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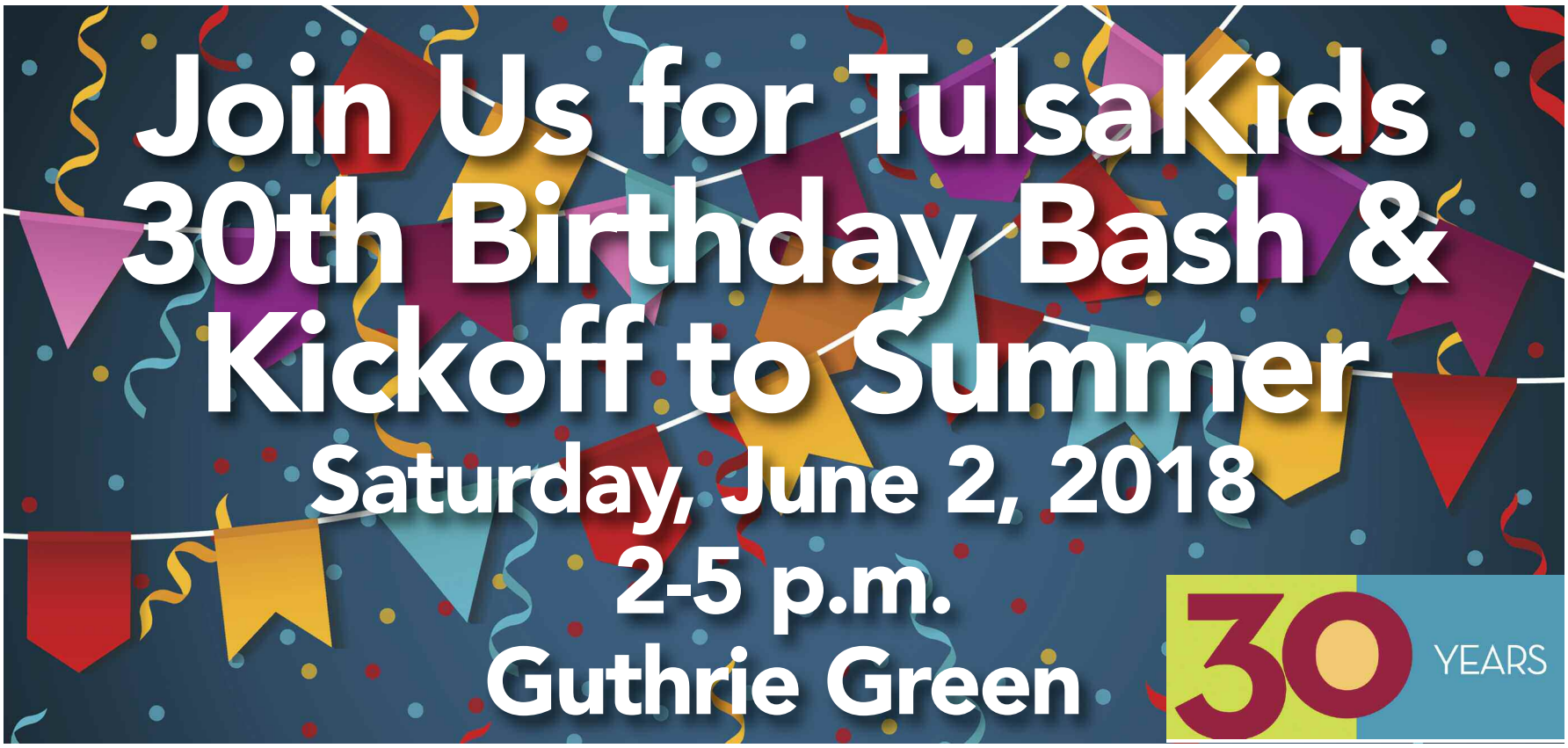


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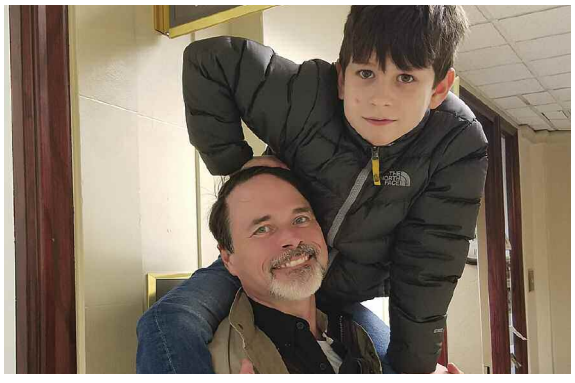
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editor's note

Happy Birthday, TulsaKids! Join Us for a Celebration on June 2!

Twenty-three + years ago, I would never have imagined that I would still be doing this job. I've met and talked to so many interesting people along the way – one of my favorite interviews was Bob from Sesame Street who told me that he had planned to be a crooner like Perry Como or Andy Williams, but his career led instead to a street populated by shaggy puppets and a giant yellow bird. Ironically, he said kids shouldn't be watching television, even though he made his living on TV.

I also had the honor of doing a ride-along in the Oscar Mayer Weinermobile. The Hotdoggers (the young people who get to drive the car as a PR job) said we could go wherever I wanted to go, so I took them to my kids' elementary school for career day. I was the most popular parent ever!

The best part of being editor of TulsaKids was getting fabulous, firsthand, high-quality parenting information as my kids were growing up, thanks to the amazing writers I've used over the years, and the myriad professionals who have been kind enough to be interviewed to share their expertise with readers.

TulsaKids has grown with the times, too. The honest truth is that I was the first local editor to use email. I swear. I know I sound like Al Gore saying he invented the internet. But, really, back in the olden days, people dropped off press kits, snail-mailed them, or faxed them. Remember fax machines? They're the things that send you discounted cruise information.

Yes, TulsaKids has grown up along with technology. We have an amazing website, an award-winning e-newsletter, Instagram, video, Facebook and all that social media stuff that Tara Rittler, our web and social media editor, does.

All of this sounds like I'm going away. I'm not. TulsaKids is celebrating 30 years in publication this year!

To honor this milestone, we're inviting you and your families to a free event at Guthrie Green on Saturday, June 2 from 2 to 5 p.m. We'll have music, activities, cupcakes in a cup, giveaways, and more! You can find out all about it in this issue, or go to our website for up-to-the-minute information.

Our small staff has worked really hard to pull this party together, so I want to thank them: Chuck Foshee, publisher; Tara Rittler, web & social media editor; Brandi Moore, account representative; Joanna Shatwell, account representative, Debbie Talley, Comptroller; and Leif Nevener, event coordinator.

I also want to thank all the participants and the sponsors of the event. It's a true community party for Tulsa's only parenting publication. We hope you will join us!

Betty Casey, editor

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.





WE ROUNDED UP A GAGGLE OF KIDS TO HELP US GET READY FOR OUR COMMUNITY PARTY ON JUNE 2!

CAKE BY **ALL THINGS CAKE**

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TULSA CITY-COUNTY LIBRARY'S 16TH ANNUAL ASIAN-AMERICAN FESTIVAL



Celebrate and learn about the customs and traditions of Asian-Americans with entertaining, educational events for the entire family as Tulsa City-County Library presents its 16th annual Asian-American Festival from 11 a.m. to 2 p.m. on Saturday, June 23 at the Martin Regional Library, 2601 S. Garnett Road. The festival is sponsored and funded by the Tulsa Library Trust. Admission to the festival is free.

The festival features martial arts demonstrations; traditional dance and drumming presentations; authentic arts and crafts booths; interactive educational booths featuring hands-on crafts and activities; an exhibition of children's artwork from Kyoto, Japan, courtesy of the Office of the Oklahoma Secretary of State; plus, a food concession with traditional Asian cuisine provided by Spring Noodles.

Scheduled presentations and performances include: Japanese tea ceremony with Yumie Farringer; Japanese drumming by Owasso Public School's Ohitsuji Taiko; Indonesian folk dancing by Lilik and Company World Fusion Dance Ensemble; martial arts demonstrations by Thomas Academy of Tai Chi/Kung Fu and Tulsa Kendo Club; a traditional Korean drum dance by Di Dim Dol; and a traditional Korean fan dance by the Korean Angels of Tulsa.

Visit www.TulsaLibrary.org/asianfestival for a complete schedule of presentations, or call 918-549-7323 for more information about the Asian-American Festival.

TULSAKIDS BLOGGERS HONORED WITH GREAT PLAINS AWARDS

The Tulsa Press Club announced the 2018 Great Plains Journalism Awards winners at a luncheon at the Mayo Hotel on May 4, 2018. TulsaKids bloggers Diane Morrow-Kondos won Entertainment/Specialty Blog, and Betty Casey won News Blog Writing.

The Great Plains Journalism Awards is a regional contest honoring print, web, TV and magazine journalists for outstanding stories, photography and design. The eight-state competition includes Oklahoma, Arkansas, Kansas, Missouri, Nebraska, Iowa, North Dakota and South Dakota.

Omar Villafranca, correspondent with CBS News in its Southern Bureau, received the Distinguished Lecturer Award and gave the keynote lunch address.



BETTY CASEY, OMAR VILLFRANCA AND DIANE MORROW-KONDOS

MAYOR ANNOUNCES WALKBIKETULSA SAFETY EDUCATION PLAN

Mayor G.T. Bynum announced at a news conference the kick-off of WalkBikeTulsa, a safety education campaign to increase awareness as Tulsa implements the GO Plan – bicycle and pedestrian master plan.

Bike lanes in Tulsa are added as either part of street rehabilitation projects or as pavement marking projects. Other Tulsa bike lanes already completed and in use include East Fourth Place between South Yale Avenue and South Sheridan Road, and 31st Street between Riverside Drive and South Peoria Avenue. Bike lanes also are coming to downtown Tulsa: a striping project this summer on Third Street between Heavy Traffic Way and Madison Avenue, and as part of a street rehabilitation project to begin this fall on South Boulder Avenue between First and 10th Streets.

The City of Tulsa has added a page to its website with safety tips for riding bicycles, walking and driving. The page also includes a list of Priority GO Plan Projects. Visit www.walkbiketulsa.com

continued next page

TULSA POP KIDS, XPO AND OKPOP COMBINE SUPER FORCES FOR POP EXPO

Tulsa Pop Kids Production Director Daniel Blankenship was 6 years old when Darth Vader handed him a book. "I thought, if Darth Vader can read, I can read," he said. And he kept reading, moving on to read classics such as *Moby Dick*, and novels by Charles Dickens.

Getting kids to read by leveraging their natural enthusiasm for comic books and superheroes is the goal of Tulsa Pop Kids, Inc. Their stated mission is "to promote literacy programs for children through pop culture and entertainment." Partnering with the Oklahoma Museum of Popular Culture (OKPOP), and XPO Game Festival to create a super-powered pop culture convention was a natural, too.

Last year XPO and Tulsa Pop Kids held separate events on the same weekend. Jeff Moore, executive director of OKPOP, attended both expos. The OKPOP museum will be built across from Cain's Ballroom on Brady, and will include a Tulsa Pop Kids comic collection.

"We got to know Tulsa Pop Kids, and thought it would be great to create one big event that could grow," Moore said. "OKPOP extends way beyond a building. We want to partner with…all the cool endeavors to drive tourism, to bring people from outside the region to Tulsa."

The Tulsa Pop Culture Expo, scheduled for Nov. 2-4 at the Renaissance Tulsa Hotel & Convention Center will be a locally produced expo that will bring gaming, illustrators, comic books, Tulsa pop history, celebrities and more to Tulsa.

For tickets to the Tulsa Pop Culture Expo, go to tpopexpo.com. For a limited time, one-day advance tickets are $15; weekend tickets are $39.95. For information about Tulsa Pop Kids, including volunteering or donating to provide comic books to kids, go to www.tulsapopkids.org. For information about OKPOP, go to www.okpop.org.

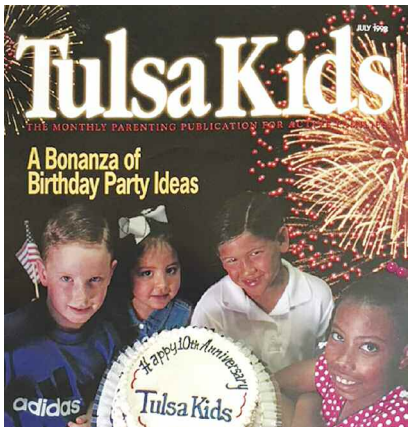
NEW RESEARCH SHOWS SIGNIFICANT INCREASE IN AUTISM

A new study by Johns Hopkins University Bloomberg School of Public Health shows a significant increase in the percentage of 8-year-old children with autism spectrum disorder (ASD) in the United States. The report showed a 15 percent increase from the last report two years ago, with the rate at one in 38 among boys and one in 152 among girls. The study has tracked 8-year old children for 20 years.

The report, the sixth one since 2007, reflects a change in that a higher percentage of black children are being diagnosed with ASD. Past reports show that ASD is 20 to 30 percent higher among white children as compared with black children, but that percentage has dropped to 7 percent.

Parents should track their child's development and act quickly to have their child screened if they notice potential issues. Get free checklists at www.cdc.gov/ActEarly.

For a full report of "Prevalence of Autism Spectrum Disorder Among Children Aged 8 Years – Autism and Developmental Disabilities Monitoring Network, 11 Sites, United States, 2014," go to the CDC website www.cdc.gov.





MARISA POWEL WAS ONE OF OUR COVER KIDS 20 YEARS AGO. HERE IS MARISA TODAY.

letters to the editor

Thanks to all of you who called and emailed about how much you loved our May cover. Here is one letter we received.

Love the May Cover

I just fell in love with the strikingly beautiful Down syndrome child! I'm going to save that cover because I can't get enough of her. You did such a wonderful thing putting her on the cover. If only it could be shown all over the world! For shame, those who would destroy all children like her.

I could write much more, but will let it go at that. Again, my many thanks for the beautiful cover. By the way, I know of no one who has a Down syndrome child.

Virginia Schuering
Tulsa





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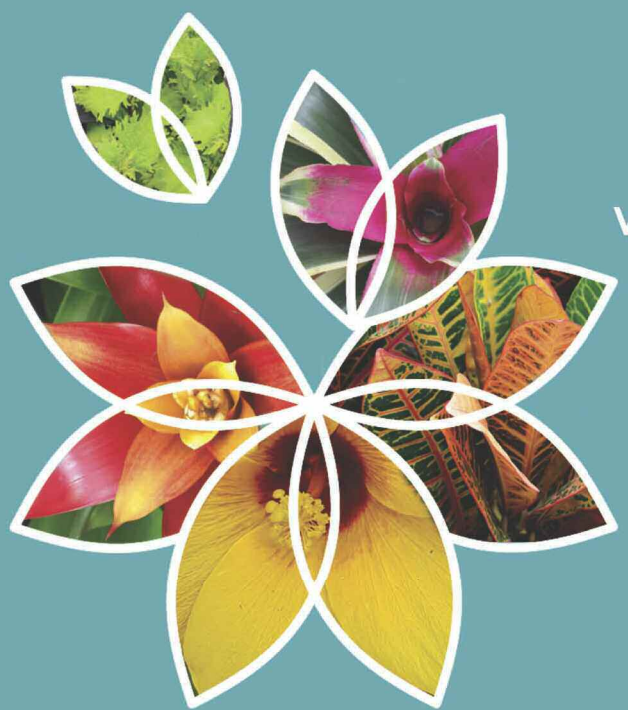
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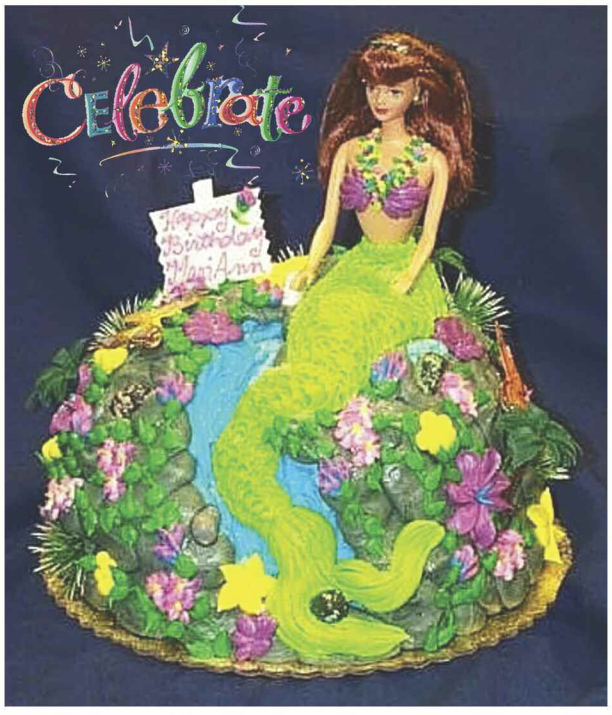
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BY KILEY ROBERSON

individualized parenting: different rules for different kids

If you have more than one child, then you know firsthand how different your children can be. One might be more energetic and a social butterfly, while the other is a bit more laid-back and enjoys one-on-one time. Whatever their differences, the one thing they definitely have in common is that they are not the same. You may love your children equally, but that doesn't mean you have to treat them the same. When I'm personally trying to manage a meltdown, my remedy largely depends on which kid is upset. If it's my sensitive 7-year-old crying over hurt feelings, cuddling is the only cure. But, if it's my 3-year-old who's melting down over someone touching his Spiderman toy, I remove him from the situation and give him some space to regain his composure. My youngest can chill out by himself, but my oldest needs human contact…it's a perfect example of how different kids need different things.

