



JENKS DISTRICT GAZETTE

GREATER TULSA REPORTER

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IN THIS ISSUE:



DISTRICT LEADERS FOCUS ON RIVER



DEVELOPMENT PLANS: Muscogee (Creek) Nation Principal Chief George Tiger speaks Jan. 14 at the Indian nation's announcement of an entertainment facility coming to Jenks' RiverWalk Crossing.



FUTURE IMPROVEMENTS: Tulsa City Councilors Jeannie Cue, District 2, and Phil Lakin, District 8, stand at the RiverWalk Crossing, overlooking their districts and the Arkansas River. The topic of putting water in the river will be further discussed throughout 2015.

By **EMILY RAMSEY**
Managing Editor

Areas within the Jenks School District, including both the city of Jenks and areas east of the Arkansas River, will see many changes in 2015, namely road construction projects, continued Arkansas River conversations and commercial development.

Most recently, on Jan. 14, the Muscogee (Creek) Nation announced a new entertainment facility to be constructed at RiverWalk Crossing.

The new facility will offer high-tech golf and family activities, restaurants, a sports bar, and corporate and party rental space. Announcements of additional retailers and vendors at the RiverWalk will be announced soon, says Principal Chief George Tiger.

"This will change the dynamics of the riverfront," says Jenks City Manager Mike Tinker, "bringing higher traffic and a different energy."

With continued development occurring along the Arkansas River, putting water in the river

remains an ongoing topic of discussion in greater Tulsa.

Jeannie Cue, Tulsa's District 2 county commissioner, is particularly focused on the subject because the majority of her district includes the Arkansas River. Current discussion, led by the Arkansas River Infrastructure Task Force, revolves around the possible construction of three low water dams, in Jenks, Bixby, and Sand Springs and the reconstruction of Zink Dam in Tulsa.

Currently, engineers from the four cities are working on the design of the prospective dams, says G.T. Bynum, chairman of the task force.

Once that concludes in May, over the summer, city officials will hold a series of town hall meetings to educate the public and to receive feedback. Information gained from the meetings will help officials create a proposal, which will be brought to voters in the fall.

"From the citizens in District 2, I mostly hear that they are in support of water in the river," says Cue.

However, Cue wants to make sure her constituents fully under-

stand the costs involved in constructing and renovating the four low-water dams.

Phil Lakin, Tulsa's District 8 city councilor, agrees: "We have to nail down the costs and answer the question of what can water in the river do?"

"It has to cause other things to happen, like economic development, which may make people feel like that's something we can support."

Downtown Jenks has its newest tenant: First Oklahoma Bank, with the adjacent parking garage to be completed soon, says Tinker. The additional parking will prove to be a boost to the Village on Main's development and spur additional projects. One such project that Tinker expects to see come soon to Village on Main are upper end apartments.

The Jenks Library has plans to move its location to Main Street to the east of the railroad tracks, which will only be a boost for local businesses. "As a retailer, if I'm seeing the library bringing more families to the area, people will stay and shop and eat," says Tinker, who expects the move will

increase the number of library visitors by 25 percent.

City officials would like to bring some green space to downtown by turning an existing parking lot into a combination parking lot and park area. The lot would feature a grassy area and walking trail and public restrooms. The parking lot sits north of Main Street and is owned by the Jenks School District.

In an effort to improve the city's walkability and to better connect the High School campus with downtown, the city has added sidewalks running north and south from Main Street to the school, this includes sidewalk improvements on 1st Street to the north and south of Main Street.

Outside of the Jenks city limits, in south Tulsa, Lakin anticipates road construction will be one of the largest occurrences in 2015.

Area residents will notice refurbishment of many main and arterial streets, with many also set to receive sidewalks.

Street widening will take place on 101st Street between Yale and Jamestown avenues and on
(Continued on page 16)

KUDOS OF THE MONTH: Volunteer Tulsa

Volunteer Tulsa's mission is to create a volunteer environment that enriches the lives of all area residents while addressing issues and needs within the greater community.

"Perhaps you've heard the saying: volunteers don't get paid, not because they're worthless, but because they're priceless," says Brenda Michael-Haggard, executive director of Volunteer Tulsa. "At Volunteer Tulsa, we agree that a price can't be put on the value of volunteers, yet we know how to elevate the volunteering experience."

Volunteer Tulsa endeavors to be greater Tulsa's comprehensive resource in volunteerism by:

- promoting service
- building community through effective volunteerism

- connecting people with opportunities to serve
- mobilizing volunteers
- exhibiting not-for-profit excellence



Through community-wide volunteer and volunteer leader/administrator recognition, service-learning and professional development, hands-on projects, and emergency preparedness, Volunteer Tulsa helps volunteers of all ages and backgrounds turn their passions into action in order to impact the community.

Upcoming events include the Tulsa Coffee Crawl on March 7, 9 a.m.-2 p.m. This event highlights downtown Tulsa's cafes and their unique flavors, while also raising awareness of and funds for Volunteer Tulsa programs.

Visit volunteertulsa.org for more information on meaningful ways to serve the community.



BEAUTIFICATION EFFORTS: Samson Resources employee volunteers stand with Lynn Staggs, left, president of Volunteer Tulsa's Board of Directors, and display the certificates they received in recognition of their efforts to beautify Whittier Square during Volunteer Tulsa's Mother Road Makeover, which took place on Make a Difference Day, Oct. 25.



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TYPros Donates to the Zoo

Tulsa's Young Professionals raised more than \$11,000 for the Tulsa Zoo in 2014 as its volunteers dedicated dozens of events and fundraising efforts to helping the zoo implement an innovative master plan to transform its offerings.

The fundraising efforts were part of the TYPros Community Partner program, which has now raised about \$90,000 since 2009 for non-profit organizations working to improve quality of life in the Tulsa area. In 2015, TYPros broadened its philanthropic efforts under a new separate entity, the TYPros Foundation (TYPF).

"What better way to end our popular Community Partner program than to support an organization like the Tulsa Zoo, which adds so much to the tourism and quality of life of our community," says Shagah Zakerion, TYPros executive director. "Today's young professionals have a great zoo here in Tulsa. Thanks to fundraising efforts like these, tomorrow's young professionals will have an incredible zoo."

The zoo's 20-year master plan calls for expansions and new state-of-the-art exhibits, but will rely on donations from the community. TYPros encourages members of the community to continue donating to even after the conclusion of targeted TYPros fundraising. Visit www.buildingbeyond.org for more on the zoo's efforts and needs.

"Tulsa Zoo Management, Inc., has enjoyed learning about TYPros and supporting its fundraising and community events, including CharityOkie, Oklahoma Championship Steak Cookoff, and the Black & White Party. The zoo is grateful to have been selected as the organization's final community partner and recipient of \$11,634 raised to support our efforts to build a better zoo," says Terrie Correll, CEO of Tulsa Zoo Management, Inc.

Since 2009, TYPros has selected a community partner to which it dedicates all annual fundraising and volunteer efforts, collecting money during events and asking its thousands of members to volunteer their time. That program



Courtesy TYPros
COMMUNITY SPIRIT: Isaac Rocha, 2014 TYPros chair, presents a check to Terrie Correll, CEO of the Tulsa Zoo, for the amount of money generated for the Tulsa Zoo, which was TYPros' 2014 community partner.

did not allow TYPros to take advantage of frequent requests from the community to supply funds or volunteers for efforts that would benefit the community and help attract young talent to the region.

TYPF was the solution. An all-new entity, TYPF is a nonprofit organization governed by a board of trustees composed of a diverse group of young professionals who represent the next generation of philanthropic leaders. This board will solicit and review applications to fund, create or supply volunteers for programs, events and initiatives that cultivate new opportunities that bridge economic development and sense of place by engaging young talent across the region. All current charitable events organized by TYPros, including Pub Club and CharityOkie, will benefit the new foundation. Individuals can also donate by texting BOOM to 80802.

"We believe TYPF is the catalyst needed to inspire and motivate Tulsans to start thinking out loud about what they want to see for Tulsa," Zakerion says. "By actively encouraging and funding the development of innovative programs and events, not only are we

encouraging innovation, we are maximizing and broadening our philanthropic abilities. We're in America's most generous city, and we want to be America's most generous YP group."

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

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HALL OF FAME SUPERINTENDENT

Tulsa Public Schools Superintendent Dr. Keith Ballard was surprised at the TPS Athletic Hall of Fame Banquet Jan. 15 when he was named as a member of the Hall of Fame for his support of the district's athletic programs. Ballard is retiring from his position at the end of the school year.

UPCOMING SHOWS at the PAC

February

4-16 — On the Homefront: Tulsa During WWII
Tulsa Historical Society

8 — Danish String Quartet
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13, 15 — Romeo and Juliet
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13-22 — Chicago: The Musical
Theatre Tulsa

20 — Jeffrey Zeigler, Cello
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20-22 — The Sleeping Beauty
Tulsa Ballet

21-28 — Talking Bones
Theatre North

24-25 — Nai-Ni Chen Dance Company
Choregus Productions

27 — James Bradley: Doing the Impossible
Tulsa Town Hall

March Highlights

3-8 — Camelot
Celebrity Attractions

6-7 — Holcombe Waller: Surfacing
Living Arts of Tulsa, New Genre Festival

6-15 — Same Time, Next Year
Tulsa Project Theatre

6-14 — Superior Donuts
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CIVICS



HONORING MARTIN LUTHER KING: Tulsa police officers walk in the Martin Luther King Jr. Parade and greet parade watchers in downtown Tulsa on Jan. 19. The parade's theme was "Celebrate Change-2015."



GETTING DOWN TO BUSINESS: John Smaligo, center, Tulsa County Commissioner chairman from District 1, and Ron Peters, County Commissioner from District 3, meet for their first Board of County Commissioners on Jan. 5 after being sworn in for new terms of office. Ken Yazel was also sworn in as Tulsa County Assessor. Also pictured is Karen Keith, County Commissioner from District 2.

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EARLY TULSA: Muscogee (Creek) Nation Principal Chief George Tiger stands next to a map reflecting the early land ownership of the city of Tulsa. Tiger presented the framed map to Tulsa Mayor Dewey Bartlett on Jan. 23. "Creek citizens were each allotted 160 acres of land," Tiger says. "These allotments covered the entire area stretching from Admiral Boulevard to 121st Street South and from Mingo Road to 65th W. Avenue."

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New Sidewalk Plan Unveiled for Riverside Drive

Our community is excited and eagerly awaiting the construction of The Gathering Place on Riverside Drive. We are fortunate to have private sector partners, such as Tulsa Community Foundation and the George Kaiser Family Foundation, demonstrate their generosity in many ways, from charitable giving to developing public projects that breathe new life into our city and improve our quality of life.



COMMENTARY BY MAYOR DEWEY F. BARTLETT, JR

As a result of The Gathering Place, city of Tulsa staff has worked with the project team to plan for infrastructure to support the park. This includes reconstruction of Riverside Drive from 21st Street to 41st Street.

Riverside Drive flanks the Arkansas River and is accentuated by trails used continuously by bicyclists, walkers, runners, strollers, transit users and skaters. The Tulsa Community Foundation, the same benefactor responsible for The Gathering Place, also financially supported the Tulsa River Parks Authority to provide lighting and expand the width of these paved trails. The private investment in Tulsa's crown jewels - Tulsa River Parks and the Arkansas River, is unprecedented and celebrated.

Recently, discussions took place regarding a sidewalk on Riverside Drive leading to the Gathering Place from the north. The public

safety issues with the engineering plans were numerous, specifically for pedestrians, due to the speed at which motorists generally travel in the area today and the lack of adequate separation from the roadway. I made the decision to hold off on the sidewalk until we knew more about the traffic volume and patterns this new park would create for Riverside Drive. The park has numerous access points from existing trails on the west and east side of the roadway.

As citizens became more aware of the reconstruction project, they voiced their desire to include a sidewalk between 21st Street and the entrance to The Gathering Place, which will be approximately at 27th Street. I hosted a meeting to begin a dialogue within our community and listened to their ideas and concerns. Councilor Blake Ewing held a second meeting to moderate a public discussion.

We listened, and I asked our city engineers, planners and traffic engineers to create a new plan for a sidewalk that would satisfy my safety concerns. The plan provides for immediate traffic calming and infrastructure options that will be



EMPHASIZING SAFETY: This rendering, for demonstration purposes, gives an idea of the sidewalk along Riverside Drive, which will emphasize safety.

put in place when the sidewalk is built during the road reconstruction this year. In addition, engineers identified future traffic calming measures that can be implemented if needed. Plan revisions are within the current budget.

In summary, the plan employs a combination of methods to calm traffic in a scalable manner, including:

- A tree lawn to give at least seven feet of distance between motorists and pedestrians

- Driving lanes narrowed to 11 feet
- Traffic signal/crosswalk at the main entrance of the Gathering Place near the 2700 block of Riverside Drive
- Enhanced pedestrian crosswalks with clearly distinguishable striping and colored concrete pavement at intersections from 21st - 41st Streets
- Eight-inch curbs to minimize the risk of vehicles jumping the curb in the direction of the sidewalk
- Extensive street striping and various types of signage to give motorists notice they are entering a park area
- As originally proposed, the posted speed limit will be 35 mph
- Installation of conduit during the construction phase to provide for future traffic signals, if needed

Please visit the city's website to view the city's video on the new sidewalk plan: www.cityoftulsa.org/mayor.

Tulsa Tops in Destination, City Pride, Jobs

The new year has barely begun, and Tulsa's already making headlines with its share of honors and accolades. The New York Times named Tulsa a top 50 travel destination worldwide in 2015, citing downtown's revival and upcoming attractions like A Gathering Place for Tulsa and the proposed OKPOP Museum.

Freda Moon of the The New York Times writes, "When the rest of the country was still recov-

ering from the Great Recession, Tulsa was flush with oil money. Its historic Art Deco city center received a much needed investment boom, fueling two major museums opening in the Brady Arts District in 2013 and another - the OKPop Museum, dedicated to Oklahoma's place in pop culture - still to come. Along the Arkansas River, one of the largest public parks projects in the country broke ground in late 2014. Designed by

the architects behind Brooklyn Bridge Park, the \$350 million green space will be completed in phases over the next two years. Nearby, the new Route 66 Experience, an interpretive center devoted to the Mother Road, is set to open as early as late 2015."

Meanwhile, WalletHub poured on the love with its new list of the top 25 cities to find a job in 2015, putting Tulsa front and center for jobs and affordability. Cain's

Ballroom was also in the news, ranking in the top 25 of club venues for attendance worldwide.

As if that wasn't enough, Movoto.com ranked Tulsa the best city in the country for civic pride.

The Movoto Real Estate Blog did some research on the 100 biggest cities and came up with a list of the most prideful - the places that like themselves most. Here are the top 10 towns in order, one through 10: 1) Tulsa; 2) Pittsburgh, Pa.; 3) San

Antonio, Tex.; 4) Buffalo, N.Y.; 5) Anchorage, Alaska; 6) El Paso, Tex.; and tied at seventh Cleveland, Ohio; Fort Wayne, Ind.; Laredo, Tex., and Lubbock, Tex.

Tulsa has enjoyed long-time accolades as a great city. For example, in 1957, an article in Reader's Digest magazine cited Tulsa as "America's Most Beautiful City." Tulsa has also been known as the "Oil Capital of the World" and "The Magic Empire."

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VARIETY

Garth's Tulsa Homecoming Worth the Wait

If I wasn't a Garth Brooks fan before he basically took over our city for two weeks in January, I am now. After seeing him close up dealing with the media and then in his true element: performing, I, now, will unabashedly and proudly proclaim that I am a forever fan. But that's not only due to his songwriting, his voice or his performance abilities but also to the quality of character that he appears to maintain.

I was fortunate to attend the press conference he held before the start of his first of seven shows at the BOK Center, on Jan. 9. Having never attended a performance of his before, much less stood in a conversational setting with him, I didn't quite know what to expect. I knew the rumors: that Garth is a down home country guy who's never lost touch with his roots, is on a first name basis with many people in his current residence of Owasso, and still holds onto a level of approachability and kindness that is not often found in internationally beloved superstars today. But I wasn't sold that these rumors were actually true.

One thing I deduced quickly at the press conference is that Garth is unflinching when it comes to his

music ideals, and he holds strong opinions on certain topics: artistry and the Internet, what musicians deserve to receive for their music, and the amount of exposure to his music that he will allow. Garth clearly feels that he should be able to decide what works of his can be passed along for public consumption, a stance that many musicians today have not taken, possibly due to their youth or their belief of the inevitability of social media and music sharing. However, Garth maintains his long-held beliefs on the value of his talent, yet, doing so in his

mild, easygoing way that makes it difficult for others not to accept with surprising ease.

Garth's entrance into the press conference came about 10 minutes late, with no large entourages in tow and no verbose introductions, just a nonchalant turning of the corner, walking hand-in-hand with Trisha Yearwood, and an apology for their lateness, attributing it to their inability to find a parking spot.

He then opened the media question-and-answer session with a nod of the head and a "Well, whatever you guys want to ask me."

