

SCENE

TULSA WORLD **D1** Thursday | December 4, 2008 | tulsaworld.com

Girls want

Men, buying for a woman isn't as hard as you think. And if all else fails, there's **Tiffany** — one time you can think inside the box.

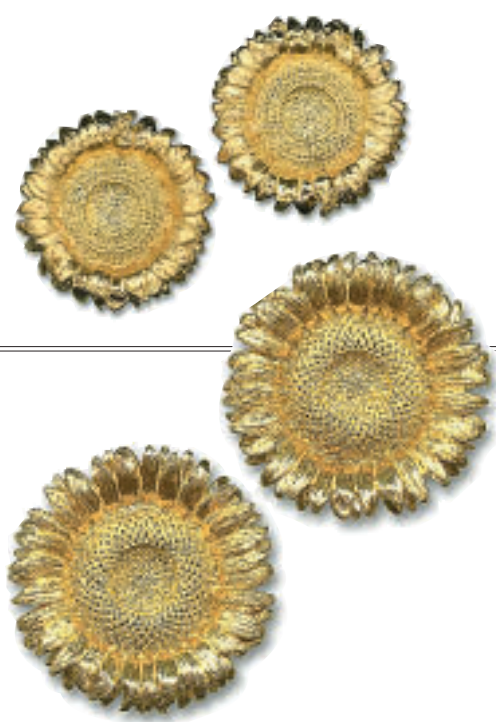
D3



Golden boy

Jewelry designer **Robert Bielka** is one we've taken a shine to. And he's coming to town.

D2



Coburn returns with TOC

Who: The Tulsa Oratorio Chorus with soprano Sarah Coburn.

What: "Christmas with TOC," a concert of holiday music by some of the greatest composers of all time. The 100-voice chorus will be accompanied by members of the Tulsa Symphony Orchestra.

Where: Chapman Music Hall, Tulsa PAC, 101 E. Third St.

When: 7:30 p.m. Saturday

Why: In February, Muskogee native Sarah Coburn made her debut with Tulsa Opera, singing the title role in that company's production of "Lakme." It was a stunning performance by Coburn, whose career has included performances with the Metropolitan Opera, Glimmerglass Opera and Seattle Opera.

As the Seattle Times wrote, "Some voices possess a genuine radiance, and Coburn is one of those fortunate singers."

This will be her first performance in her home state since then. She is scheduled to perform a selection from Handel's "Messiah" ("Rejoice greatly"), Schubert's "Ave Maria" and the "Balulalow" segment of Britten's "Ceremony of Carols," along with "O Holy Night."

The chorus, led by artistic director Donald Studebaker, will perform music from its recently released CD, "Christmas with the Tulsa Oratorio Chorus." These selections will include "Jesu, Joy of Man's Desiring" (which, on the CD, featuring Tulsa Symphony concertmaster Rossitza Goza as violin soloist), and Berlioz's "The Shepherds' Farewell" from "L'Enfance du Christ."

The evening will also have opportunities for audience participation, with sing-along versions of "O Come, All Ye Faithful," "The First Noel" and "Hark! The Herald Angel Sings." This way, Studebaker said, "Everybody who comes can say they have performed with Sarah Coburn and the TOC."

How: Tickets are \$20 general admission. Call 596-7111 or online at tulsaworld.com/mytix.

— James D. Watts Jr., World Scene Writer



Soprano Sarah Coburn, last seen in Tulsa Opera's production of "Lakme," returns as the soloist for the Tulsa Oratorio Chorus' Christmas concert

Cruelest season

Protect your skin in winter

BY JASON ASHLEY WRIGHT
World Scene Writer

You've winterized your car, even your lawn mower. But what about your face?

"You don't wear the same clothing in August as you do in February, so you might not want to use the same skin-care regimen," suggested Dr. David Bank, a renowned New York dermatologist and author of "Beautiful Skin: Every Woman's Guide to Looking Her Best at Any Age" (\$16.95, Adams Media).

We asked him for tips on how to prepare your skin for winter, as well as keep it healthy now that temperatures are starting to fall into winter.

You may be oily or dry, or have combination skin, Bank said during a recent phone interview. But, depending on where you live, many folks may shift from one category to another because, as the weather turns colder, the air gets drier, too. Plus, the heated air indoors can be over-drying.

