

You go green, Girl!

Jewelry expert offers tips on eco-friendly accessorizing

I'm slowly creeping toward a greener life. Like snail's-pace slow. OK, like not at all.

Still, I wanted to pass along some great recycling tips — and they're all about jewelry.

Susan Eisen, author of "Crazy About Jewelry: The Expert Guide to Buying, Selling and Caring for Your Jewelry" (\$16.95, Full Circle), offers these tips for staying eco-friendly and, above all, gorgeous:

- Recycle old or unused jewelry. Rejuvenate that forlorn piece of jewelry sitting in the corner of your jewelry box and give it value! Take it to your jeweler and fuse it with another piece to create something new. Give new life to an old brooch or pin by putting it on a chain to make a trendy pendant, or attach it to your evening clutch to add some glamour. Have an old ring that doesn't suit your taste? Turn it into a pair of earrings. Lose a pendant or a pair of earrings? Make the earring into a necklace, or turn it into a brooch. The opportunities are endless.

- Buy vintage or antique jewelry. Yesterday's elegant-formalwear-turned-dated-eyesore is today's must-have accessory. If you need proof, check out the duds sported by today's Hollywood starlets. You'll see stuff you assumed was banned after the '80s. Check out estate sales and online auctions for old pieces. Be sure to get appraisals done and update your insurance policy. (Tip from me: You can also check out local vintage stores, such as Deco to Disco and Cheap Thrills.)

- Sell your jewelry. The price of gold is skyrocketing, so swap your scrap gold for quick cash. Also, many jewelry stores sell a variety of used jewelry for a discounted price. Some will give you store credit for pieces you want to sell that you don't use anymore. In today's unreliable economy, the need for cash may outweigh the desire to redesign your current jewels. One woman's trash is another woman's treasure.

- Donate your jewelry to charity. Why not use your jewelry to help make the world a better place? Donate the money you receive from selling your jewelry to a charity organization. Many cit-



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Happy First will hold a trunk show on Thursday at Bella Dames, 5958 S. Lewis Ave. Courtesy

ies also have charity resale shops that donate their proceeds to local nonprofit organizations. If your jewels are one-of-a-kind, you may even be able to put them on display at a local museum.

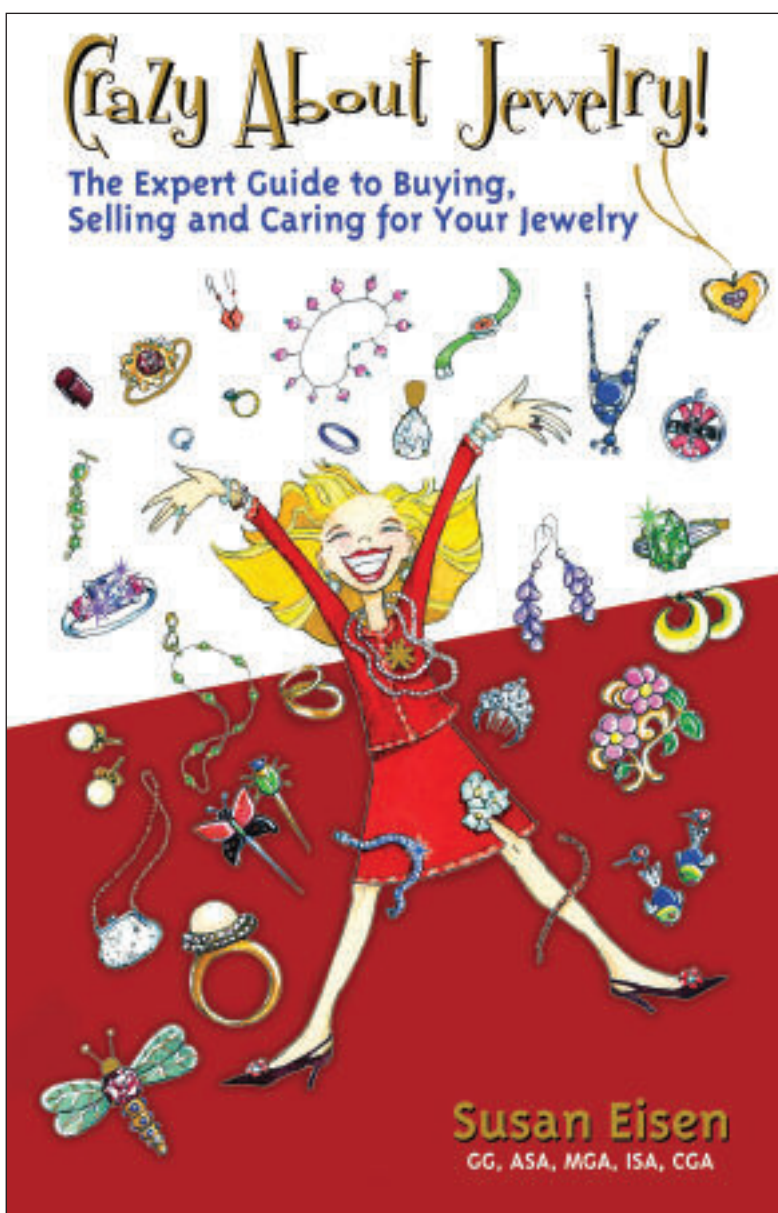
For more info about Susan's book, visit www.tulsaworld.com/crazyjewelry. Or ask your favorite book-seller whether they'll order it for you.

