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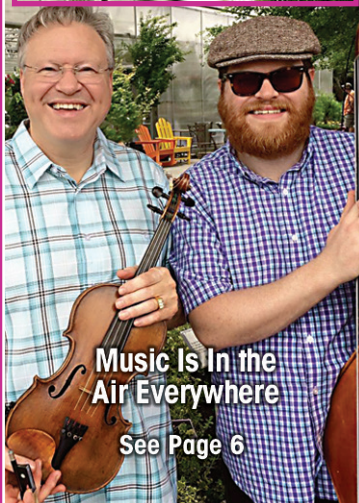
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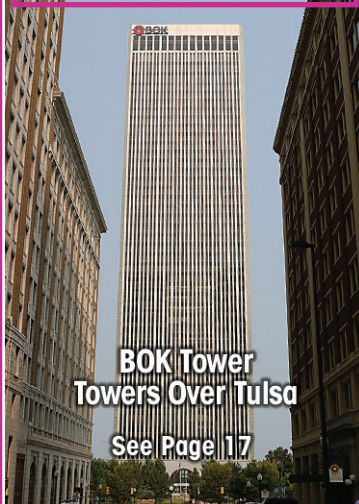
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Coffee Bunker Founder Mary Ligon Inducted into OK Military Hall of Fame

Tulsa-Based Veteran Organization, Founded in Memory of Mary Ligon's Son, Celebrates 10 Years

Mission is to Support Vets into Civilian Life

By **BOB WARTERFIELD**
Contributing Writer

Somewhere, not too far from where you are now, is a man or a woman. They could be in their 20s or 30s, or even in their 60s or 70s. They are veterans of the U.S. military and served America with honor and bravery – perhaps having been directly involved in combat – perhaps the owner of a Purple Heart. They are hurting and they need help. For a number of veterans, after being honorably discharged, returning to civilian life somehow does not work out the way it is supposed to. They are no longer the persons they were before they left to fulfill the oath they took the day they became a soldier.

They want everything to work as it should, but it doesn't, and they just cannot connect the dots even in family relations. In more extreme cases, there may be images and feelings that keep replaying in their mind over and over and over. There may be sounds and situations that trigger an uneasiness, or even outright fear. Their condition may limit their ability to be comfortable around other people. The workplace becomes a dystopian landscape and holding a job,

the one thing that serves as the pathway to a normal life, becomes difficult if not impossible. The situation ranges from frustrating to emotionally debilitating. The human psyche can only handle so much stress and isolation. Eventually, as a way to escape what seems to be a never-ending loop of negative outcomes, suicide becomes an option; a method of escaping unbearable pain.

Marine Daniel Yusef Ligon was born in Tulsa in November of 1987. He deployed twice to Iraq, serving both deployments in and around Fallujah. As an Arabic speaker, he was often involved in rescue missions. During those deployments, the things he saw could never be unseen. His experiences weighed on him heavily. On June 10, 2007, Daniel's life-juices finally, completely drained. His pain, exhaustion, and increased hopelessness, his depression, PTSD, isolation, and despair all took their toll. That Sunday evening, at the age of 24, one more Marine, one more precious son, brother, husband, and friend was lost to the silent wounds of war.

According to the 2019 National Veteran Suicide Prevention Annual Report, there were on aver-



GTR Media Group photo

APPRECIATION FROM VETERANS: On the evening of Sept. 11, 2020, Coffee Bunker Founder Mary Ligon was inducted into the Oklahoma Military Hall of Fame by Major General Douglas Dollar, USA, Retired. Ligon founded the Coffee Bunker in memory of her veteran son, Daniel Ligon.

age 20 suicide deaths per day in 2014 and the number of veteran suicides exceeded 6,000 each year from 2008 to 2017. Suicide involves dynamic and individual interactions. Unemployment and poverty are correlated with homelessness among veterans. In January 2017, it is estimated that 40,000 veterans were homeless and just over 15,300 were living on the street or unsheltered on any given night. Homelessness appears to play a role in suicide. Isolation has been shown to be a risk factor for suicide. Among VHA patients, suicide rates have been found to be highest among those who were divorced, wid-

owed or never married and lowest among those who married. Suicide rates were elevated among individuals residing in rural areas.

The suicide rate for veterans ages 18-34 increased by 76 percent from 2005 to 2017. Veterans 55-74 accounted for 38 percent of all veteran deaths by suicide in 2017. The 2017 rate of suicide among women veterans was 16.8 per 100,000 compared with 39.1 per 100,000 male veterans.

Also, according to the 2019 National Veterans Suicide Prevention Annual Report, most veterans do not use Veterans Health Administration (VHA) services. (Continued on page 12)

KUDOS of the MONTH: Coffee Bunker

The Coffee Bunker, founded by Mary Ligon, is celebrating its 10th anniversary. The drop-in center's goal is to meet veterans "where they are," and help with the transition to family and community life.

The Coffee Bunker is Greater Tulsa's only veteran peer-run drop-in center, and provides a family friendly, alcohol-free and drug-free environment. The 3,500-square-foot facility is set up for veterans and their families to get together, use computers, access Wi-Fi, enjoy games and group activities, watch TV or movies and just hang out.

The Coffee Bunker recognizes the impor-



Courtesy photo

tance of meeting veterans right where they are in their lives. Coffee Bunker leaders write, "We strive to connect veterans with the resources and advantages the Tulsa com-

munity has for them. We believe in bringing Coffee Bunker to our veterans in order to give them an opportunity to know there is a special place for them to call their own, and to find how we and our sister resources can help them.

"We provide a safe and relaxing atmosphere that welcomes all military servicemen and women, as well as their family members. Our services are provided free of charge."

Coffee Bunker is the flagship program of Honor Bunker, Inc., a 501(c)(3) non-profit organization founded in Tulsa. Dr. Michael Horton is executive director of the Coffee Bunker.



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Tulsa City and County Officials Host Historic Lights on Event for Route 66 Avery Plaza Southwest

Tulsa Mayor G.T. Bynum and District 2 City Councilor Jeannie Cue, joined by Tulsa County District 2 Commissioner Karen Keith, hosted a Lights-On Event Sept. 15 at the new Vision 2025 Route 66 attraction, the Avery Plaza Southwest neon sign park, on Southwest Boulevard just north of West 17th Street. The neon signs were lighted for the first time at this event. Going forward, the signs are scheduled to be lit up every night.

"Neon signs have added to the attraction of Route 66 for many decades, and we are excited to light up these historic replica signs at Avery Plaza Southwest," Mayor G.T. Bynum said. "Continuing this tradition, the Vision Tulsa Route 66 Neon Sign Grant Program since April 2019 has awarded matching grants totaling more than \$113,000 for 20 new neon signs along today's Route 66 in Tulsa."

Avery Plaza Southwest is on the opposite side of the Arkansas River from the Cyrus Avery Route 66 Centennial Plaza, where the East Meets West bronze sculpture is located. The two plazas were part of the Tulsa Route 66 Master Plan, developed as part of the Vision 2025 Tulsa County sales tax package approved in 2003. Vision 2025 has been replaced by the Vision Tulsa sales tax in the Tulsa city limits.

The plazas serve as bookends on both sides of the historic Eleventh Street Bridge, which was part of the original alignment of Route 66 and named to the National Register of Historic Places in 1996. The plazas and the bridge, also called the Cyrus Avery Route 66 Memorial Bridge, are named after Cyrus Stephens Avery, the Tulsan who became known as the Father of Route 66.

The 20-foot-tall neon signs are replicas of actual signs at past motels on Route 66 in Tulsa: Will Rogers Motor Court, Tulsa Auto Court and Oil Capital Motel. They stand in a decorative plaza designed by Howell & Vancuren landscape architects and Wallace Engineering and constructed by Crossland Heavy Contractors. The neon signs were designed by David Hoffer and fabricated by A-max Sign Co. In front of each sign is a plaque with a photo of the motel and information about its historical significance.

This \$500,000 (design and construction) project is one of the final ones from the Vision 2025 Route 66 Enhancements and Promotion. Remaining Vision 2025 Route 66 items are a Kendall Whittier pedestrian lighting project now under construction at Admiral Place and Lewis Avenue, the Route 66 Experience and a historic preservation fund.



LIGHTS ON: Tulsa Mayor G.T. Bynum, Tulsa City and County officials, and leaders of the Route 66 project raise their hands in glee as the lights are turned on for the signs along historic Route 66 in southwest Tulsa.



ROADSIDE MEMORIES: Visitors to the Route 66 Lights-On Event were enhanced by the memories of the Tulsa Auto Court, Oil Capital Motel and the Will Rogers Motor Court.

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The Greater Tulsa Reporter Newspapers consist of the Union Boundary, the Jenks District Gazette, the Midtown Monitor, the Owasso Rambler, the Broken Arrow Express and the Bixby Breeze. The papers target news coverage to school district areas. The papers also have common pages of information of interest to all readers in the Greater Tulsa area.

The Union Boundary, the Jenks District Gazette, the Owasso Rambler, the Broken Arrow Express and the Bixby Breeze are distributed monthly to select homes in the Union, Jenks, Owasso, Broken Arrow and Bixby school districts. The Midtown Monitor is distributed to selected neighborhoods in the Tulsa school district. All six papers are distributed to news stands and other outlets in more than 700 locations throughout the Greater Tulsa area.

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CIVICS

City of Tulsa Rises Through Resilience in Virtual Celebration of 3rd Annual 918 Day

When we created 918 Day in 2018, we did so to celebrate Tulsa and bring people together. This year, though we couldn't come together too closely in person, we came together virtually on September 18, showcasing the resiliency we've had throughout this trying year.

In Tulsa, we define resilience as our ability to survive, adapt and thrive in the midst of chronic or acute shocks or stressors. This year definitely represented an acute shock, as we all had to survive, adapt and thrive in the midst of the COVID-19 pandemic.

First, to survive and weather the pandemic, we had to know what we were dealing with so we could give our healthcare system

enough time to build capacity. That's why in March, we began the difficult process of asking people to stay home. This was our first test of resiliency. The decision to ask people to stay home affected people's livelihoods, but in the end was necessary to allow our hospitals to adapt to the changing conditions and potential influx of patients.

Then in May and June, we started opening things back up. Our local hospitals showed a consistently low number of intakes. People returned to their jobs and adapted the way they conducted business. Many were working to thrive as they had been before the onset of the pandemic. This was our second test

of resiliency.

But as we've said time and time again, viruses don't adhere to municipal boundary lines, nor do they go away when we want to thrive, get back to work and get back to seeing the ones we love in person. Throughout the majority of the summer, we've dealt with increasing cases, yet again another acute stressor, and ended up having to pass a mask ordinance in Tulsa – another adaptation to our changing landscape.

All of this happened in 2020 and the year isn't over, yet. We still stand with the fall season upon us. If you're making the drive in from I-244, you'll still see Downtown Tulsa piercing the skyline above. If you're going out to support local businesses, you'll still find Tulsans helping one another and doing their part to keep people safe. We're still here, and our spirit is still very much alive.

We've experienced a bend, not break, year. We've survived, adapted, and thrived throughout one of the hardest years Tulsa has ever had to deal with.

This kind of spirit and resiliency is exactly why we celebrate 918 Day. 918 Day is a day for all of us to recognize that we're contin-



GTR Media Group photo

BRIGHT LIGHTS: The 918 Day was again highlighted in bright lights from the majestic BOK Tower in downtown Tulsa. Please see page 17 for an article about the BOK Tower in Roger Coffey's *On Architecture* column.

ously building the kind of city that betters itself for the next generation. Our grit, determination

and heart is what continues to propel Tulsa forward, throughout any hardships that come our way.

Tulsa Area United Way Hosts Day of Caring

Successful Event Benefits Community Food Bank and Agencies in Various Cities

This year's Tulsa Area United Way's Day of Caring was another success as 15 total food donation sites were held with eight sites benefitting the Community Food Bank of Eastern Oklahoma and the other seven sites benefitting the service agencies in various cities.

Tulsa Area United Way President and CEO Alison Anthony, on the response from the community, said, "We are humbled and so inspired to see the response at every site. The Community Food Bank of Eastern Oklahoma has delivered new cages all over Tulsa, and I'm told each cage can hold 1,400 pounds. I've been moved to tears by truckloads of food delivered from employees at Hilti, T.D. Williamson, Senior Star Living, Webco, Jim Norton

Toyota, and Bank of Oklahoma. From bank presidents like Tom Bennett at First Oklahoma Bank in Jenks to grandmothers like Nathan Woodmansee's mom in Sand Springs, people across this region are united in hope and showing up in love and compassion for their neighbors. And giving food. And driving up asking if they need to go buy more. The volunteers are overwhelmed in the best way. We said no child should be hungry, and we'll have several tons of food to be closer to that vision. This is the power of each person doing what they can. I believe the United Way campaign is off to an incredibly generous start. You, my friend, are a community hero."

Lori Long, CEO of Community Food Bank of Eastern Oklahoma,

adds: "As I made personal visits to eight of the 15 food drive locations, I was overwhelmed by the outpouring of support from the community. It was really no surprise that Green Country came out in full force, they always do! But as I visited the various locations, we had donation bins and boxes overflowing with food. We had to make special deliveries to get more collection boxes to various sites. The volunteers were phenomenal and doing such a fantastic job in the extreme heat. I had the chance to give a personal thanks to many supporters. We had families donating with children, people from all walks of life supporting their neighbors in need. It was a beautiful sight. And most impressive was



Courtesy photo

FOOD DONATION SITE: Helping with the Tulsa Area United Way Days of Caring event benefitting the Community Food Bank of Eastern Oklahoma are, from left, Dr. Camille Teale, Caring Community Friends; Greg McMahan, T.D. Williamson; Alison Anthony, Tulsa Area United Way; and Caron Lawhorn, ONE Gas.

that many of our partner agencies who were not only a food drive collection site, were also still serving clients in need. Getting to see first hand those who will benefit from all the hard work and generosity shown today truly

touched my heart. I was so proud of the work we are doing. We are grateful to United Way for bringing attention to this need and organizing today's response effort and to all of you who helped in any way, thank you!"

