

## Lori Cain

---

**From:** Lori Cain [razncain@cox.net]  
**Sent:** Tuesday, July 31, 2012 9:05 PM  
**To:** razncain@cox.net  
**Subject:** Tulsa Community News August 2012

**Follow Up Flag:** Follow up  
**Flag Status:** Flagged

### I ♥ Tulsa

Community News August 2012



**Ready. Willing. Able. Cain.**

*Bits & Bytes from the Bloggin' REALTOR!*

## Community News from Lori Cain Real Estate

Dear Lori,

Don't know why we bother saying, "It is hot." It's August in Oklahoma and duh, it's HOT.

There's an article in this issue about the Tulsa Weather Coalition (repeat from last month) that I'd REALLY like you to read - and consider making a contribution for our ill and elderly neighbors who have no air-conditioning. Most of us can't imagine that, but there are a lot of people getting very ill

#### In This Issue

[Green Patch](#)

[Tulsa Drillers](#)

[I ♥ Tulsa Events](#)

[August Recipes](#)

[3rd Tuesday Jazz](#)

[Summer's 5th Night](#)

[Tulsa Weather Coalition](#)

[Farmers' Markets](#)

[Lori's Real Estate Corner](#)

#### Save the date:

UTSAV - India Fest  
September 8  
[iagtok.org/iagtok/](http://iagtok.org/iagtok/)

Tulsa Greek Holiday  
GLENDI!  
September 20-22

Stacked Deck  
Resonance Center for  
Women  
September 26

in this weather. And don't forget to check on your elderly neighbors or those in frail health - make sure they are drinking lots of water!

You are welcome and encouraged to forward this newsletter to your friends; however there is an easy sign-up on my web site, [www.LoriCain.com](http://www.LoriCain.com). Also, feel free to email me events you would like included in future issues or any community news you would like to contribute is always welcome.

For those of you who FaceBook, check out the "**I HEART Tulsa**" page where you can keep updated on what's going on in Tulsa: <http://tinyurl.com/38xznnff>.

**We're healthy and happy right now and hope you are too.**

Real estate has thankfully been busy this summer, and Deme and I are squeezing in a few outings. Our focus in August is getting Deme's office moved upstairs and remodeling his downstairs' office into a bedroom. Will keep you posted on that project.



This Friday is **The Brady District First Friday Art Crawl** at Main and Brady, but don't forget to drop by Linda Coward's pottery gallery in the Atlas Life Building too. If everyone purchases pottery from Linda and mentions MY NAME, I may get a discount on my next purchase!

Couple of interesting events this month I haven't attended before - both on August 25th: Oklahoma Championship Steak Cook-Off and The "Maine Lobster Event." I guess if you go from one event to the other, you could have surf and turf for the evening!

And of course, we're getting ready for the **September 20-22 annual Greek Holiday, Glendi**. Check out our web site <http://tulsagreekfestival.com/> and mark your calendars now. If you are a regular volunteer, I'll be contacting you shortly. If you would like to volunteer, please contact me at [razncain@cox.net](mailto:razncain@cox.net)!

My NEW social media addiction is **Pinterest**. Please follow my boards! <http://pinterest.com/loricaintulsa/>

For those of you who tweet, please follow me on Twitter: @LoriCainRE - I have lots of fun things to tweet!

Also please visit and subscribe to my blog: <http://LoriCain.com>. I promise it's not all about real estate - lots of info on our neighborhoods, parks, events, local businesses and community!

***I hope this newsletter finds you in good health & good spirits!***

**"Philanthropy is commendable, but it must not cause the philanthropist to overlook the circumstances of economic injustice which make philanthropy necessary."**

**Martin Luther King, Jr.**

*Please keep scrolling ... the best is at the bottom!*

## Green Patch

Found a cool new web site with fun information about REduce, REuse and REcycle:

[www.bringrecycling.org](http://www.bringrecycling.org)

-----

Follow the MET on FaceBook:

<http://www.facebook.com/tulsamet>

-----



I found this awesome "Green Directory" on the Sustainable Tulsa web site. They have links for recycling batteries, computers, tires, yard waste and even a link for what can be included in curbside pick-up. Check out this list:

[http://www.sustainabletulsa.org/green\\_directory](http://www.sustainabletulsa.org/green_directory)

and thank Sustainable Tulsa for putting this together!

-----

Elaine Meek, Co-Chair of "Transit Matters" (local advocacy group for public transportation) is trying to get funding for Tulsa's public transportation needs. Please check out the web site and sign the petition. Quite frankly, Tulsa' transit system leaves a LOT to be desired, so I'm really glad that Elaine is leading this charge. Do what you can to help out please.