When it comes to raising children, parents learn very quickly that one parenting style doesn't necessarily fit all. While it's natural to want to set consistent standards and give each child the same amount of attention, the truth is that you can be fair without being equal. In fact, customizing your parenting style to your child's temperament may even bring you and your kids closer, because doing so makes it easier to meet each child's needs. Of course it would be simpler if the exact same strategies worked for every child. To make it easier, the American Academy of Pediatrics has identified common sibling contrasts that often call for an individualized approach.



Schedules

Different Kids: Your younger child thrives on a very strict schedule, while his older sibling is good at rolling with the punches.

Different Rules: When you need to choose between your kids' competing agendas, oil your squeaky wheel first. If one child's regimen gets in the way, appease the other by saying something like, "We can't go to the movie because it ends too late for your brother's nap, but we'll rent one instead that you and I can watch together."

Temperaments

Different Kids: One of your children is totally cooperative and agreeable, while the other one seems to fight you at every turn.

Different Rules: Just because your disciplinary strategy was successful with one child doesn't mean it will fly with your second (or third, or fourth). If a kid isn't responding to your approach, make adjustments. She may just need a tighter leash than her sibling does.

Needs

Different Kids: Your oldest (or youngest) child demands a lot more attention than the others do.

Different Rules: If one of your kids feels overshadowed by another, explain why you can't always give him as much attention as you'd wish. Say something like, "Your little sister needs Mommy right now because she could get hurt unless I'm watching her." Make sure you spend some extra time with him when you have a free minute.

continued next page

Interests

Different Kids: You share a special interest with one child more than another.

Different Rules: If you take one kid to soccer every week, block out a regular time to do something your other child likes, whether it's going to a comic-book store or visiting a science museum. You might even develop new interests yourself.

When you take a different approach with each child, help each one realize that you're not playing favorites. Don't compare them to their siblings and never withhold affection. Yes, one child may be a breeze while another is an absolute hurricane, but spread out the "I love yous" evenly anyway. The key is to adjust your approach based on their individual quirks, and you'll make everyone happier (including you).



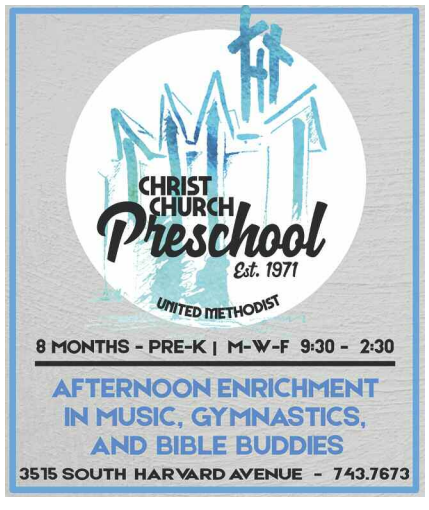
Meet the Frie family. They have a high schooler, middle schooler, elementary student and preschooler at Metro.

Their parents love having all their kids under one roof but with distinct areas for each school level. The Fries appreciate the academic opportunities their students have thanks to small class sizes and engaged faculty and staff.

They're enthusiastic about cheering on their children in all the activities offered to them. Their family enjoys the sense of community they've found and are grateful for the biblical worldview their kids are developing.

Hear the rest of their #MyMetro story and many others at visitmetro.com

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BY MARY BETH RITCHIE, LCSW

children with ADHD need personalized care and treatment

One of my sons was 4 years old when I was told he could not return to preschool unless I agreed to medicate him. Rather than medicate him, I changed his preschool, and he had no further problems. My son is currently a successful college student, and has never taken medication for his symptoms.

Not all children diagnosed with ADHD (attention-deficit hyperactivity disorder) need medication in order to manage their symptoms, but how do parents decide? As a teacher and as a parent, I understand the struggle and the confusion that parents feel.

ADHD is one of the most common diagnoses given to children, often when they start school because children with ADHD may struggle with academics and social interactions. If your child is experiencing difficulty at school, talk to a school psychologist or counselor for a referral to a specialist or visit with your child's pediatrician to learn more about assessing your child's symptoms and to find options for managing symptoms if ADHD is a diagnosis.

When facing the difficult decision of how to treat your child's symptoms, it is essential to understand that there is no cure. The goal of any treatment is to manage symptoms.

There are two basic types of ADHD. One is primarily characterized by inattention. The other type consists of hyperactivity and impulsivity. A person may have symptoms of only one type, or a combination of both. Most children experience the combined type.

Some of the symptoms teachers notice is that the child has difficulty sustaining attention and doesn't seem to be listening. Children with ADHD may lack attention to detail, which causes them to make careless mistakes. They are easily distracted, often lose things, and are forgetful. These children will often avoid activities that require sustained mental effort.

Children with hyperactivity and impulsivity suffer from different symptoms. These children fidget and squirm excessively, and they have trouble remaining seated. They may run and climb when it isn't appropriate. These children find it difficult to engage in quiet play. They frequently appear to be "driven by a motor." They talk excessively, habitually interrupt, and blurt out answers before questions are even finished. They often have trouble waiting their turns.

It is easy to see how these symptoms can cause academic and social difficulties. Parents want to help their children succeed, but often don't know how to provide assistance. There are many options available for these children. Prescription medication, cognitive behavioral therapy, and psycho-education are among the most common interventions. With cognitive behavioral therapy, the therapist helps the child set goals and make plans for academic and social situations. Parents are provided with psycho-education to assist them with parenting challenges.

Medications to treat ADHD are usually stimulants. These include Ritalin, Concerta, Adderall, and Straterra. What works for one child may not work for another. Adjustments in medications and dosages are frequently required before achieving the desired results.

Linda Murphy, M.D., a local pediatrician, said that the earliest she would ever consider prescribing medications is at age 4 or 5, and only in extreme circumstances. Typically, Dr. Murphy doesn't prescribe medication until a child is 10 to 12 years old.

Parents are understandably concerned about side effects and risks of medication, but if medications are taken properly and monitored, side effects should be minimal. Dr. Murphy stated that the side effects she observes with ADHD medications are less then those with antibiotics. However, if your child experiences an increase in heart rate and blood pressure, a lack of appetite, sleep problems, headaches, stomachaches, anxiety and personality changes, you should talk to your child's doctor.

Contemplating the decision about whether to medicate children with ADHD is difficult for parents. I remember sitting in a

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meeting with several of my older son's middle school teachers. They were hoping I would have him medicated. When asked why I wasn't interested in this option, I replied, "Because he's making As and Bs." This son is currently a computer engineer.

Not every child with ADHD symptoms needs medication. However, some truly do benefit. As a third-grade teacher, I've witnessed the profound success of medications in certain situations. I recall one student who was failing my class. His desk was cluttered with an enormous amount of incomplete work. He couldn't focus, and he wasn't learning. With the addition of medication, this child became a straight-A student! When making this tough decision, parents should consider their child's ability to be successful with or without the medication.

"If your work in school is not matching your ability because you can't focus," Dr. Murphy said, "then it's worth a try."

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A Program of TSET

BY JULIE WENGER WATSON

join the Curious Poet Club

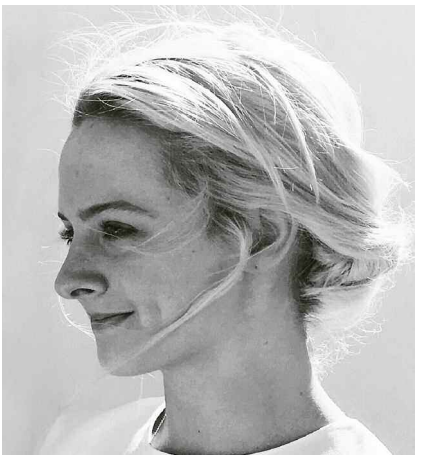
"Poetry is when an emotion has found its thought and the thought has found words," wrote the great American poet, Robert Frost. For most teens, finding the words to express the tumultuous feelings that define their everyday lives is a challenge. "The Curious Poet Club" writing workshop planned for this July at Ahha Tulsa may be just the thing to help them find their muse and put pen to paper.

Tulsa poet Annie Kate Jones will lead the workshop. For Jones, writing has been a way to process her own thoughts and feelings since her middle school days.

"That was the age when I started to develop anxiety about who I should become in the world and what everyone else needed me to be," she recalls.

Poetry was a way for her to discover what she wanted for her own life. With this workshop, she hopes to share that gift with kids who are seeking their own answers.

"What do I want to be in this world? What do I want to offer and how do I want to do it while being the most joyful version of myself as possible," she elaborates. "I feel privileged and responsible to be a voice of encouragement for that age group – for them to start asking themselves those questions of identity and longing."



ANNIE KATE JONES



VICTORIA McARTOR

WORKSHOP DETAILS

Workshop:
The Curious Poet Club
for middle school age students
Price: $99 per student
Dates: Tuesdays in July (7/10, 7/17, 7/24, 7/31)
Time: 2-4PM
Location: AHHA Studios, 101 East Archer St., Tulsa

Victoria McArtor, poet and co-founder of MUSED, a nonprofit poetry collaborative, is helping with the workshop. McArtor also is an adjunct professor of English Language and Literature at the University of Tulsa.

"With the increasing amount of screen time kiddos have today, MUSED is excited to offer young students a reprieve from answers, the infinite amount of information we have at our fingertips, and give them a couple hours for their minds to wander in a curious way, to ask questions," she says.

"Our goal for this workshop is to inspire curiosity in myriad topics including science, nature, visual art, music and more," McArtor explains. "When we paint, it's soothing. When we make music, it's deeply immersive, but writing is a mirror, and it asks a lot of us. Our goal is to go to those deeper, hidden places of their imaginations. As much as it has ever done, poetry renews and deepens the gift that most surely makes us human: the imagination. And that is as essential to public as it is to private life because the more imaginative we are, the more compassionate we become, and that, surely, is the highest virtue of them all."

In addition to encouraging students to write their own poems, Jones plans to incorporate the works of other poets into the workshop as a tool for expression.

"I think, sonically, hearing other writing that is exciting to listen to and also breaks the rules of what traditional English teachers might have taught us about what a good poem is supposed to be, or how we're supposed to write, is useful," she says. "E.E. Cummings would be a great example. He broke a lot of the rules of what we expect to hear. I think even reading it inside your head, there is a game that you can start to play. You begin to realize that language is this succulent juicy thing that you can have fun with. Applying that with realizing your own emotions through that funnel can become a really interesting back and forth."

As part of this poetry pro-

continued next page

gram, Bradley Brummel, an associate professor of Psychology at the University of Tulsa, will be conducting pre- and post-workshop surveys to determine what the take away is for the kids who participate.

Brummel knows there are often stumbling blocks when it comes to expressing ourselves creatively, especially for middle school-aged kids.

"Fear of failure, evaluation and that it might not be cool," he notes. "Children of this age are becoming very aware of their reputations as social actors."

Brummel believes poetry has some advantages over prose when it comes to these obstacles.

"I think poetry invites kids to play with words and the styles of expression," he says. "So much of prose requires following specific rules and getting graded. These workshops are an invitation to use poetry to process emotion and experiences without the evaluation of grading and the anxiety of the end-of-year exams."

For McArtor, poetry is the answer to many of the dilemmas of modern life.

"In our always–on, always–connected world of television, social media, and on–demand, it can be easy to spend our entire day consuming information and simply responding to all of the inputs that bombard our lives. Art offers an outlet and a release from that," she says. "I believe poetry can be a kind of silence that yields clarity. This workshop will help students hear the way their voices sound when they dip below the decibel level of our everyday hyperactivity."

For more information, visit www.musedorganization.org.



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POLITICAL PARENTS

TULSANS WITH YOUNG CHILDREN JOIN NEW WAVE OF POLITICAL CANDIDATES

BY CLAIRE COMBS

The 2018 election cycle is in full swing, and Washington isn't the only place you'll find a sea of new faces. Oklahoma has seen a record number of candidates file with the state's election board this year, including many Tulsa parents who are new to the political scene.

Father of two Rusty Rowe clearly remembers the moment he decided to run for office. His wife, a University of Tulsa law student, had just returned from the state capitol where she had marched with the Girl Attorney group in support of public education funding.

"I was watching our best friend of 15 years go up [to the state capitol] to beg for funding for her classroom - for her kids to have the resources they need to learn," he remembers. "Then my wife was there, with the attorneys, speaking to representatives that seemed to just be giving lip service."

Rusty recalls feeling frustrated with the situation and thinking maybe he could do something to help. When his wife, Colleen McCarty, returned home from Oklahoma City the couple found they were on the same page.

"That night, I actually said to him, you should run," she recalls.

But she wasn't necessarily expecting him to say yes. In fact, Colleen admits to feeling some trepidation when Rusty told her that he actually did want to run to represent House District 66, which includes parts of downtown Tulsa and Sand Springs. The couple has two young children, and managing a campaign on top of their already hectic lives seemed like it might be too much at first.

Colleen says her fears quickly dissipated though. "We need him [to represent our community] and that is more important than any short-term fears I had."

For many parents, having kids - particularly young kids - can feel like a real barrier to running for office. Having a strong network to lean on is key, and so is staying flexible.

"Things don't always go according to plan," acknowledges Rusty. "We are lucky to have an amazing support system of family and friends to help us. It makes it a little bit easier to figure things out."

Colleen agrees that good support is crucial, but she also recommends reframing and embracing some of the challenges that come with a run for office.

"Sure you want to [do your best to] maintain continuity and structure, but I also want to teach my kids what civic engagement looks like... also, kids are resilient," she adds.



THE McCARTY-ROWE FAMILY.
PHOTO CREDIT: CASSIE STOWE

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While running a campaign and balancing family life is never easy, studies show that voters often see parenting young children as a bigger issue for female candidates than male candidates.

Amanda Douglas is a Democratic candidate for Oklahoma's first congressional district, a seat vacated by Jim Bridenstine, who was recently sworn in as NASA administrator. Amanda gave birth to her first child, a daughter named Charlotte, less than two years ago.

"I'm at a point in my life right now where the future of our state and our country have become more meaningful to me than [at any point] in my entire



AMANDA DOUGLAS

life," says Amanda. "Becoming a parent really makes you stop and think about the legacy that you're going to leave behind for the next generation."

Amanda says her perspective as a new mom actually added a sense of urgency to her desire to run for office.

"When I looked at what was going on in the world after [our daughter] was born, I saw a lot of divisiveness and a lot of combativeness in politics and more importantly, a lot of decisions being made that I felt like were eroding the foundation of things that I think are really important in this country."

When Amanda heard that Bridenstine wasn't running for reelection, she began seriously considering a run for office. She set up a crowdfunding site to see if she could raise enough money to cover her filing fees. Amanda hit her goal in a matter of days, and she took it as a good sign that she should proceed with the campaign.

"I thought, you know, this is a way that I can actually try to do something," says Amanda. "Eventually, somebody actually has to be the one to say, OK, I'm going to try."

Nicole Nixon is a Republican candidate for Oklahoma Senate District 37 and a mom to two elementary-aged children. While this is her first regular election cycle, Nicole did run for the seat last year in a special election following the resignation of her state senator, Dan Newberry. Nicole points to her children's school closure as inciting her passion for politics.

In 2017, the Tulsa Public School Board approved a consolidation plan that closed three west Tulsa elementary schools, moving students from those schools into one building that previously housed Clinton Middle School. The consolidation was made in anticipation of cuts to state education funding.

"When they announced they were going to close our schools, I jumped into action and tried to fight it as hard as possible, because these are my kids," says Nicole. "This is my neighborhood."

While she initially considered running for the school board, when her state senator resigned, she made the decision to run for his open seat. Nicole says she saw it as an opportunity to deal with the root causes of the funding issue.

"It's frustrating because nobody's really looking at the full scope of the problem," says Nicole. "They're just trying to drive a narrative to get those specifics that [they] think we want...I don't think that's a correct way of going about solving anything."

ROOKIES WITH TRANSFERABLE SKILLS

While many first-time candidates find success campaigning as political outsiders, some voters can see lack of public service experience as a downside. Amanda believes that her professional experience as a business analyst is a natural fit for politics.

"I go into companies and ask...where do you have pain points? Then we basically figure out what their actual problems are, because they're not always the same thing," she says. "We have to come up with different solutions, prioritize which we're going to try, and gain consensus... I feel like that experience is really going to translate well."

Rusty agrees that many of the lessons he learned as a small business owner are actually highly applicable to public office.

"I have owned a restaurant. I have managed large crews from really different backgrounds… I understand it's hard," says Rusty. "I have been in situations where you have to find a way to move forward. [As a small business owner] you actually have to solve problems, not just put them off for the next day."