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County Commissioners Name COVID 19 Funding Areas

When Congress passed the Coronavirus Aid, Relief, and Economic Security Act (CARES), the funds were distributed to cities and counties according to population. Every city and county over 500,000 was sent a direct allotment by the Treasury Department. Every city and county under 500,000 had to request its funding from the funds, which the Treasury Department sent to the state directly.

From Tulsa County

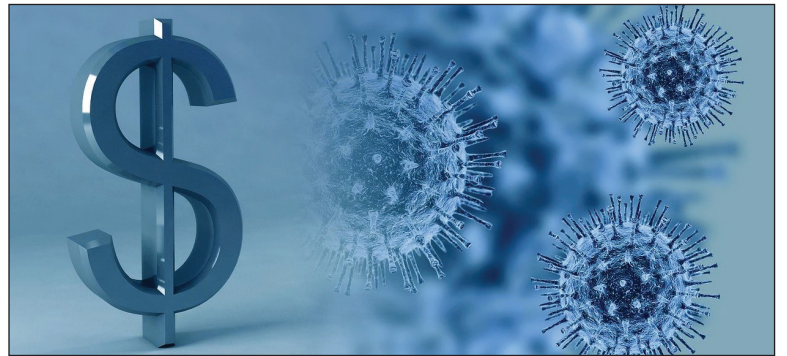


By COMMISSIONER RON PETERS

This meant that Tulsa County, with a population over 650,000, got direct funding from the Treasury Department. All of the cities within Tulsa County including the City of Tulsa, which are under 500,000, would receive their CARES funds from the state's allocation of \$1.25 billion. The original fund sharing guidance provided by the Department of Treasury did not allow the county to share its CARES funds with the cities in the county. Eventually, this was changed to permit it. With this authorization, the

Board of County Commissioners (BOCC) decided even though cities would get funding from the Governor the county should provide some initial assistance to help the citizens in the cities within the county until the state funding was approved for them. After funding to the city governments was approved, the BOCC decided that there were five main areas where the CARES funding could provide the most benefits to all Tulsa County citizens living in the cities and unincorporated areas:

- \$1 million to support the cities first responders by providing the personal protection equipment (PPE) they needed, like masks, gloves, shields, sanitizers, and disinfectants and to provide Personal Protection Equipment (PPE) Boxes to small businesses which had supplies which would allow them to reopen safely; and
- \$5 million to nonprofits to help them deliver increased services needs to those citizens of



Courtesy photo

the county due to the impact of the Coronavirus. This included over \$2 million for food and meals.

Since April, the county has provided \$47,452,247.17 of support for the citizens in all of the ten (10) cities in Tulsa County.

All of this information and much more on how the county has managed the CARES funds can be found at www.tulsacountycares.org.

Lt. Gov. Pinnell Discusses Tourism

By ELIZABETH KING
Contributing Writer

Oklahoma travel is on the rise with the help of a new marketing campaign designed to mitigate the impact of COVID-19 on Oklahoma's tourism industry. Lieutenant Governor Matt Pinnell discussed the #OKHereWeGo campaign and its impact at the Bixby Metro Chamber's Legislative Luncheon on Sept. 18. Launched in March, the #OKHereWeGo campaign has brought more than \$3 million in sales tax revenue through increased tourism across the state. Much of this tourism revenue is directly related to the increased

travel to Oklahoma state parks and the trail systems. Year-over-year, two million more travelers have visited the state parks in the last four months. Beavers Bend State Park has seen a 150 percent increase in activity; and with more than 200 lakes and the most diverse fishing in the United States, the Oklahoma Fishing Trail is the most successful tourism trail to date. "If you want to see America, come to Oklahoma," said Pinnell. Thanks to a \$48 million bond package, plans are in place to make the Oklahoma state park system one of the top 10 park systems in the country. Pinnell also addressed the state's

budget shortfall due to the impact of COVID-19 on our economy and the push to diversify business industries to offset the dependency on oil and gas revenue. One potential growth opportunity is the film and television industry. With an estimated \$30 billion projected to be spent on film and television content in 2021, and a shortage of sound stages and filming locations across the country, Oklahoma is primed to attract the entertainment industry with state rebates and sovereign nation incentives. "We're bringing new jobs to Oklahoma," said Pinnell. Already new sound stages have been built in Oklahoma City and more are underway in Tulsa, and partnerships



Courtesy ELIZABETH KING

#OKHEREWEGO IN BIXBY: Oklahoma Lieutenant Governor Matt Pinnell, center, with Bixby Metro Chamber Government Affairs Chair Justin Langston and Bixby Metro Chamber CEO Krystal Crockett at the Bixby Metro Chamber's Legislative Luncheon on Sept. 18.

have been created between film institutes and Oklahoma career tech programs to boost the workforce needed for this industry growth. Much is happening at the state

level to build Oklahoma's economy on multiple fronts. "I firmly believe that Oklahoma is positioned better than most states going into 2021," Pinnell stated.



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LEADERSHIP: As a strong community advocate and coach, Dave is working for a future that is full of promise for Tulsans and will continue to represent the district with integrity and dedication.

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VARIETY

Music Is in the Air and Everywhere

I don't know about you, but we haven't left the house much since March. Before that, we were out on the town most nights of the week, attending live concerts and arts-related events, whether that included a show at the PAC or the BOK Center, a gig at one of the casinos, a transcendent night of jazz at a local club, or simply hanging with friends over dinner and drinks. Don't we all long for the "good old days" — last February?

The arts have experienced setbacks on various levels. I can't imagine a December without "The Nutcracker" and "A Christmas Carol," for instance. Ticket revenue actually is only a fraction of what it takes to keep an arts organization thriving, but those annual holiday shows are a crucial part of the funding for Tulsa Ballet and American Theatre Company, respectively. During my years working at the PAC, I grew close to both organizations and have much respect for what it takes to keep an arts group soluble. 2020 is Marcello Angelini's 25th year at the helm of Tulsa Ballet. I hope the company can come back full-force soon and Marcello can continue to work his magic. ATC recently lost three people who were key players in that troupe. The company, including the departed Kitty Roberts, Ed Durnal and Jim Runyan, has helped to shape the theatre landscape of Tulsa. I know ATC will come roaring back.

Many musicians lost a primary source of

income with the closing of restaurants, bars and other venues. As people have figured out how to safely stage music performances, there is work again for them, and more options now for people who are comfortable with a socially distanced setting. You can support Tulsa businesses and musicians while feeding your appetite for live music at several restaurants and sites around town. Also, kudos to the many enterprises that have been supporters of live music all along.

On Monday nights at Hodges Bend, you can revel in the music and camaraderie of the Mike Cameron Collective, now in its seventh year at Hodges. The group plays outside on the patio. Mike reports, "It's a tight fit, but fun."

Continuing their Friday nights at The Bistro at Seville, guitarist Sean Al-Jibouri and bassist Dean Demerritt perform soothing acoustic music that is the perfect accompaniment to happy hour and dinner at the close of every week. Dean is a revered teacher and leader on the Tulsa jazz scene. He was on road with Asleep at the Wheel for four years. The Dean Demerritt Jazz Tribe performs on Nov. 13 in an outdoor series hosted by the Williams Companies and the Tulsa PAC on the Williams Green. This "Arts in the Air" programming takes place on Friday and Saturday nights through the fall, and is free. Seating is provided, but you might want to bring along folding chairs just in case. Check out the full roster of events at tulsapac.com. Upcoming shows include showstopper Branjae, Oct. 23, Halloween-themed entertainment on Oct. 30-31, and Tulsa Youth Opera and Tulsa Cabaret Performers, Nov. 6.

Bull In The Alley, located down an alley in the Tulsa Arts District, features Jon Glazer on piano every Thursday through Saturday nights. Jon can play anything you request. I always ask for a Beatles medley! Also in the

Show Buzz



By NANCY HERMANN



JON GLAZER: The keyboard wizard takes your requests Thursday through Saturday nights at Bull In The Alley, located in the Tulsa Arts District.



FATHER & SON: Master fiddler Shelby Eicher and his son, bassist Nathan Eicher, play an eclectic program of music at the Oklahoma Jazz Hall of Fame every Wednesday.



MIKE CAMERON: Now in its seventh year at Hodges Bend, the Mike Cameron Collective performs every Monday night on the bar's patio.



ERICA PARKER: Enjoy music and art at Gilcrease Museum on Thursday evenings during the fall, featuring cellist Erica Parker.



DEAN DEMERRITT: The revered bassist performs with guitarist Sean Al-Jibouri on Friday nights at The Bistro at Seville.

Tulsa Arts District is the Duet restaurant. The Duet jazz club is closed for now, but there is music on the covered patio. Enjoy "Live Music Sundays" at The Chalkboard for Sunday brunch and dinner. Check the Polo Grill website for a listing of its events. They serve dinner on their patio, special dinners with music, and more. Additionally, Center One in Brookside hosts live music in its courtyard for diners at its restaurants. Every Sunday from 6 p.m. to 9 p.m. you can dine with live music at Doc's Wine and Food.

Live music appearances at restaurants aren't booked months in advance. If you have a favorite local musician, follow them on their Facebook page for notice of when and where they are playing. You can also find listings of live-streamed concerts.

The Oklahoma Jazz Hall of Fame is a great way to keep in touch with live music in the Tulsa area. At the Hall itself, you can spend Wednesday evenings with the incredibly talented Eichers. "Eicher Wednesday" features the father and son duo of fiddler Shelby Eicher and bassist Nathan Eicher. Shelby was inducted into the National Fiddler Hall of Fame in 2019 and was a member of Roy Clark's band for 15 years. Shelby and Nathan play in a wide range of music genres. The Jazz Hall has made thoughtful accommodations for social distancing.



GTR Media Group photo

TCC SYMPHONY: The TCC Signature-Symphony presented an outdoor concert at ONEOK Field on Sept. 19 featuring Beethoven's 5th Symphony.

Enjoy art with music. On Thursdays in the fall, cellist Erica Parker will perform at various locations at Gilcrease Museum, beginning at 6 p.m.

Don't forget Tulsa Symphony's Brahms concert at ONEOK Field, Oct. 18, and a live concert of Bavarian, Polish, German and Austrian music performed by the Signature Symphony's Brass Quintet at Tulsa Botanic Gardens on Oct. 24. A limited number of tickets are available for Signature Symphony and Tulsa Botanic Garden members.

Our fall weather is well-suited for music on the patio, in the garden, park or ballfield. Stay safe and savor every moment.

autumn

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COVID-19 Can't Stop Tulsa's Music Scene

Greetings music lovers, and welcome to another month of navigating live music through a pandemic.

Unfortunately, live, in-person music is still hard to come by, as larger venues like the Tulsa Theater, Cain's Ballroom and the BOK Center still have empty event calendars. Smaller venues like the Colony, Mercury Lounge and others are offering limited-capacity shows which I highly encourage you to support, but there's no denying that our vibrant music scene is a far cry from what we've come to expect on a nightly basis.

That's the bad news. The good news is what I'm going to focus on for the rest of this column.

Arts in the Air

Normally, I leave all things related to the Tulsa Performing Arts Center to my colleague Nancy Hermann, but the Arts in the Air series has a few must-see local musicians on the lineup that I feel compelled to mention.

Every Friday and Saturday evening until Nov. 14, the PAC Trust and Williams Companies are presenting local and regional entertainers at the Williams Green, located just west of the PAC.

October in Oklahoma is as good as it gets for outdoor entertainment, so I recommend attending as many Arts in the Air installations as possible. But if you can't make them all, the Oct. 16 show featuring Casii Stephan and the Oct. 23 show with Branjae are the two nights I'm most excited about.

Casii Stephan is a soulful singer/songwriter who has been compared to Florence Welch, Fiona Apple and Carole King. Her newly released single, "Trapeze Artist," is described on her website as "Brandi Carlile meets Adele." Stephan is the recipient of numerous awards and songwriting contests and her music has drawn rave reviews from national publications like *At Large Magazine* and *American Songwriter*.

Branjae is an R&B, Funk, Soul goddess. *Oklahoma Magazine* named her "Oklahoma Best of 2018" along with Hanson and The Flaming Lips. Her energy and stage presence are reminiscent of Tina Turner or Freddie Mercury, while her voice has a fullness and strength that has inspired comparisons to the great Nina Simone.

There will be limited seating provided at Williams Green for the Arts in the Air series, but bringing your own chair is also encouraged. Social distancing will be required.

Jamie Oldaker Roots Music Series

In the three plus years that I've been writing *Searching for the Sound*, no column has gotten more reader responses than the August 2020 column eulogizing Tulsa Sound founding father Jamie Oldaker. I received numerous emails following that August issue, and they all said basically the same thing: I've been a Jamie Oldaker fan for x

years and I just want to say thank you for expressing what a tremendous loss we suffered with his passing.

Clearly, readers felt compelled to email me not because they were inspired by my unique voice or naturally flowing prose, but because of their love for Oldaker.