Stylish goings on

Bella Dames, 5958 S. Lewis Ave., is celebrating its three-year anniversary by hosting a trunk show of Happy First from 10 a.m. to 6 p.m. Thursday.

Happy First is the delightful, well-behaved brain child of Tulsa's own Debbie Vinyard. It's a Web site and fashion line dedicated to motivating people to pursue personal happiness, as well as raising awareness and money for cancer research.

During the trunk show, of course, you'll be able to see some of Debbie's latest offerings. She has comfy long- and short-sleeve tees, plus camisoles and these really cool hoodies. There's also a new baby line, my fave being the



"Freshly Hatched" onesie with "Future Rooster" on the front. Sorry, love me some chicken.

For more info, call the very Bella Dames at 743-3351. Or you can visit www.tulsaworld.com/happyfirst.

She She, 1425 E. 41st St., will host a trunk show and special appearance of designer Barbara Wells on Thursday and Friday.

Aside from being a fabulous designer (interviewed her twice, love her), it's cool that she's coming because she can adjust the size of her garments to fit each customer, explained store owner Kristin Richardson.

Barbara is a knitwear designer from Pittsburgh, whose clamored-after clothes are comfy and chic.

"It's always about chic, comfortable dressing," she told me once. "Things that are utilitarian but stylish and multifunctional."

For more info, call those saucy She Shes at 747-5254.

Woodhouse Day Spa, Suite 250 in The Consortium at 3509 S. Peoria Ave., will host its grand opening from 6 to 9 p.m. Saturday.

It's more like a grand re-opening, as Woodhouse is under new management. The space has been updated and the spa extended its

operating hours, said new owner Joey Roland, who took over in May.

During the event, the spa will be giving away a full day of pampering. One of their coolest offerings is the Kuoli wrap, which is an awesome treat if you've had too much sun at the lake or whatever. It's an intensely hydrating, aromatic body treatment using pure essential oils, seaweed and aloe vera gels to soothe, heal and hydrate parched skin. It's also ideal for water retention, and it's rumored to turn men into raging Casanovas (kidding). This one-hour bliss is \$90.

Anyway, extended operating hours are 9 a.m.-8 p.m. Monday-Saturday (perfect for busy professionals), as well as noon-5 p.m. on Sunday.

For more info, call Woodhouse at 749-8882.

Online find

Wanted to tell y'all about these cool self-tanning towelettes. Alas, the space gods (as in "room," not "outer") won't allow me to tell you here.

However, you can read more about my fabulous find in my blog. Just visit www.tulsaworld.com/jawblog and see the entry titled "Tan your hide — and then some."



