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MIDTOWN MONITOR

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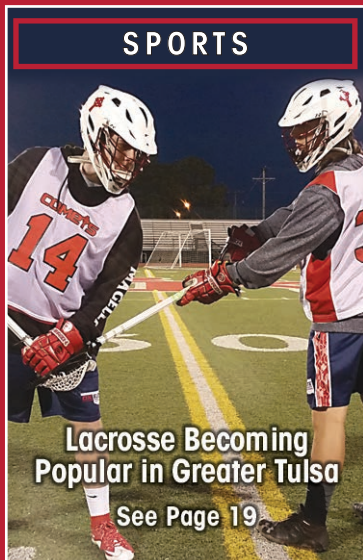
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Dr. Gist Living by the Bell at TPS

By TERRELL LESTER
Editor At Large

In a world of textbooks, Deborah Gist's life is defined by an appointment book.

Her daily schedule is shrink-wrapped. Tight. Tighter. Tightest.

Not a lot of wriggle room. Not a lot of room for surprises.

Stick to the schedule.

Punctuality is king.

Minutes matter.

Hours are honored.

Dr. Deborah Gist is in the second semester of her first year as superintendent of Tulsa Public Schools.

She was reared in Tulsa. Attended Tulsa schools. Graduated from Memorial High School in 1984. Has family in Tulsa.

It's a good thing she has that background. She has not had a lot of free time to explore the city since arriving from Rhode Island last summer.

Three days a week, she arrives at her office at 6:30 a.m.

Some days end around 9:30 p.m. Maybe later.

Often, lunches, even dinners are paired with workaday issues.

Weekends have not escaped the tight scheduling, either.

There is an endless lineup of extracurricular activities emanating from the district's 74 elementary, middle and high schools.

Gist wants to be, needs to be visible within the education community. Such visibility, of course, is linked directly to The Appointment Book. There are, after all, only so many time slots available.

There are staff meetings and budget meetings, morning meetings and afternoon meetings, meetings within meetings.

Keep moving.

Keep working.

Keep meeting.

Keep to the plan.

Gist's days are scheduled, managed and timed by the keeper of The Appointment Book, Executive Assistant Emma Garrett Nelson. She followed Gist to Tulsa from Rhode Island, where Gist was state Commissioner of Elementary and Secondary Education.

Gist admits that things are "a little



GTR Newspapers Photo

SUPERINTENDENT WELCOME: Dr. Deborah Gist, second from right, has stayed busy since entering her position as Tulsa Public Schools Superintendent July 1, 2015. This picture was taken at a welcome reception for Gist. Standing with Gist are Melissa Abdo, left, Stand for Children Tulsa city director; Paige Whalen, program manager for Tulsa Area Community Schools Initiative Resource Center; and Randee Charney, right, research associate with the Charles and Lynn Schusterman Family Foundation.

intense with what we're trying to do" in her role as Tulsa's chief educator.

But that is not some wearisome admission.

Far from it.

In fact, as Gist sees it, "intensity" and "joy" go together like "peanut butter" and "jelly."

The more intense, the better.

She uses the word "intense" to describe herself. It is a badge of honor. She smiles when speaking the word.

Twelve-hour days? Fourteen-hour days? "That's fun to me," she said.

Asked the definition of fun, she flashes a smile and pauses before offering up in a convincing tone: "Doing work that matters, that's fun to me."

For one of her regular strategy sessions, she has been able to combine the work and the fun into one meaningful get-together.

Yet, make no mistake. Work is first and foremost.

She calls it a "morning huddle." Members of her staff meet in her office, gathering around a circular conference table.

The time frame for the "huddle" serves to illustrate Gist's adherence to schedule.

The session runs from 7:03 a.m. until 7:23 a.m.

Time is of the essence.

Staffers stand during the meeting. There is no sitting.

A football rests in the middle of the table.

Gist will start the meeting by tossing the football to a staffer. The clock begins.

It is a fast-moving session. State your thoughts. Succinctly. Quickly. Toss the ball to another staffer. Another thought. Another toss.

Hot potato.

Keep it going.

No time to waste.

No words to waste.

Don't drop the ball.

"You are not sitting down so you are not going to get comfortable and go into some giant, long spiel," Gist said.

"Everybody gets very little time. We don't resolve problems at that table; we just identify them and determine who needs to be involved and how and when that will happen."

The morning huddle is small a nod to football and athletics. Gist is not a giddy fan, but she does recognize the merits of sport and activities.

She fancies the outdoors and at one time enjoyed the relaxation of running. But even a leisurely attempt at running or hiking has taken a back seat while Gist adjusts to her new surroundings and her crowded schedule.

She does manage, however, a few

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KUDOS OF THE MONTH: Little Light House

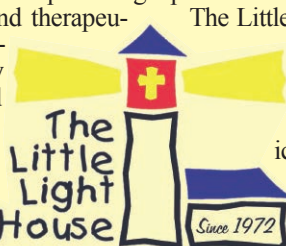
The Little Light House (LLH) is a Christian developmental center that has been providing highly-specialized educational and therapeutic services to children with special needs since 1972. It is solely through tax deductible gifts and fundraising events that Little Light House is able to provide tuition-free education with quality, state-of-the-art services.

In July 2014, the Little Light House broke ground on an expansion project that will lead to the opening of the largest expansion in the school's history. The expansion will triple the size of the current facility, which will allow many additional students currently on the waiting list to gain enrollment. More than 160 children are currently on

the organization's waiting list; the enrollment process can take up to two years.

The Little Light House accepts students up to age six with physical or mental challenges, causing a developmental delay in one or more areas of development. Conditions, which typically create these challenges, include Down syndrome, spina bifida, cerebral palsy and autism.

The Little Light House is currently gearing up for its annual Garden Party Event fundraiser, with proceeds helping to fund operations. The event will be held April 16 at 9:30 a.m. at the Cox Business Center, 100 Civic Center Tulsa. The program includes silent and live auctions and brunch. For more information, visit www.littlelighthouse.org.



Courtesy Little Light House

NONPROFIT FUNDRAISER: The Little Light House is preparing to hold its annual fundraising event at the Cox Business Center on April 16. Proceeds benefit programs of the Little Light House, which accepts students up to age six with physical or mental challenges.

hillcrest

Medical Center



Michelle B.

every moment is a gift.

Michelle was surprised to learn the small lump in her breast was cancerous and required a full mastectomy. Because of her diagnosis, she required another 20 weeks of chemotherapy treatment after her cancer spread to her lymph nodes. With the help of her Hillcrest team, she was able to keep a positive attitude. "Sometimes you just have to smile and make the best of it. There's a good reason it's called 'the present' - because life itself is a *present*." Cancer-free today, Michelle now volunteers at Hillcrest, sharing her remarkable story and encouraging others.

To learn more about Michelle's life-changing experience with Hillcrest Medical Center, visit Hillcrest.com.

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RIVER SPIRIT ENHANCES TULSA AS A DESTINATION CITY



CHIEF WELCOME: Muscoogie Creek Nation Principal Chief James Floyd addresses visitors and the media before the topping out ceremony for the River Spirit Casino Resort project.

POSITIVE DEVELOPMENT: Ray Hoyt, senior vice president of VisitTulsa and Tulsa Sports Commission for the Tulsa Regional Chamber, addresses attendees at the River Spirit Casino Resort topping off ceremony along with speakers, from left, Tulsa County Commissioner Karen Keith, Tulsa Mayor Dewey Bartlett, Muscoogie (Creek) Nation Principal Chief James Floyd, River Spirit General Manager Jerry Floyd, Muscoogie (Creek) Nation Casinos CEO Pat Crofts, Margaritaville Holdings CEO John Cohan, Manhattan Construction Project Manager Ryan Haynie, River Spirit Resort Hotel General Manager Tom Allen, and Muscoogie (Creek) Nation Casinos COO Andy Langston.

The recent topping out ceremony for the River Spirit Casino Resort Luxury hotel tower brought great anticipation for the greater Tulsa area becoming an even stronger destination spot for entertainment and fun.

The new facility will have 27 stories, 483 rooms including 54 suites, an upscale spa and salon, a fitness center, business center, retail stores, and a gift shop.

The River Spirit complex will include a new 50,000 square-foot highly themed casino featuring 850 of the latest gaming machines and 27 table games, Jimmy Buffett's Margaritaville restaurant, a bar and retail outlet complete with multiple bars on two levels, a seaplane, volcano erupting lava into a giant blender, a stage for live music plus two outdoor decks overlooking the Arkansas River with a combined seating for over 400.

A large tropical themed pool deck and riverfront entertainment area including poolside cabanas, palm trees and fire pits along with a Margaritaville operated Tiki Bar and a "Landshark Landing" beach bar with swim up seating will be included.

A Margaritaville Coffee Shop will be located in the hotel lobby.

The Convention/Meeting Venue will have 30,000 square feet of event and meeting space including ballroom, a pre-function area overlooking the pool deck and river, conference and board rooms with state-of-the-art audio and video capabilities.

The Entertainment Venue will have a showroom offering theater-style seating for 2,500 plus VIP suites and lounge. The venue expands up to 3,000 seats for sporting events.

Additional food and beverage venues include an upscale steakhouse, the "5 o'Clock Somewhere Bar," a three-meal restaurant, Johnny Rockets and several other new dining/bar options.

A new attached parking structure for additional (1,206) automobiles will be added, along with a new main entrance to the existing facility and enhancements to the existing facility exterior to complement and integrate with the expansion areas, including a complete re-facing of the existing casino facility's to match the new expansion decor and finishes.

The construction timeline is 24 months with the projected opening date for the River Spirit Casino / Restaurant and parking structure in the fall of 2016 and the Hotel Tower and Showroom Theatre in the winter of 2016. The construction costs are estimated at \$329 million with total costs at \$365 million.

The Architect is Dallas-based HKS. Construction is Manhattan Construction and Red Stone Construction and the Project Manager is Program Management Group Native

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1-31 DAVID MUDRINICH <i>PAC Gallery Exhibit</i>	12 MAHLER'S RESURRECTION SYMPHONY <i>Tulsa Symphony Classics</i>
2 TULSA CAMERATA <i>Brown Bag It, PAC Trust</i>	18-20 MASTERS OF DANCE <i>Tulsa Ballet</i>
4-13 RENT <i>Tulsa Project Theatre</i>	22 DUO AMAL <i>Choregus Productions</i>
4-5 PREPARATION FOR THE OBSOLESCENCE OF THE Y CHROMOSOME <i>Living Arts of Tulsa</i>	29-4/3 RODGERS AND HAMMERSTEIN'S CINDERELLA <i>Celebrity Attractions</i>
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CONTRIBUTING EDITOR Beth Turner	ADMINISTRATIVE ASSISTANT Rossy Gille
EDITORS AT LARGE Terrell Lester • K.J. Webb • David Jones	DISTRIBUTION Distributech • Udovenko Family
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ACCOUNT EXECUTIVES Linda Miller, Earl Mathews Ashley Schmidt • Forrest Eliot	

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

The *Union Boundary*, the *Jenks District Gazette*, the *Owasso Rambler*, the *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.

All advertising published in any or all of the GTR Newspapers is subject to the applicable rate card, copies of which are available at the GTR Newspapers office or from the account representatives listed in the above newspaper credits.



CIVICS

Civic Leaders Endorse April 5 Vision Vote

Vision Tulsa is an \$884.1 million tax renewal package that goes to a vote April 5. The package addresses Tulsa's public safety and streets needs while also investing in job opportunities without raising taxes. The Vision Tulsa package has three major parts:

1. Public Safety: This portion would provide about 160 new police officers, 65 new firefighters, 16 additional 911 personnel and street maintenance workers, among other additions. The \$272 million budget is set aside as a permanent tax for public safety during its first 15 years.

2. Streets and Transportation: This portion will support streets, traffic and public transportation. It would add Sunday service for bus routes and create a new downtown loop, a new midtown loop and two rapid transit lines. The \$102 million budget during the first 15 years would become a permanent investment in the city's ongoing need for street repairs, transportation and infrastructure.

3. Economic Development: This is an important component of the overall package that will lay the foundation for future economic growth. The first two areas address critical needs for public safety and streets, while this proposition addresses the need for more jobs.

While there are many projects included that will add jobs and generate economic development, investment in the Arkansas River



UNIFIED VISIONARIES: Civic leaders from the City of Tulsa and Tulsa County met Feb. 25 at the BOK Center to show their support of Vision Tulsa.

is a key component. The package includes critical infrastructure needs like dam repairs, as well as funding for construction of new dams that will more safely control water flow while creating 12 miles of new shoreline to be enjoyed. These investments will promote strategic development of areas around the river while preserving Turkey Mountain and other key areas for trails, parkland and recreation. It will be strategic development, not a place for strip malls or big box stores.

This package also supports education. OSU-Tulsa, Tulsa Community College and Langston University would receive funding to support new facilities for class instruction, student support and job placement through industry partnerships. For common education, the Safety First initiative would improve safety at crosswalks for 82 public school sites while also providing critical communication equipment between first responders and administrators at Tulsa Public Schools, Jenks

and Union. Finally, funding would also be provided to help recruit and retain teachers for Tulsa Public Schools, Jenks and Union schools.

These proposals focus on streets, public safety and creating jobs. Vision Tulsa is a balanced plan for our entire community that invests in the most pressing needs without raising taxes.

Public Engagement

The Vision Tulsa package was developed with unprecedented citi-

zen feedback. This process:

- Began four years ago.
- Includes five citizen-led and three Council-led task forces.
- Has involved 103 televised, public fact-finding meetings since December 2013.
- Was shaped with the help of 25 town hall meetings and public hearings across the city.
- Involved untold number of Council district and neighborhood association meetings.

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Jeff Dunn Supports Vision Renewal, Education

By EMILY RAMSEY
Managing Editor

Editor's Note: Jeff Dunn is one of Greater Tulsa Reporter's "10 People to Watch in 2016," as announced in its January 2016 issue. GTR was the first news group in greater Tulsa to introduce "10 People to Watch," beginning in January 2009.

Throughout the year, GTR will publish a series of articles featuring each of its "10 People to Watch." Also featured in this issue is "person to watch" Tulsa Public Schools' Superintendent Dr. Deborah Gist. Local restaurateur and former Glenpool Mayor Momodou Ceesay, who is opening a restaurant in downtown Tulsa, is planned to be featured in GTR's April issue.

Jeff Dunn, the 2016 chair of the Tulsa Regional Chamber, has a long history in Tulsa. He is a Jenks High School graduate and the current president of local, long-time business Mill Creek Lumber and Supply Company.

After graduating from Jenks, Dunn earned his bachelor's degree in economics and finance from Baylor University and then his law degree at the University of Illinois. Supreme Court Justice Antonin Scalia gave his law school graduation commencement speech.

However, although Dunn earned his law degree, his plan was not necessarily to ever practice law, he says. Yet, he did for 10 years, before selling the practice in 2001.

"I loved that I got to run my own business and learn the mechanics of owning a small business," Dunn says.

He may not have realized it then, but he was laying the foundation for what was to come-taking over the family business.

"I had always resisted the family business," says Dunn. "That was my dad's thing. I wanted to do my own thing and do it successfully."

Around 2001, Dunn's father, Jim Dunn, who was at that time Mill Creek's president, was becoming increasingly involved with the Tulsa Regional Chamber and was to serve as the 2002 chamber chair.

If Dunn was going to take over for his father, the time had come.

Dunn came to Mill Creek in late 2001 and was named president in March 2004.

"In family businesses, sometimes you see the children go directly into the business and struggle a little, trying to follow in their parent's footsteps," says Dunn.

"By the time I came to Mill Creek, I had already established myself. My business had given me some independence, and I felt that I brought some value to Mill Creek."

While Dunn's past business experiences aided him in certain portions of his new position, other areas, he admits, were in need of adjusting, namely his leadership style.

"I had to learn to listen to other ideas, delegate my authority, let people grow with my leadership," he says. "I had to become a coach and cheerleader, not a dictator."

Dunn also had to learn how to work with long-time employees who were not particularly pleased with the leadership change.

Another storm that Dunn and Mill Creek had to weather was the 2008 recession, which the company dealt with successfully by addressing its business structures and realigning strategically and organizationally.

Reflecting on his years thus far with Mill Creek, "I've learned to lead effectively by getting out of the way," Dunn says.

Dunn has also taken note of qualities that have made his father successful: "Overall, I've learned from him to be a selfless leader, put employees' needs and objectives above my own."

Dunn's emulation of his father continues with his current position as chair of the Tulsa Chamber.

Regarding Dunn's areas of focus for the chamber in 2016, the combination of his high interest in education and the state's current budget and education crisis puts education at the top of his list of important items, along with the April Vision 2025 renewal vote.

"Improving Tulsa's education system is essential to economic development," says Dunn, who serves on the RUSO (Regional University System of Oklahoma) Board of Regents. "It's easier to attract economic development with a great public and higher education system."

He then relates a story about a Mill Creek employee who was offered the choice of two different positions, one located in Tulsa and the other in a town in Kansas with a population of under 10,000 people.

"He chose the town in Kansas because of its high quality of education for his kids. He chose that over Tulsa!" Dunn says. "I think that totally illustrates the point."

Dunn wishes to see Oklahoma's legislature increase its investment in education, including through teacher raises. "Teachers are in charge of developing the minds of the future. We can't pay them poverty-level wages and expect to receive quality teaching," he says.

The other issue sitting noticeably in Dunn's view is the upcoming Vision 2025 renewal vote, a package that includes economic devel-



EMILY RAMSEY for GTR Newspapers
CHAMBER CHAIRS: Jeff Dunn stands with his father, Jim Dunn, left, in the Mill Creek Lumber and Supply Company offices in Tulsa. Jeff succeeded Jim as Mill Creek president in 2004. In January, Jeff was sworn in as the 2016 Chair of the Tulsa Regional Chamber. Jim served as chamber chair in 2002.

opment projects and funding for public transportation improvements and public safety.

"I think it speaks strongly to the package's strength that we have a united city council with the Mayor, our county commissioners and surrounding city leaders who are all backing this proposal," he says.

"This is what will propel us economically; it's an investment in our future."

As a lifelong Tulsan, Dunn's greatest excitement in the package revolves around water.

"We've only been working on getting water in the river for five decades," he laughs. "What we do with the river will determine if we attract millennials here in the future."

A few weeks ago, Dunn, an avid runner, ran from downtown Tulsa to the pedestrian bridge near 25th

Street and Riverside Drive.

"I was on the bridge and looked back at the Gathering Place; it's mind boggling what that is going to do for Tulsa."

Yet, due to the inclusion of public safety in the Vision package, Dunn has heard multiple objections from people, claiming that the package is not "visionary" enough.

His reply to that argument is twofold.

"There's no perfect package, but it's a solid package with projects that are all very good, and it's a package that all city officials and surrounding city officials believe in and support," he says.

Secondly, "it's necessary that we address public safety."

"In terms of economic development, if our city doesn't have public safety, that can take us out of the game."

