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letter from publisher



Mark and Shanna Warner

Irish Spring

It's been a long, cold winter, with near-zero temperatures that we rarely see here in Oklahoma. The best way to say goodbye to winter is to find something—anything—to celebrate! So, here are some suggestions for your early spring celebration:

- World Compliment Day – March 1
- Popcorn Lover's Day – March 11
- National Pi Day – March 14
- Certified Nurses Day – March 19
- Tolkien Reading Day – March 25
- National Spinach Day – March 26

You can be sure that my hubby, the popcorn fanatic, will be happy to munch out on the 11th. My favorite (and only) stepson is an ICU COVID nurse, so I will make him a treat on the 19th. And any day that I revisit the hobbits in the Shire is a holiday. (The books are much better than the films.)

My absolute favorite March holiday is the wearing of the green on St. Patrick's Day—March 17. My McBride ancestor came over from Ireland on a leaky boat during the famine; potatoes, whiskey, fiddles and poetry are in my DNA.

They might be in your DNA, too. In the last census, over 32 million Americans identified as having Irish ancestry, which included 12.6 percent of Oklahoma residents. And *Ancestry.com* found that two-thirds of their test-takers have at least 5 percent Irish ancestry. Everyone is welcome to claim Irish heritage during March.

Even if you don't have actual ancestors from the Emerald Isle, you can claim the Irish spirit every day—and I really think you should. It's an indomitable survivor spirit that rises up against all odds, that fights for freedom against tyranny, that recognizes the wild and ancient magic of nature, and that looks for the good during every storm of life. And yes, I'm still looking for the pot of gold at the end of the rainbow.

Feel free to shout out “*Erin go Bragh*” or “*Slainte*” on March 17, whether you lift a pint of cold Guinness or a cup of hot tea. Claim your invincible nature, because it will sustain you through the bumps and bruises of life. My granny, Clara McBride, a good lass if ever there was one, summed up the survivor's spirit this way, “No matter how long the day, the evening always comes.”

Every long road you travel will end; every dark night will become day; every long cold winter will become spring. And this is what I am celebrating today.

Cheers,

Shanna Warner

May brooks and trees
 and singing hills join in
 the chorus too, and every
 gentle wind that blows
 send happiness to you.

~Irish Blessing

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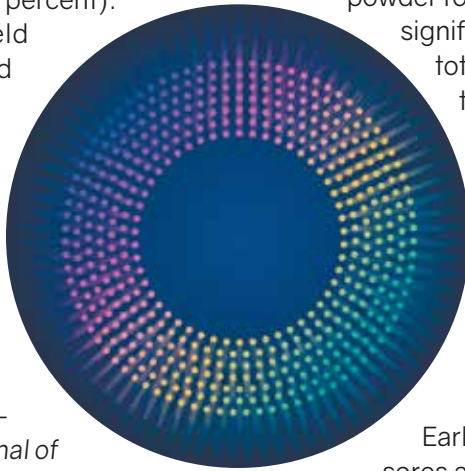
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Use Colored LED Lights to Relax

Getting an MRI or CT scan is typically not a relaxing experience, and patient discomfort, anxiety or agitation can affect the quality of the image. Taking note of businesses that use lighting to create a mood, researchers from Pepperdine University demonstrated that patient unease in imaging centers can be modified with the use of colored LED lights. In a pilot study involving 35 subjects, 43 percent found blue lighting most relaxing, while 31 percent preferred yellow. The least relaxing lighting color was red, according to 69 percent of participants, followed by yellow (17 percent) and green (11 percent). Each subject was given a handheld device to set the hue, intensity and brightness of lighting, and most chose blue. No patient preferred the standard bright, white lighting of healthcare environments. "When given the opportunity to change a single aspect of the environmental or imaging facility experience, patients feel much more in control of the otherwise unfamiliar and uncomfortable setting," write the authors in the *Journal of Medical Internet Research*.



Try Mindfulness to Improve Cardiovascular Health

Mindfulness training can lower blood pressure and positively influence behavior that promotes cardiovascular health, report Brown University researchers. The study published in *Plos One* involved 43 people with hypertension. In eight weekly 150-minute sessions, participants learned mindfulness meditation movements and techniques, including eating food mindfully, while also receiving instruction on hypertension risk factors. By the end of the year, they reported improvements in stress levels, diet, physical activity and alcohol consumption. On average, systolic blood pressure fell by six points and diastolic pressure by one point, a small, but significant improvement.



Try Ginger to Lower Diabetes Markers

Ginger root (*Zingiber officinale*), used historically in traditional medicine to treat indigestion and nausea, may also help people with Type 2 diabetes, suggests a new study from Brazil. Researchers conducted a randomized, double-blind study of 103 people with Type 2 diabetes that were taking medications. Those taking 1.2 grams of ginger powder for 90 days experienced a significant drop in the level of fasting blood sugar, total cholesterol and LDL cholesterol compared to those taking a placebo.



Use Green Tea Extract and Curcumin to Ward Off Oral Cancer

Early signs of oral cancer can include white patches, sores and lumps inside the mouth, biomarkers known collectively as oral potentially malignant disorders (OPMD). To see if two natural chemo-preventive agents—green tea extract and curcumin—could reverse these conditions, researchers in India tested 60 people with OPMD, splitting them into three groups. One group was given 400 milligrams (mg) of green tea extract in a capsule, as well as a gel; a second group was given 475 mg of curcumin; and the third received a combination of the first two treatments. After 12 weeks, researchers found that the supplementation had significantly reduced OPMD biomarkers in all three groups, with particularly strong results in the combination group, suggesting a synergistic effect.





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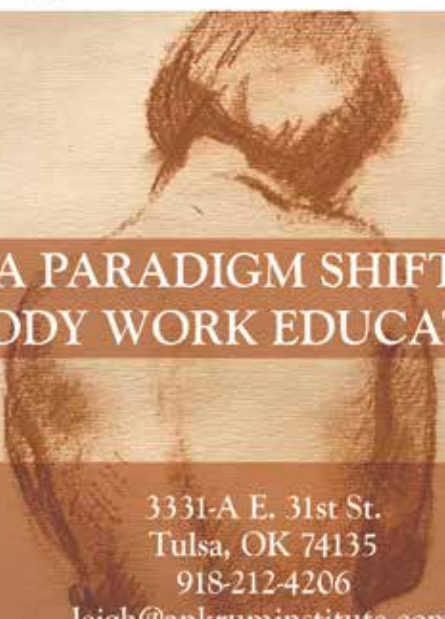
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Fishy Business

Saving Coral Reefs Worldwide



The International Coral Reef Initiative (ICRI) has urged governments to take action to save the planet's remaining coral reefs and their attendant fish populations, because collective human impacts are leaving fewer places untouched, with only 15 percent of the Earth's land mass formally protected and global biodiversity declining at an unprecedented rate. To that end, a new online data platform, MERMAID (DataMermaid.org) helps scientists and management officials collect, organize and disseminate data on reef fish biomass and diversity, as well as the cover of hard corals, fleshy algae and other benthic groups—

all identified by ICRI as key indicators of coral reef health, integrity and function.

The newly published *5th Global Biodiversity Outlook* and other sources endorsed by the Intergovernmental Panel on Biodiversity and Ecosystem Services clearly indicate that governments are failing to meet existing global targets for biodiversity and that critical ecosystems like coral reefs will be altered to the point that the biodiversity they harbor, and the services they provide, will be irreparably damaged. Currently, only 2.5 percent of the world's reefs are being actively protected.

Flying High

Economical Carbon-Neutral Jet Fuel



Scientists looking for ways to reduce the amount of carbon dioxide emitted into the atmosphere have increasingly focused on the aviation industry, which accounts for approximately 12 percent of transportation-related carbon dioxide emissions. Installing heavy batteries aboard aircraft is problematic, but a team of researchers affiliated with several institutions in the UK and Saudi Arabia have developed a way to produce jet fuel using carbon dioxide as a main ingredient, as published in the journal *Nature Communications*.

The process, which uses an iron catalyst with added potassium and manganese, along with hydrogen, citric acid and carbon dioxide heated to 662° F, forces the carbon atoms apart from the oxygen atoms in CO₂ molecules, which then bond with hydrogen atoms to produce the kind of hydrocarbon molecules that comprise liquid jet fuel, with water as a byproduct. This is less expensive than converting hydrogen and water into fuel because it uses less electricity. Use of this fuel in aircraft would be carbon-neutral because burning it would release the same amount of carbon dioxide that was used to make it.

Buzz Kill

Honey Bees Have a Dirty Secret

Although honey bees symbolize prosperity, sustainability and environmentalism, and are vital to farmers, they also have a distressing effect on the environment—destabilizing natural ecosystems by competing with native bees. Thousands of beekeeping hobbyists and campaigns to save the bees provide honey bees much more me-

dia coverage than native pollinators. High densities of honey bee colonies increase competition with the native pollinators for forage, putting even more pressure

on the wild species that are already in decline. Honey bees are extremely general foragers and monopolize floral resources, leading to exploitative competition where one species uses up a resource, not leaving enough to go around.

Sheila Colla, an assistant professor and conservation biologist at Toronto's York University, tells *Scientific American*, "Beekeeping is for people; it's not a conservation practice. People mistakenly think keeping honey bees, or helping honey bees, is somehow helping the native bees, which are at risk of extinction. The focus on neonics [pesticide] and honey bees has taken a ton of resources away from conserving wild pollinators from their most important threats."





