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tulsakids

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IT'S SPRING! WHERE TO FIND:
EASTER EGG HUNTS
HERB & GARDEN FAIRS
SPRING EVENTS

FLOATING AWAY ANXIETY

CHOOSING THE RIGHT DAY CAMP

LOVE YOUR WORLD:
GIVING YOUR CHILDREN A GLOBAL EXPERIENCE AT HOME

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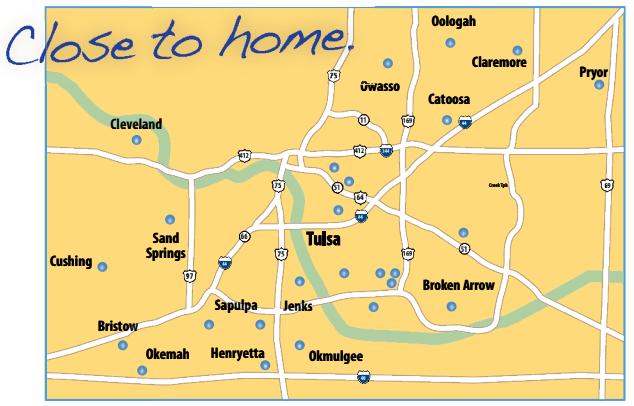
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Natalie was in shock when she delivered Jack and George, her twin boys, at just 25 weeks into her pregnancy. She and her husband, Robb, had so many questions about why this happened and the health of their babies. But, the couple found comfort in the neonatal intensive care unit (NICU) team at the *Peggy V. Helmerich* Women's Health Center at Hillcrest Medical Center. From reassuring the new parents, to celebrating the boys' milestones, the NICU team quickly became an extension of their family.

To learn more about Natalie's life-changing experience at the Peggy V. Helmerich Women's Health Center at Hillcrest Medical Center, visit Hillcrest.com

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tulsakids

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editor's note

What? It's Already Spring?

I'm a procrastinator. How do I know this? I'm writing this note on the afternoon that the magazine is due at the printer. And that's just one sad example.

Being one, I didn't want to encourage that trait in my children. I didn't have to worry with my firstborn. He could finish assignments before they were even assigned! He used to organize all of his classes and subjects in binders or folders with color-coded tabs, and then try to organize his sisters, with varying degrees of luck. The youngest one was usually pretty complacent, but my middle daughter had her own, let's say, less structured way of organizing her world.

But I do know what procrastination creates. Stress and anxiety! I'm pretty anxious right now, in fact, because not only do I need to finish the April issue, I also have to take my sweet dog to the vet in a few minutes. She's a somewhat sensitive 90-pound labradoodle with a tendency toward skin issues and ear infections. I think they're caused by her sensitive temperament. I noticed my vet has some essential oils for pets, so maybe my dog would do well with lavender – would that be the right one?

Or she does seem to be happy in the swimming pool. Maybe she's on to something. Writer Julie Wenger Watson interviewed the folks at Laureate who are doing research on floating in salt water-filled tubs. Evidently, it shows promise in relieving stress. Read the article to find out more.

And, you may be feeling just a bit of anxiety as we edge toward summer. What do you do with the kids? We have you covered. We ran our Summer Camps & Activities Guide last month, but we're repeating it this month with some added listings. Before you get out your calendars, read the article about choosing camps – it may give you some pointers.

Finally, with the advent of spring, you may be feeling the warm weather beckoning you outdoors. Abby Mushunkashey, our award-winning calendar and social media editor, has compiled a list of activities that will have you and your family outside enjoying the sunshine every weekend.

Don't procrastinate! Start here for your spring and summer plans.





If you like to read TulsaKids, you may not know that you can watch us, too! Every Thursday morning on Tulsa's Channel 8, the local ABC affiliate, join Editor Betty Casey on Good Day Tulsa for tips to plan your family's weekend and more. Watch Good Morning Oklahoma on Tuesdays for tips on timely topics and family information you'll want to know.

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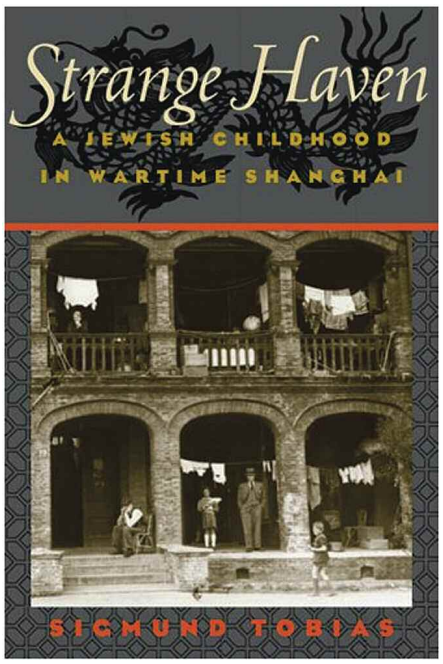
2017 INTERFAITH HOLOCAUST COMMEMORATION: "STRANGE HAVEN: FLEEING THE HOLOCAUST TO SHANGHAI"

In 1938, 6-year-old Sigmund Tobias and his family fled from their home in Berlin, Germany, to Japanese-ruled Hongkew, one of the poorest parts of Shanghai, China, where they lived as refugees along with 17,000 other European Jews for more than 10 years.

Tobias will share his story as he addresses the topic "Strange Haven: Fleeing the Holocaust to Shanghai" as the featured speaker for the Tulsa Council for Holocaust Education's 20th Annual Yom HaShoah/Interfaith Holocaust Commemoration on Thursday, April 20 at 7 p.m. at Congregation B'nai Emunah, 1719 S. Owasso Ave. The public is invited to the free presentation, which is recommended for ages 12 and older.

Parking is limited at B'nai Emunah. Arrive early to ensure parking availability. Carpooling is encouraged.

After the commemoration, Tobias will sign copies of his memoir "Strange Haven: A Jewish Childhood in Wartime Shanghai," which chronicles his family's journey as refugees. Copies of the book will be available to purchase at the commemoration or may be purchased in advance at the Jewish Federation of Tulsa, 2021 E. 71st St.



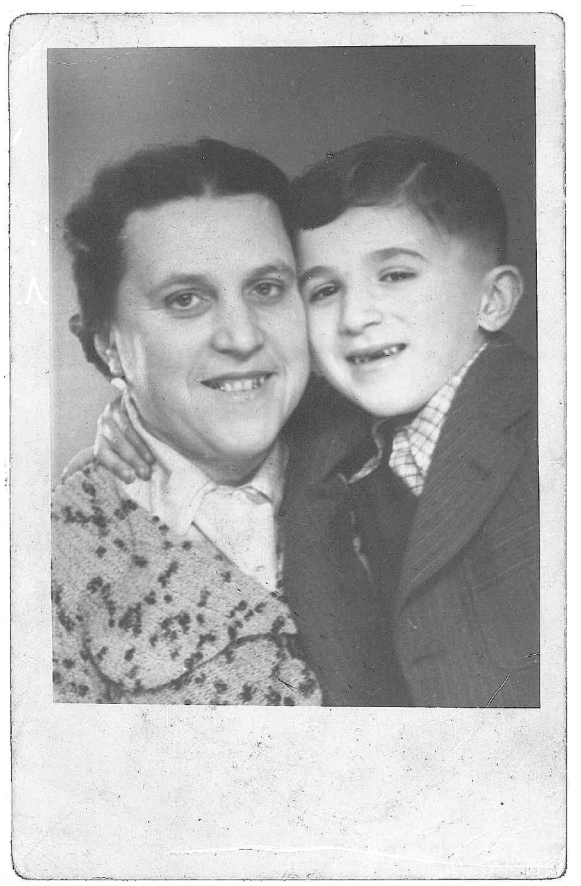
SIGMUND TOBIAS'S BOOK.

The Holocaust Commemoration is sponsored by the Tulsa Council for Holocaust Education (a committee of the Jewish Federation of Tulsa) and the Tulsa City-County Library, in cooperation with dozens of local interfaith and community organizations.

As in past years, the commemoration program includes an exhibit of artwork created by Tulsa area students of the Holocaust. In addition, there will be a candle lighting in memory of those who were murdered in the Holocaust. Plus, the Tulsa City-County Library will have available for checkout many Holocaust books and media.

To complement the commemoration, the Circle Cinema, 10 S. Lewis, will show "Shanghai Ghetto" on Sunday, April 2 at 2 p.m. Narrated by Academy Award winner Martin Landau, this powerful documentary features interviews of survivors and historians, rare letters, stock footage, still photos and footage shot in modern Shanghai where most of the Jewish Ghetto remains unchanged. Visit www.circlecinema.com or call 918.585.3504 for ticket information.

Contact the Jewish Federation of Tulsa at 918-495-1100 for more information about the commemoration.



A PASSPORT PHOTO OF THE FEATURED SPEAKER, SIGMUND TOBIAS, WITH HIS MOTHER WHEN HE WAS A YOUNG CHILD.

PETE SEEGER EXHIBIT OPENS AT WOODY GUTHRIE CENTER

Take the kids to learn about one of America's most beloved folk singers at the Woody Guthrie Center's newest exhibit How Can I Keep From Singing: The Work of Pete Seeger, opening this month.

The exhibit, which follows Seeger's life from his music to his work as a social activist, opens with a members-only event on April 5, featuring a performance and discussion with banjo player Tony Trischka. The public opening is April 6 and continues through Aug. 21.

"We are thrilled to be bringing Pete's message of peace, justice, and equality to Woody's home in Tulsa," said Woody Guthrie Center Executive Director Deana McCloud. "Their common message is one that remains relevant as we continue their work for positive social change in the world."

Among the artifacts to be featured in the co-curated exhibit are original lyrics; items from Seeger's work with the Almanac Singers, The Weavers and People's Songs; his writings about Woody Guthrie; documents connected to the blacklisting era of the House Un-American Activities Committee; tools and clothing from Seeger's cabin; examples of his environmental work; and interactive experiences such as a sing-along area with some of the songs Seeger famously recorded as well as an interactive banjo lesson.

HERE COMES THE (SOUTH TULSA) FUN

Beginning Sunday, April 9, families can enjoy an outing to The Sunday Post: Monthly Market at Post Rock, an outdoor market featuring a variety of vendors, live music and a kids zone at PostRock Plaza, located at 10438 S. 82nd E. Ave.

The market will feature booths selling art, gifts and crafts, bakery items and food, to name a few. Organizers are currently seeking more vendors to showcase their products and services.

The Sunday Post market will continue every second Sunday from 1 to 4 p.m. from April through September. For information visit www.postrockplaza.com.

continued next page

PHILBROOK'S MYMUSEUM PROGRAM CONTINUES WITH SUPPORT FROM AEP

Philbook's MyMuseum program, which provides access to art education for children and youth, was awarded a $25,000 grant, along with five other Tulsa nonprofit organizations, which recieved grants totaling $230,000 from the American Electric Power Foundation to help address education and human needs of area residents. Public Service Company of Oklahoma (PSO), an electric utility subsidiary of American Electric Power, helped secure the grants.

AEP Foundation grant recipients include Teach for America, Inc., Philbrook Museum of Art, Community Food Bank of Eastern Oklahoma, Youth Services of Tulsa, The Little Light House, Inc., and Rebuilding Together Tulsa.

Now in it's ninth year, Philbrook MyMuseum has served over 30,000 children, providing free art supplies to children ages 3-13.

"On behalf of PSO and the AEP Foundation, it's our honor to support these outstanding nonprofit organizations and their missions to serve the Tulsa area," said John Harper, PSO vice president for external affairs. "The AEP Foundation and PSO provide charitable donations to address education and human services in Tulsa and all the communities we serve to improve the quality of life for our customers."

Information from AEP also stated, "providing funding to help make arts education more accessible to all is important to our children and youth, and helps introduce them to creativity, beauty and imagination, which is important to critical thinking and quality of life."



PICTURED (LEFT TO RIGHT): MEREDITH MIERS, PHILBROOK GRANT WRITER; DIANE SHEN, PHILBROOK DIRECTOR OF DEVELOPMENT; CAROLE HUFF HICKS, MANAGER EXTERNAL AFFAIRS, THE AEP FOUNDATION; SCOTT STULEN, PHILBROOK DIRECTOR/PRESIDENT

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CORRECTIONS & CLARIFICATIONS

Sarah Kinnison Clavin is the granddaughter of Miller Swim School owners Larry and Rita Miller, and daughter of Gina, Miller's COO.

TULSA CITY-COUNTY LIBRARY FINALIST FOR NATIONAL AWARD

The Institute of Museum and Library Services announced that Oklahoma's Tulsa City-County Library is among the 30 finalists for the 2017 National Medal for Museum and Library Service. The National Medal is the nation's highest honor given to museums and libraries for service to the community. For 23 years, the award has celebrated institutions that demonstrate extraordinary and innovative approaches to public service and are making a difference for individuals, families, and communities.

"The 2017 National Medal Finalists represent the leading museums and libraries that serve as catalysts for change in their communities," said Dr. Kathryn K. Matthew, director of the Institute of Museum and Library Services. "It is our honor to recognize 30 notable institutions for the work they do in re-enforcing the importance of lifelong learning and in turn improving the lives of individuals, families and communities. We salute them and their valuable work in providing educational opportunities to their community and celebrate the power libraries and museums can have across the country."

Finalists are chosen because of their significant and exceptional contributions to their communities. IMLS is encouraging community members who visited Tulsa City-County Library to share their story on the IMLS Facebook page. To Share Your Story and learn more about how these institutions make an impact, please visit www.facebook.com/USIMLS.

The National Medal winners will be announced later this spring. The representatives from winning institutions will travel to Washington, D.C. to be honored at the National Medal award ceremony.

To see the full list of finalists and learn more about the National Medal, visit www.imls.gov/2017-medals.

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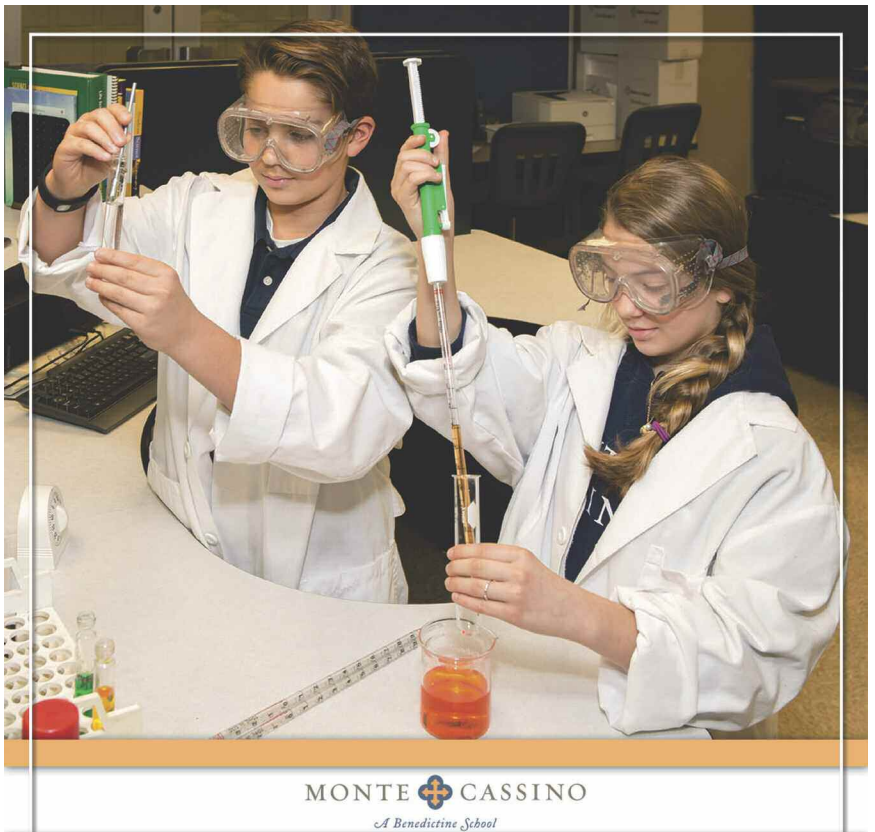
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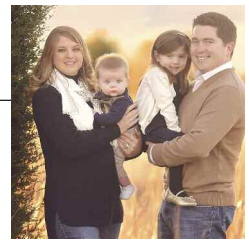


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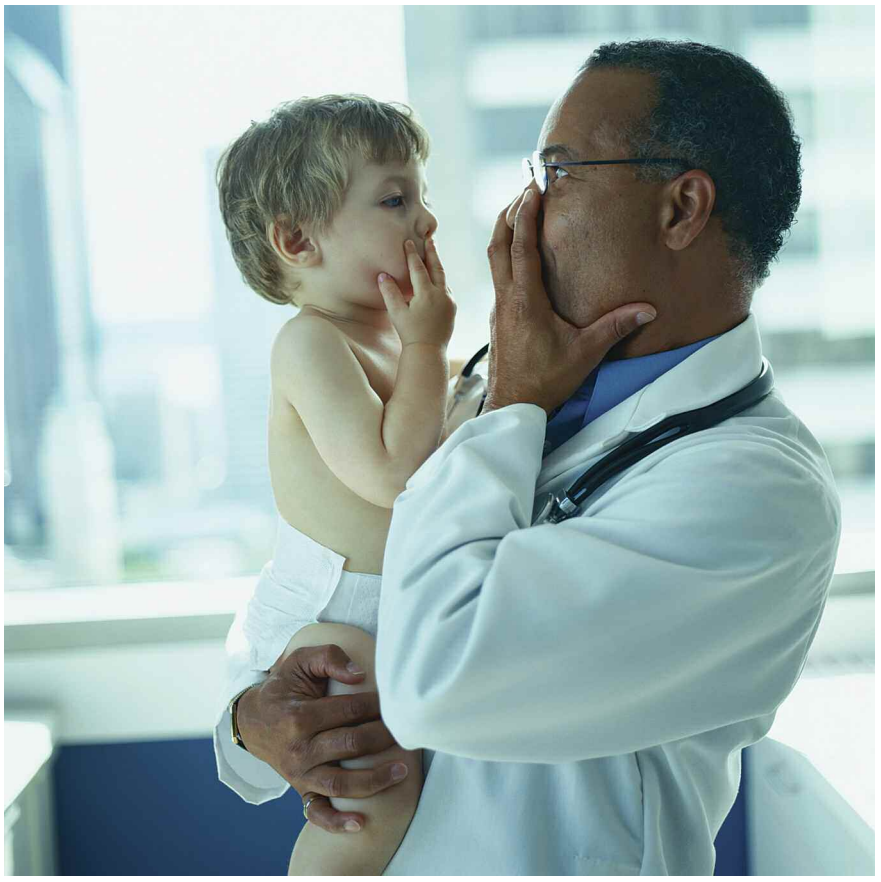
BY KILEY ROBERSON

Autism Screening gives peace of mind

With one in every 110 children —and one in 70 boys—being diagnosed as autistic, chances are you probably know someone living with autism. April is National Autism Awareness Month and a new report says parents should be more aware than ever. The report, published by Science Daily from a study appearing in the Feb. 2017 issue of Pediatrics, found that the earlier a child is diagnosed with autism and treated, the better long-term outcomes they experienced for future relationships and careers.

Like most medical conditions or disorders, experts say early detection is key. However, this same study also found that most children aren't detected and diagnosed with autism spectrum disorder (ASD) until around the age of 4, with children from economically disadvantaged or minority backgrounds typically diagnosed up to two years later. That's why regular well-child checkups are so important.

The American Academy of Pediatrics (AAP) recommends that all infants receive seven well-child visits during their first two years. Pediatricians start screening your baby for signs of developmental or communication challenges of ASD from his or her very first well-child visit. Your pediatrician observes how your baby giggles, looks to you for reassurance, tries to regain your attention during a conversation, points or waves, responds to his or her name and cries. Those observations in combination with family history, health examinations and parental perspectives remain extremely valuable in helping identify children at risk for ASD.



In Tulsa, most pediatricians screen children for autism at the 18- and 24-month well-child visits in addition to regular developmental checks. This is based on a national recommendation from the AAP. This screening can identify children with significant developmental and behavioral challenges early, when they may benefit most from intervention, as well as those with other developmental difficulties. For screening to be effective, it must be applied to all children – not only those with symptoms.

In most offices, pediatricians use the Modified Checklist for Autism in Toddlers (M-CHAT), a 23-point questionnaire filled out by parents. Most families find it easy to fill out. Using this standardized screening, pediatricians can pick up children at risk for ASD and will be prompted to start conversations about language delay, concerns about behavior, or possible next steps for a child at risk with additional genetic, neurologic or developmental testing.

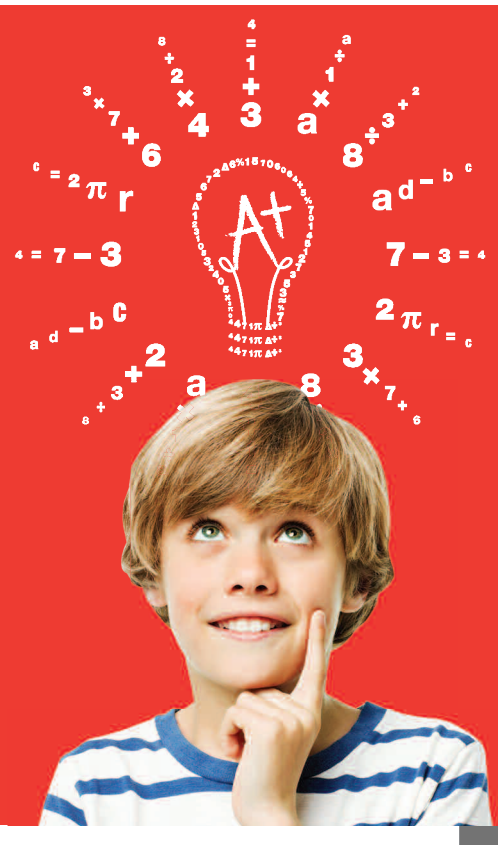
As important as these screenings are, they are not diagnosing. Just because your child may have a positive screen for ASD, it doesn't mean he or she will be diagnosed on the spectrum. On the reverse, if your child screens normally but you continue to worry about ASD, don't be shy. Speak up and talk with your pediatrician about your concerns.

