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than just traditional boating

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Lake Murray Water Sports & Mini Golf, located approximately 10 minutes south of Ardmore in southern Oklahoma. Photo by Brent Fuchs



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State's 200+ lakes offer more than just traditional boating



DIVE IN

In the heat of summer, people lined up along the shores of Lake Tenkiller in Oklahoma to find hidden treasures below the clear waters at Tenkiller State Park.

Donning scuba gear, the participants were ready for a slew of special tasks. They competed as pairs in a Tired Diver Tow, a 10-Meter Dash and "Lake Horse Race." Scuba divers from Oklahoma and surrounding states have long visited the crystal-clear waters of Lake Tenkiller, but a new Scuba Dive Park has boosted

enthusiasm with underwater attractions, islands with dive sites with overhangs that could pass for caves and even an old flooded town that still hides artifacts like buggies, farm equipment and personal possessions.

Oklahoma not only has the most lakes created by dams of any state in the nation with more than 200, but also has more shoreline than the entire Eastern Seaboard, said Keli Clark, marketing coordinator for the Oklahoma Tourism

and Recreation Department.

"We are seeing a lot more people enjoy going out and getting out on the water, and lately, we've seen an increase in activities like kayaking and paddle boarding," she said. "That's what we like to see. It's not just taking your boat out on the lakes – people are enjoying physical activity, which is great to see. We also now have a vendor at a number of our lakes that rents out kayaks."

Oklahoma's three biggest lakes – Lake Eufaula, Grand Lake and Lake Texoma – are the most popular, but Clark said the smaller lakes like Lake Murray near Ardmore and Lake Tenkiller in eastern Oklahoma offer water-based recreation, relaxation and sporting as well.

"Paddle EZ now has five locations at Oklahoma lakes for kayaking, so we're seeing more and more people try out different things," she said. "Of course, fishing has always been huge in Oklahoma. We've had some of the bigger tours like the Bassmaster at Grand Lake, but Lake Texoma is famous for its striper fish. There are great fishing guides at Texoma."

A new passion on Oklahoma lakes for fishing enthusiasts is the hunt for the state's paddlefish and its caviar. According to the Oklahoma Department of



Lake Texoma photo by James Pratt/Oklahoma Tourism



Lake Murray photo by Brent Fuchs

Wildlife, paddlefish were reintroduced in 1992 in several river and lake systems in the state. Kaw, Oologah, Texoma and Hugo lakes became paddlefish sites, and the state's Paddlefish Research Center in the northeastern town of Miami allows fishermen to bring their catch to have the meat cleaned and packaged for free. In exchange, the state keeps the eggs and sells the caviar on the international market.

"It's a great thing for Oklahoma and for Oklahoma's fishing community," Clark said. "But even if you don't have a boat, it's such a great thing to just fish off the docks or the banks. It's relaxing and a great recreational opportunity."

Boating and personal watercraft like jet skis are also popular activities on Oklahoma's lakes, but Clark said summer isn't the only time residents can enjoy the water.

"You can find things to do at the lakes all year round," she said. "At the lakes, you can also find camping, great places to eat and all kinds of activities. But, the summer is the most popular time to visit because lakes are just a great place to cool off and enjoy the sunshine."

Civic Center brings music to your ears, and more

Deep in the heart of downtown Oklahoma City, a grand dame of entertainment, shows, musical performances and architecture still steals the hearts of residents and visitors alike. Now, with new upgrades, the enjoyment of the numerous shows and special events at the Oklahoma City Civic Center Music Hall is even better.

As a hub for rock concerts, Broadway shows, musical acts, events and plays, the center, built in 1937, needed an upgrade to continue to offer the quality fans expected. In 1997, the Civic Center began renovations under Oklahoma City's MAPS I citizen-funded program, installing double-light and sound-lock doors, improvements to the acoustics system and a completed five-story open air atrium.

In addition to the large renovations, a small tweak to the heating and air system at the center now makes hearing easier for those with hearing aids. The Civic Center Music Hall installed a new hearing loop system in the Thelma Gaylord Performing Arts Theatre,



Civic Center Music Hall. Photos by Brent Fuchs

allowing visitors with cochlear implants or aids to pick up sound from the loop system that was installed in the floor.

Previously, patrons had to check out a neck loop prior to performances, but the new system allows those with hearing devices to enjoy performances as well as, if not better than, a person with no equipment, said Civic Center Manager John Siska.

"It's a loop system that works off a magnetic field, so those who are hearing-impaired can hear the performance without any interference or background noise," he said. "They basically have the best seats in the house."

While the new technology has been available for some time and used in Europe at smaller venues, the hearing loop system is not common in the U.S. In fact, the Civic Center is the first venue of its size in the Southwest to install the technology, Siska said.

The nonprofit Civic Center Foundation took over managing control of the center on July 1, and more improvements, including some additional age range offerings, are expected, Siska said.

With more than 75 years of history in Oklahoma, the Civic Center continues to host performances and acclaimed shows from around the world.

Through the end of the year, the Civic Center Music will feature performances of *Les Miserables*, from country music star Vince Gill, Septime Webre's *Alice (In Wonderland)*, Andrew Lloyd Webber's *Love Never Dies-The Phantom Returns*, comedian Lewis Black, the Moscow Ballet's *Great Russian Nutcracker* and more.

With three theaters, a grand reception hall, numerous suites and rental facilities, the Civic Center serves more than 1 million guests annually.



45th Infantry Division Museum

2145 NE 36th St., OKC
405-424-5313

<http://45thdivisionmuseum.com>

Hours: Tues.-Fri., 9 a.m. to 4:15 p.m.; Sat., 10 a.m.-4:15 p.m.; Sun., 1 to 4:15 p.m.

(park closes at 5 p.m.)

Admission costs: Free

In the 1937 Lincoln Park Armory building, you'll find the Jordan B. Reaves American Military Weapons Collection and Bill Mauldin's personal collection of his World War II cartoons. The 15-acre landscaped outdoor military park is home to about 20 military vehicles, tanks, aircraft and big guns. They also have several original staff cars, even those of long-past generals.

99s Museum of Women Pilots

4300 Amelia Earhart Dr., Suite. A, OKC
405-685-7969

www.ninety-nines.org

Hours: Mon.-Fri., 10 a.m. to 5 p.m.

Housed on the second floor of the International Headquarters building at Will Rogers World Airport in Oklahoma City, the museum is dedicated to the history of women in aviation. The library and exhibit areas, including an extensive Amelia Earhart collection, will give new insights into the role women pilots played in the development of aviation and our nation.

Amateur Softball Association

National Softball Hall of Fame & Museum

2801 NE 50th St., OKC
405-424-5266

www.asasoftball.com

(click on National Softball Hall of Fame)

Hours: Mon.-Fri., 8:30 a.m. to 4:30 p.m.; Sat., 10 a.m. to 4 p.m.; Sun., 1 to 4 p.m. (The Hall of Fame is closed on weekends, Sept.-April)

Admission costs: Free

Traces the history of softball from its beginning to the present. Colorful displays honor the more than 360 members.

Arbuckle Wilderness

6132 Kay Starr Trail, Davis 73030
www.arbucklewildernesspark.com
580-369-3383

Hours: 9 a.m. to 5:30 p.m.

Admission costs: Adults (Ages 12-54), \$16.99; Children (Ages 4-11) and Seniors (Ages 55+), \$14.99

More than 200 acres in the beautiful Arbuckle Mountains with hundreds of exotic animals roaming free! Walk-thru has go-carts, rides and bouncers (weather permitting). Also House of Reptiles Petting Zoo and more! Rides and walk-thru closed in winter.

Armstrong Auditorium

14400 S. Bryant Rd.
Edmond, OK 73034

405-285-1010

www.ArmstrongAuditorium.org

Hours: Mon.-Fri., 8 a.m.-5 p.m.

Bass Pro Shops

200 Bass Pro Dr., OKC
405-218-5200

www.basspro.com

Hours: Mon.-Sat., 10 a.m. to 9 p.m.; Sun., 10 a.m. to 7 p.m.

Located a short walk from Bricktown, Bass Pro is the nation's leading retailer of outdoor gear. It is complete with a tank of different freshwater fish, shooting gallery, boats of every make and size and a service department. It doesn't matter what outdoor sport you're into, they've probably got the gear, the outfit or the book to go with it. It's a major outdoor goodie store!

Broadway Tonight

Mitchell Hall Theater

100 N. University (University & Main St.), Edmond

405-974-3375

www.uco.edu/Cfad/broadway/index.asp

Hours: Mon.-Fri., Noon to 6 p.m.; closed Sat. and Sun.

Broadway Tonight is an entertainment series presented by the University of Central Oklahoma. Each year, the Broadway Tonight series presents five to six shows that are either national Broadway tours or concerts performed by legendary entertainers. Most of its shows take place at UCO's Mitchell Hall, but due to space conflicts shows occasionally are held at Rose State College Performing Arts Theatre or one of the Edmond high school auditoriums. Check website for show and ticket information.

Canterbury Choral Society

424 Colcord Dr., Suite. D, OKC 73102
405-232-7465

canterburyokc.com

Hours: Mon.-Fri., 9 a.m. to 5 p.m.

Canterbury Choral Society was founded in May 1969 at All Souls Episcopal Church with 60 singers and now performs in Oklahoma City's premier performance venue, Civic Center Music Hall. The 125-member adult chorus is the flagship program of the organization and the largest of its kind in the state of Oklahoma. All singers are auditioned volunteers, most with extensive musical and stage experience from all over Oklahoma.

Celebration Station

509 Westline Dr., OKC
405-942-7888

www.celebrationstation.com

Hours: Mon.-Thurs., 11 a.m. to 11 p.m.; Fri. and Sat., 11 a.m. to 12 a.m.; Sun., 11 a.m. to 10 p.m.

Celebration Station's game room features more than 100 video and redemption games. Our game selection offers something for everyone, including air hockey, pool tables, driving games, alley rollers, interactive games, prize cranes and more. Batting cages, bumper boats, go-karts and miniature golf are also part of the fun!

Chisholm Trail Heritage Center

1000 Chisholm Trail Pkwy.
Duncan, OK 73533

580-252-6692

onthechisholmtrail.com

Hours: Mon.-Sat., 10 a.m. to 5 p.m.; Sun., 1 to 5 p.m.

Chisholm Trail Museum

605 Zellers Ave., Kingfisher
405-375-5176

www.ctokmuseum.org

Hours: Tues.-Sat., 10 a.m.-5 p.m.

Admission costs: Adult, \$5; seniors, \$4; children, \$3; children under 5, free

The museum houses more than 30,000 artifacts from the historic Chisholm Cattle Trail, American Indian culture, and indigenous wildlife, early farming and ranching, and much more. Walk the rustic wooden sidewalk to visit the old schoolhouse, bank, Dalton boys cabin - not replicas - but real buildings moved to the museum site. See firsthand early-day items and their significance in Kingfisher's history. Learn old-time crafts and dances in the classes!

Oklahoma Contemporary

3000 Gen. Pershing Blvd., OKC

405-951-0000

oklahomacontemporary.org

Hours: Mon.-Thurs., 9 a.m. to 10 p.m.; Fri. and Sat., 9 a.m. to 5 p.m.

Admission costs: Exhibits are free; class and camp prices vary

Oklahoma Contemporary provides art exhibits, art classes for all ages and children's art camps.

Civic Center Music Hall

201 N. Walker Ave., OKC

405-297-2264 or

1-800-364-7111

www.okcciviccenter.com

This impressive facility is the home of the Oklahoma City Philharmonic, Oklahoma City Ballet, Canterbury Choral Society, Lyric Theatre, Black Liberated Arts, Synchronicity and Broadway show performances.

Express Clydesdales Barn

12701 W. Wilshire Blvd., Yukon
405-350-6404

www.expressclydesdales.com

Hours: Tues.-Sat., 10 a.m. to 5 p.m.; Sun. 12:30 to 5 p.m.

Admission costs: Free

Located 4 miles north of Interstate 40 off of Exit 136 (Garth Brooks Boulevard) in Yukon, the Express Clydesdales Barn is located only 20 minutes from Will Rogers World Airport in Oklahoma City.

The barn is home to 8 beautiful gentle giants living in style in a renovated 1936 barn. These unique black and white Clydesdales are simply a must-see. Each weighs in at more than 1,700 pounds, twice what a regular horse would weigh, and they pull one traveling hitch at functions throughout the year. Their historic barn was restored by a group of Amish barn specialists from Indiana especially for them. Inside the barn is a loft with historical exhibits and a gift shop.

Farmers Public Market

311 S. Klein Ave., OKC,
South of the I-40 and Western exit
405-232-6506

www.okcfarmersmarket.com

Hours: Tues.-Fri., 9 a.m. to 5 p.m.

In addition to fresh fruits, vegetables and flowers, the historical Farmers Public Market offers a great variety of shops specializing in antiques, books, dolls, furniture, glassware and flea market items. Most of the shops are in the two-story building and covered mall.

The historic Oklahoma City Farmers Public Market is Oklahoma's oldest continuously operated farmers market. Located on 6 acres near the heart of downtown at 311 S. Klein Ave., it provides a unique opportunity to shop for fresh fruits, vegetables, bedding plants, firewood, antiques, collectibles and seasonal items. The market has restored the original auditorium, adding an elevator, central heat and air, sprinkler system and new bathrooms. This 14,000-square-foot venue is now available for concerts, weddings, banquets, conventions, trade shows, parties and sporting events.

Firehouse Art Center

444 S. Flood Ave., Norman
405-329-4523

www.normanfirehouse.com

Hours: Mon.-Fri., 9:30 a.m. to 5:30 p.m.; Sat., 10 a.m. to 4 p.m.

Since 1971, the Norman Firehouse Art Center has served Norman and surrounding communities with visual arts classes in well-equipped classrooms and gallery exhibitions of high quality. Instruction is provided in ceramics, drawing, painting, jewelry, sculpting, fused glass and fiber arts.

The Firehouse Art Center also produces annual events in Norman such as the Chocolate Festival, Midsummer Nights' Fair and the Luncheon on the Grass.



Myriad Botanical Gardens. Courtesy Photo

Chesapeake Energy Arena

100 W. Reno Ave., OKC
405-602-8700
www.chesapeakearena.com

Home to the Oklahoma City Thunder (NBA), the Chesapeake Energy Arena also plays host to major concerts, family events, ice shows, sporting events and the latest in show-stopping entertainment.

Chickasaw National Recreation Area

www.nps.gov/chic
901 W. First St., Sulphur
580-622-7234

As Oklahoma's oldest national park area, the Chickasaw National Recreation Area has been a refuge for outdoor traditions for over a century. Visitors to Chickasaw get two parks in one – the Platt Historic District and the Lake of the Arbuckles. This area offers a variety of activities all year. Its mineral waters, streams and lakes cater to boaters, swimmers and fishermen, while its forests and prairies reward hikers, equestrians, wildlife photographers, fall foliage viewers and campers.

Fred Jones Jr. Museum of Art - University of Oklahoma

555 Elm Ave., Norman
405-325-3272
www.ou.edu/fjima
Hours: Tues.-Wed., 10 a.m. to 5 p.m.; Thursday, 10 a.m. to 9 p.m.; Fri., 10 a.m. to 5 p.m.; Sat., 10 a.m. to 5 p.m.; Sun., 1 to 5 p.m.

Admission costs: Free

One of the nation's finest university museums and features works from Edward Hopper to Vincent Van Gogh. The Weitzenhoffer Collection is housed in the Mary and Howard Lester Wing. Other strengths of the permanent collection include 20th-century American paintings, Southwestern art, American Indian art, ceramics, photography, Asian art, Persian miniatures, modern contemporary art and more. The museum also offers educational programs, concerts, lectures and films.

Frontier City

11501 N. I-35 Service Rd., OKC
405-478-2140
www.frontiercity.com
Hours: Hours and dates vary, see website for actual days and times
Admission costs: \$39.99, adult; \$29.99,

seniors and guests less than 48 inches tall; \$27.99, military w/valid ID; 2 and under free

Frontier City is Oklahoma's largest theme park, covering more than 40 thrilling acres. Frontier City offers more than 50 sensational rides, live shows and captivating adventures for all ages and interests.

Families will enjoy playing and splashing in Wild West Water Works.

Frontier City's Wild West Water Works is an interactive play structure that helps keep you cool on a hot day. This exciting water feature is five stories tall (52 feet), with 198 ways to get wet, eight colorful slides, a 1,000-gallon tipping bucket, spacious lounging deck, changing facilities, showers and more. Wild West Water Works is included with park admission.

Gilcrease Museum

1400 N. Gilcrease Museum Rd., Tulsa
918-596-2700
www.gilcrease.org

Hours: Tues.-Sun., 10 a.m. to 5 p.m.

Admission costs: \$8 general admission; \$6 for seniors, active military and per person for groups of 10 or more, \$5 students with college ID, children 18 and under and museum members, free

Gilcrease Museum houses one of the world's largest, most comprehensive collections of art and artifacts of the American West. The museum also offers an unparalleled collection of Native American art and artifacts, as well as historical manuscripts, documents and maps.

Governor's Mansion

820 NE 23rd St.
405-528-2020
www.ok.gov
Hours: Tours every Wednesday from noon to 3 p.m.

Admission costs: Free

This stately mansion has been the residence of Oklahoma's governor since 1928. Reflecting the same Dutch Colonial style as the state Capitol building, the mansion is something beautiful in the prairie.

Grand Casino Hotel & Resort

777 Grand Casino Blvd., Shawnee
Casino: 405-964-7263
Hotel: 405-964-7777
<http://grandresortok.com>

Located a short drive east of Oklahoma City on Interstate 40, the casino features over 125,000 square

feet of gaming space filled with over 2,000 of the newest, Vegas-style slots as well as Oklahoma's only keno lounge. The Grand also features a luxury, 14-story hotel tower and several dining choices.

Guthrie

405-282-2589

www.guthrieok.com

Location: North of Oklahoma City off Interstate 35

Let Guthrie take you back in time with professional Wild West and territorial-style entertainment, cozy carriage tours, replica trolley cars, an original drugstore and soda fountain and charming overnight accommodations. This quiet little city, the state's first capital, even has several special events throughout the year, including the Territorial Christmas Celebration and the International Bluegrass Festival.

Harn Homestead Museum

1721 N. Lincoln Blvd., OKC

405-235-4058

www.harnhomestead.com

Hours: Regular hours - Mon.-Fri., 10 a.m. to 4 p.m.; Summer hours - Mon.-Fri., 9 a.m. to 2 p.m.

Admission costs: \$5 per person; \$4 for seniors and military; children under 3 are free

The Harn Homestead, located on authentic Land Run property, is a living history museum encompassing 10 acres and nine Victorian and Pioneer buildings. The museum offers hands-on educational programming about territorial Oklahoma, guided tours and special events. Special

events include "Hootenanny at the Harn Homestead" in September, featuring live music for local red dirt bands; "Haunt the Harn" featuring fall crafts and safe trick-or-treating; the "Territorial Christmas Celebration" featuring guided tours of the decorate buildings and grounds; the "Fondue Fandango" auction and fundraiser; and the annual Land Run re-enactment where children claim a piece of Oklahoma history and learn about life on the trail.

HeyDay Family Fun Center

3201 Market Place, Norman

405-310-3500

www.heydayfun.com

Hours: Mon.-Thurs., 10 a.m. to 11 p.m.; Fri.-Sat., 10 a.m. to 2 a.m.; Sun., 11 a.m. to 11 p.m.

This family fun center offers laser tag, bowling, mini-golf and arcade entertainment whether it's for a day outing, your child's birthday party or a team-building exercise for work.

HeyDay Bricktown

200 S. Oklahoma Ave., Ste. HD

Oklahoma City

405-233-8769

www.heydayfun.com

Hours: Mon.-Thurs., 11 a.m. to 11 p.m.; Fri.-Sat., 11 a.m. to 2 a.m.; Sun., 11 a.m. to 10 p.m.

This family fun center offers laser tag, bowling, mini-golf and arcade entertainment whether it's for a day outing, your child's birthday party or a team-building exercise for work.

Jasmine Moran

Children's Museum

1714 Hwy. 9 West, Seminole

405-382-0950

www.jasminemoran.com

Hours: Tues.-Sat., 10 a.m. to 5 p.m.; Sun., 1 to 5 p.m.

Admission costs: \$10, ages 3-59; seniors, \$7; free for kids under 2 with parent

Jasmine Moran Children's Museum is a hands-on, award-winning museum that is in part an imaginary town where children can role-play in a variety of career opportunities. Another part of the museum is dedicated to self-discovery in the world of health care and science exhibitions. See the surgical suite, complete with actual footage of surgery. The outside play area holds a 12,000-square-foot Castle Maze and a train, the SuperSONIC Express!

Lazy E Arena

9600 Lazy E Dr., Guthrie

From I-35, 30 miles north of Oklahoma City, exit 151.

405-282-RIDE

www.lazye.com

Hours: Open for tours from 8 a.m. to 5 p.m. or special events

The Lazy E Arena is located minutes north of Oklahoma City on the beautiful 960-acre Lazy E Ranch, one of the most progressive horse breeding and sales prep facilities in the nation.

Built in 1984, the arena is the largest indoor rodeo arena in the country. The arena floor measures 160 by 440 feet with seating for 7,400 people where you

can watch 25 different championship events annually such as the National Roping Championships and Bullnanza. There's a whole lot of real cowboy fun going on at the Lazy E Arena. It's completely climate-controlled and offers an opportunity to see rodeo in a modern, first-class facility.

Leonardo's Discovery Warehouse & Adventure Quest

200 E. Maple, Enid

580-233-ARTS (2787)

www.leonardos.org

Hours: Mon.-Sat., 10 a.m. to 5 p.m.; Sun., 1-5 p.m.

Admission costs: \$9; \$7 per person for groups of 16 or more; children under 2 free

Leonardo's Discovery Warehouse is a hands-on arts and sciences museum located in downtown Enid. It's fun for children of all ages! Build in the Carpentry Shop, create your own masterpiece in the Art Studio, observe the snakes, chinchillas and ferrets in the Animal Area and so much more inside the converted warehouse. Learn while you play at Adventure Quest, the outdoor science park that's also one of the largest playgrounds of its kind in the world!

Lyric Theatre

1727 NW 16th St., OKC

405-524-9312,

1-800-364-7111

www.lyrictheatreokc.com

Founded in 1963, Lyric Theatre is Oklahoma's only professional year-



Tulsa Philbrook Museum. Courtesy Photo

round musical theater company. For 50 years, Lyric Theatre's focus has been to produce excellent professional musical theater, nurture artistic talent, promote collaboration among the arts and enrich the quality of life for Oklahomans. The theater produces classic and contemporary musicals featuring both nationally known Broadway stars and local favorites. Check out its website for show and ticket information.

Mabee-Gerrer Museum of Art

1900 W. MacArthur Dr., Shawnee
405-878-5300
www.mgmoa.org
Hours: Tues.-Sat., 10 a.m. to 5 p.m., Sun., 1 to 4 p.m.
Admission costs: \$5, adults; \$4 for seniors 65 and over and military; \$3 for students with valid ID and children ages 6-17; free for children age 5 and under
Founded in 1919, the Mabee-Gerrer Museum of Art is one of the oldest museums in the state of Oklahoma. Father Gregory Gerrer, for whom the museum is named, was a Benedictine monk of considerable artistic talent. During Father Gerrer's travels to Europe, Africa and South America, he collected objects of artistic and ethnological value. The museum's permanent collections include Egyptian, Greek and Roman objects; art from the Renaissance through the early 20th century; and large holdings of Native American, African/Oceanic and Eastern cultural artifacts. In addition, the museum offers exciting special exhibitions throughout the year.

Martin Park Nature Center

5000 W. Memorial Rd., OKC
405-755-0676
https://www.okc.gov/departments/parks-recreation
Hours: April 1-Sept. 30, 5 a.m. to 6 p.m.; Oct. 1-March 31, 5 a.m. to 6 p.m.

Admission costs: Free

This 144-acre wildlife refuge, nature preserve and environmental education center should be a must-see. It's home to dozens of indigenous mammals and 180 species of birds. You'll want to experience the unspoiled beauty of native grasses, shrubs and trees as you stroll the foot trails.

Museum of Osteology

10301 S. Sunnylane Rd., OKC
405-814-0006
www.museumofosteology.org
Hours: Mon.-Fri., 9 a.m. to 5 p.m.; Sat., 11 a.m. to 5 p.m.; Sun., 1 p.m. to 5 p.m.
Admission costs: Ages 13 and up are \$10; Children 3 through 12 are \$8; call for group rates; military discount available

The Museum of Osteology provides

quality educational opportunities and allows school groups and the public to explore the form and function of the skeletal system.

From comparative anatomy to classification to adaptation and locomotion, the Museum of Osteology has been designed with learning in mind. With nearly 300 skeletons from all corners of the world, visitors have a unique opportunity to compare and contrast many rare species normally not seen in museum exhibits. In addition, the museum features a variety of North American specimens ranging from tiny mice and shrew skeletons to a 40-foot humpback whale.

