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GREATER TULSA REPORTER

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Oklahoma's Largest Monthly News Group

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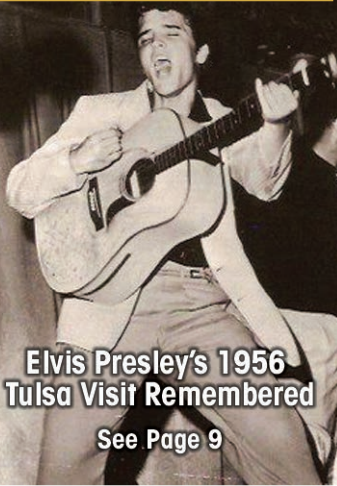
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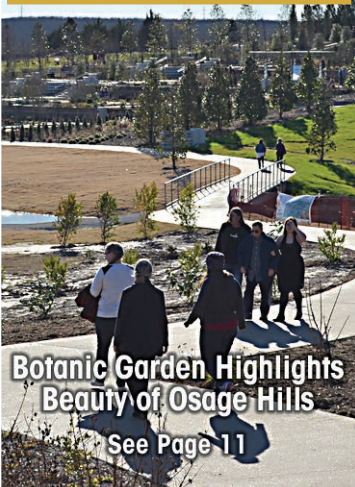


ON THE STREET



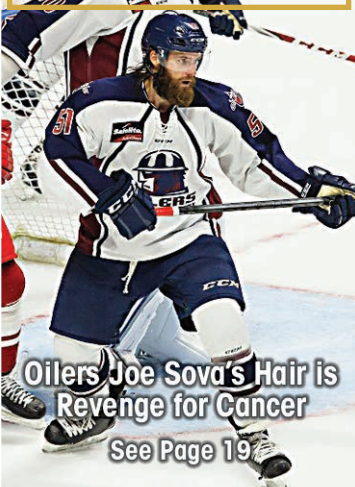
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Spurgeon Predicts Strong Year

B.A. City Manager Upbeat About Future

By EMILY RAMSEY Managing Editor

Broken Arrow City Manager Michael Spurgeon made it clear in his State of the City address on Dec. 9 that his focus is on maintaining what works in the city while searching out the areas of improvement.

One area where the city is doing well is in its financial efficiency.

The City of Broken Arrow recently received a Stable rating from both Moody's and Standard & Poor's.

Spurgeon plans to work at holding onto that rating and maintaining a balanced budget as well as looking at the long term: "I want to focus on a sustainable vision: how are our decisions going to affect us five years down the road; I want us to be financially efficient with our tax dollars."

Another area that the city is doing well is in its local relationships, namely with the school district and the local business community, he said, mentioning the regular communication he has with Broken Arrow Public Schools Superintendent Jarod Mendenhall and Broken Arrow Chamber of Commerce President and CEO Wes Smithwick.

"It's important to have good relationships between the school district, business community and the city and that the city is involved with all of those conversations," he said.

The city is also doing well in its growth of downtown Broken Arrow.

The city's efforts to spur private investment in the Rose District through its public investments, which include creating a TIF dis-

trict and streetscaping projects, have since brought more than \$25 million in private investment to downtown.

In the past six months, the district has seen the opening of additional restaurants and specialty stores, new construction, and renovations of existing buildings.

Three additional stores will soon open along Main Street. AVB Bank recently completed its new headquarters, and First National Bank is in the middle of renovations on its existing Main Street location.

As the Rose District continues to draw commercial interest, the area is increasingly seeing businesses choose the Rose District as a place to expand with second or third locations, such as with the case of In the Raw and Andolini's, notes Warren Unsicker, vice president of economic development for the Broken Arrow Chamber's Economic Development Corporation. "That is a good indication that Broken Arrow is beginning to be viewed as a completely separate market from nearby cities."

Reflecting on the success of the Rose District, Spurgeon said, "I want to continue building on the momentum of downtown and also encouraging the growth of downtown residential because that encourages further economic development."

Development is also moving forward north of downtown around Bass Pro Shops on 61st Street between Lynn Lane Road and Elm Place, where construction began in June on the Stoney Creek Hotel and Conference Center. Nearby, two additional hotels are currently under construction. The Stoney



EMILY RAMSEY for GTR Newspapers

STATE OF THE CITY: On Dec. 9, Michael Spurgeon gave his first State of the City address as Broken Arrow's City Manager. Spurgeon spoke about the city's positive financial situation and its continuing growth as well as his future plans to survey citizens on the city's sanitation and recycling programs and create a yearly financial newsletter to provide greater government transparency.

Creek Hotel is expected to open in 2016, with the conference center to reach completion in 2017.

With the conference center, "we are going to have more opportunities to bring people to Broken Arrow," said Spurgeon, who plans to put a greater emphasis on tourism for the city in the coming years.

Areas where Spurgeon has found room for improvement includes the city's platform for receiving public online requests.

"In 2016, the city will be looking for an interactive tracking software to be used in connection with citizens request for assistance," said Spurgeon. "Our goal would be to include the ability for citizens to download an application to where they can request assistance on their smart phone." More information about that program will come available summer 2016.

Also in the new year, Spurgeon promised citizens that they will see a number of roads, stormwater, parks and public safety improve-

ment projects take place. Also, based on feedback that Spurgeon has received from residents regarding a city recycling program, early next year, citizens will be asked to complete a survey addressing the city's sanitation and recycling programs.

When Spurgeon first entered his role as Broken Arrow's city manager in September, he spoke with Greater Tulsa Reporter about the need for the city to regain the trust of its citizens, due to the many changes in city managers that the city has experienced over the recent years.

One way he plans to do that is through greater government transparency.

He announced that a yearly financial newsletter will begin to be published at the beginning of each fiscal year.

The goal is to begin distributing the annual financial newsletter in August or September, he said, shortly after the fiscal year budget is approved.

KUDOS OF THE MONTH: Monte Cassino

Monte Cassino celebrated 90 years in 2015. Monte Cassino School was founded in the Benedictine tradition in 1926. It serves students from three years old through 8th grade. The educational mission of the school unites teachers, parents and students in the shared goal of educating each student as a child of God in innovative ways that develop the mind, heart and will. Monte Cassino provides education in reading, writing, math and the sciences for students of all backgrounds.

Beyond the classroom, students develop socially and morally within a supportive community of educators and parents and are offered opportunities to develop skills for

life. Supported by the legacy of its Benedictine Sisters, Monte Cassino provides its students with a distinctly Catholic education that produces unmatched success.

On Dec. 6, the Monte Cassino School community continued its celebration of 90 years in Tulsa with a tree lighting ceremony. Honorary chairs of the 90th Year Committee Sr. Mary Clare Buthod and Jeanne Sullivan from the class of 1963, joined current student council vice president and 7th grader Caleb McCullough and special guest Wavel Ashbaugh, a member of Monte Cassino's first graduating class, in turning on the lights.



GTR Newspapers Photo

CELEBRATING 90 YEARS: From left, Monte Cassino Director Matt Vereecke; Sister Mary Clare; Wavel Ashbaugh, a member of Monte Cassino's first graduating class; Ashbaugh's great niece Denise Leslie; and Caleb McCullough, student council vice president, gathered on Dec. 6 in celebration of the school's 90th year with a tree lighting ceremony.



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Courtesy photo

HONORING VETS: Congressman Jim Bridenstine (OK-1) spoke at a Veterans Day luncheon in Tulsa where he presented medals earned in combat to Vietnam veteran Bobby Ross and presented the "Veteran in the Spotlight Award" to Jerletta and Ron Pandos, Linda and Gary Hendrick, and Major General Rita Aragon for their work with Battle Buddies of Oklahoma. Bridenstine was promoted to the rank of Lieutenant Commander in the U.S. Navy Reserve in 2010 and recently transitioned to the 137th Air Refueling Wing of the Oklahoma Air National Guard.



EMILY RAMSEY for GTR Newspapers

STOCK THE STATION: Tulsa City Councilors Karen Gilbert and Jack Henderson drop food donations into a collection box to kick off the Community Food Bank of Eastern Oklahoma's annual city-wide Stock the Station food drive, as Councilor David Patrick looks on. The event was held in early December.

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HILLARY CLINTON IN TULSA: Democratic presidential candidate Hillary Clinton addressed a room full of supporters in Tulsa at the Oklahoma Jazz Hall of Fame Dec. 11. During the event, the former Secretary of State and Senator from New York discussed her economic agenda, which she said would be to strengthen the economy by creating good-paying jobs, raising wages and investing in America's small businesses.

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

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TEN PEOPLE TO WATCH IN 2016



G.T. BYNUM

In November 2015, G.T. Bynum announced that he plans to run in 2016 to be Tulsa's next mayor. Bynum is a fifth generation Tulsan who was elected to the Tulsa City Council in 2008. In 2011, he was selected to serve as the youngest city council chairman in Tulsa history.

Bynum is also head of the Arkansas River Infrastructure Task Force, which is proposing three Tulsa-area low-water dams. A vote is expected to go to the public in early 2016.

During his time on the city council, Bynum's focus has been on fiscal restraint, public safety and infrastructure.

His accomplishments include leading the effort to enact the largest streets improvement package in Tulsa history, authoring the first city sales tax cut, and crafting budget amendments that put Tulsa Police Department helicopters back into service and doubled the number of police academies.

In 2011, Bynum was selected as an Aspen Institute Rodel Fellow, and in 2014, he was selected as the only city councilor in the nation to participate in the Moneyball For Government Fellowship Program.



KELLY DUNKERLEY

In April 2015, Kelly Dunkerley was elected as Mayor of Jenks.

With sizable residential growth over the past recent years, the city is now beginning to see its number of commercial developments grow.

In September, Simon Premium Outlets announced that construction will begin soon on the outlet mall that was initially in discussions to be built in Tulsa near Turkey Mountain. However, after public backlash due to the location so close to the urban wilderness, developers moved the project to Jenks, to be located along the south side of the Creek Turnpike, west of the Arkansas River.

The first phase will be more than 300,000 square feet with up to 90 retailers and is expected to open in summer 2017.

Set to open spring 2016 at RiverWalk Crossing is FlyingTee, a virtual golf range and restaurant.

In December, ground was broken for Thrive, an urban lifestyle community that will bring residential options to Jenks' Village on Main development, located east of the Oklahoma Aquarium in downtown Jenks.



MOMODOU CEESAY

Momodou Ceesay owns one of the great success stories anywhere. A native of the West African country of Gambia, he came to the United States to attend Rogers State College (now Rogers State University). He transferred to Oklahoma State University, majoring in Hotel and Restaurant Management, a degree that eventually led him to opening his popular Mamadou's Restaurant in Glenpool. He then became that city's mayor in 2013.

Ceesay's popularity is known regionally, and a few years ago he was approached to open a Mamadou's location in downtown Tulsa. It is scheduled to open in January near the Aloft Hotel close to 5th Street and Denver Avenue.

The area is vibrant, as currently the Central Library is expected to reopen in summer 2016. Also, work began in October 2015 on extending 5th Street to run in front of the library and Aloft Hotel. That project is expected to be completed close to the time of the library's reopening. Watch for the continuing success of Momodou Ceesay!



JEFFREY T. DUNN

Jeff Dunn is the 2016 Chair of the Board of the Tulsa Regional Chamber and president and CEO of Mill Creek Lumber and Supply Company, a family business started in 1934. Dunn joined Mill Creek in 2001 after having practiced law from 1992-2001 as the founding partner of Dunn and Daffern, P.A., a Tulsa law firm.

Dunn is a strong supporter and volunteer with the Tulsa Regional Chamber and is also an avid supporter of education in the community. He currently serves as chairman of the Regional University System of Oklahoma Board of Regents.

Dunn assumes the chairmanship at a difficult time with dramatic drop in oil and gas prices, which has impacted the economic outlook of greater Tulsa and Oklahoma. His chairmanship tenure will be interesting as his team will work to bring in new businesses to the region during a time when Tulsa may be losing energy-related corporate headquarters and personnel due to the fall in energy prices and the federal government's stand on carbon fuels.



DR. DEBORAH GIST

Dr. Deborah Gist became Tulsa Public Schools' Superintendent in July 2015 after the retirement of Dr. Keith Ballard. She is a graduate of Memorial High School.

Prior to her current role, Gist served as commissioner of education for the State of Rhode Island. Before that, Gist was the first state superintendent of education for the District of Columbia. She became a teacher 27 years ago in Fort Worth and considers her eight years in the classroom the most important part of her career in education. She has also served as a senior policy advisor at the U.S. Department of Education.

Gist has discussed her belief in the importance of involving educators in the decision-making process through school visits, surveys and task forces. Since starting her position, Gist has organized numerous meetings to gain feedback from district teachers and parents.

Gist also has expressed an interest in finding more opportunities to enlarge the district's magnet and specialty schools in order to include more students and families.



Courtesy photo

DAN ALLEN AWARDS: 2015 Awards Dinner was recently held at the Community Food Bank of Eastern Oklahoma. From left, Keith Huckabay and Randy Kindy, President's Award; Vanessa Finley, YWCA Tulsa, Outstanding Social Justice Project Award; Mana Thae; Mary Ann Hille, The Hille Foundation, Leadership Award; Connie Cronley, Iron Soup Kitchen, Iron Gate Soup Award; Rev. Ron Robinson, pastor, Welcome Table Church and Third Place Community Foundation, Local Champion Award; Ray Pearcey, Oklahoma Eagle, News Media Award; and Ed Rossman.



GTR Newspapers photo

SHOPPING WITH THE COPS: This Celia Clinton Elementary School student had a great time in December during the Shop With A Cop Day held the Target store on South Yale Avenue. With the student from left are Keith Reid of the Tulsa Police Department, Rotarian Charles Secrest, and Jesse McNeal of the Tulsa Police department. More than 30 students from the Rotary Club of Tulsa's Partners In Education school, Celia Clinton Elementary, are paired with Rotarians and police officers to map out an annual plan for shopping.

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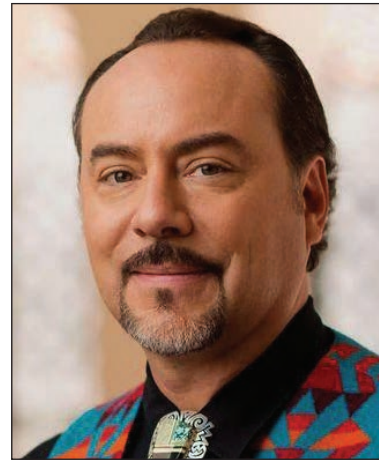
DANIEL REGAN



SHERRY GAMBLE SMITH



MICHAEL PATTON



PEPPER HENRY



MICHAEL SPURGEON

Daniel Regan is the 2016 chair of Tulsa's Young Professionals.

Regan has been involved with TYPros since its inception around 2004.

"As the 2016 chair, I am especially excited to have a big impact on young voter registration and turnout next year," he says.

"We are working on some exciting new #provethe wrong campaign initiatives for the organization, and I truly believe we have a unique opportunity in 2016 to help create the type of future our next generation desires. I'm determined to help TYPros continue to be a part of that community planning and forethought process and look forward to the challenge."

He serves as vice president of Kanbar Property Management and senior vice president of Devonshire Investments & Devonshire Law.

In 2013, he served as finance director and deputy political director for Kathy Taylor's political campaign for Tulsa Mayor, and from 2009-2011, he served as finance director for David Boren's campaign for U.S. Congress.

In October 2015, Sherry Gamble Smith was elected executive director of the Greenwood Chamber of Commerce.

The mission of the chamber is to support the north Tulsa community by creating economic opportunities, building community awareness and involvement, promoting civic pride through the creation of cultural and educational activities, and providing entrepreneurship initiatives.

"The mission of the Greenwood chamber is underpinned by a commitment to identify local needs, to prioritize our organization's work and activities, and to deliver an accountable service to area businesses," says Smith. "My hope is that the Greenwood Chamber and entire city of Tulsa will restore this once vibrant business and entertainment district back to the place it should be."

She defines her goals for 2016 to include developing new funding sources, creating and encouraging ideas for creative programming for staff and community members, creating economic opportunities, and building stronger partnerships in the community, district and city of Tulsa.

Michael Patton, known as "Recycle Michael" during his 10-year tenure as executive director of the Metropolitan Environmental Trust, became the executive director of Land Legacy Trust in May. Land Legacy works to conserve and enhance urban and rural landscapes. Land Legacy works collaboratively with landowners and organizations to determine which conservation tools will be the most effective for each project and has, since January 2003, protected nearly 20,000 acres of open space valued at over \$30 million. Land Legacy approaches this mission through three strategic initiatives: Green Cities, Watershed Protection and Farm and Ranch Conservation. Services offered include assisting with land acquisition, planning and conservation finance for creation of parks, trails and open space preservation. Patton will be at home working to carry out the quality-of-life mission of Land Legacy. He can offer speakers with topics including land conservation, water quality protection, farm and ranch conservation, planning and conservation finance for creation of parks, trails and open space preservation.

In March 2015, Pepper Henry joined Gilcrease Museum as its new executive director. Henry comes to Gilcrease Museum from the Heard Museum in Phoenix, Arizona, where he served as director and CEO beginning in 2013.

Prior to the Heard, Henry enjoyed a successful six-year tenure at the Anchorage Museum at Rasmuson Center, Alaska's premier art, history and science institution.

Henry is an enrolled member of the Kaw Nation and affiliated with the Muscogee Creek nation. His mother is of Kaw and Muscogee Creek descent. He was the first enrolled American Indian to lead the Heard in its 85-year history.

In September 2014, Gilcrease opened the Helmerich Center for American Research (HCAR).

The museum is currently being considered in the city of Tulsa's Vision 2025 sales tax renewal package is expected to go before voters in early 2016.

Gilcrease has proposed various building renovation projects as well as improvement projects, including creation of a museum entrance and streetscaping leading to the museum.

Michael Spurgeon became Broken Arrow's city manager in September 2015. Spurgeon has previously served as director of administration for the City of St. Charles, Missouri; city manager for the City of Miami, Oklahoma; and township business administrator for Pemberton Township, New Jersey.

In 2016, Spurgeon plans to focus on maintaining the city's financial efficiency—the city recently received a strong bond rating from Moody's and Standard & Poor's.

Another goal Spurgeon has enumerated is building public trust in city government. Since 2004, Broken Arrow has seen four city managers come and go.

"Lack of continuity creates challenges. I want to tell the folks in the community that continuity is important to me; we want to provide stability," Spurgeon says.

Also in 2016, Spurgeon plans to begin an annual financial newsletter in order to provide better public communication and government transparency, an interactive tracking software to allow for more efficient government responses to citizen requests, and a greater focus on tourism.



GTR Newspapers photo

VETERANS DAY SMILE: Miss Oklahoma Georgia Frazier was proud to ride in this year's Veterans Day Parade in downtown Tulsa. Frazier is a native of Tulsa and a 2010 graduate of Jenks High School. Her mother is Kay Frazier, and her father is George Frazier, a former professional baseball player who pitched in the Major Leagues from 1978 to 1987 and now serves as a television commentator for the Colorado Rockies. She is an ORU graduate with a bachelor's degree in mass communications with a minor in humanities.