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Founder Dr. Michele Menzel (center)
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Plug and Pedal

The Benefits of Using Electric Bikes

Gas-guzzlers are the worst of vehicles, emitting harmful pollutants and using up non-renewable natural resources. An Earth-friendlier alternative for work commutes or pleasurable neighborhood spins is the e-bike, powered by pedaling and an electric motor. Reaching maximum speeds of 20 to 28 miles per hour and costing \$400 and up, an electric bicycle offers a more scenic and easier ride that gets us to our destinations without trashing the planet.

Environmental Benefits

Zero emissions. Electric bikes run on clean energy, eliminating the devastating carbon emissions associated with cars, vans, trucks and motorcycles.

Long-lasting power. The batteries last for years—much longer than traditional types. They don't contain lead and can be recycled.

Easier on roads. Bikes are considerably lighter than larger vehicles and cause much less damage to infrastructure.

Health-Friendly Commuting

E-bikes are a great way to bring some physical activity to an otherwise sedentary lifestyle. In a 2018 study, Swiss researchers found that commuters enjoyed similar cardiorespiratory

improvements regardless of whether they used an electric bicycle or a conventional, non-motorized model. With the power assist, e-bikers were able to cycle at higher speeds and climb hills more easily, which also proved to be highly motivating.

Safety Tips

Pay attention to traffic. Many car drivers may not expect a biker to reach 20 or more miles per hour. Ride defensively.

Be visible. Outfit the bike with lights and a bell and wear eye-catching clothing.

Start slow. Get a feel for the bike's capabilities at lower speeds before cranking it up.

Give it a brake. With the added speed and power, slowing down well ahead of stop signs, lights and road crossings is a must.

Be careful on the mount and dismount. An e-bike is about 20 pounds heavier than a regular bike, so a step-through frame might make good sense, even for men.

Wear a helmet. According to the U.S. Centers for Disease Control and Prevention, head injury is the most common cause of death and serious disability in bicycle-related crashes.

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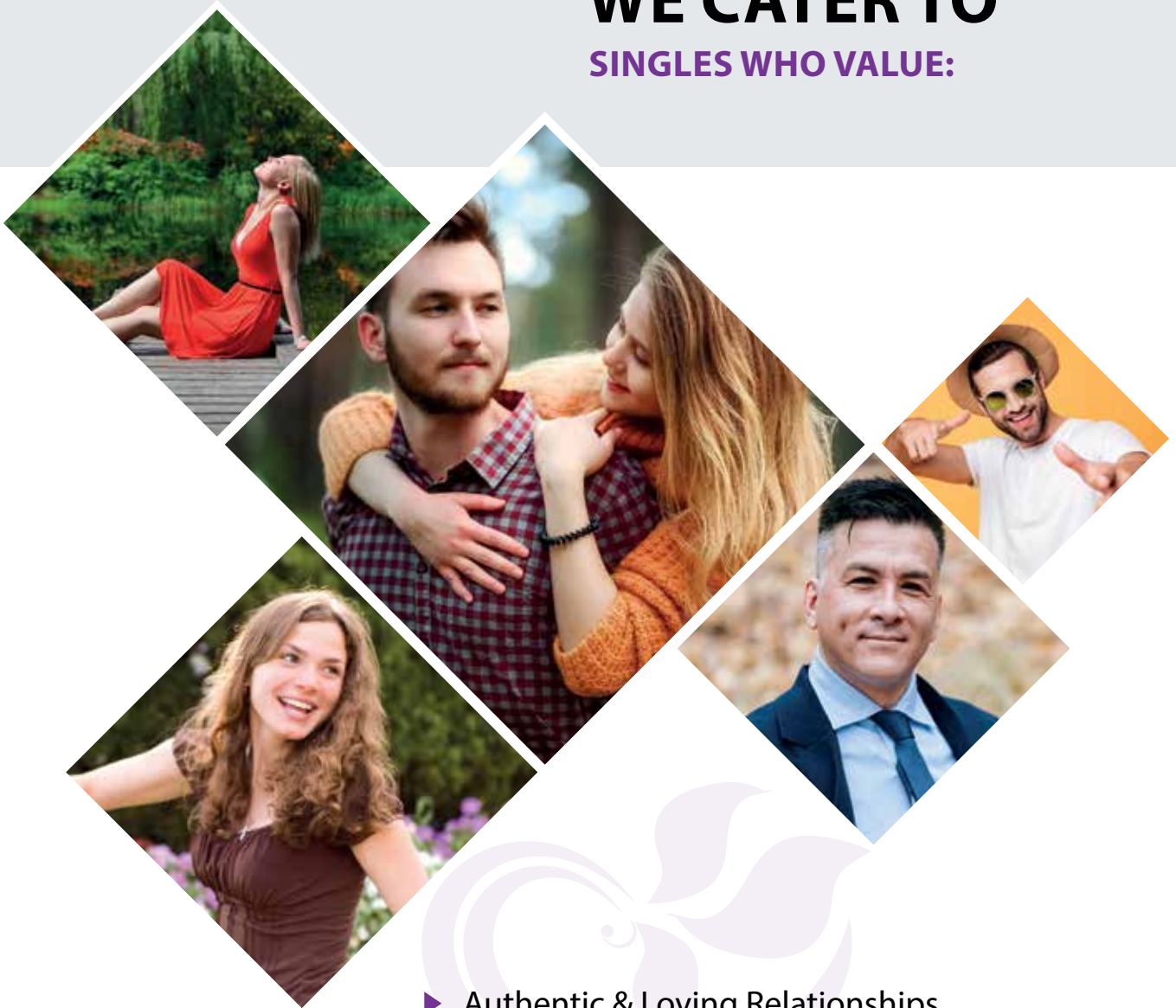
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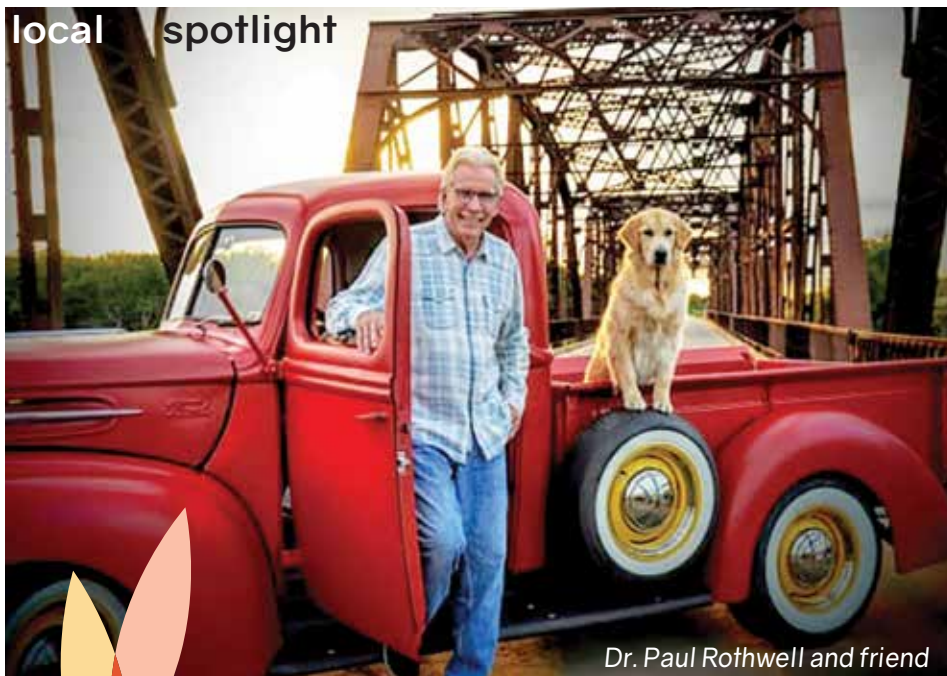


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Dr. Paul Rothwell and friend

His challenge each day is to find the proper fit for each patient when it comes to their integrative care. He mentions, “Many of my patients have been let down by the so-called medical establishment and are looking for solutions to their problems, not just simply drugs that treat their symptoms. This is challenging and keeps me excited about what I do each day.”

Integrative Medicine, also known as Functional Medicine, is a newer specialty that is gaining popularity and becoming more accepted by traditional Western Medicine. Changing hearts and expanding minds can be slow going, but Rothwell knows the holistic therapies and processes he believes in are making headway. “A good example today is the recognition that vitamin D3 plays a significant role in the prevention and treatment of COVID-19. I am over 70, but have a lot left to give. I practice what I preach. I can see Wellness & Longevity outliving me as I bring younger blood into the practice. Younger medical practitioners are more open to our philosophy than my generation.”

Wellness & Longevity staff are motivated daily when they see patients respond to their therapies, especially when those same patients have been to other practitioners and not seen results. Many times, those patients have been told that there is nothing else to do or that the problem is all in their head. Rothwell tells patients that the problem is not in their head, but it might be in their gut. “The number one health problem I see in the USA today is related to poor nutrition. We live in a country of sugar addicts. If I can get my patients to eat a healthy, anti-inflammatory diet, that’s over half the battle. You can actually modify your genetics by what you eat!” he advises.