[www.http://transitmatterstulsa.com/](http://transitmatterstulsa.com/)

-----

Save the date:

**Fairgrounds Pollutant Collection, November 3-4, 10am-3pm,**  
<http://metrecycle.com/wp-content/uploads/2010/09/HHP-for-web.jpg>

-----

**OZONE ALERTS:** They're here for the summer.

Please follow the tips:

→Drive less. Try walking, biking, carpooling, or riding the bus. If you leave your car at home one day a week, you could prevent 55 pounds of pollution each year from being emitted into our air. And think of the money you'll save on gas, parking and car upkeep.

→Avoid long idle times. Avoid idle times longer than 30 seconds by turning off your car when you're not in traffic.

→Bring your lunch to work. "Brown-bag-it" or walk to lunch.

→Trip chain. Combine errands into one trip to minimize "cold starts".  
→Refuel in the evening and don't top off the tank.  
→Do your garden chores gasoline-free. Avoid gas-powered yard tools until evening - or switch to electric-powered tools. and do check out this web site:  
<http://www.ozonealert.com/index.htm>

-----  
Check out the Tulsa Master Recyclers web site:  
<http://tulsamasterrecyclers.blogspot.com/>  
The Tulsa Master Recyclers Association was established to promote a healthy and sustainable environment by educating and motivating people to reduce waste throughout the Tulsa community and the State of Oklahoma. Lot of good info here!

"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it's the only thing that ever has."

Margaret Mead

## ***A member of the "Elite"***

***Chinowth & Cohen Realtors***

*When you run into friends or family, neighbors or co-workers who are ready to buy or sell a house, please give them my name and number. As a result of referrals from good friends and past clients, I am able to devote quality time serving my clients before, during and after each transaction.*

Together, we make a great team. **I couldn't do it without you!**

**918-852-5036**

e-mail: [lcain@tulsarealtors.com](mailto:lcain@tulsarealtors.com)

Visit my real estate blog: [www.LoriCain.com](http://www.LoriCain.com)!

***Ready. Willing. Able. Cain.***

**Tulsa Drillers**



**Tulsa Drillers vs. Frisco RoughRiders**

**Date : August 8 - 10, 2012**

Time : All games at 7:05pm

Location : ONEOK Field, Tulsa

Web : <http://www.milb.com/index.jsp?sid=t260>

**Tulsa Drillers vs. Midland RockHorns**

**Date : August 11 - 13, 2012**

Time : All games at 7:05pm

**Tulsa Drillers vs. Arkansas Travelers**

**Date : August 21 - 24, 2012**

Time : All games at 7:05pm

**Tulsa Drillers v.s Northwest Arkansas Naturals**

**Date : August 25 - 27, 2012**

Time : All games at 7:05pm

Web : <http://www.milb.com/index.jsp?sid=t260>

## August 2012 Events



#### Fair Meadows Live Racing

Date : August 1 - 4, 2012

Time : See Schedule

Location : Fair Meadows Race Track, Tulsa Expo Square

Web : <http://www.exposquare.com>

#### Flautist Leslie Brown

Date : August 2, 2012

Time : 6:30 pm

Location : Tulsa Historical Society, 2445 South Peoria

The Arts and Humanities Council of Tulsa joins us in welcoming musician and story-teller Leslie Brown. Create your own instruments and learn about Plains Indian-style flutes while enjoying cookies and lemonade. Free admission & open to the public.

#### Tulsa Playboys (Western Swing Dance)

Date : August 2, 2012

Time : Doors: 6:15pm; Show: 7:00pm

Location : Cains Ballroom, Tulsa

Web : <http://www.cainsballroom.com>

#### The Brady District First Friday Art Crawl

Date : August 3, 2012  
Time : 6:00pm  
Location : The Brady District, Downtown Tulsa (Main & Brady)  
Web : <http://www.thebradyartsdistrict.com>

Stoney LaRue  
Date : August 3, 2012  
Time : Doors: 7:00pm; Show: 8:30pm  
Location : The Cain's Ballroom  
Web : <http://www.cainsballroom.com>

Green Country Roller Girls Present Women's Flat Track Roller Derby

Date : August 4, 2012  
Time : 7:00pm-11:00pm  
Location : Pavilion  
Web : <http://www.greencountryrollergirls.com>  
"Green Country Roller Girls, LLC, is an all women owned and operated roller derby league comprised of fearless women from Tulsa, Oklahoma and the surrounding region. Committed to excellence in sportswomanship, creating fun and entertainment for the community, and fostering the sport of roller derby world wide."