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Alcohol Awareness for a Safer, Stronger Tulsa

For many Tulsa citizens, moderate alcohol consumption is an acceptable choice. Some alcohol users, however, do not practice moderation and instead abuse alcohol, putting themselves and others at risk of health dangers and even death.

On Feb. 5, at OU-Tulsa, my administration hosted our third public safety summit in our Safer, Stronger Tulsa series. This summit focused on how alcohol misuse and abuse



COMMENTARY BY MAYOR DEWEY F. BARTLETT, JR

affects our community. As before, we brought together many diverse groups: law enforcement, mental

and physical health experts, health care providers, the school system, and business and community leaders.

We were moved as keynote speaker Lori Fullbright, a News On 6 anchor and reporter, shared her story of losing her older brother when a drunk driver killed him in a head-on collision. We learned from Oklahoma Mental Health and Substance Abuse Services Commissioner Terri White that alcohol changes brain chemistry and affects development of young people's brains, increasing risks of alcoholism.

Commissioner White also reported some sobering statistics:

- 14.3 percent of Tulsa County adults report binge drinking in the past 30 days (for ages 18-34, it was 21 percent).
- Tulsa County's DUI rate is 20 percent higher than the state average.

These numbers reflect how the abuse of alcohol affects our community. It is a difficult subject matter; alcohol is legal and accessible. We can, however, take steps to ensure its safe, responsible use in order to build a safer, stronger community.

In breakout sessions of the summit, we established a community dialogue; we learned about the valuable tools and resources we are blessed with in addressing this issue. Our key objective for the day was to develop a plan for implementation that will help address and raise awareness about this issue. My staff will continue to meet with our partners to form



SOBERING SUMMIT: While alcohol consumption in moderation is widely considered acceptable, the abuse of alcohol creates health and safety risks that affect the entire Tulsa community. My administration recently hosted our third public safety summit in our Safer, Stronger Tulsa series to address such issues.

action steps and a coalition in order to make the plan work. I look forward to sharing more with you when it becomes available.

It will be a long road, but through the dedication of my

office and our partners, we are now taking the next step for a safer, stronger community. I'm proud to call Tulsa my home and to serve as your mayor for that very reason.

Women of the Year Pinnacle Awards Presented

Tulsa Mayor Dewey Bartlett presented 10 outstanding Tulsa women with Women of the Year - Pinnacle Awards and one Anna C. Roth Legacy Award winner Feb. 2, in the YWCA Patti Johnson Wilson Center, 1910 S. Lewis Ave. The awards are sponsored by YWCA Tulsa and the Mayor's Commission on the Status of Women.

The Women of the Year - Pinnacle Award winners embody the mission of YWCA Tulsa, and uphold the legacy of the Pinnacle Awards. That legacy is reflected in these women who are role models in their professions, take risks on behalf of others, perform community service and advocate for women's issues and concerns.

The 2016 Women of the Year - Pinnacle Award winners are Shirley Ballard Nero, Dr. Jan Clayton, Sen. Judy Eason McIntyre, Janice Edmiston, Susan Ellerbach, Allison Leigh Moore, Tracey Lyall, Suzanne Schreiber, Ellen Stackable and Carlisha Williams. An additional winner of the Anna C. Roth Legacy Award, Paula Marshall - CEO of Bama Companies, was also selected in light of her pioneering spirit to bring about social change for women and marginalized populations.

A Grammy's-style awards ceremony to honor these women was held Feb. 5 at the Cox Business Center. The black-tie event included exceptional dining and premium beverage selections from women-made or women-owned companies. Entertainment offerings included a Kristin Chenoweth Master Class Performance; Alaska and Madi from NBC's The Voice; musician, singer



CELEBRATING WOMEN: Vanessa Finley, left, CEO of the YWCA of Tulsa, with the Women of the Year - Pinnacle Award Winners and Mayor Dewey Bartlett, Jr. From left are Dr. Jan Clayton, Ellen Stackable, Susan Ellerbach, Mayor Bartlett, Allison Leigh Moore, Tracey Lyall, Sen. Judy Eason McIntyre, Carlisha Williams, Janice Edmiston, Suzanne Schreiber and Shirley Ballard Nero.

and songwriter Eric Himan; entertainment nonprofit organization for children Pocket Full of Hope; contemporary dance theater company Portico Dans, and step team KIPP Tulsa Showtime. A keynote address from Marshall and other celebrity presenters were also included.

In 2015 two powerhouse organizations teamed up to form the Women of the Year - Pinnacle Awards. The Mayor's Commission on the Status of Women honored more than 200 Tulsa women with its Pinnacle Award between 1987 and 2011. After YWCA Tulsa celebrated its 100-year anniversary in December

2014, the first Women of the Year Awards were presented in April 2015. Given its success and the opportunity to partner with the long-standing Pinnacle Awards, YWCA Tulsa's board of directors voted unanimously to approve this organic partnership, uniting both awards.

About YWCA Tulsa

YWCA Tulsa is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all. Through inclusion and empowerment, YWCA Tulsa addresses race and

gender disparities in wellness, wealth and education. YWCA Tulsa supports nearly 400,000 women, children and people of color in the Tulsa area through our four hallmark programs: health and wellness, immigrant and refugee services, racial justice and women's empowerment. For more information on YWCA Tulsa, visit www.ywcatulsa.org.

About the Mayor's Commission on the Status of Women

The Mayor's Commission on the Status of Women acts as the central clearinghouse and coordinating

agency for activities and information relating to women. The commission is charged with helping women develop a collective voice to influence public policy and affect positive changes in their lives, in addition to stimulating research in the area of women's legal rights; educating the community on the status of women by publicizing information on women's rights and obligations; reviewing the range of services available to women to enable them to fully contribute to society and assist agencies in pursuing needed services.

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VARIETY

An Arts Sampler of Possibility Awaits March Audiences

March at the Tulsa Performing Arts Center offers an arts sampler of events. All of our major presenting groups have shows. If you have favorite arts organizations you usually support, you'll want to plug them into your calendar, along with March Madness, maybe, and perhaps a spring break. But, also, consider sampling a type of entertainment you've not experienced before. I know of many people who have done so and said, "I discovered that contemporary dance can be transformative" and "I didn't know how much I could dig opera."

Show Buzz



By NANCY HERMANN

Choregus Productions is a presenter of music and dance from around the world. The work is sometimes edgy and always interesting. After a performance, I feel as though I've been to an international festival or an artsy theater in New York. Choregus brings those experiences to us. For example, in March, you can see a dance troupe from Korea, Chang Mu Dance (Mar. 1-2) and a pairing of Israeli and Palestinian pianists, Duo Amal (Mar. 22). Chang Mu combines dance movement with poetry and painting. The globetrotting Duo Amal played at the United Nations in Geneva last year. "Amal" is Arabic for the word "hope."

The PAC enjoys hosting Living Arts' New Genre Festival each year, of which "Preparations for the Obsolescence of the Y Chromosome" is a part, Mar. 4-5. Thanks to generous sponsors, you can see it free, although reservations are required. This multimedia performance by Michelle Ellsworth imagines a world without men, and what that might mean. Another free event at the PAC is the Brown Bag It noontime program on Mar. 2 featuring Tulsa Camerata.

Tulsa Opera stages the Oklahoma premiere of André Previn's steamy "A Streetcar Named Desire," Mar. 4 and 6. Based on the 1948 Pulitzer Prize-winning play by Tennessee Williams, the opera takes place in New Orleans' French Quarter and centers on Blanche, an aging, delusional Southern belle who comes to live with her sister, Stella, and Stella's abusive husband, Stanley.

Created for San Francisco Opera in 1998 with a libretto by Philip Littell, the piece will be sung in English and is recommended for mature audiences.

It's not opera, but it's based on one. Tulsa Project Theatre takes on another ambitious presentation with the rock musical "Rent," Mar. 4-13. "Seasons of Love" and "I'll Cover You" are two of my favorites songs from this Pulitzer Prize winner. Echoing the story and characters in Puccini's "La Boheme," Rent focuses on starving young artists who are trying to survive in New York City during the onset of the AIDS crisis.

Another Broadway musical is planned for one-night only, Mar. 8, presented by Celebrity Attractions. This will be the first time that the Woody Allen/Susan Stroman collaboration "Bullets Over Broadway" has played the PAC. Set in the 1920s, this musical comedy is about a young playwright who has to mollify the mob to get his Broadway show funded. Expect lots of laughs and superb dancing.

Tulsa Town Hall welcomes conductor Benjamin Zander, Mar. 11. He is not only an authority on music – the conductor of the Boston Philharmonic – but also somewhat of a life coach in the grandest sense. He co-wrote the bestselling "The Art of Possibility." On Mar. 12, he will conduct Mahler's Symphony No. 2, the "Resurrection" symphony, for Tulsa Symphony Orchestra. The first part of the program will be dedicated to a discussion of the work with accompanied demonstrations, and the second part will include the Tulsa Oratorio Chorus and soloists in a rapturous performance.

Tulsa Ballet follows February's glorious production of "Romeo and Juliet" with a program of contemporary dance, Mar. 18-20. This is the same program I will see the troupe perform during its April tour of Italy. Featured are works by Yuri Possokhov, Jiri Kylian and Christopher Bruce. Each one of these pieces offers the viewer something involving to watch. Petit Mort (meaning little death) is set to two Mozart piano concertos



STREETCAR: Tulsa Opera stages the Oklahoma premiere of André Previn's steamy "A Streetcar Named Desire," Mar. 4 and 6, based on Tennessee Williams' play.



CINDERELLA: Paige Faure and Andy Jones star in "Rodgers and Hammerstein's Cinderella," presented by Celebrity Attractions Mar. 29-Apr. 3 at the PAC.



KOREAN DANCE: Korea's Chang Mu Dance showcases innovative choreography and new dance vocabularies Mar. 1-2, presented by Choregus Production.

and includes six men, six women and six fencing foils. "Rooster" is a romping, swaggering piece danced to the music of the Rolling Stones. This program is a great



LIVING ARTS: A world without men? "Preparations for the Obsolescence of the Y Chromosome" considers it, Mar 4-5, as part of Living Arts' New Genre Festival.



HOPE: Duo Amal, which means "hope" in Arabic, is a piano partnership of Israeli Yaron Kohlberg and Bishara Haroni, a Palestinian.



BULLETS OVER BROADWAY: Woody Allen's musical comedy with dance, created by Susan Stroman, plays at the PAC one-night only, Mar. 8.

vehicle to show off the technique and physical beauty of Tulsa Ballet.

Wrapping the month is a full run of "Rodgers and Hammerstein's Cinderella," Mar. 29 to April 3. I remember watching Lesley Ann Warren perform the role of Cinderella on TV in 1965. The music and lyrics have stayed with me all these years – particularly "In My Own Little Corner" and

"Impossible! It's Possible." Presented by Celebrity Attractions, this will be a gorgeous production that will impress newcomers to the show – both adults and children – and be a beautiful experience for those who grew up with this music or just believe all is possible.

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

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AAT SETS CAMPAIGN GOAL



EMILY RAMSEY for GTR Newspapers

FUNDRAISING BEGINS: From left, CEO of Tulsa Community Foundation Phil Lakin, local artist Josh Butts and Arts Alliance Tulsa (AAT) Executive Director Todd Cunningham stand in front of a new mural on the south wall of Hey Mambo, 114 N. Boston Ave., in the Brady Arts District. Butts will add to the mural as the campaign's funding goals are met during the four-month campaign. AAT hopes to raise \$2 million by the end of May.

On Feb. 1, Arts Alliance Tulsa (AAT) announced the start of its first fundraising campaign, with the goal to raise \$2 million by the end of May.

In connection with the campaign is a new mural, located on the exterior south wall of Hey Mambo, 114 N. Boston Ave., in the Brady Arts District. The mural will serve as the campaign's barometer; local artist Josh Butts will add to the mural as campaign funding goals are met.

The need for the Alliance has been discussed for at least two decades, says Phil Lakin, CEO of Tulsa Community Foundation, but the subject came to a point of action in the spring of 2014 when the City of Tulsa's budget did not provide for typical funding for some previously funded arts programs. Although the city restored funding for that year, Lakin and Councilor G.T. Bynum promised arts entities that a solution would be found. Lakin took a proposal to Tulsa Community Foundation's (TCF) board in November 2014,

and TCF agreed to incubate, organize, and oversee finances and activities for AAT. AAT began in October 2015.

"AAT will be of great value to so many people like me," says Lakin. "I don't know all the needs of our quality arts and cultural groups, but I know I want to support them and make opportunities available to our kids and adults, not only for observing but also for performing."

Arts Alliance Tulsa joins a national network of similarly organized arts alliances that function to receive funds from individuals, corporations and charitable foundations.

After considerable independent review, funds will be distributed to Tulsa's 39 2015-16 local arts institutions. AAT's Board seeks to raise money to provide ongoing support to arts groups by consolidating cultural fundraising efforts into a single organization and use its deep and diverse knowledge of the cultural community to disperse the funds broadly and strategically.

Tulsa Opera Hires Director

The Tulsa Opera Board of Directors announces that it has appointed Greg Weber to the newly created position of General Director and CEO. Weber served as the company's Managing Director during the 2014-15 Season. He will return to Tulsa Opera in March to take the reins of the company, now in its 68th season.

"I feel very grateful that Mr. Weber is enthusiastic about returning to Tulsa to lead the company through the challenges and opportunities that are ahead of us," says Tulsa Opera Board President John Woodard. "His experience and leadership will be invaluable in shaping the future of Tulsa Opera."

"Tulsa has incredible love and support for the arts, and I can't wait to be back among Tulsa Opera audiences," says Weber. "Together, with the board, staff and our donors, we can build an even stronger role for Tulsa Opera as a cornerstone of this arts community."

During the 2014-15 season, Tulsa Opera engaged Arts Consulting Group, one of the nation's foremost experts in the management of arts and cultural organizations, in a thorough review of opera industry practices. At this time, the board of directors elected to restructure the company's leadership model, with all departments reporting to a general director and chief executive officer, replacing the previous structure of shared leadership by the Managing Director and Artistic Director. This single leader model is in line with that of the majority of the nation's most successful opera companies.

Greg Weber brings 30 years of experience as an arts leader, managing operations and producing international theatrical events in senior leadership positions, during which he has produced 21 world premieres.

At San Francisco Opera, Weber directed a budget of \$22 million, and led a team of 16 managers and more than 175 personnel who created and staffed more than 70 performances of 10 operas annually. He led the organization in a streamlined schedule and budgeting format which led to balanced budgets and greater financial flexibility.



Courtesy Tulsa Opera

GREG WEBER

As Managing Director for Geva Theatre Center in Rochester, New York, he brought the first back-to-back company surpluses in more than a decade. He accomplished this while also improving salaries, benefits, generating building improvements, and expanding Geva's subscription ticket sales. He also formed TheatreROCS, a nonprofit collective of 22 Rochester area arts groups dedicated to the support of and growth of live performance, and produced the first Rochester Theatre Festival which celebrated great local culture.

Prior to his tenure with Geva, Weber served 14 seasons as the Production/Technical Director at the Houston Grand Opera. He developed the only multi-modular staging for opera in North America - a modern technology-based staging with a rock-and-roll lighting system capable of being assembled in multiple venues at a fraction of the typical operational cost of opera production.

PHILBROOK CELEBRATES DESIGN



GTR Newspapers photo

NEW EXHIBITION: Sienna Brown, curator of modern and contemporary art, stands in the exhibit hall of "The Essence of Things: Design and the Art of Reduction" at Philbrook Museum of Art. The exhibition runs until May 1 and celebrates simplicity in design. On display are photographs, videos, and approximately 180 objects from architecture, fashion, and art.

HARDESTY CENTER FOR DANCE IS PROGRESSING IN B.A.



ROSSY GILLE for GTR Newspapers

TULSA BALLET: Construction is moving forward on Tulsa Ballet's Hardesty Center for Dance Education, 14790 W. New Orleans St., in Broken Arrow. Construction began in July 2015, and the building is expected to open in August. Upcoming Tulsa Ballet performances include Masters of Dance, March 18-20; the Emerging Choreographers Showcase, April 22, 24; and the Signature Series, May 6-8, 13-15.

Tulsa Gridiron Turns 83

The Tulsa Gridiron will return for its 83rd year with two 8 p.m. performances of its distinctive musical parodies on March 4-5 in the Oklahoma Jazz Hall of Fame, 111 E. First St.

Directed by Rebecca Ungerman, this year's show, "The Farce Awakens, or Ding-A-Ling Brothers Bynum & Bartlett Circus" will have fun with presidential candidates on both sides of the aisle, Oklahoma's "good news gal" Mary Fallin, and Tulsa's very own Greatest Show On Earth, starring Councilor "Water In The River" G.T.

Bynum and Mayor "Blame the County" Bartlett.

The Gridiron will also honor Tulsa Community Foundation's COO Jeff Stava with its annual Roasting Ear Award.

The Tulsa Gridiron is a nonprofit organization, promoting the First Amendment and preserving the American tradition of political satire and commentary through its performances and scholarship program.

General admission tickets cost \$30 with individual table seats and full tables available for purchase.

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Roka Offers Asian Dishes with American Twist

LOCAL DINING

By **BLAKE AUSTYN**
Contributing Writer

Roka Bar and Asian Flavors, 1616 S. Utica Ave., opened in February after a lengthy and extensive renovation project in the former Te Kei's Chinese Asian Kitchen location.

The new restaurant concept was created by Chad Stanger, former operating partner of P.F. Chang's, and James Shrader, of Palace Café.

"This was a huge opportunity to do something unique for Tulsa," says Stanger. "We wanted to bring in a new concept: providing Asian cuisine with innovative updates."

Roka offers favorite dishes found from many regions of Asia. The menu includes noodle dishes, seafood options, family-style dishes, and sushi and vegetarian offerings.

Stanger and Shrader are also using Roka to support the Tulsa community as much as possible.

"Everything we do in the restaurant is locally-minded and locally-sourced, if possible. That includes food ingredients and even during the renovation project itself, all of the construction work was done using local companies," says Stanger.

In contrast to the interior of Te Kei's and the openness of its dining and bar areas, the intent with Roka was to create what Stanger refers to as a "cozy, comfortable atmosphere," with an emphasis on privacy.

The restaurant is broken up into three dining areas also with a party room for large groups.

The dining areas feature high-backed booths to create a more private, intimate setting. Tables also feel as if they're nestled into corners and away from other diners with half-walls used to, again, provide a feeling of privacy.

The owners also put a focus on acoustics, using special paneling to control noise and allow for conversations.

The interior has a definite Asian feel with umbrellas hanging from the ceiling, colorful pillows on bar seats, dark wood paneling, and the very obvious and large wooden samurai statue, created by local artist Clayton Coss, that presides over the bar.

The front page of the restaurant menu serves almost as a guide for guests, highlighting the restaurant's Signature Dishes, which range from Lettuce Wraps and Pad Thai to its Thai Green Curry and Roka Burger. Turn the page, and those same dishes are found in their corresponding appetizer or entree categories.

