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SEEKING SITTERS CEO SEEKS WORK-LIFE BALANCE See Page 26

OWASSO RAMBLER

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Volume 24

February 2016

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PLAY Program Promotes Healthy Habits

By EMILY RAMSEY
Managing Editor

In January, Bailey Medical Center kicked off its annual PLAY Program by visiting Owasso's eight elementary schools. The PLAY (Parents, Learning Activities, Youth) Program is an initiative designed to help create a healthy community by creating healthy families.

"Bailey Medical Center is a health center, and we want to help the community and stomp out childhood obesity," says Mo Smith, Bailey Medical Center exercise specialist.

Today, approximately 17 percent of all children and adolescents in the United States are obese, triple the number from the previous generation. In addition to the negative health effects of childhood obesity, such as high cholesterol, high blood sugar, asthma, and mental health problems, overweight children are five times more likely to grow into overweight adults who will continue to deal with health concerns.

Bailey introduced the PLAY Program in January 2014. Each year, in January, Owasso Public Schools reminds students about the program during a school assembly and distributes the PLAY Program Passport to its more than 4,500 elementary students from pre-K to 5th grade. The program, which runs through the summer, allows students to earn a healthy eating sticker for their passport each time they choose a healthy food option, such as a fruit or vegetable. Owasso restaurants can choose to participate. All that is required of restaurants is that employees give a sticker to a child when he/she chooses a healthy food option.

Participating Owasso restaurants include Chick-fil-A, Chili's, McDonald's and Red Robin Gourmet Burgers. Visit BaileyMedicalCenter.com/PLAY for the most up-to-date list.

Additionally, students can earn a sticker each time they choose a healthy food item from their school cafeteria and each time they come to the Owasso Family YMCA for physical activity, says Smith.



EMILY RAMSEY for GTR Newspapers

FUN EXERCISE: Stone Canyon Elementary teachers and students participate in a tug-of-war competition with Mo Smith, Bailey Medical Center exercise specialist, and Hornsby, with the Tulsa Drillers, to illustrate a type of physical activity. Smith visited Stone Canyon in January during the kick-off of Bailey Medical Center's PLAY Program.

"This program gives kids the opportunity to make their own healthy choices," she continues.

Once a student has completed his/her passport, it can be redeemed for two free or reduced-price tickets to the Tulsa Drillers, Tulsa Oilers, Tulsa Roughnecks or Tulsa Athletics.

In March, Smith returns to schools to do an all-day PLAY event where she leads students in various fitness activities and discusses the five food groups and the 5-2-1-Almost None principle (five or more servings of vegetables a day, no more than two hours a day of recreational screen time, at least one hour of physical activity a day, and no more than two servings a week of high fructose beverages).

PLAY Program coordinators also work with Owasso elementary schools to reinforce the PLAY Program concepts throughout the year, such as teaching yoga and kickboxing classes during physical education classes.

Since starting the program, what have been the results?



EMILY RAMSEY for GTR Newspapers

FIGHTING OBESITY: Mo Smith, Bailey Medical Center exercise specialist, and Hornsby, with the Tulsa Drillers, leads Stone Canyon Elementary students in a dance during the kick-off of the PLAY Program. The program provides passports to students that they fill with stickers they receive when they choose to eat a healthy food item, such as a fruit or vegetable.

"I have heard parents say that their kids actually want to sit down and eat dinner now and that they are requesting five fruits and vegetables a day," Smith says. "The PLAY Program helps the family and can help to change habits." In addition, PLAY Program spe-

cial events are held, such as the Bailey Medical Center Strong Kids Triathlon, which was held in partnership with the Owasso YMCA this past August, to encourage the community to come together to celebrate a healthy and active lifestyle.

KUDOS OF THE MONTH: Tulsa People

TulsaPeople magazine began 30 years ago, with its mission being to enlighten and entertain. The award-winning magazine endeavors to capture the spirit of Tulsa, spotlight local individuals, and showcase places and events that make Tulsa special.

Publisher Jim Langdon was raised in Tonkawa, Oklahoma, by his parents Francis and Gloria Langdon, who owned the Tonkawa News for 43 years.

Langdon attended the University of Oklahoma, where he majored in journalism, receiving his bachelor's degree in 1974.

After graduation, Langdon held various jobs, including in the education and advertising fields, and with the Norman Transcript, the Oklahoma Press Association, and American Newspaper Representatives, Inc.

Langdon decided to launch TulsaPeople in order to fill the need for a Tulsa-focused society publication. The first issue of TulsaPeople was published in November 1986.

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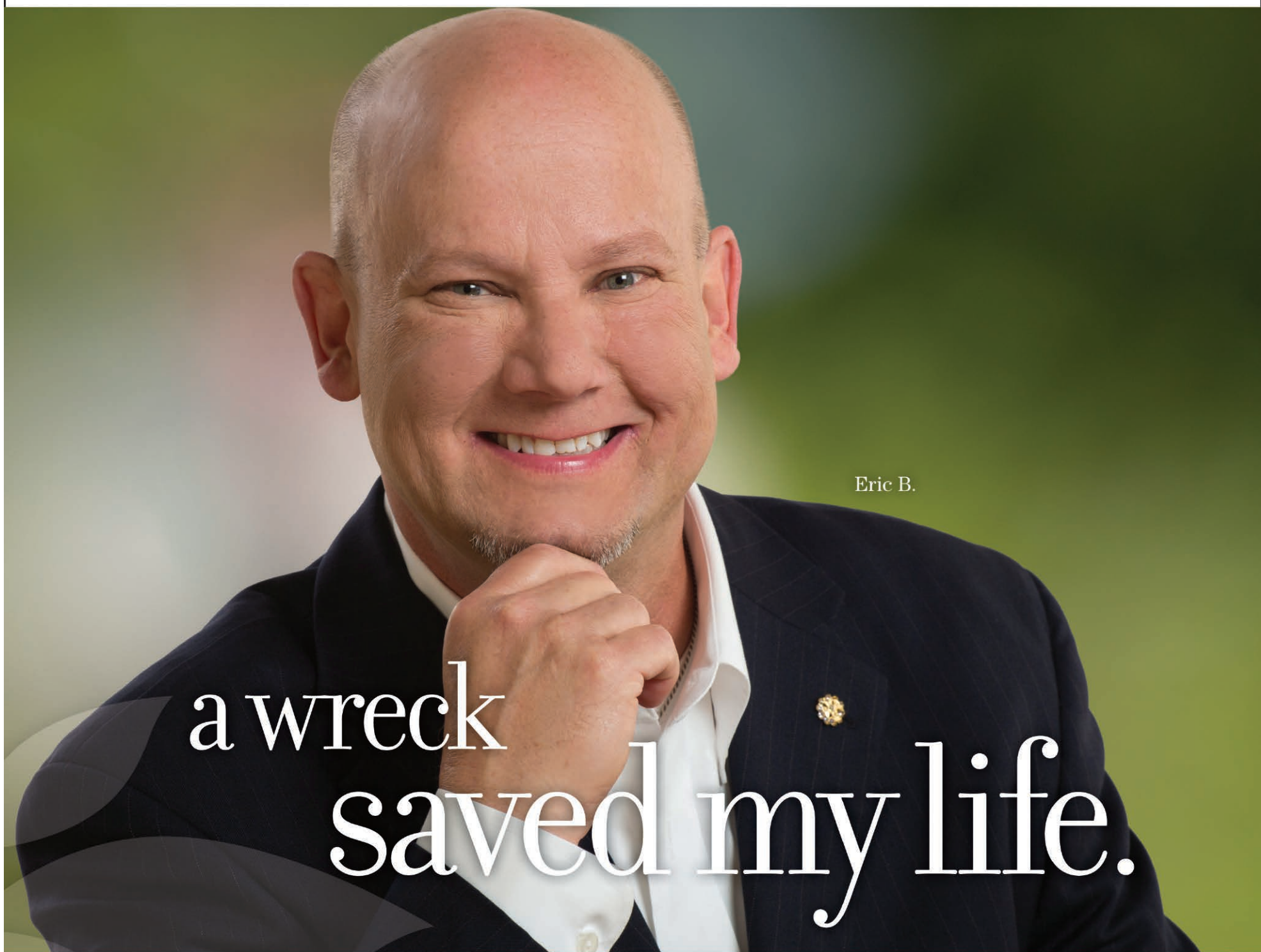
TulsaPeople has gone through several cosmetic changes since its founding. It started as a newsprint publication in tabloid size, and then in 1996 a magazine-stock cover was added. In 1998 it was changed to a magazine-style format that has become so popular with his readers.

Since starting TulsaPeople, Langdon Publishing has expanded its publications, including Intermission magazine for the Tulsa Performing Arts Center and The Tulsa Voice, which started publication in December 2013.



JERRY CORNELIUS for GTR Newspapers

SUCCESSFUL PUBLICATION: This photo ran in the November 2005 issue of Greater Tulsa Reporter. Jim Langdon is pictured at his Langdon Publishing office holding the first issue of the publication, which featured Mayor Dick Crawford, Philbrook Executive Director Marsha Manhart, Tulsa Regional Chamber's Rick Weddle and Nordam CEO Ray Siegfried II.



Eric B.

a wreck saved my life.

While on his way to meet friends, Eric's vehicle was hit by a semi-truck. The impact threw him onto the floorboard. Although he did not have any visible wounds, he was transported by ambulance to The Emergency Center at Hillcrest. They discovered he had multiple internal injuries caused by the wreck and a pre-existing 100% blockage in his heart. Fortunately, cardiologists from Oklahoma Heart Institute were just steps away and quickly performed a heart procedure, saving his life.

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75th Anniversary Time Capsule Dedicated and Buried by BCBS

Capsule to be Exhumed in 2040

Blue Cross and Blue Shield of Oklahoma (BCBSOK) recently dedicated a time capsule in celebration of 75 years as the state's oldest and largest private health insurer. The time capsule was buried Jan. 14 at the company's headquarters in Tulsa, with plans to exhume it for BCBSOK's 100th anniversary in 2040.

A bronze cast plaque was erected near the burial location, dedicating the time capsule to the company's leaders and employees who have led BCBSOK throughout its history. BCBSOK President Ted Haynes gathered with a crowd of employees for a ceremony prior to the capsule's burial.

BCBSOK reached its 75th anniversary in 2015 and commemorated the milestone through a series of special events and celebrations, as well as announcing plans for the time capsule. With assistance from BCBSOK employees, a variety of items were collected and assembled for the time capsule, including an assortment of BCBSOK historical items and photos, a commemorative flag signed by more than 1,000 community partners and employees, and a proclamation from Oklahoma Governor Mary Fallin declaring Nov. 4, 2015, "Blue Cross and Blue Shield of Oklahoma Day."

"It is our hope that those who open this time capsule in 25 years find in it as much pride, memories and joy as we did when we were assembling it," said Ted Haynes, BCBSOK president. "As we looked through our archives and compiled these special items we recognized that a lot of things have changed in healthcare since we began in 1940, but there are a few things that have not wavered: our commitment to our members and communities, and our dedicated employees who serve them."

Throughout its 75-year history, Blue Cross and Blue Shield of Oklahoma has been committed to meeting the health care financing needs of Oklahomans. As the state's oldest and largest private health insurer, Blue Cross and Blue Shield of Oklahoma provides health care benefit plans for more than 850,000 Oklahomans. For more information, visit bcbsok.com.



SPECIAL DAY: Blue Cross and Blue Shield of Oklahoma President Ted Haynes, left, and Facilities Director Steve Berry bury the time capsule at the company's headquarters in Tulsa, with plans to exhume it for BCBSOK's 100th anniversary in 2040.



COMPANY CELEBRATION: BCBSOK employees gathered in celebration of the time capsule burial at the company's Tulsa headquarters.

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MANAGING EDITOR Emily Ramsey	PHOTOGRAPHY Harry Lentz, Dean Atchison
CONTRIBUTING EDITOR Beth Turner	ADMINISTRATIVE ASSISTANT Rossy Gille
EDITORS AT LARGE Terrell Lester • K.J. Webb • David Jones	DISTRIBUTION Distributech • Udovenko Family
CONTRIBUTING WRITERS Blake Austyn • Nancy Hermann Julie Wenger Watson • Glenn Hibdon Mike Mognin • Roger Coffey	GREATER TULSA REPORTER NEWSPAPERS P.O. Box 470645 • Tulsa, OK 74147-0645 (918) 254-1515 • (918) 254-1550 (FAX) E-Mail: info@gtrnews.com
ACCOUNT EXECUTIVES Linda Miller, Earl Mathews Ashley Schmidt • Forrest Eliot	

February 2016

Vol. 24, No. 2 (Union Boundary);
Vol. 22, No. 2 (Jenks District Gazette, Midtown Monitor);
Vol. 20, No. 2 (Owasso Rambler, Broken Arrow Express);
Vol. 15, No. 2 (Bixby Breeze)

COPY DROP-OFF: 7116 S. Mingo • Suite 103 • Tulsa, OK 74133



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The *Union Boundary*, the *Jenks District Gazette*, the *Owasso Rambler*, the *Bixby Breeze*, and the *Broken Arrow Express* are distributed monthly to nearly every home in the Union, Jenks, Owasso, Bixby and Broken Arrow school districts. The *Midtown Monitor* is distributed to selected neighborhoods in the Tulsa school district. All six papers are distributed to newsstands and other outlets in over 700 locations throughout the greater Tulsa area.

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CIVICS

Muscogee (Creek) Nation Embarks On New Era with Chief James Floyd

The Muscogee (Creek) Nation is entering 2016 with new tribal leaders as it swore in a new principal chief, reelected second chief and the Nineteenth Session of its National Council on Jan. 2 at the Mvskoke Dome in Okmulgee.

The traditional ceremony included Muscogee (Creek) hymns. The principal chief and second chief took their oaths of office in their native language in front of more than 1,500 attendees, including tribal citizens, visiting chiefs from various Oklahoma tribes, tribal royalty, State of Oklahoma congressmen and other dignitaries.

Principal Chief James Floyd emphasized the significance of embracing Muscogee (Creek) traditions, elders, communities and working together to better the Nation.

“We must commit to find and nurture through any possible ways, to cultivate a spirit of love and respect for one another, especially for our elders. With each new generation, the knowledge of our past and cultural traditions is essential,” Floyd said.

Floyd, who began his career with the MCN in 1978, worked for many years in the health industry, including the Indian Health Service, and most recently, the U.S. Department of Veteran Affairs as the director of the VA Eastern Oklahoma Health Care System in Muskogee, Okla.

Floyd stressed that the tribe must return to its basic core values of remembering that the tribal government exists to serve its citizens.

“As our administration begins we know the road ahead will be hard,” Floyd said. “However, I am



SWORN IN: Newly-elected Muscogee (Creek) Nation Principal Chief James Floyd, left, takes his oath of office as his wife, Carol, and mother, Margaret, look on. MCN Supreme Court Justice George Thompson, second from right, and Supreme Court Chief Justice Andrew Adams III, right, swore in Floyd.

strengthened by many great people. Second Chief Louis Hicks believes as I do, that we are servants to our citizens. We will work together as a team. We will lead from the front.”

Floyd said the MCN government must commit to find and nurture through any possible ways, to cultivate a spirit of love and respect for one another, especially for our elders.

“With each new generation, the knowledge of our past and cultural traditions is essential,” Floyd said.

Louis Hicks was reelected as the MCN’s second chief after he ran unopposed in the Sept. 19 tribal general election. Hicks took office Jan. 17, 2015 to fill the second chief seat that was vacated by former second chief Roger Barnett in late 2014.

Hicks worked for the Muscogee (Creek) Nation from 2007 to December 2011 as the Director of the Human Development Department. He supervised seven major programs: Muscogee Language Program, Higher Education, Johnson O’Malley, Head Start, Eufaula Dorms, Reintegration and Employment and Training.

The Nineteenth Session of the Muscogee (Creek) National Council was sworn in by MCN Supreme Court Justice George Thompson. The council has 16 seats, with three newcomers, including Randall Hicks, Del Beaver and Rufus Scott. The 19th Session conducted its first meeting and elected Rep. Lucian Tiger as its speaker and Rep. David Hill as its Second Speaker.

All took office on Jan. 4.



CAMPAIGN TRAIL: Donald Trump drew a huge crowd to ORU’s Mabee Center Jan. 20 in his campaign for the presidency, including former Alaska Governor Sarah Palin.



STRONG SUPPORT: Trump supporters in Tulsa included wide age ranges and various demographic groups. His supporters greeted him with smiles and loud cheers.

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Tulsa City Council Goes South

Tulsa City Councilors toured District 7 on Tulsa’s southeast side Jan. 12. The tour showcased south Tulsa, focusing on new development and support of existing retail and housing, street issues, and changes to the face of south Tulsa. Councilor Anna America led the tour. Visitations included, among other places, Great Harvest Bread Co., the 51st Street and Memorial Drive area, Eton Square and Woodland Hills Mall, 71st Street and Mingo Road, Union High School, TCC Southeast Campus, and Hillcrest Hospital South. The tour finished at Mamasota’s Mexican Restaurant, 5209 S. Sheridan Road.



HOSPITAL TOUR: The Tulsa City Council visited Hillcrest Hospital South during the tour of Southeast Tulsa on Jan. 12. From left are Councilors Jack Henderson, Connie Dodson, Phil Lakin, Jr., Karen Gilbert, Jeannie Cue, David Patrick and Anna America. At right is Hillcrest Hospital South CEO Lynn Mergen. Not pictured are Councilors Blake Ewing and G.T. Bynum.

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TCC Foundation Names Lauren Brookey President

Increased Scholarship Offerings Planned in the Future

By **EMILY RAMSEY**
Managing Editor

Lauren Brookey, vice president of external affairs at Tulsa Community College, was recently named president of the TCC Foundation.

While overseeing the foundation has always been a part of her job description, “Now, I will just be shifting more of my energy toward it,” she says.

Moving forward, the foundation will maintain its focus on private fundraising and grants as well as increasing its future efforts on providing student scholarships based on community and workforce needs.

“Private fundraising and grants allow us to bring a level of excellence to TCC that our general funding doesn’t allow us to do,” she says, citing examples such as faculty developmental education classes, building improvements and technology upgrades: “We wouldn’t be able to do these things without private funding.”

St. Francis Health System regularly makes significant investments in TCC’s nursing and healthcare programs in order to provide the best resources and equipment that will help students become better prepared to enter the workforce.

“If our materials and resources don’t match up with what is out

there in the workplace, our students won’t be ready or properly prepared,” Brookey says.

As another example of private investment, in 2013, local company Enoserv announced its partnership with TCC to offer a new Electrical Substation Technology program in response to the growing need for substation technicians. Enoserv provided equipment and industry expertise for the TCC program.

An area of improvement that Brookey sees for the foundation is its scholarship offerings.

TCC enrolls approximately 27,000 students annually, with a little over 3,000 of those students qualifying for the Tulsa Achieves program, which provides qualifying students with 63 hours of tuition support.

“Many people are under the impression that the majority of our 27,000 students are able to use Tulsa Achieves funding,” says Brookey.

However, to qualify for the Tulsa Achieves program, a student has to have graduated from high school the previous semester. The reality is that many TCC students are adults looking to earn a degree, gain additional skills or change careers.

“We have a huge opportunity to support our other students who don’t qualify for Tulsa Achieves; we want to explore how to match those student needs with donor support,” which can come in many forms, Brookey says.

Institutions may choose to provide funding for students in a particular industry, such as healthcare or engineering, in an effort to grow the skilled workforce for



WORKFORCE NEEDS: Lauren Brookey, vice president of external affairs at Tulsa Community College, was recently named president of the TCC Foundation. In the future, Brookey plans to maintain the foundation’s focus on private fundraising and grants and increase efforts on providing student scholarships based on community and student needs.

that industry. Additionally, there could be private individuals who choose to donate because they see the value in individuals pursuing higher education goals, says Brookey.

In the future, in order to further TCC’s scholarship offerings, resources must be matched with community and student needs.

One way the foundation gains insight into community needs is by placing community leaders on its Board of Directors. “Our board members help us to create strong community relationships, and they make big contributions,

sharing their guidance and expertise and providing a link to groups that we want to serve,” says Brookey.