Shetland Pony Congress  
Date : August 7 - 12, 2012  
Time : See Website  
Location : Pavilion, Tulsa Expo Square  
Web : <http://www.shetlandminiature.com>

Rod Stewart and Stevie Nicks  
Date : August 8, 2012  
Time : 7:30pm  
Location : BOK Center, Tulsa  
Web : <http://www.bokcenter.com>

Doctor P  
Date : August 8, 2012  
Time : Doors: 7:00pm; Show: 8:00pm  
Location : The Cains Ballroom  
Web : <http://www.cainsballroom.com>

Gary Allan  
Date : August 9, 2012  
Time : Doors: 7:00pm; Show: 8:00pm  
Location : The Joint at the Hard Rock Hotel and Casino  
Web : <http://www.hardrockcasinotulsa.com>

Relient K  
Date : August 9, 2012  
Time : Doors open at 6:00pm; Show starts at 7:00pm

Location : Cain's Ballroom  
Web : <http://relientk.com/>  
Openers: Hellogoodbye, William Beckett, House of Heroes.  
All ages show!

Jonathan Tyler & The Northern Lights  
Date : August 10, 2012  
Time : Doors: 7:00pm; Show: 8:00pm  
Location : The Cains Ballroom, Tulsa  
Web : <http://www.cainsballroom.com>

Professional Bull Riders  
Date : August 10 - 11, 2012  
Time : See Below  
Location : BOK Center, Tulsa  
Web : <http://www.bokcenter.com>

The Chris Robinson Brotherhood  
Date : August 11, 2012  
Time : Doors: 7:00pm; Show: 8:00pm  
Location : The Cains Ballroom, Tulsa  
Web : <http://www.cainsballroom.com>

Life by Chocolate  
Date : August 14, 2012  
Time : 5:30PM to 8:30PM  
Location : Club 209, 209 North Boulder  
Web : <http://www.LifeByChocolateTNT.com>  
Club 209 invites Tulsa to indulge their sweet tooth to find a CURE for blood cancers. Life by Chocolate is a gourmet chocolate sampling and silent auction benefiting The Leukemia & Lymphoma Society (LLS).  
Admission: \$15/advance or \$20/door.

Brandi Carlile  
Date : August 15, 2012  
Time : Doors: 7:00pm; Show: 8:00pm  
Location : The Cains Ballroom, Tulsa  
Web : <http://www.cainsballroom.com>

Duran Duran  
Date : August 15, 2012  
Time : Doors 7:00pm; Show: 8:00pm  
Location : The Joint at the Hard Rock Hotel and Casino  
Web : <http://www.hardrockcasinotulsa.com>

Brad Paisley with Guests: The Band Perry and Easton Corbin  
Date : August 16, 2012  
Time : 7:30pm  
Location : BOK Center, Tulsa  
Web : <http://www.bokcenter.com>



Tulsa Shock vs. San Antonio  
Date : August 17, 2012  
Time : 7:00pm  
Location : BOK Center  
Web : <http://www.bokcenter.com>

The Cab / Parachute  
Date : August 17, 2012  
Time : Doors: 6:30pm; Show: 7:30pm  
Location : The Cains Ballroom  
Web : <http://www.cainsballroom.com/>

Second II None Tradeshow and Bike Show Competition  
Date : August 18, 2012  
Time : 11:00am-6:00pm  
Location : Central Park Hall, Tulsa Expo Square  
Web : <http://www.exposquare.com>

9th Annual Blues Challenge  
Date : August 18, 2012  
Time : TBD  
Location : Cains Ballroom, Tulsa  
Web : <http://www.cainsballroom.com>

100 Years of Broadway  
Date : August 21 - 26, 2012  
Time : See Website  
Location : Chapman Music Hall, Tulsa Performing Arts Center  
Web : 100 Years of Broadway  
PRESENTED BY: Celebrity Attractions  
This widely acclaimed musical revue of Broadway's most celebrated shows features a dazzling cast of five Broadway stars accompanied by an all-star New York band! Guiding the audience through the evening is Broadway composer and producer Neil Berg, contributing fascinating anecdotes on the shows and songs themselves. This Broadway tour-de-force highlights the finest shows of the century, featuring the actual stars of shows such as THE PHANTOM OF THE OPERA, CABARET, JESUS CHRIST SUPERSTAR and JERSEY BOYS, as well as some of Broadway's newest hit shows.