A FAMILY AFFAIR

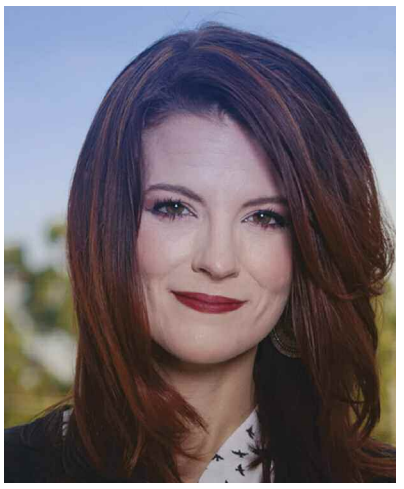
Many parents cite their children as motivating factors for running for office, but it can be a little bit harder to get the kids engaged. While Rusty's son is too young to understand the electoral process, he and Colleen have explained the basics to their 6-year-old daughter.

"We explain voting to her [in ways she can understand]. Like, if some kids in your class want pizza and some want tacos, and more than half the class wants pizza, you order pizza," explains Rusty. "She understands a lot. I think I overload her sometimes, but hopefully some of it sticks."

Nicole says her family has been very supportive of her candidacy, and her kids have been with her every step of the way. She says when they heard about the school closure in their neighborhood, her children attended public forums and wrote speeches to express their point of view.

"I wanted [my kids] to understand that they have just as much of a voice as anybody else around them," says Nicole. "So while they get a little tired of the door knocking, they still understand that we're doing this for a really good reason, and nobody's going to fight for them like [their mom]."

So what's the biggest lesson these new candidates have learned so far? Encouragingly, it's



NICOLE NIXON

that there is plenty of common ground.

"We are not really as divided as the radio and the TV tell us we are," says Rusty. "When you talk to people, everyone cares about their family, everyone cares about safety… We have our differences, and that's why we should be talking to each other, but everyone has the same core things we need in our life."

Nicole says if an idea is a good one, it doesn't matter to her where it comes from.

"First and foremost, my children are the most important thing to me in the world," she says. "I want what's best for [my kids] no matter what."

Primary Election

On June 26, Oklahoma voters will have the opportunity to determine which candidates will face each other in November's general election, and they will also weigh in on state question 788 which addresses the legalization of medical marijuana. Republican primary races are open to voters who are registered as Republicans. Democratic primaries are open to both Democratic and Independent voters.

BY NANCY A. MOORE

John Waldron: a father shaping the future

John Waldron is a father, husband and teacher who has created numerous light bulb moments. As a 20-year veteran teaching with Tulsa Public Schools, he is personally responsible for shaping the future of thousands of high school students and sparking those "a-ha" moments.

He is also keenly aware that being an educator provides him with a platform for inspiring and encouraging students, a position he doesn't take lightly. Over the years, his dedication to students has earned him awards, as well as the respect of students, peers and professionals across Tulsa.

Now, he is ready to expand his platform while hoping to shape the future for many more Oklahomans. Waldron is currently running for House District 77, with grassroots efforts fueling his momentum. And, with Father's Day and the Oklahoma Primary both occurring this month, voters will probably see him celebrating Father's Day with his son on the campaign trail.



TK: Tell us about your background.

Waldron: I was born the eighth of nine children in Bernardsville, New Jersey. After studying in Charlottesville, VA and Washington DC, I moved to Tulsa.

TK: What three adjectives would you use to describe yourself?

Waldron: Nerdy, gregarious and hard-working.

TK: Tell us about your family:

Waldron: I am married to my wife of 14 years, Krista Waldron. We have a son, Van, age 9.

TK: What does your family do for fun around Tulsa?

Waldron: We love exploring the community spaces of Oklahoma – Renaissance Fairs, festivals, art crawls, the farmer's market. Van loves Cancun on 6th and Lewis for the cheese enchiladas!

TK: In honor of Father's Day, can you share something you learned from your father that you will pass along to Van?

Waldron: My father passed away when I was young, but he left a powerful legacy with his children. He was always active in his community, helping organize municipal recreational events and even served as the town's mayor. He taught me the importance of public service, and I feel as though I now have a chance to pass his values along to my son.

TK: How did you become interested in teaching?

Waldron: Originally, I volunteered in the classroom while a graduate student. I intended to try for the Foreign Service, but I discovered that teaching was the highlight of my week.

TK: What do you enjoy most about your profession?

Waldron: After 20 years of teaching, I still appreciate the chance to help a kid move along his or her path of development. Kids need to be taught to believe in their own capacity to shape the world. They need a little discipline, perhaps, but there is nothing more exciting than seeing a child begin to envision how they might change the world.

TK: Where did your interest in politics originate?

Waldron: From my observation of the impact of budget cuts on children's education.

TK: If elected, what do you hope to accomplish in the State House?

Waldron: I hope to be part of a movement that reverses policies of tax cuts for the rich and service cuts for everyone else. I hope to make Oklahoma more fair, more equitable and more mindful of its responsibility to future generations.

TK: What message do you share with your students that you would like to share with others?

Waldron: I teach my students that the best way to ensure a "more perfect union" is to participate in democracy. The simple brilliance of our government is that the real power truly belongs to the people who go to the ballot box.

TK: Wrap-up message:

Waldron: Democracy is everyone's responsibility. Get out and vote!

For more information about Waldron's campaign, visit www.waldron4ok.com.

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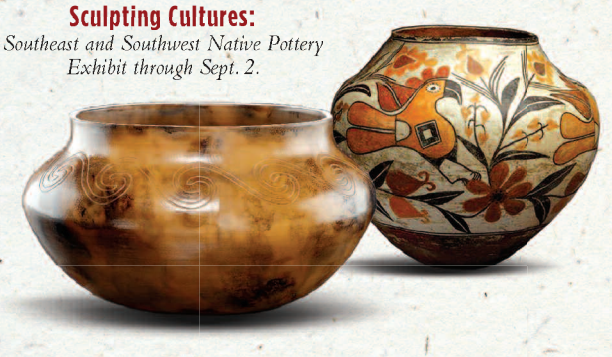
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BY TARA RITTLER

30 Tulsa traditions, **old and new**

There is no shortage of things to do in Tulsa, and in honor of TulsaKids' 30th birthday, we wanted to highlight some of our favorite activities – from long-established places to up-and-comers — that every Tulsan should try. We'd love to hear what you would add to the list!

Parks Past and Present

Owen Park, Tulsa's oldest municipal park, was officially established in 1910. Today, it is home to both a playground and popular water playground, a lake (and what seems like hundreds of hungry waterfowl!), picnic areas, Tulsa's oldest home, built in 1885, and of course, the **Tulsa Children's Museum**, which opened the doors of its current location in 2013. With frequently changing, science-themed exhibits, there is always something new to learn and do at Tulsa Children's Museum.

While many may doubt that **Gathering Place** will ever be open to the public—it will, and soon! Gathering Place covers nearly 100 acres along Riverside Drive and will be a world-class park, designed with care and innovation. Older children will enjoy scrambling up giant castle towers—and zipping back toward the ground on super-fast slides!—climbing into the belly of a larger-than-life-sized elephant, riding a zipline and much more. Younger children can ride down the tamer—but completely adorable—banana slide and develop their rock-climbing skills on rock "walls" developed just for toddlers. Follow @GatherTulsa on Facebook for the latest park updates (and the Tulsa Children's Museum will find a permanent home there in phase II of the park's construction).

Floral Glory

Inaugurated in 1934 during the Great Depression, the **Tulsa Municipal Rose Garden** in Woodward Park has been a favorite destination for picture-takers, picnic-makers and those who just wanted to stop and smell thousands of roses. While the roses were unfortunately wiped out by mites about five years ago, the beloved Rose Garden is now home to a variety of pollinator-friendly plants and well worth a visit. If you go, stop by the nearby **Linnaeus Teaching Gardens**, where children can walk through rows of veggies, smell herbs with the help of garden volunteers, feed Koi and have impromptu storytimes inside the barn.

A more recent addition to the Tulsa garden scene is **Tulsa Botanic Garden**, located about 15 minutes northwest of downtown Tulsa. Tulsa Botanic Garden's first groundbreaking ceremony took place in 2007, and visitors



can now explore the Children's Discovery Garden (home to a tree house, musical instruments, animal sculptures, and of course, the friendly Spring Giant); the Tandy Floral Terraces, an art-deco-inspired delight; walk around the Lakeside Promenade and more. Tulsa Botanic Garden frequently hosts family friendly events, so check out their calendar at www.tulsabotanic.org to see what's coming up next!

Art for Everyone

While the **Philbrook Museum of Art** and **Gilcrease Museum** have both been staples of Tulsa culture for decades, there has never been a better time to bring your family for a day of art appreciation. Both museums offer free family days (and daily free admission for kids), filled with creative activities that kids and parents may both enjoy (the Philbrook's is the second Saturday of the month, and the Gilcrease's is the third Sunday of each month) and they both have extensive grounds perfect for burning energy in. Furthermore, the Gilcrease Kids Site allows children to feel real animal pelts, paddle a canoe and more, and their newly designed Kravis Discovery Center allows visitors to interact with museum artifacts with the help of digital media.

Both Philbrook and Gilcrease do a great job of staying true to their roots and true to the times. But if you want to experience the



very latest of Tulsa's art scene, visit the **Tulsa Arts District on the First Friday** of the month. From 6-9 p.m., all art galleries, including Philbrook Downtown, the Woody Guthrie Center and 108 Contemporary, offer free admission, and there is often something special happening at **Guthrie Green**.

Egg Cream Dreams

continued next page



For those looking to satisfy their sweet tooth this summer, what could be better than sitting down at the bar of an old-timey soda fountain? Sadly, the soda fountain at **Steve's Sundry Books & Magazines**, which closed in 2013 after over 60 years of business, is merely a memory now. But you can take your family to the new **Ida Red General Store** in the Tulsa Arts District, which offers both classic soda fountain beverages (like the lime phosphate) and modern concoctions, like the unicorn hot chocolate creation from last winter.

Shop Till the Kids Say "Stop!"

Tulsa's most iconic shopping area is, of course, **Utica Square**, which promises a high-end retail escape for parents who can get away, as well as multiple ways to keep the kids interested, from searching for sculptures to rolling on the green in front of Wild Fork to playing with trains inside Pottery Barn Kids. Plus, every Thursday from 7-9 p.m. throughout the summer, you can enjoy a free, open-air concert featuring some favorite local talent.

If you're less into "upscale" and more into the industrial look, you may prefer to take the kids shopping at **The Boxyard**, a unique shopping center made up of 39 shipping containers, all of which are populated by fun, local shops such as Stem Cell Science Shop, Dwelling Spaces, The Steel Horse Children's Boutique and Rose Rock Microcreamery.

Book Break

Originally completed in 1965, Tulsa's **Central Library** unveiled a thoroughly renovated space in late 2016, placing itself at a perfect intersection of Tulsa's history and Tulsa's future. Beyond checking out books, families can enjoy exciting programming, including storytimes, playing games and watching movies in the Tandy Garden, as well as learning new skills like 3D printing or coding in the MakerSpace and Digital Literacy Lab. Sign up for the Summer Reading Program at any of the Tulsa City-County Library's locations if you need some motivation to read this summer and would like a chance to win some fun prizes.

The latest place for literature lovers to get their fix is **Magic City Books**, which opened in the Tulsa Arts District in fall 2017. Owned by the nonprofit Tulsa Literary Coalition and the current home of Booksmart Tulsa, Magic City hosts frequent free book signings and author talks and has a knowledgeable, passionate staff who can help you find you or your child's next read from their thoughtfully curated collection of books. Learn more at www.magiccitybooks.com.

Cruising the Restless Ribbon

Ask any Tulsan who grew up here in the '60s how they spent their free time as a teen, and chances are, they'll mention cruising up and down "The Restless Ribbon"—today better known as **Brookside**. Brookside is still a favorite "district" destination for many Tulsans and is quite walkable, so you don't have to waste gas as you cruise by foot from Shades of Brown to Urban Outfitters to Torchy's Tacos to The Haley Boutique to…yes, there are a ton of fun shops and eateries in Brookside!

While not in Tulsa, one of the area's most up-and-coming districts is **The Rose District** in Broken Arrow, which is home to a Saturday morning Farmer's Market in the summer, long-time Tulsa favorites like Andolini's and In the Raw as well as Rose District staples like Nouveau Chocolates, Spoke House Bicycles, McHuston Booksellers & Irish Bistro and much more. There are frequent special events happening in The Rose District, so visit rosedistrict.com to make sure you don't miss out on the fun!

Head Outta Town

When it comes to budget-friendly, stress-free vacations, nothing beats the day trip. See something out of the ordinary without the hassle of making reservations and breaking out the credit card at the motel check-in desk. A long-time favorite road trip destination for Tulsans is **Woolaroc Museum & Wildlife Preserve**, located southwest of Bartlesville, about an hour north of downtown Tulsa. Visitors driving up to the Museum, which displays an impressive collection of artwork and artifacts from the American West, should keep a lookout for roaming bison, elk, longhorn cattle and any of the other 30 species that make their home on the grounds. If you're wondering when to visit, Woolaroc's annual Kidsfest is June 23-24, and they will also host an outdoor symphony concert with other activities as part of the OKM Festival (formerly OK Mozart Festival) on June 15. Learn more at www.woolaroc.org.

If you haven't heard about the **Pioneer Woman's Mercantile in Pawhuska**, which opened in October 2016 and is transforming the town into a popular tourist destination, you have either not been paying attention or maybe just don't eat an overload of cheesy, buttery-baked goodness. Either way, make the hour-long drive if you love delicious baked goods, fresh country cooking and quality coffee. Plus, you can shop for a variety of home goods and clothing items between meals!

Speaking of Baked Goods…

Craving a cookie? **Ann's Bakery** on North Harvard Ave. has been serving fresh treats for four generations! Sadly, as of January 2018, you can no longer just pop in for a snack, but you can still pre-order all of their offerings, including cakes, pies, quick breads, brownies, lemon bars and more. So pick up the phone if you want a taste of history!

One of the trendiest ways to satisfy your sweet tooth is at **Antoinette Baking Co.'s** weekly Pie Night on Friday and Saturday from 5-10 p.m. Each event features a different selection that may include traditional favorites like apple or coconut cream or pies you've only dreamed of, like Irish Car Bomb or Versailles Pie (Earl Grey + lemon). They often have vegan and gluten-free options as well.

Exploring the World Right Here at Home

The **Tulsa Zoo**, which has existed in one form or another since 1927, is a no-brainer when it comes to making a list of Tulsa traditions. Not only can you visit



some of the same exotic animals you enjoyed seeing as a child, you can also explore exciting new spaces such as the Lost Kingdom Exhibit, which opened last summer and is designed to make visitors feel as though they have taken a trip to ancient Asia while getting an up-close look at Malayan tigers and other animals.

Compared to the Tulsa Zoo, the **Oklahoma Aquarium** is a relative newcomer to Tulsa, having opened its doors in 2003. But with its impressive (if a bit spooky) bull shark tunnel, not to mention hundreds of other aquatic creatures both beautiful and bizarre, it has quickly become one of Tulsa's premier family friendly attractions. Sea Turtle Island gave visitors a(nother) reason to re-visit the aquarium when it opened last year, and this summer, visitors can look forward to







The silent film series featuring Circle's 1928 theatre pipe organ!
Second Saturday of the month at 11:00AM!
$5 adults - $2 for age 16 and under
The historic Circle Cinema is located at
10 S. Lewis Ave Tulsa, OK

CIRCLECINEMA Sooner State Chapter American Theatre Organ Society tulsakids FOR PARENTS. FOR FAMILIES. FOR LIFE.

the re-opening of the Polynesian Coral Reef, which will be home to some of the aquarium's most colorful occupants.

Timeless Cinema

You know you'll probably beat the heat by taking at least one trip to the movies this summer—that's what the summer blockbusters are counting on, at least. But if you're going to spend the money anyway, why not spend it at one of Tulsa's historic theaters? Give your family a glimpse of 1950s Tulsa at **Admiral Twin Drive-in**, which plays double features on two different screens every weekend evening throughout the season for just $7 (ages 12 and up) or $3 (ages 3 through 11). Just make sure you have a portable radio or a strong car battery!

Circle Cinema is another great option if you want to see the silver screen in true-to-Tulsa style. While Circle Cinema is always showing current, if lesser-known, films, you can also catch their 2nd Saturday Silents with live organ accompaniment as well as cult classics, anime and more. While you're there, explore **Kendall Whittier Main Street**, grabbing dinner at Calaveras Mexican Grill, a pastry at Pancho Anaya Mexican Bakery or a latte at Fair Fellow Coffee.

The More You Bowl

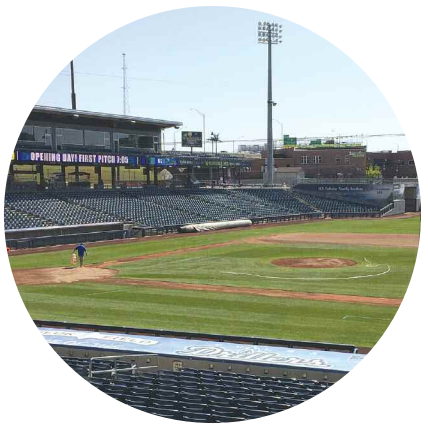
Chances are, if your kids are currently school-age, you may not have taken them bowling at **Rose Bowl**, which ended its career as a bowling alley in 2005. This eye-catching pink-domed building off of Route 66 nevertheless shares a memorable place in Tulsa's history. Today, the Rose Bowl houses One Hope Ministries and is also available to rent as a venue for birthday parties, basketball tournaments and more.



