

## ALTERNATIVE HEALTH FAIR

Naturally Well Tulsa, a first-time collaboration of alternative health and wellness providers, is a free and open-to-the-public event planned for Saturday, July 11, 2015 from 10 a.m. to 5 p.m. at OU-Tulsa's Schusterman Founder's Hall located at 41st and Yale Avenue.

Each provider will give a 20-minute presentation on his or her area of expertise. Health and wellness providers will also be available throughout the day to personally talk with attendees.

Topics that health and wellness participants will be presenting include nutrition, natural childbirth options, essential oils, yoga, acupuncture, chiropractic, Ayurvedic medicine, spiritual counseling, body-centered psychotherapy, information about local farmer's markets and Qigong/meditation.

Door prizes will be given away, including a FitBit and a Wellness Basket.

For more information, go to [www.naturallywelltulsa.com](http://www.naturallywelltulsa.com).



---

## CELEBRATE FAMILY HISTORY MONTH WITH THE GENEALOGY CENTER

Share your family's heritage with future generations by researching your roots and creating a family tree. Join Tulsa City-County Library's Genealogy Center in July at its annual Family History Month series featuring a variety of programs for new genealogy researchers as well as lifetime enthusiasts.

The series also features workshops on Saturday, July 25 and Sunday, July 26 presented by renowned national speaker and certified genealogist Mark Lowe. Lowe's presentations are sponsored by the Tulsa Library Trust.

All Family History Month programs are free and will be held at the Hardesty Regional Library, 8316 E. 93rd St., in Frossard Auditorium. A hearing loop is available.

**"Beginning Genealogy Workshop"**; Saturday, July 11; 9:30 a.m.-1 p.m. Learn how to start researching your family history, including where to begin, what records are important and where to find them; how to use both online and print sources; and what services and assistance are available to you in the Genealogy Center.

**"Ancestry Tricks and Tips"**; Saturday, July 11; 2-3 p.m. Learn some new tips and tricks to help further your research.

**"The Immigration Process and the Records It Created"**; Saturday, July 11; 3:15-4:30 p.m. Locating ancestors in immigration records can prove challenging. This workshop complements the Adult Summer Reading Program and One Book, One Tulsa communitywide reading initiative.

**"HistoryGeo.com: Unlocking the Past With Original and 19th Century Land Owner Maps"**; Saturday, July 18; 10 a.m.-noon. Learn what is new at HistoryGeo.com. Greg Boyd, family historian and creator of the land owner maps, will demonstrate how best to use the many tools on the site.

**"The Century Chest"**; Saturday, July 18, 1:30-2:30 p.m. On April 22, 1913, the members of the First English Lutheran Church of Oklahoma City buried a copper chest in the church's basement. Filled with items supplied by local citizens, businesses, community organizations and legislators who paid for space in the chest, the chest was to remain buried for 100 years. Fast forward to April 22, 2013, when members of the church opened the chest at a public ceremony. Contents of the chest were donated to the Oklahoma Historical Society to conserve and care for these items. Join Chad Williams, director of the Oklahoma Historical Society's research division, as he shares stories of the many surprising things that were buried in the chest.

**"Gateway to Oklahoma History"**; Saturday, July 18; 3-4 p.m. Discover the wealth of genealogical information available at your fingertips from this free online database.

**"Where, When and Why: The Story of Migration"**; Saturday, July 25; 9:30-10:30 a.m. Join certified genealogist Mark Lowe and follow your ancestors over a century of movement sharing locations, time periods and why.

**"How to Follow the 'Right' Family While They Move Across the South"**; Saturday, July 25; 10:45-11:45 a.m. Mark Lowe will demonstrate simple techniques you should take when researching your migrating ancestors.

**"How Do I Use DNA Testing?"**; Saturday, July 25; 1:30-2:30 p.m. Mark Lowe will discuss what's new with DNA testing and shares the process to determine which test to take, how to prepare for testing and what to do when the test results arrive.