Although Trisha is a star in her own right, no one can deny that the one

who is selling out arenas night after night after night is Garth. Yet, Garth often looked to her to help him respond to questions in what appeared to be a showing of a strong couple who supports and admires one another.

He and Trisha remained on that stage for more than an hour, answering questions from media members, some whose questions remained professional and others whose questions betrayed their long-time adoration. Nonetheless, Garth answered every question until all topics had been exhausted.

More than once, Garth's sincerity shined through, as he became visibly choked up when discussing his fans, his songs, returning to Tulsa and those who have supported him through the years.

That evening, as I entered the BOK Center, I couldn't help but wonder how I would feel after the concert. Like so many people, I remember vividly my tape player and cassettes of Garth Brooks songs: Thunder Rolls, Rodeo, Shameless, Friends in Low Places. I listened to those tapes a lot, singing along in my bedroom as a young girl preparing to enter my teenage years.

And, to my surprise, when Garth appeared and those first notes began, a 12-year-old girl singing in her bedroom is who I became.

It's no secret that music holds a powerful ability to affect emotions. I did not foresee all of the memories that would flood back to me that night, and from the impenetrable roar of the crowd, I know I wasn't the only affected one. That went for Garth as well, who, from my observation was unquestionably moved.

As he ran across the stage, his emo-

Out & About in Greater Tulsa



By EMILY RAMSEY
Managing Editor



ANTICIPATED RETURN: Garth Brooks and Trisha Yearwood walk into the press conference held on Jan. 9 before the start of Brooks' seven-concert run in Tulsa.



OKLAHOMA WELCOME: Garth Brooks performs on Jan. 9 at the BOK Center to a sold-out crowd. Brooks returned to Tulsa in January after a 17-year absence.

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Romance, Dance, Music and Theatre at the PAC in February

Downtown Tulsa was alive with an observable energy during those January nights when Garth Brooks was at the BOK Center, and "Once," "August Osage County" and "The Giver" were playing at the PAC. The economic impact from entertainment is substantial and is no doubt a factor in Tulsa being named to the New York Times "52 Places to Go in 2015" list. Yes, Tulsa took the number 47 spot, right between Shanghai and Rome!

Show Buzz



By NANCY HERMANN

Newcomer Jennifer Grace and Principal Dancer Youhee Son take turns (many of them!) with the role of Aurora, Feb. 20-22.

Following on the heels of Theatre Tulsa's wildly popular last musical, "Les Misérables," "Chicago: The Musical" runs Feb. 13-22, starring Blythe Nelson as Roxie Hart and Sara Wilemon Velma Kelly. Scott Gaffen worked as a PAC house manager for several years, making it difficult for him to do theatre. It will be fun to see him in the role of Billy Flynn. Chicago has many good tunes. I also love the amoeba-like ensemble dancing numbers, invented by the guy who gave us "jazz hands," Bob Fosse. He created this sultry show, which comments on corruption and the idea of celebrity.

Theatre North returns to the PAC with the play "Talking Bones," Feb. 21-28. Written by Shay Youngblood, this piece is about a woman on her deathbed who hears voices and interprets them in a way that eventually heals family and brings unity and hope to three generations.

If you caught the performance of the hallowed Kronos Quartet when the group performed at the PAC, you will remember cellist Jeffrey Zeigler. He has mounted a solo career that is drawing international praise. Choregus Productions presents "Zeigler" Feb. 20 in a performance that incorporates projected images. Choregus also brings back dance in February with the Nai-Ni Chen Dance Company. Choreographer Chen is an artist who is hard to categorize because she pulls ideas for her choreography from many places and combines those with an



TULSA TOWN HALL: Author and historian James Bradley, whose father was one of the flag-raisers on Iwo Jima, presents his talk, "Doing the Impossible," at Tulsa Town Hall, Feb. 27.

Asian art aesthetic. Poetry, martial arts and contemporary dance mesh in interesting and dramatic presentations over two evenings, Feb. 24-25.

Author of four books, and counting, James Bradley speaks next for Tulsa Town Hall, Feb. 27. I gladly read three of his books getting ready to interview him for the PAC's magazine, and I learned so much about not only World War II but about everything that led up to it. Bradley is most famous, to date, for his first novel *Flags of Our Fathers*, which became a Clint Eastwood-directed film. Bradley's father was a corpsman on Iwo Jima and is one of the men pictured in the iconic flag-raising photo. James will talk about what propelled him to tell his father's and the other flag-raisers' stories and also how to surmount obstacles. His talk is titled "Doing the Impossible."

During the week if you have time, or while you are attending shows in Chapman Music Hall, stop by the PAC's Gallery throughout February. The Tulsa Historical Society is displaying an exhibit that complements the James Bradley talk. "On the Home Front Tulsa During WW II" shows what was taking place in Tulsa during the Second World War through a series of 1940s photographs.

Have a warm and loving February. I'll see you at the PAC!

Nancy Hermann is Director of Marketing at the Tulsa Performing Arts Center.



JULIET: Oklahoma soprano Sarah Coburn sings the role of Juliet in Tulsa Opera's staging of Gounod's sumptuous "Romeo and Juliet," Feb. 13 and 15.



CHICAGO: Blythe Nelson and Sara Wilemon fill out the roles of Roxie Hart and Velma Kelly in Theatre Tulsa's "Chicago: The Musical," Feb. 13-22.



DANCE FUSION: The Nai-Ni Chen Dance Company, Feb. 24-25, presented by Choregus Productions, fuses the dynamic freedom of American modern dance with the grace and splendor of Asian art.

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Hebert's/Cajun Ed's: Cajun Food at its Finest

LOCAL DINING

By BLAKE AUSTYN

Although Ed Richard's family boasts a long history in the food industry, Richard did not initially plan to follow in that same path.

Richard, a Louisiana native, worked for an office product company during his college years at the University of Southwestern Louisiana (now the University of Louisiana at Lafayette). He ended up continuing with the company after graduation, and the company moved him to Tulsa.

After a few years, the company was bought out, and Richard was asked to relocate out of state. By that time, he was married and settled in Tulsa so he declined and began thinking about other employment options.

Richard pinpoints exactly when and where he first began pondering the idea of entering the food industry. "It was Thanksgiving of 1997," he says.

Richard was having Thanksgiving dinner with his family in Baton Rouge, La., and a local restaurant named Hebert's Specialty Meats came up in conversation. The restaurant was located also in Houston, Texas.

At that time, shipping meat over state lines was heavily regulated.

"I knew that the restaurant industry is tough, but I thought that if I could ship (meats and food items) across the country, I could make a living doing that," he says.

Richard contacted Hebert's in Houston and ended up becoming an Hebert's franchise owner.

That following year, in August 1998, Hebert's opened at 81st Street and Lewis Avenue. The space allowed room for only a small retail area and a meat counter, because

Richard's main focus was on making and shipping products.

He began locating stores and restaurants throughout the country that wanted his products, such as his crawfish tamales, alligator tamales, boneless chicken wings and stuffed chickens.

The majority of the foods that Richard makes have a connection to his family.

"We have a big cookbook filled with family recipes," he says, many recipes that have been passed down for generations.

His grandfather owned a successful catering service and four restaurants. His grandmother was well-versed on fine cooking and French dishes.

A lot of those Cajun recipes are what Richard uses now in his restaurant, Cajun Ed's, located at 2101 E. 71st St.

After eight years in his original location, Richard moved his business to its current location, in an identifiable red free-standing building, which provided more room for food preparation and for restaurant guests in the dining room.

However, Richard is once again in need of more space for food storage as the shipping portion of his business continues to increase.

Richard also maintains a solid dine-in business made up of many Louisiana natives looking for a reminder of their Cajun roots and many individuals who hold no relation to the cuisine but simply enjoy the flavors.

Others keep returning because of the food's quality, notes Richard. "Our items are very fresh, and we make everything from scratch." That includes all of the restaurant's sauces, such as its mayonnaise and cocktail and remoulade sauces, and its homemade, red beans and rice, gumbo, bread pudding, and award-winning pies.

My group visited Cajun Ed's on a



TRUE TO HIS ROOTS: Ed Richard, owner of Hebert's Specialty Meats and Cajun Ed's, stands in his restaurant at 2101 E. 71st St. Richard also ships many of his meats and food items across the country and sells items from Louisiana companies in his store.

Thursday around 4:30 p.m., and by the time we left at 5:30, the dining room was filling up.

After being seated, guests are served with crackers and red bean butter. White bread is later served with the meal because there's always bread with your meal in Louisiana, says Richard.

I started with a glass of red wine. While the drink offerings are not extensive, there is a modest list of red and white wines and a slightly longer list of beer options.

For an appetizer, we chose the crawfish tamales, a popular menu item, says Richard. The tamales, topped with crawfish, are spicy, as tamales typically are, but tasty. And the pico de gallo, which sits on top, gives the dish a fresh flavor and helps to cool the palate.

For our entrees, we chose a specialty dish: Mahi Mahi and a regular menu item: Cajun Mex. The Mahi Mahi was tender, with a pleasant non-fishy taste, and topped with crawfish and a light but flavorful sauce.

The Cajun Mex is a dish of two tortillas filled with fried crawfish, pico de gallo and cabbage, a nice choice for those who prefer to go light on spice.

"Many times, I'll get first-time customers who think that if it's Cajun it's going to be really spicy," says Richard. "But not all Cajun food is spicy; it's about proper seasoning."

He suggests etouffee and gumbo as two options that are seasoned well but not overly spicy.

With our check, we received

pieces of toffee, made in-house, in place of the traditional dinner mint, a memorable and sweet substitution and one of the many items that is available for purchase in the store's retail area. Other items for sale include desserts, meats including one of the most popular items: boneless stuffed chickens, and many canned and boxed items that come from Louisiana companies.

For Richard, Cajun Ed's and Hebert's affords him the opportunity to remain close to his heritage.

"It's fun to make things that taste good and then share them with others," he says.

Yet, that goes for more than just the food, but the way of life.

"There is so much culture in Louisiana. You go there and think, Am I still in America?"



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MONUMENTAL MOMENTS IN TULSA HISTORY

Spavinaw Waterline Part I

Tulsa 1920s: Water, Water, Everywhere, Though Not Good Enough To Drink

By CHARLES CANTRELL
Associate Editor

Editor's Note: This is the first article in a multi-part series focusing on monumental moments and events in the history of Tulsa, and the many unique individuals making up the city's illustrious legacy. The editors of GTR Newspapers wish to thank Tulsa Historical Society & Museum for research assistance, help in factual verification, and the use of many of the marvelous photos accompanying these articles.

On Nov. 7, 1924, a mighty cheer rang out from the crowd of Tulsa businessmen, civic leaders and press gathered to watch as sparkling water began trickling and then gushing out of a concrete pipe outlet located at the nearly completed Mohawk Reservoir construction site just north of a rapidly growing town on its way to becoming a metropolitan city known worldwide as "The Oil Capital of the World."

It took all of four days for the first trickle of cool, clear water to find its way from the Reservoir, located 55 miles north in the limestone hills of northeastern Oklahoma. The water arrived courtesy of gravity, a 54-inch and sometimes 60-inch reinforced concrete pipeline carefully laid across several creeks, under two rivers, through a two-mile tunnel, and several miles of low wetlands. The total drop from inlet to outlet was 75 feet, a grade averaging 1.36 feet per mile. It was an engineering marvel that essentially saved a city drowning in oil from dying of thirst.

Just like the trickle of water on that fateful day in November, so too did oil begin as a trickle in 1901 with the Red Fork strike southwest of Tulsa. This was followed four years later by an event that forever changed Tulsa and its relationship to the world. On a nine-mile strip of tall grass prairie on the Creek Indian Reservation in Oklahoma Territory, just an hour buggy ride south from town and less than 1,500 feet below ground, the bit of a cable tool drilling rig, operated by Robert Galbreath and Frank Chelsey, pierced a strata of

sandstone later named Bartlesville Sand. The result was an oil gusher. It was the Glen Pool strike, soon be known as the richest oil reserve the world had ever seen. Oil flowed forth for the next five decades from the Glen Pool and other nearby strikes fueling much of the country and two world wars. The cumulative effect of these discoveries attracted a gusher of humanity to Tulsa.

As the 1920s began, Tulsa was poised for a golden decade of growth never again to be equaled due to an unparalleled output of energy, both literally and figuratively. The decade of boom was also helped by a flourishing industrialization around the world fueled mostly by petroleum.

In downtown Tulsa, ground was being broken for what was to become many of the city's marvelous collection of iconic art deco skyscrapers. Oil barons built testaments to their wealth as magnificent mansions began gracing the neighborhoods of midtown. Wealth, innovation and entrepreneurship became the order of the day.

The decade brought experienced, young oilmen often from Pennsylvania where the petroleum industry was already well underway. It also brought greedy speculators, rowdy roughnecks, fearless wild-caters, savvy shysters, boring bankers, smart lawyers, carriage class merchants, essential doctors and sleazy conmen. Haves and have-nots, resourceful entrepreneurs, and unscrupulous crooks rubbed shoulders on the city's bustling downtown streets. Wheeling and dealing nuevo rich tycoons held court in the swank lobby of the Tulsa Hotel. Many came to simply make a life for themselves. Most everyone came to snatch up any one of the countless opportunities the fast growing oil industry provided.

The influx of humanity fostered great opportunities, but also great challenges, forcing city leaders to be visionaries and problem solvers on the fly. Records show some were well suited to the tasks at hand, and others not so much. This was true when it came to providing water for the exploding population.



THE SPAVINAW CLUB: Pictured here are gentlemen hunters of the Spavinaw Club poised on the K. O. & G Railroad bridge over Spavinaw Creek in the winter of 1908. This group of prominent Tulsans is credited with bringing to the attention of city leaders the superb quality of the crystal-clear waters of the Spavinaw. Sixteen years later much of the water flowing below them will be channeled miles to the south to the rapidly growing city of Tulsa, becoming its primary source of water for decades to follow.

Natural springs in and around Tulsa provided much of the town's water needs in the early years. But well water was a hit and miss proposition both in longevity and quality. A few nearby streams provided consumable water, and bottled water became a growth industry leading up to the 1920s. Records show Tulsans were consuming 50,000 5-gallon bottles of water a week in 1919, much of it coming from Sands Springs Bottling Company owned by Charles Page, founder of the town of Sands Springs and owner of one of Tulsa's daily newspapers, the Tulsa Democrat, later named the Tulsa Tribune. Page's water source was Shell Creek located on property he owned. But as the sleepy prairie town of Tulsa continued to blossom into a major urban center it became apparent to even the most cock-eyed optimist a new source of water was needed to satisfy the ballooning population.

Even tapping into the most obvious water source, the mighty Arkansas River with its ever

changing, meandering channels and intermittent sandbars, proved futile. As early as 1904 a pump station was built to pull water out of the Arkansas and push it up to store in a standpipe atop a hill north of downtown. For nearly two decades Tulsans tried in vain to convert the briny, gypsum and silt laden flow of the river into water more suitable for domestic use. Water treatment technology at the time was hardly up to the challenge.

In 1918, in the coldest of winters, a young Massachusetts Institute of Technology graduate with a recently acquired degree in civil and sanitary engineering moved from Ohio to Tulsa bringing his young family. His name was William Rea Holway, also known as W.R., or just Bill, as he preferred. He had accepted the position of water works engineer, a position paying a whopping \$18 a month. In a few short years, W.R. would be instrumental in changing Tulsa forever.

It's safe to assume some of the city leaders recruited Holway in the hopes a young man with such

academic credentials might help solve the city's water war. A fierce editorial battle had been underway for some time. On one side of the debate was Page's Tulsa Democrat, favoring the use of Shell Creek as the city's interim water source. On the other side, Eugene Lorton, owner of the Tulsa World, the morning paper, was writing daily editorials numbering well over 800 in favor of tapping Spavinaw River as the source. Page argued for postponing the Spavinaw source for consideration in the future due to the projected costs of such a venture. Apparently both men wielded enough power to create a stalemate over the issue with city commissioners.

However, Lorton's position was supported by a report commissioned in 1918 to study and determine the best options for a viable water supply for the city. The study, done by Henry Pressey, concluded Spavinaw was the only option with enough watershed to supply the amount of water necessary. Granted it

(Continued on page 11)

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W.R. Holway Conceived, Engineered, Oversaw Construction of the Spavinaw Waterline Project

(Continued from page 10)
was more than fifty miles to the northeast, but it was a perennial stream fed by a 400-square-mile watershed of Ozark Mountain foothills.

In addition to his position as water works engineer, Holway was contracted by the city commission as a consultant on matters pertaining to water resourcing. In that capacity he had pointed out to city commissioners the folly in trying to purify the Arkansas River due in large part to the fact that the salt content by volume of the brown silted liquid exceeded that of ocean water, and filtration was never going to remove the abundance of dissolved minerals. It must have taken lots of moxie for this young

man, in his early twenties, to go before influential city leaders, all older, more experienced and wealthy, and not only convince them they were on the wrong track regarding purifying water from the river but selling them on an idea that must have seemed to some as a far-fetched solution bordering on plain old crazy.

