

YMCA gala passes with flying colors

Brilliant hues of multifaceted colors filled the room and reflected the evening's theme of "Love Comes in All Colors" when the YWCA held its holiday gala at the Tulsa Marriott Southern Hills.

"As we celebrate our 22nd annual gala, we are honoring our organization's deeply rooted history of diversity and service programs, championed by leaders that embrace a global community and heritage," explained Chief Executive Officer Felicia Collins Correia. "Even the decorations, designed by Sharon Saied and Pat Bailey, reflect the inherent beauty found in a global community."

"Who better to reflect this rich history than the two YWCA Gala co-chairwomen, Monica Basu and Jaya Richardson?"

She added that both women have long served in leadership roles at the YWCA as board members as well as the Tulsa community and both are originally from India.



Danna Sue Walker
People & Places
dannasue.walker@tulsaworld.com
581-8342

Libby Johnson, who was honorary chairman along with her husband, Michael, was dressed in African attire and delivered the invocation. YWCA 2008 President and Bank of Oklahoma Senior Vice President and Community Relations Manager Leslie Paris was the emcee. Larry Wagner, BOK senior vice president, director of human relations, accepted a crystal angel award for his support of the Y.

Platinum Sponsors were the George Kaiser Family Foundation and Bank of Oklahoma, New Dominion, L.L.C., Patti Johnson Wilson Foundation, The Anne and Henry Zarrow Foundation, and John Steele Zink Foundation.



Leslie Paris (from left), YWCA president; Henry Zarrow, platinum sponsor; Larry Wagner, BOK senior vice president and angel award winner; and Felicia Collins Correia, YWCA CEO, attend the YWCA Gala at the Tulsa Southern Hills Marriott. CORY YOUNG/Tulsa World

Gold Sponsors included Bailey Family Foundation, The Hille Foundation and

Williams and The Williams Foundation. Silver Sponsors were H.A.

& Mary K. Chapman Charitable Trust, Merkel Family Foundation, Jaya and Rusty

Richardson, and Waters Charitable Foundation.

Among those in the crowd were YWCA 2009 President Marla Bradshaw and her mother, Dorothy Sitts; Gwen Malcolm and Steve Williams; Henry Zarrow and his son, Stuart Zarrow; Patty and Joe Cappy; Nancy and Peter Meinig; Billie and Howard Barnett and Jackie and Bob Poe; Jaya and Rusty Richardson; Drs. Insung Kim and Randy Webb; Maggie and Kajeer Yar; Mary Ann Hille; Pat and Keith Bailey; Sharon and Bob Saied; "K" and Tim Caldwell; Ruth and Al Sowards of the Sisk Charitable Trust; Betty and Jim Knight; Nancy and Bill Wienker; Bryan Close and Gayle Abney; Digi Field and Kash Biddle; Lew Erickson; Barbara and Ron Glass; Sandra and David Pease; Brenda and Jimmy Dunn; Mary Ann and Chuck Meckfessel; Alisa and Greg Barnard; and Leonardo and Juanita Ortiz, who accepted a lifetime achievement retirement gift.

BOOKS:

Organic book touts healthy eating.

FROM D1

proponent of sustainable eating, minus the preachiness that sometimes comes with it. Most recipes use local, seasonal foods, but with a little Velveeta cheese and cream of mushroom soup. Stories of children making snow angels, farm life, worship at home, apple picking and horse-drawn buggies add to the charm

of this delightful book.

FIX-IT AND FORGET-IT BIG COOKBOOK

Phyllis Pellman Good
Good Books, \$29.95

This is it — the biggest and best in the "Fix-It and Forget-It" series. It has all the slow cooker recipes you love, from real home cooks across the country, plus this new book has several full-page photographs. This is a book you'll turn to when you're trying to plan your dinners for the week. Thinking about making meatloaf in your Crock-Pot? You'll find 12 recipes for meatloaf alone.

"Fix-It and Forget-It" particularly shines in the soups, stews and chilis chapter, with recipes for German potato soup, Tex-Mex chicken chowder and winter vegetable chili.

HEIRLOOM COOKING WITH THE BRASS SISTERS

Marilynn and Sheila Brass

Black Dog & Leventhal, \$29.95

They call themselves the queens of comfort food, and that's what this book is all about. The Brass Sisters have spent years scouring yard sales and bookstores for original, handwritten recipe books and recipe cards

from cooks from every decade since the late 1800s. They then spent years testing these recipes, including only the best and most nostalgic in their book. What results is a beautiful book that feels so personal, with recipes for Mrs. Hodge's savory sweet potato puff, Libby's spicy ribs with barbecue sauce, Alice McGinty's London broil and Mary Melly's chocolate angel pie. If this book doesn't make you want to jump in the kitchen, nothing will.

ORGANIC MARIN
Tim Porter and Farina Wong Kingsley
Andrews McMeel, \$29.99

Not feeling motivated about eating healthy this year? Here's a book that will motivate you on the right path to good, healthy eating. All recipes use organic ingredients, and the book includes stories from 16 American organic farmers. Chapters are divided by seasons, and the authors don't skimp on winter.

Recipes such as Tunisian vegetable tagine, Italian pot roast and carrot flan are inspiration for organic foodies.



TRENDS:

People who never clipped coupons before are now shuffling through ads.

FROM D2

ACAI

You're going to see even more of this little berry in 2009. Acai (ah-SIGH-ee) is packed with antioxidants and amino acids. You can find it in concentrated form at health food stores. It's also popping up as an ingredient in fruit drinks, flavored waters and juice blends. (Read about it in the Jan. 6 Scene section.)