**"Taxes Rule the World: Property, Poll, Ad Valorem, Permission"**; Saturday, July 25; 2:45-3:45 p.m. Learn about the many forms of tax records and how to use them as a tool to solve research problems.

**"A Death in the Family"**; Sunday, July 26; 1:30-4 p.m. Discover the myriad of documents uncovered through the death of an individual.

After attending these programs, stop by the Genealogy Center to get started on your research. Located on the second floor of the Hardesty Regional Library, the center has one of the largest genealogical collections in Oklahoma. Plus, it is designated as an official FamilySearch Center, enabling it to borrow resources from the largest genealogy collection in the world – the Family History Center in Salt Lake City, Utah.

For more information, go to <http://guides.tulsalibrary.org/genealogy/> or call 918.549.7691.

BY HOLLY EMBRY, YOUTH ASSOCIATE, SCHUSTERMAN-BENSON LIBRARY

# have a superhero summer at the library

What's on your summertime must-do list? While you're planning vacations and trips to the pool, keep in mind the amazing things happening at the library. There's no need to worry about finding yourself without fun events and plenty to read while the kids are out of school. Citizens of Tulsa, fear not! You have access to one of the most powerful library systems in the country, with a superhero-themed Summer Reading Program going strong until August 1. Our wonderful books, programs and prizes are just a few reasons to include the library in your summer plans.

Summer is the perfect time to read just for the fun of it, and encouraging your children to spend their days reading the books they love is always time well-spent. The Tulsa Library has a large selection of books in all formats, plus movies and music. Visit one of TCCL's 24 library locations and look for displays for reading inspiration and recommended books. Don't hesitate to ask our knowledgeable staff if there's something specific you're looking for and, chances are, we can find it for you. Make trips to the library a part of your family's routine for a steady supply of no-cost entertainment this summer.

In addition to an extensive collection of materials, the library also has a pretty impressive



LIBRARY PRIZES AND "BONUS" PRIZE BELOW.

lineup of events going on right now. During the Summer Reading Program, you can expect a wide variety of festivities for children, teens and adults. Visit the library website or pick up an event guide at the library to browse performances, story times, crafts, author visits, live music, and book discussions.

Keeping with the theme of the Summer Reading Program, you'll also have a chance to take part in superhero celebrations, meet animal heroes, and attend events featuring community heroes with the vehicles they drive.

Not only does the library have plenty to read and do over the summer, they're also giving out prizes to readers of all ages as



they meet seasonal reading goals, and holding grand-prize drawings for each age category. Kids, teens, and adults who have read and logged a set number of books have already started receiving their prizes, and it's still not too late to get in on the action at Tul-

salibrary.org/summer.

Children who read eight books will receive a medal and book of coupons with over \$70 worth of restaurant treats and admission for fun activities around town. If the little ones read 20 books, they'll also receive a superhero rubber duck as a bonus prize.

Teens can expect to earn a coupon book full of freebies and an LED flashlight when they finish the Teen Summer Reading Program. They can also complete various tasks to earn digital badges and be entered into drawings for even more prizes for teens only.

And if you're an adult, there's no need to envy all the awesome prizes available for the kids. Read four books over the summer and you'll win free food from Panera, Mazzio's and Wendy's. The little ones will love seeing the grown-ups in their lives being swept away in a good story, so don't forget to pick up a few books for yourself at the library, or download ebooks and audiobooks through the digital collection.

In the end, a great time will be had by superheroes of all ages in the Tulsa area. So whether you are looking for books to read, programs to attend or prizes to win, let the Tulsa City-County Library come to the rescue with summer fun of epic proportions!