So, as parents, what should we look for concerning ASD? While all children grow and develop at different rates, it is important to know what the developmental milestones are for each age and to talk to your child's doctor if he or she is not reaching those milestones.

Important Development Milestones:

• By 6 months: No big smiles or other warm, joyful expressions.

continued next page



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• By 9 months: No back-and-forth sharing of sounds, smiles, or other facial expressions

• By 12 months: Lack of response to name

• By 12 months: No babbling or "baby talk"

• By 12 months: No back-and-forth gestures, such as pointing, showing, reaching, or waving

• By 16 months: No spoken words

• By 24 months: No meaningful two-word phrases that don't involve imitating or repeating

If you are concerned about your child's communication or behavior due to a family history of ASD, the way he or she talks or acts, or other people's comments about his or her behavior, don't wait to talk with your pediatrician about doing more. If the first doctor doesn't respond to you or take you seriously, get a second opinion.

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BY CHRISTA MELNYK HINES

choosing the right day camp for your child

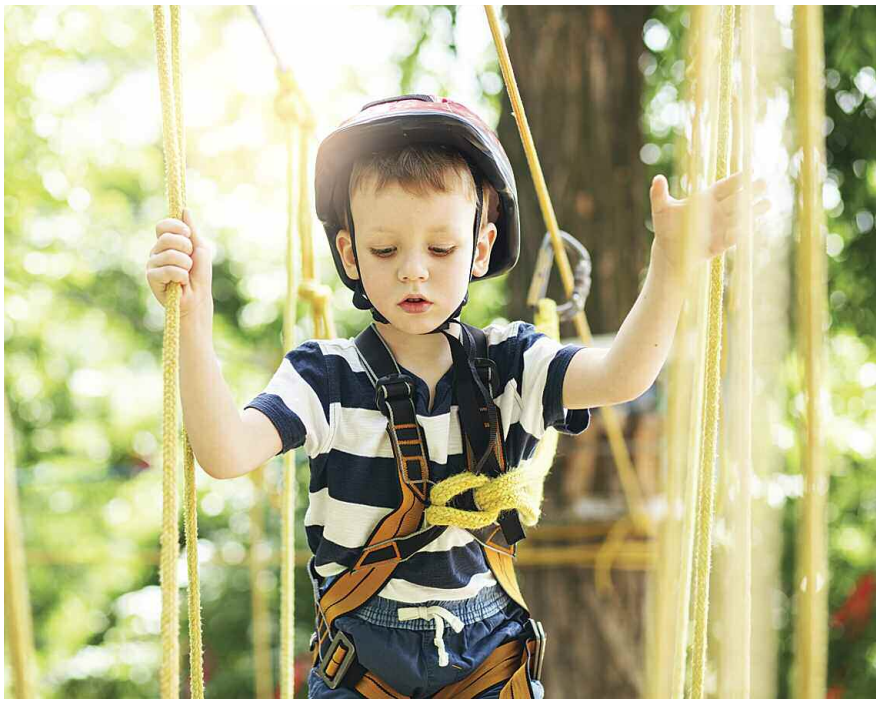
Day camps come in all shapes and sizes, appealing to a range of interests and ages. Here's how to find a camp that invests in your youngster by creating an unforgettable experience where they'll meet new friends, gain self-confidence and learn new skills --all while giving you peace of mind.

Begin with basics. First determine your schedule needs. Some camps are only a few hours a day while others are structured to work well with a working parent's schedule. Figure out if you'll need to arrange before or after care.

From there, seek a camp with "caring staff, fun programs and a dedication to the health and safety of the campers," says DD Gass, a director of camps and school-age services for a faith-based community center.

Match the camp with your child's interests. From computer coding to robotics and sports, day camps offer kids the opportunity to try all kinds of new activities. If your child isn't interested in a camp that specializes in one activity, choose a more traditional camp that offers a wide range of activities throughout the session.

"Make sure there's a healthy balance between structure and choice," says Jim Spearin, senior vice president of Youth Development for the YMCA.



Consider the culture. Ask for referrals from trusted family and friends."Choose a camp that welcomes parents as partners in their experience," Spearin says. "Parents should always feel welcome to come visit during camp. There should be planned activities for both parent and camper to enjoy together such as special events or campouts."

Seek qualified, organized staff. Camp employees should be licensed, certified and trained in sexual/child abuse prevention, first aid and CPR.

Find out how camp leaders are supervised and how they plan for emergencies, including natural disasters, intruders and other threats. Also consider the child-to-staff ratio. Will your child feel lost in a group that's too big, even if it meets state criteria?

"It's vitally important for staff to have child development knowledge and experience to ensure that appropriate, engaging and enriching activities are offered," says Katrina Ball, a child-care resource and referral director.

Try it before you buy. Attend a camp expo or camp fair to find out what options exist in the area. Some organizations feature their own camp fairs and mini-camps during the spring for families to try.

"As a parent you know your child best and what program would be best for them. Trust your instincts," Ball says.

Calm butterflies. Many youngsters have a hard time adjusting to new situations and people and may feel scared or intimidated. Include them in the process of choosing a camp. Discuss the schedule of activities and what a typical day will look like.

"Children can help pack their lunch (if needed) and pack their backpack with the items they'll need for camp. This helps them know what they have in their backpack and know what they will need to bring home," Gass says.

Find out if one of your child's friends would like to attend the camp with him. Attending orientations, visiting the camp site and meeting the staff prior to the beginning of camp can also help reduce any pre-camp jitters.

Freelance journalist, Christa Melnyk Hines and her husband are the parents of two happy day campers. Christa's latest book is Happy, Healthy & Hyperconnected: Raise a Thoughtful Communicator in a Digital World.



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BY JULIE WENGER WATSON

life skills: don't leave home without them

Graham Nash advises us to teach our children well, but what, exactly, should we be teaching them? When they're little, it seems they'll never learn to tie their own shoes or dress themselves, then, the next thing you know, they're all grown up and leaving home – ideally with their clothes on and their shoes securely fastened. As they head out for college or their first real job, it would be nice if they packed some basic life skills along with their laptop and collection of concert t-shirts.

Andrea T. is an elementary school art teacher in Tulsa. Her son Jay is well on his way to full-fledged adulthood and, in fact, just recently became a homeowner. While there were certain life skills Andrea and her husband, Gerald, wanted Jay to have before he left for college – money management, how to maintain a vehicle, how to live with others in a dorm or apartment – they didn't intentionally set out to teach these. Rather, Jay seemed to absorb them along the way.

"He liked to do laundry as a kid," Andrea recalled, laughing. "We'd hang a lot of things up to dry, and he seemed to think that was entertaining at that age, although I'm not sure he feels the same way now."



Gerald made sure his son understood the importance of saving money and how to save on basic home and car repairs.

"They would change tires, replace brake pads and install garage openers together," Andrea recalled.

While all of these practical skills are important, Andrea and Gerald agree that what they really wanted Jay to learn was accountability.

"We had the expectation that Jay would work in the summer during high school and college," Andrea explained. "He had the understanding that he would help with his college education, paying for his books and extras all four years."

According to Andrea, the fact that Jay contributed financially to his own education gave him the "buy-in" he needed to stick it out and work through all of the challenges inherent in getting a degree.

"I do think accountability ties in with money management, good character and confidence," she observed. "A definite life skill."

Meg C. is finishing up her first year of college in St. Louis. While she doesn't recall being directly taught any specific skills, she's grateful to have left home with some basic life lessons.

"My parents have always been very generous to me and my siblings, but I think the fact that they made us work around the house and learn to do things for

continued next page


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ourselves has been extremely useful," Meg noted. "Going away to school, I was shocked to see how much of an advantage I had because I knew how to balance my bank account, do laundry, cook simple things, etcetera. In addition, while my parents did not necessarily teach me how to communicate with professors, they did give me the tools to develop the skills I needed to be professional and courteous when talking to adults."

While adjusting to college life was a struggle, Meg felt she was prepared.

"I really think every kid should know how to do their laundry, read a bank statement and form a budget, and understand the importance of proper grammar in emails or letters," Meg concluded. "These things may sound silly or trivial, but they are so important, and make life a lot easier if you know how to do them."

Before you make assumptions about what your teen does (or does not know) how to do, think through the important details of daily life and come up with your own list. And please share it with us on TulsaKids Facebook page!

Does your teen know:

- how interest works?
- how to make out a check and handle a bank account?
- how to properly address an envelope?
- what to do in an emergency? (if your child is going off to college, be sure he or she knows who to call in an emergency in the new town)
- what to do if her car breaks down or if he has a fender-bender?
- make out a monthly budget?
- sort laundry?
- how to appropriately email, text or speak to a college professor?
- how to make appointments and keep track of them?
- how to fill out a job application, write a cover letter and write a thank-you note?

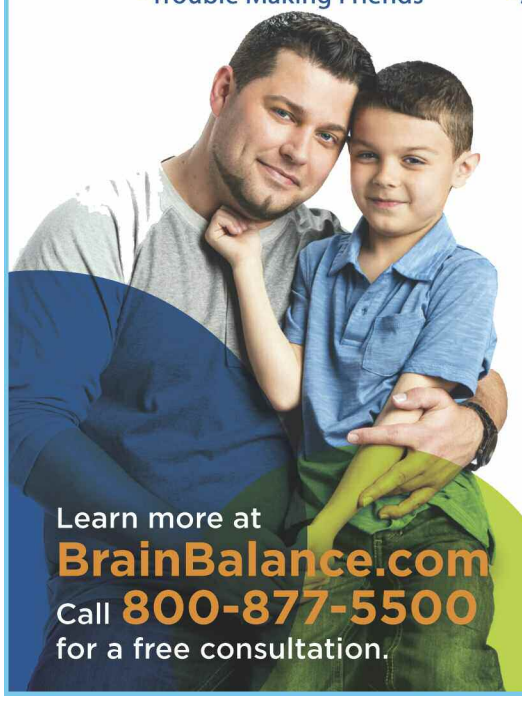
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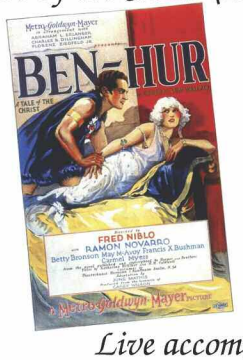
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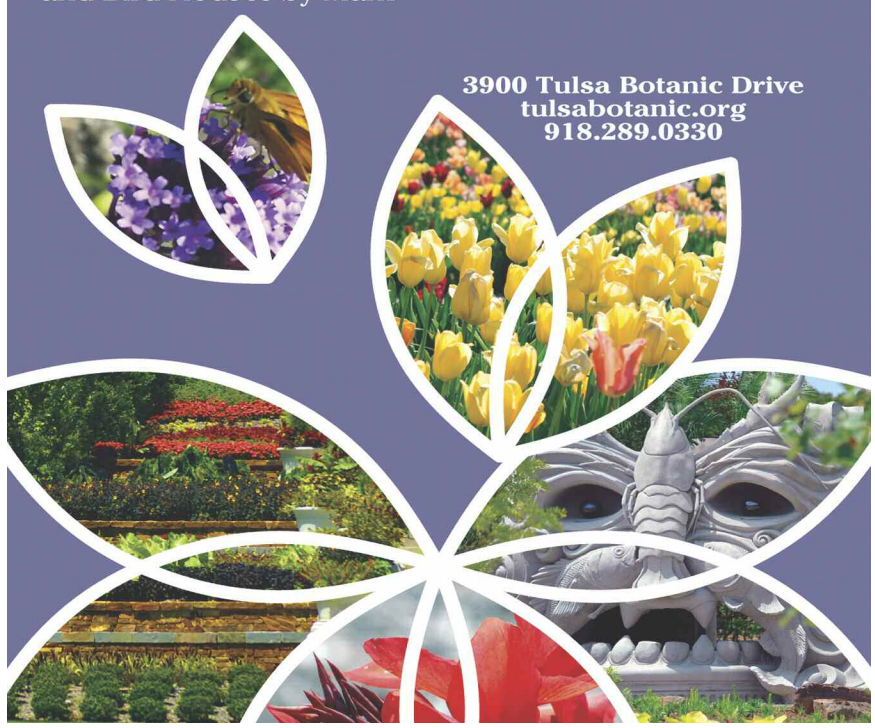
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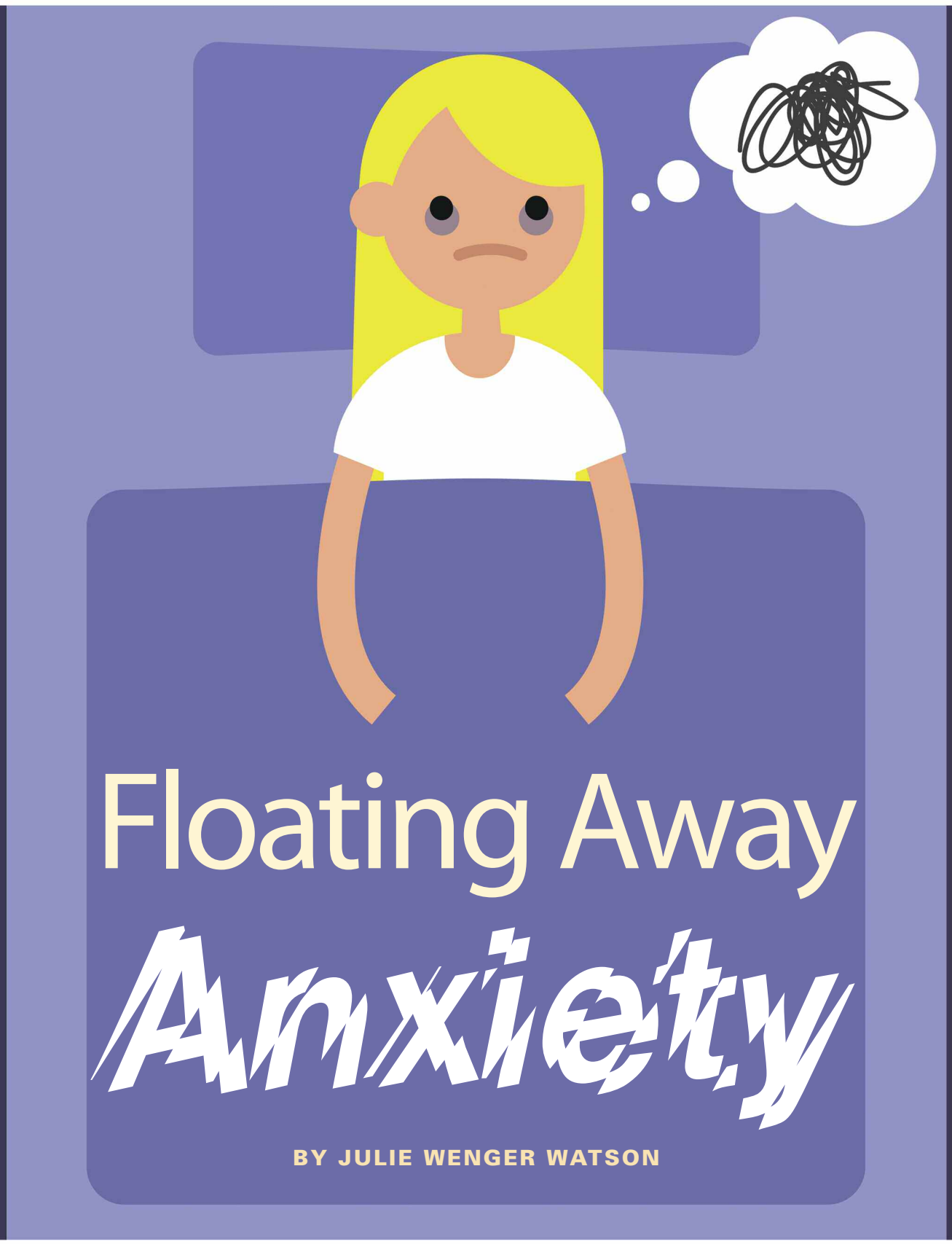
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Floating Away Anxiety

BY JULIE WENGER WATSON

Angst and adolescence have walked hand in sweaty hand since the beginning of time. Raging hormones, prodigious growth spurts, and emotional volatility don't exactly make for smooth sailing during the teenage years. While a certain amount of anxiety is to be expected on the roller coaster journey to adulthood, for today's teens the additional pressures of unprecedented connectivity through technology and increased academic and social expectations have only made it worse. Of course, it's always a good idea to consult a qualified professional, such as a pediatrician or counselor, when you have serious concerns about your child's mental health. In addition, there are a number of relatively simple things such as exercise, good nutrition and adequate sleep that can help alleviate stress and anxiety. At the Laureate Institute for Brain Research (LIBR) here in Tulsa, Clinical Neuropsychologist Justin Feinstein and his team are looking into one more: flotation. Floating face up in a tank of salty warm water in complete silence in the dark

>

may just be the key to easing anxiety for some.

Technology, Teens & Anxiety

While stress has always been a part of adolescence, according to Tulsa counselor Sarah St. John, it seems to occur at a higher rate now. Increased competition in sports and academics and larger numbers of extracurricular activities may all contribute, but St. John believes social media also plays a large role.

"Years ago, we didn't have social media or even texting, let alone Facebook, Instagram, Snapchat or all the different things that keep popping up," St. John explained. "You had down time. Teenagers can be talking to somebody and be getting text messages or other calls. They are never 'off.'"

That constant connectivity is a new phenomenon, the consequences of which are not yet fully understood.

LIBR's Justin Feinstein thinks that levels of anxiety and depression for teenagers have been growing for years. According to Feinstein, constant connectedness through social media is the likely culprit.

"There are a couple of things that have changed in human civilization in this past generation, and the biggest one that has affected pretty much all of us is technology – smart phones in particular," he noted. "I've been amazed at how quickly it went from adults having smart phones to teenagers having smart phones to now children having smart phones. Very quickly, you're going to see a generation of children who have spent their entire lives with this technology, and we're only beginning to see the ramifications."

While the impact of this often "24/7" connectivity is not known, Feinstein believes it's doing something to the brain that primes the pathways for stress and anxiety.

"It's really a holistic problem that we have on our hands with this technology," Feinstein said. "We're constantly in this perpetual state of connectivity. We're interacting without ever giving our brains a moment to disconnect and relax. It's affecting our sleep patterns. It's affecting our social behavior, and I think it could be causing some of these increases we've seen lately in anxiety and depression, particularly in younger people."

Floating to Reduce Anxiety

If constant connectivity leads to, or exacerbates, stress, anxiety and depression, then learning to disconnect could be a method of managing them. Meditation has long been used as a tool to quiet and calm the mind, but achieving this state of profound and peaceful "thoughtless awareness" can be challenging. What if there were a way to take away some of those barriers, eliminate some of the distractions, making it easier to reach this relaxed state? This is the question Feinstein is exploring in his flotation laboratory, and while this study is only in its early stages (and so far limited to adults), the preliminary results have been very promising.

"The idea here is can floating reduce anxiety?" Feinstein explained. "Right now, we're trying to answer that from the short-term point of view. In other words, does a single float reduce anxiety levels in the short term? All of our preliminary data suggests it does, and it's a very reliable effect."

As Feinstein notes, although floating isn't the same as meditation, it creates an ideal environment for practicing meditation.

"So much of meditation is about focusing your attention, oftentimes on sensations like the breath. Floating very naturally reduces all the external distractions that often get in the way of meditation," he said.

Feinstein suspects that floating helps put the nervous system into an extremely relaxed state, without a lot of effort on the floater's part.

"Every moment of the day our nervous system is exposed to stress through the environment. Every sound we hear, everything we see, every conversation we have, it's stressing the nervous system in some way," he noted. "This environment of floating naturally reduces all of this stress without your having to do any of the work yourself."

The result is a strong physiological relaxation response – reduced heart and breathing rates and lowered blood pressure.

"We're seeing reduction, as well, in the circuitry of the brain that seems to be implicated in anxiety," Feinstein concludes.

While Feinstein stresses that it's very early in this research to draw sweeping conclusions and that his research has been limited so far to healthy adults, he is hopeful about the potential broader applications.

"One of the other things I love about floating is it seems to bring the body into its state of equilibrium, and in a society of 24/7 connectivity, sometimes that's all we need: a chance to reset, a chance to recalibrate," he commented. "And oftentimes with teenagers, just with puberty and all of the hormones, they never get that moment to recalibrate and reset, and you can imagine all of the stress that goes in the nervous system in a teenager's brain and body because of that."

While Feinstein is reluctant to make any recommendations this early in his study, he does think there is little risk in giving floating a try.

"I can't just say broadly, 'If you have anxiety and suffer, go float,'" he commented. "But what I can say is these centers are opening up all around Tulsa, and I think it doesn't seem harmful to give it a shot. The truth is you're in full control of the experience. You can get in and out whenever you want. It's a simple experience, so it's not like it takes a lot of practice. We've had people float here who have never even swam before. It's not hard because it's only a foot of water, and the water does all the work for you."

Floating in Tulsa

Debra Worthington opened H2Oasis Float Center six months ago. She used the same open design pools that Feinstein uses in his lab. Worthington is confident in floating's power to alleviate chronic physical pain, anxiety and stress. She's welcomed a number of teenagers to her float center since it opened. Clients are required to sign a waiver, and teens 16 years old and younger need to have a parent's permission. For her younger clients, Worthington requires a parent to be onsite during the float.

"Every time I see a young person that comes in with any kind of issue, my heart opens up because it does make a difference," she said of the float experience. "If we can influence them at that age before a lot of history sets in, and they can learn adaptive techniques and they can learn that they can actually feel better and achieve deep relaxation and peace, it makes a difference in the quality of these kids' lives."

If a first-time client self-discloses that he or she has struggled with anxiety, Worthington, who has a masters degree in psychology, takes a few minutes to talk with that client before the float, teaching a simple breathing technique that can be used to help keep them calm.

Worthington believes floating is a great tool for stress relief for people of all ages.

"The average person is undergoing so much stress in today's lifestyle that the human body was probably never equipped to handle," she noted. "Basically we describe it as like a computer. One hour in the pool and you're going to get a brain reboot. Things get recalibrated. You get to go offline for probably the first time in all of your life, and your body is able to use all of that energy to attend to the things that it needs to because it's not fighting, or trying to process, all of that stimulus."