One reason for Oldaker's popularity is that he never lost his curiosity or his eagerness to tackle new musical genres, reinventing himself again and again like a musical chameleon.

That curiosity is the inspiration for OKPOP Museum's Jamie Oldaker Roots Music Series, a program which will explore how various genres came to be.

Oldaker's wife Mary conceived the program, which will feature artists from different genres performing music and speaking about the development and history of their genre and how it evolved over time.

According to Mary, understanding where music comes from and how it evolves was of paramount importance to Jamie, who once said, "If you want to really hear or play the music, you need to know the music."

The Jamie Oldaker Roots Music Series will take place at the OKPOP Museum, which is under construction and scheduled to open in 2022, as well as in academic settings. Check out jamorootsmusic.com to learn more about the program.

Red Dirt Book

Red Dirt: Roots Music Born in Oklahoma, Raised in Texas, At Home Anywhere by Josh Crutchmer was released worldwide on Sept. 19. The book, written by New York Times Editor Josh Crutchmer, explores the history of Red Dirt music from campfire pickin' at a farm in Stillwater, Oklahoma to its current place as a formidable part of the American musical landscape.

Crutchmer, an Oklahoma native and graduate of Oklahoma State University, conducted extensive interviews for the book, including an exclusive with Garth Brooks, who was part of Stillwater's early Red Dirt scene before relocating to Nashville.

The book is available in paperback, which you can purchase by itself, or as part of numerous packages that include interview audio, artists' quotes that didn't make the book, photos, stickers and more. Go to reddirtbook.com to order your copy.

Best Local Band

I'd like to give a shout out to the legendary Randy Crouch and his Flying Horse band for winning Best Local Band in GTR's Best of Greater Tulsa.

The recognition is nothing new to Crouch, who was presented with the Restless Spirit Award for songwriting in 2019 in honor of his nearly half century of songwriting and performing.

Although he's considered one of the founding fathers of Red Dirt music, Crouch's music, like Crouch himself, is difficult to label; too unique to fit inside any one box. His songs range from the light hearted "12-ounce Curls," in which he sings about "retox and rehabilitation," to profoundly deep songs like "They Took it Away," which explores the plight of native communities.

Crouch is widely considered the world's best rock & roll fiddle player, and his ability to switch from fiddle to guitar to pedal steel, or to somehow play all three together has elevated him to legend status. Today, the 68-year-old Crouch is content to take more of a back seat to the talented band he fronts, often deferring to musicians like Scott Evans and Mark Lyon.

Joining Evans and tLyon in the Flying Horse Band are Annie Payne on bass and David Teegarden on drums, rounding out one of the most talented ensembles in the region.

Crouch has several albums available for purchase on Amazon, which I highly recommend.

Skyline Festival

One of the disadvantages of writing for a monthly newspaper is timing. Last month, I missed the opportunity to get the word out on Tom Skinner's Skyline Festival (A.K.A. Skinnerfest), an annual fundraiser for Red Dirt Relief Fund. The festival is happening on Oct. 2, the day this paper comes out, so chances are, you won't be reading this until after the fourth annual Skinnerfest is in the books.

Normally held across three venues at 18th Street and Boston Avenue, this year's Skinnerfest went virtual due to concerns over COVID-19.

While it's probably too late to attend the streaming festival, it's not too late to make a contribution to Red Dirt Relief Fund, which offers financial assistance to people in the music industry. Obviously, musicians have been among the hardest hit by the pandemic, making Red Dirt Relief Fund more valuable than ever. And the organization is stepping up, providing a total of \$145,000 to out-of-work musicians since March.



Photo by BETH TURNER

TULSA'S BEST: Congratulations to Randy Crouch and Flying Horse for being voted Greater Tulsa's Best Local Band.

Mike Hosty, one of the 420 musicians to receive a grant from Red Dirt Relief Fund, said, "What they did for me, I will give back to them over and over and over. It meant so much to me ... and I love being a part of it. It's just such a great thing to come together and help your fellow musicians. When you know what it's like, it makes it all the more important."

Visit reddirtrelieffund.org to learn more about the organization, and make a donation while you're there if you can.

Despite some empty venues and sparse event calendars, the Tulsa music scene is finding a way to survive this pandemic. Please do whatever you can to support local music and help the industry stay afloat in these lean times. Buy an album, stream a concert, donate to Red Dirt Relief Fund; anything you can afford to keep the music playing so we can keep searching, keep listening.

Searching for The Sound



By BRYAN CANTRELL

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HEALTH & WELLNESS

Food On The Move and Ascension St. John Partner to Provide Fresh Produce, Flu Shots

Since the COVID crisis began to impact Tulsa, Food On The Move, Inc., along with its many partners, have joined together to provide those living in food-insecure areas with fresh produce, family meals and other various needs.

On Sept. 29, Food on the Move partnered with Ascension St. John to provide free flu shots for adults on the OSU-Tulsa campus in the Greenwood area, while Food On The Move volunteers distributed meals and groceries.

"The heart of Food On The Move is to bring community partners together to make a direct impact. We are thrilled to have Ascension St. John partner with us this week to serve Greenwood!" said Kevin Harper, executive director of Food On The Move, Inc.

Beginning on March 16, Food On The Move, Inc. has responded to the COVID-19 crisis's impact in the Tulsa metro area by providing fresh produce to people in need. Harper said, By Sept. 25, we served more than 4,000 people



OFFERING FREE FLU SHOTS

with groceries, purchased and distributed \$130,000 in local restaurant meals (helping serve our local economy while serving those in need), and distributed more than two million pounds of produce to those living in Tulsa County. We currently host two weekly food drive-through events in Tulsa. It

serves families with meals, groceries, health services information, COVID-19 relief funding, Census 2020 information, voter registration, and other vital information to help individuals overcome this difficult time."

Food On The Move, Inc. is an innovative mobile food initiative



PROVIDING FRESH PRODUCE

that has been working to end food deserts since 2014, through mobile food events and a long-term strategy to foster the return of permanent grocery stores and healthy food systems.

Key Sponsors of the event were Bama Companies, Cherokee Nation District 13 Joe Deere, Go

Fresh, OSU Tulsa, OSU Extension Office, Community Food Bank of Eastern Oklahoma, Langston Tulsa, Hardesty Foundation, Tulsa Community Foundation, Tulsa Area United Way, Will Smith Charitable Trust, George Kaiser Family Foundation, Coretz Family Foundation and USDA.

American Heart Association Donates Infant CPR Kits To Local Tulsa Hospitals for World Heart Day

Currently 6.3 million children under the age of five die each year from a cardiac event. The American Heart Association's Heart Ball chair members Kevin and Hayley Vann are tackling this statistic head on. 150 infant CPR training kits were donated to Ascension St. John Medical Center and Hillcrest Medical Center recently in Tulsa. During the COVID-19 pandemic, local hospitals have had to pause or cutback on CPR training for new mothers.

Dr. Jabraan Pasha, MD with the


University of Oklahoma School of Community Medicine commented, "The current pandemic has impacted all our lives in many ways. While many things have changed, some have not. The need for effective CPR education persists in all our communities. Current barriers to in-person trainings for new parents only highlight the need for creative ways to deliver this truly life-saving information. I am proud of the American Heart Association's efforts which have led to us providing 150 infant CPR train-

ing kits to local hospitals that will go home with the families of new babies. As we know, timely and effective CPR saves lives. Knowing that new mothers and fathers will still be able to receive this important training is a huge win during these difficult times."

Dr. Parker Simon, Neonatologists at Ascension St. John, reiterates just how frequent infant CPR related cases are being seen in local hospitals. Dr. Parker shared, "Cardiorespiratory events are fairly common, especially in former preterm in-

fants. Typically, these infants show up at the ER after a critical event has occurred at home. Anecdotally, we see a few of these infants showing up every month at the hospital. Some infants with undiagnosed congenital heart disease can present with critical illness to the ER after being discharged home with a seemingly normal hospital stay. Fortunately, we are diagnosing more of these infants with the institution of the CCHD pulse oximetry screening on all Oklahoma babies at 24 hours of life."

Dr. Parker also went on to explain why knowing CPR is critical as a new parent. "Early recognition is key with most conditions or illnesses. Early recognition and treatment can result in improved outcomes for all patients. For infants, the etiology of cardiorespiratory events many times is respiratory, but we should not ignore cardiac etiologies. Teaching parents about CPR and teaching parents how to recognize signs and symptoms of illness is very helpful to improve the outcomes for these kids."



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Tulsa City Council Votes to Approve Mask Ordinance For 10 Years Old and Older

Tulsa City Councilors have voted and approved a citywide addendum to the City's existing mask ordinance, which lowers the age requirement for those who are required to wear a mask from ages 18 and over to ages 10 and over.

Additionally, the ordinance will now expire the earlier of Jan. 31, 2021, or when the expiration of all Civil Emergency Orders related to COVID-19 issued by the Mayor; or by repeal, modification or extension by the City Council through a subsequent ordinance.

The ordinance amendment requires Mayor Bynum's signature before it will go into effect. Mayor Bynum plans to sign the ordinance by 9:30 a.m. on Thurs., Oct. 1.

"I am thankful for the City Council's broad support in approving this important amendment to our mask ordinance," Mayor G.T. Bynum said. "Our local health care leaders made clear how important it was for more children to be wearing masks, especially as they return to classrooms. This amendment is critical in a time when we need to continue to ensure the integrity of our local health care system."

Based on the amended ordinance, masks are required for all individuals 10 years old and older in the city limits of Tulsa who will be in public places where social distancing is challenging. These include, but are not limited

to, places like grocery stores, retail stores and public areas where social distancing cannot be followed.

Additionally, the approved ordinance addendum includes updated language as it relates to exceptions to the ordinance, specifically on athletic team activities where wearing a face mask becomes impractical. All other elements of the existing mask ordinance, which the City Council passed with a 7-2 vote in July, remain the same.

"I am grateful for the City Council's decision today to lower the age on the City of Tulsa mask mandate," Tulsa Health Department Executive Director Dr. Bruce Dart said. "Our local health data indicate that the fastest rate of growth for COVID-19 cases is currently occurring among children in the 5-17 age group. Masks are a proven step to help slow the spread of COVID-19 when combined with everyday preventative actions and social distancing in public settings."

For more information about masks in Tulsa, including a detailed list of FAQs, exceptions to the ordinance and ordinance-specific guidance, visit www.cityoftulsa.org/masks.



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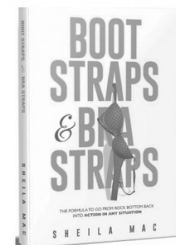
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Tulsa Health Department Offers Flu Vaccines Beginning October 1 by Appointment Only

The Tulsa Health Department began offering seasonal flu vaccinations on October 1 by appointment only. Health officials remind residents that getting vaccinated against the flu every year is the single best way to prevent the flu. The flu vaccine can keep individuals from getting the flu, making the illness less severe if one does get it, and keep individuals from spreading the virus to family and other people.

It is recommended that all individuals over the age of six months be vaccinated against the flu this year. The more people who get vaccinated, the more people will be protected from flu – including older people, very young children, pregnant women, and people with certain long-term health conditions who are more vulnerable to serious flu complications.

“We want everyone to do as much as they can to prevent flu-associated hospitalizations and deaths in Tulsa County,” said Priscilla Haynes, Tulsa Health Department Division Chief of Preventive Health. “During the last flu season, Tulsa County residents experienced 866 flu-related hospitalizations and 16 flu-related deaths. Taking steps to prevent the flu will allow our health care systems to concentrate its efforts and have room to treat all illnesses including COVID-19.”

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. Flu is caused by infection with influenza viruses and COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2). Because some of the symptoms of flu and COVID-19 are similar, it may

be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two. While more is learned every day, there is still a lot that is unknown about COVID-19 and the virus that causes it.

The quadrivalent flu vaccine will be available beginning Oct. 1 on an appointment basis at the following Tulsa Health Department locations. Call 918-582-9355 to make an appointment or request an appointment online. Masks are required to be worn and clients will be screened for COVID-19 symptoms upon arrival.

- James O. Goodwin Health Center | 5051 S. 129 E. Ave., Tulsa, OK
- Central Regional Health Center | 315 S. Utica, Tulsa, OK
- North Regional Health and Wellness Center | 5635 N. Martin Luther King Jr. Blvd., Tulsa OK
- Collinsville Community Health Center | 1201 W. Center, Collinsville, OK
- Sand Springs Health Center | 306 E. Broadway, Sand Springs, OK

Most individuals will not incur an out-of-pocket cost for the vaccine. The following payment options are available:

Children through age 18 years are eligible to receive vaccines at no charge through the Vaccines for Children (VFC) program if any of the following apply: they are Medicaid eligible, uninsured, Native American Indian, Native

Alaskan, or their insurance policy does not cover vaccines.

THD currently accepts Cigna, Community Care, Blue Cross Blue Shield, Health Choice, Medicare and SoonerCare Medicaid for immunizations. Coverage can vary among different insurance plans. Take your insurance card and photo ID with you. It is always advisable to check with your insurance provider for coverage specifics before receiving immunizations, as you may be responsible for charges that are not covered by your insurance policy.

Regular injectable flu vaccine and flu mist cost \$25. High dose flu vaccine cost \$63. The cost for regular flu vaccine may be waived for uninsured adults who qualify.

“It is possible have flu, as well as other respiratory illnesses, and COVID-19 at the same time,” added Haynes. “Flu and COVID-19 can both result in serious illness, including illness resulting in hospitalization or death. The flu vaccine can keep you from getting the flu, make the illness less severe if you do get it and keep you from spreading the virus to family and other people. That’s one important step toward protecting you and your family.”

