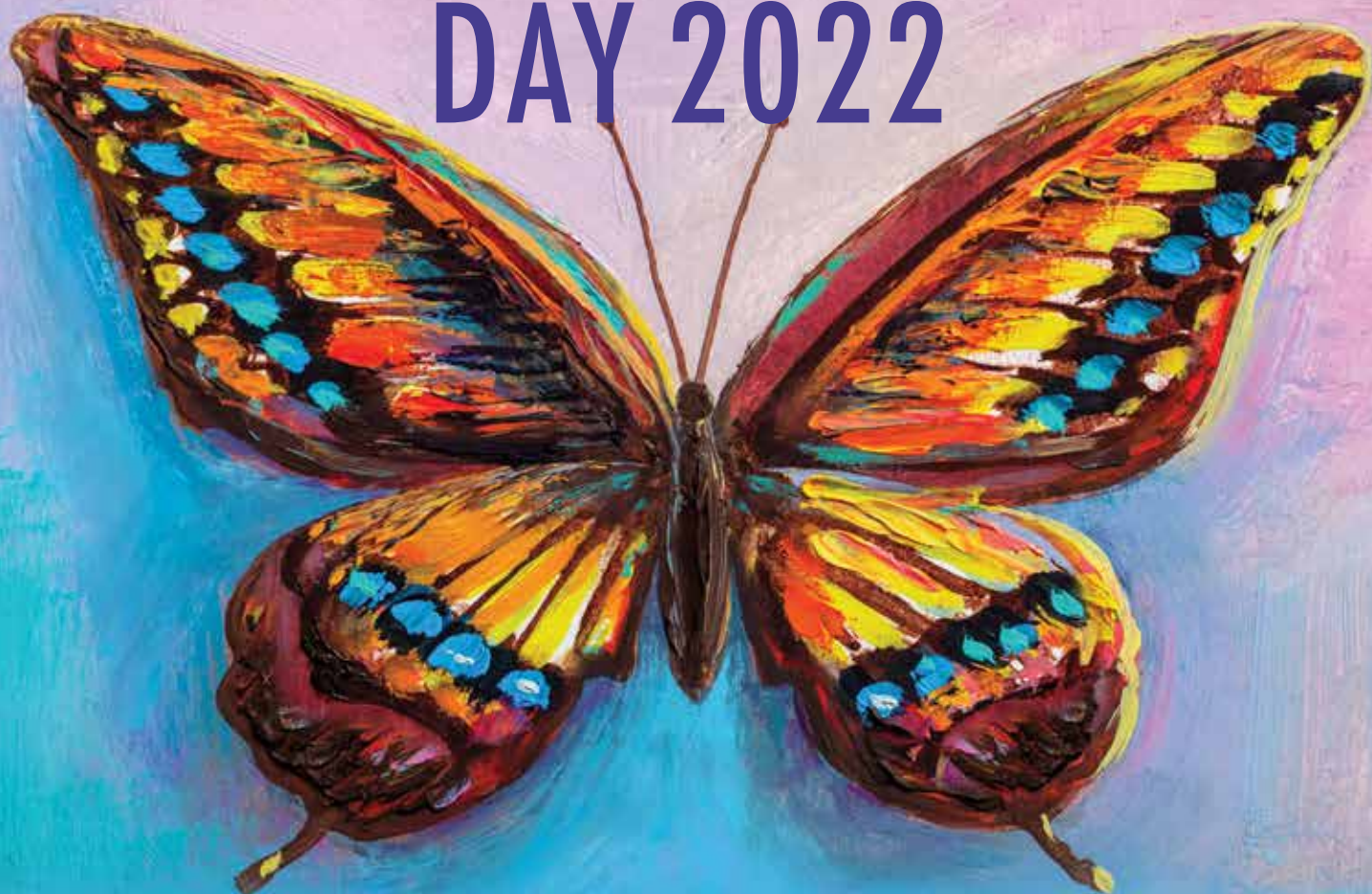


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letter from publisher



Mark and Shanna Warner

Peace Pilgrim

The words of Peace Pilgrim have been on my heart recently. She is my personal hero. From 1953 to 1981, during the decades of the Korean and Vietnam wars, she walked more than 25,000 miles across our country spreading a simple message—“This is the way of peace: Overcome evil with good, falsehood with truth and hatred with love.”

With all the stories about the possibility of another world war looming in our national and international news feeds, I sometimes wonder if war is an inevitability for humans. Is it part of the human condition? Is it part of the way of life for neighbor to battle neighbor and nation to battle nation? Must individuals always fight about who owns the sidewalk? Must nations always fight about oil or control of the land and sea? Unfortunately, I think it is part of the human condition. But the good news is that it doesn't have to be that way.

Peace Pilgrim knew this. She was born in 1908 as Mildred Norman. She died in 1981 as Peace Pilgrim, having given up her name along with all her possessions. As a young woman, she witnessed several world wars and knew that peace was vital to living together on this beautiful planet. She knew her lifework would cover the entire picture of peace: among nations, groups, individuals and most importantly, an individual's inner peace. She knew that outer peace begins with inner peace; that the world truly could experience peace when enough individuals found personal peace.

And so, she walked with a mission. She wore simple clothes, had no money, no possessions other than what she carried in her pockets, fasted until someone gave her food and walked until someone gave her shelter. As she walked, she talked with people she met on the country roads and in the city streets. As Peace Pilgrim spoke, she encouraged folks to work for peace right where they were, in their family and neighborhood, their city and state.

As we watch the world around us, peace often seems a distant goal. That makes it harder to find inner peace at times, doesn't it? Peace Pilgrim had some simple suggestions: “Every time you meet a person, think of some encouraging word to say; every time you come into a situation, think of some good thing to bring. Whenever you bring harmony into any unpeaceful situation, you contribute to the total peace picture. Insofar as you have peace in your life, you will reflect it into your surroundings and into your world.”

May the peace that passes understanding fill your heart and life today and sustain you through the coming months and years.

With love,

Shanna

Shanna Warner



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news briefs



Welcome Lotus Acupuncture

Natural Awakenings welcomes Lotus Acupuncture and Chinese Medicine to the magazine. They have two locations in Green Country to better serve clients: 3764 South Elm Place in Broken Arrow, and 400 East Central in Ponca City. Specializing in acupuncture, Chinese herbs, cupping with Gua Sha, Tui Na functional massage and cold laser, Jeff Luker has a Master of Science in Acupuncture and Oriental Medicine and is nationally certified in Acupuncture and Chinese Medicine by the NCCAOM, while Dr. Nancy Tegan has a doctorate in Acupuncture and Chinese Medicine as well as several other certifications.

Luker was drawn to the herbal side of Chinese Medicine. As he pursued his herbal knowledge, he also learned acupuncture and how to combine the two. Tegan chose this profession because it helped her walk again after she broke her leg in three places. She sought out acupuncture to help in her healing journey and made a promise that she would spread awareness of acupuncture.

Tegan and Luker both love seeing their patients get the results they are looking for. "When they get better, feel better and enjoy a higher quality of life, that's the biggest reward," they explain. Both agree that patients want to know they are heard and seen, because most come in seeking relief, and they deserve to be diagnosed and treated properly. Luker specializes in pain management, nerve pain, sciatica and sports injuries. Tegan is passionate about educating clients, patients and the general public, making medicine more accessible. They are happy to give presentations to help groups and organizations learn more about natural medicine.

For more information, call 918-703-0724 or visit OkAcuHerbs.org. See ad, page 21.

Welcome Desire OKC and Evanesence Counseling

Natural Awakenings welcomes Desire OKC and Evanesence Counseling to the magazine.

Located at 2932 Northwest 122nd, Suite 5, in Oklahoma City, owner Charity Danker



Charity Danker

has a master's degree in marriage and family therapy. She is a licensed therapist and coach specializing in sexual and mental health.

Danker's typical client is looking for happier and healthier sexual connections and intimacy between partners. Learning to overcome sexual dysfunction, have peak sexual experiences or to overcome a lack of sexual connection in relationships is the focus at Desire OKC. What she loves most about her clients is seeing how their confidence grows in their relationships and in their overall lives. Her goal is to empower women and men to develop more meaningful relationships and live more authentically, all while creating a more fulfilling sex life.

Danker mentions that while people can be uncomfortable discussing sexuality, healthy relationships are very important. It was a natural choice once she learned of this profession, because intimacy can be a fun and satisfying part of a healthy lifestyle and healthy relationships. As a professional counselor, she conducts sessions dealing with intimate issues in a caring and professional manner. "I understand that talking about sex and intimacy can be difficult, so I pride myself in creating a place that is open, comfortable and approving. All lifestyles are welcome."

Danker has two emails for clients to reach out to her, depending on their needs. For those looking for individual or couples sex coaching, sex education classes and workshops, she can be reached at DesireOkc@gmail.com. For individual mental health therapy or marriage counseling, she can be reached at EvanesenceCounseling@gmail.com.

For more information, call 405-254-0926 or visit DesireOKC.com. See ad, page 9.

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Eat Lots of Fiber to Improve Melanoma Outcomes



A new type of immunotherapy that enables T-cells to fight cancer cells is proving hopeful for people with the deadly skin cancer melanoma, and a new study has found that a high-fiber diet improves the effectiveness of the therapy. Researchers from the University of Texas MD Anderson Cancer Center reported in *Science* that, by analyzing the gut microbiome in hundreds of patients, they found that higher dietary fiber intake was linked with disease non-progression among patients receiving immune checkpoint blockade therapy compared to patients eating little fiber. The results were strongest in patients that ate the most dietary fiber, but did not take probiotics, a finding that was replicated with lab animals.