Tulsa Shock vs. Chicago  
Date : August 24, 2012  
Time : 7:00pm  
Location : BOK Center, Tulsa  
Web : <http://www.bokcenter.com>

Tracy Lawrence  
Date : August 24, 2012  
Time : 7:00 pm

Location : River Spirit Event Center  
Web : <http://www.riverspirittulsa.com/entertainment/>

Crystal Gayle  
Date : August 25, 2012  
Time : 7:00pm  
Location : Osage Event Center, Tulsa  
Web : <http://www.osagecasinos.com/event-center>

### **Oklahoma Championship Steak Cook-Off**

**Date : August 25, 2012**

Time : See web site  
Location : See site map on website, Tulsa Deco District  
Web : <http://oksteakcookoff.com>

#### Schedule of events:

10 a.m. Smolen Smolen & Roytman Firefighters Challenge  
12:30 p.m. Appetizer sampling begins (they work for tips)  
1 p.m. Music begins on Main Stage  
4 p.m. Appetizer sampling ends  
5:30 p.m. Serving lines open  
7 p.m. Awards

10th Annual CimTel Classic 5K Run  
Date : August 25, 2012  
Time : 8:00 a.m.  
Location : Cleveland High School  
Web : <http://www.cimtel.net>

#### THE "MAINE LOBSTER EVENT"

Date : August 25, 2012  
Time : 6:00pm - See schedule on web site  
Location : Elks Lodge, 5335 S Harvard Ave, Tulsa,  
Web : <http://www.SunriseLobsterFest.com>  
Presented by the Tulsa Sunrise Rotary Foundation. Proceeds benefit the Autism Center of Tulsa.

Kiss and Motley Crue  
Date : August 26, 2012  
Time : 7:00pm  
Location : BOK Center, Tulsa  
Web : <http://www.bokcenter.com>

Tulsa Pipeline Expo  
Date : August 27 - 29, 2012  
Location : Expo Square - QuikTrip Center  
Web : <http://www.tulsapipelineexpo.com>

LYLE LOVETT

Date : August 29, 2012  
Time : Doors: 7:00pm  
Location : The Brady Theater, Tulsa  
Web : <http://www.bradytheater.com>

Tulsa Shock vs. Los Angeles  
Date : August 30, 2012  
Time : 7:00pm  
Location : BOK Center, Tulsa  
Web : <http://www.bokcenter.com>

Corey Smith  
Date : August 30, 2012  
Time : Doors: 7:00pm; Show: 8:00pm  
Location : Cains Ballroom, Tulsa  
Web : <http://www.cainsballroom.com>

THE ODD COUPLE  
Date : August 31 - September 8, 2012  
Time : Aug. 31 at 8 p.m.; Sept. 1, 6-8 at 8 p.m.; Sept. 2 at 2 p.m.  
Location : Performing Arts Center  
Web : [www.tulsapac.com](http://www.tulsapac.com)  
Mix one well-meaning slob of a sportswriter with one neat and tidy health nut and before long these mismatched roommates are driving each other crazy. Add in their quirky friends and a hot date gone wrong, and you have Neil Simon's most enduring comedy. A playful way to kick off Theatre Tulsa's 90th season.

-----

**The Drunkard (and The Oleo)**

The longest running play in America!  
Location: Spotlight Theater, 1381 Riverside Drive  
Time: 7:15 pm  
Curtain time: 7:30pm. Sing-a-long time starts at 7:15pm. Come see the show and be part of the fun of an evening of "Tulsa's best family entertainment!" Come and be a part of the show! Come and boo and hiss the Villain, cheer and applaud the hero. Sing-a-long with tunes of a bygone era. You may laugh, you may cry, but you will have a great time. Tulsa Spotlighters, Inc. is a non-profit charitable endeavor. We present the old fashioned melodrama "The Drunkard" and "The Olio" every Saturday night at 7:30 p.m. Web site: <http://www.spotlighttheater.org>.  
Contact: For reservations call 587-5030.

Too many things going on at the **PAC** to list ... visit their web site:  
<http://www.tulsapac.com>

**Tulsa Zoo** web site: [www.tulsazoo.com/](http://www.tulsazoo.com/)

**Dates: every Saturday night**

Many runs going on - please check out

[http://www.runnersworldtulsa.com/!](http://www.runnersworldtulsa.com/)

## **August Recipes - enjoy the produce and cool off!**

### **Lori's Zucchini Pasta Salad**



#### **Ingredients:**

Cooked pasta

Ribboned zucchini

Sliced red peppers

Artichoke hearts with juice

Sliced tomatoes

Olive oil as needed

#### **Instructions:**

Use juice from canned artichoke hearts to moisten pasta and add a little olive oil if needed. Add sliced vegetables and stir!