Myriad Botanical Gardens and Crystal Bridge Tropical Conservatory

301 W. Reno Ave., OKC
405-445-7080
www.myriadgardens.org
Hours: Outdoor grounds open daily, 6 a.m.-11 p.m. and water features open 10 a.m. to 8 p.m.; Crystal Bridge - 9 a.m.-5 p.m., Mon.-Sat.; 11 a.m.-5 p.m., Sun.
Admission costs: Outdoor grounds free. Crystal Bridge - Children under 4, free; Ages 4-12, \$5; Students 13-19 or with valid college ID, \$7; Seniors (62+) and active military, \$7; Adults, \$8; Myriad Gardens Foundation members, free; Groups (10+) \$6 adults, \$4 children (4-12)

The Myriad Botanical Gardens is a 17-acre oasis in downtown Oklahoma City and includes a children's garden, off-leash dog park, restaurant space, splash fountains, as well as walking and jogging paths. The Crystal Bridge, 224 feet long and 70 feet in diameter, has a 35-foot waterfall and more than 2,000 varieties of exotic plants.

National Cowboy and Western Heritage Museum

1700 NE 63rd St., OKC
405-478-2250
nationalcowboymuseum.org
Hours: Daily, Mon.-Sat., 10 a.m. to 5 p.m.; Sun., noon to 5 p.m.
Admission costs: \$12.50, adults; \$9.75 seniors and students with valid ID; \$5.75 children 6-12; free for children 5 and under. Closed Thanksgiving, Christmas and New Year's Day.

The National Cowboy & Western Heritage Museum features a superb collection of classic and contemporary Western art, including works by Frederic Remington and Charles M. Russell, as well as sculptor James Earle Fraser's magnificent work, The End of the Trail. The exhibition wing houses a turn-of-the-century town and interactive history galleries that focus on the American cowboy, rodeos, Native American culture,

Victorian firearms, frontier military and Western performers. Outside, beautifully landscaped gardens flank the Children's Cowboy Corral, an interactive children's space.

The Museum Store offers handmade furniture, Native American jewelry by the best artists, limited-edition prints, bronzes, pottery and much more.

Oklahoma Aquarium

300 Aquarium Dr., Jenks
918-296-FISH (3474)
www.okaquarium.org
Hours: 10 a.m.-6 p.m., daily (last paid admission 5 p.m.); Tuesday 10 a.m.-9 p.m. (last paid admission 8 p.m.); Closed Christmas Day.
Admission costs: \$15.95 for adults, \$13.95 for seniors and military (I.D. required) and \$11.95 for youth (ages 3-12). Children under 2 are admitted free.

With eight exhibit galleries, the Oklahoma Aquarium features thousands of saltwater and freshwater fish and animals. See the largest bull sharks in captivity through a one-of-a-kind walk-through tunnel, plus thousands of other fascinating creatures including seahorses, jellyfish and eels. Feed and even touch stingrays and small sharks! You'll be charmed by playful river otters, beavers and raccoons.

Oklahoma City's Adventure District

One Remington Pl., OKC
405-290-PLAY
www.okcadventure.com
From treehouses to zoo animals and Western art to quarter horse racing, the Adventure District has it all. The Adventure District's seven attractions present a diverse array of entertainment opportunities. Within a 2-mile area, find Science Museum Oklahoma, Oklahoma City Zoo and Botanical Garden, Remington Park Racing Casino, National Cowboy & Western Heritage Museum, ASA National Softball Hall of Fame, Oklahoma State Firefighters Museum and Cinemark Tinseltown USA.

Oklahoma City Ballet

7421 N. Classen Blvd., OKC
www.okcballet.com
405-843-9898

Performances held from October through April at the Civic Center Music Hall.

Oklahoma City Dodgers

2 S. Mickey Mantle Dr., OKC
405-218-1000
www.milb.com/oklahoma-city
Hours: Season runs April-Sept., dates and times vary - most start times are 4:05 and 7:05 p.m.
Admission costs: \$7-\$22

The Oklahoma City Dodgers are the Triple-A affiliate of the Los Angeles Dodgers.

Oklahoma City Energy FC

615 N. Hudson Ave., Ste. 100, OKC
405-235-KICK
www.energyfc.com
The Energy is a United Soccer League team.

Oklahoma City Museum of Art

415 Couch Dr., OKC
405-236-3100
www.okcmoa.com
Hours: Tues.-Sat., 10 a.m. to 5 p.m.; Thurs., 10 a.m. to 9 p.m.; Sun., noon to 5 p.m.; closed Mondays and major holidays
Admission costs: Adults, \$12; seniors and students, \$10; military with ID, \$5; museum members and children under 5 are admitted free.

A three-story facility in the downtown arts district offering 110,000 square feet of floor exhibits, events and activities including a Museum School where children learn drawing, painting, sculpture and collage or mixed media, printmaking and photography. The first-floor special exhibition gallery offers world-class traveling exhibitions, while the permanent collection includes more than 3,000 works featuring European, Asian and American art.

In addition to the galleries, you'll find the Noble Theatre, which seats 252. But don't miss the museum store, cafe, library/resource center and a state-of-the-art education center.

Oklahoma City National Memorial and Museum

620 N. Harvey Ave. (Fifth Street between Robinson and Harvey avenues), OKC
405-235-3313 or 1-888-542-4673
www.oklahomacitynationalmemorial.org
Hours: Outdoor Symbolic Memorial open 24 hours/seven days per week; Memorial Museum open Mon.-Sat. 9 a.m. to 6 p.m., and Sun. noon to 6 p.m. Last ticket sales/entry is at 5 p.m. daily
Admission costs: Adults, \$15; seniors, military and students, \$12; children 5 and under, free

One of life's tragedies turned into a hope for tomorrow on the former site of the Alfred P. Murrah Federal Building in downtown Oklahoma City. On April 19, 1995, a terrorist act brought most of the building down and took the lives of 168 people - men, women and children.

The 3-acre site includes remnants of the original building used to communicate the impact of the terrorist act, lest we ever forget. As you step up to either of the brass entrance gates, your eyes will be drawn up. Etched at the top of the large monolithic gates are words

you'll soon find imprinted on your heart. "We come here to remember those who were killed, those who survived and those changed forever. May all who leave here know the impact of violence. May this memorial offer comfort, strength, peace, hope and serenity."

Once inside the gate, you'll see a 400-foot reflecting pool stretching to the other gate.

Beside the reflecting pool are 168 bronze, stone and glass chairs, one tree and a multitude of silent voices. The chairs stand in nine rows, representing the building's nine floors, and come in two sizes – adult and children's. By day, the chairs seem to float above their translucent bases, but by night the glass bases illuminate and become beacons of hope. The Survivor Tree, an American elm that did, in fact, survive the tragedy, bears witness to the violence and stands as a profound symbol of resilience.

The story is told through exhibits and recorded narratives from victims' family members, survivors, rescue workers and others. Included in the center is the Institute for the Prevention of Terrorism, a public-policy research center devoted to the study of terrorism and political violence and a "living legacy" of the memorial.

Oklahoma City Thunder

208 Thunder Dr., OKC

405-208-4800

www.thunder.nba.com

Hours: Check www.thunder.nba.com for specific times

Admission costs: Admission fees starting at \$10

The home court of Oklahoma City Thunder, the state's only NBA basketball team, is at the Chesapeake Energy Arena in downtown OKC.

Oklahoma City Zoological Park

2101 NE 50th St., OKC

405-424-3344

www.okc zoo.org

Hours: Open daily from 9 a.m. to 5 p.m. Closed only on Thanksgiving, Christmas and New Year's Day.

Admission costs: \$11 for adults; \$8, children 3-11 and seniors; 2 and under, free

Take a walk on the wilder side of life and see more than 1,500 of the world's most exotic animals, including more than 50 endangered or threatened species. As you walk the 110 acres of shaded, winding paths, you'll see the Cat Forest/ Lion Overlook, a 2.5-acre naturalistic habitat for lions, tigers, leopards and other exotic felines.

Explore 8 acres of the state's natural beauty as you experience Oklahoma Trails. This naturalistic habitat showcases more than 800 animals native to the state while allowing visitors to enjoy



Wondertorium. Courtesy photo

the 11 distinct life zones unique to Oklahoma.

The Great EscAPE offers yet another wonder as you journey through a tropical rain forest and view the great gorillas, chimpanzees and orangutans.

Located in the southeast area of the zoo by Great EscAPE, the elephant habitat covers more than 9.5 acres, is a state-of-the-art exhibit and includes three spacious outdoor yards, pools, a waterfall, shade structures and barn with amenities including views into the barn from a raised boardwalk.

Big game and not-so-big game as well as the creepy-crawly of the reptile world are yours to see as you wander the beautifully landscaped zoo. Take a spin on the endangered species carousel as you hold on to hand-carved bass wood figures. And the zoo is also host to concerts for the whole family every summer in the Zoo Amphitheatre. For concert information, call 405-602-0683 or visit www.thezooamphitheatre.com.

Gaylord-Pickens Museum, home of the Oklahoma Hall of Fame

1400 Classen, OKC

405-235-4458

www.oklahomahof.com

Hours: Tues.-Fri., 9 a.m. to 5 p.m.; Sun., 10 a.m. to 5 p.m.

Admission costs: \$7 for adults; \$5, children 6-17 and seniors; 5 and under, free

The former residence of Judge Robert A. Hefner and his family, this elegant 1917 mansion contains Louis XVI furnishings as well as collections of bells, canes, Meissen china and fine art and tapestries. The original third-floor ballroom now houses Oklahoma Hall of Fame galleries, including portraits and

biographies of famous Oklahomans. Call for more information.

Oklahoma Historical Society

800 Nazih Zuhdi Dr., OKC

405-521-2491

www.okhistory.org

Hours: Tues.-Sat., 10 a.m. to 4:45 p.m.

Admission costs: Adults, \$7; senior 62 and over, \$5; students \$4; children under 5, free

The Oklahoma Historical Society has been collecting, preserving, and sharing the history of Oklahoma and its people since before statehood. OHS started by creating, collecting, and disseminating newspapers throughout the Oklahoma Territory.

Now, OHS has grown from a handful of people with this same desire to collect, preserve and share the history of the area now known as Oklahoma to several departments, museums and historical sites from across the state and the Southwest.

Oklahoma History Center

NE 23rd Street and Lincoln Boulevard, OKC

405-522-5248

www.okhistory.org/historycenter

Hours: Tues.-Sat., 10 a.m. to 4:45 p.m.; closed Sundays, Thanksgiving, Christmas and New Year's Day

Admission costs: Adults, \$7; seniors, \$5; students, \$4; kids 5 and under, free; Family pass, \$18

An architectural masterpiece, a decade in the making, the Oklahoma History Center is located on 18 acres across from the Capitol building.

The History Center is a beautifully designed, self-guided exploration of Oklahoma, past to present.

Within its 215,000-square-foot learning center are five extraordinary, state-of-the-art galleries housing more than 200 hands-on audio, video and computer activities exploring Oklahoma's unique history of geology, transportation, commerce, culture, aviation, heritage and more. Outside the museum, the Red River Journey offers visitors a walking tour of the Red River Valley featuring land forms, vegetation and important historical locations. The grounds also include an outdoor oil-field exhibit with drilling derricks, a portable derrick and machinery associated with Oklahoma oil explorations.

Oklahoma Philharmonic Orchestra

428 W. California Ave., Suite. 210, OKC

405-232-7575

<http://www.okcphil.org/>

The Philharmonic was founded in 1988 and celebrates years of beautiful music in Oklahoma City. Under the direction of Joel Levine, the orchestra performs Classics, orchestral Pops, and Discovery Family concerts, as well a variety of community engagements. Check website for show and ticket information.

Oklahoma River Cruises

300 SW Seventh St., OKC

405-702-7755

www.okrivercruises.com

Hours: Public cruises: Month and times vary; visit website for time. Private cruises - year-round, by appointment

Admission costs: \$6, adults; \$3, kids, seniors and disabled - per landing; Maximum charge per day \$15; under 6 free

Ferry service on the Oklahoma River between Regata Park Landing and

Meridian Landing. Theme cruises (Sunday Sensation Live, Sunset cruises, History Comes Alive and Saturday Morning Classic Cartoon cruises) and private cruises for business meetings, holiday parties, family reunions, birthdays, anniversaries and other special events in climate-controlled river cruisers. Catering is available, free parking at each landing. Cruisers accommodate up to 35 passengers.

Oklahoma Shakespeare in the Park

P.O. Box 1437, OKC 73101-1437
405-235-3700

www.oklahomashakespeare.com

Admission costs: \$20, adults, \$15, students, seniors, military and groups

Oklahoma Shakespeare in the Park was founded in 1985 by current artistic director Kathryn McGill and the late Jack O'Meara. For more than two decades, the summer seasons had been staged in Edmond. In 2007, it moved to the heart of downtown Oklahoma City at the Myriad Gardens Water Stage. Oklahoma Shakespeare in the Park mounts a summer season consisting of three plays and a winter season of one play, which is traditionally performed at Stage Center in downtown Oklahoma City.

Oklahoma State

Capitol State Park

2300 N. Lincoln Blvd., OKC
405-521-2946

The State Capitol State Park offers the Veterans Memorial, the Indian Plaza and more. Enjoy the state Capitol tours and learn from the state Library for the Blind. The land for the Capitol building was chosen in 1913 and the building was dedicated June 30, 1917. Back then, the Capitol cost a whopping \$1.5 million to build. Oklahoma's Capitol, however, was unique in that it didn't have a dome. This omission was fixed in 2002 with the special dedication of a dome and the Native American statue that graces it.

The Capitol building encompasses 650 rooms and 11 acres of floor space. Above the south doorway at the bottom of a grand, second-story, marble staircase is a mural of a World War I soldier preparing to meet his troops. The mural was painted in Paris, France, by Gilbert White in 1921. A second mural hangs above it with the Latin words Pro Patria – Fatherland.

Oklahoma State Firefighters Museum

2716 NE 50th St., OKC
405-424-1452 or 1-800-308-5336
www.osfa.info

Hours: Mon.-Sat., 9 a.m. to 4:30 p.m.; Sun., 1 to 4:30 p.m.

Admission costs: Adults, \$6; seniors, 55 and over, \$5; children, \$3; children under 6, free

The Oklahoma State Firefighters Museum offers fire prevention, education and awareness for all ages. Inside the museum, you'll find out why firefighters are some of America's true heroes. A remarkable collection of antique fire apparatus, tools and machinery used to put out fires since 1736 can be seen.

Outside the museum is the Wonderful Fallen & Living Firefighters Memorial – a monument to these heroes that will bring tears to your eyes.

Oklahoma Wondertorium

308 West Franklin Lane, Stillwater
405-533-3333

www.okwondertorium.org

Hours: Tuesday-Saturday, 10 a.m. to 5 p.m.; Sunday, 1-5 p.m. Closed New Year's Eve, New Year's Day, Easter Sunday, Thanksgiving Day, Christmas Eve Day, Christmas Day

Admission costs: Daily admission is \$7 per person (including tax); Under 12 months, free; Summer passes available, call 405-533-3333, stop by or visit website for more information.

Designed primarily for children ages 12 and younger, the Oklahoma WONDertorium is recognized regionally as a cultural and educational institution serving children and families on-site and through outreach programs. The museum's exhibits and innovative educational programs emphasize hands-on engagement and learning through experience, employing play as a tool to spark the inherent creativity, curiosity, and imagination of children. Exhibits explore science, math, creativity, history, culture, health and wellness, dramatic play and problem-solving.

Overholser Mansion

405 NW 15th St., OKC
405-528-8485
www.overholsermansion.org

Hours: Tues.-Sat., tours conducted 10 a.m. to 2 p.m.

Admission costs: \$10 for adults; \$7, seniors, \$5 ages 6-18; free for children 6 and under.

The first mansion ever built in Oklahoma City was the Overholser Mansion in the late 19th century. It offers original furnishings, hand-painted, canvas-covered walls and a totally historical experience in elegance.

Paseo Arts District

3022 Paseo, OKC
405-525-2688
www.thepaseo.org

Hours: Tues.-Sat., 11 a.m. to 5 p.m.

Admission costs: None

Paseo was the first commercial

shopping district north of downtown Oklahoma City. This little Spanish village and its stucco buildings and clay tile roofs are home to some of the city's best artists. Walk the tree-lined street and you'll find painters, potters, photographers, writers and actors.

Philbrook Museum of Art

2727 S. Rockford Rd., Tulsa
918-748-5321

www.philbrook.org

Various forms of ethnic art, sculptures, modern and contemporary art and paintings.

Pollard Theatre Company

120 W. Harrison Ave., Guthrie
405-282-2800

www.thepollard.org

Admission costs: Adults, \$25-30; military and seniors, \$20-27; and students, \$15

The Pollard Theatre Company produces a wide variety of quality theatrical experiences for the residents and tourists of central Oklahoma. With an emphasis on creative storytelling that illuminates the shared human experience, the Pollard produces six or more plays and musicals annually, enlisting the talents of skilled artists from all across the country.

Red Earth Museum

6 Santa Fe Plaza., OKC
405-427-5228

www.redearth.org

Hours: Mon.-Fri., 10 a.m. to 5 p.m.

Native Americans played an important part in Oklahoma's past and continue to be a significant role model for its future. The ever-changing exhibits make this museum a fine learning center for the whole family. Some of the activities teach third-graders and above the ideals of beauty, honor, courtesy and generosity as they learn to play a unique board game in which students find themselves acting as tribal members. Visitors will also learn the different ways buffalo were hunted and how Native Americans used them for food, clothing and shelter – nothing going to waste.

Remington Park

One Remington Pl., OKC
405-424-1000

www.remingtonpark.com

Hours: Doors open 10:30 a.m. daily

Admission costs: Free

This state-of-the-art racetrack features world-class racing including the Oklahoma Derby in October and the Remington Park Futurity, the Breeders' Cup World Thoroughbred Championship and many more. Quarter horse racing season runs March through May.

Sam Noble Oklahoma Museum of Natural History

2401 Chautauqua Ave., Norman
405-325-4712

www.samnoblemuseum.ou.edu

Hours: Mon.-Sat., 10 a.m. to 5 p.m.; Sun., 1 to 5 p.m. (closed Christmas, New Year's Day and Thanksgiving)

Admission costs: Adults, \$8; seniors 65 and up, \$6; ages 4-17, \$5; children 3 and under and University of Oklahoma students, free; military discounts available

With more than 5 million objects belonging to the people of Oklahoma, this museum is worth seeing. In addition to the artifacts, you'll want to catch the many traveling shows. The museum's numerous exhibits include the Siegfried Family Hall of Ancient Life, Brown Native American Art and Special Exhibitions Gallery and the Andree Family Discovery Room, just to name a few.

Science Museum Oklahoma

2100 NE 52nd St., OKC
405-602-6664 or 1-800-532-7652
www.sciencemuseumok.org

Hours: Mon.-Fri., 9 a.m. to 5 p.m.; Sat., 9 a.m. to 6 p.m.; Sun., 11 a.m. to 6 p.m.

Admission costs: Adults, \$15.95; children and seniors, \$12.95

Science Museum Oklahoma houses more than 8 acres of hands-on science experiences, with thousands of space, aviation and cultural artifacts in the mix. With brand-new exhibits, the excitement of live entertainment shows, one-of-a-kind IMAX film experiences and a newly renovated Science Floor, Science Museum Oklahoma rocks. As the state's only physical science museum and a Smithsonian affiliate, Science Museum Oklahoma reveals the wonder and relevance of science in our everyday lives. From traveling beyond the Milky Way in the Planetarium Theater to witnessing live explosions in Science Live, the museum provides a safe environment for letting your inner-child run wild.

Stafford Air & Space Museum

3000 E. Logan Rd., Weatherford
580-772-5871

www.staffordspacecenter.com

Hours: Mon.-Sat., 9 a.m. to 5 p.m.; Sun., 1 to 5 p.m.

Admission costs: Adults, \$7; seniors (55+) active military with ID, \$5; students, \$3; 5 and under, free

Located in Weatherford, birthplace of astronaut and flight pioneer Gen. Thomas P. Stafford, the Stafford Air & Space Museum houses an amazing collection of air and space exhibits, an interactive aviation gallery that spans the history of flight, more than 20 historic aircraft, unique space flight artifacts and more!



Tulsa Animal Adventures courtesy of Tulsa Zoo.

The Stafford Air & Space Museum also houses one of the most comprehensive exhibits in the world displaying the history of rocketry. From the giant F-1 Saturn engine, powerhouse of the Apollo missions, down through the Gemini and Mercury space programs, Explorer, Sputnik and on to the earliest known man-made rockets, the Stafford Air & Space Museum will leave you in awe!

State Fair Park

3001 General Pershing Blvd., OKC
405-948-6700
www.statefairparkokc.com

State Fair Park is one of the largest and busiest event facilities in the country and is the center of Oklahoma City's status as "Horse Show Capital of the World." Other events include home and garden shows, rodeos, dog shows, arts and crafts shows, the Oklahoma Youth Expo and the annual Oklahoma State Fair, held in September.

Stockyards City

405-235-7267
www.stockyardscity.org
Hours: Six days a week

Admission costs: Free

Stockyards City was built in 1910 to serve the nation as a primary source for meat processing and packing. By

1915, Morris, Wilson and Armour had all established huge packing facilities to slaughter cattle, hogs and sheep transported first by cattle drives and later by railroad and truck. Today, even though the packing plants have closed, the Oklahoma City Stockyards is the largest stocker/feeder cattle market in the world. This is where you can still see Oklahoma cowboys working the livestock. Cowtown offers a variety of shops from old-time general stores and tack shops to Western duds, jewelry and a 24-hour beef restaurant. You can even have a special-made cowboy hat for him or her.

Since its founding, this small city has been the place for cattlemen, horsemen, farmers, ranchers and real cowboys and girls to come for apparel, equipment, supplies, a good meal and an opportunity to catch up on what's going on over a cold sarsaparilla. Visitors to this Western mecca can also enjoy a Longhorn Cattle Drive each December, sidewalk sales from Thanksgiving to Christmas, a Cowboy Christmas, and the Stockyards Stampede the first weekend every June.

Tiger Safari

963 County St. 2930, Tuttle
405-381-WILD (9453) or
405-414-9365
www.tigersafari.org.com

Hours: Mon.-Sun.,
9 a.m. to 5:30 p.m.

Admission costs: Adults, \$12;
children \$10; free for members and
children under 2; military discount
available.

Guided tour allows visitors to meet
and feed exotic animals such as tigers
and bears; petting zoo; overnight
accommodations available, camping
allowed. Check out website for hours and
admission prices.

Tinker Air Force Base and the Air Force Sustainment Center

www.tinker.af.mil

The Greater Oklahoma City
metropolitan area is home to more than
27,000 military members, civilians
and contractors who work for America's
warfighters. Tinker is the largest single-
site employer in the state of Oklahoma.
The Air Force Sustainment Center covers
numerous buildings, including the
historic Building 3001. At almost a mile
long, Building 3001 is a city unto itself
with traffic, stop signs, street sweepers,
pedestrian walkways and all manner of
aircraft and engine work.

Tulsa Air and Space Museum & Planetarium

3624 N. 74th East Ave., Tulsa
918-834-9900
www.tulsaairandspacemuseum.com

Hours: Mon.-Sat., 10 a.m. to 4 p.m.
Closed Sunday, Monday and
major holidays
Planetarium **Hours:** Mon.-Fri.,
11 a.m. to 3 p.m.; Sat., 11 a.m. to 5
p.m.

Admission costs: Adults, \$15;
\$12, seniors 62 and over and military;
children 5-17, \$10; children 4 and
under, free

The museum chronicles the incredible
aerospace heritage of Tulsa, which
includes early Tulsa aviators, the rise of
the Tulsa Municipal Airport, the work done
at Douglas Tulsa, American Airlines, North
American, Rockwell, McDonnell Douglas
and Boeing.

Tulsa Zoo and Living Museum

6421 E. 36th St. North, Tulsa
918-669-6600
www.tulsazoo.org

Hours: Daily, 9 a.m. to 5 p.m.; closed
third Friday in June and Christmas Day

Admission costs: Adults, \$12;
seniors 65 and up, \$10; ages 3-11, \$8;
free for members and children
2 and under

More than 2,800 animals are on
exhibit at the zoo, which is located on 64
acres and is open 363 days a year.

Water Taxi

115 E. California Ave., Suite. 300, OKC
405-234-8263

www.bricktownwatertaxi.com

Hours: May-Sept., 10 a.m. to
10 p.m.; Call for season hours

Admission costs: Regular all-day pass,
\$11; youth (6-12), \$8.50; disabled
all-day pass and age 65 and over &
active-duty military, \$9.50; 5 and
under, \$3.50

Take a narrated, 40-minute leisurely
boat tour through Bricktown on the
Bricktown Canal.

White Water Bay

3908 W. Reno Ave., OKC
405-943-9687 or 478-2412
www.whitewaterbay.com

Hours: Hours and operating days vary, see
website for days of operation and times

Admission costs: \$39.99, general
admission; \$29.99, junior and senior
admission, up to 48 inches tall; 2 and
under free

You can definitely get wet while in
the 25-acre park with more than 30
water rides, slides, pools and activities
for the young and the young at heart.
Cannonball Falls offers a high-speed
riding climb to the top of the slide, where
you'll just have time for a breath before
an exhilarating eight-foot drop through
water takes it away. You'll race down
the monster Acapulco Cliff Dive at high
speeds over the 65-foot free fall or the
seven-story Bermuda Triangle's three
slides, or maybe you want to race down
the awesome, one-passenger flume slide
called Swashbuckler Flumes Tube. Check
out the Big Kahuna, a giant family raft
ride or Pirate's Plunge. There's even a
place for the wee ones at White Water
Bay.