Courtesy Tulsa Regional Chamber

SMALL BUSINESS GATHERING: Chairs from the Tulsa Regional Chamber's Small Business Council recently gathered. From left, standing: Jerry Holder, Holder & Associates; Rick Bahlinger, Runners License & Permit Processing; Jim Shirley, James Shirley Management Consultants; Barrett Waller, Waller & Company PR; Adam Marshall, 2015 chair, Marshall Brewing Company; Derek Gates, D.W. Gates Engineering; and Dave Grim, Meeks Group, Front row, from left: Carey Baker, Pro Recruiters; Scott Burnett, Burnett, Inc; Lynda Wingo, Miss Helen's Private School; Kent Williams, 2016 chair, HRB Consultants; Cari Marshall, CMCi Consultants; and Jim Light, Jim Light & Associates.

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Mentoring Young People, The Future of Tulsa

One of the greatest treasures of our city is young people - for they are the future of our city. As your mayor, I've had the pleasure and opportunity to meet many of Tulsa's children and youth. Our city is blessed with great kids.

My wife, Victoria Bartlett, and I are committed to helping children and youth - especially those who are at-risk - succeed in school. We know these students need and deserve the attention and support from a positive role model to help them succeed in life.

The Mayor's Office spearheads the Mentoring to the Max initiative,



COMMENTARY BY MAYOR DEWEY F. BARTLETT, JR

which is a communitywide public awareness program dedicated to encouraging adults to be involved in children's lives. Many students just need a listening ear, some extra help with their school work, or simply your unwavering encouragement to boost their self-esteem and confidence.

When we spend a little time every week with young people, our words of praise can also encourage them to stay in school, get a good education and graduate. This will most assuredly help them become well-educated, confident and productive citizens, which is

vital to our city's future economic health.

I also encourage businesses, civic organizations and faith-based communities to find ways to reach out to Tulsa youth. Three years ago, my weekly talks with business owners revealed Tulsa didn't have enough trained and qualified workers to fill jobs. From those meetings, my administration created Pathways to Prosperity, resulting in the creation of Oklahoma's first-ever aerospace academy for high school students, as well as options for students pursuing well-paying jobs to meet our manufacturing needs. The City of Tulsa's Learning with a Wrench program is providing internships for Union High School students interested in becoming vehicle and heavy-equipment mechanics. It's a win-win for the interns and our EMD shop personnel.

Following the Good Friday shootings, Tulsa-area pastors and the faith-based community joined Mrs. Bartlett and I in initiating a pilot program - Bridges of Faith for One Tulsa - to engage at-risk youth



MAYOR BARTLETT WITH A ROBERTSON ELEMENTARY STUDENT

in positive summertime activities. I'm so pleased Bridges of Faith basketball program is making a difference in youth's lives.

January is National Mentoring Month. Now is the perfect time for

you to be a caring adult in a young person's life. I invite you to contact your local school and sign up to help Tulsa's youth succeed. Invest in a child's future and change a life forever.

George Kaiser Family Foundation Honored

Leadership Oklahoma will present four awards for leadership at its annual Excellence in Leadership Gala at The Skirvin in Oklahoma City on Feb. 27, 2016.

"Each year we are privileged to recognize the individuals and organizations that make a meaningful difference in Oklahoma," says Marion Paden, president and CEO of Leadership Oklahoma. "We honor them for elevating quality of life and empowering our state for greater prosperity." There are four awards designed to honor state leaders and entities that make a meaningful difference in Oklahoma.

The Lifetime Achievement Award recognizes individuals who have used their leadership abilities to improve the quality of life for Oklahoma's citizens and its future generations. This year's Leadership Oklahoma Lifetime Achievement Award recipient will be Burns Hargis, of Stillwater and Oklahoma State University.

The Distinguished Graduate Award honors a Leadership Oklahoma graduate whose recent leadership activities have exemplified the highest standards of Leadership Oklahoma and whose activities achieved results or set an example of statewide significance. The Distinguished Graduate Award belongs to Don Betz, of Edmond and the University of central Oklahoma.

The Business Leadership Award commends a business entity for its impact in promoting leadership

principles and practice, implementing programs worthy of example, and fostering the growth of quality leadership. The Business Leadership Award honors Cotton Electric Cooperative, Inc., a member-owned electric utility that serves eight counties in southwest Oklahoma.

The Statewide Community Award acknowledges an organization or company that, through specific projects or efforts, has reached across valued differences to develop among Oklahomans a sense of common purpose and a more profound sense of loyalty to their state. This award has been created to promote a heightened sense of appreciation for the possibilities available when Oklahomans work together as a single statewide community. The Statewide Community Award acknowledges the George Kaiser Family Foundation (GKFF). The foundation supports the community, state and other charities focused principally on reducing the cycle of poverty. GKFF invests in opportunities relevant to its areas of focus regarding early childhood education, social services support, civic enhancement projects and community health initiatives. The impact of programs the foundation has supported is far reaching and difficult to quantify the emotional impact - hope. Educare has been a favorite project of Kaiser, which has been replicated in dozens of other locations across the nation.

To ensure the facilities have great teachers, GKFF donates \$1.2 mil-

lion a year to Tulsa Community College and the University of Oklahoma to fund programs to train early education specialists. If young teachers work in Oklahoma for four years after graduation, their tuition will be reimbursed in full. In breaking the cycle of poverty, health care is as important as education. In an effort to entice doctors into poor communities, GKFF donated \$62 million to the University of Oklahoma-Tulsa's campus to create the School of Community Medicine. Students work to set up and staff clinics in schools and housing projects across town. Mirroring the teacher program, doctors can get all tuition reimbursed after working five years in the community. Women in Recovery is an intensive outpatient alternative for eligible women facing long prison sentences for non-violent, drug-related offenses. Program participants receive supervision, substance abuse and mental health treatment, education, workforce readiness training and family reunification services. GKFF's partnership with this organization has expanded this model to Oklahoma City establishing ReMerge. These programs offer women who are dedicated to changing their lives to becoming positive, contributing members of their community.

A momentous transformation in Tulsa, is underway with the construction of A Gathering Place for Tulsa - a world-class 100-acre park that stands as one of the largest gifts



A GATHERING PLACE: The Gathering Place, largely funded by the George Kaiser Family Foundation, is a world-class 100-acre park that stands as one of the largest gifts of public space in U.S. history.

of public space in U.S. history. GKFF is leading the charge in transforming the Arkansas riverfront into a dynamic and active space to improve the city's social, economic and environmental sustainability. A Gathering Place for Tulsa will serve not only as a statewide but national attraction. By focusing their resources within the state, GKFF is able to make a greater impact in the lives of all Oklahomans. Additionally, with the construction of A Gathering Place for Tulsa, there is no better showcase of what Oklahoma can accomplish when the community comes together under the leadership of generous and dedicated organizations.

Co-chairs of the Leadership Oklahoma Excellence in Leadership Gala are Nina and Robert Butkin of Tulsa and Linda and Drew Edmondson of Oklahoma City. For ticket information or sponsorship opportunities, go to www.leadershipoklahoma.com or call 405.848.0001.

Leadership Oklahoma is a statewide organization with over 1,430 graduates from 167 Oklahoma communities whose mission is to create, inspire and support a dynamic network of leaders whose increased awareness and commitment to service will energize Oklahomans to shape the Oklahoma's future.

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VARIETY

The New Year is a Time for Reflection

Happy New Year to everyone! This month I celebrate 23 years at the Tulsa Performing Arts Center. As my career at the PAC begins to wind down, I think about some of the experiences I've had while working first in the PAC Trust programming area and then in PAC marketing. During my first week on the job in 1993, I was asked to pick up actor Hal Holbrook from the airport. I had never met someone so famous, and he

had just completed filming "The Firm" with Tom Cruise. Holbrook was extremely nice, as have been most of the "stars" I've met, like Victor Borge. Mr. Borge wasn't seeing well when he last performed in Chapman Music Hall, so after his show, I walked him from the theatre back to his hotel, holding his arm while guiding him. He was immensely kind and was so appreciative of my help. On stage he seemed larger than life. And so funny. Who is like Victor Borge these days? What a talent he was.

Once when the PAC Trust had booked Kevin McCarthy in the one-man show, "Truman," I was charged with making sure he got to the theatre on time for rehearsals and performances. Once the show was over, he took me to dinner to thank me. A star from old Hollywood, his biggest claim to fame was his role as the paranoid-with-cause doctor in the 1956 sci-fi film "Invasion of the Body Snatchers." Over dinner he told me several Hollywood stories, like when he was the only witness to a crash that seriously injured Montgomery Clift, just after Clift had left a party at the home of their close friend Liz Taylor.

Not everyone was always happy with my help, however. I was once deservedly reprimanded by Ramsey Lewis. I had young kids at home then and was trying to juggle their dinner and ice hockey practice with picking Ramsey up at his hotel and driving him to the theater. I was probably five minutes late, but he was standing outside and his gloved hands were

getting cold. That's a big no-no for a pianist who is about to perform. Later, as we were standing in the wings of the theatre and he was about to go on, he said, "I guess you are going to introduce me." I'd never done that before nor had plans to do so, and the thought of making an extemporaneous speech in front of a couple thousand people made me weak in the knees. I probably looked like I was about to faint. He winked at me and walked on stage, without

introduction. Working with actress Lynn Redgrave and her daughter was one of the most personally rewarding experiences of my career. Lynn was appearing on our big stage in a one-woman play, "Nightingale," while her daughter was showing a photography exhibit in the PAC Gallery that documented Lynn's diagnosis and eventual recovery from breast cancer. Lynn and her daughter, Annabel Clark, appreciated that I had been down their same path with my own mother. Sadly, years later, breast cancer came back and claimed both Lynn and my mother's lives.

In my writing life, I've done many interviews with celebrities, and perhaps none was more famous than Mia Farrow, who I interviewed a couple of years ago when her relationship with Woody Allen, and that of their daughter's, were suddenly a top news story. I could hear a flurry of activity in the background when I called her at her New England home. She could have easily cancelled our interview, but we carried on, and she was open and engaging. I didn't have the nerve, or think it was appropriate, to ask her about the controversy, so we didn't speak about that elephant in the room. I learned that I wasn't cut out for that kind of journalism.

I loved interviewing "Reading Lolita in Tehran" author Azar Nafisi, as well as newsman Ted Koppel, poet laureate Billy Collins, historian and biographer Doris Kearns Goodwin, and "Kite Runner" author Khaled Hosseini. I wrote a feature story on travel



CLARINET CONCERTO: Tulsa Symphony's Principal Clarinetist and Education Director David Carter performs Mozart's Clarinet Concerto in A major, Jan. 16 at the Tulsa PAC.



DAVID BOREN: Former governor of Oklahoma and president of the University of Oklahoma for more than 20 years, David L. Boren delivers a talk titled "Fighting for America's Future," Jan. 15 for Tulsa Town Hall.

guru Rick Steves and then ran into him by chance in a small town in France's Loire valley. My favorite interview of all time, however, was the man who discovered the remains of the Titanic, oceanographer Dr. Robert Ballard. I was in awe of his intelligence and his dedication to work. Truly an amazing human being.



A CHORUS LINE: Winner of the Pulitzer Prize, A Chorus Line tells the story of the struggles and triumphs of life on Broadway, presented by Theatre Tulsa, Jan. 15-24.



FAMILY CONCERT: Tulsa Children's Museum hosts a family concert, Jan. 17, featuring ragtime music performed by piano virtuoso Donald Ryan.

Reminiscing aside, it's back to the present and making new memories. I hope you have plans to take in a show at the PAC this month. David Boren speaks to a capacity crowd at Tulsa Town Hall Jan. 15. Perhaps you'll get tickets to Theatre Tulsa's "A Chorus Line" (Jan. 15-24) or Tulsa Children's Museum's Ragtime Family Concert with Donald Ryan (Jan. 17). The state's finest high school students perform for the OKMEA Music Festival, Jan. 22-23. One event I am so much antic-

ipating is Tulsa Symphony's "Dreams and Revolution," Jan. 16. I want to hear Debussy's "Prelude to an Afternoon of a Faun," along with some Shostakovich and TSO's Principal Clarinet David Carter performing Mozart's Clarinet Concerto in A Major.

I'm wishing you a healthy and happy 2016 and hope to see you many times over the upcoming year at Tulsa's home to the arts.

Nancy Hermann is Director of Marketing at the Tulsa PAC

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Elvis Presley's 1956 Tulsa Visit Remembered

It was a watershed year, 1956, for those coming of age at the dawn of the rock 'n' roll era.

Sixty years ago. When duck tails were the tonorial statement. When blue suede shoes were the coolest. When teenagers were rebels with, and without, a cause.

Sure, rock 'n' roll had been in a state of fomentation for a year or two, bubbling up in varying degrees of locomotion.

But it was in 1956 when some historians, and millions of teenagers, say that rock 'n' roll came of age.

I was a member of that generation making the transition from our parents' big-band music to whatever it might be that could set us apart, could define us.

Hank Williams helped to lead that expedition in 1949-52. But he died, in 1953, way too soon.

Then there was the occasional infiltration of a new kind of music from faraway radio stations, something called the blues. Songs from the likes of Howlin' Wolf, Memphis Slim, Elmore James - music our parents referred to as "race music" - began to stir our emotions, began to open the window to a new day, a new way of dancing, a new way of talking, a new way of walking.

Suddenly, it was 1956. Here came Elvis. Here came KAKC, 970 on the radio dial. Here came "Blackboard Jungle" on the movie screen.

For many of us, the year 1956 gave birth to rock 'n' roll.

Sure, there had been a hint of Elvis, a small preview of this new music form back in 1955. But it became a full-blown, 3-D production in the year of 1956.

Bill Haley set the year in motion.

His rousing "Rock Around the Clock" was featured in the opening scene of the 1955 movie "Blackboard Jungle."

The song's popularity, the song's guitar-infused beat, just kept growing, building into 1956. It was everywhere. It was downright omnipotent. It became a rock anthem. THE rock anthem.

"Rock Around the Clock" was more like "Rock Around the Calendar."

And just as 1956 was arriving, there was talk of Elvis coming to Tulsa.

Rock 'n' roll, Tulsa style, was just about to explode.

An Elvis preview unfolded on January 28 when he was featured on the Dorsey brothers television show. This was a musical passing of the torch. Tommy and Jimmy Dorsey represented our parents' connection to the big bands. Elvis was going to be our conduit to the new musical sound.

Three months later, Elvis hit Tulsa on April 18, with two shows scheduled for the Fairgrounds Pavilion.

With tickets going for \$1 and \$1.50, amid constant promotional reminders from the

deejays at KAKC, the two performances were rapid and roaring sellouts. Some 8,000 tickets were sold for each of the evening shows.

On the program were singers Wanda Jackson and Rudy "Tutti" Grayzell, plus Western swing bandleader Leon McAuliffe.

I had early on purchased two tickets for the first show, expecting to make an impression on the cute neighborhood blonde.

It was going to be a big night. My first rock show. My first in-person glimpse of the singer who would quickly become known as "the king of rock 'n' roll."

The blonde's parents, though, did not share my enthusiasm. Nor hers.

After school that day, she informed me that her parents would not allow her to attend the show. She was upset. Gallantly, I vowed that I would not go without her.

I was seated on her front porch, trying to appear as dejected as she was. My dad came walking up to the porch, saying it was time to leave for the show.

He did not want to hear about the blonde and me deciding to forego the show.

"You spent good money for tickets to that show, and you are going, even if you have to go by yourself," he said in no uncertain terms.

I did not want to leave the blonde's porch. But as the popular TV show of the day suggested, "Father Knows Best."

(I still wonder if it was Elvis her parents objected to, or was it me?)

Anyway, my dad drove me to the Pavilion that evening. Dropped me off. Said he would return and pick me up some two hours or so later.

Seldom a day passes that I don't take time to remember my dad's intervention that day. At his prodding, at his persistence, I saw Elvis.

Elvis was everything I had envisioned. Energetic. Wild. Raw. Rockin'.

The Pavilion was at a rowdy apex. Youngsters screaming and cheering like I had never experienced before. And I was right in the chorus.

I had, by that time, seen "Blackboard Jungle" almost weekly and had been repeatedly mesmerized by the rockin' opening bars of "Rock Around the Clock." Even today, six decades later, the song still triggers that Pavlovian instinct to rock, bop and shout.

The same with Elvis. From that first sighting six decades ago, all the way through into a new century, that same Pavlovian response makes me want to move and shake.

That was the first of three times to attend an Elvis "concert." I also was in attendance on July 4, 1976, when he returned to Tulsa for a show in the Mabee Center.

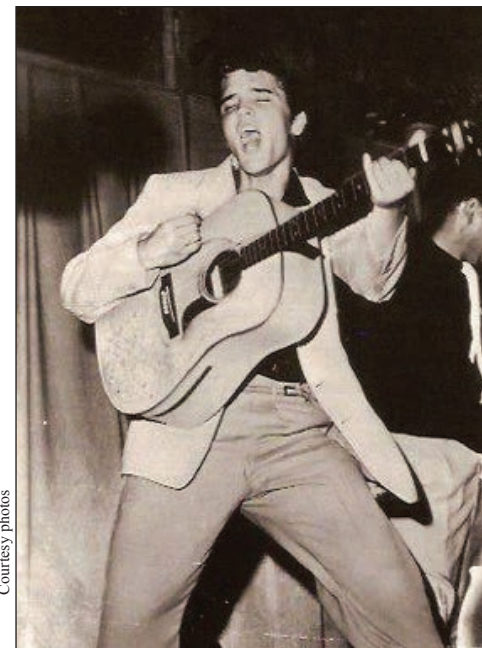
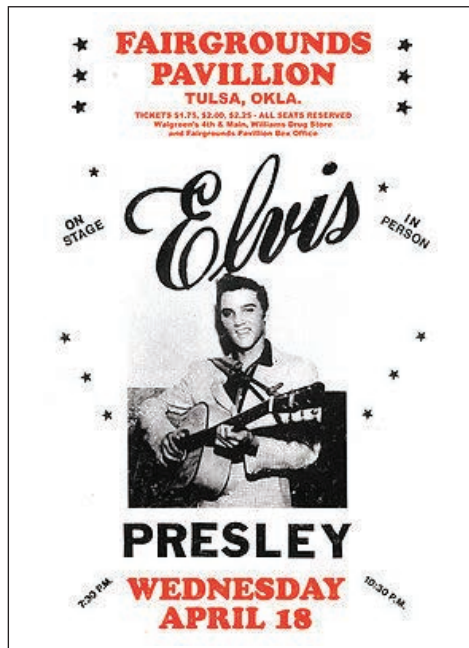
Elvis, both in person and on the scores of records I purchased over the years, provided the rock 'n' roll soundtrack of my life.