In addition to getting your flu shot, the Tulsa Health Department reminds you to follow these prevention tips:

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60 percent alcohol.

Outside your home, put 6 feet



Courtesy photo

PREVENTION SPECIALISTS: Tulsa Health Department personnel are at the ready to provide flu vaccine to Tulsa County residents.

of distance between yourself and people who don’t live in your household.

Everyone should wear a mask in public settings and when around people who don’t live in your household, especially when other social distancing measures are difficult to maintain.

Stay home from work, school, and other public places if you are ill. Avoid close contact with people who are sick.

Make “respiratory hygiene” a habit, including use of tissues to cover coughs and sneezes, then disposing of them and washing hands at once. When tissues are not readily available, use your sleeve, never your hands.

Clean and disinfect frequently touched surfaces daily.

Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of respiratory illness and take your temperature if symptoms develop. Call your health care provider for advice if you are experiencing symptoms.

For more information, call 918-582-9355 or visit www.tulsa-health.org/flu.

For information about all other Oklahoma counties’ flu programs, visit Oklahoma State Department of Health’s website at <https://www.ok.gov/health/>.

Tulsa Health Department

Since its establishment in 1950, the Tulsa Health Department serves as the primary public health agency to more than 600,000 Tulsa County residents, including 13 municipalities and four unincorporated areas.

The agency is one of two autonomous local health departments in Oklahoma, with statutory public health jurisdiction throughout Tulsa County and the City of Tulsa. THD’s mission is to improve the health and well-being of all Tulsa County residents, in order to make Tulsa County the healthiest county in the country. THD was among the first health departments in the U.S. to receive national accreditation through the Public Health Accreditation Board.

For more information, visit www.tulsa-health.org.

CareATC and CTCA Partner to Offer Cancer Care for Employers

CareATC, a leader in workforce population health management, has signed an agreement with Cancer Treatment Centers of America (CTCA), making CTCA® its preferred oncology care provider. Effective in September, many CareATC clients can add this service to provide employees access to better cancer care.

“Employers want to provide employees with better options for care. Including cancer care,” said Greg Bellomy, CareATC CEO. “The addition of CTCA

as a preferred oncology provider will allow our clients to offer their employees access to unparalleled cancer care at a significantly reduced price. Both organizations share the passion and value of offering exceptional care that is effective and affordable.”

“Our new agreement with CareATC reflects CTCA’s dedication to provide forward-thinking employers and their employees greater access to our patient-centered cancer care,” said CTCA President and CEO,

Pat A. Basu, MD, MBA. “CTCA understands the increasing challenge cancer diagnoses pose to employers. Our interest is to provide the highest quality care in a cost effective manner with the empowered patient at the center. A solution that will help them to return to work and support them in the process. We thank CareATC for this partnership, and we look forward to providing CareATC clients access to our exceptional physicians and value-based services nationwide.”

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EDUCATION

Tulsa Community College Names Two Key Executives

Tulsa Community College has named two key executive positions from within the organization and will leave four other key positions vacant, for the immediate future, as a cost savings measure.

Dr. Angela Sivadon is the new Senior Vice President & Chief Academic Officer and Kari Shults, A.P.R. is the new Vice President for Advancement and President of the TCC Foundation. At the same time, the College is not filling the positions of Vice President of Student Affairs, Director of Marketing, Director of Institutional Research and a Provost position.

“Despite the pandemic and result-

ing uncertainty, we were committed to keeping tuition flat for the current academic year beginning July 1, 2020. The hiring freeze at all levels of the college is one of the cost savings measure we implemented in the spring just as we were beginning to see the impact from COVID-19,” said TCC President and CEO Dr. Leigh B. Goodson.

As Senior VP and CAO, Sivadon leads all aspects of academic affairs and oversees a vision for the college’s future that ensures and fosters student success. She started her career at TCC as an adjunct faculty member and became Metro Campus Provost in Feb. 2019. Along the way, she developed and launched TCC’s Cardiovascular Technology program and served as Faculty Association President, gaining substantial experience with Guided Pathways. This work has helped her be a strong advocate for minoritized and marginalized students in obtaining their degrees and goals at TCC.

Prior to joining TCC, Siv-

adon worked as a cardiac nurse in the Tulsa community for 14 years before discovering her passion for education. She earned her first nursing degree at Tulsa Junior College, now TCC, and holds a doctorate in Nursing Research from the University of Missouri-Kansas City.

Shults was named Vice President for Advancement and President of the TCC Foundation after serving as interim Vice President of Advancement and President of the TCC Foundation and Senior Director of Marketing and Communications for 12 months. She oversees the TCC Foundation, TCC grants department and will continue her role as Senior Director of Marketing & Communications.

Prior to joining TCC, Shults was a senior account executive with Schnake Turnbo Frank. She earned her Accreditation in Public Relations credential from the Public Relations Society of America and was named Professional of the Year by Tulsa’s Public Relations Society of America chapter in 2019. She



DR. ANGELA SIVADON



KARI SHULTS

earned a bachelor’s degree in public relations from the University of Oklahoma.

Tulsa Community College, founded in 1970, celebrates five decades as a critical link to providing access to higher education and preparing northeast Oklahoma’s workforce. Serving more Oklahomans than any other higher education institution in the state, TCC has four

main campuses and serves roughly 24,000 students in credit courses each year. As one of 30 community colleges selected for the inaugural Pathways Project, a national initiative funded by the Bill and Melinda Gates Foundation, TCC is one of the most comprehensive community colleges in the United States. For more information on TCC, visit www.tulsacc.edu.

PSO and AEP Donate for Innovative Education

Education Teacher Vision Grants from Public Service Company of Oklahoma (PSO) support local educators with innovative approaches to teaching their students.

Individual grants up to \$500 have been awarded to teachers in Tulsa and throughout eastern Oklahoma. The amount awarded totals more than \$11,700.

“If adequate funding is all that stands between a teacher and a new classroom adventure, that’s where our Teacher Vision Grants can help,” said Tiffini Jackson, PSO vice president for external affairs.

“We have a deep appreciation for educators who inspire students to think creatively and develop a love of learning to prepare them for the future.”

The AEP Teacher Vision Grant program was launched in 2003 to provide aid ranging from \$100 to \$500 to classroom teachers. As an AEP company, PSO offers educators who live or teach in the company’s service area the opportunity to apply for the mini-grants. Projects with an academic focus and goal of improving student achievement are eligible for consider-

ation. AEP has a special interest in science, technology, engineering and mathematics (STEM), electrical safety, the study of energy and a sustainable environment, and energy efficiency.

For more information on the AEP Teacher Vision Grant program and other AEP education initiatives, see www.aep.com/community/TeachersAndStudents.

About PSO

PSO, a unit of American Electric Power (NYSE: AEP), is an electric utility company serving

more than 557,000 customer accounts in eastern and southwestern Oklahoma. Based in Tulsa, PSO owns approximately 3,800 megawatts of generating capacity fueled primarily by natural gas. It also maintains and operates 22,000 miles of distribution lines and 3,700 miles of transmission lines. PSO is one of the largest distributors of wind energy in the state. News releases and other information is at www.PSOoklahoma.com. Connect with PSO on Facebook, Twitter and Instagram @PSOoklahoma.

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Building a Foundation, Honoring History at Tulsa Tech

Our history is a part of our lives. Certain events have a big impact and you will always remember where you were on those days. Events like the Sept. 11 terror attacks, Pearl Harbor and the assassination of JFK. Like all of those events, the COVID-19 pandemic will be one for the history books.

However, even during the most trying times, some things do not change such as our mission of Educating People for Success in the Workplace, or the traditions that take place on our campuses and in our lab space. One program tradition is the 9/11 Memorial wall. Students in the Masonry program make this the very first project of every year.

"I started the project in 2003," Chauncey Kila, Masonry Instructor, said. "Now it has changed into a project and a history lesson since many of my students were not born yet when the attacks happened."

As each year passes, fewer students were alive to know how the attack changed America. Kila uses that as a chance to share the history with students, sharing the events of September 11, 2001. Students then use that knowledge to design and build a tribute wall to honor the victims in New York, Washington, DC and Pennsylvania.

"I learned a lot about the attacks," Joe Fitch, an adult Masonry student, said. "I was really young when it happened, so it was interesting to hear the impact the wall has on people."

This year's wall features two plexiglass towers, pentagon shapes on the base, the number "93" and nearly 3,000 blue squares to signify the lives lost in the attacks. It also features the same quote found on the 9/11 Memorial in New York City, "No day shall erase you from the memory of time."

Kila says beyond learning how to build with bricks, the project teaches the professional skills students need. Skills like communication, problem solving and working as a team. It took a little over three weeks for students to complete the project from design to completion, and each person has a different favorite part.

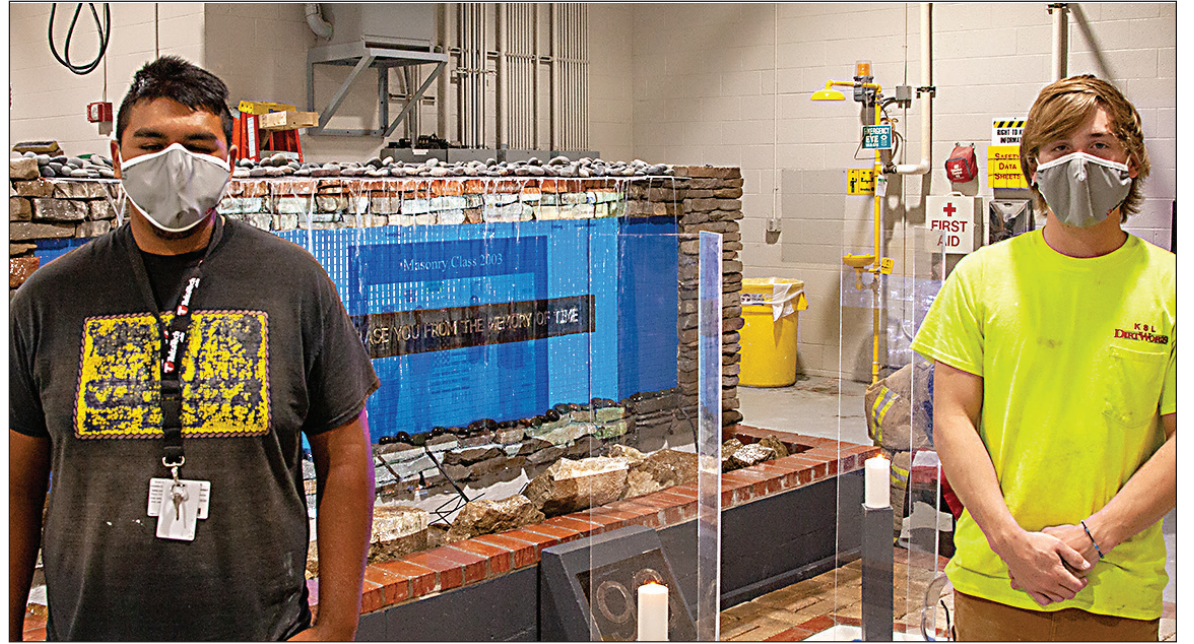
"I think the steel lettering with the quote from the Roman poet Virgil is awesome," Kila said with a grin. "I like the blue tile representing all of the lives lost that day," Fitch said. "I think it is a touching tribute."

The project is always a challenge for Kila's class, not just because of the timeline, but because of the new students. The Masonry

News From Tulsa Tech



By DR. STEVE TIGER
Superintendent



PRIDE IN CONSTRUCTION: Tulsa Tech students of Masonry Instructor Chauncey Kila stand proudly at this year's remembrance of the victims of Sept. 11, 2001.

program is a one-year high school or nine-month adult course, and students start with safety.

"I question doing the wall every year, and especially this year with the pandemic," Kila said. "And every year it is the feedback we get that keeps it on the calendar."

The meaning of the wall is not lost on the students; "It is a great way to start the year, and has so much meaning to so many people," Jose Contreras, a high school Masonry student, said. "This shows us how all the skills we will learn come together."

The intricate design and building took students just more than two weeks to complete, a tight timeline but something Fitch says was not a concern. "This teaches us about time management and getting projects done on time," Fitch said with a smile.



REMEMBERING 9/11: A tradition at Tulsa Tech is remembering the 9/11 tragedy. Students in the Masonry program make this the very first project of every year.

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Coffee Bunker Founder Receives Military Honor

(Continued from page 1)
The majority of veteran suicides occur among those who have not recently received VHA services.

Enter the Coffee Bunker in Tulsa. After Daniel Ligon's death, his mother, Mary Ligon, was understandably emotionally devastated.

According to Mary, "about a year and a half after Daniel's death, I had been continuously reciting a little prayer. 'Lord, if you don't do something to redeem this, it's a waste - just the biggest waste that could ever be... just a tragic waste.' Then one day in the middle of doing housework, an idea came to mind; an informal, relaxed place where vets can come together, talk, and without an agenda, open

up and let it flow. They would, in fact, support each other because they share many of the same experiences and have dealt with the same emotions. A therapeutic and reinforcing bond of trust would be established."

Once the concept presented itself, Mary's energy and focus intensified. "I started writing my thoughts down immediately after the idea came to me while they were still fresh. My pastor suggested that I talk to Mike Brose with the Mental Health Association. I told him about Daniel and my thoughts about creating a special environment for transitioning vets. He was excited. He took me to a Veterans Initiative meeting at the Community Service Council. At the meeting, I immediately started making connections. Once the word was out, people wanted to support the concept on an individual basis and a network of volunteers began to form. Southern Hills Baptist Church let us use their youth

facility and we were able to invite veterans in to see what we were all about. The church provided our first exposure as the Coffee Bunker before we were able to move into our present facility."

