

Briefs

Lewis & Clark teams sweep Little 100 races

Lewis & Clark Middle School won the boys and girls competitions at this year's Tulsa Little 100 race Oct. 2 at LaFortune Stadium.

Twelve boys' teams and seven girls' teams competed in the relays, and five boys and five girls competed in the individual time trials.

The original race day, Oct. 1, was rained out.

The team from Lewis & Clark won first place in the boys relay with a time of 1 hour, 5 minutes and 59 seconds; Bartlesville came in second at 1:06:49, and Edison came in third at 1:08:54.

In the girls relay, Lewis & Clark won with a time of 43:29, Thoreau came in second at 43:44, and Edison came in third at 44:36.

In the boys individual time trials, Alex Battles-Wood from Edison finished with the fastest time of 2:48:08; Oliver Seekins from Carver was second with a time of 2:52:05, and Brian Tarter from Bartlesville was third at 2:52:93.

Angie Lewis & Brooklyn Luke from Lewis and Clark tied for first in the girls individual time trials with a time of 3:08:60. Erika Loney from Carver finished third at 3:13:37.

Seminar to help plan business strategies

A Strategic Planning and Problem Solving seminar will be held from 9 a.m. to 4 p.m. Oct. 21 and Nov. 19 at the Langston/Oklahoma State University-Tulsa campus, 700 N. Greenwood Ave.

Participants will learn to set meaningful long- and short-term business objectives. They also will form a draft strategic plan.

In addition, attendees will learn the steps involved in strategic planning, defining their purpose, and evaluation and control procedures.

R. Henry Migliore, an adjunct professor on the Langston/OSU-Tulsa campus, is the seminar director. For more information, call Reginald King at 585-2226, Joe Wooten at 744-1556, or Rose Washington-Rentie at 585-8332.

Citizen Diplomacy forum planned for Oct. 27

Leadership Tulsa will host a forum on Citizen Diplomacy that will bring area residents and international officials together to foster exchange, dialogue and learning.

Sherman Banks of Little Rock, president of Sister Cities International, will make remarks to open the breakfast event. The meeting will be held from 7:30 to 9 a.m. Oct. 27 at the Doubletree Hotel Downtown, a media release states. Tulsa Global Alliance is a co-sponsor of the event.

Citizen diplomacy encourages U.S. citizens to undertake activities to improve international relations. Information that arises during the forum will be sent to the Coalition for Citizen Diplomacy.

The fee for the breakfast and the meeting is \$25, and advance reservations are required. Information and reservations are available by calling Leadership Tulsa at 477-7079 or by sending an e-mail to nancy@leadershiptulsa.org.

Seminar to address strokes, heart disease in women

LIFE Senior Services will present a free seminar about how heart diseases and strokes affect women.

Cardiovascular disease is the No. 1 killer of women in the United States, a media release states. Women have a lower survival rate than men after a heart attack and are less likely to be diagnosed properly or treated for the problems as aggressively as men are treated.

The seminar will be presented by Dr. Barbara Hannah, assistant professor of nursing at the University of Oklahoma College of Nursing. It will be held from 1:30 to 3 p.m. Oct. 20 in the training center at LIFE Senior Services, 5950 E. 31st St.

Information and reservations are available by calling Desiree Lynn at 664-9000, ext. 294.

Community focus

Force of nature

Businessman using house to show alternative-energy options

By EMILY PRIDDY
World Staff Writer

When he was 12 years old, John Miggins dreamed of leaving footprints on the moon.

Thirty-six years later, the Tulsa businessman is more concerned about humans' ecological footprint.

Miggins is turning an 800-square-foot cottage at 2718 E. Admiral Blvd. into a showroom for his 3-year-old business, Harvest Solar & Wind Power.

The business offers a range of alternative-energy products, including whole-house electrical systems as well as solar panels, windmills and batteries to power repeater radios, well pumps, gate openers, fence chargers and other appliances in remote areas, Miggins said.