While the Rose Bowl, with its memorable architecture, is worth driving by, if you want a real retro-style bowling date with the kids, try **Dust Bowl Lanes & Lounge** in downtown Tulsa. Dust Bowl not only offers a more intimate bowling experience than you'll find at larger venues, it also boasts an interesting menu that could be categorized as "upscale bar food," with everything from Totchos (tater tot nachos) to beet hummus to burgers and the Dust Bowl Dog (with candied bacon and jalapeno relish) and fancy milkshakes. Reserve a lane at www.dustbowllounge.com.

Take Me Out to the Ballgame

Of course, no list of city activities would be complete without mentioning a beloved local sports team—and if you're looking for a classic, all-American summer activity, it doesn't get any better than baseball! The



Tulsa Drillers have been playing ball in Tulsa since the 1970s and at the ONEOK Field in downtown Tulsa since 2010. ONEOK Field has a play area for kids and there are special promotions at nearly every game, from "Kids Eat Free" on Souvenir Sundays to Buck Nights featuring $1 hot dogs, Pepsi products and beer to Friday night fireworks. Go to www.tulsadrillers.com for a game and promotions schedule.

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Therapeutic screenings are still free at the McCarty Center

The J. D. McCarty Center for children with developmental disabilities conducts FREE therapeutic screenings of children who have unique challenges or a disability, or for parents who have concerns about their child's development.

Our screening team is composed of a pediatrician, nurse, social worker and pyschology clinician. When the team has completed their screening process they will sit down with you to review what services are available for your child at the McCarty Center as well as other community, state and federal programs.

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Today, more than ever before, we are an important resource for Oklahoma parents. We have been working with children for 72-years to help them achieve their highest level of function and independence.

The screening is absolutely free-of-charge. Call 405.307.2800 and ask to speak to a social worker for more information and to make your appointment.



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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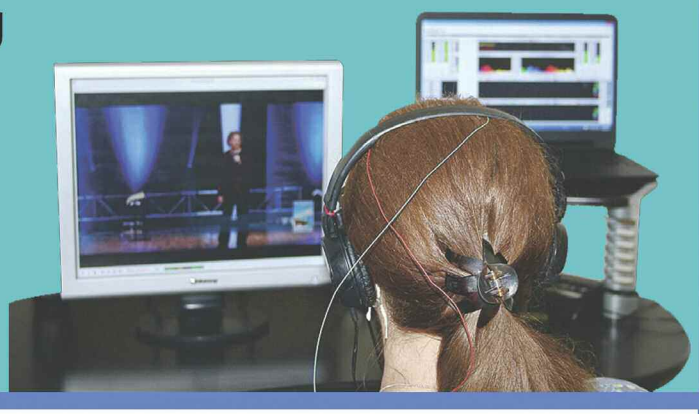
NEUROFEEDBACK CENTER OF TULSA



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"RENU Your Brain, RENU Your Life."



There are many reasons why RenuYou Neurofeedback Brain Fitness Center is considered one of the top clinics in the world for neurofeedback (NFB). For the past decade, they have been the pioneer front runners of neurofeedback in Oklahoma and are passionate about research and development. They are the only board-certified neurofeedback NFB clinic in Oklahoma that has licensed professional therapists and counselors, NFB mental health practitioners as well as on staff physicians, including one of the only triple certified psychiatrists in the state who is a diplomate of the American Board of Psychiatry and Neurology and specializes in child/adolescent and addiction psychiatry.

RenuYou Neurofeedback begins with a qEEG that measures the electrical activity of the brain. Why? Because everything in our brains is electric...every thought you think and every emotion or sensation you feel is due to the electrical firing of neurons. "We measure that activity to see where a person is producing too much, as in the case of anxiety; where they're not producing enough, as in ADHD, or where the roads just don't seem to be connected," says clinical director, Marie McCabe, LMFT, BCN. "We then develop a treatment protocol, based off that analysis and address it for change with neurofeedback." "I continue to be amazed how lives are completely turned around."



"Our son is whole again or maybe for the first time ever. Samuel was born 3 months premature at 1lb 8oz. School was a living nightmare as he struggled with ADHD off the charts and learning disabilities. After 30 treatments at RenuYou, he is making A's and B's. He no longer has a math disability. His depression/anxiety is almost nonexistent. This was our last stop. He turns 18 soon and we are no longer concerned about a secondary education. Nothing else could have helped him. We are so thankful!"



"My eight year old daughter used to have multiple melt downs, often hitting herself, pulling out her hair, throwing things and hitting others. After treating at RenuYou, our daughter is so much happier. She is more relaxed, able to do school work, can read better and is able to express her feelings in healthier ways. RenuYou neurofeedback has been amazing! They have helped us find the joy in our family again."



"I am 15 years old and I became so depressed I began cutting myself. I believe in God so I didn't understand why I couldn't overcome it. My mom heard about RenuYou Neurofeedback Center and so I went in for a brain analysis. I was so impressed to find state of the art technology but I was most excited to find a Christian company who prays over their patients. My qEEG brain map revealed that my brain was stuck in a high Alpha brain wave pattern that can cause depression. I was so relieved to find it was not my fault! After treatment, I've changed so much! I don't desire to 'cut' anymore! RenuYou Neurofeedback Center saved my life!"



"Our son was about to be held back a year in school when we came to RenuYou. We are happy to say that after treatment, he was able to go into the next grade. His confidence has excelled and he is happy to be keeping up with the rest of the class. We recommend RenuYou to everyone! They truly care about their patients and it shows in the results!



"My son was discharged, from the Navy, at 18 years old for ADHD. I brought him to RenuYou and the treatment did exactly what they old me it would do. He was able to proceed with his career without the dysfunction of attention deficits. We could not have been happier with the outcome and are so very thankful!



"I became overwhelmed, soon after my husband became deployed, taking care of our four children and began to suffer from insomnia and anxiety. RenuYou was an answer to prayer for our family. I am able to go with the flow now and am more relaxed despite stressful circumstances. I can't say enough about how I feel about the staff. They really loved me through this process and helped me be who God intended me to be."

Contact Us Today!

www.renuyoutulsa.com • 918.747.7400 • 7424 S Yale Ste #100 Tulsa, OK 74136



Gilcrease Museum's new Family Workshops offer inter-generational art activities ideal for children ages 5-12. Go to www.gilcrease.org/events to find upcoming dates for Family Workshops.

[FREE, W] = FREE WEEKLY [W] = WEEKLY

June 1 Friday

SUMMER STORY TIME [W]
Join Tulsa Botanic Garden staff for a different nature-themed story reading each week! Free with admission. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10:30 a.m. www.tulsabotanic.org

FAMILY FUN FRIDAYS/CONCIERTOS PARA LA FAMILIA [FREE]
Tired of the heat? Bring the kids to the library and start the weekend with a fun beat! Enjoy family-friendly music while you munch on a few treats. For all ages. / Ven a la biblioteca para divertirse con música y botanas para toda la familia! Martin Regional Library, 2601 S. Garnett Rd. 4-5 p.m. www.tulsalibrary.org

PLEASE TOUCH THE ART: OPENING RECEPTION [FREE]
Break the rules of conventional museums at the third annual Please Touch the Art exhibit. Mark your calendars for the opening reception Friday, June 1 from 5 - 9 p.m., in conjunction with the Tulsa Arts District First Friday Art Crawl. People of all ages and abilities are welcome, with a particular focus on accessibility for visitors who are blind or visually impaired. The opening reception will include refreshments, activities and free limo bus rides to and from the Tulsa Arts District. McKeon Center for Creativity, 910 S. Boston Ave., 5-9 p.m. www.tulsacc.edu

FIRST FRIDAY ART CRAWL [FREE]
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 and sell art. Shops are open late and there are lots of dining and entertainment opportunities as well. Tulsa Arts District, 6-9 p.m. www.thetulsaartsdistrict.org

June 2 Saturday

TULSA COUNTY PARKS POOLS OPEN FOR THE SUMMER!

1ST SATURDAY POP-UP MARKET ON GREENWOOD [FREE]
The Greenwood Cultural Center will host a pop-up farmer's and arts market on the first Saturday of the month through the season. Greenwood Cultural Center, 322 N. Greenwood Ave., 8 a.m.-12 p.m. www.greenwoodculturalcenter.com

INSECT ADVENTURE AND POLLINATOR PLANT SALE
Get up close with bugs as OSU's Insect Adventure visits the Garden. Entomologists will give presentations at 10:30 a.m. and 1:30 p.m. The Garden will also be selling pollinator friendly plants from 10 a.m.-5 p.m. Regular admission applies. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10 a.m.-3 p.m. www.tulsabotanic.org

SOCIAL JUSTICE STORY HOUR WITH THE KHALID JABARA 'TIKKUN OLAM' MEMORIAL LIBRARY [FREE]

Social Justice Story Hour is going out into the community with a special story hour at Magic City Books! Learn about social justice superheroes and be inspired. Magic City Books, 221 E. Archer St. 10:30 a.m. www.facebook.com/kjtolibrary

TULSAKIDS' 30TH BIRTHDAY BASH AND KICKOFF TO SUMMER! [FREE]
We're celebrating our 30th birthday with a gigantic party at Guthrie Green! Come join the fun and say hello! Guthrie Green, 111 E. M.B. Brady St., 2-5 p.m. www.tulsakids.com/birthdaybash

June 3 Sunday

SUNDAY CONCERTS ON THE GREEN [FREE, W]
Enjoy a free concert at Guthrie Green every Sunday afternoon throughout the season! Guthrie Green, 111 E. M.B. Brady St., 2:30-6:30 p.m. www.guthriegreen.com

June 4 Monday

PRESCHOOL DANCE PARTY AND MUSICAL STORYTIME [FREE]
Reading and dancing go hand in hand with learning. Kids will enjoy some of their parents' favorite '90s hits and move to the tunes while playing rhythm sticks, shakers and other simple instruments. For toddlers to fifth-graders. Maxwell Park Library, 1313 N. Canton, 1-2 p.m. www.tulsalibrary.org

VINYL CLUB FOR TEENS [FREE]
Monday afternoons are for music sharing! Take turns spinning records from personal selections using the record player from the Digital Literacy Lab. Bring a vinyl and yourself! Participants will have a chance to win a gift card. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. Central Library, 400 Civic Center, 1-2 p.m. www.tulsalibrary.org

SUMMER READING PROGRAM KICKOFF: ROARING '20S JAZZ DANCE PARTY[FREE]
Come dressed in 1920s costume, learn some basic dance steps from the Charleston and then try out your footwork. Afterward, get creative and make a paper-towel tube trumpet or a feathered headband. For kindergarten through fifth grade. Jenks Library, 523 W. B St., 3-4 p.m. www.tulsalibrary.org/summer

June 5 Tuesday

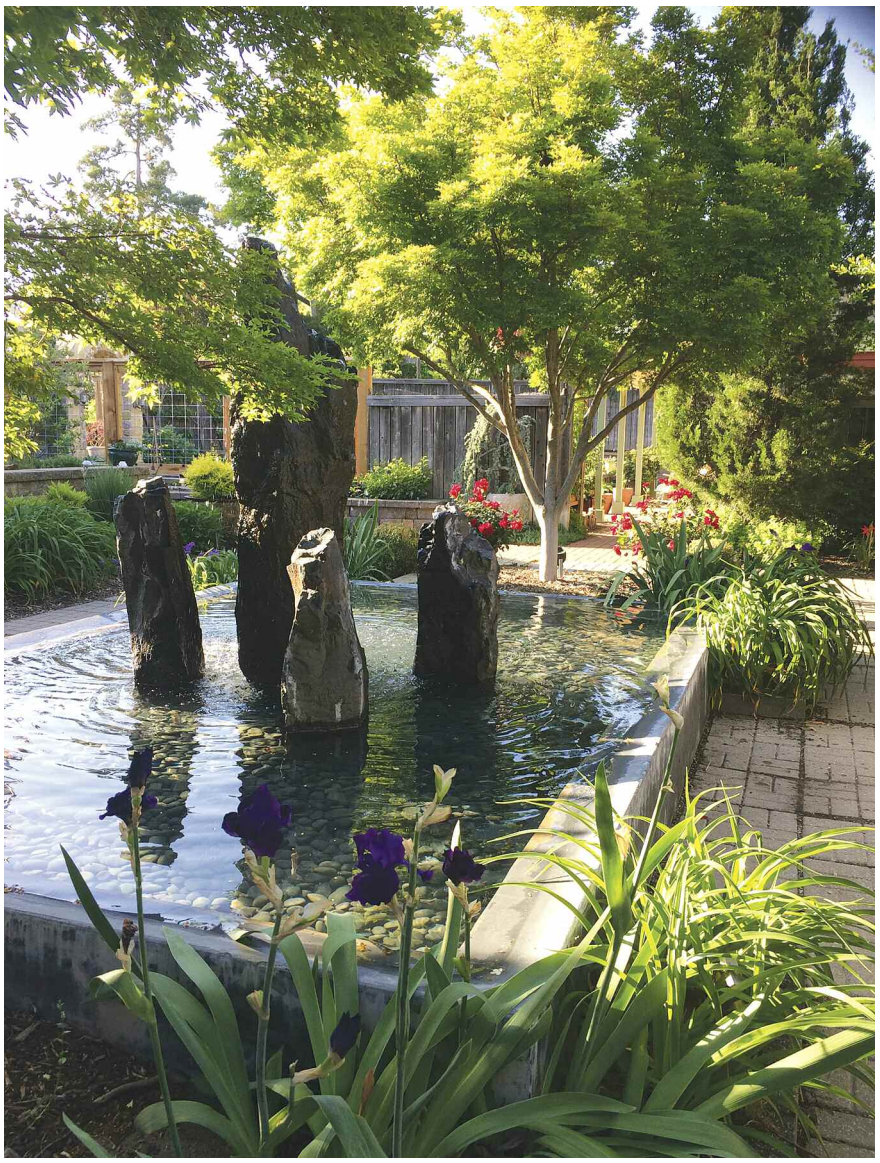
SUMMER TOUR AT GILCREASE MUSEUM [FREE, W]
Discover the role of games, past and present, in our lives during Gilcrease's summer tours. Discuss artworks, play games and create a take-home project. Advance registration required. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 10:30-11:45 a.m. Also occurs weekly on Thursdays at the same time. www.gilcrease.org/events.

TUESDAYS IN THE PARK [FREE, W]
Tuesdays In The Park, Broken Arrow's favorite outdoor concert event, is back and still FREE and open to the public! This week, enjoy music by the Starlight Jazz Orchestra. Central Park in Downtown Broken Arrow, 1500 S. Main St., 7-9 p.m. www.baarts.org

June 6 Wednesday

DIY RAINSTICKS/PALO DE LLUVIA [FREE]
Learn how to make your own rainstick using household items. For ages 12 and younger. / Aprende cómo fabricar un rainstick con materiales reciclados. Martin Regional Library, 2601 S. Garnett Rd., 10-11 a.m. www.tulsalibrary.org

TULSA'S CHANNEL 8 READS @ THE LIBRARY [FREE]
News anchors from Tulsa's Channel 8 will read their favorite children's books and share how vital reading is to understanding news events around the world. For ages 4-12. Stay after storytime and join us for games, toys and activities that foster critical early literacy skills. Zarrow Regional Library, 2224 W. 51st St., 10:30-11:30 a.m. www.tulsalibrary.org



Take your children, toddlers-2nd grade, to Linnaeus Teaching Gardens every Thursday morning from June through September at 10 a.m. for a free, nature-themed storytime.

