

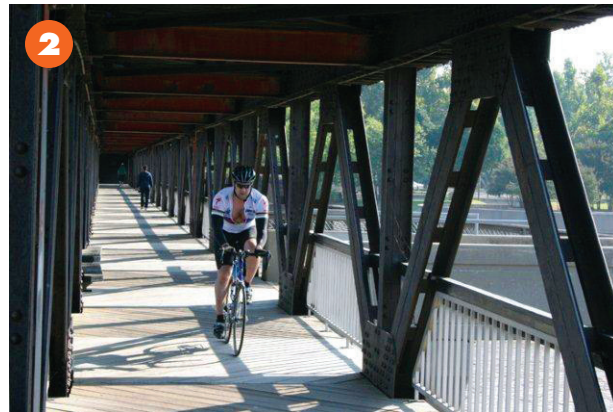
BY JANET DE ACEVEDO MACDONALD



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If you love to show, then wherever Arabian horse lovers gather to compete is a prime travel destination. The smell of horses, the barn, saddle soap, shampoo, Show Sheen, even the sweat of anticipation or a job well done are Heaven scent. But once the day's classes are complete and horses are tucked away, having been bathed, blanketed, wrapped, fed and watered, who doesn't look forward to a nice meal, where you can relax over a drink and maybe even shake a tail feather with horsey friends? Sure,

there is a percentage of people who have been to the season's largest show many times — trainers, AHA staffers, vendors, veteran competitors — but there is a larger percentage of members who compete that have never been to 'the big dance' or to Tulsa, our U.S. Nationals host city for the next five years. T-Town opens its arms and invites you to venture from Expo Square to discover its many gems, finding mentioned places to be good value for money, with ambience and interest.

Tulsa taste tidbits

The award-winning **Flemings Prime Steakhouse & Wine Bar** voted Best Steakhouse and Best Wine List by *Oklahoma Magazine* in 2011 offers private dining options perfect for a rose-winning get together. The Travel Channel's *Man vs Food* oozed over **Billy Sims Barbecue's** gourmet chili dogs and all three locations are within 10 minutes drive of Expo Square. Vegan-friendly **Be Le Vegetarian** is a family-owned authentic Thai restaurant (less than a six-mile drive) consistently rated 4 out of 5 stars, smack

dab in the land of red-meat eaters. Le Cordon Bleu-trained Oklahoma native, Chef Teri Fermo of **Bohemia: Moveable Feast Caterers** has a stall at the Cherry Street Farmer's Market and recently added Jezebel a Popsicle purple food truck to her repertoire. Fermo sells gourmet pizzas, soups, dinner items and desserts at the stall and a Filipino menu from the food truck. **In The Raw Sushi** has three locations in Tulsa, including one in the multi-purpose 19,000 seat BOK Center. It combines traditional and nouveau

sushi with a variety of non-sushi entrees and a vibrant, hip ambience. New in 2009, **Haruno** serves Pan Asian cuisine and is another good option for private parties — remember to ask about its karaoke options. Tulsa standard, **White River Fish Market & Seafood Restaurant** has been selling and serving fish as good as anything you will find along the seashore and there's a line out the door to prove it! Its customers are a cross section of Tulsans — businessmen in dark suits, workers from nearby plants, families and carry-out customers.

destination Tulsa

- 1. Philbrook Museum of Art
- 2. River Parks
- 3. Cherry Street
- 4. Flemings
- 5. Utica Square Art Show
- 6. Children's Zoo
- 7. Rainforest at the zoo
- 8. Train ride at the zoo

Whether you dine in, take out, have it catered or delivered, **Lambrusco's To Go** has been a Tulsa tradition for 27 years. Reportedly, there is nothing better than its Dill Chicken Salad on a Croissant and the Chocolate Carrot Cake is to die for.

If you love a good-meal-combo-deal **Full Moon Café's** Thrifty Thursday features a \$4 half-pound burger with fries and an evening of live music. For a cold one and some tunes Tulsa's 10Best.com warns not to judge a book by its cover while wondering whether or not to wander inside **Soundpony Lounge** in downtown (within a 15-minute drive radius). "[Soundpony Lounge] cranks it up nightly as one of the city's most popular venues offering live music..."

