



SCENE SETTING

Fantasy time

The Center for Individuals with Physical Challenges offers art sessions that will be instructed by a Tulsa-area artist.

The first "Fantasy Pizza" session is Tuesday. "Make your pizza crust and any desired toppings out of clay," according to event info.

The second "Fantasy Pizza" is Feb. 22. "Glaze your gourmet-clay pizza for final firing," according to event info.

Each "Fantasy Pizza" session is from 6 to 9:30 p.m. in the Center's art studio, 815 S. Utica Ave.

It costs \$70 for both sessions. Food and beverages are also included in the cost.

For more information, contact Marcia Graham at the Center, 794-4506 or e-mail mgraham@tulsacenter.org.

Seminar for wine lovers

Sommeliers Devre Jackson and Gary Vance will conduct a four-session seminar titled "Wine Lover's Guide to the Universe," from 6 to 8 p.m. Feb. 10 and running each Thursday through March 3.

The classes, offered through the University of Tulsa Continuing Education Program, are titled "Wine Tasting 101," "Pinot Envy," "Don't Cry for Me Argentina" and "Pace & Taste." The classes are \$59 each or \$225 for all four.

For location and sign-up details, call Frances Najera at 631-2937.

Trivia night



TU law student Joshua D. Ritchey hosts trivia at Joe Momma's. CORY YOUNG/Tulsa World file

Every Thursday at Joe Momma's Pizza, 112 S. Elgin Ave., trivia is matched with a local charity fundraiser.

"Trivia is always free to play, but we do take donations for the week's nonprofit," according to event info.

For more information, call 794-6563 or visit tulsaworld.com/joemommamas.

Sports expo

The Tulsa Sports & Entertainment Expo is Friday through Sunday at Expo Square Exchange Center, 4145 E. 21st St.

"The long-running Tulsa Golf Expo will be merged into this exciting new event," according to event info. Billy Sims, Marcus Dupree and others will sign autographs and other memorabilia.

Hours are: 11 a.m. to 8 p.m. Friday; 9 a.m. to 8 p.m. Saturday and 10 a.m. to 5 p.m. Sunday.

For more information, visit tulsaworld.com/sportsenterepo.

Mazzio's lunch deal

Participating Mazzio's Italian Eatery locations will be holding a "Bring a Friend to Lunch Day" on Monday. During lunch buffet hours (check with each location), participants may buy one lunch buffet and drink and receive one buffet and drink for free. No coupon is necessary.

Also, throughout February and March, Mazzio's will offer a Ken's 15-inch, extra-large, one-topping pizza for \$10.50, or a five-topping supreme for \$13.50.

Working out a recovery



Julie Herron works out at Cancer Treatment Centers of America as she tries to get into shape following chemotherapy treatments. STEPHEN PINGRY/Tulsa World

Physical activity helps cancer patients bounce back

BY KIM BROWN
World Scene Writer

Julie Herron's 2½ year cancer fight left her weak and exhausted.

The Owasso woman, who regularly lifted weights, was used to performing 100-pound lat pulls and 400-pound leg presses. But after several rounds of chemotherapy, Herron lost 50 pounds and watched as her hard work disappeared.

"I went from 170 pounds to 120 in the period of eight months," Herron said. "That's when I started my physical therapy."

Herron, a patient at the Cancer Treatment Centers of America who now is in remission, said she was first encouraged to start with "simple exercises," then progressed.

"They didn't want to

wear me out. Some were as simple as lifting my legs. It helped stop my weight loss."

Doctors and rehabilitation specialists agree that physical activity of any kind is beneficial to the recovery of cancer patients.

"Both having cancer and going through treatment for it is very fatiguing. The better shape someone is in at the time of diagnosis, the more likely they are to be able to, first of all, go through treatment, and you recover faster if you're in better shape to begin with," said Dr. Nathan Uy, a radiation oncologist at St. John's LaFortune Cancer Center.