Barbara Wells, wearing one of her own creations here, will make an appearance at She She this week. Courtesy

REUNIONS

Nathan Hale '88: July 11-12, TulsaHale88@gmail.com.

Unity '78: July 17-20, Cynthia Elmore, 625-0270, cynthia-gogg@sbcglobal.net, Algerita Gildon, 425-7289, algildon@prodigy.net, Karla Ricard, 638-0600, karlaricard@sbcglobal.net, Hattie Alexander Boone, 629-7582.

Charles Page '88: July 18-19, 405-447-5544, reunions@okreunions.com, (405) 447-5544.

Memorial '78: July 18-19, tulsamemorial1978.myevent.com.

Nathan Hale '98: July 18-19, Tamara Wheeler, tmrwhlr@yahoo.com, April Smith Stowe, shybutterfly38@yahoo.com, classreport.org.

Wagoner All School: July 19, riverine@earthlink.net, P.O. Box 854. Wagoner, OK 84477

Central '88: July 25-27, Tristia Rowland Watson, 760-2511, tristia@hotmail.com, Stephanie Jackson Lewis, 951-5261, godskid1970@yahoo.com, tulsacentral1988.com.

Jenks '88: July 25-26, Brooke Jones, 595-5866, classreport.org.

Metro Christian Academy '88: July 25-26, Ronda DeLaughter, 798-9820, dehaha@cox.net.

Edison '83: July 26, edison-reunion83@yahoo.com.

Oaks Mission All School: July 26, Jeanie Mann Bolch, 443-2492, P.O. Box 67, Oologah, OK 74053.

McLain '68: June 27-28, Viola Harrison Key, 814-5770.

Jenks '50-'60s: June 28, Claudette, 367-5850, Donna, 756-3134, Marcia, 251-4535.

Memorial '98: Aug. 8-9, (405) 706-3759, tulsaschools.org/schools/memorial, tulsamhs98@gmail.com

Sapulpa '88: Aug. 8-9, Kara, 296-5453, alumniclass.com/sapulpa/login, happigirl@yahoo.com.

John Marshall '68: Aug. 15-17, classmates.com, Laura

Love Hutchison, dhutchfam@sbcglobal.net, Carl Rose, crose5forJM68@cox.net, Chris Finney, (405) 748-8619, James Sparks DDS, 5804 N.W. Expressway, Oklahoma City, OK 73132

Vinita '47-'49: Aug. 29-31, Karla Ricard, 638-0600, karlaricard@sbcglobal.net, Hattie Alexander Boone, 629-7582.

Vinita '58: Aug. 29-30, jewell@junct.com, dlöhler@tds.net.

Collinsville '88: Sept. 18-20, Eric Burns, 812-0945, collinsville.cardinals@yahoo.com.

Daniel Webster '58: Sept. 26-28, Mary Sparkman McAlister, dmac@junct.com, 782-9683, Linda Rodrigues Rountree, linmarroun#9@cox.net, 269-3519, Paul Harrison, georgannpaul@aol.com.

Central '43: Sept. 19-20, Ruth Harvey Kirkpatrick, 257-5881, JWK2@Alliance.TV.

Stillwater '42, '43, '44: Sept. 20, Kent and Dorothy Carmain, (405) 385-0941.

Berryhill All School: Sept. 26-27, Phil Griggs, 366-7617, pandlbiker@olp.net, Ann Collins Kapple, annkapple@yahoo.com, Jackie Mortan Smith, jmortan-smith@aol.com, groups.yahoo.com/group/berryhillalumni.

Bristow '53: Oct. 3, Paul Hockett, 459-6803, snphockett@cox.net.

Broken Arrow '88: Oct. 3-4, bah88.com.

Claremore '88: Oct. 10-11, Tara Anderson Edwards, Tedwards@claremore.k12.ok.us, classreport.org/usa/ok/claremore/chs/1988/.

Central '63: Oct. 25-26, Marilyn Loucks, 749-8105, Loucks63@sbcglobal.net, centralhclass63@home-stead.com/index.html.

Bishop Kelley '93: Nov. 28, alumni@bkellyhs.org.