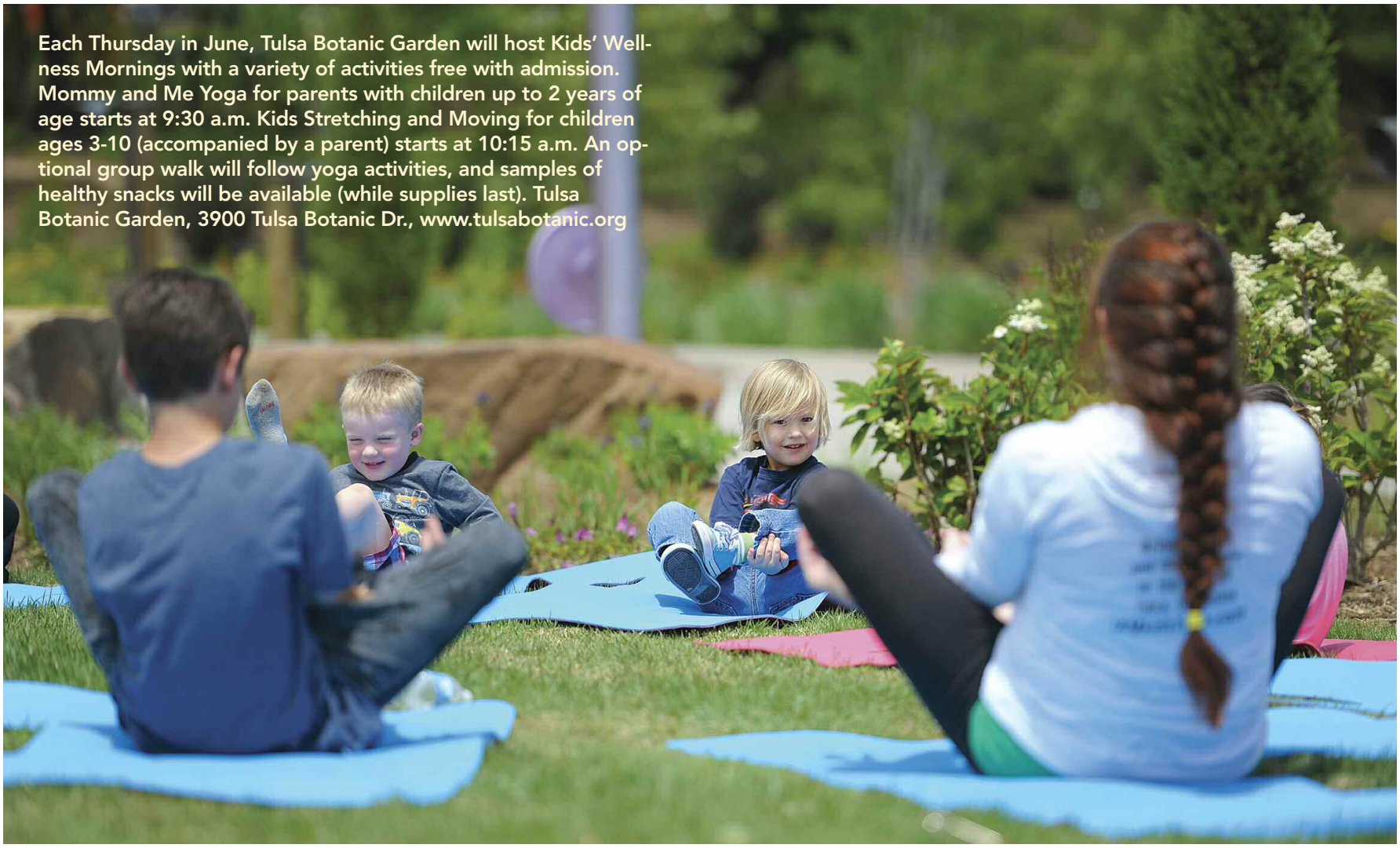
FITNESS ON THE GREEN: YOGA [FREE, W]
Enjoy a free outdoor yoga class at Guthrie Green, sponsored by the YMCA of Greater Tulsa and Fowler Toyota of Tulsa. Guthrie Green, 111 E. M.B. Brady, 5:30-6:30 p.m. www.guthriegreen.com

June 7 Thursday

STORYTIME IN THE PARK [FREE]
Join the Imagination Station for stories and songs in the park. Bring a blanket or a lawn chair. Afterward, cool off in the splash pad. Sponsored by River Parks Authority and Friends of the Helmerich Library. QuikTrip Plaza, 41st and Riverside, 10-11 a.m., Weekly through June 21. www.tulsalibrary.org

STORYTIME AT LINNAEUS TEACHING GARDENS [FREE, W]
Enjoy a nature-themed story-and-sing-along time, followed by an activity in the garden. Linnaeus Teaching Gardens, 2435 S. Peoria, 10 a.m. www.tulsagardencenter.com

MOVIES IN THE PARK [FREE, W]
Guthrie Green hosts free movie nights on Thursdays throughout the season. Movies begin around dusk; other activities typically start around 6:30 p.m. Go to www.guthriegreen.com for details. Guthrie Green, 111 E. M.B. Brady St.



Each Thursday in June, Tulsa Botanic Garden will host Kids' Wellness Mornings with a variety of activities free with admission. Mommy and Me Yoga for parents with children up to 2 years of age starts at 9:30 a.m. Kids Stretching and Moving for children ages 3-10 (accompanied by a parent) starts at 10:15 a.m. An optional group walk will follow yoga activities, and samples of healthy snacks will be available (while supplies last). Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., www.tulsabotanic.org

SUMMER'S FIFTH NIGHT [FREE, W]
Live music, every Thursday, all summer long. Utica Square's summer concert series serves up everything from jazz to rock to country. There's something different every Thursday and best of all, it's free! Pack a picnic or dine at one of our great restaurants as you unwind to your favorite local bands. Utica Square, 21st and Utica, 7-9 p.m. www.uticasquare.com

June 8 Friday

COMMUNITY SPIRIT DAY AT TULSA CITY PARKS POOLS
Each person who brings 3 non-perishable food items gets to swim for free. Food items will be donated to the food bank. Tulsa City Parks Pools (Berry, McClure, Reed and Whiteside pools). www.cityoftulsa.org

FAMILY MOVIE FRIDAY: "WILLY WONKA AND THE CHOCOLATE FACTORY" [FREE]
Join the Owasso Library for this musical movie! Rated PG. For all ages. Admission tickets will be handed out 30 minutes prior to program start time. Owasso Library, 103 W. Broadway St., 2-4 p.m. www.tulsalibrary.org

YAH HEY GEE! SING! [FREE]
American Indian storyteller Will Hill will share Native American animal tales with music, dance and lots of audience participation. Hear the flute, rattle and drum. Learn traditional songs of America's first people. For kindergarten through fifth grade. Sponsored by the American Indian Resource Center and Tulsa Library Trust. Collinsville Library, 1223 W. Main St., 2-3 p.m. www.tulsalibrary.org

June 9 Saturday

SECOND SATURDAY AT PHILBROOK [FREE]
Free. Family. Fun. Bring the whole family for Philbrook Second Saturdays. Free admission all day and a variety of events and hands-on activities. Philbrook Museum of Art, 2727 S. Rockford Rd., 9 a.m.-5 p.m. www.philbrook.org

A DAY OF ADULTING [FREE]
Adulting is hard work! Join the Adult Services team for help with some basic life skills: car care, bike maintenance, personal finance, meal planning and prep, and mending. You may bring a clean garment in need of minor repair. Central Library, 400 Civic Center, 10 a.m.-1 p.m. www.tulsalibrary.org

CHANDLER PARK JUST FOR TOTS
This fun-filled afternoon is for the little tykes! There will be books, blocks, bouncy balls, toys, games, crafts, goodie bags and door prizes! Lunch provided. No registration and no fee for parents! Purchase tickets at the door. $5/child. For children ages 1-4. Chandler Park, 6500 W. 21st St., 10 a.m.-2 p.m. parks.tulsacounty.org

BICYCLE SAFETY FOR KIDS [FREE]
Bring your bicycle and learn all of the ways to stay safe and have fun! For kindergarten through fifth grade. Bixby Library, 20 E. Breckenridge, 10:30-11:30 a.m. www.tulsalibrary.org

June 10 Sunday

SENSORY FRIENDLY FAMILY FUN TIME
Every month, on the 2nd Sunday, the Tulsa Children's Museum will host a Sensory-Friendly Family

time. This event is designed for families with children on the autism spectrum and those who have sensory processing disorders. Discovery Lab will open two hours early for our families to explore. Once the doors open to the public, you are free to stay and explore the rest of the museum. Tulsa Children's Museum, 560 N. Maybelle Ave., 9:30-11:30 a.m. www.tulsachildrensmuseum.org

June 11 Monday

MAKE-AND-TAKE FATHER'S DAY CARDS [FREE]
Drop by and be creative at the library or take the cards with you to complete at home. Supplies are provided, but are limited. For all ages. Collinsville Library, 1223 W. Main, 10 a.m.-6 p.m. www.tulsalibrary.org

DANCE & SING ALONG
Join Executive Director Ray Vandiver as he sings classic children's songs. The Museum has scarves and shakers to dance with as you sing along. Let's get groovy! Tulsa Children's Museum, 560 N. Maybelle Ave., 10:30-11 a.m. www.tulsachildrensmuseum.org

TINY THINGS BY BOWEN: HANDMADE POLYMER CLAY CREATIONS [FREE]
Join Tiny Things by Bowen and create your own tiny magnets, necklaces, bookmarks and more! Come and make your tiny thing! For ages 10-12. Hardesty Library, 8316 E. 93rd St., 2-3 p.m. www.tulsalibrary.org

June 12 Tuesday

TWIST A TALE: WRITING WORKSHOP FOR KIDS [FREE]
Find out how books get written! Children's author Brenda Maier (The Little Red Fort) will walk future writers ages 7-10 through turning traditional tales into creative retellings. Kids will leave with their own book ideas and a "dummy book" to get them started on the path to authorship. For ages 7-10. Kaiser Library, 5202 S. Hudson Ave., 11 a.m.-12 p.m. www.tulsalibrary.org

PARENT CHILD CENTER OF TULSA MONTHLY TOUR [FREE]
The Parent Child Center of Tulsa offers tours of the agency at noon on the second Tuesday of every month. The tour lasts one hour and a light lunch is served. Learn about the PATHWAY OF HOPE the Center provides to families in our community, meet staff members, and hear directly from clients about how their services have impacted their lives. Register for a tour here: www.parentchildcenter.org/get-veget-involved/take-a-tour Parent Child Center of Tulsa, 1421 S. Boston Ave., 12 p.m.

June 13 Wednesday

TINY TOTS IN TRAINING [FREE, W]
Toddlers (age 2-5) will engage in activities such as miniature basketball, hula-hoops, tri-cycle riding with the support of their parent(s). Case Community Center, 1050 W. Wewika Rd., Sand Springs, 10-11:30 a.m. www.sandspringsok.org

FAMILY WORKSHOP AT GILCREASE MUSEUM
Developed for children and their parents/caregivers, family workshops provide intergenerational activities. Each workshop includes the opportunity to explore the museum's collection and special exhibitions followed by an art-making experience in the studio. Workshops are ideal for children ages 5-12. Advance registration is required for the workshops. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 10:30-11:45 a.m. www.gilcrease.org/events

JUNE 14 Thursday

KIDS ON THE BLOCK: YOU'RE NOT THE BOSS OF ME! PRESENTED BY PARENT CHILD CENTER OF TULSA [FREE]
This educational puppet program teaches kids how to deal with bullying. In this presentation, Eddy is being harassed by a school bully and is unsure how to resolve the situation. When his friend Clare insists he talk about it, Eddy lashes out in frustration. With Clare's help, Eddy learns that problems with a bully are not something to be ashamed of or embarrassed about – nor are bullies a problem that you have to deal with on your own. Hardesty Library, 8316 E. 93rd St., 11 a.m.-12 p.m. Additional time at 2 p.m. www.tulsalibrary.org

MAKE AND TAKE: CHEROKEE POTTERY [FREE]
Join potter Crystal Hanna for native stories and a hands-on pottery workshop. Materials are provided. Each class is limited to 25. Call 918-549-7323 to register. For kindergarten through fifth grade. Sponsored by the American Indian Resource Center and Tulsa Library Trust. Judy Z. Kishner Library, 10150 N. Cincinnati Ave. E., Sperry, 1-2 p.m. www.tulsalibrary.org

DIG WITH A DIETITIAN: H2O + BEYOND [FREE]
Sign up now for a FREE 1 hour nutrition and gardening class and activity taught by Reasor's Registered Dietitian. During this class participants will learn about the importance of water in our ecosystem, garden, and bodies while enjoying an activity. Broken Arrow Neighbors, 322 W. Broadway Ave., 2-3 p.m. www.reasors.com/event.

KIDS CONNECTIONS [FREE]
This social group is designed for children (grades K-5) on the autism spectrum. Kids Connections meets on the second Thursday of each month from 4:30-5:30 p.m. at the TARC office, 2516 E. 71st St., Suite A, Tulsa. For more information and to enroll, call Sherilyn or Steve at 918-582-8272. www.ddadvocacy.net

June 15 Friday

EARTH SCIENCES WITH TULSA ROCK AND MINERAL SOCIETY [FREE]
Learn about collecting rocks, minerals, fossils and artifacts. The Tulsa Rock and Mineral Society will share knowledge about the earth sciences and working with lapidary arts. For ages 10-18. Herman and Kate Kaiser Library, 5202 S. Hudson Ave., 2-3:30 p.m. www.tulsalibrary.org

June 16 Saturday

THIRD ANNUAL BLACKBERRY JAM
Enjoy U-Pick Blackberries, music, food, fun, browsing the gift shop and eating free blackberry cobbler at Rock Creek Farms, 20412 W. 61st St. S., Sand Springs, 10 a.m.-4 p.m. www.rockcreekfarmsok.com

IMAGINATION DAYS AT AHHA [FREE]
Your family is invited to learn about the art of our time and experience it firsthand with storytelling, music, dance, and hands-on "make and take" art projects. Ahha, 101 E. Archer St., 12-5 p.m. www.ahhatulsa.org

THIRD SATURDAY LIVING HISTORY MUSEUM AT HUNTER'S HOME
Visit Hunter's Home (formerly known as the George M. Murrell Home) in Park Hill to participate in a nineteenth-century living history activity. Historical interpreters dressed in period clothing will perform everyday plantation tasks, and guests can enjoy a variety of demonstrations, talk to historians, and even participate in some of the activities. Hunter's Home, 19479 E. Murrell Home Rd., Park Hill, 1-4 p.m. www.okhistory.org

AMERICAN GIRLS AND FRIENDS: KIRSTEN LARSON (1950S) [FREE]
Join the Helmerich Library for an educational day for the American Girl doll of the month: Kirsten Larson. Bring your doll for a historical celebration as guests learn about the lives of people just like us from the past. There will be a quick lesson and storytime followed by a historical craft for you to take home. All dolls are welcome. We will have a few dolls on hand if you don't have one of your own. For kindergarten through fifth grade. Helmerich Library, 5131 E. 91st St., 1-3 p.m. www.tulsalibrary.org

MOVIE @ MAXWELL PARK: KUBO AND THE TWO STRINGS [FREE]
In this 2016 music-themed movie, a young Japanese boy embarks on a journey to learn the truth about his missing father. Popcorn and light refreshments are provided. The movie is rated PG, so parents are recommended to attend with small children. Maxwell Park Library, 1313 N. Canton, 2-4 p.m. www.tulsalibrary.org

June 17 Sunday

FUNDAY SUNDAY [FREE]
Children and adults alike can enjoy an afternoon of exhibition-inspired activities, artist-led studio projects, museum exhibitions and interactive spaces. Special activities from Noon to 4:00 pm, with free admission all day. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 12-4 p.m. www.gilcrease.org

June 18 Monday

SENSORY ACTIVITY FOR YOUNG SCIENTISTS
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.
www.tulsachildrensmuseum.org

STORYTIME YOGA [W]
Bring the kids to let their imaginations run wild and get the mid-morning wiggles out! Hosted by StudiOne's co-owner, Teresa (who also has years and years of Kindergarten teaching experience!), this class is open to all ages with the presence of an adult chaperone! No sign up necessary, $5. StudiOne Tulsa, 525 S. Main St., Ste. 101, 10:30 a.m. www.studionetulsa.com

June 19 Tuesday

STORYTIME AT BARNES & NOBLE SOUTHROADS [FREE, W]
Join Barnes & Noble Southroads for Storytime every Tuesday at 11:00 am. Selections will vary each week and include classics, new picture books and some of the staff's personal favorites! Barnes & Noble, 5231 E. 41st St., stores.barnesandnoble.com

TINY PLANETS [FREE]
Create miniterrariums with recycled materials, and learn about ecosystems and how plants can affect them. Materials are provided. For ages 10-18. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. Skiatook Library, 316 E. Rogers, 1-3 p.m.