For more information on Feinstein's research visit www.laureateinstitute.org/justin-feinstein.html.

BY NANCY A. MOORE

Photo Credit: Wendy Wygle

Stacia Fox: Creative Living

Stacia Fox, a self-confessed "creative," enjoys turning her clients' ideas into reality. Fox owns Mom's Creative (momscreative.biz), a Tulsa-based screen-printing company and has, as she says, the best little assistant in Tulsa – her 6-year-old daughter. As a single mom, Fox works to find balance raising her daughter and running a successful business. At this point, Fox seems to have found the sweet spot – which, admittedly, takes a lot of planning and preparation to achieve. Owning her own business allows flexible hours with a lot of early mornings and late nights, but the trade-off in quality time with her daughter is well worth the effort.

I met Fox though the Rising Tide Society, a local creative group that meets one Tuesday a month, referred to as "Tuesdays Together," to discuss entrepreneurial lessons as well as network with local creatives around the Tulsa area. On occasion, Fox will bring her daughter to the Tuesdays Together group meeting, which everyone seems to enjoy – including her daughter.



TK: How long have you lived in the Tulsa area?
Fox: I originally grew up here. I was raised by my father in South Tulsa and moved away after high school in 2000. I lived and travelled all over before settling down in Kansas City where my daughter was born. We moved back at the end of 2015. Both Tulsa and I have definitely changed during that time.

TK: What brought you to Tulsa from the Kansas City area?
Fox: There's several things about Tulsa that drew me back. Of course, the most important is family. I have two younger sisters, Lila and Harper, that are very important to me. But, I also have to admit, Tulsa is a great place to raise a kid. It has a great balance of what I need, great schools, great people, and creative influence.

TK: What do you enjoy about being a parent?
Fox: Everything. Both the good and the hard times are amazing. Outside of being creative, I consider myself to be an adventurer. It's amazing to have a little version of me by my side while I take on the world. Teaching her the things that I've learned and watching her experience things for the first time lights up my life. She also has a very daring personality, so there are times that she teaches me things as well. And, oh goodness, is she funny. I have laughed and smiled more in the last six years than I have my entire life.

TK: How do you juggle your business and being a single mom?
Fox: Exhaustedly. McKenzie is extremely important to me. A major priority is that I carve out time just for her. Time that we put everything else on hold and are together without distraction. This makes for a lot of early mornings where I am tackling work before she wakes up, and late nights where I am still working after she has gone to bed. But the bulk of the time she is right in the mix of the day's work and has been since she was born.

TK: On the business side, what does your daughter like to help you with?
Fox: She helps with everything from making buttons to folding t-shirts to even going to meetings.

continued next page

I call her my "little assistant," and she is very well received by my clients. They always have smiles, high-fives, and cookies for her.

TK: When you have free time, what do you and your daughter enjoy doing together?
Fox: The fun thing about us is we don't have a favorite routine. We are like-minded in our draw to adventure, fun, and creativity. We enjoy everything from just walking the dogs through the neighborhood and finding things, to creating pottery and painting, or just taking off in the car and seeing new places. I don't think we've ever had a bad time.

TK: What would McKenzie say is her favorite thing to do with you?
Fox: In my mind, it is some deep and profound answer like "teaching me the meaning of life, or exploring our heritage through cooking lessons" but I asked her and she said "going to Chuck-E-Cheese." I have to admit that's one my favorite things, too.

TK: How did you get into the screen-printing business?
Fox: I wish I had some glamorous story about how I was destined for the industry but it actually took some trial and error with careers before I found myself here. I originally went to school to be an animal psychologist. I graduated from my university and found myself absolutely lost with my degree. I didn't feel satisfied, and I couldn't quite put my finger on it. So, I decided to go to culinary school in Chicago where I received a degree in the Patisserie Arts and worked as a pastry chef for years. I loved it. It was then that I realized how important creating was to me. Unfortunately, I lost my father in 2007, which turned my life completely upside down. With the loss of my dad, I also lost myself and my work drive. I didn't quite know what to do with myself for quite awhile. I come from a long line of entrepreneurs and for some reason opening my own business seemed like the easiest path at the time. I opened my own t-shirt shop in 2009 and my passion was born. Printing shirts, graphic design, all of this, I love it. It makes me smile. The old saying "do what you love and you'll never work a day in your life" is true. Loving what I do gives me drive to learn more about my industry and get better every day.

TK: What products do you work with?
Fox: I can't stop expanding my knowledge base. If it's out there, I want to make it. Digital printing, traditional screen printing, embroidery, sublimation, vinyl, buttons, tees, towels, totes, hoodies, hats, blankets, mugs, keychains, decals, socks, you name it. Just recently I started making jewelry, and experimenting with sportswear.

TK: How quick is your turnaround time?
Fox: About a week. I also do order fulfillment for a lot of groups, fashion lines, and businesses which is print and ship on demand.

TK: How have you benefitted from being a part of the "Tuesdays Together" in Tulsa group?
Fox: I think all creatives can feel isolated at some point. When you work for yourself and have that creative mind, you can kind of get blinders on. The "Tuesdays Together" group has helped bring me closer to others like me for a ton of beneficial reasons, but most importantly to feel connected. We share our personal and work struggles. Learn how to network, fix organizational problems, and tackle creative issues.

Wrap-up:
Happiness is key. Think outside the box when it comes to your life and create one that makes you happy.

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BY AYSCHIA KUYKENDALL

love your world: giving children a global experience at home

Having children makes traveling the world a little bit tricky. However, giving your children a global experience opens them up to a lifetime of wonder. Luckily, going "global" doesn't necessarily have to involve loading up the suitcases, trying to fit every bit of baby gear in your pack, and figuring out how to keep napping toddlers on a schedule while gallivanting around the globe. There are many ways to give your family a global experience right here in your own backyard.

On April 22, many people will be celebrating Earth Day with an emphasis on reducing, reusing and recycling. While we applaud these efforts, at Global Gardens we've put a different twist on our Earth Day celebration. Given our daily focus on the garden, which includes caring for our environment, we've spent the last several years devoting Earth Day to celebrating our global family.

Love Your World is an event, free and open to the public, that is put on by Global Gardens students and families. On **Saturday, April 22, from 12-2 p.m. at Rosa Parks Elementary,** there will be approximately 24 countries represented through food, dance, music, activities and more. Iceland, Bolivia, Russia, France, Taiwan and Madagascar are just a few of the countries visitors can expect to learn about during the event. Student-created passports will give participants a chance to earn a stamp for every place they visit.



AYLIN POURS TEA AT GLOBAL GARDENS LOVE YOUR WORLD EVENT.

"We want people who are from different parts of the country or other continents to know that they are included in everything, because sometimes they don't feel like they are included," explains Sophie, 3rd grade. "I want them to not be afraid of where they are from and how they are judged. Hopefully they will be proud of how they were raised and everything. "

Exploring other cultures helps us to see not only our differences but also our similarities. It gives value to other cultures and their traditions. When people see value in where they came from, they're more likely to want to preserve not only their traditions but also their land.

"I would like to tell people that Love Your World is also Global Gardens because it has the word 'global' in it," says Ian, a fourth-grader at Rosa Parks. "It's not only about gardening and getting plants, it's about loving different countries. I think it's more than what people would expect it to be. I thought the same about it; I thought it was only going to be about gardening, but I've seen a lot more. It's a lot more work to do but it's a lot more fun."

continued next page

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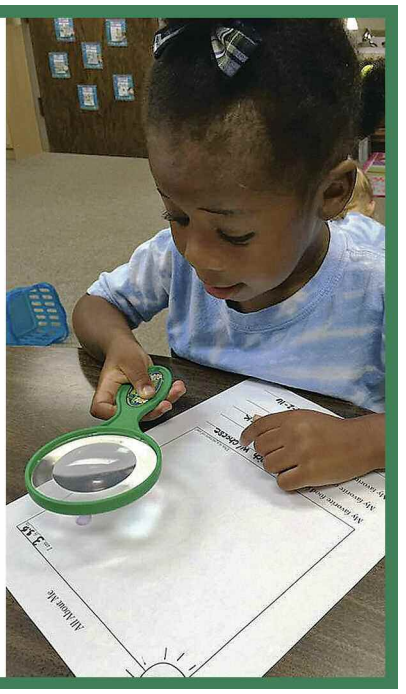


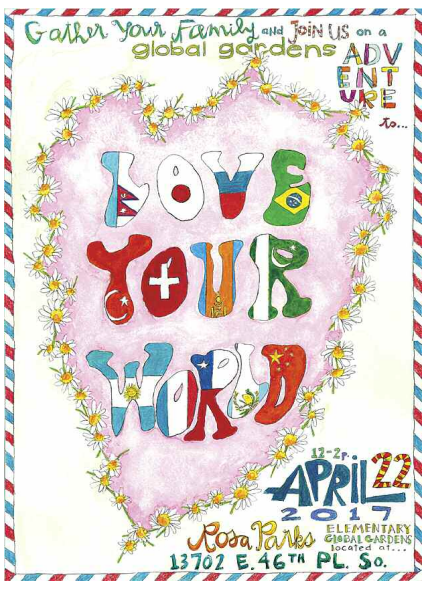
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It takes work to get to know our neighbors – those living across the street and across the globe. When our only knowledge of other countries comes from what we see on the news, we are missing the broader, richer picture. It's a lot more work to do our own research or spend time learning about others, but we think it's also a lot more fun when we do. We hope you will join us!

Here are a few ideas of ways to learn more and celebrate your global family

- Attend Love Your World presented by Global Gardens: Sat., April 22, 10-12 p.m. at Rosa Parks Elementary, located at 13702 E. 46th Pl. in Tulsa.
- Discuss your family's heritage and let your children pick different aspects of it they'd like to learn more about. Visit the library for resources!
- Ask your children about other countries they are curious about. Choose one and consider finding someone from that country they can interview to learn more!
- Visit a local ethnic restaurant to explore new foods. If you can, ask to speak to the owners and ask them about their background

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• Infants through Pre-K • After School Care for School Age • Internet Monitoring
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Infant Spots Still Available

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A Creative Learning Environment

Happy Campers Academy on Cherry Street
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918-747-3122



Four steps to a free therapeutic screening



1

Call **405.307.2800** for an appointment. Ask to speak to a social worker.

2

Meet with a McCarty Center screening team consisting of a pediatrician, nurse, psychology clinician and social worker.

3

Reap the benefits

- Connections to resources at the McCarty Center & around the state
- Opportunity to discuss your child with experts in the field and be heard
- Can help confirm developmental or delay issues
- Can connect you to parent support groups
- Tips on managing behaviors

4

The cost? Nada. Zilch. Zero. Nothing. It's absolutely free. Just call **405.307.2800.**

J. D. McCarty Center
for children with developmental disabilities
2002 E. Robinson
Norman, Oklahoma 73071
405.307.2800
www.jdmc.org

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Spaces are limited so sign up today!

DISCOVERY LAB 101 · SCIENCE WITH FOOD · BUSY BODIES · CARTOONS AND CODING · ENERGY 101



The CAN Superhero Challenge 2017 will take place on Sunday, April 2 at the Post Oak Lodge & Retreat.

1 | SATURDAY

THE LITTLE LIGHT HOUSE'S GARDEN PARTY

Everyone is invited to this unique and memorable event that truly changes the lives of children with special needs. Individual tickets are $75, and a table of ten is $750. You can purchase tickets online at www.littlelighthouse.org

BIXBY MODEL TRAIN SHOW

Browse around and watch the train layouts. Bring your old trains to buy, sell or trade. Children free with paying adult. Bixby Community Center, 211 N Cabaniss Ave.; 9 a.m.-3 p.m.

KITE DAY AT TULSA BOTANIC GARDEN

Join members of Tulsa Wind Riders Kite Club for our annual kite-flying day at the Garden. Bring your own kite to decorate the skies around the Lake. Families can also make a kite. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.; 11 a.m.-2 p.m.

UNION/ TULSAKIDS MAGAZINE SUMMER CAMPS AND ACTIVITIES FAIR {FREE}

This event will be a "one stop shop" where Tulsa families can learn about summer opportunities for their children and serve a very important need for local families. UMAC, 71st and Mingo; 10 a.m.-3 p.m.

KNIGHTS FOR AUTISM FAMILY DAY {FREE}

Enjoy free hot dogs and hamburgers, snow cones, cotton candy, Interactive Inflatable, face painting, petting zoo, live band, games and much more at this free event. This is not a fundraiser. It's a free event, but donations are accepted. Bishop Kelley High School, 3905 South Hudson; 10 a.m.-2 p.m.

MINI MASTERS: FIVE SENSES IN ART II (A.M.)

Children investigate the galleries and gardens of Gilcrease Museum using sight, sound, hearing, taste and touch. Children will learn to look at the world in new ways, which will inspire their art creations. For ages 3-6, who must be accompanied by an adult.
Space is limited and advanced registration is required: 918.596.2774. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 10:30 a.m.

PROM PREP FOR TEENS {FREE}

Wanting to find the perfect hairdo for prom, or figure out how to create a flawless smokey or cat-eye look? Hosted by Clary Sage College, this program will teach you how to make your hair, makeup and nails look like they were professionally done for prom! Registration is required. Sign up online or at the ASK Desk on the second floor of Hardesty, 8316 E. 93rd St.; 1-4 p.m.

2 | SUNDAY

SUNDAY DRAWS AT GILCREASE

Drawing is the basis for creating all art. Sunday Draws is for anyone who wants to learn to draw or to learn to draw better and have fun doing it. A teaching artist will guide participants using various drawing techniques, and different drawing tools and materials.This program is for adults and children age 8 and up. All supplies are provided, including drawing journals to keep. Reservations are required: 918.596.2774.

NATURE'S GRAND ADVENTURES: NAVIGATING YOUR WORLD

Share the wonder of nature with your grandchild in this choose-your-own-adventure style series! Grandparents and grandkids will rediscover nature in a way that brings old-school exploration together with today's tech. Adventurers will enjoy hands-on learning experiences at the zoo while choosing which path their journey will take next. Grandchildren must be 5 to 12 years old. Grandparents can be any age! Registration is for one grandchild and one grandparent for all three classes in the series, $30 for Zoo Friends members and $40 for non-members. More information and registration at: tulsazoo.org/classes/. Tulsa Zoo, 6421 E 36th St. North; 1-4 p.m.

3 | MONDAY

PARENT/CHILD YOGA AT THE TULSA CHILDREN'S MUSEUM

With music and movement, you and your child are bound to have fun during this short yoga practice together. Learn breathing practices and poses you can do as a family at home. Tulsa Children's Museum, 560 N Maybelle Ave.; 10:30 a.m.

4 | TUESDAY

MINI MASTERS: FIVE SENSES IN ART II (A.M.)

See previous description, noon.

JENKS PLANETARIUM-BIRDS OF THE SKY

Explore the night sky with engaging, awe-inspiring shows at the Jenks Planetarium. The 50-foot dome provides the ultimate screen for seeing planets up close, flying to distant galaxies, and even rediscovering our own earth in ways never thought possible. See how to find these elusive stellar flyers at Birds of the Sky! (Ages 6 & up)S hows are held at the Jenks Planetarium, Dr. Kirby L. Lehman Center for the Study of Math Science Building 3rd Floor, Jenks High School, 1st and B Streets, Jenks. Visit jenkscommunityed.com for details and ticket information or call 918.298.0340.

5 | WEDNESDAY

NATURE'S BUDDIES: BACKYARD ANIMALS IN THE SPRING
Engage your child's wonder and curiosity about nature in this three-part series. Learn to guide your 2 to 4 year old in nature play through exciting hands-on learning experiences at the zoo that can be incorporated into nature play at home. Enjoy the warm sun while experiencing the reawakening of nature after the long, cold winter. Discover why animals flourish in this bountiful season. You will even meet a zoo animal at each class. Registration, for one child and one adult for all three classes in the series, $30 for Zoo Friends members, $40 for non-members. More information and registration at: tulsazoo.org/classes/. Tulsa Zoo, 6421 E 36th St. North; 9 a.m. and 11 a.m.

HOMESCHOOL ART CLASS AT PHILBROOK
Each homeschool class offers gallery tours led by qualified art educators, an in-studio art-making project, as well as resources to guide parents through that week's class into a month-long learning opportunity. $10 per class, Philbrook Members only. Philbrook Museum, 2727 S Rockford Rd.; 1 p.m.

CANISTER ROCKETS {FREE}
A chemical reaction creates an explosive good time! Sir Isaac Newton's Third Law of Motion is demonstrated with a fun experiment each student gets to conduct in this exciting program. For fourth- through sixth-graders. Presented by the Tulsa Children's Museum Discovery Lab. Brookside Library, 1207 E 45th Pl., 3:30 p.m.

6 | THURSDAY

MUSEUM BABIES AT GILCREASE {FREE}
Museum Babies is designed to nurture the needs of both parent and infant/toddler. Parents will enjoy a casual experience in the galleries, learning about the art of Gilcrease Museum, then it's "baby time" with activities to stimulate the five senses and refreshments. Space is limited and advanced registration is required: 918.596.2774. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 10:30 a.m.

HANDS ON! {FREE}
Busy hands, busy brain! Preschool-age children learn through hands-on activities. Explore, experiment and create. Be ready to get messy! Central Library, 400 Civic Center; 10:30 a.m.

GAMES IN THE GARDEN {FREE}
Join in for some outdoor fun and games! Weather permitting. For ages 5-12. Central Library, 400 Civic Center; 3:30 p.m.

GEAR UP FOR PROM
Get hair, nail and makeup tips from professionals, and learn prom etiquette. For high schoolers. Collinsville Library, 1223 West Main St.; 6 p.m.

MINECRAFT GAMING FOR TEENS {FREE}
Put your imagination to the test building your own world in the popular game Minecraft. Hardesty Regional Library, 8316 E. 93rd St.; 6-8 p.m.

BA SIDEWALK ASTRONOMERS: COMETS DATE/TIME {FREE}
Draw elliptical, hyperbolic and parabolic orbits of comets. Construct the path of Comet ISON that came through September 2013 to March 2014. For ages 5-18. Broken Arrow Library/ South 3600 S Chestnut Ave.; 6:30 p.m.

7 | FRIDAY

MUSEUM BABIES AT GILCREASE {FREE}
See previous description, 10:30 a.m.

BOUNCE'N BEETHOVENS: PRESENTED BY MIDTOWN SCHOOL OF PERFORMING ARTS {FREE} Children explore music through movement and instruments as they play with egg shakers, bells, rhythm sticks, drums and maracas in this fun, interactive program for parents and kids. Register online or call 918.549.7542. For ages 5 and younger. Herman and Kate Kaiser Library, 5202 S Hudson Ave Suite B; 10:30 a.m.

FIRST FRIDAY WITH GILCREASE {FREE}
Begin your First Friday Art Crawl at Central Library. Gilcrease staff will help us explore artists featured at the museum while your young artist creates a masterpiece of his or her own. For ages 5-10. Central Library, 400 Civic Center; 4:30 p.m.

FIRST FRIDAY ART CRAWL
The First Friday Art Crawl was established in 2007. This year-round monthly event features all of the galleries, studios and museums as well as the part-time galleries in various shops opening their doors to show art. The Art Crawl is held on the first Friday of the month and open from 6–9 pm. throughout the Brady Art District in Tulsa.

8 | SATURDAY

SECOND SATURDAY AT PHILBROOK {FREE}
Bring out the inner artist in each member of the family and experience Philbrook in a whole new way! Visit on the second Saturday of each month for free family-friendly art activities, tours and scavenger hunts for kids of all ages. Philbrook Museum of Art, 2727 S. Rockford Rd.; 10 a.m.-4 p.m. www.philbrook.org

SIBSHOP APRIL WORKSHOP
These workshops are provided by the Oklahoma Family Network each month during the school year. Sibshops are opportunities for brothers and sisters of children with disabilities and special health care needs to obtain peer support and education within a recreational context. These workshops are open to siblings 5 to 13 years old. There is a small cost of $6 for each session which covers a provided snack. Pre-registration Required. Find more at www.autismtulsa.org.

HEARTLAND GAMING EXPO
The Heartland Gaming Expo is a weekend event that invites computer gaming enthusiasts of all ages to explore the industry's products, designs and latest technology. Middle school, high school and college students from around Oklahoma and the region are encouraged to participate in four areas of gaming competition, and a gaming tournament is open to the general public. The expo features demonstrations, speakers and vendor exhibits while providing a platform for student competitors, visitors, gaming companies and organizations to network and promote creativity and growth in the gaming industry. University of Tulsa, Reynolds Center, 3208 E 8th St. Find out more at www.tulsastem.org.

9 | SUNDAY

NATURE'S GRAND ADVENTURES: NAVIGATING YOUR WORLD
Share the wonder of nature with your grandchild in this choose-your-own-adventure style series! Grandparents and grandkids will rediscover nature in a way that brings old-school exploration together with today's tech. Adventurers will enjoy hands-on learning experiences at the zoo while choosing which path their journey will take next. Grandchildren must be 5 to 12 years old. Registration if for one grandchild and one grandparent for all three classes in the series, $30 for Zoo Friends members and $40 for non-members. More information and registration at: tulsazoo.org/classes/.

10 | MONDAY

NATURAL BABIES: WATCHING SPIDERS SPIN
Oxley staff will discuss the insects at Oxley and try to find spiders spinning webs followed by a discussion about why the spider spins the web and talk about differences between a spider and an insect. Make your own webs from small twigs and weave in your own nature findings. Registration is required: www.oxleynaturecenter.org.

CODING FOR TEENS: "STAR WARS" EDITION
{FREE} Learning to code can be intimidating. Join in for an introduction to coding using Javascript as we learn how to code with a "Star Wars" game. Class size is limited. Register online: www.tulsalibrary.org. Central Library 400 Civic Center; 4 p.m.

ELEPHANT TOOTHPASTE {FREE}
Physical and chemical reactions get foamy with this elephant-sized, exothermic chemical reaction. Watching the elephant toothpaste expand and foam is a class favorite! For ages 5-10. Presented by the Tulsa Children's Museum Discovery Lab. Broken Arrow Library, 300 W. Broadway; 4:30 p.m.