Nonetheless, Holway went before the city commissioners and presented his plan to bring Spavinaw water to Tulsa for a mere \$7.5 million. Keep in mind the population at that time was a little more than 70,000; this meant he was asking the commissioners to embark on a project unprecedented in scope for a city of Tulsa's size. And it was probably not lost on any of them that

the plan banked on the continued growth of the city to pay off the hefty bonds needed to finance the project. It was, as D. K. Holway, son of W. R. Holway, put it, "betting on the come," only with taxpayer's money.

"Fortunately for the Oil Capital Of The World, W.R. Holway had all the moxie required and, as history shows, plenty to spare going forward. City leaders, out of desperation and with ample moxie of their own, put their trust in W.R. Holway and agreed to the idea. It was a milestone moment that changed the course of Tulsa.

Next Month: The building of the Spavinaw waterline. Special thanks to the Holway family for the use of photos accompanying this article.



Courtesy Tulsa Historical Society & Museum

EUREKA! WATER APLENTY: Pictured at the outlet of the Spavinaw water line is W.R. Holway admiring his handy work, a project he conceived, engineered and oversaw construction of, bringing cool, clear water to thirsty Tulsans.

Food for Thought: Reducing Food Waste Saves A Lot of Green

Waste less food. Makes for a great statement, but those three little words create a daunting task. According to SustainableTable.org, Americans throw away roughly 40 percent of our food supply every year.

According to Use-Less-Stuff.com, the Bureau of Labor Statistics reports that the average American household spends \$7,000 each year on food. The Department of Agriculture estimates that at least 25 percent of this food is wasted, but according to the University of Arizona Garbage Project, it's closer to 50 percent. If we split the difference, that is still a waste of 37.5 percent, which comes to a loss of \$2,625 per year.

Top Foods Wasted:

- 1. Potatoes (359,000 tons)
- 2. Bread slices (328,000 tons)
- 3. Apples (190,000 tons)
- 4. Meat or fish mixed meals (161,000 tons)
- 5. World breads (i.e. tortillas) (102,000 tons)

- 6. Vegetable mixed meals (96,000 tons)
- 7. Pasta mixed meals (87,000 tons)
- 8. Bread rolls/baguettes (86,000 tons)

Trash Talk



By **BETH TURNER**
Tulsa Master Recyclers Association

- 9. Rice mixed meals (85,000 tons)
- 10. Mixed meals (85,000 tons)
- 11. Bananas (84,000 tons)
- 12. Bread loaves (75,000 tons)
- 13. Yogurts/yogurt drinks (67,000 tons)
- 14. Sandwiches (63,000 tons)
- 15. Cakes (62,000 tons)
- 16. Lettuces (61,000 tons)
- 17. Tomatoes (61,000 tons)
- 18. Cabbages (56,000 tons)
- 19. Cooked rice (55,000 tons)
- 20. Mixed vegetables (53,000 tons)

Top Savings Tips:

1. Start with what you have: Look in your pantry and fridge, and create a dinner menu or two using these products. However, if yours looks like mine, it's a hodgepodge that doesn't sound appetizing together. So, if your stumped with how to use one avocado, an egg and the ends of your loaf of bread, download the APP or log on to www.myfridgefood.com. Then click on the ingredients you have on-hand and voila! This handy tool gives you pages of recipe ideas to help you clean out that fridge for

something tasty you'll want to eat with the ingredients you already have.

2. Know thyself. It's fun to try new foods, and wistful to think of eating only healthy fruits and vegetables. But give yourself some wiggle room to not be overzealous or purchase in bulk when trying something new. I recently purchased leeks after seeing an inspiring Pinterest post, then let them spoil in the fridge...and those leeks were expensive!
3. So, you decided on a meal plan and made a grocery list. Now it's time to stick to the plan. Do not be swayed by a sale and resist the impulse purchase...unless it's chocolate. All bets are off when we're talking chocolate. No one wastes chocolate.
4. When shopping, learn more about labeling: the differences between, "expiration date," "use-by," "sell-by," and "manager's special." If something is marked with the words, "Expiration Date," heed the warning! For dry goods, the use- or sell-by date only indicates its peak of freshness and does not indicate spoilage. However, a manager's special is usually special because it's about to go bad if not consumed in the next day or two. If you don't want to eat something past a use- or sell-by date, donate it to your local food pantry.
5. Now it's time to cook and, even better, eat. Serve smaller portions. In general, what stays on the plate becomes garbage. What stays in the serving dish becomes lunch. If someone is still hungry after eating what's on their plate, they can simply refill it.



Courtesy biocycle.net

LANDFILL OVERLOAD: Research from the USDA finds that Americans waste an average of \$544 worth of food per person per year

6. After dinner, split leftovers straight into lunch containers. This way, you've just packed lunch. No drive-through for you tomorrow.
7. When eating out at restaurants that you know to serve large portions, share an entree. I've also been known to take my lunch container in my oversized bag and cart out my own leftovers. That way, I don't also bring home more trash, and it's ready to go with me to work the next day in an already sealed container I can trust.
8. Track your habits: Maybe you're not sure you waste that much food. Maybe you like to know exactly how much is wasted in your household. Maybe you just love charts. Well, the Environmental Protection Agency must've had you in mind when they created Food Waste Assessment Tools. The EPA pro-

vides several food audit formats online at www.epa.gov that allow you to track and manage waste prevention in the home, and in food services and restaurants.

9. If something is about to go "bad" or has started looking unappetizing to you, get creative. A brown banana makes the best smoothies, and older apples make incredible applesauce.

With better food storage, more accurate food portion preparations and the willingness to eat left-overs, you can begin seeing a marked difference in the amount of food you toss in the trash. That makes it worth all that time, money and natural resources that went into the food you bought with your hard-earned dollars. Let's keep the conversation going! Share your favorite food saver ideas on Twitter @TrashTalkTulsa or email me at btturner@gtnews.com.

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HEALTH & WELLNESS

CTCA Expands to Role of Teaching Hospital, Launches Accredited Oncology Fellowship

Cancer Treatment Centers of America in Tulsa (CTCA) received accreditation for a hands-on instructional, medical oncology fellowship program through the American Osteopathic Association (AOA).

The CTCA medical oncology fellowship will begin in July 2015 under the direction of CTCA Medical Oncologist Dr. Simeon Jaggernauth, who will serve as program director. Additionally, Drs. Theodore Pollock, George River, Sagun Shrestha and Deepu Madduri will provide faculty support for the fellows, while maintaining their adjunct status through Oklahoma State University Medical Center (OSUMC). The program is approved for four fellows, each with a two-year commitment. Applications can be made through the Electronic Residency Application Service or through OSUMC.

"The new accreditation for our own medical oncology fellowship establishes CTCA as an educational partner in the oncology field," says Richard Haldeman, president and CEO of the Tulsa hospital. "Expanding our role as a teaching institution will open up new opportunities for

research. It will also have a positive impact on the state of Oklahoma, as there are currently only two oncology fellowship programs in Oklahoma – one through the University of Oklahoma and one with Oklahoma State University. CTCA is proud to join these prestigious institutions with our own fellowship program to bring more top-notch physician talent to our communities."

For the past several years, CTCA has offered a medical oncology fellowship along with five other fellowship programs through affiliation with OSUMC. These include Gastroenterology, Nephrology, Pulmonology, Plastic Surgery and Pain Management. CTCA also offers several residency rotations along with internships, including:

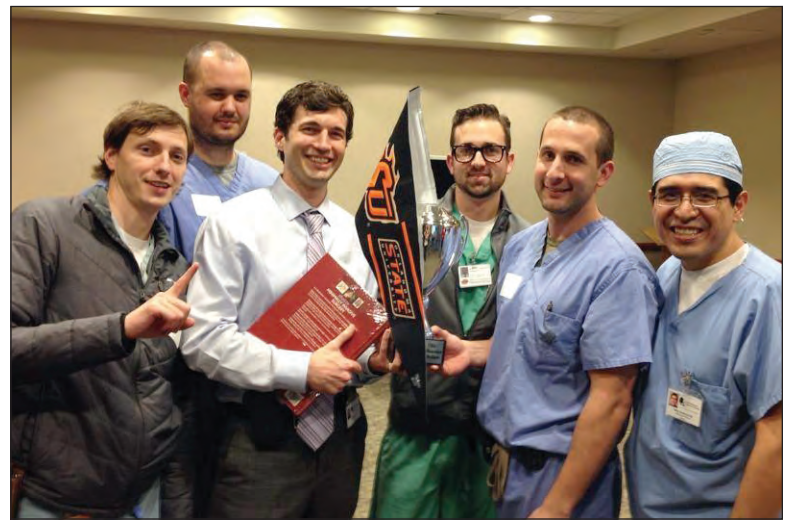
- General Surgery Residency Rotation affiliated with OSUMC;
- General Surgery Residency Rotation affiliated with the University of Oklahoma Health Sciences Center; and
- Medical Student Rotations.

"For cancer patients, this fellowship program means that more physicians will be exposed

to our patient-centered 'Mother Standard of care' model," explains Dr. Simeon Jaggernauth, who will lead the new oncology fellowship. "Our patients are our fighters and we rally around them with while delivering compassionate, integrative cancer care."

The CTCA hospital in Tulsa includes more than 200 physicians and allied health providers and close to 800 staff members. The hospital offers medical oncology, radiation oncology and surgical oncology services along with a 24-hour infusion center for chemotherapy and on-site interventional radiology, imaging, stem cell transplantation, immunotherapy, pulmonology, gastroenterology, respiratory therapy, genetics, pathology, nutrition, naturopathic medicine, rehabilitation and chiropractic services, just to name a few. Weekend clinic appointments are also available.

"We are honored to have the chance to continue to train new physicians in our patient-centered culture," adds Zack Varughese, CTCA senior vice president of oncology services, who worked on the extensive application process with CTCA Drs. Jaggernauth, Pollock,



MEDICAL BEDLAM: OU and OSU medical school surgery residents recently were invited to CTCA to spar over their laparoscopic skills. The "Bedlam Laparoscopic Games" ensued and OSU's team, above, came out with the best score. The winning team received a trophy which they get to keep for one year. This first annual event was the brainchild of CTCA surgeon, Dr. Peter Baik, who wanted to foster professional fellowship for these young physicians to promote mentoring, networking and camaraderie with working surgeons (as well as a little healthy competition among the students).

Panicker and Shrestha; Jeffrey LaBoeuf of the Osteopathic Medical Education Consortium of Oklahoma; and Gary Slick, DO, who is executive director of the American Osteopathic Board

of Internal Medicine. "We continue to value our relationship with OSU, and our new fellowship program will enhance our ongoing partnership with the school's osteopathic programs."

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EDUCATION

OSU-COM Names Top Student

Third-year medical student Heather Hensley has been selected as the Oklahoma State University College of Osteopathic Medicine 2014 Student Doctor of the Year. The award honors her outstanding leadership, community service and dedication to the osteopathic profession.

Hensley was vice president of the Student Government Association, chair of the Political Action Committee and an Osteopathic Manipulative Medicine teaching assistant at OSU-COM. She worked with other students to encourage state leaders to maintain the stability of the school's residency program by providing funding for the OSU Medical Center. She also has volunteered to provide health care to those in need during a medical mission trip to Nicaragua.

As an Operation Orange student ambassador, Hensley has promoted the need for physicians in rural Oklahoma to high school students interested in medical careers. She is the OSU-COM representative for the national Council of Osteopathic Student Government Presidents,



HEATHER HENSLEY

coordinator of the college's Translating Osteopathic Understanding into Community Health (TOUCH) program and a student representative on Oklahoma's American Osteopathic Association voting delegation.

"I am humbled to have been selected for this honor because I have the utmost admiration for the other students nominated and strive to exemplify their service-based leadership and compassionate hearts," says Hensley. "I consider this award a responsibility to maintain my passion and advocacy for the osteopathic profession."

The Broken Arrow native recently was named the student representative on the American Osteopathic Association's Council of New Physicians in Practice. She is a member of the Students of Osteopathic Medicine Association and the American Medical Association and was inducted into Omega Beta Iota, the National Osteopathic Political Action Honor Society.

"Heather is dedicated to the osteopathic profession and truly embraces the unique difference a D.O. makes with patients," says Dr. Robin Dyer, professor and chair of Osteopathic Manipulative Medicine at OSU College of Medicine. "Her future patients will benefit from her compassionate personality and desire to help others."

As a member of the campus selection committee, Dyer wrote a letter to the national committee recommending Hensley be selected as National Student Doctor of the Year.

Hensley began her career as a physical therapist, practicing in Midwest City. She became interested in osteopathic medicine after several experiences shadowing physicians in different disciplines.

"D.O.s practice medicine in such a way that coincided with my personal values, focusing on treating the entire patient as a body consisting of interconnected systems," says Hensley. "With my background in physical therapy, osteopathic medicine seemed to fit best."

Hensley will compete for the national title against students from osteopathic medical schools across the country. The winner receives a \$1,000 scholarship and will be recognized at the American Association of Colleges of Osteopathic Medicine conference in April and the American Osteopathic Association House of Delegates business meeting in July.

The award recognizes student doctors who display exceptional leadership and service to their school and community as well as dedication to the osteopathic profession. The Council of Osteopathic Student Government Presidents, part of the AACOM, sponsors the award.

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EDUCATION

NSUBA Offers Job Advancement, Non-Credit Courses

By **EMILY RAMSEY**
Managing Editor

Northeastern State University Broken Arrow is expanding its reach in the community through its College of Extended Learning, with efforts to benefit individuals looking to improve their English-speaking skills, engage in team-building retreats, complete their college education and increase their knowledge.

One example of this continued effort to grow is NSU's recent acquisition of 275 acres on Tenkiller Lake for use by the college's Continuing Education department. The area will allow the college to offer outdoor adventure camps, team-building and professional development activities, and whatever else community members request, says Eloy Chavez, dean of NSUBA's College of Extended Learning. "If anyone has a professional development activity or meeting, they can bring it to us," he says. "NSU and the College of Extended Learning want to be a part of that."

The area also features canoeing and rafting opportunities, high- and low-element ropes courses, and classroom space.

To help grow the Continuing Education department, Mike Pugliese joined NSUBA in August 2014 as program coordinator for the department.

Pugliese earned his bachelor's degree from NSUBA and is currently pursuing his MBA at the campus.

Regarding his position as program coordinator, "I am focused on raising awareness of the Continuing Education program, helping to improve its presence in the community and showing the value we bring to the area," he says.

That value includes various courses

that allow students to gain certifications for the job field as well as non-credit courses that provide students avenues for personal enrichment, by learning a new hobby or interest, says Director of Continuing Education Rylee Ketcher.

Program offerings include summer camps, music lessons, art instruction, ACT preparation, classes in fitness and personal finance, professional development opportunities, and certifications.

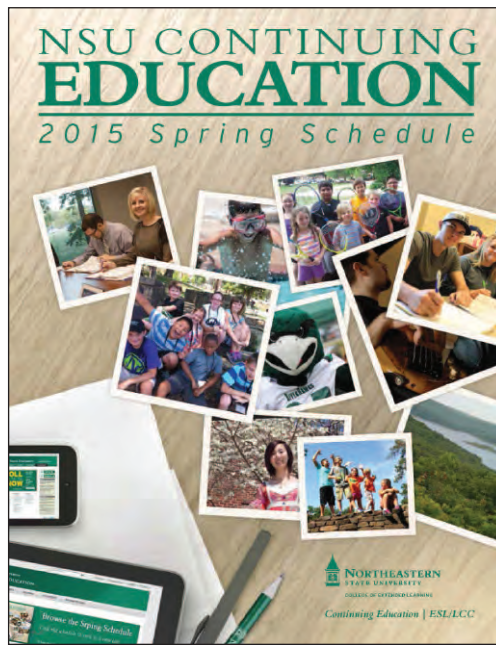
"The job market is changing," says Ketcher regarding the increased demand for certificates and professional development courses. "Having specialized skills on top of the degree is going to become more valuable in such a competitive job market."

The Continuing Education department recently added a personal trainer certification to its list of offerings. The course involves online and face-to-face instruction, in partnership with The Hub Gym located in Broken Arrow's Rose District.

One of Pugliese's aims is to remain current on interests in the local community as to program offerings. "If the demand is there, we have the ability to customize our offerings . . . and be agile and respond quickly to those interests," he says.

Pugliese is currently working with a former hospital CEO to create a certification course for healthcare administrators to learn how to operate within the new requirements of the Affordable Care Act.

Through the College of Extended Learning's Language and Cultural Center, students can enroll in the English as a Second Language (ESL) program, which focuses on improving English-speaking skills



EMILY RAMSEY for GTR Newspapers

EXTENDED LEARNING: Mike Pugliese joined NSUBA in August 2014 as program coordinator for the College of Extended Learning's Continuing Education department. Pugliese is focused on raising awareness of the department, which offers job certifications, non-credit enrichment courses, professional development opportunities and English as a Second Language courses.

for those whose first language is not English.