IMPROV FOR BEGINNERS: A FREE COMEDY CLASS! [FREE]
Calling all comedy fans! Join Jason Watts, local comedian and owner of Rabbit Hole Improv Comedy, for this interactive, hilarious introduction to the world of improv comedy. For adults. Central Library, 400 Civic Center, 5:30-6:30 p.m. www.tulsalibrary.org

June 20 Wednesday

THE GREAT CLASSICS: STORYTIME WITH TULSA BALLET [FREE]
Journey through the great ballets of the classical repertoire. For preschool through fifth grade. Central Library, 400 Civic Center, 10-11 a.m. www.tulsalibrary.org

DIY MINI BANJOS [FREE]
Learn how to make mini banjos using household items. For ages 12 and younger. / Aprende cómo fabricar mini banjos usando materiales reciclados. Martin Regional Library, 2601 S. Garnett Rd., 10-11 a.m. www.tulsalibrary.org

TEEN BOARD GAMES [FREE]
Do you enjoy playing board games like "Apples to Apples," "Exploding Kittens," "Munchkin" and "Ticket to Ride"? Play these fun games and more at the Owasso Library For ages 10-18. Owasso Library, 103 W. Broadway St., 4-5 p.m. www.tulsalibrary.org

June 21 Thursday

SAFE KIDS CAR SEAT CHECK [FREE]
Make sure your child's car seat is installed correctly! Tulsa Fire Department Station 22, 7303 E. 15th St., 10 a.m.-12 p.m. www.safekidstulsa.com

A SPORTY STORYTIME WITH TYLER LOCKETT, WIDE RECEIVER FOR THE SEATTLE SEAHAWKS [FREE]
Join Tulsa native, Booker T. Washington High School graduate and NFL player Tyler Lockett as he reads stories from a few of his favorite books. Central Library, 400 Civic Center, 10-11 a.m. www.tulsalibrary.org

SILENT DINNER [FREE]
Silent Dinners are THE place to come and practice sign language in a non-threatening environment. You will find that many Deaf people of all ages attend Silent Dinners to socialize in sign language. All levels of skill are welcome from very beginning learner to native signers. Woodland Hills Mall Food Court, 7021 S. Memorial Dr., 6 p.m. www.tsha.cc

SUMMER IN THE PARK MOVIE NIGHT [FREE]
This summer, the Jenks Chamber of Commerce will host outdoor movie nights on the third Thursday of each month. This event is free and family friendly. Downtown Commons, 2nd and A St., Jenks, 7-10 p.m. www.jenkschamber.com

June 22 Friday

FILM ON THE LAWN: "MOULIN ROUGE!"
If you're a true romantic, you already know the story: Christian (Ewan McGregor) moves to Paris to pursue a Bohemian lifestyle and then of course falls into a doomed love affair with Satine (Nicole Kidman), the most beautiful girl at the MOULIN ROUGE. Activities begin at 6 p.m.; the film starts at dusk. Philbrook Museum, 2727 S. Rockford Rd. www.philbrook.org

FAMILY PROGRAM: FROG TALK
Come discover the language of frogs with your family! The evening will start off off at the Sam Noble Museum, where guests will learn about frog calls, habitats and identification. Then attendees will caravan to a local park to experience the night life of Oklahoma frogs. Must pre-register. Sam Noble Museum, 2401 N. Chautauqua Ave., Norman, 7-9 p.m. samnoblemuseum.ou.edu

June 23 Saturday

LEARN BASIC CPR [FREE]
Learn basic CPR with Citizen CPR and Tulsa Parks! This class will use the American Heart Association's "Family & Friends CPR format. Visit www.tulsacpr.com to register or call 918.596.3600. Hicks Park, 3443 S. Mingo Rd., 9:30 a.m.-12 p.m. www.tulsacpr.com

PAINT BY STICKERS FOR KIDS AND ADULTS [FREE]
Enjoy the fun new way to color a beautiful picture without paint! In paint-by-sticker the pictures are covered with precut, numbered stickers instead of paint. Recommended for ages 5-adult. All materials are provided. Difficulty levels range from children to adult. Schusterman-Benson Library, 3333 E. 32nd Pl., 2-3:30 p.m. www.tulsalibrary.org

June 24 Sunday

DROP-IN STUDIO AT GILCREASE [FREE, W]
Explore new materials and concepts each month under the guidance of Gilcrease teaching artists. Studio activities can be adapted for visitors of all ages, backgrounds and artist abilities. All supplies and materials provided. Free for members, and free with museum admission for not-yet-members. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 1-4 p.m. www.gilcrease.org

June 25 Monday

FRONTIER DAYS KIDS CAMP
Your kids will not want to miss the fun and interactive three-day camp that will take them back to life on the Ranch in the 1800s. Hands on activities will teach your children about the hard work of Ranch life in a fun, entertaining and learning en-

vironment. Will Rogers Birthplace Ranch, 9501 E. 380 Rd., Oologah, 8:30 a.m.-12:30 p.m. Register online at www.willrogers.com

JUMP AND SING!/¡CANTANDO Y SALTANDO! [FREE]
Learn some awesome songs and rhymes while practicing your jump-roping skills! For ages 12 and younger. / Vamos a aprender canciones de saltar la cuerda y también vamos a saltar! Martin Regional Library, 2601 S. Garnett Rd., 12-1 p.m. www.tulsalibrary.org

SHEET-MUSIC FLOWER LIGHT [FREE]
Create beautiful flower lights with sheet music. You will love the way they look! For ages 10-18. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. Hardesty Library, 8316 E. 93rd St., 1-2:30 p.m. www.tulsalibrary.org/events

SEWING WITH MISS EVA: UPCYCLED T-SHIRTS [FREE]
Bring an old T-shirt and turn it into something new! Or you can bring any sewing project you are working on and join the group. All levels of sewing experience are welcome. Feel free to bring your sewing machine. For ages 10-18. Owasso Library, 103 W. Broadway St., 3-5 p.m. www.tulsalibrary.org

June 26 Tuesday

MESSY ART CLUB: PAINT TO THE MUSIC [FREE]
Listen to different styles of music as an art prompt for watercolor-resist painting. This activity encourages intentional listening and creative confidence. For ages 3 and older. Zarrow Regional Library, 2224 W. 51st St., 6-7 p.m. www.tulsalibrary.org

June 27 Wednesday

PRESCHOOL SINGALONG [FREE, W]
Enjoy songs you love from storytime and learn new ones to sing together at home. For ages 3-5 and their caregivers. Herman and Kate Kaiser Library, 5202 S. Hudson Ave., 10:30-11 a.m. www.tulsalibrary.org

TEEN CONNECTIONS [FREE]
Teen Connections is a social group for middle and high school students on the autism spectrum. Once each month, they meet together for fun activities such as board and video games where they can practice positive social skills with others with similar interests. Connections meets on the fourth Wednesday of each month from 4:30-6 p.m. at the TARC office, 2516 E. 71st St., Suite A, Tulsa. www.ddadvocacy.net

MOVIES IN THE GARDEN: "WAYNE'S WORLD"[FREE]
Join the Central LIbrary for a movie in the garden to celebrate this year's Adult Summer Reading Program theme: "Libraries Rock!" In this oddball comedy based on a "Saturday Night Live" sketch from the '80s, Wayne and Garth struggle to take their public-access show to the big time. Rated PG-13. Doors open at 6:30 p.m.; movie starts at 7 p.m. Enjoy free popcorn! Bring your chairs and blankets. Central Library, 400 Civic Center, 7 p.m. www.tulsalibrary.org

June 28 Thursday

INTERNATIONAL MUD DAY
Kids and families are encouraged to come play in the dirt as the Botanic Garden celebrates International Mud Day. Making mud pies and getting dirty is what it's all about. Wear clothes and water shoes for getting dirty—a rinse area will be available. For details, visit www.tulsabotanic.org or call 918.289.0330. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 1-4 p.m. and 5-8 p.m.

MOVIE CLUB: GEORGE LUCAS STRIKES BACK! –"WILLOW" (PG) [FREE]
Kick back and have some snacks as we watch this 1988 fantasy classic. Popcorn and soda are provided, but are limited. For all ages. Helmerich Library, 5131 E. 91st St., 2-4 p.m. www.tulsalibrary.org

PAWS FOR READING [FREE]
Registered therapy dogs are excellent listeners. Kindergartners through fifth-graders are invited to read their favorite books to a furry, four-pawed friend. Each reader will receive a free book provided by the Raymond and Bessie Kravis Foundation through the Tulsa Library Trust. Registration is required. Call 918-549-7323 to register. Bixby Library, 20 E. Breckenridge, 3-4 p.m. www.tulsalibrary.org

June 29 Friday

JUGGLE WHATEVER [FREE]
Kelsey and Jeremy Philo perform an amazing glow circus show with a variety of astounding LED props including hula hoops, juggling, unicycling and more. Learn how to spin plates, juggle and more! For ages 10-18. Herman and Kate Kaiser Library, 5202 S. Hudson Ave., 11 a.m.-12 p.m. www.tulsalibrary.org

FAMILY MOVIE FRIDAY: "ENCHANTED" [FREE]
Join the Owasso Library for this musical movie! Rated PG. For all ages. Admission tickets will be handed out 30 minutes prior to program start time. Owasso Library, 103 W. Broadway St., 2-4 p.m. www.tuslalibrary.org

June 30 Saturday

SUMMER SATURDAY MOVIES: "HAIRSPRAY" [FREE]
An unpopular but optimistic high schooler in 1962 Baltimore gets on a local dance program which she eventually integrates, causing a scandal in the whole city. This musical comedy stars Zac Efron, Queen Latifah and John Travolta. Rated PG. For ages 13-18. Hardesty Library, 8316 E. 93rd St., 2-4 p.m. www.tulsalibrary.org

COSPLAY CRAFT [FREE]
Make a set of costume horns – not the kind of musical horns, but the kind that can create a look of fantasy and wonder – just in time to wear at Tokyo in Tulsa! This year's theme for Tokyo in Tulsa is "Ninjas vs. Cowboys," but maybe your ninja or cowboy has horns growing out of your head! For ages 13-18. Supplies are limited so registration is required. Register online at www.tulsalibrary.org/events, by calling 918-549-7323 or signing up in person at the ASK desk at Zarrow Regional Library, 2224 W. 51st St.. 2-3 p.m. www.tulsalibrary.org/events



PLAY BALL!

TULSA DRILLERS
ONEOK Field, 201 N. Elgin Ave.
6/1, 7:05 p.m. vs. Corpus Christi
6/2, 7:05 p.m. vs. Corpus Christi
6/3, 1:05 p.m. vs. Corpus Christi
6/13, 7:05 p.m. vs. NW Arkansas
6/14, 7:05 p.m. vs. NW Arkansas
6/15, 7:05 p.m. vs. NW Arkansas
6/16, 7:05 p.m. vs. NW Arkansas
6/17, 1:05 p.m. vs. Springfield
6/18, 7:05 p.m. vs. Springfield
6/19, 7:05 p.m. vs. Springfield
6/20, 11:05 a.m. vs. Springfield
6/21, 7:05 p.m. vs. NW Arkansas
6/22, 7:05 p.m. vs. NW Arkansas
6/23, 7:05 p.m. vs. NW Arkansas
6/24, 1:05 p.m. vs. NW Arkansas

TULSA ROUGHNECKS FC
ONEOK Field, 201 N. Elgin Ave.
6/9, 7:30 p.m. vs. St. Louis FC
6/27, 7:30 p.m. vs. LA Galaxy II
6/30, 7:30 p.m. vs. Las Vegas Lights

TULSA ATHLETIC
Veteran's Park, 1811 S. Boulder Park Dr.
6/10, 4 p.m. vs. FC Wichita
6/17, 2 p.m. vs. St. Louis Club Atletico
6/24, 2 p.m. vs. Demize NPSL

TULSA INTERNATIONAL BALLOON FESTIVAL
When: June 13-17, 2018
Where: Find more information at www.tulsaibf.com
This Tulsa International Balloon Festival features twice daily balloon flights, a nightly balloon glow, large carnival, food trucks, retail vendors and much more!

TULSA TOUGH
When: Friday-Sunday, June 8-10, Times Vary
Where: Blue Dome District (Friday Night), Tulsa Arts District (Saturday), North Riverside Dr. (Sunday)
Many consider Tulsa Tough weekend to be the best of the year! This three-day cycling festival takes place in three exciting locations: on Friday, cyclists race through the Blue Dome District as the sun goes down; on Saturday, the event moves to the Tulsa Arts District, where spectators can cool down with a drink at any of the district's many restaurants or drink venues; on Friday, the party gets a little wild at Cry Baby Hill—so if that's your scene, you may want to find a baby sitter! Or, plan on sticking closer to Riverside and enjoy a free Kid's Zone. Don't miss the free, 5-mile Townie Ride on Sunday at 2:15 p.m., or the kids' races (ages 9 and under) on Saturday at 3:05 p.m. and Sunday at 1:10 p.m. Learn more at www.tulsatough.com

16th ANNIVERSARY ASIAN-AMERICAN FESTIVAL
When: Saturday, June 23, 11 a.m.-2 p.m.
Where: Martin Regional Library, 2601 S. Garnett Rd.
Celebrate the colorful cultures of Asia. Learn about the customs and traditions of many Asian cultures with entertaining, educational events for the entire family, plus food, arts and crafts. Visit www.tulsalibrary.org/asianfestival for a schedule of activities and participating groups. Funded and sponsored by the Tulsa Library Trust.

BARTLESVILLE SUNFEST
When: Friday, June 1, 3-10 p.m.; Saturday, June 2, 10 a.m.-10 p.m.; Sunday, June 3, 10 a.m.-4 p.m.
Where: Sooner Park, located at Madison Blvd. and Tuxedo Ave. in Bartlesville
"Oklahoma's Biggest Outdoor Picnic" offers a relaxed atmosphere, quality and cost-free entertainment, a diverse range of arts and crafts, creative activities for children, terrific food in abundant variety, and an eye-popping car show. Learn more at www.bartlesvillesunfest.org

OKM MUSIC FESTIVAL
When: Friday-Friday, June 8-15, schedules vary
Where: Multiple locations around Bartlesville, OK
OKM Music Festival (formerly known as OK Mozart International Festival) is an annual, multi-genre music festival held each June in Bartlesville, Okla. The festival is a week-long, multi-location event with professional orchestra musicians, concert artists and musical performances of the highest caliber. Concert artists include pop, country, rock, classical, chamber, jazz, blues and contemporary. One of the mainstays is the beloved outdoor concert at Woolaroc, featuring a performance under the stars next to Clyde Lake. Find more information at www.okmmusic.org

BLACK GOLD DAYS
When: Thursday-Sunday, June 14-17
Where: Black Gold Park, near 141st St. along Highway 75
This four-day festival attracts vendors and attendees from all across Oklahoma and the surrounding states. In addition to a variety of food and craft vendors, Black Gold Days features live entertainment, frog and turtle races, the Optimist Club Horseshoe Contest, a beer garden and thrilling carnival rides! www.glenpoolchamber.org

CHILDREN'S FESTIVAL
When: Saturday, June 23, 10 a.m.-5 p.m.
Where: Chickasaw Cultural Center, 867 Cooper Memorial Dr., Sulphur
The Chickasaw Cultural Center's annual Children's Festival has fun events for the whole family. Learn more at www.chickasawculturalcenter.com



Let kids be kids at Woolaroc Kidsfest, June 23-24. This event features arts and crafts, music, games and more!

BIXBY GREEN CORN FESTIVAL
When: Thursday-Friday, June 28-29, 5-11 p.m.; Saturday, June 30, 9 a.m.-12 a.m.
Where: Charley Young Park in downtown Bixby (south and east of 151st & Memorial)
The Festival is designed as good, old fashioned, family-oriented fun. Starting at 6 p.m. Thursday night, it features live music, arts and crafts, food and a carnival. A talent show, to highlight area youth, is held on Friday at the Bixby Community Center. The Green Corn parade entertains the crowds Saturday morning before a day of great games and contests for the young and young at heart. Learn more at www.bixbyoptimist.com/bixby-green-corn-festival

WOOLAROC KIDSFEST
When: Friday-Saturday, June 23-24, 10 a.m.-5 p.m.
Where: Woolaroc Museum & Wildlife Preserve, 1925 Woolaroc Ranch Rd., Bartlesville
This traditional event features arts and crafts, games, live music, inflatables, and so much more! Kidsfest is included with regular admission: Adult tickets are $12, Seniors are $10, and kids 11 and under are free. www.woolaroc.org



Hip Mom Investigates Tulsa Breweries

(Hip Dad Might Like to Go, Too)

BY JILL VANTREASE

PVT, my hunky hirsute husband, is a Tulsa native - he graduated from Memorial High School about 3 million years ago. After graduating, he spent 15 years away for college, grad school, and his first couple of jobs. During that time, he became somewhat of a beer snob, which is not surprising when many of these years were spent in Portland and Seattle, both incubator towns of the microbrew phenomenon. Rogue, Widmer, Deschutes….just murmuring one of these ale makers would give him a soft, happy look. Oh, and the Northwest brewpubs! McMenamin's, a chain of quaint and quirky pubs in restored historical buildings, were a favorite haunt of ours. We could sit at a picnic table near a restored farmhouse, quaffing beverages and yapping while the kids ran amok in verdant fields of grass. So he was a bit chagrined to find upon his return to his hometown that most venues served Coors and Bud Light. Gah! Where were the IPAs, the stouts, the dunkel weisse? He declared Tulsa a "beer desert."

Friends, let me confess first: I know absolutely NOTHING of beer vernacular. While I love a sip of beer, I can't drink the whole darn pint: for some reason, those hoppy beverages take up too much precious real estate! (Wine, however, slides down entirely too easily.) But in honor of my beloved spouse and his 15th Father's Day, I thought we might explore Tulsa's burgeoning brew-



AMERICAN SOLERA

pub culture. Because -- it's a thing here now! A big thing, with talented, innovative brewmasters.

We first explore American Solera (probably because American Solera has a micro tasting/tap room conveniently located near the TulsaKids office). American Solera was just named the best new brewery in the US - and the second best in the whole world! It's the passionate project of brewmaster Chase Healey, who recently sold Prairie Artisan Ales to Krebs Brewing Company. American Solera is "a creative craft brewery specializing in the oak barrel aging process." I knew wines aged in oak barrels, but I guess beers do too! Most of their beers are aged 6 to 18 months prior to bottling, which gives each beer its own unique flavor profile. So with a cellar of 16 foeders, puncheons (big things holding beer), and wine barrels, the possibilities are endless! The tiny taproom is charming, right near Dalesandro's and Burn Co. We gather a little group of TulsaKids ladies and sip some unique, stylistic brews. When I confess to the brew-mistress - is that a term? - that I am more of a wine girl, she recommends the "Biere de Picpoul," which is actually a beer refermented with Picpoul Grapes - grapes that were trucked in on ice from California! It is crisp, light and fabulous. The diminutive pixie Tara, our social media editor, puts us all to shame and orders the Maple Dilemma - an "Imperial Milk Stout with Maple, Coffee and Cacao Nibs" - wow! It's almost like a thick, iced mocha stout. And at 12% alcohol, it is not to be thrown down too quickly. Luckily, you can order pizza at the taproom; because of byzantine Oklahoma liquor laws (which are changing soon!), microbreweries cannot serve food, but brewpubs can.