Here are Bank's general recommendations for skin-care during winter:

Cleansing: In warmer, more humid months, you may use a particular cleanser that's a bit drying to reduce surface oils. In

winter, though, you should consider something more gentle. His suggestions are Dove, Cetaphil, Oil of Olay and Neutrogena, all of which you can find in area drug and grocery stores.

Adjust your temperature: If you take a really hot shower, that could injure the outer layers of skin and cause drying. "You don't have to freeze to death," he said, "but take a warm, comfortable shower."

Dehydration: This reflects a drop in water content of the skin. Sometimes, people think that has to do with less oil production, but it's really about water.

The outer layer of skin provides a barrier function — not just keeping the outside-world stuff out but also trapping water in. Your first order to maintain that is making sure you have adequate hydration.

"The standard line kicked around" is eight 8-ounce glasses of water or similar liquids" each day, Bank said. Depends on the person, though. Some folks may need more, others might not need as much.

Moisture: After taking your bath, blot — don't rub — your skin almost dry. But leave it a little damp to apply moisturizer.



Photo illustration by STEPHEN PINGRY and DAVID CARMAN / Tulsa World

Doing this will help trap and seal extra water molecules into skin.

You might also consider purchasing a humidifier for your bedroom. This will increase the water molecules around you while you sleep, and those molecules in the air go into your skin.

Sluffing: Other simple things you can do include exfoliating. When that outer skin layer dries out, it might not slough off as it should, disrupting the

barrier function. Exfoliating your skin, like with a drug store body scrub, can help.

"Just use common sense, don't irritate yourself," Bank warned. Scrub gently, and don't do it too frequently.

Also, even though it's winter, the sun's rays can be damaging to skin. Be sure to continue wearing at least SPF 15. And don't forget your ears, hands and lips.

Jason Ashley Wright 581-8483

Bank's budget beauties

1. You don't have to spend lots of money on products, as cleansers by Dove, Neutrogena and Cetaphil "do a lovely job."

2. You can only ask so much of your facial cleanser. After all, you lather it on for a few seconds, then rinse it off — so some of the benefits a product touts really aren't going to be that effective. So if you

want to spend money on something, do it on products that come in contact with your skin longer, like moisturizers.

3. Aveeno Ultra-Calming Daily Moisturizer with SPF 15 is very hydrating and soothing — especially if you have drier, more sensitive skin (about \$17 at area drug and grocery stores).

4. Neutrogena Norwegian Formula Hand Cream is very thick and does a great job (about \$5 at area drug and grocery stores).

5. You may not need a toner. For many people, it's an added step that could dry your face more. In summer, that might be helpful if you have oily skin; but it could lead to over-drying in winter months. "The last thing you

want to do is strip away what might be necessary surface oils that trap the water in."

6. Not everyone needs a separate eye treatment for both day and night. Many eye creams are gentle enough for day and night use. Bank's heard good things about Clarins eye products, by the way (check out tulsaworld.com/clarinseye).

Signings offer Deco tour and verse

Two very different creative endeavors — one down to earth, the other downright ethereal — will be offered up Saturday at Steve's Sundry Books and Magazines, 2612 S. Harvard Ave.

Tulsa author **Hope Harder** will be signing copies of her book of poetry, "Silent Voices," from 10 a.m. to noon at the store. Harder's book is a collection of 40 poems in which the author — to quote from the Web site for the self-publishing firm Harder

BOOK AHEAD

employed — "speaks for the seasons, the elements and the seas, and tells the reader what they have told her."

Documentary filmmaker **Jack Frank**, whose "Tulsa History" series of films have been local best-sellers, will be signing copies of the latest in the series, "Tulsa Deco: A Fun Tour of Art Deco Buildings," from 1 to 3 p.m. Saturday.

The film combines historic stills and movies with modern footage and interviews to explore the city's Art Deco heritage, as evidenced in such structures as the Boston Avenue United Methodist and Christ the King churches, the Pavilion at the Tulsa State Fairgrounds, Will Rogers High School and the Union Depot (now home to the Oklahoma Jazz Hall of Fame).

— James D. Watts Jr., World Scene Writer



Deco in the details: Terra cotta spires at Christ the King on Cherry Street. JAMES GIBBARD / Tulsa World

a place for every child.

The Children's Hospital at Saint Francis is committed to family-centered care and support. It's our way of improving healthcare for children in northeastern Oklahoma.



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