At NSUBA, where the more common student is the adult learner, program officials focus more on individuals wishing to improve in their day-to-day communication abilities or business vocabulary, says Marla Stubblefield, director of the Language and Cultural Center.

"Many kids are in ELL (English language learners) programs at school, and their parents are at home not speaking English," Stubblefield continues. "Parents want to be conversational in English in the community, and some also want to learn business language."

She cites the example of a man who is planning to enroll in ESL courses because of a direct request from his employer.

Stubblefield expects classes to begin in the summer and to be held in the evenings.

The offerings may change according to feedback from students, she says, and once word spreads through local foreign language communities, she feels confident that the demand will increase.

The Language and Cultural Center also works with the University of Oklahoma's Confucius Institute, Hanban (Confucius Institute Headquarters) and the People's

Republic of China to offer courses and events to promote the Chinese language and culture. Programming includes language and cooking classes and annual celebrations of two Chinese holidays: Lunar New Year in January and the Moon Festival in September.

The College of Extended Learning's third department: Degree Completion helps adults complete their college degrees in criminal justice, health care administration, human and family sciences, organizational leadership and emergency management. Weekend and evening classes are offered as well as online and blended options.

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Tulsa Tech Board of Education Members Are Honored for Dedication and Service

January was School Board Administrators Superintendent of Recognition Month, giving local the year for the 2008-09 and the schools and communities an opportunity to honor the more than 2,700 elected school board members for their untiring dedication to children and schools. Tulsa Tech faculty and staff celebrated and recognized Board of Education members during their monthly board meeting on Jan. 26.

News from Tulsa Tech



By **DR. STEVE TIGER**
Superintendent

At Tulsa Tech, our board members not only must develop policies and make tough decisions on complex educational and social issues impacting the entire community, they also bear responsibility for over 500 employees, six campuses, and over 58,000 students annually in full-time, part-time, as well as corporate training classes. We're very proud of the board members who help guide our district and the impact each individual has on our community and region.

Monroe Nichols, Zone 1

Monroe Nichols is the chief operations officer at IMPACT!Tulsa. Prior to IMPACT!Tulsa, Nichols worked at the Tulsa Regional Chamber as the director of business retention and expansion, the Oklahoma Department of Career Tech where he managed over \$4 million annually in state incentive funds for new and growing Oklahoma companies. Nichols has experience in management, strategic planning and communications and has an exemplary record as an administrator. Monroe has been the recipient of numerous awards including a United States Department of Justice Award for Public Service.

Rick Kibbe, Zone 2

Rick Kibbe has been in education for 34 years, 26 of which have been in administration. He has also served as an adjunct instructor at Northwestern Oklahoma State University. Rick has been superintendent at Catoosa Public Schools for the past seven years. During this time, he has been named the District 6 Oklahoma Association of School

Administrators Superintendent of Recognition Month, giving local the year for the 2008-09 and the schools and communities an opportunity to honor the more than 2,700 elected school board members for their untiring dedication to children and schools. Tulsa Tech faculty and staff celebrated and recognized Board of Education members during their monthly board meeting on Jan. 26.

Tim Bradley, Zone 3

Tim Bradley was an instructor at Tulsa Tech for 25 years, is a parent of a student who attended Tulsa Tech, and was also president of the Tulsa Tech's Teachers' Association. Bradley taught the plumbing trade for 26 years, serving one year at Tri-County Tech in Bartlesville prior to being hired at Tulsa Tech by Dr. Joe Lemley to teach the same program. He holds both a plumbing and mechanical contractors license and a plumbing inspectors license. Bradley retired from Tulsa Tech in June 2007. Bradley has been actively involved in the Plumbing Contractors Association of North Eastern Oklahoma and has served on the City of Tulsa Board of Plumbing Appeals.

Elizabeth Ellison, Zone 4

Elizabeth Ellison currently serves as the executive director of the Lobeck Taylor Family Foundation and is responsible for oversight and direction of the family's foundation that focuses on education, entrepreneurialism and civic engagement. She is this year's chair of Tulsa's business model competition, the TCC StartUp Cup Powered by the Lobeck Taylor Family Foundation. Elizabeth has served on the board of Street School and chaired its successful Street School annual fundraiser, providing more than \$100,000 in funds to support Tulsa's alternative high school.

John Selph, Zone 5

John Selph serves as the president and CEO of Volunteers of America. He also chairs the INCOG (Indian Nation Council of Governments) and the State Juvenile Justice Advisory Council, in addition to serving on other community boards. Selph began



MONROE NICHOLS
Zone 1



RICK KIBBE
Zone 2



TIM BRADLEY
Zone 3



ELIZABETH ELLISON
Zone 4



JOHN SELPH
Zone 5



SHARON WHELPLEY
Zone 6

his career in public service at the Tulsa Boys' Home in 1969 and later served as executive director until 1984 when he was elected to represent the people of District 2 as Tulsa County Commissioner.

Sharon Whelpley, Zone 6

Sharon Whelpley brings many years of experience and knowledge to the Tulsa Tech community. After retiring from Tulsa Tech following 12 years of service, Whelpley was elected to the Broken Arrow Public Schools Board of Education, where she provided 20 years of service to help guide a path for student success. An avid volunteer, Whelpley has served the Broken Arrow community through organizations and events such as Gatesway Balloon Festival, Tulsa Garden Center, Broken Arrow PTA and the Broken Arrow School Foundation.

Dr. Jim Baker, Zone 7

Dr. Jim Baker manages a dual

role in education, both as a long-time and successful marketing education coordinator/instructor for Jenks Public Schools and as the Zone 7 member of the Tulsa Tech Board since 1988. Baker's background in education serves him well as a board member by providing the perspective of a practitioner in formulating policy-making decisions. Baker was named to the 2000 Oklahoma State School Boards Association All-State School Board, a select group of five board members chosen from the more than 3,500 across the state.

Tulsa Tech is both honored and fortunate to have the leadership, guidance, and vision provided by our outstanding Board of Education, and we thank each board member for helping all of our great students "Make Their Own Path."

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DR. JIM BAKER
Zone 7

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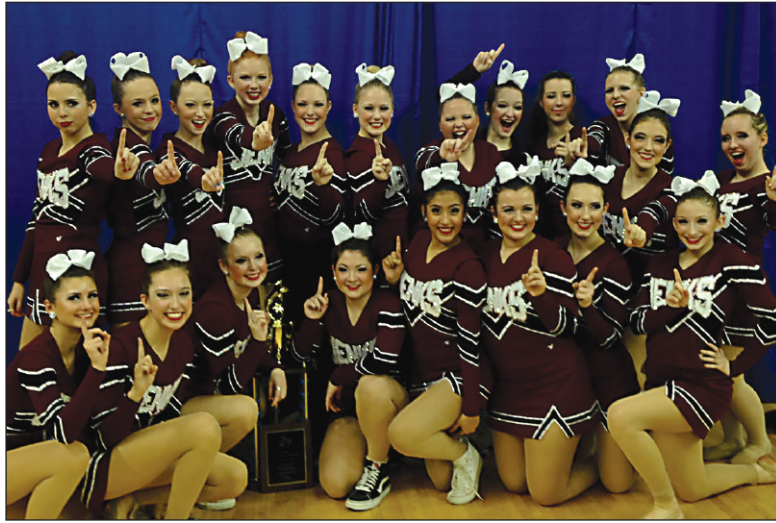
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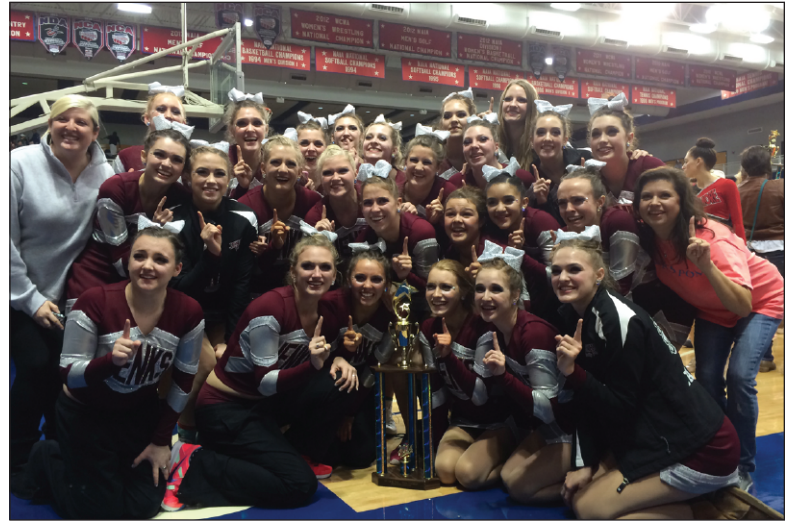
JENKS NEWS

Jenks Pom Squads Named State Champions

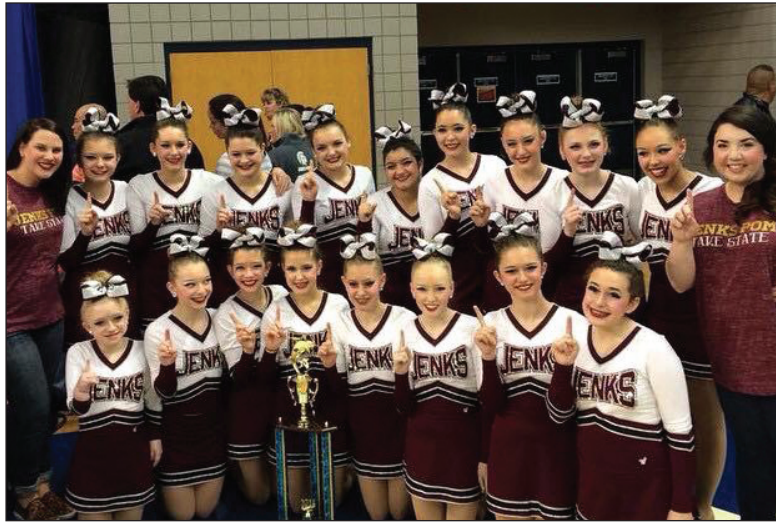
CLEAN SWEEP: Jenks POM competed in the OSDTDA (Oklahoma State Dance Team Directors' Association) State Dance competition in Oklahoma City on Dec. 13. All four pom squads: 8th grade, freshmen, JV (junior varsity) and varsity won first place, being named state champions. In addition, the JV squad earned the award for Outstanding Choreography. The squads are currently preparing for the UDA (Universal Dance Association) National Dance Team Competition to be held in Orlando, Fla., at the end of January.



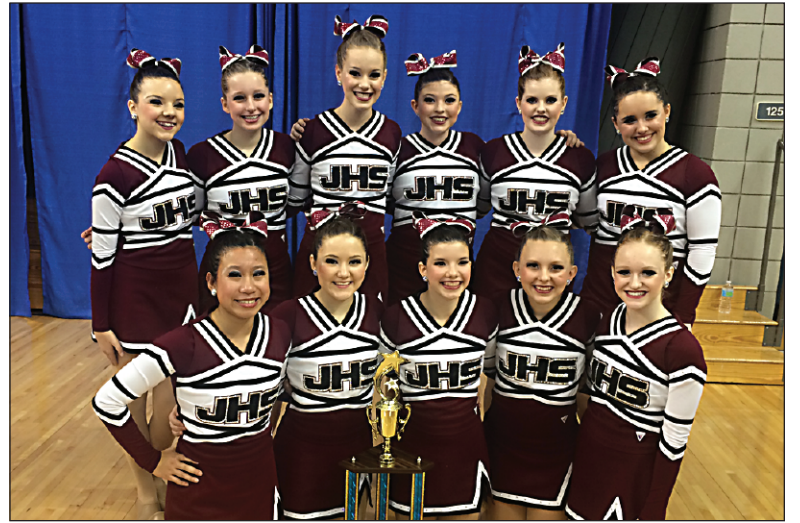
JUNIOR VARSITY



VARSITY



EIGHTH GRADE



FRESHMEN

River Focus

(Continued from page 1)

Delaware Avenue between 101st and 121st streets. The widening will include shoulder areas and the addition of sidewalks to provide greater ease of accessibility to River Parks trails.

In the future, Lakin hopes to see sidewalks continue to be added to allow for greater citizen use.

"Our neighborhoods were built as islands; you can't bike or walk from neighborhood to neighborhood," he says. "Sidewalks that we've already put in are heavily used and connect neighborhood to neighborhood, to schools, and to parks and our trail system."

"We have a great trail system that people can't get to. I see people using cars to get to the trail system."

Also, Yale Avenue from 96th to 101st streets will be widened to five lanes.

A dramatic street widening will take place on Yale Avenue between 81st and 91st streets. That project is currently in the design phase, which is expected to be completed later in the year.

The street will be widened to up to seven lanes, says Lakin.

School Bond Vote: Feb. 10

On Feb. 10, Jenks residents will go to the polls regarding Jenks Public Schools' 2015 bond proposal of \$120,400,000.

"The passage of the bond issue will allow the district to continue the excellence for which Jenks Public Schools is known," says school Superintendent Stacey Butterfield. "The support of patrons allows continued focus on integrating technology into instruction, safety of students, staff and visitors, and much needed classroom space at the elementary level."

The bond issue includes:

- Construction of North Elementary, to be completed by August 2016

- Central Campus Cafeteria Expansion and Kitchen Remodel
- Agricultural Research Facility
- Districtwide equipment, child nutrition equipment, safety improvements and technology equipment and improvements
- Additional elementary and intermediate classroom space
- Facilities and Maintenance Improvements
- Parking Improvements at East Elementary
- Renovation of High School Buildings
- Textbooks and Media Equipment
- Transportation Equipment

TTCU Gives Money



EDUCATION DONATION: From left, Georgia Steele, with TTCU, and Cindy Brown, TTCU branch manager, presented Jenks Public Schools' Superintendent Stacey Butterfield a check to benefit the school district at the January Jenks Chamber luncheon.

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JENKS DISTRICT SPORTS

Jenks Trojan Sports Review and Roundup

By **DOUG EATON**
Jenks District Gazette Sports Writer

Several Trojan athletes from the fall sports received All-Metro and All-State honors.

Cross Country

Senior Jacob Janzen was named the Tulsa World's All-Metro Runner of the Year. Janzen enjoyed a banner 2014 season as he was the state runner-up in the Class 6A state meet and was the meet champion at both the Frontier Conference and East Regional meets.

Trojan coach Steve Patterson was named the All-Metro Boys Coach of the Year. Trojans Will Ratliff and Chris Staub were named to the boys first team and Joseph Bingham, Bradyn Gower, Cody Jones and Noah Soap were named Honorable Mention.

For the Lady Trojans, Grace Barber was named to the girls All-Metro Team. Brit Maguire and Addie Minnick received Honorable Mention honors.

Volleyball

Lacy Beeler, Outside Hitter, and Karen Montes, Libero, were named to the first team All-Metro Volleyball team while Coach Tanna Smith was named Coach of the Year. Anabella Pope was named to the Second Team while Paige Phillips, Darian Parson and Natalie Mikels received Honorable Mention.

Football

Several Trojan football players received All-State honors. Carson Epps, wide receiver, and Que



Official Marine Corps Photo by SGT. BRIAN STEVENS
SEMPER PHI: Staff Sgt. Victor Rodriguez, Drill Instructor, Marine Corps Recruit Depot San Diego, speaks with Marquise Overton, a defensive tackle from Jenks High School during Team West practice at Santa Ana Stadium as part of the Marine Corps' 2015 Semper Fidelis All-American Bowl. The bowl recognizes and celebrates selected players as exemplary athletes, youth leaders, high-academic performers and engaged community members. The bowl was nationally televised live from The StubHub Center in Carson on Jan. 4, 2015.

Overton, defensive lineman, were named to the First Team. Dillon Stoner, defensive back was named to the second team. Trojans receiving honorable mention included Cooper Nunley, quarterback; Cameron Cremin, offensive lineman; Austin Quillen, linebacker; Matt Brown, linebacker; and Danny Donley, kicker.

Girls Basketball

The Lady Trojans faced a competitive field in the Bedouin Shrine Classic in Muskogee and

came home with a fourth place finish.

The Lady Trojans came back from a first quarter 15-point deficit to rally back and get within five points before dropping a hard-fought conference game to Owasso 49-37.

Boys Basketball

The Trojans captured second place in the Bedouin Shrine Classic in Muskogee losing only to the number one ranked Mustang Broncos in the championship game. Jenks had beaten McAlester and Muskogee to advance to the title game. The Trojans T.J. Washington made the All-Tourney team.

The Trojans faced All-State player Shake Milton from Owasso in their home opener and dropped an exciting 66-60 decision. T.J. Washington led Jenks with 24 points.

Swimming

In a dual meet versus Bartlesville, the Trojan women edged out the Bruins 142-136, while the Trojan men were defeated by the Bruins 155-125. Jenks event winners included Riley Bick (200 yard Individual Medley); Tatum Vann (100 yard Backstroke); and Hannah Ledford (100 yard Breaststroke).