In addition, Brookey realizes the important role that community colleges can play in people’s lives.

“Nationwide, community colleges are often the starting place for first generation college students and disenfranchised groups,” she says. “The foundation provides opportunities for people and organizations committed to providing access for unrepresented groups in the community.”



READY TO LEAD: The Tulsa Regional Chamber inaugurated the 2016 Chairman of the Board Jeff Dunn Jan. 7. In his inaugural address, Dunn encouraged the audience to get serious about education funding, regional economic development strategies and the region’s OneVoice Legislative coalition efforts. “If education is our number one priority, don’t we owe ourselves this investment?” said Dunn, who will be featured in the March GTR Newspapers.

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Tulsa County Sheriff Race Heats Up for March 1

On March 1, a Tulsa County primary election will be held to elect its sheriff who, for the first time in 26 years, will not be Stanley Glanz. That will be followed by an April 5 special general election. The election will determine the individual who will complete Glanz's term. Glanz resigned in September after he was indicted by a grand jury due to questions that arose after a volunteer deputy confused a gun for a tazor and shot and killed an unarmed black man.

A general election will be held in November to determine a new sheriff for the following four years.

As of the time of this newspaper's publication, there are 10 individuals in the running:

Vic Regalado, a former lead homicide detective for the Tulsa Police Department, announced in October that he would enter the race as a Republican candidate.

Regalado currently works as the evening shift gang unit supervisor for the Special Investigations Division.

In January, Regalado received the endorsement of Governor Frank Keating: "Sergeant Regalado has the professional background, commitment and ability to lead," Keating wrote in a statement. "Specifically, his work as a lead homicide detective is remarkable. He solved cases at a rate that is among the best in the nation, demonstrating an ability to solve problems, manage cases, and work diligently with grieving families to seek justice and bring closure."

A Tulsa police officer since 1994, Regalado was awarded the Medal of Valor in 2004 "for going above and beyond the call of duty," and he has been awarded the Life Saving Award. Regalado teaches CLEET (Council on Law Enforcement Education and Training) certification courses in officer-involved shooting investigations as well interviews and interrogation.

During his 22 years with TPD, he has served as the lead homicide detective on 81 homicides, including some of Tulsa's most high profile cases. He was the lead detective in the Good Friday murders, in

which law enforcement received praise from across regions where police work was credited for swift arrests and for bringing unity to the city. He also was lead detective in the murder for hire of Tulsa businessman Neal Sweeney as well as the Hicks Park murders.

As an Arizona native, Regalado grew up respecting police officers.

"The interactions that I had with police officers was always positive, the way they carried themselves," he says. "I always wanted to be a police officer."

Regalado brings a diversified set of experience, having held positions as a detective, patrol officer, squad supervisor, fugitive warrants investigator and held positions with the Special Operations Team (SWAT) and the Juvenile Crime Task Force.

Regalado also has experience working with the media. "I know there will be intense media scrutiny as sheriff," he says. "This office needs someone with a hands-on approach who will put the right people in the right positions: people committed to providing high quality service to the citizens of Tulsa."

Other sheriff candidates:

Brandon Hendrix: 42, Republican, is a Tulsa County Sheriff's Office deputy who was hired in 2002. He is a school resource officer.

John Fitzpatrick: 59, Republican, is a 10-year reserve officer for the Tulsa Police Department, including work with homicide detectives, retail crime detectives, bicycle patrol and the Special Investigation Division. He is a longtime private-sector executive.

Tom Helm: 43, Republican, is a retired 20-year veteran of the Tulsa County Sheriff's Office, with supervision of narcotics and Internal Affairs. He is an agent for the Oklahoma Attorney General's Office.

Dan Miller: 50, Republican, is a Tulsa



VIC REGALADO: Tulsa County Sheriff candidate Vic Regalado, left, with former Tulsa County District Attorney Tim Harris. Regalado was recently endorsed by former Oklahoma Governor Frank Keating.

Police Department corporal who has been on the force for 20 years. He is a detective in the Auto Theft Division and was a north Tulsa field patrol supervisor for 15 years.

Jason Jackson: 42, Republican, is a Jenks Police Department day-shift patrol sergeant. In 18 years, he has worked in narcotics, interdiction and the detective division.

Randy Pierce: 54, is a current sergeant with the Tulsa County Sheriff's Office,

and has been with the department for more than 20 years.

Rex Berry: 65, Democrat, is a former officer with the Tulsa Police Department who served 26 years before retiring in 1999.

Luke Sherman: 45, Republican, is a Tulsa Police Department sergeant who leads the Fugitive Warrants Unit. He has been with the department for 23 years, with more than 10 years on its SWAT team.

Bill Reaves: 66, Republican

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BRAVING THE COLD: These young ladies had a great time while they braved the cold weather during the Martin Luther King Day Parade in downtown Tulsa on Jan. 18.



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Air National Guard and the Ride of My Life

I've been working hard with our Air National Guard to encourage our Oklahoma Delegation and the Secretary of the Air Force in Washington to replace the F-16 with a brand-new, state-of-the-art F-35 in Tulsa. There are only a few places in the country that will have them.



COMMENTARY BY MAYOR DEWEY F. BARTLETT, JR

Although the F-16 is an incredible fighter, it is still 1970s technology and is being phased out. I was lucky enough to have a first-hand look at what the Air Force is currently flying. And let me tell you, it was the ride of my life.

Just imagine flying in a Tulsa F-16 Viper at near Mach one speeds with the Oklahoma Air National Guard's 138th Fighter Wing. My initial introduction was leaving the runway at 350 mph. In 15 seconds, I was in a loop inside a rocket with wings, at 18,000 feet going 600 mph. I found out after the fact from the pilot, Major Nathan Garrett, that he put me

through this combat maneuver during the first minute of my flight - to test me. He said, "I just wanted to see whether we were going to have a good day or a bad day."

I'm pleased to tell you that I didn't get sick and I didn't have to eject, even though they trained me for that event.

My daylong training experience began at 8:30 a.m., the Monday before Christmas. The men and women who make up our Air National Guard Fighter Wing are as skilled and professional as you can find anywhere in this country. I appreciate those who outfitted me in flight gear, gravity suit, helmet and a communication system. It was six hours before Major Garrett took me through ejection seat training and finally strapped me into the rear seat of his F-16 on the tarmac.

Our mission was to intercept Colonel Tray Siegfried's F-16 above Kansas in a 30-by-50-mile training



SUCCESSFUL FLIGHT: Tulsa Mayor Dewey Bartlett, Jr., left, with Major Nathan Garrett after their successful flight in an Oklahoma Air National Guard F-16 fighter jet.

area. Major Garrett took me through every combat maneuver, from dog fighting to a low-level strafing exercise. In every move, I could see simulated targeting and the deployment for on-board canons in my radar display as if it was actually happening.

I cannot explain the feeling I experienced. From the inability to move even a muscle because I was pulling over 6 Gs in low-level, high speed turns, to as fast as you could blink an eye, I was heaven bound from 1,000 feet off the ground at just under

super-sonic speed to 20,000 feet. The next time you see one of Tulsa's F-16s overhead, believe me, you've just seen one of the best in training - to protect us all. I'm hoping Tulsa will be the recipient of a new state-of-the-art F-35 to replace the F-16.

Tulsa StartUp Series Launches for Entrepreneurs

Tulsa's original StartUp competition is evolving to meet the needs of local entrepreneurs as Tulsa Community College and the Lobeck Taylor Family Foundation launch the Tulsa StartUp Series. This competition helps entrepreneurs innovate and accelerate their businesses with the focus on delivering resources and mentoring opportunities to entrepreneurs.

"Small businesses account for 86 percent of Tulsa's revenue, and this competition has provided an entry point for some very successful businesses in our city," Elizabeth Frame Ellison, president and CEO of the Lobeck Taylor Family Foundation, says. "Since the competition's inception nearly 10 years ago, we've worked hard with TCC to continually reinvent the Startup Series to ensure it remained relevant in Tulsa's ever-changing entrepreneurial landscape."

The Tulsa StartUp Series retains the mentoring aspects of the previous entrepreneurial competition identified as most helpful from past participants. In addition, it creates multiple entry points to the competition, thus shortening the timeline and providing greater accessibility for a larger number of startups. The competition offers

opportunities to network with other entrepreneurs, a mentoring component and access to Tulsa's premium entrepreneurship resources, including LTFF's Cultivate918, 36°North and i2E.

"The ongoing partnership between TCC and the Lobeck Taylor Family Foundation to foster entrepreneurship is one aspect of the college's commitment to entrepreneurship along with the creation of the George Kaiser Family Foundation's Endowed Chair for Entrepreneurship at TCC," TCC President and CEO Leigh B. Goodson says. "Education and entrepreneurship are both about propelling yourself forward with knowledge, and TCC is in a unique position to bridge between the learning experience and economic development in our community."

The Tulsa StartUp Series features five pitch competitions in 2016 categorized by business segment and culminates with Demo Day competition during Global Entrepreneurship Week in November 2016. Participants enter each Pitch Series by uploading a 60-second video at www.tulsastartupseries.com. Judges will then select five finalists to advance to a

live pitch round at 36°North. Each live pitch winner will be awarded \$2,500 to test or advance their business, a three-month membership to 36°North, a spot in the Venture Assessment Program at i2E and a mentor who will be available to meet with the business owner weekly for at least three months.

The five Pitch Series winners get an automatic bid to compete at Demo Day, where the winner receives \$15,000, a year-long membership to 36°North and a dedicated mentor.

Each Pitch Series focuses on a different business segment:

- Pitch Series 1: Tech/Apps (past)
- Pitch Series 2: K-12 Students (Submissions February 3-March 2)
- Pitch Series 3 Physical Products (Submissions April 6-May 4)
- Pitch Series 4: Food/Retail (Submissions June 1-July 6)
- Pitch Series 5: Wild Card Round (Submissions August 3-September 7)

TCC and LTFF have supported entrepreneurial innovation, growth and creativity since 2007 when the

competition began as the Tulsa Entrepreneurial Spirit Award by former Mayor Kathy Taylor. The competition later adapted to the TCC StartUp Cup Powered by the Lobeck Taylor Family Foundation and has generated more than 2,300 full-time, part-time and contract jobs and a total economic impact for Tulsa of more than \$57.7 million.

Additional information about the Tulsa StartUp Series is at www.tulsastartupseries.com including instructions for submitting video pitches and competition rules.

TCC is one of the most comprehensive community colleges in the United States, ranking 36th in the nation in the number of associate degrees it awards among nearly 1,100 community colleges nationwide. Serving nearly 28,000 students annually in credit courses, TCC is the state's largest two-year college with four campuses in the Tulsa area. For more information on TCC, visit www.tulsacc.edu.

TCC Mission Statement

Tulsa Community College betters its community through the intellectual achievement, creative energy, and responsible citizenship

About Lobeck Taylor Family Foundation

The Lobeck Taylor Family Foundation (LTFF) was established in 1997 and focuses on initiatives that promote entrepreneurial thinking and spur economic development in Tulsa. Led by Elizabeth Frame Ellison, LTFF acts as a grant maker, innovator, and convener to support building a thriving entrepreneurial community. In 2014, Ellison founded Cultivate918 as a program of LTFF to encourage collaboration between entrepreneurs and the organizations that serve them.

Recent grant recipients include 36°N, Cultivate 918, Fab Lab, 501 Technet, the Mine, Kitchen 66 and the Tulsa StartUp Series. For more information, visit www.lobecktaylor.com and connect with us on Twitter at @LobeckTaylorFF.

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VARIETY

A Heartwarming Month of Events at the Tulsa PAC

"The heart wants what the heart wants," and Valentine's Day month at the PAC has a good sampling of the entertainment our audiences have told us they enjoy.

Show Buzz



By NANCY HERMANN

Kinky Boots, opens our February at the PAC with show dates Feb. 2-7. The title sounds like it might be something you take a closer look at before bringing kids, but it's not rated "X." Rather, it has important things to say about acceptance and bullying. The story is about a young man who is trying to keep his family shoe factory afloat by creating boots for a flashy new market. Presented by Celebrity Attractions as part of its Broadway series, Kinky Boots won six Tony Awards, including Best Musical and features a Tony-honored score by pop singer Cyndi Lauper.

While you are at the PAC taking in Kinky Boots, or any of our other Chapman Music Hall shows during February, drop by the PAC Gallery, located on the same level as the Third Street ticket office. Tulsa Girls Art School has created its own display of decorated and painted boots for a month-long exhibit titled "Walking Tall." Also, another free event at the PAC is a Brown Bag It concert in Westby Pavilion at 12:10 p.m. on Feb. 3 - Tulsa Opera's Big Sing.

We're happy to see Theatre North presenting again at our theatre. Feb. 6-13, the company stages Woman From the Town, written by Samm-Art Williams, an award-winning American playwright who writes primarily about the African-American experience. This play centers on a woman who was run out of a town and returns years later as a successful real estate developer to exact revenge.

Fauré Quartet performs the music of Mahler, Fauré and Strauss on Feb. 7 for Chamber Music Tulsa. These German musicians met as students in 1995 at the 150th anniversary of composer Gabriel Fauré's birth. Although the members chose to unite under the name of a French composer, this ensemble of violin, viola, cello and piano are teachers at universities in Berlin and Essen,

Germany. They are known for performing less familiar repertoire. Chamber music concerts always deliver an excellent performing arts experience. I hope you will sample one if you aren't already a big fan.

For many years, Tulsa Ballet performed a version of Romeo and Juliet that was choreographed by Michael Smuin. And it was lovely. In viewing the repertoire of various choreographers for Tulsa Ballet's contemporary series, Tulsa Ballet Artistic Director Marcello Angelini saw and was impressed by dancer/choreographer Edwaard Liang.

After getting to know Liang better through his work for Tulsa Ballet, Angelini asked Liang to create a full-length Romeo and Juliet. It was the first full-length ballet commissioned by Tulsa Ballet in 50 years. The debut of Liang's Romeo and Juliet attracted dance-world luminaries when it premiered and earned praise from critics who appreciated the drama and passion of the piece. Returning to the PAC Feb. 12-14 - the perfect Valentine's Day date - this Romeo and Juliet will have costumes and a set that have been purchased from the Houston Ballet and refurbished. What's more, Tulsa Symphony performs Prokofiev's lush score live.

The award-winning Playhouse Tulsa presents a classic Feb. 12-21 with a production of Harper Lee's To Kill a Mockingbird. Director Courtney Sanders has created some interesting staging of this known story about racism and people of principle who won't back down in the face of it.

If you saw Theatre Tulsa's hilarious Boeing, Boeing in 2013, you will have a feel for Don't Dress for Dinner, Feb. 19-28. It's another comedic romp about how chasing women can be problematic, especially if a guy double-books, or is married. It was written by Marc Camoletti and translated from its original French version by Robin Hawden. The play ran for six years in London. You might want to rethink bringing young kids to this one. Tulsa Symphony closes the month



TO KILL A MOCKINGBIRD: Playhouse Tulsa presents Harper Lee's classic story of standing up to racism in a small Southern town.



TULSA SYMPHONY: One of orchestral music's current stars Sarah Ionnides returns to conduct the TSO on Feb. 20 at the PAC.



DON'T DRESS FOR DINNER: Staged by Theatre Tulsa, this wild and hilarious French farce about a skirt-chasing husband is a fun outing for adults.

with "Spirit and Awakenings," conducted by Sarah Ionnides. Tulsa audiences saw this sought-after conductor last in February 2014. On the program are Respighi's Wacht auf, ruft uns die Stimme (Sleepers



ROMEO AND JULIET: Tulsa Ballet reprises Shakespeare's tale of star-crossed lovers in Edwaard Liang's full-length ballet, set to the music of Prokofiev.



KINKY BOOTS: Cyndi Lauper's Tony-honored score soars in this musical about a guy trying to keep his family's shoe factory afloat, presented by Celebrity Attractions.



FAURÉ QUARTET: The music of Mahler, Fauré and Strauss is on tap Feb. 7 when Chamber Music Tulsa presents this acclaimed German ensemble.

Wake), Mendelssohn's Reformation symphony No. 5, and Beethoven's Symphony No. 6. I know this Feb. 20 concert will be a transformative program you will love. Valentine's Day month at the

PAC gives you opportunities to complete your heart's desires. We're saving you a seat. Nancy Hermann is Director of Marketing at the Tulsa Performing Arts Center.

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Kristin Chenoweth Camp Auditions: Feb. 27

An open casting call for students grades 9-12 will take place Feb. 27 for the second annual Kristin Chenoweth Broadway Boot Camp, to be held June 6-10 at the Broken Arrow Performing Arts Center in Broken Arrow. This year, Chenoweth will collaborate with the students, offering her insight into the world of performing arts for aspiring entertainers.

"Ms. Chenoweth has a heart for arts in education, as cemented with the formation of the Kristin Chenoweth Arts & Education Fund," says Mark Frie, Broken Arrow Performing Arts Center executive director. "For this camp, she is bringing together her love for her two alma maters – Broken Arrow Public Schools and Oklahoma City University – and creating a unique opportunity for

many high school students to further their creative arts aspirations."

Auditions will start at 9 a.m. Callbacks will take place the following day starting at 1 p.m. Any student who will be in grades 9-12 for the 2016-2017 school year and is an Oklahoma resident can audition. A limited number of spots are available; cost to attend the camp is \$200.

Broadway Boot Camp will teach audition techniques, stage movement and include interviews with Broadway industry professionals. Once again, Dr. David Herendeen, director of musical theatre program at Oklahoma City University, will lead the camp along with a small staff.

Two students from the boot camp will be chosen to attend the

Oklahoma City University High School Musical Theatre Camp in July for three weeks with all tuition waived.

"To me, true talent like we experience with Kristin is something that is not taught in school," says Herendeen. "It has to do with a giving heart. So I can't help but be excited about our partnership in Broken Arrow."

Students must prepare two 32-measure contrasting musical theatre pieces with marked sheet music, as well as a one-minute dramatic monologue. There is no acapella singing or recorded track auditions permitted. An accompanist will be provided. A performance resume and headshot are also requested.

"I am so excited to partner with the Broken Arrow Performing Arts Center to help raise aware-

ness for the arts in the city I call home," says Chenoweth. "Giving back to the community is a privilege, and I feel fortunate to be able to support educational and artistic opportunities in Broken Arrow."

Last year's camp saw 40 students learning about musical theatre while interacting with Broadway professionals via Skype during question-and-answer sessions. Some of the professionals included "Glee" star Chris Colfer, Chenoweth's co-star Andy Karl from "On The 20th Century" and Tony winner Donna Murphy.

Applications for the camp are available online at www.brokenarrowpac.com and must be turned in by Feb. 19. For more information, visit the website or call 918-259-5723.



KRISTIN CHENOWETH

Tulsa Boat Show Returns to River Spirit Expo

Hundreds of New Products On Display Feb. 1-7

The 2016 Tulsa Boat, Sport & Travel Show will take place Feb. 1-7 at River Spirit Expo. Boats of all shapes and sizes will be on display, with hundreds of new products, including the latest pontoon boats, cabin cruisers, fishing boats, Class A RVs, Fifth Wheels, Trailers, the newest gear and tackle and more. Water enthusiasts of all kinds will be able to find something for them, including fishing, cruising, skiing and wakeboarding accessories and more.

Representatives from marine, RV and outdoor manufacturers and area dealerships will be at the show to answer questions and provide information on the latest watercraft,

camping accessories and angling products. Also, each day of the show there will be the chance to win \$1,000, courtesy of Allstate Boat Insurance. Additional giveaways are planned Tuesday through Friday at the show. Visit TulsaBoatShow.com for more information.

General admission for adults is \$15 on Feb. 1 VIP Preview night and \$10 Feb. 2-7. Children 12 and younger are admitted free when accompanied by a paying adult. Feb. 4 is Senior Day, where half price tickets can be purchased until 5 p.m. for attendees 60 years and older. Tickets can also be purchased online at TulsaBoatShow.com.



Rick Bartow Exhibition On Display at Gilcrease

"Rick Bartow: Things You Know But Cannot Explain" opens Jan. 24 and runs through April 24 at Gilcrease Museum.