Bishop Kelley 2003: Nov. 28, alumni@bkellyhs.org.

Send information 14 days in advance to Reunions, Tulsa World, P.O. 1770, Tulsa, OK 74102, or e-mail to: barbara.morris@tulsaworld.com, fax to (918) 581-8353

SENIORS

PROGRAMS

Seniors Scrabble for Fun, Barnes and Noble Bookstore, 41st Street and Darlington Avenue, 1 p.m. 663-4278
City Parks sponsored Senior Stretch Class, Monday and Wednesday at View Acres Baptist Church, 2327 S. 65th West Ave., 9-10 a.m. 591-6053

Central Senior Center, 1028 E. Sixth St., social bridge, 11 a.m. 596-1444
McClure Recreation Center, 7440 E. Seventh St., canasta, noon-2 p.m., first and third Mondays. 669-6678
Broken Arrow Seniors Inc., 1800 S. Main St., dance to Country Rhythm Band, 6:45-9:45 p.m. 259-8377

MONDAY-FRIDAY

Daily Family YMCA, 7910 E. 134th St. South, Bixby, water aerobics workout for toning and stretching, 8-9 a.m. 369-9622

Henthorne Community Center, 4825 S. Quaker Ave., dominoes, 10 a.m. 746-5057

Arthritis Foundation offers Arthritis Aquatics Program (water exercise) at various locations and class times. To find the one nearest you call 495-3553.

East Side Adult Center, 1427 S. Indianapolis Ave., cards, games, billiards, walk and exercise class, entertainment, craft classes, 10 a.m.-2 p.m. 744-6760

Salvation Army's North Tulsa Worship Center, 3001 N. Cincinnati Ave., daily recreational activities, friendship, Bible study group, hot meals, transportation available. 582-7201.

Tulsa SPCA and "Pets for the Elderly Foundation" assist in adoption for qualifying seniors. 428-7722
Broken Arrow Seniors Inc., 1800 S. Main St., daily games, support groups, exercise classes, beginning tatting class, and sports. 259-8377

Water aerobics for adults, Broken Arrow Salvation Army Boys and Girls Club, 1400 W. Washington, 9-10 a.m. and 10-11 a.m. 259-8377
Retired and Senior Volunteer Program (RSVP), 5756 E. 31st St., sponsors volunteer opportunities in many areas. 280-8656

AARP Senior Employment Program assists those 55 and older in obtain-

ing employment, 6539 E. 31st St., suite 6, call for appointment, 8 a.m.-3 p.m. 621-4480

Chamberlain Community Center Senior Citizens Morning Fellowship, 4940 N. Frankfort Ave., dominoes, pool and games, 10 a.m.-1 p.m. 591-4155

MONDAY, WEDNESDAY, THURSDAY:

Monday, Wednesday, Friday: Daily Family YMCA, 7910 E. 134th St. South, Bixby, 'Twinges & Hinges' water class for those with arthritis and seniors beginning fitness program, 10:30-11:30 a.m. 369-9622

McClure Recreation Center, 7440 E. Seventh St., senior exercises, 9:30-10:30 a.m. 669-6678

University Village, 8555 S. Lewis Ave., Arthritis Foundation exercise, 11 a.m.; fitness for health, 1 p.m.; Power Over Parkinson's exercise class, 2 p.m. 299-2661 or 747-3734

Whiteside Park Gymnasium, 41st Street and Pittsburg Avenue, "Fitness for Life," easy dance exercise to music, 10:05-11:05 a.m.; "Run for Your Life," free walking and running program, 5:30 p.m. 746-5040
Salvation Army Boys and Girls Club, 1231 N. Harvard Ave., basic flexibility and range of movement, exercises for arthritis, 10-11 a.m. 834-2464

Thornton Family YMCA, 5002 S. Fulton Ave., low-impact aerobics, 7:15-8:15 a.m.; flexibility formula stretching and relaxation for seniors, 10:30-11:15 a.m. 622-4500
Aerobics for seniors, East YWCA, 8145 E. 17th St. Daily water aerobics classes, 10 a.m. 628-1030
"Senior-X-R-Cise," low-impact aerobics for men and women, McClure Recreation Center, 7440 E. Seventh St., 10-11 a.m. 669-6678