# Tulsa City-County Library FREE Summer Reading Events and Community Storytimes

## READING EVENTS

### American Indian Dances and Storytelling with Mike and Lisa Pahsetopah

Broken Arrow Library: Tuesday, July 7; 1-1:50 p.m.  
Broken Arrow Library/ South: Thursday, July 9; 2-3 p.m.  
Helmerich Library: Wednesday, July 8; 10:30-11:30 a.m.  
Jenks Library: Wednesday, July 8; 1:30-2:30 p.m.  
Schusterman-Benson Library: Thursday, July 23; 2-3 p.m.  
Zarrow Regional Library: Tuesday, July 14; 2-2:45 p.m.

### Balloons, Juggling and Fun with Dustin Reudelhuber

Brookside Library: Monday, July 27; 4-4:45 p.m.  
Collinsville Library: Tuesday, July 21; 2-3 p.m.  
Jenks Library: Wednesday, July 1; 1:30-2:30 p.m.  
Kendall-Whittier Library: Wednesday, July 22; 1-1:45 p.m.  
Maxwell Park: Wednesday, July 29; 2-3 p.m.  
Rudisill Library: Wednesday, July 15; 10-11 a.m.  
Schusterman-Benson Library: Thursday, July 9; 2-3 p.m.  
Suburban Acres Library: Tuesday, July 14; 1-1:45 p.m.  
Zarrow Regional Library: Tuesday, July 7; 2-2:45 p.m. .

### Superhero Science Show with Magician Brad "Bradini" Evans

Broken Arrow Library/ South: Thursday, July 23; 2-3 p.m.  
Glenpool Library: Thursday, July 9; 1-2 p.m.  
Hardesty Library: Wednesday, July 15; 1:30-2:30 p.m.  
Jenks Library: Wednesday, July 22; 1:30-2:30 p.m.  
Judy Z. Kishner: Tuesday, July 21; 2-3 p.m.  
Kendall-Whittier: Wednesday, July 29; 1-1:45 p.m.  
Librarium: Tuesday, July 14; 1-2 p.m.  
Martin Regional Library: Thursday, July 16; 1-1:45 p.m.  
Nathan Hale Library: Wednesday, July 8; 2-3 p.m.  
Suburban Acres Library: Tuesday, July 7; 1-1:45 p.m.

### Tulsa Children's Museum Presents Science of Triangles

Brookside Library: Monday, July 13; 4-4:45 p.m.  
Charles Page Library: Wednesday, July 15; 10:30-11:30 a.m.  
Glenpool Library: Thursday, July 23; 1-2 p.m.  
Jenks Library: Wednesday, July 15; 1:30-2:30 p.m.  
Librarium: Friday, July 24; 1-2 p.m.

### Tulsa Children's Museum Presents RECESS+ (Body=Brain=Balance)

Herman and Kate Kaiser Library: Tuesday, July 14; 10:30-11:15 a.m.

### Science Show with Chris Middlebrook

Collinsville Library: Tuesday, July 14; 2-3 p.m.  
Maxwell Park Library: Wednesday, July 15; 2-3 p.m.

### Vaudeville Magic Show with Chris Capstone

Hardesty Regional Library: Wednesday, July 22; 1:30-2:30 p.m.  
Herman and Kate Kaiser Library: Tuesday, July 7; 10:30-11:15 a.m.  
Judy Z. Kishner: Tuesday, July 7; 2-3 p.m.  
Skiatook Library: Wednesday, July 29; 1-2 p.m.

## STORYTIMES

### Bixby Library

- Preschool Storytime: Mondays, July 6, 13, 20, 27 • 11-11:30 a.m.
- My First Storytime: Mondays, July 6, 13, 20, 27 • 10:30-10:45 a.m.

### Broken Arrow Library (300 W. Broadway, Broken Arrow)

- My First Storytime: Tuesdays, July 7, 14, 21, 28 • 10:30-10:50 a.m.
- Preschool Storytime: Wednesdays, July 1, 8, 15, 22, 29 • 10:30-10:50 a.m.