Roka's menu includes traditional Asian dishes such as Kung Pao Chicken and Beef and Broccoli plus "American dishes with an Asian influence," says Stanger, like the Roka Burger, which includes a beef patty tossed in kung pao sauce and topped with veggies, wasabi sauce and kewpie.

The bar menu offers a mixture of classic Asian small plates and some Asian-American takes on bar food, including Kimchi Sliders, Roka Sesame Fries, Duck Frites, and Spring Rolls.

Roka also offers Happy Hour seven days a week, 3-6 p.m., which features special pricing on select drinks and bar menu items.

The drink menu features craft beers (including 10 beers on tap), a selection of over 40 table and boutique wines, classic cocktails, and 15 Asian-inspired signature cocktails, mixed with house made syrups and fresh-squeezed juices.

I visited with my parents on a recent Friday evening during Happy Hour, and the bar area was hopping.

We started with the Korean Tacos for an appetizer because I used to enjoy eating those at Te Kei's, and I wanted to see if it was the same dish. The dish is made up of four small soft tacos filled with marinated pulled pork, white onions, avocado, cilantro, and house made tomatillo and korean bbq sauces, and they tasted as good as they ever have. One of my favorite dishes for sure.

The potstickers, pan-seared chicken dumplings, with house made soy cream



Courtesy Roka

COZY ATMOSPHERE: Roka Bar and Asian Flavors, 1616 S. Utica Ave., which opened in February, features a laid-back, comfortable interior with a large wooden samurai statue, created by local artist Clayton Coss, that presides over the bar.

sauce and sweetened mushroom soy sauce, is an appetizer that is available at a discounted price during Happy Hour, so we sprung for those too. The two sauces added a nice contrast, and the potstickers provided a tasty bite that didn't fill us up, but only whet our appetites for more.

For my entree, I chose the Thai Green Curry, partly due to my love of curry and also based on the suggestion of our server. The dish was spicier than I expected and hearty, with a lot of meat. I would have preferred a few more vegetables added in. It is definitely enough for one person. I took about half of it home with me.

My mother ordered the Roka Steak Frites: char-grilled tenderloin on a bed of sesame fries, with japanese hollandaise

sauce. For those looking for a basic dish with a good piece of meat and fries, this would be a good choice. The meat was tender, and the fries were tasty but nothing overly adventurous here.

My dad opted for sushi: the Tiger Stripe Roll (tempura shrimp, ahi tuna, avocado, sriracha aioli, sweet soy sauce) and the Tempura Veggie Roll (tempura asparagus, sweet potato, zucchini, toasted sesame seeds), two of the three rolls available on the Happy Hour menu. Both tasty choices.

Even though we were full, we couldn't resist the Lava and Gelato dessert: hot fudge lava cake, with caramel and gelato. It was gooey and oh so sinfully good!

Roka Bar and Asian Flavors is open Monday-Saturday 11 a.m.-11 p.m. and Sunday 11 a.m.-10 p.m.

UPCLOSE RETURNS TO BAPAC



Courtesy BAPAC

CONCERT SERIES: On Feb. 21, Tulsa Symphony Orchestra's Bravo Brass Quintet kicked off the UPCLOSE concert series, a partnership of the Broken Arrow Performing Arts Center and Broken Arrow Arts and Humanities Council. The series continues on April 24 with the Dueling Pianos Show, starring Tom Basler and then concludes on May 22 with the Tulsa Symphony Orchestra's String Quintet.

Broken Arrow Performing Arts Center partners with the Broken Arrow Arts and Humanities Council to announce the return of UPCLOSE, an intimate concert series that encourages audience interaction and conversation with some of the most entertaining and talented artists in the region.

UPCLOSE kicked off Feb. 21 with Tulsa Symphony Orchestra's Bravo Brass Quintet. The series continues on April 24 with the Dueling Pianos Show starring Tom Basler. The series concludes on May 22 with the return of Tulsa Symphony Orchestra, this time with its String Quintet players. Each matinee show begins at 2:30 p.m. on Sundays and is held at the BAPAC in downtown Broken Arrow.

The Bravo Brass Quintet is a versatile and dynamic chamber ensemble that has been performing for Oklahoma audiences for 20 years. Founded in 1993, Bravo Brass performed more than 30 concerts in its debut season. In addition to performing, all members are actively involved in music education, serving on university faculties, teach-

ing privately and presenting programs to school students.

Tom Basler has been playing piano professionally for more than 35 years. Beginning as a multi-keyboard player with dance bands and show bands in the '70s and '80s, Basler eventually gravitated to "Dueling Pianos" in 1989. He has become one of the best known and longest working "duelers" in the country. Basler's primary goal at every show is to include the audience. With his vast repertoire and engaging persona, crowds of all types find themselves clapping and singing along.

Tulsa Symphony String Quintet is comprised of the string principals of Tulsa Symphony Orchestra. The group performs concerts and educational services throughout northeastern Oklahoma.

Tickets for each show are \$20 plus a facility fee and are available online at brokenarrowpac.com. Tickets can also be purchased at the BAPAC Box Office or by phone at 918-259-5778. A special student rate of \$8 is available for those with a valid student ID.

VISION TULSA

VisionTulsa.com

A Vision renewal that is a balanced plan for all of our needs *without raising taxes.*



Photo courtesy of Tulsa World



Photo courtesy of Tulsa World



» Public Safety

The core responsibility of our local government is to keep our families and businesses safe. The public safety portion of the Vision plan will add 160 police officers and 65 firefighters, with a portion of the tax made permanent to address our continued public safety needs.

» Streets & Transportation

A portion of the Vision renewal plan is devoted to streets and transportation because that is one of the most critical needs of our community. A Yes vote will mean more street maintenance crews and needed improvements to our roads, without increasing our taxes.

» Economic Development & Jobs

The new Vision plan places a premium on economic development projects that create jobs. Strategic development of the Arkansas River is a central component of this portion, with a master plan that ensures preservation of parkland, trails and recreational areas instead of unsightly strip malls or big box stores.

» A New Vision - No New Taxes

The new Vision plan is structured in a way that keeps our overall tax rate the exact same, ensuring that we can invest in the priorities of our community without increasing the burden on taxpayers. By focusing on the things that matter most, we can improve our community without raising our taxes.

Vote YES on April 5 for a safer, stronger, better Tulsa.

Admiring the Views, Activity Along Riverside

As the welcome signs of spring-time begin to emerge, many individuals, myself among them, are already beginning their eager return to the outdoors.

Although Tulsa has experienced a nice, mild winter, it has still been cold. (An opinion that I dare never utter to my family in Michigan.) And even with our somewhat-pleasant winter, we Okies know that there definitely exists a difference between a "winter" 60 degrees and a "spring" 60. I'll take the latter every time.

Due in large part to the blustery mornings and days that are made noticeably worse near a waterway, I have digressed from my regular walks on the River Parks trail, along Riverside Drive. Those strolls have been whittled down to, sometimes, only a weekly walk, much to the displeasure of my four-legged playmate who quietly guilts me with his silent stares, serving only to quadruple my already-guilty conscience.

Besides the canine needs, walking does much for humans' well-being: regulating weight loss, calming the spirit, allowing time for reflection. For me, though, the greatest joy that

I gain from my walks is watching my buddy jump, run and socialize with other canines, which, oftentimes, mainly entails the use of his nose.

Walking along the river is also good for me in a social sense. We have our own community of "regulars," us river walkers: individuals of varying professions and interests but most of us being dog lovers with at least one dog in tow. And, for that reason alone, I instantly trust those individuals just a little bit more.

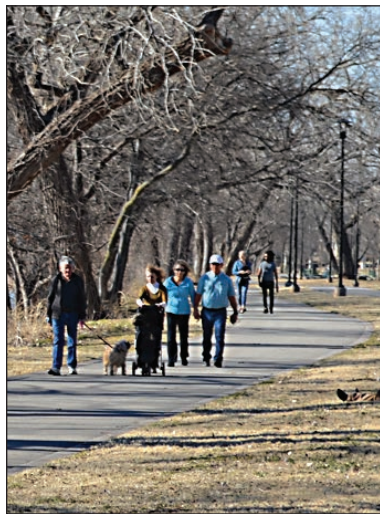
While I usually keep my walks to the north end of Riverside, I'm looking forward to venturing south once the Gathering Place is completed.

Yet, no matter where a person walks along Riverside, when water is flowing along the river bank, our unassuming river is quite striking. And the view when driving west out of downtown Tulsa on Galveston Avenue and over the hill, it really feels like you've been transported somewhere out of Tulsa.

Imagine the visual impact if there were a constant amount of flowing water.

Ah, but one can dream.

Honestly, as a nearby home



EMILY RAMSEY for GTR Newspapers

AFTERNOON WALK: Individuals walk on the River Parks trail, along Riverside Drive and the Arkansas River. The trail along Riverside is well-traveled by cyclists, dog walkers, families, skateboarders and joggers.

dweller, I slightly cringe to imagine how the area would explode with people all the time traversing its edges if constant water in the river ever came true. Parents, children, joggers, cyclists, dogs, skateboarders, sunbathers.

If we put water in the river, it wouldn't be solely teaming with life underneath its surface but all around it too.

And yet, with growth comes change.

As much as that may hurt from time to time, the result can be a beautiful addition to our lives, if we let it.



BEAUTIFUL ASSET: A southwestern view of the Arkansas River on Galveston Avenue when the river is filled with water.

Out & About in Greater Tulsa



By **EMILY RAMSEY**
Managing Editor

ANTICIPATED CONCERT



EMILY RAMSEY for GTR Newspapers

BILLY JOEL: Jeff Nickler, BOK Center general manager, speaks during a January press conference where it was announced that Billy Joel will perform at the BOK Center Nov. 11. Tickets are now on sale.

Art in Transit Announces Winners

In February, Tulsa Transit and Transit Advertising, Inc. unveiled the winning bus design in its Art in Transit contest.

Doug Henderson was the grand prize winner with his stylized Harley-Davidson motorcycle photography design. His design will be applied to one Tulsa Transit bus and several benches and shelters around Tulsa.

Henderson's winning design uses one of his photographs and transforms a standard bus into an eye-catching 1948 Panhead Harley-Davidson motorcycle.

"What could be more cool, more beautiful, more American, more funky, more eye-catching than an old Harley? How about an old Harley blown up to 35 feet long and 8 feet high?" Henderson says.

Henderson has been an artist for as "long as I can remember," he says. His professional photography career began in 1985, and he achieved international recognition for his photography of the Oklahoma City bombing which



Courtesy photo

WINNING DESIGN: Doug Henderson, grand prize winner of the Art in Transit contest, stands in front of the Tulsa Transit bus that displays his winning Harley-Davidson motorcycle photography design.

appeared in Newsweek, Newsweek Japan and other publications. He is a photography teacher and an author of Photoshop/digital photography textbooks.

Local artist Randy Riggs won second place with his JJ Cale tribute designs, which will also

be displayed on bus shelters and benches.

Riggs has been an award-winning graphic design professional for more than a decade. He currently works as a graphic designer for Rogers State University and operates his own design company, Wicked Cool Studios.

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HEALTH & WELLNESS

CTCA, HEALTHCHOICE BEGIN PARTNERSHIP



Courtesy CTCA

EXPANDED NETWORK: At the end of 2015, Cancer Treatment Centers of America (CTCA) Southwestern Regional Medical Center began its partnership with the Office of Management and Enterprise Services (OMES) Employees Group Insurance Department.

Cancer Treatment Centers of America (CTCA) Southwestern Regional Medical Center and the Office of Management and Enterprise Services (OMES) Employees Group Insurance Department recently announced their partnership. As a result, approximately 165,000 Oklahomans working in the public sector who are enrolled in OMES's HealthChoice health plans now have "in-network" access to CTCA's world class cancer treatment and integrative approach.

HealthChoice provides health, dental and life insurance coverage to state, education and local government employees, retirees and dependents.

"We are thrilled to partner with HealthChoice, one of the largest payors in Oklahoma," says Richard W. Haldeman, president and CEO of CTCA in Tulsa.

The contract became effective at the end of

2015. Key Oklahoma employers who offer HealthChoice health insurance include:

- Majority of Public Schools
- Department of Transportation
- Department of Human Services
- Department of Veteran Affairs
- State Department of Health
- Tulsa Technology Center
- Other state government entities

Employees of these entities have the option of selecting HealthChoice, in addition to other insurance plans, during each year's open enrollment process.

"We are excited to have a quality provider like Cancer Treatment Centers of America as a HealthChoice Network Provider. This partnership makes world class cancer treatment available to all of our members," says Frank Wilson, HealthChoice administrator.

SCOUTS TAKE CTCA FIELD TRIP



Courtesy CTCA

ROBOTICS EDUCATION: Dr. Peter Baik, left, thoracic surgeon at Cancer Treatment Centers of America (CTCA), 10109 E. 79th St., in Tulsa, and Jonathon Castille, cub master for Cub Scout 974, stand with Cub Scouts from Grissom Elementary on Feb. 6 when the students visited CTCA for a high-tech, hands-on field trip regarding robotic surgery.

On Feb. 6, Cub Scouts from Grissom Elementary experienced a high-tech, hands-on field trip to learn about robotic surgery at Cancer Treatment Centers of America (CTCA), 10109 E. 79th St., in Tulsa.

CTCA Thoracic Surgeon Dr. Peter Baik showed students the da Vinci Robotic Surgical System and its minimally-invasive capabilities through

hands-on demonstrations.

The activity completed the Cub Scouts' field trip technology portion of the Boy Scouts of America's NOVA Award program, which is designed to explore technology and how it affects everyday life. Cub Scouts can earn a NOVA Award for each of the STEM components: Science, Technology, Engineering and Mathematics.

OSU-CHS Researching Effects of Massage Therapy

Massage and stretch therapies are widely used to improve function following a musculoskeletal injury. Aric Warren, Ed.D., associate professor of athletic training at Oklahoma State University Center for Health Sciences, wants to document the efficacy of these treatments through evidence-based research.

"While these techniques are extremely popular around the country, there is a lack of research on the effectiveness of soft tissue mobilization therapy in human subjects," he says. "Our patient-centered research explores the effects of these therapies in the treatment of muscular skeletal dysfunction. Our approach involves recording physiological measures and patient outcomes."

Soft tissue mobilization refers to any form of manual manipulation of muscle tissue or surrounding tissues and structures in the body, such as stretching or massage.

Warren's research team is among the first to use diagnostic ultrasound imaging to document and evaluate muscle response to soft tissue mobilization therapy, particularly in patients with hamstring and Achilles tendon injuries.

"Everyone has experienced an injury or muscle pull at some point in their life, either from participating in sports or being involved in a fall or accident," says Warren, who is head of OSU's School of Applied Health and Educational Psychology and a

member of the USA Track & Field Sports Medicine staff. "This will also be one of the first studies specifically to document patient outcomes in individuals with hamstring or Achilles tendon problems, two of the most common injuries in sports."

Warren's preliminary studies have shown that patients with hamstring injuries treated with soft tissue mobilization therapy perceived increased flexibility, less pain and more function when compared to other treatments.

In addition to compressive treatments, Warren will examine myofascial decompression therapy in patients with muscle tightness and pain in the hamstring or Achilles tendon. Also known as cupping therapy, the practice is believed to increase blood flow and draw toxins from deep tissue by lifting and stretching the tissue through the use of suction.

"By studying myofascial decompression, we can determine whether lifting or exerting negative pressure around the muscle is effective in relieving pain and restoring function and range of motion," he says.

In the future, Warren plans to conduct randomized clinical trials to further investigate the significance of manual manipulation treatment for musculoskeletal injury.

"Our primary goal in this research is to find better treatments for musculoskeletal dysfunction so that we can improve patients' quality of life," says Warren.

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OSU Researcher Aims to Improve Drug, Explosives Detection

Jarrad Wagner, Ph.D., wants to improve the tools used in detecting the presence of illegal drugs or explosives in homes and other locations where production is suspected.

"We recently completed a research project that detected drug residues in homes and on cell phones. We don't know where these environmental drug residues are coming from, but it is well known that clandestine laboratories will contaminate homes where they are set up," says Wagner, director of the Forensic Toxicology and Trace Chemistry Laboratory and associate professor of forensic sciences at Oklahoma State University Center for Health Sciences. "Our research has shown that we are able to detect the presence of illegal drugs and explosives by swabbing the walls and other interior surfaces, even after the labs have been removed."

Clandestine laboratories present significant safety and health risks to law enforcement, the public and the environment. Biological and chemical agents that can be toxic when mixed are used in the production of both illegal drugs and improvised explosives. For every pound of methamphetamine produced in a drug lab, there are five to seven pounds of toxic waste, according to the U.S. Justice Department.

"Our purpose is to assist law enforcement in protecting communities from potential harm from these dangerous substances," says

Wagner, who previously served as a chemist for the FBI laboratory where he worked on crime scene investigations that involved hazardous materials.

Wagner conducts research with the OSU-CHS Center for Improvised Explosives, or IMPEX, to develop tools that can better detect explosives labs and more safely remove the unstable materials from the location.

"We are conducting cutting-edge research at IMPEX aimed at discovering clandestine explosives labs before an incident occurs," he says. "If there is an incident, we want to be able to determine what explosive materials were used as soon as possible and determine how they interact."

In his role with the OSU-CHS Forensic Toxicology and Trace Chemistry Lab, Wagner's research is centered on analyzing the chemistry of illegal drugs such as bath salts, synthetic marijuana and methamphetamine-like drugs. Drug formulas evolve as new varieties of illicit drugs are put into society. These emerging drug trends are an important aspect of public health.

Wagner's research may lead to the development of tests to detect the newest drugs in casework, whether in forensic or clinical testing of bodily fluids.

"We need to understand what causes the dangerous side effects from these compounds so that medical interventions can be developed," Wagner says. "In the future,



JARRAD WAGNER

this knowledge will be taught to medical students to keep them up-to-date on the latest drugs patients are using."

The overall goal of Wagner's research is to protect public health by reducing exposure to toxic compounds and to increase law enforcement's ability to detect criminal activity and identify perpetrators.

"Our desire is to improve the quality of life for Oklahomans and people throughout the world," he says.

To learn more about Wagner's research in the detection of clandestine laboratories and toxic chemicals, visit the OSU-CHS Research Spotlight website at healthsciences.okstate.edu

SENIOR STAR DONATES HANDMADE BLANKETS



Courtesy Senior Star

GIVING BACK: Senior Star and St. Francis representatives stand with more than 100 handmade blankets that Senior Star donated to hospitalized children and their families at The Children's Hospital at Saint Francis, 6161 South Yale Ave., in February.

The blankets were handmade during a team engagement exercise that took place at Senior Star's annual meeting for management employees. Leaders of the company believe that a strong corporate social responsibility initiative is critical to maintaining a culture of servant leadership for Senior Star associates. This marks the fifth consecutive year that Senior Star has created items and donated

them to a local organization in need.