Shortly after the Elvis show in April 1956,

On the Street



By **TERRELL LESTER**
Editor at Large



Courtesy photos

Roy Orbison was making his way into Tulsa.

He had recorded what would be his first hit, "Ooby Dooby," for Sun Records, the same label which launched Elvis, in March.

I avoided all possible repetitions of the Elvis ticket incident, and decided that I would see Roy Orbison on my own. I just had to see this next rock 'n' roll show.

He was scheduled to appear at the Ritz Theater, the glamorous downtown movie house. I just needed transportation.

My brother and his wife volunteered.

The theater was not sold out, but it was alive with energy as Roy Orbison (long before sunglasses became part of his image) rocked the stage.

Following his performance, Roy and his bandmates, the Teen Kings, appeared in the lobby to sign autographs. They gathered at the bottom of the stairs that led to the balcony and seemed to enjoy the interaction with a hundred or so eager fans.

I couldn't wait to add "Ooby Dooby" to my small, but growing, collection of 45s.

Years later, I asked my brother why he, a product of the big band era, agreed to attend

a rock 'n' roll show with his teenage sibling.

"Because you wanted to go," was his simple reply.

My father. My brother. Their halcyon days were populated by the likes of Glenn Miller, Harry James, Benny Goodman.

Yet they possessed some type of magical foresight that would illuminate my path into the new world of rock 'n' roll. My eternal thanks. They might not have been expecting this rock 'n' roll music to last more than two or three years, but then that was too far into the future for me to acknowledge.

This was 1956. My watershed year.

Then came Watershed Year Part Two. Before 1957 disappeared, I had obtained my driver's license, plus access to my dad's Oldsmobile, and I would then be able to drive myself to the cavalcade of rock 'n' roll shows that was destined to arrive in Tulsa.

(As a small postscript: Four years after his first trip to Tulsa, Elvis tipped his hat to that April 18 appearance. In the 1960 movie, "G.I. Blues," Elvis was cast in the role of a soldier by the name of Tulsa McLean.)

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Former 'Voice' Contestant Returns Home

By JULIE WENGER WATSON
Contributing Writer

When twenty-one-year old Bixby native Corey Kent White plays Tulsa's historic Cain's Ballroom on Jan. 23, it will be more than just a homecoming, it will be a performance that takes this rising country star full circle. White first stepped onto this iconic stage 10 years ago as a member of the Western swing band Oklahoma Stomp. A decade later, he's a seasoned professional who has performed with Willie Nelson and toured with Toby Keith and is currently riding a wave of national recognition from an impressive finish on season eight of NBC's vocal competition show "The Voice."

In addition to playing to a hometown crowd, White will be donating proceeds from his Cain's show to Folds Of Honor, the Owasso-based nonprofit foundation that provides educational scholarships to children and spouses of fallen and disabled military personnel.

White, who now resides in Nashville, is looking forward to coming home. "When I return to Cain's, it will be a full circle moment for me because years ago, when I was 11-years-old, that was really the first concert experience that I ever got to be a part of from the stage side of things. I'd always

been in the crowds until then," he recalls. "We were the opening band then, and now to come back right next to my hometown, it's really going to be a cool thing."

The show is a full band performance, and White will play songs from his 2014 EP Making Noise, along with new tunes that he is road testing for an upcoming 2016 release. "We'll be playing a lot of original music, and we'll be playing some songs that the general public will know as well," White comments. "I literally have hundreds of songs written, and we're narrowing those down to the best few so we can record them and put out a new EP, so you'll be able to hear a lot of that new music. We're going to be trying out a lot of those new songs at the Cain's Ballroom."

Regarding partnering with Folds of Honor for the event, he says, "I'm honored to be a part of this. Folds of Honor is such an amazing organization, and it was a no-brainer for me to be a part of this partnership. I've always had a very special place in my heart for the military, because, from a young age, I was told that we have this amazing thing called freedom here in the United States, and it's not something that everybody gets to have and gets to enjoy, and it comes at a very high cost. I was aware of that growing up."



COREY KENT WHITE: Bixby native Corey Kent White smiles after being selected to appear on season eight of NBC's "The Voice." White chose to be on the team of fellow Oklahoman Blake Shelton and made it to the top eight before being eliminated.

BENEFITING FOLDS OF HONOR: Corey Kent White performs at a recent concert. White will perform at Cain's Ballroom Jan. 23, with proceeds benefiting Owasso-based nonprofit Folds of Honor, which provides education scholarships to military families of those who have been killed or disabled while on active duty.

White's show at Cain's is the kick-off performance in a series of four benefit concerts. White will donate the proceeds from ticket and merchandise sales to Folds of Honor during the Folds of Honor/QuickTrip 500 NASCAR

event at the Atlanta Motor Speedway in February.

"I've always wanted to be able to do something great with my music for other people, but I didn't really know what that looked like," he says. "Our goal is to raise \$50,000 on this concert series in under a month, and that's going to change the lives of 10 kids forever.

They're going to be able to go to college and not have to go into debt to do so, and these kids would never have had that opportunity if it weren't for Folds of Honor."

For more information on Corey Kent White, visit www.coreykentwhite.com. For more information on Folds of Honor, go to www.foldsofhonor.org.

Tulsans Honored at Governor's Awards

Steve Liggett of Living Arts of Tulsa and Tulsa Spotlighters Among Those Recognized

By GLENDA RICE COLLINS
Contributing Writer

On Dec. 2, Governor's Arts Awards were held in the Oklahoma state Capitol.

Steve Liggett, a 20-year veteran as artistic director at Living Arts of Tulsa, received the community service award, and Theresa Collins, executive director of the Kathleen Patton Westby Foundation, received the Governor's award.

The community service award, which recognizes leadership and volunteerism, also went to Tulsa Spotlighters, Inc., active with Tulsa Spotlight Theater, due to the organization's 62-year history in a nearly 90-year-old architectural gem designed by Tulsa architect Bruce Goff.

Tracye Caughell of Bartlesville, the celebrated founder of Children's Musical



Courtesy photo



ROSSY GILLE for GTR Newspapers

RECOGNIZING ART: On Dec. 2, at the Governor's Arts Awards at the Oklahoma state Capitol, the community service award was given to both Steve Liggett, at left, a 20-year veteran as artistic director at Living Arts of Tulsa, and Tulsa Spotlighters, Inc., an organization that has been active with Tulsa Spotlight Theater, pictured at right, for 62 years. Other award recipients include Theresa Collins, executive director of the Kathleen Patton Westby Foundation, who received the Governor's award, and Tracye Caughell of Bartlesville, founder of Children's Musical Theater, who received the arts in education award.

Theater, is one of five who received the arts in education award. State Representative Earl Sears, also of Bartlesville, receives the George Nigh public service in the arts award, along with Mayor Mick Cornett of Oklahoma City.

Also present at the event was Ed Ruscha, world renowned artist and noted pioneer of the Pop art movement, who was named the 12th Oklahoma Cultural Treasure by Governor Mary Fallin and the Oklahoma Arts Council.

Ruscha is the first Oklahoma Cultural Treasure designated since John Hope Franklin in 2004.

A complete list of statewide award recipients is available from the Oklahoma Arts Council.

Town Hall Speakers

On Jan. 15, 2016, David Boren, president of the University of Oklahoma, will speak at Tulsa Town Hall, as part of its speaker series.

This is Tulsa Town Hall's 81st season.

Boren served as governor of Oklahoma from 1975-79 and as a U.S. senator from 1979-94.

As U.S. senator, Boren chaired the Senate Select Committee on Intelligence and currently co-chairs the nonpartisan President's Intelligence Advisory Board.

At Yale University, Boren majored in American History and was elected to Phi Beta Kappa and selected as a Rhodes Scholar. At Oxford University, he earned a master's in philosophy, politics and economics. His law degree is from the University of Oklahoma College of Law.

Benjamin Zander, conductor of the Boston Philharmonic Orchestra and the Boston Philharmonic Youth Orchestra, will speak March 11.

With London's Philharmonia Orchestra, he is recording the complete cycle of Mahler symphonies.

For 30 years, Zander was the artistic director of the joint program between New England Conservatory's Preparatory School and The Walnut Hill School for the Performing Arts in Natick, Massachusetts.

To end Tulsa Town Hall's season will be Doris Kearns Goodwin, who holds a Ph.D. from Harvard University.

Kearns served as an assistant to President Lyndon Johnson and later helped in preparing his memoirs.

Among her bestsellers are The Bully Pulpit: Theodore Roosevelt, Howard Taft and The Golden Age of Journalism; Team of Rivals; The political genius of Abraham Lincoln; and No Ordinary Time: Franklin and Eleanor Roosevelt.

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Botanic Garden Highlights Beauty of Osage Hills

Ask someone where to go to find the beautiful areas of Tulsa, and the answers will, likely, vary immensely.

Some might suggest a driving tour of the old-money mansions that line midtown's Utica and Peoria avenues. Others might prefer an afternoon day-dreaming in the gardens at Philbrook Museum of Art and Woodward Park. Others would wish to visit our stunning area golf courses. And some would prefer a walk down Boston Avenue in downtown's Deco District or a visit to Guthrie Green in the Brady Arts District.

Soon, surely added to that list, will be the highly-anticipated A Gathering Place for Tulsa along Riverside Drive.

One area that does not deserve to go unmentioned is Tulsa's west side and its rolling Osage Hills.

Making full use of the area's beauty is Tulsa Botanic Garden.

In December 2012, the nonprofit organization announced its 25-year master plan that will result in the creation of 60 acres of gardens that will all be concentrated around the property's seven-acre lake.

Features include an amphitheater, a children's garden, floral terraces, a tropical conservatory and edible gardens. In addition to the gardens will be walking trails and 110 acres of natural landscape on the western portion of the property.

I recently visited the Botanic Garden on an unseasonably warm December afternoon and was, hon-

estly, struck by the beauty of what I found.

Admittedly, it's been a number of years since I last visited the Botanic Gardens. I was in attendance for its announcement in 2012 of its master plan.

Since then, the garden has opened its A.R. and Marylouise Tandy Floral Terrace, which was completed in October 2015.

Walking out the back doors of the garden's Welcome Center to view the floral terrace and the lake, I was struck by the property's breadth and overwhelming peacefulness.

As I meandered toward the floral terrace, I passed the future location of the Children's Discovery Garden, which will be a two-acre garden filled with plants, flowers, water features, art sculptures, walking trails and a tree fort. It is expected to open in mid 2016.

The A.R. and Marylouise Tandy Floral Terrace is a 3.5-acre garden set on a hillside that overlooks the seven-acre lake and offers a beautiful eastern view of the Tulsa skyline. The garden is filled with 400 different plant types with a total of 8,000 permanent plants and 7,000 seasonal plants.

Maybe it's the combination of the quiet, the greenery, the water and the expansiveness of the Botanic Garden that creates such a zen-like feel for its visitors.

The drive alone, through the Osage Hills and the long, winding road past countryside and grazing horses, helps to set the mood and



FIRST COMPLETED PROJECT: Visitors to the Tulsa Botanic Garden walk toward the A.R. and Marylouise Tandy Floral Terrace during the Botanic Garden's Local Luxuries event in December. The floral terrace is the first completed project in the Botanic Garden's 25-year master plan. It opened in October 2015. Pictured at left, children play in the gardens.

throw off our worries before even arriving at the Botanic Garden.

I was visiting the gardens on that December day for Local Luxuries, an event held in the floral terrace that featured three local businesses: winery Girouard Vines, Topeca Coffee and chocolatier Glacier Confection.

"We wanted to create an event that focused on local businesses," says Lori Hutson, Tulsa Botanic Garden communications and program director.

"In the case of each of these businesses, they all have great stories about their involvement from plant to final product."

Hutson says that they are considering making Local Luxuries an annual event.

As the Botanic Garden progresses through its 25-year plan, I can't help but feel overwhelmingly excited about its future and what it means for Tulsans and Tulsa's impression on out-of-town visitors.

"Tulsa Botanic Garden is creating gardens of all styles that are world-



SCENIC OVERVIEW: The 3.5-acre A.R. and Marylouise Tandy Floral Terrace is set on a hillside that overlooks a seven-acre lake and offers an eastern view of the Tulsa skyline. The garden is filled with 400 different plant types with a total of 8,000 permanent plants and 7,000 seasonal plants.

class in their scope, design, diversity and curation," says Tulsa Botanic Garden CEO Todd Lasseigne.

Cities with botanic gardens often see an uptick in community beauti-

fication and awareness and a greater public appreciation for the roles that plants play in enriching our lives, he continues.

In my book, that's a cause certainly worth supporting.



TROUBLE COMIN': Tulsa has always been a great city for music and local bands. Above, blues and rock band Trouble Comin' played at Pickles on South Sheridan Road on Dec. 3. From left are bass guitarist and singer Danny Humphrey, guitarist Alan Bates, drummer Marshall Woodson and guitarist Aaron Pride. For more information, see the Trouble Comin' Facebook page.



JAZZ HALL SOUNDS: Four of Tulsa's music icons entertained an appreciative audience in the library of the Oklahoma Jazz Hall of Fame Wednesday, Dec. 9. From left are Shelby Eicher, Olivia Duhon, Pat Kelley and Nathan Eicher. Most Wednesdays Shelby Eicher and his son Nathan invite Tulsa musicians to accompany them at the Jazz Hall. For more information, call the Jazz Hall at 918-928-5299 or visit www.oklahomajazzhall.com.



MAINLINE ARTIST: Tammy Brummell, above, displayed her art at the Mainline Art Bar in Tulsa's Brady District during a recent First Friday Art Crawl. Brummell's exhibit was called Linchpin, and she works in fine art and graphic design and creates paintings, collages and abstracts in mixed media and digital formats. Mainline Art Bar is located at 111 N. Main St.



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HEALTH & WELLNESS

Marathon Running: An American Pastime

By EMILY RAMSEY
Managing Editor

No one can deny humans' love of running.

Locally, the Tulsa Run saw almost 7,000 runners, and a total of more than 15,000 participants ran in the Route 66 Marathon's five races: marathon, half marathon, marathon relay, 5k and fun run.

Annually, the well-known Boston Marathon sees about 30,000 runners, with New York City Marathon and Chicago Marathon both seeing nearly 50,000 participants.

Tulsa native and Booker T. Washington graduate Bryan Cantrell is a freelance graphic designer and Greater Tulsa Reporter's art director. Cantrell took up running six years ago when he challenged himself to run the Tulsa Run. After achieving that goal, he has not looked back and has, to date, run six marathons, six Tulsa Runs and two half marathons.

Greater Tulsa Reporter: What made you keep running after you ran your first race, the Tulsa Run, in 2010?

Bryan Cantrell: I trained for six months, four days a week. Starting out, it was just a goal that I had set for myself so I made myself get out and run. But at a certain point, I just got hooked. You get to a level when you're not struggling to breathe. For me, it was when I was up to about seven miles: that's when running started to get comfortable and became enjoyable for me.

GTR: Why do you find it enjoyable?

BC: You get to where you crave it; there's a meditative quality that happens while you're running. It allows me time to think about things and work through problems. It helps me to focus with work. If I'm stuck on a project, I go for a run, and, oftentimes, it clears my head and helps me come up with new, creative ideas.

GTR: What has been your favorite marathon experience so far?

BC: I think the New Orleans Marathon in 2013 has been my favorite. The route takes runners through the French Quarter. It's a nice tour of the city, and it's where I had a personal best run time, and there was a great party afterwards.

I also really enjoyed running the Big Sur International Marathon in Big Sur, California. That was at the top of my list of marathons I wanted to run. It's very popular because it's such a beautiful and challenging course. It's along Highway 1, on the west coast. The scenery is gorgeous.

GTR: Do you have any memorable moments from the marathons you've run?

BC: In general, I appreciate the energy you get from the crowd; it keeps you going. Some people hold parties; some hold out beer for the runners; others make goofy, inspirational signs like "Chuck Norris never ran a marathon."

And it helps to have your family cheering you on. Those few sec-



ALL SMILES: GTR Art Director Bryan Cantrell smiles for the camera at the starting line of the 2012 Route 66 Marathon. Cantrell has been running for six years and has, thus far, completed six marathons, six Tulsa Runs and two half marathons.

onds that you see someone you know in the crowd during a marathon helps lift your spirits.

GTR: Do you have any future

runs that you're planning for?

BC: I am planning to try to get into the 2016 New York City Marathon. Because so many people want to run it, it's on a lottery

system so I'm not sure if I'll get in. It's such an iconic marathon; it takes you through the city's five boroughs, and it's televised on ESPN.

Don't Bug Me Campaign Begins



FLU PREVENTION: On Dec. 7, Hillcrest HealthCare System and Tulsa Health Department officials met with students at Broken Arrow's Oak Crest Elementary School, 405 E. Richmond, for the 12th-annual Don't Bug Me flu prevention campaign. From left are Kaitlin Snider, marketing director for the Tulsa Health Department, Kevin Gross, CEO of Hillcrest HealthCare System, Marla Taylor, with the Tulsa Health Department, and Laura Smith, librarian at Oak Crest Elementary. Don't Bug Me is a campaign designed to teach elementary students techniques to keep the spread of germs to a minimum.



SPREADING HOLIDAY CHEER: Emily, right, and Cambria Wofford sit with Santa Claus at Cancer Treatment Centers of America in Tulsa during Hospitality House of Tulsa's annual campaign to deliver more than 600 care kits to families staying in Tulsa-area hospitals. The kits include pillows, blankets, water, snacks, hygiene items, reading material and children's activities.

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Jenks Health Team Offers Holistic Care

By K.J. WEBB
Contributing Writer

Living an optimally healthy life is within reach more than most people may realize. It's all about making the right choices that aid in the prevention of chronic disease. Chronic diseases are among the leading cause of disability and death in the United States.

According to Jenks Health Team Medical Director Gerald Wootan, D.O., M. Ed., author of *Detox Diet for Dummies*, "Many people walk around not realizing how bad they feel. Then they get sick and seek conventional medical treatment which treats symptoms, not the underlying cause of their illness." Functional medicine, Wootan says, incorporates the most recent advances in genetic science, systems biology and understanding of how lifestyle and environmental factors influence our health and the progression of illness and disease. Functional medicine utilizes a patient-centered holistic approach based on a therapeutic doctor-patient relationship to help patients achieve optimal health.

This approach is effective in treating disease because it addresses the underlying cause of illness. As an example, Wootan says, "Many people have been to the Mayo Clinic hoping to get relief. They do not get specific diagnoses and return to town with little to no improvement." Many of Wootan's patients have taken this route by the time they make an appointment with him or his physician team that specializes in functional medicine.

Wootan tells his patients that if the Mayo Clinic can't diagnose them, he will not diagnose them but he will treat and guide them to maximize their health. "In order to fix what is wrong we get our patients' bodies as healthy as we can and remove both external

and internal toxins as much as possible." The process for achieving this is thorough and includes an analysis of diet, lifestyle and bowel function.

