawnette Adams, Hayden Gleason, Latorionna Black, Logan Fowler, Jarvis Guyton, Ty'shonna Whitteburg, Bryston Plank, Naryia Edwards, Samuel Hanvy, Tyler Talbert, Zariah Covington-Rodgers, Josh Davis, Jeremiah Hunter, Tyler McIntyre, Kylee Whetstine.

3rd Grade: Matthew Anthony, Kaley Arter, Jayden Byers, Levi Carson, Ashely Herron, Kagan Kopruch, Jordan Whetstine, Justice Wesley, Turner Brown, Immanuel Feemster, Hannah Myott, Rikard Ploeger, Kadence Raines, Javon Smith, Tucker Cash, Adam Cox, Megan Dennis, and Kaleb Surratt.

4th Grade: Abigail Whisnant, Makayla Bennett, Felipe Lara-Garcia, AJ Richardson, Deniah Young, Kaitlyn Biddix, Bryce Hall, Alexis Jackson, McKayla Lynch, Taylor Mcswain, and Zamir Williams.

Kindergarten Top Tigers: (This award is for Kindergarten only. Given to Hard working and high achieving students)

Layza Black, Kaylei Brophy,

Kammyah Caldwell, Zachariah Deaton, Alexis Glover, Illiana Gonzalez, Aziania Kilgore, Analia Lara-Garcia, Lincoln McDaniel, Grant Romesberg, Julius Rudisill, Peyton Strange, A'Niyah Brooks, Kalashja Womic, Leah Crowell, Vianey Duran, Alaina Hayden, Na'Zarion Hemphill, Gavyn Hutchins, Zachaus Jeter, Betsy Lara-Garcis, Wesley Rayfield, Brady Shelton, Landon Smith, Aubri Adams, Matthew Coleman, Bastiaan Flores-Deras, Rasjlyn Smith, Jariah Guyton, Javarein Jackson, Noah King, Luis Hernandez, Noah Rhodes, Lucas Donovan.

Terrific Kids:

Kindergarten: Kammyah Caldwell, Analia Lara-Garcia, Bradley Canipe, Gracie Carson, Ethan Crawford, Brayden Shuler, Kody Cannova, Colston Wright, Kateyly McDonald, Alicia Williams, Shaelah Rice, Aiden Biddix, Ty'shonna Whitteburg, Samuel Yelton, KeSean Ellington, Brei-ahna Canipe, Haileigh DeWeese, Tyler McIntyre, Jayden Byers, Emily Whitmire, Rikard Ploeger, Javon Smith, Kenia Davidson, Olivia Massagee, Shyanna Peeler, Blake Shuler, Bryce Hall, Colby Carroll.

THE SAVVY SENIOR

By JIM MILLER
Editor



Simplified Cellphones for Seniors with Hearing Problems

Dear Savvy Senior,
Can you recommend some basic simplified cellphones for seniors with hearing loss? My 82-year-old father needs to get a new cellphone for occasional calls or emergencies, but he needs something that's easy to use and one that he can hear on.

Looking Around

Dear Looking,

There are several simplified cellphones on the market today that are specifically designed for seniors, or for people who just like things simple. These are basic cellphones – primarily used for talk and text – that come with big buttons, easy to navigate menus, SOS emergency buttons, enhanced sound and are hearing aid compatible too. Here are some top options.

Senior-Friendly Phones

If your dad isn't locked into a cellphone contract, there are three senior-friendly options to consider, all from no-contract cellphone companies.

One of best is GreatCall's Jitterbug5 (greatcall.com, 800-918-8543). This custom designed Samsung flip-phone offers a backlit keypad with big buttons, large text

on a brightly colored screen, and "YES" and "NO" buttons to access the phone's menu of options versus confusing icons.

It also offers voice dialing, a powerful speakerphone, a built-in camera, and a variety of optional health and safety features like the "5Star" medical alert button that would let your dad call for help and speak to a certified agent 24/7 that could identify his location and dispatch help as needed. "Urgent Care," which provides access to registered nurses and doctors for advice and diagnoses. And "GreatCall Link," which keeps family members informed through your dad's phone activities.

The Jitterbug5 sells for \$99 with a one-time \$35 activation fee, no-contract, and calling plans that start at \$15 per month.

If you're looking for something a little less expensive, the Doro PhoneEasy 626 sold through Consumer Cellular (consumercellular.com, 888-345-5509) is an excellent option.

This flip phone offers a backlit, separated keypad that can speak the numbers as you push them, which is a nice feature for seniors with vision problems. It also

has a big easy to read color display screen that offers large text with different color themes.

Other handy features include two speed dial buttons, shortcut buttons to texting and the camera, a powerful two-way speakerphone, and a ICE (in case of emergency) button on the back of the phone that will automatically dial one preprogrammed number.

The Doro 626 sells for \$50 with service plans starting at \$10 per month, and no long-term contract. They even offer discounts to AARP members.

Another budget-friendly cellphone you should look into is the Snapfon ezTWO for seniors (snapfon.com, 800-937-1532), which costs under \$20, with a \$35 activation fee, no-contract, and monthly service plans that start at \$10. If you don't want the Snapfon service plan (you can go through AT&T or T-Mobile), the phone is \$80.

This is a bar-style phone that provides big buttons, a color screen, enhanced volume with a speaker phone, a speaking keypad, and an SOS emergency alert button on

the back of the phone that can sound an alert when pushed and held down for five seconds. It then sends a text message to as many as five emergency contacts and calls those contacts in order until the call is answered. Or, for an additional \$15 per month you can subscribe to their SOS monitoring service that will dispatch help as needed.

Shared Plan Options

If you want to get your dad a simple cellphone through your cellphone provider, most carriers – like AT&T, Verizon, Sprint and T-Mobile – still offer a few basic cellphones that are inexpensive and hearing aid compatible.

If you're an AT&T customer the option is the "LG A380." For Verizon users, there's the "Samsung Gusto 3" and "LG Revere 3." If you're a Sprint customer there's the "Kyocera Kona" and "Alcatel OneTouch Retro." And for T-Mobile users there's the "LG 450."

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

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