11 | TUESDAY

TEEN TREAD: BICYCLE SAFETY WITH CITY CYCLES {FREE}
City Cycles bicycling enthusiast Jake Drevs will share bicycle safety tips about getting stacked, involuntary dismounts along with gravity checks, to name a few. According to Drevs, bicycling can change your life as it can help you get fit, upgrade your mood, alter your perspective, plus show you a different side of the places you usually just pass through on your way to somewhere else. Sponsored by the Friends of the Helmerich Library. For ages 10-adult. Helmerich Library, 5131 E. 91st St.; 4:30 p.m.

JENKS PLANETARIUM-ANIMALS OF THE SKY
Explore the night sky with engaging, awe-inspiring shows at the Jenks Planetarium. The 50-foot dome provides the ultimate screen for seeing planets up close, flying to distant galaxies, and even rediscovering our own earth in ways never thought possible. Shows are held at the Jenks Planetarium, Dr. Kirby L. Lehman Center for the Study of Math Science Building 3rd Floor, Jenks High School, 1st and B Streets, Jenks. Visit jenkscommunityed.com for details and ticket information or call 918.298.0340. www.jenkscommunityed.com.



TULSA AREA EASTER EGG HUNTS & ACTIVITIES

CHANDLER PARK EASTER EGGSTRAVAGANZA, 6500 W 21ST ST.; SATURDAY, APRIL 8, 9:30-11 A.M.
It's one of the largest Easter egg hunts in town. Thousands of eggs filled with goodies will be strewn all over the festival site. Bring your camera to take your picture with the Easter Bunny. Ages 0-11.

HAIKEY CREEK PARK EASTER EGG HUNT, 633 W 3RD ST.; SATURDAY, APRIL 8, 9:45-10:15 A.M.
Join the fun and hunt for Easter Eggs and candy at Haikey Creek Park.

O'BRIEN EASTER EGG HUNT, 6149 N LEWIS AVE.; SATURDAY, APRIL 8, 10:30 A.M.-NOON
Hop over to O'Brien Park at 6149 N Lewis Ave. for an exciting Easter egg hunt with prizes!

SOCO EASTER EGG HUNT, 13800 S PEORIA AVE., BIXBY; SATURDAY, APRIL 8; 10 A.M.-NOON
Ages 11 and younger are invited to hunt for eggs with special prizes given in each age group.

WHITESIDE COMMUNITY CENTER, 4009 SOUTH PITTSBURG AVE.
Paws Easter Egg Hunt & Walk: Saturday, April 15 at 10 a.m. Donations will be collected: dog/cat food, blankets, leashes, collars and dog treats for a local shelter.
Bunny Bikes & Balls: Thursday, April 13; 9:30-11 a.m.
Easter Egg Hunt: Tuesday, April 11; 5:45 p.m. For ages 8 and younger with three separate hunt areas. Please bring canned food for the Tulsa Food Bank.

HELICOPTER EGG DROP: CHURCH THAT MATTERS, 3 W 41ST ST. IN SAND SPRINGS
Church That Matters' Easter Sunday activities will begin at 10:30 a.m. at Clyde Boyd Middle School in Sand Springs. The event is free, but pre-registration is required http://www.churchthatmatters.com/helicoptereggdrop/. Over 25,000 candy and prize filled eggs will be dropped via helicopter. The egg drop is for kids ages zero through 5th grade. Bring your own basket!
Following the event, helicopter rides will be available for $25 per person.

LAFORTUNE EASTER EGG HUNT; 5201 S YALE AVE., TULSA: SATURDAY, APRIL 8; 10 A.M.-NOON
Children ages 3-8 are invited to hunt for eggs and special prizes at Lafortune Community Center

NATURAL EGG DYEING AND ACTIVITIES AT THE TULSA BOTANIC GARDEN: FRIDAY, APRIL 14 AND SATURDAY, APRIL 15; 10 A.M. TO 2 P.M.
Learn about plants used for dyeing stunning colors as we decorate vibrant eggs. $5 per child plus Garden admission. Drop-in program.To register, call 918.289.0330. Directions can be found at www.tulsabotanic.org.

BREAKFAST WITH THE BUNNY AT THE TULSA ZOO: SATURDAY, APRIL 15; 9-11 A.M.
Celebrate spring at the zoo during Breakfast with the Bunny. You are invited to enjoy a scrumptious breakfast, an up-close animal encounter, and most importantly, you get the chance to meet the Easter Bunny.

ROUTE 66 GURNEY TOURNEY
The Chapman Foundation's Route 66 Gurney Tourney will include a 50's theme and car show for adults, and an Easter egg hunt and kids zone for children with a bouncy house, face painting, and more. The event is scheduled for Saturday, April 15 at 10 a.m. at The University of Tulsa, and proceeds support Hospitality House of Tulsa's mission to provide a "home away from home" for families caring for loved ones in medical crisis.

KIRK CROSSING EASTER EGGSTRAVAGANZA: SATURDAY, APRIL 15 AT 10 A.M.
Enjoy an Easter Egg Hunt with 7000 eggs, inflatables, games and other activities for kids. In addition, join the drawing for prizes donated by the community. The event is completely free. Kirk Crossing Church- 11420 S James Ave. Jenks, OK

EGGSTRAVAGANZA! AT THE SAM NOBLE MUSEUM OF NATURAL HISTORY: WEDNESDAY, APRIL 12; 4-7 P.M.
Where: Sam Noble Museum, 2401 Chatauqua Ave. Norman, OK
Enjoy complimentary museum admission, games, crafts, photos with the bunny, and, of course, an egg hunt of Jurassic proportions are among activities scheduled during the Sam Noble Museum's annual spring celebration.

FIND MORE AT WWW.TULSAKIDS.COM/EASTER

12 | WEDNESDAY

SEE SIDEBARS FOR ON-GOING ACTIVIITES AND EVENTS.

13 | THURSDAY

GAMES IN THE GARDEN {FREE}
Join us for some outdoor fun and games! Weather permitting. For ages 5-12. Central Library, 400 Civic Center; 3:30 p.m.

TRASH BOTS: CREATE ROBOTS WITH RECYCLED MATERIALS {FREE}
Connect a simple circuit and see recycled materials transform into wiggly, jiggly robots! Children will make their robots come to life and have robot races. For ages 5-12. Seating is limited to 28. Schusterman-Benson Library, 3333 E 32nd Pl.; 4 p.m.

ELEPHANT TOOTHPASTE {FREE}
See previous description. Martin Regional Library 2601 S Garnett Rd.; 4 p.m.

WILDFLOWER WALK AT TULSA BOTANIC GARDEN
Join Patty Smith, biology instructor at Tulsa Community College, for a walk on our Cross Timbers Trail to look at native wildflowers, grasses and trees. Walk starts at 6 p.m. at the Visitor Center. Comfortable walking shoes are suggested. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.; 5-8 p.m.

LITTLE LIGHTHOUSE COMMUNITY RESOURCE FAIR {FREE}
The Little Lighthouse will be hosting a Community Resource Fair to further the knowledge and awareness of the professionals and family members of children with special needs. Little Light House, 5120 E. 36th St.; 6 p.m.

14 | FRIDAY

MINI MASTERS
See previous description, 10 a.m.

MUSEUM BABIES AT GILCREASE
Museum Babies is designed to nurture the needs of both parent and infant/toddler. Parents will enjoy a casual experience in the galleries, learning about the art of Gilcrease Museum. Advanced registration is required: 918.596.2774. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 10:30 a.m.

15 | SATURDAY

IMAGINATION DAYS AT AHHA
AHHA invites families to learn about the art of our time and experience it firsthand. Inspired by current AHHA exhibitions, this program fosters the development of lifelong learning skills through gallery explorations, open-ended discussions, films, demonstrations and individual and collaborative handson art activities. Hardesty Arts Center (AHHA), 101 East Archer St.; noon-5 p.m.

TEEN LIFE HACKS: MONEY BASICS {FREE}
Want to keep better track of your money? Join us to learn basic budgeting and money management skills. For ages 10-18. Schusterman-Benson Library, 3333 E 32nd Pl.; 2 p.m.

16 | SUNDAY

FUNDAY SUNDAY AT GILCREASE {FREE}
It's an afternoon of museum fun for the whole family. Visitors can enjoy various art-making stations in the museum, each offering different materials and themes as well as teaching artists to help guide and inspire.
An art hunt is available to explore in the galleries, with a prize at the end. Families also can enjoy our interactive space, Kravis Discovery Center, exploring the extensive gardens and special featured activities. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; noon - 4 p.m. www.gilcrease.utulsa.edu

17 | MONDAY

SENSORY FOR YOUNG SCIENTISTS AT THE TULSA CHILDREN'S MUSEUM
Let your little scientists explore their senses! Listen to a science-themed story before experimenting on your own. Tulsa Children's Museum, 560 N Maybelle Ave.; 10:30 a.m.

LEGO LAB {FREE}
Learn new building ideas, partner with other children during team-building challenges and explore free building. Leave your LEGOS at home and come play with ours! For ages 6-12. Martin Regional Library, 2601 S Garnett Rd.; 3:30 p.m.

18 | TUESDAY

BUSY BODIES {FREE}
Children will learn the basics of anatomy through movement and play. For ages 4-7. Schusterman-Benson Library, 3333 E 32nd Pl.; 4 p.m.



TOP SPRING EVENTS

SPRINGFEST GARDEN MARKET & FESTIVAL
Where: Tulsa Garden Center, 2435 S. Peoria Ave.
When: Friday, April 7 and Saturday, April 8; 9 a.m. to 6 p.m.
While enjoying the beauty of Woodward Park and the Tulsa Garden Mansion, you will have the opportunity to shop for special garden plants, garden decor and all things garden related. Area plant nurseries will offer the newest and best plant selections for 2016. Vendors outside and inside the historic Tulsa Garden Center home will offer exceptional craft items and fine art for you, your home and garden. Also, inside the mansion you will find a bird house decorating contest/ auction and food concessions. For more information, go to www.tulsagardencenter.com.

SPRING AT THE TULSA BOTANIC GARDEN
Where: 3900 Tulsa Botanic Dr.
The mission of the Tulsa Botanic Garden is to promote the beauty and importance of plants and nature to create a more sustainable and harmonious world.
Check out some fun events happening this spring go to www.tulsabotanic.org.

THE BACKYARD MARKET
Where: Restore House, 924 S Main St. in Broken Arrow
When: Saturday, April 22; 11 a.m. to 3 p.m.
The Backyard Market was created to provide a missing piece in today's virtual world—a quaint, outdoor market for modern, local makers to showcase their wares and a gathering place for women and families to connect. Find out more at www.thebackyardmarketok.com.

26TH ANNUAL HERBAL AFFAIR & FESTIVAL AT SAND SPRINGS
Where: Downtown Sand Springs, near Broadway and Main Street
When: Saturday, April 22; 9 a.m. to 4 p.m.
More than 100 vendors will be on-hand selling herbs, perennials, natives and heirlooms plants, along with herbal products, gardening supplies and décor and more. What began in 1989 as a small downtown street sale has grown to attract over 25,000 people and spurred other communities to host similar events. For more information, go to www.sandspringsok.org.

JENKS HERB & PLANT FESTIVAL
Where: Main Street in Jenks
When: Saturday, April 15; 9 a.m. to 4 p.m.
The Jenks Herb & Plant Festival is widely anticipated as the official signal of the start of Spring. Children are in for hands-on fun with the Arts & Craft area and the First Planting experience booth. The railroad chugging around on real tracks on kids' level with the Jenks Fire truck is an added thrill.
For more information, go to www.jenksgardenclub.com.

FIND MORE AT WWW.TULSAKIDS.COM/SPRING

19 | WEDNESDAY

HOMESCHOOL ART CLASS AT PHILBROOK
Each homeschool class offers gallery tours led by qualified art educators, an in-studio art-making project, as well as resources to guide parents through that week's class into a month-long learning opportunity. For ages 9-12. Philbrook Museum, 2727 S Rockford Rd.; 1 p.m.

NATURE'S BUDDIES: BACKYARD ANIMALS IN THE SPRING
2-year-olds Dates: Wednesday Series: 9 a.m. - 10 a.m. on March 29, April 5 & 19
3-4 year olds Dates: Wednesday Series: 11 a.m. - noon on March 29, April 5 & 19
Dates: Saturday Series: 10 a.m. - 11 a.m. on April 8, 15, and 22
Engage your child's wonder and curiosity about nature in this three-part series. Learn to guide your 2 to 4 year old in nature play through exciting hands-on learning experiences at the zoo that can be incorporated into nature play at home. During Nature's Buddies: Backyard Animals in the Spring, we will indeed see that Spring has SPRUNG! We will enjoy the warm sun as we experience the reawakening of nature after the long cold winter. Discover why animals flourish in this bountiful season. You will even meet a zoo animal at each class! Registration, for one child and one adult for all three classes in the series, $30 for Zoo Friends members, $40 for non-members. More information and registration at: tulsazoo.org/classes/

20 | THURSDAY

HOUSES AND HOMES FOR FAIRIES AND GNOMES {FREE}
Celebrate Earth Day by constructing a tiny house fit for a fairy or perfect for a gnome. You can put your crafty creation in your garden or flowerpot at home. Register online or call 918.549.7323. For ages 7-12. Hardesty Regional Library, 8316 E. 93rd St.; 4 p.m.

PARENT TRAINING WORKSHOP AT THERAPYWORKS {FREE}
Too much screen time? Do you want to expand your child's play skills? Play is directly linked to greater academic success, social skills, problem solving, creativity and imagination. TherapyWorks annual parent workshop will help you develop your child's play skills! You will learn:
Register at 918.663.0606 or email scott@therapyworkstulsa.com. TherapyWorks, 7608 E. 91st St.; 7 p.m.

21 | FRIDAY

THE POETRY OF ME {FREE}
April is National Poetry Month, and what better way to celebrate poetry than to see it in ourselves. Celebrate National Poetry Month with some crafty creativity. Make shadowy silhouettes of each other, and then decorate them with words and images. Come and make a visual poem of yourself! For ages 5-18. Register online or call 918.549.7323. Maxwell Park Library, 1313 N. Canton; 4:30 p.m.

22 | SATURDAY

REED PARK ART FESTIVAL {FREE}
Support arts and community at the Reed Park Arts Festival in Tulsa. Stroll through scenic Reed Park and enjoy the work of artisans and performing artists, browse selections from plant and food vendors and let the kids bounce to their hearts' content on fun inflatables. Stop by and enjoy a day of art and entertainment that is sure to be fun for the whole family. Reed Park , 4233 S Yukon Ave.; 9 a.m.-4 p.m.

ECO BABY FAIR & GREAT CLOTH DIAPER CHANGE
The Great Cloth Diaper Change is a world-wide event where participating families attempt to break the world record for the most cloth diapers changed within a 24-hour period world-wide. The Great Cloth Diaper Change event's purpose is to not only break the world record, but to also help spread awareness that cloth diapering is truly a wonderful diapering option for babies. Broken Arrow Central Park Community Center, 1500 S. Main St.; 9 a.m.-noon.

BRAINIAC BALL
Known as the smartest soiree in Tulsa, Brainiac Ball combines brains and benevolence to bring hope to those who need it most in our community takes guests into the far reaches of the galaxy and our own imaginations as we celebrate under the night sky. The evening begins with cocktails at 6 p.m., followed by a seated dinner, team trivia and a live auction. Cox Business Center, 100 Civic Center. Find out more at www.brainiacball.com.

23 | SUNDAY

SEE SIDEBARS FOR ON-GOING ACTIVIITES AND EVENTS.



EARTH DAY IN TULSA

EARTH DAY ART BLAST [FREE]
When: Saturday, April 22; 10 a.m. - 4 p.m.
10 a.m. - 4 p.m. – Art activities
11 a.m. - Noon – "It's Great to Be Green"
Noon - 1:30 p.m. – Up With Trees nature walk/talk
1:30 - 2:30 p.m. – "It's Great to Be Green"
Where: Gilcrease Museum, 1400 North Gilcrease Museum Rd.
Celebrate Earth Day at Gilcrease Museum! Learn about animal and earth conservation through the Tulsa Zoo's presentation of "It's Great to Be Green." The presentation will feature live animals. Explore the importance of trees, study leaves and insects as Up with Trees leads families through a nature talk in the gardens and Stuart Park. Express your creativity at the different art making stations in the museum. You are welcome to bring your own lunch and picnic in Stuart Park and enjoy the day. For families with children ages 4-15, who must be accompanied by an adult. No reservation is required. Free admission all day. Find out more at www.gilcrease.edu.

PARTY FOR THE PLANET AT THE TULSA ZOO
When: Saturday, April 22; 10 a.m.-2 p.m.
Where: Tulsa Zoo, Mohawk Park
Celebrate Earth Day by learning about wildlife in a fun party for the planet! Get the inside scoop during specialized zookeeper chats from our animal care experts. Discover what the Tulsa Zoo is doing to protect wildlife and how you can help. This conservation celebration will include a special self-guided nature tour, extra zookeeper chats, and activities relating to our conservation work at the zoo and around the world. Find out more at www.tulsazoo.org.

LOVE YOUR WORLD PRESENTED BY GLOBAL GARDENS
When: Saturday, April 22; Noon - 2 p.m.
Where: Rosa Parks Elementary, 13702 E 46th Pl.
A twist on Earth Day, Love your World is a showcase of cultures from around the globe presented by Global Gardens students and families. Highlighted through Dance, music, food, activities and more! The event is free and open to the public. Find out more at www.global-gardens.org.

CHANDLER PARK EARTH DAY [FREE]
When: Saturday, April 22; 10 a.m.-2 p.m.
Where: Chandler Park, 6500 W. 21st Street
Help make our planet and park a better place to play by pitching in to plant a new garden! Bring gloves and small garden tools. All ages.

FIND MORE AT WWW.TULSAKIDS.COM/EARTH

24 | MONDAY

MOVE IT MONDAY AT THE TULSA CHILDREN'S MUSEUM
Move to music, play a game, and read a book! All activities center around a theme and are designed for young children's physical, mental, emotional, and social development. Tulsa Children's Museum, 560 N Maybelle Ave.; 10:30 a.m.

STEAM WORKSHOP {FREE}
Enjoy STEAM (science, technology, engineering, art, mathematics) activities for kids ages 5-12. Class size is limited. Register online: www.tulsalibrary.com. Central Library, 400 Civic Center; 2 p.m.

EARTH, MOON & SUN AT JENKS PLANETARIUM
Join this amusing character (adapted from American Indian oral traditions) in a fast-paced and fun show that explores lunar phases, eclipses and other puzzles. The target audience age for Earth, Moon and Sun is 12 years and younger. This show is held at the Jenks Planetarium, Jenks High School, Dr. Kirby L. Lehman Center for the Study of Math & Science Building, 3rd Floor; 7 p.m.

25 | TUESDAY

SEE SIDEBARS FOR ON-GOING ACTIVIITES AND EVENTS.

26 | WEDNESDAY

TARC TEEN "CONNECTIONS" GROUP
This a social skills group for middle and high school students with Asperger's and high functioning autism. The Teen "Connections" group meets on the fourth Wednesday of each month from 4:30 to 6 p.m. at the TARC office in Tulsa. "Connections" is sponsored by TARC. TARC Office , 2516 E 71st St, Suite A; 4:30 p.m.

27 | THURSDAY

THE CRAFT CONNECTION {FREE}
Come and make crafts with your friends! For ages 10-18. Schusterman-Benson Library, 3333 E 32nd Pl.; 6 p.m.

TARC MOMS & DADS SUPPORT GROUP
{FREE} This a support group for parents of children with developmental disabilities. Autism Center of Tulsa, 2516 E 71st St, Suite A; 7 p.m.

CONFIDENT PARENTING SERIES: LEARNING@HOME WITH CAP {FREE}
Learn more about CAP Tulsa's free Learning@Home program, while enjoying an evening of crafts and activities for you and your little ones. CAP Tulsa's Learning@Home program builds on the skills parents have through regular visits at home while focusing on developing a child's brain through play, music, reading and other activities. Sponsored by the Tulsa Library Trust. For parents and children ages 5 and younger. Martin Regional Library, 2601 S Garnett Rd.; 6:15 p.m.

28 | FRIDAY

ARBOR DAY CRAFTS @ THE LIBRARY
How is paper made? What crafts can you make with it? Join in to celebrate Arbor Day with Miss Brynnon from Salvaged Nuggets. Participants will enjoy a short storytime followed by fun paper crafts.
Ages 1-6; 10 a.m.
Ages 7-12; 4 p.m.

FRIDAY MOVIE TIME: "THE BFG"
Munch on popcorn while you watch this charming story, which features a young girl and a giant who is a Big Friendly Giant and nothing like the other inhabitants of Giant Country. For ages 5-12. Brookside Library, 1207 E 45th Pl.; 3:30 p.m.

29 | SATURDAY

8TH ANNUAL BARK WALK & PET FEST
Bark Walk will feature a 1 mile walk through beautiful Central Park on Main street in Broken Arrow. There will be plenty of food, and fun for pets and their human companions. All breeds are welcome! The day begins with registration at 9 a.m. At 10 a.m. the walk will commence. Participants will walk along a 1 mile trail and end at Pet Fest. Central Park Community Center, 1500 South Main St.; 9 a.m.-3 p.m.

CHANDLER PARK IT'S A BABY! SHOWER
Baby shower welcoming young families to parenthood! Educational event for expectant families offering topics important to the well-being of new babies. All expectant mothers and fathers invited. Participants are provided with workshops on growth and development, nutrition, and safety. Vendors from local organizations will be present. Door prizes. Chandler Park, 6500 W. 21st St.; 10 a.m.

* We make every effort to ensure the accuracy of this information. However, you should always call ahead to confirm dates, times, location, and other information.



LET'S PLAY BALL!

The Tulsa Drillers' will be back in action at OneOk Field. Find out promotional plans for individual games at www.milb.com/drillers.