Consider Berberine and Probiotics to Improve Cholesterol



Jiao Tung University, in China. Researchers tested 365 diabetes patients at 20 centers throughout the country, giving them either a placebo, one of the two substances or both. Comparing post-meal blood samples after 12 weeks, patients that had taken both the berberine and the probiotic had significantly better cholesterol readings and experienced positive changes in the gut microbiome, as well as better fatty acid metabolism.

Avoid Formaldehyde to Sidestep Cognitive Problems

Workers exposed over years to formaldehyde may experience thinking and memory problems later in life, researchers at the University of Montpellier, in France, have concluded. Their study published in the journal *Neurology* surveyed and tested more than 75,000 people with an average age of 58. Of those, 8 percent were exposed to formaldehyde through their occupations as nurses; caregivers; medical technicians; workers in the textile, chemistry and metal industries; carpenters and cleaners. The risk of developing thinking and memory problems was an average of 17 percent higher in people that were exposed to formaldehyde on the job than those with no such exposure. People exposed to formaldehyde for 22 years or longer had a 21 percent higher risk of cognitive impairment.

Try Fenugreek to Boost Male Fertility and Health

Fenugreek, an herb used in Indian curries and Middle Eastern cuisine, has been shown in studies to increase breast milk production in women, and a 12-week study of 100 men has found that it also boosts male testosterone and fertility. A research team at King George's Medical University, in Lucknow, India, gave 500 milligrams a day of an extract made from fenugreek seeds to men that ranged in ages from 35 to 60. Sperm motility, or movement, significantly increased at eight and 12 weeks of treatment, while abnormal sperm morphology significantly decreased at 12 weeks. Testosterone levels, cholesterol markers and libido also improved. Higher levels of alertness were documented, along with lower blood pressure.



Practice Good Dental Care to Lower Heart and Cognitive Risks

A whopping 47 percent of U.S. adults over 30 have periodontal disease, and the consequences can be severe for their physical and mental health, suggests a new study in the journal *BMJ Open*. Researchers from the UK University of Manchester followed 64,379 people diagnosed with periodontal disease, including gingivitis, marked by swollen and red gums, as well as periodontitis, in which gums pull away from the tooth and bone or teeth are lost. The subjects, with an average age of 44, were compared over an average of three years to 251,161 people without the disease. Those with periodontal disease had a 37 percent higher risk of mental health problems, such as depression, anxiety and serious mental illness; a 33 percent higher risk of developing autoimmune diseases like arthritis, Type 1 diabetes and psoriasis; an 18 percent higher risk of cardiovascular disease, including heart failure, stroke and vascular dementia; and a 26 percent higher risk for developing Type 2 diabetes.

"This research provides further, clear evidence why healthcare professionals need to be vigilant for early signs of gum disease and how it can have wide-reaching implications for a person's health, reinforcing the importance of taking a holistic approach when treating people," says Caroline Aylott, head of research delivery at the University of Birmingham Versus Arthritis Centre for Musculoskeletal Ageing Research.



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Plastic On its Way Out at National Parks

A poll by Ipsos conducted for the ocean conservation group Oceana last November found that 82 percent of registered U.S. voters responding would like the National Park Service to stop selling and distributing single-use plastic items. The survey revealed broad appreciation for national parks, with around four in five respondents saying they had been to a park and 83 percent of previous park visitors looking forward to a return visit. Oceana Plastics Campaign Director Christy Leavitt says, “These polling results indicate that Americans, whether Republican or Democrat, want our parks to be unmarred by the pollution caused by single-use plastic.”

The results show broad support for a campaign led by Oceana and more than 300 other environmental organizations which sent a letter to Interior Secretary Deb Haaland asking the parks to end the sale and distribution of plastic beverage bottles, bags, foodware and cutlery, and plastic foam products. The proposed Reducing Waste in National Parks Act would see such a policy enacted if passed. “The National Park Service was created to preserve these natural and historic spaces, and in order to truly uphold that purpose, it needs to ban the sale and distribution of single-use plastic items, many of which will end up polluting our environment for centuries to come, despite being used for only a moment,” says Leavitt.

Flat-Free

Airless Tires Increase Safety, Limit Waste

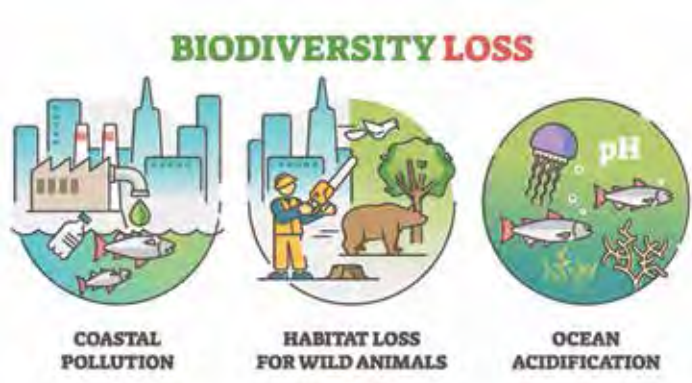
Michelin’s new airless tires don’t puncture, so they should last longer, which means fewer tires will need to be produced, thus limiting waste. Their Unique Puncture Proof Tire System (UPTIS) is an important step on the road to sustainability. The company notes that millions of tires end up in landfills early because of puncture damage, along with all the tires that are old and worn out. Disposed tires can become fire hazards, releasing gases, heavy metals and oil into the environment. The U.S. alone produced more than 260 million scrapped tires in 2019. The new tires can also be made from recycled plastic waste, according to industry publication *Interesting Engineering*.

UPTIS, in development for more than a decade, combines an aluminum wheel with a special “tire” around it comprised of a plastic matrix laced with and reinforced by glass fibers. This outer tire is designed to be flexible, yet strong enough to support the car. Michelin Technical and Scientific Communications Director Cyrille Roget says, “It was an exceptional experience for us, and our greatest satisfaction came at the end of the demonstration when our passengers ... said they felt no difference compared with conventional tires.” Goodyear has announced that the Jacksonville, Florida, Transportation Authority will be piloting the company’s own version of an airless tire on its fleet of autonomous vehicles.



Broken Promises

Large Study Addresses Indigenous Biodiversity Decline



Simon Fraser University (SFU), in British Columbia, is engaging with more than 150 Indigenous organizations, universities and other partners to highlight the complex problems of biodiversity loss and its implications for health and well-being in the Tackling Biodiversity Decline Across the Globe research initiative. The project is inclusive of intersectional, interdisciplinary and transdisciplinary worldviews and methods for research, with activities in 70 different kinds of ecosystems that are spiritually, culturally and economically important to Indigenous peoples. One of the project’s six principal investigators, SFU assistant professor Maya Gislason, of the Faculty of Health Sciences, says, “Our work in health will focus on healing from the stresses and losses caused by colonial practices and on building healthier relationships to nature. By 2027, when the project completes, healing and well-being will have been important considerations within the development of holistic and actionable solutions intended to improve stewardship and care for people and the planet.”

SFU professor John O’Neil, former dean of the faculty of health sciences, says of the enterprise, “It is unique from many other large projects in its embrace of governance models like ethical space, Indigenous research methodologies and Indigenous knowledges.”



Sea Change

Himalayan Glacier Retreat Bodes Consequences for Millions

Glaciers in the Himalayan Mountains have been growing for millions of years, but researchers at England’s University of Leeds conclude in a new study published in the journal *Scientific Reports* that they are melting at an exceptional rate compared to other glaciers around the world. The Himalayas are home to nine of the world’s 10 highest peaks, including Mt. Everest, and the source of Asia’s longest river, the Yangtze. They contain the third-largest deposit of ice and snow in the world, after Antarctica and the Arctic. Study co-author Jonathan Carrivick, deputy head of the University of Leeds School of Geography, says, “Our findings clearly show that ice is now being lost from Himalayan glaciers at a rate that is at least 10 times higher than the average rate over past centuries ... and coincides with human-induced climate change.”

These glaciers release meltwater that forms the headwaters of several major rivers, and their disappearance could threaten agriculture, drinking water and energy production in countries such as Afghanistan, Pakistan, India, Nepal, China, Bhutan, Bangladesh and Myanmar. But the impact is not only regional, it includes the effect on sea level rise and the damage that could wreak on coastal communities globally. Carrivick says, “We must act urgently to reduce and mitigate the impact of human-made climate change on the glaciers and meltwater-fed rivers.”

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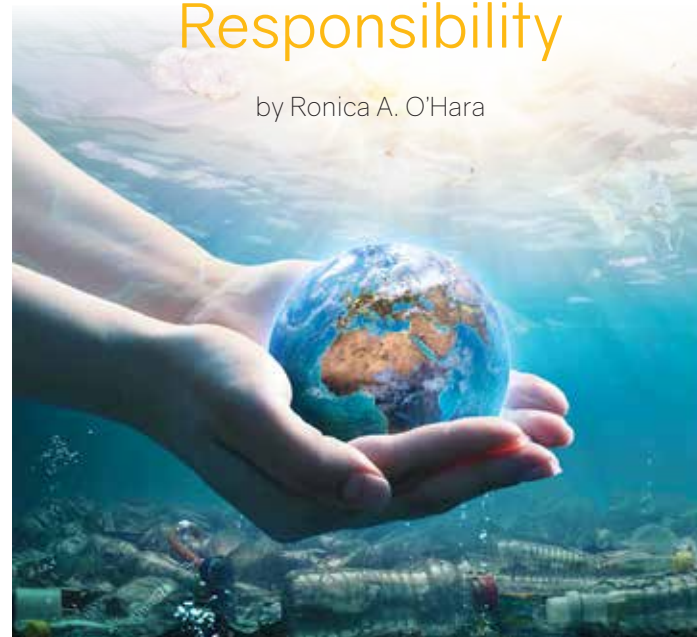


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EARTH DAY 2022 Focuses on Collective Responsibility

by Ronica A. O'Hara



Invest in Our Planet

As 1 billion people around the globe gather to mark Earth Day on April 22, they will be focusing on an increasingly critical goal: the need for everyone—governments, citizens and businesses—to do their part to combat climate change. “Everyone accounted for, and everyone accountable,” is the day’s emerging motto.