A healthy diet, exercise and staying active—these are the ideals that Rothwell lives by. He also believes in staying spiritually grounded and encourages everyone to do the same, whatever their beliefs may be, adding, “We all need to believe in something beyond ourselves.”

For more information or to make an appointment, call 405-470-8200 or visit WellnessOK.com. See ad, inside front cover.

Crossing the Bridge to Wellness & Longevity

by Shanna Warner

Wellness & Longevity was founded by Dr. Paul Rothwell, M.D., about 15 years ago to provide cutting-edge IV therapies to the OKC area, along with USA-made, pharmaceutical-quality supplements. Now billed as “the premiere IV infusion provider in central Oklahoma,” Wellness & Longevity strives to be a bridge between providers of functional or natural medicine and traditional medical doctors.

Each of the comfortable recliners at Wellness & Longevity allows patients seeking IV infusion therapies to settle back and relax. Many infusions take 20 to 30 minutes, although some can be longer, so a comfortable setting was important to the design of this modern, yet peaceful clinic. Their mission is to deliver cutting-edge, integrative medical care in an environment that fosters healing through support for mind, body and spirit.

Wellness & Longevity specializes in adjunctive care of cancer, autoimmune disorders and anti-aging. They offer IV

therapies for patients needing support for stress reduction, replacement of vital nutrients due to poor nutrition or gut issues, or those just wanting a physical wellness “tune up.” The IV therapies are designed to give vitality and restore balance and health.

Individuals and families benefit from knowing they are receiving the best of care from not only the qualified and caring RNs on staff, but also from a board-certified Functional Medicine specialist who has also been certified by the American Academy for the Advancement of Medicine in IV Therapies. Rothwell has been board certified by the American Academy of Family Practice and is currently board certified in Anti-Aging and Regenerative Medicine, or Functional Medicine. He is a member of the clinical faculty at Oklahoma University School of Medicine and has spoken nationally on topics related to functional and preventative medical care.

Rothwell’s personal mission is to provide individualized care. He believes every patient is important and has unique needs.

DOWN TO EARTH

The Promise of Regenerative Organic Farming

by Sandra Yeyati

With its dependence on chemical pesticides and fertilizers, heavy tilling techniques, concentrated animal feeding practices and mono-crops—all designed to maximize yields—conventional farming has come at a great cost. “Conventional intensive farming practices have significant negative consequences for the land and surrounding ecosystems,” says Richard Teague, Texas A&M professor of Ecosystem Science and Management. “By disrupting the natural function of these habitats, the valuable ecosystem services they provide are compromised.”



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The way we're growing food now is not sustainable. “According to the United Nations, we only have 60 harvests left before our soil is completely depleted. Years of conventional industrial agriculture have drained the soil dry of all of the organic matter, all the microbes, that microbiome that brings nutrients to our plants and to our planet as a whole,” says Margaret Wilson, content creation and media relations specialist at the Rodale Institute.

The UN also reported last year that agriculture and forestry were responsible for nearly a quarter of all greenhouse gas emissions. “Agriculture is a climate-intensive process and conventional practices make that even worse because they're fossil fuel-intensive,” Wilson says. “They require a lot of machinery to plow fields and distribute pesticides. Fertilizers

are fossil fuel-based. Tillage is a huge part of conventional agriculture, where you're turning the soil over, and that releases carbon dioxide into the atmosphere.”

One third of the world's land surface is considered desert, and according to Judith D. Schwartz, the Vermont author of *The Reindeer Chronicles* and *Cows Save the Planet*, most deserts are manmade. “If we look historically, we learn that most deserts

were once thriving grasslands or some other kind of ecosystem and became deserts after hundreds of years of poor grazing management or farming that was no longer putting nutrients back into the soil.”

The good news is that deserts can be brought back to life. In the state of Chihuahua, Mexico, where much of the land is degraded, ingenious ranchers have figured out a way to support healthy animals and plant biodiversity. “The ranchers were earning money by managing the livestock holistically in a way that was reviving the ecological function of these lands, so there were thick grasses, birds and butterflies flourishing right next to land that looked horrible—absolute deserts with a lot of erosion, the soil so depleted that it couldn’t hold water,” recalls Schwartz, who visited the area.

Regenerative organic farming holds great promise to rebuild soil, draw carbon from the atmosphere and ultimately grow healthier food. “When you take out the pesticides, fertilizers and intensive tilling, our farming systems trial concluded that regenerative organic agriculture uses 45 percent fewer fossil fuels and releases 40 percent fewer carbon emissions than conventional practices,” Wilson says, adding that a recent Rodale Institute white paper postulated that by transitioning all global crop and pastureland to regenerative management, we could sequester 100 percent of annual carbon dioxide emissions.

As the founder of the Rodale Institute, J.I. Rodale, said, “Healthy soil equals healthy food equals healthy people.” Soil restoration is job one, and we know how to do this. “The goal of regenerative farming is to farm and ranch in nature’s image,” says Gabe Brown, a North Dakota farmer and author of *Dirt to Soil*. He offers the following six principles to create a thriving, regenerating agricultural ecosystem:

1 Context: “There’s a reason bananas do not grow in North Dakota. They don’t fit the context, whereas more spring wheat is grown in North Dakota than anywhere else. You have to farm and ranch in your context.”

2 The least amount of mechanical and chemical disturbance possible: “Nature tills with earthworms and burrowing rodents, but it certainly doesn’t till the soil like we do in farming or even in gardening. Tilling is the worst thing you can do if you want to raise nutrient-dense food. Nature aerates the soil with the use of living plants and soil aggregates. Those soil aggregates will only last about four weeks, then new ones need to be formed, and the only way to form them is by not tilling and allowing biology and fungi to secrete substances that help bind sand, silt and clay to form soil aggregates.”

3 Armor on the soil: “Nature always tries to cover the soil, whether it be leaves in a forest or decaying plants in a pasture or field. Nature does not like bare soil.”

4 Diversity: “Where in nature do you see a monoculture? Usually only where man put it or man’s actions have driven it to be a monoculture. Nature is very diverse, so hundreds of different grasses, legumes all growing in harmony. We’ve gotten away from that. Now we plant monocultures. That’s not the way nature functions.”

5 A living root being in the soil as long as possible throughout the year: “I go out in the spring here in North Dakota, and you’ve got crocuses coming up through the snow. That’s nature’s way of trying to take the solar energy and all of these compounds out of the atmosphere, and through photosynthesis convert it into carbon to feed soil biology.”

6 Livestock and insect integration: “Nature does not function properly without animals. Too many people think we have to remove the animals from the landscape. That’s the worst thing you can do. What’s going to pollinate the plants? The way our rich soils were formed was with large herds of ruminants, grazing the plants. That plant, once grazed, starts sloughing off root exudates to attract biology, to regrow, and then that plant is able to cycle more carbon out of the atmosphere.”



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Brown waxes poetic when he talks about the amazing results of regenerative farming. “Healthy soil looks like dark chocolate cake. It’s full of pore spaces. Healthy soil is dark because of the amount of carbon in it. It smells good, whereas unhealthy soil is very compacted. There’s no pore spaces. Water cannot infiltrate into it. It’s a dull, pale color. You can see it, you can smell it, you can feel it.”

According to Wilson, the Rodale Institute is poised to help farmers adopt these principles and make them profitable. “People say regenerative organic isn’t scalable, but through our farming systems trial, we’re proving that you can do this on a large scale. It might require customization, but that’s why we’re investing so much in providing support and research to farmers to help them navigate that, and we’re seeing that scalability is not a barrier to implementation because so many big companies like Dr. Bronner’s and Patagonia are starting to implement these practices because people are demanding it. The market finds a way to make it doable and as long as we keep up our consumer education and show people that this is a benefit to everybody, I think large-scale farmers and corporations that buy their products will respond.”

Last year, Graham Christensen’s father gave him and his brother full control of a 750-acre farm in Oakland, Nebraska, that has been in the family since 1867. Over the decades, the farm has seen many changes, but the biggest transformation is still to come, as the brothers eagerly transition their once conventional operation into a regenerative organic one.

The family began to incorporate a few innovations 12 years ago when they stopped tilling the land and adopted solar energy, but this year they’ll take bolder steps to eliminate their dependence on GMO seeds and chemical fertilizers and pesticides which over the years have reduced organic matter levels in the soil and led to increased and unhealthy nutrient levels in their waterways.

“For the first time, we’ll be cover-cropping 612 acres and expanding habitats for wildlife, especially in some riparian areas, so we can get more roots in the soil and have better filtration and cleaner water,” Christensen explains. “We’re going to produce nutrients by building a biodiverse ecosystem and we’re incorporating animal grazing systems to help us fertilize naturally rather than having to add synthetics like nitrogen and phosphorus.”

They have planted a 100-tree hazelnut orchard that they hope to expand as a tree crop. “That’s going to help us stop soil erosion, store more carbon in the ground, produce another form of income and also be able to fit right into our cropping system, virtually taking out no extra land; just creating a higher layer, so now we’re farming higher in the air.”

The transition is not without its risks, Christensen adds. “Farms like ours have been heavily subsidized by the federal government to ship our grain to other countries. What we’re trying to do now is produce more small grains and hazelnuts for a regional market and reintroduce livestock to the land—not in confinement—so we can focus more on feeding people in our local community and in Omaha or Lincoln or Kansas City or Des Moines.”