"Our team engagement exercises help our associates validate their daily commitment to positive interaction that demonstrates heartfelt concern for each person we touch," says Senior Star COO Anja Rogers.

Kacie Frazier, Children's Hospital Foundation program director, accepted the donation of blankets on behalf of the hospital. Senior Star associates also hand delivered 15 of the blankets to hospitalized children and their families. "We are thrilled to receive the blankets and will ensure they are given to the children entrusted to us," says Frazier.

Visiting Angels Recognized

In January, Visiting Angels of Green Country was awarded both the Best of Home Care Provider of Choice and Employer of Choice Awards from Home Care Pulse. Home Care Pulse is the home care industry's leading firm in performance benchmarking and quality satisfaction management, serving hundreds of home care businesses across North America.

Best of Home Care providers have contracted with Home Care Pulse to gather feedback from their clients and caregivers via live phone interviews each month. Because Home Care Pulse is an independent third-party company, it is able to collect honest and unbiased feedback.

These awards are granted to the top ranking home care providers, based on client and caregiver satisfaction scores gathered by Home Care Pulse. Visiting Angels of Green Country is now ranked among a small handful of home care providers across the country who have proven their ability to provide an exceptional working experience to employees and the highest quality care to clients.

Since 1998, Visiting Angels has been providing elder care services to families across the United States. Its network of elder care franchised agencies is committed to providing families with the best possible in-home care services.

Visiting Angels provides a wide range of in-home care services for both temporary and long-term needs. Its elder care professionals are available to provide hourly, overnight and 24-hour care.

Eye Doctor Expands Practice

WINK OPTIQUE: Dr. DJ Riner recently expanded his practice with the opening of a second location, Wink Optique, at 101st Street and Yale Avenue, in the Shops of Seville shopping center.

For more than 22 years, Riner has been providing vision care. For 10 years, he worked as an associate and partner in private optometry practices before opening Riner Eyecare, at 31st Street and Mingo Road.

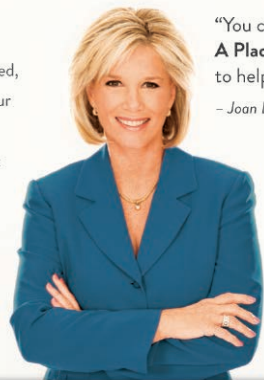
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EDUCATION

Riverfield Rocks: Creating Lifelong Musicians

By EMILY RAMSEY
Managing Editor

Something one-of-a-kind has been happening at Riverfield Country Day School for the past 10 years.

The school's Riverfield Rocks music program is one of the largest in-school rock programs in the country, says Paul Knight, the director of Riverfield Rocks who started the program at Riverfield in 2005.

"The idea is that we're teaching them how to be musicians and doing it with music that they connect with," he says. "Music that they connect with" being current music that kids are listening to today: "we do a lot of indie songs," he says.

"By taking music that they listen to, it helps them learn so much more because they're engaged."

Before coming to Riverfield, Knight had created a similar program at local music school Brook Fine Arts.

When Toby Clark, head of Riverfield's middle and upper school, heard about Knight's program, Clark asked Knight to bring the program to Riverfield.

The program has since grown from one band with 18 students to currently 120 elementary, middle, and high school students and 12 rock bands.

"The more kids we have, the more bands we create," says Knight.

Students can enter the program starting in fourth grade.

Beginning students spend their first two years focused mostly on music concepts and learning about instruments with only one public performance per year. However, as students age and progress in their skills, their performances increase. Middle school students play about four shows a year with high schoolers performing around 10 shows per year.

Students are grouped together in bands according to various factors, including age level and ability, says Knight, with at least one advanced student placed in each band.

"I have some groups that have more advanced students than others, and some bands with mainly beginners. No particular combination works better than another, it just depends on how open their receptors are to learning the music and working as part of the team. If they 'buy in,' they'll all be awesome."

In January, 10 Riverfield bands performed at Cain's Ballroom. The annual event doubles as a fundraiser for the music program and for the Community Food Bank of Eastern Oklahoma, which receives a portion of the proceeds.

Recently, when the BOK Center held a press conference to announce Billy Joel in concert in November, Riverfield students performed Uptown Girl. "We had nine days to prepare that," says Knight.

High school students will perform at the Independent School Association Southwest (ISAS) festival in April in San Antonio. Riverfield bands have also performed at local events, such as the Tulsa Roots concert series and the Route 66 Marathon, and regularly field other requests. "We've had individual bands play at the Vanguard and at the Brady Theater's Halloween event," says Knight.

Some students in the program have also created offshoot bands from Riverfield Rocks.

On April 30, Riverfield Country Day School will hold its 10th-annual Llamapalooza, which is its annual outdoor spring show where all Riverfield Rocks bands will perform. The event costs \$5 and will also feature food trucks.

The event draws around 1,000 people each year, says Knight.

All of these various performances, in addition to raising money and providing performance experience to students, have done much to spread the word about Riverfield's unique music program and earned the program some far-reaching accolades.

"The reception we have received from people in the music industry is exciting," Knight says.

Knight and his students have received visits from the Mowgli's,



EMILY RAMSEY for GTR Newspapers

A GROWING REPUTATION: Students from Riverfield Rocks, Riverfield Country Day School's rock music program, perform in January at the BOK Center at the press conference announcing Billy Joel's November concert. Riverfield Rocks began in 2005 and has grown from one band with 18 students to currently 120 elementary, middle, and high school students and 12 rock bands.

David Cook, Kris Kristofferson and visited AC/DC and Eric Clapton's and Paul McCartney's touring bands when they were preparing to perform at the BOK Center.

When the band "twenty one pilots" was in town, before Knight had an opportunity to reach out to the band, twenty one pilots contacted Knight, asking what the band could do to show its appreciation for Riverfield's music program and its students.

"All of these musicians are inter-

ested in what we are doing," says Knight.

While some of Riverfield Rocks' students have gone off to some pretty major music schools, i.e. Berklee College of Music and New York University's Tisch School of the Arts, that isn't necessarily Knight's goal for the program.

"We want students to be 40 or 50 years old and still playing music," he says. "We want music to be a natural extension of themselves so that they can sit and play with friends and family."

HAF SCHOLARSHIPS



Courtesy HAF

BRIGHT FUTURES: In February, the Hispanic American Foundation (HAF) recognized its scholarship recipients at its 2016 annual meeting. Pictured are Tom Bueno, left, Hispanic American Foundation president; and Jeff Nevins, second row, HAF chairman; with scholarship recipients, from left, Juan Andrade; Kristopher Mendoza; Stephanie Manduano; Isaac Rodriguez and Jobana Ruiz.

Spartan, Republic Airways Create Partnership to Employ Graduates

Spartan College of Aeronautics and Technology and Republic Airways have announced the establishment of a career pipeline interview program. The purpose of the program is to increase Republic Airways' access to qualified applicants for pilots and technicians, and to increase employment opportunities for Spartan College graduates.

"An alliance between our two organizations means that we can offer our aviation students an opportunity to find employment before they graduate," says Peter Harris, CEO of Spartan College.

The career pipeline interview program will allow aviation students to interview before they graduate. If all qualifications are met, students could be given a conditional offer of employment. Pilots will also receive a signing bonus ranging from \$7,500 to \$12,500, depending on the aircraft they will be trained on.

Students in the maintenance program may also interview before they graduate. However, students must pass their certification test prior to a formal job offer. Some maintenance graduates will receive a \$2,500 relocation bonus.

"We anticipate a need to hire



GTR Newspapers Photo

MUTUALLY BENEFICIAL: Peter Harris, CEO of Spartan College, and Lauren McNamara, college relations consultant for Republic Airways, shake hands after confirming the partnership of Spartan College of Aeronautics and Technology and Republic Airways and the establishment of a career pipeline interview program.

approximately 600 pilots and 150 technicians to meet our future demands," says Lauren McNamara, college relations consultant for Republic Airways. "And Spartan has a proven history of recruiting and training the best in the industry. It is a win-win for us both."

Republic Airways is one of the largest regional carriers in the nation, with a fleet of almost 200

aircraft and 1,000 scheduled daily flights to approximately 110 cities in the U.S., Canada and the Caribbean.

The pilot training program at Spartan College is considered one of the most innovative programs of its kind. With a flipped learning model, students in a practice-as-you-learn environment can be flying as quickly as their first week and is structured to provide one of the most efficient routes to become airline ready pilots. In addition, the maintenance program recently added a hybrid program, where the first portion of the course is taken online, therefore only having to spend seven months in Tulsa for the hands-on training.

"The need for pilots and aviation technicians is continuing to increase, with no sign of slowing down," says Harris. "Forming strategic partnerships such as this will play an important part in the health of our industry."

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Student Pushes Through Traditional Gender Roles

Each year the Oklahoma Department of Career and Technology Education recognizes students who have chosen to study programs based on the student's interests and abilities, rather than on traditional gender roles, with the aptly named "Breaking Traditions Award." Nominees for the award contribute by creating more awareness and support for all non-traditional students and programs.

Non-traditional training and employment is defined by occupations and careers where individuals from one gender comprise less than 25 percent of the individuals employed in a particular field.

Jocelyne Delatorre, a second-year student in Tulsa Tech's welding program, has been nominated for one of this year's awards. Her initial decision to follow this career path wasn't determined by her gender, however, it was built on her desire to achieve her goals and follow her dreams.

"It doesn't matter what other people think," Delatorre explains. "You know what is right for you, what is best for you. So I would encourage everyone, regardless of their gender, to just follow their dreams and work to achieve their personal goals."

Terry Pearson, one of Tulsa Tech's welding instructors, has taught approximately 50 female students during his 18 years of teaching and thinks there are plenty of opportunities in the industry for all students

who demonstrate the drive and integrity, students just like Delatorre. "Jocelyne is self-motivated, has a wonderful work ethic and truly enjoys learning new processes," Pearson says. "Not only is she becoming an excellent welder, but she is also developing leadership skills that will help her to succeed in a traditionally male dominated field."

This Union High School senior credits her instructors with providing knowledge, direction and, most of all, their patience. "My instructors, Mr. Pearson and Mr. Wheat, have been amazing," Delatorre says. "Regardless of how many questions I have, they take their time and answer every question. They have always been very patient and work to keep me headed in the right direction."

With industry-leading equipment, and Mr. Wheat, have been amazing," Delatorre says. "Regardless of how many questions I have, they take their time and answer every question. They have always been very patient and work to keep me headed in the right direction."

Tulsa Tech has been training welders for more than 50 years. Delatorre is currently perfecting her technique with gas tungsten arc welding (GTAW), also known as tungsten inert gas (TIG). GTAW requires dedication to master and is in demand throughout various industries.

"TIG welding is one of my favorites," she says. "I enjoy the challenge and the level of concentration it requires."

Although there may be challenges in pursuing a non-traditional career, Tulsa Tech encourages all of its students to follow their dreams and to make their own path, a path best suited to their individual abilities. After all, time waits for no man, or woman.

"I had to get used to a little different environment and a few mannerisms," Delatorre admits. "But that passed quickly, and now I'm just another student taking advantage of the training I need to fulfill my dream."

If you're currently looking for exciting classes for high school and adult students, quality business and industry training, or dreaming of a new career, Tulsa Tech invites you to visit today. For more information, please call 918-828-5000 or visit us online at tulsaitech.edu.

News from Tulsa Tech



By DR. STEVE TIGER
Superintendent



Courtesy Tulsa Tech

PURSuing HER PASSION: Jocelyne Delatorre, a second-year student in Tulsa Tech's welding program, has been nominated for an Oklahoma Department of Career and Technology Education "Breaking Traditions Award" because of her pursuit of a "non-traditional" career.

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LOCAL NEWS

Kendall Whittier Announces Festivals

By EMILY RAMSEY
Managing Editor

As warm weather nears, so does festival season. That includes two upcoming festivals in the Kendall Whittier neighborhood.

On April 2, Kendall Whittier will hold its fourth annual Kendall Whittier Food Truck Festival from noon-5 p.m. at Admiral Boulevard and Lewis Avenue.

The festival will feature at least eight food trucks, local musicians, including Brad Piccolo, the lead singer for the Red Dirt Rangers, the Mobile Fab Lab and a Kids Zone.

Organizers are expecting close to 2,000 visitors to the festival, which will equate to added foot traffic for local merchants.

“We have found that almost 40 percent of people visiting the festival visit a merchant in the district,” says Ed Sharrer, executive director of Kendall Whittier Main Street. “This festival provides a chance for us to help our local merchants by bringing additional foot traffic.”

The food truck festival began in 2013 and has since grown from six trucks to upwards of 10 with more room for growth.

“With the food truck demand, we could go up to 16-18 trucks, but we are trying to keep the festival small, due to parking, infrastructure issues and out of consideration for our business owners,” says Sharrer. “That keeps the festival from getting too overrun with people who aren’t looking to shop.”

In addition, the Kendall Whittier neighborhood will be adding a monthly summer event, called Kendall Whittier After Five.



Courtesy Kendall Whittier Main Street

FOOD TRUCK FUN: Patrons gather at Kendall Whittier’s Food Truck Festival in April 2015. On April 2, Kendall Whittier will hold its fourth annual food truck festival from noon-5 p.m. The festival will feature at least eight food trucks and local musicians.

The event will be held May-October on the second Thursday of the month, with the inaugural event on May 12.

In previous years, the neighborhood has held an annual arts festival in June.

That festival will no longer take place, Sharrer says. “When we did our June arts festival in 2015, we found that as many people were inside the merchant stores as were outside with the art vendors,” he continues.

During the event, merchants will keep their stores open from 5-8 p.m. Each month, the event will feature something special in order to draw more visitors to the district, such as an in-store offer, a

movie screening or an art opening. There will also be live music and food trucks.

“They will be like six mini-festivals through the summer,” Sharrer says.

The new monthly concept is similar to various monthly events held in other local districts such as East Village, Brady Arts District, Deco District, Broken Arrow’s Rose District and in downtown Owasso.

“We want to create our own environment that sets the district apart in order to draw people,” says Sharrer.

“The number of festivals and districts is a nice problem for Tulsa to have.”

ENTREPRENEURS WELCOME



EMILY RAMSEY for GTR Newspapers

36 DEGREES NORTH OPENS: Individuals walk into entrepreneur hub 36 Degrees North during its grand opening on Jan. 25. The 11,500-square-foot space is located in the Brady Arts District, at 36 E. Cameron St., and features coworking space, designated private offices and desks available for rental, and event space and conference rooms. Read the full article on page 22.



EMILY RAMSEY for GTR Newspapers

LOCAL PARTNERS: Aaron Miller, program officer at George Kaiser Family Foundation, speaks during the grand-opening celebration of 36 Degrees North on Jan. 25. The project came about due to a partnership between George Kaiser Family Foundation, Lobeck Taylor Family Foundation, Tulsa Regional Chamber and Tulsa Tech.

RETRACTION: The February issue of the Midtown Monitor failed to include the name of Booker T. Washington High School’s Teacher of the Year Gwen Palace. Congratulations to all of greater Tulsa’s Teachers of the Year!

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MIDTOWN SPORTS

Bishop Kelley Dedicates Wrestling, Cheer Facility

10,000-Square-Foot Complex Allows for Year-Round Training

Bishop Kelley High School recently dedicated its new wrestling and cheer facility on its campus at 3905 S. Hudson Ave. in Tulsa.

The cheer facility is named in honor of longtime spirit squad coach Liz Ritchie, and the wrestling room is named in honor of John H. Smith, who coached at Claremore High School for over 30 years and has close family ties to Bishop Kelley.

The 10,000-square-foot complex will provide year-round facilities for both the wrestling and spirit squads. The facility is large enough to hold four olympic-sized wrestling mats, and the 20-foot-high ceilings will enable the spirit squads to

practice their routines, all without having to share the same space.

With 100 percent of the project cost provided by donors, the event was attended by school administrators, donors, coaches, student athletes and supporters of Bishop Kelley athletics.

Bishop Kelley High School is a co-educational Catholic Lasallian high school with 885 students, grades 9 through 12, located in the center of the Tulsa metropolitan area on a 47-acre campus. Founded in 1960, the school is owned by the Catholic Diocese of Tulsa and operates in the Lasallian tradition of the Brothers of the Christian Schools. For more information, visit www.BishopKelley.org.



CHEERS FOR LIZ RITCHIE: Bishop Kelley cheerleaders were happy over the dedication of the wrestling and cheer facilities, named in honor of John Smith and Liz Ritchie. Ritchie served a long tenure as Bishop Kelley's spirit squad coach.

McLain's Joshua Jacobs Headed to Alabama

5'10, 200-Pound Quarterback/Running Back is Tuscaloosa Bound to Play for the Team of his Dreams

By **MIKE MOGUIN**
GTR Newspapers Sports Writer

Joshua Jacobs was entering seventh grade when he decided that Alabama is his favorite team in college football.

Now, as a high school senior, the soon-to-be McLain High School graduate will be heading east to Tuscaloosa, Alabama, where he will play for the Crimson Tide.

"You can't really explain it," says Jacobs, who alternated between quarterback and running back as a Titan. "Going to the school of your dreams, the school you've always wanted to go to. It's just unreal."

There are no family ties to Jacobs in the Heart of Dixie. He is just straight out a 'Bama fan and to his joy, Tide coaches came looking for him when he got to the prep level.

With Alabama winning four national championships in seven years, Jacobs has been able to enjoy bragging rights over classmates who like OU, OSU and TU.

"It has always been easy because we brag when we win," Jacobs says. "And I always have sporting bets with some teammates. I usually won. I just said 'they win a lot.'"

Jacobs, listed at 5-10 and 200 pounds, who also plays basketball and runs track for McLain, chose to keep his decision in suspense until national signing day on Feb. 3. There was speculation that he was going to choose between, Alabama, Oklahoma and Missouri. Of course, he chose the former, announcing it in an assembly at the school auditorium.

"The feeling was crazy," he says. "Coming in, I was kind of nervous. It was a surreal type of feeling. But when I was doing my speech and doing my picking, there were a lot of people cheering and a lot of people crying."

Dozens of other Division-I schools had also been looking at Jacobs, including Utah State, New Mexico State, Wisconsin,

Kansas and Arizona State.

It wasn't the success, history or tradition of the Alabama program that drew Jacobs the most. It was the focus on life.

"It was the schooling. They talked a lot about that," Jacobs says. "They didn't mention football that much. They talked a lot about life after the game. They didn't talk about football until the last hour I was there."

Jacobs received a ride from coach Nick Saban while recently visiting Tuscaloosa.

"I've been to his house. He drove me around in his car around campus," Jacobs says. "He wasn't how I expected him to be. He's more down-to-earth than anything. He's probably a different person when its time for game day. But as a person, to me, from the vibe I picked up, he was cool."

This past season, Jacobs compiled 2,704 yards and 31 touchdowns on the ground. His four-year high school total is 5,372 yards and 56 TDs.