According to Wootan, bowel function plays a fundamental role in maintaining optimal health. "The intestines are the central point of our health. They are often referred to as 'our second brain.' In fact, there are more neurotransmitters in our intestines than in our brains. The GI tract needs to be addressed the most with our patients," says Wootan. Many of our common health conditions are the result of an imbalance of intestinal bacteria. These ailments include skin conditions, inflammatory diseases and even arthritic pain.

The body's intestines are responsible for absorbing the proper nutrients and repelling the microbes, allergens and toxins that are harmful to the body. This process requires the correct balance of bacteria in the gut. To achieve the proper balance of intestinal bacteria, Wootan uses a protocol to remove the abnormal bacteria replacing it with the correct bacteria. This can be achieved through adding probiotics managed through healthy eating, getting exercise on a regular basis and drinking clean water.

"Drinking clean water is essential to good health and digestion" says Wootan, "and reverse osmosis is the most effective way to ensure that the water you drink is toxin free." Wootan explains that the EPA allows 84,000 chemicals to be added to water. The testing regulations do not require proof of safety. The result is most of us are taking in a substantial amount of toxins every time when drink.

In addition to emphasizing the importance of clean water, Wootan mentions two nutrients that most people tend to be deficient in: Omega 3s and vitamin D. Both are impor-



SHARON CAMERON for GTR Newspapers

FUNCTIONAL PHYSICIANS: The Jenks Health Team is a national leader in Functional Medicine. Dr. Gerald Wootan, pictured, is the author of "Detox Diet for Dummies." His team is growing with the additions of Michelle McElroy, D.O., FACOOG, left, and Leah Upton, D.O.

tant to health and may also have a positive impact on mental health, according to a 2015 clinical study in the FASEB Journal. Results of this study suggest that optimizing vitamin D and marine omega-3 fatty acid intake may help prevent the severity of some mental illnesses. "Gut bacteria is related to mental health," Wootan says, adding, "many chemicals absorbed in our body as well as bacteria and yeast can recreate chemicals that can affect our brains. A common example that a lot of people have probably experienced is the 'brain fog' caused by GI yeast overgrowth from eating too many sweets."

Wootan has practiced functional medicine for 25 years and seen the true benefits it provides to patients. He has expanded his practice recently and added two physicians to his Jenks Health team, Michelle McElroy, DO, FACOOG, and Leah Upton, DO.

College of Osteopathic Medicine and served a five-year OB/GYN residency. At the same time, McElroy started attending conferences to learn about holistic approaches to treat chronic diseases and has since become an expert and advocate of the practice of functional medicine.

Leah Upton, DO

Dr. Upton graduated from the University of Tulsa and went on to medical school at Oklahoma State University College of Osteopathic Medicine. Upton completed a Family Medicine residency training with the University of Oklahoma Family Physicians. Upton is passionate about total wellness and practice with an emphasis on compassionate, holistic care. Upton is a member of the Institute of Functional Medicine.

For more information visit www.jenkshealthteam.com

"Detox Diet for Dummies" can be purchased the Jenks Health team offices or online. The Jenks Health team is located at 715 West Main Street, Suite S, Jenks, Oklahoma 74037.

Michelle McElroy, DO, FACOOG

McElroy attended Michigan State University and received a BS in Mechanical Engineering with a Biomedical option. She completed medical school at the Kirksville

Cancer Sucks, Inc. Donates \$15K For OSU-CHS Cancer Research

Cancer Sucks, Inc., recently awarded a \$15,000 grant to help fund cancer research being conducted by Rashmi Kaul, Ph.D., at Oklahoma State University Center for Health Sciences in Tulsa. Since 2006, Kaul has received more than \$165,000 in grants from the local nonprofit group to fund her research on liver and uterine cancer.

"Cancer Sucks has been an exceptional force in funding the search for new cancer treatments," says Kaul. "I am deeply grateful to Rick Horton and Cancer Sucks for the continued support of this important work."

Kaul's research examines how chronic infections like the Hepatitis C virus lead to the development of liver cancer and how some chronic infections in the uterus may cause uterine cancer. In addition, she is researching the link between hormones and cancer and seeking early detection markers that could improve treatment and survival rates. She is also working with material scientists at the Helmerich Research Center on using nanodiamonds as therapeutics for targeting resistance bacteria or cancer cells.

"We are proud to have assist Dr. Kaul in her research here in Tulsa," says Rick Horton, founder of Cancer Sucks. "Her

efforts are critical to developing new treatments for this horrible disease."

Janaki Iyer, Ph.D., OSU-CHS doctoral fellow in biochemistry and microbiology, and Alea Hubbard, senior development coordinator for the OSU Foundation, accepted the grant for Kaul at the 11th annual Cancer Sucks Concert at Cain's Ballroom on Nov. 28.

Cancer Sucks has donated more than \$1 million to support cancer research since it was founded. Horton established the nonprofit Cancer Sucks, Inc., in 1998 as a living memorial to his mother, Donna Holland White, who died from cancer in 1996. The Tulsa-area organization is run by volunteers who have been touched by cancer and focuses on raising money for cancer research.

Oklahoma State University Center for Health Sciences educates and trains osteopathic physicians, research scientists and other health care professionals with an emphasis on providing health care for rural and underserved Oklahoma.

To learn more about Dr. Kaul's research, visit www.healthsciences.okstate.edu/researchspotlight.

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EDUCATION

CEO Gives OSUIT Commencement Speech

Robert Funk Spoke About the Need for Skilled Trade and Industry Workers

A man whose vision has put more than 6 million people to work worldwide and nearly 375,000 in Oklahoma since 1983 recently addressed the 202nd graduating class of Oklahoma State University Institute of Technology: many of whom will join the workforce immediately.

Founder and CEO of Express Employment Professionals Robert Funk served as commencement speaker for the ceremony on the OSUIT campus on Dec. 11.

"I truly love seeing people of all ages launch their careers, begin businesses and embark on new endeavors," he told the more than 240 graduates and their families and friends. "It is a hopeful and exciting time of life. It's a time for vision and looking ahead. It's a time to plan your work and work your plan. It's a time to begin pursuit of the American Dream."

Just as Express provides qualified individuals career opportunities based on their background and experience, OSUIT provides career readiness through an education enhanced by industry leaders and businesses who have the vision to invest and grow the workforce of tomorrow.

Funk shared his confidence to graduates that they would find success and a career after graduation, and that they had taken an important step in getting the education and training they need to enhance their skills and employability.

"Some of the best paying and most in-demand jobs in Oklahoma and throughout America are in your chosen fields of engineering, information technology, nursing, heavy equipment technicians, construction technology, automotive, graphic design, culinary arts and more," he said. "I'm excited about the professions you've chosen and

know that you have a tremendously bright future."

Over the years, Funk has become more and more concerned about the lack of people pursuing a career in a skilled trade or industry where the need outweighs the number of trained workers available. He has become an outspoken advocate for career technical education in statewide education forums and a leading voice in the national skills gap discussion.

"We're facing a skills gap in Oklahoma and America. On any given day at Express Employment Professionals, we have more than 40,000 jobs openings throughout North America," he said. "We interview more than two million job seekers each year and place about 32 percent in jobs through Express. The rest are not qualified for the jobs we have available, or they are not employable."

OSUIT President Bill Path says his students don't go to college to find themselves; they go to college to find a job. "We pride ourselves on giving our students not only a well-rounded education but also the skills and training to ensure that they have a bright future after they walk across our graduation stage."

Many of the skilled and technical professions these graduates are now trained to do are the exact positions companies are clamoring for, Funk said. And Oklahoma is primed to offer the opportunities for business success.

"Oklahoma is a state where the American dream still exists," said Funk. "People with big dreams, can see them come to fruition because of the Oklahoma spirit. Our state welcomes entrepreneurs. And, the result is an environment where businesses and employees thrive."



Photo Courtesy Rubria Ireland

LIVE THE DREAM: On Dec. 11, Founder and CEO of Express Employment Professionals Robert Funk served as commencement speaker on the campus of Oklahoma State University Institute of Technology at the graduation ceremony of OSUIT's 202nd graduating class.

OSU-Tulsa Professor Receives Regents Award

Amanda Morris, Ph.D., Bryan Close Endowed Chair in Early Childhood Development and professor of human development at Oklahoma State University-Tulsa, was recently honored with a 2015 Regents Distinguished Teaching Award at the University Awards Convocation in Stillwater.

Morris conducts research on parenting and emotion regulation as well as the influences on the social and emotional development of children and adolescents. She is widely published in national journals on child development and psychology.

She earned her bachelor's degree in psychology from Southwestern University and doctorate in developmental psychology at Temple University.

Before joining the faculty at OSU-Tulsa in 2006, Morris served at Temple University, Arizona State University and the University of New Orleans. She reviews grants for the National Science Foundation, the Israel Science Foundation and the National Institutes of Health on psychopathology, stress and regulation.



AMANDA MORRIS

An active researcher, Morris is a member of the National Council for Family Relations, the Society for Research in Child Development and the Society for Research on Adolescence.

ORU Joins City-Wide Research Partnership

University Becomes Newest Member of Tulsa Research Partners

Oral Roberts University announced that it has become the newest member of Tulsa Research Partners, a collaborative, multi-disciplinary research partnership for institutions of higher learning in the city of Tulsa.

ORU is partnering with current members on strategic research initiatives for the region, such as information security, advanced materials, aerospace, telecommunications, bio-life, information technology and alternative energy sciences.

"This relationship with Tulsa Research Partners will create new opportunities for ORU to conduct important academic research," says ORU Professor and Chair of Computing and Mathematics Andrew Lang. "I look forward to collaborating with my peers to solve critical issues throughout our region."

Tulsa Research Partners is the cornerstone program of the Oklahoma Innovation Institute. The program identifies opportu-

nities for collaborative research and development, funding, grant writing, and the transition of scientific research and technologies into commercially viable products and solutions. Initiatives include the Tandy Super Computer, the Tulsa Regional STEM alliance, The Best Thinking Forum and Collaborative Research Symposia, including events like Tulsa Research Day.

Tulsa Research Partners also provides member institutions with a suite of web-enabled search and discovery tools, allowing users to find symbiotic and complementary research efforts, identify prospective collaborators and share resources. Member institutions include Oklahoma State University-Tulsa, Oral Roberts University, The University of Tulsa, The University of Oklahoma-Tulsa and Tulsa Community College.

For more information about Tulsa Research Partners, visit oklahomainnovationinstitute.org/tulsa-research-partners.

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Union Highstepper Passionate About Building

High School Junior Discovers Interest in Construction

Olivia Autrey has been a member of the Union Highsteppers Dance Team since sixth grade, performing choreographed dance and precision drill routines on the sidelines of sporting events, competitions, and various community activities. Next year, she will gain the title of "Lifer" within the organization, an accomplishment that makes her very proud.

"Highsteppers has been so much fun," Autrey says. "We combine dance moves with military maneuvers and precision, and our goal is to perform as a single unit. I think it's really cool, and I have enjoyed being a part of the group for this long."

So many folks were a little surprised, including her school counselor, when this accomplished dancer first shared her interest in studying construction-related programs.

"When I ask my counselor about careers in construction, his first suggestions were careers like architecture or blueprint design," she says. "Once he realized that I actually wanted to build something, we began to discuss the construction programs at Tulsa Tech."

The Union High School junior had already completed a carpentry class and had always been interest-

ed in welding, but after researching several construction-related programs, something about masonry caught her eye.

"I've always thought welding was interesting," says Autrey. "But after I read about masonry and brick construction, I changed my mind. Once you begin to look around, at all of the structures, you begin to see how many amazing things are constructed using bricks and stones."

Tulsa Tech's masonry program provides students with an opportunity to create residential and commercial structures using brick, block, rock and tile. Students use the same equipment as professionals to construct decorative walls, patios, fountains and fireplaces. The program also teaches students how to interpret blueprints, plan, and estimate time and materials for a variety of construction projects.

"My favorite part of the program is the amount of hands-on work," Autrey says. "The class is like a job site with students doing all of the construction."

Chauncey Kila, Tulsa Tech's masonry instructor, believes Autrey has two important skills required to achieve success: "Don't be fooled by her size," says Kila. "Olivia's determination

and willingness to learn is incredible. I value her as a student because she enrolled in masonry with a purpose. Despite her busy schedule at Union, she still manages to come to class and give 100 percent effort in everything she does."

This high-stepping student also has some high goals; she wants to learn how to build with her hands, because she plans to join the National Guard in the near future.

"I plan on joining the Oklahoma National Guard," Autrey says, "and to continue to work with masonry and building construction. I chose the Guard because I like the idea of being able to help locally, to help the people of my state with emergencies like the reconstruction associated with the tornadoes that we've seen in Moore and other communities."

This future builder credits her identical twin sister, Victoria, with being the biggest influence in her life.

"She's the smart twin," she jokes. "Our competition always pushes each of us to accomplish our goals. She is my best friend; having a twin is really special."

Each day at Tulsa Tech, students are making their own path, and masonry student Olivia Autrey is an example of what individuals can accomplish when they combine their goals with the many programs available on Tulsa Tech's campuses.

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

News from Tulsa Tech



By DR. STEVE TIGER
Superintendent



Courtesy Tulsa Tech
LONG-TIME DANCER: Olivia Autrey, an accomplished dancer and member of Union High School's Highsteppers, surprised many when she first shared her interest in studying masonry. Autrey is currently a junior in high school and enrolled in Tulsa Tech's masonry program.

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LOCAL NEWS

B.A.H.S. Wind Ensemble Receives Honor, Performs at Midwest Clinic

On Dec. 16, the Broken Arrow High School Wind Ensemble performed at the prestigious Midwest Clinic in Chicago. The 66-member band was one of four high school bands selected to perform.

The Wind Ensemble was accepted after a rigorous audition process and presented one of the event's 40 concerts.

Annually held in Chicago since its inception in 1946, the Midwest Clinic is the world's largest instrumental music education conference. More than 17,000 music educators, students, and professionals from around the world attend the conference, with attendees representing all 50 states and 30 foreign countries.

"Performing at the Midwest Clinic is a crowning achievement for any band program," says

Broken Arrow Director of Bands Darrin Davis. "It shows a commitment and balance. While the marching band is clearly the most visible public display of a high school band, the concert bands are the educational foundation that all successful band programs are based.

"This is truly a time of celebration to honor the dedication and musical growth of these fine student musicians."

The Broken Arrow Band program was founded in 1929 and over the years has developed a tradition of musical excellence. The concert bands in Broken Arrow have long been a driving force in the overall music program. With more than 100 Oklahoma Secondary School Activity Association Sweepstakes Awards, they are recognized as

among the top bands in the country. In 2008, the Broken Arrow Wind Ensemble was invited to perform at the Bands of America National Concert Band Festival in Indianapolis.

The various concert bands and jazz ensembles have performed at the Oklahoma Music Educators Convention on many occasions and often appear in regional and national concert band and jazz festivals. Broken Arrow's band program also has produced numerous state champion jazz ensembles, winter guards, percussion ensembles and an abundance of district and state superior-rated solos and chamber ensembles. In 2014, the Broken Arrow Wind Ensemble made its inaugural concert appearance in New York City's famed Carnegie Hall.

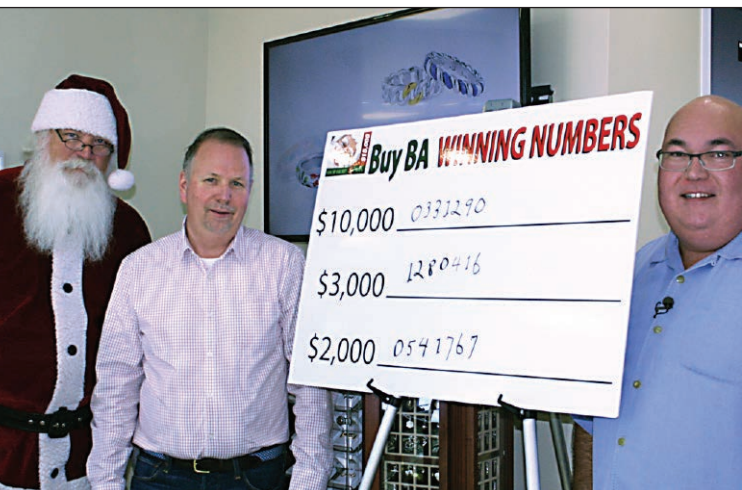
FUTURE HURRICANES



Courtesy Broken Arrow Public Schools

TU BOUND: Broken Arrow High School seniors and future University of Tulsa students pose together on Dec. 9, after receiving early acceptance letters from representatives from The University of Tulsa. In total, 27 students received early acceptance to the university.

BUY BROKEN ARROW



GTR Newspapers Photo

SHOP LOCAL: Broken Arrow Mayor Craig Thurmond, second from left, and Broken Arrow Chamber of Commerce President Wes Smithwick pose with Santa Claus on Dec. 15 at the drawing for the three Buy Broken Arrow winners. The annual promotion encourages support of Broken Arrow businesses during the holiday shopping season.

HISTORICAL TREASURES: Jo Ellen Clow, board member of The Museum Broken Arrow, discusses some of the features of the museum's permanent collection, including artifacts it holds from past Broken Arrow businesses, such as Murray's and Tucker's Barber Shop.

The Museum Broken Arrow was formerly known as the Broken Arrow Historical Museum and is located in downtown Broken Arrow. The museum's focus is on education, outreach and its permanent collection of local artifacts and history. It also maintains a rotating exhibit.

Its permanent collection includes the original cabin of the Childers family that was rebuilt in the mid-1800s after it was burned down during the Civil War and information about its past famous residents such as Ralph Hunsecker (stage name: Ralph Blane), who wrote "Meet Me in St. Louis" and "Have Yourself a Merry Little Christmas."



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B.A. SPORTS

Tigers Make Great Strides in Reaching Finals

By MIKE MOGUIN
Sports Editor

Broken Arrow had its ultimate goal, a state championship, within its grasp, but it slipped away after making key miscues.

It led to a 35-14 loss to Jenks in the Class 6A-I state title game on Dec. 4 at H.A. Chapman Stadium.

But the 2015 season was memorable for the Tigers, who finished 11-2, as they build on a future to look forward to.

"We started off the year setting our goals of winning the district and give ourselves a chance to win the state championship," Broken Arrow coach David Alexander said. "And we did that. We were able to win the district, fight through the playoffs and put ourselves in the championship game. So for the most part, we achieved every goal we set."

The Tigers got big wins including ones on the road against Coppell, Texas and Jenks, whom it faced in the state final. The latter win broke a 54-game home winning streak for the Trojans. Broken Arrow could not duplicate the same feat the second time around.

The Tigers fell into a 13-0 hole in the championship game but outscored Jenks 14-3 in the second quarter.