APRIL HOME GAMES
Thursday, April 13 at 7 p.m.: Home Opener!
Friday, April 15 at 7 p.m.
Saturday, April 16 at 7 p.m.
Monday, April 17 at 7 p.m.
Tuesday, April 18 at 7 p.m.
Wednesday, April 19 at noon
Monday, April 24 at 7 p.m.
Tuesday, April 25 at 7 p.m.
Wednesday, April 26 at 4 p.m.
Thursday, April 27 at 7 p.m.
Friday, April 28 at 7 p.m.
Saturday, April 29 at 7 p.m.
Sunday, April 30 at 1 p.m.

30 | SUNDAY

SEE SIDEBARS FOR ON-GOING ACTIVIITES AND EVENTS.

ON-GOING ACTIVITIES

FOOD TRUCK WEDNESDAY AT GUTHRIE GREEN
Chow down at Guthrie Green every Wednesday for lunch. Enjoy live music, amazing food trucks, and fresh air. Open every week day from 11:30 a.m. to 1:30 p.m.

FAMILY STUDIO SATURDAYS AT PHILBROOK
Each month, Family Studio Saturdays explores one big idea through art, making art in the studios and exploring in the galleries. Both studio and gallery activities are specially designed to engage families with children in creative thinking, idea exploration, and collaboration. Philbrook Museum of Art, 2727 S. Rockford Rd. Drop in from 12:30 - 3:30 p.m. - each Saturday (excluding the 2nd Saturday) of the month. www.philbrook.org

TALKING IS TEACHING IN TULSA
The Tulsa area has Talking is Teaching events that include a parent engagement reading activity, a free meal, and each family gets a book to take home. Find monthly events at www.talkingisteaching.org

LINNAEUS TEACHING GARDEN
The Linnaeus Teaching Garden is a demonstration/teaching garden in Woodward Park, staffed by well-trained volunteers who share their knowledge and love of gardening with the public.The Garden is free and open to the public: Tuesday thru Saturday. No pets, except service animals, please.

LET'S PARTY!

"Abracadabra!"



Jay Exon became enchanted with the art of magic when a magician performed at his 5th birthday party. By the following year, he had worked up his own amateur act and he was the magician.

Wanting to learn more, Jay soon became a regular customer at Top Hat Magic, then owned and operated by magician Steve Lancaster (one of the top 125 sleight-of-hand magicians in the world). Jay became Lancaster's pupil at the age of 10, attending weekly magic lessons. Steve taught Jay the foundations of magic and the classic routines. Jay learned how to practice and perfect his showmanship.

Jay began entertaining across northeast Oklahoma for evening parties, birthdays, senior center events, church functions and area school assemblies. Extensive experience has made him a master with audiences and venues of all types.

Now in his mid-30s, Jay continues with that passion for entertaining he developed in his youth. Mr. Exon performs regularly at Tulsa's Spotlight Theatre as the opening act for *The Drunkard,* America's longest-running play now directed by Tony-nominated writer-actor Joe Sears.

Jay Exon's creative talents extend beyond the performing arts. He is also an abstract artist and home interior consultant. To book Jay, call 918.313.8092. See some of his work at www.jayexon.com.

JOIN THE TULSAKIDS PARTY PAGE

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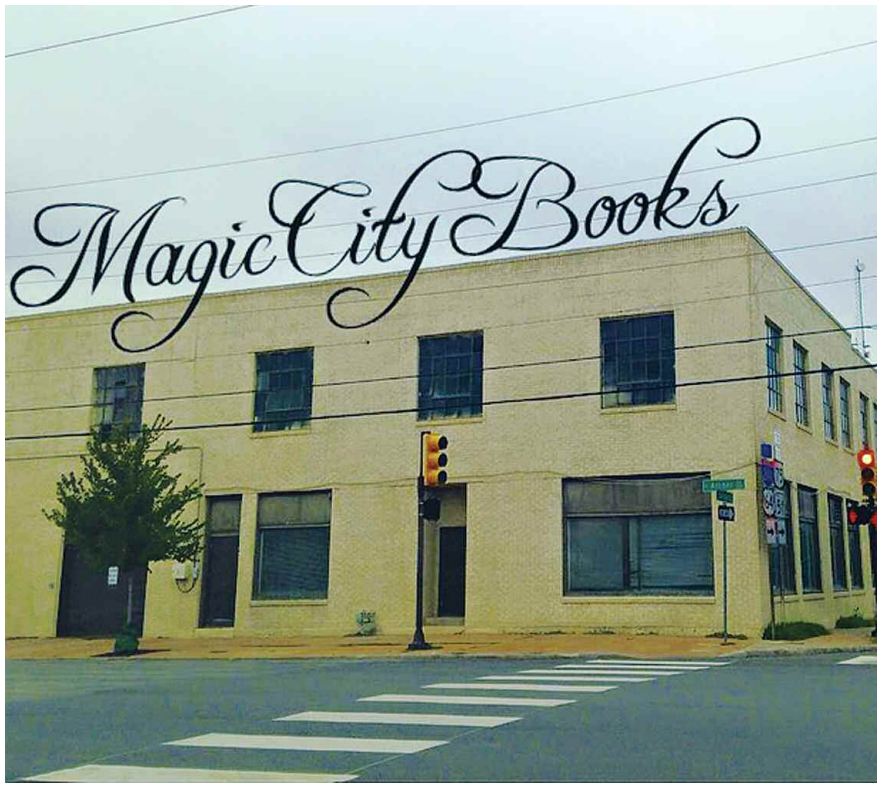
A Hip and Magical Place for Book Lovers

BY JILL VANTREASE

I don't know if there's anything in the whole wide world (besides getting a botched lobotomy?) that kills those abstract-thinking, intellectual brain cells faster than becoming a mother. Eons ago I had a decent-paying job, and, during my free time, I actually read big, heavy books that required thought. Now my literary aspirations end with Facebook and Vogue. My sister, a cerebral, fancy-pants lawyer, just had her first baby. Despite her big brain, she can't even form a coherent sentence, so exhausted is she from nursing and poop-monitoring. I'm just starting to emerge from that newborn/baby fog - so I have a spare eight minutes per day, enough to wonder "gah! I should be doing something with this brain of mine before it goes totally fallow and ices over into permafrost." That would be a shame, yes? (Don't answer that!)

So, I was terribly intrigued when I saw a piece about Booksmart Tulsa, a sort of literary flash mob. Booksmart Tulsa is not a book club; it's more of a titillating series of appearances by very hip authors - so hip that you're not sure why they're here in flyover country! But this minor miracle is due solely to the efforts of a visionary Tulsa writer and native Bixby bookworm, Jeff Martin.

Jeff is an author (his book *The Customer is Always Right* was featured on NPR, and he got to go on a book tour!), and a former community-relations manager at Barnes and Noble. He



NEW INDEPENDENT BOOK STORE OPENING IN TULSA.

used his contacts in the literary world to start what he thought was a personal "passion project" back in 2008, but his project has become quite a juggernaut for book geeks. The first Booksmart event was held at McNellies. Jeff expected maybe a few dozen people, but over 300 people trekked in to talk books.

Since that first event, Jeff has pounded pavement to get hotels to donate rooms for authors and venues to hold the events. Budget was nonexistent (Jeff thinks only $500 was spent the first few years), but he has been able to use his literary Rolodex to create a bit of a buzz. Now authors share their enthusiasm to add Tulsa to their talks and book tours. Hence, writers such as Stephen King (an event which drew thousands), Elizabeth Gilbert (of *Eat Pray Love* fame), David Sedaris, Salman Rushdie, Jodi Picoult, BJ Novak and so many more, have made stops in Tulsa. Booksmart's track record has earned itself a great reputation among authors -- both emerging and famously established.

For me, Booksmart hit the mark by inviting Ayelet Waldman — an author I have revered for years — to speak at the Congregation B'nai Emanueh in February.

You might remember the little literary tsunami Waldman caused a few years ago when she had the audacity to confess in a New York Times essay that she loved her husband more than her children. The horror! The resulting furor fueled her book tour (including a Tulsa stop) for "Bad Mother: A Chronicle of Maternal Crimes, Minor Calamities, and Occasional Moments of Grace," which is a hilarious reflection on the tribulations and triumphs of motherhood.

Waldman's most recent Tulsa presentation, however, was for her latest book, *A Really Good Day*, about her experiment with "microdosing" LSD (acid) to help her with her crazy mood shifts. I know, it sounds a little out there for a mom of four, but Waldman has done her research, documented beautifully in the book. And she was quite desperate: she struggled with suicidal thoughts during her "PMS" phase, but she never could predict her cycles as she entered perimenopause, that phase which strikes dread in the heart of almost every female. She tried the usual suspects - Zoloft,

continued next page



JEFF MARTIN WITH BOOKSMART TULSA.

Prozac - but they left her feeling spacy and not herself. In her prior life as a federal defender for drug addicts, she had seen up close the horrors of methamphetamine and heroin, but had actually heard anecdotally about the many positive outcomes people had experienced on LSD. When she read studies on microdosing -- taking essentially about one-tenth of the dose one would need to experience a "trip" — she decided to experiment to see if the small amount would regulate her mood swings.

Note that she doesn't tell her children about her (illegal) experiment. At the same time, she thoroughly expects her teenagers will experiment with drugs. She even purchases "drug testing kits" for her kids so they will know whether their potential drugs are contaminated! Now I'll admit I'm a bit harsher on the conversation about drugs with my kids: "I will kill you if you try get within 800 feet of any drug EVER" is sort of my philosophy. We'll see how that works out.

Of course not all the Booksmart speakers and authors are quite as controversial as Waldman. Jeff purposely invites a wide range of writers with all sorts of backgrounds and viewpoints. As it has evolved and gained notoriety over the years, Booksmart has become a trusted literary stalwart, forming a partnership with the Tulsa Literary Coalition (TLC), a nonprofit organization headed by Cindy Hulsey, previously with the Tulsa City-County Library. Looking at what was missing in Tulsa, Jeff and the TLC recognized the need for an independent bookstore for author presentations, and to create a local literary oasis, so they formed the concept of Magic City Books. With the help of the George Kaiser Family Foundation providing a location, Magic City Books, located in a 1920s-era building at the corner of Archer Street and Detroit Avenue, will open soon in the Brady Arts District. As a project of the TLC, and true to its name, the bookstore will be a magical space full of books as well as providing a literary refuge for the community to gather, chat and imbibe.

But, wow, what fun it was for me to attend Waldman's presentation, leaving the confines of my kid-centric house and life to be around all kinds of different people who love to read and think about something other than soccer practice and homework! Thanks to Jeff Martin, there's a place for Tulsans who love to read and connect.

"My dream is to get Magic City Books established and then perhaps in 2020, attempt a weekend-long book festival with dozens of authors, vendors, food and music," Jeff noted in Tulsa LIfestyle Magazine. Now that sounds like a fun girls' weekend right here in town! Jeff (who is currently working on his own book of poetry) believes this Booksmart movement is greater than the sum of its parts. He wants book events to garner the same excitement as a movie or concert. For lovers of words and books like me, I suspect he is succeeding!

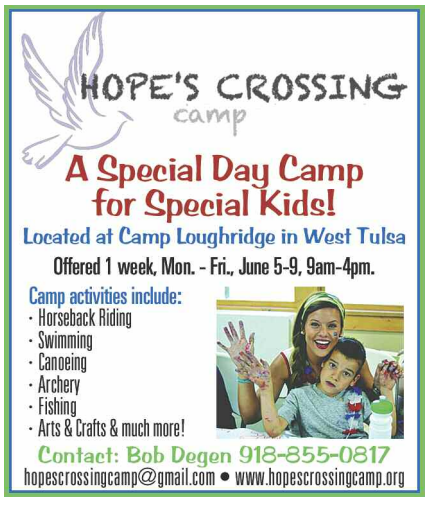
And, even though you may have missed Ayelet Waldman, you can mark your calendar for all the up-coming Booksmart events by visiting www.booksmart-tulsa.com.

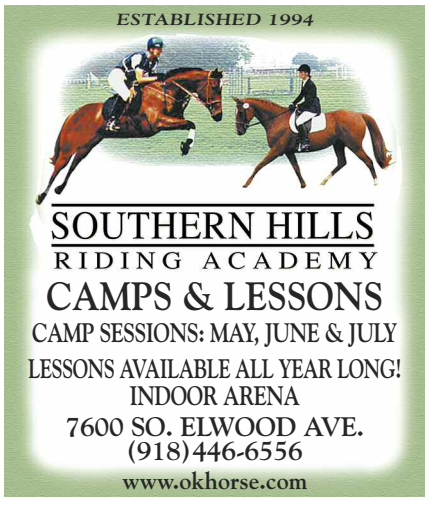


AUTHOR STEPHEN KING VISITS BOOKSMART TULSA.











BY NATALIE MIKLES

dinner in 20 minutes or less – **really!**

When it's been awhile since I've been to the grocery store or when I just don't feel like cooking – that's when I can count on the question: "Momma, what's for dinner?"

Thus begins a scramble through the pantry and a deep dive into the vegetable bin to check the health of a stray onion or package of baby carrots. Or, to be honest, sometimes we just order a pizza.

It's great to have a few ideas at the ready for quick dinners. In my house, we call some of these "snack dinners." When I say it's going to be a snack dinner, my kids know that means I'm setting out food buffet style and we're likely not sitting at the table to eat it. My kids love walking around like they're at happy hour – filling their plates as they graze through the quick food options.

But a snack dinner doesn't mean we're eating Cheetos. We keep it fairly healthy with hummus and veggies, peanut butter and honey sandwiches, waffles with fruit toppings or a cheese board with bread, nuts and preserves.

If your kids are old enough, put them in charge of these easy dinners – or let them help you pull it all together.

Here are 10 ideas for quick dinners. Keep the list handy for days when you haven't had time to consider what's for dinner, Momma.



1. Waffle bar. There's no shame in using frozen. Keep your waffles warm on the lowest heat in the oven, then set out favorite toppings. Try: bananas and brown sugar, sliced peaches, lemon curd and strawberries or sliced ham and cheddar cheese.

2. Eggs and rice. This is so simple and loved by young children. In a saute pan, season 2 cups of cooked rice with a little salt and pepper, then add four lightly beaten eggs, stirring until eggs are just cooked. Add one-half-cup grated cheese at the end of cooking.

3. Quick pasta. Most of us have dried pasta in the pantry. While the pasta is cooking, make a quick sauce by melting butter, then adding Parmesan cheese, black pepper and a little cream. Don't worry about measuring – just add and taste.

4. Dip it. Make a quick dip out of a jar of salsa, a can of drained and rinsed black beans and a can of drained corn. Use as a topping on tortilla chips for nachos. Or, place in a bowl and use as a dip for chips or veggies.

5. English muffin pizzas. This is a favorite at my house. English muffins are on my grocery list every week, both because we like them with butter for breakfast and because I know I can always top them with marinara sauce and cheese for pizzas. Make it fun by using the cheese as crazy hair, two cherry tomatoes as eyes and a sliced bell pepper for a smile.

6. Fruit and veggie kabobs.

continued next page

You don't have to turn on the oven for these kabobs. String cubes of cheese, strawberries, blueberries, kiwi and bananas on skewers. If you want to add protein, make skewers of ham, turkey, sausages and cheese.

7. Tea party for dinner. Cut the crusts off sandwiches made of peanut butter and honey, peanut butter and jam, cream cheese and cucumber or jam and cream cheese. Then cut these sandwiches into quarters, place on a tiered plate, and declare it tea time.

8. Bruschetta bites. I can usually scrounge enough of this and that to make bruschetta. In the summer, we nearly always have tomatoes and basil. Add a little balsamic vinegar and olive oil, and you have a simple dinner. Goat cheese, ricotta cheese or mozzarella are all great bruschetta toppings.

9. Taco potatoes. Take your leftover taco meat from taco Tuesday, and create spectacular spuds. Top baked potatoes with seasoned ground beef, salsa, sour cream and cheese. My kids like these the simpler the better – just meat and cheese.

10. Five-Minute Frittata. Five minutes to assemble and 30 minutes to bake, a frittata is a super simple dinner. Whisk eight eggs with two tablespoons milk, ½ cup cheese and whatever else you have around – fresh basil, cooked bacon, diced ham, chopped tomatoes. Pour into a pie plate, and bake at 350 degrees for about 30 minutes.

Kids typically love quesadillas. Mine would be happy with plain cheese quesadillas, but I like something with a little more substance. This version uses leftover pulled pork, or you can buy shredded barbecued brisket or chicken in the deli section of the grocery store.

Barbecued Pork Quesadillas

- 1/2 pound shredded barbecued pork
- 1/2 cup barbecue sauce
- 1/4 cup chopped fresh cilantro
- 8 fajita-size flour tortillas
- 1 cup shredded cheese
- Butter

1. Stir together pork, barbecue sauce and cilantro.

2. Spoon 1/4 of the pork mixture on one side of each tortilla, then sprinkle with cheese. Fold tortillas in half, pressing gently to seal. Spread butter on both sides of tortillas.

3. Heat a large nonstick pan over medium heat, and cook quesadillas 2 to 3 minutes on each side.

Ask older children to make the fruit salsa while you're grilling the chicken.

Grilled Caesar Chicken with Fruit Salsa

- 4 boneless, skinless chicken breast halves
- 1 cup Caesar salad dressing

Place chicken breasts between two sheets of waxed paper, and pound to ½-inch thickness. Place the pounded chicken in a baking dish, and pour the dressing over them. Turn to coat on both sides. Cover, and place in the refrigerator for at least 4 and up to 24 hours.

Heat the grill to medium-high. Shake off any excess dressing, and place chicken on hot grill. Sear the first side, cooking 2 minutes. Turn the chicken over and cook an additional 2 minutes. Reduce heat to low, then cook about 6 minutes, or until chicken is done and juices run clear when cut.

Serve with Fruit Salsa.

Fruit Salsa

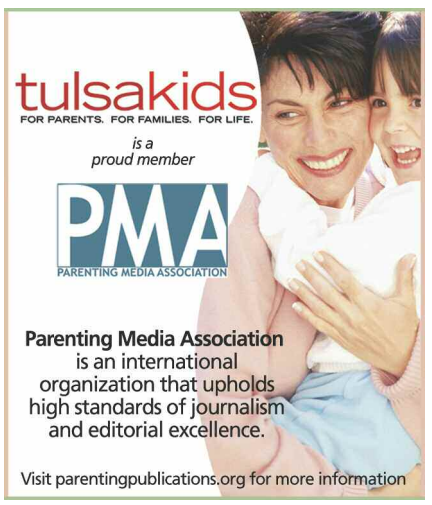
- 1 cup finely chopped fresh strawberries
- 1 medium orange, peeled and finely chopped
- 3 kiwi, peeled and finely chopped
- 1 cup chopped fresh pineapple
- 1 tablespoon honey

Combine all ingredients. If you have leftover, use as a dip for pita chips or graham crackers.











BY DIANE TRITT EATON

try an **Epic Mountain Adventure** this summer

Undoubtedly, if you are a skier, snowshoer, or snowmobiler, you enjoy the invigorating cold, crisp air and the powdery white snow of the winter mountains. Conversely, if you are a hiker, angler or bicyclist, you like the warm breeze and the colorful surroundings that summertime provides. In either case, Mother Nature's mountains afford exciting opportunities for family fun.

Now, as you plan for the upcoming summertime mountain enjoyment, there's a brand-new thriller to fold into the mix that sits high on the peaks, thanks to Vail Resorts' ingenuity.

Epic Discovery:
An Epic First!

Last Spring, Vail Resorts unveiled Epic Discovery, the first of its kind, a mountain "learn through play" adventure in Vail, Colorado. Then, in June 2016, Heavenly Mountain Resort in Lake Tahoe introduced a sister Epic Discovery. This summer, the third sibling will open its doors in Colorado's Breckinridge Resort.

"Epic Discovery will provide an avenue for our summer guests to experience our alpine settings in a new, immersed way, similar to what our ski and snowboard guests experience in the winter," said Chris Jarnot, senior vice president and CEO of Vail Mountain.

No matter which of the three destinations you choose, expect an utterly unique experience chock full of entertainment, thrill and education.



GONDOLA AT VAIL, CO'S EPIC DISCOVERY PHOTO CREDIT: DIANE TRITT EATON

A Firsthand Look

Last July, while visiting friends on the outskirts of Vail Village, a crew of three moms and four teenage boys hopped on the gondola for a breathtaking ride from the base to the top of Eagle's Nest, where we uncovered Epic Discovery's offerings. There were choices galore.

Honestly, had we done nothing more than admire the vistas from all the many vantage points, making the trek up to nose-bleeding heights would have been worth it. Of course, we had adventure-seeking hats on, so we forged ahead to enjoy it all.

There was the exhilaration of the zippy zip line and aerial bridges, the physical challenge of the ropes courses, the twists and turns on the alpine coaster and tubing, and the exploration and education served up along the wildlife trail. The physical and mental stimulation was grand, but we also loved engaging in interactive exhibits along the way, learning how mountain goats balance on cliffs and ridges, and how high mountain lions can leap in a single bound. We also picked up interesting tidbits about trees and flowers that are native to the surrounding national forest.

It seemed that the sky was the limit on what we could enjoy in this epic outdoor playground with its awe-inspiring scenery as our backdrop. Activities were geared to accommodate folks of all ages with varying degrees of adventure to satisfy everyone's desires.

Chris Jarnot said, "Vail Resorts, along with our partners at the U.S. Forest Service and The Nature Conservancy, envisions Epic Discovery as a catalyst for helping to foster a life-long appreciation for the outdoors among a diverse audience of summer visitors to the mountains," Jarnot said.

Well, for us, they hit a homer in in making their vision a reality. Epic Discovery created the ideal alpine playground for the young and the young at heart.

An Added Bonus

An added bonus to your own memorable fun will be lasting results that Mother Nature receives from the 1 percent donation program that Epic Discovery arranged with the Nature Conservancy. For every dollar spent enjoying Epic Discovery, a contribution will be made to support forest health restoration projects in the West. A true win-win for all.

Full details on all Epic Discovery activities at each of the three mountain resorts can be found at www.epicdiscovery.com, www.vail.com, www.skiheavenly.com and www.breckenridge.com. Ticket purchases can be made in advance using the online system. Various packages are available to suit individual adventure preferences.

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TulsaKids Media Wins 23 Awards from Parenting Media Association

The Parenting Media Association (PMA) announced the winners of its editorial and design competition at a banquet held at the conclusion of its annual meeting in St. Petersburg, FL, in March.