### Broken Arrow Library/ South

- My First Storytime: Wednesdays, July 1, 8, 15, 22, 29 • 10-10:30 a.m.
- Toddler Storytime: Wednesdays, July 1, 8, 15, 22, 29 • 10:30-11 a.m.

### Brookside Library (1207 E 45th Pl.)

- Preschool Storytime: Wednesdays, July 1, 8, 15, 22, 29 • 10:15-10:45 a.m.
- Wednesdays, July 1, 8, 15, 22, 29 • 11-11:20 a.m.

### Hardesty Regional Library

- My First Storytime: Mondays, July 6, 13, 20, 27 • 10-10:20 a.m. and Tuesdays, July 7, 14, 21, 28 • 10-10:20 a.m.
- Mr. Paul's Preschool Storytime: Mondays, July 6, 13, 20, 27 • 11-11:30 a.m.
- Toddler Time: Wednesdays, July 1, 8, 15, 22, 29 • 11-11:20 a.m. and Tuesdays, July 7, 14, 21 • 11-11:20 a.m.

### Helmerich Library

- Superhero Storytime: Tuesdays, July 7, 14, 21, 28 • 11:30 a.m.-noon

### Herman and Kate Kaiser (5202 S. Hudson Ave., Suite B, Tulsa)

- My First Storytime: Thursdays, July 2, 9, 16, 23, 30 • 10-10:30 a.m.
- Preschool Storytime: Thursdays, July 2, 9, 16, 23, 30 • 10:30-11:30 a.m.
- Sensory Storytime: Saturday, July 25 • 10:30 a.m.-noon
- Superhero Pajama Storytime: Monday, July 20 • 6-7:30 p.m.

### Kendall-Whittier Library (21 S. Lewis Ave., Tulsa)

- Bilingual Storytime/Cuentos Bilingües: Wednesdays, July 1, 8, 15, 22, 29 • 10-10:45 a.m.

### Librarium (1110 S. Denver, Tulsa)

- Family Storytime: Tuesdays, July 7, 14, 21, 28 • 11-11:30 a.m.

### Martin Regional

- Bilingual Storytime/Cuentos Bilingües: Tuesdays, July 7, 14, 21, 28 • 10-10:30 a.m.

### Owasso Library (103 W Broadway St., Owasso)

- My First Storytime: Wednesdays, July 1, 8, 15, 22, 29 • 9:30-9:50 a.m. and Tuesdays, July 7, 14, 21, 28 • 9:30-9:50 a.m.
- Preschool Storytime: Wednesdays, July 1, 8, 15, 22, 29 • 10-10:30 a.m. and Tuesdays, July 7, 14, 21, 28 • 10-10:30 a.m.
- Stay and Play Storytime: Wednesdays, July 1, 8, 15, 22, 29 • 10:30-11 a.m. and Tuesdays, July 7, 14, 21, 28 • 10:30-11 a.m.
- Pajama Storytime/ Superhero and Stuffed Animal Sleepover: Monday, July 13 • 6-7 p.m.

### Pratt Library (3219 S. 113th West Ave., Sand Springs)

- Preschool Storytime & Superhero Party: Thursdays, July 2, 9, 16, 23, 30 • 10:30-11:15 a.m.

### Schusterman - Benson Library (3333 E. 32nd Place, Tulsa)

- My First Storytime: Wednesdays, July 1, 8, 15, 22, 29 • 10-10:20 a.m.
- Stay and Play Storytime: Wednesdays, July 1, 8, 15, 22, 29 • 10:30-10:50 a.m.
- Preschool Stay and Play Storytime: Tuesdays, July 7, 14, 21, 28 • 10:30-11:30 a.m.

### Storytime on the Green

- Guthrie Green: Wednesdays • 10:30 a.m. (followed by Food Truck Wednesday)

### Zarrow Regional Library (2224 W 51st St., Tulsa)

- Stay and Play Storytime: Wednesdays, July 1, 8, 15, 22, 29 • 10:30-11:30 a.m.