Sandra Yeyati, J.D., is a professional writer. Reach her at SandraYeyati@gmail.com.



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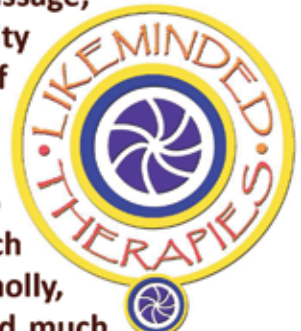
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Monthly Business Highlight - Likeminded Therapies

Likeminded Therapies is honored by our 10th year of service offering massage, movement, energy work, and consciousness healing. While our speciality revolves around touch and teaching massage through our School of Massage, we are all trained in many holistic modalities from Body and Emotion Code, Feldenkrais Somatic Education, Sound and Light Therapies, Shamanic Healing Journeys and more. Our commitment is to continue our journey to be with you in the way of empowering each individual to find the true healer: themselves. Holistically, let us heal, wholly, and together, Body/Mind/Spirit as One. May your days be Blessed, and much love, Likeminded Therapies.



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Jeff Tkach on Regenerative Healthcare

by Patricia Trenchak

For over 70 years, Rodale Institute—a pioneer of the organic food movement—has championed the concept of farming without herbicides and pesticides by funding and supporting scientific studies and education. Now entering his fifth year with Rodale Institute, Chief Impact Officer Jeff Tkach is committed to upholding the legacy of the Institute's founder, J.I. Rodale, who believed that healthy soil equals healthy food equals healthy people. According to Tkach, farmers and healthcare professionals need to embrace a prevention-based approach to human and environmental health, and Rodale Institute is here to bridge the gap

between these two industries by unlocking the transformational power of regenerative healthcare.

How did your personal journey lead you to explore regenerative healthcare?

In 2016, I experienced a tremendous health collapse in my own life. I went through six conventional medical doctors and \$50,000 in medical bills. I had been a high-performing businessperson up until that point, and found myself on medical leave, bedridden and unable to work. I sought out a doctor who practiced something called functional medicine, which focuses



on finding the root of whatever caused the breakdown in health. After numerous tests, it was discovered that I had chronic Lyme disease. The doctor explained that there was nothing he could prescribe that was going to instantly make me better. Through my work with him, I had to look at my body as a whole system and came to realize that food is medicine. Ultimately, alternative modalities like acupuncture and IV [intravenous] therapy, as well as food healed me.



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What is regenerative healthcare?

It is a system in which farming and healthcare work together focused on a prevention-based approach to human and environmental health. Instead of using toxic chemicals to farm, regenerative healthcare aims to prevent disease through an organic, plant-based, whole-foods diet. Regenerative healthcare begins on farms that work in harmony with nature. At Rodale Institute, we see ourselves as a human health organization, not an agricultural organization. We use agriculture as a tool to promote human health. Our goal is to build the first brick and mortar facility in the world, called the Regenerative Health Institute, that will connect medical doctors and farmers. The facility will be a 333-acre certified organic farm in Kutztown, Pennsylvania, that will provide innovative research on the links between farming and human health. We're going to be doing scientific research that demonstrates the link between soil health and the health of people, and we're going to educate and train tomorrow's doctors to become more literate in agriculture and to understand how they can use food as medicine.

How can we harness the power of regenerative organic farming to foster good health?

The current mode of farming is systemically broken, and farmers need to move in a healthier direction. The science is showing that elements in pesticides and herbicides are known carcinogens that are wreaking havoc on our immune systems. They are ubiquitous in our air and drinking water. Farmers are no longer able to control where those chemicals land. They're leaching into our groundwater, killing the life in the soil and causing major soil erosion. Ultimately, they're causing imbalances in nature of mass proportion.

How can you convince people to adopt organic and consider food as medicine?

We need to encourage people to get to know a farmer. There are incredible regenerative organic farmers in our own

communities that oftentimes don't have access to mainstream markets. During the pandemic, we saw a major increase in sales directly from farms to consumers. When the supply chains in the grocery stores broke down, we turned to farmers. That's profound. As a result of the pandemic, 22 million new gardens were planted in the United States, according to the National Gardening Association. We need to keep that going. It's very exciting to be a part of this movement as people around the

world come to understand the importance of food as medicine. I truly believe that regenerative healthcare is the key to healing our planet.

For more information, visit RodaleInstitute.org.

Patricia Trenchak writes for KnowEwell, a Regenerative Whole Health Community platform and a collaborative partner of Natural Awakenings Publishing Corp. See ad, page 5.

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Indoor Edible Gardening

Grow Veggies, Sprouts and Microgreens Year-Round

by April Thompson

There's no need to wait until the last frost date to sow a kitchen garden. Impatient gardeners or those without outdoor space can grow almost anything indoors with a little light and creativity.

"You can start many edible plants from seed on a sunny windowsill, even in late winter. You'll be surprised how quickly everything germinates this time of year," says Zia Allaway, the British author of *Indoor Edible Garden: Creative Ways to Grow Herbs, Fruits, and Vegetables in Your Home*.

Herbs, tomatoes, cucumbers and peppers are among the many foods that can be easily grown from seed indoors, according to Allaway. Many fruiting plants that are not self-pollinating, such as cucumbers, need a boost from hand pollination if growing them indoors. Allaway adds, "When growing any plants on a windowsill, rotate them periodically so they grow evenly, as they will turn toward the light."

While crops like garlic, beets and carrots won't reach maturity indoors, they can still be grown inside for their tasty, nutritious leaves. To grow garlic shoots, for example, remove the papery outer case and submerge the flat end of a garlic bulb in a container of water, leaving the top exposed to air. Within a few weeks, garlicky-flavored shoots will sprout up that can be harvested and used like chives, advises Allaway.

To maximize space, she suggests growing plants vertically, perhaps by hanging bushy herbs or trailing plants in a window basket. She has also used interior walls to erect a



trellis for vining plants like cucumbers, wiring it up with screw eyes.

Mini-Greens, Major Nutrients

Many health-conscious gardeners are drawn to sprouts and microgreens for their nutritional benefits, as they contain as much as 40 times the nutrients as their full-grown counterparts. Sprouts can easily be grown with or without soil, and are eaten before the first tiny cotyledon leaves emerge, whereas microgreens are harvested later, often just before or after the first true leaves, the second pair, pop up.

"Sprouted greens grown at home are the freshest food you'll ever eat. Being able to grow your own salads is also a lot of fun in the winter, to see the wonderful colors growing on your shelf," says Peter Burke,



the Calais, Vermont, author of *Year-Round Indoor Salad Gardening: How to Grow Nutrient-Dense, Soil-Sprouted Greens in Less Than 10 Days*.

Burke's tried and true method is to plant a small amount of seed every day from a mix of sunflower, peas, radish, buckwheat and brassicas like broccoli or kohlrabi, providing a steady supply of his family's daily dose of greens. While some gardeners grow sprouts or microgreens directly on paper towels or coconut coir, Burke prefers using a store-bought, germination soil mix, spread up to two inches deep in reusable trays, watered once a day and grown without artificial light.

Many seeds commonly found in the home pantry can be turned into sprouts and shoots, says Lina Wallentinsson, the Swedish author of *Sprouts, Shoots and Microgreens: Tiny Plants to Grow and Eat in Your Kitchen*. "Mustard seeds from the spice shelf, whole lentils in all colors, chickpeas and yellow peas can all be easily grown for sprouts and shoots without any special equipment," she says.

Seeds can be put into wide-mouthed jars, soaked overnight, and then drained and rinsed two to three times a day. Germination of seeds into sprouts, from mung beans to quinoa, can typically take less than 24 hours with this method.

Sprouts and microgreens make great toppers for salads, soups, sandwiches or smoothies, and they can also be cooked. "Newly sprouted mung and lentil seeds with a short 'tail' are perfect to flash-fry and season with soy, chili and a little sesame oil as an alternative to rice or pasta," says Wallentinsson. "Sprouts are also nice to bake with. Like seeds and nuts, they give a good little chew in all kind of breads."

Whether growing sprouts, microgreens or full-sized plants, Allaway advises home gardeners to make drainage holes at the bottom of the containers to avoid overwatering. "It's better to underwater than overwater a plant, because once it starts to rot, it's game over. There is also research showing that a little stress from occasional underwatering can trigger the plant to produce more phytochemicals, which are nutritionally beneficial," she says.

Connect with Washington, D.C., freelance writer April Thompson at AprilWrites.com.

Tasty, Sprout-Inspired Recipes

Noodle Soup with Coconut, Sprouts and Shoots

This soup is a favorite in our home. Simple to make, it's warming thanks to just the right amount of bite from the chili.

YIELD: 4 SERVINGS

1 8¾ oz pack of noodles
1 Tbsp canola oil
1 carrot
2 tsp red curry paste
Canola oil, for frying
1 13½ oz can coconut milk
1 tsp tomato purée
2 Tbsp fish sauce (or Japanese soy sauce)
1 vegetable stock cube
1 tsp sugar
1¼ cups water
2 tsp freshly squeezed lime juice
1 red bell pepper
About 7 oz mung bean sprouts
Pea and radish shoots, for garnish



Prepare the noodles according to the instructions on the package. Drain off the water, and mix the noodles with the oil.