While Earth Day themes over the past 52 years have often centered on specific issues, such as plastic pollution and deforestation, this year’s broader theme, “Invest In Our Planet,” reflects a growing consensus that, at such a critical point for the Earth’s future, governments will not solve the climate crisis by themselves. “Like the industrial, space and information revolutions, all sectors of society can and must play major roles—this time with the extraordinary responsibilities to get it right,” reads a statement from *EarthDay.org*. Activism involves not only lowering carbon emissions, but also making sure that the benefits of the coming Green Revolution are spread evenly throughout society, the statement says. “In 2022, we all must enter into one partnership for the planet,” says Earth Day President Kathleen Rogers.

Events, such as rallies and social media campaigns, aim to encourage action and legislation, as well as educate on corporate and personal sustainability. Art shows allow attendees to visualize a better future while data collection for citizen-based science research and workshops find ways to build local green economies. All are appropriate ways to participate this Earth Day, as well as clean-up campaigns and tree plantings. To learn about personal actions, including step-by-step instructions on how to organize an event, visit *EarthDay.org*.

Help Oklahoma celebrate victories and support future progress by participating in the local Earth Day 2022 events listed in our calendar, on page 30.



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Expiration Dates

When to Eat or Toss Food

Americans waste about 40 percent of the food supply every year, which translates to billions of pounds of edible food rotting in landfills and generating dangerous greenhouse gases, along with the dollars leaking out of our wallets. We squander limited resources like water and fuel and needlessly uptick our carbon footprint to produce and transport food that will never be consumed.

One major contributor to this problem is expiration labeling—those ambiguous “best before” or “sell by” dates on canned goods, prepared foods, egg cartons, milk jugs and meat packages. Consumers are not quite sure what they mean, and as a result, they often throw out ingredients that are perfectly good to eat.

Except for baby formula, the U.S. Department of Agriculture does not require or regulate date labels. Generated by food manufacturers, these cryptic markings convey information about the quality and freshness of products rather than their safety.

Experts advise that food that doesn't show signs of spoilage after a specified date can still be eaten. Instead of allowing a package date to dictate the lifecycle of food, we can rely on an item's look, smell and taste to make that decision.

To become better stewards of the environment, we need to become food conservationists—purchase only what we will consume, plan meals to cook the most perishable items first, scrape the fuzz off sour cream or yogurt, snip off the mold on a block of cheese, freeze items we aren't going to consume in a timely manner, and eat everything on our plates.

WHAT LABELS MEAN

Best if used by/before date indicates when a product is at peak quality and flavor.

Freeze by date denotes when an item should be frozen to maintain peak quality.

Sell by date tells a retailer how long to display the product for sale.

ACTUAL FOOD LIFE SPAN

Milk lasts seven to 10 days after the “sell by” date. If it smells bad, chuck it. Otherwise, it's safe.

Eggs typically stay fresh in the fridge three to five weeks past the “pack date.”

Meat should be cooked or frozen within two days of bringing it home.

Cheese lasts refrigerated from one to eight weeks. Harder, aged varieties last longer. It's safe to remove mold and continue enjoying the rest.

Canned goods don't expire. The “best by” or “use by” dates only relate to peak freshness, flavor and texture. Store in a cool, dark place, and don't buy bulging, dented, leaking or rusted cans.

Fruits and vegetables with blemishes taste the same, are a fraction of the cost and safe to eat.



bakhtiarzein/DepositPhotos.com

local voices



Now Is the Time for Complementary Medicine to Bring East and West Together

by Tom Bowman

We live in a time when our health is a very serious issue and the information we get can be confusing. A recent study in Israel found that those with natural immunity were six times less likely to get infected with the COVID-19 virus than those who were exclusively vaccinated. But how does one develop natural immunity? Taking a look at Complementary Medicine can help answer this question.

Qigong and many other Complementary Medicine practices have been around for thousands of years. For example, the protocols used in Qigong are designed to nourish and enhance your natural immune system. These protocols are time-proven methods as well as the result of lessons learned from virile outbreaks experienced by humanity over the centuries. We are heading into an era when complementary medicine practitioners are going to be in high demand, and we need to be ready to educate the public and be ready ourselves to provide services such as those needed today.

Complementary Medicine is not the same as Alternative Medicine, although the phrases are often used interchangeably. They are often grouped together in medical terminology under the umbrella of CAM (complementary and alternative medicine), but they are different. Both refer to treatments that are out of the Western medical mainstream. Some non-mainstream treatments you might hear of include Qigong, yoga, chiropractic, meditation, massage, herbs, acupuncture, hypnosis and many other modalities. According to the National Institutes of Health (NIH), complementary medicine practices and therapies work alongside those of Western medicine; alternative medicine is the term used when these approaches are substituted for Western medicine.

Complementary medicine is the bridge that brings Eastern and Western modalities and therapies together. More traditional doctors are now accepting complementary medicine, and many medical centers or hospitals offer complementary modalities right alongside traditional ones. Every person will respond differently to each product or practice of complementary medicine. Research is showing that some therapies may be helpful in dealing with

pain, headaches, stress, depression, anxiety, fatigue and many other symptoms.

To those looking for additional health-related help, you might begin by speaking with your primary healthcare provider about adding Complementary Medicine to your care. You can also search locally for certified complementary medicine practitioners and add their recommendations to your current treatment plan. Make sure that both your doctor and complementary provider know what treatments you are getting; this helps you get the best of both worlds.

In the case of Qigong, your personalized treatment plan will be based on your current health status and will reflect the recommendations made by your doctor. Just think of it as an additional tool to help boost your health naturally through this pandemic and beyond.



Bowman began his formal Qigong studies in August of 1999 with Dr. Yang, Jwing-Ming (YMAA). He received Qigong certification in 2003, continued Medical Qigong training with Master Hong Liu (MD-China) and completed the Advanced Medical Qigong course of studies in June of 2007. His mission is to bring

Qigong to the level of acceptance as a complement to Western Medicine. He is a member of the National Qigong Association (NQA), current chairman of the Ethics Committee and member of the Certification Committee. He is recognized as a Clinical Qigong Practitioner and a Level III Advanced Qigong Instructor by the NQA. Bowman is the Founder and Director of Qigong of Tulsa Wellness Center where he teaches Qigong and provides Clinical Qigong treatments.

For more information, call 918-855-4222 or visit QigongOfTulsa.com. See ad, Body Works page 2.



Why We Need WILD PLACES

How to Invite Nature Back into Our Lives and Landscapes

by Sheryl DeVore



On a blustery day, Julian Hoffman stood outdoors and watched wild bison grazing in the restored grassland of Midewin National Tallgrass Prairie, fewer than 50 miles from downtown Chicago. For him, it was a wild place, affording a glimpse of what North America looked like hundreds of years ago when bison roamed the continent by the millions. “We’re witnessing, in a way that’s both terrible and tragic, just what the profound cost is of continuing to destroy the natural world,” he writes.

Saving wild places is critical for human health and well-being, say both scientists and environmentalists. But defining what a wild place is or what the word wilderness means can be difficult, says Hoffman, author of *Irreplaceable: The Fight to Save Our*

Wild Places. “If wilderness means a place untouched by humans, then none is left,” he says. Even the set-aside wildernesses where no one may have ever stepped have been altered through climate change, acid rain and other human interventions.

Humans are also losing the wilderness that is defined as land set aside solely for plants and creatures other than humans. Prominent naturalist David Attenborough, whose most recent documentary is *A Life on Our Planet*, says that in 1937, when he was a boy, about 66 percent of the world’s wilderness areas remained. By 2020, it was down to 35 percent.

A wild place can be as spectacular as Yellowstone, a 3,500-square-mile national park in Wyoming, Idaho, and Montana, filled with hot springs, canyons, wolves, and elk. It can also be as simple as a sky filled with a murmuration, or gathering, of thousands of swooping starlings, which once caused two teens to stop taking selfies and photograph the natural scene above them instead, as Hoffman witnessed in Great Britain.

Such regions that offer vast tracts of natural beauty and biodiversity are even found in and around major cities like Chicago, says Chicagoland nature blogger Andrew Morkes. “A wild place is also where you don’t see too many people, or any people, and you can explore,” he says. “You can walk up a hill and wonder what’s around the next bend.”

“A wild place could be a 15-minute drive from home where we can walk among plants in a meadow, or a tree-lined street, or front and back yard, if landscaped with wild creatures in mind,” says Douglas Tallamy, author of *Nature’s Best Hope: A New Approach to Conservation that Starts with Your Yard*.

Sustaining Our Species

“We need these places to save ourselves,” says Tallamy, who heads the Department of Entomology and Wildlife Ecology at the University of Delaware. “Humans are totally dependent on the production of oxygen and clean water, and that happens with the continued existence of flowering plants, which are dependent on the continued existence of all the pollinators. When you lose the pollinators, you lose 90 percent of the flowering plants on the Earth. That is not an option if we want to stay alive and healthy.”

Our mental and emotional health is also at stake. According to a recent overview in the journal *Environmental Health Perspectives*, studies have shown that natural settings can lower blood pressure, reduce depression and anxiety, and help the immune system function better.

People have saved wild places over time, of course. “The world’s ancient redwoods are still with us today



because people in the early 1900s fought to protect and preserve what they could already see was rapidly diminishing,” Hoffman says. “In the year 2022, we are the beneficiaries of those past actions. Yet less than 5 percent of those old-growth redwood groves are left, and we live in an age where we’re losing an extraordinary range of wild species; for example, 3 billion birds have disappeared from the skies of North America in just the past 50 years. That’s why people need to continue to fight for wild spaces.”