Will Rogers Park and Horticultural Gardens

3400 NW 36th St., OKC
www.okc.gov/departments/parks-
recreation/will-rogers-gardens

Hours: April-Sept., 8 a.m. to 8 p.m.; Oct.-
March, 8 a.m. to 5 p.m.

For the nature enthusiast, the 130-
acre park offers one of the Southwest's
outstanding rose gardens, grassy slopes
and freshwater ponds. There's also an
exquisite arboretum with a living tree
and plant museum with more than 600
species. When you're done soaking
in nature, you can take your chances
on the lighted Oklahoma City Tennis
Center or do a few laps in an Olympic-
sized swimming pool, throw a few discs
around the 18-hole disc golf course,
picnic, or enjoy a show in the outdoor
amphitheater.

Brewing up business



Bricktown Brewery. Courtesy photo

In 2017, The Bricktown Brewery celebrated its 25 years in Oklahoma, and the simple little brewery in Bricktown continues to grow.

Now offering “twisted comfort foods” like the Bricktown Brewery avocado fries, the bacon mushroom burger, Bricktown double burger with Watonga cheese curds and green chiles as well as chicken mac and cheese to its normal offerings, the restaurant and brewery has fans now at 13 locations in four states.

Bricktown Brewery, whose original location is at 1 N. Oklahoma Ave. in Oklahoma City’s Bricktown district, is famous for beer like Old King Kolsch, the Single String Stout and the Bricktown Brown.

“We were the first in the state to offer up craft beer, and were really in the forefront of the craft beer movement in

Oklahoma,” said Buck Warfield, CEO of Bricktown Brewery Restaurants LLC.

The Bricktown Brewery opened in Oklahoma City in 1992, but changed hands numerous times during the 1990s into the 2000s. In 2011, the brewery began the process of remodeling its aging facility, redoing the menu to offer new foods and improving brewing techniques.

“For 20 years, Bricktown operated as the hottest place in Oklahoma City, but it lost its way,” Warfield said. “I signed on in 2011, and by then, it was in dire need of attention and love. So, we had the brilliant thought of ‘Why don’t we make the beer and the food better? Why don’t we train people better?’ And that’s what we did.”

Today, the restaurant serves up traditional bar fare like Buffalo wings and

burgers, but also unique dishes like Big Mike’s meatloaf sandwich, the Hatch green chile sandwich and sea salt caramel fries. The effort paid off. In 2011, Bricktown Brewery made \$1.95 million; in 2017, it made \$3.4 million.

Since its second location opened at Remington Park, the restaurant has a presence in Midwest City, Tulsa and Owasso and a location planned in Edmond. Outside of the state, Bricktown Brewery locations are in Fort Smith, Arkansas; Wichita, Kansas; Wichita Falls and El Paso, Texas. Another location is planned for Springfield, Missouri.

“We are a 26-year overnight success story,” Warfield said. “We expect to continue growing and have the possibility for three more locations in the Greater Oklahoma City area, two more in Tulsa and maybe more in Arkansas.”

Ann's Chicken Fry House

4106 NW 39th St., OKC
405-943-8915
www.theroadwanderer.net/660klahoma/annschickenfry.htm

For fried green tomatoes, fried olives with cheese, and of course an amazing chicken-fried steak, you have got to stop by Ann's Chicken Fry House.

Bellini's Ristorante & Grill

6305 Waterford Blvd., OKC
405-848-1065
www.bellinisokc.com

Cuisine specialty: Italian

Amenities: Reservations welcome, great view and atmosphere, fabulous patio

Boulevard Steakhouse

505 S. Boulevard, Edmond
405-715-2333
www.boulevardsteakhouse.com

Cuisine specialty: USDA prime steaks, fresh seafood

Average cost of meal: \$50

Seating capacity: 200

Amenities: Private rooms, wine cellar, lounge, live music on weekends

Bricktown Brewery

1 N. Oklahoma Ave., OKC
405-232-2739
www.bricktownbrewery.com

Open daily serving a variety of foods, including local favorites chopped and chipped nachos, pork on pork sandwich, Big Mike's meatloaf sandwich and, of course, chicken fried steak. In addition to its signature beers, Bricktown Brewery's full-service bar stocks many local and micro brews. All ages are welcome at the Bricktown Brewery.

Cattlemen's Steakhouse Inc.

1309 S. Agnew Ave., OKC 73108
405-236-0416
www.cattlemensrestaurant.com

Oldest restaurant in Oklahoma; serves breakfast, lunch and dinner.

C'est Si Bon

www.cajuncatfishandpoboys.com
101 N. Douglas Blvd, Midwest City,
405-610-2555; 5501 Main St., Del City,
Sooner & I-40, 405-601-8822; 308 W.
Edmond Rd., Edmond, 405-285-1800

Cuisine specialty: Cajun food

Follow C'est Si Bon's food truck locations on Twitter (@CESTSIBON3), Instagram (@CESTSIBON_1) or Facebook (@CAJUNCATFISH) and find the latest spot



Ken Mills, owner of the Cajun restaurant C'est Si Bon. Photo by Brent Fuchs

Charleston's Restaurant

Interstate 240 and SW 74th Street, OKC
405-681-0055
www.charlestons.com

Charleston's is a casual, upbeat restaurant with a modestly priced menu featuring traditional American items prepared from scratch daily. Every menu item that Charleston's creates is a specialty. The atmosphere is warm, cozy, and inviting, utilizing dark woods and gas lighting to create a handsome, understated décor.

Chelino's

www.chelinos.net
14 metro locations –
15 E. California Ave. (Bricktown); 1605 N. Meridian Ave., 6509 Northwest Expressway, 8966 S. Western Ave., 2113 Riverwalk Dr., Moore, 6728 N. Olie Ave., 427 SW 36th St., 4221 S. Robinson Ave. and 10904 N. May Ave. in OKC; 1331 Alameda in Norman; 115 S. Sooner Rd., Del City; 1612 S. Boulevard, Edmond; and 1227 S. Garth Brooks Blvd., Yukon, 1637 Oklahoma 66, El Reno.

Cheever's Café

2409 N. Hudson Ave., OKC
405-525-7007
www.cheeverscafe.com

Cuisine specialty: Cheever's chicken-fried steak; contemporary comfort food
Amenities: Art deco flower shop built in 1907 provides a wonderful atmosphere

Cimarron Steak House

201 N. Meridian Ave., OKC
405-948-7778

www.cimarronsteakhouse.com

Enjoy a great steak and some mighty fine country music and dancing. The dance floor is one of the largest in the metro and allows plenty of elbow room for your dancing pleasure.

Cocina de Mino Mexican Restaurant

6022 S. Western Ave., OKC
405-632-0600
www.cocinademino.com

Daily lunch specials, online ordering, catering, banquet room

Cock-O-The Walk Bar & Grill

3705 N. Western Ave., OKC
405-524-0304

Don's Alley Restaurant

4601 SE 29th St., OKC
405-677-9049

In business for 50 years! Open for breakfast, lunch and dinner. Specializing in Southern cooking including stew, cornbread, chicken-fried steak and homemade pies.

Eischen's Bar

108 S. Second St., Okarche
405-263-9939
www.eischensbar.com

Bar and restaurant famous for its fried chicken.

Hefner Grill

9201 Lake Hefner Pkwy., OKC
405-748-6113
Hefnergrill.com

Hefner Grill is a culinary melting pot of well-executed dishes combining a broad range of the classic urban tavern, neighborhood bistro, corner bar and grill and home-style favorites.

Hideaway Pizza

6616 N. Western Ave., OKC
405-840-4777
www.hideawaypizza.com



Photo by Brent Fuchs

Oklahoma's oldest pizzeria was founded in Stillwater in 1957. Eight locations in OKC metro area and another seven in the Tulsa metro area. Check website for additional locations.

Java Dave's Coffee

6239 E. 15th St., Tulsa
www.javadavescoffee.com
918-836-5570

For questions and orders, email info@javadavescoffeeokc.com. Check website for more locations.

La Greek Restaurant

2839 S. Douglas Blvd., Ste. 102 Midwest City
405-733-4444

Cuisine specialty: Greek
Amenities: The eclectic, authentic menu includes classic Greek fare – gyros, moussaka and souvlakia – as well as many other international specialty items such as Korean Bulgogis, Mexican tortas and Persian cuisine.

James E. McNellie's

1100 Classen Dr., OKC
405-601-7468
121 E. Main St., Norman
405-928-5801
www.mcnellies.com

The Tulsa metro area is also home to two McNellie's locations. Check the website for locations. The pubs feature menus with fresh, reasonably priced food and an atmosphere that is ideal for everyone - including families with young children. In addition, the pubs have a great selection of draught and bottled beers, plus an impressive collection of Irish and Scotch whiskey.

Museum Café

415 Couch Dr., OKC
405-235-6262
www.okcmoa.com/cafe
Cuisine specialty: French fusion
Amenities: Dining al fresco, full bar, large

wine list, private events and cocktails on the skyline

Old Germany Restaurant

15920 SE 29th St., Choctaw
405-390-8647

www.oldgermany.com

Cuisine specialty: German

Amenities: Private room (The Wine Cellar) for up to 46, full-service menu, buffet available

Panera Bread

7199 SE 29th St., Midwest City
405-869-0550

www.panerabread.com

Over twenty bakery-cafes in Oklahoma, including nine in OKC metro area. Cafes offer patrons free Wi-Fi.

Paseo Grill

2909 S. Paseo Dr., Ste. A, OKC
405-601-1079
www.paseogrill.com

Cuisine specialty: American cuisine

Amenities: Private booths, patio, personal wine program, catering, banquet rooms, reservations available

PF Chang's China Bistro

www.pfchangs.com
13700 N. Pennsylvania Ave., OKC
405-748-4003

Cuisine specialty: Exotic Asian cuisine that you can eat there or take home.

POPS

6447 Avondale Dr., OKC
405-446-8767
www.pops66.com

Located in Arcadia just a few miles northeast of Oklahoma City, POPS is easily identifiable by the 66-foot soda pop bottle along Historic Route 66. POPS includes an ultra-modern gas station, restaurant, shake shop, gift shop, convenience store and event venue. Tourists can choose from a selection of more than 600 ice-cold sodas and beverages, including more than 60 varieties of root beer and 40 kinds of cream soda.

Qdoba

7191 SE 29th St., Midwest City
405-455-5151
www.qdoba.com

Cuisine specialty: Mexican

Check out the website for more OKC metro locations.

Republic Gastropub

5830 N. Classen Boulevard, OKC
405-286-4577

www.republicgastropub.com

Located in Classen Curve, Republic offers modern American takes on classic

pub food favorites. The contemporary pub also has 100 unique beers drawn from custom taps, close to 250 hand-selected bottles from around the world, a zippy wine list, and unique cocktails.

Royal Bavaria

3401 S. Sooner Rd., Moore
405-799-7666
www.royal-bavaria.com
Cuisine: German

Sushi Neko

www.sushineko.com
4318 N. Western Ave., OKC
405-528-8862

Cuisine specialty: Japanese

Amenities: Fresh air, fresh fish and a fresh approach to quality and service on the patio.

Ted's Café Escondido

5301 Main St., Ste. 117, Del City
405-813-8337
tedscfe.com

Cuisine specialty: Mexican

Seven Oklahoma City metro locations; banquet, catering available

Toby Keith's -

I Love This Bar & Grill

405-231-0254
310 Johnny Bench Dr., OKC
www.tobykeithsbar.com

With 12,000 square feet and seating for 450 guests, the restaurant's emphasis is on great home-style food. From Toby's very own chicken-fried steak and country gravy recipe to a 20-ounce bone in ribeye, the restaurant offers a variety of menu items, including rotisserie chicken, meatloaf, Cowboy Caviar (black-eyed peas), tasty "freedom fries" and a variety of sandwiches.

Upper Crust Food-Fired Pizza

5860 N. Classen Blvd., OKC
405-842-7743
1205 NW 178th St., Edmond,
405-285-8887
ucpizza.com

Upper Crust is an uptown pizzeria and wine bar specializing in wood-fired, thin-crust New York style pies complemented by a full menu and wine list that is synonymous with quality and also a reasonable price.

Vast

333 W. Sheridan Ave.,
49th & 50th Floors, OKC
www.vastokc.com
405-702-7262

Enjoy a fantastic view from more than 700 feet above Oklahoma City; nine private dining rooms, a restaurant that seats up to 110 as well as a bar area with 42 seats.

Veterans find new careers in Troops to Teachers program

Thanks to the national Troops to Teachers program, Oklahoma's military veterans are sharing their passions and skills with students in Oklahoma's public schools in new careers as schoolteachers.

A \$1.2 million federal grant was awarded in May to the Troops to Teachers program at the Oklahoma State Department of Education, allowing former military members an easier path to become schoolteachers.

The goal is to place 70 military veterans in Oklahoma classrooms by this fall, and so far, veterans are lining up.

"We currently have 275 to 300 Troops to Teachers participants teaching in Oklahoma classrooms now," said Joy Hofmeister, state superintendent. "Our goal is to have 70 more by this next year. Those coming out of military service already have the skills and experience our students so desperately need."

Under the program, anyone with a military background who wants a second career in K-12 public education can be eligible for certification testing fee waivers, flexibility in achieving professional development requirements and reduced filing fees for certification. The program is designed to recruit military personnel to fill positions in Oklahoma's teacher shortages.

"Becoming a teacher is a perfect match for those who are not yet finished serving," Hofmeister said. "They can fill a very important need for teachers in Oklahoma with the skills they have already developed in the military.... This is a new way for them to give back, and for veterans who want to continue to make a difference, there is no greater joy than being in a classroom."

Richard Boone, a 26-year Air Force veteran who used to train young airmen on handling emergencies both in the air and on the ground, now teaches real-life skills to 13-year-olds at Choctaw Middle School through the Troops to Teachers program.

"I stress to them how education is important, but being able to work together is more important," Boone said. "When you go out into the real world, it's all about: Can you fit



Richard Boone, who retired as senior master sergeant after serving 26 years in the Air Force, now teaches real-life skills to 13-year-olds at Choctaw Middle School through the Troops to Teachers programs. Courtesy photo

in as a team player? Employers aren't looking for the brightest, most educated individual to be on their team. They want someone who's going to fit in, who's going to participate, who's going to be a productive member."

Hofmeister said the Troops to Teachers program provides a more secure pathway into the classroom for veterans like Boone. The grant will broaden Troops to Teachers' partnerships with several state agencies. The Oklahoma Department of Veterans Affairs will continue to help identify future educators in the state. Meanwhile, Oklahoma's Office of Educational Quality and Accountability, which is responsible for the development and implementation of educator certification tests, will help provide a resource library filled

with study guides, practice tests and relevant college-level textbooks for multiple subject areas.

Along with the new grant to the Oklahoma Troops to Teachers, the Oklahoma State Department of Education will also partner with the University of Central Oklahoma next year to host a Professional Development Summer Institute just for Troops to Teachers participants. Designed as a teacher boot camp, the weeklong seminar will cover topics like the Oklahoma Academic Standards, assessments, collaboration and curriculum development, among other topics.

For more information on Troops to Teachers, visit www.sde.ok.gov/sde/troops-to-teachers.

COLLEGES/ UNIVERSITIES

Embry-Riddle

Aeronautical University

8001 Mid America Blvd., OKC
405-739-0397
worldwide.erau.edu/locations/
oklahoma-city

Areas of business concentration:

Economics, management of aeronautical science, business statistics and accounting, business marketing and management, human resources, finance

Langston University-OKC

4205 N. Lincoln Blvd., OKC
405-962-1620
www.langston.edu

Type of institution:

4-year program

Areas of business concentration:

Accountancy, economics, finance, financial economics, management, management information systems, computer and information systems, financial planning, business administration

Mid-America Christian University

3500 SW 119th St., OKC
405-691-3800
www.macu.edu

Mid-America Christian University equips students to impact their world for Christ through achieving Bible-based academic excellence in a Christian environment, so that students professionally serve in their chosen vocation/ministry.

Newman University

Archdiocesan Pastoral Center

7501 Northwest Expressway, OKC
405-721-4208, ext. 118

Oklahoma Baptist University

500 W. University, Shawnee
405-878-2033 or (800) 654-3285
www.okbu.edu

Type of institution: 4-year program (private)

Areas of business concentration:

Accounting, computer science, finance, international business, management, marketing, social entrepreneurship

Oklahoma City Community College

7777 S. May Ave., OKC
405-682-7580
www.occ.edu

Type of institution: 2-year program

Areas of business concentration:

Economics, accounting, statistics, business communication, management

Oklahoma City University

2501 N. Blackwelder Ave., OKC
405-521-5000
www.okcu.edu

Type of institution: Private, affiliated with United Methodist Church

Areas of business concentration:

Accounting, Business Administration, Economics, Finance, Marketing, Software engineering

Park University – Tinker AFB Campus Center

72 FSS/FSDT, Bldg. 201 SE, 7751 First St., Ste. 105, Tinker AFB
405-739-7275

www.park.edu/TINK

Park University offers career choices in information and computer science, management and business administration. Check out the website for more information.

Platt College

Plattcolleges.edu
Locations in OKC, Moore, Tulsa, Lawton
Platt College offers a wide range of exciting new career choices in allied health and nursing, culinary arts, and information technology. Check out the website for more information.

Oklahoma State University -

Aerospace Education

Tom Steed Building, Room 204
Rose State College
405-733-7940

www.flyosu.okstate.edu

Degrees offered: Bachelor's in Aerospace Administration and Operations degree program offers the following five options: professional pilot, aviation management, technical services management, aerospace security and aerospace logistics

Randall University

3701 S. Frontage Rd., Moore
405-912-9000
www.ru.edu

Rose State College

6420 SE 15th St., Midwest City
405-733-7673
www.rose.edu

Type of institution: 2-year program

Areas of business concentration:

Accounting, business administration, computer information technology, cybersecurity/digital forensics, emergency management, FabLab, hospitality and event management, multimedia digital design, paralegal studies, technical supervision and management

Southern Nazarene University

6729 NW 39th St., OKC
405-491-6332
www.snu.edu

Type of institution: 4-year program

Areas of business concentration:

Accounting, aviation - business, business administration, business administration/pre-law, finance, management, marketing, international business

Southwestern College

1401 S. Douglas Blvd., Midwest City
405-733-3301/Toll-free;
(866) 342-3301

www.southwesterncollege.org

Southwestern College is a private institution granting undergraduate and graduate degrees and is affiliated with the United Methodist Church. More than 1,900 students attend classes at the main Winfield campus, at five Professional Studies sites in Kansas and Oklahoma, or online around the world. As a comprehensive college, Professional Studies delivers programs for adult learners with three or more years of full-time work experience.

Saint Paul School of Theology – Oklahoma City University

2501 N. Blackwelder Ave., OKC
405-208-5757
www.spst.edu/ok

Type of institution: 4-year program (private)

Areas of business concentration:

Accounting, computer science, finance, international business, management, marketing, social entrepreneurship

University of Central Oklahoma

100 N. University Dr., Edmond
405-974-2000
www.uco.edu

Type of institution: 4-year program

Areas of business concentration:

Accounting, economics, energy economics, finance, human resource management, insurance and risk management, legal studies, management, management information systems, marketing, operations and supply chain management, PGA golf management, professional selling

University of Central Oklahoma -

Rose State College Office

6420 SE 15th St., Midwest City
405-733-7455
405-974-2325

www.rose.edu/uco-degrees

Students can earn a UCO bachelor's degree at Rose State College in the following programs – business administration, criminal justice, English, family services, kinesiology – exercise management, physical education,

music, nursing, pre-education, general studies. The partnership between RSC and UCO allows students to stay on the RSC campus and work toward a transfer associate degree that will be applied toward the baccalaureate degree. Students can take lower-division coursework at RSC, and then transfer to UCO to complete upper-level coursework while staying on the RSC campus.

University of Oklahoma

600 Parrington Oval, Norman
405-325-3916
www.ou.edu

Type of institution: 4-year program

Areas of business concentration:

Accounting, entrepreneurship and economic development, finance, management and international business, management information systems, marketing and supply chain

Webster University - Tinker AFB

7751 First St., Building 201SE
Tinker AFB, OK
405-739-3518
www.webster.edu/tinker

TECHNOLOGY CENTERS

Eastern Oklahoma County Technology Center

4601 N. Choctaw Rd., OKC
405-390-9591
www.eoectech.org

Career programs: Architecture and construction; arts and communications; business management and technology; finance; health science; human services; information technology; law and public safety; manufacturing and trades; science; engineering and mathematics; transportation; safety training

Francis Tuttle Technology Center

Oklahoma City
405-717-7799
www.francistuttle.edu

Career programs: Agriculture, food and natural resources; architecture and construction; arts, audio/video technology and communication; business management and administration; health science; hospitality and tourism; human services; information technology; law, public safety and security; manufacturing; marketing, sales and services; science, technology, engineering and math; transportation, distribution and logistics

Gordon Cooper

Technology Center

Hwy. 18 and Interstate 40, Shawnee
405-273-7493
www.gctech.org

Career programs: Agricultural, food and

natural resources; architecture and construction; arts, A/V technology and communications; business management and administration; finance; health science; human services; information technology; manufacturing; science, technology, engineering and mathematics; transportation, distribution and logistics

Metro Technology Centers

Oklahoma City
405-424-8324

www.metrotech.org

Career programs: Accounting; automotive service and repair; aviation maintenance and electronics; biomedical sciences; HVAC; computer repair and CADD; construction; cosmetology; culinary arts; cybersecurity programs; dental assisting; early care education; electrical; entrepreneurship; graphic design; video and web; health careers; horticulture; hotel management; law enforcement; legal office; medical office and administrative assisting; practical nursing; pre-engineering; radiologic tech; surgical tech; welding

Mid-Del Technology Center

1621 Maple Dr., Midwest City
405-739-1707

www.mid-del.tec.ok.us

Career programs: Agriculture; food and natural resources; architecture and construction; arts, A/V technology and communications; business management and administration; health science; hospitality and tourism; human services; information technology; manufacturing; transportation; distribution and logistics; finance; science; technology; engineering and mathematics; computer repair and networking

Moore Norman

Technology Center

4701 12th Ave. NW, Norman
405-364-5763

www.mntechology.com

Career programs: Accounting services; air conditioning and refrigeration; automotive collision technology; automotive service technology; biotechnology; carpentry; computer-aided drafting and design; cosmetology; database administration; dental assisting; diagnostic medical sonography; digital video production; electrical and automated industrial systems; entrepreneurship; graphic design; legal office services; medical assisting; networking and computer repair; nurse aide; pre-engineering; pre-nursing; precision machining; programming and software development; service careers; surgical technician; therapeutic services; web design; welding

PROFESSIONAL/ TRADE SCHOOLS

American Broadcasting School

4511 SE 29th St., OKC
405-672-6511

www.radioschool.com

American Broadcasting School provides in-depth training in the field of radio broadcasting, specializing in such areas as radio announcing, writing and production of commercials, writing and delivering of newscasts and sportscasts, FCC rules and regulations, digital production, computer-based broadcast technology, and "hands-on" control room operation.