Peel and thinly slice the carrot. In a saucepan, cook the curry paste and carrot in some oil for about 1 minute.

Add in the coconut milk, tomato purée, fish sauce, stock cube, sugar and water, and cook for about 5 minutes. Add in the lime juice.

Halve, seed and julienne the bell pepper; add it to the soup. Divide the noodles between the bowls, add the soup and sprinkle with sprouts and shoots.



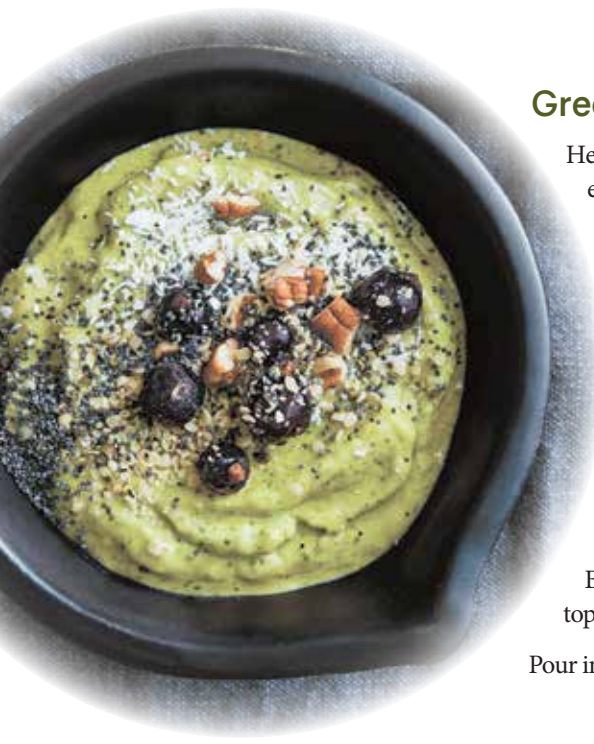
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Green Smoothie Bowl

Here's a recipe that contains both sprouts and shoots. The buckwheat provides a little extra satiety. Top the bowl with some poppy seeds, grated coconut, nuts and berries.

YIELD: 2 BOWLS

*Approx. 1¼ cup mild, tender shoots such as broccoli, chia, pea or sunflower
2 frozen bananas
3½ oz frozen mango, diced
2 Tbsp buckwheat sprouts
6¾ oz mild plain yogurt (3 percent) or coconut or almond milk
Hemp hearts, poppy seeds, grated coconut, nuts and frozen red and/or black currants, for topping*

Blend shoots, bananas, mango, sprouted buckwheat and yogurt until smooth using a counter-top or immersion blender.

Pour into bowls and top with hemp hearts, poppy seeds, nuts, coconut and berries.

Sprouted Hummus

Every Middle Eastern family has their own recipe for hummus. Naturally, there has to be a sprouted version of it, too. With a jar of hummus in the refrigerator, I can always cobble together some kind of dish for lunch or dinner.

Yield: ABOUT 6.75 FLUID OZ (NEARLY 1 CUP)

*7 oz sprouted chickpeas (or yellow peas)
1 garlic clove
2 Tbsp tahini
2 Tbsp freshly squeezed lemon juice
½ tsp sambal oelek
½ tsp cumin
½ tsp salt
4 Tbsp olive oil*

Put the sprouted peas in a small saucepan and cover them with water. Bring the water to a boil and cook the peas for 10 minutes. Pour off the water.

Peel and finely chop the garlic. Mix the peas in a food processor or with an immersion blender, along with the garlic, tahini, lemon juice, sambal oelek, cumin, salt and oil. Dilute with some water if the hummus seems too thick.

Option: Turmeric adds a nice yellow color to hummus. But sample the hummus as you add it in—some enjoy the taste of turmeric, others less so. Start with ½ teaspoon per recipe.

Recipes excerpted from Sprouts, Shoots & Microgreens: Tiny Plants to Grow and Eat in Your Home Kitchen, by Lina Wallentinsson. Photography by Lennart Weibull.



Natural Awakenings recommends using organic, non-GMO (genetically modified) and non-bromated ingredients whenever possible.

HEALING FROM GRIEF

Four Ways to Find Peace

by Jasmin Jenkins



kissedbythegods/pevels.com

When I was 13, my mom was diagnosed with ovarian cancer. At 15, I was at her graveside, navigating my first experience with the other side of love: loss. Ten years later, my beloved and only brother died tragically as a result of PTSD and untreated addiction. In a word: suicide. Where my mom's death silenced me, my brother's death pushed me into a deep pursuit of healing.

In the nine years since then, I have committed to discovering the light side of grief, to identifying and embracing the invitations that lay within its deep layers. What I've come to learn is that grieving is actually a renewal state—a cycle of releasing and reconnecting. The tears and sadness are, quite literally, just a more fluid connection to love. These are the four invitations I've found within the grief:

1 *The invitation to pause*

When someone we love dies, our whole world changes in an instant and forever. And with this disruption, there is an opportunity for sacred inquiry that arrives as we pause and honor the absence of our loved one: the impressions they made on our lives, what we will miss about them, how we will continue to celebrate their lives and what their story taught us.

2 *The invitation to connect with our breath*

With the intensity of emotions surrounding loss, breath can serve as our anchor. Simply remembering to close our eyes and breathe allows us to stay grounded in our body, mind and spirit. In the TED talk "Breathe to Heal," Max Strom explains how certain patterns of breathing can actually change how we feel.

3 *The invitation to feel*

Elizabeth Kübler-Ross taught us about the five stages of grief, but since everyone's story and process is so unique, there is ultimately no linear order of the stages. If an emotion arises, allow for it. Feelings, after all, are just information about the state of our heart. The more we can give ourselves permission to be with where we are in our grief, the more at peace we will be in our process.

4 *The invitation to heal*

Healing is a verb requiring action and commitment. We have to allow for the pain to heal, also remembering that in doing so, we must keep our hearts open. We have to ask for help when healing, because most of us can't heal in isolation. Therapists who specialize in grief, online grief courses, bodywork and support groups can help us move forward.

Zen Buddhism reminds us that the obstacle is the path. By exploring these invitations, we arrive at the truth that grief is actually a sacred pathway into a deeper connection within our hearts.

Jasmin Jenkins is a Los Angeles-based integrative grief guide and the founder of Fall Up, which supports people navigating the spectrum of grief. Learn more at WeFallUp.com.



Hemp-Derived Cannabidiol

A Primer on the Latest Research

by Sandra Yeyati

Ever since the Farm Bill of 2018 legalized the commercial production of hemp, U.S. sales of cannabidiol (CBD) have exploded onto the scene with hundreds, perhaps thousands, of vendors popping up around the country. CBD, a cannabinoid, is abundant in the hemp flower. “By law, hemp is defined as a variety of cannabis plant that has less than 0.3 percent THC, the psychoactive cannabinoid that induces a high,” says Shannon Livingston, a cannabis consultant for Florida Gulf Coast University, in Fort Myers.

Proven Benefits of CBD:

“The enthusiasm for CBD is soaring above the actual scientific evidence,” says Peter Grinspoon, M.D., a leading medical cannabis expert and primary care physician at Massachusetts General Hospital. “What’s known is that it helps with childhood epilepsy, and the U.S. Food and Drug Administration has approved a CBD drug for that. It is believed, and there’s good animal data and some human data to suggest, that CBD helps with chronic pain, insomnia and anxiety.”

Anxiety Under Study:

A clinical trial examining a high-CBD, low-THC (the psychoactive component) sublingual custom formulation for patients with moderate to severe anxiety is being conducted by Staci Gruber, Ph.D., director of Marijuana Investigations for Neuroscientific Discovery at McLean Hospital, in Belmont, Massachusetts, and associate professor of psychiatry at Harvard Medical School. “In the open label phase of this study, we’ve seen a rather dramatic and precipitous drop in symptoms of anxiety and depression after four weeks of treatment. We’ll see if this holds in the double-blind phase, which is underway now,” she explains.

Entourage Effect:

Gruber notes that this customized formulation is a full-spectrum, whole-plant formula, saying, “You often seem to get a bigger bang for the buck using a full-spectrum or broad-spectrum (whole plant minus THC) product, rather than just a single extracted compound.” The process she’s describing is called the entourage

kostreza/AdobeStock.com

effect—an assumption that all elements of the cannabis plant, working together, are most effective. “I believe there’s a significant role for terpenoids, flavonoids and other cannabinoid constituents of the plant, in addition to the big two (THC and CBD), and I have a grant to look at that very question,” she says.

How to Start CBD:

Experts agree that the best approach is to start low and go slow. “With experimentation, the patient will know what works for them,” Grinspoon says. “When CBD doesn’t work with my patients, the next step is to add a little bit of medical cannabis; it often takes a very little dose to help them with their sleep or their chronic pain.” Medical marijuana has been legalized in 36 states and the District of Columbia.

Route of Administration:

“When you smoke or vape, it’s an almost immediate onset, which is helpful for breakthrough pain, nausea and anything you want to treat immediately, but the effect is very short-lived,” Livingston explains. “For chronic pain, you might take a capsule or the patch that will last six to eight hours. If you want to fall asleep, a sublingual will work. For a skin condition, you might rub an oil on your skin. It’s really about the time of onset, how long you need it to last and what you’re treating.”