Community Crusaders

In researching his book, Hoffman went looking for wild-space struggles. In Glasgow, Scotland, he met people that fought to save an urban meadow from being turned into a luxury home development. “I’d never experienced as much joy in any one place as when I spent time with the community fighting to preserve this tiny meadow,” he recalls. “They campaigned and lobbied politicians, and eventually, the government backed down. And now the whole community is able to enjoy this site where a lot of urban wildlife thrives.”

Once-wild places may also need human help to again become wild refuges. The Midewin National Tallgrass Prairie, where Hoffman saw the buffalo, “was once an arsenal for the production of extraordinary quantities of ordnance for a number of wars,” he says. After hundreds of die-hard volunteers dug out invasive plants, scattered seed and documented wildlife on the 18,000-acre prairie, visitors can now walk among big bluestem and golden alexander, and listen for the sweet song of meadowlarks in the grasslands and chorus frogs in the wetlands.

Conservation volunteers working to save wild places hail from every state. In fact, nearly 300,000 volunteers contribute more than 6.5 million hours of volunteer service a year to the U.S. National Park Service, from leading tours to studying wildlife and hosting campgrounds.

CREATING A WILD SPACE AT HOME

In their book *The Living Landscape: Designing for Beauty and Biodiversity in the Home Garden*, University of Delaware ecology professor Douglas Tallamy and landscape designer Rick Darke show how to create wild spaces in yards, including what and where to plant and how to manage the land. They advise homeowners to:

- Stop using pesticides and herbicides.
- Replace non-native plants with those native to the region.
- Reduce lawn space, converting it to native plants.
- Leave leaf litter, withering plants and dying trees alone to provide shelter and food for wildlife.
- Create a small pond or another water feature.

“Mourning cloak butterflies overwinter as mature adults. If you say, ‘Hey, let’s just clean up all of that so-called leaf litter,’ you could be cleaning up the habitat of mourning cloaks and killing them,” says Darke, who has served as a horticultural consultant for botanic gardens and other public landscapes in Texas, Maryland, New York, Illinois and Delaware. “That’s not litter. It’s meaningful habitat.”

“A dead tree in your home landscape, called a snag, often contributes as much to the local ecology as a living tree,” he adds. “For example, woodpeckers build nests in holes or cavities in a snag, and countless insects find shelter and nourishment in the organic material of the snag.”

One doesn’t have to be an environmental crusader to save wild places, Hoffman stresses. Exploring local wild places and sharing them with others can help save them, as well. “We can only protect those places that we love,” he says. “And we can only love those places that we know.”

Sadly, roughly 100 million people, including 28 million children, do not have access to a quality park within 10 minutes of home, according to The Trust for Public Land. Projects, such as the Outdoor Recreation Legacy Partnership Program, which enables urban communities to create outdoor spaces, can help. The U.S. Department of the Interior committed \$150 million to the program in 2021. “Every child in America deserves to have a safe and nearby place to experience the great outdoors,” says Interior Secretary Deb Haaland.

A Homegrown National Park

Tallamy says one of the most important ways to get people to appreciate and save wild places is to begin in their own yards. “We have wilderness designations. We have national

forests. We have national parks. We have 12 percent of the U.S. protected from development,” he says. “Yet, we are in the sixth great extinction. Our parks and our preserves are not enough. My point is that we have got to focus on the areas outside of parks and preserves.” He urges what he calls a “homegrown national park,” in which homeowners, land managers and farmers create a habitat by replacing invasive plants with native species.

Tallamy speaks from experience. He lives on a 10-acre former farm in Oxford, Pennsylvania. “It had been mowed for hay and when we moved in, very little life was here,” he says. “We have been rebuilding the eastern deciduous forest here, getting invasive plants under control and replanting with species that ought to be here.” He’s now counted more than 1,400 different species of moths on his property and documented 60 species of birds nesting within the landscape. “We have foxes who raise their kits in the front yard,” he says.

Lots of acreage is not required, he says. In Kirkwood, Missouri, homeowners created a wild place on six-tenths of an acre on which they’ve documented 149 species of birds. “If one person does it, it’s not going to work,” he stresses. “The point is to get those acres connected. When everybody adopts this as a general landscape culture, it’s going to help tremendously. By rewilding your yard, you are filling in spaces between the true wild places and natural areas. The reason our wild spaces are not working in terms of conservation is because they are too small and too isolated. Even the biggest national parks are too small or too isolated.”

Tallamy says people can create wild spaces in their yards by reducing the amount of lawn they have or even getting rid of it. They can grow native plants and discontinue the use of pesticides and herbicides, which are disrupting ecological function of wild places the world over, as research shows. Hoffman agrees, “We’ve cultivated a culture of tidiness. It’s actually very easy to welcome wildlife into your home places, often by doing fewer things, by not bringing the leaf blower out and by leaving some dead wood where it fell, which creates important shelters for insects, for example.

“Such wild yard spaces encourage wonder. Suddenly, the kids are out there and they can be absolutely fascinated by a small glittering beetle. For me, to experience the wild is to go to the shore of a lake, to be present in the mystery, to be among the lake’s reed beds, to see a marsh harrier sleek out of those reeds and to know you’re part of something much larger,” he says. “There’s so much joy and beauty and complexity in being in the presence of other lives besides human.” That in itself is reason enough to save wild places.

Sheryl DeVore has written six books on science, health and nature, as well as health and environmental stories for national and regional publications. Read more at SherylDeVore.wordpress.com.

LEARN MORE

The Nature Fix: Why Nature Makes Us Happier, Healthier and More Creative, by Florence Williams

Irreplaceable: The Fight to Save Our Wild Places, by Julian Hoffman

A Life on Our Planet, Netflix documentary by David Attenborough

Nature’s Best Hope: A New Approach to Conservation that Starts with Your Yard, by Douglas Tallamy

The Living Landscape: Designing for Beauty and Biodiversity in the Home Garden, by Rick Darke and Douglas Tallamy



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TECHNOLOGY MEETS NATURE

APPS BRING US CLOSER TO FLORA AND FAUNA

by Sheryl DeVore

While exploring Seattle, Jackie Lentz Bowman noticed some bushes filled with pink and orange berries. She discovered she could safely eat them by using the smartphone nature app called iNaturalist (*iNaturalist.org*). “I learned they were salmonberries and edible,” says the Chicago area photographer and birder. “I just had to try them. They were very similar to raspberries.”

Bowman is among a growing number of people using their smartphones to enhance their nature experiences. Phone apps are available for free or a modest price to identify

mushrooms, bugs, birds, dragonflies, reptiles, beetles, wildflowers and other flora and fauna. “Whether it is to help identify a plant I’ve taken a photo of or to familiarize myself with what a bird looks like and sounds like, these are tools I’m always glad to have in my back pocket,” she explains.

At least 6,300 nature apps were available in 2015, according to Paul Jepson and Richard Ladle, Oxford environmental scholars and co-authors of “Nature Apps: Waiting for the Revolution,” a research paper published in the Swedish environmental journal *Ambio*. Such programs are only beginning to scratch the surface of what is possible. They write, “As most people own a mobile phone today, the app—though a small device—is a major way conservationists could be reaching a huge audience with transformative possibilities.”

Right now, some apps allow the user to point a smartphone to a plant or animal to get instant feedback on its common or scientific name. Others ask the user questions about what they are seeing and suggest an identity based on the answers. Some allow the user to interact with scientists, share their knowledge, record their observations and contribute to science.

Perhaps the most popular nature app is iNaturalist, which has all those features and more. “Our mission has been to connect people to nature through technology,” says Scott Loarie, co-director of iNaturalist, a joint initiative of the California Academy of Sciences and the National Geographic Society. “By 2030, we want to connect 100 million people to nature to facilitate science and conservation.”

The app began as a master’s degree proj-

ect at the University of California, Berkeley, in 2008, and today 2 million people have recorded about 100 million observations, covering one in six species on the planet. “iNaturalist has grown to the point where it’s helping take the pulse of biodiversity,” he adds.

Newcomers are often mentored and helped with identifications by volunteers that are experts in different fields. One example is a worldwide competition called the City Nature Challenge in which beginning and advanced naturalists document urban flora and fauna for several days. During the event, people share their photos of plants and animals on iNaturalist.

During Chicago’s Challenge, Eric Gyllenhaal, who blogs about nature on the city’s west side, found an uncommon species. “A Canadian expert helped confirm the identification as a bronze ground beetle native to Europe,” says Cassi Saari, project manager of natural areas for the Chicago Park District. “It’s an introduced species in Illinois and could have implications for wildlife in the region down the line.”

Two other nature apps that Loarie likes are eBird (*eBird.org*) and Merlin (*Merlin.AllAboutBirds.org*), both administered by the Cornell Lab of Ornithology, in Ithaca, New York. With eBird, users can report on their phones a list of birds they’re seeing in the wild, including when and where, and the sightings are added to a database for scientific research.

Merlin is a field guide app to help folks identify the birds they are seeing. “Merlin has taken on authoring content with great descriptions of birds, something iNaturalist doesn’t do,” Loarie points out. “Merlin also just released sound recognition in the app, so people can identify birds by sound. It’s huge for birders.”

Award-winning nature photographer Adriana Greisman, of Phoenix, says she uses both Merlin and iBird (*iBird.com*), another field guide app, to identify birds in the wild and when processing photos. “These are great resources to identify unknown species and to learn about their behavior.”

The favorite app of Joyce Gibbons, a volunteer at the Natural Land Institute, in Rockford, Illinois, is Odonata Central (*OdonataCentral.org*), which focuses on

her passion—dragonflies and damselflies, collectively called odonates.