Rick Bartow is one of Oregon's best-known artists. For more than 40 years, he has created a powerful body of work, influenced by his Native American heritage, life experiences, physical environment, international travels and fine art training. In 2012, two of his monumental sculptures were permanently installed on the National Mall in Washington, D.C., outside the Smithsonian's National Museum of the American Indian.

Featuring more than 100 pieces, including a broad selection of sculptures, paintings, drawings, prints, mixed media work and the giant pastels for which he is mostly known, the exhibition draws from public and private collections (including the artist's studio) that affirm this artist's regional, national and international impact. The exhibition culminates in outstanding examples of Bartow's most recent work, which evidences a new freedom of scale and expression.

Born in Newport, Oregon, in 1946, Bartow is a member of the Wiyot tribe of Northern California and has close ties with the Siletz community. Bartow studied art at Western Oregon State College - now Western Oregon University - in Monmouth, where he graduated in 1969 with a degree in secondary arts education. That same year he was drafted and sent to Vietnam. He served in the Vietnam War from 1969-71.

Bartow has worked with printmakers around the world and has traveled as an artist to Japan, Germany, Mexico and New Zealand. Bartow's influences are as broad as Marc Chagall, Francis Bacon, Odilon Redon and Horst Janssen, in addition to his Native American heritage and his work with the M'ori people.

His work has been featured in many solo and group exhibitions nationally and internationally and is in numerous public and private collections including the Portland Art Museum, the Hallie Ford Museum in Salem, the Eiteljorg Museum of American Indians and Western Art

in Indianapolis, the Peabody Essex Museum, the Heard Museum, Phoenix and the Portland Art Museum.

A milestone for Bartow came in 2012 when he installed his "We Were Always Here" sculptures, two large carved western red cedar poles reminiscent of totems at the National Museum of the American Indian, who commissioned the work.

Gilcrease Museum will be the first venue for "Rick Bartow: Things You Know But Cannot Explain" outside of the West Coast.

The exhibition is co-curated by Jill Hartz, executive director of the Jordan Schnitzer Museum of Art, University of Oregon, and Danielle Knapp, McCosh Associate Curator at Jordan Schnitzer Museum of Art. This is the first major exhibition to feature such diverse examples of his work, including many of Bartow's graphite drawings from the late 1970s and large-scale wood and mixed media constructions.

The exhibition is accompanied by a fully illustrated catalog with essays by the curators and Lawrence Fong, former curator of American and regional art at the JSMA. The show is traveling to other venues in addition to Gilcrease, including the IAIA Museum of Contemporary Native Arts, Santa Fe; The Heard Museum; Washington State University Museum of Art, Pullman; and The Autry National Center, Los Angeles.

The exhibition is organized by the Jordan Schnitzer Museum of Art, University of Oregon. Support for the exhibition is provided by the Ford Family Fund of the Oregon Community Foundation, Arlene Schnitzer, the Coeta and Donald Barker Changing Exhibitions Endowment, The Harold and Arlene Schnitzer CARE Foundation, a grant from the Oregon Arts Commission and the National Endowment for the Arts (a federal agency), the Ballinger Endowment, Philip and Sandra Piele and JSMA members.

Title sponsor of the Gilcrease Museum 2016 exhibition season is the Sherman E. Smith Family Foundation, with support from the Mervin Bovaird Foundation.

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Prhyme Steakhouse Offers Broad Appeal

LOCAL DINING

By **BLAKE AUSTYN**
Contributing Writer

Chef Justin Thompson opened the upscale Prhyme Downtown Steakhouse, 111 N. Main St., in downtown Tulsa's Brady Arts District in 2012, adding another high-quality restaurant to his growing portfolio.

Thompson has set his steakhouse apart by offering classic cuts of beef in a variety of ways depending on how the beef is raised and finished, such as grass-fed and grain-fed prime beef choices.

The steakhouse features an a la carte menu of appetizers, salads, and beef, seafood, and poultry entrees. Among the highest-priced items is a Prime 30-day Dry Aged Rib-Eye for \$69.95.

For some individuals, the menu prices may not fit their budget. However, Thompson has orchestrated a few options in order to allow the more conservative diners to still relish in and enjoy the restaurant's ambiance and succulent dishes.

Prhyme offers a less expensive bar menu as well as weekly specials that are available in the bar area.

All day on Mondays and Tuesdays, all items on the bar menu are half price; every day

from 4-6 p.m., Main "Street" Tacos are \$2 each; and on Fridays and Saturdays, a burger and beer special is available.

I chose to visit the bar side of Prhyme on a Tuesday evening with a friend to see just how much value could be found with the bar menu and to enjoy the menu on a half-price evening.

When we arrived around 5:30 p.m., the bar side of the restaurant, which features a number of tall tables and about 10 bar seats, was already filled with only a couple of seats available at the bar. The dining area was relatively calm compared to the bar area, something I assume was due to the half-price special.

The bar menu consists of bar snacks from \$9.95 to 24.50, burgers and entrees.

Bar snack options include Fried Mac 'N Cheese; Fried Escargots, which our server highly recommended; and King Salmon Cakes. We chose to spring for the Blackened Ahi Tuna, another item that he recommended, for \$19.95 (before the 50-percent discount). The dish came with about eight slices of tuna and a side of Asian slaw with a cilantro vinaigrette, toasted sesame seeds, and peanut sauce. Though I am not overly fond of eating raw meat, I was pleasantly surprised at the flavors of the tuna as well as how it was complimented by the sauces and the slaw's tanginess.



CHOCOLATE DECADENCE: Prhyme's Chocolate Midnight Cake, chocolate cake topped with vanilla bean ice cream, almonds, amaretto caramel and warm chocolate ganache that is poured table side.



UPSCALE DINING: Prhyme Downtown Steakhouse, 111 N. Main St., opened in downtown Tulsa's Brady Arts District in 2012 as part of the Justin Thompson Restaurant Group. The restaurant offers a full menu and bar menu as well as weekly specials and a selection of more than 200 wines.

For my entree, I chose the Jumbo Lump Crab Risotto, suggested by our bartender. My companion chose the Prhyme Meatloaf.

The creaminess of the risotto, no doubt helped by the inclusion of Gruyere cheese, was heavenly, and I appreciated the corn and roasted sweet potato mixed in with the pasta and crab.

My friend enjoyed his meatloaf, which was thick and flavorful and came with mashed potatoes and

nicely-roasted brussels sprouts. It was a nice dish to choose on a cold night.

The bar menu offers a total of five entree options, the other three being Stuffed Breast of Chicken, Chilled Lobster Salad Nicoise and Prime Steak Frites, the highest priced items of those being the lobster salad for \$36.95.

For dessert, we shared the decadently gooey and rich Chocolate Midnight Cake: chocolate cake

topped with vanilla bean ice cream, almonds, amaretto caramel and warm chocolate ganache that is poured table side. This was the priciest of dessert options at \$9.95 and was worth every penny.

Prhyme offers a wine list of more than 200 selections from around the world as well as beer and cocktails.

Prhyme is open Monday-Saturday 4-11 p.m. and Sunday 4-9 p.m.

Kingston Trio to Perform Woody Guthrie Tribute

The Kingston Trio, the American folk and pop music group that launched the folk revival of the late 1950s to the early 1960s, will present "A Tribute to Woody Guthrie" at the Will Rogers High School Auditorium, 3909 E. 5th Pl., Feb. 16 at 7 p.m., sponsored by the Will Rogers High School Community Foundation.

Woodrow Wilson "Woody" Guthrie (1912 - 1967), born in Okemah, Oklahoma, was an American singer-songwriter and musician whose musical legacy includes hundreds of political, traditional and children's songs, ballads and improvised works. Many of his songs are about his experiences in the Dust Bowl period of the Great Depression when Guthrie traveled with displaced farmers who migrated from Oklahoma to California on U.S. Route 66 and learned their traditional folk and blues songs, earning him the nickname the "Dust Bowl Troubadour."

Guthrie's best-known song, "This Land Is Your Land," was released by the Kingston Trio on its "Goin' Places" album in 1961, remaining on the Billboard top 40 album chart for 41 weeks. Arguably, The Kingston Trio was the most influential in Woody Guthrie's popularity resurgence during the folk music revival.

Dick Risk, the volunteer event coordinator, graduated from Will Rogers in 1959. He was a fan of The Kingston Trio during his college days and, in recent years, has become acquainted with its members and has sung with them at their annual fantasy camp. "It was a natural to bring them to Tulsa for this event," he explains. "I wanted to do something for my school, and my generation loved the Kingston Trio."

The current trio, comprised of George Grove, Bill Zorn and Rick Dougherty, with Paul Gabrielson on acoustic bass, is as accomplished as any prior composition of the group, according to Risk. "Bill first joined the trio almost 43 years ago, although he left for a while and then rejoined them. George came into the group and is its longest-tenured member, working in his 40th year, and Rick is in his 11th year. Bob Shane, the only surviving original member, still wields a guiding hand to ensure the trio stays true to its traditions, and even performs with them on occasions."

The Kingston Trio was by far the most popular singing group in the folk revival era. They dominated the Billboard charts, unmatched by anyone, once having four albums in the Billboard Top 10 at the same time.

The trio will perform several Woody Guthrie songs made famous



FOLK REVIVAL: The Kingston Trio, the American folk and pop music group that launched the folk revival of the late 1950s to the early 1960s, will present "A Tribute to Woody Guthrie" Feb. 16 at Will Rogers High School, 3909 E. 5th Pl., to benefit the Will Rogers High School Community Foundation.

by The Kingston Trio, including "This Land Is Your Land." They will also perform traditional Kingston Trio songs such as the hit that established their career, "Tom Dooley," plus Pete Seeger's "Where Have All the Flowers Gone," "M.T.A.," and "Scotch and Soda."

The Kingston Trio's appearance at the school is believed to be one of the first-if not the first-musical concerts at that venue by a group of this stature that is open to the public. All proceeds from the concert will go to the Will Rogers High School Community Foundation, Inc., a non-

profit entity that Risk formed five years ago.

"The foundation has already granted thousands of dollars for projects requested by faculty members," says Jo Anne Meade Lewis, class of 1955, foundation president. "The foundation grants academic scholarships, provides school supplies and equipment, conducts public tours of the historic building, supports organized athletics and other extracurricular activities, and is responsible for the continued operation of the Hall of Fame, which not only honors distinguished alumni, but also inspires current students."

All seats are reserved, with prices ranging from \$30 to \$45 plus a service charge. A limited number of Golden Circle seats costing \$75 include a private pre-concert "meet and greet" with the artists at 5:30 p.m. Tickets are on sale online at www.protixonline.com, by phone, or through ProTix ticket outlets in Tulsa and surrounding areas at all Reasor's Grocery Stores and Starship Records & Tapes.

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It's easy to walk past beauty without appreciating it once you've become accustomed to seeing it.

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Humans have an all-too-easy tendency to lose our thankfulness for wonderful things we come into contact with regularly. Obviously, we can't stop and gape in thankfulness constantly, with the enthusiasm of an out-of-town tourist. However, it is still possible to regularly take notice of the beauty around us, no matter how often we see it.

For us Tulsans, we have many beautiful scenes around the city and beyond. A certain area that comes to my mind is our astounding city center, filled with some of the most eye-catching, gorgeous art deco architecture in the country.

That roughly three-block stretch of Boston Avenue may not take long to walk, but the amount of beauty found in that small stretch of land is worth a regular eye gaze.

Surprisingly, this beautiful portion of downtown has been slower to draw restaurants and shops in comparison with its neighboring districts to the north and east.

However, things are beginning to change, it seems, and not a day too soon, says William Franklin, co-owner of specialty shop Decopolis.

Franklin and co-owner Chris McDaniels opened the shop at 6th and Boston at the end of 2012 and have been waiting ever since for more development to take place.

"So, now to see some of it starting, we feel like 'finally!'" says Franklin.

I took a stroll down Boston Avenue one recent brisk weekday morning to see for myself what some of these developments are.

I started at the southern end of the district, where sits The Vault restaurant, near 7th Street and Cincinnati Avenue, in the mid-century modern former First National Auto Bank building.

I headed north on Boston and took a left at 6th Street to explore the new shop that opened at 525 S. Main St. On my way there, I noticed a person walking his dogs in the park nearby. That sight is going to become more common as more residential enters the district, but more on that later.

Jules Boutique opened in December and is located on the ground floor of the Park Center Building; its entrance faces 6th Street. The shop offers women's clothing and accessories, flowers, gift items, with men's clothing items coming soon.

Rumor has it that a yoga studio is planned to open in the adjacent storefront.

I next took a peek at the shops in the Philcade

Building: Made, The Threaded Fox and Okie Crowe. The fourth space is currently empty after Picklesworth recently vacated it. I will be mourning the loss of that unique sock and stationery shop for some time.

Across the street on the northeast corner of 5th and Boston is the Philtower. New boutique Fig Leaf opened Dec. 1 next to smoothie shop Urban Nutrition, which took over the former location of Jennifer Juice.

Fig Leaf Boutique sits in the former location of Galvanize Salon, which moved to a storefront facing 5th Street in the Atlas Life Building. Fig Leaf has exterior windows to draw in street traffic as well as an entrance inside the Philtower. In addition to women's clothing and accessories, Fig Leaf offers spray tan services.

Out & About in Greater Tulsa



By EMILY RAMSEY
Managing Editor



NEW BUSINESSES: Smoothie shop Urban Nutrition and Fig Leaf Boutique are two businesses that recently opened in the Philtower in downtown Tulsa's Deco District. Urban Nutrition opened in January, and Fig Leaf Boutique, located next door to Urban Nutrition, opened in December.



BOSTON AVENUE: A north view of Boston Avenue in downtown Tulsa's Deco District. Downtown Tulsa boasts some of the most renowned art deco architecture in the country.

Also in the Philtower, Tavolo Caffe and Market opened in November.

On the west side of Boston at 5th Street is Decopolis, which reopened in January after moving to its new location.

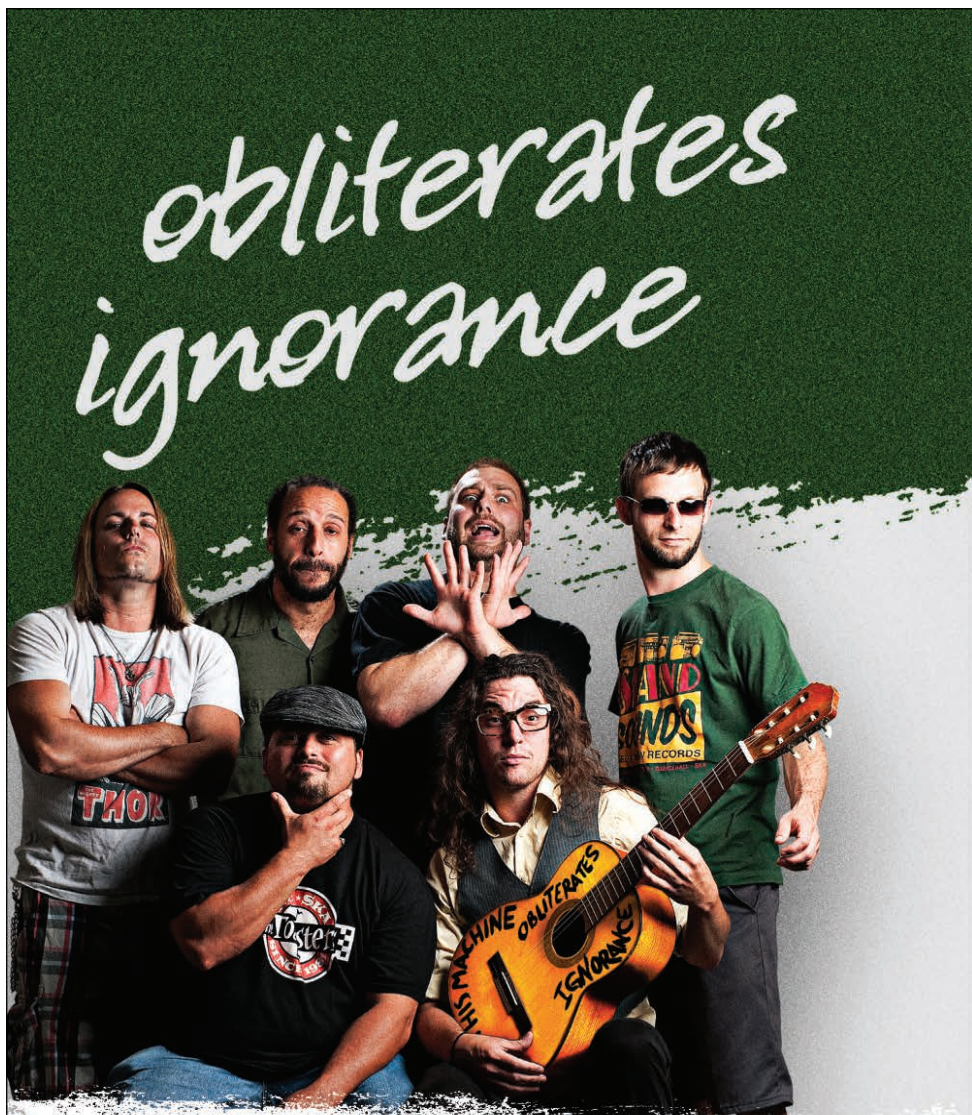
It looks as if the Deco District will soon see an increase in 24-hour use as many residential projects are either in discussions or underway, including the Meridia Building, at 6th and Boston; TransOK Building, 2 W. 6th St.; Adams Building, 403 S. Cheyenne

Ave.; Palace Building, at 4th and Main; and others.

Additionally, the district could see upwards of three hotels coming to the area as well as a number of hotels in nearby districts.

"We get a lot of people in our store coming from nearby hotels who don't have a car and are just wandering around looking for shops," says Franklin.

All we have to do is get them here. The beauty of downtown Tulsa will do the rest.



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HEALTH & WELLNESS

OU, OSU Compete at CTCA

On Dec. 16, surgery residents from the University of Oklahoma and Oklahoma State University engaged in their own Bedlam contest in Cancer Treatment Centers of America's (CTCA) second-annual surgery competition, the Bedlam Laparoscopic Games. Residents competed using multiple laparoscopic skill stations along with a robotic simulator.

Residents demonstrated their precision on eight "dry lab" (meaning, no patients) stations, including various laparoscopic machines and the robotic simulator. Three major medical biotech equipment representatives were on hand with their equipment.

The event promotes mentoring, networking and camaraderie and brings together student residents and attending physicians. Surgeons proctored the event, and CTCA thoracic surgeon Peter Baik, event founder, served as judge. CTCA provided textbooks as prizes to individual winners.



BEDLAM GAMES: On Dec. 16, surgery residents from the University of Oklahoma and Oklahoma State University engaged in their own Bedlam contest in Cancer Treatment Centers of America's (CTCA) second-annual surgery competition, the Bedlam Laparoscopic Games. Residents competed using multiple laparoscopic skill stations along with a robotic simulator. Pictured are two teams from OSU. Pictured at left is the overall winning team. From left are Bo Mansell, Trevor Day, Lee Ramos, Dan Oraee, Timmini Stevens and Ty Kirkpatrick (kneeling).

OSU-Tulsa Named Healthy Campus

Oklahoma State University-Tulsa has been recognized as a Certified Healthy campus by the Oklahoma State Department of Health for the university's commitment to making health and wellness a priority.

The Certified Healthy Oklahoma program offers three levels of certification - basic, merit and excellence. OSU-Tulsa was recognized for excellence in implementing effective practices and policies that support a healthy campus.

"We are enhancing the physical and emotional health of our students, faculty and staff through the variety of successful programs that are available," says Jeremiah Watkins, coordinator of OSU-Tulsa's Wellness Center. "Our efforts are directed at helping people make healthy choices

and maintain their personal wellness."

OSU-Tulsa provides free membership for the campus Wellness Center to all students, faculty and staff. In addition to exercise equipment, the membership also provides access to fitness classes and wellness workshops.

In partnership with the OSU Center for Health Sciences, OSU-Tulsa also recently launched Pete's Pet Posse Tulsa. P3T is an extension of the popular OSU pet therapy program, providing an added wellness benefit.