When did Mary feel like her vision was going to become a reality? "There was no clear point. I just knew it would be. The question was always **how**. I also knew, in order to have a place for Veterans, there would be a need for the right training. I knew training would be a necessity. I also know that God takes problems and turns them into successes.

When we opened on 41st Street at Sheridan, attendance exploded." Veteran participation became strong. When the Coffee Bunker started assisting increasing numbers of veterans, Mary said, "I felt grateful, privileged, honored and more motivated. It felt like a new level of momentum launching us on to the next stage. Having our own place was a key."

When veterans learned about Daniel's story, they saw what Coffee Bunker was and what it offered. It became proof that something good can come out of something bad and veterans realized they could do the same with their lives. What kind of feedback does the Coffee Bunker receive from Veterans? "So nice to go to a place where I know I'm understood." "A place that helps me break my isolation." Many have said, "This place saved my life. I was on my last night." "I came to the Coffee Bunker and got food and then a job." "Being at the Coffee Bunker is like walking out of the dark into the light." "At the Coffee Bunker, you can make friends, plug into jobs and education."

Many describe being "renewed" at Coffee Bunker. Non-vets have built bridges with vets who are in the process of transitioning which often leads to employment opportunities.

Interestingly, volunteers at Coffee Bunker say they have learned from vets, taking inspiration from brave men and women who have faced so many obstacles."

People who learn about the Coffee Bunker and express interest simply say, "What can I do to help." Various groups who want to support the effort create fund raisers. Even the Boy Scouts and Girl Scouts have conducted fund raisers and have performed volunteer work."

When asked what Mary ultimately hopes to see for Coffee Bunker in the future, she says, "Expansion. As long as I hear about veteran suicide, my work is not done. I just want places where veterans can always go for assistance. We have a good network with other aid agencies, and we all help each other. I want to see the vision mature. I would like to see more volunteers. I want to expand within the state. Lastly, we could use a bigger building."



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9 TULSA AREA LOCATIONS



OWASSO SOUNDS: The Hollyrockets entertained onlookers at the Redbud Festival Park's First Bank Main Stage in Owasso Sept. 18.



GRAND OPENING: Pet Supplies Plus opened its Owasso location with ceremonies Sept. 12 and 13. The ribbon cutting was hosted by Gary Akin and the Owasso Chamber of Commerce. The two-day celebration included free furry friend nail trims, dog washes, raffles, free treats and PSP scratcher tickets. The first 100 neighbors who attended received a free small bag of any dog or cat food up to 6 pounds.

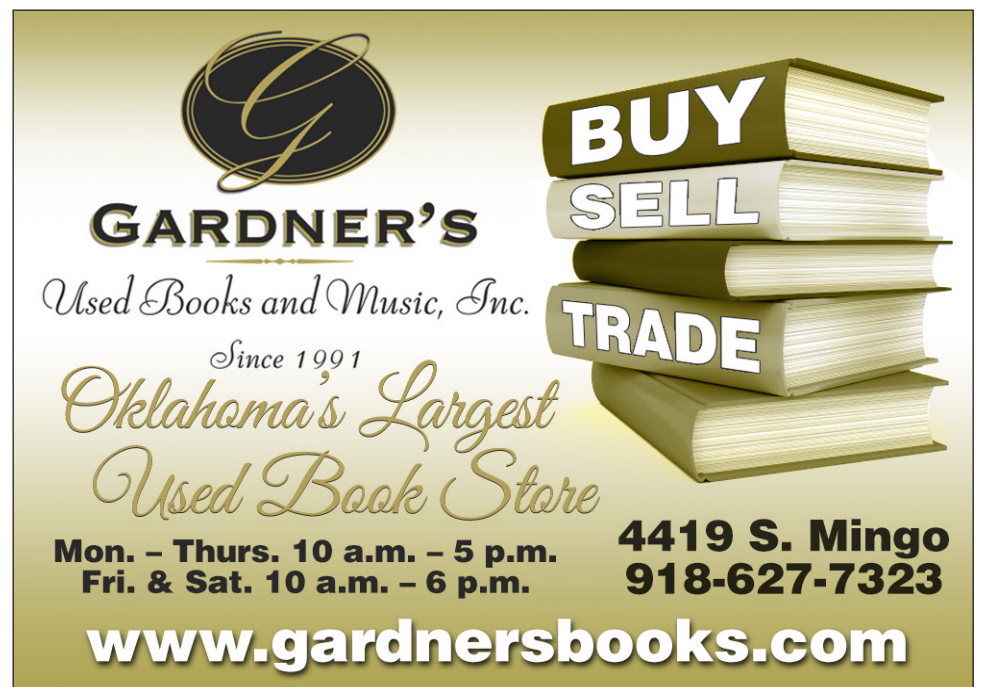


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OWASSO SPORTS

Dillon Gilbert Opens Lanes for Owasso Rushers

Rams Tackle Headed To Air Force Academy

By **MIKE MOGUIN**
GTR Sports Writer

Dillon Gilbert is one of many reasons why the Owasso Rams are unbeaten and ranked No. 1 in Class 6A.

Gilbert, a 6'4" 285-pound senior, plays right tackle for the Rams, often opening lanes for the likes of quarterback Austin Havens, wide receivers Jaray Austin, Kellan Carney, Trey Goins, Ronnie Thomas and Cole Adams.

Owasso was 3-0 at mid-September after wins against Edmond Santa Fe, Fayetteville (Ark.) and Broken Arrow, which the Rams beat 32-6 on Sept. 11.

"I feel really good. I don't think we can do any better," Gilbert said. "A win is a win in my book. I don't care what the score is."

Gilbert made some key blocks for Owasso, helping his team to

426 yards against the Tigers, who were ranked second heading into the game. He was pleased with his performance.

"I feel like I did pretty well," Gilbert said. "Even if I do good and somebody else doesn't, or if I don't do good and somebody else does, it's a team effort. It doesn't matter just how I do."

In order to keep the momentum going and to keep the wins coming, Gilbert says, "We're just going to keep going strong. We don't care where we're ranked."

Gilbert, who has been in Owasso all his life, has played football since third grade. He alternated between offensive line and defensive line in little leagues, but has been solely on offense in high school.

Gilbert says that what he likes about playing o-line is "just being able to dominate people against

their will without them being able to do anything about it." When asked if dominating makes it all better, he cheerfully said, "oh yeah."

In the 2020 VYPE Pigskin Preview, Gilbert is listed as among the top 100 players in the state. The publication states, "with strength and reach, the Owasso senior keeps running lanes open while protecting the quarterback in the passing game."

But he begs to offer. "I feel like it's what all of our o-line does. It's not just me. I don't think I should take all the recognition for it," he said.

The other offensive linemen are Hudson Moseby, a 6'2", 275-pound senior at left tackle; Logan Ledbetter, a 5'11", 290-pound senior at left guard; Carter Davis, a 6'0", 265-pound senior at center; and Grayson Isaac, a 6'2", 290-pound senior at left guard.

Most football players have role models in the NFL and NCAA Division-I to look up to and emulate. That's not the case with Gilbert.

"To be honest, I don't watch much football. I just play it," he said.

Gilbert made an announcement on Twitter back on July 7 that he'll be playing college football at the Air Force Academy in Colorado Springs, Colo.

"I just like the coaches. It's a



MIKE MOGUIN for Owasso Rambler

TOP LINEMAN: Dillon Gilbert is a key part of Owasso's offensive line.

great life plan. It sets you up for life," Gilbert said.

He chose Air Force over offers from New Mexico, University of Central Oklahoma and some D-II schools.

After an off week, he finished September playing Union in its District 6A1-2 opener.

In October, the Rams play at Norman North (Oct. 2), host Edmond North (Oct. 9), followed by road games at Southmoore (Oct. 15) and Mustang (Oct. 23) and another home game against Moore (Oct. 30). The Rams will wrap their regular season hosting Putnam City (Nov. 6).

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SPORTS

Former AD Rick Dickson Returns to TU as Interim Director of Athletics Replacing Derrick Gragg

Rick Dickson, a Tulsa native who led The University of Tulsa's athletics program in the early 1990s, was named Interim Director of Athletics recently by TU Interim President Janet K. Levit. Dickson relaces Derrick Gragg, who led Tulsa athletics since 2013 and announced in August he was leaving TU for a position at the NCAA as senior vice president for inclusion, education and community engagement.

Dickson's prolific career includes five years as Athletic Director at The University of Tulsa from 1990 to 1994 before leading athletic programs at Washington State University (1994-2000) and Tulane University (2000-2015). Programs under Dickson's leadership saw dozens of conference championships and scores well above the national average in the NCAA's Academic Performance Rates.



COMING HOME: Rick Dickson returns to Tulsa to help TU athletics move forward in this transitional period. The photo was taken while he was athletic director at Tulane.

"We are thrilled to have someone of Rick's caliber during this transition to lead our student-athletes and Athletics Department,"

Levit said. "His rich history with our university and community gives him the tools to hit the ground running in support of our student-athletes, coaches, trainers and staff."

Dickson, who attended Tulsa's Bishop Kelley High School and played football for the Golden Hurricane before graduating from TU in 1977, said he is excited to re-engage with the community and work with TU's coaches, staff and student-athletes. His wife, Brenda, graduated from TU in 1979.

"Our love for this university and the City of Tulsa runs deep," he said. "I look forward to working with everyone in the department

re-energizing the commitment to achieve our goals, on the athletic field and in the classroom, and the community."

The University of Tulsa sponsors 17 sports, including 10 women's (basketball, cross country, golf, indoor track and field, outdoor track and field, rowing, soccer, softball, tennis and volleyball) and seven men's (basketball, cross country, football, indoor track and field, outdoor track and field, soccer and tennis). The university has been a member of the American Athletic Conference since July 2014.

Under Dickson's tenure in the early 1990s, Tulsa's football program landed a berth in the Freedom Bowl in 1991 and the men's basketball program saw Sweet 16 success in the NCAA Men's Basketball Tournament under coach Tubby Smith, who Dickson hired. Before leaving Tulsa for Washington State in 1994, Dickson helped the university secure membership in the Western Athletic Conference.

At Washington State, Dickson oversaw an athletics program that was recognized nationally for its success in dealing with gender equity issues. He raised funds for a capital campaign that funded scholarships and endowments, an indoor practice facility, and the renovation of Bohler Gymnasium. Washington State enjoyed its highest ever Sears Cup Ranking during his tenure, highlighted in

1998 by the football team's first Rose Bowl appearance in 67 years.

While at Tulane, Dickson is credited with helping the athletic program and community rebound after the destruction of Hurricane Katrina in 2005. Teams under his tenure won 41 conference titles and advanced to NCAA postseason play 36 times.

Following a 2003 Board Review that resulted in a unanimous resolution reaffirming the institution's Div-1A status, Dickson assumed the task of building a permanent foundation of support for Tulane Athletics through the Perpetual Wave Campaign. During the review, Dickson guided the department through an intense campaign that saw football season ticket sales more than triple, as well as secure funding for the new Greer Baseball Field, Yulman Football Stadium, Devlin Fieldhouse, The Hertz Center and numerous other facilities and program updates.

Following his retirement in 2016, Dickson formed R.P. Dickson Consulting LLC, which has assisted many universities with multiple projects including Title IX reviews, departmental organization, fundraising and marketing campaigns, and facility development.

In 2019, Dickson accepted a year-long role as the CFP New Orleans ambassador, serving the Extra Yards for Teachers Campaign that supports public school teachers of New Orleans.



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Owen Ostroski Continues Family's Football Legacy

Holland Hall Lineman Commits to Army

By **MIKE MOGUIN**
GTR Sports Writer

A key force in Holland Hall's defense is Owen Ostroski.

If the last name sounds familiar, it's because his father Jerry Ostroski was a standout offensive lineman at the University of Tulsa and the NFL's Buffalo Bills in the 1990s and was recently a talk show host on local sports radio before taking a position with his alma mater.

Having his dad play the game of football has been of benefit for the younger Ostroski.

"It's been pretty awesome," said Ostroski, a 6'2", 245-pound senior. "It's great to have someone in my family who knows football better than almost everybody else in the world, basically. He's an expert for sure. He knows everything on and off the field. He's been through the recruiting stuff, along with my older brother (Jackson Ostroski, now at Drake). We'll watch game film together, he'll critique my play and tell me what I need to do better.

"Friday nights after games, when I get home, no matter how late it is, he'll set up the dinner table and talk about the game," Ostroski said. "It's pretty cool because there's not many people who have a resource like him. I'm just pretty fortunate to have him."

Of course, Owen Ostroski plays on the other side of the line from where his father played. Owen had played offensive line in the past like his father did, but now rotates between tight end and fullback for the Dutchmen.

Ostroski committed to Army with an announcement on Twitter back on Sept. 15.

He chose the Black Knights over Navy, Hawaii, New Mexico and several other schools in the northeast. Ostroski also had offers from Drake, where his brother Jackson plays, Central Arkansas, Abilene Christian, Kent State, Washburn, Northeastern State and Central Oklahoma.

Ostroski has played offensive line in the past, but now plays the line primarily on defense while alternating between tight end and fullback on offense. He also throws the shot put in track and field.