COUPONS

People who never clipped coupons are now sorting and shuffling to save money at the grocery store. And, more people are signing up for Grocio.com, a new Web site founded by Tulsan Gerald Buckley that compares food prices from grocery store circulars. (tulsaworld.com/grocio)

PORK

It's not that pork has ever gone completely out of style, but look for it on more restaurant menus this year. For one, it's affordable. Restaurant chefs can dress up a pork loin with sauces and garnishes, and home cooks can slow roast a big piece of meat to feed the entire family for cheap. Look for pork paired with more international flavors, such as hot chiles and Asian vegetables.

HOME COOKING

In the past, we've called this trend "cocooning," but now it's about something even simpler: saving money. Ann Mack, director of trend-spotting for the ad agency JWT, said cooks are looking around at their kitchens and cooking tools and realizing they could save a lot of money by cooking at home. The Food Marketing Institute reported that in 2008, 71 percent of Americans reported cooking more often and eating out less.

RICOTTA

Bon Appetit editors call ricotta "the ingredient of 2009." Creamy, comforting and versatile, ricotta isn't just for lasagna and cheesecake. Consider it as a filling for ravioli, as a sauce with gnocchi or on bruschetta with figs and onions.



Ricotta cheese ravioli.
JAMES GIBBARD/Tulsa World file

Natalie Mikles 581-8486
natalie.mikles@tulsaworld.com

today's events

music
Luigi Balletto, 6-9 p.m., Hickory Hills Steak House, 3600 W. Jasper, Broken Arrow. 451-2428.
World Rhythm Experience, hand drumming class for all ages and abilities led by Michael Back, 7:15-9 p.m., Living Arts Space, 308 S. Kenosha Ave., 585-1234.

dance
Square Dancing for Seniors, 1-3 p.m., Central Community Center, 1028 E. Sixth St. 596-1444.

information
Lunch 'n Learn: Which Therapy is Right For You?, free session, bring your own lunch, refreshments provided, 1-2 p.m., The Broadmoor Retirement Community, 82-5 E. 22nd St. 622-2151.
Ponca Phraseology, language class continuing through March, 6-7:30 p.m., Maxwell Park Library, 1313 N. Canton. 669-6055.
Coronary Health Improvement Project, or CHIP, a health class designed to help lower blood pressure, blood sugar, cholesterol, heartburn, angina and lessen depression, 5:30 p.m., Tulsa Adventist Academy, 900 S. New Haven. 638-7378.

family/children
Preschool Storytime, for ages 2-5, an adult must accompany 2-year-olds, 10:15-10:45 a.m., Brookside Library, 1207 E. 45th Place. 746-5012.
Family Storytime, enjoy funny stories, action rhymes, music and bubbles, for ages 3-5, Herman and Kate Kaiser Library, 5202 S. Hudson Ave., Suite B. 499-5400.

etc.
Fantasy Fanatics, come talk about what you're reading and hear about new books, class size limited, refreshments provided, for kids in grades 6 and up, 3:30-4:30 p.m., Collinsville Library, 1223 Main. 596-2840.
Submit items one week in advance to Events, Tulsa World, P.O. Box 1770, Tulsa, OK 74102, fax to 581-8353 or e-mail at events@tulsaworld.com. Events must be open to the public. For more information, call 581-8320.

tube picks

Don't miss TV for Wednesday

The following information was not available when the Sunday TV World went to press.

- 7 a.m.**
8 8 Good Morning America Tim Daly ("Private Practice"); a preview of Barbara Walters' interview with Patrick Swayze; reports from the consumer electronics show in Las Vegas. (HD) (CC)
9 2 Today Author Ian K. Smith ("The 4 Day Diet"); chef John Schenk; singer Neil Sedaka; author Whitney Casey ("The Man Plan"). (HD) (CC)
8 a.m.
6 6 The Early Show Queen Latifah; singer Carrie Underwood; author Graydon Carter ("Vanity Fair's Tales of Hollywood"). (CC)
9 a.m.
5 23 The Doctors The top 10 health trends of 2009; a chair promises a good abdominal workout while sitting at a desk; an electronic cigarette; designer babies. (CC)
9 2 Live With Regis and Kelly Glenn Close ("Damages"); top 10 diet resolutions. (HD) (CC)
10 a.m.
5 23 The Martha Stewart Show Food editor Sarah Carey gives a lesson on steaming fish; author Kenneth C. Davis ("Don't Know Much



THE NOSE KNOWS: Kevin Kline (left) stars as the legendary poet and swordsman Cyrano de Bergerac on a new "Great Performances." 7 p.m. PBS, channel 11

- About Anything Else"); England's Petersham Nursery. (CC)
8 8 The View Tim Daly ("Private Practice"); comic Greg Behrendt. (HD) (CC)
11 a.m.
8 8 Rachael Ray Jan Garavaglia ("Dr. G: Medical Examiner"). (CC)
3 p.m.
8 8 The Bonnie Hunt Show Author Carrie Fisher ("Wishful Drinking"); Matt Dallas ("Kyle XY"); chef Tyler Florence.
9 2 The Ellen DeGeneres Show TV-show host Maria Bartiromo ("Closing Bell"); Akon performs. (HD) (CC)
4 p.m.
6 6 Oprah Winfrey Best Life Week: Author Elizabeth Lesser, Rev. Ed Bacon and Dr. Michael Bernard Beckwith discuss finding true happiness and fulfillment.

- Changes**
3 2 DISNEY Hannah Montana (2-3 p.m.)
3 2 DISNEY Suite Life of Zack & Cody (3-4 p.m.)
6 6 BCS Championship Review (7 p.m.)
5 23 BCS Special: Bluewater Countdown to Kickoff (10 p.m.)
6 6 New Adventures of Old Christine (2:07 a.m.)

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