The university has also engaged wellness ambassadors from departments across campus to develop health and wellness initiatives for students, faculty and staff. One popular initiative was the addition of a meditative labyrinth in the Main Hall

Commons during the fall 2015 semester.

Certified Healthy Oklahoma program is a free, voluntary statewide certification aimed at showcasing businesses, campuses, communities, schools, congregations and other organizations that are committed to supporting healthy choices through environmental and policy change.

The program began in 2003 as a collaborative initiative of the Oklahoma Turning Point Council, the Oklahoma Academy for State Goals, the Oklahoma State Chamber and the Oklahoma State Department of Health.

OSU-Tulsa will receive the award during the annual Certified Healthy Oklahoma awards luncheon on March 2 at the Embassy Suites Norman - Hotel & Conference Center.

Morton CEO to Leave Position in February

John M. Silva, CEO of Morton Comprehensive Health Services, has accepted the position of president/CEO at the Greater Lawrence Family Health Center in Lawrence, Massachusetts. He will be joining the health center in early February.

Morton's Board of Directors have appointed Susan Savage, current executive director of Morton's Health Foundation, as interim CEO upon Silva's departure. Savage is former mayor of the City of Tulsa and Secretary of State for Oklahoma.

A Boston native, Silva was hired to head Morton in October 2010 after serving as interim CEO for four months. In his nearly six years at MCHS, Silva has overseen the reorganization of Morton and the continued growth and expansion of Morton's operations and services.

Among his many accomplishments at Morton are the development of the only Community Health Center based Teaching Health Center in Oklahoma, the opening of two additional Morton health centers in Bartlesville (June 2013) and West Tulsa (December 2015), repeated reaccreditation of Morton by The Joint Commission as well as certification of Morton as a Patient Centered Medical Home by The Joint Commission, expansion of Morton's transportation system throughout Green Country, the formation of the Morton Health Foundation to pro-



JOHN SILVA

vide access to healthcare for the uninsured and poor during a time of constant state reductions in healthcare support, and Morton's selection as a partner agency of the Tulsa Area United Way in 2013

"John has provided exemplary leadership during extraordinary and difficult times in the health care community," says Ed Thomas, chair of the board of directors. "His steadfast leadership and unyielding commitment to Morton and to the importance and value of community health centers in Tulsa, the state and the nation have positioned Morton for continued growth and development into the future."

The Morton Comprehensive Health Services Board of Directors will conduct a national search for Silva's replacement over the next several months.

OSU-CHS to Hold Event For High School Students

Oklahoma high school students interested in health care careers will have the opportunity to learn about medical school during Med-Xtravaganza on Feb. 13, 10 a.m.-2 p.m. at Oklahoma State University Center for Health Sciences.

"Students will participate in hands-on activities, talk with medical students, tour the campus and

find out what they need to do to apply to medical school," says Ashley Adkins, OSU-CHS special project manager. "The event will show what OSU's medical school has to offer in a fun, relaxed environment."

Participants will learn basic anatomy and medical procedures, including listening to a simulation of a patient's heart and lungs, performing intubations, testing suturing skills, and examining the anatomy of the human heart, lungs and brain.

Participants also will have the opportunity to tour the OSU-CHS campus, interact with medical students and learn about medical school admissions requirements. Lunch will be provided.

To register for the free event, visit healthsciences.okstate.edu. For more information, contact Jessica Bradley, special projects coordinator, at jagnew@okstate.edu.

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Oklahoma Heart Institute HMR Program Recognized

U.S. News & World Report released its 2016 Best Diets rankings earlier this week. HMR Weight Management Services, a program offered by The Weight Loss & Wellness Center at Oklahoma Heart Institute, was listed in the top spot for "Fast Weight-Loss Diet," tied with the Biggest Loser Diet, and ranked second in the "Weight Loss Diet" category. The ranking was based on both the short and long-term weight-loss ratings of the HMR Program.

HMR's programs focus on integrating diet, physical activity and healthy lifestyle skills through weekly coaching. This is the second time that HMR's diet program has been included in the annual rankings list. HMR was evaluated against 34 other diets in categories including easiness to follow, ability to produce short and long-term weight loss, nutritional completeness, safety, and potential to prevent and manage diabetes and heart disease.

U.S. News' panel of health experts includes nutritionists and physicians specializing in diabetes, heart health and weight loss, who scored each diet for short- and long-term weight loss, ease of compliance, safety and nutrition. Diets were ranked in nine categories, including diabetes and

heart disease prevention and control, as well as easiness to follow and likelihood of weight loss.

The Weight Loss & Wellness Center at Oklahoma Heart Institute offers the HMR program to community members who are interested in losing weight.

The HMR program is available in hospitals and medical centers or can be used by participants at home.

"One way the HMR program differs from other diet programs is the medical supervision component," explains Health Educator with the Weight Loss & Wellness Center at Oklahoma Heart Institute, Tom Guhr. "Having a physician follow you during the dieting process is very beneficial, because sometimes there are medications that need to be adjusted or medical problems in general that can inhibit or slowdown weight loss and the physician is able to get a handle on those things in order to have the patient be the most successful."

Studies have demonstrated the effectiveness of the HMR program in supporting weight loss. Research shows a 47 lbs. average weight loss for a mix of HMR Decision-Free and Healthy Solutions clinic patients with a BMI of 40 or greater who completed the program for at least 12 weeks.

OSU-CHS Researcher Studies Effects of Lipoic Acid Disease

Biochemistry Professor Martin Banschbach Works to Improve Liver Function in Terminal Patients



MARTIN BANSCHBACH

Martin Banschbach, Ph.D., professor of biochemistry at Oklahoma State University Center for Health Sciences, wants to find out whether injections of a natural antioxidant improve liver function in patients diagnosed with terminal liver disease.

He is seeking U.S. Food and Drug Administration approval to launch a research project in partnership with Burton Berkson, M.D., Ph.D., a New Mexico integrative medicine physician who has long studied the use of lipoic acid to reduce diabetic neuropathy and restore liver function.

"We have patients on transplant lists because current medicine is not capable of restoring liver function. We only have the option of replacing the liver," says Banschbach. "Dr. Berkson thinks that by injecting lipoic acid in these patients, liver function can be restored. He is seeing this in his patients."

Banschbach is seeking FDA approval to enroll terminal liver disease patients at OSU Physicians Clinics in the study to determine if lipoic acid therapy restores liver function.

"The problem with what is

sometimes called alternative medicine is we have no documentation that what is being used really has any efficacy," he says. "This study could provide scientific data to support anecdotal evidence."

Specifically, Banschbach says the study would target participants who have terminal liver disease due to alcohol abuse and who are on the liver transplant list to undergo a series of lipoic acid injections.

Lipoic acid, also known as alpha lipoic acid, is a naturally occurring compound in the human body that acts as an antioxidant.

"The general feeling has been that if humans can synthesize something, there is no reason to give them something extra," Banschbach says. "We think differently."

In a previous study, the FDA gave Berkson permission to use lipoic acid as an investigational drug for the treatment of diabetic neuropathy.

"Lipoic acid is one of the compounds in our bodies that helps us deal with inflammation. We suspect the damage occurring in the peripheral nerves is an inflamma-

tory process. Dr. Berkson published several papers showing it was effective in taking away nerve pain and damage," Banschbach says. "We are hopeful that lipoic acid will be successful in restoring liver function among those who otherwise would die from liver failure."

To learn more about Banschbach's study on the potential to restore liver function to patients with terminal liver disease, visit the OSU-CHS Research Spotlight, found on the school's website.

OSU Research Day to Be Held Feb. 18-19

Rebecca C. Fry, Ph.D., associate professor of environmental sciences and engineering at the University of North Carolina-Chapel Hill, will be the keynote speaker at the Oklahoma State University in Tulsa Research Day on Feb. 18-19 at OSU Center for Health Sciences.

Fry, an expert on prenatal toxin exposure, will speak at noon on Feb. 19. She will discuss her research on how prenatal exposure to toxins results in detrimental health outcomes in children. She is specifically researching potential genetic alterations in children resulting from exposure to toxins during pregnancy.

OSU is Tulsa Research Day highlights the creative and innovative research projects undertaken by students, faculty and staff at OSU-CHS and OSU-Tulsa. A variety of disciplines are represented during the event, including biomedical sciences, anatomy and cell biology, engineering and more.

The annual two-day event fea-

tures oral research presentations and a research poster contest. Posters will be set up both days in Founders Hall.

OSU-CHS graduate students will compete in the Three-Minute Thesis preliminary contest at noon on Feb. 18. The contest challenges master's and doctoral students to present a compelling pitch of their thesis or dissertation topic and its significance in just three minutes using only one PowerPoint slide. The winner will compete against other OSU students on March 3 at the Student Union Little Theater in Stillwater.

In addition, high school juniors and seniors who participated in OSU-CHS' Oklahoma Science Training and Research Students (OKstars) summer internship program also will present research and scientific posters during Research Day. The OSU-CHS OKstars program enables high school students to participate in cutting-edge research in biomedical and forensic sciences with professional researchers.

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By MICKEY REPLOGLE

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EDUCATION

OSUIT Receives \$50,000 Donation for Program

New Simulators Provide Hands-On Training For Natural Gas Compression Students

In December, Okmulgee-OSU Institute of Technology's Natural Gas Compression program received a donation of almost \$50,000 in new trainers and simulators.

MOTORTECH, a company headquartered in Germany, delivered the custom trainers and simulators to the Chesapeake Energy Natural Gas Compression Training Center with OSUIT President Bill Path, Dean Roy Achemire, and OSU Foundation Development Director Glenn Zannotti on hand to accept the gift. The company, which also has a branch in the U.S., manufactures electronic components including ignitions, coils, spark plugs and controllers for the natural gas industry.

After being told about OSUIT's Natural Gas Compression program from an executive with MOTORTECH Americas, Florian

Virchow, CEO of MOTORTECH, visited the campus in August and was impressed by the program but also saw an opportunity to help it improve.

"It took me awhile to decide—about five minutes," he joked. "When I went home I asked my guys 'What can we do? How can we make it as easy as possible for the students?'"

His team at the MOTORTECH headquarters in Germany custom-built four trainers and two simulators designed specifically for OSUIT as well as shipped additional tools and equipment, making the value of the donation close to \$50,000.

"Everything is handmade, and it was a lot of time and a lot of work," Virchow said, but it's necessary for the industry in the U.S.

"I think this industry needs a big step forward," he continued. "A lot of the equipment used today is out of date."

Roy Achemire, dean and George Kaiser Family Foundation Endowed Chair of the School of Energy Technologies, said these donated trainers and simulators are invaluable to the program.

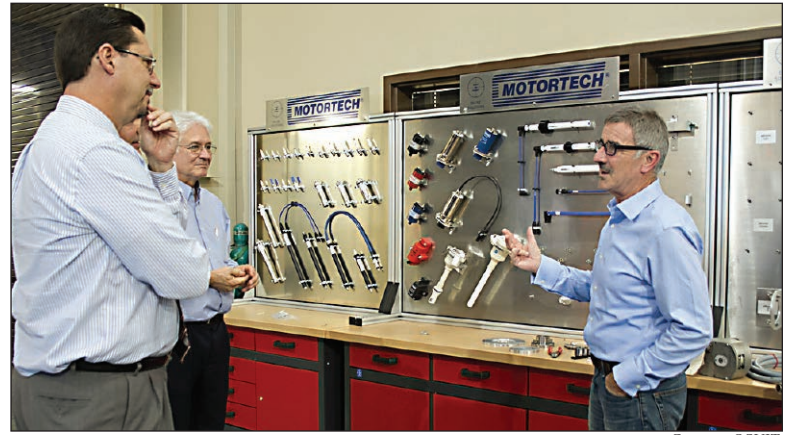
"It's a quantum leap for our engine electrical systems training," Achemire said. "It was very difficult to teach without something hands on to work on. Now we can actually see how the system works. Before we would have to show a video of how it worked."

Virchow said it's important that graduates have as much training and experience with the equipment they will come in contact with when they start working in the industry, which was a driving factor in his decision to build the trainers.

"It's for the younger generation. We need them to step up. There are a lot of people who have been in the industry as long as I have, but they're retiring soon," he said. "The industry needs technicians with experience. We still need hands-on people."

The new trainers from MOTORTECH will give students an unprecedented edge when it comes to joining the workforce after they graduate, Achemire said.

"Everything is controlled by electronics. Our program was good before in what we offered in electronics training, but this takes us to a totally new level," he said. "Our students will be so far beyond anyone else who is just coming into the industry."



ADVANCED TECHNOLOGY: OSUIT President Bill Path and Dean Roy Achemire, speak with Florian Virchow, right, CEO of MOTORTECH, about the new equipment donation for the Natural Gas Compression Program at OSUIT.



HIGHER EDUCATION ADVOCATE: On Jan. 15, Oklahoma State Regents for Higher Education Chancellor Glen D. Johnson, third from left, presented the 2015 Distinguished Service Award to State Senator Gary Stanislawski, third from right, for his continued support and advocacy of higher education. Also pictured are, from left, State Regent Joseph "Jody" Parker, Rogers State University President Larry Rice, Redlands Community College President Jack Bryant, Tulsa Community College President and CEO Leigh Goodson, and Northeastern State University President Steve Turner.

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Students Create Community Service Project

Tulsa Tech's Apparel Design students develop professional sewing skills and learn artistic design techniques required to produce unique clothing and accessories. Students are given opportunities to apply their skills in color theory, sketching and fashion design as they build a portfolio showcasing their individual styles. One lesson included in this class, however, seems to always be in style: the importance of giving back to the community.

News from Tulsa Tech



By DR. STEVE TIGER
Superintendent

Karin Davis, Apparel Design instructor, strongly supports student involvement in community service projects, as members of Family, Career and Community Leaders of America (FCCLA), one of the many student organizations available at Tulsa Tech.

"Students have so many distractions these days," Davis says. "These skills, which are so important to family and our community, often get overlooked. But, once students become involved in a community service project and begin to realize how helping others is also helping themselves, they begin to develop an understanding of FCCLA's mission and goal."

FCCLA is a nonprofit national career and technical student

organization for young men and women in Family and Consumer Sciences education through grade 12. Over 200,000 members in more than 5,500 chapters are active in a network of associations in 50 states, with chapter projects focused on a variety of youth concerns, including parenting, family relationships and career exploration.

"I love it when my students have the opportunity to do volunteer work in our community," says Davis. "Not only do they learn the skills used to help others, but these activities often allow students to participate in things they may have never experienced before"-like teaching fourth grade students at Tulsa Public Schools Skelly Elementary the basic skills of sewing, a unique community service project designed by classmates Madeline Bartlett, a Union High School junior, and Makayla Meese, a junior at Glenpool High School.

"I feel it's important to help others whenever you can," Bartlett says. "Projects like these not only help other people but they can help you decide what type of work you really enjoy."

Sewing is certainly a skill that can be useful to everyone at times; yet, there is much more going on with these types of ded-

icated community service efforts. High school students are given a chance to mentor elementary students, provide encouragement and applaud individual accomplishments, a process that brings many positive benefits to everyone involved.

"We are all humans and social creatures, and we benefit from the time we spend in positive environments," Meese says. "The activity or project is also about spending time together and sharing with others."

Their simple but effective idea not only offered a chance to experience the teaching side of the educational process but given the number of elementary children involved, also provided an opportunity for other Apparel Design students to participate. Brianna Thompson, a junior at Union, enjoyed working with the younger students and feels like at one time or another, everyone has been a teacher, as well as a student.

"I enjoy helping people, especially if I know how to do something and they don't," Thompson says. "It doesn't take much time to share my knowledge, and who knows, maybe next time it will be someone helping or teaching me."

Each of these Apparel Design students are making their own path at Tulsa Tech, and thanks to instructors like Davis, demonstrating how it will always be in fashion to help others.

If you're currently looking for quality business and industry training, exciting classes for high school students, or wish to design your own life-changing career, Tulsa Tech invites you to visit today. For more information, please call 918-828-5000, or visit us online at tulsatech.edu.



Courtesy Tulsa Tech

SEWING SKILLS: Tulsa Tech Apparel Design students, from left, Malorie Allen, Krista Eldridge, Makayla Meese, Madeline Bartlett, Brianna Thompson and Edgar Soto, recently visited Skelly Elementary School to teach fourth-graders basic sewing skills.

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f t i p y

OWASSO EDUCATION

Spotlight: Owasso Teachers of the Year

By EMILY RAMSEY
Managing Editor

In the upcoming issues of the *Owasso Rambler*, we will highlight Owasso Public Schools' 14 Teachers of the Year. In the first installment are Amy Toombs, Kara Warner, Adri Blevins and Betty Holleman: teachers from four of Owasso's elementary schools.

Fourth-grade teacher **Amy Toombs** is Bailey Elementary's 2015-16 Teacher of the Year. Toombs earned her elementary education degree from Northeastern State University.

She has spent 11 years teaching, with four of those years at Owasso Public Schools. She spent one year with Union Public Schools and six years with Sapulpa Public Schools.

Toombs' original plan in college was to pursue a psychology degree but changed her plan to earn an education degree in order to pursue child psychology.

"It was through my work in elementary education that I realized I was right where I needed to be," says Toombs. "I finished my degree and haven't looked back. I love my job."

The thing that Toombs loves most about her job is her students: "Their daily enthusiasm and love for everyday life is what keeps me going."

Toombs endeavors to be an influential teacher like some of the teachers that she had, growing up in Hooker, Oklahoma.

"I hope that my students will be able to look back and remember days in my classroom, just as I do



AMY TOOMBS



KARA WARNER



ADRI BLEVINS



BETTY HOLLEMAN

with my mentors," she says.

Toombs' daily focus is to challenge her students to help them grow to their potential, which she believes is largely built through positive relationships. "I work each day to let my students know that they are loved and that I believe in them. Learning comes naturally after that," Toombs says.

"Teaching is the most rewarding profession in the world, I can't imagine doing anything else," says **Kara Warner**, Ator Elementary's 2015-16 Teacher of the Year.

Warner, who is from Lindsey, Oklahoma, earned her communications degree from the University of Oklahoma.

However, "I always wanted to be a teacher," she says.

Although she took a different

path in college, "when I had my children, it got me back to my roots of wanting to be a teacher."

So, she earned her teaching certification in early childhood education and became a teacher's assistant.

Seven years ago, she started as a pre-K teacher at Stone Canyon Elementary and has been with Ator Elementary for the past three years.

"My favorite part of my job is seeing students make that connection to what they're learning and developing those relationships with my students and their parents," Warner says.

"The kids want to be here; they come to class smiling and ready to learn. School is brand new to them."

In addition to academic instruc-

tion, pre-K teachers are responsible for teaching their students basic school practices, like how to get in a line, how to go for bathroom breaks, she says.

When determining which grade she would teach, "Pre-K is a natural fit for me," she says. "It's where I feel most comfortable, and I feel I can make my biggest impact."

Ten-year teacher **Adri Blevins** is Barnes Elementary's Teacher of the Year.

Blevins graduated from Owasso High School and Northeastern State University with an elementary education degree.

She came to Barnes Elementary as a second grade substitute teacher before being hired full time in 2006 as a second grade teacher.

"I enjoy teaching mainly because

I have a love for kids," she says. "I enjoy watching them grow academically, and I love encouraging them and seeing them do great things."

Blevins believes in providing clear and consistent expectations and procedures, building a sense of community in the classroom, and promoting positive student-teacher relationships.

Positive relationships are helped to form through positive reinforcement, says Blevins. "I believe all students are capable of learning."

"My constant goal as an educator is to ensure every student reaches his/her full academic potential. Differentiated instruction is provided daily in my classroom to accommodate all learning styles, abilities and interests. We

(Continued on page 32)

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OWASSO SPORTS

Rams Adjusting to World Without Shake

By MIKE MOGUIN
Sports Writer

Another season of success is manifesting on the basketball floor for Owasso. But the Rams are having to persevere and adjust without standout player Shake Milton, who graduated last year and is now making things happen at SMU.

"You can't lose a guy like that and not feel a void there," Owasso coach Mark VanCuren says. "He's been a four-year starter for us and an outstanding player. But I think our guys are starting to adjust and that's been our situation this season is finding out how to play without him, because we really relied on him a lot last year.