TUESDAY:

East Side Adult Center, 1427 S. Indianapolis Ave., free health screening, 8:30-10 a.m. 744-6760
Seniors Scrabble for Fun, Barnes and Noble Bookstore, 41st Street and Darlington Avenue, 6 p.m. 663-4278

Henthorne Community Center, 4825 S. Quaker Ave., duplicate bridge, noon. 746-5057

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TUESDAY, THURSDAY:

East Side Adult Center, 1427 S. Indianapolis Ave., chair aerobics with Liz Hume, 9 a.m. 744-6760
Daily Family YMCA, 7910 E. 134th St. South, Bixby, yoga for seniors, 8-9 a.m.; water volleyball, 9:15-10:15 a.m. 369-9610

St. Francis Health Zone, 5353 E. 68th St., aquatic exercise class for seniors with Parkinson's disease, 3 p.m. 299-2661

Salvation Army Boys and Girls Club, Community Center, 1231 N. Harvard Ave., members swim, 10 a.m. and 3:30 p.m.; adult swim class, 4:30 p.m.; water exercise class, 5:30 p.m. 834-2464

Water aerobics for adults, Broken Arrow Salvation Army Boys and Girls Club, 1400 W. Washington, 6-7 p.m. 259-8377

Indoor senior walk, Franklin Recreation Center, 1818 E. Virgin St. 9:30-11 a.m. 596-1460

WEDNESDAY

East Side Adult Center, 1427 S. Indianapolis Ave., Line Dancing with Dorothy, 11 a.m.; yoga, 1:30 p.m. 744-6760

Central Senior Center, 1028 E. Sixth St., square dancing, 1-3 p.m. 596-1444

Daily Family YMCA, 7910 E. 134th St. South, Bixby, water aerobics workout for toning and stretching, 8-9 a.m.; fun, fit & over 50 cardio exercise with step and toning 8-9 a.m. 369-9622

McClure Recreation Center, 7440 E. Seventh St., social bridge, 11 a.m.-3 p.m. 669-6678

Hicks Recreation Center, 3443 S. Mingo Road, Hilltoppers social group,

cards, dominoes, 1-4 p.m. 663-6355

Thursday: Daily Family YMCA, 7910 E. 134th St. South, Bixby, water volleyball for seniors, 7-9 p.m. 369-9622

Southminster Senior Center, 3500 S. Peoria Ave., entertainment by Vintage Voices, 10:30 a.m.; Spanish lessons, 1 p.m. 749-2623

Henthorne Community Center, 4825 S. Quaker Ave., duplicate bridge, noon. 746-5057 Friday: The Broadmoor Retirement Village, 8205 E. 22nd St., bingo for prizes, 1:45 p.m. 622-2151

Daily Family YMCA, 7910 E. 134th St. South, Bixby, water volleyball for seniors, 8-9 a.m. 369-9622

East Side Adult Center, 1427 S. Indianapolis Ave., enjoy games and visiting, 10 a.m.; Line dancing with Dorothy, 11 a.m. 744-6760

Southminster Senior Center, 3500 S. Peoria Ave., Covered dish lunch, 11:30 a.m.; Program, 12:30 p.m. 749-2623

Turner Community Center, 3503 E. Fifth Place, cards, dominoes, 6-9 p.m. 669-6658

Saturday: All American Dance Championship needs older amateur dancers for solos, duos, and groups, do your own routine or take training, Lacy Park, 2134 N. Madison Ave., 10 a.m.-noon. 584-6303

Henthorne Community Center, 4825 S. Quaker Ave., duplicate bridge, 9 a.m.; restorative yoga, 11 a.m. 746-5057

Send information 14 days in advance to Seniors, in care of Barbara Morris, Tulsa World, P.O. Box 1770, Tulsa, OK 74102. Fax to 581-8353 or e-mail to barbara.morris@tulsaworld.com.

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