Integrated Massage

Therapy College

14909 N. Kelly Ave, Edmond
405-880-8697

www.imtcollege.com

PRIVATE SCHOOLS

CHOCTAW

Life Christian Academy

3254 N. Choctaw Rd., Choctaw
405-390-5081

www.lifechristianacademy.com

Grade range: Pre-K-12

Student-teacher ratio: 10:1

Sports/extracurricular activities: Football, volleyball, basketball, track

Enrollment date: March-August

To apply: Contact school

DEL CITY

Christian Heritage Academy

4400 SE 27th St., Del City
405-672-1787

www.cha.org

Enrollment: 600

Grade range: Pre-K-12

Student-teacher ratio: Elementary 18:1, Secondary 22:1

Sports/extracurricular activities: Band, choir, volleyball, football, basketball, baseball, golf, tennis, math club, Stuco, National Honor Society, Salt and Light

Enrollment date: Rolling enrollment

To apply: Call for an enrollment application

Destiny Christian School

3801 SE 29th St., Del City
405-677-6000

www.destinywildcats.com

Enrollment: 600

Grade range: Pre-K (3 years)-12

Student-teacher ratio: 17:1

Sports/extracurricular activities: Football, volleyball, basketball, soccer, golf,

baseball, softball, track, cheerleading, student council, art, drama, music and band

EDMOND

Edmond Christian Academy

21477 N. Western Ave., Edmond
405-359-7335

www.edmondchristianacademy.com

Grade range: Pre-K-12

Holy Trinity Lutheran School

308 NW 164th St., Edmond
405-844-4000

holyltrinityedmond.org

Grade range: Pre-K to 8

Oklahoma Christian Academy

1101 E. Ninth St., Edmond
405-844-6478

www.ocacademy.org

Enrollment: 458

Grade range: Pre-K (3 years) -12

Student-teacher ratio: Varies

Sports/extracurricular activities: Sixth-12th grades: Cross-country, football (7th-12th), cheer, softball, basketball, golf, baseball, track, drama, chorus, Academic Meets, robotics, debate

Oklahoma Christian School

4680 E. Second St., Edmond
405-341-2265

www.ocssaints.org

Enrollment: 958

Grade range: Pre-K-12

Student-teacher ratio: 18:1

Sports/extracurricular activities: Football, basketball, tennis, cheerleading, baseball, track, volleyball, golf, swimming

St. Elizabeth Ann Seton Catholic School

925 S. Boulevard, Edmond
405-348-5364

www.stelizabethedmond.org

Enrollment: 400

Grade range: Pre-K-8

Student-teacher ratio: 13:1

Sports/extracurricular activities: Soccer, volleyball, basketball, track, band, science fair, history fair, speech festival, geography bee, study trips, choir, inter-generational programs, football (seventh and eighth grades) with Bishop McGuinness



YOUR PLACE TO BE

Come on out and let's have some fun. Oklahoma City makes it easy: easy to grow, easy to prosper, easy to be yourself, easy to become part of our community and just easy to live. That's why we say in OKC, it's truly a better living and a better life. Get the 411 on the 405 at our blog just for new residents:

www.abetterlifeokc.com/blog



www.abetterlifeokc.com

St. Mary's Episcopal School

505 E. Covell Rd., Edmond
405-341-9541

www.smesedmond.org

Enrollment: 150

Grade range: Preschool-Grade 5

Student-teacher ratio: 10:1

Sports/extracurricular activities: Before and after-school care; enrichment classes; nurturing atmosphere

EL RENO

Sacred Heart Catholic School

210 S. Evans, El Reno

405-262-2284

www.elrenosacredheart.com

Enrollment: 160

Grade range: Preschool - 8

Student-teacher ratio: 14:1

Sports/Extracurricular activities: Basketball and archery

GUTHRIE

St. Mary Catholic School

502 E. Warner Ave., Guthrie
405-282-2071

www.stmaryguthrie.org

Grade range: Pre-K (3 years) through eighth grade

Student-teacher ratio: 15:1

Sports/extracurricular activities:

Basketball, track and field, cross-country, choir, band, Grandfriends, Mad Science, Lego League

HARRAH

Oklahoma Academy

6100 Academy Ln., Harrah
405-454-6211

www.oklahomacademy.org

Grade range: 9-12

MIDWEST CITY

Good Shepherd

Lutheran School

700 N. Air Depot, Midwest City
405-732-0070

Gslschool.com

Grade range: Preschool-8

Student-teacher ratio: 12:1

St. Philip Neri School

1121 Felix Pl., Midwest City
405-737-4496

www.stphilipnerschool.com

Grade range: Pre-K (3 years)-8

Student-teacher ratio: 20:1

Sports/extracurricular activities:

Basketball, soccer, volleyball, track

MOORE

St. John's Lutheran School

1032 NW 12th St., Moore

405-794-8686

www.sj-ls.org

Grade range: Pre-K (3 years)-8

Sports/Extracurricular activities: Music

MUSTANG

Christ Lutheran School

501 N. Clear Springs Rd., Mustang
405-376-3116

www.christlutheranmustang.com

Grade range: Preschool-K

NORMAN

The Academy of Classical Christian

Studies - Norman

621 24th Ave. SW

Norman, OK 73069

405-850-0633

www.theacademyok.org

office@theacademyok.org

Enrollment: 500

Grade Range: PK3-8

Student-Teacher Ratio: Average of 12:1

Sports/extracurricular activities: Music/choir, art, drama, debate, orchestra, cross-country, track, basketball

All Saints Catholic School

4001 36th Ave. NW, Norman
405-447-4600

www.allsaintsnorman.org

Enrollment: 405

Grade range: Pre-K-8

Student-teacher ratio: 20:1

Sports/extracurricular activities: Math, science, language arts, social studies, art, music, technology, physical education and math and Spanish courses

Blue Eagle Christian Academy

2404 Classen, Norman

405-364-7200

Grade range: Pre-K (4) -8

Student-teacher ratio: 4:1

Children's House

Montessori School

606 S. Santa Fe, Norman

405-321-1275

www.cmsnorman.org

Grade range: Preschool (3 years) - K

Community Christian School

3002 Broce Dr., Norman
405-329-2500

www.communitychristianschool.com

Enrollment: 865

Grade range: K-12

Student-teacher ratio: 22:1

Sports/extracurricular activities: Football,

volleyball, softball, basketball, baseball, soccer, cheerleading, golf

OKC

The Academy of Classical Christian Studies

1120 E. Hefner Rd., OKC*

405-478-2077- Hefner;

405-850-5309 - S. Pennsylvania; 405-575-7275 - NE 27th Street

www.theacademyok.org

office@theacademyok.org

Grade range: PK3-5 (Grammar Schools); 6-12 (Upper School)

Student-teacher ratio: Average of 12:1

* North School (pre-K3-8) location; South Grammar School location is at The Rock Church, 12500 S. Pennsylvania Ave.; Central Campus (9-12) location is at OCPA Event Center, 1401 N. Lincoln Blvd. in Oklahoma City; Norman campus (Pre-K3-8) location at 621 24th Ave. SW, Norman

American Academy

5350 S. Western Ave., Ste. 318

Oklahoma City, OK 73109

405-634-7777

Fax: 405-632-4301

www.nationalhomeschool.com

educate@nationalhomeschool.com

Enrollment: 525

Grade Range: Preschool-12

Student-Teacher Ratio: Home school

Sports/extracurricular activities: Local home-school groups

Bishop John Carroll Cathedral School

1100 NW 32nd St., OKC

405-525-0956

www.bjcs.org

Grade range: Pre-K - 8

Sports/extracurricular activities: Volleyball, basketball, soccer, choir, track, football

Bishop McGuinness

Catholic High School

801 NW 50th St., OKC

405-842-6638

www.bmchs.org

Enrollment: 708

Grade range: 9-12

Student-teacher ratio: 11:1

Sports/extracurricular activities: Cross-country, football, swimming, cheer, softball, volleyball, bowling, basketball, wrestling, baseball, golf, soccer, tennis, track, academic team, various clubs and organizations

Casady School

9500 N. Pennsylvania Ave., OKC

405-749-3100

www.casady.org

Enrollment: 901

Grade range: Pre-K-12

Student-teacher ratio: 8:1

Tuition cost: Varies by division

Sports/extracurricular activities: Athletics, Cum Laude Society, Science Olympiad, service learning, theater, orchestra, choir, band winds, improve, debate, Math Counts, JCL, STEM, language clubs, honor and discipline committee, Student Council, Peer Academic Support Society, Twister Yearbook, The Crier student publication, Logos literary publication, additional clubs and activities

Catholic School of St. Eugene

2400 W. Hefner Rd., OKC

405-751-0067

www.steugeneschool.org

Grade range: Pre-K to 8

Student-teacher ratio: 12.5:1

Sports/extracurricular activities: Soccer, volleyball, basketball, track, baseball, softball, T-Ball, Boy Scouts, Cub Scouts, Academic Bowl, Girl Scouts, choir, band

Christ the King Catholic School

1905 Elmhurst Ave., OKC

405-843-3909

www.ckschool.com

Enrollment: 525

Grade range: Preschool 3-8

Student-teacher ratio: 14:1

Sports/extracurricular activities: Soccer, volleyball, basketball, track

Crossings Christian School

14400 N. Portland Ave., OKC

405-842-8495

www.crossingsschool.org

Enrollment: 1,095

Grade range: Preschool to 12

Student-teacher ratio: Target 8:1 in Preschool Target 16-18:1 in Lower School and Target 18-20:1 in Middle and Upper School

Sports/extracurricular activities:

Academic and debate teams, chess and robotic clubs, speech and drama, band, orchestra, vocal music, football, basketball, baseball, softball, soccer, cheerleading, pom, cross-country, track, tennis, golf, wrestling, archery

Heritage Hall

1800 NW 122nd St., OKC

405-749-3001

www.heritagehall.com

Enrollment: 884

Grade range: Preschool-12

Student-teacher ratio: 15:1

Sports/extracurricular activities: All OSSAA athletics and extracurricular activities, performing arts, debate, international student program

King's Gate Christian School

11400 N. Portland Ave., Hefner Pointe

Oklahoma City, OK 73120

405-752-2111

www.kingsgateschool.com

kgcs@kingsgateschool.com
Grade range: 6 months to 6th grade
Student-teacher ratio: 8:1

Messiah Lutheran School

3600 Northwest Expressway
 Oklahoma City, OK 73112
 405-946-0462
 Fax: 405-946-0682
 www.messiahlutheranschool.com
 swilliams@messiahokc.org
Enrollment: 152
Grade range: Preschool (3 years)-8
Student-teacher ratio: 16:1
Sports/extracurricular activities: Soccer, band, after school clubs

Mount St. Mary High School

2801 S. Shartel Ave., OKC
 405-631-8865
 www.mountstmary.org
Enrollment: 412
Grade range: 9-12
Student-teacher ratio: 12:1
Sports/extracurricular activities: Softball, volleyball, football, cheerleading, cross-country, basketball, swim, soccer, baseball, tennis, track, golf

Parkview Adventist Academy

4201 Martin Luther King Ave.
 Oklahoma City, OK 73111
 405-427-6525
 www.parkviewadventistacademy.org
Grade range: Pre-K-12
Sports/extracurricular activities: Volleyball, cross-country, basketball, soccer, golf

Rosary School

1919 NW 18th St.
 Oklahoma City, OK 73106
 405-525-9272
 Fax: 405-525-5643
 www.rosaryschool.com
 rosaryprin@aol.com
Grade range: Pre-K-8
Student-teacher ratio: 14:1
Sports/extracurricular activities: Soccer, basketball, volleyball, football, track, cross-country

Sacred Heart Catholic School

2700 S. Shartel Ave.
 Oklahoma City, OK 73109
 405-634-5673
 Fax: 405-634-7011
 www.sacredheartokc.org
 principal@sacredheartokc.org
Grade range: Pre-K (4 years)-8th Grade
Student-teacher ratio: 21:1
Sports/extracurricular activities: Soccer, volleyball, basketball, track, football, scouting, altar services, choir, yearbook, archery, BETA Club for Middle School, Altar Servers, Geography Bee, Spelling Bee

St. Charles Borromeo Catholic School

5000 N. Grove
 Oklahoma City, OK 73122
 405-789-0224
 Fax: 405-789-3583
 www.stcharlesokc.org
 office@scbokc.org
Enrollment: 193
Grade range: Pre-K-8
Student-teacher ratio: 20:1
Sports/extracurricular activities: Soccer, band, student council, volleyball, basketball, softball and baseball, football (seventh and eighth)

St. James the Greater Catholic School

1224 SW 41st St.
 Oklahoma City, OK 73109
 405-636-6810
 Fax: 405-636-6818
 www.stjames-catholic.org
 avazquez@stjames-catholic.org
Enrollment: 210
Grade range: Pre-K (3 years)-8
Student-teacher ratio: 22:1
Sports/extracurricular activities: Soccer, basketball, volleyball, junior high football and baseball (through Mount St. Mary High School), Choir, Rosary Club, Green Club, Junior League Robotics

St. John Christian Heritage Academy

5700 N. Kelley Ave.
 Oklahoma City, OK 73111
 405-478-8607
 Fax: 405-478-3648
 www.stjohnokc.org
 stjohncademy@live.com
Grade range: Pre-K-5
Educational Focus: Teaching of basic skills, Christian character building
Sports/extracurricular activities: Computer classes, media education, Spanish, physical education, Student Leadership Council, spelling bees, science fairs, talent shows, choir, Boy Scouts, Girl Scouts

Trinity School

321 NW 36th St.
 Oklahoma City, OK 73118
 405-525-5600
 Fax: 405-525-5602
 www.trinityschoolokc.org
Grade range: K-12
Student-teacher ratio: 4:1

Village Montessori School

2812 W. Britton Rd.
 Oklahoma City, OK 73120
 405-751-9448
 Fax: 405-751-3904
 www.villagemontessoriokc.com
 vmcokc@gmail.com
Grade range: 18 months- 4 years

Westminster School

600 NW 44th St.
 Oklahoma City, OK 73118
 405-524-0631
 Fax: 405-528-4412
 www.westminsterschool.org
 rskarky@westminsterschool.org
Enrollment: 565
Grade range: Pre-K-8
Sports/extracurricular activities: Math Counts, basketball, volleyball, track, soccer, tennis

Young Achiever's Christian Academy

1025 NE 15th St.
 Oklahoma City, OK 73117
 405-424-4701
 youngachievers.biz
 youngachieversokc@yahoo.com
Grade range: Pre-K to Sixth

SHAWNEE

Liberty Academy

711 E. Federal St., Shawnee
 405-273-3022
 www.libertyshawnee.com
Grade range: K-12
Student-teacher ratio: 14:1
Sports/extracurricular activities:

Basketball, soccer, volleyball, academic teams

YUKON

Harvest Hills Baptist Church and School

9713 N. County Line Rd.
 Yukon, OK 73099
 405-721-1920
 harvesthillsbaptist.org/school
Grade Range: Pre-K to 12
Sports/extracurricular activities: Volleyball, basketball

Southwest Covenant Schools

2300 S. Yukon Pkwy.
 Yukon, OK 73099
 405-354-0772
 Fax: 405-350-2670
 www.southwestcovenant.com
 slessman@southwestcovenant.com
Enrollment: 397
Grade Range: Pre-K-12
Student-Teacher Ratio: 20:1
Sports/extracurricular activities: Art, drama, home economics, band, choir, physical education, football, basketball, baseball, volleyball, golf, robotic science

DESTINY
CHRISTIAN SCHOOL

**Choose the right path
for your child's future**

*LEARNING
beyond books*

*LOVING
beyond words*

*LIVING
beyond tomorrow*

K3-12th Grades

**Fully Accredited
ACTS / OPSAC**

405-677-6000
destinywildcats.com

Destiny Christian School admits students of any race, color, national or ethnic origin to all rights, privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship programs, athletic and other school-administered programs.

St. John Nepomuk Catholic School

600 Garth Brooks Blvd.
Yukon, OK 73099
405-354-2509
Fax: 405-354-8192
sjnok.org/school
schoolsecretary@sjnok.org
Grade Range: Pre-K (3 years) - 8
Student-Teacher Ratio: 17-24:1
Sports/extracurricular activities:
Soccer, volleyball, basketball, track

CHARTER SCHOOLS

OKLAHOMA CITY

Advanced Science and Technology

Education Charter (ASTEC) High School

2401 NW 23rd St., Ste. 39A, OKC
405-947-6273
www.asteccharterschools.com
Grade range: 9-12
Educational Focus: College preparatory,
math, science and technology integrated
into a liberal arts format

Advanced Science and Technology Education Charter (ASTEC) Middle School

2401 NW 23rd St., OKC
405-947-6272
www.asteccharterschools.com
Grade range: 6-8
Educational Focus: College preparatory,
math, science and technology integrated
into a liberal arts format

Dove Science Academy

919 NW 23rd St., OKC
405-524-9762
Fax: 405-524-9471
www.doveschools.org
Grade range: 6-12
Educational Focus: By meeting its
objectives, DSA will provide children
with a positive education and social
experience in a structured, challenging
yet nurturing environment.

Dove Science Academy (Elementary)

4901 N. Lincoln Blvd., OKC
405-605-5566
www.doveschools.org
Grade range: K-5
Educational Focus: Reading, math,
science, technology

Epic Blended Charter Elementary

4101 NW 122nd St., Ste. B
Oklahoma City, OK 73120
405-749-4550
epiccharterschools.org
Grade range: Pre-K-5

Epic Blended Charter High School

4101 NW 122nd St., Ste. B
Oklahoma City, OK 73120
405-749-4550
epiccharterschools.org
Grade range: 9-12

Epic Blended Charter Middle School

4101 NW 122nd St., Ste. B
Oklahoma City, OK 73120
405-749-4550
epiccharterschools.org
Grade range: 6-8

Harding Charter

Preparatory High School

3333 N. Shartel Ave., OKC
405-606-8742
www.hardingcharterprep.org
Grade range: 9-12
Educational Focus: College preparatory/
advanced placement co-ed

Harding Fine Arts Academy

3333 N. Shartel Ave., OKC
405-702-4322
www.hardingfinearts.org
Grade range: 9-12
Educational Focus: College preparatory
high school program with an arts
focus with a small, supportive school
atmosphere

Independence Charter Middle School

3232 NW 65th St., OKC
405-841-3130
www.icmsokc.com
Grade range: 6-8
Educational Focus: Rigorous and
demanding curriculum with fine arts,
foreign language, health and physical
education, strong personal parental
involvement, and a focus on being
successful in high school and college

John Rex Elementary School

500 W. Sheridan Ave., OKC
405-606-6862
www.johnrexschool.com
Grade range: Pre-K to 4
Educational Focus: Science, technology,
engineering, math, arts

Justice Alma Wilson

SeeWorth Academy
12600 Kelley Ave., OKC
405-475-6400
www.seeworthacademy.org
Grade range: 3-12

Educational Focus: Self-paced accelerated
curriculum for at-promise students -
providing a safe place for students who
need another chance in receiving an
education.

KIPP Reach College Preparatory

1901 NE 13th St., OKC
405-425-4622
www.kippreach.org
Grade range: 5-8
Educational Focus: College preparatory

Santa Fe South High School

6921 Plaza Mayor Blvd., OKC
405-631-6100
www.santafesouth.org
Grade range: 9-12
Educational Focus: College preparatory

Santa Fe South Hills

301 SE 38th St., OKC
405-606-3916
www.santafesouth.org
Grade range: Pre-K-5
Educational Focus: College preparatory

Santa Fe South Middle School

4712 S. Santa Fe Ave., OKC
405-635-1053
www.santafesouth.org
Grade range: 6-8
Educational Focus: College preparatory

Santa Fe South Penn Elementary School

5325 S. Pennsylvania Ave.
Oklahoma City, OK 73119
405-681-7480
www.santafesouth.org
Grade range: 2-5
Educational Focus: College preparatory

Santa Fe South Spero Elementary School

4906 S. Santa Fe Ave.
Oklahoma City, OK 73109
405-600-7038
www.santafesouth.org
Grade range: Pre-K-6
Educational Focus: College preparatory

Hupfeld Academy at Western Village

1508 NW 106th St., OKC
405-751-1774
www.wvacademy.com
Grade range: Pre-K-5
Educational Focus: Success for all reading
and arts integration

VIRTUAL CHARTER SCHOOLS

NICOMA PARK

Insight School of Oklahoma

P.O. Box 490, Nicoma Park, 73066
405-835-2133
ok.insightschools.net
Grade range: Middle school, 7-8; High
school, 9-12

Oklahoma Virtual Charter Academy

1160 S Douglas Blvd., Midwest City
73130
866-467-0848
ovca.k12start.com
Grade range: K-12
Educational Focus: Online charter school
using an individualized approach to
learning following the K12 curriculum

OKLAHOMA CITY

Able Charter School

4500 N. Classen Blvd., Ste. 205
405-990-2282
www.ablecharterschool.com
Grade range: 6-12
Educational Focus: A virtual charter school
open to students throughout Oklahoma
offering a student-centered learning
environment where students can apply
what they learn to prepare them to be
21st-century learners.
Sports/extracurricular activities: Programs
coordinated through YMCA

Epic One on One Charter Schools

4101 NW 122nd St., Ste. B, OKC
405-749-4550
epiccharterschools.org
Grade range: K-12

ADDITIONAL EDUCATIONAL OPPORTUNITIES

Girl Scouts-

Western Oklahoma

www.gswestok.org
121 NE 50th St., OKC
405-528-3535, (800) 698-0022
Girl Scouts-Western Oklahoma Inc.
offers leadership, self-esteem, outdoor
education and other opportunities to
girls in its service area of 39 counties
in western Oklahoma, including the OKC
metro area.

Metro Library

www.metrolibrary.org
The Metropolitan Library System is
composed of 14 large, full-service
libraries located conveniently throughout
Oklahoma County, and five smaller
extension libraries, four of which are
located in the eastern part of the county
in the cities of Harrah, Jones, Luther and
Nicoma Park.

Sylvan Learning Centers

OKC/Edmond, 405-896-5470
South OKC, 405-631-0700
Offers personalized teaching to build
the skills needed for writing sections
of school exams and standardized
assessments - including SAT and ACT.

Affair of the Heart takes homemade art to new level



Affair of the Heart Courtesy Photos

Since debuting in Oklahoma City in 1985 as a unique grassroots craft and art show, An Affair of the Heart has grown into one of the most popular events featuring artisans, crafters and retailers in Oklahoma City, Tulsa and Springfield, Mo.

Starting with 60 booths and 800 attendees, the franchise now offers more than 1,000 vendors for the 50,000-plus visitors who attend the Oklahoma shows each year.

An Affair of the Heart showcases handmade, boutique and gourmet items from artisans and crafters nationwide. The largest and longest-running show in the state, An Affair of the Heart features unique items that organizers say can be found only at the shows. An Affair of the Heart was also voted the No. 1 contemporary craft show in the country by vendor ballots cast through *Sunshine Artist* magazine.

What makes the Affair of the Heart so unique is the variety of vendors and items offered, said Lisa Johannsson, co-founder of Kazoo Marketing and Communications in Tulsa who represents Affair of the Heart.

“When this started 30 years ago, the founders developed a unique formula that has made the event such a success,” Johannsson said. “No one else has the variety and quality An Affair of the Heart has. It’s the premier show of its type,

and it grew by word of mouth. Now, we are seeing generations of women – grandmothers, daughters and granddaughters – shopping together and enjoying the experience.”

Johannsson said vendors from more than 20 different states were at the Tulsa show in the River Spirit Expo building in Expo Square. The booths featured handmade boutique and gourmet food items, including everything from jewelry and up-cycled furniture to clothing, home décor, handcrafted lotions and soaps and much more.

“To find that selection of vendors and products is pretty astounding,” she said. “You can’t find that kind of variety anywhere else.”

The Oklahoma City show is set for Oct. 18 to 21 at the Oklahoma State Fair Park.

The 2018 An Affair of the Heart shows debut a new logo and tagline of “Find Something You Love.” A floating heart in the logo will become the iconic image of all An Affair of the Heart shows. Founding partner Eleanor Blakeman said the new branding emphasizes the family togetherness aspect of the event.

For more information, visit heartoftulsa.com or www.facebook.com/heartofokc.





Eskimo Joe's. Courtesy Photo

JULY

July 16-21

Eskimo Joe's 43rd Anniversary Celebration
405-372-8896
<https://eskimojoes.com/events?d=2018-07>

Description/Activities: Come to Stillwater's "Jumpin' Little Juke Joint" for a week filled with great food and drink specials, costume contests, special events, concerts and fun for the whole family.

July 24-29

Lyric Theatre
405-524-9312
www.lyrictheatreokc.com
Mamma Mia! – Civic Center Music Hall

July 25

Sonic Summer Movie Nights - The Muppet Movie
oklahomacitybotanicalgardens.com
301 W. Reno Ave., Oklahoma City
(Located at Reno and Robinson avenues in downtown Oklahoma City)
405-445-7080
Thanks to Sonic, America's Drive-In, these movies are completely free. Come

early to get a great seat. Bring a picnic or enjoy a sandwich or ice cream from Pitchfork in the Park. Blankets on one side, chairs on the other.

AUGUST

Aug. 1

Sonic Summer Movie Nights - Oklahoma! Sing-A-Long
oklahomacitybotanicalgardens.com
301 W. Reno Ave., Oklahoma City
(Located at Reno and Robinson avenues in downtown Oklahoma City)
405-445-7080
Thanks to Sonic, America's Drive-In,

these movies are completely free. Come early to get a great seat. Bring a picnic or enjoy a sandwich or ice cream from Pitchfork in the Park. Blankets on one side, chairs on the other.

Aug. 2-11

AQHYA World Youth Championship Quarter Horse Show
State Fair Arena, 3001 General Pershing Blvd., OKC
405-948-6704

Description/Activities: Witness as more than 1,200 horses from all 50 states and half a dozen countries compete in several equestrian events including cutting, reining, jumping and much more. The American Quarter Horse Association Youth World Championship event also boasts a free trade show complete with more than 60 vendors including equestrian products, home decor and the latest in fashion.

Aug. 9-11

Rush Springs Watermelon Festival
www.rushspringswatermelonfestival.com
580-476-3103

Description/Activities: More than 50,000 pounds of watermelons are purchased from area melon growers and served to festival visitors during the day. Activities for the annual festival, which started in the 1940s, include watermelon exhibits, stage shows, tiny tots contest, free watermelon feed, carnival, and arts and crafts fair.

Aug. 9-Aug. 25

Oklahoma Shakespeare in the Park
405-235-3700
www.oklahomashakespeare.com
Sense & Sensibility – Shakespeare on Paseo, 2920 Paseo Dr., OKC

Aug. 11 & 12

PBR Express Employment Professional Classic
BOK Center, Tulsa
<http://rodeosusa.com/rodeos/express-employment-professionals-classic>
Description/Activities: Professional bull-riding competition

Aug. 24 & 25

Blanchard Bluegrass Festival
Lions Park, SW Seventh Street, Blanchard
405-485-9392, 405-802-1334
www.cityofblanchard.us
Description/Activities: Family fun as Oklahoma bluegrass bands in Oklahoma perform in Blanchard's Lions Park. The event kicks off at 6 p.m. Friday night with gospel music,

while Saturday features a full day of bluegrass music, workshops and jam sessions. Bring a lawn chair and listen to great bands play the day away. Food vendors will also be on-hand during this free event.