### **Fresh Fruit Salad**



**Ingredients:**

- 4 cups fresh strawberries, halved
- 2 cups fresh blueberries
- 2 kiwifruit, peeled and sliced
- 2 bananas, sliced
- 2 cups seedless grapes, halved
- 1 (8 ounce) container plain or vanilla yogurt
- 2 teaspoons lemon juice
- 1 teaspoon sugar
- 1/2 teaspoon vanilla extract

In a large salad bowl, combine strawberries, blueberries, kiwi, bananas and grapes. In a small bowl, combine yogurt, lemon juice, sugar and vanilla; mix well. Serve with fruit.

## Grilled Tomato Melts



### Ingredients

- 3 large tomatoes (about 8 oz. each) or a variety of smaller tomatoes (about 1-1/2 lb. total)
- 4 ounces Monterey Jack cheese with jalapeno peppers or Monterey Jack cheese, shredded (1-1/2 cups)
- 1 small green, yellow, purple, or red sweet pepper, finely chopped (about 1/2 cup)
- 1/4 cup toasted sliced almonds

### Directions

Preheat oven to 350 degree F. Cut each tomato into 4 slices, about 1/2 inch thick. If using smaller tomatoes, halve each one. For each of 4 servings, arrange 3 tomato slices, overlapping slightly, in a foil-lined, 15x10x1-inch baking pan. (Or, if using smaller tomatoes, arrange in a single layer in a foil-lined, 15x10x1-inch baking pan.) Sprinkle with shredded cheese, finely chopped pepper, and toasted almonds. Bake about 15 minutes or until cheese is bubbly. Carefully lift with large metal spatula to individual plates, allowing excess juices to drain off.

To prepare on a grill, arrange ingredients as above in a shallow disposable foil pan. In a grill with a cover arrange medium-hot coals around the edge of the grill; test for medium heat above the center of the grill. Place the pan with the tomatoes in the

center of the grill rack. Grill, covered, for 12 to 15 minutes or until cheese is bubbly. Makes 4 appetizer servings.

## Horchata (Mexican Milkshake)



### Ingredients

- 1 cup raw long grain white rice
- 1/2 cup blanched whole almonds
- 2/3 cup sugar
- 1 teaspoon vanilla extract
- 1 pinch cinnamon, plus more for garnish
- freshly ground nutmeg, optional

### Directions

Combine rice, almonds, sugar, vanilla, a pinch of cinnamon and 4 cups water in a blender. Blend until the rice and almonds are completely pulverized, about a minute.

Strain through a mesh strainer. Serve over ice and garnish with cinnamon or freshly grated nutmeg. If you can't find whole blanched almonds, use slivered almonds. Just be sure to find almonds without the skin.

The technique of pureeing rice or nuts with water is how you make rice milk and almond milk. Horchata is a combination of the two.

Kali Orexi (Greek for "Good Eating!")

## **Links on Lori's page**

### **Lori's Preferred Vendor List**

Are you thinking of remodeling or perhaps landscaping? Do you need to know who to call about refinishing hardwoods, purchasing insurance, purchasing specialty items or who to call for general household repairs? Are you looking for an estate planner, painter or a graphic artist? Please visit my list of my "Preferred Vendors" on my web site. Please note that this is a work-in-progress, and not yet an exhaustive list. This list will always be available on my web site:

<http://loricain.com/resources/preferred-vendor-list>

[www.LoriCain.com](http://www.LoriCain.com)

Check out the "Community Links" page to my web site which includes links to theaters and events, area chambers of commerce, area entertainment, news sources and schools.



Please visit:

<http://loricain.com/resources/community-links/>

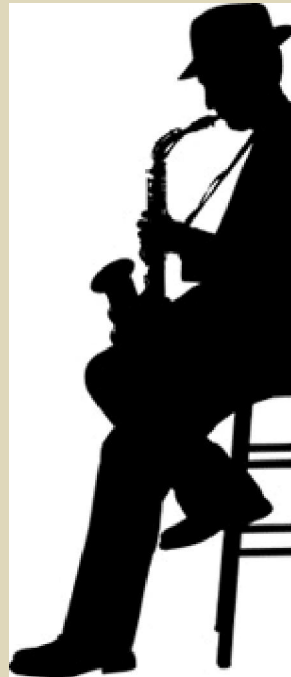
**Shopping for homes? [Search here!](#)**



## Third Tuesday Jazz

Visit Gilcrease Museum and hear local legends perform America's Music! Live Jazz in the Vista Room from 5:30 p.m. to 7:30 p.m. The galleries at Gilcrease will remain open for viewing until 8:00 p.m. Cost is \$8 per person, free for Gilcrease members! A buffet dinner is available from the Osage Restaurant at \$5.00 additional per person.