"I never really thought of it as a responsibility," he said. "It's just more fun that you get to play football. It's fun to do different stuff and not specializing. Playing a bunch of positions makes it a little more fun, a little more interesting, a little more challenging and everything, too."

In the 2020 VYPE Oklahoma Pigskin Preview, Ostroski is listed as a top 100 player and refers to him as the current day "Big O." His father is known by that name in sports media.

The publication also said that he is "proving he has the skills to be a dominant force on the defensive line, but with the mobility and durability to go both ways for the Dutch."

"I wouldn't say the modern day 'Big O.' My dad is still the 'Big O,'" Ostroski said. "But I don't disagree with any of that. I think it's all true."

Last season, Ostroski led the

team in tackles with 119 stops, 40 for loss and 10 sacks. He also had three blocked punts.

In the season opener at Cascia Hall, he forced nine solo tackles, 6 1/2 for loss, two sacks, two assisted stops, four quarterback hurries and one forced fumble in Holland Hall's 49-0 rout of the Commandos.

What Ostroski likes most about the game of football is "hitting people," he said. "There is nothing more fun than smashing heads with somebody. Throwing the quarterback down is fun."

Tory Carter of LSU is Ostroski's favorite NCAA D-I player, a tight end/fullback for LSU. "I like him as much as I do because of his attitude, how he carries himself. Just watching him on kickoffs, running down the field and murder people off the bat, it's pretty fun. He is awesome to watch. I'd say we're identical with the way we play. He's awesome."

Ostroski believes that this year's version of the Dutchmen is "something special."

"We have an amazing group of guys," Ostroski said. "The coaches are an amazing group of coaches. Everybody needs to buy into what we're doing and everything. When that happens, something amazing will happen."

Holland Hall hosted Metro Christian and Mannford down the latter stretch of last month. Their schedule in October has games at Central (Oct. 2), at home against Vinita (Oct. 9) and Berryhill (Oct. 15), on the road Jay (Oct. 23), at home vs. Verdigris (Oct. 30) and the regular season finale at Inola (Nov. 6).



OWEN OSTROSKI

Courtesy photo



DEFENSIVE PRESSURE: Holland Hall defensive lineman Owen Ostroski goes after a Cascia Hall ball carrier on Sept. 4.

GTR 2020 COMPOSITE FOOTBALL SCHEDULE

DATE	VISITOR	HOME
Aug. 28	Southmore 10	BTW 28
	Har-Ber 15	Jenks 31
	Union 0	Bixby 34
	Sante Fe 21	Owasso 48
	Bishop Kelley 28	Poteau 7
	Cascia Hall 42	Victory Christian 20
	Okmulgee 43	Rogers 28
	Lincoln Christian 36	Beggs 8
	Metro Christian 14	Paris 34
Aug. 29	Bentonville West 23	Broken Arrow 50
	Central	McLain
Sept. 4	Owasso 31	Fayetteville 17
	Jenks 35	Bixby 42
	Union 7	Broken Arrow 14
	Sapulpa 61	Edison 14
	Dell City 13	BTW 15
	Holland Hall 49	Cascia Hall 0
Sept. 11	Union 0	Jenks 28
	Owasso 32	Broken Arrow 6
	Ponca City 23	McLain 22
	Edison 53	Memorial 8
	Bishop McGuiness 21	Bishop Kelley 35
	Cascia Hall 28	Rejoice 26
	Holland Hall 48	Cassady 6
	Summit Christian 53	Foyil 8
Sept. 12	Missouri State 0	OU 48
Sept. 17	East Central 36	Memorial 14
Sept. 18	BTW 17	Bishop McGuiness 28
	Blanchard 13	Bixby 29
	Lincoln Christian 35	Jones 21
	Victory Christian 14	Vertigris 55
	Metro Christian 7	Holland Hall 42
	Skiatook 60	Hale 7
	Morris 59	Webster 19
	Tulsa NOAH 53	Okmulgee 14
	Barnsdall 30	Summit Christian 34
Sept. 19	Tulsa 7	OSU 16
Sept. 24	East Central	Rogers
Sept. 25	Westmoore	B.A. (Canceled)
	Jenks	Enid (Canceled)
	Union 14	Owasso 34
	Bartlesville 7	Bixby 74
	Choctaw 26	BTW 22
	Sapulpa 61	Memorial 14
	Bishop Kelley 17	McAlester 10
	Collinsville 77	Hale 7
	Edison 7	Coweta 56
	Salisaw 18	McLain 12
	Central 8	Vinita 41
	Webster 0	Checotah 53
	Pryor 22	Lincoln Christian 61
	Metro Christian 42	Okmulgee 0

DATE	VISITOR	HOME
Sept. 25	Victory Christian 55	Morris 6
	Rejoice Christian 34	Salina 24
	North Rock Creek 0	Tulsa NOAH 68
	Holland Hall 52	Mannford 0
	Cascia Hall 55	Heavener 0
Sept. 26	Kansas State 38	OU 35
	West Virginia 13	OSU 27
	TU	Ark. State (Postponed)
	Georgia 37	Arkansas 10
Oct. 2	Owasso	Norman North
	Putnam City	Union
	Bixby	Putnam City West
	Broken Arrow	Jenks
	Coweta	East Central
	BTW	Bartlesville
	Durant	Bishop Kelley
	Victory Christian	Kiefer
	Lincoln Christian	Locust Grove
	Claremore	Memorial
	Hale	Tahlequah
	Tulsa NOAH	DasCHE
	Poteau	McLain
	Spiro	Cascia Hall
	Seminole	Webster
	Webbers Falls	Summit Christian
	Holland Hall	Central
	Henryetta	Metro Christian
Oct. 3	OU	Iowa State
	TU	Central Florida
	OSU	Kansas
	Arkansas	Mississippi State
Oct. 8	Jenks	Norman
	Pryor	Hale
	Union	Mustang
	Edmond Memorial	Broken Arrow
	Edmond North	Owasso
	Choctaw	Bixby
	Bishop Kelley	Edison
	Central	Snyder
	Westville	Lincoln Christian
	Haskell	Victory Christian
	Metro Christian	Beggs
	Webster	Stigler
	McLain	Fort Gibson
	Rejoice Christian	Sequoia
	Vian	Cascia Hall
	Tulsa NOAH	Pawnee
	Memorial	Glenpool
	Page	BTW
	Rogers	Coweta
	Vinita	Holland Hall
Oct. 10	Arkansas	Auburn

DATE	VISITOR	HOME
Oct. 15	Texas	OU
	Edmond Santa Fe	Jenks
	Moore	Union
	Owasso	Southmoore
	Broken Arrow	Yukon
	Bixby	Page
	Vertigris	Central
	Sapulpa	Hale
	Memorial	Pryor
	Seminole	Lincoln Christian
	Victory Christian	Metro Christian
	Keota	Summit Christian
	Berryhill	Holland Hall
	BTW	Putnam City West
	Shawnee	East Central
	Cascia Hall	Panama
	Rogers	Bishop Kelley
	Canadian	Central
	McLain	Broken Bow
	Webster	Locust Grove
Oct. 16	Rejoice Christian	Nowata
Oct. 17	Cincinnati	TU
	OSU	Baylor
	Ole Miss	Arkansas
Oct. 22	Collinsville	Memorial
Oct. 23	TU	South Florida
	Bixby	Muskogee
	Yukon	Jenks
	Norman North	Union
	Broken Arrow	Edmond Santa Fe
	Owasso	Mustang
	Bishop Kelley	East Central
	Central	Berryhill
	Hale	Claremore
	Stilwell	McLain
	Dewey	Rejoice Christian
	Holland Hall	Jay
	Lighthouse Christian	Tulsa NOAH
	Victory Christian	Okmulgee
	BTW	Ponca City
	McAlester	Edison
	Lincoln Christian	Checotah
	Morris	Metro Christian
	Durant	Rogers
	Sequoia	Webster
	Pocola	Cascia Hall
Oct. 24	OU	TCU
	Iowa State	OSU
Oct. 30	East Carolina	TU
	Jenks	Edmond Memorial
	Union	Southmoore
	Moore	Owasso

DATE	VISITOR	HOME
Oct. 30	Norman	Broken Arrow
	Ponca City	Bixby
	Webster	Lincoln Christian
	Henryetta	Victory Christian
	Metro Christian	Kiefer
	Rogers	Edison
	Coweta	Bishop Kelley
	Glenpool	Hale
	Hilldale	McLain
	Muskogee	BTW
	Memorial	Tahlequah
	Inola	Central
	Vertigris	Holland Hall
	Rejoice Christian	Adair
	Roland	Cascia Hall
	East Central	Durant
Oct. 31	OU	Texas Tech
	Texas	OSU
	Arkansas	Texas A&M
	Tulsa NOAH	Christ Prep
Nov. 5	Jenks	Westmoore
Nov. 6	Union	Edmond North
	Putnam City	Owasso
	BTW	Bixby
	Broken Arrow	Enid
	Westville	Webster
	Lincoln Christian	Stigler
	Sperry	Rejoice Christian
	Hale	Memorial
	Cascia Hall	Keys
	Bishop Kelley	Shawnee
	Inola	Holland Hall
	Central	Jay
	Edison	East Central
	McAlester	Rogers
	Victory Christian	Beggs
	Haskell	Metro Christian
	Summit Christian	Watts
	Putnam City	Owasso
	McLain	Muldrow
	OCPHS	Tulsa NOAH
Nov. 7	Kansas	OU
	OSU	Kansas State
	TU	Navy
	Tennessee	Arkansas
Nov. 14	Arkansas	Florida
	SMU	Tulsa
Nov. 21	OSU	OU
	LSU	Arkansas
	Tulane	TU

Arena Pub & Grill Brings Life to Tulsa's Arena District for Sports and Music Fans

LOCAL DINING

By **BLAKE AUSTYN**
Contributing Editor

Arena Pub & Grill, 201 S. Denver Ave., sits just across Denver Avenue from the BOK Center in downtown Tulsa. It's an obvious and convenient stop for concertgoers on a night out.

When live events return full-time to the BOK Center, there is no doubt that the eatery will experience an uptick in guests. Yet, the restaurant is already building a solid customer base of sports fans, music fans, night owls and others.

Restaurant co-owners Ted Andress and Bill Stokely have compiled a list of events and food and drink specials to draw and build a regular crowd.

Arena Pub & Grill offers \$2.50 domestics, 1-7 pm, seven days a week. Food and drink specials are offered routinely, often in conjunction with a featured event, such as live music or a comedy show. The restaurant's Facebook page is the best way to stay up to speed on the offer of the day.

Arena Pub & Grill opened in July. Andress and Stokely took ownership of the space, which had previously housed Naples Flatbread Kitchen and Bar, in January, and when they did, they moved the restaurant into the sports bar world, which fits the area - the burgeoning "Arena District."

The restaurant features TVs throughout and a large bar, with



DOWNTOWN SPORTS BAR: Arena Pub & Grill, 201 S. Denver Ave., opened in July in downtown Tulsa across the street from the BOK Center. The space formerly housed Naples Flatbread Kitchen and Bar but now has a much more sports bar focus, with TVs throughout, games, and regular food and drink specials.



DINING ENTREPRENEURS: Restaurant co-owners Bill Stokely, left, and Ted Andress have compiled a list of events and food and drink specials to draw and build a regular crowd in their innovative downtown Tulsa facility.

additional seating plus darts and other games. There is also a long rectangular outdoor patio space that sits next to the parking lot. Right now, it simply houses seating, but plans are in the works to make serious improvements this fall, notes Andress, including adding a pergola, heaters and TVs.

The restaurant also offers parking validation - a welcome resolution to a problem that often plagues downtown establishments. A QR code is available inside the restaurant to scan on your smartphone to provide a few free hours of parking in the adjacent parking lot.

When deciding on the menu, Andress and Stokely kept the top 10 most popular items from Naples Flatbread and then added additional offerings.

There are eight burger and sandwich options, the burgers all double patties, noted our server. In addition to burgers with Angus beef, there is a veggie option with a black bean patty plus a grilled chicken sandwich, Philly Cheesesteak and Reuben.

The menu also offers the traditional sports bar appetizers of nachos, pretzels, and wings as well as soups and salads, mac n'

cheese, pizza, and sausage dishes. The two sausage offerings come from Siegi's.

One item of note are the menu's meatless options, one in largely each category.

My party chose to order the Chicken Nachos and Drunken Shrimp Flatbread. The flatbreads come in two sizes: 10- or 16-inch. We chose 10, which was an adequate size for sharing.

The Nachos came covered in white queso, topped with jalapeños, shredded chicken, and sour cream and fire-roasted salsa on the side. The dish was a generous

size as was the amount of chicken, which we appreciated.

The Drunken Shrimp Flatbread came with eight shrimp baked on top of the flatbread, plus onions, tomatoes, garlic aioli, cheese and a balsamic glaze. The flatbread had a nice flavor. Our server offered a side of ranch at no extra cost. We accepted, and it was a welcome compliment to the flatbread's flavor.

Overall, Arena Pub & Grill is a welcome addition to downtown's west end, providing value and atmosphere. Now, downtown just needs more people.

Lotus Pool Garden Coming to Tulsa Botanic Garden

Tulsa Botanic Garden has received a major gift from the Bumgarner Family Charitable Foundation for construction of the Lotus Pool Garden, the third of four gardens designed for the current phase of development of its master plan. Construction should begin in early 2021.

The Bumgarner Lotus Pool Garden will transform the northeastern circular pool of the garden's lake into a premier aquatic plant garden for Tulsa and Oklahoma. Totalling three quarters of an acre in size, the Lotus Pool Garden will be the most complex of any projects built at the garden thus far. The design includes multiple water features as well as landscape lighting to highlight the aquatic garden at night.