The PMA, a non-profit representing the family media market since 1988, received 548 entries for 2016 magazines issues and digital products. Prof. Reuben Stern of the University of Missouri's School of Journalism oversaw the judging.

The Overall General Excellence winners were *TulsaKids, Kids VT, SW Florida Parent & Child, Cincinnati Parent, Indy's Child, Nashville Parent, Colorado Parent, Chicago Parent* and *Dallas Child.*

"Our awards recognize the best work done in our industry," said PMA President Mary Cox. "Our member publications engage with families throughout the United States, Canada and Australia, be it through print, websites, email, social media and events. Our collective goal is to making parenting easier – after all, it's the most important job in the world – and even more of a fun ride."

Congratulations to the TulsaKids' staff and freelance writers and photographer for their honors.



ABBY MASHUNKASHEY

Column, Publisher's/Editor's Note
Bronze: Tulsa Kids; "Editor's Note"; Betty Casey

Calendar of Events
Gold: Tulsa Kids, "Calendar of Events"; Abby Mashunkashey, writer



JOHN FANCHER



SARAH DAVIS

Column: Reviews
Gold: Tulsa Kids; "Oklahoma Author on Sequoyah List" and "Tulsa City-County Library celebrates winter"; John Fancher and Sarah Davis



JULIA WATSON

Column: Child Development and Parenting Issues
Gold: Tulsa Kids; "Stages: Babies & Toddlers"; Kiley Robertson
Silver: Tulsa Kids; "Stages: Tweens & Teens"; Julie Wenger Watson



JILL VANTREASE

Column: Humor
Silver: Tulsa Kids, "From The Hip: 'WOD, AMRAP, RDL: Hip Mom Deciphers Crossfit' and 'Hip Mom Checks Out Trader Joe's on Opening Day'"; Jill VanTrease

Travel Feature
Silver: Tulsa Kids; "Big Cedar Lodge's Dogwood Canyon: Where Nature is Nurtured"; Diana Tritt Eaton



DIANE EAATON

Q&A Interview
Gold: Tulsa Kids; "Green Country Grown-up"; Nancy A. Moore
Silver: Tulsa Kids; "I'm a Tulsa Kid"; Marisa Morgan

News Feature
Silver: Tulsa Kids; "Moving Beyond Color Blind"; Claire Combs

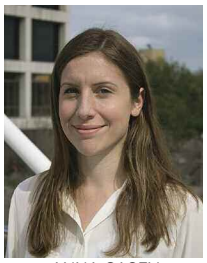


NANCY MOORE



CLAIRE COMBS

continued next page


ANNA CASEY


NIKKI CYTER SACK
Photo: Amy Herndon Photography


SHEEBA ATIQI


ABBY MASHUNKASHEY


FIANE KONDOS


BETTY CASEY

Non-Traditional Story
Form Feature
Bronze: Tulsa Kids; "Health Myths Busted"; Anna Casey

Service Feature
Bronze: Tulsa Kids; "Leveraging Your Leave"; Nikki Cyter Sack

Special Section within a Publication
Silver: Tulsa Kids; "Halloween Fun for the Whole Family"; Abby Mashunkashey

Front Cover: Use of Stock Photo
Gold: Tulsa Kids; "Tulsa Kids Magazine"; Chuck Foshee

Interior Photography
Silver: Tulsa Kids Magazine ; "Citizenship Begins at Home"; Sheeba Atiqi

Calendar of Events
Gold: TulsaKids, Community Calendar, Abby Mashunkashey

Feature Layout
Gold: TulsaKids Magazine; "Understanding the Adolescent Brain"; Chuck Foshee

DIGITAL MEDIA

Best Blog/Bloggers
Gold: Tulsa Kids; "Single Stepping"; Diane Morrow-Kondos
Silver: Tulsa Kids; "Editor's Blog"; Betty Casey

Best E-Newsletter
Gold: Tulsa Kids; "Inbox Extra"; Abby Mashunkashey

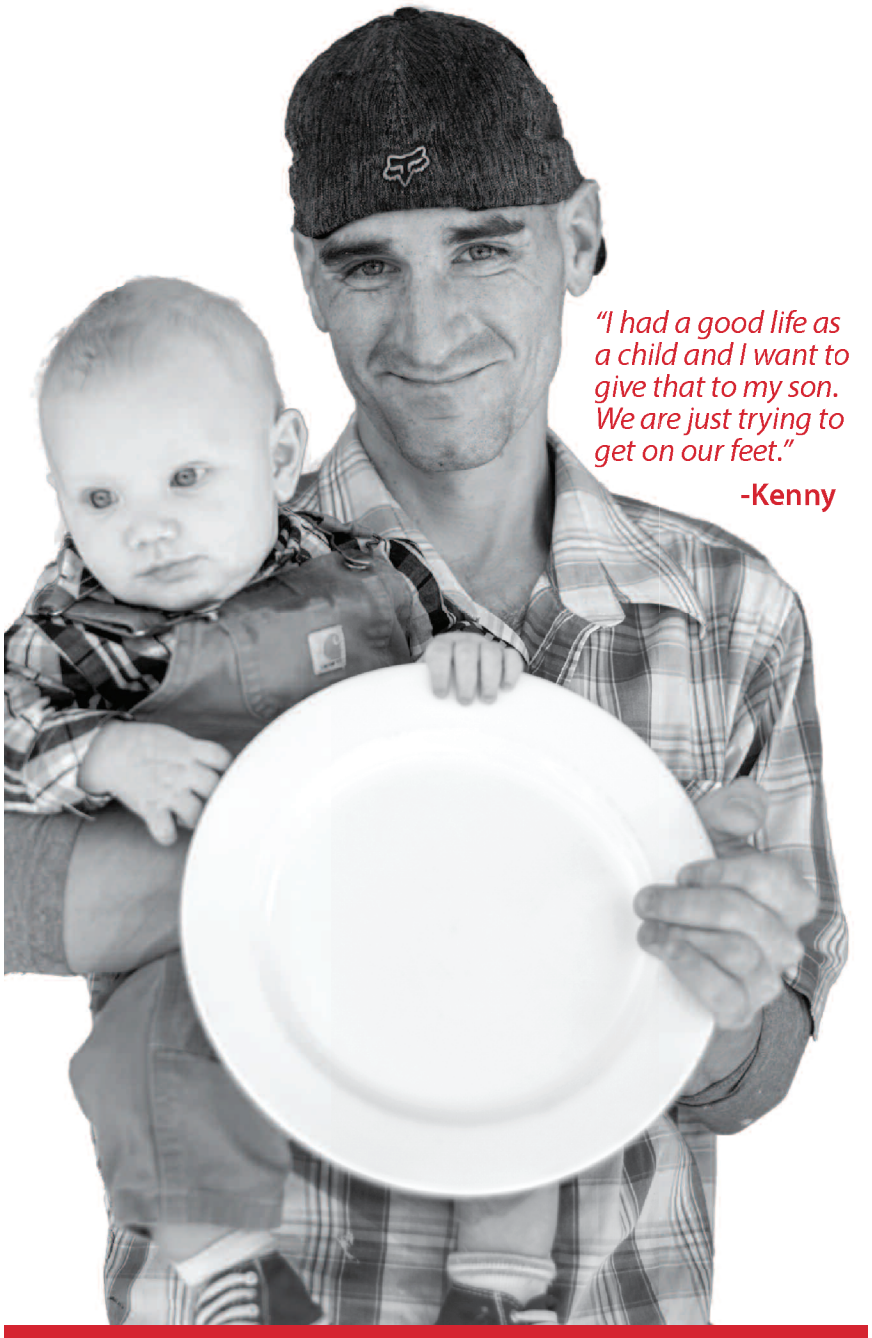
Website General Excellence
Silver: Tulsa Kids; "Website General Excellence;" Abby Mashunkashey, Betty Casey, Chuck Foshee

General Excellence
Bronze: Tulsa Kids; Chuck Foshee, publisher, Betty Casey, editor, Abby Mashunkashey, web, calendar and social media editor



will you help
FILL THE PLATE?

You can help fill the plates of so many people in our community this holiday season. Your donation will go twice as far, thanks to the generosity of the **George Kaiser Family Foundation.**



"I had a good life as a child and I want to give that to my son. We are just trying to get on our feet."

-Kenny

Fighting Hunger, Feeding Hope
FOOD BANK
Community FOOD BANK of Eastern Oklahoma
VISIT OKFOODBANK.ORG

CHURCHES BY DANIELS PRESENTS

Conquer the Night

A LIVE AUCTION
AND DINNER EVENT

FEATURING A LIVE INTIMATE CONCERT
PERFORMANCE FROM BRIAN NHIRA
AS SEEN ON NBC'S THE VOICE



SOME LOTS AVAILABLE



DISNEY WORLD
PARK HOPPER PASSES



GUATEMALA
WEEK LONG ADVENTURE



OKC THUNDER
TICKET + FAN BUNDLE

CONQUER THE NIGHT
THE INAUGURAL AUCTION AND DINNER EVENT TO BENEFIT AND ENHANCE THE TECHNOLOGY OF VCS

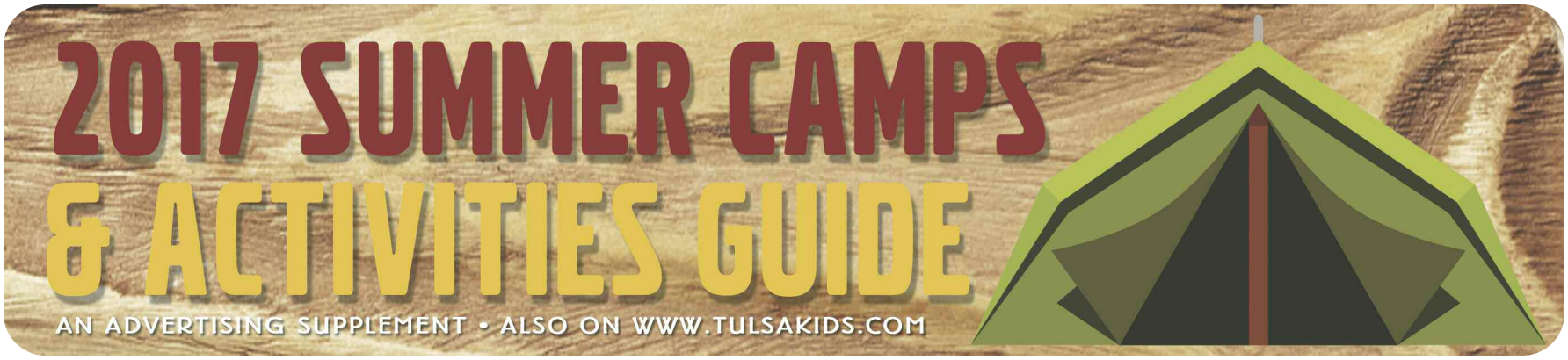
FRIDAY, APRIL 28TH AT 7PM
IN THE CREATION HALL OF VICTORY CHRISTIAN SCHOOL

DINNER PROVIDED BY KITCHEN 624

OK FILTERS
PREVIEW RECEPTION STARTS AT 6PM FOR VIP TICKET HOLDERS ONLY

TICKETS ARE $100 EACH // FOR TICKETS CALL 918.491.7720 OR VISIT VCSTULSA.ORG

VICTORY CHRISTIAN
Preparing for Greatness



ARTS AND HUMANITIES COUNCIL OF TULSA

Contact: Lauren Teague
101 East Archer St.
Tulsa, OK
918.584.3333
www.ahhatulsa.org
Ages: Grades 6-8
Dates: June & July 2017
Summer Arts Academy at the Hardesty Arts Center is the Arts & Humanities Council of Tulsa's incredible opportunity for young artists! One-week sessions include painting, drawing, photography, film, printmaking, sculpture, fashion/ sewing, and glass art. Apply online: https://ahhatulsa.org/programs/summer-arts-academy/

AVANT GARDE SUMMER CAMP 2017

Brookside: 4103 S. Detroit Ave. | 918.743.0975
Sheridan: 7607 S. Sheridan Rd. | 918.497.1335
contact@avantgardeschools.com
www.avantgardeschools.com
Come join us at Avant Garde Early Learning Center for a fun filled, STEAM based Summer camp! We will be doing hands on activities and projects promoting Science, Technology, Engineering, Arts and Mathematics! We will provide breakfast, lunch and a snack, as well as going on exciting field trips throughout the summer. Ages: 5-8 years old.

B-SEW INN'S PROJECT SEW SUMMER CAMP 2017

5235 S Sheridan in the Farm Shopping Center
918.664.4480
www.bsewinn.com
Ages: Camps for ages 9-16. Sewing lessons for boys and girls
B-Sew Inn's Project Sew Summer Camp is one week and has two sessions each day. Session 1 is 9 a.m.-Noon Session 2 is 2 p.m.-5 p.m. With the camp fee of $199, attendees will get printed instructions, fabric kits & supplies plus upon completion of camp each participant will receive a sewing machine, valued at $299. Learn a life skill today. B-Sew Inn is the world's largest Baby Lock dealer. B-Sew Inn has been in business for 30 plus years. Camp dates are: June 12-16 or June 26-30 or July 10-14 or July 31-Aug 4. Space is limited so sign up today.

BRAIN BALANCE ACHIEVEMENT CENTER

Contact: Meghan Tappan
6022 S. Yale Ave.
Tulsa, OK
918.488.8991
www.brainbalancecenters.com
Brain Balance of Tulsa offers a comprehensive, drug-free program that helps kids overcome their behavioral and learning difficulties enabling them to reach their social and academic potential. If your child suffers with behavioral issues, ADHD or a learning disability then you've experienced their painful frustration and lack of confidence both academically and socially. At Brain Balance Achievement Centers, we can help your child achieve success behaviorally, socially, and academically. We are specialized achievement centers that utilize a drug-free, whole-child approach to address the underlying issues in many of the behavioral, developmental and learning disorders that plague so many children today. Call us today to schedule your free consultation!

BRIDGES SUMMER CAMP

1813 N. Ash
Jenks, OK
918.299.2656
www.thebridgesfound.org
https://bridgessummercamp.eventbrite.com
Ages 10-21
The Bridges Foundation
Bridges Summer Camp is a wonderful place for kids and teens (ages 10 through 21) with special needs to enjoy an environment that fosters their accomplishments, friendships, and have a great time creating memories. Bridges Summer camp offers eight weeks of educational activities to provide an outlet of continued interaction throughout the summer. Continuity in activities and social interaction is crucial to continued development, which is why campers will be engaged in social and communication skills by making new friendships and renewing old ones. Our 3:1 camper/counselor ratio, non-competitive recreational programming and intentional focus on social skill development enables our students to experience acceptance in a thriving camp community. Arts and crafts give each camper an opportunity to practice fine motor skills while providing them an outlet for their artistic expressions. Campers will also enjoy an active schedule filled with physical activities such as basketball, dancing, bowling and swimming. Many field trips will fill the summer calendar! Campers enjoy trips to the Aquarium, Tulsa Zoo, baseball games, museums, and parks throughout this eight-week camp. Register today, make memories and build friendships that will last a lifetime!

CAMP INCREDIBLE AT UNIVERSITY SCHOOL

Contact: Shelly McCollum
326 S. College Avenue
Tulsa, OK
918.631.5060
campincredible@utulsa.edu
utulsa.edu/uschool
Ages: 4 yrs. - 8th grade
Camp Incredible consists of six one-week day camps in June and July. Each week features different, exciting, themed classes that combine learning and fun! Students will explore and learn while having incredible summer adventures.

CAMP INVENTION

Multiple locations
Tulsa, Broken Arrow and Coweta
800.968.4332
campinvention@invent.org
www.campinvention.org
Ages Served : Children entering K-6th grade
Imaginations get their rocket fuel at Camp Invention®! An exciting, weeklong summer adventure for K-6th graders awaits with activities that explore connections between science, technology, engineering and innovation. A nonprofit program of the National Inventors Hall of Fame®, Camp Invention allows children to experience real-world problem solving, creative thinking, invention, and teamwork. Modules include challenges and achievements from the brightest thinkers around—the Inductees of the National Inventors Hall of Fame! This summer, children will work together to transform the terrain and ecosystem of a distant exoplanet. They will also take risks as budding business owners, blast rockets, fire air cannons, fling rubber chickens, and wire circuits to create their own Spy Gadget Alarm Boxes! Local, certified educators lead this week of hands-on activities that fuel children's confidence in their natural ability to dream and create. Early registration discounts are available. Use promo code INNOVATE25 by 3/20 to save $25 on registration or INNOVATE15 after 3/20 to save $15. Availability is limited, so visit www.campinvention.org or call 800-968-4332 to secure your child's spot today!

CAMP LOUGHRIDGE

4900 W. 71st Street
Tulsa, OK
918.446.4194
www.camploughridge.org
Get ready for a memorable classic Christian summer day camp experience at the historic Camp Loughridge, where 188 acres of outdoor adventure are just waiting to be explored. We are located less than 5 minutes from Tulsa Hills. Camp Loughridge day camp is for ages 6 -12 and perfect for kids who want all the fun and excitement of summer camp, with the comfort of sleeping at home each night. Ages 13-15 are able to apply to be a part of our summer leadership development program called the Loughridge CREW. One-week sessions begin June 5 and run through August 4, from 9 a.m. - 4:45 p.m. Tuition includes lunch each day, an afternoon snack, and a camp T-shirt.

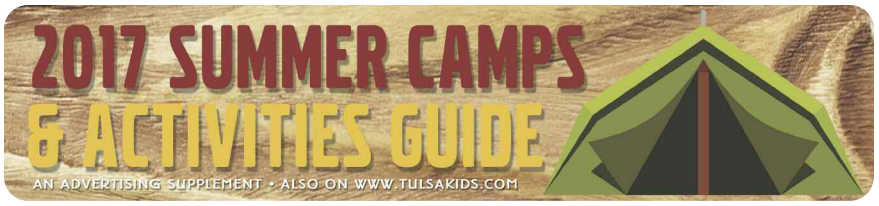
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soccer city TULSA
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Spring Lil' Kickers - Now Through May 26th!
A one of a kind, non-competitive soccer and movement skills program for children ages 18 months - 9 years.


Northeastern Oklahoma's Only State-of-the-Art Indoor Soccer Facility!
Summer Camps, Birthday Parties & Lock-ins • Adult & Youth Leagues
5817 S. 118th East Ave. • 918.249.0044
www.soccercitytulsa.com

THE UNIVERSITY of TULSA
University School
Camp Incredible
An exciting summer camp for kids age 4 through 8th grade


6 one-week day camp sessions in June and July
918-631-5060 • utulsa.edu/uschool
Educating Gifted Students
Since 1982
The University of Tulsa is an EEO/AA institution.



CAMP RAVEN AT RIVERFIELD COUNTRY DAY SCHOOL

Contact: Ric Breig, Camp Director
2433 W. 61st St.
Tulsa, OK
918.446.3553
www.riverfield.org
Ages: Pre-School – 12th Grade
Times: 8:30 a.m.-3 p.m., extended care available
Spend the summer on Riverfield's 120-acre wooded campus complete with two gyms, barnyard, splash pad, hiking trails, and picnic areas. Camp Raven features cooking, rock climbing, art, song writing, river rafting, engineering and design, fashion design, improvisation, music, basketball, soccer, tennis, swimming, and more! Enjoy preschool camp fun with drama, music and movement, games, water play, and experiments. Dates: May 23 - August 11.

CAMP SHALOM

Contact: Martha Kelley
2021 E. 71st Street
Tulsa, OK
918.495.1111
www.csjcc.org
Ages: 3 years-10th grade; Campers: 3 years to 6th grade; CIT: 7th-10th grade
If you are looking for a summer of fun and lifetime of memories, Camp Shalom is the camp for you! Camp Shalom offers 10 weekly sessions and a safe, fun environment for your child(ren), from swim lessons, free swim, sports and arts & crafts. Specialty camps include soccer, tennis, swimming, cheerleading, music, drama, Wii, reading, fitness, musical theater, STEM, cooking and Jedi Kendo and many more.

CASCIA HALL SUMMER CAMPS

2520 South Yorktown Ave.
Tulsa, OK
918.746.2600
www.casciahall.com/camp
Expert instruction will be given by the Cascia Hall staff and varsity coaches on the Cascia campus. In addition to athletics, camps will be offered in performing arts, engineering, robotics, and college essay writing. Students from all schools are welcome. There will be something for all ages. Visit the website for more information and registration forms.

CHRISTIAN MONTESSORI ACADEMY

"Explore Australia" Summer Camp 2017
3703 S. 90th East Ave.
Tulsa, OK
918.628.6524
www.montessorilearning.org
Ages 3-12
June 1st - July 31st
Each summer CMA offers a hands-on, fun, educational summer camp. This year, our theme is "Explore Australia - The Land Down Under". Learn about Aboriginal culture, food, vocabulary, traditions, art, music, & S.T.E.M. projects such as bridge building and design, boomerangs, & more! Spend your summer making new friends, learning new skills, & exploring your world all in a family-friendly, safe environment.

DISCOVERY LAB

560 N. Maybelle Ave.
Tulsa, OK
918.295.8144
reservations@tulsachildrensmuseum.org
www.tulsachildrensmuseum.org/node/22
Ages Served : 4-12 years old
Kids connect with their natural curiosity and creativity for a fun-filled camp experience at Tulsa's Discovery Lab! Museum educators lead groups ages 4–12 through hands-on explorations of STEM and health and wellness. All camps are week-long and feature low student-to-teacher ratios, museum time, outdoor play, and a healthy snack. Every camper will receive a FREE Discovery Lab camp t-shirt!
The summer 2017 camp lineup includes:
Discovery Lab 101: Discovery Lab has so much to do! Spend the week exploring everything through a variety of fun activities from coding and animation to chemistry and anatomy.
Science with Food: Food isn't just for eating! Come make a mess and mix it up with the

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week-long camp full of fun experiments using things you might find in your pantry. Groceries have never been this fun!
Busy Bodies: Move like animals, play with friends, create art, and study your anatomy–learning with our busy bodies!
Cartoons and Coding: Calling all aspiring filmmakers! Spend the week learning about stop motion animation, flipbook animation, and computer animation. Students will end the week with a movie premiere to showcase their creations.
Energy 101: What do circuits, robots, batteries, pipelines, and rocket ships all have in common? They all use energy! Explore all different kinds of energy–how it's created and how it's useful to us all.