With the SEC known as the strongest conference in the nation when it comes to the gridiron, Jacobs knows nailing down a starting spot will not be easy, and he doesn't want it that way.

"That's one of the reason why I picked them," he says of Alabama. "I want to compete, and there is not a better school to do it with than there. I feel like if I just come in there and work hard and give them my all, I'll be all right."

"They have the greatest players. They just prove themselves."

Jacobs already hates Auburn, the Crimson Tide's loathed in-state rival, who they meet annually in the game known as the Iron Bowl. He cringes over Alabama's Iron Bowl loss in 2013, in which an Auburn return man ran back a missed Tide field goal for a TD.

"That was crazy," he says.

When Alabama lost to OU in the Sugar Bowl a month later, he just shook it off.

"First it surprised me," Jacobs says. "But then I thought, we're going to bounce back next year."

When he arrives on the Bama campus this summer, he hopes to help keep the national titles coming. Rest assured, he can say "Roll Tide," already, and soon he plans to buy a checkered fedora, the hat popularized by legendary coach Paul "Bear" Bryant as he wore it on the sidelines throughout his tenure.



BAMA BOUND: Joshua Jacobs is looking forward to becoming a member of the Crimson Tide football team.

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SPORTS

OU Gets Victory with Jon-Michael Terry

The 6-4, 242-pound Football Standout Becomes First Conqueror to Pick Sooners

By **MIKE MOGUIN**
GTR Sports Writer

History was made at Victory Christian School last month when Jon-Michael Terry signed to play football at the University of Oklahoma.

Terry, who stands 6-4 and weighs 242 pounds and played linebacker and tight end in his high school career, became the first Conqueror to choose the Sooners as his home for college football. He signed the scholarship at 7:30 a.m., then did a mock signing in a ceremony that took place before the classmates, coaches and school administrators later that morning.

"It's really special," says Terry, a three-sport athlete who also plays for Victory's basketball team and runs the anchor on the 400-meter relay team in track and field. "We really have a great student body here, a great fan base, it's really cool."

"I'm just really excited. It means a lot to me and my family. I just can't wait."

"Being raised in this school, God is just a big part in everything we do," Terry says. "You

got to put God first every day and I give all this to Him. I give thanks to Him. All my thanks goes to God right now."

As a tight end, Terry caught passes from teammate and quarterback Keats Calhoun. They met up again at the student assembly before the mock signing. Calhoun also signed that day to play his college career at the University of Central Oklahoma in Edmond.

Terry chose the Sooners over offers from OSU, TCU and TU. "It's just a great opportunity," Terry says. "Years from now, when I remember this, it'll mean a lot more to me then."

During his Victory career, Terry forced 453 career tackles and caught 148 passes for nearly 2,300 yards and 17 touchdowns.

The Victory Christian senior was recruited to play linebacker by inside linebackers coach Tim Kish. But the outside spot of that position, where standout Eric Striker had been playing, is something Terry said has been fun to watch.

"I definitely think I'm going to be a great fit," he says. "I'm just going to go in and put in my word and see what happens."

Does he expect to play or red-shirt? Terry is keeping optimistic. "Everybody wants to play, right? We just got to see what happens," he says. "I'm really excited about it, I can't wait to get to Norman."

The dream to play D-I football started for Terry when he was in middle school. People could see his ability, size and speed, which eventually attracted OU coaches.

"Ever since I was a little kid, I wanted to play at the college level," Terry says. "When I was in middle school, I realized it could be a possibility for me. Since then, I've had everybody around me helping me, bringing me up, helping me work and all that."

"I was a college football fan growing up. I just watched it all," he says. "I always wanted to play college football, I just didn't know it was going to be with OU until my junior year."

In that instance, he had notified OU coaches while driving back to Tulsa on the Turner Turnpike.

What was it about the Sooners that stood out to this Conqueror? Like any other young athlete, the prestige and the accomplishments the OU program has accomplished.

"The program's history, the school, and everything about it. They just have a great school all the way around and a great program," Terry says.

With him being a Christian, Terry recognizes the challenges of maintaining his faith as he pursues a gridiron career at one of the top reputable football schools in the country. But he has a plan.



Courtesy photo

CONQUEROR: Victory Christian's Jon-Michael Terry will attend the University of Oklahoma where he will play for the Sooners.

"I'm just going to go in and keep my head on straight and just keep going to church and doing the right things," he says.

Playing for Big 12 Championships and contending for spots in the FBC Playoffs and National Championships is something this soon-to-be

Victory graduate already has as his football goals.

"It's going to be exciting," Terry says. "I just can't wait."

Then there is OU-Texas. He has thoughts on that too.

"That'll be a real awesome experience getting to play in that game," he says.

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Drillers Manager Ryan Garko

Tulsa Drillers Manager Ryan Garko visited ONEOK Field for the first time on Jan. 26 to meet with media members about the Drillers' upcoming season. He will share his thoughts about the club's outlook for its second season as a Los Angeles Dodgers affiliate.

For Garko, the 2016 season will mark his first job as a manager in professional baseball. The first baseman and outfielder enjoyed a 10-year professional playing career, spending parts of six seasons in Major League Baseball with the Cleveland Indians, San Francisco Giants and Texas Rangers.

The Stanford University product moved into coaching when he accepted an assistant's position with his alma mater prior to the 2014 collegiate season.

The Drillers are slated to open the 2016 Texas League season on Thursday, April 7 in Corpus Christi. The home opener is scheduled for the following week when Tulsa hosts the Hooks at ONEOK Field on Thursday, April 14.



GTR Newspapers photo

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Lacrosse Becoming Popular in Greater Tulsa

Bishop Kelley Boys Varsity Gearing Up for Third Season

By MIKE MOGUIN
GTR Sports Writer

When one hears about lacrosse, he or she thinks of athletes nearly in hockey gear, except they have sticks with nets to catch balls while playing on a grass field, rather than sticks to swish around a puck across the ice.

Plus, the sport is popular only on the east and west coasts, right?

Well, that appears to be changing. There are lacrosse youth teams that can be found in Oklahoma.

In Tulsa, the movement started at Bishop Kelley High School, which now has club teams for the levels of boys' varsity, girls' varsity and boys' junior varsity.

The boys' varsity are about to play their third season, while the other two teams are gearing up for their first.

By being a club team, the program is not affiliated with the school, although it does receive support.

Lacrosse club teams are also fielded at Jenks, Union, Owasso, Cascia Hall and Holland Hall. Only Kelley and Jenks have girls' programs.

Comets' coach Steve Hendricks was one of the pioneers of bringing the program to the school.

"It's very similar to hockey. You kind of take a little bit of basketball, a little bit of hockey and the running of soccer and you roll them all together in a ball and you have lacrosse," Hendricks says. "It is a physical game. They hit each other. You are allowed to

check someone with your stick, so there are times guys get hit with a stick.

"But overall, it's an extremely safe game. Over the years, we've had zero catastrophic injuries. Although it's a physical game, it's a very safe game," Hendricks says.

The Bishop Kelley players relish the challenge of this sport.

"It's a faster pace than most games," John McAndrews says. "It requires a lot more skill. But the passing and catching are a lot like any other sport."

"You have to be more physically prepared than most sports because of the combination of hitting and running," Sean Austin says.

"It takes a lot of conditioning because the play never really stops," Brendan Rolland says.

"There's no down time," Christian Bachman adds.

How did lacrosse come to Kelley?

Hendricks and several other coaches led some club teams in town. Because there were enough Kelley players, they decided to start a club. They met with the administration and everything fell into place.

Hendricks, a native of Phoenix, Arizona, came to Tulsa in 1996 after serving in the Navy, where he played the game. He has coached the game for a decade. He got started in coaching lacrosse when his son decided to start playing after watching the national championship on TV.

Interest is not just in Tulsa, it is spreading throughout the state



MIKE MOGUIN for GTR Newspapers
BISHOP KELLEY STARS: Tulsa Bishop Kelley lacrosse players Christian Bachman (14) and John McAndrews (33) demonstrate techniques for an interested observer.

and beyond. Club teams can be found at TU, OU and OSU, as well as St. Gregory's University in Shawnee.

"It's huge in Kansas City," Hendricks says. "It's huge in Dallas. It's huge in Texas as a whole. It's grown in Arkansas, Missouri, and it has even grown in Kansas. In our own state, when we started years ago, we had basically two teams."

The teams multiplied by four, and they would travel to play teams in Texas and Kansas City.

"Then in the last couple of years, we've really had an explo-

sion here in the Tulsa area. So we have grown from having two teams to having a solid number of teams. We'll probably add two more teams next year. As these kids filter up from the youth program, we'll continue to expand teams if coaching will allow it."

The Comets played their first game in January.

The Kelley girls' program got started when Hendricks met with school administrators to see what the interest was within the student body.

"We had an outrageous number of girls who signed up,"

Hendricks says. "And we were able to locate some coaches for them and get our feet going with the program."

About 25 girls lace the Lady Comets' roster.

Quite a number of students come out to the games, Hendricks says. "It's still new to them, so they don't really understand a lot of what's going on. But within the community and the school, we get plenty of support. This wouldn't be possible without the administration, who have been outstanding in the sport."



DEAN ATCHISON for GTR Newspapers

HALL OF FAME HONOREES: The Oklahoma Baseball Coaches Association recently inducted David Warburton of Cascia Hall (left) and Shannon Dobson of Broken Arrow (right) into the organization's Hall of Fame. Also honored was former Los Angeles Dodger manager Tommy Lasorda as an Honorary Hall of Fame member.

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HURRICANE SUPPORT: Members of the University of Tulsa community were present at Head Football Coach Philip Montgomery's recent recruiting report at the Lorton Performance Center on the TU campus. From left are Athletic Director Dr. Derrick Gragg, former football player and businessman Bill Thomas, Defensive Coordinator Bill Young, and former football player and businessman Bob West.



HARRY LENTZ for GTR Newspapers

THREADING CINCINNATI: Tulsa's James Woodard goes past two Cincinnati Bearcat players in TU's 70-68 overtime win over the Bearcats Feb. 18 at the Reynolds Center.



FLYING HIGH: ORU's Jalen Bradley goes high against IUPUI's tough defense in the Feb. 11 game at the Mabee Center. ORU won the game, 77-56.

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All-American Steve Harris Remembered as TU Great

Steve Harris, who came from Blue Springs, Missouri to The University of Tulsa in 1981 and became an All-American basketball player for the Golden Hurricane, passed away Feb. 22 from a long illness. He lived in Broken Arrow with his wife Harriet, daughter Brittany and son Justin.

Nicknamed "Silk" by the late KJRH sports director Jerry Webber, Harris played four years and totaled 2,272 points, 428 rebounds, 243 assists and 271 steals in 122 career games for the Hurricane. He was a "silky" smooth shooter, making 55-percent of his field goals and 85-percent of his free throws, and ended his career as the school's all-time scoring leader.

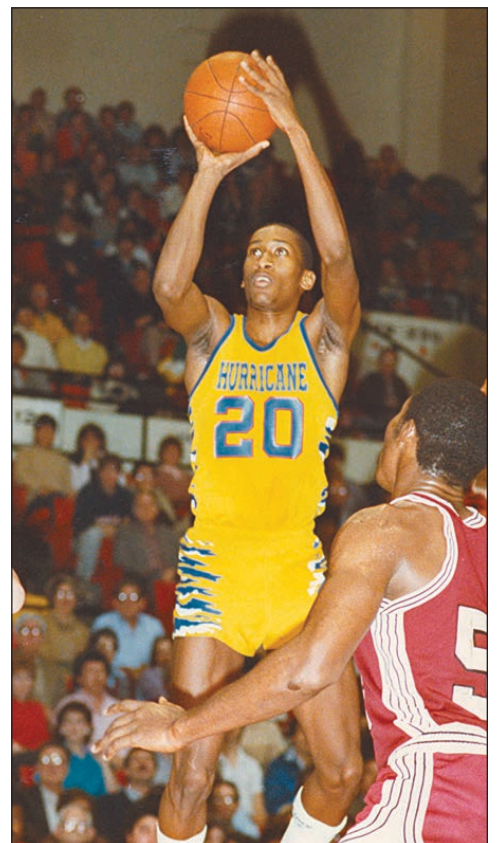
Harris was a second-team All-America selection by the United Press International and a third-team performer by the Basketball Times as a senior. He earned All-Missouri Valley Conference honors three times and led Tulsa in scoring his final three seasons, while also leading Tulsa to three NCAA tournament appearances.

Harris scored in double figures in 109 of 122 games, and scored over 20 points in 53 games and more than 30 points nine times. He was voted as the MVC Newcomer of the Year in the 1981-82 season, and in 1985 was a first round draft choice of the NBA's Houston Rockets.

Harris' Tulsa jersey #20 is retired and he was inducted into The University of Tulsa's Athletic Hall of Fame in 1995.

He was 52 (born Oct. 15, 1963). The University of Tulsa Athletics Statement:

We are heartbroken by the news of Steve "Silk" Harris' passing. Steve was soft-spoken and a true gentleman, not too mention a tremendous basketball player who helped put Tulsa basketball in the national spotlight in the early 1980s. Our thoughts and prayers are with Steve's wife Harriet, children Brittany and Justin and the entire Harris family.



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ORU Baseball Underway

Ryan Folmar is in his fourth season as the head baseball coach at Oral Roberts University with a career record of 96-74. Prior to being named the head coach, Folmar served on the ORU coaching staff as an assistant for nine seasons.

The 2015 season served as a defining year for Folmar, leading the Golden Eagles to their first postseason appearance in three seasons and the team's 25th overall. ORU finished the year with a 41-16 record overall while dominating The Summit League with a 25-5 league record. Folmar was voted The Summit League Coach of the Year. The first honor of its kind he has received as a head coach.

Challenged with one of the toughest non-conference schedules in the nation with 15 games against teams with an RPI in the top-100, ORU did not falter. The Golden Eagles fared especially well against the Big 12, finishing the year 5-1 against the power conference after defeating Oklahoma, No. 12 Texas Tech and No. 10 Oklahoma State on the road, ORU also took down the Cowboys and Red Raiders at J.L. Johnson Stadium.



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SPRING HOME IMPROVEMENT

Home Improvement Jobs that Add Curb Appeal

By **BLAKE AUSTYN**
Contributing Writer

Many people are familiar with the idea that a strong first impression can go a long way. While that idea is most often referenced in regard to personal interactions, it's also applicable to real estate.

When selling a home, homeowners who emphasize curb appeal may find it far easier to sell their homes. Curb appeal refers to the impression a home's exterior makes on people seeing the home for the first time. In 2014, the online real estate database Zillow® surveyed real estate agents and found that curb appeal was one of the five most important factors when selling a home.

Projects that improve curb appeal can be vast undertakings or simpler projects, and the following are a handful of projects to improve a home's curb appeal that run the gamut from simple to complex.

Clean up the yard. Cleaning up the yard is among the simpler yet most effective projects to improve a home's curb appeal. When selling their homes, homeowners should clear the yard of any clutter, including kids' toys, grass clippings or

items that might be scattered throughout the yard. A cluttered yard suggests homeowners do not care much about their home's appearance, and that may lead buyers to think that indifference extended to maintaining the home's interior as well. Many buyers will ignore properties without any external aesthetic appeal, but cleaning up the yard does not require much effort or expense on the part of sellers.

Make the main entryway more inviting. Creating a more inviting entryway won't be as simple as cleaning up the yard, but it can help create a strong first impression without breaking the bank. To begin, remove plants and furniture from the front porch or area surrounding the doorway, as such items can create a cluttered feel. If the front door is old, replace it. Custom doors may be expensive, but they might add the wow factor buyers are looking for. If a new door is beyond your means or just unnecessary, repaint the door, ideally in a color that complements the color of your home and the surrounding landscape.

Address pavement problems. Paving problems are not necessarily

an expensive fix, but the cost of repairing driveways and walkways can add up if it's been awhile since these areas were refurbished. Still, one of the first things buyers will notice when getting out of their cars is the ground they're walking on, so patch and repair or even replace driveways and walkways that have fallen into disrepair.

Add or upgrade outdoor living spaces. Outdoor living spaces also can set a property apart from others on the market. A recent study from the National Association of Realtors found that buyers would not hesitate to pay asking price for homes with outdoor living spaces. When adding or upgrading outdoor living spaces, try to depersonalize the spaces as much as possible, as buyers want to picture themselves, and not the sellers, enjoying these areas. Include some comfortable furniture, adequate lighting and a dining area in your outdoor living space as well.

Curb appeal can add a lot to a home, while lack of such appeal can make a home difficult to sell. Homeowners who want to sell their properties for asking price or more should address curb appeal before putting their homes on the market.



FIRST IMPRESSION: An inviting entryway free of clutter can add substantial curb appeal to a property.

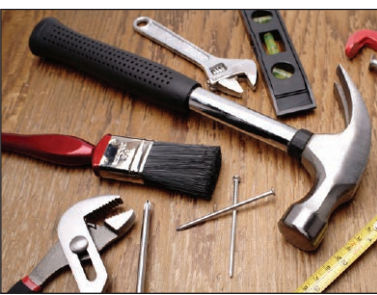
Tips on Making Safety a Priority During Renovation Projects

Home renovation projects vary in scope. Something as simple as repainting a bedroom counts as a renovation project, as does a full kitchen remodel. But no matter how big or small a project, homeowners' top priority should always be safety.

Before beginning a project, make a list of possible hazards and how to avoid them. Here are some potential dangers that can spring up.

• **Asbestos:** Many homes built when asbestos was legal still contain asbestos materials. Asbestos has been used in many applications, such as in ceiling materials, insulation, siding, and more. That's because asbestos is flame retardant and serves as an effective and inexpensive insulator. However, asbestos fibers released into the air during renovations can cause respiratory problems and even lead to lung cancer. Asbestos needs to be removed under specific guidelines and disposed of properly. Disposal typically requires hiring a professional service.

• **Dust and dirt:** Sanding, sawing, welding, and other home renovation tasks can cast debris into the air. Ventilation may be needed to main-



HANDYMAN HAZARDS: Safety always should be the top priority when doing home renovations.

tain clean, breathable air. Ventilation can also shuttle any harmful fumes generated from construction materials outside of the home. Do-it-yourselfers should wear masks and eye protection to guard themselves against debris.

• **Electrical lines:** All homes may not have been built in adherence to modern-day codes. Electric lines can be discovered where they are least expected. When doing demolition or drilling/nailing into walls, it's not uncommon to come across electrical wires. Extra caution needs to be taken, and an electrician should be

consulted if the wires need to be relocated.

• **Chemicals:** Chemicals, such as sealants, cleaners, lubricants, and fuel, may be used during renovation projects. Such substances can be dangerous to pets and children if they are touched or accidentally ingested. Exercise extreme caution when using chemical products, making sure all product containers are sealed and kept out of reach when not in use.

• **Tools:** Cuts, abrasions, burns and more can result when power tools and even manual tools are used incorrectly. Learn how to use tools before beginning a project, and always put tools away when work is done for the day.