Ensuring Quality Control:

“Choose CBD providers that are certified for good manufacturing practices; conduct batch-specific, third-party testing on all of their products; and provide certificates of analysis directly from those labs. These tests can detect the presence of heavy metals, bacterial or microbial life, mycotoxins and pesticides, and also provide cannabinoid potency and terpene profiles,” says Grace Kaucic, senior communications and content manager at Bluebird Botanicals, a CBD company in Louisville, Colorado.

Our Built-In Cannabinoids:

In the mid-1990s, researchers discovered the endocannabinoid system of receptors and neurotransmitters throughout the body, which uses cannabinoids that our own bodies produce. “This system is believed to control homeostasis, the body’s ability to regulate itself and maintain normal functioning,” Grinspoon says, adding that he believes this system will become central to medicine over the next few years as more research is conducted.

Research is Ongoing:

“It’s an incredibly exciting time for cannabis science,” Gruber says. “There’s every reason to be optimistic about the potential of harnessing and exploiting the benefits of cannabis and cannabinoids in ways that may still surprise us, but to be cautiously optimistic. It is not a panacea. It will never be one-size-fits-all.”

Sandra Yeyati, J.D., is a professional writer. Reach her at SandraYeyati@gmail.com.



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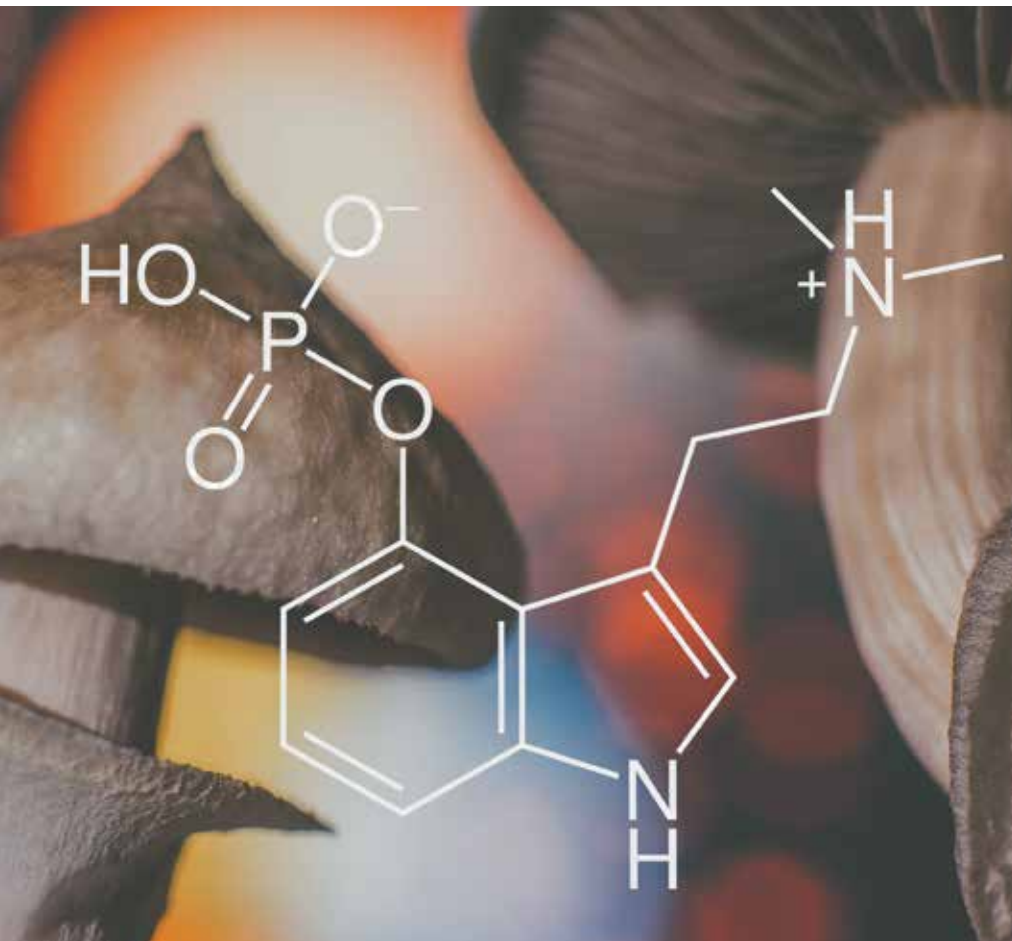
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The Healing Potential of Psychedelic Medicines

Promising Studies on Stress Disorder, Depression and Addiction

by Linda Sechrist



For more than 30 years, intersections of the human and natural world—our plates, farms and gardens—have been of interest to author Michael Pollan, who recently added the mind as another significant association in his latest book, *How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression and Transcendence*.

Pollan's interest was sparked by two articles. The first, a *New York Times* story, "Hallucinogens Have Doctors Tuning In Again," details how researchers from Johns Hopkins, the University of Arizona, Harvard, New York University (NYU), the University of California/Los Angeles and other institutions had been giving doses of psilocybin—the psychoactive compound in certain mushrooms—to terminal cancer patients as a way to help them deal with their "existential distress" at the approach of death. The second, a peer-reviewed article in the *Journal of Psychopharmacology* by Johns Hopkins researchers, was entitled

"Psilocybin Can Occasion Mystical-Type Experiences Having Substantial and Sustained Personal Meaning and Spiritual Significance." Pollan turned his journalistic skills to researching the potential of psychedelics to actually heal the mind and treat mental and behavioral disorders, and the book that resulted became a number one *New York Times* bestseller.

Research Breaks New Ground

Much of the research for studying psychedelic medicine has been supported by the Multidisciplinary Association for Psychedelic Studies (MAPS). The 35-year-old Santa Cruz, California, nonprofit is currently backing research into psychoactive methylenedioxymethamphetamine (MDMA), also referred to as ecstasy, which produces effects resembling stimulants and psychedelics, as well as a feeling of connectedness. It plans to publish the full results of phase three clinical trials for MDMA-assisted therapy for post-traumatic stress disorder (PTSD) in 2022, the final stage before seeking U.S. Food & Drug Administration approval for its use as a prescription treatment.

MAPS founder and Executive Director Rick Doblin, Ph.D., who spent 30 years studying how psychedelics might help heal trauma and mental illness, was trained and mentored by Stanislav Grof, M.D. A renowned psychiatrist with more than 60 years of experience researching non-ordinary states of consciousness, Grof proposes that psychedelics are to the study of the mind what microscopes are to biology and the telescope is to astronomy. When used wisely, he suggests, they can heal, inspire and perhaps save us.

Researchers have found that psychedelics reduce activity in the brain's default mode network that creates our sense of self—the equivalent of our ego—filtering all incoming information according to personal needs and priorities. When activity is reduced in the default mode network, the ego shifts from the foreground to the background, allowing us to see that we're part of a larger field of awareness. This can

Johns Hopkins and NYU research has demonstrated how psilocybin can help with treatment-resistant depression, obsessive-compulsive disorder, anxiety and addiction.

be among an individual's most important experiences, allowing for feelings of connectedness, altruism and acceptance of death.

Psychedelics as Treatment

Since 2010, in addition to treating PTSD, MDMA has shown positive results for depression, social anxiety in autistic adults and anxiety associated with a life-threatening illness. Johns Hopkins and NYU research has demonstrated how psilocybin can help with treatment-resistant depression, obsessive-compulsive disorder, anxiety and addiction. Both MDMA and psilocybin have been studied as adjuncts or catalysts to psychotherapy rather than as standalone treatments.

Jennifer Phelps, M.D., who teaches for the Center for Mind-Body Medicine, in Washington, D.C., and practices family and integrative medicine in Georgetown, Connecticut, says that psilocybin can transform a terminally ill individual's quality of life for the remainder of their time. "This compassionate use can presently only be prescribed by a physician with the required license issued by the Drug Enforcement Administration. Presently, LSD, MDMA and psilocybin can only be prescribed for research," she says.

Charley Wininger, a Brooklyn-based psychotherapist, authored *Listening to Ecstasy: The Transformative Power of MDMA* after experiencing its positive effects on his marriage and psyche. "For those who experiment responsibly, psychedelics can open their lives up to spiritual growth and transformation. It's a way to learn about how connected we are to each other, to the natural world and to the world at large. When you experience this level of connection, you and your worldview are transformed," he says.

"MDMA helped me with the aging process. I keep growing and exploring

consciousness in an unconventional way," he adds, enthusing that psychedelics can be a unique, life-enhancing opportunity for healthy people across their entire adult lifespan.

Wininger explains that MDMA floods the body with serotonin and oxytocin, creating a sense of safety and well-being. "It's best to do it with a trained psychotherapist or sitter, so that if any trauma surfaces, it can be relieved with a sense of safety. While individuals report that their relationship to trauma is altered permanently, integration groups give them opportunities to share and anchor their experiences."

Getting Informed

Daniel Shankin, program director of the wellness organization Tam Integration, Align and Flow, in Fairfax, California, offers mindfulness-based coaching and mentorships to integrate psychedelics with life, education and a related career. "Having a guide, preparation coach or therapist is good," he says. "For the transformation to be lasting, preparation work is needed. Answering questions such as—Why are

you here? What are your expectations? And what makes you feel safe and comfortable?—helps to build rapport with a guide that can help you form a simple, powerful intention beforehand.