FC BARCELONA SOCCER CAMP

Held at: Titan Performance Center
101 E 81st St So.
Tulsa, OK
1.844.FCB.CAMP
www.fcbarcelonasoccer....
Ages Served: Boys and girls 6 to 18
At FCBEscola Soccer Camps, FC Barcelona's official camp, girls and boys receive comprehensive training and learn to play like their heroes on the first team and share the values for which Barça is known throughout the world: respect, effort, ambition, teamwork and humility. Our senior coaching staff comes directly from FC Barcelona's famed youth academy, La Masia. Coaches implement the world renowned FC Barcelona training methodology, expanding player's knowledge and comprehension of the game while improving their technical and tactical skills. Don't miss your chance to play the Barça way! Register now at fcbarcelona.us

FIRST BAPTIST TULSA DOWNTOWN DAY CAMP

403 S. Cincinnati Ave.
Tulsa, OK
918.587.1571
www.tulsafbc.org/daycamp
Ages: Completed kindergarten - 6th Grade
Dates: May 30-August 16, M-F, 7:30 a.m. to 5:30 p.m.
We are located downtown, and meet in the Student Center at First Baptist Tulsa, on the corner of 4th and Detroit. The Student Center features a full-size gymnasium and fully equipped game room. The weekly schedule includes activities such as swimming, sports events, table games, movies, excursions to area parks and a weekly special trip to an area attraction. Leadership is provided by ministerial staff and counselors, who are carefully selected and trained. This fun summer recreation program will enrich your child physically, socially, mentally & spiritually. First Baptist Day Camp pledges integrity and Christ-like love. We also offer a six-week preschool program for children 6 months - pre-K. Visit our website to sign up at www.tulsafbc.org/daycamp!

GOLDEN EAGLE GIRLS' BASKETBALL CAMPS

Contact: Janae Voelker
7777 S. Lewis Ave.
Tulsa, OK
www.abcsportscamps.com/orubasketball
Shooting Camp June 12-14
Skills Camp July 17-20
Ages Served: 5-18
Hello from Golden Eagle Girls' Basketball Camps at Oral Roberts University! We are committed to providing a camp that is both instructional and informational along with creating a great atmosphere to learn! The Golden Eagle Girls' Basketball Camps coaching staff is dedicated to the development and growth of basketball players of all ages and skill levels. Golden Eagle Girls' Basketball Camps offer an opportunity for players to receive valuable instruction on the fundamental skills of basketball. Our goal is to provide a positive and instrumental learning experience for all campers in a structured, enthusiastic and fun environment. Please visit our website for more information!

HAPPY CAMPERS AT JOHN KNOX

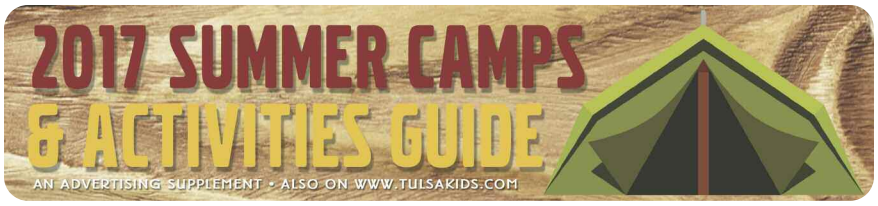
2929 E. 31st St.
Tulsa, OK
918.742.7656
Monday through Friday 7 a.m.-6 p.m.
Ages 5 – 12 years old
www.happycamperacademy.com/

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If you are looking for a fun and exciting summer camp for your school age child, Happy Campers at John Knox is your place! Day campers will enjoy weekly field trips, along with arts and crafts and STEM activities to keep them engaged and learning. We will be participating in the library's summer reading program, and also going swimming at a private pool, in order to balance our fun and learning activities! Come and have an adventurous summer with us!

HEALTH ZONE SUMMER CHALLENGE DAY CAMPS

Contact: Jenni Rowe
5353 E 68th St.
Near 71st and Yale
Tulsa, OK
918.494.1671
www.saintfrancis.com/healthzone
The Health Zone Summer Challenge day camps are filled with indoor and outdoor games and activities. Each day we swim, do creative crafts and have healthy snacks!

HOLLAND HALL SUMMER PROGRAMS

Contact: Debbie Almohandis
5666 East 81st Street
Tulsa, OK 74137
918.879.4716
dalmohandis@hollandhall.org
www.hollandhall.org/summerprograms
Ages Served : 3 – Adult
With more than 100 one-week classes and camps designed for both fun and education, Holland Hall has a program for everyone of every age this summer. Programs are structured as eight, one-week sessions that include academic, athletic, artistic, and "just for fun" activities. Choose between morning and afternoon sessions or sign up for both and stay all day! Participants in Holland Hall summer programs will be able to experience educational and enrichment opportunities in an atmosphere dedicated to fostering mental, physical, and creative growth. Classes are available for 3-year-olds through adults and are open to the Tulsa community.

HOPE'S CROSSING CAMP

P.O. Box 4423
Tulsa, OK
Hope's Crossing Camp takes place at Camp Loughridge in West Tulsa
Bob Degen
918.855.0817
hopescrossingcamp@gmail.com
www.hopescrossingcamp.org
HOPE'S CROSSING is a special day camp for special kids. Our campers have unique needs, disabilities or physical challenges, such as heart disease, cancer, muscular dystrophy, spina bifida, cerebral palsy and Down syndrome. Our purpose is to enrich the lives of each camper, providing life changing experiences that are fun, challenging, socially enriching and tailored to each camper. Hope's Crossing is for children ages 9-16. Hope's Crossing Camp uses the beautiful facilities of Camp Loughridge in West Tulsa.
Camp is one week, Monday—Friday, June 5-9, 9am - 4pm. Space is limited!
Each camper has their own Counselor specifically trained to meet the camper's particular needs for all five days. Counselors are all volunteers, selected for their values, maturity, and their desire to work with children with special needs. They are high school students, college students, and young adults, ages 17-25. There is also a registered nurse AT CAMP each day and a pediatrician on call.

JANELL WHITBY SCHOOL OF MUSIC

Contact: Janell Whitby
5147-D S. Harvard
Tulsa, OK
918.743.4339
www.janellwhitby.com
If your child loves music, this two-week course offered in June and early July is perfect! Your child will enjoy making music with rhythm instruments, movement, singing, ear training and keyboard songs. The introductory small-group class is built on parent participation with individual keyboards provided for every child. Try the Discovering Music class and learn the impact of music on the brain. It's a fun opportunity for 4- and 5-year-olds! Celebrating its 36th year, Janell Whitby School of Music has a proven curriculum that progresses through the 12th grade. Invest two weeks and start your child with the lifetime gift of music. Call now - classes fill up fast!

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KANAKUK
417.266.3000
www.gokanakuk.com
1353 Lake Shore Dr, Branson, MO 65616
Overnight
Ages: 6-18
Gender: Girls & Boys
Dates & Hours: June 3 - Aug. 11; One week, Two week or Four week
Cost: $1,150 to $4,300
Sign-up Deadline: Varies Per Term
Kanakuk is a premier summer camp experience for boys and girls age 6–18 located in Branson and Lampe, Missouri. Our 5 Overnight Kids camps provide children with age-appropriate, fun, safe and professional outdoor youth camping experiences that grow them spiritually, physically, emotionally and socially. Kids have fun with friends participating in more than 70 activities, sports and amazing themed parties. Our full-time and summer staff are committed to our mission to develop dynamic Christian leaders through life-changing experiences, Godly relationships, and spiritual training. Learn more about customizing your child's summer camp experience at gokanakuk.com.

KAMPOUT!
KampOut! brings the fun of Kanakuk, one of the largest Christian summer camps in the nation to your hometown. Kanakuk's professional staff leads this high-energy traveling day camp through five days of guided sports and activity times, Bible study, worship and small-group time for children in kindergarten through 5th grade. To learn more about your local KampOut! stop, visit: http://kanakuk.com/kamp-finder/kampout-day-camp/about.
Tulsa Area Stops:
Harvard Avenue Christian Church, June 12-16
Redeemer Covenant, June 19-23

KRAVIS CAMPS 2017
Contact: Sherri Underwood
918.925.1145
www.tulsaschools.org/3_Parents/summer_kravisArts.asp
Kravis Arts Camp 2017 is a two-week camp designed to develop students' interest and skills in the arts. There will be three camps offered June 19-30. The elementary art camp has the theme "Currents in Arts and Culture" and will offer classes for grades 1-6 in music, dance, drama and visual art. The middle school camp will offer classes in band, dance, drama and art. Both camps take place at the historic Rogers High School. The "Summer Intensive Art Camp" located at the University of Tulsa is for serious visual art students wishing to add to their portfolio for AP Studio Art or College Application. Course options include Animation, Photography, Printmaking, Ceramics, Painting, Jewelry and Charcoal Portraiture.

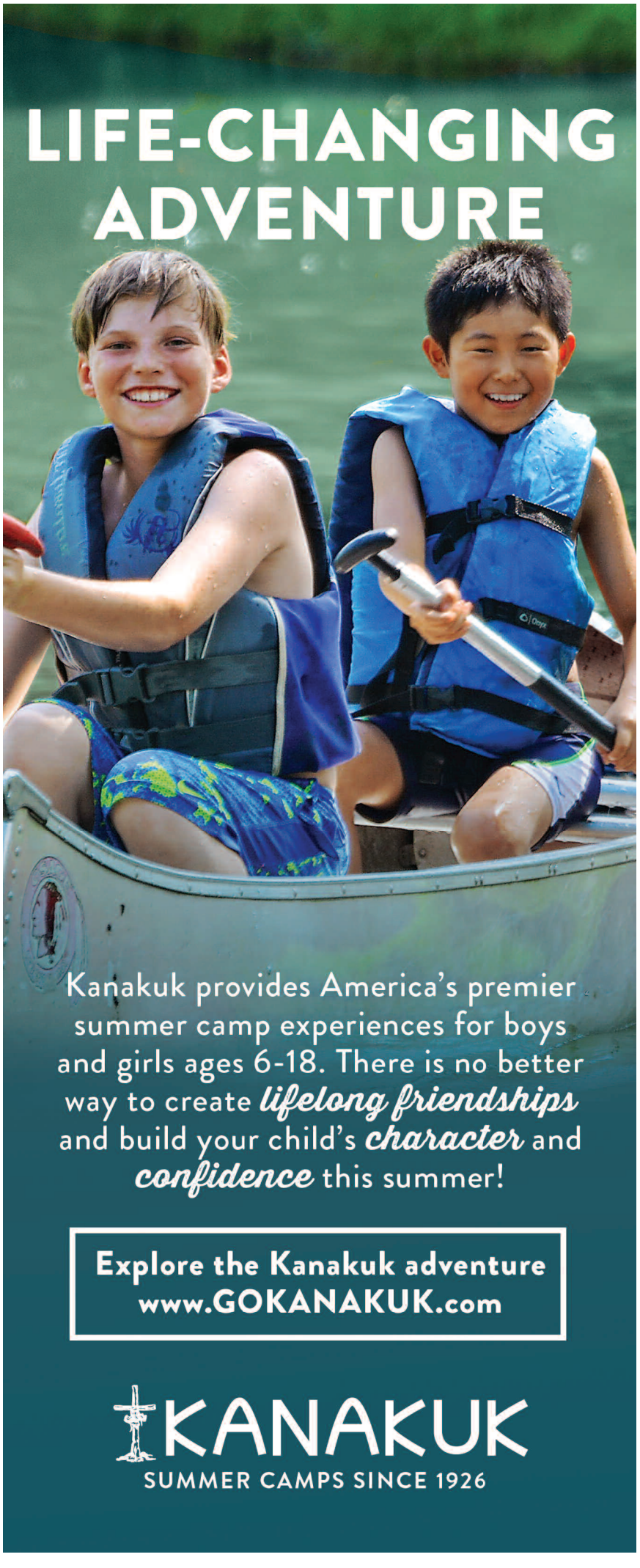
KUMON TULSA - SOUTH
9168 S. Yale (91st & Yale, Tulsa)
918.523.6284

KUMON TULSA - SOUTH CENTRAL
8228 E. 61st #117 (61st & Memorial, Tulsa)
918.254.5437

KUMON TULSA - MIDTOWN
1876 Utica Square (Utica Square, Tulsa)
918.292.8417

KUMON BROKEN ARROW
2017 W. Houston (81st & 145th/Aspen, Broken Arrow)
918.251.5384
www.Kumon.com
Ages: 3 and up
Learning doesn't take a summer vacation. Join us for SUMMER START - the perfect start to great years ahead. Kumon is an after-school math and reading program that unlocks the potential of children by motivating them to achieve more on their own.
The Kumon Method was created to help children of all ages and academic levels. The learning method uses an individualized approach that helps children develop a solid command of math and reading skills. The Kumon Program is designed to advance your child's math and reading skills and love for learning — providing an academic advantage throughout school. The lifelong benefits often go far deeper. Kumon sparks critical thinking, establishes a pattern of success, and builds confidence that can lead to accelerated learning throughout life. Kumon has centers in 49 countries and more than 4 million students studying worldwide. Give your child an academic advantage. Join us for a parent orientation. Registration begins April 2017. Limited space, call today to schedule your free placement test!

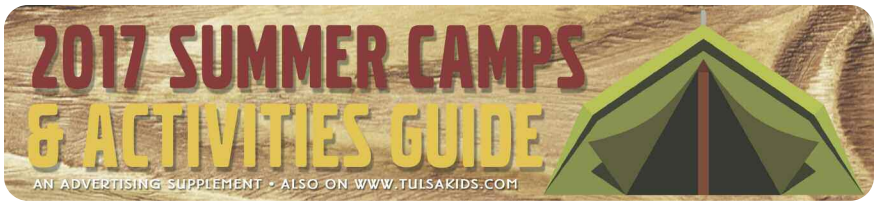
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METRO CHRISTIAN ACADEMY'S CAMP PATRIOT

Contact: Leann Cherry
6363 S. Trenton Ave.
Tulsa, OK
918.745.9868 x141
camppatriot@metroca.com
www.metroca.com
Ages Served : 4 Years Old through 12th Grade

Welcome to Camp Patriot…Metro Christian Academy's summer program! With more than 100 camp options, Camp Patriot has something for everyone. Camp Patriot is at TWO LOCATIONS this summer: the Metro Christian Academy Campus and Camp Loughridge. One-week camp sessions begin May 30 through August 4 at Metro Christian Academy. Full and half-day options are available for students who are 4 years old through those entering 12th grade. Two (one-week) Camp Patriot STEM camps will be held at Camp Loughridge. June 26 through June 30 and July 10 through July 14. These STEM camps are for students 6 to 12 years old. Camp Patriot is designed with students in mind! Campers will enjoy a relaxed, supportive, healthy environment that promotes fun, learning, and personal growth. All camps are NOW ENROLLING! For more information or to register, visit www.metroca.com.

MILLER SWIM SCHOOL

Contact: Gina Kinnison
6415 S. Mingo Road
Tulsa, OK
918.254.1988
www.millerswimschool.com
Ages: 6 Months-Adult

Miller Swim School has been in the unique business of swimming for over 50 years. We, at Miller, believe that swimming is not only a fun activity but through participating in swimming lessons, children are able to learn how to be safe both in and around the water. Swimming lessons are one of the best activities to keep a child active in an environment that provides them with unique experiences and a valuable set of life skills. Through participating in water activities, students are able to gain self-discipline, coordination, and balance. Studies have also shown that swimming lessons help children grow socially and intellectually as well. At Miller Swim School, students are grouped according to ability and comfort in the water. Classes are offered year round, in both morning and evening at our main facility and in the summer at our outdoor satellite pool facilities. Transportation for large groups may be provided in our Miller Buses as well. Miller Swim School also offers party packages and open swim times for families and friends to enjoy the pool! Check out our website to find our complete summer and year round program schedules as well as more information regarding parties and the other classes we offer! Also, "like" us on Facebook and "follow" us on Twitter @Miller_Swim for the best discounts and contests!

MISS HELEN'S PRIVATE SCHOOL

Contact: Miss Jayme, Director
4849 S. Mingo
Tulsa, OK
918.622.2327
www.misshelens.com
Ages: 3 years-5th grade

Miss Helen's provides a safe environment of summer fun activities to accentuate the positive in students. Fun and appropriate activities are offered. Preschool theme-based weeks include an annual pet parade, wheel days, and water play days. Elementary students' activities include: science, chess, sewing, mystery games and cooking experiences. Individualized reading, writing, math included. In addition to daily classes, preschool students may choose to take cheerleading, swimming lessons, gymnastics or karate classes. Elementary students may choose swimming lessons, gymnastics, cheerleading, tennis, golf, karate, soccer and drawing. Community service projects included. Join Miss Helen's family by contacting us today!

MONTE CASSINO CAMP MONTE

Contact: Caitriona Harris
2206 South Lewis Ave.
Tulsa, OK
918.746.4190
charris@montecassino.org
www.montecassino.org/campmonte
Ages: Entering Pre K through entering 8th Grade

All children — painters, artists, scholars, actors, actresses, scientists, fashion designers,

continued next page

artisans and athletes - have an opportunity to explore at Monte Cassino this summer. From performing to conducting eye-opening science experiments, summer camp activities at Monte Cassino offer stimulation and fun for learners of all ages. The day camp offers two week sessions starting June, either am or pm or both.

NEW ARTS CAMP

Contact: Laura Eccles, Operations Manager
Living Arts Tulsa
307 East Matthew Brady St.
Tulsa, OK
918.585.1234
www.livingarts.org
Ages: Students going into 5-12 grade
Dates: July 17-28, 2017
New Arts Camp = Video + Performance + New Music + Sculpture
It is amazing to see what your children will design given freedom to explore and express themselves. Imaginations soar! Living Arts of Tulsa offers the most creatively contemporary two-week intensive youth art education camp in this region of the country. Art forms are combined and presented on the last day of camp. Classes are presented by four professional fine artists, and guest artists make regular appearances throughout the session. Together, these artists encourage your kids to reach beyond and create art that is unique to them. Kids feel empowered to be imaginative and expressive. Enrollment is on first-come basis for students going into the 5th - 12th grades. Tuition: $300. Scholarships available. Space is limited. Imagination and sack lunch required.

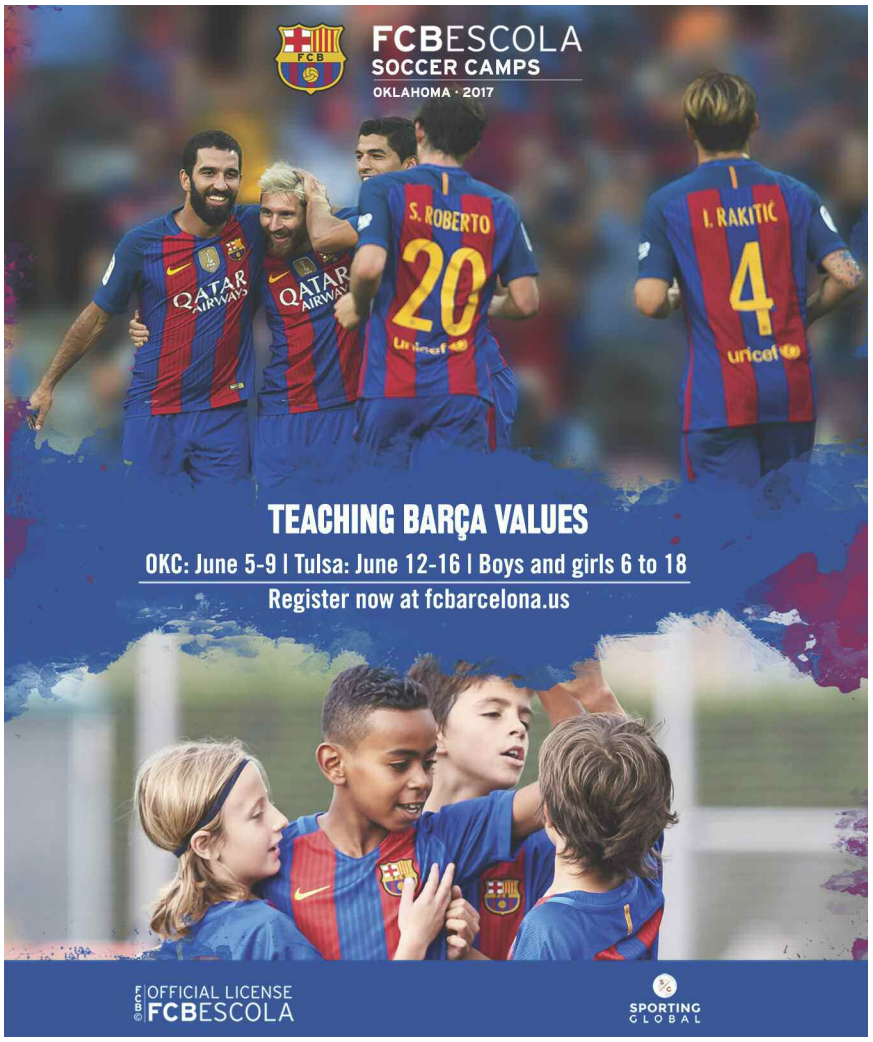
OKLAHOMA AQUARIUM

300 Aquarium Dr.
Jenks, OK
918.528.1508
www.okaquarium.org
Wednesdays June 21 through July 26 - Marine Biologist for a Day – 8:45 to 3:00 – Become a junior marine biologist for a day and get hands-on experience caring for aquatic animals and learning what happens behind-the-scenes of an aquarium. *The program is offered for ages 12-16 (separated into age appropriate groups).
For more information please contact the Oklahoma Aquarium Education department at 918.528.1508 or education@okaquarium.org.
Also, visit our website at www.okaquarium.org

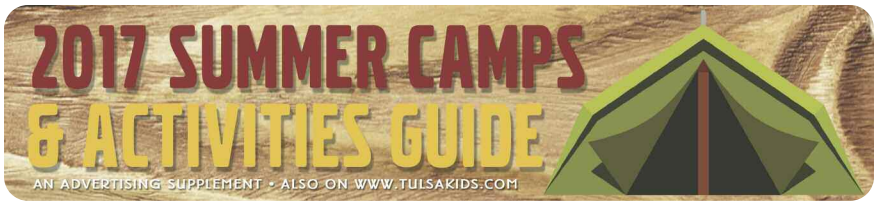
OKLAHOMA SCHOOL OF SCIENCE AND MATH
OSSM SUMMER ACADEMY

Contact: Brent Richards
1141 N. Lincoln Blvd.
Oklahoma City, OK
405.521.6436
summer-academy@ossm.edu
www.ossm.edu
Ages served: 13-17 years
Dates: July 17-21
Eagerly experiment, explore and create at the nationally renowned Oklahoma School of Science and Mathematics during a jamb-packed, three-week summer academy. Located on the school's lovely, 32-acre campus, OSSM is in the heart of Oklahoma City's new and vibrant Innovation District. At the OSSM Summer Academy, you can fill your summer days learning from the best – faculty who are experts in their fields teaching college-level courses with small class sizes. Evening and weekend events will include field trips to Oklahoma City's many cultural attractions and camp activities with counselors who are all recent OSSM alumni. The residential academy is geared toward students who have completed 8th through 11th grades. The program is open to students from anywhere in the world, so this will be an opportunity to make connections with like-minded individuals from many places. OSSM is well known for academic excellence in the fields of science and math; however, the summer academy will provide an even more diverse curriculum in addition to a variety of enrichment and recreational activities. The academy is available for approximately 50 students who will live in the OSSM residence hall and take classes in OSSM academic buildings. Students will select four courses from a variety of options in math, science and humanities that will meet daily for one and a half hours. During free time, students will have access to the OSSM gymnasium, library, computer labs, and dormitory recreation room!

continued next page







PINE COVE DAY CAMP

RiverOaks Presbyterian Church at 101st and Yale
5150 East 101st
Tulsa, OK
Ages: kids entering 1st-6th grade
Register at www.CAMPINTHECITY.COM

Camp in the City is Pine Cove's summer day camp program right in your neighborhood! We're loading up all the fun activities and great staff of summer camp and heading to Tulsa. Campers will experience Jesus through Bible study, worship, and time with their counselor as well as participate in tons of great camp activities! The camper's day will be filled with fun…from bungee trampolines and water slides to climbing walls and laser tag. A day at Camp in the City is every kid's dream!