• **Falls:** Falls are a leading cause of household injury, and the chance of a fall may increase when climbing ladders during home improvement projects. Don't climb

beyond where indicated on ladders and always have a spotter on hand when climbing is necessary. Wear harnesses, sturdy footwear and gloves as well.

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THE ECONOMY

36° North Opens for Entrepreneurs

Startup Businesses Have a Tremendous New Resource in the 11,000-Square-Foot Facility

(Editor's Note: Much of the information in this article appeared on the front page of the November 2015 Midtown Monitor and was written by GTR Managing Editor Emily Ramsey.)

36° North (36°N), Tulsa's base camp for entrepreneurs, recently held its grand opening at the facility located at 36 E. Cameron St.

The purpose of 36°N is to help startups and existing companies find direction, assemble a team and venture forth to build successful businesses.

36°N literature explains, "With over 11,000 square feet of vibrant work, collaboration, and event space in the heart of the Brady Arts District, we are the central gathering point for Tulsa's entrepreneurial community, resources, and programs.

"We exist to make it ridiculously easy for new and experienced entrepreneurs to find the right people, best practices, capital resources, and work space so they can move forward in their startup journeys. 36°N is the best place for entrepreneurs to meet and work with mentors, funders, technologists, designers, marketers, lawyers, accountants – and many more – to outfit their ventures for success."

The stage for 36°N began to take shape in March 2014, when

the Tulsa Regional Chamber held a pop-up coworking day in the long-vacant building, which was built in 1917 and was originally home to a Ford and Model T automobiles store.

A month later, the Lobeck Taylor Family Foundation published a report on the current status of Tulsa's entrepreneurial community, called Assessing Tulsa's Entrepreneurial Landscape.

"The study focused on the strengths and weaknesses of Tulsa's entrepreneurial community and what areas need to be addressed," says Dustin Curzon, 36°N executive director.

Two weaknesses that the report found were the lack of "a clear . . . physical space for entrepreneurs and an inability (for entrepreneurs) to connect with mentors and advisors," which it stated were "holding back the growth and development of the community."

"They saw that the resources for entrepreneurs are available in the community, but entrepreneurs were having a hard time finding them," Curzon says, who could relate to the entrepreneurial struggles. Curzon owns Narrable, a software tech company, which he started in 2011.

"As an entrepreneur, I was working out of my home for a year and a half," he says. "It's a

lonely experience, and I didn't know what resources were available to me."

Once the idea for a physical, centralized entrepreneurial location that would bring area resources under one roof was born, then GKFF got involved for two reasons, continues Curzon. They saw this project as a way to further the revitalization of the Brady District and to attract and retain additional high-caliber talent to the area.

"Today, it's the entrepreneurial community that attracts young people to a city," he says.

The 11,500-square-foot space features coworking space, designated private offices and desks available for rental, event space and conference rooms, and offices for 36°N partners, including Oklahoma State University.

As a member of 36°N, individuals will have access to workshops and speakers and have mentorship opportunities with business executives, entrepreneurs and investors. "These individuals have committed to being in the space for so many hours per month, and members can schedule to meet with them," says Curzon. "These are people that most of us would have a hard time getting a meeting with otherwise."

Curzon expects to see 500 events held in the space in 2016. Some events will be open to the

(Continued on page 23)



EMILY RAMSEY for GTR Newspapers

CHEERS! 36° North founders and leaders cheered the opening of the facility Jan. 25. From left are Dustin Curzon, executive director; Aaron Miller, George Kaiser Family Foundation; Kathy Taylor, former Tulsa mayor and representing the Lobeck Taylor Family Foundation; Brian Paschal, Tulsa Regional Chamber; and Dr. Steve Tiger, Tulsa Tech.



EMILY RAMSEY for GTR Newspapers

OPENING DAY TOUR: Enjoying the opening of the 36° North facility are, from left, Ken Levit, George Kaiser Family Foundation; Karen Keith, Tulsa County Commissioner; and Blake Ewing, Tulsa City Councilor and local entrepreneur.

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TRC Companies Becomes Major Tulsa Employer

TRC Companies, Inc. and the Tulsa Regional Chamber recently hosted an open house and ribbon-cutting ceremony to welcome the Willbros Professional Services staff to the TRC family and to introduce the newly expanded company to the greater Tulsa community. During the event, Tulsa Mayor Dewey F. Bartlett Jr., TRC leadership and local government officials discussed the impact of the acquisition for the Tulsa community and for the company's clients.

TRC, a recognized leader in engineering, environmental consulting and construction-management services, acquired the professional services business segment of Willbros late last year. The new TRC business unit, Pipeline Services, positions TRC as the leading provider of end-to-end solutions in both the power and oil and gas markets.

Speakers at the event included Dewey F. Bartlett Jr., mayor of the

City of Tulsa; Mike Neal, president and CEO of the Tulsa Regional Chamber; Chris Vincze, chairman & CEO of TRC; Ed Wiegele, senior vice president and Pipeline Services sector director at TRC (formerly president of Willbros Professional Services); and Scott Pruitt, Oklahoma attorney general.

"We couldn't be happier to be here in Tulsa today, welcoming our new colleagues and introducing TRC to the community," Vincze said. "The merger of our organizations is transformational for both of our businesses. We are truly 'better together,' with expanded capabilities to serve the oil and gas market at a time when cleaner natural gas solutions are pivotal to our collective energy future. We are focused on providing immediate and long-term value to all of our clients and are committed to helping the Tulsa business community continue to grow."

"Tulsa is home to several major

industries, including oil and gas, and the region has the greatest growth and employment concentration in the country," Neal said. "We are confident TRC will be a valuable partner as we continue to expand our workforce and boost economic development for years to come."

About TRC Pipeline Services (formerly Willbros Professional Services)

Headquartered in Tulsa and led by Wiegele, TRC Pipeline Services has approximately 750 employees in nine offices nationwide. It has a premier reputation as a provider of innovative pipeline and facilities engineering, EPC/EPCM, field services and integrity services to the oil and gas transmission and midstream markets, as well as at government facilities. The segment's 2014 gross revenue was approximately \$209 million. TRC is headquartered in Lowell, Massachusetts.



Courtesy photo

NEW BEGINNING: Present at the ribbon cutting for TRC Pipeline Services, are, from left, Tulsa County Commissioner Karen Keith; Mike Neal, CEO, Tulsa Regional Chamber; Tulsa Mayor Dewey F. Bartlett; Ed Wiegele, SVP and Pipeline Services sector director, TRC; Chris Vincze, chairman and CEO, TRC; and Lannie McNeill, senior technical advisor, TRC.

TYPros Hosts CTCA's Haldeman in Unplugged Series

Tulsa's Young Professionals (TYPros) held its most recent Unplugged series Feb. 11 at ONEOK Field (Drillers Conference Center), 201 N Elgin.

Unplugged provides young professionals with unfiltered access to northeast Oklahoma's movers and shakers, and Rich Haldeman, CEO of CTCA Tulsa, was the February speaker.

Prior to joining CTCA just over two years ago, Haldeman spent 13 years in the oncology field with a focus on building large, complex cancer programs. He most recently served as senior administrator of oncology services

and chief financial officer for the National Cancer Institute-designated Kimmel Cancer Center (KCC) at Thomas Jefferson University and Hospitals in Philadelphia.

At Unplugged, Haldeman provided insight on everything from his experience relocating to Tulsa to his career path in healthcare despite obtaining a bachelors degree in journalism.

Unplugged sponsors are Bill Knight Automotive Group, LLC, Cancer Treatment Centers of America, Greater Tulsa Reporter Newspapers, The McNellies Group, Tulsa Federal Credit Union and Williams.

The mission of Tulsa's Young Professionals is to attract and retain young talent in the Tulsa metro region while also establishing Tulsa's next generation of business and community leaders. Well-educated, broadly diverse, motivated and organized, TYPros provides its members with opportunities to build relationships with local community, business, and government leaders and gives a voice to Tulsa-area young professionals 21-40 from all professions. For more information, contact TYPros Executive Director Shagah Zakerion at 918-560-0260 or shagahzakerion@typros.org



GTR Newspapers Photo

PROVIDING INSIGHT: CTCA CEO Rich Haldeman was the guest speaker at the February TYPros Unplugged event, which was held at ONEOK Field in the Tulsa Drillers conference center. Standing with Haldeman is Stephanie Cameron, left, TYPros chair-elect, and Janae Castell, TYPros Next Gen Leadership crew leader.

36° North Opens in Tulsa

(Continued from page 22)

public while others will only be available to members.

A monthly membership costs \$149 per month; although, an early enrollment rate of \$99 per month is currently being offered.

Individuals can also purchase a one-day pass to use the space's coworking area.

"If entrepreneurs don't have a network to help them, they're not going to find all the resources," says Curzon. "If you're here, you're going to find the right people."

Moreover, the "right people" may come in many different, unexpected forms, which is why project founders have intentionally allowed for a broad membership base.

"We want the retailer sitting next to the

tech guy sitting next to the food truck owner. They all can learn from each other," Curzon says.

The 36° North staff includes Executive Director Dustin Curzon and Communications Coordinator Shanese Slaton.

The Board of Advisors includes Aaron Miller, George Kaiser Family Foundation; Elizabeth Ellison, Lobeck Taylor Family Foundation; Brian Paschal, Tulsa Regional Chamber; Joyce McClellan, Tulsa Technology Center; Blake Ewing, Blue Ox Dining Group; Curtis Kline, Kline Technology; Taylor Potter, Center for the Creation of Economic Wealth; Alexces Bartley, Riata Center for Entrepreneurship; Joey Wignarajah, Argonaut Private Equity; and Roger Rodich, Workspace Resource.



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Home Prozz Offers Solution for Home Repairs

By JIMMY BROWN
Guest Writer

When Tulsa resident Monica Langenberg sold her home last August she was faced with \$6,000 in unexpected repairs that needed to be completed before closing on the sale.

"I needed to quickly find a heating and air tech, and someone to fix the garage door. The septic system and swimming pool pump also needed repair," says Langenberg. "I didn't have time to call all of these different repair companies.

"I just needed someone that I could trust; the process of trying to locate someone who is insured and licensed isn't easy."

Langenberg's struggle to find a reliable, fast repairman made her realize that many other homeowners had probably experienced a similar situation. As the co-owner of a software development company, she used her technological skills to develop a smartphone app that would simplify the task.

"I knew that there had to be a more efficient way to provide these services," she says.

After doing some research, Langenberg created an app that would allow individuals to address their home repair needs.

"I understand the anxiety that homeowners go through, and with our service we are able to provide our customers piece of mind," she continues. Unlike services like Angie's List, Home Prozz doesn't accept payment to be a part of its repair network. All contractors undergo criminal background checks and are required to show that they are insured and licensed.

Langenberg bills herself as a home advocate: "I meet in person with our contractors to ensure that they meet our standards. I research their past reviews. I visit job sites to inspect the work and see how they interact with customers. We want to provide the best possible to service to homeowners. We offer fair prices, and we guarantee that our clients will be satisfied."



FREE APP: Home Prozz owner Monica Langenberg displays the free Home Prozz app; it is available for both iOS and Android operating systems.



ATTENTION TO DETAIL: Local contractor Steven Foster works on a home repair project while Home Prozz owner Monica Langenberg inspects his work. Langenberg regularly visits job sites to inspect the work of her contractors. Home Prozz contractors must also undergo criminal background checks and be insured and licensed.

The Home Prozz app is free and available for both iOS and Android operating systems. The app allows customers to choose

from a broad spectrum of repairs and maintenance and request an estimate. The app also offers the option to add a picture to an esti-

mate request. For a complete list of repair services, visit HomeProzz.com or call 918-602-4602.

Northpoint Wealth Management Implements Riskalyze

Northpoint Wealth Management, LLC of Tulsa has announced it has implemented Riskalyze, the award-winning risk engineering technology that mathematically pinpoints a client's risk number and aligns the client's portfolio to match.

Built on a Nobel Prize-winning framework, Riskalyze replaces

subjective terms like "conservative" and "aggressive" with the risk number, a quantitative way for clients and advisors to establish the correct amount of risk for their investments.

Gene Bishop, president of Northpoint Wealth Management, says, "Our firm has been searching

for a way for our clients to sleep better at night in the 'new normal,' turbulent investment market. We finally feel we can better match an investment strategy to what a client thinks and feels. Nothing can be 100 percent, but we want our clients to have that 'sleep factor.'"

Riskalyze was named one of the 10 most innovative companies in finance by Fast Company Magazine and Best Client-Facing Technology by Morningstar Advisor. Using patented Risk Fingerprint technology, clients and prospects start with a mathematically-based risk assessment survey based on their actual investment amounts.

The result is a risk score between 1 and 99 that pinpoints a client's exact comfort zone for downside

risk and potential upside gain. Advisors then build an investment portfolio to match the client's risk number and chart a clearly defined path to the client's goals.

"Northpoint Wealth Management, LLC has ushered in a new era of predictability and reliability for their clients by investing in the only way to quantitatively pinpoint a client's risk number and align their portfolio to fit," says Aaron Klein, CEO at Riskalyze. "We love working with advisory firms like Northpoint Wealth Management, LLC, who are committed to investing in the success of their clients."

About Northpoint Wealth Management, LLC

Northpoint is a boutique

Financial Life Planning Firm. Bishop says, "We work with a limited client base of business owners, corporate executives, and families, who are serious about becoming their own chief investment officer."

About Riskalyze

Riskalyze is the company that invented the risk number and was named as one of the world's 10 most innovative companies in finance by Fast Company Magazine. Riskalyze works with RIAs, hybrid advisors, independent broker-dealers, custodians, clearing firms and asset managers to align the world's investments with investor risk tolerance.

To learn more, contact Gene Bishop of Northpoint at 918-518-5910.

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B.A. Hotelier Wins State Awards

Broken Arrow-based SJS Hospitality employee Maria "Magda" Magdalena Salcido, guest services representative for the Holiday Inn Express & Suites in Broken Arrow, was recognized as the state's Front Desk Employee of the Year at the Oklahoma Hotel and Lodging Association's (OH&LA) Stars of the Industry Awards banquet held Jan. 19, in Oklahoma City. Salcido also received regional recognition as the Metro Tulsa Hotel and Lodging Association's (MTH&LA) Front Desk Employee of the Year last year. Both awards recognize the best and the brightest employees in the hospitality industry.

"Magda not only epitomizes the spirit of hospitality, she is a shining example to other rising stars in the industry," says Michelle Hartman, director of human resources for SJS Hospitality. "She came to work for us originally as a housekeeper and quickly excelled at every level of promotion. We are proud to have her representing our company and serving our guests."



BEST AT DESK: Maria "Magda" Magdalena Salcido holds the Front Desk Employee of the Year award that she received at the Oklahoma Hotel and Lodging Association's awards banquet in January. Also pictured are, from left, Rex Amsler, OH&LA chairman; Scott Blevin, Heartland Payment Systems; and Randy McKinley, general manager, Holiday Inn Express & Suites, Broken Arrow.

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BUSINESS & PEOPLE NOTES



Courtesy Jenks Chamber of Commerce

SCHOLARSHIP WINNER: *The Jenks Chamber of Commerce recently held its annual banquet at the Oklahoma Aquarium. Among the award winners were Brook Phipps, George Tedford Memorial Scholarship; Eli Dean of Tedford Insurance, Volunteer of the Year; First Oklahoma Bank for Business Person of the Year; The City of Jenks and the Jenks City Council for the Community Impact Award; and Chris Smith of BancFirst, Ed Gerchman Leadership Award. Pictured receiving the George Tedford Memorial Scholarship is Brooks Phipps with, from left, Paul Phipps, Janet Phipps and Mark Tedford.*



GTR Newspapers photo

OILERS RECEPTION: *Steve Duffy of the Tulsa Oilers recently held a reception for supporters of the hockey team at Noah's. Among those attending are, from left, Steve Duffy, Nathan Paul, Safelite; Valerie Schulz, Wolek Real Estate; Jennie Wolek, Wolek Real Estate; Ryan Sullivan, State Farm; Tasha Gilberg, State Farm; Whitley Patterson, Tulsa Oilers; and Ryan Christy, Tulsa Oilers.*

Broken Arrow City Manager **Michael Spurgeon** was appointed by Broken Arrow Mayor Craig Thurmond as his alternate to the **Oklahoma Municipal League (OML)** board of directors to represent Broken Arrow during their Jan. 6 meeting.



SPURGEON

Spurgeon holds a master's of public administration degree from Rutgers University and bachelor's degree in business administration from Edison State College. Spurgeon began his role as city manager of Broken Arrow on Sept. 21, 2015. Previously, he served as the director of administration for the City of St. Charles, Missouri, and city manager for the City of Miami, Oklahoma.

Prior to working in municipal government, he served in the U.S. Army. He attended Army Officer Candidate School (OCS) and was selected distinguished honor graduate and earned the rank of U.S. Army commissioned officer.

Spurgeon is a past winner of Oklahoma Municipal League's prestigious Don Rider Award for Oklahoma's Outstanding City Official of the Year and in 2006 was recognized as the State's Emergency Management Public Official of the Year.

After a nationwide search, Broken Arrow City Manager **Michael Spurgeon** announces the appointment of **Kenneth Schwab**, a native of Broken Arrow, as the assistant city manager of operations. Schwab will oversee the operations division of the organization, which includes the following departments: development services, engineering and construction, streets and stormwater, parks and recreation, and utilities.



SCHWAB

Schwab, who has over 25 years of engineering experience, previously served as Broken Arrow's Director of Engineering and Construction from 2008 to 2014. He oversaw the design and construction of Rose District renovation projects, including the Historical and Military History Museums, and multiple infrastructure improvements. Most recently, Schwab worked with Cowan Group Engineering on City of Broken Arrow projects, such as downtown street improvements and construction related to the new conference center.

The Oklahoma Restaurant Association (ORA) held its Annual Meeting Feb. 3, at the Oklahoma History Center in Oklahoma City. Restaurant owners, operators, chefs and managers attended the event, during which members heard the latest news on issues pertinent to the foodservice industry. The meeting included the installment of the 2016 Board of Directors: Greater Tulsans on the board include Marc Chastain of Rib Crib Corporation, who is chairman of the board. Other Greater Tulsans on the board are Siegmund Brown, Exposerve/Partyserve; John Burdge, Glazer's; Joe Davidson, Oklahoma Joe's Bar-B-Que, Broken Arrow; Bo Davis, Arby's/U.S. Beef Corp.; Jeff Davis, Arby's/U.S. Beef Corp.; Blake Ewing, Blue Ox Dining Group; Thomas Hunter, Ricardos Restaurant; Eric Marshall, Marshall Brewing Company; Elliot Nelson, McNellie's Group; Jim O'Connor, McNellie's Group; and Jay Wagner, McDonald's.

The Tulsa Regional Chamber announces **Allison Walden** has been promoted to the executive-level position of senior vice president of resource development, effective Jan. 25.