In the Frontier Conference meet, the Lady Trojans were crowned conference champions while the Trojan men were edged out of the league title by Bartlesville by a slim 16 points.

The Lady Trojans boasted four event winners: 200 yard medley relay (Vann, Ledford, Betz and



DOUG EATON for Jenks District Gazette

STRATEGIC DISCUSSION: Head basketball coach Clay Martin devises strategy for his Jenks Trojans team during a time-out at a recent game.

Salyer); 200 yard freestyle relay (Molina, Salyer, Inbody and Hudgins); 50 yard freestyle (Molina) and 100 yard breaststroke (Ledford).

Wrestling

The Trojans took third place in the prestigious Miami Wardog Invitational Meet that included 18 schools from Oklahoma, Missouri and Kansas. Jake Pattinson (152 pounds) and Que Overton (285 pounds) captured weight class championships. Other Trojans placing in the top three included Grant Fox (3rd, 113 pounds); Drew Hinkle (2nd, 170 pounds) and Sam Wilson (3rd, 220 pounds).

The Trojan grapplers kicked off 2015 with an impressive showing in the Jenks Invitational as they captured fourth place in the tough 17 team field.

Jake Pattinson took second place at 145 pounds and Que Overton placed third at 285. Chase Umholtz was fourth at 145; while Nathaniel Montalvo (132) and Drew Hinkle (170) each took fifth place.

The Trojans then edged Sapulpa in a home match 37-36. Umholtz, Hinkle and Overton all recorded pins.

Jenks then whipped Enid in a dual, 50-30 with Daniels, Galiger, Pattinson, Hinkle, McKee, and Herbig all winning by falls.

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SPORTS

Tulsa's Bruce Howard Named Top Sportscaster

University of Tulsa's Director of Sports Broadcasting and Voice of Tulsa football and basketball Bruce Howard has been named the National Sportscasters and Sportswriters Association (NSSA) Sportscaster of the Year for the state of Oklahoma, it was announced recently by the NSSA.

Howard is in his 22nd year as the Voice of Golden Hurricane athletics. He is the radio play-by-play voice for Tulsa football and men's basketball, while also hosting TV, radio and digital media shows for Golden Hurricane athletics.

The NSSA consists of approximately 800 leading sportscasters and sportswriters from throughout the country.

The NSSA's annual awards banquet will take place on June 8, in Salisbury, N.C. Joining the Hall of Fame quartet of Bill Raftery, Dick Schaap, Hal McCoy and Lesley Visser as honorees at the banquet will be 2014 National Sportscaster of the Year Mike 'Doc' Emrick and 2014 National Sportswriter of the Year Tom Verducci, along with more than 100 state sportscasters and sportswriters of the year from 48 states and the District of Columbia.

The Oklahoman's Berry Tramel was named the Oklahoma Sportswriter of the Year.



BRUCE HOWARD



CHILI BOWL: The 29th annual Lucas Oil Chili Bowl Nationals was held in Tulsa at Expo Square Jan. 13-17. Speaking at the press conference to kick off the event on Jan. 12 are racers, from left, Sarah Fisher, Bryan Clauson, Kenny Wallace and Tony Stewart, and Emmett Hahn, co-founder of the Chili Bowl Nationals.

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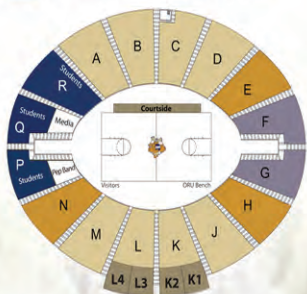


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New Drillers Manager Shines

Former major leaguer Razor Shines is the Tulsa Drillers' new team manager. Shines will become the 21st full-time manager in franchise history when the 2015 season begins on April 9. This will be the Drillers' first season as an affiliate of the Los Angeles Dodgers.

Joining Shines on the staff will be pitching coach Matt Herges, hitting coach Shawn Wooten and coach Leo Garcia.

Shines met with the media on Jan. 26, where he talked about his high hopes for the upcoming season, up-and-coming players and the originality of his name, which has been passed down in his family.

Shines will be in his second season as manager of the Dodgers Double-A affiliate after leading the Chattanooga Lookouts to a big turnaround last year. In the first half of 2014, Chattanooga finished last in its division with a 26-44 record, but the second half was a different story. Shines and the Lookouts improved to 35-33, winning the division and advancing to the Southern League playoffs.

Chattanooga defeated Huntsville in the first round of the post-season before losing to Jacksonville in the Southern League Championship Series.

Last season marked Shines' second in the Dodgers system as he managed the Single-A Great Lakes Loons to a 67-72 mark in the Midwest League in 2012.

His first managerial job was in 1995 with the Cincinnati Reds when he led the team's Class-A affiliate in the South Atlantic



BIG EXPECTATIONS: New Tulsa Drillers team manager Razor Shines stands at ONEOK Field in January. Shines will be in his second season as manager of the Dodgers Double-A affiliate after leading the Chattanooga Lookouts to a big turnaround last year.

League. From 2001 through 2006, Shines managed six seasons in the Chicago White Sox minor league system and spent the 2008 season with the Philadelphia Phillies as skipper of Clearwater in the Florida State League.

Overall, Shines has managed in 10 seasons, compiling a 700-695 regular season record. His teams have qualified for the playoffs in six of those 10 seasons.

His professional baseball career began as a player in 1978. He played for 16 years, reaching the majors with the Montreal Expos where he spent parts of four seasons. Shines also was in the majors as a base coach for the Chicago White Sox (2007) and the New York Mets (2009-2010).

Shawn Wooten's coaching career began in the 2010 season when he served as hitting coach for the San Diego Padres Short-Season affiliate in Eugene, Ore. Wooten became a manager for the

Padres in 2011, leading their Low-A affiliate in Fort Wayne, Ind., before advancing to Lake Elsinore and managing the Storm for two seasons (2012-2013) in the California League.

Matt Herges will enter his fifth season as a minor league pitching coach. He has spent the past three years (2012-2014) with High-A Rancho Cucamonga in the California League.

Leo Garcia joins the Tulsa staff after spending the last two seasons as the hitting coach for the Dodgers Rookie League team in Ogden, Utah. He has been a coach in the Dodgers organization since 2009. Prior to joining the Dodgers, he coached in the San Francisco Giants minor league system for 6 years and was their Latin America coordinator in 2007.

The Drillers will open the 2015 season at home Thursday, April 9 at 7:05 p.m. against the San Antonio Missions at ONEOK Field.

TU's FAMOUS FANS



BELOVED FACES: Coach and Mad Dog, also known as David Bales, left, and Kenneth Penn, prepare to cheer on the Tulsa Golden Hurricane men's basketball team like they've done for the past 20 years.

By **EMILY RAMSEY**
Managing Editor

For anyone who's attended a University of Tulsa basketball game in the last 20 years or so, the individuals pictured above surely look familiar. They are Coach and Mad Dog, or David Bales and Kenneth Penn, respectively, two individuals known by TU coaches, players and fans as loyal fixtures at the games.

There are many people, myself included, who can't remember a time when these two weren't present at the sidelines cheering on their Golden Hurricane. That is evidenced by the constant amount of greetings the two receive before, during and after the games.

For Bales and Penn, the games offer the opportunity to be around the sport and team they love and to be with friends, including one another.

If one was worried about approaching them to start a conversation, the worry quickly melts away thanks to their friendliness and eagerness to give a smile — especially if the topic of TU basketball comes up.

Penn says that his brother is the reason he started attending games back when Ken Hayes (1968-75) was coaching.

Bales, who hails from Des Moines, Iowa, names Tubby Smith (1991-95) and Bill Self (1997-2000) among his favorite past TU coaches, and he is confident about Frank Haith: "I feel good about the new coach; he knows how to take care of business," says Bales.

Even if a person can't see Penn at a game, he/she will most certainly hear his identifiable bark, which Penn says he began using when he was a young boy.

He says that he started using the bark at the TU games during the Nolan Richardson era (1980-85), when some of the TU greats were playing, including Paul Pressey (1980-82) and Steve Harris (1981-85).

Penn earned the name Mad Dog from one of his boxing coaches. Penn says that he began boxing when he was 15 years old and continued in the sport for 25 years.

It's clear that Bales and Penn love TU basketball. What's even more clear is that the entire TU family loves them back.

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Oilers Brothers Work Together on the Ice

By **GLENN HIBDON**
GTR Sports Writer

Brothers Tommy and Steve Mele have always been mischievous, even throughout their hockey careers. It all goes back to their time growing up in the Bronx, New York.

It was a crisp fall day, and their father had told the boys to go outside and rake the leaves. It was a task that was beyond the willingness of Tommy, now 28 and three years older than his brother.

"We got into a fight about who was going to pick up the leaves. He said he wasn't going to do it, and he tied me to a telephone pole," Steve says. "He left to hang out with his friends, and I was there an hour before mom found me and let me loose."

"That night when he was asleep, I put shaving cream all over his face. When we got older, our fights got more physical, but it was just standard brother stuff. We just swept it under the carpet and we don't hold grudges."

Today, as members of the Tulsa Oilers, the Mele boys are one of the few sets of brothers playing for the same professional hockey team. They wouldn't have it any other way. Tommy is in the midst of his fourth and best pro season with 23 points, plus a team-leading 120 penalty minutes through Jan. 15. Steve, a second-year pro, had 11 points in his first 30 games.

"We fought all the time because we have completely different personalities," says Steve, a 6-2, 205-pound forward. "He's more high-strung, and I'm more laid back. I know what irritates him, and he knows how to push my buttons, but we forget about it 20 minutes later."

Despite their sibling difficulties, the Mele boys have always remained friends. They played hockey and roomed together at American International College along with current Oiler scoring ace Adam Pleskach. The Meles both earned degrees in business management, and it seemed only natural they would make the transition together from college to the East Coast Hockey League.

"I was playing in Alaska the last two years

and felt it was time to move on," says Tommy, a 6-foot, 188-pound forward who was traded to Tulsa before the 2014-15 season started. "I talked to (Oilers Coach) Bruce (Ramsay), and he said there was some interest in me. Everything came together."

Steve Mele bounced around the Southern Pro League and the ECHL last season before Pleskach told Ramsay about his old college roommate's abilities. Steve joined the Oilers for five games a year ago, then signed on for the 2014-15 campaign. Tommy and Steve were together again to the delight of both.

"We definitely had an interesting childhood," says Tommy. "We were pretty competitive, but we were extremely close growing up. We still go back to New York in the summer and live together. When we went to college together we became even closer, and we're inseparable now."

The pair followed a natural path. Their father, who owns a food truck in New York City, played hockey and is still a skating instructor. In the off-season they return home and help their dad in his food service business. This summer, the brothers plan to open a hockey school together back home.

Before that happens, Tommy and Steve have some unfinished business with the Oilers. The team is fighting for an ECHL playoff berth while trying to overcome mid-season inconsistencies. The brothers have roles to play and despite Tommy's impressive PIM number, don't dare call him a fighter.

"I'm 100 percent not a fighter," he insists. "A fighter is someone who can't play hockey. All he worries about is fighting because that's the only thing he can do. I do like to play physical hockey, but I have a good skill set. I know how to play the game. Just look at my numbers. I'm top five in goal scoring on the team."

"I'm an energy player who plays with an edge. I like to skate and play fast and I see the ice pretty well. I'm not a goal scorer or a fighter."

Steve sees himself the same way.

"I'm a faceoff man and a penalty killer. Last year Rammer (Ramsay) gave me the



STEVE MELE



TOMMY MELE

opportunity to play that role," says Steve, who wants to get into real estate back home after his hockey career ends. "I'm a five-on-five faceoff guy who works hard and tries to be a playmaker."

Whatever the Oilers need from Steve, his brother is there to give advice and instruction. They may be competitive off the ice, such as on the golf course, but on it Steve differs to Tommy's experience.

"I've always looked out for him, from the time we were little until right now," Tommy says, who wants to go into coaching or scouting after his playing days are over. "This is only his second pro year, so I show him how to do things and conduct himself. I try to lead by example and show him a high work ethic."

Apparently, having a big brother to pave the way in hockey has definite benefits in all areas of the game.

"We know how each other plays and it does help to have someone who's close to you," Steve said. "He's a veteran and been there before me. His career has gone extremely well. He may tell me what to do sometimes, but I don't get frustrated. On the ice we're not competitive with each other."

Maybe so, but whatever the future in hockey holds for the duo, it's almost certain they will experience it together.

"We train together in the summer and go to the rink together every day," says Steve. "We hang out together, go to the movies and go to the golf range just to get away from hockey. He's good at driving, and I have a better short game. We also grew up playing baseball together. I would say we're best friends."

As long as big brother can withstand the temptation of tying his baby brother to a telephone pole, family unity should prevail.

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ROSSY GILLE for GTR Newspapers

OILERS WEAR PINK: On Jan. 20, members of the Tulsa Oilers hockey team Nathan Lutz, left, and Kyle Bocek received pink pedicures at the Marilyn Ihloff Spa and Salon, at 8343 S. Memorial Dr., from employees Gabriella Patton, left, and Ruby Javier. The activity was to promote the annual TD Williamson Pink in the Rink Night for Turn Tulsa Pink. The event will be held during the Oilers' Pink Hockey Game on Feb. 7.

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ORU Inducts Three into Athletic Hall of Fame

Sweet-shooting Steve Bontrager was one of three individuals inducted into the Oral Roberts University Athletics Hall of Fame Jan. 24.

Bontrager was joined by Jessica Kellogg (women's soccer) and Pamela Ontiveros (women's golf) in the 2015 class, which was presented at halftime of ORU's basketball game with South Dakota State in the Mabee Center.

Bontrager, who played for Coach Ken Hayes from 1979 through 1981, holds multiple ORU records for shooting accuracy.

Bontrager is the school's career record-holder for free-throw percentage at 88 percent (103-117).

In 1980-81, he converted 73 of 81 free-throw attempts, a percentage of .901.

As a senior in 1980-81, Bontrager led ORU in scoring with a 16.3 average, earning a spot on the All-Midwestern Collegiate Conference second-team.

A native of Iowa City, Iowa, the 6-1 Bontrager later played three years for Athletes in Action and four years in the English National



HARRY LENTZ for GTR Newspapers

ORU HALL OF FAME MEMBERS: ORU Athletic Hall of Fame members gathered to celebrate the addition of Steve Bontrager, Jessica Kellogg and Pamela Ontiveros, pictured holding their awards.

Basketball League. In the 1990s, he coached the Tulsa Zone and Tulsa Fastbreakers professional teams.

He is in his eighth season as color analyst for the Rogers State University basketball program.

Kellogg (2002-05) is the second

women's soccer player to be honored. In 2004, she was the Mid-Continent Conference Offensive Player of the Year. She was a four-time All-Mid-Continent selection, including three first-team honors. She holds school and conference records for career goals (48),

points (114) and game-winning goals (17).

Ontiveros (2004-08) was the 2005 Mid-Continent Conference Newcomer of the Year and went on to win the 2007 individual conference championship, earning Golfer of the Year honors. She earned first

team all-conference honors all four years and in 2007 became the first individual from ORU to qualify for the NCAA Championship. She holds the school's lowest single-season scoring average (74.4) and is the first women's golfer inducted into the ORU Hall of Fame.

Tulsa Youth Rowing Association Holds Row-A-Thon

The Tulsa Youth Rowing Association held its 11th annual Row-A-Thon fundraiser at the Oklahoma Aquarium located in Jenks on Jan. 17. The rowers rowed throughout the day trying to record as many meters as possible. Each student athlete used indoor rowing machines to complete their distance quotas.

Each rower in the club is required to row a minimum distance of 30km and in turn raise a minimum of \$250 by collecting pledges as a contribution to the club. The youth rowing club had

a goal to raise \$25,000.

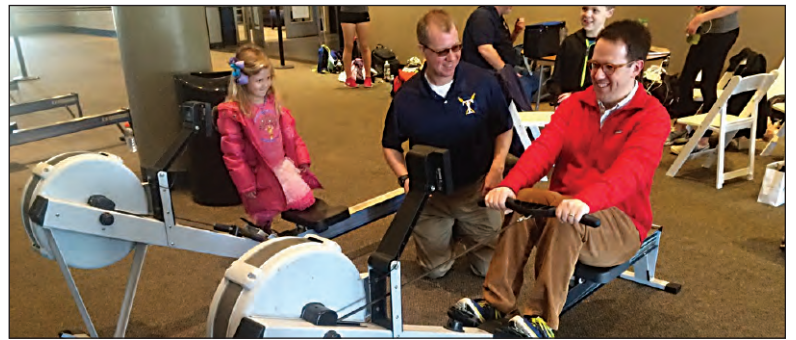
The funds raised contribute towards purchases of rowing shells, oars, rowing machines and equipment storage needs.

"This fundraiser is of critical importance for us to continue to serve the community and provide competitive rowing instruction for middle school and high school student athletes. While the river conditions continue to be less than ideal we need funds to allow us to store equipment and continue to provide a first rate teaching environment," says

TYRA Head Coach Neil Bergenroth.