It scored its first TD with 8:24 left in the period as Cade Yeager hit Samuel Akem and Kort Lewis for TDs covering 63 and 6 yards respectively, with a Jenks field goal made in between. B.A. was down 16-14 at halftime.

"We were able to get a few stops defensively," Alexander said. "We



PASSING LEADER: Broken Arrow junior quarterback Cade Yeager passed for 156 yards on 10-of-17 attempts during the state championship game.



GOOD YARDAGE: Tigers senior running back and wide receiver Jamall Shaw gains yardage in the state championship game.

made a stop on third down and we made a big play to (Samuel) Akem. Against a team like Jenks, you're going to have to have big plays or you're not going to be able to drive the field all the time. Really, we put together one big quarter in all phases of the game. Unfortunately, we were not able to carry that over into the second half."

All the scoring came from Jenks after the break, including a 67-yard TD pass from Cooper Nunley to Dillon Stoner on the second play. But that was not the turning point, Alexander said.

"The turning point was in the third quarter when we had turnovers, and we were not able to capitalize and get any turnovers back," Alexander said. "We had an

opportunity and we dropped an interception and we had two fumbles. The big play from Nunley to Stoner, we had to be able to overcome that. And part of overcoming that is not turning the ball over and we did. That was really the story of the ball game."

Broken Arrow squandered a chance to draw back within a deuce when it fumbled the ball away with 2:40 left in the third. It had driven to the Trojan 4-yard line before Yeager took a sack for a 16-yard loss, leading up to the miscue. It fumbled two other times in the game, each setting up Jenks' first and last TDs.

The Tigers finished with 210 yards of offense, including 156 passing from Yeager on 10-of-17 attempts.

Alexander is hoping that reaching the state final says a lot for the future of Broken Arrow football.

"We've been working hard on the mental aspect of overcoming obstacles and getting there and winning big games, and we did that. We showed a lot of resiliency this year by coming from behind to win big games while playing in tough environments, so I think we made some strides."

The Tigers have 29 seniors on this year's roster, 20 which were starters. Playing their last game were running back Jamall Shaw, wide receivers Akem, Brendon Franklin, Austin Vickers, offensive linemen Rowdy Frederick, Ethan Ballard, Andy Smith, Chase Perry, Micah Mebane, defensive tackle

Taylor Stines, nose tackle Levi Vandever, defensive end Gage Kaiser, linebacker Israel Tristan, defensive backs Caleb Elder, Jay Ivy, Devon Johnson, Michael Willis, along with kicker/punter Riley Hathhorn, long snapper Tanner Goodwin and punt returner Devin Kruse.

"What I look forward to is hopefully the lessons we learned during this run to the championship game will be carried over by the younger guys through the offseason into next season," Alexander said. "Unfortunately, the biggest lessons we have come from some of our most difficult losses. You don't want to have to learn a lot of tough lessons, but I think we probably did."

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SPORTS



COACHING DISCUSSION: University of Tulsa head women's basketball coach Matilda Mossman, left, talks with University of Oklahoma Hall of Fame coach Sherri Coale before their game at TU's Reynolds Center in Tulsa Dec. 9. OU won the game, 75-62.

TWO FOR TU: Tulsa's Brandon Swannegan goes over Oklahoma State's Chris Oliver in TU's 66-56 win over the Cowboys in Gallagher-Iba Arena in Stillwater Dec. 2.



BOWL TEAM: The 2015 University of Tulsa Golden Hurricane Football team was invited to play in the Independence Bowl against Virginia Tech on Dec. 26. Tulsa won six games this past season, three times the amount of wins in 2014. This year's bowl appearance is the 21st in the history of Tulsa football. Kudos to Coach Philip Montgomery, his staff and his players.



MAYOR'S CUP CELEBRATION: Oral Roberts University players celebrate their exciting 70-68 win over Tulsa in the annual Mayor's Cup, held at TU's Reynolds Center Dec. 5. TU leads the series, 32-19. The first game was held in 1974 at the Fairgrounds Pavilion, then the home of TU basketball. TU won the first game, another thriller, 87-84. The Mayor's Cup has been sponsored the past several years by the Public Service Company of Oklahoma.

OSU's Gundy Honored As Region Coach of the Year

Oklahoma State's Mike Gundy is the 2015 Region 4 Coach of the Year as honored by the American Football Coaches Association. Region 4 consists of all schools in the Big 12 and Conference USA.

Gundy, who was recognized as the 2010 Big 12 Coach of the Year and the 2011 Eddie Robinson Award winner as national coach of the year, has guided Oklahoma State to four seasons with at least 10 wins, an outright Big 12 title (2011) and a share of the Big 12 South title (2010) in the past six seasons alone. The Cowboys finished the 2010 and 2011 seasons ranked in the top 10 of the Associated Press poll and climbed to as high as No. 6 in the nation in 2013 and No. 4 in the nation in 2015.

The 2015 season may have been Gundy's best coaching job to date, as the Cowboys roared to a 10-0 record and climbed to as high as No. 4 in the Associated Press poll and No. 6 in the College Football Playoff standings in mid-November, despite not being ranked to start the season. The Cowboys of 2015 enter the Allstate Sugar Bowl sporting a 4-0 record in games decided by one score and three times overcame deficits of 15 points or more to win games.

Gundy went against convention to make a two-quarterback system work spectacularly this season. Mason Rudolph enters the bowl game ranked 13th nationally in passing yards and fifth nationally in yards per pass attempt. J.W. Walsh is responsible for 144 points despite having only 138 total offense attempts (1.04 points responsible for per total offense attempt). Rudolph and Walsh have combined to throw 35 touchdown passes, a mark that is just five short of the single-season school record.

Four times has Gundy coached the



MIKE GUNDY

Courtesy OSU

Cowboys to a bowl game now referred to as one of the New Year's Six since 2010. The Pokes appeared in the 2010 Cotton Bowl, the 2012 Fiesta Bowl, the 2014 Cotton Bowl and now the 2016 Allstate Sugar Bowl.

Oklahoma State has been ranked in the top 15 of the Associated Press poll in seven of the last eight seasons and has posted 10-win seasons four of the last six years. Only once has OSU finished lower than third in the Big 12 since 2009.

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Oilers Joe Sova's Hair is Revenge for Cancer

Defenseman Overcame Hodgkin's Lymphoma as a Kid

By GLENN HIBDON
GTR Sports Writer

Tulsa Oilers defenseman Joe Sova is a man with hair. Lots of hair. Hair here. Hair there. Hair almost everywhere.

His hirsute appearance has earned Sova a few choice monikers. Caveman, Mountain Man, Jesus and Sasquatch are just a few of them. One name that does not fit is unnoticeable. He's the king in a forest of furry Oilers.

"Maybe I do have the best beard in the ECHL. It would be interesting to find out," says Sova, a 27-year-old native of Berwyn, Illinois. "We could have a beard-off. Votes could be cast."

Sova would probably win and not by just a hair on his chinny chin chin. While teammates and fans may jest in describing the 6-foot-3, 200-pound blue liner, in fact, his appearance is no laughing matter. His desire for hair goes back to when he didn't have any as an eight-year-old undergoing chemotherapy treatment for Hodgkin's lymphoma.

Growing hair, and lots of it, is Sova's best revenge.

"I didn't have it as a kid and someday I may lose it again," sighs Sova, now in his sixth season of professional hockey. "I grow it because I can. I do it for me. If it pisses people off, I'm doing the right thing."

Well, there are a few in the hockey world Sova can't afford to offend. Oilers coach Jason Christie is one of them. The boss was not overly impressed by his D-man's mane when he arrived in a trade with Kalamazoo on Oct. 13.

"Coach jokingly said 'you might want to clean that up a little bit,' He said that on day one," Sova notes. "I cut four or five inches off my hair and two and a half to three inches off my beard. I cleaned it up, but it's going to stay long. Last season, I didn't cut it at all."

Just like Sampson of Bible antiquity, Sova draws strength from his locks. However, there is no Delilah around to cut him down to size. He does not care a hoot what anyone else thinks. He's been through enough in his young life to earn his own badge of courage.

"My profession allows me to have a beard when maybe in corporate jobs it's not acceptable," says Sova, who has been called up to the American Hockey League four times in the last five seasons. "I started growing my hair and beard a year and a half ago, and believe it or not, it's a lot tamer than before."

"It's fun to establish some kind of identity in our profession. Your team is a brand, and this is my individual brand. I sell myself, and not too many people can grow beards."

Sometimes Sova's "brand" can cause concern from people who don't know him or hockey. Last Halloween, he dressed up as Jesus but in a "non-mocking way." He

says there were those who were not pleased and questioned his good intentions.

Duck Dynasty comments are also frequently thrown Sova's way. He got the Sasquatch label in college at Alaska-Fairbanks, and the nickname Caveman has followed him to Tulsa. He doesn't take the comments to heart. After all, his allergy to a razor and scissors is part of his long-range healing process.

When the Hodgkin's lymphoma diagnosis came 20 years ago, Sova sported nary a whisker. Dreaming of hockey greatness at the time, he didn't have room for reality to smack him around.

"I felt a lump on my neck. It was an abnormal lump on one side," Sova recalls. "I brought it to the attention of my parents, and we went to our doctor. He sent us to a specialist in Chicago, and a biopsy said it was Hodgkin's lymphoma. I had a pretty quick turnaround time period from about Thanksgiving to April. I went through surgery, chemotherapy and radiation."

"I played hockey through it all. I played sick, and I like to think that because I continued to play with cancer is why I'm still playing today. I knew my passion for the game was strong, and the game kept my mind away from my sickness. Some days were worse than others, but it was always good to get on the ice and practice."

"I was scared, and my family was afraid, but hockey kept me on the path I wanted to be on. I came out better because of the experience at a young age. Now everything I go through seems to relate to the person I became after cancer. It defines my upbringing."

Sova's bout with cancer led to one of his most cherished childhood memories, thanks to the Make A Wish Foundation. After losing his hair, his strength and his breathing capacity, the charitable group



Courtesy Tulsa Oilers

BEARDED BLUE LINER: Joe Sova considers everything bonus time after his bout with cancer. He remains a puck mover, shot blocker and a jack of all trades along the blue line.

helped rescued Sova's love of hockey by granting his special wish.

"I still don't know why they called me, but they said they wanted to grant me a wish and I had to think about it," he said. "They try to get common wishers together for a trip to Disney World or somewhere, but I wanted something different. At the time, it was a groundbreaking wish. I wanted to skate with the Chicago Blackhawks."

Sova came to watch practice and then got dressed and stepped on the ice to skate with his favorite NHL team. Newspapers and television cameras were there to record every memorable moment.

"The organization treated me with respect, and all around it was an amazing experience," Sova says. "I met the players with my family and we got autographs and jerseys. We also got to go to a game."

If there was ever a doubt that hockey was solidly in Sova's future, it vanished at that point. Through more than 200 ECHL games with six different teams, the mane man is still living his dream. He doesn't know what life after hockey will bring, but he wants to remain close to the sport that has transformed his existence from possible tragedy to the pinnacle of fulfillment.

"Looking back, everything now is bonus time," says Sova, who remains a puck mover, a shot blocker and a jack of all trades along the blue line. "My test came at eight years old, and I came out better for it. Going through that made me the person I am today. I appreciate what I have in life."

That includes his defining full head of hair and a bushy beard. For Sova and his friends, he's hair today and hair tomorrow.

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J.V. Haney an Icon in Tulsa Coaching, Broadcasting

By **TERRELL LESTER**
Editor at Large

He's a small-town guy who charmed the big city.

He was merely a name who coached high school sports before he became the face of Oklahoma high school athletics.

Through his appearances on radio and television, J.V. Haney became the state's most significant voice of high school sports.

No one has led a more spirited, more credible charge for high school sports than J.V. Haney.

From the late 1980s through the early 2000s, Haney spread the gospel of Oklahoma high school sports from his pulpit that was Cox cable television. Through football season, basketball season and an assortment of lesser-recognized seasons, Haney provided the passion and the commentary for television audiences statewide.

Recently reaching his 82nd year, Haney has slowed his once-frenetic pace. Still, though, he maintains his visibility on Cox with weekly shows featuring Cascia Hall and Tulsa Public Schools. He contributes to the radio coverage of University of Tulsa football and is available for fill-in duty on the Cox weekly high school football and basketball assignments.

He has been a commercial pitchman for a wide range of enterprises, from bakeries to orthopedic specialists to retirement homes.

He is in demand. He is knowledgeable. He is sincere. He is down-home likeable.

He answers calls from coaches seeking his wisdom.

He moves easily among the movers and shakers of industry and education.

He is a public relations original, ready with a handshake, a quip, a garrulous disposition.

Over the years, he has been an amateur inventor and a professional baseball player, obtaining a patent for a rebounding machine and kicking around the minor league as a catcher.

Seldom does a year go by that he is not inducted into a hall of fame.



SPORTSMAN: GTR Newspapers photo of J.V. Haney in 2013 before a taping of "SportsScene" on Cox.

Seldom does a month go by that he is not saluted or singled out for his work or his volunteer support.

Seldom does a day go by that he is not invited to address a group or emcee a banquet.

J.V. Haney is a professional personality.

And all he ever wanted to do was coach. When his high school basketball coach at Big Cabin was drafted during the Korean War, J.V. Haney the student was tabbed to take over the vacant post until a replacement coach could be found.

J.V. was never a big man, not as far as height goes. His Christian name, Jerome Vance, was cut down to J.V. to better fit his stature. But whether he went by J.V., Jerome Vance, or Puddin', as his pals at Big Cabin colorfully nicknamed him, he was, and still is, more widely known as "Coach."

He launched a 30-year coaching journey in 1956, coaching boys and girls basketball, baseball and softball at Adair High School. Eventually, he moved on to tiny Hughes High School, then Owasso, and then Seminole before landing in Tulsa in 1966 as an

assistant basketball coach to the renowned Bill Allen.

Haney coached all sports. Football and golf, baseball and basketball.

At Owasso in 1965, he attracted his first statewide attention, coaching basketball, earning Coach of the Year honors from the Tulsa World, and coaching in the first girls All-State game in Lindsay.

He sandwiched two stints at Webster around a six-year run at Edison. In his second tour at Webster, from 1976 through 1986, he coached boys basketball, served as director of athletics, and initiated and coached the girls basketball program.

Along the way, he rose to the top of his profession, being elected president of the Oklahoma Coaches Association. In the summer of 2003, he received his profession's highest honor, induction into the National High School Athletic Coaches Association Hall of Fame.

It is this experience, this reputation, this respect that is invested in his commentary of high school sports. No one is more closely identified with Oklahoma high school athletics than J.V. Haney.

He retired from coaching in 1986, but never retired from promoting sports and the student-athletes who play those sports.

He suffered a heart attack in 1984, but never lost his appetite for high school athletics.

He has been a consultant for Tulsa Public Schools, Oklahoma Secondary School Activities Association and the Oklahoma Coaches Association. He sits on college committees and community focus groups. He takes leadership roles in an array of fund-raising activities.

He has worked as director for state basketball tournaments and All-State games. He has worked as director for the Tournament of Champions and for Oklahoma junior college state tournaments.

Gil Cloud, Director of Athletics for Tulsa Public Schools, has worked with Haney in various capacities since 1976. He calls

Haney "a living icon of Tulsa Public Schools."

Haney, he said, "is very professional, very precise in how to do things."

Responding to Haney's promotion of high school athletics, Cloud said, "He has always had kids at the very forefront of his focus."

Haney's energy level, in his eighth decade, remains uncommonly high.

His spontaneous delivery on air, his insight into coaching and athletes, his knowledge of Oklahoma history, combine to make him a natural as a commentator.

He is unaffected by celebrity. He is true to his Big Cabin roots. He is honest, hard-working, competitive. He might be retired, but one would never know it by tracking his schedule and commitments.

He began doing a scores-and-highlights radio show in Tulsa in

the late 1980s. He teamed with Bill Land to kick off the sports-talk format locally in 1990. He has provided radio and television commentary for Oral Roberts University and the University of Tulsa.

College coaches routinely seek his counsel on game theories and high school athletes. He is never at a loss for words, never short on answers.

Because Cox offers a goodly lineup of reruns of all its high school-based programming, it might seem to the casual viewer that J.V. Haney is on camera, behind a microphone seven days a week.

That might not be a stretch. There is no slowdown for J.V. Haney.

There are more high school events, more high school athletes, more high school coaches to talk about. And for J.V. Haney, that's a big thing.

Montgomery Adds Coach

University of Tulsa Head football Coach Philip Montgomery announced recently that Mike Bloesch has been promoted to offensive line coach.

Montgomery confirmed that co-offensive coordinators Sterlin Gilbert and Matt Mattox have elected to leave the Golden Hurricane coaching staff and accept coaching positions at the University of Texas. Gilbert coached Tulsa quarterbacks and Mattox the offensive line.

Bloesch has served as Tulsa's offensive quality control/assistant offensive line coach since joining the Golden Hurricane program in January. He came to Tulsa following one season as the offensive football analyst at the University of Houston, and before that was the offensive coordinator at Temple (Texas) High School for three seasons, posting an overall 19-13 record and scoring over 40 points and gaining over 500 yards of offense. Bloesch also served as offensive line coach at Abilene Cooper High School for two seasons, helping that team compile a



MIKE BLOESCH

20-6 record and set school records for points and total yards.

"Mike is a rising star when it comes to coaching the offensive line. He played for us at the University of Houston, and really understands, as a player and coach, what we need to do from a schematic and offensive line standpoint in this offense," says Montgomery. "We are fortunate to have someone like Mike on staff to step in and not miss a beat."

Oklahoma Tournament of Champions Book is Available

A comprehensive look at the first 50 years of the high school basketball Tournament of Champions has been compiled and published by Tulsa Public Schools and Terrell Lester.

"Oklahoma's Tournament of Champions: A Half Century of High School Basketball at Its Best" is being distributed via the TPS Web site: tulsaschools.org.

Individual copies of the 80-page, soft-cover publication are \$20. A limited number of copies

will be available during the 51st edition of the Tournament of Champions, Dec. 28-30, at the Mabee Center on the campus of Oral Roberts University.

Each year of competition has been singled out, from 1966 through 2014, complete with a 500-word overviews, records, all-tournament selections and capsule recap of each championship game. The same format holds for the girls bracket that was added in 1999.

Lester has been involved with the tournament since its inception. As a sports writer with the Tulsa World; he covered each of the first 10 tournaments, invited the teams, drew the brackets and began compiling the individual and team statistics that are the basis for the book.

As historian and scorebook keeper, Lester has continued his work, annually updating tournament records and consulting with Tournament Director Mick Wilson on the selection of teams.

Lester's coverage of high school sports, from the coaches and the personalities to the players and the outcomes, has earned the respect of sports figures and athletics officials in every corner of the state.

His work and his contributions to Oklahoma high school sports have been recognized by numerous journalism associations, community groups and coaches' organizations. He is a member of the Oklahoma Coaches Association

Hall of Fame, the Oklahoma Basketball Coaches Association Hall of Fame, the Oklahoma Girls Basketball Coaches Association Hall of Fame, and the Tournament of Champions Hall of Fame.