"Personal growth work is invaluable to psychonauts," says Shankin, who offers podcast interviews on *TamIntegration.com*, as well as replays of a 2019 Psilocybin Summit in which notable speakers explore the facets of psilocybin mushrooms and methods for creating ceremony and holding a safe space. Also discussed are traditional and indigenous use, as well as efforts to change public policy so that individuals can legally have access to psychedelic medicine.

The Center for Psychedelic Therapies and Research at the California Institute of Integral Studies also educates the public about psychedelic medicines and trains psychotherapists to work in the expanding field of psychedelic studies. Its online programs inform the general public via podcasts about conscious medicine and the future of psychedelic-assisted therapy, which appears promising in light of the recent decriminalization of psilocybin in Oakland, Denver and Washington, D.C.

Linda Sechrist is a senior staff writer for Natural Awakenings.




Getting Pregnant

Lifestyle Strategies to Boost Fertility

by Ronica O'Hara

More than 7 million American women face one of life's deepest heartbreaks: They want a newborn in their arms, but their bodies are not cooperating. Happily, the growing use of natural approaches like healthier diets, supplements and acupuncture is changing that outcome for many.



When Rebecca Fett was told at age 26 that she had “incredibly low odds” of being able to conceive with her own eggs, she used her biochemistry and genetics training to plunge into research on egg quality and fertility. By taking targeted supplements, upgrading her diet and detoxing her house of harmful chemicals, the result was not only two healthy baby boys, but a book entitled *It Starts with the Egg: How the Science of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, and Improve Your Odds in IV*.

It sells at the fast clip of about 600 copies a week, showing that even amidst the traumas of the pandemic, couples fervently want to bear children. Some doula groups on the East Coast report a 30 percent rise in early 2021 births, and sperm banks are running so low that sperm from a handsome new donor posted online can be bought out within hours, reports *The New York Times*. “There is nothing more hopeful than the creation of a new life,” says Randine Lewis, who used acupuncture and Chinese herbs to enable a hard-won pregnancy and then wrote *The Infertility Cure: The Ancient Chinese Wellness Program for Getting Pregnant and Having Healthy Babies*.

Egg Matters

A healthy pregnancy depends on a healthy egg. Chromosomal abnormalities severely hamper fertilization and account for more than half of first-trimester miscarriages. Yet, contrary to common belief, egg quality is not determined solely by a woman's age: it can be highly influenced by her lifestyle choices and nutrients in the three-month window before an egg is fertilized, Fett advises. Based on the latest research, she offers the following recommendations for women trying to conceive naturally or through such means as in vitro fertilization (IVF):

Detox the diet. To manage critically important blood sugar and insulin levels, eat low-glycemic, nutrient-rich foods and avoid sugar, caffeine and alcohol. An organic, largely plant- and fish-based Mediterranean diet boosts fertility. Dutch researchers found that women following this diet before an IVF cycle had a 40 percent higher chance of becoming pregnant.

Supplement correctly. Take a prenatal vitamin, vitamins C and E, ubiquinol and melatonin. For women with diagnosed low ovarian reserve, consider carefully dosed DHEA.

Detox the house. The Bisphenol A (BPA) in many household items and the phthalates in most scented products are endocrine disrupters that increase the risk of infertility and miscarriages, numerous studies show. Exchange plastic storage containers and water bottles for glass or stainless steel ones. Steer clear of fast food and processed food. Buy milk, oil, drinks and condiments in glass bottles rather than plastic ones. In the bathroom, toss hairspray, perfume and nail polish, and be wary of scented skin care products, air fresheners and detergents. Use non-toxic cleaning products.

An Eastern Perspective

Taking a different tack, “Traditional Chinese Medicine (TCM) does not focus on forcing maximum egg production,” says Lewis. “We improve the quality and receptivity of the entire body, mind and spirit, and the reproductive physiology responds.”

TCM involves identifying imbalances in the body that are creating obstacles to pregnancy and then using acupuncture, herbs and diet to restore full health. Diagnosis is typically done by an acupuncturist or Chinese medicine doctor. (To find one locally, Lewis suggests asking pointedly, “How many cases of infertility have you been successful in resolving?”)

According to Lewis, self-diagnosis can also work. For example, sore breasts and

irritability during ovulation can signify liver *qi* stagnation, and can be relieved by massaging certain acupressure points, taking black cohosh and meditating or doing yoga. General TCM strategies include:

Acupuncture: Regular treatments “can stimulate the body’s hormonal system to do what it is supposed to: secrete the right hormones at the right time in a woman’s cycle,” says Lewis. Self-administered acupressure also works.

Diet: Choose organic foods and hormone-free meats, and eat veggies cooked rather than raw. Nix caffeine, nicotine and alcohol.

Supplements: Besides a high-potency, multivitamin-mineral complex, such nutrients as bee pollen, blue-green algae, wheatgrass, vitamin B₆, CoQ10 and folic acid are often useful.

Herbs: Specific herbal concoctions and powders can target imbalances and deficiencies at key points in the menstrual cycle.

Stress-busters: Qigong breathing lowers stress, and nightly warm foot soaks increase blood flow to the pelvic organs.

“As we live more harmoniously, our fertility improves,” says Lewis. “It is vastly wise and responds to how we live, think, act and relate.”

Natural health writer Ronica O’Hara can be contacted at OHaraRonica@gmail.com.

Guys and Infertility

Although researchers have long focused on female infertility, studies now show that for 40 percent of infertile couples, the problem lies in male sperm that is too sparse, slow, damaged or misshapen. Many of the strategies that improve egg quality also improve sperm quality, researchers are learning. This includes a healthier diet with more antioxidants, supplements that include a multivitamin and ubiquinol, detoxing the home and workplace of chemicals, cutting out smoking and lowering or stopping alcohol use. Other strategies include:

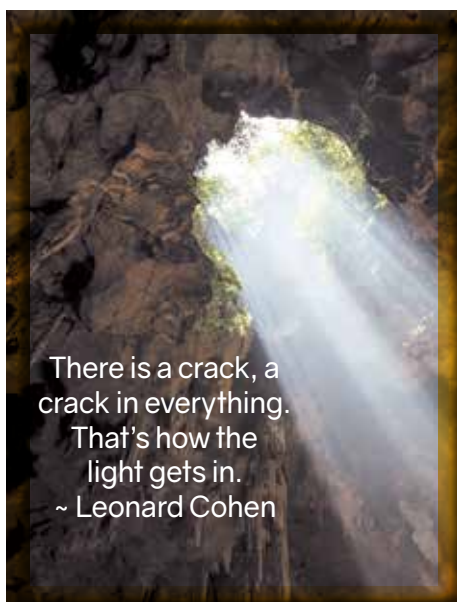
- Acupuncture to improve the concentration, volume and motility of sperm.

- Tossing lubricants with ingredients like petroleum, propylene glycol, glycerin, parabens, silicone and Nonoxynol-9 that hamper sperm movement and viability.

- Keeping cell phones out of side pockets. A Cleveland Clinic study found that pocketing cellphones more than four hours daily reduces sperm count, motility and viability.

- Wearing boxer shorts instead of briefs and forgoing hot tubs to keep testes temperatures low for sperm production.

- Exercising just enough. Studies show that men who exercise regularly, but not too extremely, have higher testosterone levels and better semen quality.



PLANS CHANGE - CALL AHEAD

Some events are being postponed or cancelled due to COVID-19.

If you plan to visit an attraction or event in Tulsa, Oklahoma City or the surrounding areas over the coming days and weeks, please contact that organization directly prior to visiting to get the latest details.



SATURDAY, MARCH 6

Big Spring Clean Tulsa – 9am-3pm. The M.e.t. will be co-hosting the Spring Green Clean with Cox Media Group. Bring plastic bags, batteries, paper for shredding, e-waste (fees: tv - \$26, crt - \$10), tires, ammunition and medication. No hazardous waste, paint or household pollutants at this drive-thru event. Please wear a mask. Free. SW corner of the Tulsa Fairgrounds, 4145 E 21st St, Tulsa. 918-584-0584. MetRecycle.com.

SUNDAY, MARCH 7

Outdoor Vintage Flea Market OKC – 9am-3pm. Featuring vendors from all over with trailers and trucks full of vintage and antique treasures. There will be more than 50 vendors outside in addition to the 60+ vendors inside. Don't miss this one. There will also be some delicious food trucks. Free. Decades Revisited: A Vintage Mall, 3639 NW 39th St, OKC. 405-601-6800. DecadesRevisited.com.

SATURDAY, MARCH 13

Junk Utopia Shawnee – 9am-5pm. Junk Utopia returns to Shawnee for a fourth year for their spring show, held indoors at the Heart of Oklahoma Expo Center. Vintage, repurposed, handmade, boutiques, upcycled, rustic and unique, one-of-a-kind finds. Free. Heart of Oklahoma Expo Center, 1700 W Independence St, Shawnee. 405-275-7020. Facebook.com/events/2858229204243143.

SATURDAY, MARCH 20

TulsaGo Market – 10am-6pm. Featuring small businesses from all around the city in a one-day event that allows shoppers the opportunity to support many local brands all in one place. Each offering its own unique contribution to Made in Tulsa products, TulsaGo Market combines a food hall, shopping mall and makers market all into one exceptional retail experience. Free. Central Park Hall, Expo Square. 4145 E 21st St, Tulsa. 918-744-1113. TulsaGoMarket.com.