For serious beer tasting, I enlist PVT and our partners in (mild) debauchery, Mark and Karen. We head out to the actual American Solera microbrewery on the west side. It's in a wooded area at the end of a long road -- we almost think we've gotten lost, but there it is -- a little outpost with picnic tables out front, errant cats and dogs, and a comfy seating area inside. Mark and PVT order sample flights of all the beers; PVT prefers the "Dank of Tulsa," an IPA (a light-colored beer typically with a higher than average alcohol and hop content), and opts to take home an entire "growler" -- that's a 32-ounce container of beer! All of the beers lean towards citrusy undertones; we all find them a bit more sour than we're used to, but still eminently refreshing. What fun we have, hanging out in this congenial setting with other serious beer aficionados.

Then we head downtown to Dead Armadillo, a relative newcomer on the Tulsa brewery scene that is growing almost exponentially. Dead Armadillo's majority owner and brewmaster, Tony Peck, started crafting his brews in a space rented out from a friend in 2013. His beers are more traditional than those we

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DEAD ARMADILLO

drank at American Solera -- Mark and PVT enjoy them immensely. Their most popular beer is the Amber Ale; the London Ale yeast used "imparts a bold, crisp nose and subtle fruit which leads to caramel sweetness and a dry, bitter finish from the late addition of Cascade hops." Dead Armadillo's "Low and Outside Pale Ale" was brewed specifically for baseball games at Oneok field -- it's light, but still full of flavor. Their latest beer, Tulsa Flag Pale Ale, is a smashing success: the blonde ale is "crafted with old world specialty malts which lend color and complexity to an otherwise simple recipe." And, it's got really great packaging too!



PRAIRIE

What's fabulous about Dead Armadillo -- besides having a taproom in front -- is an area out back called "The Boneyard" with picnic tables, games like cornhole and washers, another bar area, and a food truck -- during our visit it's The RubTruck serving BBQ. They often have live music; it's such an idyllic little spot tucked into the shadow of downtown. Hence it has great nighttime views -- perfect for private parties as well. Our merry foursome fritters away a happy hour or so, until PVT and I have to go relieve the babysitter lest we turn into pumpkins.

The list goes on. There's Prairie Brewpub in the Brady Arts district; their beers are brewed onsite by Prairie Artisan Ales and are delicious as well. My devoted research partner Kelly and I sample a flight of their ales. The featured beer, Prairie's Birthday Bomb, is especially intriguing to me. It's aged on coffee, cacao nibs, vanilla beans, and ancho chili peppers. Prairie, incidentally, is considered a brewpub, which means they can serve food. So bring the kids (especially during Christmas time; their decor is jaw-dropping and outlandish!).

It's a testament to the growing craft beer scene here that I can't even fit all the microbrews in one article. I don't make it to Marshall's (the granddaddy of them all), Cabin Boys brewery (with beers like Bearded Theologian and Hefty Bison Hefeweizen on tap, surely they are worth investigating!), Elgin Park...so here's the solution, mamas — treat that special dad, brother or husband in your life to a tour of Tulsa microbreweries for Father's Day. He'll appreciate it so terribly much more than another tie or more power tools.



BY NATALIE MIKLES

forks not required: summertime finger food

Summertime is the time for fun food. And for kids, that means foregoing forks in place of finger foods.

My kids tend to eat a lot more finger foods in the summer months. In between long days spent playing outside, we snack on sandwiches, eat popsicles and pull dinner off kabobs.

And while we're a little looser with dinner times and gathering around the table every night in the summer, it doesn't mean we have to sacrifice our kids' nutrition. Dinner may be eaten by the swimming pool or on the front porch, but it can still be healthy.

Here are some recipes that will keep your family happy and healthy this summer. Just be sure to have plenty of napkins since forks aren't required.



Thread fruit on wooden kabobs, and serve with this yummy dip.

Fruit Kabobs with Cottage Cheese Dip

- 1 cup cottage cheese
- 2 tablespoons milk
- 1 teaspoon honey
- 4 to 6 teaspoons fruit jam

1. Blend the cottage cheese, milk and honey together until smooth. Cover and chill the dip until ready to serve. It will keep in the refrigerator for a few days.

2. Before serving, add jam and make a pretty swirl using a toothpick. Serve with cut fruit or graham crackers.

Set aside any fussy salmon recipes you have. For summer, cut it into cubes, place on a hot grill and serve on kabobs or as a fun finger food with raw veggies.

Teriyaki Salmon

- 8 ounce skinless salmon filet
- Small piece of fresh ginger
- 1 1/2 tablespoons soy sauce
- 1 tablespoon honey
- 1 tablespoon sesame seeds

1. Cut salmon into 1-inch cubes. Place on metal skewers.

2. Finely grate ginger until you have about ½ teaspoon. Combine ginger with soy sauce and honey, and mix together. Brush sauce on salmon.

3. Cook salmon on a hot outdoor grill until flaky and done. Brush more sauce on while cooking. Once off the grill, sprinkle with sesame seeds.

Serve these pizza sticks with marinara sauce for dipping.

Pizza Sticks

- 1 refrigerated pizza crust
- 1 jar tomato bruschetta topping or pizza sauce
- 1 cup shredded mozzarella cheese

1. Top crust with topping. Sprinkle with cheese. Bake at 450 degrees, on a pizza stone or directly on rack, 12 minutes or until golden and bubbly.

2. Cut pizza lengthwise into strips.

Kids love these tortillas filled with bacon and ranch dressing.

Bacon-Ranch Pinwheels

- 8 ounces cream cheese, softened
- 1/4 cup ranch dressing
- 1/2 cup finely shredded cheddar cheese
- 6 pieces bacon, cooked and crumbled
- 1 tablespoon chopped chives
- Flour tortillas

1. In a small bowl, combine cream cheese and ranch dressing. Mix until smooth. Stir in cheddar cheese, bacon and chives.

2. Spread in a generous layer over tortillas. Roll tortillas tightly and slice into 1-inch pieces.

First Finger Foods

Babies can get in on the finger food action, too. Here are some good first finger food bites for babies, once the doctor has given the OK.

- Steamed sweet potato sticks
- Soft ripe banana, mango, peach or melon
- Strips of toast or broiled cheese toast

Finger Foods for Kids

Consider these easy foods to pack in lunchboxes for day camp, to bring along for a picnic or to hand out around the pool. No forks required!

- Deli meat and cheese rollups
- Mashed banana and peanut butter sandwiches
- English muffin pizzas
- Mini meatballs
- Pita bread stuffed with hummus and grilled chicken strips (serve warm or cold)
- Sausage link rolled in a cooked pancake



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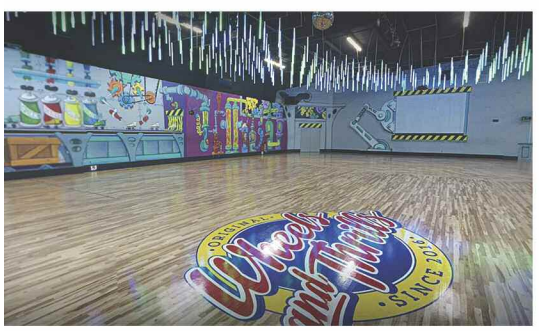
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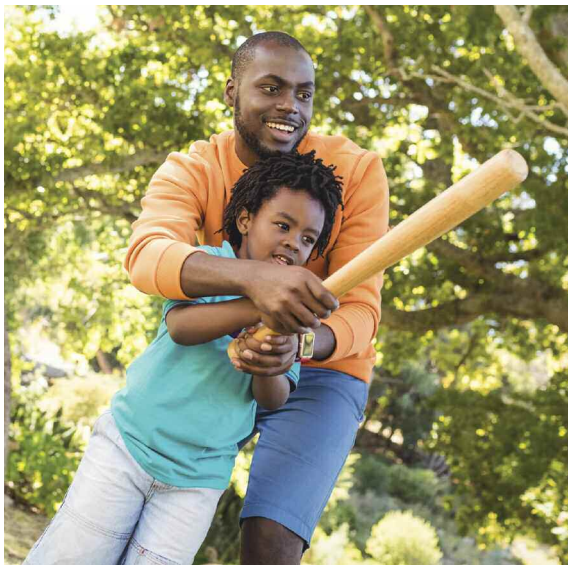
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tulsakids.com

What's Going On(line)?



Daddy and Me "Play Ball!" Photo Contest

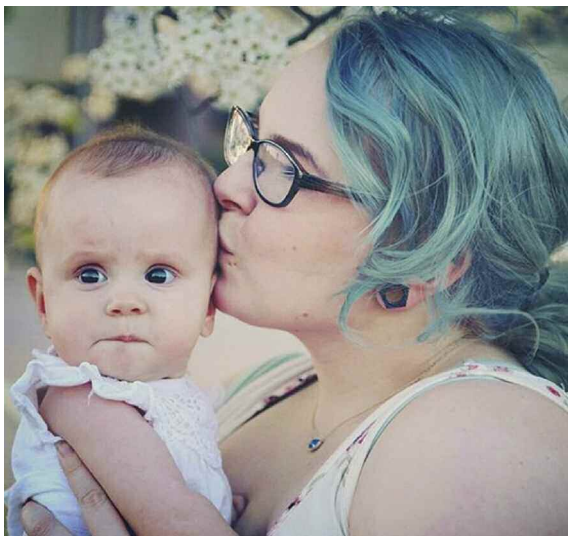
Submit a photo of your child playing their favorite game with their dad for your chance to win 4 tickets to the Tulsa Drillers' Father's Day Game (Sunday, June 17 at 1:05 p.m.) and a fun Driller's souvenir, as well as Tulsa Roughnecks FC scarf and 4 tickets to their game on June 30! Entry is open from May 28-June 11. Find the link at www.tulsakids.com/contests.

Win a Party with **Tiny Things by Bowen**

Tiny Things by Bowen is a small local business run by Tulsa artist, Sarah Bowen. For 5 years she has been bringing her tiny polymer clay creations out to local festivals and events. Perhaps you have seen the colorful gnomes, realistic tiny foods, or her small army of sloths around town. In 2017 Sarah discovered a passion for teaching her art. Tiny Things by Bowen now offers community workshops, personalized parties, and specialized classes to the public as well participating in the Artists in the Schools program.

If you haven't attended a Tiny Things by Bowen party, now's your chance! Sign up at www.tulsakids.com/contests from June 6-20 for your chance to win a crafty party at Inner Circle Vodka Bar, along with one round of drinks for up to six guests (including the winner) and dessert from a bakery of your choice!





WE HAVE A WINNER....

Thank you to everyone who participated in our Mommy & Me photo contest, sponsored by **The Steel Horse**, and congratulations to Shayla T., who shared this adorable photo:

Caption: "Finley Rose to the left, Shayla to the right. Photo creds to Xaviara Snider."

And because we couldn't resist, here are a few more "Mommy and Me" photo submissions. We loved them all!



Holly R, & Graham



Laura W. & Mario



Morgan M.



Noelle V.



Susan T.



Tia S
PC Son Kissed Photography

Congratulations also to Tina C., who won the **Unlimited Fun Party Package to Wheels and Thrills!** Thank you to everyone for sharing your great party ideas!



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Could My Child Have Dyslexia?

Dyslexia is a complex disorder that involves much more than children simply transposing letters and numbers. Penny Stack, OTD, OTR/L, CLT, and director of the Dyslexia Center of Tulsa, says that there is no standardized definition of dyslexia. "Dyslexia is like a snowflake," she says. "No one person is the same." There are three common types of dyslexia, Surface Dyslexia, Language Dyslexia and Global Dyslexia.

Surface dyslexia may involve memory and executive/cognitive functions, so even though a child may be able to read, comprehension is a problem.

Children with language dyslexia may struggle with phonics and often have trouble expressing thoughts. They have difficulty associating the sound with the letter or understanding how vowels make a word different.

Those with global dyslexia will most likely have issues with both.

Because teachers are often the first people to identify reading problems in children, parents turn to them to remediate the problem. School reading remediation typically starts with remedial phonetic awareness that fails children with dyslexia no mater how many days and weeks are spent drilling the child. Children with dyslexia will struggle to "get it," and everyone ends up feeling frustrated and anxious.

"It's like putting frosting on a cake that's never been in the oven and expecting it to stick," Stack says. "If neuropathways are not there, progress will not be long term."

At the Dyslexia Center of Tulsa, Stack works to uncover *why* a child is struggling and then find ways to build neuropathways so that the child can progress. She also gives parents things to work on with their child at home, and provides a report for the school.

If your child continues to struggle with reading, despite extra help, he or she may need to be tested by a professional.

Next Month: The Three Building Blocks for Success in Reading



Dr. Penny Stack

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BY LAURA RAPHAEL, CHILDREN'S SERVICES COORDINATOR, TULSA CITY-COUNTY LIBRARY

looking for summer fun? **summer done!**

START YOUR SUMMER RIGHT WITH THE 2018 SUMMER READING PROGRAM: LIBRARIES ROCK!

YOU get a Summer Reading Program… and YOU get a Summer Reading Program… and YOU get a Summer Reading Program…

That's right – this year, the Tulsa City-County Library is offering a Summer Reading Program for every member of your family, whether they are just a few days old or a card-carrying member of the AARP.

Visit one of the 24 Tulsa City-County Library locations (and bookmobile!) to sign up for the 2018 Summer Reading Program, which kicked off on May 29 and will end August 4.

"Libraries Rock!" is the theme, and there's a program for every age – babies, children, teens, AND adults – with special prizes, events, and coupons for all!

Visit www.tulsalibrary.org/summer for more information. Register at any of our 24 library locations!

5 Facts to Remember about the 2018 Summer Reading Program:

1. It runs May 29 through August 4. Ten weeks of summer fun!

2. There is a program for everyone at all library locations! Babies, children, tweens and teens, AND adults can all participate! Drop by one of our 24 library locations (or the bookmobile) around Tulsa or Tulsa County.



BARBEE BENSON WITH MEDALS EARNED AS A KID.

3. For babies and children, read (or have read to) 8 books + make 4 library visits = earn a medal and book of valuable coupons for free food and entertainment. Babies and children who complete the program also get entered into a grand prize drawing!

4. If babies and children read (or have read to them) 12 more books = earn a bonus prize! Babies will earn an animal rattle, and children an inflatable guitar.

5. FREE family entertainment – in the library! From magicians to rock bands, puppet shows to juggling acts, there is something cool scheduled at all of our library locations nearly every day this summer. Check out www.tulsalibrary.org/summer for a full list of events.

One Summer Reading Program Story: Look at All Those Medals!