To help customers understand how such products work, Miggins paid \$17,000 for the tiny house, which was little more than a shell, and he is investing about \$30,000 in improvements to reduce its impact on the environment — and its heating, cooling and electrical costs.

"People like to be able to see things in action," Miggins said.

A production engineer, Miggins has studied alternative energy for more than 25 years.

"I wanted to be an astronaut," he said. "When I was 12 years old, they landed on the moon, and it was really exciting to me."

He began reading everything he could find about the space program. Through his research, he learned about the systems that were developed to provide electricity to spaceships.

"The solar panels really excited me, the way they got power up there," Miggins said.

He installed solar panels on his own home in 1995, and seven years later, after being laid off from his job as a project manager for Williams Communications, Miggins opened Harvest Solar & Wind Power.

While solar power systems can be expensive — Miggins said at current energy costs, it could take 10 years for a \$20,000 system to pay for itself — other innovations cost relatively little, especially when incorporated into the plans for a new house.

For instance, simply putting the windows in the right location and using the right type of flooring can cut a homeowner's winter energy costs by 60 percent, Miggins said.

On a recent afternoon, Miggins showed how he is putting this concept into practice in the house he is remodeling.

Miggins replaced a lean-to shed with additional living space and installed large windows along the south wall to let in the sun's warmth.

"We're going to use the passive solar to optimize the sun in the winter, let in as much as we can, and this floor's going to all be tile so it will absorb the heat," Miggins said.

He pointed to the windows. "That heat will come in there for free, and it'll hit that cement floor, and it'll be stored in that floor, and it'll give off heat in the winter."

Miggins will cover the 4-inch gaps between the windows with copper panels to create solar air heaters.

"(The air will) come in from the bottom, get heated here (in the gap behind the panel), and be blown into the residence," Miggins said. "It's free heat."

He plans to install a pellet stove as a backup heat source. "I'm also playing with a radiant floor system in here, too, so what the sun doesn't give us, we'll heat with hot water," he said.

A radiant floor system uses hot-water pipes under the floor to



Photos by EMILY PRIDDY / Tulsa World

John Miggins installs a solar panel above a south-facing window on the house he is renovating. The panel is mounted on a bracket that allows Miggins to adjust it as seasons change. During the summer, it will be angled to shade the windows; in the winter, Miggins will swing it upward to let in more light.



Tall windows along the south side of the house help heat the building by letting in the sun's warmth during the winter, a principle known as solar gain. During the summer, solar panels mounted above the windows will double as awnings to reduce solar gain.

To learn more about Harvest Solar & Wind Power, call 743-2299 or go to www.harvest-energy.com on the Internet.

warm the house.

Solar panels that double as awnings and trellises covered with climbing plants will shade the windows during the summer.

Earth tubes — large pipes installed underground — will cool the house, Miggins said.

"Six feet down, the earth is 58 degrees," he said.

He installed his earth tubes about four feet below the surface of the soil, "so hopefully I'll get about 65-degree temperatures."

A Solcool air conditioner will provide supplementary cooling. Solcools use about one-fourth the power of a traditional air conditioner and have internal batteries that allow them to operate for up to three hours if the power goes

out, Miggins said.

The building's open ceiling is covered with a radiant barrier — reflective material similar to the silver plastic panels used to shade the windshields of parked cars.

"The radiant barrier keeps the heat out in the summer — most of it — and any heat you generate (in the winter), it bounces it back," he said.

Skylights will help reduce light bills, and a solar water heater will further cut the home's energy consumption. Solar panels will generate electricity to run appliances.

Miggins said he probably will use a "grid-tied" electrical system, meaning the power generated by the panels goes into the power grid operated by American Electric Power-Public Service Co. of Oklahoma.

With a grid-tied system, if the homeowner uses less power than he generates, his energy costs for the month will be zero. If he uses more power than he gener-

ates, AEP-PSO will bill him for the difference between the amount of power he used and the amount he generated, said AEP-PSO spokesman Stan Whiteford.