“I’ve loved solitary walks in the woods, prairies and other natural areas since I was a child,” she says. “I’ve always taken photos and tried to ID the many species I’ve observed. Now, with these apps on my phone, I feel like I am actually contributing to the scientific body of knowledge and connecting with other enthusiasts and not just keeping all this joy of discovery to myself.”

Sheryl DeVore is an award-winning author of six books on science, health and nature. Connect at SherylDevoreWriter@gmail.com.

NATURE APPS TO LEARN BY

AUDUBON GUIDE:

Search a field guide to 800 species of birds found in North America with tips on places to find them (*Audubon.org/app*).

PICTURE INSECT: Identify thousands of different insects and learn about them using this entomologist in a pocket (*PictureInsect.com*).

PICTURE MUSHROOM: Identify thousands of different mushrooms using a smartphone (*PictureMushroom.com*).

PLANTNET: Identify wild plants by posting photos. Images are compared to thousands of images from throughout the world in a database (*PlantNet.org*).

SEEK BY iNATURALIST: Seek uses data submitted to iNaturalist to show suggestions for species nearby, but unlike iNaturalist, findings made with Seek will not be shared publicly, making it safe for children to use. Users can earn badges as they discover wildlife (*iNaturalist.org/pages/seek_app*).

TRAILLINK: Search a database of more than 40,000 miles of trails in the U.S. and download trail maps on a smartphone (*TrailLink.com*).



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Spring is a State of Mind

by Marlaina Donato



Every year, spring lifts us from lethargy, her blossomed enthusiasm nudging us to take down the curtains for an annual wash, clean out the closets, and plot this year’s garden. If we pause and listen carefully, we can also hear an invitation to shake off the winters of our lives—the failures, aborted plans and could-have-beens.

All of life depends upon nature’s green ambition, yet we tend to take it for granted, not unlike the faint whisper of discontent that hints at the need for change. In the darkness of our fear-based comfort zones, there is a thwarted impulse to take that class at the community center, plant new ideas or try our hand at something new.

“I’m too old,” we proclaim. “I can’t do that,” we assume. “They’ll think I’m crazy,” we say. But spring begs to differ. The most delicious possibilities are those that give us stage-fright butterflies in the belly and wake us up at night with the nagging question, “What if?” Perhaps, if the caterpillar could foresee its winged destiny, it would be too overcome with self-doubt to even begin. Author Marianne Williamson says, “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.”

“Spring, in all her punctual glory, teaches us the vital necessity to court our passions, and there is no better time than now.”

As April puts on a new playlist of birdsong and our gardens remind us how to grow one inch at a time, we can make a point to wear that colorful shirt, begin the first chapter of a long overdue memoir or decide that we are deserving to fall madly, happily in love. For today, make an appointment with delight and put fresh flowers on the desk, walk barefoot after the rain or simply try on a new perspective. If we tune out the naysayer in our brains, we might even hear loved ones cheering us on. Spring, in all her punctual glory, teaches us the vital necessity to court our passions, and there is no better time than now.

Marlaina Donato is an author, composer and visionary painter. Connect at WildflowerLady.com.

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Brian Sauder on Faith-Based Grassroots Change

by Sandra Yeyati

With degrees in natural resource management, environmental science, religion and business administration, Mennonite Reverend Brian Sauder is an adjunct professor at two Illinois seminary schools, as well as president and executive director of Faith in Place, a Midwest nonprofit headquartered in Chicago that helps diverse faith-based groups become community leaders in a shared quest for environmental, social and racial justice.



How are places of faith uniquely positioned to address environmental and racial justice?

If you look at the history of the U.S. environmental justice movement, from Warren County, North Carolina, where black church women laid their bodies on the road to stop toxic waste dump trucks in their community, to Dr. Benjamin Chavis' coining of the phrase "environmental racism" through the United Church of Christ, there's a legacy of people of faith and diverse spiritualities calling out environmental racism and organizing the community to take action. We view ourselves in that historical lineage, with a mission to provide the tools, resources and programming for our faith partners to continue to advance these valuable pursuits.

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"One way to describe justice is love in action."

How does Faith in Place work?

It's very grassroots. We believe in a Green Team model, which is a core group of people within a faith community, anywhere from three to 30 individuals, depending on the size of the community. Through coaching, we help teams evaluate the community's needs and assets, set goals for the year, and create a strategic plan to address needs through programming, advocacy and a network of nonprofit partners.

Why are Green Teams effective in bringing about change?

The messenger matters. When you work with a community, it's the people in that community that are going to understand the culture, the theology, the context, the history, the politics of the local body; so they understand how to meet people where they're at and how to talk about these issues in a way that's effective and attainable.

Can you describe a noteworthy Faith in Place project?

We partnered with a Green Team that wanted to address the need of hunger in their community by turning four acres of land that they had into a congregation-supported agriculture project (CSA), where people paid upfront to get a weekly bushel of produce grown on the land, while the church tithed 10 percent of it to local food pantries. Over several years, we helped them write a business plan, approach the committee structure of the church, hire a farmer, set up a legal structure and launch Sola Gratia Farm, which today is employing a bunch of people and stocking local food pantries with fresh tomatoes, kale, fruits and vegetables grown right there in the community. Once Faith in Place shared this story, other faith partners wanted to replicate it. We now support five different CSAs across Illinois.

Does Faith in Place welcome all denominations?

Absolutely. Whether it's an institution of

religion or a spiritual tradition, people are bringing the wisdom of the ages to bear on understanding the moment we're in. Everything is connected, and the ecological crisis is a spiritual crisis. The healing of me and the healing of you and the healing of Earth are bound together, and this mutuality is core to all our different spiritualities and traditions. At our annual Green Team summit, people from different regions, backgrounds and religions come together, all united by the air we breathe, the water we drink, the land where our food is grown and a deep sense of calling and purpose. It's hope-inspiring in a world that is so divided.

What areas of environmental justice do you focus on?

A Green Team might say, "We have an issue with lead pipes in our communities," or, "We have an issue with high school-age youth needing employment." Our programs, which are shaped by the needs of our Green Teams and are constantly being reevaluated and reshaped, cover sustainable food and land use, climate

change and energy, environmental advocacy, youth empowerment, and water and flooding prevention. We also advocate to policymakers. Last year in Illinois, Green Teams helped pass the Climate and Equitable Jobs Act by convincing legislators to not only reduce carbon emissions, but also prioritize employment opportunities in the new green economy for high-unemployment neighborhoods.

What is your philosophy concerning the intersection between faith and environmental and social justice?

We've got to be committed to the transformation that we seek. Our spirituality calls us to remember how connected we are. One way to describe justice is love in action—a love that begins with ourselves—and as we love ourselves more deeply, it spurs outward action that seeks to dismantle injustice.

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

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Spirited Strides

POWER WALK TO BETTER FITNESS

by Marlaina Donato



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We all know that the more steps we take in a day the better. The Mayo Clinic advocates walking regularly to keep bad cholesterol in check, maintain a heart-healthy weight and keep blood pressure within a normal range. Power walking—going a mile in under 15 minutes—amps up cardiovascular benefits and takes metabolic conditioning to a new level.

Power walking involves taking longer strides, moving at 4.5 to 5.5 miles per hour and using the arms to propel motion, with or without light weights. “With this more intensive exercise, in comparison to everyday walking, one should note that their breathing is harder and their heart rate is faster with power walking. Compared to someone who walks at a casual pace, a power walker can expect lower blood pressure, heart rate, blood sugar and cholesterol numbers,” says Jason C. Robin, M.D., director of cardio oncology at North Shore University Health System, in Glenview, Illinois.

Walking as a Workout

In cases of severe coronary artery disease, certain heart muscle disorders, known as cardiomyopathy or valvular diseases, Robin recommends seeing a doctor before taking up fitness walking, but emphasizes, “Obvious injuries or illnesses aside, power walking is great for all ages, genders, sizes and fitness levels and is, in general, very safe with very few contraindications.” He suggests aiming for 15 minutes or less on a first endeavor, and after one week increasing the time to 20 to 25 minutes, eventually working up to 30 minutes. To complement power walking, he recommends resistance training to increase muscle strength and tone, protect joints from injury, and improve flexibility and balance.

Dave McGovern, walking coach and author of *The Complete Guide to Competitive Walking: Racewalking, Power Walking, Nordic Walking and More!*, points out, “The impact forces of walking, even high-level racewalking, can be one-third of what runners experience, so it’s a lot easier on the joints. Power walking doesn’t have many rules.” A 30-year veteran of the U.S. National Racewalk Team, McGovern underscores the importance of starting out with a regular, easy walk before progressing to a more vigorous pace.

To avoid and reduce injury, he advocates mindfulness of correct posture and taking shorter, faster steps rather than long, stomping strides. He trains on a variety of surfaces, including everyday roads, tartan (rubber) running tracks, treadmills, dirt trails, grass, and even the occasional concrete sidewalk. “Changing up surfaces uses your muscles in different ways, which can help prevent overuse injuries that crop up from too much training on the same surfaces day in, day out,” he says.

Practical Essentials

For optimal results on any surface, proper footwear is vital. “We would typically recommend a running shoe for any fitness-based walking,” says Josh Saint Cyr, store manager at New Balance, in Highland Park, Illinois. He notes that the right shoes are designed to help align gait and avoid pronation or supination that prompts the ankle to roll inward or outward with movement. “For a more customized experience, someone with medium or lower arches would want a shoe from the stability running section, and someone with higher arches would want a shoe from the cushioned running section.”

In cases of tight calf muscles, Saint Cyr recommends stretching as a daily practice, even on non-exercise days. “Rollers or massage guns can be useful for immediate relief, but ultimately, stretching will help by reducing or eliminating tightness.”

