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# Takes on Tulsa // Need a Cure for Cabin Fever? Take This

By [Susan Everly-Douze](#)  
1/2/1994

Adios holidays. And whew... Are you assuming the couch-potato position, taking a well-deserved, post-revelry respite? That's OK, until the winter doldrums set in. Then, it's time to resolve to get out, get about.

Here are some T-Town tips to take the cure for cabin fever:

**-TAKE IT OFF.** Yup. It's time to repent holiday excesses by thinning those thunder thighs or burning off that belly, be it birthed by beer or Beaujolais. A membership at a YMCA starts at \$25 a month; health clubs abound; and for up to \$50 an hour a personal trainer will put you through your paces at home.

The reward? That comes this summer when you can be the envy of your co-workers sprinting downtown streets at high noon in those buns-baring jogging shorts.

**-TAKE A CHANCE ON A NEW CUISINE.** Sure Oklahoma is synonymous with barbecue and fried just about anything, but rev up the ol' taste buds with something exotic. Considered Indian tandoori murgli with a side of naan (chicken with some flat bread), Vietnamese bun bo hue (a beef, pork and noodle soup), or a Latin albondiquita, a.k.a., a spicy meatball. Tulsa, of late, has been treated to a boon of ethnic eateries.



Give them a try.  
**- TAKE A HIKE.** There's no need to do the Outward Bound bit. Winter is a fine time to explore Tulsa's citywide trails from River Parks to Oxley Nature Center. Or, up the urban ante even more by roaming, on

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foot, the streets of Tulsa's historic neighborhoods such as Swan Lake, Maple Ridge, Brady Heights or Reservoir Hill. - TAKE TO THE ZOO. The creatures are the feature and in winter, many, particularly the lions and tigers and bears, oh my, are friskier.

And don't forget chilly means cheap. On Polar Bear Days in January and February when the temperature for the day, actual or predicted, is 32 or lower, all admissions are reduced to \$1.

Even on the frostiest days there are enough indoor exhibits, including the new chimp house, to get a warm-up, says Zoo Friends spokeswoman Laurie Searcy - not to mention the new Safari Grille Restaurant complete with fireplace.

And there's an aesthetic note from a true zoo aficionado: the eau d'animal is a lot less rank in January than those steamy August dog days.

-TAKE A CUE. Minnesota Fats had the right idea. When the weather is icy, snuggle up to a snooker or pool table.

Bryan Looney, owner of Looney's, 4960 S. 83rd E. Ave., admits that pool halls are the last bastion of the smoker and the vampire - he stays open until 6 a.m. But the indoor sport, be it eight ball, nine ball or cut throat, is increasingly popular with families, particularly teen-agers.

"Learning to play pool is sort of a rite of passage," he says. "And you can play from the time you are big enough to see over the table until the day you die."

At Looney's lesson are free, so is table time for women from 8 a.m. to noon.

-TAKE A COURSE. No, we don't mean trying to grab the ring for that Ph.D. or a long-term education plan for that serious career change. Instead think a quick fix. Tulsa academia offers an embarrassment

of riches in adult education classes.

Regulars call it "brain candy." The price is a bargain.

For most classes registration kicks off this month.

Participants in the University of Tulsa's Unabridged Education this semester can learn to speak Cherokee, delve into the assassination of JFK, the American welfare state, or the Victorian Period in British Literature. Enrollees sit in on regular semester classes.

No credit is received and exams and papers are not required. But the price is bargain-basement - \$120 compared to more than \$1,000 for regular students.

According to Roberta Carter of TU's division of continuing education, one regular group of attendees "is a bunch of women friends who select a course each semester.

"They do it instead of playing tennis or bridge," she said. "It is their mental chewing gum."

Classes start Jan. 17. For more information call 631-2210.

The newest Tulsa Public Schools Adult Education curriculum ranges from learning to read "Super Fast" with the "world's fastest reader Stephen Berg" to the hands-on how-tos of upholstering a piece of your own furniture.

Enrollment begins Jan. 3. Class fees range from \$30 to \$80. For more information call 745-6287.

Want to learn how to play the harmonica, blues styles; draw a portrait; figure out what ails your PC - or peek at the secret life of the hummingbird? That's just a smidgen of the course offerings from Tulsa Junior College's special program non-credit courses. Most classes are quickies and start as low as \$10.

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- TAKE A FLING INTO SPRING. Jump start the gardening season with the annual Spring Garden Market at the Tulsa Garden Center, April 1 and 2.

More than 13 growers - from specialists in old-fashioned perennials to the Beggs Future Farmers of America - are participating. But the piece de resistance at the mansion's leafy extravaganza will be the coveted donations from center members from their own gardens be it curly willow starts, exotic coral bells or raspberry canes.

"These are treasures, tried and true plants that have grown and thrived in Tulsa yards," says Pat Morris, event chairwoman. Hours are April 1, 8 a.m.-4 p.m. and April 2, 9 a.m.-3p.m.

- TAKE A PICNIC. Chiggers and ticks are hibernating, hopefully expiring. Ants are too. This is al fresco at its besto.

Best of all is bundling up for a weekend breakfast cookout on the grills at Mohawk Park, Lake Keystone or your own special getaway blissfully free of summer hoards.

- TAKE A FLAME: Resolve to find the best fireplace in a Tulsa restaurant, bistro or bar. Some make outdoor dining possible far into winter. For starters check out the deco hearth under the neon clock at S&J Oyster Co., 3301 S. Peoria.

- TAKE TIME: Resolve to spend time this new year making Tulsa a better place by being a volunteer. From driving for Meals on Wheels to signing on at a docent at Philbrook Museum of Art, you'll gain more than you will give.

[By Susan Everly-Douze](#)

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