RIVER RUN FARM SUMMER CAMP

Contact: Susan Cravens
9300 South 51st W. Ave.
Tulsa, OK
918.855.5032
www.riverrunfarmok.com
Ages: 2 years and Up
Dates: Weeks of June 5, June 12, June 19, June 26, July 10, July 17, and July 24
Times: 9 a.m. - 2 p.m.

Located in a magical setting of 40 acres of wooded and tame pastureland with three ponds, River Run Farm is an escape to a Virginia-style farm with a variety of summer camps for all ages. Little Boots Pony Camp, ages 2-4, is an age-appropriate introduction to size-appropriate miniature horses; Chaps & Britches Camp, ages 5-7, provides a unique learning environment for young equestrians; Horsin' Around Camp gives horse lovers 8 and up a chance to learn all aspects of horse ownership. The weeklong camp includes daily riding and fun activities, covering all aspects of our equine friends with an emphasis on safety and fun with the horses. Each camp includes new, fun activities. Visit the website or call for camp schedules. Come out, check us out, and meet our horses. Also check out our popular Pony Parties - a memorable way to celebrate birthdays, end of school, team parties, or family reunions!

SAIED MUSIC

Midtown: 3259 S. Yale Ave.
Tulsa, OK
918.742.5541
South Tulsa: 9320 E. 71st St.
Tulsa, OK
918.252.5541

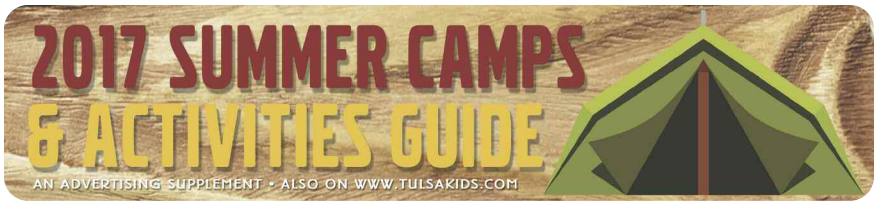
Come play this summer at Saied Music Summer Camps! We have something musical for all ages, abilities and interests: Ukulele Camp, Guitar Camp, Piano Camp, String Camp, Fiddle Camp, and Music Theater Camp. Also, Instrument Players Clubs will be returning this summer! As always, our private lessons for all instruments, piano and voice continue through the summer. Adults, check "learn to play piano" off of your bucket list with private lessons or our Beginning Adult Piano Class! Call Saied Music School at 918.252.5541 or visit us online at www.saiedmusic.com/school for more information or to register!

SOCCERCITY TULSA SUMMER CAMP

Contact: Dustin Knight
5817 S. 118th E. Ave.
Tulsa, OK
918.249.0044
www.soccercitytulsa.com

Want your kids to have some fun and stay active this summer? We have your solution…Sign up for one of SoccerCity's Summer Camps, ages 4 years to 15 years welcome. Dates are:
Camp 1: May 30th - June 2nd (4 day)
Camp 2: July 10th - 14th (5 day)
Camp 3: August 14th - 18th (5 day)
*summer camp dates are subject to change- please visit our website for updated information!
Camps run from 9 a.m. to noon. The groups will be divided by age and ability. Children should come ready to listen, learn and most of all HAVE FUN! Please direct any questions to dustin@soccercitytulsa.com or call SoccerCity at 918.249.0044. Look for our ad in the April issue of TulsaKids or visit our website for more details!

continued next page



SOCCER MAGIC

Contact: Martha Kelley
2021 E. 71st St.
Tulsa, OK
918.495.1111
www.csjcc.org
Ages: 1st-6th Grade

Soccer Magic is taught by NCAA Division 1 Western Kentucky Head Coach Jason Neidell. Campers are grouped according to age and skill level, so every camper feels comfortable regardless of his or her level of play. Soccer Magic emphasizes fundamentals and technique, while ensuring every camper has a winning experience! Campers will work on skills in the morning, have tournament play in the afternoon and finish the day with a swim in the pool.

SOUTHERN HILLS RIDING ACADEMY

Contact: Kim Dyer
7600 S. Elwood Ave.
Tulsa, OK
918.810.9567
www.okhorse.com

SHRA was established in June of 1994. It started as a family business, to introduce horses to children. Our camps are very popular and we have many repeat kids from year to year. We have senior and junior counselors to help guide the horses while they ride. The campers will feed, groom, tack, and ride the horses and ponies. They ride once a day for half day, and twice for whole day. It's a great introduction to horseback riding. We can be full by May so send registration early. Camp starts Memorial weekend with Half- day and whole-day camps to the end of June and half-day camps in July! Whole-day camps 9 a.m.- 3 p.m. Half- day camps are 9-noon. Visit www.okhorse.com for more information.

SUMMER AT INFINITY DANCE ACADEMY

918.286.6962
8112 S Memorial Dr.
www.infinitydancetulsa.com
Flexible Tuition

Have a very busy schedule with lots of vacations and activities planned? Sign up for our drop-in, summer program June 13th-August 10th. No commitment, pay-as-you-go, choose your own classes. Drop-in classes are just $10 each! From August 15 to 17 during "Drop-In 'til You Drop" week classes are $5 each
Summer Specials
Want the most budget-friendly option for your family? Sign up for summer camps to receive an average savings of 25% off. Choose your camp and your session:
Sessions*:
Session 1: June 13th-29th
Session 2: July 4th-July 20th
Session 3: July 25th-August 10th
"Drop-In 'til You Drop" Week: August 15th-17th ($5 per class)
Camps:
Terrific 3's Camp (3yr): $35
Tiny Dancer Camp (4-5yr): $69
Beginning Dance Camp (6-18yr): $99
Broadway and Jazz Camp (8-18yr):$69
VIP Camp (8-18yr): $199
*All sessions have the same class schedule. View the schedule online at www.infinitydancetulsa.com/scheduler

SUMMER ART CAMP AT GILCREASE & ZARROW CENTER

Contact: Aubree Karner
124 E Brady
Tulsa, OK
918.631.4402
www.gilcrease.org.
124 E. Brady for Zarrow Camps
1400 N. Gilcrease Museum Rd for Gilcrease Camps
Tulsa, OK
Ages: 5-6 years old at Gilcrease; 7-12 years old at Zarrow Center
Times: 9am-12pm morning class and/or 1-4pm afternoon class per week
Cost per week for ½ day class: $125 ($100 Gilcrease members)
Cost per week for all day: $250 ($200 Gilcrease members)

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Space is limited. Sign up today!

Limited scholarships available.

Working with professional teaching artists, children ages 5–14 explore Philbrook galleries, Gardens, and studios to cultivate creativity, collaboration, and critical thinking skills.

Members save big on Art Camp.
Not a Philbrook Member?
Join today & save!

Philbrook Art Camp

Session 1
June 12–16

Session 2
June 19–23

Session 3
July 10–14

Session 4
July 17–21

Session 5
July 24–28

Session 6
July 31–Aug. 4

For more info. or to register
visit philbrook.org/camp
or call 918.749.7941.

philbrook.org/camp

kravis

SUMMER·ARTS

SUMMER ARTS 2017 JUNE 19-30

Currents in the Arts and Culture

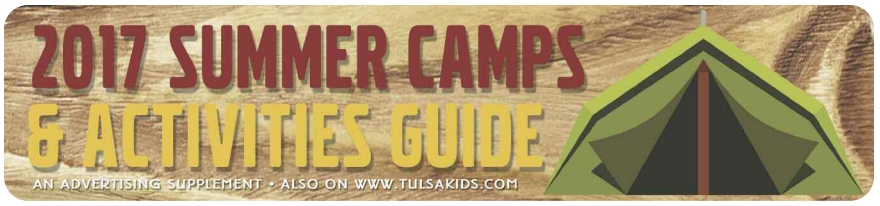
Elementary, Middle, & High school Students

General Registration and Tuition Deadline: May 19, 2017, $200

Early Bird Special: $150
if paid by April 14, 2017.
Payment required upon registration.

For scholarship information

Tulsa Public School families may submit a scholarship form online or request a form by calling 918-925-1145. For online registration, please visit the Tulsa Public School main webpage at www.tulsaschools.org



2017 SUMMER CAMPS
& ACTIVITIES GUIDE
AN ADVERTISING SUPPLEMENT • ALSO ON WWW.TULSAKIDS.COM

Extended day from 4-5 p.m. at $25.00 per week per child
Mark your calendar for an exciting summer art camp adventure with six weeks of morning and afternoon classes to choose from to custom design a special art experience for children who love art. Choose morning or afternoon classes or stay all day for a weeklong art experience. Younger children 5 to 6 years old will attend art camp at Gilcrease Museum. While 7 – 12 years old will attend camp at the Henry Zarrow Center for Art & Education in the Brady Arts District. Zarrow students will have access to daily shuttles to Gilcrease for inspirational museum visits. Supervised lunch for all-day students included. Extended hours from 4:00 - 5:00 p.m. are available for $25.00 per week.

SUMMER TENNIS DAY CAMP AT PHILCREST HILLS TENNIS CLUB

10900 S. Delaware
Tulsa, OK
918.299.2643

THAT'S DANCING! DANCE STUDIO

Contact: Kara Ritchie
4427 E. 31st
On 31st between Harvard & Yale
Tulsa, OK
918.408.6226
www.thatsdance.com
Join us at That's Dancing Studio for an exciting summer filled with Dance! So many fun camps and classes to choose from. Pre-School, Hip-Hop, Musical Theatre, & Intensive Camps. Something for everyone!
New this Summer....6 weeks of summer fun...choose from 1/2 day or full-day camps for all ages

THEATRE ARTS

Contact: Jake & Jana Pfarr
1405 N. Aspen
Broken Arrow, OK
****NEW ADDRESS****
918.258.2543
www.theatreartstulsa.com
Ages: Camps for ages 4-16; Classes for ages 2- Adult Theatre Arts has been providing the finest in performing arts education to Tulsa area students for the past 30 years! Our Musical Theatre Camps are especially popular in the summer! Each camp has a different musical theme and culminates with a performance for family and friends on Friday evening. Theatre Arts also offers voice, acting, piano, tumbling, and a wide range of dance classes throughout the summer session. For more information, visit www.theatreartstulsa.com or contact us to reserve a spot in the camp of your choice today!

TULSA BALLET CENTER FOR DANCE EDUCATION

Brookside Campus:
1212 E 45th Pl.
Tulsa, OK
918.712.5327
education@tulsballet.org
Broken Arrow Campus:
1901 W New Orleans Street
Broken Arrow, OK
918.872.6414
HardestyCDE@tulsaballet.org
www.tulsaballet.org
Ages served: 3-Adult
Summary: Tulsa Ballet Center for Dance Education offers dance training to students as young as 3 years old, and gives the opportunity to continue your training through the adult years. TBCDE classes follow a structured curriculum and follow the school year calendar (September-May). TBCDE also offers summer adult classes, summer children's camps (ages 3-9) and a summer intensive that is considered the best in the region (ages 9 and up). With 2 campuses, TBCDE has a location and class time that is convenient for you! Come grow with us!

TULSA DRILLERS

Contact: Matt Bishop
201 N Elgin Ave. ONEOK Field Tulsa, OK
918.574.8317
mattb@tulsadrillers.com
www.tulsadrillers.com
Dates: June 15 & June 16 - 8:30 a.m. – 12:00 p.m. both days Learn from the pros during your two-day Tulsa Drillers Baseball Camp at ONEOK Field! Participants receive professional instruction on hitting, throwing, catching, base running and more, directly from Tulsa Drillers players and coaches. Both competitive and recreation league players are welcome. Participants will receive an official Drillers Camp T-shirt and a ticket redeemable for any 2016 Tulsa Drillers home game! Lunch will be provided on both days of the camp. Registration is limited to the first 75 children ages 7 to 13 and is only $125.00 for both days. Price increases to $135.00 after May 19. To sign up go to: https://form.jotform.com/51334976399975

TULSA ROUGHNECKS

Contact: Matt Bishop
201 N Elgin Ave. ONEOK Field
Tulsa, OK
918.574.8317
mattb@tulsadrillers.com
www.RoughnecksFC.com
Learn from the pros during your four-day Tulsa Roughnecks FC Soccer Camp, June 5-8! Participants receive professional instruction directly from Tulsa Roughnecks players and coaches. Both competitive and recreation league players are welcome. Participants will receive an official Roughnecks Camp t-shirt, a ticket for the Saturday, July 1 match against Real Monarch SLC! Lunch will be provided on Thursday, June 8. Registration is limited to the first 150 children ages 7 to 13 and is only $200.00 for all four days.
To sign up go to: https://form.jotform.com/51334617581960

TULSA ZOO SUMMER CAMPS

6421 E 36th St. North
Tulsa, OK
918.669.6219
www.tulsazoo.org/camp
The Tulsa Zoo's Summer Camp takes place June through August. Children ages 3-12 will learn about the zoo's animals, their habitats, behaviors, and get to meet some of the animals during up-close encounters. Each week, a variety of themed camps will be offered, they will include zoo hikes, games, crafts and other zoopendous activities. Half-day and full-day camps are available, depending on the child's age. Registration will begin after Spring Break at: tulsazoo.org/camps/

YMCA OF GREATER TULSA SUMMER CAMPS

Westside, Owasso, Bixby, Camp Takatoka
Tulsa, OK
918.446.1424
ymcatulsa.org/camps
Westside, Owasso, Bixby, Camp Takatoka
Tulsa, OK
918.446.1424 (Westside and Camp Takatoka)
918.272.9622 (Owasso)
918.369.9622 (Bixby)
ymcatulsa.org/camps
Ages: 5-17
BEST SUMMER EVER!
Sign up today for YMCA of Greater Tulsa summer day camps at Westside YMCA, our 28-acre urban wilderness; Owasso Family YMCA or Daily Family YMCA in Bixby. Day campers will swim, fish, hike, play water sports and other outdoor games like archery, go on field trips, learn about STEM, arts and crafts, get dirty, and HAVE FUN! Overnight campers at YMCA Camp Takatoka will enjoy water sports, zip-lining, campout night, swimming, Thursday Night Live and other TAK traditions! More info/register online: ymcatulsa.org/camps

continued next page

BASEBALL & SOCCER CAMPS



June 15-16
ONEOK FIELD
8:30am – 12:00pm

BASEBALL CAMPS

- **$125 per camper if booked by May 19** ($135 after May 19)
- **Each camper receives a camp T-shirt, general admission voucher and lunch both days**

Contact Matt Bishop at
mattb@tulsadrillers.com
or call 918-574-8317

June 5-8
ALL STAR SPORTS COMPLEX
LOCATED @ 61ST & 169
8:30am – 11:30am

SOCCER CAMPS

- **$200 per camper**
- **Each camper receives a camp T-shirt, lunch with team on last day of camp**
- **Ticket to Roughnecks match on July 1**

Contact Matt Bishop at
mattb@tulsaroughnecksfc.com
or call 918-574-8317

That's Dancing! Studio

SUMMER DANCE fun!

Entirely **NEW** Summer Dance Camps & Classes! Register Today!

Fun for Everyone...Half & Full Day Camps, Boys Tap & Hip Hop Themed Classes, Single Class Punch Cards, and Pre-School Dance & Play Days!

www.thatsdance.com | 918-408-6226

I'M A TULSA KID

BY SHEEBA ATIQI

PHOTO CREDIT: OH SNAP! PHOTOGRAPHY



Beau Bingham: Casica Hall Senior

Have you ever dreamed of making a lasting impact on the world? Beau Bingham, a Cascia Hall senior, is well on his way to accomplishing that goal. Beau was chosen as a finalist in the oldest and most prestigious science competition for high school science research students, the Regeneron Science Talent Search (STS). The Regeneron STS was described by President George W. Bush as the "Super Bowl of Science." Students who have entered in this competition have gone on to win Nobel Prizes and many other prestigious science awards.

TK: What is Regeneron Science Talent Search (Regeneron STS)?
Beau: It's a high school math and science competition that looks at independent projects submitted by student researchers. So what it evaluates is both the research project conducted by the student and the potential of the student to become a scientist. There were over 1700 entries which they narrowed down to 300 semifinalists, then 40 finalists that just competed in Washington D.C.

TK: What inspired you to enter?
Beau: In addition to a innate interest in microbiology that has blossomed over the past three years doing research, I would say it is my desire to impact the world.

TK: What project did you enter into the competition?
Beau: I conducted a natural product drug discovery investigation in which I analyzed extracts of the algae C. crispus and L. digitata as novel, sustainable sources of antimicrobial compounds and, in turn, identified compounds that have potential for use as antimicrobial drugs from those sources. Similar to how aspirin was isolated from a willow bark tree, I'm looking at basically isolating antibiotics from natural sources.

TK: How did you come up with this idea?
Beau: This is a continuation project that I have been continuing over multiple years, sort of starting with me identifying sources of natural products that could contain antimicrobials.

TK: How did it feel to be a finalist and win a trip to Regeneron STS in Washington D.C. to present your research?
Beau: It was a very exciting moment! I had an extensively long dance party around my house! It was such a surreal moment, and it was a very rewarding moment.

TK: Tell me about your experience in D.C.?
Beau: It was an incredibly inspiring experience! I got to meet a lot of notable scientists, tour the National Institute of Health, and go to an awards gala.

TK: What would you say was your favorite part of the trip?
Beau: To interact with the CEO of Regenron, Leonard Schiefer, and CSO, George Yancopoulos.

TK: Who inspires you?
Beau: My high school biology teacher and research mentor, Mrs. Sally Frenska. She is the person who initially gave me the spark that led me into research. She was the one to introduce me to research and has been a present force throughout my research experience. Also, my parents for always pushing me to be my best, which, in return, has made me more self motivated.

TK: What are your goals for the future?
Beau: My goal is to become a Molecular Microbiologist. I am going to Dartmouth College in the fall and there I hope to pursue biology as a major and potentially work with professors who have inspired me such as George O'Toole or Ambrose Cheung, microbiologists. But my overall life goal is to make a lasting positive impact on the world.

TK: Fun Fact about me?
Beau: I whole-heartedly enjoy professional wrestling!

To our valued "Extended Family" Thank you for voting us Tulsa's favorite Orthodontist!



tulsakids family favorites WINNER 2016

Tulsa's only 100% cosmetic orthodontic office featuring:

CLARITY™ | ADVANCED advanced ceramic braces

Incognito™ invisalign®

TULSAKIDS FAMILY FAVORITE WINNER 2011 — As Voted by the Readers of TulsaKids Magazine, Oklahoma's National Award-Winning Parenting Magazine.

tulsakids 2012 family favorites winner

tulsakids family favorites WINNERS 2014

tulsakids family favorites WINNER 2015

Providing life-changing experiences for Adults, Teens, and Children in the Tulsa area since 2007
Come see why we are consistently voted the top office in the Tulsa area

Thank you for a great year Tulsa!

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Broken Arrow 74012
918-459-0092

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1560 E. 21st Suite 100,
Tulsa, OK 74114
918-551-7755

Follow us on…

www.emersonbraces.com

Helping to make kids—and their parents—feel better.

As an ear, nose and throat specialist for children and adults, Owasso-native Dr. Steven Dyer says he wanted to come back to the area where he grew up to practice medicine. “Oklahomans are great people and I feel like I’m taking care of my neighbors,” he said. Dr. Dyer and his colleagues care for conditions that range from tonsillectomies and ear tubes to complex head and neck conditions, and he fully understands that no procedure is ever considered “routine” for anxious parents. “We always discuss treatment options with families so we can make decisions together,” he said. “And because we are a part of Saint Francis, patients in this community can feel really good about the quality of care we provide.”

For more information or to find a Warren Clinic primary care physician, specialist or urgent care location, please visit warrenclinic.com or call 918-488-6688.

WarrenClinic