SEPTEMBER

Sept. 8 Septemberfest

Oklahoma History Center
405-522-0765
www.okhistorycenter.org
Hours: Sat., 10 a.m. to 4 p.m.
Sponsoring Organization: Oklahoma History Center
Description/Activities: This annual event is designed to provide free entertainment and education to families on our state's history, heritage, resources and traditions. It is a great way for your museum to reach the citizens of Oklahoma.

Sept. 13-23 Oklahoma State Fair

State Fair Park (NW 10th Street and May Avenue), Oklahoma City
405-948-6700
www.okstatefair.com
Hours: Gates open daily at 8 a.m.
Sponsoring Organization: Oklahoma State Fair Inc.
Description/Activities: Along with a large carnival Midway of rides and games, six exhibit buildings, unique shopping opportunities and great State Fair food, the fair is home to such attractions as Disney On Ice and PRCA Xtreme Bulls Tour & Concerts, as well as free concert performances and countless livestock, horse and creative arts competitions and demonstrations.

Sept. 13-28 Oklahoma Shakespeare in the Park

405-235-3700
www.oklahomashakespeare.com
Richard III – Shakespeare on Myriad Gardens Water Stage, 301 W. Reno Ave., OKC

Sept. 22 & 23 Oklahoma Department of Wildlife Expo

Events will be held at Lazy E Arena, 9600 Lazy East Dr., Guthrie (located just south of Guthrie)
www.wildlifedepartmentexpo.com
Sponsoring Organization: Oklahoma Department of Wildlife Conservation
Description/Activities: From camping and outdoor skills to shooting sports and fishing, from bird watching to kayaking, expo visitors have an opportunity to try their hands at two

days of fun in the outdoors.

Sept. 26-Oct. 14 Lyric Theatre

405-524-9312
www.lyrictheatreokc.com
When We're Gone – Civic Center Music Hall

Sept. 28-30 International Festival

Elmer Thomas Park, Third & NW Ferris, Lawton
www.cityof.lawton.ok.us/lahc/IF.htm
Description/Activities: Come to the International Festival for free concerts, parades, plenty of food vendors, children's games and activities, demonstration artists, over 70 vendors and nonstop multicultural entertainment. This free festival is a family-oriented extravaganza full of fun. Visitors to this year's International Festival will enjoy a variety of acoustic performances and cultural dance demonstrations.

Sept. 27-Oct. 7 Tulsa State Fair

Expo Square (Tulsa Fairgrounds), Tulsa
918-744-1113
www.tulsastatefair.com
Sponsoring Organization: Tulsa State Fair Inc.
Description/Activities: Annual event featuring fun-filled family entertainment including rides, attractions, concerts, creative arts, great food, livestock shows and more.

OCTOBER

Oct. 4-Oct. 6 Oklahoma International Bluegrass Festival

Cottonwood Flats Recreation Area, Guthrie
405-282-4446
Toll Free: 877-203-1206
www.oibf.com
Description/Activities: Annual three-day festival featuring international and national bluegrass bands, children's activities and workshops

Oct. 6 Oklahoma Czech Festival

205 N. Czech Hall Rd., Yukon
405-206-8142
www.czechfestivaloklahoma.com
Description/Activities: Enjoy one of Oklahoma's largest ethnic festivals promoting Czech heritage with a carnival, parade, craft booths and boutiques, music, dancing, singing, games, royalty crowning, food, and much more. The parade begins along Route 66 at 10 a.m., while the carnival starts on Friday evening at 5 p.m. and

again on Saturday. Enjoy dancing all day long at the Czech Hall.

Oct. 12 & 13 Watonga Cheese & Wine Festival

Downtown Watonga
580-623-5452
https://thewatongacheesefestival.wordpress.com

Sponsoring Organization: Watonga Chamber of Commerce

Description/Activities: Cheese food contest; art show; 5k, 10k or 1-mile fun run

Oct. 18-21 Linde Oktoberfest

River West Festival Park, Tulsa
918-744-9700
www.tulsaoktoberfest.org
Sponsoring Organization: Tulsa Oktoberfest
Description/Activities: Tulsa's Oktoberfest offers fun for the whole family: food, arts, crafts, carnival and music.

Oct. 19-21 An Affair of the Heart

State Fair Park, OKC
405-632-2652
www.aaoth.com/heartofoklahomacity
Hours: Fri.-Sat., 9 a.m. to 6 p.m.; Sun. 11 a.m. to 5 p.m.
Sponsoring Organization: An Affair of the Heart
Description/Activities: Arts and crafts show, a unique marketplace

NOVEMBER

Nov. 1-17 Lucas Oil AQHA World Championship Quarter Horse Show

State Fair Arena, 3001 General Pershing Blvd., OKC
405-948-6704
www.aqha.com/worldshow
Description/Activities: From halter to reining and jumping to trail, the AQHA World Championship show is an event for those who love and appreciate the athletic ability and beauty of the American quarter horse.



OLD FASHIONED
FUN
NEW FASHIONED
FAIR
2018 OKLAHOMA STATE FAIR
Tickets
ON SALE NOW!
f @ okstatefair.com



Sonic Summer Movie Nights. Courtesy photo

Nov. 16-18

An Affair of the Heart - Tulsa

QuikTrip Center at Expo Square, Tulsa
405-632-2652

www.heartoftulsa.com

Hours: Fri.-Sat., 9 a.m. to 6 p.m.; Sat. 11 a.m. to 5 p.m.

Sponsoring Organization: An Affair of the Heart

Description/Activities: Arts and crafts show, a unique marketplace

DECEMBER

Christmas in the Park

Yukon City Park, Freedom Trail Park and Chisholm Trail Park, Yukon

405-350-8937; 405-354-8442

Description/Activities: Yukon's Christmas in the Park offers a beautiful lighted drive through three interconnecting parks. Yukon's Chisholm Trail, Freedom Trail and city parks make up more than 100 acres that include more than 425 displays and 5 million lights. Catch the Santa Express Train ride through this illuminated winter wonderland.

Downtown in December

Downtown OKC

405-235-3500

www.downtownokc.com

Sponsoring Organization: Downtown Oklahoma City Inc.

Description/Activities: Experience outdoor ice skating, picturesque water taxi excursions, exhilarating snow-tubing rides, a magical botanical garden, twinkling lights and more as downtown Oklahoma City transforms into a spectacular wintry paradise.

Festival of Light

Shannon Springs Park, Chickasha

405-224-9627

Sponsoring Organization: Festival of Light

Description/Activities: One of Oklahoma's best-known holiday light shows, featuring 3.5 million lights on a 43-acre park. Enjoy a ride-through or walk-through experience offering 100 lighted displays, 16-story-tall Christmas tree, carriage rides, entertainment and pictures with Santa. Group tours welcome; tour

guides available by reservation.

Open nightly and free to the public.

Donations are welcome.

Holiday Lights Spectacular

Midwest City

405-739-1293

Dates/Times: (Friday before Thanksgiving and through Dec. 30)

Admission: Free

Description/Activities: 1.5-mile drive through the winding park road, enjoy an animated light show like you've never seen before. A 118-foot-tall Christmas tree is typically the focal point, but is by no means the only place your eyes will fall. You don't have to brave the elements except through the windows of your vehicle.

Dec. 31

Opening Night & New Year's Eve Celebration

400 W. California Ave., OKC

405-270-4848

www.artsCouncilokc.com

Daily Hours: 7 p.m. to midnight

Sponsoring Organization: Oklahoma

City Arts Council

Description/Activities: A New Year's Eve celebration in downtown Oklahoma City and Bricktown. Features a variety of performances, music, magic, comedy and a fireworks finale

JANUARY 2019

Jan. 18-20

International Finals Rodeo

State Fair Arena, OKC

405-235-6540

www.iprrodeo.com

Sponsoring Organization: International Pro Rodeo Association

Description/Activities: The annual championship rodeo is for the International Pro Rodeo Association, headquartered in Oklahoma City. Only the top 15 cowboys and cowgirls compete in seven events for World Championship titles. Other events are scheduled throughout the weekend for rodeo attendees and participants.

FEBRUARY 2018

TBA

An Affair of the Heart

State Fair Park, OKC

405-632-2652

www.anaffairoftheheart.com

Hours: Fri.-Sat., 9 a.m. to 6 p.m.; Sun. 11 a.m. to 5 p.m.

Sponsoring Organization: An Affair of the Heart

Description/Activities: Arts and crafts show, a unique marketplace

APRIL 2018

April 5-7

Medieval Fair

2501 Jenkins Ave., Norman

405-288-2536

www.medievalfair.org

Hours: 10 a.m. to 7 p.m.

Sponsoring Organization: University of Oklahoma Outreach in the College of Continuing Education

Description/Activities: Journey to an age of kings, queens, knights in shining armor at this living history event featuring art, crafts, food, games and a vast array of entertainment for all ages. Highlights include knights jousting on horseback and human chess games

TBA

Oklahoma 89er Celebration

Downtown Guthrie

405-282-2589

www.89erdays.com

Hours: Tues.-Sat., 10 a.m. to midnight

Admission: Free

Description/Activities: This celebration is held in April of each year to commemorate the Land Run of 1889 and the birth of Guthrie. Festival includes a parade, carnival, chuck wagon feed and rodeo at the Lazy E Arena.

Festival of the Arts

500 Couch Dr.

Oklahoma City

405-270-4848

www.artscouncilokc.com

Sponsoring Organization: Arts Council of Oklahoma City

Description/Activities: The Festival of the Arts features fine artists, food, four stages of entertainment, a children's area and interactive art exhibits.

MAY 2018

TBA

Downtown Edmond Arts Festival

Broadway and Second Street,

Edmond

405-249-9391

www.downtownedmondok.com

Sponsoring Organization: Downtown Edmond Business Association

Description/Activities: Fine arts displayed by more than 100 artists with music, food, children's activities and a silent auction

Tulsa International MayFest

Downtown Tulsa

918-582-6435

www.tulsamayfest.org

Hours: Thurs.-Sat., 11 a.m. to 11 p.m.; Sun., 11 a.m. to 6 p.m.

Sponsoring Organization: Arts and Humanities Council of Tulsa and Downtown Tulsa Unlimited

Description/Activities: Outdoor, family-oriented tribute to music and arts along Main Street

Paseo Arts Festival

28th Street and N. Walker Avenue, OKC

405-525-2688

www.thepaseo.com

Hours: Sat.-Mon., 10 a.m. to 8 p.m.

Sponsoring Organization: Paseo Artist Association

Description/Activities: Fine Arts Festival that features Oklahoma and regional artists, live music and entertainment

JUNE 2018

TBA

Red Earth Native American Cultural Festival

Cox Convention Center, OKC

405-427-5228

www.redearth.org

Sponsoring Organization: Red Earth Inc.

Description/Activities: World's largest Native American Cultural Event of its kind with juried art market, dance competition, performance stages, 5K run, parade, youth activities

deadCENTER Film Festival

726 W. Sheridan Ave.,

Ste. 170, OKC

405-246-9233

www.deadcenterfilm.org

Description/Activities: The deadCENTER Film Festival has been around for more than a decade and provides a platform for great independent film in the heart of Oklahoma. Over the years, the festival has grown from a one-night screening to a five-day, world-renowned festival.



Tulsa State Fair. Courtesy photo

Oklahoma City Pro-Am Classic Criterium

okcpac.com

The three-day racing event is held in Oklahoma City's historic districts of Midtown, Film Row and Automobile Alley. The Pro-Am Classic is for both amateurs and elite cyclists.

May 30-June 5, 2019 NCAA Division I Women's College World Series

Don E. Porter ASA Hall of Fame Stadium, OKC

405-236-5000

www.okcallsports.org

Admission: \$85-\$100

Sponsoring Organization: Oklahoma City All Sports Association

Description/Activities: NCAA Division I Women's College World Series featuring eight top teams in the country competing to be No. 1

JULY 2018

July 4

Liberty Fest ParkFest & Fireworks

University of Central Oklahoma,

100 N. University, Edmond

405-340-2527

www.libertyfest.org

Sponsoring Organization: Liberty Fest

Description/Activities: Celebrate with games, activities, food, music, entertainment and fantastic fireworks. Bring blankets and lawn chairs. No ice chests or pets.

Oneok FreedomFest

www.riverparks.org/freedomfest

Sponsoring Organization: Oneok

Description/Activities: July 4 fireworks display

Check www.travelok.com for more event listings and information.

Estate planning is not just for the wealthy



Estate planning isn't just for people with high net worth. Anyone with assets they want to pass on to heirs should consider how those assets – no matter how big or small – will be distributed when the time comes.

Without an estate plan, courts often decide how the assets are distributed, and the process can be ugly and painful sometimes. However, with a little foresight and planning, creating an estate plan is as easy as talking to a local bank or attorney.

“Simply put, estate planning is the process of determining and documenting how your assets will be distributed upon your death. However, this process can also include documentation on how you want your family and loved ones to care for you in the event you become incapacitated,” said Mindy Seagraves, office manager, RJFS, at Tinker Federal Credit Union.

“Estate planning is a need for everyone from young adults to the elderly,” she said. “Typically, some think estate planning is only for those that have a large estate. While this is true, there is also a need for those with small estates. Even those with minimal assets should have a plan since their final expenses could have a negative financial impact for their loved ones.”


Seagraves said most people can start the process of estate planning with three steps:

- Start now. No matter how old you are or how little assets you think you have, having a will and starting the process is as important as saving for retirement.
- To help avoid costly mistakes, seek advice from a professional like an attorney who specializes in estate planning.
- Review the plan annually. As your life changes, so does the estate plan.

“The best way to get started is taking a full inventory of your assets,” Seagraves said. “From there, decide on goals for your assets, become educated about different estate planning strategies, design your plan and review it periodically.”

Professional financial advisers can help individuals get started with a financial plan that can help clarify life insurance and estate planning needs.

“One of the best ways you can help your family and loved ones is by having a proper written plan to distribute your estate and document how you want to be cared for in the event you can't take care of yourself,” Seagraves said. “By planning ahead, you can save your family from costly estate processes and avoid some of the difficult decisions that they may have to make for you.”



**You give it
all for them.**
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to you.

We know your life isn't about balances and budgets. It's about enjoying sunny days with your family, watching them grow and guiding them along the way. Tinker Federal Credit Union is a not-for-profit financial institution that gives back to you, so you can focus on those moments that go by a little too fast.

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DEPOSITORY INSTITUTIONS

Advantage Bank

405-419-1000

www.advantagebank.biz

Advantage Bank has been serving the banking needs of eastern Oklahoma County for more than 100 years, with locations at 8001 NE 23rd St. and 10100 SE 15th St. in Midwest City.

BancFirst

101 N. Broadway Ave., OKC

405-270-1086

www.bancfirst.com

Branches: 105 statewide

Bank of Oklahoma

201 Robert S. Kerr Ave., OKC

405-272-2000

4324 SE 44th St., Del City

405-272-2104

www.bokf.com

Branches: 56 statewide

First Fidelity Bank

5101 N. Classen, OKC

405-416-2222

www.first-fidelity.com

Branches: 24 statewide

FNB Community Bank

2911 S. Air Depot Blvd.,

Midwest City

405-732-4571

www.fnbmwc.com

Branches: Eight statewide

MidFirst Bank

201 N. Midwest Blvd., Midwest City

405-943-8002

www.midfirst.com

Branches: 55 statewide

Tinker Federal Credit Union

6501 Tinker Diagonal, Midwest City

405-732-0324

www.tinkerfcu.org

Branches: 31 statewide

Prosperity Bank

3333 Northwest Expressway, OKC

405-942-2265

Branches: 18 statewide

USAA Federal Savings Bank

1-800-531-USAA (8722)

www.usaa.com

Along with its two main subsidiaries, USAA Savings Bank and USAA Relocation Services Inc., USAA FSB provides a full range of financial products and services to members of the U.S. military and their families.

WeOKIE Credit Union

8100 W. Reno Ave., Oklahoma City,

405-235-3030

www.weokie.org

Branches: 9 statewide

FINANCIAL PLANNING COMPANIES

AXA Advisors LLC

4801 Gaillardia Pkwy.,

Ste. 202, OKC

405-942-4200

www.oklahoma.axa-advisors.com

H&R Block Inc.

4330 SE 29th St., Ste. 3014,

Del City

405-672-8014

www.hrblock.com

Heritage Trust Co.

621 N. Robinson Ave., Ste. 100., OKC

405-848-8899

www.heritagetrust.com

InvestTrust

5100 N. Classen Blvd.,

Ste. 620, OKC

405-843-7177

www.investtrust.com

Merrill Lynch Wealth

211 N. Robinson Ave. OKC

405-270-1800

www.ml.com

NorthWestern Mutual Financial Network

6301 Waterford Blvd., OKC

405-843-8391

Oklahomacity.nm.com

TFCU Financial Advisors

6501 Tinker Diagonal, Midwest City

405-737-0006 or 1-800-456-4828

ext. 2575

tfcufinancialadvisors.org

Area A, Bldg. 420

Area C-1 North, Bldg. 3001 Post Y-92

Area C-1 South, Bldg. 3001 Post Y-32

TAC, Bldg. 9001 Post A-45

Tinker AFB 405-732-0324

OTHER SERVICES

Americash Loans

249 N. Douglas Blvd., OKC

405-737-2900

4720 SE 29th St., Del City

405-672-5155

330 W. MacArthur, Shawnee

405-273-5400

Consumer Credit

Counseling Service

3230 N. Rockwell, Bethany

405-789-CCCS (2227)

Toll free 1-800-364-2227

www.cccsok.org

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6501 Tinker Diagonal
Midwest City, OK 73110
TFCUFinancialAdvisors.org



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AllianceHealth Midwest launches new bariatric surgery program



Dr. John Makipour, who performs the bariatric surgery at AllianceHealth in Midwest City. Photo by Brent Fuchs

In March, AllianceHealth Midwest began offering bariatric weight-loss surgery at its center in Midwest City, specializing in the sleeve gastrectomy that can be performed laparoscopically.

A sleeve gastrectomy is a procedure that involves reducing the size of the stomach to allow for weight loss and treatment of obesity. The procedure is usually done through a small incision in which a thin, vertical sleeve of the stomach is built using a stapling device. The rest of the stomach is removed, which limits the amount of food patients can eat because they feel fuller faster.

In addition, the hormone created by the stomach that encourages appetite is reduced because the portion of the stomach is taken out.

For those with 100 pounds or more to lose, the surgery can be life-changing and lifesaving, said Emily Kezbers, network director of planning and marketing.

Dr. John Makipour, who performs the procedure, received his undergraduate degree at the University of Oklahoma and completed both his medical training

and surgical residency training at OU's College of Medicine. Makipour was honored with the Oklahoma Surgical Society award as the top surgery student in his class – an award only given to one student in the state per medical school class – and then became certified by the American Board of Medicine.

Makipour sought further training in weight-loss surgery at the Cleveland Clinic Foundation. Following his training, he founded the EASTAR Bariatrics Program at the regional health center in Muskogee, where he became the director of bariatrics and the chairman of the Department of Surgery.

“Watching his weight-loss patients’ transformation is what prompted Makipour to seek further fellowship training in the field of cosmetic surgery,” Kezbers said. “During his fellowship training at one of the largest cosmetic surgery practices in the Midwest, Dr. Makipour performed over 1,000 face, breast and body cosmetic surgeries. His training with OU staff members, who focus solely on facial plastic surgery, led to a second board certification in cosmetic surgery.”

For patients undergoing weight-loss surgery, Makipour helps to continue the transformation with contouring cosmetic surgery, fixing issues like loose skin that could occur after rapid weight loss.

“The sleeve is about the size of a banana. This procedure limits the amount of food the patient can eat and helps them feel full sooner. Because food does not bypass any of the intestines, there is no malabsorption,” said Makipour.

“We offer an encompassing program that’s more than just surgery. Patients receive education on nutrition, exercise, and instructions for before and after surgery. They are also committing to making a lifestyle change and do their part.”

HOSPITALS

CHICKASHA

Grady Memorial Hospital

2220 Iowa Ave.
Chickasha, OK 73018
www.gradymem.org
405-224-2300

Owner: Grady Memorial Hospital Authority

Administrator: Warren K. Spellman, CEO

Accreditations: Medicare-certified
Special Services: Acute inpatient care, outpatient care, general and vascular surgery, orthopedic surgery, physical therapy, speech pathology service, MRI, CT scan, ultrasound, advanced radiology, dietetic consulting, sleep study laboratory, 24-hour physician staffed emergency center

EDMOND

Integrus Health Edmond

4801 Integrus Pkwy.
Edmond, OK 73034
www.integrusok.com/integrus-health-edmond-ok
405-657-3000

Owner: Integrus Health

Administrator: Avilla T. Williams (president)

Special Services: Emergency services, medical staff services, endoscopy suites, pharmacy, intensive care unit, rehabilitation services, inpatient unit, radiology services, labor and delivery, surgery services

OU Medical Center - Edmond

1 S. Bryant Ave.
Edmond, OK 73034
www.oumedicine.com/edmond
405-341-6100

Owner: HCA - The Healthcare Co.

Administrator: Lisa Wilson

Accreditations: Joint Commission
Special Services: Medical/surgical services, outpatient surgery, emergency services, Autumn Life Center for Geriatric Behavioral Health, Intensive Care Unit, My Birth Center, daVinci surgical services, diagnostic imaging services, diagnostic laboratory services, cardiopulmonary services, cardiac cath lab, Edmond Physical Therapy (outpatient rehab), inpatient physical therapy, occupational therapy, speech therapy, endobronchial ultrasounds (EBUS), nutritional counseling

MIDWEST CITY

Alliance Health Midwest

2825 Parklawn Dr.
Midwest City, OK 73110
www.alliancehealthmidwest.com
405-610-4411

Owner: Health Management Associates Inc.

