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## **Empty Nest Prompts Tulsa Mom to Reinvent Herself with Video Travel Project**

**“Fly the Coop” Showcases One Woman’s Fascination with Exploring Others’ Unique Passions**

TULSA, Okla. – A Tulsa woman has turned her empty nest into an opportunity to chase her passion by exploring people’s out-of-the-ordinary interests. MC Swab recently launched “Fly the Coop,” a video project about people’s seemingly bizarre passions such as week-long Renaissance re-enactments, roller derby and drag shows.

A stay-at-home mom of three, Swab found herself in 2009 facing a soon-to-be empty nest after more than 20 years raising children. When her youngest child received her driver’s license, Swab said she found herself in a panic and began seeing a therapist.

“He told me I had ‘left myself way behind’ and that it was my turn to chase my passion, but I didn’t even know what that was,” Swab said. “I realized it was time to do something for myself.”

Always curious about people and their stories, Swab decided to embark on a journey of reinvention that would take her all over Oklahoma and in some cases, across the country. Joined by her reluctant son and his video camera, she sought out people participating in unique events to immerse herself in their wacky worlds and take viewers along for the ride.

Swab’s travels have taken her to places such as a square dance festival, a Barbie™ convention and the country’s oldest organized rattlesnake round-up to interview people in these communities about their unconventional passions and join in the fun.

“Through this project, I’ve been amazed at the desire of people to connect with others – even newcomers like me – through what they love,” said Swab. “These people prove that it’s worth chasing your passion, no matter what anybody thinks.”

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Swab obtains new travel ideas from friends, family and social media followers and chases them as time and budget allow. She and a team of helpers write, edit and produce the videos for her to share through her website, Facebook page and YouTube channel. Swab said she hopes the videos will encourage others to find their passion, even if that means reinventing themselves as she has done.

“At some point in our lives, we all stop and ask ourselves, ‘What am I doing? Where do I go from here?’” explained Swab. “My low happened to be the realization that my kids were growing up, but others are closing different chapters. I want people to know that no matter what transition they’re going through, this is a great time to rethink your passion and go after what you really love.”

Find out about Swab’s next adventures – or submit a travel idea of your own – at <http://www.FlytheCoop.tv> or <http://www.facebook.com/FlytheCoop>. View “Fly the Coop” trailers at <http://www.youtube.com/FlytheCoopTV> and follow Swab on Twitter at <http://www.twitter.com/FlytheCoopTV>.

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