"But I think our guys are coming around and as we distance ourselves from last season, they are taking the on the roles that they need to play and they're doing a good job for us," VanCuren says.

Milton helped SMU in its 81-69 victory against the University of Tulsa back on Dec. 29. He led the Mustangs with 24 points that day, which included seven treys out of eight attempts outside the arc.

VanCuren and his team were busy playing a game of their own that day up in Jefferson City, Missouri.

"(The TU-SMU game) tipoff was a 4 p.m. and we had a tipoff at 4 p.m.," VanCuren says. "So we were getting text messages at halftime, so we knew that he was lighting them up. But we all keep in touch with Shake. Shake is a

great teammate to these guys and a great player for us and really a fine young man."

As of Jan. 15, the Mustangs were unbeaten at 16-0, stood in first place of the American Athletic Conference and were ranked 10th in the country.

Despite losing Milton, the Rams (8-3, ranked ninth in Class 6A as of Jan. 15) have picked up some big wins, including one on the road against Union in early December. They also have victories over Broken Arrow, Sand Springs, along with 5A powers East Central and Skiatook.

"We keep saying this is a young team because we got three sophomores starting," VanCuren says. "We got sophomores coming off the bench. At some point, we have to quit saying that. Yes, we are a young team and we have guys who have to step up and play to the level of our competition and play to the level of their abilities. Young is young, but nobody is going to feel sorry for us, we have to make plays.

"I'm hoping we're getting closer to having games like that, where our young kids come up big.

Owasso is led by seniors Kinzer Lambert (6-4, guard), DeShanon Lowe (6-1, guard) and sophomores Josh Proctor (6-3, guard), Jake Thompson (6-3, guard) and Courte' Alexander (6-4, forward,) who are also in starting roles.

Lambert has been the biggest offensive force this season and was named to the All-Tournament team in the Skiatook Tournament.

"Kinzer has been a starter for the last 2-plus years. He is our leader on the floor, he's been our high-scorer most of the time, handles the ball and has to have a leadership role for us," VanCuren says.

"DeShanon Lowe is probably our best 3-point shooter and is high-energy guy on the defensive end. He guards the people we need to have guarded on (the defensive) end.

"Josh Proctor is an athlete who just shoots the ball well. He is a cover-guy who can really play defense.

"Jake Thompson has been a starter for us in every game this season," VanCuren says. "He is a good player, but he has got to be more assertive and more aggressive with the skills he has been given. He is a good basketball player. He just needs to have a little more confidence in what he can do for us."

"Coutre' Alexander is coming into his own also. He just needs to continue to get better and understand what he needs to do for us inside."

Another senior impacting the Rams coming off the bench is Chance Johnson.

"He is a super-6 man who really changes the energy level of the team when he comes in because he plays so hard. He is extremely valuable for us. He is just an energy guy who comes off the bench and gets things done for us. He is really a good player," VanCuren says.

"We're playing well, but we have a lot of season left and we have to take it one game at a time."



Courtesy Owasso Basketball
OUTSTANDING PLAYER: Owasso's Kinzer Lambert, a 6'3" point guard, has been getting accolades from throughout the basketball world. As of press time he is averaging 20 points, nine rebounds and six assists this season for the Class 6A No. 9 Rams (9-3).

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SPORTS

Shea Seals Inducted into T of C Hall of Fame

Shea Seals was inducted into the Tournament of Champions Hall of Fame during the T of C Tournament, which was held at the Oral Roberts University Mabee Center in December.

In a half-century of basketball, Shea Seals stands alone as a player and coach in the Tournament of Champions.

He is the only player to win a Most Valuable Player Award and the tournament championship, then return to win the championship as a coach.

As a senior in 1992, Seals led the Class 4A Tulsa McLain Scots to three victories in the Mabee Center.

He scored 31 points in the opening-round victory over Class A Boynton and counted 23 in the semifinals against Class 5A Union.

In the finals, Seals led the balanced McLain team to a 63-51 victory over unbeaten Class 5A No. 2 Norman.

For the tournament, McLain shot 63 percent from the field, and Seals was selected

the tournament MVP after finishing with 71 points and 19 rebounds.

Seals went on to star at the University of Tulsa and played in the NBA before returning home.

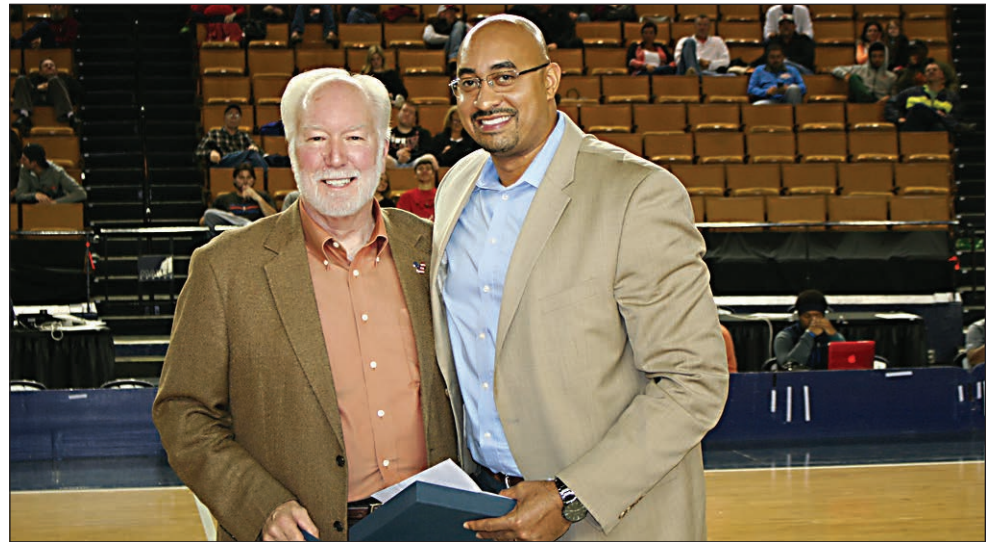
In 2010, he was the coach of the Booker T. Washington Hornets who won the Tournament of Champions in a battle of unbeaten teams with Muskogee.

Seals' Hornets reached the championship game with wins over Class 2A powers Stratford and Tahihina.

The Class 5A Hornets stopped Class 6A No. 1-ranked Muskogee, 56-53, for Seals' team championship.

Eventually, Seals left Washington and returned to the University of Tulsa as an assistant coach, where he remains today.

Presenting the Hall of Fame plaque to Shea Seals was Terrell Lester, a member of the Hall of Fame who has been involved with the Tournament of Champions throughout its 51 years.



TOURNAMENT OF CHAMPIONS PRESENTATION: Terrell Lester, left, presents Shea Seals with the 2015 T of C Hall of Fame award. Seals starred in the 1992 tournament. Lester is also a member of the T of C Hall of Fame for his many years of service to the event.



SPLITTING UCONN: Tulsa's Rashad Smith penetrated the UConn defense for a basket in Tulsa's 60-51 win over the Huskies at TU's Reynolds Center Jan. 14.



TWO FOR ORU: ORU's Brandon Conley hits a two-pointer in the Golden Eagles' game against South Dakota at the Mabee Center on the ORU campus Jan. 3. South Dakota won the contest, 94-84.

FlyingTee to Partner With First Tee of Tulsa

FlyingTee, Tulsa's first golf entertainment facility, has announced it will partner with The First Tee of Tulsa, whose mission statement is "to impact the lives of young people by providing educational programs that build character, instill life-enhancing values and promote healthy choices through the game of golf."

"We're thankful for the opportunity to be a part of this program," says FlyingTee CEO John Vollbrecht. "The First Tee of Tulsa has done a great job of positively impacting the lives of young Tulsans over the years by sharing important core values and life skills which are important to both golf and life."

FlyingTee chose to build on the Riverwalk Crossing along the Arkansas River in Jenks. The three-level facility will be a place for friends and families to come together for golf, games and great food. Each of FlyingTee's floors will feature a unique atmosphere with distinctly different restaurants. It will also offer 60 state-of-the-art hitting bays with technology that is the first of its kind in Oklahoma.

"The First Tee of Tulsa is very excited about our partnership with FlyingTee," says Janice Gibson, director of The First Tee of Tulsa. "This will allow us to take our students to a new and highly technological golf venue where they can learn more about the game of golf, while having fun and building life skills."

Since its inception, The First Tee of Tulsa has introduced more than 25,000 students to the game of golf, while an additional 16,500 have enrolled in classes. The program uses golf as a tool to help kids excel academically and athletically, and supports them on their path to



becoming productive members of society. "I am personally very passionate about this partnership as I have volunteered with The First Tee in the past and have witnessed how impactful the organization can be in a young person's life," says Vollbrecht.

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Wrestling All in the Family for Ernie Jones and Sons

By **MIKE MOGUIN**
Sports Writer

As one of the best high school wrestling coaches in the nation, Ernie Jones has produced many outstanding grapplers. Among them are his sons, who are following their father's career also as successful wrestling coaches. Currently, Ernie Jones is the head wrestling coach at Cascia Hall, and his three sons are coaching at Broken Arrow High School, with Shawn Jones as head coach and his brothers Biff Jones and Rodney Jones as assistant coaches.

If you ask Ernie Jones how he got into wrestling, he'll tell you God put him there.

"The day I got into wrestling, I was at a place where I was not supposed to be," he says.

As a sophomore at Sapulpa High School in the early 1960s, Jones says he had bad grades and a bad attitude. In October of that year, he had set foot on a brand new campus at his high school, which had not opened yet. It had been announced on the school PA that no one was to go there. But Ernie Jones did it anyway.

He remembers, "As soon as the bell rang, this other boy and I couldn't get there fast enough. We were walking down this pristine hallway and I heard a noise from the other end of the new gym that I will never forget.

"Looking through the window of that wrestling room was the worst person you could have ever met - the meanest guy on campus, the wrestling coach, Jerry Billings, and he slammed that door open and I thought, 'We're dead.' But instead of asking what we were doing there, he asked us if we were going to wrestle."

Jones says, "We never answered the question, and the coach gave us a pair of Converse basketball shoes, a pair of shorts, a T-shirt and put us to work, and I've been wrestling ever since. That's God at work."

That incident was the seed that grew into a successful wrestling family that has carried over half a century.

Ernie Jones graduated from Sapulpa High School in 1962. After attending college at the University of Oklahoma, he began coaching as a volunteer at Blue-T, a wrestling program tied with Clinton Junior High, in 1967. Also having a teaching degree, he later interned at Nathan Hale High School and then was hired as the head wrestling coach of Booker T. Washington High School in 1973. During his career he has also been head coach at Webster High School, beginning in 1980, and at Cascia

Hall, his current position, beginning in 1999.

Dozens of wrestlers have apprenticed under the elder Jones and became champions. Included among them is three-time Olympian Kenny Monday, who never lost a match from seventh grade through his prep tenure at Booker T. Washington. He was also a three-time All-American at Oklahoma State.

The elder Jones had coached BTW to four straight state championships from 1976-79 before leaving for Webster in 1980. He would coach the Warriors to state titles in 1993 and 1994. He resigned from coaching the year he won his last state title Webster and retired from Tulsa Public Schools in 1998.

Ernie Jones began his current tenure at Cascia Hall in 1999. The Commandoes have had several individuals win state titles.

"I've been tremendously blessed with athletes. I've had seven NCAA All-Americans, two national champions and an Olympic Gold Medal winner and countless number of kids who have gone one to be doctors and lawyers, who still contact me weekly," Ernie Jones says.

The sons of Ernie Jones had successful tenures on the mat under his tutelage at Webster. Eldest son Shawn Jones, a 1988 Webster graduate, is now head coach at Broken Arrow High School, a grappling power in Class 6A, who has won dozens of team championships, with its most recent being last winter. Shawn graduated from the University of Mary in Bismark, North Dakota, where he was an All-American wrestler.

Younger sons Biff and Rodney are assistants under brother Shawn in the Broken Arrow program. They graduated from Webster respectively in 1991 and 1994, and wrestled collegiately for Oklahoma under Jack Spates.

Ernie Jones says that to be able to coach his sons as they were growing up was wonderful.

"It was beautiful," he says. "Our living room at home had no furniture in it. It had carpet, and it had doors to shut the den off. And you can't imagine the competition that took place in that room. From football to wrestling, it was just a war zone. They were little boys at home. They got to grow up in that."

"They were a joy to coach," Ernie Jones says. "They were hard working and very successful. Just golden memories. There were certainly highs and lows. It was a gift from God."



OUTSTANDING COACHES: From left, Broken Arrow High School Coach Shawn Jones, Cascia Hall Coach Ernie Jones, and Broken Arrow High School assistants Biff Jones and Rodney Jones. Ernie Jones is the father of Shawn, Biff and Rodney.

The sons have coached their fair share of successful wrestlers, having coached state championship teams in 2010, 2011, 2012 and last year, and dual state title teams in 2008, 2011 and 2014.

Biff Jones also served head coaching stints at Glenpool and Sapulpa before coming to Broken Arrow. He won a state title with Glenpool in 2003. Shawn Jones had also coached at Sapulpa, as well as Choctaw, before coming to B.A. in 2005. Rodney, after being a three-time All-American at OU, went to coach at Mustang and made it a top-five program in one year as an assistant, before he came to B.A.

"We love being part of these wrestling kids' lives," Shawn Jones says. "I'm glad he was as influential as he was," he says of his dad.

"I think we just like the challenge of it more than anything," Biff Jones says.

"Just watching the impact he was having on young people's lives, always made it appealing," Rodney Jones says. "Once my career was over, and these guys (his brothers) were coaching, it just seemed like a natural direction. There was never really a choice that I made that this was what I was going to do. I just continued, continued and continued, and now we're all three here together, which is an amazing situation."

"They love wrestling, and I think they're as great as coaches are in America," Ernie Jones said of his sons. "They're happy, they've got a perfect situation, so I'm extremely proud of them."

"We love what we are doing, we believe in the institution of wrestling. We know what it has done for us and we know what it has done for others," Ernie Jones says.

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Oilers Max Markowitz Coaches Behind the Scenes

Tulsa Assistant Coach an Asset for Head Coach Christie

By **GLENN HIBDON**
GTR Sports Writer

There is a rumor floating around that the Tulsa Oilers have a full time assistant coach behind the bench named Max Markowitz. They say he also helps out when head coach Jason Christie holds practices for the ECHL franchise.

"Where did you hear that? Who told you?" quipped Christie, answering a caller who asked if it was true. "We were trying to keep this quiet."

It's no joke that the unsung Markowitz has quickly become an asset for Christie and the Oilers as they embark on the second half of the season. The 26-year-old resident of Grand Forks, N.D., wears many hats for the team in his first year tutoring on ice.

"I really didn't play hockey in Michigan growing up," says Markowitz, a Detroit native. "I didn't play in high school or college, but I did play AAA hockey. I was a defenseman."

While his playing resume may be sparse, Markowitz did coach four seasons at the University of North Dakota and with the Finnish National Team for two more. He helped coach Finland in the World Championships and the Olympic Games.

During the 2014-15 season, Markowitz handled video operations as an assistant at St. John's of the American Hockey League. When the franchise moved to Manitoba of the ECHL this year, Markowitz went along.

"They offered me a contract to be their video coach, but I had always wanted to be an (on ice) assistant coach," says Markowitz. "I decided to take a gamble and turn it down because I didn't want to go back in the same position. They told me they still wanted me to be in the organization and they told me they had a team in the ECHL, a new affiliation."

Eager to shed his anonymity, Markowitz jumped at his opportunity with the Oilers. He was familiar with Christie's accomplishments as a head coach and wanted him to become his mentor.

"His coming to Tulsa was huge, for sure," Christie says. "He's a good guy to have around. He's learning a lot and he knows the game because he's been through it. He hasn't played much, but he's done a heck of a job since he's been here. At this level there is so much going on."

Markowitz discovered he must tackle a myriad of responsibilities. He had to make adjustments. Quickly.

"This is a big step for me. I'm the youngest assistant coach in the league by three or four years," Markowitz says. "I didn't find out until late in the summer that I had the job and it was quite a relief. I didn't get to Tulsa until Sept. 15 and I've found everything is different than the AHL. They have really big staffs and here everybody does a little bit of everything."

"I'm in charge of the defensemen and the penalty kill. I also do most of the video breakdowns and I work with our injured guys, making sure they're skating after practice and working on their skills. I love this because it's what I want to do with my life."

Markowitz's job description also includes assisting the equipment manager and athletic trainer, helping players with their housing problems and handling minor details on the road. However, he said his greatest role is getting to work the Christie.

"It's great because he knows what he's doing. I know I have a lot I need to work on and I'm learning from him," says Markowitz. "He lets me struggle through some things and figure it out on my own and sometimes he tells me he would do it differently. He's not being angry, just teaching me. He's not looking over my shoulder."

Christie must remain aware that Markowitz is in his maiden voyage behind the bench and be patient with his pupil.

"I know it's an adjustment and learning period for him, but he's a huge asset for us," Christie said. "He's involved with the players and myself and we know what he brings to the table. As a team, we're settling into our comfort zone and everybody is getting on the same page. We're getting better and better and he's helped with that. We've got to build on it."

Markowitz said the most difficult part of his job is learning when to crack the whip on players. He knows he has to be tough at times and doesn't want to be seen as a pushover. He said being close to his players' ages makes him more accessible, but he also must hold them accountable.

"This is a team game and not everything they do out there is good," he says. "Guys don't always want or expect a pat on the back. They want to know when they

mess up. I'm kind of finding my voice and earning respect from the guys."

While Markowitz continues finding his way through the hockey world, a journey that has taken him to Finland, Russia, Canada and Sweden, he knows his trip to reaching his dream really begins in Tulsa.

"I want to be a head coach, for sure. I would say it would take at least a couple of years," he says. "Jason does a good job including me in everything and making sure people know it's not just him, but a team effort. I don't feel like that (unknown, unappreciated) at all. We're working together to reach the same goal. It doesn't matter if the fans know it or not."

Maybe so, but one day Markowitz is hoping people won't be saying "Who is that masked man?" He can go to arenas where everyone will know his name.

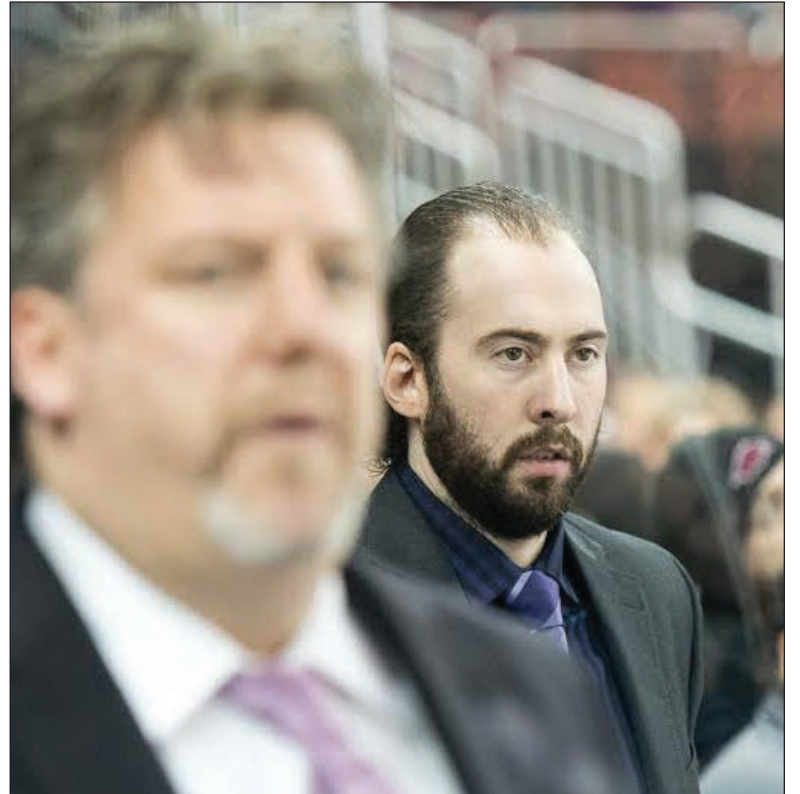


Photo by ED BAILEY

UP AND COMER: Oilers Assistant Coach Max Markowitz stands behind Head Coach Jason Christie during an Oilers game in Tulsa. Markowitz looks forward to a successful career in professional hockey.