Accreditations: Joint Commission
Special Services: Provides physician offices and other medical facilities with the following **Services:** test availability (on-site testing including microbiology, chemistry, urinalysis, coagulation, transfusion service, pathology and cytology testing), test requisitions, collection supplies and processing of specimens, computer-generated test reports

NORMAN

J.D. McCarty Center for children with developmental disabilities

2002 E. Robinson St.
Norman, OK 73071
www.jdmc.org
405-307-2800

Owner: State of Oklahoma

Administrator: Vicki Kuesterstephen

Accreditations: Medicaid

Norman Regional Hospital

901 N. Porter
Norman, OK 73072
www.normanregional.com
405-307-1700

Owner: Norman Regional Health System

Administrator: Richie Splitt

Accreditations: Joint Commission
Special Services: Chest Pain Center ED, EMSSTAT, heart care, joint replacement, labor and delivery, Norman Birth Center, orthopedic services, procedures, robotic surgery, surgical services, The Chest Pain Center

OKLAHOMA CITY

Bone & Joint Hospital at St. Anthony

1111 N. Dewey Ave.
Oklahoma City, OK 73103
www.boneandjoint.com
405-272-9671

Owner: SSM Health Care of Oklahoma

Administrator: Terry Lawrence

Accreditations: Joint Commission
Special Services: Joint replacement, MAKOplasty, spine surgery, sports medicine, Midtown Outpatient Surgery Center, research, patient education

The Children's Hospital at OU Medical Center

1200 Everett Dr.
Oklahoma City, OK 73104
www.oumedicine.com
405-271-4700

Owner: University of Oklahoma

Administrator: John T. Hayes, CEO

Special Services: Emergency department, Oklahoma Children's Heart Center, outpatient surgery, pediatric surgical services, pediatric medical services unit, pediatric intensive care unit, women's and newborn services, children's cancer care, trauma I center, sleep disorders, pastoral care, MediFlight, laboratory

AllianceHealth Deaconess

5501 N. Portland Ave.
Oklahoma City, OK 73112
www.myalliancehealth.com/alliancehealth-deaconess
405-604-6000

Owner: Community Health Systems

Administrator: Clay Franklin

Accreditations: Joint Commission, CARF

Special Services: Chest Pain Center, ER, Birth Center, Level II NICU, Cardiovascular Services, Cancer Center, Inpatient Rehab, Critical Care Unit

Integrus Baptist Medical Center

3300 Northwest Expressway
Oklahoma City, OK 73112
www.integrusok.com
405-949-6011

Owner: Integrus Health

Administrator: Tim Johnsen

Accreditations: Joint Commission, Cancer/ACS, ANCC - Magnet

designation, American College of Surgeons Level III Bariatrics

Special Services: Cardiovascular, emergency, neurosciences, oncology, orthopedic services, wound care, neonatal intensive care, weight loss, Medicare-certified organ transplant, Integrus Heart Hospital

Mercy Health Center

4300 W. Memorial Dr.
Oklahoma City, OK 73120
www.mercyok.net
405-752-3754

Owner: Sisters of Mercy Health System

Administrator: Jim Gebhart

Accreditations: Joint Commission, Magnet, CARF

Special Services: Stroke and neuro services, pulmonary medicine, sleep studies, wound care, robotic surgery, palliative care, home health/hospice, rehab services, mother/baby, ante partum, labor and delivery and postpartum care, NICU, breast health/radiology, radiation therapy, oncology,

infusion therapy, intensive care, pediatrics, level III emergency services, pain management, enterostomal therapy, diabetes program, acute inpatient care, Mercy Clinic, convenient care/retail

Oklahoma City

Department of Veterans

Affairs Medical Center
921 NE 13th St.
Oklahoma City, OK 73104
www.oklahoma.va.gov
405-456-1000

Owner: Federal government

Administrator: Kristotopher Wade Vlosich

Accreditations: CARF

Special Services: Inpatient and outpatient rehabilitation with focus on stroke, spinal cord injury and disease, post-concussion syndrome, amputee care and prevention of amputation, orthopedic rehabilitation

Oklahoma Heart Hospital

4050 W. Memorial Rd., OKC
405-608-3200

SOUTH CAMPUS
5200 E. Interstate 240, OKC
405-628-6000
www.okheart.com

Owner: OCA/Mercy Health System of Oklahoma

Administrator: John Harvey

Accreditations: JCAHO

Special Services: Cardiology

OU Medical Center

700 NE 13th St.
Oklahoma City, OK 73104
www.oumedcenter.com
405-271-4700

Owner: University of Oklahoma

Administrator: Charles L. Spicer Jr., CEO

Accreditations: Joint Commission, ACSCP, Council of Teaching Hospitals

Special Services: Full-service hospital

St. Anthony Hospital

1000 N. Lee Ave.
Oklahoma City, OK 73102
www.ssmhealth.com/saints
405-272-7000

Owner: SSM Health Care of Oklahoma

Administrator: Tammy Powell

Accreditations: Joint Commission

Special Services: Alcohol and drug abuse, audiology services, behavioral medicine, breast center, Frank C. Love Cancer Institute, diabetes, diagnostic institute, emergency care, epilepsy monitoring unit, Saints Heart & Vascular Institute, home care, interventional radiology, Joyful Beginnings Childbirth Center, kidney transplant, neuroscience and spine center, occupational medicine, Bone & Joint Hospital at

St. Anthony, palliative care, physical therapy, rehabilitation center, sleep center, St. Anthony North, surgery, surgical weight loss, vein center, wellness, wound care center

EYE CENTERS

Advanced Laser

Center of Oklahoma

11308 N. Pennsylvania Ave., OKC
405-755-7700; 1-866-751-4774
www.alcok.com

Most performed procedure: LASIK

Specialty areas: LASIK, PRK, cataract surgery, ICL, INTACS, blepharoplasty, general eye exams, glaucoma, clearlensectomy, bladeless LASIK with Intralase, ReSTOR, TECNIS Multifocal
Head physician: John P. Belardo
Year established locally: 2003
Hospital affiliations: Integris Baptist Medical Center

BVA Advanced Eye Care

14701 N. Santa Fe Ave.
Edmond, OK 73013
405-752-2733
www.bva20-20.com

Most performed procedure: LASIK

Specialty areas: Fellowship trained-cornea, cataract and specialty intraocular lenses, refractive surgery
Year established locally: 1989
Hospital affiliations: Mercy, Logan County, Integris Yukon, Kingfisher, Purcell, Oklahoma Surgicare, Surgery Center of Midwest City

Central Oklahoma Eye

Associates PC

5701 N. Portland Ave., Ste. 105
Oklahoma City, OK 73132
405-949-6401
www.edwardjonesmd.com

Most performed procedure: LASIK and cataract

Specialty areas: Laser surgery, laser vision correction, PRK, LASIK
Head physician: Edward D. Jones MD
Year established locally: 1995
Hospital affiliations: Deaconess, Surgery Center of Midwest City, Oklahoma Surgicare

Precision Vision

1455 S. Douglas Blvd., Ste. D
Midwest City 73130
405-679-3785
www.precisionvisionok.com

Services: Eyelid surgery, laser cataract surgery, contact lenses, diabetic eye care, dropless cataract surgery, dry eye, eyeglasses, Glaucoma, LASIK, macular degeneration, sty and chalazion treatment

CLINICS/ MEDICAL GROUPS

The Broadway Clinic

1801 N. Broadway Ave., Ste. A
Oklahoma City, OK 73103
405-528-1936

Owner: Sean Jones

Administrator: Jennifer O'Hern

Clinic Services: Weight loss and bioidentical hormone replacement therapy, on-site pharmacy and lab services

HealthCare Express

1701 S. Douglas Blvd., Midwest City
405-302-8999

Clinic Services: Acute illness, allergy testing, fractures, occupational medicine, sports injuries, vaccinations, wound care, X-ray, labs

Integris Medical Group

5300 N. Independence, Ste. 280/290
Oklahoma City, OK 73112
405-951-2337

Type of Clinic/Medical Group:

Primary care, family medicine, internal medicine, OB/GYN, pediatrics, cardiology, endocrinology, neurology, bariatrics, urogynecology, ENT
Owner: Integris Health

Administrator: Angela Cosby, Jeff Cruzan

Clinic Services: Routine family care, obstetrics, gynecology, urgent care, cosmetic health, lab and X-ray, treadmill-stress testing, bone density measurement, sports physicals, community education, medical practice management

Oklahoma Allergy & Asthma Clinic

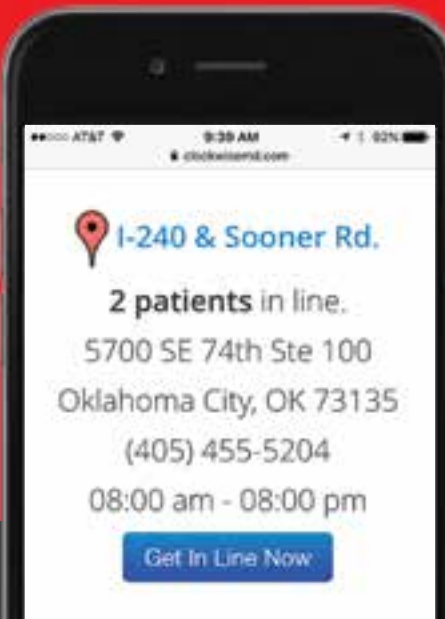
750 NE 13th St., OKC 73104
405-235-0040

www.oklahoaaallergy.com

Owner: Physician group

Administrator: Scott Dennis

Clinic Services: Evaluation and management of allergies, asthma and disease, education of patients from a certified asthma educator



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Oklahoma Breast Care Center

Northwest OKC

135401 N. MacArthur Blvd., Ste. 108,
OKC

405-755-1223

South OKC

2601 SW 119th St., Ste. A, OKC
405-814-CARE (2273)

Edmond

2601 Kelley Pointe Pkwy., Edmond
405-844-2601

Central

825 NE 10th St., Suite 3E, OKC
405-271-4514

www.okbreastcare.com

Type of Clinic/Medical Group:

Women's imaging

Special Services: Statewide mobile mammography program, high-risk screening program

OU Physicians

825 NE 10th St., OKC
405-271-3932

Type of Clinic/Medical Group:

Multispecialty group practice

Special Services: Stephenson Cancer Center; Harold Hamm Diabetes Center, Women's Health Center. Encompasses nearly every adult and child specialty; many doctors have expertise unavailable elsewhere in the state, region – or sometimes even in the nation. Satellite office locations across the state

St. Anthony Physicians

Heritage Family Medicine

6908 E. Reno Ave.
Midwest City, OK 73110
405-737-7000

Type of Clinic/Medical Group:

Family medicine/internal medicine

Clinic Services: Bone density, 2-D echos, in-house lab/X-ray, colonoscopy, EGDs/osteoporosis clinic, diabetic training, women's health, cardiovascular, GI problems

Women's Health Center

3440 R.C. Luttrell Dr.
Norman, OK 73072
405-360-1264
www.whcnorman.com
Dianne Chambers, MD, PC
Obstetrics and gynecological surgery

DENTISTS

Dental Depot

www.dentaldepot.net

OKC

3104 NW 23rd St.
405-949-0123

7130 W. Hefner Rd.
405-595-0585

14440 N. Pennsylvania Ave.

405-384-4681
1024 SW 104th St.
405-582-0999

Edmond

100 W. 15th St.
405-330-2123

Midwest City

5691 Tinker Diagonal
405-737-5123

Moore

2709 S. I-35 Frontage Rd., Ste. B
405-237-4979

Check the website for additional locations.

Services: Checkups, cleanings, fillings, extractions, root canals, crowns, bridges, dentures, partials, dental implants, cosmetic bonding, teeth whitening, gum treatment

Oklahoma Dental

www.oklahomadental.com

2128 SW 74th St., OKC

405-682-9988

5225 SE 15th St., Del City
405-670-2461

Professional Dental Services

9822 NE 23rd St., Midwest City
405-769-4445

www.drobertphillips.com

Services: Full dental services, cosmetic and family dentistry, Invisalign - invisible/removable braces, tooth whitening system, call for availability for walk-ins and emergency service.

OCCUPATIONAL HEALTH CENTERS

AmeriWorks Occupational Health Center

4330 SE 29th St., Ste. 3018
Del City, OK 73115

405-670-8100

www.ameriworksokc.com

Owner: AmeriWorks

Administrator: Paula Fiorazo, V. Joseph Fiorazo

Staff: 7

Services: Work injuries, employment physicals, drug and alcohol testing, return-to-work exams, audiograms, X-rays, immunizations, OSHA respirator exams, fire and police pension exams, asbestos surveillance exams, consultation, impairment rating exams

Olsen Orthopedics

3400 S. Douglas Blvd., Ste. 302
Oklahoma City, OK 73150

405-733-8000

www.olsenorthopedics.com

Owner: Todd Olsen DO

Services: Innovative orthopedic care specializing in minimally invasive procedures including arthroscopic

rotator cuff repair, ACL reconstruction, meniscal repair, total hip and total knee replacement, reconstructions, unicompartmental knee replacement, utilizing the Oxford system, shoulder and knee joint surfacing, along with the prevention and treatment of sports injuries

REHABILITATION CENTERS

Integris Jim Thorpe

Rehabilitation Center

4219 S. Western Ave.
Oklahoma City, OK 73109

405-644-5200

Owner: Integris Health

Administrator: Chris Hammes

Accreditations: Joint Commission, CARF
Staff: 500

Rehabilitation Services: Physical, occupational and speech therapy; recreational; music; aquatics; psychology; case management; nursing and horticulture therapy; patient and family support groups for stroke; amputee and LVAD, patients with brain, multiple trauma and spinal cord injuries

AllianceHealth Midwest Rehab

Services

1201 S. Douglas Blvd., Ste. I
Midwest City, OK 73130

405-610-8090

Owner: Health Management Associates Inc.

Accreditations: Joint Commission

Rehabilitation Services: Pain control, sports injury rehabilitation, hand therapy, performance enhancement, strengthening, Kinesio taping, aquatics, massage, E-stim, ultrasound, postural assessment, incontinence treatment, lymphedema treatment, speech

Oklahoma City Veterans Affairs

Medical Center

921 NE 13th St.
Oklahoma City, OK 73104

405-456-1000

Owner: Federal government

Administrator: Kristotopher Wade Vlosich

Accreditations: CARF

Rehabilitation Services: Inpatient and outpatient rehabilitation with focus on stroke, spinal cord injury and disease, post-concussion syndrome, amputee care and prevention of amputation, orthopedic rehabilitation

HOME HEALTH AGENCIES

Care Plus Home Health

9828 NE 23rd St.
Oklahoma City, OK 73141

405-769-2551

www.careplusathome.com

Services: In-home care to seniors, ranging from companion services to assistance with personal care

Carter Healthcare

3105 S. Meridian Ave.
Oklahoma City, OK 73119

405-947-7700

www.carterhealthcare.net

Services: Nursing, therapy, hospice, IV, DME

AllianceHealth Midwest Home Health Services

2904 Parklawn Dr., Midwest City
405-736-6925

Services: Infusion nursing, skilled nurses, physical therapy, occupational therapy, speech therapy, medical social services, home health aide

SPORTS MEDICINE FACILITIES

McBride Orthopedic Hospital

9600 Broadway Extension
Oklahoma City, OK 73114

405-486-2100

Owner: Physician-owned

Staff: 750

Sports medicine Services: Physician team coverage, orthopedic and primary care sports medicine physicians, orthopedic and arthroscopic surgery, athletic trainers, physical therapy, MRI, radiology, Saturday morning injury clinic (seasonal), orthopedic hospital with 24/7 emergency room, arthritis and occupational medicine departments

Olsen Orthopedics

3400 S. Douglas Blvd., Ste. 302
Oklahoma City, OK 73150

405-733-8000

Owner: Todd Olsen, DO

Sports medicine Services: Innovative orthopedic care specializing in minimally invasive procedures including arthroscopic rotator cuff repair, ACL reconstruction, meniscal repair, total hip and total knee replacement, reconstructions, unicompartmental knee replacement, utilizing the Oxford system, shoulder and knee joint surfacing, along with the prevention and treatment of sports injuries

HEALTH & FITNESS CENTERS

YMCA Healthy Living Center Integris

5520 Independence Ave.
Oklahoma City, OK 73112

405-942-9622

<http://ymcaokc.org/locations/hlc>

Monthly rate: Individual, \$50; Family, \$86
Owner: Integris Health
Facilities and programs: Yoga, cycling, BodyPump, Zumba, personal trainers, cardiac rehab

University Health Club

1000 N. Lincoln Blvd., OKC
 405-271-1650
www.ouhsc.edu/uhc
Owner: University of Oklahoma Health Sciences Center
Director: Kelley Spelman
Facilities and programs: Aquatic center, two aerobic studios, café, gymnasium, racquetball and squash courts, locker rooms, WiFi, personal training

YMCA of Greater Oklahoma City

500 N. Broadway Ave., Ste. 500
 Oklahoma City, OK 73102
 405-297-7777
www.ymcaokc.org

Director: Kelly Kay
Number of members: 100,910
Monthly rate: Individual, \$38.75; Family, \$58.25
Facilities and programs: Group exercise classes and water fitness, swim lessons, youth and adult sports, sailing, summer day camp, resident camp, Camp Classen, strength and cardio equipment, camp, child care, health and wellness education and leadership, sports and recreation and international social responsibility, teen leadership

These are just a few of the excellent fitness centers in the metro area offering a wide range of fitness programs and activities just right for you. Staying healthy or getting healthy shouldn't be a problem in the metro.

CHIROPRACTORS

Abel Chiropractic Care

8827 E. Reno, Ste. 201,
 Midwest City 73110
 405-732-7700
Services: Auto accidents, chiropractic, pain management

Chiropractic Physicians Center

2905 S. Harr Dr., #101,
 Midwest City
 405-517-0121
www.chiropracticphysicianscenter.com
Services: Multiple therapies: chiropractic treatments, chiropractic adjusting tool, chiropractic neck adjustment, diversified, gonstead, upper cervical (HIO), Thompson, myofascial release, SOT (sacro occipital technic), meric recoil, activator instrument, hylo and drop tables, cervical traction, lumbar traction, intersegmental traction, HiVolt, EMS (electrical stimulation), micro current, interferential current, Russian stimulation, shortwave diathermy, DOT exams

HealthSource of Midwest City

2013 S. Air Depot Blvd.,
 Midwest City, OK 73110
 405-757-2520
www.healthsourceofmidwestcity.com
Services: Pain treatment: - arm and leg, foot and ankle, knee, neck pain, shoulder pain, back pain, headaches and migraines, low back pain, numbness, tingling and pain

OTHER SERVICES

Mental Health Association of

Central Oklahoma

2800 NW 36th St., Ste. 104, OKC 73112
 405-943-3700 | mhaokc.org
 The mission of the Mental Health Association of Central Oklahoma is to promote mental health through education, advocacy, prevention and treatment services.



FIVE Convenient Metro Locations
Call TODAY for an Appointment

See one of our Board-Certified Allergists at our Midwest City Clinic



Dr. Bret Haymore



Dr. Greg Metz

Midwest City Location - 8121 National Avenue, Suite 309
Oklahoma Health Center 750 N.E. 13th • Oklahoma City
13321 N. Meridian, Suite 100 • Oklahoma City
3580 R.C. Luttrell Drive • Norman
3560 S. Boulevard • Edmond




(405) 235-0040
www.oklahomaallergy.com





SSM Health St. Anthony welcomes Dr. Paul Louis Preslar!

Trusted Midwest City physician of more than 20 years, Paul Preslar, DO, is now part of the SSM Health family. Longtime and new patients alike can count on quality Family Medicine care from Dr. Preslar at his new location, SSM Health St. Anthony Healthplex.

At SSM Health St. Anthony, we're honored to have Dr. Preslar join our family of physicians.

Call 405-272-2850 or visit
SSMHealth.com/Preslar for scheduling.

Most insurance plans accepted.
 SSM Health Medical Group is a department of St Anthony Hospital.



SSMHealth.
 Medical Group

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SSM Health St. Anthony Healthplex
 3400 S. Douglas Blvd., Suite 200
 Oklahoma City, OK 73150
 (I40 E, across from Tinker AFB)

Grand Casino and Resort offers Vegas-style entertainment

Adventurers in Oklahoma yearning for that Las Vegas experience don't have to go farther than Shawnee to enjoy gaming, entertainment, top-notch food or luxury accommodations.

The Citizen Potawatomi Nation's Grand Casino Hotel & Resort, which is east of Oklahoma City on Interstate 40, features more than 125,000 square feet of casino action with 2,000-plus Vegas-style slots and the state's only Keno lounge.

But beyond the flashing of the slots, the Grand Casino and Resort is a 14-story hotel tower filled with restaurants, bars and lounges, an outdoor pool and nightclub and Vegas-style shows.

"The Grand Casino and Resort is a Midwestern destination that attracts people from all over," said General Manager Joe Garcia. "You can have the full Vegas experience right here, especially when ball and dice games come through."

The resort and casino offers an outdoor pool that turns into the Liquid Lounge water nightclub after hours, complete with a full-scale bar and live DJs. The Fire and Ice Bar is also located on the top floor of the resort, and visitors have a wide range of dining choices to explore, Garcia said.

Other eateries include the Flame Brazilian Steakhouse, Soto Sushi, Grandstand Sports Bar, the Grand Buffet and the Grand Cafe.

The Grand Spa offers a full range of services as well as a fitness center, and the Grand Casino has package deals for the Fire-Lake Golf Course, which completed a full renovation and overhaul last summer.

"The golf course is located 12 miles from here, and it looks beautiful," Garcia said.

Entertainment is a big part of the Grand Casino and Resort's attraction. The original event center hosts free live acts every Satur-

day. The new event center this summer hosts acts including Kelly Pickler, Mickey Gilley, Don Felder of the Eagles and more.

"We are also doing something that most other resorts are not doing, which is something we call 'Play It Loud,'" said Garcia. "We are going after mogul acts and Vegas acts."

Play It Loud features award-winning independent filmmaker Adam Hampton's look at Oklahoma's music scene with a lineup of the state's rising artists and musicians as he travels the state looking for unique voices and stories about Oklahoma's musical heritage.

For more information on the Grand Casino Hotel and Resort, visit www.grandresortok.com.





Colcord Hotel in downtown Oklahoma City. Photo by Brent Fuchs

HOTELS

The Artesian Hotel

1-855-455-5255
1001 W. First St., Sulphur
artesianhotel.com

The new Artesian restores one of the region's most beloved hotels to its former glory. This four-star hotel offers guests world-class spa facilities and shopping as well as a bustling casino, among other amenities and activities.

Colcord Hotel

15 N. Robinson Ave., OKC
405-601-4300
www.colcordhotel.com

Complimentary Wi-Fi, 47-inch flat screen television in rooms, mini fridge, complimentary bottle water, on-site business center, 24-hour fitness center, shuttle service available between 8 a.m.-11 p.m. to explore downtown OKC, freshly brewed coffee delivered to room each morning, Flint Restaurant, valet parking, bathrobes and slippers in rooms

Crowne Plaza Oklahoma City

2945 Northwest Expressway, OKC
405-848-4811
www.crowneplaza.com
Complimentary Wi-Fi and parking;
Enigma Restaurant and Bar, exercise room, hot tub, outdoor heated pool, Sleep Advantage Kit, newly renovated

rooms with new bedding

Hawthorn Suites by Wyndham

Tinker Air Force Base
5701 Tinker Diagonal, MWC
405-737-7777
www.hawthorn.com

Free high-speed internet access, indoor heated pool, complimentary hot breakfast buffet, meeting facilities

Grand Casino Hotel & Resort

777 Grand Casino Blvd., Shawnee
Casino: 405-964-7263
Hotel: 405-964-7777
http://grandresortok.com
Located a short drive east of Oklahoma City on Interstate 40, our casino features over 125,000 square feet of gaming space filled with over 2,000 of the newest, Vegas-style slots as well as Oklahoma's only Keno lounge. The Grand also features a luxury, 14-story hotel tower and several dining choices.

Renaissance Oklahoma City Convention Center Hotel

10 N. Broadway Ave., OKC
405-228-8000
www.marriott.com/okcbr
Private access club lounge; The Spa at 10 North; Caffeina's Marketplace & Gifts; 10 North Grille; The Bar at 10 North; valet; on-site, full-service business center; fitness center with indoor pool,

hot tub and locker room

Sheraton Midwest City Hotel at the Reed Conference Center

5750 Will Rogers Rd., MWC
405-455-1800
www.sheratonmidwestcity.com
Full-service group hotel connected to the 30,000-square-foot Reed Conference Center, newer hotel with well-appointed contemporary guest rooms, wall-mounted flat-screen televisions, Sheraton Sweet Sleeper beds, executive-level floor with concierge lounge; indoor pool, well-equipped exercise facility with cardio, weights, parking, Wi-Fi in all guest rooms and public areas, full-service Emerald Restaurant and Pub lounge, room service, guest laundry.

Marriott Conference Center at NCD

2801 E. State Hwy. 9, Norman
405-447-9000
cc.nced.com
On-site recreational amenities include our 60,000-square-foot fitness center with group exercise classes and hands-on group activities; outdoor trails, indoor track, saline outdoor swimming pool, tennis, volleyball and racquetball courts, softball field, whirlpool & sauna, billiards room, spa services and a ropes course; more than 60,000 square feet flexible meeting space and offer unique outdoor venue options.

WinStar World Casino Hotel

777 Casino Ave.
Thackerville, OK 73459
1-800-622-6317
www.winstarworldcasino.com
WinStar's three-tower hotel is connected to the casino and features 1,399 pristine guest rooms and suites appointed with state-of-the-art amenities and contemporary comforts. From gourmet eateries and charming gift shops to posh bar and lounge areas, guests can enjoy a myriad of entertainment opportunities all in one place. Just steps away from the deluxe hotel suites are two exclusive resort-style pools glistening with private cabanas, lavish spas, lush landscapes, waterfall features and a vibrant pool bar.

BED & BREAKFASTS

Arcadian Getaways

326 E. First St.; 2600 E. Camp Dr.
Guthrie 73044
405-348-6347
www.arcadiangetaways.com
Your choice of several different getaways such as Parrot's Cove - Exotic Island Cottage, Meadowlark Barn - European Country Charm and The French Hen - Parisienne Elegance



WinStar. Photo by Brent Fuchs

Cedar Rock Inn

4501 W. 41st St., Tulsa
918-447-4493

Toll-free: (877) 446-4493

www.cedarrockinn.com

Cedar Rock Inn, located on Redberry Farm, is a unique bed and breakfast nestled among 55 acres in the foothills, just west of Tulsa. The inn's five suites include antique furnishings, full bathrooms and expansive views of the property. Combining rustic luxury with modern amenities such as high-speed wireless internet access makes this property the perfect escape from reality. Guests can roam the property and enjoy the hiking trail, sitting by the pond and the many features of Cedar Rock Inn.

The Grandison Inn

1200 N. Shartel Ave., OKC
405-232-8778 or (888) 799-4667
www.grandisoninn.com

Montford Inn

322 W. Tonhawa St., Norman
405-321-2200
www.montfordinn.com
The Inn, built in 1994, was custom-designed to create a unique quality and personalized atmosphere, achieving a distinctive ambiance through a combination of elegance and country tradition.

Stardust Inn Medicine Park

580-529-3270
www.stardustinn.com

Private bathroom and two-person jacuzzi tub, wrap-around porch with private entrance, delightful breakfast, wireless internet, cable television.

Visit www.bbonline.com/ok for more bed and breakfasts in Oklahoma.

LAKES/STATE PARKS

Alabaster Caverns State Park

217036 State Hwy. 50A
580-621-3381

The 200-acre Alabaster Caverns State Park features a cavern formed of alabaster, a rare form of gypsum, making it the largest natural gypsum cave in the world that is open to the public and the only gypsum show cave in the United States.

Arbuckle Mountain Region and Wilderness

405-369-3580
www.arbucklewilderness.com
Located near the town of Davis, this area offers caves, the 77-foot fall of Turner Falls and creek, camping, a scenic drive, youth camp, Price Falls, the Cedarvale Botanic Garden and Arbuckle Wilderness. In addition, the Arbuckle Historical Museum is housed in the Santa Fe Depot in downtown Davis.