"It is truly remarkable how hard these student athletes work at this event and in preparation for our competitions. It is not uncommon for most of our rowers to record distances over 50 to a hundred kilometers during the day," says Bergenroth. "These athletes care deeply about our program and recognize the call to give back to something they are benefiting from. It's a great learning experience."

Last year's Row-A-Thon event raised \$18,000 for the program.



Courtesy photo

OFFICIAL WORKOUT: Tulsa City Councilor G.T. Bynum had a good time attending the Row-A-Thon Jan. 17. Bynum has been a driving force for improvements along and in the Arkansas River.

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THE ECONOMY

Alan Armstrong Unveils Chamber Initiatives

The Tulsa Regional Chamber welcomed Alan Armstrong, president and CEO of Williams, as its 2015 chair of the Board of Directors at its annual meeting, held in January, where 1,400 business leaders, elected officials and citizens met to hear Armstrong speak about the chamber's 2015 initiatives.

Those initiatives are focused on improving the region's future through entrepreneurship, place-making, regional collaboration and the attraction of young talent.

Armstrong elaborated on the current impact of young talent in the region and the importance of growing that skilled young workforce, stating that the energy and passion exhibited by Tulsa's Young Professionals is what inspires him most about his chairmanship.

"The future health of our city will be measured by how effectively we are attracting and retaining the very best young talent regardless of where they may come from around the country," Armstrong said. "Regions filled with young, diverse talent are the future economic powerhouses, and Tulsa is primed to lead. We must love our community if we expect others to see pride in it, and Tulsa is the place to be."

"Only through embracing these qualities and the authentic nature of who we are can we begin to achieve excellence in all areas and welcome others to enjoy the benefits we know exist from being a member of this community," Armstrong said.

Armstrong began his speech with a look back to 1914, to the start of the 100-year history of the

Tulsa Regional Chamber, and later challenged the audience to focus on a regional collaboration that ensures the Tulsa community can win the race in the global economy through job creation and skilled talent, attracted to the area by our vibrant quality of life and sense of place, in the next 100 years.

"Our approaches to economic development will continue to be guided by the ever present battle for talent across the country," Armstrong said. "Everyone must engage together to position Tulsa as a location to attract the very best talent in the nation."

Armstrong joined Williams in 1986 after graduating from the University of Oklahoma in 1985 with a bachelor's degree in civil engineering.

Armstrong also serves on the board of directors for the American Petroleum Institute, is a member of the National Petroleum Council and the Business Roundtable. He previously served as president of the Gas Processors Association and as a director on the Natural Gas Supply Association's board. Armstrong is passionate about education, volunteering with organizations like Junior Achievement, Teach for America and the Oklahoma Business Education Coalition.

Armstrong succeeds 2014 Chair of the Board of Directors Wade Edmundson, CEO, Oklahoma for Commerce Bank.

Edmundson spoke during Armstrong's inauguration regarding the future of the region, issuing a challenge to the audience "to make decisions and register votes



NEW CHAIR: Alan Armstrong, center, Tulsa Regional Chamber's 2015 chair of its Board of Directors, stands with Chamber President Mike Neal, left, and 2014 Board Chair Wade Edmundson at the Chamber's annual meeting, held in January.

that prioritize making our state and this region a place to which talent will be attracted."

"Take steps to show outsiders that we are an inclusive people," he continued. "Demonstrate that we are serious about attracting talent by supporting issues ranging from building infrastructure that enhances walkability to funding education, specifically teacher pay."

The annual meeting was present-

ed by OSU in Tulsa and Tulsa Community College and hosted by the Cox Business Center.

2014 Award Winners:

2014 Hospitality Club Volunteer of the Year:
Marvin Krueger

2014 Award of Excellence:
Stuart Solomon
President and COO, PSO

2014 Award of Excellence:
Bob McGrew, Vice President and CFO, T.D. Williamson
Chair, VisitTulsa 2.0 Campaign

2014 Chairman's Award:
Jeff Stava, COO, Tulsa Community Foundation
Chair, VisitTulsa

Lifetime Achievement Award:
Dan Harrison

Arvest Bank Tulsa Announces Changes

Arvest Bank announced in January that president and CEO Don Walker has been named a regional executive.

Additionally, Kirk Hays, sales manager and executive vice president of Arvest Bank, Tulsa, was named its president and CEO.

Walker has worked in various capacities and locations for Arvest for 36 years, including the last 16 as president and CEO of Arvest Bank, Tulsa. Five markets in Arkansas will report to Walker in his new role.

"Bringing that experience to this position will be a great way to use Don's wisdom and knowledge on a broader scale," Arvest Bank president and CEO Kevin Sabin says.

Hays joined Arvest in 1994 as a commercial lender. His current duties include oversight of 38 retail branches, private banking, small business lending, marketing, and branch services.

"Kirk focuses on Arvest's core values, harvesting of essential data and how to use it, challenging the norm, growing and mentoring of associates, and the value of a team," says Brad Krieger, a regional executive of Arvest Bank.

Both Walker and Hays represent Arvest throughout the area via various civic activities. Arvest Bank, Tulsa is one of the largest of Arvest's 16 locally managed banks, with more than 500 employees working at 38 locations in 16 communities.

A search for a sales manager is currently underway and an announcement will be made when a replacement is selected.

Arvest Bank operates more than 270 bank branches in Arkansas, Oklahoma, Missouri and Kansas through a group of 16 locally managed banks, each with its own board and management team. These banks serve customers in more than 120 communities, with 12-hour weekday banking at most locations. Arvest also provides a wide range of banking services including loans, deposits, treasury management, credit cards, mortgage loans and mortgage servicing. Arvest is an equal housing lender and member FDIC.



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Five Civilized Tribes Hold Quarterly Meeting

The Muscogee (Creek) Nation hosted several Native American tribes for a quarterly meeting of the Inter-Tribal Council of the Five Civilized Tribes Jan. 8-9 at the Renaissance Hotel & Convention Center with a record attendance of 529 attendees.

The Inter-Tribal Council formed as a result of various meetings held in 1949 between various leaders and representatives of the Five Civilized Tribes. It will celebrate 65 years in February.

"It was a tremendous honor to have over 525 register for this two-day conference," says MCN Principal Chief George Tiger. "This rivals national native organizations' annual conference attendance. There were many that didn't register and the numbers attending signifies the strength the Inter-Tribal Council is gaining regionally and nationally and the impact it has made in being a strong voice for the five tribes."

The five tribes include the Muscogee (Creek), Cherokee, Choctaw, Chickasaw and Seminole Nations. MCN Principal Chief George Tiger has also invited several other tribes to attend the quarterly meeting. The meeting allows the Native tribes to come together to discuss significant issues facing all the tribes as well as to collaborate on projects and share ideas in tackling obstacles and promoting each

tribe in their programs, departments and services.

The council was revived in 2012 after Chief Tiger and Chief Bill John Baker were elected to the Muscogee (Creek) and Cherokee nations as the leaders of their respective tribes and took the lead on reviving the ITC.

The two-day session included work group meetings Jan. 8, which included programs such as environmental protection, Indian Child Welfare, roads and transportation, language, tribal courts, education, employment and training housing and tribal tourism among several others.

The ITC meeting concluded with a general session Jan. 9, which included announcements by each tribal leader, including Seminole Nation Chief Leonard Harjo, Choctaw Nation Chief Gary Batton, Cherokee Nation Deputy Chief Joe Crittenden, Chickasaw Nation Governor Bill Anoatubby and MCN Chief Tiger.

The ITC also approved 10 resolutions pertaining to all five tribes, including:

- A resolution opposing the proposed rule 'Definition of "Waters of the United States" Under the Clean Water Act,'
- A resolution requesting consultation with the White House Council on Native American Affairs with Concern to



SHOW OF UNITY: From left, Chickasaw Gov. Bill Anoatubby, Seminole Principal Chief Leonard Harjo, Muscogee (Creek) Principal Chief George Tiger, Cherokee Deputy Chief Joe Crittenden and Choctaw Chief Gary Batton gathered at the quarterly meeting of the Inter-Tribal Council of the Five Civilized Tribes Jan. 8-9, held at the Renaissance Hotel & Convention Center. The meeting was hosted by the Muscogee (Creek) Nation and saw a record attendance of 529.

- Expansion of Self-Governance Opportunities between federal agencies not included under the Indian Self Determination Act, and Tribal Governments,
- A resolution supporting changes to Oklahoma Statute

- Recognizing Tribal Domestic Violence Programs, Tribal Batterer Intervention Programs and tribal domestic violence specialists,
- A resolution of the Inter-Tribal Council endorsing and support-

ing the Oklahoma Native American Juvenile Justice Task Force in developing Memorandum of Understandings between the Oklahoma Office of Juvenile Affairs and tribal governmental systems.

TULSA INTERNATIONAL AIRPORT BEGINS #FLYTULSA PROMO



FLYING TULSA: Tulsa Airports Director Jeff Mulder stands with the Golden Driller to encourage travelers to fly from Tulsa with the launch of #FLYTULSA.

Tulsa International Airport (TUL) has announced the launch of #FLYTULSA, a campaign aimed at promoting the benefits of flying from Tulsa.

More than 2.6 million passengers flew through Tulsa International Airport in 2014, an increase of 4 percent. Currently, six airlines provide more than 10,600 daily seats on 120 flights in and out of Tulsa. As families begin planning spring break and summer vacation trips, officials are urging Tulsans to consider Tulsa International Airport as the starting point for their travel plans.

"We work in a world where vacation time is limited, and it's all about getting where you want to go as quickly and conveniently as possible. The great thing about flying Tulsa is that vacations start here - no driving or unnecessary hotels," says Jeff Mulder, Airports Director. "We have non-stop flights to 19 airports across the country and our goal is to see that number increase as we work to get more passengers to utilize our current service."

Encouraging Tulsans to utilize Tulsa International Airport will support the growth of airline service and keep more travel dollars in the local economy. Airport officials estimate that 25 percent of the passengers in the Tulsa market area drive to another airport to fly. Capturing a portion of those travelers would create significantly more demand for service,

increase revenues for airport services, and reduce airline operating costs.

Passengers traveling through TUL over the next three months will be asked to share their stories by utilizing the #FLYTULSA hashtag. Travelers are encouraged to post airport and vacation photos to Facebook, Twitter and Instagram with the #FLYTULSA hashtag to be entered to win weekly giveaways. On April 1, 2015 one of the entrants will be selected to win airfare for up to four people to any non-stop destination served from Tulsa, including hotel at their destination, and valet parking at Tulsa International Airport.

As an added element of fun, a replica of the Golden Driller bearing the #FLYTULSA logo will greet passengers past security for the duration of the campaign, providing a unique photo opportunity as passengers begin their travel journey.

Riverwalk Crossing Develops

The Muscogee (Creek) Nation held a groundbreaking ceremony recently to announce the construction of a new entertainment facility along the Riverwalk Crossing. MCN Principal Chief George Tiger spoke at the ceremony on the Nation's continued commitment to the area.

"The Muscogee (Creek) Nation is excited about the continued growth of the Riverwalk and is proud to be the leader in revitalizing this area for all Oklahomans to enjoy," Tiger said. "We strive to provide our community with world-class entertainment options such as the River Spirit Casino, the much anticipated Margaritaville and today's new development."

The new facility will offer high-tech golf and family oriented games, restaurants, a sports bar and corporate space. The venue will also provide private party rooms and meeting spaces. The development will be one of many projects coming to Riverwalk Crossing within the next year.

"As this project moves forward in the coming weeks and months, we will announce additional retail outlets, vendors and entertainment options along the Riverwalk," Tiger said. "This is an exciting time for us as we continue making the Riverwalk Crossing into a entertainment destination for everyone to enjoy."

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The Owasso Economy Looks Strong in 2015

Editor's Note: The Greater Tulsa Economic Report is a monthly column written by various area Chamber of Commerce and other business representatives. Additional columns will feature reports from Broken Arrow, Bixby, Jenks, Hispanic and Greenwood Chambers of Commerce, as well as from the Tulsa Regional Chamber and other greater Tulsa areas.

Greater Tulsa Economic Report



By GARY AKIN
President, Owasso Chamber of Commerce

Owasso is positioned to have another outstanding year of quality growth. There are several reasons for this projection. Interest rates are predicted to remain low, new jobs are being created, housing starts are up, the unemployment rate is low, and, geographically speaking, there is plenty of room to grow.

We're thrilled about Macy's Fulfillment Center opening during the spring 2015. This \$170 million, 1.3 million s/f center, located in the Owasso School District, will be home to 1,500

new and part-time jobs. A new \$6 million, 24,000 square foot memory care facility will be developed on the campus

of Bailey Medical Center. Facilities will include 36 private suites and personnel providing professional services to patients with Alzheimer's and other dementia related illnesses. Continuing with healthcare expansion, a new urgent care facility will be opening in 2015, just south of IHOP on North Garnett Road.

Residential growth is projected to remain strong in the coming year. There were 270 new residential home sites constructed in 2014, the greatest number since 2009. Existing residential developments are growing and new sub-divisions are scheduled to come online throughout the year. Stone Canyon, the largest master-planned residential development in Oklahoma (3000 acres), and the home to the Patriot Golf Club

and the Folds of Honor Foundation, is continuing its remarkable growth rate.

New retail, grocers and restaurants will be opening soon. We're excited that Academy Sports and Outdoors will be breaking ground near North Garnett Road. Additionally, a new Sprouts Farmers Market is scheduled to open April 1, near Sam's Club at 96th Street North & 129th East Avenue. And, a second Neighborhood Market is scheduled to be open this year at 116th Street North & 129th East Avenue. We're also excited for the long anticipated Buffalo Wild Wings coming to Owasso. The restaurant will be located next to Aldi's in Tyann Plaza.

Owasso is well known for providing exceptional educational opportunities; in 2015 the tradition will continue. Owasso Public Schools is nearing 10,000 in student population and is regarded as one of the finest public school systems in the state. Owasso High School is now the fourth largest in the state. The chamber will support the projected 2015 school bond issue that will provide funding for our ninth elementary school, school buses and text books. Rejoice Christian Schools is currently in the midst of a \$50 million, 275,000 s/f, expansion project. The master plan will merge the two existing campuses into one. The newly

designed campus will be located at 106th Street North just west of U.S. 169 and will offer classes pre-K-12. The new elementary school will open in August 2015, with the high school and remaining facilities slated to open later in the year. Finally, Tulsa Tech-Owasso Campus and Conference has recently been recognized at the largest tech center in the state. With state-of-the-art facilities, professional staff and contemporary curriculum, Tulsa Tech provides its students with an exceptional learning environment to achieve their educational goals. Tulsa Community College has 25,000 square feet of space inside the Tulsa Tech facility and is currently serving more than 740 students. The state of education in Owasso is very good.

In 2015, the Owasso Chamber will continue to represent its members in the areas of education, transportation, job creation, economic development and regionalism. We are active members of the OneVoice Regional Coalition supporting the top 10 state and federal legislative issues impacting our region. Chamber leadership will lobby our elected officials in Oklahoma City and Washington D.C. We will conduct 10 monthly membership luncheons, four legislative affairs luncheons, including the state-of-the-city address, and networking

sessions via business after hours and business over breakfast programming. Members are invited to participate in annual chamber activities, including, the Home and Garden Show, Trail Days, Golf Tournament, and Auction & Casino Night.

Owasso is known as a city of character. The foundation of our past, and the gateway to our future, resides with individuals of character possessing great vision, leadership skills, and a willingness to nurture partnerships. City officials, with input from many citizens, have created a long-term master plan for community growth. The plan is reviewed and updated on a recurring basis. There are four core components essential to our city's future success. They are: a well managed city government; outstanding educational institutions; a focused economic development program; and a chamber of commerce that represents the interest of business and industry, while advocating for a high quality of life for our citizens. Utmost success cannot be achieved in our city by working independently; it can only be achieved by working together. This is Owasso's greatest strength: working together to achieve a desired result. The chamber board of directors and staff wish everyone a very prosperous 2015. Website: owasochamber.com.

Spartan College Signs Agreement for Aircraft

Spartan College of Aeronautics and Technology has signed a Training Program Development and Deposit Agreement with Aero Electric Aircraft Corp. (AEAC). Spartan is reserving the first 20 "Sun Flyer" delivery positions and is to help develop a complete training system for the "Sun Flyer" solar-electric training aircraft being developed by AEAC.

Peter Harris, CEO of Spartan College, says, "This agreement signifies our commitment to innovation and to serving the

next generation of pilots. Spartan College is honored to be the first training school to formalize our collaboration on a complete training system that will make flight training more modern, accessible and economical than ever before."

George Bye, CEO of AEAC, thanked Spartan College for their collaboration and support. "Our goal with Sun Flyer is to achieve lower operating costs and enhanced safety features for a training airplane by focusing on the benefits of solar-electric propulsion and durable composite construction," he said. "Spartan College is to be commended for their innovative spirit and forward-thinking strategy."