Boxing at Greenwood Center To Benefit the Folds of Honor

The Engine Room Boxing Gym presents Fight Night 3 at Tulsa's Greenwood Cultural Center, 322 N. Greenwood, Friday Feb. 12, beginning at 7 PM.

The evening will feature professional and amateur boxing matches with local and regional fighters. This is a fully sanctioned event under the Oklahoma State Athletic Commission (pros) and USA Boxing (Amateurs).

The event will kick-off Thursday, Feb. 11 at 6 p.m. with fighter weigh-ins at Zanmai Restaurant at 14th Street and Peoria Avenue. A portion of the proceeds from ticket sales for the boxing event and from Thursday evening's food and beverage sales at Zanmai will benefit Folds of Honor, an Owasso non-profit foundation established by Major Dan Rooney to benefit the spouses and children of fallen and wounded soldiers.

Tulsa boxers scheduled to fight include:

Mayra Hernandez; 28; Featherweight; Pro Record 4-0; Amateur Record 9-0 *NAMA (North American Midwest Assoc.) Belt Holder

Bruce Scott; 35; Heavyweight; Pro Record 5-0



Jerad Roberts Photography

MAYRA HERNANDEZ

Rocky Gonzalez; 27; Lightweight; Pro Record 2-0

The Engine Room, located in Tulsa's Pearl District, is owned and operated by Aaron Sloan, a USA certified coach, judge and referee and certified 1 Star AIBA coach. Sloan is licensed with the

Oklahoma State Athletic Commission and is a licensed promoter and registered Cardiac Nurse. The Engine Room trains amateur and professional boxers as well as individuals seeking to improve their health and fitness. For more information, visit www.engineerroomboxing.com.

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THE ECONOMY

Daughters Continue Legacy at Canterbury Lane

By EMILY RAMSEY
Managing Editor

Sisters Allison and Emily Benesh grew up working with their mother, Robin Benesh, and her gift shop endeavors whether it was in a booth in a local store or, later, at her shop, Canterbury Lane, which she opened in 2007 in the Shops of Seville, at the corner of 101st Street and Yale Avenue.

When Robin died unexpectedly in July, the sisters decided to take over her shop because "it's what she would have wanted," says Allison.

At that time, Emily was living abroad in Germany, and Allison was living in Tulsa.

"It wasn't much of a discussion (to continue to operate the shop)," says Emily.

"We want the store to continue to be successful," Allison says.

Allison and Emily both grew up in south Tulsa and graduated from Jenks High School. Emily went on to earn her degree in German and communications from the University of Oklahoma before moving to Germany in 2014. Allison graduated from Oklahoma State University with her degree in sociology and remained in Tulsa.

"It helped that we were still involved with the store when mom passed," says Allison. "Otherwise, we probably wouldn't have been able to continue it."

The sisters have fond memories of working with their mother and building customer relationships over the years.

Many of Canterbury Lane's customers are regulars, says Emily, "people who we've known forever."

Robin's vision for Canterbury Lane was to offer a "one-stop shop where you can get gifts for friends, find something for yourself and have items gift-wrapped right in the store," Allison says.

"I think Mom was drawn to open her store in Shops of Seville, because she liked the shops there and the upscale quality of the center," says Emily.

Canterbury Lane offers a wide range of gift, home decor, wedding and baby items.

"We try to be a store where, while we might not have exactly what you came in looking for, we have things you won't find elsewhere," Emily says.

As the sisters and now business partners look to the future, they plan to keep the shop flourishing and add a few more contemporary, eclectic items to follow current trends, says Allison, in order to appeal to a broader range of shoppers.

They also plan to carry on their mother's interest in charity and community giving. "She spared no expense in giving," says Emily.

Robin regularly donated to the Alzheimer's Foundation, Jenks Pom, and Jenks Southeast Elementary and participated annually in Family & Children's Services' Care Card promotion.

In the future, we would like to do more to give back to our community since this is our home, says Emily.



EMILY RAMSEY for GTR Newspapers
GIFTS AND MORE: Sisters Allison, left, and Emily Benesh recently took ownership of gift and home decor shop Canterbury Lane, located at the corner of 101st Street and Yale Avenue, after their mother, Robin Benesh, who owned the shop, died unexpectedly.



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Courtesy TYPros
BOOMTOWN AWARD WINNERS: The Tulsa-Regional-Chamber-sponsored Tulsa's Young Professionals, known as TYPros, celebrated its ten-year anniversary in November at the Expo Square Pavilion. Award winners in the photo from left are Mark Smith, Elliot Nelson, Amie Roberg, Stuart Soloman, Becca Eckstein, Alison Anthony, Jonathan Belzley, Wendy Thomas, Malcom McCollam, Stephanie Cameron and Chad Rogers. The ten were honored for being pivotal to the success and growth of both TYPros and Tulsa in the effort to attract and retain young talent to the region. TYPros Boomtown Awards Celebration was presented by Nabholz. Supporting the event were Bama Companies, Cubic, GTR Newspapers, New Dominion, NORDAM and The Tulsa Voice.

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Broken Arrow's Joe Robson Inducted into First Class of Oklahoma Housing Hall of Fame

The Oklahoma State Home Builders Association honored long-time Broken Arrow builder Joe Robson as one of the two first "Hall of Fame" inductees into the Oklahoma Housing Hall of Fame.

Robson, past chairman of the National Association of Home Builders, was inducted Saturday along with the late Mark Dale of Oklahoma City at the organization's annual installation banquet at the Skirvin Hilton Hotel in Oklahoma, where approximately 160 were in attendance.

Also at the banquet, the Home Builders Association also selected Craig Thurmond of Broken Arrow as the state's "Builder of the Year."

Robson and Dale were honored for their roles in helping grow the association into a consumer-advocacy organization, which has earned a listening ear by legislators.

Robson is only the second Oklahoman to serve as chairman of the national home builders organization - the first in 1951. Serving in 2009, Robson worked with federal lawmakers to stabilize the mortgage market by shoring up Fannie Mae and Freddie Mac, the quasi-federal agencies that back up the mortgage securities industry.

Robson was the state's "Builder of the Year" in 1994, and served on the board of directors of OSHBA and was president the previous year. He was also president of the Home Builders Association of Greater Tulsa two years, and has been a Tulsa

"Home Builder of the Year."

In addition, he has served as director the Federal Home Loan Bank of Topeka; and was a member of the Oklahoma Judicial Nominating Committee. He is founder and president of his own building company in Broken Arrow, which developed the first master planned community in eastern Oklahoma.

Dale was OSHBA president in 2003 and was a two-time president of the Central Oklahoma Home Builders Association, in 1990 when the state was coming out of a housing slump, and then in 2010 when builders were emerging from a recession two years before.

As Builder of the Year honoree, Thurmond is a member of the Home Builders Association of Greater Tulsa and serves as mayor of Broken Arrow. He has served on the Tulsa group's board of directors since 1996 and has been recognized as "Builder of the Month" 11 times.

A member of the OSHBA since 1993, Thurmond owns his company and has managed more than \$1 billion of building projects in Oklahoma and California. Also, he also was appointed to the Oklahoma Department of Environmental Quality's Stakeholder Advisory Committee, which is tasked with regulation storm water general permits for construction activities.

David Blackburn, owner of Classe Homes in Tulsa, joins the leadership ladder as vice presi-



Courtesy OSHBA

HOME BUILDERS HONORED: Tulsa area home builders pulled in the honors Jan. 9 when Broken Arrow Mayor Craig Thurmond, left, was selected as the state's "Builder of the Year," David Blackburn of Tulsa joined the state leadership ladder, and Joe Robson, right, of Broken Arrow was inducted into the housing industry's inaugural Hall of Fame.

dent/secretary. Blackburn has been building homes since 1977 and is a Certified Professional Builder, as is all the officers. They, along with outgoing president Phil Rhees of Union Boundary, will serve as senior officers this year.

Dave Sanders of Sanders

Engineering in Tulsa was inducted as secretary of the Associates Council.

The Oklahoma State Home Builders Association is a not-for-profit, professional trade organization representing approximately 2,500 members that advocates for the state's housing industry.

The association is a corporate channel through which builders contribute time, money and services to lead community-service projects and education initiatives.

For more information about OSHBA, contact executive assistant Kathy Kastner at (405) 843-5579 or go to www.oshba.org.

St. Gregory's University Awarded Accreditation For Business Programs

The Accreditation Council for Business Schools and Programs (ACBSP) Baccalaureate/Graduate Degree Board of Commissioners has awarded St. Gregory's University of Shawnee accreditation of its business programs. St. Gregory's also holds classes in Tulsa.

"A degree from an accredited school is more valuable to students and employers. The ACBSP accreditation schools focus on student learning and success," says Dr. Angela James, chair of St. Gregory's Business Department. "Being ACBSP accredited is a signal to students and employers that the program meets standards of rigor and excellence required to compete in the global market place."

Established in 1988, ACBSP is the only organization offering specialized business accreditation for all degree levels, from associate to baccalaureate to doctoral degree programs. ACBSP accreditation certifies that the teaching and learning processes within the undergraduate and graduate business programs offered in the Department of Business at St. Gregory's University meet the rigorous educational standards established by ACBSP.

"St. Gregory's University has shown their commitment to teaching excellence and to the process of quality improvement by participating in the accreditation process," says ACBSP Chief Accreditation Officer Dr. Steve Parscale, who will present the Certificate of Initial Accreditation at ACBSP Conference 2016 in Atlanta, Georgia, on June 19. "This accreditation is evidence that St. Gregory's is committed to providing the highest quality business education for their students."

Based on the criteria of the

National Malcolm Baldrige Quality Award, ACBSP accreditation evaluates aspects of the institutional leadership, strategic planning processes, relationships with the community, quality of academic programs, faculty credentials and services, and educational support to determine whether or not the institution offers a rigorous educational experience and demonstrates continuous quality improvement.

For more information about St. Gregory's business degree programs, contact Admissions at 1-844-BE EXTRA, admissions@stgregorys.edu or visit www.stgregorys.edu/business.

About St. Gregory's

Founded in 1875, St. Gregory's University is Oklahoma's oldest institution of higher learning and only Catholic university. St. Gregory's offers a liberal arts education rooted in the Benedictine tradi-

tion of cultivating the whole person - mind, body and spirit. With campuses in Shawnee and Tulsa, St. Gregory's features both traditional and adult degree programs, including associate, bachelor's and master's degree programs. For more information about the University, visit www.stgregorys.edu.

ACBSP's mission is to promote continuous improvement and recognize excellence in the accreditation of business education programs around the world. ACBSP, www.acbsp.org, is recognized by the Council for Higher Education Accreditation (CHEA) as a specialized accreditation agency for business education. ACBSP currently has 1,220 member campuses, 233 of which are located outside of the U.S. Of those campuses, 962 have achieved accreditation and more than 160 are in candidacy for accreditation. Individual members on these campuses now exceed 13,000.

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SeekingSitters CEO Takes a 'Time-Out' On RV Tour to Find Work/Life Balance

Adrienne Kallweit Looks to Bring 'Family First' Motto Back to National Franchise

National Franchise System SeekingSitters' motto of "Family First" was anything but what CEO Adrienne Kallweit was practicing in 2013. Her family's business was growing rapidly, and it was apparent the stress was affecting her family in a negative way. She decided to do something about it and gave herself a CEO Time-Out. Kallweit spent the year traveling the country RV style, home-schooling her three young children and getting back to "family first."

This did not come without detailed planning and a lot of support. "I developed a 13-month plan to help ease myself out of the day-to-day needs of the company. Each day was a challenge, but I knew it would come with great rewards," says Kallweit. And that it did. Kallweit was not only able to help her family heal, through some cross country adventures, but when she needed to get back to work she was able to develop a "work/life balance" plan that fit her much more chilled-out family.

Her goal is to provide this work-life balance for her franchisees that run SeekingSitters locations

across the country. So Kallweit and her whole family are traveling cross-country RV style to visit the franchisees across the nation and record their "work/life balance" stories. Each franchisee has their own inspirational "work/life balance" story. In addition, they will educate families about finding a safe sitter. The RV tour began in Tulsa on Jan. 5.

Before the sendoff, CEO Adrienne Kallweit was available to talk about finding work/life balance and share her own experiences. Some tips included: Be prepared to notice when change is needed and be willing to take action, Make a plan and commit through the execution, and Understand that a work/life balance constantly changes; what works today may not tomorrow.

In addition, she shared tips and information for families on how to find and screen a babysitter safely. Topics included How to interview a sitter, Background checks - why an online check is not enough, and Preparing the kids for a new sitter.

Franchise Giveaway

SeekingSitters wants to encourage families across the U.S. to give attention to their own fami-



Courtesy SeekingSitters

READY TO ROLL: The SeekingSitters RV said goodbye to the Golden Driller before the national tour.



GTR Newspapers photo

MAPING IT OUT: David Kallweit of SeekingSitters points to the starting place of Tulsa before the national tour. SeekingSitters CEO Adrienne Kallweit, kneeling second from right, is with her three children and members of the SeekingSitters staff. Kallweit and her whole family are traveling cross-country RV style to visit the franchisees across the nation and record their "work/life balance" stories. During the RV send off, SeekingSitters hosted a launch party to celebrate work/life balance stories and meet-up with sitters.

ly's Work/Life balance and is giving away a free franchise to one lucky recipient. Discounts are also provided to qualified applicants of the 2016 Work/Life Balance Program. Find out more at seekingsitters.com/SSWLB

About SeekingSitters

Founded in 2004 in Tulsa, SeekingSitters is a nationally-recognized babysitting service providing reliable, convenient and

safe babysitting solutions for families. Founded by Adrienne Kallweit, a licensed private investigator, SeekingSitters has an in-house investigation agency that provides hands-on background screening of the professional sitters as well as member families. SeekingSitters was named to Entrepreneur Magazine Franchise 500 for 2011, 2012 and 2015. The company was named to Inc. Magazine's list of 500 fastest

growing private companies in 2010. The company was also named one of the "25 Best Women-Owned Businesses" by Working Mother Magazine in 2008. SeekingSitters has been featured on Fox & Friends, CNN and CNN Headline News, CBS Early Show, in Entrepreneur Magazine and on the CNBC Show "The Big Idea with Donny Deutsch." For more information, please visit SeekingSitters.com.

Barnes Tag Agency Celebrates 30 Successful Years

By **BLAKE AUSTYN**
Contributing Writer

Jim Barnes opened Barnes Tag Agency on August 26, 1985, as the first and only tag agency to be appointed dually, both by the state senators of Tulsa County as their last appointment and by the Oklahoma Tax Commission in Oklahoma City as their first appointment when the law changed in 1985.

Barnes first opened his tag agency in the Chimney Pointe shopping center on the northwest corner of 91st Street and Sheridan Road. He remained at that location for four years until he moved the tag agency to its current location at 6542 East 91st St., in the Heatheridge shopping center. As Barnes says when asked for directions: "We are half-a-block east of the intersection, straight across the street from Braums."

Barnes Tag Agency recently celebrated its 30-year anniversary and maintains its focus on serving the public; "it was the first tag agency in Tulsa to stay open on Saturdays to serve the working man," says Barnes.

Barnes Tag Agency has held the status of #1 tag agency in Tulsa by an independent survey for the past 15 years. When asked how the tag agency has been able to sustain this rating, Barnes replies, "We treat our customers like we would treat our best friend. Our customers like the fact that one person waits on them. They come to the counter, take care of their business and they are gone."

The other draw for customers is what Barnes calls his "little museum."

Barnes started out as a collector 60 years ago and has since become a curator. In 2008, the Smithsonian Institute in Washington D.C. sent a

curator and a photographer to his tag agency to view his artifacts and to request a number of Native American pieces to showcase in the Smithsonian Institute.

However, Barnes turned them down. "I would rather give these things to our local museums," he says.

His more than 40 collections consist of passenger train dishes from the trains of the late 19th century and early 20th century, antique telephones, newspapers that go back more than 100 years, model trains, eagle statues, Remington Bronze statues, antique car tags, antique railroad lanterns and more.

"The curator from the Smithsonian said that she had never seen one man with so many large collections," remembers Barnes.

Barnes Tag Agency is open Saturday 8 a.m.- 1 p.m. and Monday-Friday 8 a.m.- 6 p.m.



EMILY RAMSEY for GTR Newspapers

LONG-TIME COLLECTOR: Jim Barnes stands in front of a wall of framed antique newspapers that hang in his tag agency, Barnes Tag Agency, 6542 E. 91st St., which he opened in 1985. Barnes has become well known for the broad collection of artifacts and collectors items that are displayed inside his tag agency.

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BUSINESS & PEOPLE NOTES



Courtesy photo

CELEBRATING 25 YEARS: Crowe & Dunlevy celebrated the 25th anniversary of the Tulsa office with a donation of \$12,500 distributed among 25 different Tulsa nonprofit organizations. From left are Mike Neal, president and CEO of the Tulsa Regional Chamber; Madalene A.B. Witterholt, Crowe & Dunlevy director; and James L. Kincaid, Crowe & Dunlevy director. Neal presented Crowe & Dunlevy with a special award commemorating the 25th anniversary of the Tulsa office.



ROSSY GILLE for GTR Newspapers

HOLIDAY SURPRISE: Misty Acevedo, center with her mother and daughter, was the recipient of a refurbished automobile in December at Auto Craft Collision Repair of Tulsa, which has a mission of presenting refurbished cars to deserving individuals or organizations during the holiday season. Acevedo was nominated by her daughter. Auto Craft Collision Repair is located at 5712 S. Garnett Rd. in Tulsa

Tulsa Community College has announced leadership changes that align with its new strategic plan and emphasize student services and development, academic affairs, and resource development.



DAVID

Lauren Brookey, APR, Fellow PRSA, the current vice president of external affairs, has also been named president of the TCC Foundation. While Brookey will maintain strategic leadership for marketing, communications and public affairs efforts, she will be responsible for growth in the TCC Foundation and oversee federal grants expansion.



CULP

The title for **Jan Clayton, Ed.D.,** has been changed to senior student affairs officer. She will continue to lead all financial aid, enrollment services, student life and recruitment functions for the college.

Sandra Cooper, J.D., formerly with Oklahoma State University-Tulsa, has been named the chief human resources officer.

With the retirement of Peggy Dyer, Ph.D., as West Campus provost, **Kevin David, Ph.D.** has been named West Campus provost. David currently serves as associate vice president for institutional effectiveness and will add West Campus provost responsibilities to his current duties and title.

Eileen Kenney has been named assistant vice president of enrollment management. She will lead the college's enrollment management plan and focus on student retention as well as recruitment.

Eunice Tarver has been named assistant vice president of diversity and inclusion. Tarver will lead TCC's efforts to implement best practices in diversity and inclusion for students and the college community.

Earlier this fall, TCC named **Michael Sifter** as chief technology officer. **Kari Culp** has been promoted to senior director of marketing and communications with day-to-day marketing, media relations, web, and communications management.

Trust Company of Oklahoma (TCO) introduces **Alex S. Kaiser** as its new assistant vice president for the Oklahoma City office. Kaiser comes to TCO from Chesapeake Energy



KAISER

Corporation, where he worked for nearly five years as both an in-house attorney and landman. Prior to Chesapeake, he worked as an associate attorney at a private Tulsa law firm where he specialized in estate planning and real property law.

A native Tulsan now living in the Oklahoma City area, Kaiser graduated magna cum laude from Oklahoma State University with a bachelor's of science with a major in economics and then earned his juris doctorate degree from the University of Tulsa.

Kaiser was admitted into the State Bar Association in 2010. He is an active member of the Oklahoma City Association of Professional Landmen, the American Association of Professional Landmen and the Oklahoma State University Alumni Association.

The Tulsa Police Department and Chief **Chuck Jordan** announces the promotion of **Major Eric Dangleish** to Deputy Chief. A promotion ceremony was held in the CompStat Center at 600 Civic Center Jan. 5. Former Deputy Chief **McCroory** recently retired from the department creating the open Deputy Chief's position.