Draper Lake

www.lakedraper.com
Draper Lake is a great place to ride your dirt bike, horse, four-wheeler or mountain bike. The lake offers the greatest variety

of trails, as well as some of the longest, in central Oklahoma. But no facilities are available, so bring your own water. It's also a great lake to go fishing!

J.T. Nickel Family Nature and Wildlife Preserve

Northeast of Tahlequah
nature.org/oklahoma
The J. T. Nickel Family Nature and Wildlife Preserve is the largest privately protected conservation area in the Ozarks. The preserve was formed in 2000 as the result of a land gift from the John Nickel Family. This 17,000-acre landscape rests in eastern Oklahoma's rolling Cookson Hills and overlooks the Illinois River. Spring-fed creeks meander amid a rugged topography of steep slopes and narrow valleys harboring a mosaic of oak-hickory forest, lofty pine woodland, and a diverse mix of savanna, shrubland, and prairie.

Keystone State Park

1926 State Hwy. 151, Sand Springs
918-865-4991
Toll Free: (800) 654-8240
keystonecabins@oklahomaparks.com
Located on beautiful Keystone Lake, this state park offers 22 lake-view cabins with fireplaces, community center with kitchen, picnic areas, group picnic shelters, 72 RV sites with full hookups, 82 tent campsites, comfort stations with showers, lighted boat ramps, a children's fishing pond, playgrounds, hiking trail, fitness trail, and more.

Lake Eufaula

Hwy 69 & Hwy 150, Checotah
918-689-5311

Lake Eufaula State Park is surrounded on three sides by the largest manmade lake in Oklahoma, Lake Eufaula. Visitors can enjoy RV and tent camping, an 18-hole golf course with putting green and pro shop, indoor and outdoor fishing dock, picnic areas, group facilities, swimming beaches, playgrounds, kid's fishing pond, hiking trails, nature trails, nature center, watersports, naturalist activities, and naturalist programs. They also offer special events at Halloween, Christmas, and Labor Day. This park was previously known as Fountainhead State Park.

Lake Hefner

www.okc.gov/lakes/hefner.html
Closer to Oklahoma City, Hefner covers 2,580 surface acres and is about 29 feet deep. Its primary purpose is to supply water, but it's also a great recreation area. The lake has three boat ramps, one picnic area, one boat storage area, two covered fishing docks, one pier and two boat slip areas. It offers great fishing for walleye, crappie, white bass and channel catfish – but no swimming. You can, however, use your sailboard. Hefner is also one of the best sailing lakes in the country. Almost circumventing Hefner is 10.5 miles of paved roadway that's specifically for joggers, walkers, skaters, bikers – but not cars.

Lake Thunderbird State Park

405-360-3572
www.travelok.com/State_Parks

Also located near Oklahoma City is the 6,000-acre Lake Thunderbird. The lake offers a marina with rentals and a gift shop; 450 campsites with electric and water hookups; tent sites; eight lake huts; restrooms/showers; dump stations; picnic areas; group shelters; horse stables; a nature center; a restaurant; and hiking, biking and nature trails. It's a great place to play.

Little Sahara Desert State Park 580-824-1471

Located four miles south of Waynoka on U.S. Hwy. 281, northwest of Oklahoma City – toward the Panhandle, this little park offers a challenge of a different sort. Take a spin in the sand dunes with your own ride, rent one locally or take a spin with a park ranger. Little Sahara offers camping and the ever-changing sand dunes.

Quartz Mountain Arts and Conference Center and Nature Park www.quartzmountainresort.com

Located 17 miles north of Altus in the Wichita Mountains of southwestern Oklahoma, Quartz Mountain Arts and Conference Center and Nature Park is a great location for corporate retreats, national conferences, workshops, family reunions, destination weddings and quiet escapes. Hike in the mountains, go boating on the lake, play a round of golf, explore the Arts Institute, or just relax at the lodge!

Talimena Scenic Byway 918-567-3434

www.TalimenaScenicDrive.com
Located in the southeastern part of the state, the byway gives 54 miles of road built expressly for its view. As you wind through the Winding Stair, Rich and Ouachita mountains, you'll see fall colors the likes of which you may never have seen before. It's a photo moment for everyone in the family as you ride the ridgeline and swear you're at the top of the world as you look down on treetops of gold, green, brown, yellow and red. The end of the trail is actually in Arkansas, where you'll find the Queen Wilhelmina Lodge – a great place to enjoy lunch or plan an overnight stay before heading back home. If you choose not to go back the way you came, you can loop down to your right from the lodge and drive right by Heavener Runestone Park, where you can see a rune stone from days of Viking lore.

Tenkiller State Park

918-489-5643,
(800) 654-8240
tenkillercabins@otrd.state.ok.us
Located east of Oklahoma City off I-40,

recreational opportunities abound at Tenkiller, including all water sports, hiking, a swimming pool, scuba dive park, kids' fishing pond, nature center, paved hiking trail and fishing. Tenkiller also has cabins and an RV and tent campsite. In addition, Greenleaf State Park is located nearby. From this park, you can take in Sequoyah's Home, the Cherokee Nation and Murrell Home in Tahlequah, float down the Illinois River, or take in the Blue Ribbon Downs racetrack in Sallisaw.

The Lodge at Sequoyah State Park 918-772-2545, (800) 368-1486 whgr@oklahomaresorts.com

Located in eastern Oklahoma on the shores of Fort Gibson Lake, the guest ranch sits in the rolling foothills of Sequoyah State Park and offers visitors fishing, an 18-hole golf course with rentals, tennis, horseback riding, boat rentals, paddle boats, mountain bike and hiking trails and a lot more. From this park, you can visit the Five Civilized Tribes Museum, the scenic Illinois River or the Cherokee Heritage Center.

Wichita Mountains Wildlife Refuge 580-429-3222

www.fws.gov/refuge/Wichita_Mountains
Located 25 miles northwest of Lawton, the Wichita Mountains Wildlife Refuge is home to a herd of American bison, elk and deer. The prairie grasslands, rocky outcrops and oak forest provide a healthy environment for the critters and even draw a herd of Texas longhorn cattle all the way up to Oklahoma. You can also bird-watch, hike, practice a little photography, sightsee or just plain relax.

CHAMBERS OF COMMERCE/ CONVENTION & VISITOR ORGANIZATIONS

Bartlesville Regional Chamber of Commerce

201 S. Keeler Ave., Bartlesville
918-336-8708
www.bartlesville.com

Broken Arrow Convention & Visitors Bureau

210 N. Main St., Broken Arrow
918-251-1518
www.brokenarrowchamber.com

Claremore Convention & Visitors Bureau

400 Veterans Pkwy., Claremore
918-341-8688
visitclaremore.org

Eastern Oklahoma County Tourism Council

P.O. Box 55
Spencer, OK
405-308-1928
www.eoctc.com

Edmond Convention & Visitors Bureau

1030 S. Bryant Ave., Edmond
405-341-4344
www.visitedmondok.com

Central Oklahoma Frontier Country

309 W. Main St. Norman
www.oktourism.com

Greater Oklahoma City Chamber

123 Park Ave., OKC
405-297-8900
www.okcchamber.com

Guthrie Chamber of Commerce

212 W. Oklahoma, Guthrie
405-282-1947
www.offbeatoklahoma.com

Midwest City Chamber of Commerce

5905 Trosper Rd., MWC
405-733-3801
www.midwestcityok.com

Moore Chamber of Commerce

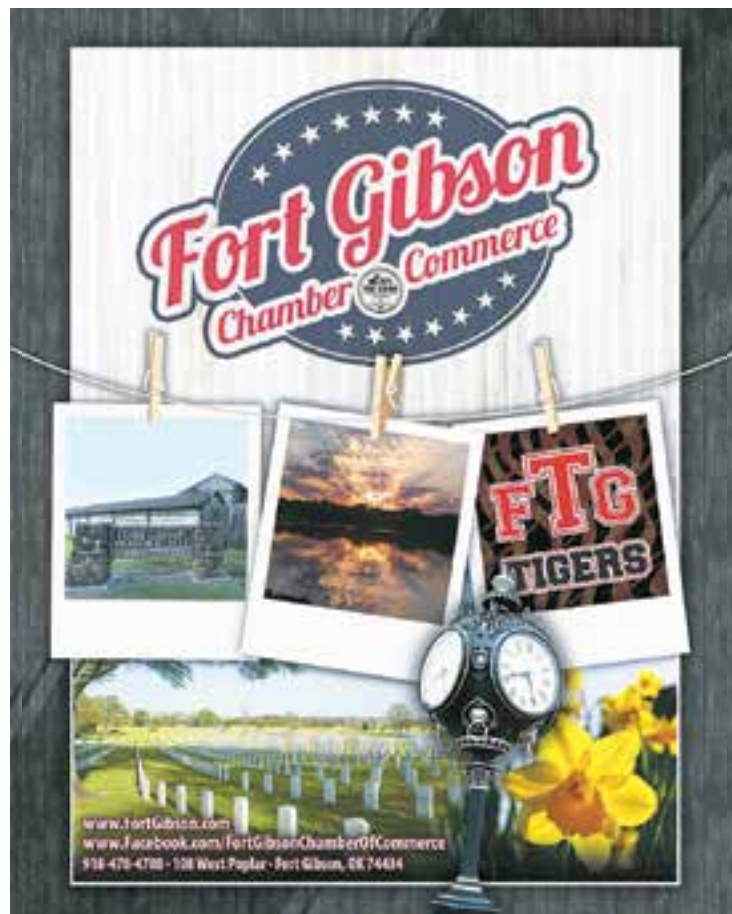
305 W. Main, Moore
405-794-3400
www.moorechamber.com
Ponca City Tourism
420 E. Grand Ave., Ponca City
1-866-763-8092
www.visitponcacity.com

Shawnee Convention & Visitors Bureau

131 N. Bell, Shawnee
405-275-9780 or
(888) 404-9633
www.visitshawnee.com

South Oklahoma City Chamber of Commerce

701 SW 74th St., OKC
405-634-1436
www.southokc.com



AARP: Communities need to prepare to meet housing needs of aging society

For many, retirement and comfortable living is a top goal, but finding the right retirement community goes beyond cozy living or downsizing.

Planning for health changes decades in the future and choosing a community based on livability is an important step in finding the right home. Access to amenities and health care at an affordable price is becoming harder and harder to find, according to the American Association of Retired Persons.

Typically, older and elderly adults essentially had the choice of staying in their own house despite whether it was still the right fit, moving in with other family members, relocating to a retirement community or being placed in a long-term care facility.

But as the U.S. population ages, AARP found that many communities aren't prepared for an aging society. With that problem in mind, AARP embarked on a livability study designed to help communities become places where residents can easily live as they age.

A livable community makes transportation, affordable housing and access to services easier for all residents, not just the elderly. The AARP Livability Index measures housing, environment, health, engagement, transportation and opportunity using certain indicators. Based on the measurements, the organization can encourage communities and policymakers to consider policies that enhance livability over time.

Sean Voskuhl, AARP OK state director, said the population of older adults ages 65 and older is expected to reach over 20 percent of the population

by 2030 and exceed the population of children ages 18 and younger by 2035.

AARP research indicates that people want to stay in their homes and communities as they age.

"Roughly 90 percent of adults 65 and older want to 'age in place' in their homes and in their communities," Voskuhl said.

"Most people want to remain in the homes and communities where they have lived their adult lives because they like their community. They like and know their doctors, and their doctors know them. They like to see their friends. They want to be close to kids and grandkids, and friends."

Those connections are not just nice to have – they actually contribute to the health and well-being of older adults. Social isolation has been identified as one of the social determinants of health, posing the same risk to one's health as smoking up to 15 cigarettes a day.

"To the degree that we have created places that inhibit, discourage or outright prevent older adults from interacting with others as they age – due to loss of mobility or home design – we contribute to the pandemic of social isolation rather than solving for it," he said.

To allow older adults to live independently and to age in place, Voskuhl said, communities must be created to respond to their needs.

"The great news is that many of the characteristics that we know older adults seek are the same ones that attract younger adults and that make communities more economically vibrant and successful," said Voskuhl. "Both baby boomers and millennials alike share an affinity for places that offer a



shorter commute, proximity to shops and services, a mix of homes, a mix of incomes and robust public transportation options."

For more information on AARP's livability index, visit <https://livabilityindex.aarp.org>.

REAL ESTATE AGENCIES

Century 21 Goodyear Green

7121 E. Reno Ave., Midwest City
405-736-0127
www.c21goodyeargreen.com

Churchill-Brown

405-755-4422
www.churchillbrown.com
Services: Relocation assistance, property management and a full-service marketing department.
Concentration: Metro OKC

Crossland Real Estate

8901 S Santa Fe Ave, Ste. C, OKC
405-604-6800
www.gocrossland.com
Services: Corporate relocation, residential and commercial listing and selling services, buyer brokerage, property management, asset management, real estate owned properties and foreclosures, new homes sales, land and acreage
Concentration: Metropolitan OKC and surrounding areas.

The Dillard Group

405-366-7707
www.dillardgroup.com
Services: Residential, commercial, farms, ranches and relocation assistance.
Concentration: Metropolitan OKC, Norman, Moore, Purcell, Lexington, Blanchard, Noble, Newcastle

Keller Williams Realty

www.kw.com
Services: Relocation assistance, property management and a full-service marketing department.
Concentration: Metropolitan OKC

The Planer Team, Re/Max Cobblestone

2301 S. Douglas Blvd., Midwest City
405-202-7928
www.homes4uok.com
Sarah Planer, Broker, CRS
Susan Planer Phillips, Realtor, CRS
Theresa Canup

HOMEBUILDERS

Avalon Homes

2514 Red Oak Dr., Choctaw
405-769-6500 | www.
avalonsignaturehomes.com
Concentration: Midwest City, Choctaw, Shawnee, Edmond and eastern Oklahoma County

D.R. Horton America's Builder

5724 NW 132nd St., OKC
405-720-8344
www.drhorton.com
Subdivisions: Brookstone Ridge, Lawson Farms, Summerhill, The Homestead at Horn Valley, Falling Springs, Hidden Prairie, Wynchase, The Brook
Concentration: Mustang, Oklahoma City, Yukon, Edmond, Choctaw

Heartland Homes

405-840-0434
www.heartlandhomes.com
Subdivisions: Chisholm Crossing, The Gardens at Kelly Lakes, Falls at Vista Lane
Concentration: Edmond, Yukon, Choctaw and the Greater Oklahoma City area.

Home Creations

2240 N. Broadway, Moore
405-692-2222
www.homecreations.com
Subdivisions: Sleepy Hollow, Castleberry, Ironstone, Lone Oak East, Montague, The Grove, Turtlewood, Farmington, Bellatona, Eagle Cliff South, Crystal Hill Estates, Palermo Place, Deer Spring, Brookstone Villas, Summerhill Meadows, The Sycamores, Castleberry Villas
Concentration: Edmond, Midwest City, Newcastle, Norman, Piedmont, Oklahoma City, Yukon

Ideal Homes

1320 N. Porter, Norman
405-364-1152
www.ideal-homes.com
Subdivisions: Northbrooke, The Reserve at Valencia, Valencia, Buffalo Grove at Village Verde, Sundance, Featherstone, Native Plains, Green Leaf Trails, Little River Trails, Red Canyon Ranch, Trail Woods, Castlewood Trails, Skyline Trails, Somers Pointe, Wildflower
Concentration: Edmond/Deer Creek, Piedmont, Choctaw, Moore, Norman, Mustang/Yukon, Stillwater

Mashburn Faires Homes

8510 S. Pennsylvania Ave., OKC
405-793-8122
www.mfhomes.com
Typical size: 1,800-3,200
Subdivisions: Chapel Creek, Cherokee Crossing, Covell Valley, Mustang Ridge, Riverview Estates, Sendera Lakes, Siena Ridge, Talavera, Thunder Canyon
Concentration: Southwest OKC, northwest OKC, Mustang, Moore, Edmond, Newcastle

Rausch Coleman Homes

P.O. Box 890835, OKC
405-602-6686
www.rauschcolemanhomes.com
Average price: \$130,000
Price range: \$98,900-\$175,000
Subdivisions: Bradford Place, Brighton Pointe, Bryant Place, Fieldstone, Colony Pointe, Crossing at the Village, Hunter's Spring, Meadow Lakes, Rose Rock Estates, Oakwood Landing, Redstone Ranch, Wilshire Ranch, Settlers Crossing, Silver Leaf, Springs at Settlers Ridge
Concentration: Edmond, Oklahoma City, Moore, Mustang, Newcastle, Piedmont, Yukon, El Reno, Noble

SWM & Sons Inc.

14400 SE 29th St., Choctaw
405-733-1169
swmbuilders.com
Subdivisions: Castle Gate, Deer Run, Eastwood, Ashton Cove, Chandler Crossing, Forest Glen, Fox Hollow, Les Chateaux, Huntington, Mystic Ridge, Quail Hollow, Stone Gate Crossing, Tuscan Ridge, Woodlands
Concentration: Eastern Oklahoma County, Midwest City, Choctaw, Harrah, Shawnee

Vintage Custom Homes LLC

P.O. Box 7427, Moore 73153
405-912-5261
www.vintageokc.com
Subdivisions: Riverview Estates, Kingsridge West
Concentration: Moore, south OKC

MORTGAGE COMPANIES

BancFirst

405-270-1086
www.bancfirst.com
Types of loans: FHA/VA, conventional single family, commercial industrial, multifamily residential, in-bank residential, equity

BOK Mortgage

405-879-8700
http://bok.mortgagewebcenter.com
Types of loans: FHA/VA, conventional single family

First Mortgage Co.

405-302-0009
www.firstmortgageco.com
Types of loans: FHA/VA, conventional single family

TITLE COMPANIES

First American Title

405-262-3093
www.firstam.com

Services Offered: Escrow, title insurance, abstracting, ownership reports
Insurance Underwriters: First American Title Insurance Co.

The Oklahoma City Abstract & Title Co.

405-348-8605
www.okcabstract.com
Services Offered: Abstracting, title insurance, real estate closings
Insurance Underwriters: American Security Title Insurance Co., Commonwealth Land Title Insurance Co., Fidelity National Title Insurance Co.

Old Republic National Title Insurance Co.

405-942-4848
www.oldrepublictitle.com/oknational/index.asp
Insurance Underwriters: Old Republic Title
Services Offered: Commercial and residential real estate closing and escrow services, abstracting, title insurance

Stewart Title of Oklahoma Inc.

405-232-6764
www.stewartokc.com
Services Offered: Abstracting, title insurance, title reports, ownership lists, residential and commercial closings
Insurance Underwriters: Stewart Title Co.

APARTMENTS

Avana Midwest

777 N. Air Depot Blvd., Midwest City
888-960-6822

Boulevard at Lakeside

11300 SE 15th St., Midwest City
888-960-6822

Case & Associates Properties

www.caseusa.com
Case & Associates manages 19 apartment complexes in the Oklahoma City area, including Copperfield, Woodscape, Prairie Springs I & II, Villas at Stonebridge I & II.

Cedar Hills Apartments

4625 Tinker Diagonal, Del City (just off I-40 and SE 15th exit)
405-672-0541
Amenities: Courtyards, swimming pool, large walk-in closets, 24-hour emergency maintenance, ceiling fans and mini-blinds, full-size washer/dryer hookups in all townhouses, on-site laundry facility, full equipped kitchens

Woodside Village

8517 E. Reno Ave.
Midwest City
405-737-4828
www.woodsidevillageapartments.com

MOVING COMPANIES

2 Fellas & A Big Vehicle Moving Company

15500 S. Meridian Ave., OKC
405-814-1013
www.2fellasok.com

A-1 Freeman Moving & Storage

405-751-7561
www.a-1freeman.com

North American Van Lines Ace Transfer and Storage Co.

405-672-4425
www.aceatlas.com

Atlas Van lines

Armstrong Relocation Co.

405-947-8001
www.armstrongrelocation.com

United Van Lines Bekins Relocation

Services Inc.

405-842-7492
Bekins Van Lines

RETIREMENT COMMUNITIES

Chateau on the Green

1511 SE Fourth St., Moore 73160
405-793-4200
www.chateauonthegreen.com

Gated entry to one- and two-bedroom cottages with home security systems, emergency pull cords, private patios, washer/dryers and more. Grounds include a clubhouse with a library, activity room, main office, wrap-around porch, all of which are continually accessible to residents.

Touchmark at Coffee Creek

2801 Shortgrass Rd.
405-340-1975
www.touchmarkedmond.com

Various dining options, chapel, library, beauty and barber shop, private-use dining room, activities/wellness program, scheduled transportation, housekeeping, entertainment, security, maintenance,

game room, storm shelter, pet-friendly, laundry, fitness center

FURNITURE & ACCESSORIES

Furniture 4 Less

5825 W. Reno Ave., OKC
(N. MacArthur Boulevard and W. Reno Avenue, just off I-40)
405-942-9111

OTHER SERVICES

Affordable

Construction Co.

230 E. Tonhawa, Norman
405-366-7113
www.affordableok.com

Decorative Rock & Stone

305 Tinker Diagonal St., OKC
405-672-2564
www.rockingokc.com

Metro Roofing

8090 Glade Ave., OKC
405-722-7900
www.metroroofing.com

OG&E

General Customer Service:
Toll-free: (800) 272-9741
OKC locals: 405-272-9741
Hours: Mon.-Fri., 8 a.m. to 5 p.m.
Bill information, payment arrangements, start/stop/transfer service

Pleasant Pools and Spas

www.pleasantpools.com
405-799-9133, Moore
405-751-3105, Edmond
405-376-0033, Mustang
405-624-8833, Stillwater

In-ground concrete and vinyl pools as well as aboveground pools and spas. Service and repair available. Pool toys and accessories.

Prestige Property Management

1801 NE 135th St. Unit B, OKC
405-384-8353
info@ppmoo.com

ServiceMaster Clean

P.O. Box 271353, OKC 73137
405-947-1214

Services: Water and mold restoration, carpet and air duct cleaning.

FACT:

Social and emotional intelligence may be the most important determinant of a child's future success.



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For all there is to see and do in and around Edmond, go to
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DOWNTOWN EDMOND Business Association

Downtown Edmond is a great place to spend your free time!

- 30+ local shops
- Trendy restaurants & coffee shops
- Gaming venue
- Beer craft house
- Art galleries, sculptures, murals
- Year-round events

DowntownEdmondOK.com

Retail traffic on rise along I-35 in Edmond



Businesses in the retail development along Interstate 35 between Second and 15th streets in Edmond.

Nearly a decade ago, travelers and residents along Interstate 35 between Second and 15th streets in Edmond boasted only a Braum's and a Shell gas station. Today, retail choices and medical choices line the busy interstate.

"That area really started developing about 10 years ago when the Walmart came in," said Janet Yowell, executive director of the Edmond Economic Development Authority. "That property eventually sold to Jim Tapp of Tapp Development, and he put in the Sam's Club and began developing those outparcels and strip spaces in back."

Since then, the area now includes numerous restaurants like Whataburger, Taco Bell, Subway and Chick-Fil-A, but also eateries like Foo Chow Bistro and Buffalo Wild Wings.

"Anytime you put a Chick-Fil-A in, people are going to flock to it," said Yowell. "But, we started to see a lot of increased traffic with the Whataburger.

It's incredible how loyal people are to their favorite restaurants."

In addition to restaurants, the area also has retail like Great Clips, Venus Nail Spa and Summit Nutrition. Because of the growth in the area, Edmond is now looking north for future expansion.

"We have a growing percentage

of population that lives east of I-35," Yowell said. "Our Hilton Garden Inn and Conference Center will also generate a lot of new businesses north of the area, and the opening of Show Biz Cinema is set for later this year on the northwest corner of Covell. It's a theater, bowling alley, arcade, restaurant and bar, so we'll see a lot of interest around that when it opens."

The Interstate 35 corridor south of Second Street is also a hot spot for medical services with both Integris and Mercy Health Systems opening new facilities and undergoing expansions. Medical offices dot the available land in between.

"We're now looking at the space we have left. I think we are going to have to have a big jump to the north to the space available there," Yowell said. "It's definitely a growing area for retail."

Overall, Edmond is booming with new retail and commercial development. In 2017, Yowell said the city added 620,000 square feet of new commercial valued at \$109 million. Of that, the retail space totaled 106,000 square feet.



SHOPPING DISTRICTS

Bethany Development Authority

405-789-5005

Location: Bethany on the west side of the OKC metro on Northwest 39th Street or State Hwy. 66.

Visit downtown Bethany for its charming shops, including many antiques stores, home decor, restaurants, Native American gifts, salons and much more!

Guthrie

Location: North of Oklahoma City off I-35.

If the malls don't do it for you, but you still like to shop, Guthrie allows you to make your way from one store to another braving the outside elements. This little historic town used to be the capital of Oklahoma and still puts a historic foot forward with numerous great antique shops, variety stores and one-of-a-kind shops including an original drugstore and soda fountain.

Interstate 240

The shopping along Interstate 240, which bisects the city at SW 78th Street, offers options ranging from high-end retail giants to mom-and-pop shops with one-of-a-kind options.