AEAC is planning to offer the first certified U.S.-sponsored, practical, all-electric airplane serving the aviation training markets. The company recently unveiled the single-seat technology demonstrator for its next-generation solar-electric training aircraft and continues to perform initial R&D flight test operations at Centennial Airport near



SUN FLYER: Single-seat technology demonstrator for the solar-electric Sun Flyer.

Denver. Flight tests will continue while the first 2-seat prototype Sun Flyer is being assembled.

Aero Electric Aircraft Corp. was created to produce, under license, the 2-seat Sun Flyer aircraft and bring it to market. For

more information, visit www.SunFlyer.com.

As a historical training asset in the aviation industry since 1928, Spartan College monitors changes in the market and regularly makes opportunistic adjust-

ments to ensure it is providing the trained workforce needed to meet employer demand for professional pilots, mechanics, technicians and inspectors. For more information, go to www.Spartan.edu.

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BUSINESS & PEOPLE NOTES



Courtesy TTCU

SCHOOL PRIDE: Dr. Leigh Goodson, right, president and CEO of Tulsa Community College, accepts a donation from Georgia Steele, TTCU Relationship Management Manager. The donation was the result of the credit union's School Pride promotion.

TTCU The Credit Union presented a \$2,861.42 donation to Tulsa Community College recently. Dr. Leigh Goodson, TCC president and CEO, accepted the gift which was the culmination of TTCU's School Pride program.

The School Pride program began in 2007 featuring 20 area school cards. Since its debut, 20 schools have been added to the line-up. The program allows TTCU members to choose among these 40 school card designs as the debit card for their TTCU checking account.

Along with showing school spirit for area schools, each time the card is swiped to make a purchase, TTCU makes a donation to the school featured on the card. Since its inception, northeastern

Oklahoma schools have received over \$420,000 in donations from the program.

TTCU is the largest state-chartered credit union in Oklahoma with sixteen branches; five in Tulsa, two in Broken Arrow and Tahlequah, one in Bixby, Jenks, Claremore, Miami, Muskogee, Owasso and Sapulpa. Established in 1934, TTCU The Credit Union, is a \$1.5 billion credit union serving over 114,000 members who are educationally affiliated, including students and their families as well as hundreds of Select Employee Groups in NE Oklahoma with a full complement of depository, lending and financial advisory services. TTCU is federally insured by the NCUA.

Tulsa-based Patriot Bank announces the promotion of two executive-level employees.

Chief Financial Officer **Randall Wimmer**, who most recently served as senior vice president, has been named executive vice president. He joined Patriot Bank in October 2009. Wimmer provides key managerial oversight of the financial and operational functions of the bank. He graduated from Oklahoma State University with a Bachelor of Science in accounting, with three years of continuing education at the University of Wisconsin's School of Banking. He is professionally affiliated with the Oklahoma Bankers Association, the National Association of Bank Cost and Management Accounting, the International Facilities Management Association and Lions International.

Chief Lending Officer **Philip Houchin** has been promoted from senior vice president to executive vice president. He joined Patriot Bank in December 2009 and has since been integral in developing and growing all aspects of the lending services division of Patriot Bank. A native of Tulsa, Houchin earned his bachelor's degree in business administration with a major in finance from the University of Oklahoma.

"We are extremely fortunate to have Randall and Philip on the Patriot Bank team. They have proven themselves invaluable to our organization, and I'm confident we will continue to make great strides with these accomplished bankers as part of the executive team," says CEO Mike Bezanson.

Patriot Bank was acquired by new ownership in 2009 and has since been named one of America's Top 200 Healthiest Banks, according to DepositAccounts.com, earning the second highest ranking of all FDIC insured banks in Oklahoma in 2014. Their headquarters are located in South Tulsa at 9292 South Delaware Avenue. Patriot Bank specializes in providing financial services to professionals as well as small businesses and is actively dedicated to building a solid relationship with their customers based on trust, honest service and dependability.

For more information, visit www.patriotbankok.com.

The **Tulsa Police Department** promoted six members Jan. 20 with Chief Chuck Jordan presiding over the ceremony. The following members will be recognized for their promotions that were effective Jan. 15. **Major Jonathan Brooks** is promoted to deputy chief and will be over the administrative bureau. **Captain Wendell Franklin** is promoted to major and will be over the riverside division. **Sergeant Mark Wollmershauser** is promoted to captain. **Corporal John Ross Williams** is promoted to sergeant. **Officer Jillian Phippen** is promoted to sergeant. **Officer Shawn Kite** is promoted to corporal. Chief Jordan will also acknowledge 18 members for their years of service.

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Trust Company of Oklahoma named **Sydney Wilson** as assistant vice president and **Jared Buchan** as investment officer at the Tulsa Warren Place location.

Wilson brings more than 20 years of experience in human resources and investments. As assistant vice president, Wilson oversees the securities trading desk. Prior to joining Trust Company of Oklahoma, Wilson worked as a financial recruitment manager at the Rowland Group. A native Tulsan, Wilson earned a bachelor's degree in letters from the University of Oklahoma.

Buchan's focus is in investment analysis and retirement planning. He joins Trust Company of Oklahoma from Northwestern Mutual, where he advised his clients on retirement planning, income optimization and portfolio management strategies. A native Oklahoman, Buchan earned his Juris Doctor and Bachelor of Business Administration from the University of Oklahoma and is currently pursuing his Chartered Financial Analyst (CFA) designation. He is also a member of the Oklahoma Bar Association and the Tulsa Estate Planning Forum.

Muscogee (Creek) Nation citizens elected a new second chief Jan. 10 in a special election runoff as tribal employee **Louis Hicks** defeated his opponent, former principal chief A.D. Ellis.

Hicks received 65 percent of the vote with 2,010 votes, while Ellis garnered 1,070 votes. Hicks won a majority in all 18 voting precincts, as well as the absentee ballots. Hicks, 64, has stated that his goal is to be open-minded with Muscogee (Creek) citizens and to "diligently listen and act upon their concerns." He said he will follow the constitution of the great Muscogee Nation and to the best of his ability be assertive with whatever authority is given to him by the chief or National Council.

Melanie Hasty-Grant, Founder & Principal of **Waterstone Private Wealth Management**, an LPL Financial-affiliated advisor, attended the ninth-annual Barron's Top Women Advisors Summit, hosted by Barron's magazine, to promote best practices in the industry and the value of advice to the investing public. The invitation-only conference was held Dec. 3-5 at The Breakers in Palm Beach, Fla.

Seventy-six of the Top 100 Women Financial Advisors in the U.S., as ranked and published in Barron's June 2, 2014, issue, were in attendance. This annual ranking is the basis for the Top Women Advisor's Summit; advisors are selected for the list based on the volume of assets overseen by the advisors and their teams, revenue generated for the firms and the quality of the advisors' practices. The Top 100 Women are comprised of advisors from major security firms and independent operations.

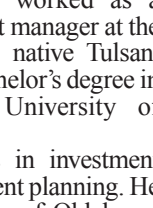
Hasty-Grant was one of approximately 30 LPL-affiliated advisors who attended the esteemed conference.



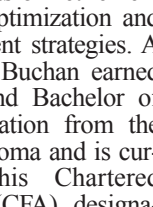
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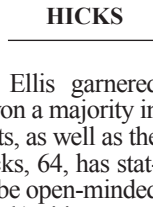
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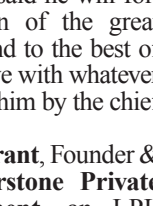
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HASTY-GRANT



HASTY-GRANT

Tulsans were honored at the recent **Oklahoma State Home Builders Association** installation festivities in Tulsa in early January. **Mark Priess** was selected by his peers as the 2014 OSHBA "Associate of the Year." Priess was recognized for his continual presence and participation in many of the activities of the association. He has been recognized for his work in the HBA of Greater Tulsa.

During the January banquet, **Phil Rhee** was installed as OSHBA president. Rhee is president of BMI Properties and is a long-time member of the Home Builders Association of Greater Tulsa, serving as president in 2002. He is the son of home builder Bill Rhee, who died this past year and was past president of the Tulsa association. Rhee followed in his footsteps as the local president.

The Board of Directors for **Junior Achievement of Oklahoma, Tulsa Region**, has approved the addition of five new members to its board of directors: **Robert Franklin** with Tulsa Tech; **Richard Haldeman** with Cancer Treatment Centers of America at Southwestern Regional Medical Center in Tulsa; **Thomas Hay** with Bank of Oklahoma; **Ben Kimbro** with Tactical Electronics; and **Dr. Jeff Wilson** with T.D. Williamson.

Robert Franklin currently serves as the associate superintendent for advancement and outreach at Tulsa Tech. In this role, he supports and fosters sending school partnerships as well as advancing programming to meet the current and growing business and industry workforce needs. He is also the liaison to the Tulsa Tech Education Foundation.

Richard Haldeman is the president and chief executive officer of Cancer Treatment Centers of America (CTCA) at Southwestern Medical Center in Tulsa. Prior to joining CTCA, Haldeman spent 13 years in the oncology field. He most recently served as senior administrator of oncology services and CFO for the Kimmel Cancer Center at Thomas Jefferson University and Hospitals in Philadelphia.

Thomas Hay is the senior vice president and director of consumer product management at Bank of Oklahoma. He is responsible for the strategy, product development and product management for the Consumer Banks debit card, credit card, consumer lending, digital banking and deposit products.

Ben Kimbro is the executive vice president of Tactical Electronics, a dynamic training, manufacturing and consulting firm serving special operations forces and special enforcement and intelligence agencies and services. Kimbro is an appointee of Governor Mary Fallin as a member of the Governor of Oklahoma's Unmanned Aircraft Systems Advisory Council.

Dr. Jeff Wilson is the chief technology officer of T.D. Williamson. He is responsible for development, commercialization, and lifecycle management of technologies that serve the global pipeline market. Wilson has worked in technology-intensive industries as an engineer, sales engineer, and engineering manager.

To learn more about Junior Achievement of Oklahoma, visit www.jaok.org or call 918-663-2150.



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Remembering the Family Trip to Washington, D.C.

Editor's Note: This is the final article in a multiple-part series that has run in the GTR Newspapers about a family's educational venture from Tulsa to Washington, D.C.

By JOANNE WHITNEY

Now it's winter, a perfect time to warm up with great memories of last May's thousand-mile search for first-hand evidence of early American history. From Tulsa to the U. S. Capitol and The White House, my daughter Adrienne and I undertook a monumental excursion on behalf of grandchildren Canaan, Ethan and Bella who were eager to go to the faraway places of USA's beginnings, especially since it would be accomplished in a Class-C RV that was not only wheels to get around, but served as bedroom, kitchen and classroom for the five of us. Monumental excursion? That description fits for Adrienne and me, since theretofore we had never set foot in an RV, much less driven one. It was all about using our prowess and determination to make it work. And we amazed ourselves by pulling it off!

Our trek through five states to uncover facts about America's beginning rested in Maryland where we gave the RV a temporary reprieve from hauling us along, thanks to Cherry Hill RV Park, a super-cool family-friendly resort only minutes away from the District.

Parking spaces are scarce in the Capitol, leaving no alternative to get there other than the complex system of transportation, which is another story in itself. We resigned ourselves to the inevitable public transits and were rewarded by finally reaching our travel goal: after 27 days' journey, there it was - The White House! By that time, our husbands had flown in to join us, making the proverbial movie title "Planes, Trains and Automobiles" personally relevant.

Everything fell into place that we had hoped for: a private tour

of the Capitol building hosted by interns of Representative Tom Cole of Oklahoma's 4th District, where we sat in on an appropriations hearing. The kiddos beamed when Rep. Cole gave us a private session in his office, presenting them with official Capitol medallions.

Our heads were reeling from amazing sights and historical politicking - the day spent in the Capitol and The White House was a once-in-a-lifetime opportunity, worth the effort of getting there!

The White House tour was slam-bam in-and-out but yet how could we complain when hundreds of people every day stand in line for hours to be inside "the people's house"? But there was a side-bar to our successful D.C. tours - I got lost in the Capitol Building! I made a wrong turn after dallying over some of the fantastic works of art in the Rotunda - somehow, stupid me, I found myself on a floor where there were what seemed to be hundreds of closed doors and nobody in sight along the marble hallway. I felt like the great building had swallowed me, or worse, maybe I had ended up in a restricted area?

When I realized I had forgotten my cell phone I knew I had to find help because it was late in the afternoon, and what if the building locked up and closed down for the night? Right when I started having feelings of panic and claustrophobia within the never-ending hallway of closed doors, thank God a security guard found me wandering and showed the way outside where my family waited anxiously for my appearance, rolling their eyes in exasperated relief.

These are some of my own accounts of the "learning journey," but my story can't be complete without my family's input:

Adrienne: "My memories are the good feelings I had just being together with my Mom and children; it was like there was a positive force guiding us in the RV. Once I got over the fear of driving the RV and encountering bad weather and slick bridges, it was a wonderful experience. I'm so proud of the kids for being responsible travelers and taking the learning mission seriously. What I would go back for is Colonial Williamsburg!"

Bella, age 9: "I loved, loved, loved the (Williamsburg) RV



CAPITOL VISIT: Tulsans Ben and Joanne Whitney and Adrienne and David Kallweit and children Canaan, Ethan and Bella, join other Oklahomans for a private White House and Capitol Building tour hosted by Hon. Tom Cole, District 4 Congressman. Rep. Cole's gracious gift of special Congressional medallion keepsakes to each of the children represented the climax of the great 2014 "Educational Trip of a Lifetime" via RV, to study Early American History and the founding of American freedom.

park that had the big bouncing pad and where we sifted sand to find beautiful rocks - and (Colonial) Williamsburg was my favorite place to see history, 'specially the little shop where I bought my fan. But my best favorite was the (Smithsonian) Air and Space Museum!"

Ethan, age 11: "It was so funny (in Nashville Shores) when I got stuck in the child-size swing! A lot of people watched me and tried to get me out but Mom came and turned me upside down - it was funny but embarrassing! And I really liked going through all the ships at Jamestown."

Canaan, age 13: "My favorite thing was being with my family. I'll never forget the skeleton girl (JANE, the cannibalized teenage girl in James Forte) and all the history that was in that museum (James Towne Rediscovery Project)."



TIRELESS VOLUNTEER: Elaine Tittle holds the community service award that she recently received from the Wealaka Chapter of DAR (Daughters of American Revolution). Tittle received the award due to her volunteer hours spent as a child advocate and working at the RSVP office. Also pictured are, from left, Cathy Barber, Tara Crabbe, Carolyn Thornton, Jo Lynn Crabbe and Michelle Maxwell.



CELEBRATING LIFE: On Jan. 22, The Broadmoor Retirement Community, 8205 E. 22nd St., honored 22 of its residents, all of who are 90 years or older. This includes Marvin McKissick, who is 95 years old. At the celebration, honorees received certificates of recognition from Mayor Dewey Bartlett, the Oklahoma State Legislature and the Senate. Standing with McKissick is Sharon Fleming, left, The Broadmoor activity director, and McKissick's daughter Connie Perkins.

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Utica Square a Beloved Tulsa Destination

In 1952, Don Nix and Dale Carter, two real estate developers, opened Tulsa's first suburban shopping center near the southeast corner of 21st Street and Utica Avenue and called it Utica Square. It marked the beginning of the move of retail from downtown Tulsa.

The center was a build-out at almost 30 acres of a series of simple mid-century modern, flat roofed buildings showcasing glass fronted shops. Light steel structural frames were enclosed with salmon colored brick and Arkansas Ledge

On Architecture



By ROGER COFFEY, AIA

Stone. Among the original tenants were a bowling alley, a grocery, a dance studio, a barbershop, an optometrist and a luggage shop. The square was on its way to becoming a well-located but average center.

Then, something amazing happened. In 1964, local oilman Walter Helmerich III, utilizing his company Helmerich and Payne, bought the square. Walt, who had a reputa-

tion for excellence in all things, spent the rest of his life improving the square. Little by little, it became one of the leading shopping centers in Tulsa and perhaps even the Midwest.

The first thing Walt did was plant more than 300 trees. More and more were added over the years. Walt, who loved trees, frequently inspected his sweet gums, elms and oaks. Woe be the prospective tenant who submitted a shop front elevation drawing that did not include a depiction of adjacent trees.

But, the identity of Utica Square is about more than trees. Although store fronts vary, each building has a distinctive green stepped fascia. Curbs are painted green to match. Sidewalk concrete is stamped "Utica Square" at frequent intervals. Parking and walkways are unobtrusively but well lighted. Signage is low key and frequently non-lit. Bedding

plants from tulips to mums to pansies are installed each season and maintained by the square's seven-person landscape staff. A 24-person security crew is on duty 24/7.

And then there are the special events. Lights On in the trees of Utica Square marks the beginning of the Christmas season in Tulsa. Another festival is Art in the Square – a sidewalk art fair featuring local artists' work. Finally, there Summer's Fifth Night free concert series.

Despite all of this activity, the grounds of the square remain clean and free from debris. All members of the Helmerich and Payne Utica Square staff are involved in policing and picking up trash.