Reservations to this event cannot be accepted. For more information on the Third Tuesday Jazz program at Gilcrease, please call 918-596-2758 or e-mail the Gilcrease Museum membership office at [gilcrease-membership@utulsa.edu](mailto:gilcrease-membership@utulsa.edu). August's 3rd Tuesday is August 21st, and we will be there to see The Donald Ryan Trio!



## Thank you for your referrals!



"I had 36 days to buy a house, close and move. Lori made it happen and made it easy. ***She talked me down from the ledge!!***"

*Paula Royce, Midtown Tulsa Home Buyer*

***The greatest compliment to me is a real estate referral from you!***

***My promise to you is that I will do what I say I will do -- sometimes more, but never less.***

*Lori*

## Summer's 5th Night!



*Above photo is Lori and her Dad, Victor - sweating and rocking out at The Square in July!*

**Live music, every Thursday, all summer long.**

Utica Square's summer concert series serves up everything from jazz to rock to country. There's something different every Thursday and best of all, it's free! Pack a picnic or dine at one of our great restaurants as you unwind to your favorite local bands. Put on your dancing shoes, catch up with family and friends and win great prizes like Utica Square gift certificates and merchandise from Utica Square merchants.

Celebrate summer every Thursday at Utica Square - every Thursday night in the summer starting May 24 from 7 - 9 p.m.

**August 2**    **Jenny Labow**  
**August 9**    **Sean Adair & Okie Island**  
**August 16**   **Beacon Drive**  
**August 23**   **Groove Pilots**  
**August 30**   **Grady Nichols**

**Tulsa Weather Coalition**



The Tulsa Weather Coalition is an innovative initiative designed to prevent death or worsening of health problems among frail elderly and other medically fragile people during the extreme heat of Tulsa's summers.

**Air conditioners are purchased using private donations, at a cost of \$100-\$150 per unit** based on size and availability. Monetary donations of any amount are needed. Donations of new air conditioners are also welcome. The Coalition cannot accept donations of used air conditioners.

Households which meet health and income criteria may receive loaned window air conditioning units. Most recipients have limited mobility and are low-income. Medical criteria include congestive heart failure, emphysema, renal dialysis treatment, burns, HIV/AIDS, and other serious illnesses. Community Service Council's 2-1-1 Helpline coordinates the work of the Coalition and receives the requests for assistance.

The Tulsa Weather Coalition's mission is to reduce loss of life and costly hospitalizations caused by the extreme temperatures and humidity of summer. The Coalition originated in 1980 in response to a heat wave that claimed the lives of 13 Tulsa residents. The program aims to prevent heat related deaths and illnesses through public education and by loaning room size air conditioners to low-income, seriously ill persons.

Frail and seriously ill Tulsans, at-risk of hospitalization or death from heat related illnesses, receive home visits, extensive information and education about dealing with life-threatening heat and other conditions, and, if eligible, are loaned a room sized air conditioner. Most clients have limited mobility and are not able to access other cool environments with relatives or friends. Most air conditioner recipients are over 55 years of age and have serious lung or heart disorders.

To find out more about Tulsa Weather Coalition services, dial 2-1-1 to be connected to a 2-1-1 Helpline Service Specialist. Callers who meet pre-screening criteria will be referred to the Weather Coalition for an assessment of eligibility.

[Please make a donation here!!!](#)

Or you can mail a check to:  
COMMUNITY SERVICE COUNCIL OF GREATER TULSA  
16 E 16TH St Ste 202, Tulsa, OK 74119

## Farmers' Markets!



Farmers' markets offer shoppers a wide variety of fresh, locally grown fruits, vegetables, herbs and other farm-fresh foods. many markets also have eggs, meats, honey, plants, flowers and hand-crafted items. Some have baked goods, dairy products, nuts, and even live music.

Farmers' markets provide family farmers and local food enterprises a reliable place to sell the fruits of their labor directly to the public, keeping those dollars in our local economy. Visit a Green Country farmers' market near your work or home, and get to know your local farmers.