At the northern edge of the pool, water will cascade over natural

rock from the hillside above flowing into the pool under the Sunrise Bridge. From the bridge visitors are provided with a panoramic vista of the Bumgarner Lotus Pool Garden.

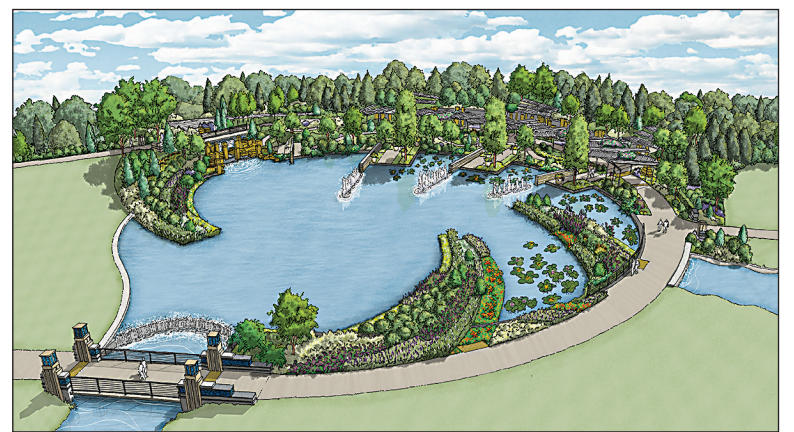
Overlooks on the eastern side of the Lotus Pool will extend into the water offering up-close encounters with blossoms of water lilies and lotuses as well as darting dragonflies and other wildlife. Natural stone walls on each overlook will create intimate areas for peaceful reflection. Rows of water jets will continue the line of each stone wall into the pool. Bald cypress trees will provide shade at the water's edge.

Three Floating Gardens will arch into the pool on the north and south sides showcasing water-loving plants such as iris and

hibiscus in the specially designed planters. These color-packed floral bands will be magnified in impact by their mirrored reflections on the water's surface.

A new Deco Bridge will connect the current lawn amphitheater to the peninsula. As the name suggests, this iconic bridge design was inspired by Tulsa's rich architecture. Water cascading over a weir that will be built nearby will provide a picturesque view for visitors on the bridge. The weir will maintain the water level in the Bumgarner Lotus Pool Garden about 18 inches higher than the rest of the lake.

The garden worked with noted landscape architects 3.Fromme Design (Sanford, Florida) and Szafranski Landscape Architecture (Tulsa) in designing the Lotus



BUMGARNER LOTUS POOL GARDEN

Pool Garden. 3.Fromme Design has also been involved in the design of garden's master plan, A.R. and Marylouise Tandy Floral Ter-

aces, Children's Discovery Garden as well as the recently added Garden of Lights holiday light show.



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BOK Tower, a Williams Companies Project, Was Designed by Famous Architect Yamasaki

In the 1960s and early 1970s, Williams Brothers Pipeline, which grew into the Williams Companies, was one of the leading oil industry companies in Tulsa.

In 1973 on a trip to New York City, CEO John Williams toured the towers of the newly completed World Trade Center where an allied company had offices.

John was very impressed with these twin skyscrapers, the tallest buildings on the Manhattan skyline designed by the well-known architect, Minoru Yamasaki.

Soon after this visit, the Williams

On Architecture



By ROGER COFFEY, AIA

Companies began a major downtown Tulsa project encompassing nine city blocks.

In an era of urban renewal, a number of dilapidated historic buildings, including the Hotel Tulsa, were demolished. To make the project happen, Yamasaki was retained to be the architect.

John Williams originally visualized a complex of two small scale 25-story towers, but Yamasaki convinced him of the economics of one tower so a single 52-story building, one quarter the foot print of the Trade

Center, was dedicated in 1976. At a cost of \$86 million, the building at 101 E. 2nd St. was immediately a focal point of downtown Tulsa. It provided a terminus for the north end of Boston Avenue (balancing the Boston Avenue Church tower on the south end) and is fronted by the Williams Center Green, a much-needed hotel on the west, and the new Performing Arts Center on the east. Still today the tallest building in Tulsa, it was the tallest in Oklahoma as well as Kansas, Arkansas, Nebraska, Missouri and New Mexico until the OKC Devon Tower was built in 2011. Today it is called the BOK Tower.

The BOK Tower is a scaled down clone of the World Trade Center, a design so popular that Yamasaki recreated it in buildings in Buffalo, Minneapolis, Seattle and Richmond, Virginia. Its gross floor area is 1,140,673 square feet with approximately 23,000 to 25,000 square feet per floor. Its steel frame structure is the same as the World Trade Center and is serviced by 24 elevators. In 2006 the building underwent \$16 million in repairs and renovations, partially due to some ground water flooding issues.

From a marble base which forms three semicircular two story arches and another half arch at each building corner, thirty-one closely spaced aluminum faced steel columns provide a strong sense of verticality as they rise uninterrupted to a series of tall rectangular openings which define the top floors. Above these, a solid smooth cap terminates the building. The aluminum curtain wall skin is so light in color that in sunlight at times it seems almost white.

The BOK Tower is a handsome but poignant reminder of the World Trade Center. On Sept. 11, 2001 nearly 3,000 people were killed from a terrorist attack which destroyed the towers. More than 650 employees of the Williams Companies' business partner, the same allied company Joe Williams visited in 1973, died in the destruction of the towers.



GTR Media Group photo

IMPRESSIVE PLACEMENT: The BOK Tower is placed at what is now the north end of Boston Avenue and just north of the Williams Center Green, a downtown park recently refurbished by the Rotary Club of Tulsa. The placement gives onlookers an impressive architectural sight from north to south, as the southern view is of the historic Boston Avenue Methodist Church. The building to the left is the 320 South Boston Building, and to the right is the Kennedy Building.



GTR Media Group photo

TOWERING OVER TULSA: The 52-story BOK Tower as seen from the north towers over the Tulsa skyline. In the forefront is the former Tulsa Union Depot, Tulsa's train station that closed in 1967. It now houses the Oklahoma Jazz Hall of Fame.

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THE ECONOMY

Groundbreaking Held for the Heartwood Commons, Tulsa's First Proactive Adult Cohousing Community

The future residents of Heartwood Commons, Tulsa's first cohousing development for proactive adults age 55 plus, broke ground on their new neighborhood located at 7141 S. Quincy Ave., Tulsa. The event took place in September. Speakers included Mayor G.T. Bynum and Councilor Jeannie Cue. Heartwood Commons is only the second such community in Oklahoma.

Originating in Denmark, "cohousing" balances the privacy of a resident's own home with the benefit of living in a vibrant and connected community. Cohousing in an intentional neighborhood in which neighbors become friends and private homes are clustered around shared spaces. It is carefully designed to create a socially rich and interconnected community. At Heartwood Commons, each energy efficient home has all the traditional amenities plus built-in aging in place features. The common house includes a gourmet kitchen, a great room for shared meals and other activities, a living room for



COMFORTABLE LIVING: Residents of Heartwood Commons will enjoy friendly neighbors, excellent housing and comfortable grounds.

more intimate gatherings, an art room and two guest rooms. Other shared amenities include community gardens, a woodshop, green house, contemplative space and a pet park. In addition to their private homes and shared community

spaces, the residents also have equity in the entire acreage.

Planning this community was a true collaboration between the future residents, the design and construction teams, supporting financial institutions, and national experts dedicated to the planning and implementation of cohousing developments. Included in this team are local Tulsa companies, Jones Design Studio and Stava Building Corporation. Designed with owner input, consideration was given to the privacy of homeowners, best practices supportive of successful aging in place, encouragement of community interaction, maintenance and security, and inspiration to a more sustainable way of living.

There will be 36-units of housing with a range of space from 750 to



WELCOMING: John Orsulak welcomes guests and future residents to Heartwood Commons before the groundbreaking. At left are Tulsa City Councilor Jeannie Cue, Tulsa Mayor G.T. Bynum and future resident Suzy Sharp. Orsulak is an owner and future resident.



GROUNDBREAKING: Tulsa area officials and future residents break ground for the Heartwood Commons project.

1,500 square feet, in series of two, three and four residential clusters. The community is located on approximately five acres, one block east of Riverside Drive. The area is perfectly situated to provide a park-like setting within minutes of

the trails along Riverside and Turkey Mountain Urban Wilderness Area, great restaurants, healthcare and shopping.

Additional information is available at www.heartwoodcommons-tulsa.com.



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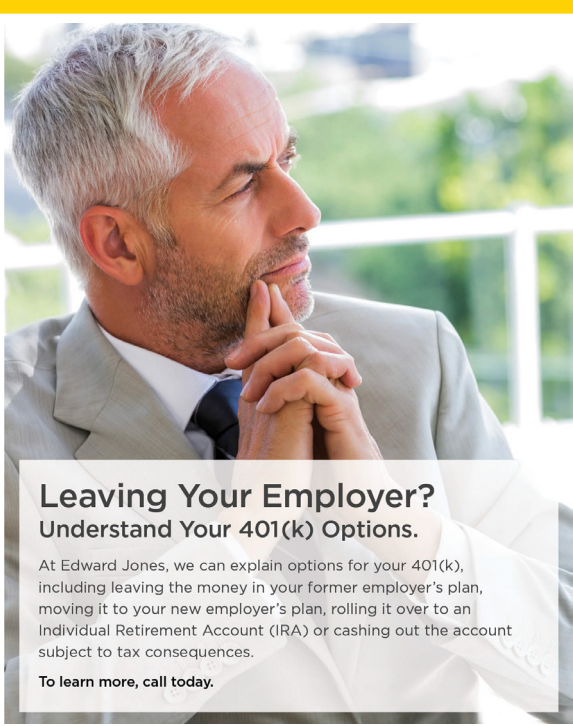
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Milo's Tea Company Celebrates Opening of Tulsa Area Production and Distribution Center

Milo's Tea Company executives were joined by local and state leaders Sept. 29 for a ceremonial ribbon cutting to celebrate the opening of Milo's new production and distribution center at the Cherokee Extension Industrial Park in Tulsa County. Based in Birmingham, Ala., Milo's announced its expansion to Tulsa in May 2019 where it invested over \$60 million in advanced manufacturing equipment and construction of an operations center spanning more than 100,000 square feet on the 20-acre site. In its first phase of hiring, Milo's added 60 new jobs and plans to reach 110 direct jobs in the next 12 months.

"From our initial visit, Tulsa felt like our second home," said Milo's Chief Executive Officer Tricia Wallwork. "Since our founding more than 74 years ago in Alabama, Milo's proudly remains a family-owned business. Today, we are equally proud to join the greater Tulsa community as we officially open our new manufacturing and distribution center."

Milo's was founded as a hamburger shop in 1946 by Wallwork's grandparents, Milo and Bea Carlton. Today, the company is known for manufacturing, distributing and selling fresh-brewed, all-natural teas and lemonade throughout the United States. Significant growth led the company to seek an expansion location. After a nationwide search, Milo's narrowed its focus to Oklahoma. Collaborative efforts between the Tulsa Regional Chamber, the Oklahoma Department of Commerce, the City of Tulsa, and the Cherokee Nation were crucial in Milo's decision-making process.

"We started shipping product

from our Tulsa facility about three weeks ago, and we are already seeing Tulsa's family-centric community, innovative workforce programs and central distribution point making a difference in our expansion and ability to deliver more Milo's Moments," Wallwork said.

"No matter how large an employer, culture is at the core of many family-owned businesses. Clear values, caring, loyalty and deep commitment to community are just a few of them," said Tulsa Mayor G.T. Bynum. "I had the opportunity to spend time with Tricia Wallwork and her team during the site selection process. It is evident that Milo's corporate philosophy means they are not just here to do business in our city."

According to the Tulsa Regional Chamber, the total economic impact of the expansion in Tulsa County means the 110 direct jobs at Milo's will support an additional 177 indirect jobs in the community. Together, these jobs will provide \$16.4 million in earned income annually. During the construction phase, the capital investment of over \$60 million supported an additional \$35.5 million in income earned by construction and supply vendors.

"Milo's is a world-class employer and has been a world-class corporate partner since deciding to build a production facility here in 2019," said Mike Neal, president and CEO of the Tulsa Regional Chamber. "Milo's growth is a prime example of the positive long-term effects a business expansion or relocation project can have on our region. The company's expansion to Tulsa paved the way for future growth, as ev-



GTR Media Group photo

OPENING DAY: Milo's Tea Company CEO Patricia Wallwork gets ready to cut the ribbon for the company's new production and distribution facility at the Cherokee Industrial Park in North Tulsa County. From left are Tulsa County Commissioner Stan Sallee, Oklahoma Lt. Governor Matt Pannell, Wallwork, Tulsa Regional Chamber President and CEO Mike Neal, Tulsa Mayor G.T. Bynum and Cherokee Nation Principal Chief Chuck Hoskin, Jr.

idenced by today's ribbon cutting, and we thank the entire Milo's team for their continued investment in northeast Oklahoma."

Milo's is ranked as a "Best Place to Work" in Birmingham and was named Alabama Manufacturer of the Year in 2019. The company is a certified Women's Business Enterprise, which means the company is majority-owned and controlled by women. Wallwork has also won many awards for her entrepreneurship and corporate responsibility.

"We are committed to being a good corporate partner through financially supporting local initiatives that align with our core

values," said Wallwork. "We look forward to bringing that same philosophy to the Tulsa region by supporting the local community."