Taking it Up a Notch

Racewalking, the competitive and highly technical variety of power walking, takes

place at track meets. “After you’ve built a base of miles, you can start sprinkling in some longer and faster workouts, and maybe even think about competition,” says McGovern. “There is a bit more technique involved in competitive racewalking, but once you get the hang of it, it will allow you to go much faster.”

In the end, having a goal can be the best motivator. “For the athletes I coach, many of them in their 50s, 60s,

70s, 80s and beyond, racewalking and power walking gives a purpose to their workouts,” says McGovern. “One of my athletes has said that she hates to work out, but loves to train. Having the goal of a race over the horizon gives a lot of athletes a reason to get out the door every day.”

Marlaina Donato is an author and composer. Connect at WildflowerLady.com.

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- OKC Area Chapter - April 14th - 6:30-8:00 pm (every 2nd Thursday)
5603 NW 41 St, Warr Acres, OK 73122
- TULSA Area Chapter - April 21st - 6:30-8:00 pm (every 3rd Thursday)
3355 S Jamestown Ave, Tulsa, OK 74135

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Pest Control

KEEPING DOGS SAFE FROM TICKS AND FLEAS

by Karen Shaw Becker

Fleas and ticks are different types of pests; so, when considering how best to protect a dog, it is important to make a distinction—fleas are an annoyance, but ticks can be life-threatening. Many veterinarians recommend specific chemicals as a preventive solution, but this is often just a knee-jerk approach that uses chemicals to control nature. Instead, consider more natural alternatives that are both effective and non-toxic.

Fleas 101

Fleas are related to ants and beetles, feed on blood, and their bites can lead to irritation and skin allergies. They aren't typically attracted to healthy pets; so, one of the best defenses against flea infestations is to feed a dog a nutritionally balanced, species-appropriate, fresh-food diet that will help keep their immune system functioning optimally. It is also important to remove the environmental factors that can negatively impact immunity, including:

- Poor water quality. Make sure to provide fluoride- and chlorine-free drinking water.
- Too many vaccines. Insist that the veterinarian runs titer tests instead of giving unnecessary shots.
- Toxic household chemicals, including cleaning products and dog beds treated with flame retardants.
- Pesticides, herbicides and fertilizers used in the yard.
- Toxic levels of electromagnetic fields from electrical devices in the home.

The Trouble with Ticks

Ticks are a type of arachnid related to mites, spiders and scorpions. Because ticks feed on many different animals (including humans, dogs, cats, squirrels, mice, opossums and deer), they are quite good at acquiring and transmitting diseases, some of which can be life-threatening.

Unfortunately, a single tick bite can expose a dog to multiple pathogens, including Lyme disease, Rocky Mountain spotted fever and babesiosis. Luckily, most dogs mount an effective immune response. Up to 90 percent of dogs may have been exposed to tick-borne pathogens, but most are able to fight off infection on their own.

The only way to know if a dog has effectively eliminated harmful bacteria is to follow up the typical blood test with a second test called a quantitative C6 that differentiates exposure from infection. Large num-

bers of dogs each year are unnecessarily treated with extensive antibiotic therapy because their veterinarians panic after seeing a positive exposure and fail to check for infection.

To catch tick-borne infections before they take hold, ask the veterinarian to replace the standard annual heartworm test with the SNAP 4Dx Plus (from Idexx Labs) or the Accuplex4 tests (Antech Diagnostics), which screen for heartworm, Lyme disease and four other vector-borne diseases. Completing one of these simple blood tests every six to 12 months is the best way to protect a dog. In tick-infested areas, if a dog tests positive on either of those two tests, it should also be screened for babesia exposure with a polymerase chain reaction test.

Before Reaching for a Chemical

Pet parents should not automatically apply potentially toxic chemical agents to their dogs or around their home to repel or kill pests. The use of spot-on products may cause skin irritation, paralysis, seizures and even death, if used improperly, and there are effective, natural alternatives that are far safer. If these chemicals are used, follow these precautions:

- Be very careful to follow dosing directions on the label. If a pet is at the low end of a dosage range, use the next lowest dosage. Monitor the pet carefully afterwards for adverse reactions. Do not under any circumstances apply dog product to a cat.
- Every other month, rotate chemicals with natural preventives, including diatomaceous earth, pet-friendly, essential oil products and natural deterrent collars. In many parts of the country, people can successfully control ticks with one chemical dose in the spring and one in late summer.
- To detox a dog's liver afterwards, give them a supplement such as milk thistle, a detox agent that helps to regenerate liver cells, or chlorella, a super green food. Work with an integrative veterinarian to determine the dosage; one dose daily for seven days following any chemical flea-, tick- or heartworm-preventive application is recommended.

Safe Options to Chemicals

There are safe, non-toxic alternatives for flea and tick control for dogs, and they do not have side effects, unlike virtually all forms of chemical pesticides. These include:

- Cedar oil, specifically manufactured for pet health
- Natural, food-grade diatomaceous earth, applied topically
- A fresh-food diet that is nutritionally optimal and species-appropriate

It is important to bathe and brush a dog regularly and perform frequent full-body inspections using a flea and tick comb to check for parasite activity. If they spend a lot of time outdoors, be sure to check pets and people for ticks every night during tick season.

Veterinarian Karen Shaw Becker has spent her career empowering animal guardians to make knowledgeable decisions to extend the life and well-being of their animals. Visit DrKarenBecker.com.

Homemade Pest Deterrent for Dogs

An all-natural pest deterrent will help a dog avoid a good percentage of the pests they encounter, though not all of them.

To make it, mix eight ounces of pure water with four ounces of organic, unfiltered, apple cider vinegar, and add 10 drops of neem oil.

Neem oil is not an essential oil; it is an expelled or pressed oil. It is effective because fleas and ticks are repelled by it, and it doesn't bother pets sensitive to odors. Catnip oil can also be used since it has been proven to be as effective as diethyltoluamide (DEET), the mosquito and tick spray humans use that has a number of toxic side effects. To add extra punch to the mixture, add five drops of lemon, lemongrass, eucalyptus or geranium essential oil.

Store the homemade pest deterrent in the fridge, and before a dog goes outside, mist them with it, being careful to avoid the eyes. The active ingredients, especially the essential oils, dissipate in about four hours, so the solution may have to be reapplied several times throughout the day.



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NATURE SPEAKS
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calendar of events

SATURDAY, APRIL 2

Oklahoma Wind Festival OKC – 10am-2pm. Kites, paper airplanes, bottle rockets, pinwheels, wind chimes, sailboats and more. Celebrate the marvels of wind and motion, compliments of Mother Nature. 1st 250 people will receive a complimentary kite. Free. Love’s Travel Stops Great Lawn. Scissortail Park, 300 SW 7th St, OKC. ScissortailPark.org.

Martin Park’s Annual Big Hike for Bigfoot OKC – 2-3pm. Bigfoot has been spotted at the park and we’ve been trying to catch him! We need your help to hike around and follow the clues that will lead us to finding him. Search high and low on a guided hike around the park to find and photograph the elusive Bigfoot. Free. Martin Park Nature Center, 5000 W Memorial Rd, OKC. 405-297-1429. Okc.gov/Departments/Parks-Recreation/Martin-Park-Nature-Center.

SUNDAY, APRIL 3

Easter Egg Hunt Claremore – 10-11am. Bring the kids for a fun Easter egg hunt to celebrate the holiday. Children can collect many eggs filled with candy and other goodies hidden on the rolling hills around the museum. Free. Will Rogers Memorial Museum, 1720 W Will Rogers Blvd, Claremore. 918-341-0719. WillRogers.com.

FRIDAY, APRIL 8

SpringFest Tulsa – 4/8-4/9. Fri 9am-4pm; Sat 9am-3pm. Come celebrate the 67th annual SpringFest and see many popular plant vendors. Food will be available. All event proceeds benefit educational programming, beautification and historic preservation for the 45-acre campus. Free. Tulsa Garden Center, Woodward Park, 2435 S Peoria Ave, Tulsa. 918-576-5155. TulsaGardenCenter.org/Springfest.

TUESDAY, APRIL 12

Microdosing Entheogens 101 Online Class – 6-7pm, 4/12 & 4/27. Want creativity and focus? Anxiety or depression have you stuck? Need help changing unhealthy habits or addictions? Microdosing entheogens helps transform lives, but is it right for you? Discover what exactly is microdosing, how to decide if microdosing is right for you & tips for life-changing results. Audience Q&A. \$10. SacredPillars.church/events.

SATURDAY, APRIL 16

Herbal Affair & Festival Sand Springs – 8am-4pm. Featuring over 100 vendors selling medicinal, cooking and ornamental herbs. Perennial, heirloom and annual plants will be sold, along with garden- and herb-related products and supplies. A variety of food trucks will be there as well. Free. Triangle Park, 4 E Broadway, Sand Springs. 918-342-5357. SandSpringsOk.org/118/Herbal-Affair-Festival.

Egg-Citing Spring Festival OKC – Noon-4pm. A Pop Up Spring Festival in The Windsor District that includes 40+ pop up shops & food trucks, free Easter photo, Easter egg hunt and more family fun. Free. Northwest OKC Church of Christ, 4301 NW 23, OKC. TheWindsorDistrict.org.

FRIDAY, APRIL 22

Tulsa Earth Day Celebration – 4/22-4/23. Come take a walk through an Earth Day-themed art show, listen to live music and browse through handmade crafts by talented artisans. See a host of nationally prominent environmental speakers, educational booths and demos to teach about ways to reduce, reuse and recycle. Family activities will take place in the Kids Zone, and area food trucks will be there. Free. Tulsa Arts District, 1 W Reconciliation Way, Tulsa. 918-284-0728.