### **EATING WITH THE SEASONS**

Every crop has a season in which it grows and becomes ready for harvest. Some prefer cool temperatures and others need lots of heat. Fruits and vegetables are most flavorful and nutritious when picked at or near their peak ripeness. When shopping at an Oklahoma Grown farmers' market, expect to find an ever changing selection of fruits and vegetables over the course of the season. Experience the thrill of finding and preparing your old-time favorites and trying something new, each week throughout the year.

#### **TULSA - Monday**

Seed Sower Farmers' Market  
9:00 am - 1 pm, may thru august  
OU-Tulsa Schusterman Center, 41st and yale, Tulsa  
4502 E 41st Street  
Cortney Dennis - 918-660-3105

#### **TULSA - Tuesday**

Downtown Farmers' market  
10:30 am - 2 pm, may thru October  
3rd St and Boston, Tulsa  
Lisa Greene - 918-510-1642  
and Julie Friedel - 918-619-2190

#### **TULSA - Wednesday morning**

Brookside Farmers' market  
8 am - 12 pm, may 7 thru October 19  
Food Pyramid parking lot, 39th and Peoria, Tulsa  
Lisa Brandborg - 918-789-3881

#### **TULSA - Wednesday afternoon**

North Tulsa Farmers' market  
2 - 5 pm, June thru August  
TCC NE campus, Tulsa  
Demalda Newsome - 918-955-8559

#### **TULSA - Thursday**

Pearl Farmers market  
4 - 7:00 pm, april 14 thru august 25  
Centennial Park, SW corner of 6th St and Peoria, Tulsa  
<http://pearlfarmersmarket.org/>

#### **TULSA - Saturday**

Cherry street Farmers' market  
Lisa Brandborg - 918-789-3881  
7 - 11 am, Saturday, april 9 thru October 15  
15th St, just east of Peoria, Tulsa  
Web: <http://www.CherryStreetFarmersMarket.com>

#### **BIXBY**

Conrad Farms  
Open 7 days a week, 8 am - 6:30 pm  
7400 E 151st

Eugene Conrad - 918-366-8942

**BIXBY**

don CarmiChaels ProduCe  
Open 7 days a week, 8 am - 6 pm  
14800 S. memorial  
Don and Joyce Carmichael

**BROKEN ARROW**

Broken Arrow Farmers Market  
mid April-mid October  
Saturdays- 8a-noon  
418 S Main St  
David Blue 918-259-2400

**OWASSO**

Owasso Farmers' Market  
8 am - 12 pm, Wednesday, may 11 thru Oct 26  
Nancy Blakley - 918-521-7191  
8 am - 12 pm, Saturday, may 7 thru Oct 29  
Lee Ann Boyer - 918-521-7191  
YMCA parking lot, on the service road just west of  
hwy 169, 8300 North Owasso Expressway

**BRISTOW**

Bristow Farmers market  
8 am - 12 pm, Saturday, may 7 thru October 15  
Tractor Supply parking lot, corner of Sh 16 and Sh 66  
Bob Wyatt - 918-695-7194

For a full listing of Farmers' Markets in Green Country, please visit  
<http://www.kerrcenter.com/publications/2011-BFBL-FMGuide-GreenCountry.pdf>

**Featured Listing:**

4959 East 105th Street

MLS# 1216967  
Offered at \$799,000



This stately luxury home in the Jenks school district is full brick and sits on the middle of a level, one-half acre lot. There is a side-entry 3-car attached garage and a circle drive.

Four bedrooms are on the first floor and offer a split-bedroom plan. Two of the four bedrooms can be accessed from a private entrance, making a mother-in-law suite possible. The 5th bedroom and gameroom are on the 2nd level.



The gourmet kitchen includes granite counter-tops, island, SS appliances, custom cabinets and butler's pantry. Cabinets and counters extend the length of the breakfast nook - 27 feet. A bay window in the breakfast nook provides sunlight to better enjoy your morning coffee.



The den is open to the kitchen, and the formal dining and formal living rooms are on either side of the grand entry. All have ultra-high ceilings, handsome crown molding, and exquisite lighting.

Flooring throughout is stunning Travertine and carpet. Not to miss is the full-size inside tornado shelter and a generator capable of running the entire home.

<http://www.4959east105street.com/>

## And a few New Listings

**111 East 41st Street, Unit 2, Riverside Plaza  
Condominiums**

***Offered at \$92,000***



Largest unit in complex and first floor unit. Two bedrooms, two full baths, covered parking. Hardwood & tile floors, updated kitchen with granite counters and tumbled marble



backsplash, SS appliances, open living area, large bedrooms, storage, inside laundry. Half-block to RiverParks & trails, walking distance to Brookside. Community Pool, covered veranda and large, fenced patio area. Eliot & Edison schools.