THURSDAY, MARCH 25

Harmonious Wail Online – 7pm. An online concert featuring this multi-award-winning trio introduces audiences to the distinctive and fiery fusion of musical styles that reach from jazz to the blues of the Mississippi Delta, to the folk scenes across America. This exclusive online concert is a preview of their live performance that will be featured in the DWPAS 20th anniversary season. Free. Register by 2pm, Mar 25. usao.edu/arts-and-culture/dwpas/20-21-harmonious-wail.html.

SATURDAY, MARCH 27

The Great American Homestead Expo Skiatook – 8am-4pm. This event will help teach soap making, canning, jelly making, home meat processing, gardening and much more. Hosted by Hillside Farm, a small homestead farm growing produce and other goods to help those in need. Free. 206 E 184th St N, Skiatook. 918-637-3874. Facebook.com/events/470412644361835.

classifieds

\$30 for up to 30 words, then \$1 extra per word. Email content to Publisher@NAOklahoma.com. Deadline is the 10th.

INFORMATION

Get \$100 in FREE products! Join a great health & wellness shopping club. Save money and get healthy, safe and affordable products. They will give you \$100 in FREE products because they know you will keep coming back for more. Visit their website to find out about this great company. 100LiveTotalWellness.com.

OPPORTUNITIES

A REAL WORK-FROM-HOME BUSINESS – Position with a private manufacturing company. Non-MLM. Must be green-minded, with a focus on environmentally responsible products. Must love helping people and have access to a computer. Please mention this ad when you call or text. Tammy Bursack, 507-476-0795. More information at WorkFromHomeAndLoveIt.com.

STYLIST NEEDED – Busy OKC salon looking for full-time booth rental hair stylist. Sustain Salon is dedicated to Earth-conscious practices, recycling 95% of their waste, while providing high-end hair services. Located in the Metro Park neighborhood. Call or text 405-569-9432.



ongoing events

Submit your listing online at NAOklahoma.com by the 5th of the month, one month prior to publication. Please email Publisher@NAOklahoma.com with questions.

various

NAMI Family Support Groups Statewide – Many day choices. Free, virtual, confidential and safe group meetings for families helping other families who live with mental health challenges. Family members can achieve a renewed sense of hope for their loved one who has mental illness, ranging from ADHD to schizophrenia. Free. NamiOklahoma.org.

Seeing Now at 21c OKC – Thru Sept. A broad selection of multi-media works and contemporary art by over two dozen artists. 21c is a multi-venue contemporary art museum with thought-provoking exhibitions, interactive site-specific art installations and a full roster of cultural programming. Free. 21c Museum Hotel, 900 West Main St, OKC. 405-982-6900. 21cMuseumHotels.com.

Fieldworks Beyond Measure OKC – Thru Apr 19, 11am-6pm. Featuring art works produced by Fieldworks project collaborators Todd Stewart and Robert Bailey. A diverse archive of objects, photos, texts, videos and more. Clusters of photos by Stewart immerse viewers within the landscapes they depict. Text by Bailey excavates layers of meaning throughout the display. Free. Timed tickets required. Oklahoma Contemporary Arts Center, 11 NW 11th St, OKC. 405-951-0000. OklahomaContemporary.org/Exhibitions/Current/Fieldworks-Beyond-Measure.

Ed Ruscha: OKLA OKC – Thru Jul 5, 11am-6pm. A landmark survey of work by Oklahoma-raised, world-renowned artist Ed Ruscha, his first-ever solo exhibition in his home state. Focusing on his groundbreaking drawings, prints, books, photos, films and graphic design, the exhibition will include works from all stages of his 60-year career. Free. Reserve your time (up to five people per slot) up to two weeks in advance at OkContemp.org/Tickets. Oklahoma Contemporary Arts Center, 11 NW 11th St, OKC. 405-951-0000.

wednesday

Dog Play Wednesday Tulsa – 9am-8pm. Bark your calendars; Dog Play Wednesday is back! Keep checking the events schedule to see pup-coming activities that are not to miss. Tails are wagging just thinking about it. Free. The Patio at The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

Dope Poetry Night OKC – 7:30-9:30pm. All levels are open to the mic and it is uncensored. Sign-ups begin at 7pm and the show begins at 7:30pm-ish. Free. Ice Event Center Sports Bar and Grill, 1148 NE 36th St, OKC. 323-346-8683. [Facebook.com/events/209553842825723](https://www.facebook.com/events/209553842825723).

Got Events? Get Noticed!
Advertise in our calendar!



friday

First Fridays on the Paseo OKC – 6-9pm. 1st Fri. Over 80 artists in more than 25 businesses and galleries participate, all within walking distance. Some galleries offer refreshments, and food trucks will be available. Free. Paseo Art District: between NW 30th & Dewey and NW 28th & Walker, OKC. 405-525-2688. ThePaseo.org.

Norman Art Walk 2nd Friday is now VIRTUAL – 6-9pm. 2nd Fri. In lieu of physical art walk events, Norman Art Walk is presently broadcasting digital arts content through their Facebook page. Free. [Facebook.com/2ndFridayNorman](https://www.facebook.com/2ndFridayNorman). 405-360-1162. 2ndFridayNorman.com.

Tulsa Arts District First Friday Art Crawl – 6-9pm. 1st Fri. Visitors can explore artwork inside galleries, studios and museums and catch a few live music performances or even an exciting fireworks display. As an added bonus, art crawlers can take advantage of free museum and gallery admission while shopping later than normal business hours would allow. Free. Northern section of downtown. 918-492-7477. TheTulsaArtsDistrict.org.

LIVE! on the Plaza 2nd Friday OKC – 6-10pm. 2nd Sun. Plaza District's free, monthly artwalk, featuring art shows, live entertainment, great food and local shopping. Free. Plaza District: NW 16th St between N Blackwelder Ave and N Pennsylvania Ave, OKC. 405-578-5718. PlazaDistrict.org.



saturday

Saturday Morning Birding Tulsa – 8-9:45am. 1st Sat. Birding at Oxley. All skill levels are welcome. Binoculars are recommended. Free. Oxley Nature Center, 6700 Mohawk Blvd, Tulsa. 918-596-9054. OxleyNatureCenter.org.

Coffee and Cars OKC – 8-11am. 1st Sat. The largest monthly gathering of car enthusiasts from across the state. Come share a passion for automobiles. The event will be held at the property just north of Pawnee Dr and Cabela Rd. Everyone is welcome. Free. Chisholm Creek, 13230 Pawnee Dr, OKC. 405-418-8590. ChisholmCreek.com.

Tulsa Farmers' Market Tulsa – Winter hours: 8:30am-noon. 1st and 2nd Sat. Over 75 Oklahoma Grown-certified vendors from across Eastern Oklahoma. Free. Kendall Whittier neighborhood. Admiral & Lewis, Tulsa. 918-633-1934. TulsaFarmersMarket.org.

Adult Birding Walk OKC – 8-9:30am. 2nd Sat. These walks in Martin Park offer adults the opportunity to go birding and socialize with other birders in the quiet hours of the morning. No binoculars needed. Led by retired Naturalist Neil Garrison. Free. Martin Park Nature Center. 5000 W Memorial Rd, OKC. 405-297-1429. Okc.gov.

See You Saturdays OKC – 10am-5pm. 2nd Sat. Visit the museum for uniquely themed programming geared toward everyone—children to adults. Be inspired each month with interactive experiences and meet new Hall of Fame heroes. Free. Oklahoma Hall of Fame. Gaylord Pickens Museum, 1400 Classen Dr, OKC. 405-235-4458. OklahomaHof.com/See-You-Saturdays.

Historically Local Tour of Castle Falls OKC – Noon-1pm. 3rd Sat. WesTen hosts a historically local tour of Castle Falls that includes a history of the many salvaged items from downtown Oklahoma City in the early 1900s, the Czechoslovakian family who built the castle and an overview of Council Grove area (part of the Unassigned Land during the Land Run). Free, but please confirm time during registration at WestenDistrictOkc.com/events. 820 N MacArthur, OKC. 405-942-6133.

Gardens Monthly Walking Tour OKC – 10am. Last Sat. Learn about Oklahoma plants and find gardening inspiration with educational walking tours. Each month will feature different plants from the outdoor collection. Spots fill up fast, so register early. Free. Myriad Botanical Gardens, South Lobby, 301 W Reno, OKC. 405-445-7080. OklahomaCityBotanicalGardens.com.

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Always remember
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to foresight.
~Irish Proverb



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your own growing,
no matter how tall
your grandfather was.
~Irish Proverb





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2nd opinion for cancer and arthritis

Comprehensive Healthcare for Man's Best Friend

I would like you all to meet Frankie. She is my 22 year old sweetheart. Dr. Roach, Becca and the staff at Best Friends have been a bedrock for us through some health scares. as a direct result of the bond we formed based on the extreme care they provided her over the years I have literally trusted them with her life. We moved halfway across the country and I still kept in contact with them. When we moved back, they were our first humans Frankie visited. Texas may be our new home, but we will remain under their care. Thank you Dr. Roach, Becca and the entire staff at Best Friends. — Kim B.



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