Spring Home & Outdoor Living Expo Tulsa – 4/22-4/24. Fri Noon-7pm; Sat 9am-7pm; Sun 11am-5pm. Featuring a variety of vendors offering outdoor furniture, home appliances and all kinds of resources for your next DIY home project. Guests can peruse themed booths to learn more about specializations like tiny homes, upcycling, rescue groups and more. Kid-friendly attractions will also keep the kids entertained. Free. SageNet Center, Tulsa Expo Square, 4145 E 21 St, Tulsa. 918-605-5480. SpringHomExpo.com.

Earth Day 2022 Walkups OKC – 10am-noon. We are embracing our roles as investors in the planet’s future! Walkups will be scattered about with activities ranging from Earth-loving natural crafts to interactive games and lessons surrounding the three R’s (Reduce, Reuse, Recycle). Each child can pot up and take home a seed. Donations accepted. Myriad Botanical Gardens, Children’s Garden Porch & Lawn, 301 W Reno, OKC. 405-445-7080. MyriadGardens.org.

SATURDAY, APRIL 23

Jenks Herb & Plant Festival – 8am-4pm. Featuring over 100 booths filled with a variety of locally grown herbs and plants, garden decorations and much more. Shop for annuals, perennials, hanging baskets, herbs, tomato plants, fresh vegetables and heirloom plants. Vendors will also have Oklahoma wine, garden and home decor, jewelry, arts and crafts, birdhouses, bath and body products, and more. Free. Downtown Main St, Jenks. 918-688-7313. JenksGardenClub.com.

“Celebration: Earth” by Oklahoma Movement Tulsa – 10-11am and 1-2pm. Celebration: Earth is a one-hour tour of Gathering Place, showcasing choreographed pieces inspired by different realms of the park and nature. This event will highlight multiple choreographers and cross-disciplinary artists from Oklahoma. Free. Willow Beach at The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

Indian Taco & Native American Arts and Crafts Sale OKC – 11am-7pm. Guests can feast on delicious Indian tacos or enjoy juicy Pow Wow burgers. Enjoy browsing through the onsite Native American arts and crafts for sale after filling up with tasty Indian tacos. Free. Church of the Open Arms UCC, 3131 N Pennsylvania Ave, OKC. 405-923-1254.

“He Speaks” A Heart-to-Heart Moment with God Tulsa – 2:15-4:45pm. Cultivating the counter-culture of love in a world of hate and rejection. Free prayer, questions answered, authentic encounter.

classifieds

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

FOOD

BEST VEGGIE TACOS ON THE PLANET – Hey Tulsa, come visit Neives’ Mexican Grill at 10309 E 61st St, for veggie tacos. Ask for the NATURAL AWAKENINGS SPECIAL - 2 veggies tacos, a small guac or bean dip & a drink for \$10.99.

OPPORTUNITIES

NOW HIRING VETERINARIANS AND ANIMAL ASSISTANTS – Business is good, thanks to our ad in *Natural Awakenings* magazine. Holistic Pet Care, 3001 Tinker Diagonal St, OKC, and Best Friends Animal Clinic, 1313 N Harrison Ave, Shawnee, are looking to hire veterinarians and animal assistants. Call 405-605-6675 or 405-275-9355.

WORK-FROM-HOME BUSINESS – Are you green-minded? Want to work from home in the health & wellness industry? Start your own business with us: no risk, full training and unlimited income potential. Non-MLM. Must have access to a computer. More information at WorkFromHomeAndLoveIt.com.



This event is not affiliated in any way with the Tulsa City-County Library. The library neither sponsors, nor endorses this event, the speaker(s) or the organization. Free, Kaiser Library. 5202 S Hudson Ave, Tulsa. 918-231-2716.

WEDNESDAY, APRIL 27

Microdosing Entheogens 101 Online Class – 6-7pm. *See 4/12 listing*. SacredPillars.church/events.

SATURDAY, APRIL 30

Steamroller Print Festival OKC – 9am-6pm. Come celebrate local artists within the community. The festival will consist of various immersive activities including live music, food trucks, pop-up shops, family-friendly activities, a children’s tent, artist demonstrations and more. Free. 1 NE 3rd St, OKC. 405-815-9995. 1ne3.org/Steamroller-Festival-2022.

Restoring Resilience Powwow Tulsa – 6pm. Come experience the spirit of an ancient tradition. Festivities will include singing and activities, as well as the grand entry. Vendors will be available, with booths boasting American Indian items like jewelry and blankets. Free. River West Festival Park, 2100 S Jackson Ave, Tulsa. 918-382-2205. Ihcrc.org/powwow.

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/local-affiliates.

Oklahoma Contemporary Arts Center OKC – Daily exhibitions, performances and public programming, focusing on living artists, the art of now and the art of what’s next. Free. Oklahoma Contemporary Arts Center, 11 NW 11th St, OKC. 405-951-0000. OklahomaContemporary.org.

sunday

A Course in Miracles Tulsa – 9:15-10:15am. Come join the class and be inspired. A Course In Miracles (ACIM) is a widely revered, fairly recent spiritual text. Simply put, it teaches readers to replace fear with love. The class is taught by Chris Myers-Baker with 40+ years of teaching the course. Free. Unity of Tulsa Midtown, 3355 S Jamestown Ave. TulsaUnity.com.

monday

Inner Light Weekly Meditations – 6:30-7:30pm. Beginners-Intermediate. Suggested donation \$10. Azalea House of Healing, 5601 NW 72nd, Ste 106, 56 Expressway Place, Warr Acres. 405-445-2906. FireflyMysticalConsulting.com.

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.



an added bonus, art crawlers can take advantage of free museum and gallery admission while shopping later than normal business hours would allow. Free. Tulsa Arts District, 1 W Reconciliation Way, Tulsa. 918-492-7477. TheTulsaArtsDistrict.org.

Norman Art Walk 2nd Friday – 6-9pm. 2nd Fri. Norman Arts Council is excited to announce the return of in-person 2nd Friday Art Walks. Free. Downtown Norman. 405-360-1162. 2ndFridayNorman.com.

LIVE! on the Plaza 2nd Friday OKC – 6-10pm. 2nd Fri. 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

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. Led by retired Naturalist Neil Garrison. Free. Martin Park Nature Center, 5000 W Memorial Rd, OKC. 405-297-1429. Okc.gov/Departments/Parks-Recreation/Martin-Park-Nature-Center.

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.

Story Time at Full Circle Bookstore OKC – 10:15am. Weekly morning story time with occasional special guests. For ages 10 & under. Space is limited so guests can maintain social distancing. Come visit friends at Full Circle Bookstore. 1900 NW Expressway, OKC. 405-842-2900. FullCircleBooks.com.

Explore the Flora Tulsa – 10:30am-noon. 4th Sat. Come out and explore the beautiful Oxley flora. Free. Oxley Nature Center, 6700 Mohawk Blvd, Tulsa. 918-596-9054. OxleyNatureCenter.org.

coming in the may issue



community resource guide

Connecting you to the leaders in natural healthcare and green living in our community. To find out how you can be included in the Community Resource Guide email Publisher@NAOklahoma.com to request our media kit.

ACUPUNCTURE

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CENTRAL OKLAHOMA ACUPUNCTURE
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Jeff Luker, MSAOM, practices at the Broken Arrow location. Jeff excels at pain management, nerve pain, sciatica, and sports injuries. Dr Nancy Tegan practices at the Ponca City location. She is a general practice Acupuncturist and comes to Oklahoma with a wealth of experience. *See ad, page 21.*

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The Institute's focus is teaching interconnections among the body's many systems. Uniting manual therapy with myofascial work, visceral manipulation and craniosacral therapy, they train practitioners in a global way of working that combines depth and subtlety to amplify the health in every system. *See ad, page 4.*

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The largest independent bookstore in Oklahoma. For more than 30 years, they have been dedicated to helping customers find the books they've been looking for. They carry more than 60,000 new titles in stock featuring every genre imaginable.

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Books, herbs, incense, jewelry, gifts and more are available. One of the nation's largest collections of conscious living and metaphysical books. They also carry over 175 different herbs as well as stones, crystals, runes, tarot cards and other wonderful gift items.

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TulsaUnity.com



Unity is a positive, practical approach to Christianity based on the teachings of Jesus and the power of prayer. Unity honors the universal truths in all religions and respects each individual's right to choose a spiritual path. Services are held each week on Sundays at 10:30am.

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UnityChurch.org



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H2OasisFloatCenter.com



Northeastern Oklahoma's best and largest float center. Offering deep relaxation for mind, body and spirit. Singles or couples will have an unforgettable experience of flotation therapy and enjoy the relaxation room to prolong that post-floating glow. While you're there, enjoy the tea house, oxygen bars, massage, Braintap / Revibe chair and so much more. *See ad, page 18.*

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Discover a natural approach to your health. Aging Gracefully was founded more than 15 years ago by Dr Michelle McElroy, an OB/GYN and functional medicine physician with more than 20 years of medical experience. *See ad, page 4.*

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Quantum healing sessions include reiki, sound alchemy and chakra clearings. Shamanic services include illuminations, destiny retrievals and past life regressions. We also offer mediumship and tarot/oracle readings. We are a full-service metaphysical store and school offering many classes to help guide those on their spiritual journeys. *See ad, Body Works page 2.*

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405-840-0300



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~Henry David Thoreau

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Hypnosis is a holistic modality to help move beyond stuck patterns and negative behaviors. Learn how to deeply relax the body and mind, while increasing focus and receptivity. Within this deep state of total relaxation, you are able to receive powerful, positive, life-affirming suggestions for transformation. All clients are taught self-hypnosis, too. By appointment only. *See ad, page 12.*

MASSAGE

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Neuromuscular Massage Therapist
918-401-0377
Brittany@TulsaHealing.com



Neuromuscular massage therapist offering trigger point therapy, lymphatic, Thai massage, deep tissue and Swedish massage. *See ad, Body Works page 2.*

MASSAGE - CLINIC/SCHOOL

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Info@LikemindedTherapies.com



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SCHOOL OF NATURAL MEDICINE
604 W 41st St, Sand Springs
918-241-9600
SchoolNaturalMedicine.com



The School of Natural Medicine offers many different programs starting with our massage therapy program that is owner-financed and maintains a low student to teacher ratio for a very high first-time pass rate at the national exams. We also offer a two-year acupuncture training program and an eight-week master herbalist program. Visit our website or call for more information. Massage Therapy classes starting soon. *See ad, Body Works page 2.*

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866-726-3420
Amber@HigherHealthOklahoma.com



H&H Processing produces Orion Cannabis Tablets and Blossom Canna Capsules as well as craft FECO (Full Extract Cannabis Oil). The tablets and the capsules are all-natural, vegan, celiac-safe, gluten-free and sugar-free. Blossom mushroom capsules contain FECO and five varieties of mushrooms. The tablets are dissolvable sublingually. *See ad, page 25.*

MEDICAL SPA

PATH TO WELLNESS MEDICAL SPA
Torrey Knight, Esthetician, CNA
6125 S Sheridan, Ste E, Tulsa
918-494-0082 • TulsaPath.com



Come and discover the best version of you. Offering natural, customized facials that will have you glowing both inside and out. Therapeutic body services ranging from body wraps, massage, back facials and full body waxing. As always, all services offer access to our steam rooms. Pamper yourself today!