For more photos, view  
<http://tulsaHomeforsale.net/2012/07/27/tulsa-condo-for-sale-near-riverparks-and-brookside/>

**10118 South Marion Avenue, Tulsa**

***Offered at \$250,000***



Enchanting retreat on 3/4 acre lot (m/l), remodeled kitchen, vaulted ceilings, hardwood floors, new carpet & new paint. Inside laundry, side-entry garage. OUTDOOR LIVING with deck, hot tub, fireplace. Jenks SE schools. Master/office level 1; large breakfast nook, separate formal dining, extra parking. Possible lot split.

## ***Lori's Real Estate Corner***

### **How a Bloggin' Realtor benefits Tulsa Home Sellers**

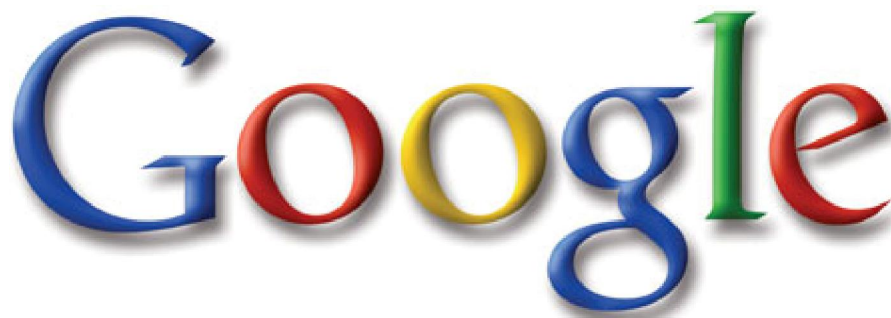
***Bits & Bytes from the Bloggin' Realtor***



One of my advertising tag lines is "Bits & Bytes from the Bloggin' Realtor," but I've never explained how my blogging benefits my real estate clients. I think reference to the word "bytes" tells you that I'm a techno geek, and how does THAT benefit my clients? My tech savvy style benefits Tulsa home sellers and buyers differently, so this post will address Tulsa home sellers only.

My passion for staying on the cutting edge of technology tells my clients that I'm resourceful in finding new and improved ways to best do my job. Whether it's providing prospective Buyers information about my listings via text messages, supplying YouTube videos or QR codes, this Realtor communicates through several mediums to reach the appropriate audience.

**Engaging on social network sites provides me with valuable and current industry knowledge.** If there are new incentives offered by Lenders that may help sell your property, wouldn't you want YOUR Realtor to be aware of this information? **Connected professionals are more apt to be "in the know."**



**Understanding how home Buyers shop on the Internet for homes enables me to advertise homes to attract those Buyers.** Let's say that the biggest selling point of your Tulsa home for sale is that it's in a particular school district or that it's within walking distance from the Riverparks. If a Buyer googles "Tulsa homes for sale near the Riverparks," YOUR property for sale needs to come up on the first page of Google search results.

No one can achieve those results better than a real estate professional who blogs and understands how to have blog posts indexed by Google.

***Not all Tulsa Realtors understand how the internet works.  
Let me show you how I will market your home.***

I'm not going to bore you with statistics about keyword density or long-tail keywords. What you DO need to understand as a home Seller is that 95% of Buyers are shopping on the internet, and **YOUR Realtor needs to promote your listing so that it will be FOUND on the internet.**

**And that's where the blogging comes in.** Mix blogging with exposure

on Twitter and Facebook and a variety of other internet sites and your Tulsa home for sale will receive the attention it deserves.

For more information about our home selling services, [please visit my web site](#). To see how I market my listings, [visit a few!](#) Please do call me for an interview: 918-852-5036!

For more information about home buying and selling, please [visit my Tulsa real estate blog!](#)

Copyright 2011-2012 Lori Cain All Rights Reserved - Originally Posted at: Midtown Tulsa Real Estate - Lori Cain

Call  
me

If you know of anyone that could benefit from my services, feel free to forward them my contact information. Be sure to have them tell me that you sent them my way! Your real estate referrals are appreciated!

**852-5036**

Lori Cain, Chinowth & Cohen Realtors®  
Midtown Tulsa Real Estate

Ready. Willing. Able. **Cain.**

[Forward email](#)



Try it FREE today.

This email was sent to razncain@cox.net by [razncain@cox.net](mailto:razncain@cox.net) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).  
Lori Cain, Realtor | 1929 S Cheyenne | Tulsa | OK | 74119