Additionally, Milo's is a national leader in sustainability through its commitment to waste reduction and water conservation. It is certified as a Platinum-level (highest level) Zero Waste Manufacturer, which means over 99% of waste produced in operations is reused or recycled. Through its ongoing work to improve water efficiency, Milo's saved almost 4.5 million gallons of water in 2019, with aggressive goals to continue improving water use each year. For

the Tulsa facility, Milo's partnered with the Tulsa Botanic Garden to receive its spent tea waste, which the Garden will be using in its composting program.

"Every day, we are privileged to be invited to our fans' tables and gatherings to share in their special times and become part of their daily lives," Wallwork said. "As a family-owned business, we remain committed to uncompromised quality and taking care of our customers, associates and fans. Our new facility in Tulsa will allow us to continue Milo's legacy for many more generations to come."

A Salute to Oklahoma's Dynamic Energy Legacy



In 2007, I served as chairman of Oklahoma's Centennial Salute to the Energy Industry, Celebrating the Past, Present, Future and Women in the industry. There are many in the energy industry that I would like to highlight from the energy past. In this column, I will focus on five individuals who personally made an impact on my career.

Two of the five were my bosses. With U.S. Senator Dewey F. Bartlett, I served as an intern/staffer from 1975-1976. Though from western Oklahoma and Elk City, which was known at the time as the natural gas capital of the world, I really didn't know that much about the oil and gas industry at the time. One of my assignments, the senator asked me, along with a few others to review a rough draft of his presentation that he was going to present before OPEC in Oslo, Norway. It was a great learning experience to learn about the oil and gas industry. He was a very

detailed person, so when I gave him my input about his draft, it came back with many "red marks." This was a humbling experience and one that triggered my interest in the energy industry.

Dewey F. Bartlett was a 1942 Princeton graduate, majoring in geological engineering. During WWII, he served in the U.S. Marine Corp as a dive bomber. After the war, he moved to Tulsa and led Keener Oil Company, a company founded by his family. He served as State Senator, Governor and U.S. Senator from Oklahoma. His son, Dewey F. Bartlett, Jr., currently leads Keener Oil Company and is former Mayor of Tulsa.

I worked for J. Cooper West, from 1977-1979 as a petroleum landman. He was a pioneer in the natural gas industry. He personally instructed me and was truly a great mentor.

He was one of the first entrepreneurs I knew and worked with. His interests included real estate, banking, oil and gas, insurance and other business development. He served in WWII in the Pacific Theater including Iwo Jima and Okinawa. After the surrender of Japan on Sept. 2, 1945, he was among the first American military personnel to enter Japan. Cooper was a western Oklahoma business leader for several decades, based in Elk City, Oklahoma.

A. M. "Mac" Alloway, June

Brooks, and James Stewart were individuals I had the honor of serving with on boards/committees. Mac Alloway was chairman/president of Tony Oil Company, based in Tulsa. He was such a great encourager, not only to me, but so many in the oil and gas industry. He shared many of his business experiences and dealings, including time that he served as president of Anschutz Drilling, based in Denver. He was instrumental in energy education advocacy and served as chairman of the International Society of the Energy Advocates.

June Brooks, Ardmore, Oklahoma, was an Oklahoma businesswoman, speaker and promoter of the oil and gas industry. She advocated for energy independence and spoke throughout the world on responsible energy development. She won numerous awards. June provided me advice along the way, including tips on making presentations. She truly was an inspiration.

James Stewart came from humble beginnings. He was always kind and approachable throughout the years that I worked with

him. He started off as a janitor at Oklahoma Natural Gas Company (ONG), retiring as vice president of ONG. He had shared with me that he had been a janitor. I told him that I had been a janitor in high school, just a few years before I met him. He said, "no telling how far you'll go." He served as first battalion of Black Marines and became a Civil Rights leader both in Oklahoma and nationally.

These five energy leaders of the past live on.

Mark A. Stansberry is Chairman of the GTD Group, an Award Winning Author and Energy Advocate. Facebook: National Energy Talk



By MARK A. STANSBERRY

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Chamber Honors Local Small Businesses at Virtual Summit & Awards

The Tulsa Regional Chamber honored seven local businesses at this year's Tulsa Small Business Summit & Awards. The summit is a half-day conference for regional small business and nonprofit leaders and their employees produced by the Tulsa Small Business Connection, a program of the Tulsa Regional Chamber that educates and empowers businesses with 50 employers or fewer.

"While this year has been full of unforeseen challenges for the entire business community, the pandemic has hit our region's small businesses especially hard," said Roger Ramseyer, vice president and Tulsa market leader for Cox Communications and chair of the Tulsa Regional Chamber. "Now more than ever, we want to support local businesses and celebrate their vital contributions to our region. We at the Chamber are proud to be partners in prosperity with so many exceptional business owners."

This year's Small Business Award winners are:

- Small Business Person of the Year Award: Elli Johannsson, 360 Engineering Group
- Rising Star (Entrepreneur of the Year) Award: Angelene Ripley Wright, Ida Red
- Manufacturer of the Year Award: Rupesh K. Parekh, Chemtrade Refinery Services
- Entrepreneurial Success Award: Hannibal B. Johnson, Hannibal B. Johnson, Esq.

- Diverse Business Champion Award: Denise Reid, Key Personnel

- Pioneer Award: Nicole & Tim Smallwood, Tropical Smoothie Café

- Lifetime Achievement Award: TES Productions

The Chamber received more than 60 nominations for the awards. Nominees went through an extensive application process judged by chamber of commerce executives from outside the region.

"Small businesses have overcome such adversity this year, and the summit is an opportunity to recognize their achievements," said Weldon Bowman, owner of W Design and chair of the Tulsa Small Business Connection. "While this year's event looked different than past events, it was an opportunity to reflect on our resilience and celebrate our accomplishments. Our winners exemplify the best attributes of our region's small business community: a commitment to excellence, outstanding customer service and unwavering perseverance."

Small Business Person of the Year Elli Johannsson has experienced tremendous growth in his business since founding 360 Engineering Group seven years ago. The firm has also been involved in some of Tulsa's landmark projects, including the Tulsa City-County Central Library, the Tulsa Club Hotel, The Boxyard and Gathering Place.

BUSINESS & PEOPLE NOTES

Mayor G.T. Bynum has named **Cheri Harvell** as the **City of Tulsa's Municipal Court Administrator** effective Oct. 11.



HARVELL

Harvell has been with the City of Tulsa for 18 years and has served in various roles, most recently as the Tulsa Police Department's Administration Manager. Harvell is filling the director role that was vacated through a retirement.

"Cheri Harvell has a proven track record of successfully managing not only people, but the budget for the entire police department," Mayor G.T. Bynum said. "I'm thankful Cheri has chosen to move her talents to Municipal Courts and for her willingness to take on a role that is essential to the public safety of our city."

A manager of various projects and budgets, some of Harvell's most notable accolades include preparing and managing TPD's budget, which for FY21, is roughly \$122 million. As TPD's Administration Manager, Harvell oversees multiple payroll clerks and administrative assistants while developing requests for federal grants, managing contracts and preparing financial reports.

"I'm thankful for the opportunity to be able to continue to serve at the City of Tulsa Municipal Courts," Harvell said. "I value my 15 years spent at TPD and look forward to serving Tulsans in this new role."

Harvell holds a Master of Science in Human Relations from the University of Oklahoma and a Bachelor of Science in Business Administration from Oklahoma State University. She holds an Employment and Training Professional Certification and a Group Career Guidance Specialist Certification – both from the University of Oklahoma.

Vicki Graves recently joined a Tulsa office of the financial services firm **Edward Jones** as a branch office administrator (BOA) trainee.



GRAVES

Graves has lived in Tulsa for two years.

The title of branch office administrator was adopted for this position at Edward Jones because of the wide range of responsibilities associated with the job.

"A branch office administrator is not only responsible for the daily operation of the branch, but also must provide top-level client service and marketing support for my activities," said Craig Dietert, local financial advisor for the firm.

Graves must successfully complete the firm's in-depth training program within six months to graduate from the trainee designation into the position of branch office administrator. The program consists of online modules that are grouped into study weeks.

Dietert added that he was impressed not only with Graves office skills and efficiency but also with her knowledge of the community. "I know she will be a terrific asset to our team as we strive to provide our clients unparalleled personal service," Dietert said.

Dietert's branch office is located at 9175 S. Yale Ave., Suite 120. He may be reached at 918-493-3136.

The Oklahoma Center for Community and Justice (OCCJ) accepted **Conner & Winters** lawyer, **Hayley N. Stephens**, into its 2020 cohort of the Inclusive Leadership Institute.



STEPHENS

This three-day, immersive training develops leaders who are informed and want to challenge diversity, creating a more inclusive workplace.

"Hayley is an exceptional lawyer and has served the Tulsa community through many organizations. I'm very proud of the work she's already done at the firm through our diversity and recruiting committees," said Scott Hathaway, president of Conner & Winters.

Stephens joined Conner & Winters in 2015 as an associate immediately after law school. She primarily focuses her practice on commercial litigation and labor & employment law matters. She also serves on the firm's diversity, business development, and recruitment committees, as well as assists with planning events for the firm's Connecting Women initiative. Stephens was recently named to the inaugural Best Lawyers: Ones to Watch list for 2021.

Outside of the office, she serves as a board member for Youth Services of Tulsa.

Stephens earned her Juris Doctor degree from Vanderbilt University Law School in 2015 and graduated summa cum laude from the University of Arkansas in 2011 where she studied economics, political science, and African American studies.

Tulsa County Commissioner **Stan Sallee** has appointed **William Tisdale** to the **Tulsa County Board of Adjustment** effective Sept. 16.



TISDALE

"Mr. Tisdale is known throughout Tulsa County as a results-oriented and strategic leader who accomplishes positive outcomes in business and economic development," said Sallee. "Appointing him to this board is a tremendous benefit to our citizens of Tulsa County."

With nearly 30 years of work throughout Tulsa County, Tisdale will bring his extensive experience to the planning process.

"I am honored to be appointed to the board of adjustment during such an exciting time of development and community engagement in Tulsa County," said Tisdale.

Hall Estill, with offices in Tulsa, Oklahoma City, Denver and Northwest Arkansas, has announced the addition of two new associates, **Blake Gerow** and **Jonathan Rogers**, to the Tulsa and Oklahoma City offices, respectively.



GEROW



ROGERS

"We are excited to have Blake and Jonathan join our team," said Mike Cooke, managing partner for Hall Estill.

Gerow joins Hall Estill as an associate practicing energy and litigation law after receiving his J.D., with highest honors, from the University of Tulsa College of Law. While in law school, Gerow served as the executive notes editor for the Energy Law Journal, receiving the foundation of the Energy Law Journal Award for Editorial Excellence, and was vice president of the Renewable Energy and Environmental Law Society.

Rogers joins Hall Estill's litigation team after receiving his J.D. from the University of Oklahoma College of Law, where he served as Editor-in-Chief of the Oklahoma Law Review, volunteered with the Volunteer Income Tax Assistance Program, and was awarded the Comfort Scholarship. Upon graduation, Rogers was inducted into the National Order of Scribes.

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Halloween Festival Coming To the Castle of Muskogee

The Halloween Festival at the Castle of Muskogee will be held this year on Fridays and Saturdays from Oct. 2 through Oct. 31. Covid-19 has sparked new modifications to the event. These changes along with the understanding and commitment of Castle guests and team members will allow the option to gather and celebrate this event.

The Castle's Halloween Festival will emulate CDC guidelines. To attend, guests must wear a face mask, which always covers nose and mouth, and keep social distance. While eating or drinking, masks may be removed temporarily and then promptly placed back in place afterward.

2020 News: The Halloween Train has joined the Family Fun Pack. When this family fun scare bundle is purchased, the pack will now include a ticket aboard the Halloween Train. Unfamiliar with the train? This ride features a tour through the Harbor and the Woodlands. Everyone may ride, but it is at its best among the younger visitors of Castleton.

Families will enjoy the array of activities which are sure to provide plenty of photo ops and fall fun within the realm of the festival. The Castle Village is home to more than 15 merchants that offer unique creations, stylish costumes and pony rides, as well as drinks, dinner and dessert options.

If visitors are ready for a bit



Courtesy Muskogee Chamber of Commerce
SPOOKY FUN: *The Castle Halloween Festival offers frightful fun for the whole family.*

woods of the Castle. Fans of TOB may also enjoy the excitement provided during the Dark Tower Zombie Hunt, where guests are issued a weapon and tasked to clear the area of Zombies.

2020 news: The Dark Tower Zombie Hunt is now offered with the Fright Combo.

Guests are encouraged to visit www.okcastle.com for event changes and details on pricing. Pro tip: Purchase tickets online to save. 2020 news: There will be a cap on nightly tickets. Guests are advised to visit early in October, purchase tickets prior to visit and plan for a Friday.

When selecting a haunt/haunt combo, please utilize the Castle's Skull Rating as a guide. For example, at skulls, the Haunted Hayride provides eerie excitement without the residual nightmares. Within the Castle walls, guests may step up to by daring a stroll through Casa Morte or with Domus Horrificus. With a scale from zero to five, The Castle has something to entertain everyone.

Parking and admission to the Halloween Village are free. Tickets must be purchased for attractions. Festival Hours: 6pm–10pm. The haunt remains open after the ticket booth closes. Unaccompanied minors (under 18) must have a photo ID to enter. Minors (under 16) must always be in attendance with a responsible adult.

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