WALDEN

Walden has served as vice president of development for the chamber since 2014 and joined the chamber as director of development in 2010, where she executed the chamber's comprehensive development plan, building overall strategy, and managed the organization's top-tier investment relationships, donor retention, investment growth, return-on-investment and investor engagement.

The senior vice president of resource development is a newly created position within the chamber, charged with overseeing the organization's core initiative of organizational resource, revenue and membership development. In the new role, Walden will work to ensure that the chamber has the necessary financial resources to carry out its strategic plan and program of work on behalf of businesses across northeast Oklahoma.

NPI (formerly Nameplates, Inc.) announces that **Brooke Hamilton** will take the helm of the company as president and CEO. Hamilton has served as president since January 2012 and will now also serve as CEO with the retirement of current CEO Claudia Hamilton, who will assume the role of chairman.



HAMILTON

NPI is a third-generation, family-owned and woman-led printing and product identification manufacturing company located in the Pearl District near downtown Tulsa. The company, which currently employs approximately 60, was founded by Marjorie Conley in 1973 and was then extended to her daughter Claudia and now her granddaughter, Brooke. For more about NPI, visit nameplatesusa.com.

Owasso attorney **Philip D. Hixon** has been named a shareholder at the law firm of **GableGotwals**, the firm recently announced.



HIXON

Hixon represents the interests of clients on a variety of legal matters, including construction, environment, insurance, health care, general litigation and appellate review. Hixon is a Martindale-Hubbell AV Preeminent attorney and a Super Lawyers Rising Star. He currently serves as co-chair of the Tulsa County Bar Association's Health Law Section.

Hixon is a graduate of Oklahoma City University School of Law and earned his undergraduate degree from the University of Central Oklahoma. He holds an MBA from Oklahoma City University.

Mazzio's LLC announces the addition of **Stuart Myers** as vice president of marketing for Mazzio's Italian Eatery and Oliveto Italian Bistro.



MYERS

Myers has more than 25 years of experience in marketing planning, promotional development, media management, field/local store marketing, brand development, and product development.

For the past 10 years he owned and operated United Marketing Communications, an award-winning marketing and media agency in the Dallas area specializing in the pizza industry.

The Board of Directors of the **Better Business Bureau serving Eastern Oklahoma (Tulsa BBB)** has appointed **Amie E. Mitchell**, president and chief executive officer, effective Feb. 1.



MITCHELL

Mitchell has served as the director of accreditation services at Tulsa BBB for the last 11 years and is used to handling a wide variety of duties. Mitchell created a marketing department that offers additional programs, which is used to further BBB's mission. Under her marketing leadership, the Eastern Oklahoma BBB has grown from 1,370 to over 2,800 accredited businesses.

Mitchell graduated from Northeastern State University (NSU) with a bachelor's degree in business administration.

The Price Tower Arts Center in Bartlesville has appointed **Scott K. Ambler** as executive director.



AMBLER

Ambler is a professional architect with over 35 years of experience in planning, design and construction. His firm, Ambler Architects, has been involved in major design projects throughout Oklahoma and surrounding states, including the design and construction of the Inn at Price Tower in collaboration with Wendy Evans Joseph. This project received an AIA Honor Award and recognition from Newsweek/Architectural Record.

In addition to his professional activities, Ambler has an extensive background of board leadership and fundraising for a wide range of civic organizations including AIA Oklahoma, the Bartlesville Chamber of Commerce and the Boys and Girls Club.

For additional information, visit www.pricetower.org.

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Philtower Maintains its Beauty Inside, Out

More than a “few” years ago, my parents had a blind date in a downtown coffee shop. Today, there is still a coffee shop in that same location. In the “small world” department, early in my career, I worked for an architect who had offices in the southwest corner of the same building.

Completed in 1928, that building was the Philtower, 427 S. Boston Ave. It’s 23 stories (some sources say 24 stories), was Tulsa’s premier office building and, when its steel skeleton was completed, was Tulsa’s tallest building at 323 feet until it was eclipsed by the 310 South Boston Building several years later. The Philtower’s developer and owner was oilman philanthropist Waite Phillips, who enjoyed utilizing his name in his bricks and mortar projects. The building was designed by Kansas City Architect Edward Buehler Delk who also designed Phillips’ Tulsa home, Philbrook Museum, and Phillips’ New Mexico Ranch House, Villa Philmonte. New York Architects Keene and Simpson assisted Delk in the work. Phillips made sure that his new building, inside and out

was built with the finest materials available.

The architectural style of the Philtower is said to be Gothic Revival with Art Deco details. Its exterior is a blend of light colored terra cotta and dark tan brick. The architects used this contrast to great advantage with the first three floors, the 12th floor with its major setback corners and the top floors below a pyramidal roof clad in light terra cotta, leaving the rest in tan brick. The pyramidal roof is finished in poly-chrome tile, which rise to a lantern element at its apex. A large blue O (for Oklahoma) is centered on all four sides of the roof surrounded by a grid of red and green tile. The lantern was originally outlined in red, green and blue neon. After years of nonfunctioning, the neon has been restored by the current owners.

Upon entering the Philtower from Boston Avenue, the brass doors (missing for years and recently brought back) are eye-catching. Inside is a spectacular lobby done in an English Tudor theme. The floor and walls are travertine marble. The ceiling, two stories above, is a tour

On Architecture



By ROGER COFFEY, AIA



ROSSY GILLE for GTR Newspapers



EYE-CATCHING ART DECO: At right is the lobby of the Philtower, 427 S. Boston Ave. The building was owned by oilman Waite Phillips and was completed in 1928. The Philtower currently houses businesses on its first floor, professional offices and apartments. For many years, it was Tulsa’s tallest building, at 323 feet.

de force of fan vaulting executed in plaster to resemble 16th century limestone. The north wall houses a series of paneled doors each recessed in a Tudor arch. The top of these doors sport a WP monogram in each panel. At entrances on the west and south, Gothic tracery frame glass vestibules. From the ceilings hang Empire Chandeliers, known to old-time Tulsans as Smiley fixtures. Each was said to have cost equal to a new Cadillac in 1928. A large second floor lobby accessed retail shops such as the iconic Miss Jackson’s (which later moved to the first floor).

Attention to finish details occur in the upper floors also as well as the

first floor lobby. Main hallways are floored in marble or terrazzo with marble wainscoted walls. Office suite doors are Honduras mahogany. Entry door hardware is brass with a monogrammed WP on the door knob. The top floor was Waite Phillips’ office until the day he left Tulsa. Today, it has been restored as a private office with 20-foot ceilings looking as they did in 1928.

In 1937, Phillips air-conditioned the building. In 1941, he deeded the Philtower and Philmont Ranch to the Boy Scouts of America. In 1977, the Boy Scouts sold the building to a local group of investors, The Philtower LLC. Local Tulsans are principals in this

group. In 1979, the Philtower was listed on the National Register of Historic Places.

As older office buildings in Tulsa began incorporating apartments and lofts, the Philtower was the first to become a truly mixed-use building. Today, it houses 25 residential loft apartments from 730 to 1830 square feet, located on floors 12 through 20. Floors 1 through 11 and floor 21 are occupied by offices. A second floor enclosed bridge connects across a rear alley to an adjacent parking garage.

If you have never been in the building, stop in and look at the main lobby. It is worth the trip – and you can still get a cup of coffee.

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St. Bernard’s Church Hosting Charity Dinner Extravaganza

St. Bernard of Clairvaux Catholic Church is hosting its Annual Dinner Extravaganza April 30 at the Hard Rock Hotel. Doors open at 6 p.m. with dinner at 7 p.m. Lori Fullbright will emcee with the Fabulous MidLife Crisis Band providing entertainment.

Proceeds benefit four ministries supported by St. Bernard’s Church: Habitat for Humanity (House # 18), Center of Family Love, ACTS Retreats and the Knights of Columbus Ultrasound Program.

The top prize drawing for the event is a 2016 Lincoln MKC in the color of the winner’s choice. If the big winner prefers cash instead, the top prize is \$25,000 pre-tax.

An additional 99 drawings will offer \$100 in cash prizes. Sales are limited to 1,000 tickets, and ticket holders need not be present to win. That’s a 1 in 10 chance of winning.

The price for Dinner Extravaganza tickets is \$100, which includes dinner (with Expanded Silent Auction),



Courtesy photo

COMMITTEE MEMBERS: Dinner Extravaganza Committee members are, from left, Phil Doerpinghaus, Tom Holcomb, Phyllis Webb, Jim Nicolotti, Msgr. Gaalaas, Kathy Sands, Janice Steidley, Joe Dutton, Tom Russiello and Lorraine McCool. Committee members not shown are Chris Victor, Bob Potwora and Vern Kremer.

entertainment and a raffle ticket. Door prizes and various restaurant coupons are also included with your ticket.

This year an early bird drawing will be held for those who purchase tickets prior to the early bird drawing date. The Early Bird drawing is

March 21 for a “Dinner Every Month for a Year” and includes 12 \$100 gift cards to 12 local restaurants.

Tickets may be purchased online at www.stbernardstulsa.org.

For more information, call Tom at 918-361-7657 or Kathy at 918-625-9836.

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Dance of the Two Moons an Evening of Fun

Annual Event Benefits the Indian Health Care Center

By JOHN YOUNG
IHCRC

Indian Health Care Resource Center's (IHCRC) annual dinner, dance and auction Dance of the Two Moons will be held Saturday, March 12 at the Hard Rock Hotel and Casino Tulsa, located at 777 W. Cherokee St., Catoosa, OK.

Attendees should be ready to get their grooves on during this fab evening of fun! IHCRC's Dance of the Two Moons: Mirrored Moons plans to take everyone back to the age of disco. But before the blue tuxedo and the bellbottom pantsuits are taken out, attendees should be prepared to enter the world of disco chic. This will be the most elegant disco party everyone will have ever seen.

Join the rad Honorary Chairs, Alison Anthony and Mark Wilson for this far out night on March 12, 6:30 p.m. at the Hard Rock Hotel and Casino. Help thank one of the coolest cats everyone will ever meet: the 2016 Circle of Life Community Partner Delores Titchywy Sumner. Get down with the awesome sounds of Ultra Suede. Dig some of the greatest auction items around including a special painting from the Featured Artist, Susan Eddings Perez, a VIP collection of 35 cuffs from Rustic Cuff, and exclusive Carrie

Underwood tickets in the iHeart Media Suite provided by iHeart Media.

Dance of the Two Moons wouldn't be possible without the sponsors. IHCRC is excited to have Hard Rock Hotel and Casino Tulsa as the 2016 Presenting Sponsor. Over the years, Hard Rock Hotel and Casino has played a critical role in making this spectacular event possible. Additional sponsors include Delores Titchywy Sumner, Williams, Blue Cross and Blue Shield of Oklahoma, The Choctaw Nation of Oklahoma, Meeks Group, Oklahoma State University Medicine/Mercy, Carmelita Skeeter, Tiger Natural Gas, and many other generous business and personal contributors.

The Dance of the Two Moons dinner and auction was established 26 years ago as an annual fundraiser to help support the many great programs and services provided to the Native American community. Proceeds from the event support many of IHCRC's programs and services, including the annual Restoring Harmony Powwow, Youth Spring Break Camp, and Youth Summer Wellness and Cultural Camps.

In support of the Youth Summer Camps, Chef Justin Thompson invites attendees to join him in making certain all children have the

opportunity to lead healthy lives. Sponsor-A-Camper for \$250 or more and receive a gift certificate to one of Thompson's restaurants equal to 10 percent of the donation.

Tickets to the Dance of the Two Moons are \$150 per person or \$250 per couple. Sponsorship levels are available ranging from \$3,000 to \$10,000. For more information about the Dance of the Two Moons, to preview auction items, or to purchase a sponsorship or tickets, visit www.ihcrc2moons.org.

About Indian Health Care Resource Center of Tulsa

IHCRC is a 501(c)(3) organization funded through a contract with Indian Health Services, state and federal grants, private foundations and donors, and its annual fundraiser Dance of the Two Moons. Utilizing a patient-centered, multidisciplinary, medical home approach, IHCRC offers a full range of health and wellness services tailored to the Indian community. Services include: Medical, Optometry, Dental, Pharmacy, Transportation, Behavioral Health, Health Education and Wellness, Substance Abuse Treatment and Prevention, and Youth Programs focused on traditions, health, and leadership skills. With more than 12,000 active patients representing in excess of 150 Tribes,



Courtesy photo

FEATURED ARTIST: This year's auction will include a special painting from the Featured Artist, Susan Eddings Perez.

IHCRC provides more than 126,000 patient contacts each year to improve the general health status and reduce the incidence and severity of chronic disease of the urban Indian community. Please contact Deb Starnes at 918-382-1203 or dstarnes@ihcrc.org with any questions about IHCRC or the Dance of the Two Moons fundraiser.

Recycling Transitions, Spring Awakenings

Our ability to recycle can be credited to the great, green community demanding it here in Tulsa County, and our mainstay outlet for recycling has been The Metropolitan Environmental Trust (M.E.T.).

M.E.T. Transition

Funds once directed to The M.E.T. in order to host the bi-annual household pollutant collection event now redirect to a new, permanent site at 4502 S. Galveston Ave., available to Tulsa residents by appointment Wednesdays and Saturdays.

This, combined with Tulsa's robust curbside recycling services, means that The M.E.T. needs a new focus.

Director Graham Brannin says that he is proud of how The M.E.T. has served Tulsa County so far, and he's excited about expanding and transitioning its focus to meet new needs. "We have strong relationships with the eleven local governments we serve. What we hope is that we can serve in several continuing education roles and extend the permanent hazardous waste facility to serve our entire region and not just the residents of Tulsa."

Brannin says that with a shift into our community's next needs, The M.E.T. will also continue its traditional services, such as its free bin loan program offered for any event recycling and recycling items not taken curbside such as e-waste, batteries, eye glasses and motor oil.

For a complete list of items taken at any of the 12 centers throughout Tulsa County, log on to metrecycle.com.

To show your support, contact your city officials with your ideas and thoughts for not just keeping but expanding recycling opportunities through The M.E.T.

Single-Use Admission

After watching a video of someone pulling a straw out of a turtle's nose, I've been inspired to zero in on my personal single-use waste. If you'll recall, last month I stated that I don't use straws. However, the day this column published, I discovered that a local eatery serves water with a straw already in the glass of water. Even inadvertently, it's easy to create waste.

For the coffee drinker, my dad reports that, "If you put the powder creamer in the coffee cup before pouring the coffee, you won't need the stirring stick."

While thinking back on that conversation the other evening, I looked down at my tea-makings, noticing my little pile of trash. More single-use product staring me in the face.

Always a glass half full kind of gal, I remember it's almost herb festival season. I can grow my own favorite teas and buy in bulk for the rest.

Chamomile thrives in our climate. Mix with hardy grower Peppermint for a tasty bedtime tea.

To start your own herbs, here

are some upcoming dates to remember:

- Herb Day in Brookside... April 9
- 27th Annual Sand Springs Herbal Affair & Festival... April 16
- Jenks Herb & Plant Festival... April 23

If you have yard space with a little sunshine, I will warn you that once you grow something that gives back to you, you may get hooked on growing more garden than yard. Tomato Man's Daughter planted her Cherokee Purple tomato seeds Feb. 11, and should be open for business soon.

Reader Q & A

A reader recently asked if spaghetti boxes are recyclable since they have the little plastic window attached. Mr. Murph says yes! The little plastic window melts into practically nothing during the reuse manufacturing process, so toss those in your curbside bin or any Mr. Murph bin found near most churches and school sites.

Another reader asked if plastic lids must be off or on plastic containers to be recycled. The answer? It doesn't matter. Where once those lids couldn't be recycled, machines have upgraded. You can keep the lids on the plastic bottles and all will be recycled. Just don't poke something in the bottle itself like your used candy wrapper.

Stay in Touch

Thank you for your questions and your readership. As we continue our journey towards a healthier tomorrow, if you become weary, rest. But then get back up again because it takes all of us together to make a difference. Send in your thoughts to bethturner@me.com or follow along @TrashTalkTulsa.

