

ART:

Brock says art classes help some people with disabilities overcome depression.

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drawing classes at the center. "I wanted to maintain my creative side," he said. "It was the right brain craving to be creative."

"Through the art classes, I can express myself."

Brock's physical and spiritual improvements were possible because of a dedicated staff, said his wife, Dorey.

When her husband returned home after having his stroke, he just wanted to stay home; however, treatment at the center changed his outlook on life, she said.

"Now, he just wants to go out all the time," she said.

Brock agrees. "What I noticed more than anything is that these people really care about people," he said. "I was so impressed to see people who really want to help others."

"I have seen other people come in here depressed, and then they see the colorful art and the colorful people, and they just blossom."

Brock remains active at the center, where he still attends art classes and continues his physical therapy to maintain his strength.

He is also the president of the center's membership council, representing the concerns of clients who use the center.

Wilson described Brock's outlook on life as an example of the center's goal for all of its members.

"He's integrated back into the community, and he is helping others," she said.

Taste of Collinsville to showcase eateries

By DAVID SCHULTE
World Staff Writer

Having ridden a motorcycle for 40 years, Mike Lames believes the best way to please Harley Davidson riders after they have spent a day on the road is to give them something to eat and a cold beer to drink.

So, when Lames opened GreyBeard's Bar and Grill, 906 W. Main St. in Collinsville, three years ago, he wanted a restaurant where bikers would feel welcome.

"A lot of people on the weekends look for a place to ride to and drink cold beer," Lames said. "It gives people a place to get together from Tulsa."

"Instead of riding around in Tulsa, they ride 25 to 30 minutes down the road and get something to eat."

To show his admiration for bikers, he named the restaurant after a good friend, Mike McCallum, nicknamed "Grey Beard," who died after a motorcycle accident in 1999.

"He was good as gold," recalled Lames. "He would do anything for anybody."

The restaurant participates in community events, including the upcoming Taste of Collinsville Restaurant Crawl, which is sponsored by the Collinsville Downtown Inc.

More than 25 restaurants and businesses in Collinsville and Owasso are participating in the event, which will run from 5 to 8:30 p.m. Thursday, said Nancy

'A lot of people on the weekends look for a place to ride to and drink cold beer. It gives people a place to get together from Tulsa.'

Mike Lames
owner of GreyBeard's Bar and Grill

Phelps, programs director. Participating restaurants and businesses will offer samples of food, specials and discounts, she said.

Tickets can be purchased at various locations in Collinsville.

Although GreyBeard's originally was geared toward bikers, its customers are diverse, ranging from teenagers to retired people, Lames said.

The 1,500-square-foot restaurant, which has an outdoor patio, specializes in burgers, steaks and sandwiches; Lames plans to hold fish fries in the near future.

The restaurant still maintains its ties to motorcycles and bikers.

It holds the Bikes, Blues and Brews event — in memory of McCallum — every June in conjunction with Hogs 'N' Hot Rods, which is sponsored by Collinsville Downtown Inc.

"We try to hold it (on the day) closest to the day that he died as we can," Lames said.

The car and motorcycle show brings in an average of 6,000 peo-

RESTAURANT CRAWL

What: Taste of Collinsville Restaurant Crawl

When: 5 to 8:30 p.m. Thursday

Where: Participating restaurants include Legend's BBQ, 801 W. Main St.; Bill & Ruth's Burgers and Subs, 112 N. 11th St.; Cheri's Daylight Donuts, 106 N. Ninth St.; Ms. Nancy's Shaved Ice, 702 W. Main St.; and GreyBeard's Bar and Grill, 906 W. Main St.

Cost: \$10 tickets can be purchased at American Bank of Oklahoma, 200 E. Main St.; FCB Bank, 111 N. 11th St.; Bank of the Lakes, 118 N. St.; My Secret Closet, 916 W. Main St.; The Corner Shoppe, 1003 W. Broadway St.; and Collinsville Downtown Inc. at Eighth and Main streets.

For more: Call 371-5530.



DAVID SCHULTE / Tulsa World

ple, with live bands performing outside the restaurant. Lames has donated as much as \$1,000 a year from beer sales during the event to Collinsville Downtown Inc. "He's been a beneficial part of our Hogs and Hot Rods event," Phillips said. Lames has started construction of an 1,800-square-foot addition for a designated smoking area, game room and bar.

ZooRun to help habitat program

The Tulsa Zoo's 36th annual ZooRun, which includes a 10k, 5k and 1-mile fun run, will occur Saturday. All proceeds will benefit the zoo's animal habitat program, a media release states.

The course for the 10k and 5k runs will wind through Mohawk Park and conclude inside the zoo. The 1-mile fun run will take place on zoo grounds. The run serves as the state's qualifying race for the 10K national championship to be held in November.

Schools with maximum student participation will receive cash prizes.

Prizes also will be given to overall top finishers and the top three finishers in each age group.

Packet pickup and pre-registration are available through Thursday at the New Balance Tulsa store in Utica Square. The cost is \$15 for advance-registered adults and \$10 for advance-registered children 11 and younger.

Race day registration will begin at 7 a.m. Race-day registration will cost \$20 for adults and \$15 for children 11 and younger.

The 1-mile FunRun will start at 8 a.m., the 5K begins at 8:30 a.m., and the 10K begins at 8:45 a.m.

Brochures on the run are available at the Tulsa Zoo, New Balance Tulsa, Spiffy's Cleaners and by going online at www.tulsazoo.org.

For more about the Center for Individuals with Physical Challenges or to volunteer, call 584-8607.

TRANSIT:

Owasso officials say public transportation would help reduce traffic and pollution.

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Collinsville, Glenpool, Bixby," she said. "There is definitely a lot of people interested in the transit system, especially in these outlying communities where the commute is 30 minutes."

Wiles said there is also interest in transportation around Owasso.

"We have considered transit options in Owasso, not just commuter options," he said. "We're likely to see a private sector company provide in-city transit in the coming year."

Wiles said the city is looking at ways to serve its residents' transit needs.

"We're always looking at ways to decrease traffic congestion and pollution," he said.

Staab agrees.

"It would be beneficial not only to the citizens, but it helps the environment," she said. "You take 80 cars off the road to Owasso, multiplied by a year's worth of driving, that's a lot less pollution."

Brady Heights plans tour of homes

Brady Heights Historic District will hold its 25th annual Tour of Historic Homes from 1 to 5 p.m. Oct. 16.

Brady Heights is north of downtown Tulsa along North Denver and North Cheyenne avenues. The neighborhood is listed on the National Register of Historic Places, a media release states.

A map of participating homes may be found on the neighborhood's Web site, www.bradyheights.org.

Tickets for the tour, which cost \$5 a person, will be available the day of the event.

Got Lights? Holiday Lights 2005

On Nov. 30, the Tulsa World Community World sections will publish a directory of exterior holiday lighting available for public viewing.

Tulsa World readers are asked to help by submitting entries for inclusion in the listing.

The directory will include Tulsa metropolitan area residential homes and neighborhoods; religious institutions; and civic organizations that adorn the outside of structures and streets with holiday lighting. Illuminations of business buildings and holiday parades are excluded from this directory.

The listings are published free of charge, but they must be sent no later than Nov. 18.

Please send the following information:

Complete street address, ZIP code and phone number of the display:

Theme and brief description of the display:

Submit information to Holiday Lights by sending an e-mail to sharon.sayre@tulsaworld.com, a fax to 712-9560, by mailing the information to 3320 E. 32nd St., Ave., Tulsa, OK 74135, or by going online at www.tulsaworld.com/html/holidaylights.asp.

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