For more than a decade, he has served as Editor at Large for GTR Newspapers.

To order the History of the Oklahoma Tournament of Champions book, see www.tulsaschools.org, or call GTR Newspapers at 918-254-1515.

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THE ECONOMY

Predicting the Economy

What's Ahead for Tulsa in 2016 and Beyond

By ARTHURA. RASHER, Ph. D.

Editor's Note: Dr. Rasher is a recently retired professor of management at the University of Tulsa Collins College of Business. He holds a Ph. D. in finance and management science from Michigan State University and an M.S. in system dynamic from the Sloan School of Management at MIT.

Last weekend I was outside Promenade Mall ringing a bell for the Salvation Army Christmas Collection. Most people who know me know that I spend a great deal of time volunteering for charitable organizations. So my bell-ringing comes as no surprise. As I was ringing the bell, I couldn't help but wonder if my friends in the financial markets were probably wringing their hands in anguish over the economic projections for the coming year. Ironic? Perhaps, but not too far afield of reality either.

So are things really that bad? My experience has shown me that things are never as bad as they are predicted to be nor are they as good as some think they might be. Thus is the nature of forecasting; anecdotal or model-based. Forecasting is still a guess regardless if it is an educated one or not. Since I have been asked to predict the future of the economy, I will give you my best estimate and hope that no one will

attempt to benefit from my forecast.

First, the outlook for the Tulsa economy is not too different from the outlook for the future of housing in Tulsa. Much has been written about downsizing of housing. Which of course translates into the downsizing of the economy overall. Smaller houses need fewer and smaller accessories including lot size, furniture, utilities, etc. thus precluding less money being spent on the house purchase per se.

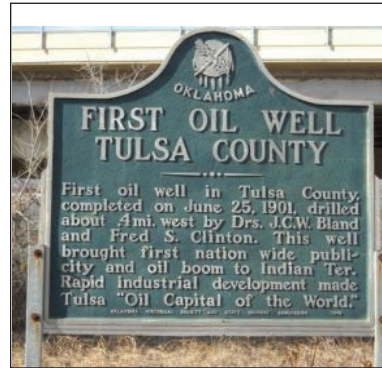
The stability of the Tulsa economy is a function of how much each individual has invested in their homestead. It is likely that the small home will translate into a feeling of flexibility not too dissimilar from the feelings renters have over homeowners. Homeowners typically are more vested in the community and thus will try to develop the community while renters are less inclined to do so.

Much of the recent local economic news has focused on Tulsa losing companies that were once bedrocks of the community. Several years ago, I recall the people in the community marching on the streets supporting Williams Companies, American Airlines, Citgo, and other major players in Tulsa. Today those players have either left the market or been acquired by other firms that insist on moving the company out of town. Tulsa's future is a lot less dependent on these companies and more dependent upon

smaller players. That is not to say that the smaller players are not viable in their own right, but they are less likely to be able to carry the load to sustain Tulsa through the ups and downs of the market.

I cannot deny that I am biased when it comes to Tulsa's future because I have personally bet on Tulsa with my home and career choices. That notwithstanding, I think we must develop a list of Tulsa's attributes and its weaknesses as well. Tulsa is a great place to live with reasonable livability attributes such as traffic, housing affordability, health care, quality of life, climate, culture, affordable education, and infrastructure. Weaknesses include the quality of education, quality jobs and the job market. Anyone who is a local sports fan can tell you that the city is not considered a final stop for players or coaches in their career, albeit Tulsa offers a great waystation for either of those two. A point of pride for Tulsans is the success of former University of Tulsa coaches and the number of championships they have won subsequently; just not here. Almost everyone I know is proud of our community and yet we are constantly apologizing for our little town look and feel. Most of us feel that Tulsa will be discovered by some suitable suitor someday. Of course we keep waiting for that to happen.

The long-term outlook for Tulsa is rosy. The short-term outlook



TULSA SUCCESS: Many Tulsans through history have had a strong entrepreneurial spirit. An example is QuikTrip, started by Tulsans Burt Holmes and Chester Cadieux with one store in the 1950s and today has grown into a strong company with stores throughout much of the nation.

OIL ERA ENDING? Tulsa became the "Oil Capital of the World" in the early 20th Century, then lost the title after mid-century when companies began moving to Houston, Dallas and other places. With the recent fall in oil and gas prices, and the federal government's stand against fossil fuels, the oil and gas sector is predicted to become less significant to the region in the future.

for Tulsa is also rosy. The biggest risk is that the basis of the American economy will be something other than what Tulsa is famous for, i.e. energy, communications and the arts. Tulsans will be left holding the bag on the sidelines. In Freidman's book *The World is Flat*, he predicted that economies dependent on natural resources will suffer. Much of what Tulsa is good at can be easily replicated elsewhere. Thus, the future of Tulsa will depend on the ability of the people who are

standard bearers of whatever industry emerges as a leading-edge industry. That is why I like Tulsa's chances in the future because we have some of the best people I know in all fields and industries. Tulsa-based companies such as QuikTrip are a testament to that fact. For 2016 and beyond, the forecast for the USA is mild growth of 4-5 percent. I think Tulsa will exceed that prediction.

By the way, Warren Buffett thinks we are a good buy. He bought our daily newspaper and backed Williams when it was in trouble. I just don't feel comfortable going against the Wizard of Omaha, do you?

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Flintco Receives 11 Construction Excellence Awards

Flintco, LLC, one of the nation's largest commercial contractors, received 11 awards for construction excellence from the Associated Builders and Contractors of Oklahoma (ABC). Each of the company's Oklahoma-based offices, including Flintco Tulsa, Oakridge Builders, and Flintco Oklahoma City received top awards.

The awards, which were presented at the annual ABC Excellence in Construction Awards Banquet at the Cox Business Center on October 29, are the premier competition within the construction industry.

"Because this comes from our peers in the construction industry, this recognition is particularly meaningful to us," says Dave Kollmann, division president of the Tulsa office and Oakridge Builders. "This clearly demonstrates the focus on quality construction Flintco and Oakridge Builders' professionals bring to bene-

fit our clients' projects."

Flintco's Tulsa office was honored with eight awards for its work on the construction of the Oklahoma State University Commons Student Housing; Tulsa Airport Terminal Concourse A; Broken Arrow Public Schools' Indoor Practice Facility & Track Complex; 810 Building Remodel; Southern Hills Country Club Men's Grill; Cherokee Nation Roland Casino & Parking Garage; Hillcrest Emergency Dept. Remodel; and the Tulsa Zoo Rhino Exhibit.

Flintco's Oklahoma City office received an eagle award for their work on the Sunbeam Family Services office project, while Oakridge Builders received awards for the construction of the Sallisaw Public Schools Middle School and the Family & Children's Services Women in Recovery build-out.

"We are honored to receive this award for our work on Sunbeam



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Family Services," says Oklahoma City's Vice President/Area Manager Kirk Mammen. "This was a great project, and this award is testament to

the collaboration between the client, architect, subcontractors and our project team to deliver a quality facility."

ABC is a national association representing 25,000 merit shop construction and construction-related firms in 78 chapters across the United States.

Local Builder Named National Home Remodeler of the Month

Edward Kaplan of The Buckingham Group in Tulsa was named the National Association of Home Builders (NAHB) Remodelers November Remodeler of the Month. Kaplan, selected through a stringent judging process of NAHB Remodelers leadership and staff, exemplifies the best in the remodeling industry.

The Buckingham Group has been helping home owners create their dream homes for nearly 35 years. As a design/build remodeler, Ed Kaplan directs every aspect of a remodeling project from initial proposal to final completion. But before a project begins, prospective clients complete a questionnaire to determine if the client's needs and his company's services are a good fit. This process effectively separates "buyers from dreamers" with the end result being a project completed to the highest standards possible as well as a satisfied customer.

An author and authority on design/build remodeling, Kaplan has been a presenter on the subject of contract development at the 2013 and 2014 Kitchen and Bath Industry Show. He's the recipient of a Kohler national design competition award and a National Ornamental and Miscellaneous Metals award for his design/construction expertise.

He served as Home Builders Association Remodelers Council president in 1987 and 1996, and two terms on the HBA Board of Directors. He is not hesitant about sharing information and his knowledge with other council members, most recently making a Development of a Low Risk Contract presentation. He remains an active council member with long-standing service to the Remodeled Tulsa Tour committee, which hosts an annual remodeled home showcase and fundraiser benefitting a local charitable organization. Kaplan has served as Tulsa Preservation Commission chairman and on numerous boards including the Philbrook Museum of Art, Gilcrease Museum and Tulsa Garden Center.



EDWARD KAPLAN

As a Leadership Tulsa graduate, he became aware of the diverse needs present in our community. He supports many organizations but is most pleased to make monthly contributions to the Eastern Oklahoma Community Food Bank, which last year distributed 21.6 million pounds of food to families in a 24-county area.

The purpose of the NAHB Remodeler of the Month award program is to celebrate local, active remodelers who stand out because of recent quality work, customer service, community involvement, and dedication to furthering the industry. The winner, once selected by the NAHB Remodelers, is profiled in Qualified Remodeler magazine.

About NAHB Remodelers:

NAHB Remodelers is America's home for professional remodelers, representing the more than 55,000 members of the National Association of Home Builders (NAHB) who are involved in the

remodeling industry. Founded in 1982, the organization provides information, education and designation programs to improve the business and construction expertise of its members and to enhance the professional image of the industry. Its membership incorporates more than 100 local remodelers councils in nearly every state. Learn more about remodeling at nahb.org/remodel.

About Tulsa HBA:

The Home Builders Association of Greater Tulsa is a not-for-profit, professional trade organization that is an advocate for the residential housing and remodeling industry in communities in and around Tulsa and serves more than 800 members. The association is a corporate channel through which builders contribute time, money and services to local community service projects and education initiatives. Professional members must meet stringent requirements, including customer and professional references, insurance certifications and adhere to a strict code of ethics. For more information, visit www.TulsaHBA.com.

About NAHB:

The National Association of Home Builders is a Washington, D.C.-based trade association representing more than 140,000 members involved in home building, remodeling, multifamily construction, property management, subcontracting, design, housing finance, building product manufacturing and other aspects of residential and light commercial construction. Known as "the voice of the housing industry," NAHB is affiliated with more than 800 state and local home builders associations around the country. NAHB's builder members will construct about 80 percent of the new housing units projected for this year.



GTR Newspapers photo

AVB IN ROSE DISTRICT: AVB Bank officially opened its new bank location in Broken Arrow's Rose District in November. From left in the center are Wes Smithwick, chairman and CEO of the Broken Arrow Chamber; Ted Cundiff, AVB Bank president and CEO; and Kelley Rash, AVB Bank chairman of the board.

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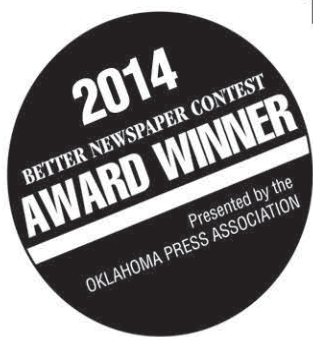
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DINING OUT IN GREATER TULSA

Claret Cafe Offers Unique Restaurant Concept

LOCAL DINING

By **BLAKE AUSTYN**
Contributing Writer

“We wanted to create a new concept restaurant that features breakfast all day but also has a broad wine selection,” says Ryan Gorman, general manager of Claret Cafe, 3302 W. Kenosha St., which opened in Broken Arrow in September.

Claret Cafe is owned by the owner of the long-running Italian restaurant Ti Amo, who, Gorman says, was looking to create a restaurant that was different from Ti Amo.

The restaurant’s emphasis on wine offerings is illustrated by the restaurant’s name: Claret, which is a type of house-blended red wine; the restaurant’s logo was designed to resemble a wine splash.

The cafe’s menu, which offers breakfast all day, lunch, dinner and a weekend brunch, is made up largely of comfort foods, including staples like Country Fried Steak, Fish & Chips, and Chicken Tenderloin Dinner.

Some of Claret’s popular breakfast items include its Breakfast Enchiladas, Breakfast Burger and, perhaps its biggest seller, the fresh-sounding California Omelette with Avocado, also with spinach, apples, and brie and topped with a spinach salad.

Its menu features specialty sandwiches, including the Shaved Ribeye Sandwich, with prime rib and swiss: “it’s excellent,” says

Gorman; and the Cuban Monte Cristo.

Popular entrees include Meatloaf, Schnitzel: pan fried pork tenderloin with capers, lemon, and red onion, and a side of garlic mashed potatoes and asparagus, and Filet Mignon.

My parents and I visited on a weekend morning in anticipation of a tasty breakfast.

I started with a freshly-squeezed orange juice from the restaurant’s juice bar. Various juice combinations are available: Green Giant, with apple, celery, ginger root, banana, cinnamon, lemon, orange and kale, and Rising Sun, made of orange, red bell pepper, carrot, lemon and honey, are both ones I want to try in the future.

“We have some customers who will come in and grab juices to stock up for the week,” says Gorman.

For our appetizer, we chose the Scallops, which come with a spicy mango sauce. The scallops were extremely tender and nicely seasoned. The portion was large, maybe eight or nine nicely-sized scallops, making the \$9 price feel more than reasonable.

For our meals, my mom and I shared the Breakfast Bowl, which is not actually in a bowl but on a plate.

It comes with two eggs on top of a mixture of bacon, sausage, ham, potatoes and cheese, with buttermilk biscuits and gravy on the side. It is more than enough for one person.

My dad ordered the Eggs Benedict based on our waitress’ suggestion.



Courtesy photos

BROKEN ARROW EATERY: The main dining room, pictured at right, at Claret Cafe, 3302 W. Kenosha St., which opened in Broken Arrow in September. The restaurant is a new concept restaurant venture by the owner of local Italian restaurant Ti Amo. Claret Cafe offers breakfast all day, lunch, dinner, weekend brunch and a wide selection of wines by the glass.

The dish is the traditional Eggs Benedict and is done very well, my dad reported.

We also opted to add a large pancake to share among the three of us. The pancake is not found on the regular menu but on the brunch menu, but it can still be ordered at any time.

While it may be hard to make a bad pancake, this one blew a lot of other pancakes out of the water, and I consider myself somewhat of a pancake expert. It was crispy on the outside, which

made all the difference.

Our waitress brought cornbread for the table, which was nice and crispy on the outside; although I wished they had come out hotter from the oven, which is when cornbread is at its finest.

The restaurant’s interior is dark wood with a mixture of tables and high-backed booths. The main dining room has a nice, warming fireplace for the winter months.

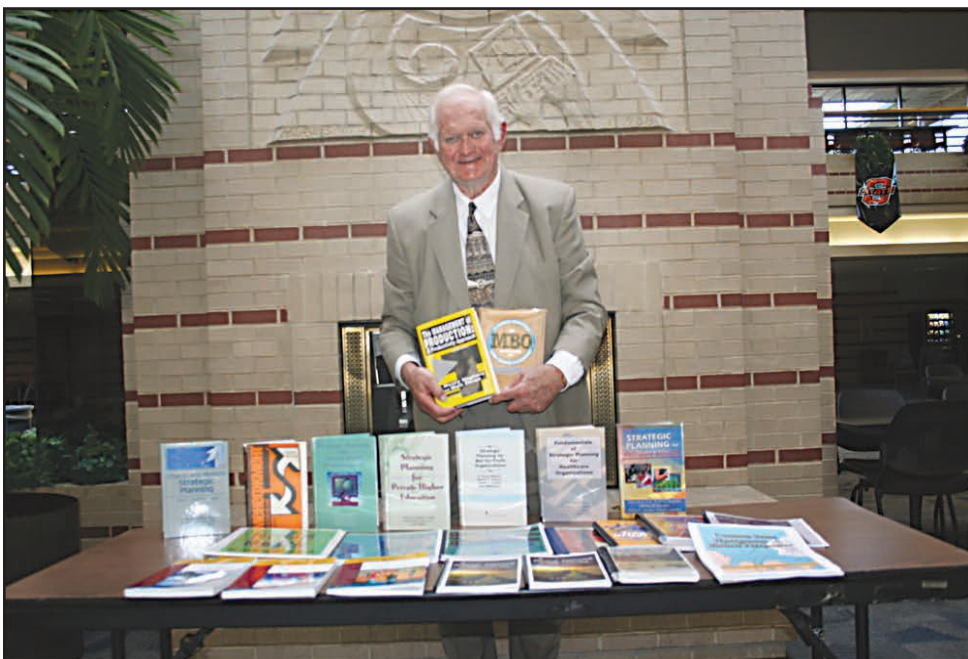
Outdoor seating is also available, and, for chillier nights, the fire pit is a pleasant addition.

Inside, there is a bar with a portion of it being an ice bar, to help keep drinks cold.

Bar specials are available Monday through Saturday after 4 p.m. The restaurant has other specials throughout the week, including on Monday when kids eat free.

Restaurant hours are Mon.-Thurs. 10 a.m.-9 p.m., Fri. 10 a.m.-10 p.m., Sat. 8 a.m.-10 p.m., Sun. 8 a.m.-4 p.m.

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TAZIKI'S MEDITERRANEAN: On Dec. 8, Taziki's Mediterranean Cafe opened its first Oklahoma restaurant at 4929 E. 71st St. The restaurant offers Mediterranean-inspired dishes with freshly grilled meats, original sauces and healthy side dishes. To celebrate its grand opening, Taziki's donated more than \$3,000 to St. Jude of Oklahoma. From left, Keith Richards, Taziki's founder and chief development officer; Taylor Johnson, with St. Jude; Mike Pierce, franchise owner; Dino Nithianandan, Taziki's owner-operator; Tommy Keet, Taziki's franchise owner; Jim Keet, Taziki's CEO; and Jake Keet, franchise owner.

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BUSINESS & PEOPLE NOTES



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PRESIDENTIAL SMILES: Rhonda Daniels, 2014-15 president of Rotary Club of Tulsa, stands with Jeff Hassell, 2015-16 president. Rotary Club of Tulsa is Tulsa's largest community service club and one of the largest of more than 33,000 Rotary Clubs around the world.



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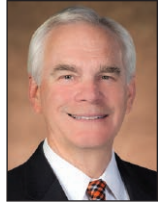
HBA GIVES BACK: In November, the Home Builders Association presented Lindsey House, a transitional living center, with a check for \$67,000 to assist in the purchase and installation of 124 new windows. From left are Weldon Bowman, chairman of the 2015 Remodeled Tulsa Tour; Tiffany Egdorf, executive director of Lindsey House; and Barry Helms, president of Home Builders Association's Remodelers Council.