Trash Talk



By BETH TURNER
Tulsa Master Recyclers Association



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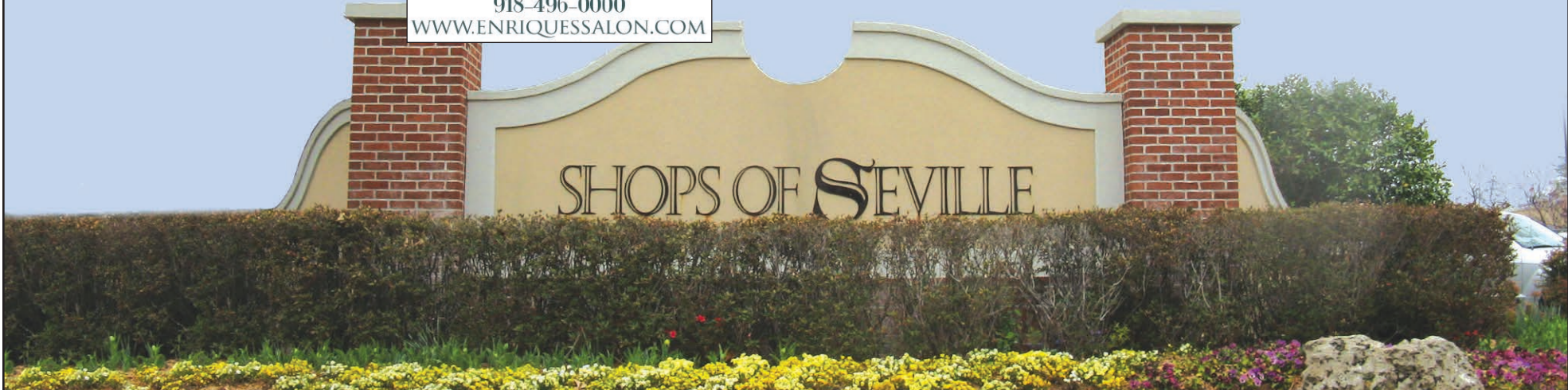
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 February DON'T DRESS FOR DINNER Theatre Tulsa 2 p.m. myticketoffice.com for tickets. 24TH ANNUAL KEYBOARD CONCERT Oklahoma Jazz Hall of Fame 5 p.m. Visit okjazz.org for more information.	29 GLOBAL GARDENS EXHIBIT Thomas K. McKeon Center for Creativity, TCC Feb 12 - March 11 Visit tulsacc.edu for more information. JUST BETWEEN FRIENDS CONSIGNMENT SALE Tulsa Fairgrounds Feb 29 - March 5 Visit jbsale.com for more info. More Bank for your Buck. Strong roots. Endless possibilities.	1 March CHANG MU DANCE COMPANY Choregus Productions 7 p.m. myticketoffice.com for tickets. EXCHANGING LANDSCAPES PAC Gallery March 1-30 FREE exhibit. BREAKING BENJAMIN Brady Theater 7 p.m. Visit bradytheater.com for more information.	2 CHANG MU DANCE COMPANY Choregus Productions 7 p.m. myticketoffice.com for tickets. BROWN BAG IT: TULSA CAMERATA Celebrity Attractions 12:10 p.m. This event is FREE. EXPERIENCE HENDRIX Brady Theater 7 p.m. Visit bradytheater.com for more information.	3 JON PARDI Cains Ballroom 7 p.m. Visit cainsballroom.com for more information. BILLY CURRINGTON Hard Rock Hotel & Casino 8 p.m. Visit hardrockcasinotulsa.com for more information.	4 GEICO BASSMASTER CLASSIC BOK Center March 4-6 Visit bokcenter.com for more information. RENT Tulsa Project Theatre 7:30 p.m. • March 4-5 myticketoffice.com for tickets. A STREETCAR NAMED DESIRE Tulsa Opera 7:30 p.m. myticketoffice.com for tickets.	5 GOLDEN HURRICANE vs. USF • 4 p.m. Men's Basketball 918-631-4688 for tickets. PREPARATION FOR THE OBSOLESCENCE OF THE Y CHROMOSOME Living Arts of Tulsa 8 p.m. • March 4 & 5 myticketoffice.com for tickets. BERNADETTE PETERS Broken Arrow PAC 7:30 p.m. Visit hardrockcasinotulsa.com for more information.
6 RENT Tulsa Project Theatre 2 p.m. myticketoffice.com for tickets. A STREETCAR NAMED DESIRE Tulsa Opera 2:30 p.m. myticketoffice.com for tickets. Ask us about ID Fraud Protection Strong roots. Endless possibilities.	7 TULSA GARDEN CLUB MEMBERSHIP MEETING Tulsa Garden Center 10:30 a.m. Visit tulsagardencenters.com for more information. I CAN'T DRAW PORTRAITS WITH GILCREASE MUSEUM Thomas K. McKeon Center for Creativity, TCC 12 - 12:45 p.m. Visit tulsacc.edu for more information.	8 DRAWING ON MEMORIES Gilcrease Museum 10 a.m. - 12 p.m. Visit www.alz.org/oklahoma for more information. BULLETS OVER BROADWAY Celebrity Attractions 7:30 p.m. myticketoffice.com for tickets.	9 TULSA ROUGHNECKS "MEAT" AND GREET: MEET THE 2016 TULSA ROUGHNECKS Venue Shrine 6 - 9 p.m. Visit tulsaroughabouts.com for more information. PAPADOSIO Cains Ballroom 8 p.m. Visit cainsballroom.com for more information.	10 RENT Tulsa Project Theatre 7:30 p.m. myticketoffice.com for tickets. PDRA 2016 NATIONAL SERIES OPENER Tulsa Raceway Park 8 a.m. - 9 p.m. Visit tulsaracewaypark.com for more information. DON WILLIAMS Hard Rock Hotel & Casino 8 p.m. Visit hardrockcasinotulsa.com for more information.	11 BENJAMIN ZANDER: EXPERIENCING THE ART OF POSSIBILITY Tulsa Town Hall 10:30 a.m. myticketoffice.com for tickets. RENT Tulsa Project Theatre 7:30 p.m. myticketoffice.com for tickets. RODNEY CARRINGTON BOK Center 7 p.m. Visit bokcenter.com for more information.	12 RENT Tulsa Project Theatre 2 & 7:30 p.m. myticketoffice.com for tickets. BENEATH THE SCORE: MAHLER'S RESURRECTION SYMPHONY Tulsa Symphony Orchestra 2 & 7:30 p.m. myticketoffice.com for tickets.
13 RENT Tulsa Project Theatre 2 p.m. myticketoffice.com for tickets. WINTER JAM BOK Center 5 p.m. Visit bokcenter.com for more information. SUNDAY CONCERT SERIES Oklahoma Jazz Hall of Fame 5 p.m. Visit okjazz.org for more information.	14 SPRING BREAK ART CAMP Gilcrease Museum 9 a.m. - 4 p.m. • March 14-18 Visit gilcrease.org for more information. BOOKS SANDWICHED IN Oklahoma Methodist Manor, Fleming Center 12 - 12:45 p.m. Rich Fisher reviews "Jacksonland: President Andrew Jackson, Cherokee Chief John Ross and a Great American Land Grab" by Steve Inskeep. Visit tulsalibrary.org for information.	15 FALL PREVENTION & BALANCE Bailey Medical Center 11:30 a.m. - 1 p.m. Visit SilverElite.org for more information. R5 Brady Theater 7 p.m. Visit bradytheater.com for more information. AWOLNATION Cains Ballroom 8 p.m. Visit cainsballroom.com for more information.	16 BOOKS PEOPLE ARE TALKING ABOUT Helmerich Library 12:15 - 1:15 p.m. Visit tulsalibrary.org for more information. Wii WEDNESDAY Brookside Library 3:30 - 5 p.m. Visit tulsalibrary.org for more information. Free small business checking Strong roots. Endless possibilities.	17 VIETNAM VETERANS MEMORIAL DAY EVENT Military History Center 10 a.m. - 7 p.m. Visit osagecasinos.com for more information. RENT Tulsa Project Theatre 7:30 p.m. myticketoffice.com for tickets. COLT FORD Osage Casino 7 p.m. Visit osagecasinos.com for more information.	18 RENT Tulsa Project Theatre 7:30 p.m. myticketoffice.com for tickets. MASTERS OF DANCE Tulsa Ballet 8 p.m. • March 18-19 myticketoffice.com for tickets. SPRING FLING WITH CAGE THE ELEPHANT BOK Center 7 p.m. Visit bokcenter.com for more information.	19 RENT Tulsa Project Theatre 2 & 7:30 p.m. myticketoffice.com for tickets. THE CULT Brady Theater 7 p.m. Visit bradytheater.com for more information. TULSA OILERS vs. Allen 7 p.m. For more info, visit tulsaoilers.com
20 MASTERS OF DANCE Tulsa Ballet 3 p.m. myticketoffice.com for tickets. RUN FREE: THE TRUE STORY OF CABALLO BLANCO B&B Theatres Sapulpa Cinema 8 p.m. Visit www.imathlete.com/events/runfree for more information.	21 I CAN'T PLAY GUITAR WITH BART CENTER FOR MUSIC Thomas K. McKeon Center for Creativity, TCC 12 - 12:45 p.m. Visit tulsacc.edu for more information. New Name. Same Bank Strong roots. Endless possibilities.	22 DUO AMAL Choregus Productions 7 p.m. myticketoffice.com for tickets. UNDEROATH: REBIRTH Cains Ballroom 8 p.m. Visit cainsballroom.com for more information. WOMEN OF TOMORROW Greenwood Cultural Center 4:45 - 6 p.m. Visit greenwoodculturalcenter.com for more information.	23 GREAT DECISIONS: MIGRATION Broken Arrow South Library 12:30 - 2:30 p.m. Visit tulsalibrary.org for more information. FOOD TRUCK WEDNESDAY Guthrie Green 11:30 a.m. - 1:30 p.m. Visit guthriegreen.com for more information.	24 WINE & DESIGN SERIES @ ZARROW: WEAVINGS Zarrow Center for Art & Education 6 - 8 p.m. Visit gilcrease.org for info. CIRQUE DU SOLEIL BOK Center 7:30 p.m. Visit bokcenter.com for more information. THE WONDER YEARS Cains Ballroom 8 p.m. Visit cainsballroom.com for more information.	25 CIRQUE DU SOLEIL BOK Center 7:30 p.m. Visit bokcenter.com for more information. TULSA COMMUNITY COLLEGE JAZZ FESTIVAL TCC VanTrease PACE 7:30 - 9:30 p.m. Visit tulsacc.edu for more information.	26 CIRQUE DU SOLEIL BOK Center 4 & 7:30 p.m. Visit bokcenter.com for more information. DOWNLINK & DIESELBOY Cains Ballroom 8 p.m. Visit cainsballroom.com for more information.
27 SUNDAY CONCERT SERIES Oklahoma Jazz Hall of Fame 5 p.m. Visit okjazz.org for more information. CIRQUE DU SOLEIL BOK Center 1:30 & 5 p.m. Visit bokcenter.com for more information.	28 I CAN'T IMPROV WITH MARK FRANK Thomas K. McKeon Center for Creativity, TCC 12 - 12:45 p.m. Visit tulsacc.edu for more information. Q&A WITH A NATUROPATHIC PROVIDER AND ACUPUNCTURIST Cancer Treatment Centers of America, Tulsa 6 - 7 p.m. Visit cancercenter.com for more information.	29 RODGERS AND HAMMERSTEIN'S CINDERELLA Celebrity Attractions March 29 - April 3 myticketoffice.com for tickets. TULSA OILERS vs. Colorado 7 p.m. For more info, visit tulsaoilers.com	30 CRAFT CIRCLE Martin Regional Library 10 - 11 a.m. Visit tulsalibrary.org for more information. TULSA OILERS vs. Colorado 7 p.m. For more info, visit tulsaoilers.com We offer Health Savings Accounts Strong roots. Endless possibilities.	31 ZACH: ZARROW ART CLASSES FOR HOMESCHOOL Zarrow Center for Art & Education 10 - 11:30 a.m. Visit gilcrease.org for more information. YONDER MOUNTAIN STRING BAND Cains Ballroom 8 p.m. Visit cainsballroom.com for more information.	1 April STEEL MAGNOLIAS The Playhouse Tulsa 7:30 p.m. myticketoffice.com for tickets. SESAME STREET LIVE: MAKE A NEW FRIEND BOK Center 10:30 a.m. & 6:30 p.m. Visit bokcenter.com for more information. JOHN MELENCAMP Brady Theater 7 p.m. Visit bradytheater.com for more information.	2 STEEL MAGNOLIAS The Playhouse Tulsa 7:30 p.m. myticketoffice.com for tickets. DREAMS WORLD Oklahoma Performing Arts 7:30 p.m. myticketoffice.com for tickets. SESAME STREET LIVE: MAKE A NEW FRIEND BOK Center 10:30 a.m., 2 & 5:30 p.m. Visit bokcenter.com for more information.

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REGIONAL NEWS

Teacher to Open STEM School

By EMILY RAMSEY
Managing Editor

A new private middle school, focused on STEM (science, technology, engineering, mathematics) principles and with an emphasis on travel, is coming to Bixby.

The Oklahoma School of Innovation and Experiential Learning (OSIEL) is the brainchild of Jason Arant, a 17-year teacher who currently teaches at Bixby's Central Intermediate, and was created, in part, due to Arant's recognition of the lack of local STEM education for students.

"Oklahoma is not comparing itself to surrounding states," Arant says.

While other states are focused on incorporating STEM activities in general education like using 3D printers in math classes, improving student technology proficiency, providing robotics and engineering instruction, "Oklahoma is behind," he says.

"This (STEM) is where everything is headed, and I want to help."

Arant's passion for improving local educational options stems (no pun intended) from both his desire to educate — "I always knew I would be a teacher" — and to provide the best education for his daughter and son. His daughter, who is 11, will attend the school when it begins later this year.

"This is the best gift I can give my kids," Arant says.

OSIEL will be located at 171st Street and Yale Avenue on the campus of South Community Church. The school will enroll 16 seventh-grade students with Arant's goal to continue with the same students through ninth grade.

The school will focus on STEM instruction and application while using travel as a way to enrich instruction and bring real-world application to class curriculum.

Areas of STEM study include robotics, computer programming, drones, 3D printing, wind turbines, and the Blue Thumb program through the Oklahoma Conservation Commission in which students adopt a creek and look for pollutants. Students will also have a garden and learn to grow their own crops and receive daily Spanish instruction.

With all of their subjects, students will be asked to take their knowledge and put it to use. For example, "I may give students two weeks to design a wind turbine that can power a lightbulb," says Arant.

Students will learn through instruction and trial and error and with the help of experts that Arant plans to bring in whether through Skype, phone conferencing or in person.

"With smartphones and technology today, kids have to understand how to harness the information at



EMILY RAMSEY for GTR Newspapers
HANDS-ON LEARNING: Jason Arant, a 17-year teacher who currently teaches math at Bixby's Central Intermediate, will open the Oklahoma School of Innovation and Experiential Learning (OSIEL) in August. Arant created the school largely due to his recognition of the lack of local STEM education for students.

their fingertips and find true sources," he says.

Arant holds a bachelor's degree in secondary education from Oklahoma State University and a master's in education administration, with his principal's certification.

Arant's professional background includes 10 years teaching in

HISTORY COMES ALIVE



ROSSY GILLE for GTR Newspapers
HISTORIC REENACTMENTS: In February, Thoreau Demonstration Academy students, including eighth graders Bryce Charles, left, as Carlos Finlay and Nick Benway as Albert Einstein, presented biographical presentations as famous individuals from art, science, athletics and other areas. The project, called "A Hero's Journey: The American Dream Realized," asked students to recreate their subjects with written, pictorial and dramatic reenactments.

Dallas and two years in Puerto Rico. He has spent the past five years teaching in the greater Tulsa area.

"I love empowering people, making them better people, academically, physically, spiritually," he says.

Arant recognizes that STEM education can provide much of that empowerment for the future.

"Students look at athletics and entertainment as the way out of

poverty, but the way out is STEM education," Arant says, referring to the number of available STEM-related college scholarships and jobs.

Arant is also working on providing OSIEL scholarships in order to allow students from various income levels to attend.

OSIEL will begin its first school year in August. Call 918-995-5963 or email jarant@osiel-bixby.org for more information.

Dr. Gist Stays Busy

(Continued from page 1)

stolen minutes during the week for just enough exercise, she said, "to stay in reasonable health."

In public, she is fashionable, trendy, voguish, with a refined and elegant command of the language to match.

The accentuating gray streak in her Brunette hair has become her signature. Combined with her sense of style, the strand stands alone as a de facto fashion accessory.

She laughs as she recalls "a gray streak in my hair that I didn't have" at Memorial in the 1980s.

As she talks, comfortably, recollections of English classes long ago begin to emerge.

Gist confesses to a level of obsession when it comes to grammar and English, harkening back to her days as a Nimitz Junior High student and two influential teachers she encountered.

English might not have been Gist's favorite subject, but Jane Trotter and Julia Ratliff, along with Memorial High School teacher Murrell McDougal, made lasting impressions on the future educator.

"Misplaced commas make me crazy," Gist said, shaking her head.

"Misuse of 'myself' makes me crazy. Misplaced capital letters make me crazy. Ending sentences with prepositions make me crazy. "I totally blame it on (the aforementioned teachers)."

As Gist was pursuing a bachelor's degree in early-childhood education at the University of Oklahoma, she came under the tutelage of a professor, Dr. Joanne Hendrick, with a similarly influential bent.

Gist wanted to teach. Period. That was her solitary career goal.

She taught early-childhood classes in Fort Worth and in Florida. She was content. School administration did not appeal to her.

Until she met Hendrick, "really a huge influence on me in a lot of different ways."

"I had a lot of goals in which I was seeking to emulate her," Gist said.

She realized one of those goals when she obtained a doctorate in education from the University of Pennsylvania.

Administrative opportunities presented themselves and Gist moved from the classroom to the office.

Presiding over the Tulsa Public Schools domain is a far cry from her days in a classroom.

She misses those early experiences, "absolutely," she said. "Every day."

Having the ability to influence and direct young minds is what led her to education in the first place. Youngsters, students, "they are awesome," she said.

"That's a huge part of what's fun to me about our work (as educators) is that it is so full of promise and hope and potential and meaning, because (young people) are," she said.

"My faith is very important to me. I actually believe that my purpose in life is to do the work that I am doing, and that I am here because the right opportunities were put in my path along the way that gave me experiences that prepared me to do the work that I am doing now," she said.

It is a job, a profession, with countless rewards, much fulfillment.

It is a job that requires dedication to The Appointment Book.

Deborah Gist can live with that. "I love to be spontaneous," she said. "But in a daily sense, my day doesn't allow much of that."

She stopped, thought for a moment.

"I love this job. To be able to come home, and then on top of that, being able to be in this role, it's awesome. It truly is a gift."

Rose District Sees More Growth

By EMILY RAMSEY
Managing Editor

Since the city of Broken Arrow started down its path to create the downtown Rose District, city officials continue to announce new businesses, sales tax revenue growth and new projects coming to the area.

When the concept of the Rose District was first announced in 2011, downtown Broken Arrow brought in an annual sales tax revenue of \$19,000. In 2015, city officials reported annual sales tax revenue of \$241,000 with annual sales in the Rose District reaching \$8 million.

In January, city officials announced that next up for the Rose District will be an interactive zero grade water fountain with a nighttime light feature, to be located at the south end of the district near its Pavilion.

The idea to incorporate a water feature in the Rose District, while only now coming to fruition, was originally formed when the concept for the Rose District was first discussed, says Broken Arrow Chamber of Commerce President Wes Smithwick.

"When we first started planning for the Rose District, we knew that we needed a water feature in the district," he continues. "They're very popular in other areas, and people are attracted to them."

The fountain will cover an area of 1,200 feet and will have colored lights and various types of spray nozzles that will provide mist and cause water to jump and spin. The fountain will also feature an evening light show that will last about 40 minutes, says Smithwick. "This fountain will be bigger and better than anything in the metro area."

Construction on the fountain is expected to begin in the spring.

In August, construction will begin to extend the district's streetscaping features of widened



Courtesy City of Broken Arrow

AREA ATTRACTION: A rendering of the interactive zero grade water fountain that Broken Arrow city officials plan to install in the coming months at the south end of the Rose District, near its Pavilion. The fountain will cover an area of 1,200 feet with various types of spray nozzles that will provide mist and cause water to jump and spin. The fountain will also feature an evening light show.

sidewalks, brick pavers, planters and light poles further along Main Street. Construction is expected to be completed in January 2017.

In February, Broken Arrow City Manager Michael Spurgeon announced the city's purchase of the former Assembly of God church, located at 305 N. Main St.

The building has sat vacant since 2006 and "has been a barrier for northward Rose District expansion," says Smithwick.

City officials plan to demolish the building and seek out private developers to redevelop the property into a mixed-use building with retail, dining and living space.

However, what is actually included in the building will be based on demand.

When the Rose District began, the demand was to provide places for people to eat and things to do, Smithwick says.

As the district has grown, the demand has transitioned to retail,

professional/office space and residential options.

With only 10 apartments available for rent along Main Street, there is plenty of room in the market for additional apartments or condos to be built in the Rose District, says Smithwick, who has also proposed the idea of work/live spaces in future development plans, in response to individuals who want to work and live in the Rose District.

In addition, the residential streets around Main Street are experiencing an uptick in activity, with a number of homes under construction or soon to begin construction.

"We are seeing a lot of empty nesters who are wanting to move into the Rose District from Broken Arrow suburbs," says Smithwick.

"We really feel like we're ahead of schedule to have already reached the point where there is demand for all of these aspects — live, eat, work, play — in the Rose District," Smithwick says.