Three farmers markets — **Downtown Tulsa Market**, **Cherry Street Market** and **Brookside Market** — are within a five mile radius of Expo Square; perfect for replenishing your living quarter's supplies. Vendors sell local, organic foods, fruits, veggies and crafts. Cherry Street (Saturday) and Brookside (Wednesday) are open through the end of October, the downtown market is open Tuesdays year-round. Local restaurant critic Scott Cherry reviews tasty Tulsa eateries in his Cherry Picks, all indexed by cuisine and location — another handy, dandy option for finding that celebratory dining location.

Got kids? Need a..... change of scenery?...

Youth riders can get antsy when it's not all about them, and who would blame them? Set aside an afternoon for the **Tulsa Air and Space Museum & Planetarium** or the **Tulsa Zoo & Living Museum**. As with most venues mentioned, *TulsaKids Magazine* has a Facebook page to "like" and it posts regular reviews of all things kiddy — most recently **Tulsa Children's Museum**.

While Tulsa's October sun smiles take in T-Town's Art Deco architecture — our nation's third largest — with

a self-guided **Art Deco Landmarks Walking Tour**. One of the venues used for U.S. Nationals, the Fairgrounds Pavilion, is on the tour. Maps for the self-guided tour are available from the Tulsa Metro Chamber. Not into architecture, ok, take the dogs (it's a horse show after all) due west to the nationally registered **Swan Lake Historic District** (six minutes by car) to have a good sniff around its four acres of winding pathways. There are plenty of park benches where you can sit and watch waterfowl and its majestic fountain. Stroll **River Parks** (seven minutes west of Expo Square by car) with its 26-mile surface along the Arkansas River thriving with outdoor recreation. The majority of its trails are flat and suitable for a range of fitness levels, with the exception of a steep grade where the trail connects to the Turkey Mountain parking lot, as well as the connection at Gilcrease Museum Road.

VisitTulsa.com touts Oklahoma's second largest city as the Arts and Culture Capital of Oklahoma. One of its most popular attractions is the **Gilcrease Museum of the Americas**, a celebration of the incredible diversity, industry and artistry of the American West (eight miles northwest). Founded in 1949 by successful Tulsa oilman Thomas Gilcrease, it was commissioned as a "Smithsonian Institute-level" museum of the American West. Today the Gilcrease Museum of Art is home to the world's largest and most complete collection of art from the American West, as well as expanding collections of art and anthropological artifacts from Central and South America. One of America's top 65 art museums, the **Philbrook Museum of Art** is housed in an Italian-style villa listed on the National Register of Historic Places, less than 10 minutes by car from Expo Square, situated on 23 acres of formal and informal gardens. It exhibits more than 8,500 works of art, from Italian renaissance art to extensive Native American collections. **Tulsa Indian Art Market**, which specializes in classic

and contemporary Native American pieces, provides an excellent option to invest in original art.

Retail therapy..... Tulsa style.....

Many people attending U.S. Nationals spend discretionary dollars with show vendors — especially Zia Graphics and Her Hatness Terri Deering — for the official show souvenir garb, but after those must-haves, take a dose of retail therapy Tulsa style. Try **Utica Square** in the city's popular midtown district, the budget-wise **Cherry Street** or, ladies, trade boots for heels to dance and club hop in the fashionable, funky **Brookside District**. You can actually shake a tail feather during **Tulsa Oktoberfest** as it celebrates 30 years of the Chicken Dance with "Poultry in Motion," October 18-21, at **River West Festival Park**. Book tickets at the **BOK Center** for the **Red Hot Chili Peppers** in concert Wednesday, October 24, or enjoy the sound of your own voice at one of the many clubs listed on **Karaoke Tulsa**.

There's an app..... for that.....

You don't need to be a technocrat to use **Tulsa's Night Out app** for iPhone or Android with its info on local dining, bars entertainment, weather and accommodation. No smartphone, fine, view info on its website.

From its protein-rich beef, sushi and fresh fish, with its kid-friendly, ethnic or upper-crust art, to river and dog walks, shopping, karaoke and three decades of the Chicken Dance, these and other Tulsa gems await to add sparkle to your U.S. Nationals trip. Happy qualifying and hope to see you there. 🐾

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