GTR Newspapers photo

OILERS CONNECTIONS: In December, the Tulsa Oilers hosted its quarterly Oilers Business Alliance. The networking event was held at American Theatre Company, 308 S. Lansing Ave. From left are Steve Duffy, vice president of corporate partnerships for the Tulsa Oilers; Bill and Paddy Harwell, with American Theatre Company; Whitley Patterson, Tulsa Oilers group sales manager; and Corey MacIntyre, former Oilers general manager, now with Aflac.

John M. O'Connor, shareholder and chairman of the board of directors of Newton, O'Connor, Turner & Ketchum law firm, has been appointed to the **Oklahoma State University-Tulsa Board of Trustees.**



O'CONNOR

O'Connor has concentrated his law practice for more than 30 years in corporate governance, business entities and transactions and commercial litigation. He regularly has been named to the Oklahoma's Best Lawyers, Tulsa's Top Lawyers and Super Lawyers lists and has been honored by Super Lawyers Business Edition's national publication.

An active leader in the Tulsa community, O'Connor has served on the boards of directors of numerous businesses and charitable entities. He is past president of the Rotary Club of Tulsa and foundation chairman for Rotary International District 6110. He served two terms as president and member of the board of directors of Tulsa's Ronald McDonald House. He also has been a member of the board of directors of the OSU Alumni Association.

O'Connor earned his bachelor's degree in political science from OSU where he was elected student body president. He earned his law degree from the University of Tulsa College of Law. He is the recipient of numerous awards and scholarships and was awarded a graduate fellowship from the International Rotary Foundation that enabled him to study law at the Friedrich Wilhelm Rheinische Universität in Bonn, Germany.

Oral Roberts University (ORU) has inducted five new members to the academic institution's Board of Trustees: **Robert W. Barron** ('84), **Camella Barnhill Binkley** ('80), **Dr. Michael Fletcher** ('85), **Tim Lyons** ('82) CPA and **Brad Thomas** ('77 and MBA '79).

Barron is a corporate and commercial real estate business attorney and partner with Berger Singerman LLP, an 85-plus Florida-based business law firm with four offices in Florida. He is also a graduate of Louisiana State University Law Center.

Binkley graduated from ORU with a degree in psychology. She is the owner and COO of Express Employment Professionals in Waxahachie, Texas. Binkley is also the vice president of the New Name Society International, a nonprofit organization that she and her husband, Bruce, founded to offer hope to disadvantaged people.

Fletcher is a 20-plus year private physician. He received a BS in biology with a minor in theology from ORU and an MD from the University of Louisville School of Medicine. While practicing in Northern Kentucky, he also serves as a U.S. Air Force Flight Surgeon in the 123rd Airlift Wing, Kentucky Air National Guard and is a member of the Board for Teen Challenge Kentucky.

Lyons is president and CEO of TTCU the Credit Union, the largest credit union in Oklahoma. He is the chairman for the Temple Foundation, which seeks to meet the health, welfare, and education needs of children in the Tulsa metropolitan area.

Thomas is president and CEO of Inter-Chem, a trading, distribution and logistics company with its roots in the plant nutrient industry headquartered in Tulsa. He joined the company as manager of operations in 1985. Previously, Thomas was Hewlett Packard's national account sales manager for Phillips Petroleum Co.

Catherine DeCamp has joined **Oklahoma Innovation Institute** as the business development director. DeCamp brings more than 20 years of business leadership, entrepreneurship, and sales experience to the organization. She is a former employee of Williams Energy, HILTI Latin America, and was the Chief Operating Officer of two local companies. She has been a business consultant and is a former small business owner.



DECAMP

The Oklahoma Innovation Institute (OII) is a 501(c)(3) not-for-profit corporation committed to building an innovative economy in the Tulsa region. OII fosters collaborative research and development, entrepreneurship, STEM education, company creation and retention, life-long learning and creative, future-oriented thinking. These objectives are driven by private sector, government and philanthropic partnerships. The OII includes the creation of several critical programs to substantially impact the economic development of the region. These core programs include the Tulsa Research Partners, the Entrepreneurship Center, the Community Innovation Fund, the Best Thinking Forum, the Tandy Supercomputing Center and the Tulsa Regional STEM Alliance.

Dewberry, a privately held professional services firm, announces the promotion of **Dominic J. Spadafore**, AIA, LEED AP BD+C, NCARB, RID, to associate in the firm's Tulsa office. With more than 16 years of experience, Spadafore has extensive experience in mixed-use architecture, as well as healthcare, retail, office and airport infrastructure building designs. He has managed projects in 19 states, and his professional involvement has extended to several special projects, leading to development of information-sharing systems for international clients. His Tulsa projects include the 17-acre River West Festival Park and the 100,000-gallon Helmerich Sea Lion Exhibit at the Tulsa Zoo. Currently he is assisting with the integration of the newly acquired Dewberry office in Houston, Texas.



SPADAFORE

Spadafore earned his Master of Architecture from Texas Technical University. He earned bachelor's degrees in economics and theater performance from North Dakota State University. He is a registered architect and interior designer in Oklahoma, a LEED accredited professional, and a part of the National Council of Architectural Registration Board. He is a member of the American Institute of Architects, where he has served as treasurer of the Eastern Oklahoma Chapter since 2012.

The **Home Builders Association of Greater Tulsa (HBA)** announced that **Jeffrey Smith**, former residential builder, has been selected as the new executive vice president/chief executive officer. Smith will assume the new role immediately. The Tulsa HBA is an affiliate of the National Association of Home Builders and serves nearly 1,000 members in the residential construction industry throughout the Tulsa metropolitan area.



SMITH

Smith has been a builder for over 11 years and owned his business, CedarRock Homes, for nine years. In addition, he has been a member of the Tulsa HBA for eight years, served on the board of directors for five years, and was president of the association in 2013.

"I can think of no one better to lead our association," says Allen Jenkins, president of the Home Builders Association of Greater Tulsa.

The Home Builders Association of Greater Tulsa is a not-for-profit, professional trade organization that is an advocate for the residential housing and remodeling industry in communities in and around Tulsa and serves approximately 1,000 members. The association is a corporate channel through which builders contribute time, money and services to local community service projects and education initiatives. Professional members must meet stringent requirements, including customer and professional references, insurance certifications and adhere to a strict code of ethics. For more information, visit www.TulsaHBA.com, or call 918-663-5820.

Spears Travel is pleased to announce the hiring of **Julie Christopherson** as corporate travel consultant. Christopherson has a background of many years in the travel industry, including travel agency locations, corporate onsite locations, and in the hotel industry. She is an Oklahoma native from Catoosa but got her start in the travel business in Kansas City. She spent several years with Williams Travel Department and also worked for ProBuild, overseeing corporate travel. Most recently, she worked in the hotel industry. Her specialties, besides corporate travel, including working with groups and corporate meetings. Outside of work she is active with animal rescue organizations and resides in Tulsa with her husband, Robert.



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Bringing Usable Eco Tips into the New Year

In pondering the New Year with its expected resolutions, I thought it'd be nice to provide tips towards throwing an eco-friendly New Year's celebration. The more I researched, the more I eye-rolled through dozens of unrealistic expectations. What I find in life is that you're constantly balancing between spending time and money, both of which affect how much we throw away. Short on time? You're going to be tossing some to-go boxes! In an effort to be a helpful column, I have compiled tips I hope you can use or inspire you to conform them to what works for you.

E-Vite Ease

Not many people mail out party invitations with so many free and easy electronic invitation options. This tip puts us in the "reduce" category which is green on so many levels. So, my advice on this one is to not rely on just one electronic invitation. Utilize several platforms such as email, Facebook and group texting. Also, think through to make sure everyone on your list is electronically connected. You might find that mailing out one or two invitations, or making one or two direct phone calls can do the trick. Example: My husband is not on Facebook. His friend's wife threw a surprise party, using only Facebook for the invitation. A bit later, we received a call from an embarrassed wife.

Trash Talk



By **BETH TURNER**
Tulsa Master Recyclers Association

Reusable Party Supplies

On anyone's list is the advice to forego buying any one-use products. That includes items such as bottled drinks, utensils, signs, table cloths, dinner ware, serving trays, plates, bowls, cups, decorations and party favors. As for buying the more expensive compostable products, our area is not equipped with the commercial composting it takes for these to break down. They cannot be recycled. They do have the benefit of not being made with petro-

leum, but if a plastic fork is made with petroleum by-product it's using something that would've been wasted. However, there is no guarantee of that...so your most green option is to use reusable cutlery and serving dishes.

But here's the thing: we are all incredibly busy. Sometimes the thought, or the time, it will take to prep and clean up from your shindig isn't going to fit in your schedule. If you're in this pickle, ask for help. I know, painful. But make it about the environment and not about you!

- Make or ask someone to make you a New Year's sign instead of buying one at the store. Maybe the first guests at your party get this assignment.
- After you have your core group attending, send a party planning email with a list of items people can bring or do.

One tip comes from the Mulberry River Society in Arkansas. At their last meeting, they created a little cleaning station where one tub allowed people to scrape their plates for the compost bin, one to suds their forks and plates, the next for rinsing; dishes done.

If the washing station is too much trouble, use your energy efficient dishwasher over hand-washing items. Newer machines use less water than we typically do at our sinks.

Request a couple of people to come help you clean up the next day for about an hour. Add to the request that if everyone is as busy as you are, then not to judge when served on paper plates with plastic forks. It's best for the environment that whatever your decision to avoid Styrofoam-based products.

If you don't get any takers on clean-up and you purchase throw-away items, maybe this will still inspire you and your guests to have a goal for your next party, and remind everyone involved how special it is when we carve out time for each other.

If you were thinking of giving away party favors, invest in reusable glassware and provide sharpies so people can sign them and use them throughout the night and beyond.

Eco Foods

Once you have plates, you have to have something to put on them. So, plan local. According to Sustainable America, most of our food travels around the world before landing on our plate. For example, the "food mile," or the amount of miles our food travels to get to us, for the average meal is 1,500 to 3,000 miles. Buying local creates a much smaller carbon foot-



EMILY RAMSEY for GTR Newspapers

LOCAL BREW: Chase Healey crafts Prairie Artisan Ale in his west Tulsa facility, supplying the community with the ability to lower the carbon footprint of a get-together. According to Sustainable America, our dinner travels an average of 1,500 to 3,000 miles to make it to our homes.

print. Plus, it usually comes with feeling more connected to your community.

Fisher's Produce, Organic Tulsa, Natural Farms and Oklahoma Food Cooperatives provide local organic meats, cheeses, and produce. Most of them allow you to order online, and all of them meet up for drop-off in several locations around the city, the county and throughout the state.

For dessert, you may want to treat you and your guests to Glacier Confections in the Brady District. These organic, artisan jewels are a delight to the senses! Plus, you can even choose designs to be printed on the chocolates for that extra touch.

Greener Drinks

While easy to recycle bottles and cans, it still creates a big pile after a party is done. Luckily, we have the benefit of some delicious local breweries in Tulsa, so make it a keg party! Now, this isn't cheap beer from your college days. This is artisan, delicious brew with the added bonus of being created close to home. To really plan ahead, go to the breweries for a taste test. There are several in our area and within our city limits such as Marshall Brewing and Prairie Artisan Ale.

Trash Piles

Regardless of what you do, you'll still have waste, so plan it, too. This is a good time to clean up your curbside bins for company, and simply bring them inside or just outside a door...whatever is going to work best for the flow of your party and where your trash might land.

Instead of buying bins for party trash, create your own from things in your home. You can line a laundry basket with a trash bag, and voila! Trash bin! I've even seen three old tires stacked together and lined with a trash bag. Kitty litter containers or five gallon buckets can be great for food scrapings heading to your compost. I've also seen wash tubs become the hub for where to stash dirty dishes so your sink doesn't pile too high.

We're in it Together

We've had a great 2015, and I am looking forward to working together towards reducing, reusing and recycling for a healthier, happier community in 2016. If you have specific questions while planning your next party, send me a line at bethturner@me.com or tweet me @TrashTalkTulsa.

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Christ the King Maintains Original Glory

Christ the King Catholic Church is one of Tulsa's architectural treasures. Located at 1520 S. Rockford Ave., the church is part of a complex of buildings, which include Marquette School, a rectory, a parish hall and parish offices, a chapel, and an early childhood development center.

The church replaced a smaller red brick building built in 1918, known as Sacred Heart Catholic Church. In 1924, Francis Clement Kelley, who previously served the church in Chicago, hired the respected Chicago architect Francis Barry Byrne to design a new church. Byrne began his career as an apprentice to Frank Lloyd Wright (working his way up to a partnership in Wright's firm) as a solo practitioner and had previously designed St. Thomas the Apostle in Chicago and St. Patrick's in Racine, Wisconsin. He was one of the

leading Catholic architects of his day.

Christ the King was a startling contemporary church even for the 1920s era of rapid change; to some, it resembled a castle. It had no tower and no dome common in religious buildings of the time. Its basic footprint is a box-like basilica shape, wider than it is long. In accordance with church tradition, the congregation faces east during worship. The church has a strong Art Deco flavor with a subtle Gothic influence.

On Architecture



By ROGER COFFEY, AIA

The exterior and interior walls are brick, laid with intricate corbeling and detail. At the exterior, a parapet and finials of beige terra cotta emphasize verticality. At the interior, the floors are terrazzo with inlaid marble designs. Although the exterior is uniformly buff brick, the interior walls are adroitly executed in contrasting red and buff brick colors, worked out in simple

paneling with false quoins. The ceiling is of dark, polished wood, which slopes from a ridge at the center. Slender wood beams articulate this ceiling as they terminate between the five stained glass windows at the north and south walls. Byrne designed the pendent lighting that resemble torches and was made by the Empire Chandelier Company.

The carved limestone altar has deep horizontal flutings. Behind the altar is a large mosaic of Christ the King by Ernst Frei Inc. of St. Louis. Behind the two side altars at the front of the church are mosaics designed by Bruce Goff, an apprentice architect at the time for the Tulsa firm of Rush Endicott and Rush.

The 10 stained glass windows, fabricated by the Temple Art Glass Co. of Chicago, were done under the direction of the artist, Alfonso Iannelli. (He later would be involved in the artwork at Tulsa Spotlight Theatre.) These complement the church's name, Christ the King. The five windows on the south side illustrate kingly persons from the Bible (two from the Old Testament and three from the New Testament). The five windows on the north side depict Christian Kings who are canonized Saints.

The church was dedicated in



EMILY RAMSEY for GTR Newspapers

HOUSE OF WORSHIP: Christ the King Church, 1520 S. Rockford Ave., was built in the 1920s by Francis Barry Byrne, who was a leading Catholic architect at that time and had served as an apprentice to Frank Lloyd Wright. The church was considered contemporary for its time, with a strong Art Deco flavor and a subtle Gothic influence.

1928 although the altar mosaic was not yet completed. It was an inspiring backdrop for almost 500 worshippers. Change due to time and religious doctrine has been minimal at Christ the King; the years have brought little remodeling. Air conditioning and a sound system have been added along with three

accent spotlight fixtures above the altar. Vatican II resulted in an adjustment to the height of the floor at the altar area, along with a repositioning of the altar itself. Work is underway to modify these alterations. But in essence, the church retains the sensitive design provided by Barry Byrne

CROWE & DUNLEVY CELEBRATES 25 YEARS IN TULSA



Courtesy photo

APPRECIATION DONATION: Crowe & Dunlevy's Tulsa office is celebrating 25 years of service to clients and the community with a donation of \$12,500 distributed among 25 Tulsa nonprofits.

"For the past 25 years, the Tulsa office has provided comprehensive legal services to its clients, and we have also served our community by contributing our time and financial resources," says James L. Kincaid, Crowe & Dunlevy director and founding member of the firm's

Tulsa office. "In recognition of this milestone, we are honored to present donations to these 25 outstanding Tulsa nonprofit organizations. Thank you to the entire Tulsa community for its support; we look forward to many more years of service to our clients and to the Tulsa community."

The Tulsa nonprofits receiving donations include 108 Contemporary, Gilcrease Museum, Arts and Humanities Council of Tulsa, Crosstown Learning Center,

Fiber Artists of Oklahoma, First Tee Golf Program, Hispanic American Foundation, Living Arts of Tulsa, National Indian Monument and Institute, NatureWorks, Tulsa Ballet, Oklahoma Arts Institute, Oklahoma Visual Arts Coalition, Philbrook Museum, The Bart Center for Music, Special Kids Care, The Parent Child Center of Tulsa, Tulsa Artists' Coalition, Tulsa Art Deco Museum, Tulsa Garden Center, Tulsa Girls Art

School Project, Tulsa Glassblowing School, Tulsa Historical Society, Tulsa Hope Academy and School of Creative Arts, and WaterWorks Art Center Council.

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HOLIDAY PARTY SEASON IN REVIEW



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MEDIA PERSONALITIES: Former Tulsa television personality Diane White hosted a holiday party with many of her colleagues attending. From left are Cindy Morrison, former KTUL anchor and now owner of Socialvention; Julie Chin, former KJRH meteorologist and current TV host and speaker; Sharon Phillips Zigmont, reporter at Fox 23; Michelle Bradshaw, Coldwell Banker Realtor - wife of Mark Bradshaw of KTUL; Diane White; Michelle Lowry, former KOTV and KJRH reporter and currently community outreach coordinator at the Office of the District Attorney in District 12; and Casey Roebuck, reporter at KJRH.



GTR Newspapers photo

PHILBROOK FESTIVAL CHAIRS: Cassie Resse, left, and Evan Tipton are this year's Philbrook Festival Chairs for opening night, which was held Nov. 20. The event is one of Tulsa's favorite Holiday Traditions, giving an elegant kick-off for the holiday season.



GTR Newspapers photo

INHOUSE AT THE HAMLET: InHouse Advertising held its holiday party at the Hamlet at 91st Street and Sheridan Road in Tulsa Dec. 3. From left are Lex Sehl, KOTV; Derek Criss, KOTV; Kathy Davidson, KOCW; Ed and Jennifer Richard, Cajun Ed's Hebert's Specialty Meats, Laurie Stout, iHeart Media Sales Manager; and Renee and John Proffitt, InHouse Advertising.



GTR Newspapers photo

PUTTIN' ON THE DOG: Ginny Schulte hosted a gift gathering party at Southwood Landscape and Garden Center Dec. 1. From left are Denise Redmond, Ginny Schulte, Rod Nordstrom, Susan Nordstrom and John Redmond. Denise and John Redmond are the Event Chairs for 2016 Puttin' on the Dog, "The Platinum Party" to be held on behalf of LIFE Senior Services. The event is Thursday, Feb. 11, 2016 at the Cox Business Center. It is the 20th anniversary of the gala, hence the platinum designation. Rod Nordstrom is the Chairman of the Board of Directors of LIFE Senior Services.



Courtesy photo

GIVING SPIRITS: Robin Brander, left and Eileen Bradshaw enjoyed the Community Food Bank of Eastern Oklahoma's Giving Spirits whiskey tasting fundraiser held this past fall. Funds raised from the event went to support programs and projects of the Food Bank. Eileen Bradshaw is the Food Bank's executive director.