Herron participated in the Cancer Treatment Center's Motion for Life program, said Karen Gilbert, the National Director of Oncology Rehabilitation at the Cancer Treatment

Centers of America.

"We look at the physical performance status of the patient diagnosis when they come in, which is based on physical fitness, and we determine what treatments physically, can we give."

The scale starts at zero — when a patient can still perform at the same level as before their cancer diagnosis — and ends at four, indicating a patient is bedridden.

"Our job is to keep them on the up end of the scale," Gilbert said. "We want them to have more items on the menu for treatment."

The scale also helps because many patients don't live in the immediate area and must fly to Tulsa for treatments. Even if a patient can exercise for only three to five minutes a day, Gilbert said that can help. So, the

program helps teach them to know how hard they are working.

"When a patient leaves us, we want them to continue doing what they learned to do," she said.

Where to begin

Uy said though there is no "conclusive evidence" that exercise helps with cancer recovery, he doesn't need it.

"It doesn't matter if a study comes out. You have enough good reasons to exercise," he said. "I just specifically recommend to stay active. I always emphasize that it's exercise that helps prevent fatigue and helps patients get over fatigue."

Herron said the Motion for Life program slowly took her from a weak, nauseous patient with memory problems that she calls

"chemo brain," to a fully engaged, physically active person in remission. She credits the center's many doctors, including a psychologist, who helped her with depression.

"I had kind of given up, and thought, 'Well, I'm just going to die. I'm not going to do another round of chemo,'" she said. "But the psychologist helped and I did a third round of chemo. My immune system was down, but the physical therapist helped build my stamina."

Herron has put on 15 pounds and said her eating habits are finally coming back.

"My goal is that by the end of February I'll start doing weights again," she said.

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Almost time to plant onions, spuds

When should I plant onions and potatoes? — Dylan B., Bixby

Onions and potatoes are just two of several cool season vegetables that are suggested to be planted between Feb. 15 and March 10 in an average year.

Onions come in two forms. They may either be planted as small bulbs (sets) or as small plants in a prepared garden bed.

Irish potatoes, but not sweet potatoes, should be planted as cut potato pieces. These should each be about 2 ounces in size and are best obtained from certified seed potatoes.

Before planting, spade or till the garden beds, and it is always a good idea to add some organic compost, such as rotted cow manure.

Other vegetables that may be planted during this time frame are cabbage, carrots, cauliflower, Swiss chard, head and leaf lettuce, green peas, spinach and turnips.

Oklahoma State University has a wealth of free fact sheets to get vegetable gardeners started. These fact sheets are available online at



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Brian Jervis

Ask a Master Gardener

tulsaworld.com/mastergardeners or from the OSU Extension office at 4116 E. 15th St. (gate 6 into the fairgrounds).

Consider obtaining these fact

sheets: F-6004, "Oklahoma Garden Planning Guide," F-6032 "Vegetable Varieties for the Homeowner," F-6020 "Growing Vegetable Transplants" and F-6012 "Growing Tomatoes in the Home Garden."

February garden tips

- Plant tomato seeds in indoor flats on Valentine's Day for mid-April garden transplants.
- Bare-root trees and evergreen shrubs are best planted in February, before spring bud opening.

Prune trees, hedges and summer-flowering shrubs now. Prune spring-blooming plants, such as azaleas, after flowering is completed.

- Wait to prune roses after mid-March.
- Do not prune crape myrtles without specific reason. Some call this "Crape Murder."
- Pre-emergent herbicides to prevent crabgrass and other weeds should ideally be applied between mid-February and March 15. Brands containing the chemicals dithiopyr, prodiamine or pendimethalin are good choices. Read the label; some may need a second application 60 days after the first.
- Fruit trees and other plants at risk for aphids, scale and spider mites should be sprayed with all-purpose horticultural oil at the labeled dormant rate.
- Prune monkey grass (Liriope) and ornamental grasses such as Pampas grass before new growth begins.
- Trees, shrubs and perennial plants needing fertilizer should be fertilized now.



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