DANGLEISH

Trust Company of Oklahoma announces several promotions the last quarter of 2015. **Zac Reynolds,** a senior vice president, is now director of investments for the OKC region as well. **Michael Hopper** was promoted to vice president; **Jared W. Buchan** and **Vicky Brown** were promoted to assistant vice presidents; **Trena Person** and **Katherine Chandler** are now trust officers.

Zac Reynolds serves as a senior vice president in the Oklahoma City office and, as director of investments, he will continue to provide invaluable expertise to clients. Reynolds earned his bachelor's degree from Oklahoma State University and his MBA from Oklahoma City University. He holds the Chartered Financial Analyst (CFA) designation and is a member of the CFA Society of Oklahoma.

As vice president, **Michael Hopper** advises clients on insurance and estate planning. He joined TCO in 2013. Hopper earned his bachelor's of business administration from the University of Oklahoma, is certified by the CFP Board and holds multiple Finra registrations.

With the organization since July 2007, assistant vice president **Vicky Brown** focuses on compliance for employee benefit plans. Prior to joining TCO, Vicky worked in property management and construction accounting for 15 years. She holds her Qualified 401(k) Administrator (QKA) designation from the American Society of Pension Professionals and Actuaries.

Assistant Vice President **Jared W. Buchan** joined TCO in 2014 after working for Northwest Mutual, Samson Investment Company and Chesapeake Energy Corporation. A native of Tulsa, Buchan received his juris doctorate and bachelor's of business administration degrees from OU. He came to TCO in 2014 and serves in the Investment Division. Buchan is a member of the Oklahoma Bar Association and is currently pursuing his Chartered Financial Analyst designation.

The company's newest trust officers are **Trena Person** and **Katherine Chandler.** Person works at Tulsa's Yale office. A native Tulsan, she joined TCO in 2015 and has almost 15 years of banking experience overall, including 11 years of experience directly involved in trust administration and operations. Chandler works in the OKC office and is an OSU graduate. She has served the company for almost three years in the Real Estate Division. As a trust officer, Chandler will be responsible for compliance, vendor relations, tenant relations and special projects.

Oklahoma Farm Bureau and Affiliated Companies (OFB) recently promoted **Becky Samples** to vice president of strategic corporate communications. In her new role, Samples will work with senior leadership and oversee communications for Oklahoma Farm Bureau and Affiliated Companies.



SAMPLES

"Becky is a tremendous asset to our organization, and we look forward to her leadership in this new role," says **Monica Wilke,** executive director, Oklahoma Farm Bureau and Affiliated Companies.

Previously, Samples served as strategic communications director of OFB. Before joining OFB, she served as the communications manager for Groendyke Transport in Enid, Oklahoma and as public relations director for the City of Enid.

She is a native of north Alabama and earned her Bachelor of Arts in public relations from Auburn University. Samples is a graduate of Leadership Oklahoma Class XXVIII.

Hall Estill announces that **Vaden Bales, Christopher Carter** and **T.J. Mantooth** have been elected as shareholders of the firm in the Tulsa and OKC offices.



BALES

Bales joined **Hall Estill** in 2014 as a senior attorney who practices solely in the areas of business transactions, banking and real estate law. He graduated from the University of Tulsa and **Washburn University** School of Law.



CARTER

Carter graduated from Oklahoma State University in 2005 where he earned his B.S. in economics and marketing, cum laude, and earned his J.D., with honors, from the University of Oklahoma College of Law in 2008. Carter began his legal career with Hall Estill in 2008 and is a member of the firm's real estate and corporate transactions group.



MANTOOTH

Mantooth, an Edmond native, has an intellectual property practice focusing primarily on patent prosecution, including the drafting, enforcement, and defense of patent rights. He earned his B.M.S.E. from the University of Oklahoma in 2005 and his J.D. from the University of Oklahoma College of Law in 2008.

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Plans Underway for Dance of the Two Moons

Annual Event Benefits the Indian Health Care Resource Center of Tulsa

The 26th Annual Dance of the Two Moons will be held this year March 12 at the Hard Rock Hotel and Casino in Catoosa. The theme this year will be disco.

This year's Honorary Chairs are Alison Anthony and Mark Wilson. The Circle of Life Community Partner is Delores Titchywy Sumner, and the Featured Artist is Susan Eddings Perez.

The Board Event Chair is Dr. Jay Anderson, and the Auctioneer is Rick Miller.

Auction items include:

- Two nights in Vista Towers on Monkey Island courtesy of ShangriLa Realty, one round of golf for four people courtesy of Shangri-La, dinner at The Summit Restaurant at Shangri-La.
- Circle of Life custom pendant from the Meigs Jewelry Heritage Collection

- An original piece of art by our featured artist, Susan Eddings Perez

- A basket full of children's toys and dishes courtesy of Boxworks

- Gift certificates from Chimi's Mexican Food certain to be paired with a margarita basket.

- A gift certificate from Merritts Bakery.

About Indian Health Care Resource Center of Tulsa

IHCRC, located at 550 S. Peoria Ave. in Tulsa, is a 501(c)(3) organization funded through a contract with Indian Health Services, state and federal grants, private foundations and donors, and its annual fundraiser The Dance of the Two Moons. Utilizing a patient-centered, multidisciplinary, medical

home approach, IHCRC offers a full range of health and wellness services tailored to the Indian community.

Services include Medical, Optometry, Dental, Pharmacy, Transportation, Behavioral Health, Health Education and Wellness, Substance Abuse Treatment and Prevention, and Youth Programs focused on traditions, health, and leadership skills. With more than 18,000 active patients representing in excess of 150 tribes, IHCRC provides more than 126,000 patient visits each year to improve the general health status and reduce the incidence and severity of chronic disease of the urban Indian community.

Contact Deb Starnes at 918-382-1203 or dstarnes@ihcrc.org with any questions about IHCRC or The Dance of the Two Moons fundraiser.



GTR Newspapers photo
FUNDRAISER CHAIRS: Looking forward to the March 12 Dance of the Two Moons at the Hard Rock Hotel and Casino are, from left, Board Event Chair Dr. Jay Anderson and Honorary Chairs Alison Anthony and Mark Wilson.

Cooking Up Compassion Benefits Catholic Charities

Dinner and Live Auction is Feb. 5

Catholic Charities' 11th annual Cooking Up Compassion is almost here. It will be held Saturday, Feb. 6 in the Tulsa Ballroom at the Cox Business Center. Doors open at 6 p.m.

Cooking Up Compassion provides an opportunity to support Catholic Charities' 14 programs and learn more about the services they provide to more than 60,000 people each year. In its first 10 years, the event raised more than \$5.5 million for Catholic Charities' mission to be Christ's love to those who suffer.

Guests are encouraged to "laissez les bons temps rouler!"...or "let the good times roll!"...at this year's event, which features a Mardi Gras theme complete with Jazz music by Mike Cameron Collective and end-of-the-night dancing and entertainment by Zodiac. An appetizer hour by some of Tulsa's finest chefs and dinner by Devin Levine, CEC, will be followed by a live auction and the "live surprise." Raffle tickets are available for a chance to win an Apple Watch, an hors

d'oeuvres party for 30 by Chef Devin Levine, private dinner for eight at The Tavern's Chef's Table, a golf outing for three at Southern Hills Country Club, or dinner and two club-level seats for Selena Gomez at the BOK Center. Raffle tickets are available to anyone, and individuals need not be present to win.

The event will be emceed by Julie Chin, who will team up with auctioneer Josh Houk of Stokes Auction Group for a five-item live auction and a "live surprise." The auction includes a Dallas Cowboys suite package, a week at a beach house in Florida, a gourmet French meal for 12 by "three ordained friends," a Carrie Underwood concert package, and a 6-course meal for eight by Chef Devin Levine. The live surprise is...well...a surprise!

Bill and Barb Drotar are this year's event chairs. Jim and Mary Bush are chairing the Patron Committee with help from Andrew Altendorf, John and Sheryl Boone, Kevin and Kim Clement, Patrick Keegan, Sally

Minshall, Tim O'Sullivan and David and Laurie Perkins. Other committee members include Laura and Scott Andrews, Jacquelyn Bassett, Laura Ellsworth, Maggie Ellsworth, Denise Leonard, Connie Leos, Annabelle Miller, Patti Nichols, Candice Steichen and Linda Woodard.

Presenting Patron is the Mary K. Chapman Foundation. Platinum Patrons are Bob and Fran Biolchini, Jim and Mary Bush, Kathy S. Craft, Barb and Bill Drotar, Kent and Margo Dunbar, Randy and Jean Foutch, Ruth K. Nelson and Tom Murphy, the O'Boys Group, and Alan Staab and Sharon Voskuhl. Gold Patrons are Bank of Oklahoma, John and Kristie Gibson, Littlefield Agency and Blake & Mandy Atkins, Sally Minshall and Family, John and Julie Nickel, SemGroup, and Bobbie and Wally Whaling.

Individual tickets are \$150 each, or \$75 each for those ages 21-29, and patron levels start at \$3,000 for a table for 10 people.



Courtesy photo
GOOD TIMES: From left, Chef Devin Levine, CEC, Barb Drotar, chair, and Deacon Kevin Sartorius, executive director, are ready to "Laissez les bons temps rouler" at Cooking Up Compassion on Feb. 6.

Cocktail attire. Mardi Gras Jackson at 918.508.7115 or hjackson@cctulsa.org, or register reservations, contact Heidi online at cctulsa.org/cuc2016.

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Tulsa Federal Building: Power and Permanence

Traditional government buildings frequently project a sense of power and permanence. So it is with

Corps vacated the building in the 1990s, and it was restored to its historic use as a courthouse. Today, the

building houses two courtrooms for the Bankruptcy District Courts as well as offices for the Department of Labor, the National Labor Relations Board and EPA. Since 2000, Tulsa's Federal Building has been listed on the National Register of Historic Places.

The east façade of the limestone three-story building extends a full block between 2nd and 3rd streets along Boulder Avenue. The main two-story portico consists of a colonnade with 22 columns with terra cotta Corinthian capitals which support a massive limestone entablature. Behind each column are pilasters with stylized capitals. Steel rectangular windows are arranged symmetrically with limestone sills. The transition between the original building and the additions is virtually seamless. The denticulate cornice defined the top of the building before the 1932 third floor addition was added.

Originally, the main entrances were at ends of the Boulder Street elevation. After the addition, these were located at the center of the building and at the corner of Second Street. The central entry, which consists of double doors flanked by single doors accessed by broad stairs framed by cheek walls that support, cast bronze light standards with acanthus leaf motifs. Transoms with bronze grilles with intersecting X patterns top the doors. Cast bronze spandrels with bas-relief garlands and urns vertically separate the windows between the first and second floors. Projecting bays at the ends of the east façade have entrances consisting of bronze and glass double doors. The south entrance has a grille matching those of the center doors. The 1932 North entrance has only a large transom window. Cheek walls with light standards frame each entry.



ROSSY GILLE for GTR Newspapers
TULSA ICON: Tulsa's Federal Building sits at 224 S. Boulder Ave. The building was completed in 1917 and has housed the U.S. Post Office, the U.S. District Court and Geological Survey offices. Building tours are available.

On Architecture



By ROGER COFFEY, AIA

Tulsa's Federal Building at 224 S. Boulder Ave. In 1908, the site for this building was purchased for \$25,000. Tulsa was growing rapidly; in 1900, its population was less than 5,000 people and by 1910 it exceeded 18,000. As with many government projects, the building was slow to reach fruition. In 1915, James A. Wetmore, supervising architect for the Treasury, completed plans for a neoclassical building, which was completed in 1917. Initially, the building was occupied by the U.S. Post Office, the U.S. District Court, Marshall and Geological Survey.

As strong growth continued in Tulsa, in 1932, an extension 160 feet to the north and a third story were added allowing all Federal agencies in the city to be housed in one building for the first time. In the 1960s, the Post Office and Courts relocated to the newly constructed Federal Building, and the original Federal Building was rehabilitated for the Army Corps of Engineers. The

consists of a colonnade with 22 columns with terra cotta Corinthian capitals which support a massive limestone entablature. Behind each column are pilasters with stylized capitals. Steel rectangular windows are arranged symmetrically with limestone sills. The transition between the original building and the additions is virtually seamless. The denticulate cornice defined the top of the building before the 1932 third floor addition was added.

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Star building is sourced with boilers from a central plant in the basement. Along the east wall of the 1917 portion of the main lobby are a series of capped gas pipes which served auxiliary back up bracket light fixture in case the suspect new electricity failed.

The two courtrooms have been restored to their original appearance. The second floor 1917 room has oak paneled walls and oak and plaster ceiling. The detailing is very much in the Craftsman juandre. The 1932 third-floor room has plaster-finish walls with a marble wainscot and coffered ceiling ornamented with fretwork.

Of special note is the large win-

dow at the stair at the main lobby's south end. The window, called the Tulsey Judicial Window by artist Marilyn Adams, was commissioned in 1995 as part of GSA's art in architecture program. The window is an eight-panel colored and etched glass work. Each panel highlights events from Oklahoma History. Eight Native American Indian languages are depicted. For those interested in Tulsa's history, this building is a must-see. Tours may be arranged through the office of Nancy Casto, Property Manager, Oklahoma Service Center, GSA Public Buildings Service, nancy.casto@gsa.gov or 918-581-6938.

Ocean Plastic: Showing Us That Recycling Isn't Enough

The holidays brought a mixed bag of gifts this year, and combined together, taught me an eco lesson I now bring to you.

But before I do, I must mention some sad news.

Tulsa recently lost a great hero in the world of service to others and working towards a greener city. Shelley Um ez a w a passed away Jan. 1. As The M.E.T.'s outreach and volunteer coordinator, Um ez a w a taught many graduates of Tulsa Master Recyclers Association, including me. She worked selflessly, always with a smile as she demanded the best from our efforts.

Her efforts included organizing volunteers for The Tulsa Household Pollutant Event.

With her dedication behind it and its recurring success, it has become a year-round collection event.

The collection facility at 4502 S. Galveston Ave. opens free of charge for Tulsa residents every Wednesday and Saturday from 8 a.m. until 4:30 p.m.

A recent trip to Mexico brought the need for the 3 R's of reducing, reusing and recycling into sharp focus.

The beautiful coastline was littered with thousands of plastic pieces embedded in its sands and trash tangled in its weeds.

It's only fitting that Trash Talk's eco-focus of 2016 grow from its recycling roots towards talk of reducing our overall trash consumption.

Piles of trash along that gorgeous shoreline that matched those along our roadsides and in our city drains stood stark against paradise.

As a fellow recycler, you probably have your own waste product you'd love to stop collecting. For example, seeing a year's supply of batteries encouraged me that I'd save money with rechargeables and eliminate a pile waste.

So here are my five "gimmies," or plastics I'll refuse in 2016:

1. To-Go Bags: Sounds easy but after the holidays I still wound up with a bag full of bags. FYI: In some cities, instead of getting a dime for remembering your bag, you're charged for one.
2. Straws: If you don't use one, it can't wind up in a turtle's nose. (I saw it on YouTube; just awful).
3. Packaged laundry detergent: By shaving a bar of Ivory soap and adding a cup each of baking soda and Borax, you can make



BETH TURNER for GTR Newspapers
WASTED WATER: Plastic bottles washing up on the shores of Cozumel are a grim reminder that the best way to keep the human footprint out of nature is to reduce our waste. Feel free to join me in choosing items you can, "Refuse in 2016," such as water bottles, plastic cutlery and to-go bags.

your own detergent – no plastic container needed.

4. One-use food products: Too many plastic forks, cups and bottles end up entwined in seaweed and scattered along beaches. Look for reusable options. There are many out there, you

will not be disappointed!

What do you think can be added to the list? Send in your thoughts, suggestions and advice for what or how to refuse in 2016. Email bethturner@me.com or tweet @TrashTalkTulsa. I look forward to your insights.

Trash Talk



By BETH TURNER
Tulsa Master Recyclers Association

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A Parent's Perspective on the Rose Parade

By DAVID JONES
Editor at Large

The adventure is over. Now the memories begin. I was picking up my son Matthew from band practice some 16 months ago when I noticed a strange grin on his face. "Guess where we're (the Jenks High School band) going?" he asked. I knew there's nothing the Jenks band hierarchy likes better than a competition; trips to Texas, Oklahoma City and even Chicago were in the near future but the open-ended nature of the question suggested something more exotic. "Where?" "Pasadena!" That would be Pasadena, as in California, and the only musical event of note there would be the Rose Parade. The Jenks band would be marching in the granddaddy of all such parades. For the next year-plus, the lives of hundreds of Jenks parents would be outlined by bowl-bound deadlines. Some were the same as usual; practices had to be attended, the requisite skills attained, the music perfected. Every morning, before the sun thought to make an appearance, cars would disgorge instrument-toting high-schoolers readying themselves for one of the great events of a lifetime. Meanwhile the parents would be busy coming up with the other necessary ingredient of a successful trip - paying for it. All the massive planning for hotel reservations, leisure-time activities and shared meals was conducted away from my view;

although, I can only wonder how many hundreds of man-hours were spent in nailing everything down. Somehow, it was done. An airplane was chartered and arrangements made to get the large-member band and chaperones to Pasadena. The final payments were made. Trucks were loaded with instruments and uniforms and sent off on the lonely highways between Jenks and Pasadena. Finally, on a cold and very wet morning (happily, it wasn't five degrees colder, or snow would have been on the ground and all the caretakers would really have had a mess on their hands), the band members congregated at Jenks High School to take buses scheduled to depart at 4 a.m. going to the airport. Most parents slouched back to bed. The musicians were driven to the airport and sent through security. For some, like my son, it was a first flight. "It wasn't what I expected," he recalled after returning home. "I guess I just thought we'd rise slowly but when the plane took off, it was like a roller-coaster and we shot up to cruising altitude. It was a blast!" On arriving in California, the students were hustled off on a sightseeing tour to a farmer's market where a cornucopia of unusual gastronomic treats awaited them; many never seen in the Tulsa area. The pizza man did a big business. The trip offered the young travelers a host of experiences. A journey to a Santa Monica beach and a chance to dip their feet into

the Pacific Ocean. There was a trip to Universal Studios where classic characters like Dracula and the Frankenstein monster were there to greet the unwary but where the main attraction turned out to be Minions from the recent block-buster hit. One of the best moments, he recalls, was when they had a last walk-through rehearsal in which they reprised the halftime show they had been performing during the 2015 football season. "It was the last time we would be doing it. It was almost like saying goodbye to an old friend." "We also got to see and hear what some of the other bands were doing. That was neat." There were many parents and fans of the parade in the stands cheering each band as they performed. It was a great welcome! New Year's Day, of course, was THE DAY. It required them to get up early to make a parade that would begin at 8 a.m. Pacific time. "It seems like it took only a few minutes between the time we got off the bus and we started the parade route. The crowd was gigantic, the atmosphere was electric, everything was exciting." The day was pleasant, neither too hot nor too cold, but the physical strain of marching five and a half miles lay ahead. "There was a right turn about a mile past the starting point that was clogging the parade up. The bands could make the turn well enough but some of the floats required considerable time to make the right angle and the bands behind them had to march



Courtesy JOLESCH PHOTOGRAPHY
NEW YEAR'S DAY MARCH: The Jenks High School band members had an experience of a lifetime as they marched in the 2016 Rose Parade in Pasadena, California.

in time. We had to keep our instruments at least halfway up and after a while our arms began to feel really heavy." Most of the TV cameras were around the turn, as were the heaviest crowds. As they marched along, the crowds began to thin out but the enthusiasm of those still on the route never wavered. All along the route the Jenks' band alternated playing Oklahoma and John Phillip Sousa's Washington Post March. Along with the fatigue, the band had another perceived problem; the equestrian units. Mounted men may look fine in a parade but their horses are rarely house-broken, and the question in more than one mind was how to keep

up the line while side-stepping unwanted impediments! Finally, it was over. In two hours the object of months of planning and preparing had been achieved. Many of the players were just plain exhausted. Knowing what he knows now, would he do it again? "I think everyone in the band would love to do it again." The parade was on a Friday, New Year's Day. Saturday was devoted to Disneyland. Sunday was the flight back to Tulsa. Monday started school. The adventure was over. The memories will be reshaped for years. On New Year's Day 2017, the Broken Arrow High School band has been invited to march in the Rose Parade. They're going to have a great time!