Over the years, some major changes have been made to the square. Some of these include two upscale restaurants that replaced a medical arts building at the southeast corner, a new retail building at the southwest corner and a row of shops along the east side of the square.

Today, Utica Square has 57 tenants. Among these are 10 of Tulsa's leading restaurants. Two of the original occupants, the optometrist and the luggage shop, remain 62 years after the square opened. Utica Square does not market available space; there is usually a



EMILY RAMSEY for GTR Newspapers

BEAUTIFUL CENTER: Midtown Tulsa's Utica Square was opened in 1952 by two real estate developers. However, the shopping center owes its enduring success and ample trees to Walter Helmerich III, who bought the square in 1964.

waiting list of interested prospective tenants.

On a misty morning with dew glistening on the leaves of the trees in Utica Square, if one squints, it

might be possible to still see Walt Helmerich with his specters inspecting his trees while walking the grounds of the square that blossomed under his care.

Pepper Henry Looks Forward to Gilcrease Leadership

The University of Tulsa has announced that James Pepper Henry has been named as the new executive director of Gilcrease Museum.

Pepper Henry comes to Gilcrease Museum from the Heard Museum in Phoenix where he has served as director and CEO since 2013. At his direction, the Heard developed the BUILD! Toy Brick Art at the Heard exhibition, which was the most successful summer exhibit in the museum's history, increasing museum attendance by 58 percent and memberships by 150 percent. USA Today noted BUILD! as one of its Top Ten must see exhibits in summer 2014.

Prior to the Heard, Pepper Henry enjoyed a successful six-year tenure at the Anchorage Museum at Rasmuson Center, Alaska's premier art, history and science institution. There, he oversaw the completion of the museum's \$110 million, 80,000-square-foot expansion. Pepper Henry is also a former associate director of the Smithsonian Institution's National Museum of the American Indian.

"Following a national search for a new executive director, Jim emerged as the right person to guide the next chapter of Gilcrease's history," says Steadman Upham, president of TU, which operates the museum for the city of Tulsa. "Jim has

more than 20 years of experience in evolving leadership positions in museums across the country and has been involved in exhibition and program development that appeals to a broad audience, including new generations of patrons."

"I am honored to have been selected as the next executive director of Gilcrease Museum," says Pepper Henry. "I look forward to working with the Gilcrease National Board, the staff and the community to advance Gilcrease Museum."

"This is a real homecoming for me. I have lots of family and friends in Oklahoma. The museum's founder, Thomas Gilcrease, and I share Muscogee Creek heritage. That makes my appointment as executive director even more special. I look forward to coming back to Oklahoma to lead this great museum with its tremendous collection."

As an associate director of the Smithsonian's National Museum of the American Indian (NMAI) for nearly 10 years, Pepper Henry managed a wide variety of American Indian community-oriented programs, services and traveling exhibitions. He played a pivotal role in the establishment



PEPPER HENRY

and launch of NMAI, located on the National Mall in Washington, D.C., that opened to the public in 2004.

Pepper Henry served as the founding director of the Kanza Museum in Kaw City, Okla.; interim curator of American Indian Art at the Portland Art Museum; gallery director at the Interstate Firehouse Cultural Center in Portland, Ore.; and

gallery director for the Institute of Alaska Native Arts in Fairbanks, Alaska.

Pepper Henry is an enrolled member of the Kaw Nation, and affiliated with the Muscogee Creek nation. His mother is of Kaw and Muscogee Creek descent. He was the first enrolled American Indian to lead the Heard in its 85-year history. He is co-founder and president of the Kanza Ilóshka Society, a nonprofit organization dedicated to the perpetuation of the cultural life-ways and traditions of the Kaw people.

He is a graduate of the University of Oregon and a recipient of the university's prestigious Council for Minority Education Leadership Award. He is also a graduate of the Museum Leadership Institute at the Getty Center in Los Angeles, California.

Pepper Henry has contributed essays to various publications including *Stewards of the Sacred*, co-published by the American Association of Museums and Harvard University, and *Native Universe: Voices of Indian America*, co-published by the Smithsonian Institution and the National Geographic Society.

Pepper Henry will assume his duties on March 30.

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Sharon King Davis Shares Tulsa Memories

By EMILY RAMSEY
Managing Editor

In 1956, fourth-generation Tulsan Sharon King Davis was nine years old and living with her family at 49th Street and Peoria Avenue.

Then, she recounts, "One day, my parents said, 'Let's go look at where we're going to live next.'"

Her family headed for 61st Street and Yale Avenue, driving through the intersection of 51st Street and Harvard Avenue, "which had a two-way stop sign and where Bixby farmers brought their produce to sell," Davis says. "There was nothing south of Interstate 44.

"They drove us to the abandoned Commercial Airport and runway, located northwest of 61st Street and Yale Avenue, and we said, 'We're going to live at the (Tulsa County) Poor Farm?'" she laughs.

Davis' father, Ramon L. King, was a developer and had bought the land at the now-highly-frequented intersection to build residential and commercial properties.

"He heard the rumor that Mr. Warren had purchased land for St. Francis Hospital," she says.

King also knew a good deal when

he saw one. He recognized that he could buy large tracts of land at a much more reasonable price because of its location outside of downtown Tulsa.

Additionally, Southland Shopping Center was, at that time, under construction at 41st Street and Yale Avenue.

"It (61st Street and Yale Avenue) was still at the edge of town at that time, but he knew something was going to happen out there," Davis says.

The King family moved into their new home in the Holiday Hills neighborhood on 55th Place in the summer of 1957.

Also during that time, 55th Place was featured in the Parade of Homes. Builders bought individual lots to build the most up-to-date homes possible, says Davis. "That's why, if you drive down that street, you'll see that each home is very unique and different from the others.

"After the Parade of Homes, the neighborhood sprang up almost overnight."

The airplane runway of Commercial Airport became the main street of Holiday Hills,

Urban Avenue, running north and south. King planned to downsize it, but "when Dad realized how expensive it was going to be because of how dense and deep the concrete was, he said to just leave it," Davis says.

Davis holds many years of memories living in that area that used to seem so distant from the city.

"I remember running up and down the creeks that used to run on both sides of Yale Avenue when it was a two-lane road," she says.

"There used to be a brick building at 51st Street and Hudson Avenue with vegetable gardens all around it, and the (Tulsa County Poor Farm) residents would sit on the porch and we would talk to them," she says.

From 1960 to 1962, King built two buildings that made up the Holiday Hills Shopping Center, complete with a number of necessary businesses to serve the residents living nearby.

Sipes grocery store was one tenant, where, Davis remembers, children could get a free cookie from the bakery and sit and watch black and white cartoons that were being shown.



EMILY RAMSEY for GTR Newspapers

FAMILY HISTORY: Sharon King Davis stands in KingsPointe Village, which she and her sister developed in 2000. Their father developed the Holiday Hills Shopping Center in that location, at 61st Street and Yale Avenue, in 1960.

"There was also an area with free coffee where moms would sit and chat," she says.

The commercial center also held five-and-dime store TG&Y (toys, games and yo-yos), Trippets shoe store, a drug store, a restaurant, a barber shop, a beauty shop and a

dance studio.

The center remained Holiday Hills until Davis and her sister, Terry King, redeveloped it into KingsPointe Village in 2000.

"There were definitely a few tears shed when Holiday Hills came down," Davis says.

AWC DONATES BOOKS



Courtesy AWC Tulsa

LITERARY DONATION: Association of Women in Communications members (from left) Nancy Bizjack, Paula Cortner, Emily Bolusky, Jorja Jacobs and Martha Cullinan Cantrell recently delivered books to Anderson Elementary as part of AWC Tulsa's third annual book drive. The organization donated more than 100 new or gently used books and provided a financial gift that allowed the at-risk school to purchase nearly one new book for each of its 380 students.



Courtesy Gatesway Foundation

GATESWAY TO EXPAND: Greg Graham, a member of the Broken Arrow Medical Center Foundation advisory board, presents a \$50,000 donation to Gatesway Foundation CEO Judi Myers. The money will be used to help build a new two-story multi-purpose building on the agency's Broken Arrow campus. Myers says that architectural plans have been completed for the facility that will contain a consolidated maintenance center, music room, art room and commercial kitchen. Gatesway is a nonprofit Oklahoma agency that provides opportunities for individuals with developmental and intellectual disabilities.

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AREA NEWS

Golf Courses Abound in B.A.

By EMILY RAMSEY
Managing Editor

Several well-known, quality golf clubs call Broken Arrow home. That trend began in the early 1960s and has continued into recent times.

Cedar Ridge Country Club, located on the western edge of Broken Arrow on Garnett Road just south of 101st Street, is an 18-hole course that began in 1967.

The land the course sits on was originally a dairy farm. However, area businessmen including J.A. Buddy LaFortune, worked together to commission Joe Finger, a well-known golf course designer, to create a golf course that would be acclaimed as one of the finest in the nation.

The private, member-owned club features a championship golf course, tennis courts, a dining hall, and a newly-completed swimming pool and two-story fitness complex.

The club's offerings also help to set it apart as more than simply a golf club, with regards to its wide-ranging activities. "We're a home away from home for our members, and that includes the entire family," says Claudette Rogers, membership and marketing director.

Similarly, since taking ownership of Indian Springs Country Club in 2012, Paul Glover and Ryker Young have put their focus on developing more family-friendly programs to appeal to all family members, says General Manager Mark Barrett.

The \$1.75 million renovations have included updates to the clubhouse, locker rooms, golf course and athletic facilities.



PICTURESQUE VIEW: Indian Springs Country Club General Manager Mark Barrett, left, stands on one of the club's two 18-hole golf courses with Head Golf Professional Benjamin Benton.

Indian Springs Country Club was first established in 1968. Located on 131st Street, just west of Elm Avenue, the club sits on 420 acres, with two 18-hole courses, 14 tennis courts, three swimming pools, athletic areas and banquet space.

Forest Ridge Golf Club opened in east Broken Arrow in 1989, a vision of owner Joe Robson for a master-planned community, with a public 18-hole golf course as the centerpiece of the community.

Because of the importance of the golf course to Forest Ridge, course maintenance and maintaining consistent course quality are essential, says Forest Ridge golf pro Lance Allen.

The course has undergone many renovations and upgrades throughout the years. In 2010, all 18 putting greens received new grass. Every winter, a project is selected to focus on during the off-season. Projects have included cart path repairs, renovations of bunkers and the short-game area.

The course is regularly featured in the top three of Golfweeks' Best Courses to Play in Oklahoma.

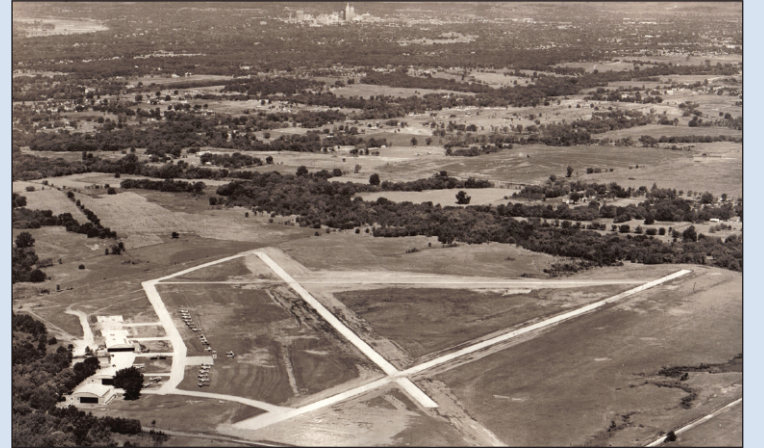
The Golf Club of Oklahoma, located in southeast Broken Arrow off 141st Street, east of County Line Road, has found its niche, says General Manager Jeff McCormick, by offering golfers the feeling of true seclusion. The club sits on 560 acres with a golf course that was designed by renowned golf course architect Fazio and with no homes lining the course.

The course opened in 1983, with the area chosen by the club owner and Fazio due to its topography and elevation changes, McCormick says. "The natural lay of the land lends itself to a fantastic course."

Battle Creek Golf Club, located in north Broken Arrow, off 51st Street, opened in 1997 as a city-owned, public 18-hole golf course. It is managed and maintained by Greenway Golf.

In 2012, the course underwent renovations of all of its bunkers.

TIME BRINGS CHANGE TO TULSA INTERSECTION



AIRPORT REMINDERS: An aerial view of the airplane runway that still sits to the west of 61st Street and Yale Avenue.

Today, the intersection at 61st Street and Yale Avenue in Tulsa is home to LaFortune Park, St. Francis Hospital, the DoubleTree by Hilton Hotel and KingsPointe Village. However, in the 1920s, when most individuals remained close to the core of downtown Tulsa, 61st Street and Yale Avenue was largely farm land and about to become the home of the Tulsa County Poor Farm.

According to the Genealogical Society, in 1920, Tulsa County acquired 480 acres of land, previously the McClain Dairy Farm, located on 51st Street between Yale and Sheridan avenues. Construction on the Tulsa County Poor Farm then began with its first occupants arriving in July 1921. The farm was created to provide food and long-term shelter for those in need. In return, residents raised crops and cattle in order to be as self-sufficient as possible.

Initially, the farm had 35 residents. There were no telephones. Coal was used for cooking and heating. Kerosene lighting was used, and transportation to and from town was done by horse and buggy.

Until the early 1950s, the farm saw rapid growth with its resident number growing to 200.

However, as the trend of suburban sprawl grew, the area land was becoming increasingly coveted. In 1955, Tulsa Mayor L.C. Clark suggested that the Tulsa Park Board purchase the poor farm and turn it into a park and recreation area for the city of Tulsa.

Over the following years, the poor farm saw its acreage dwindle from 480 to 30.

During the 1970s, the facility began to gear itself towards providing aid to those in temporary need of food and shelter. In October 1977, the county moved

the facility into its new social service center on Charles Page Blvd.

St. Francis Hospital opened on the southeast corner of 61st Street and Yale Avenue on Dec. 3, 1960.

The original hospital sat on 55 acres, with 215 beds. The hospital was built by oil magnate William K. Warren and funded by The William K. Warren Foundation.

Warren wanted to build a hospital in the area of the city where growth was occurring. Warren's original plan was to locate St. Francis Hospital at Woodward Park in midtown Tulsa because of its proximity to St. John's and Hillcrest hospitals, which would provide doctors easy access between all three hospitals.

Warren's choice of the hospital's current location has proved successful, with ample land available for expansion.

On the northwest corner of 61st Street and Yale Avenue sits what is now KingsPointe Village and

found tucked into the neighborhood behind the center are the remnants of an early airport: Commercial Airport. One of the airport's runways can still be recognized. The road was never downsized, says Sharon King Davis, whose father developed the residential and commercial corner, due to the challenge it presented.

The residential and commercial development was named Holiday Hills. Construction of the residential portion began in 1957, with the commercial development opening in 1960.

In 2000, Davis and her sister Terry King began redevelopment of the corner and constructed KingsPointe Village, with additional commercial buildings being added in 2002.

Read more on Davis and the creation of Holiday Hills on page 30.

Bailey Bariatrics Offers Hope

By EMILY RAMSEY
Managing Editor

At 26 years old, Andrew Ames was nearly 350 pounds and taking four medications daily, with a family history of obesity, heart attacks, diabetes and strokes.

Ames chose to undergo bariatric surgery through the Center for Bariatrics at Bailey Medical Center in Owasso. By the time he arrived at that decision, he had already been through an extensive list of diet plans and pills. "This was the right answer for me," he says.

Ames is just one story from the 200 individuals who graduated on Jan. 10 from the Center for Bariatrics' fourth annual bariatric graduation.

The first step in determining whether a person is right for the program is found in his/her attitude, says Dr. JoeBob Kirk, medical director at the Center for Bariatrics. He cites willingness as one of the most

important qualities a patient must have. "If a patient is willing to learn and willing to change, we can help them with everything else."

Before being approved for bariatric surgery, patients must complete extensive physical and emotional preparation. This is done through meetings with a dietitian, exercise consultant and psychologist. Patients must also pass a series of physical examinations.

Prospective patients are aided in choosing the right type of surgery for them: sleeve gastrectomy, Roux-en-Y gastric bypass or gastric band. "The goal of the patients in our program is to be healthy, strong and nutritionally correct," says Kirk. "We select the procedure that will provide the best chance of success for each individual patient."

Ames had the gastric sleeve procedure on June 25 and immediately shrank from 334 pounds to 190 pounds.

His journey has held additional meaning for him in that both of his parents were on his journey in different capacities. His father had a similar surgery seven years earlier, and Ames' mother agreed to undergo the process with Ames. They went through the consultations together, and she had her surgery two months after him.

Yet, Ames realizes that surgery is just one small part of the process. "Surgery is just a tool. You have to determine your own result," he says.

Ames now eats six small meals per day, made up largely of protein, and maintains a daily workout regimen of cardio and weight training.

"It takes daily work to be healthy, strong and nutritionally correct. It's about lifestyle change," he says.

Although, Ames certainly has much to show for his effort. He is currently off all medications and has developed an enjoyment for exercise.

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