Courtesy MARY WALLER

TULSA PRESS CLUB CHEER: The Tulsa Press Club held its annual holiday party Dec. 16 in the club's Atlas Life Building facility. From left are Royal Aills of Rogers State University, Rachel Anderson of Schnake Turnbo Frank, and Tom Gilbert of the Tulsa World. Gilbert is the current president and Anderson is the incoming president of the Tulsa Press Club.

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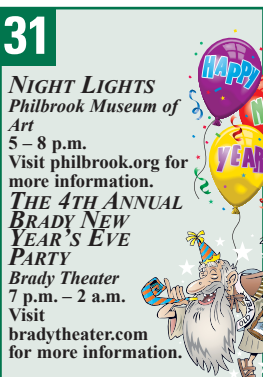

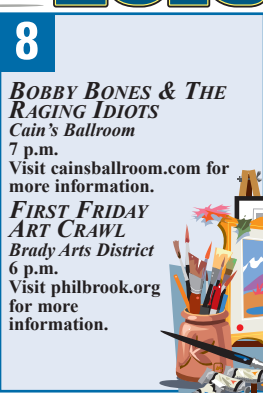


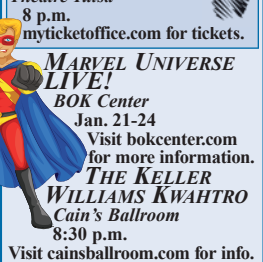
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>20 December</p> <p>A CHRISTMAS CAROL American Theatre Co. 2 p.m. myticketoffice.com for tickets.</p> <p>THE NUTCRACKER Tulsa Ballet 2 & 7 p.m. myticketoffice.com for tickets.</p> <p>DREAMGIRLS IN CONCERT Spinning Plates Productions 2 p.m. myticketoffice.com for tickets.</p>	<p>21</p> <p>GOLDEN HURRICANE vs. Northern Arizona • 7 p.m. Men's Basketball 918-631-4688 for tickets.</p> <p>A CHRISTMAS CAROL American Theatre Co. 7:30 p.m. myticketoffice.com for tickets.</p> <p>Ask us about ID Fraud Protection Central Bank of Oklahoma Strong roots. Endless possibilities.</p>	<p>22</p> <p>A CHRISTMAS CAROL American Theatre Co. 7:30 p.m. myticketoffice.com for tickets.</p> <p>DREAMGIRLS IN CONCERT Spinning Plates Productions 8 p.m. myticketoffice.com for tickets.</p> <p>DISNEY'S BEAUTY AND THE BEAST Celebrity Attractions 7:30 p.m. myticketoffice.com for tickets.</p>	<p>23</p> <p>A CHRISTMAS CAROL American Theatre Co. 7:30 p.m. myticketoffice.com for tickets.</p> <p>DREAMGIRLS IN CONCERT Spinning Plates Productions 8 p.m. myticketoffice.com for tickets.</p> <p>DISNEY'S BEAUTY AND THE BEAST Celebrity Attractions 2 & 7:30 p.m. myticketoffice.com for tickets.</p>	<p>24</p> <p>ARVEST WINTERFEST 3rd & Denver, downtown Tulsa 12 - 10 p.m. Visit smgspecial-events.wix.com for more information.</p> 	<p>25</p> <p>MERRY CHRISTMAS</p> <p>THE GARDEN OF LIGHTS Honor Heights Park, Muskogee 6 - 10 p.m. • Nov. 27 - Dec. 31 Visit okcastle.com for more information.</p> 	<p>26</p> <p>THE TURNPIKE TROUBADOURS Cain's Ballroom 7 p.m. Visit cainsballroom.com for more information.</p> <p>SWINGIN SATURDAYS The Oklahoma Swing Syndicate 7 - 10 p.m. Visit cainsballroom.com for more information.</p>
<p>27</p> <p>SWEENEY, CAMPBELL AND GLAZER Oklahoma Jazz Hall of Fame 5 p.m. Visit okjazz.org for more information.</p> <p>FITNESS ON THE GREEN: ZUMBA Fly Loft 10 a.m. Visit guthriegreen.com for more information.</p> 	<p>28</p> <p>TOURNAMENT OF CHAMPIONS Mabee Center Dec. 28-30 Visit athletics.tulsaschools.org for more information.</p> <p>CHILDREN'S LIVES INCLUDE MOMENTS OF BRAVERY (CLIMB) Cancer Treatment Centers of America, Tulsa All Day Visit cancercenter.com for more information.</p>	<p>29</p> <p>GOLDEN HURRICANE vs. SMU • 4 p.m. Men's Basketball 918-631-4688 for tickets.</p> <p>BLACK LABEL SOCIETY Brady Theater 7 p.m. Visit bradytheater.com for more information.</p> <p>More Bank for your Buck. Central Bank of Oklahoma Strong roots. Endless possibilities.</p>	<p>30</p> <p>ELEPHANT REVIVAL The Vanguard 7 p.m. Visit thevanguardtulsa.com for more information.</p> <p>CELEBRATE "STAR WARS" Hardesty Regional Library 7 p.m. Visit tulsalibrary.org for more information.</p> <p>NEW YEAR'S EVE WINE DINNER Philbrook Museum of Art 6 - 8 p.m. Dec. 31 Visit philbrook.org for more information.</p>	<p>31</p> <p>NIGHT LIGHTS Philbrook Museum of Art 5 - 8 p.m. Visit philbrook.org for more information.</p> <p>THE 4TH ANNUAL BRADY NEW YEAR'S EVE PARTY Brady Theater 7 p.m. - 2 a.m. Visit bradytheater.com for more information.</p> 	<p>1 January</p> <p>HANGOVER BALL 2016 Cain's Ballroom 8 - 10 p.m. Visit cainsballroom.com for more information.</p> 	<p>2</p> <p>FAMILY STUDIO SATURDAYS Philbrook Museum of Art 12:30 - 3:30 p.m. Visit philbrook.org for more information.</p> <p>MONSTER JAM BOK Center 2 & 7:30 p.m. Visit bokcenter.com for more information.</p> <p>THE DRUNKARD AND OLIO Tulsa Spotlight Theatre 7:30 p.m. Visit spotlighttheatre.org for more information.</p>
<p>3</p> <p>DODGEBRAWL & "LIVE GREAT 918": TULSA FITNESS FAIR BOK Center 11 a.m. - 5 p.m. Visit tulsadodgebrawl.com for more information.</p> <p>GOLDEN EAGLES vs. South Dakota • 7 p.m. Men's Basketball 918-631-4688 for tickets.</p>	<p>4</p> <p>FITNESS ON THE GREEN: YOGA Fly Loft 5:30 p.m. Visit guthriegreen.com for more information.</p> <p>OPEN HOUSE MATERNITY TOUR-ST JOHN TULSA St. John Health System 6 - 7 p.m. Call 918-744 - 0123 for more information.</p>	<p>5</p> <p>TULSA OILERS vs. Missouri 7:05 p.m. For more info, visit tulsaoilers.com</p> <p>GOLDEN HURRICANE vs. East Carolina • 6 p.m. Men's Basketball 918-631-4688 for tickets.</p> <p>3-D PRINTER ORIENTATION Librarium 7 p.m. Visit tulsalibrary.org for more information.</p>	<p>6</p> <p>SHOW TIME: TULSA'S THEATERS OF YESTERYEAR PAC Gallery Jan. 6-29 FREE exhibit.</p> <p>HOMESCHOOL ART CLASS Philbrook Museum of Art 12:45 p.m. Visit philbrook.org for more information.</p> <p>Free small business checking Central Bank of Oklahoma Strong roots. Endless possibilities.</p>	<p>7</p> <p>STORYTIME AT TULSA TOY DEPOT Tulsa Toy Depot 11 a.m. Visit tulsatoydepot.com for more information.</p> <p>SAFE KIDS CAR SEAT CHECKUP EVENT Broken Arrow Fire Department 1 p.m. Visit safekidstulsa.com for more information.</p> <p>LIFE DRAWING Philbrook Museum of Art 6:30 - 8:30 p.m. Visit philbrook.org for info.</p>	<p>8</p> <p>BOBBY BONES & THE RAGING IDIOTS Cain's Ballroom 7 p.m. Visit cainsballroom.com for more information.</p> <p>FIRST FRIDAY ART CRAWL Brady Arts District 6 p.m. Visit philbrook.org for more information.</p> 	<p>9</p> <p>TULSA OILERS vs. Wichita 7:05 p.m. For more info, visit tulsaoilers.com</p> <p>PHILBROOK SECOND SATURDAY ART Philbrook Museum of Art 10 a.m. - 4 p.m. Visit philbrook.org for more information.</p>
<p>10</p> <p>TULSA REMODEL & LANDSCAPE SHOW Cox Business Center Jan. 8-10 Visit coxcenterertulsa.com for more information.</p> <p>OKC MARATHON AND HALF TRAINING Runners World Tulsa 7 a.m. Visit runnersworldtulsa.com for more information.</p>	<p>11</p> <p>RACERS FOR AUTISM Cain's Ballroom 7 p.m. Visit cainsballroom.com for more information.</p> <p>BROOKSIDE BOOK DISCUSSION Brookside Library 1:30 - 2:20 p.m. Discussion of "The Rosie Project" by Graeme C. Simsion. Visit tulsalibrary.org for more information.</p>	<p>12</p> <p>DRAWING ON MEMORIES Gilcrease Museum 10 a.m. - 12 p.m. Visit www.alz.org/oklahoma/ for more information.</p> <p>CHILI BOWL NATIONALS River Spirit Expo Jan. 11-16 Visit chilibowl.com for more information.</p> <p>New Name. Same Bank Central Bank of Oklahoma Strong roots. Endless possibilities.</p> 	<p>13</p> <p>GALLERY TALK - MODERN & CONTEMPORARY COLLECTION: CURATOR'S PICKS Philbrook Museum of Art 12 - 1 p.m. Visit philbrook.org for more information.</p> <p>FOOD TRUCK WEDNESDAY Guthrie Green 11:30 a.m. - 1:30 p.m. Visit guthriegreen.com for more information.</p> 	<p>14</p> <p>GOLDEN HURRICANE vs. UCONN • 6 p.m. Men's Basketball 918-631-4688 for tickets.</p> <p>MADONNA BOK Center 8 p.m. Visit bokcenter.com for more information.</p> <p>FRANK CALIENDO Hard Rock Hotel & Casino 8 p.m. Visit hardrocktulsa.com for more information.</p>	<p>15</p> <p>DAVID L. BOREN: FIGHTING FOR AMERICA'S FUTURE Tulsa Town Hall 10:30 a.m. myticketoffice.com for tickets.</p> <p>A CHORUS LINE Theatre Tulsa 8 p.m. myticketoffice.com for tickets.</p> <p>MARVIN SAPP Mabee Center 7 - 9:30 p.m. Visit mabeecenter.com for more information.</p>	<p>16</p> <p>A CHORUS LINE Theatre Tulsa 2 & 8 p.m. myticketoffice.com for tickets.</p> <p>DREAMS AND REVOLUTION Tulsa Symphony 7:30 p.m. myticketoffice.com for tickets.</p> <p>TOOL WITH SPECIAL GUEST PRIMUS BOK Center Time TBA Visit bokcenter.com for more information.</p>
<p>17</p> <p>A CHORUS LINE Theatre Tulsa 2 p.m. myticketoffice.com for tickets.</p> <p>RAGTIME FAMILY CONCERT WITH DONALD RYAN Theatre Tulsa 2 p.m. myticketoffice.com for tickets.</p> <p>RIVERFIELD ROCKS Cain's Ballroom 6 p.m. Visit cainsballroom.com for more information.</p>	<p>18</p> <p>FITNESS ON THE GREEN: YOGA Fly Loft 5:30 p.m. Visit guthriegreen.com for more information.</p> <p>BREASTFEEDING BASICS St. John Owasso 6 - 7 p.m. Call 918-744 - 0123 for info.</p> <p>We offer Health Savings Accounts Central Bank of Oklahoma Strong roots. Endless possibilities.</p>	<p>19</p> <p>THE EXPENDABLES Cain's Ballroom 7 p.m. Visit cainsballroom.com for more information.</p> <p>ART FOCUS Philbrook Museum of Art 10 a.m. Visit philbrook.org for more information.</p> <p>STAY AND PLAY Broken Arrow South Library 11 - 11:30 a.m. For ages 2-5. Visit tulsalibrary.org for more information.</p>	<p>20</p> <p>TRAVELS WITH TULSANS University Village Retirement Community (Stovall Theater) 12 - 12:45 p.m. Visit tulsalibrary.org for more information.</p> <p>CONGRESSIONAL FORUM FEATURING CONGRESSMAN MARKWAYNE MULLIN Hyatt Regency Tulsa 12 - 1 p.m. Visit tulsachamber.com for more information.</p>	<p>21</p> <p>A CHORUS LINE Theatre Tulsa 8 p.m. myticketoffice.com for tickets.</p> <p>MARVEL UNIVERSE LIVE! BOK Center Jan. 21-24 Visit bokcenter.com for more information.</p> <p>THE KELLER WILLIAMS KWAHTRO Cain's Ballroom 8:30 p.m. Visit cainsballroom.com for info.</p> 	<p>22</p> <p>A CHORUS LINE Theatre Tulsa 8 p.m. myticketoffice.com for tickets.</p> <p>OKMEA MUSIC FESTIVAL Oklahoma Music Educators Association 7:30 p.m. myticketoffice.com for tickets.</p>	<p>23</p> <p>A CHORUS LINE Theatre Tulsa 2 & 8 p.m. myticketoffice.com for tickets.</p> <p>OKMEA MUSIC FESTIVAL Oklahoma Music Educators Association 12 & 2:30 p.m. myticketoffice.com for tickets.</p>

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REGIONAL NEWS

Therapeutics Dogs Bring Hope to Those in Need

By EMILY RAMSEY
Managing Editor

For the past five years, Broken Arrow resident and special education teacher Mary Buck has been finding a way to take “(wo)man’s best friend” to work with her everyday: Bailey, a Golden Retriever and certified therapy dog.

Buck is also the lead trainer at Therapeutics Service Dogs of Oklahoma, a nonprofit organization that trains and places service dogs with individuals in need of mobility assistance and with veterans diagnosed with PTSD.

Buck has been with Therapeutics for 10 years and has trained three dogs, two of them who have been placed with individuals through the organization.

First, there was Jake, a Labrador Retriever who was placed with a veteran suffering from PTSD.

“Before Jake, the man wouldn’t leave the house,” says Buck, who has since heard that the man now takes Jake on walks through the neighborhood and talks to his neighbors, things he never would have done before getting Jake.

“For dogs who are going to be placed with veterans, we train them to be alert to all that is happening around the client and to alert the client if someone is coming up behind them; dogs are also trained to wake up the client if he/she is experiencing night terrors,” says Buck.

“Also, having a therapy dog helps to socialize the veteran, because when you go out anywhere with a service dog, people are going to talk to you.”

Buck’s second dog to train was Murphy, another Labrador who was placed with a man whose body was partially paralyzed due to a stroke. Buck knows of one occasion when Murphy helped the client after he fell by bringing him the telephone to call for help.

Obviously, therapy dogs need to be trained with a number of skills in order to correctly deal with any number of emergencies.

Therapeutics dogs learn to do house tasks, including turning on lights and doing the laundry. They can also open doors, retrieve items from the refrigerator, and help clients dress and undress.

Trainers receive a puppy when the puppy has reached about eight weeks old; dogs remain with the trainer until they are up to two and a half years old.

During those years, the trainer and dog spend time each week attending Therapeutics training classes. The trainer also must often take the dog into public settings.

“When you are training a dog, the dog is with you 24/7,” Buck says. “I’m always with a dog; if I don’t have a dog and a leash, I feel naked.”

With this much contact, no doubt, the bond between trainer and dog grows strong and makes it difficult when the time comes to hand the dog over to a client.

“When I had to leave Jake with his client, I went out to my car, saw Jake watching me through the window, and the waterworks started,” she says.

“But I know that Jake’s owner needs him more than I do,” she continues. “For clients in need of mobil-



EMILY RAMSEY for GTR Newspapers
BOOKWORM: Ella Wright, a third grader at Union Public Schools’ Cedar Ridge Elementary, prepares to read a book to Bailey, a certified therapy dog and ambassador of Therapeutics, a nonprofit organization that trains and places service dogs with individuals in need. Also pictured is special education teacher and Bailey’s owner Mary Buck.

ity, the dog gives them independence. They help their owners feel free to go places; they don’t have to worry about how they will open a door, or if they fall out of a chair, will they be able to get back up.”

Buck received Bailey when Bailey was just under a year old. Bailey received training in both mobility and veteran assistance; however, when the time came for Bailey to meet a client, it became apparent that he suffered from separation anxiety with Buck.

Therefore, instead of being placed with a client, Bailey remained with

Buck and became Therapeutics’ ambassador to the public.

Bailey regularly visits nursing homes and libraries in the area but can most often be found at Union Public Schools’ Cedar Ridge Elementary, where he has been a fixture since Buck first began training him.

Bailey can be seen greeting children at the front door or being read to in Buck’s classroom.

“For children who have trouble reading, research shows that having them read to a dog relieves their anxiety,” says Buck. “There’s no

judgment from a dog.”

The kids love it, and Bailey loves it as much, she says. “Sometimes he’ll lay his head on their lap when they’re reading.”

Bailey also proves helpful when dealing with students who are upset or throwing tantrums.

“In those situations, I bring Bailey to the child, hand them his leash and ask ‘do you want to walk Bailey to the classroom?’ and usually that stops the tears,” she says.

“I may not be able to get the child to stop crying but Bailey usually can.”

Central Library Renovation Project Nears Completion

COMING SOON: Mike Leitch, capital projects manager for the Tulsa City-County Library, discusses the new features of downtown Tulsa’s Central Library at 5th Street and Denver Avenue. The library has been undergoing renovations since early 2014 and is expected to reopen in summer 2016.

The renovated library will feature the air distribution Active Chilled Beams system, which will provide greater energy efficiency; a parking garage with 143 parking spaces, including preferred parking for low-emitting, fuel-efficient cars and infrastructure for electric car charging stations; a coffee shop; an outdoor green space; bicycle parking; and the re-opened south balcony for public use.



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GATHERING PLACE MAKING PROGRESS



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TULSA SKYLINE: The northern view of downtown Tulsa, where Riverside Drive used to be located, as seen from the construction site for A Gathering Place for Tulsa. Construction, which began in September 2014, remains on schedule with an expected completion timeframe of December 2017.



EMILY RAMSEY for GTR Newspapers

UNIQUE BRIDGES: Jeff Stava, project manager for A Gathering Place for Tulsa, points west to the area where the park’s two land bridges will be constructed that will cross Riverside Drive. Recently, 190 piers were installed for the bridges’ construction. Also in the beginning stages of construction are the Boathouse and The Lodge, which will serve as the park’s welcome center.

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