In the past several years, the north side of Interstate 240 between Western and Pennsylvania avenues built up with the I-240 Penn Center, a shopping area that includes such retailers as Ross, Old Navy, Half-Price Books, GNC Nutrition, Michael's and Sally's Beauty Supply, as well as other service shops like salons and specialty retail. A block west, between Pennsylvania and May Avenue the Walnut Creek Shopping Center is home to craft giant Hobby Lobby.

On the south side of the interstate, more locally owned shops and franchises are open to shoppers. From fabric stores to office supply to spy-gear to a horse and tackle shop, the variety in south Oklahoma City is expanding.

The Outlet Shoppes at Oklahoma City

<http://www.theoutletshoppesatoklahomacity.com/>

Location: Interstate 40 and Council Rd.

Retailers include The Gap, Guess, Levi's, Tommy Hilfiger, Columbia, Kenneth Cole, Kitchen Collection, Lucky Brand and dozens more.

Shawnee

Location: East of OKC off I-40.

Shawnee Mall, just off Interstate 40, is home to Dillard's, JCPenney, Ross, Jo-Ann's Fabrics, Kohl's as well as dozens of others stores. Just across the interstate from the mall is the new Shawnee Marketplace. The first phase of this

400,000-square-foot retail development includes stores such as T.J. Maxx and Ulta.

Stockyards City

www.stockyardscity.org

Location: Agnew Exit, South of I-40 to Exchange Avenue.

The place for Western apparel. Wander from Western store to Western store in search of those perfect boots, a great blouse, shirt, or that special Western accent. Perhaps you'd like a one-of-a-kind cowboy hat - check out Shorty's. Even your horses can get a special gift from Stockyards City in the tack stores.

Tulsa

Down the Turner Turnpike, Tulsa offers a variety of shopping experiences. From the historic Cherry Street and Brookside Districts to our many boutiques in and around the downtown area, including the Deco and Brady Arts Districts. In south Tulsa, Woodland Hills Mall boasts of more than 165 stores, 80 of which are exclusive to Tulsa.

Utica Square, in midtown Tulsa, offers retail therapy in an elegant outdoor setting with over 60 stores, featuring specialty boutiques and full-service upscale department stores.

MALLS

Northpark Mall

<http://northparkokc.com>

Location: Corner of NW 122nd Street and N. May Avenue, in the northern part of Oklahoma City.

Offers B.C. Clark Jewelers, Geno's Furs, Kokopelli, Women's Health Boutique and others. And when you've exhausted the shopping experience, you can enjoy dinner at Shogun Steak House of Japan.

Penn Square Mall

www.simon.com/mall/penn-square-mall

Location: Intersection of Northwest Expressway and Pennsylvania Avenue, close to Interstate 44.

Enjoy Dillard's, Macy's and JCPenney plus more than 100 other stores, all waiting to help you find that perfect something. Game rooms for the young and young at heart and a great food court provide entertainment and nourishment. Penn Square Mall even has a connected covered parking area for inclement weather.

Quail Springs Mall

www.quailspringsmall.com

Location: Intersection of Memorial Road and Pennsylvania Avenue.

Another monster mall with Dillard's, JCPenney and more than 130 other shops chock full of gifts. It's a triple-



Outlet Shoppes at Oklahoma City, I-40 and Council Road.

decker surprise including a great food court where you can enjoy Sonic, Chick-fil-A, Chinese food and more. Enjoy your meal while sitting in any number of replica '50s cars, adding a little fun to your meal. And speaking of adding fun to your meal, a gaming room with the latest in computer games is on the same floor as the food court. You can also take in the latest movie at the AMC Quail 24 Theaters.

Sooner Mall

www.soonermall.com

Location: Main and Interstate 35, Norman.

A wonderful shopping experience offering Sears, Dillard's, JCPenney, and Old Navy among a variety of other great stores.

STORES

Brigadoon Military Surplus

brigadoonarmysurplus.com

1805 S. Sunnyside, Del City
405-732-4444

Old Paris Flea Market

1111 S. Eastern Ave., OKC

(between SE 15th Street and Reno Avenue)

Indoor flea market with more than 125,000 square feet of shopping under one roof. Open every Saturday and Sunday from 9 a.m. to 6 p.m.

Sheplers

Location: Exit I-40 on Meridian and head south about one quarter of a mile.

Known as one of the premier Western wear outfitters, you can find just what you're looking for to wear to that country dance, the rodeo, or just hanging out.

Super Cao Nguyen

2668 N. Military Ave., OKC
405-525-7650

Oklahoma's international gourmet market with products from over 50 different countries.

Tener's

Location: Just north on Meridian and around the corner on Reno.

Another great Western shopping experience. Check them out for boots, skirts, belts, Wranglers, Rockies and a gazillion other items including some household decorative items!

Lazy E Arena draws contestants from near and far

Located northeast of Edmond in rural Guthrie, the Lazy E Arena is nestled inside 1,100 acres of rolling hills, lakes, trees and native wildlife.

The Lazy E opened in December 1984 and is the original home of Bullnanza, which was the first event to put the best bulls against the best cowboys for a bull-riders-only event. That event evolved into the world-famous Professional Bull Riders tour today. In addition, the Lazy E created the world-renowned Timed Event Championship and has produced and managed that event in Guthrie for more than three decades.

“We routinely draw tens of thousands of spectators from around the world,” said Dan Wall, vice president and general manager. “Just two years ago, we created the new Junior Ironman competition for young riders to create a pipeline for future Timed Event cowboys.”

“We are very unique. We are a privately owned venue that runs in cooperation with the largest breeding farm in the country for racing American quarter horses,” he said.

Wall said Lazy E’s diversity is a huge strength.

The arena brings in thousands to witness the spectacles and competitions like The Lazy E Red Dirt Team Roping Classic, International Miniature Bullriders Association World Finals, Rising Stars Calf Roping and Ultimate Calf Roping, United States Team Roping Championships, Guthrie Shoot Outs and more.

Two years ago, Lazy E hosted its first National Little Britches Rodeo Association National Finals. More than 1,200 unique contestants, approximately 1,900 horses and a total of 7,000 people traveled to Oklahoma for the nine-day event.

“An event of that magnitude will generate roughly \$33 million in economic impact,” Wall said. “That’s huge for the Edmond/Guthrie area and for the entire state.”

In addition to rodeo and equestrian events, the Lazy E also hosts the Oklahoma Department of Wildlife Conservation Outdoor Expo



each year in September.

“That is an educational event that will attract between 45,000 to 50,000 people to the E over three days,” he said. “In prior years, the ODWC would construct a 4-foot-deep and 200-foot-long pond in the arena to allow kids to kayak. Don’t know of any other facility in the world that can offer that experience.”

The Lazy E also is home to events like the Vintage CountrE Market antique and junk show and the Midwest Cheer and Dance Cowboy Christmas Classic Championships. Fans of the arena can also rent out the Roper’s Cantina, a newly remodeled center that can handle 275 guests.

“When first built, the Lazy E Arena stood alone in the industry as a unique wonder of the equine and rodeo world. As times have changed, ownership and management have evolved to continue to add the amenities necessary to provide that unique, park-like, family-friendly atmosphere,” Wall said. “We are getting bigger and better every day.”



Courtesy photos of Lazy E Arena

SPORTING ATTRACTIONS

Amateur Softball Association National Softball Hall of Fame & Museum

2801 NE 50th St., OKC
405-424-5266
www.asasoftball.com
(click on National Softball Hall of Fame)
Hours: Mon.-Fri., 8:30 a.m. to 4:30 p.m.;
Sat., 10 a.m. to 4 p.m.; Sun.,
1 to 4 p.m. (The Hall of Fame is closed
on weekends, Sept.-April)

Admission costs: None

Traces the history of softball from
its beginning to the present. Colorful
displays honor the more than 360
members.

Chesapeake Energy Arena

100 W. Reno Ave., OKC
405-602-8700
www.chesapeakearena.com
Home to the Oklahoma City Thunder
(NBA), the Chesapeake Energy Arena
also plays host to major concerts,
family events, ice shows, sporting
events and the latest in show-stopping
entertainment.

Lazy E Arena

9600 Lazy E Dr., Guthrie
From I-35, 30 miles north of Oklahoma
City, exit 151.
405-282-RIDE
www.lazye.com
Hours: Open for tours from 8 a.m. to 5
p.m. or special events

The Lazy E Arena is located minutes
north of Oklahoma City on the beautiful
960-acre Lazy E Ranch, one of the most
progressive horse breeding and sales
prep facilities in the nation.

Built in 1984, the arena is the largest
indoor rodeo arena in the country. The
arena floor measures 160 by 440 feet
with seating for 7,400 people where you
can watch 25 different championship
events annually such as the National
Roping Championships and Bullnanza.
There's a whole lot of real cowboy
fun going on at the Lazy E Arena. It's
completely climate-controlled and offers
an opportunity to see rodeo in a modern,
first-class facility.

Oklahoma City Dodgers

2 S. Mickey Mantle Dr., OKC
405-218-1000
www.milb.com
Hours: Season runs April-Sept., dates and
times vary - most start times are 4:05
and 7:05 p.m.
Admission costs: \$7-\$22

The Oklahoma City Dodgers are
the Triple-A affiliate of the Los Angeles
Dodgers.



Boater on Lake Thunderbird. Photo by Brent Fuchs

Oklahoma City Energy FC

615 N. Hudson Ave., Ste. 100, OKC
405-235-KICK
www.energyfc.com
The Energy is a United Soccer League
team.

Oklahoma City Thunder

211 N. Robinson Ave.,
Ste. 300 South, OKC
405-208-4800
www.thunder.nba.com
Hours: Check www.thunder.nba.com for
specific times
Admission costs: Admission fees starting
at \$10

The home court of Oklahoma City
Thunder, the state's only NBA basketball
team, is at the Chesapeake Energy Arena
in downtown OKC.

Remington Park

One Remington Pl., OKC
405-424-1000
www.remingtonpark.com
Hours: Doors open 10:30 a.m. daily
Admission costs: Free
This state-of-the-art racetrack
features world-class racing including
the Oklahoma Derby in October and the
Remington Park Futurity, the Breeders'
Cup World Thoroughbred Championship
and many more. Quarter horse racing
season runs March through May.

STATE PARKS, MISC. SPORTING FACILITIES

Arctic Edge Ice Arena

14613 N. Kelly, Edmond
405-748-5454
arctic-edge.com
State-of-the-art facility including
an incredible sound system and a
big-screen projector. It is equipped with
bleacher-style seating under radiant heat
with a capacity of 450. Call to find out
about figure skating programs, hockey,
learn-to-skate classes, and birthday
parties.

Blazers Ice Center

8000 S. Interstate 35, OKC
405-631-3307
www.blazers-icecentre.com
Home of the OU men's ice hockey
teams, the facility is equipped with
bleacher-style seating with a capacity
of 300, along with aluminum bleachers
to seat an additional 450 more. Call to
find out about figure skating programs,
hockey, learn-to-skate classes, and
birthday parties.

Chickasaw National Recreation Area

www.nps.gov/chic
South of Sulphur
580-622-7234
As Oklahoma's oldest national park
area, the Chickasaw National Recreation

Area has been a refuge for outdoor
traditions for over a century. Visitors to
Chickasaw get two parks in one - the
Platt Historic District and the Lake of
the Arbuckles. This area offers a variety
of activities all year. Its mineral waters,
streams and lakes cater to boaters,
swimmers and fishermen, while its forests
and prairies reward hikers, equestrians,
wildlife photographers, fall foliage viewers
and campers.

Celebration Station

509 Westline Dr., OKC
405-942-7888
www.celebrationstation.com
Hours: Sun.-Thurs., 11 a.m. to 10 p.m.;
Fri. & Sat., 11 a.m. to 11 p.m.

Celebration Station's game room
features more than 100 video and
redemption games. Our game selection
offers something for everyone, including
air hockey, pool tables, driving games,
alley rollers, interactive games, prize
cranes and more. Batting cages, bumper
boats, go-karts and miniature golf are
also part of the fun!

HeyDay Family Fun Center

3201 Market Place, Norman
405-310-3500
200 S. Oklahoma Ave., Ste. HD
www.heydayfamilyfun.com
Hours: Sun., 11 a.m.-11 p.m.; Mon.-
Thurs, 10 a.m. to midnight; Fri.-Sat., 10
a.m. to 2 a.m..

This family fun center offers laser tag,
mini-golf and arcade entertainment whether
it's for a day outing, your child's birthday
party or a team-building exercise for work.

Lake Hefner

Oklahoma City

Skate, bicycle, jog, sail, sailboard, picnic or just take a walk. You can even fly a kite in a special area just for you.

The road all the way around the lake is strictly for sports enthusiasts of one type or another. The only thing you can't do at Lake Hefner is swim – no swimming allowed, but the sunsets over the water are well worth the drive!

Tenkiller State Park

918-489-5643, (800) 654-8240

Swimming, scuba dive park, volleyball, basketball courts, shuffleboard, horseshoes, paved hiking trail, amphitheater, playgrounds, kid's fishing pond, a lake full of fish, cabins, RV and tent campsites, Pine Cove Marina offering fuel, gifts, sportswear, snacks, repairs, boat slip rentals and a lot more. This park is an outdoor recreation wonderland with magnificent limestone cliffs, crystal-clear waters and abundant water sports.

Little Sahara State Park Waynoka

580-824-1471

Little Sahara State Park boasts over 1,600 acres of sand with heights ranging from 25 to 75 feet, RV and tent camping plus a day-use area; dune buggies, jeeps, four-wheelers and motorcycles.

Lake Murray Resort

Park Ardmore

580-223-4044

ATV riders, jeeps and four-wheelers; new comfort stations with restrooms and warm-water pay showers, primitive tent camping plus the larger amenities at Lake Murray Resort Park – 52-room lodge with a full-service restaurant, 81 park cabins, 468 RV and tent campsites in nine camping areas, swimming, riding stables, swimming pool, the lake, fishing, and an 18-hole golf course, tennis courts, hiking trails.

Lake Overholser Trail

Oklahoma City

www.okc.gov/departments/parks-recreation/trails

2.5 miles of paved surface for hiking, rollerblading, bicycling; picnic area and playground after you've enjoyed the scenic route along the tree-shaded shores of Oklahoma City's oldest reservoir.



People sailing on Lake Hefner. Photo by Brent Fuchs

Lake Stanley Draper

Off-roading of all kinds, equestrian trails, hiking trails; A great place to fish, boat, jet ski, water ski, bird-watch, and it even has a radio-controlled aircraft flying field!

Lake Thunderbird

Norman

This is a 95-percent single track that climbs about 1,250 feet. There is also a campground, picnic area, restrooms, boating, fishing, swimming and a great restaurant on the lake.

Oklahoma River Trails

13 miles of paved surface for hiking, rollerblading, bicycling; trails on both sides of the North Canadian River with river crossings and a playground.

Martin Park Nature Center

Oklahoma City

405-755-0676

www.okc.gov/departments/parks-recreation/martin-park-nature-center

Hours: April 1 to Sept. 30 - 5 a.m. to 9 p.m. daily; Oct. 1 to March 31 - 5 a.m. to 6 p.m. daily; Check website for hours of visitor center.

This recreational area and wildlife sanctuary is open year-round with 3.5 miles in hiking and walking trails that curl through woods and grasslands. One graveled trail is wheelchair-accessible.

GOLF COURSES

Jimmie Austin University of Oklahoma Golf Course

Norman

405-325-6716

www.ougolcourse.com

Slope/Par: 142 and a par of 72

Public or private course: Public

Course characteristics/Amenities:

Championship tees, boasting 18 holes of scenic splendor and a challenging test for golfers of all skill levels. Set on the eastern edge of the OU campus and located 4 miles east of I-35; the course underwent a redesign in 1996.

Oak Tree National

1515 W. Oak Tree Dr., Edmond

405-340-1010

Slope/Par: 155 with a par of 71

Public or private course: Private

Course characteristics/Amenities: Tree-

lined fairways, slightly rolling hills, many creeks and ponds, undulating/practice facility (bunkers, two putting clocks, one chipping green, driving range), restaurant, workout facility

Twin Hills Golf & Country Club

3401 NE 36th St., OKC

405-427-3947

www.twin-hills.com

Slope/Par: 132 and a par of 73

Public or private course: Private

Course characteristics/Amenities:

Traditional design, prestigious history, narrow tree-lined fairways/Private country club amenities, locker room, pool, restaurant.

Tinker Air Force Base Golf Course

6441 Arnold St., Bldg. 6601, Tinker A.F.B.

405-734-2909

Tinkerliving.com/golf

Slope/Par: 121 and a par of 72

Public or private course: Public

Course characteristics/Amenities: Practice

putting and chipping green, pitching green and sand traps, driving range, clubhouse, golf shop, grill

SPORTING GOODS

Academy Sports + Outdoors

7700 S. Walker Ave. (at I-240), OKC

405-440-6660

Dick's Sporting Goods

Town Center Plaza

7095 SE 29th St., Midwest City

405-732-0820

Red Coyote Running & Fitness

www.redcoyoterunning.com

5720 N. Classen Blvd., OKC

405-840-0033

Travelers face new screening procedures at airports



Travelers go through TSA screenings at Will Rogers World Airport. Photo by Brent Fuchs

Travelers flying out of Oklahoma City's Will Rogers World Airport and the Tulsa International Airport may be used to taking out their laptop computers during TSA screenings, but now they will have to take out their tablets, hair dryers, cameras and e-readers as well.

A new change to TSA screening went into effect this year, and travelers are now required to remove personal electronic items bigger than a cellphone from their carry-on luggage. The stronger screening procedures are designed to make detection of tampered electronics easier for TSA screeners.

"This new screening was phased in by the TSA over the past couple of months, but it went into full effect in the first quarter," said Karen Carney, spokesperson for Will Rogers World

Airport. "In the past, passengers knew to take their laptop out, but they kept their e-readers and tablets in the carry-on. Now, they will have to remove those items, too. It's not a dramatic change, but you should be aware of it."

Passengers enrolled in TSA PreCheck are not subject to the new rules, although all passengers may be subject to additional screening at any time.

The new screenings became official in January, said TSA Regional Public Affairs Manager Carrie Harmon.

"These new procedures allow TSA to stay ahead of evolving threats," she said. "TSA started rolling out new screening procedures for electronics larger than a cellphone last summer, and fully implemented the new rules for passengers in standard lanes at OKC and Tulsa in February."

Carney warned that passengers who are unfamiliar with the new screening process could face delays if they are not prepared to put items like electric toothbrushes or tablets in a separate bin. While not required, the TSA also strongly recommends removing food from the carry-on luggage as well, allowing officers to have a clearer view of the contents in the bag. As always, firearms and weapons are not allowed through the checkpoint; firearms can only be placed in checked luggage.

"The bad guys are figuring out a lot of different ways to disguise bad stuff in electronics, and by helping the TSA officers by having those items out makes the screening process easier for everyone," Carney said.

Passengers traveling through Oklahoma airports should be prepared to remove not only electronics from their bags, but their clear baggies of liquids and creams, shoes and jackets as well.

AIR

Clarence E. Page Airport

405-789-4061

Clarence E. Page Airport serves Oklahoma City and Canadian County and is owned by the city of Oklahoma City. The airport located about 15 miles from Oklahoma City might be little, but it's mighty. Its longest runway is paved and extends 6,014 feet.

Will Rogers World Airport

405-680-3200

www.flyokc.com

Will Rogers World Airport services flights by American, Frontier, Continental, Delta, Northwest, Southwest, United and some smaller hops that take you to places like Las Vegas.

If you'd rather not hassle with the on-airport parking, several shuttle services are just down the road on Meridian Avenue offering covered and uncovered parking with security.

Wiley Post Airport

405-680-3256

www.wileypostairport.com

Wiley Post is a little reliever airport for Will Rogers, serving business and corporate air travelers. Its longest runway is paved and extends 7,199 feet.

RAIL

Heartland Flyer

www.amtrak.com

The Heartland Flyer flies down the tracks offering you convenient, affordable, daily service between Oklahoma City and Fort Worth, Texas. There are stops along the way and connections available to Dallas, Chicago and San Antonio via the Texas Eagle and even to Los Angeles via the Sunset Limited.

The Flyer serves Oklahoma City, Norman, Purcell, Pauls Valley, Ardmore, Gainesville and Fort Worth daily. On board you can get sandwiches, snacks and drinks in the Café Car. Bicycle racks are also available for those who want to do a little cycling at their destination.

BUS

Embark

405-297-2484

www.gometro.org

Offers fixed and commuter routes as well as demand response services in the central Oklahoma City area. More than 30 years of transport service ensures Metro Transit stands on safely taking folks from point A to point B with no hassle.



MAIN ROADWAYS

If you're heading north or south, Interstate 35 is the road for you. If you're heading east or west, then you'll want Interstate 40 or in some cases you'll want to use Interstate 44, which heads off southwest and northeast, but don't get confused. There are highways, byways and even faster-moving turnpikes that'll ease your travel to wherever you're heading. With more than 24,000 miles of modern, multilane roadways, your trip is bound to be speedy or relaxing – just the way you want it.

AUTO DEALERS

Automax Hyundai

I-40 and Sunnyslane, Del City

(888) 974-8848

www.automaxhyundai.net

Bob Howard Auto Group

www.bobhoward.com

Bob Moore Auto Group

www.bobmoore.com

David Stanley Auto Group

7609 SE 29th, Midwest City

877-853-3755

<http://www.davidstanleydodge.com>

Fenton Nissan East

5108 SE 15th St., Del City

405-600-7900

<http://www.fentonnissaneast.com>

Hudiburg Auto Group

6000 Tinker Diagonal, Midwest City

(800) 917-6007

www.hudiburg.com

Reynolds Auto Group

<http://reynoldsautos.com>

RECREATIONAL VEHICLES

Floyd's Recreational Vehicles

912 N. Adkins Hill Rd., Norman

(Three miles south of Norman on I-35, Goldsby Exit)

800-464-6755

www.floydsrvs.com

Jones Offroad

12555 E. Britton Rd.,

Jones OK 73049

405-399-9005

www.jonesoffroad.com

SERVICES

AAA Oklahoma

101 N. Douglas Blvd.

North of Reno in Midwest City

405-670-1474

www.AAA.com/TakeTheWheel

Collision Works

3224 SE 29th St., Del City

www.collisionworksokc.com

405-670-2500

Discount Tire

5500 Main St., Del City

405-200-0281

www.discounttire.com

Hibdon Tires Plus

5720 Tinker Diagonal, MWC

405-622-3176

www.tiresplus.com

Oklahoma Turnpike Authority

1-800-PIKEPASS

www.pikepass.com

Your life just got easier! Pikepass is the electronic toll collection system developed and implemented by the Oklahoma Turnpike System. It provides totally automated, free-flow travel on all Oklahoma turnpikes at highway speeds. No more stopping at the tollbooths. Keeping track of your business just got easier! Monthly itemized statements make record keeping easy. If traveling Oklahoma for business or pleasure, make it a safe, comfortable and convenient trip!

Tinker Tag Agency

2839 S. Douglas Blvd.,

Ste 112, OKC

405-732-2200

www.tinkertag.com

Hours: Mon.-Fri., 8:30 a.m. to

5:30 p.m.; Sat., 8:30 a.m. to noon

VIP Limo

4 NE 10th St., Ste. 404, OKC

(800) 438-3336 | www.viplimo.net

Limo renting operation with more than 36 vehicles and offices in Tulsa, Oklahoma City and Norman.



OK Service Directory



YMCA OF GREATER OKLAHOMA CITY
500 North Broadway, OKC OK 73102
405.297.7777 • ymcaokc.org



Area A, Bldg. 420
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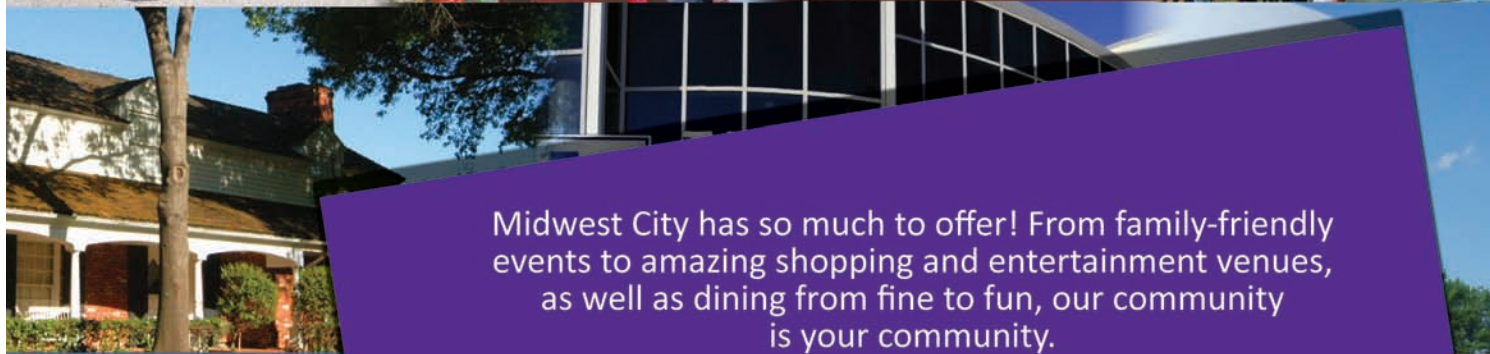
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