METAPHYSICAL SHOPS

OAK, ASH AND THORN
112 E Main St, Shawnee
405-219-4325



Spiritual shop offering incense, smudging and altar supplies. Self-care, crystals, candles, books, herbs, teas, gemstone jewelry, tarot and Oracle cards. Tarot and mediumship readings available. Fine selection of various art from local artisans.

PLANT MEDICINE

SACRED PILLARS CHURCH
Edmond, OK
SacredPillars.church
Info@SacredPillars.church



We're "a different kind of church." Our non-denominational spiritual community empowers people on their divine path through plant medicine ceremonies, compassionate support circles, sacred microdose coaching and holistic healing events. *See ad, page 7.*



QIGONG

QIGONG OF TULSA
Tom Bowman, CQI, CQP
5800 S Lewis Ave, Suite 139, Tulsa
918-855-4222 • QigongOfTulsa.com



Qigong of Tulsa is a wellness center specializing in Clinical Qigong treatments and Qigong exercise training. Certified by the National Qigong Association as a Clinical Qigong Practitioner and an Advanced Qigong Instructor with over 20 years of experience. Training includes exercises, meditation and self-treatment techniques. Clinical practice includes energy work, cupping, acupressure and more. Email Tom@QigongOfTulsa.com. *See ad, Body Works page 2.*

REAL ESTATE

EDWARD OLIVER
Keller Williams Elite Realtor
405-234-6110
EdOliver6110@gmail.com



Let me help you buy, sell or invest in a beautiful home for yourself and your family. Each office is independently owned and operated. *See ad, page 14.*

REIKI

CARI REIF, LAP, RMT, CHHC
918-401-0377
TulsaHealing.com



Reiki Master, Life Activation, Health Ninja. Reiki is a form of energy healing through a nonphysical and invisible universal energy that vibrates at a level higher than personal energy and can help alleviate suffering, whether it be of a

physical, emotional, mental or spiritual nature. *See ad, Body Works page 2.*



*"You didn't come into this world.
You came out of it, like a wave
from the ocean. You are not
a stranger here."
~Alan Watts*

SEXUAL HEALTH

DESIRE OKC
Charity Danker
2932 NW 122nd, Ste 5, OKC
405-254-0926 • DesireOkc.com



Sex does not have to be backward. My goal is to empower women and men to developed more meaningful relationships, live more authentically, all while creating a more fulfilling sex life. Are you ready? Let's Talk Sex! *See ad, page 9.*

VETERINARIAN - HOLISTIC

HEALING HANDS VET
Kimberley Weiss, DVM
1916 NW 39th St, OKC
405-525-2255
HealingHandsVetCenter.com



Offering holistic pet care including chiropractic, acupuncture and essential oils. Care for your pet begins in a kid-friendly, comfortable and calm setting. Offering integrative medicine along with conventional methods. *See ad, page 13.*

THE NATURAL VET
Brad Roach, DVM, CVA
Serving OKC, Del City & Shawnee
405-456-9508, 405-275-9355
BradRoachDVM.com
BestFriendsAnimalClinic.vet



Integrative pet care includes: vitamin therapy, homeopathy, acupuncture, herbal medicine and electro-medicine. Decades of experience with integrative and conventional methods. Complementary care does not invalidate any current treatment plans. *See ad on back cover.*

WELLNESS CENTER

AZALEA HOUSE OF HEALING
56 Expressway PI
5601 NW 72nd St, #106, OKC
405-905-2772 • AzaleaHealing.com



In the Victorian flower language, the azalea represents the message "take care of yourself". At Azalea House of Healing, our mission is to help Take Care of You through the power of holistic wellness. We offer massage, counseling, yoga, tai chi, reiki and other modalities to assist with your self-care. *See ad, Body Works page 2.*



DIVINE LOTUS HEALING HANDS WELLNESS CO-OP
2817 S Harvey Ave, OKC
888-643-7699
DLHHWellnessCoop@gmail.com



We are a wellness center for holistic seekers & practitioners to come together and heal the mind, body and spirit. We offer a variety of services including energy & body work, shamanic healing, breathwork & sacred sound, spiritual life advising and many other holistic wellness services. *See ad, page 19.*

EAST WINDS WELL BEING CENTER
Sarah Cochran
Norman, OK
405-443-3774
EastWinds@mail.com



It is our vision to bring individuals into a better state of personal existence. East Winds Well Being Center is a startup venture seeking investment to co-create our modern healing facility. Our e-commerce shop offers mindful materials to support our endeavor. If you are interested in co-creating with us, please contact us at EastWinds@mail.com Let the winds of change enlighten your life.

WOMEN'S HEALTH

TOTAL FAMILY WELLNESS
3336 E 32 St, Tulsa
918-398-3586
TFWOK.com



Advanced holistic lactation support and personal wellness. Let us help you enjoy a happy, healthy breastfeeding relationship. We utilize chiropractic, fitness, nutrition, medical herbalism and personalized coaching to empower the families we serve to be the healthiest versions of themselves. We now have a fitness studio for women of all ages. In-home, virtual & office consultations available. *See ad, page 13.*

YOGA

YOGAQUEST
Dee Day
3325 E 31st St, Tulsa
918-622-5454
TulsaYogaQuest.com



Add yoga to your fitness routine now. Reach your performance potential. Increase your flexibility so you bend, not break. Improve your lung capacity and elasticity to increase energy. Recover quicker. Get a free body assessment and a free class. *See ad, Body Works page 2.*

Nature's Virus Killer

Copper can stop a virus before it starts

By Doug Cornell

Scientists have discovered a natural way to kill germs fast. Now thousands of people are using it against viruses and bacteria that cause illness.

Colds and many other illnesses start when viruses get in your nose and start multiplying. If you don't stop them early, they spread and take over.

In hundreds of studies, EPA and university researchers confirm copper kills microbes almost instantly just by touch.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about microbes like viruses and bacteria, but now we do.

"The antimicrobial activity of copper is well established." National Institutes of Health.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell by touch and destroys it in seconds.

Some hospitals tried copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, which saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. He made a smooth copper probe

with a tip to fit in the bottom of the nostril, where viruses collect.

When he felt a tickle in his nose like a cold about to start, he rubbed the copper gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold never got going. That was 2012. I have had zero colds since then."

"We don't make product health claims,"

he said, "so I can't say cause and effect. But we know copper is antimicrobial."

He asked relatives and friends to try it. They reported the same thing, so he patented CopperZap® and put it on the market.

Soon hundreds of people had tried it. Feedback was 99% positive if they used copper within 1-3 hours of the first sign of bad germs, like a tickle in the nose or a scratchy throat.

Users say:

"It works! I love it!"

"I can't believe how good my nose feels."

"Is it supposed to work that fast?"

"One of the best presents ever."

"Sixteen flights, not a sniffle!"

"Cold sores gone!"

"It saved me last holidays. The kids had crud going round and round, but not me."

"I am shocked! My sinus cleared, no

more headache, no more congestion."

"Best sleep I've had in years!"

The handle is curved and textured to increase contact. Copper can kill germs picked up on fingers and hands after you touch things other people have touched.

The EPA says copper works just as well when tarnished.

Dr. Bill Keevil led one of the science teams. He placed millions of viruses on a copper surface. "They started to die literally as soon as they touched it."

Customers report using copper against:

**Colds
Flu
Covid
Sinus trouble
Cold sores
Fever blisters
Canker sores
Strep
Night stuffiness
Morning congestion
Skin infections
Infected sores
Infection in cuts or wounds
Thrush
Warts
Styes
Ringworm
Threats to compromised immunity**

CopperZap® is made in the USA of pure copper. It has a 90-day full money back guarantee. Price \$79.95. Get \$10 off each CopperZap with code **NATA28**. Go to www.CopperZap.com or call toll-free 1-888-411-6114.

Buy once, use forever.

Statements are not intended as product health claims and have not been evaluated by the FDA. Not claimed to diagnose, treat, cure, or prevent any disease.

ADVERTORIAL

Natural Care

For Your Pet

*Helping Pets
Live Longer, Healthier Lives*



**Acupuncture • Herbal Remedies • Nutritional Consults
Cancer & Arthritis Treatments**

2 Locations To Serve You

Holistic Pet Care

3001 Tinker Diagonal St

Del City

405-605-6675

HolisticPetCare.Vet

Best Friends Animal Clinic

1313 N Harrison Ave,

Shawnee

405-273-5617

BestFriendsAnimalClinic.Vet