Of AEP-PSO's 511,000 customers, only one uses a grid-tied power generation system, Whiteford said.

Miggins compares his work to farming.

"You're farming the sky. You're farming the energy that's freely available," he said. "If you don't try to do something (to harvest it) ... you're wasting a great opportunity, and especially if it can save you money, why wouldn't you try to do that?"

Whiteford agrees. "I think in general, we have certainly encouraged conservation always," he said. "It's cheaper to (encourage customers to) conserve than it is to build new power plants."

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Tips to cut energy use

With winter approaching and heating costs expected to rise, many homeowners are looking for ways to conserve energy.

John Miggins, owner of Harvest Solar & Wind Power, offers the following tips to help reduce energy costs:

- Open drapes and shades on south-facing windows during the day to let in the sun's warmth. Close them at night to keep heat from escaping.

- Look at the surface the sunlight hits. Tile absorbs more heat than carpet or hardwood flooring, so consider that when making home-improvement decisions.

- Insulate. "A dollar spent on conservation is worth \$3 on (heat) generation, so insulate — especially your attic," Miggins said. "It's very important."

- Don't forget less obvious spaces, such as the gaps around electrical outlets, dryer vents and other openings where heat can escape.

- Make sure windows are airtight. Miggins said 25 percent of a home's energy can escape through ill-fitting windows; installing storm windows or stapling clear plastic sheeting over windows can help reduce heat loss.

- Consider installing an alternative or supplementary heat source. Miggins recommends solar air heaters, which cost about \$1,000 and can heat 1,000 square feet.

- Install awnings above south-facing windows to keep down cooling costs in the summer.

- Clean furnace filters regularly, and have your furnace tuned up every year.

- Consider installing alternative energy devices. Under the energy bill President Bush signed into law recently, homeowners can receive a 30 percent tax credit up to \$2,000 when they buy solar or renewable energy devices beginning in 2006. The tax credit expires in two years.

- Go to www.energyhog.org or www.psoklahoma.com on the Internet to learn more about energy conservation.

— Emily Priddy, World staff writer

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St. Mark's congregation to celebrate 50th anniversary on Sunday

By CORY YOUNG
World Staff Writer

Candles won't be blown out, the "Birthday Song" is not on the program, and presents will not be distributed.

But when St. Mark's United Methodist Church gathers for its 50-year anniversary, congregation members like Pat Greene will be thinking back to the old days.

St. Mark's will celebrate its 50th anniversary service at 10:30 a.m. Sunday.

Greene has been a member of the church since its beginning and is one of three active charter members still at St. Mark's.

She became a member sometime between the church's first meeting on Oct. 17, 1955, and its Charter Sunday Service on Jan. 8, 1956, when 55 members received charter certificates.

"It means I've survived a lot longer than I thought I would," said Greene, 86. "But really, it means connecting to a loving church family."

Back then, the church was known as the Eastside Methodist Church. Services were held in the old John Ross Elementary School in the 8900 block of East Latimer Street. Thirteen people attended the church's first meeting. The church has 698 members today.

Greene, who is part of a Tuesday morning prayer group and a Thursday prayer and study group, said she has not thought about leaving the church since she started attending.

"It's just our home church, the church we love," Greene said. "It's helped us to shape our lives."

Larry Bauman, who has been pastor at the church for seven years, said for the church to be 50 years old is a blessing.

"It's a reminder of the impact we've had on the people of east Tulsa," he said. "It's a celebration of the lives that have been changed through fellowship."

CHURCH ANNIVERSARY

What: 50th anniversary of St. Mark's United Methodist Church. Bishop Robert E. Hayes Jr. from Oklahoma City will preach and serve communion during the celebration.

When: 10:30 a.m. Sunday

Where: St. Mark's United Methodist Church, 10513 E. Admiral Place.

For more: Call 437-4953.