IHOP's Free Pancake Day for Charity is March 8

IHOP restaurants are celebrating the 11th anniversary of National Pancake Day on March 8, 2016, once again offering one free short stack of their famous buttermilk pancakes to guests to enjoy in the restaurants in the hopes that they will pay it forward by making a voluntary donation to their local Children's Miracle Network Hospitals, Shriners Hospital for Children, The Leukemia & Lymphoma Society or other local charities. Participating IHOP Restaurants plan to give away millions of free pancakes, from 6 a.m. to midnight, on Tuesday, March 8. More than 1,500 IHOP restaurants across the United States will participate in this beloved annual event which, to date, has raised \$16 million for charity. All of the donations raised stay within the

communities, helping provide lifesaving treatment and equipment for local sick and injured children. National Pancake Day continues to spread throughout the world: for the third year in a row, IHOP restaurants in Canada and Mexico will participate in the fundraiser, joined by IHOP restaurants in the Philippines. IHOP restaurants in Canada will again support the Children's Miracle Network and IHOP restaurants in Mexico will raise money for Asociación Mexicana de Ayuda a Niños con Cáncer, (AMANC) that provides accommodations and resources to children undergoing treatment for cancer and their families. IHOP restaurants in the Philippines will be raising funds for The Kythe Foundation, which provides children with cancer and chronic ill-

ness opportunities to learn, play and grow while they are in the hospital. **ABOUT CHILDREN'S MIRACLE NETWORK HOSPITALS** Children's Miracle Network Hospitals® raises funds and awareness for 170 member hospitals that provide 32 million treatments each year to kids across the U.S. and Canada. Donations - including all those made on IHOP National Pancake Day - stay local to fund critical treatments and healthcare services, pediatric medical equipment and charitable care. Since 1983, Children's Miracle Network Hospitals has raised more than \$5 billion, most of it \$1 at a time through the charity's Miracle Balloon icon. Its fundraising partners and programs support the nonprofit's mission to save and improve the lives of as many children as possible. Find out why children's hospitals need community support, identify your member hospital and learn how you can Put Your Money Where the Miracles Are, at CMNHospitals.org. **ABOUT SHRINERS HOSPITALS FOR CHILDREN** Shriners Hospitals for Children is changing lives every day through innovative pediatric specialty care, world-class research and outstanding medical education. The 23 facilities, located in the United States, Canada and Mexico, provide advanced care for children with orthopedic conditions, burns, spinal cord injuries, and cleft lip and palate. Learn more at www.shriners-hospitalsforchildren.org. For more information on National Pancake Day or to learn more about Children's Miracle Network Hospitals and to make a donation, please visit www.ihop-pancakeday.com.



EMILY RAMSEY for GTR Newspapers
WORKING FOR CHILDREN: Members of Tulsa's Akdar Shrine work hard to raise funds for the Shriners Hospital for Children. From left are Potentate Sam Silvers, Past Potentate and Fundraising Chairman Pete Goltra, and Jack Lee.

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24 January GOLDEN HURRICANE vs. UCF • 2 p.m. Men's Basketball 918-631-4688 for tickets. MARVEL UNIVERSE LIVE! BOK Center Jan. 21-24 Visit bokcenter.com for more information.	25 PRESCHOOL STORYTIME Bixby Library 10:30 – 11 a.m. Visit tulsalibrary.org for more information. MAD SCIENCE MONDAY Schusterman-Benson Library 4 – 4:45 p.m. Visit tulsalibrary.org for more information. Ask us about ID Fraud Protection Central Bank of Oklahoma Strong roots. Endless possibilities.™	26 TULSA OILERS vs. Allen 7 p.m. For more info., visit tulsaoilers.com BADFISH, A TRIBUTE TO SUBLIME Cains Ballroom 8 p.m. Visit cainsballroom.com for more information. H-TAG# TUESDAY Helmerich Library 2 – 3 p.m. Visit tulsalibrary.org for more information.	27 JANET JACKSON BOK Center 7 p.m. Visit bokcenter.com for more information. OLD DOMINION Cains Ballroom 8 p.m. Visit cainsballroom.com for more information. A-BOOK-A-MONTH DISCUSSION GROUP Bixby Library 2 – 3 p.m. Visit tulsalibrary.org for more information.	28 AMERICAN CANCER SOCIETY VOLUNTEER OPEN HOUSE The American Cancer Society 5 – 7 p.m. Visit facebook.com/TulsaACS for more information. KENNY ROGERS Hard Rock Hotel & Casino 8 p.m. Visit hardrockcasinotulsa.com for more information.	29 RED DIRT ROUND-UP FEATURING ELI YOUNG BAND BOK Center 7 p.m. Visit bokcenter.com for more information. PATTI LUPONE: "COULDA, SHOULDA, WOULD...PLAYED THAT PART" Broken Arrow PAC 7:30 p.m. Visit brokenarrowpac.com for more information.	30 GOLDEN HURRICANE vs. Tulane • 5 p.m. Men's Basketball 918-631-4688 for tickets. TULSA OILERS vs. Allen 7 p.m. For more info., visit tulsaoilers.com AUDITIONS FOR "ONCE UPON A MATTRESS" Henthorne PAC 3 p.m. Visit clarkouththeatre.com for more information.
31 FITNESS ON THE GREEN @ FLY LOFT: ZUMBA Fly Loft 10 a.m. Visit okjazz.org for more info. GOSPEL SIDE OF JAZZ WITH MERTON HUFF Oklahoma Jazz Hall of Fame 5 p.m. Visit okjazz.org for more info. More Bank for your Buck. Central Bank of Oklahoma Strong roots. Endless possibilities.™	1 February I CAN'T PHOTOGRAPH WITH HARDESTY ARTS CENTER (AHHA) Thomas K. McKeon Center for Creativity, TCC 12 – 12:45 p.m. Visit tulsacc.edu for more information. TULSA GARDEN CLUB MEMBERSHIP MEETING Tulsa Garden Center 10:30 a.m. Visit tulsagardenclub.org for more information.	2 KINKY BOOTS Celebrity Attractions 7:30 p.m. myticketoffice.com for tickets. CANDLELIGHT CONCERT: A VALENTINE SERENADE Harwelden Mansion 7 p.m. Visit candlelightconcertseries.com for more information. WALKING TALL PAC Gallery Feb. 2 – 29 FREE exhibit.	3 TULSA OILERS vs. Missouri 7 p.m. For more info., visit tulsaoilers.com KINKY BOOTS Celebrity Attractions 7:30 p.m. • Feb 3-5 myticketoffice.com for tickets. BROWN BAG IT: TULSA OPERA BIG SING Celebrity Attractions 12:10 p.m. This event is FREE.	4 TULSA OILERS vs. Utah 7 p.m. For more info., visit tulsaoilers.com MARY POPPINS Union Performing Arts Center 7 p.m. • Feb. 3-6 Visit www.unionps.org for more information. GABRIEL IGLESIAS Hard Rock Hotel & Casino 8 p.m. Visit hardrockcasinotulsa.com for more information.	5 THE HARLEM GLOBETROTTERS BOK Center 7 p.m. Visit bokcenter.com for info. SING FOR OUR SCHOOLS All Souls Church 7 – 10 p.m. Visit allsoulschurch.org for more information. MILLION DOLLAR QUARTET Broken Arrow PAC 7:30 p.m. Visit brokenarrowpac.com for more information.	6 KINKY BOOTS Celebrity Attractions 2 & 8 p.m. myticketoffice.com for tickets. WOMAN FROM THE TOWN Theatre North 8 p.m. myticketoffice.com for tickets. TULSA BOAT, SPORT & TRAVEL SHOW Expo Square Feb 1 – 7 Visit tulsaboatshow.com for more information.
7 THE HARLEM GLOBETROTTERS BOK Center 1 p.m. Visit bokcenter.com for more information. GOLDEN HURRICANE vs. Houston • 2 p.m. Men's Basketball 918-631-4688 for tickets. KINKY BOOTS Celebrity Attractions 2 & 7 p.m. myticketoffice.com for tickets.	8 I CAN'T GARDEN WITH KELLY ROSE Thomas K. McKeon Center for Creativity, TCC 12 – 12:45 p.m. Visit tulsacc.edu for more information. BROOKSIDE BOOK DISCUSSION Brookside Library 1:30 – 2:30 p.m. Discussion of "Girl in Translation" by Jean Kwok. Visit tulsalibrary.org for more information.	9 DRAWING ON MEMORIES Gilcrease Museum 10 a.m. – 12 p.m. Visit www.alz.org/oklahoma for more information. BRILLZ Cains Ballroom 8 p.m. Visit cainsballroom.com for more information.	10 TULSA OILERS vs. South Carolina 7 p.m. For more info., visit tulsaoilers.com GALLERY TALK - WYETHS: FATHERS & SONS Philbrook Museum of Art 12 – 1 p.m. Visit philbrook.org for more information.	11 SUNNY SIDE UP 2016 Cox Business Center 8 – 9:45 a.m. Keynote Speaker: Kelly Corrigan. Visit captulsa.org for more information. MARTIN SEXTON Cains Ballroom 8 p.m. Visit cainsballroom.com for more information. Free small business checking Central Bank of Oklahoma Strong roots. Endless possibilities.™	12 TULSA OILERS vs. Quad City 7 p.m. For more info., visit tulsaoilers.com WOMAN FROM THE TOWN Theatre North 8 p.m. myticketoffice.com for tickets. ROMEO AND JULIET Tulsa Ballet 8 p.m. • Feb. 12-13 myticketoffice.com for tickets.	13 TULSA OILERS vs. Quad City 7 p.m. For more info., visit tulsaoilers.com WOMAN FROM THE TOWN Theatre North 8 p.m. myticketoffice.com for tickets. TO KILL A MOCKINGBIRD The Playhouse Tulsa 7:30 p.m. myticketoffice.com for tickets.
14 TO KILL A MOCKINGBIRD The Playhouse Tulsa 2 p.m. myticketoffice.com for tickets. ROMEO AND JULIET Tulsa Ballet 3 p.m. myticketoffice.com for tickets. TULSA OILERS vs. Wichita 7 p.m. For more info., visit tulsaoilers.com	15 I CAN'T COLLAGE WITH DR. LEIGH GOODSON & SHEA GOODSON Thomas K. McKeon Center for Creativity, TCC 12 – 12:45 p.m. Visit tulsacc.edu for more information. New Name. Same Bank Central Bank of Oklahoma Strong roots. Endless possibilities.™	16 MAGIC MEN LIVE BOK Center 10 a.m. Visit bokcenter.com for more information. THE KINGSTON TRIO PRESENTS "A TRIBUTE TO WOODY GUTHRIE" Will Rogers High School Auditorium 6:30 – 9 p.m. Visit bokcenter.com for more information.	17 TRAVELS WITH TULSANS: "A VISIT TO ANTARCTICA" BY HOWARD BARNETT University Village Retirement Community 12:10 – 12:50 p.m. Visit tulsalibrary.org for more information. BOOKS PEOPLE ARE TALKING ABOUT Helmerich Library 12:15 – 1:15 p.m. Visit tulsalibrary.org for more information.	18 GOLDEN HURRICANE vs. Cincinnati • 8 p.m. Men's Basketball 918-631-4688 for tickets. TO KILL A MOCKINGBIRD The Playhouse Tulsa 7:30 p.m. myticketoffice.com for tickets. EVERYTHING IS AWESOME: AN EVENING WITH LEGO Philbrook Museum of Art 5:30 – 8 p.m. Visit philbrook.org for more information.	19 TULSA OILERS vs. Evansville 7 p.m. For more info., visit tulsaoilers.com TO KILL A MOCKINGBIRD The Playhouse Tulsa 7:30 p.m. myticketoffice.com for tickets. DON'T DRESS FOR DINNER Theatre Tulsa 8 p.m. • Feb. 19-20 myticketoffice.com for tickets.	20 TULSA OILERS vs. Allen 7 p.m. For more info., visit tulsaoilers.com TO KILL A MOCKINGBIRD The Playhouse Tulsa 7:30 p.m. myticketoffice.com for tickets. TSO CLASSICS: SPIRIT AND AWAKENINGS Tulsa Symphony 7:30 p.m. myticketoffice.com for tickets.
21 TO KILL A MOCKINGBIRD The Playhouse Tulsa 2 p.m. myticketoffice.com for tickets. DON'T DRESS FOR DINNER Theatre Tulsa 2 p.m. myticketoffice.com for tickets. TULSA OILERS vs. Allen 7 p.m. For more info., visit tulsaoilers.com	22 I CAN'T THINK LIKE AN ARTIST WITH PHILBROOK MUSEUM OF ART Thomas K. McKeon Center for Creativity, TCC 12 – 12:45 p.m. Visit tulsacc.edu for more information. 2016 AFRICAN-AMERICAN HERITAGE HISTORY BOWL Rudisill Regional Library 6 – 8:30 p.m. Visit tulsalibrary.org for more information.	23 GOLDEN HURRICANE vs. Temple • 6 p.m. Men's Basketball 918-631-4688 for tickets. TULSA OILERS vs. Idaho 7 p.m. For more info., visit tulsaoilers.com We offer Health Savings Accounts Central Bank of Oklahoma Strong roots. Endless possibilities.™	24 3-D PRINTER DEMONSTRATION Hardesty Regional Library 7 – 8 p.m. Visit tulsalibrary.org for more information. A-BOOK-A-MONTH DISCUSSION GROUP Bixby Library 2 – 3 p.m. Read any book by Sandra Dallas and then join us for this lively discussion. For adults. Visit tulsalibrary.org for more information.	25 DON'T DRESS FOR DINNER Theatre Tulsa 8 p.m. myticketoffice.com for tickets. HANK WILLIAMS JR. Hard Rock Hotel & Casino 8 p.m. Visit hardrockcasinotulsa.com for more information. BORGEIOUS AND MORGAN PAGE Cains Ballroom 8 p.m. Visit cainsballroom.com for info.	26 IRON MAIDEN BOK Center 7 p.m. Visit bokcenter.com for more information. LIFE IN COLOR: KINGDOM Cox Business Center 7 p.m. Visit bokcenter.com for more information. AMERICA Creek Nation River Spirit Casino 7 p.m. Visit riverspiritulsa.com for more information.	27 BRAD PAISLEY BOK Center 7 p.m. Visit bokcenter.com for more information. DON'T DRESS FOR DINNER Theatre Tulsa 8 p.m. myticketoffice.com for tickets. FAMILY STUDIO SATURDAYS Philbrook Museum of Art 5:30 – 8 p.m. Visit philbrook.org for more information.

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REGIONAL NEWS

Area Student Brings Music to Children

By EMILY RAMSEY
Managing Editor

For many high school students, the summer months are the time to step away from the academic rigors of education; for others, it's a time to further their efforts to receive college acceptance or gain scholarships through community activities, ACT studying, academic camps and sports.

For Union High School junior Stephanie Royer, though, her summers have become about using her love of music to inspire young ones through her nonprofit organization Music & Me.

Royer grew up with parents who encouraged her and her older sister, Daniella, to take an interest in classical music. Both girls play piano and violin.

Stephanie Royer began piano lessons at five years old and took up violin in the second grade.

Royer moved with her family to Tulsa from South Carolina, when she was a freshman in high school.

"Moving here during high school was tough, but music was my anchor," Royer says. "Even if you've had a bad day, you can still come home and play your instrument and play how you're feeling."

She and her sister also joined a local community orchestra soon after arriving in Tulsa, which brought about a number of benefits, Royer says.

"Music was how I got rooted in the community, and I met my best friend there (in the orchestra)."

However, it was Royer's recognition of many children's lack of access and exposure to classical music and instruments that led her



VIOLIN LESSONS: High school junior and classically-trained musician Stephanie Royer poses with a child during one of Royer's music classes. In 2014, Royer created Music & Me, a nonprofit organization that focuses on providing classical music education to children ages 4-10.

to create Music & Me, which focuses on providing classical music education to children ages 4-10.

"The earlier that kids are introduced to music, that's what keeps them interested in music as they get older," she says. "And if kids are underprivileged or their parents don't encourage them, then they're most likely not going to be exposed to music or continue (taking lessons)."

In addition, music provides many opportunities for college scholarships, which is a great incentive for those with difficult backgrounds, she says.

As Royer began to contemplate all of the value that music offers,

she began thinking about how she could help to provide classical music education to young ones, and she began contacting local organizations, including Community Action Project (CAP).

That led her sister and her, in the summer of 2014, to two CAP Tulsa locations where they shared classical instruments with about 200 children.

Royer increased that number, during the summer of 2015, to eight CAP and child care locations, including KinderCare locations and the Little Lighthouse, and reached 1,000 children.

"The majority of these kids didn't even know what a piano is," Royer says.



INSPIRING CHILDREN: Children at a local child care location play the piano during a visit from Stephanie Royer, who spends her summers visiting local Community Action Project locations and child care locations to teach children about classical music and instruments.

Royer brings her music education program to organizations from June to August. She and her volunteers typically spend two days with each group of children, introducing them to the piano and violin.

Children receive violins made out of paint sticks, chopsticks, and cardboard and paper print-outs of piano keys to teach them music notes. "We teach them how to properly hold a violin and its different parts and the technique of both instruments," Royer says.

She also brings along violins and keyboards to allow the children to see what it feels like to play on the real instruments.

"The kids love it," she says.

It's no surprise, then, that word of Royer's program is spreading, and there are many schools interested in being included during the upcoming summer.

However, Royer is maintaining focus on her original intent: "While we have a lot of interest from many organizations, we want to focus on organizations for underprivileged kids, because those are the children who are more likely not to gain early exposure to classical music."

For summer 2016, Royer's plan is to reach 2,000 children.

In addition to reaching children that she has not reached previously, "I would also like to go back to some of the same locations as last summer in order to provide additional education to the same kids," she says.

In the meantime, after receiving approval from Union High School

administrators, Royer plans to spend part of her lunchtime during the current spring semester to bring music to Union's special education students.

"I love working with special education students. And music is a great way for them to express themselves," she says. "They are so happy when they're playing music."

Since Royer began her music education efforts in 2014, she has picked up a number of helpers, including some of her friends who play instruments and her friends' parents.

Currently, about eight students and four parents help out with Music & Me.

"My friends who are helping see how satisfying it is," she says.

Royer's volunteers provide some relief for Royer when she has other academic or sports-related commitments vying for her time, such as with the girl's golf team, of which she is a member.

However, her focus on Music & Me remains, with her hopes of expanding the program. Why? Because she understands the far-reaching effects of early music education, and she sees the joy it brings to the children.

"At the end of the day, you're tired, your voice is hoarse, your back hurts from bending down all day, but when you see the kids so eager to play the instruments, it's so rewarding."

"If I wasn't doing this during the summer, I would probably be sitting at home watching Netflix, and this is so much better than Netflix."

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Teachers Recognized

(Continued from page 16)
I have a 90-minute reading block every day so that I can meet the needs of all the different levels of reading."

Pamela Hodson Elementary Teacher of the Year **Betty Holleman** has spent 37 of her 40 years of teaching at Hodson Elementary.

"I've never taken my job for granted and I'm blessed to be employed by Owasso Public Schools," she says.

Holleman was encouraged to pursue teaching because of the enjoyable experiences she gained from her teachers in elementary school.

As a music teacher, "I wanted to teach music in such a way as to make music become a necessity

of life for each child," she says. "I feel that successful early experiences are important in each child's future development."

Holleman, a Texas native, received her degree from Stephen F. Austin State University in Nacogdoches, Texas.

She finds joy in teaching, especially when she is able to pass on her love of music to her students: "I love seeing that spark in a child when they catch on to reading music or when they find enjoyment in singing a song or playing a song on an instrument."

Holleman is also grateful that she can use her job as a way to say thank you to veterans: "I'm thankful to have a job that has allowed me to honor veterans every November and thank them for serving our great country."