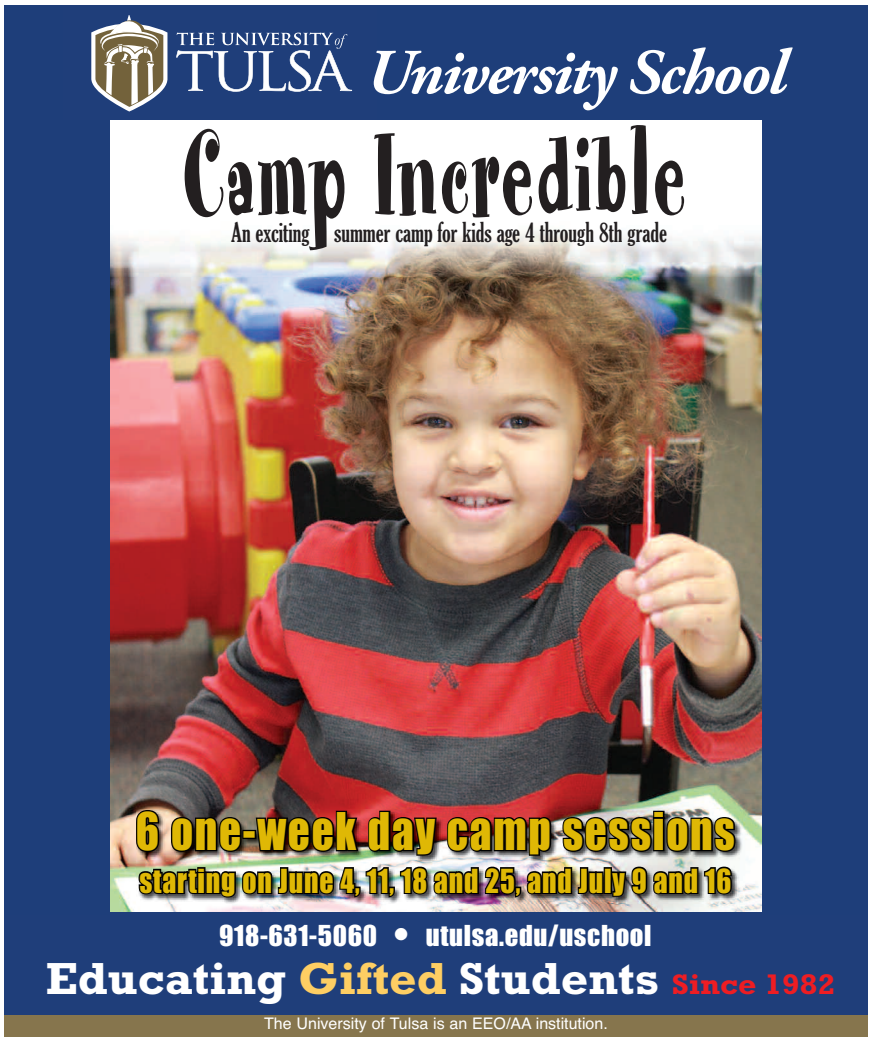
Those Summer Reading Program memories (not to mention medals!) hold a special place for one former child reader:

continued next page

"When I was a kid, the library reading program was to me as integral a part of summer as going swimming and playing with fireworks. I remember clutching my worn reading log each week as I went to my home library Brookside to get my stickers. Thinking back now I recall there were coupons and prizes for reading extra books but I don't remember what those were. All I remember were those medals -- they were so shiny and always had a cool theme (my absolute favorite is the Space one) and represented all the hard work I'd put into reading. I still treasure them to this day and have them on my desk where I work…at the library!" – Barbie Benson, Customer Care Manager, Tulsa City-County Library









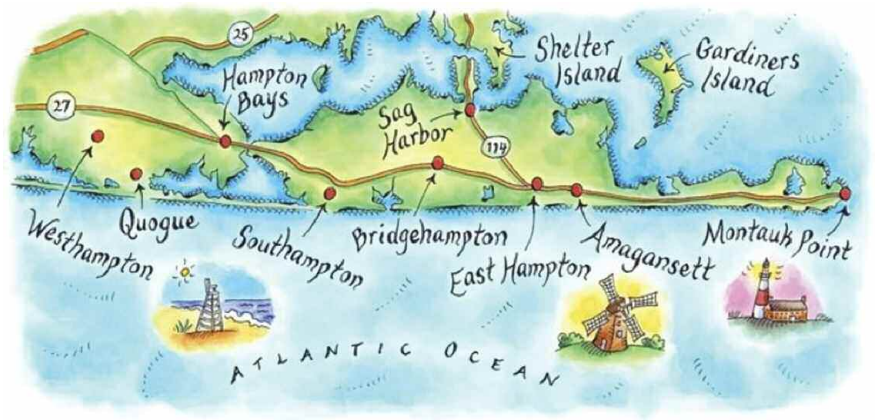
BY DIANE TRITT EATON

"The Hamptons" 101: discovering Long Island's South Fork

Where does your mind wander when you hear the term "The Hamptons"? Often, people who've never been there envision The Hamptons as a singular destination outside of New York City that is predominantly inhabited by the ultra-wealthy who own exclusive seaside mansions tucked safely behind giant hedgerows. While it's true that there are plenty of mega-rich folks around, The Hamptons, in eastern Long Island, nearly 90 miles from the hustle and bustle of the city, are home to people from all walks of life and have been a popular retreat for generations.

Every summer, the population swells with families flocking to this storied enclave. Why? Well, the overarching attraction is the beaches for they are simply some of the best! Steve Leatherman, also known as Dr. Beach for his renowned coastal expertise for 25+ years, evaluates our country's beaches and ranks them annually for water and sandy quality, safety and other important criteria. Several Hamptons' beaches, including Cooper's Beach in Southampton and Main Beach in East Hampton, are regularly on his "favorite picks" list.

Villages and Hamlets Together Equal "The Hamptons"



First, it helps to understand that "The Hamptons" is a collection of quaint, historic villages and hamlets that are part of the towns of Southampton and Easthampton. Southampton Town is comprised of over a dozen hamlets/villages such as Westhampton, Quogue, Hampton Bays, Southampton, Water Mill, a portion of Sag Harbor, and Bridgehampton. East Hampton Town consists of Wainscott, East Hampton, Amagansett, a portion of Sag Harbor and Montauk. Spanning about 50 miles along the South Fork, each locale has its own sense of community and its own unique vibe, yet each shares the same incredible asset: the continuous white Atlantic Ocean beaches with their rolling dunes and the calm waters of the surrounding bays.

Beaches Are Plentiful!

Unlike many resort towns, The Hamptons hasn't allowed much commercial development along its shorelines. High-rise hotels are non-existent and beachfront retail establishments are scarce. So, if you don't rent a home or cottage on the sea or stay at a motel, inn or Bed and Breakfast with waterfront property, don't fret. There's no shortage of public beaches from which to choose. When traveling with kids, be mindful to select beaches with lifeguards, concession stands and bathroom facilities and go early because parking is limited. As a visitor, you'll need to purchase a parking pass (applications are available online).

Popular family-oriented beaches include Southampton's Cooper's Beach and Ponquogue Beach on the ocean side and Meschutt's Beach on Peconic Bay. The Town of Easthampton is home to Main Beach, Indian Wells, Amagansett and Ditch Plains, Montauk (where surfers take on the larger waves).

Where To Play

Pre- and post- beachcombing, visitors enjoy touring historic sights and landmarks including water mills, 17th century homesteads and lighthouses. Other outings include The Bridgehampton Children's Museum or a chartered boat ride for fishing or whale watching. Sensational shopping is available throughout the region and Southampton Village, Sag Harbor and East Hampton offer the most chic variety. When hungry, there's no shortage of delicatessens, pizza joints, seafood shacks and ice cream shops as well as fine dining with literally "fresh off the boat" catches of the day. Additionally, well-established wineries and New England-style farm stands sell fresh produce, flowers and homemade pies along Rt. 27, the main road that connects the communities.

Where To Stay

Motels, hotels, B&Bs, and vacation rentals are plentiful but fill up fast, often requiring reservations many months in advance. I, personally, like The Hampton

continued next page

Maid in Hampton Bays for its family-friendliness, casual nature and central location. Consider the Southampton Inn, which has been renovated in recent years, or Montauk's historic Gurney's Inn, an oceanfront mainstay that's been adored for decades.

What's the Best Time To Go?

The summer season is crazy crowded but the weather is best for swimming and water activities. However, hotel and lodging rates drop significantly after Labor Day, so, if possible, a September or October visit can be ideal. Autumn is a terrific time, when farm stands offer hayrides, corn mazes and apple and pumpkin picking. Fall foliage is at its peak late October and the color combinations with the sky, land and sea together make for some amazing eye candy.

Seeking Simplicity and Serenity

The Hamptons have become a special place for peeling back the layers of life's complexities and getting back to some of the basics like sharing family time at a slower pace. I've been privileged to embrace this every summer, thanks to a family tradition ignited by my grandparents who understood how this special spot could foster closer family connections made during times of simplicity and serenity. Today, my family is four generations deep into enjoying time together, with Hampton Bays as our anchor.

No matter which town you choose as your family's foundation for fun, you, too, can experience this. You can hop from town to town and village to village as you explore The Hamptons (being mindful of summer traffic; especially on weekends). See www.discoverlongisland.com, www.southamptonchamber.com, and www.easthamptonchamber.com for more details.

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Showtimes & Concerts



An American in Paris Touring Company. Photo by Matthew Murphy.

ONE PERFECT MOMENT
WHEN: JULY 1-2, 7 P.M.
WHERE: TULSA PAC, 110 E. 2ND ST.
"One Perfect Moment" features solo and ensemble musical theatre numbers that depict the uniquely beautiful journey in the life of a teen. Celebrating that teens are our voices of the future, Tulsa Youth Cabaret will speak to attendees' hearts as they're taken back to a simpler time and reminded of the importance and beauty of life at all stages. www.tulsapac.com

WO
WHEN: JUNE 8-9, 8 P.M.
WHERE: TULSA PAC, 110 E. 2ND ST.
WO is a collection of dance pieces created and choreographed by women about women's issues such as miscarriage, menopause, ovarian cancer, sexism in the workplace, etc. The concept was inspired by recent political events, the women's marches and the #MeToo movement, as well as many personal stories within the local community. Presented by Portico Dance Theatre. www.tulsapac.com

BOOGIE WONDERLAND: AN EARTH, WIND AND FIRE TRIBUTE
WHEN: JUNE 8-9, 8 P.M.
WHERE: TULSA PAC, 110 E. 2ND ST.
Multiphonic Funk is a unique fusion of funk and jazz that covers other artists' music and performs its own original music. One of its biggest musical influences is Earth, Wind and Fire, and this show is a love tribute to that incredible band! www.tulsapac.com

JANET RUTLAND SINGS GERSHWIN
WHEN: JUNE 14-15, 7:30 P.M.
WHERE: TULSA PAC, 110 E. 2ND ST.
"Janet Rutland Sings Gershwin" is the 14th SummerStage cabaret show for this popular vocalist. "In a way, I'm coming full circle," Rutland notes. "The first cabaret-style show I ever produced — 20 years ago — was all Gershwin material for Tulsa Jazz Society. In this year's show, I'll share a little about the lives of those amazing brothers, George and Ira, and present their songs in the best way I know how with some of the finest musicians in Oklahoma." www.tulsapac.com

PINNOCHIO
WHEN: JUNE 17, 2:30 P.M.
WHERE: TULSA PAC, 110 E. 2ND ST.
A fresh retelling of the classical Carlo Collodi story about a wooden puppet who experiences beautiful life adventures that teach him the value of honest and integrity. Told through 20 characters in short scenes that children of all ages can follow easily. Presented by Tulsa Youth Opera. www.tulsapac.com

THE EAGLES
WHEN: JUNE 17, 8 P.M.
WHERE: BOK CENTER, 200 S. DENVER AVE.
The Eagles opened BOK Center in 2008 and are now coming back on June 17, 2018 with special guests Vince Gill and Deacon Frey! www.bokcenter.com

AN AMERICAN IN PARIS
WHEN: JUNE 19-21, 7:30 P.M.; JUNE 22, 8 P.M.; JUNE 23, 2 AND 8 P.M.; JUNE 24, 2 AND 7 P.M.
WHERE: TULSA PAC, 110 E. 2ND ST.
AN AMERICAN IN PARIS is the Tony® Award-winning musical about an American soldier, a mysterious French girl, and an indomitable European city, each yearning for a new beginning in the aftermath of World War II. www.tulsapac.com

ERICA PAPILLION-POSEY: THE STANDARD REIMAGINED
WHEN: JUNE 22-23, 8 P.M.
WHERE: TULSA PAC, 110 E. 2ND ST.
Equally at home in the jazz and classical idioms, vocalist, recording artist and author Erica Papillion-Posey is not to be missed on any stage. www.tulsapac.com

SHADES OF WHITE: A PLAY IN TWO ACTS
WHEN: JUNE 22-23, 8 P.M.

WHERE: TULSA PAC,
110 E. 2ND ST.
Set in Tulsa in 1996 — the 75th anniversary of the Tulsa Race Massacre — "Shades of White" explores the relationships between an Israeli immigrant and a former member of the Ku Klux Klan and their wives. Narrow-minded Dr. Whitehill and his crone of a wife, Birdie, are set in their miserable ways until Dr. Whitehill encounters Yossi, an open-hearted musician who loves life. Uplifting, humorous and ultimately hopeful, "Shades of White" is a fast-paced serio-comedy that is relevant for our world today. Presented by Dan Allen Center for Social Justice. www.tulsapac.com

STILL I RISE
WHEN: JUNE 23, 7:30 P.M.
WHERE: TULSA PAC,
110 E. 2ND ST.
Artist Vidhya Subramanian will perform in this dance/play combination based on the famous poem by Maya Angelou. It lends voice to women through the mythological character of Draupadi — a wife, mother, warrior and survivor. The show includes famous writings from five different languages and original music composed by Rajkumar Bharathi. www.tulsapac.com

FAMILY MAGIC SHOW
WHEN: JUNE 24, 2 P.M.
WHERE: TULSA PAC,
110 E. 2ND ST.
Master Magician Steve Lancaster conjures up fun and exciting illusions with so many surprise endings, you will wonder, "How did he do that?" It's a magical experience for children and adults alike. Special guest John Pansze joins the show as Sponji The Clown.
www.tulsapac.com

DIANA KRALL
WHEN: JUNE 27, 8 P.M.
WHERE: TULSA PAC,
110 E. 2ND ST.
Multiple Grammy Award-winning jazz pianist and world-renowned singer Diana Krall brings her "Turn Up the Quiet" World Tour to Tulsa.
www.tulsapac.com

123 ANDRÉS! (TODDLERS THROUGH FIFTH GRADERS)
Tuesday, June 5, 11 a.m.-12 p.m. and 2-3 p.m. Hardesty Library
Wednesday, June 6, 1-2 p.m. Glenpool Library
Wednesday, June 6, 4-4:45 p.m. Kendall-Whittier Library
Thursday, June 7, 1-2 and 3-4 p.m. Broken Arrow Library/South
Friday, June 8, 11 a.m.-12 p.m. Martin Regional Library
Friday, June 8, 2-3 p.m. Maxwell Park Library

MUSIC WITH CHARLIE HOPE
Monday, June 11, 2-2:45 p.m. and 3-3:45 p.m. Owasso Library (ages 1-8)
Tuesday, June 12, 11 a.m.-12 p.m. Hardesty Library (ages 1-8)
Wednesday, June 13, 11 a.m.-12 p.m. Schusterman-Benson Library (ages 1-8)
Wednesday, June 13, 3-4 p.m. Broken Arrow Library (preschool through fifth grade)
Thursday, June 14, 1-2 p.m. (ages 1-8)

MUSIC WITH WILL PARKER (ALL AGES)
Monday, June 18, 11 a.m.-12 p.m. Central Library
Monday, June 18, 3:30-4:15 p.m. Brookside Library
Tuesday, June 19, 11 a.m.-12 p.m. and 2-3 p.m. Hardesty Library
Wednesday, June 20, 10-11 a.m. Rudisill Library
Wednesday, June 20, 2-3 p.m. Nathan Hale Library
Thursday, June 21, 2-3 p.m. Broken Arrow Library/South

TIME TO GET FUNKY WITH SUGAR FREE ALL STARS (ALL AGES)
Monday, June 4, 1-2 p.m. Glenpool Library
Monday, June 4, 4-4:45 p.m. Brookside Library
Friday, June 8, 1-1:45 p.m. Kendall-Whittier

VAUDEVILLE FOLK DUO: JACK AND KITTY NORTON (ALL AGES)
Monday, June 4, 2-2:45 and 3-3:45 p.m. Owasso Library
Tuesday, June 5, 1-2 p.m. Bixby Library
Tuesday, June 5, 4-5 p.m. Martin Regional Library
Wednesday, June 6, 1-2 p.m. and 3-4 p.m. Broken Arrow Library
Thursday, June 7, 2-3 p.m. Charles Page Library



Family Workshops
View our exhibitions as a family followed by in-studio art activities every Monday and Wednesday from June 13 - August 10. Ages 5-12.

Summer Tour
Explore our collection, play games and create take-home projects every Tuesday and Thursday from June 5 - August 2. FREE. Ages 4-10.

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BY TARA RITTLER PHOTOS BY SHEEBA ATIQI

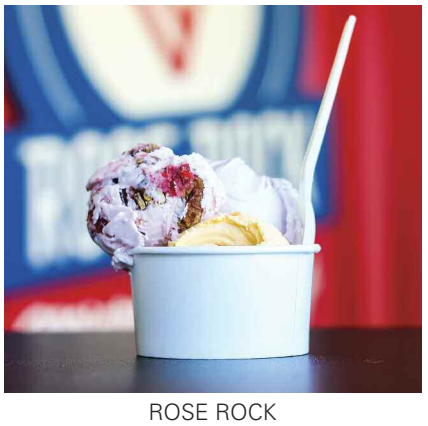
sweet treats that beat the heat

When the thermometer starts its inevitable climb toward triple-digits, don't sweat: That's what ice cream (and its frosty kin) is for. From sno cones to gelato to popsicles to good ol' fashioned (but totally reimagined) ice cream, these seven local businesses have everything you need to stay cool this summer.

ROSE ROCK MICROCREAMERY
502 E. 3rd St. # 35, The Boxyard
roserockmicrocreamery.com

How Do I Eat You? Let Me Count the Ways: Cups, cones, floats, s'mores, affogato, ice cream sandwiches, pints, flights and pies!

When asked about Rose Rock's flavor offerings, concept creator and strategic planner Jason Decker says, "We look at our dairy like a painter looks at their canvas. Some days we just get inspiration by what we see at the store." This approach means that Rose Rock frequently updates their menu with unique flavor combinations (olive oil and lemon, anyone?) while also keeping crowd favorites for longer periods of time.



ROSE ROCK

Decker says that their status as a local small business makes partnering with similar businesses a priority, so they purchase many of their ingredients from local farms or bakeries.

If you are looking for dairy-free or vegan options, they have both. Decker says, "I would argue that we have the best no-dairy offerings you can get anywhere."



JOSH'S SNO SHACK

JOSH'S SNO SHACK
71st and Garnett, 91st and Memorial, 61st and Memorial, 91st and Delaware, 714 W. Main St., Jenks, 21st and Yale (by the Golden Driller), Stillwater, Safari Joes and more!
joshssnoshack.com

Sno Delicious: Try the Dragon Slayer, a mix of peach, pink lemonade and dragon fruit flavors! Or visit their website and hunt for their "secret menu" of staff favorites.

Josh's Sno Shack was born out of young love and the dream of helping Tulsans create great summer memories. Josh Juarez started the business after his freshman year of college as a way to support himself and his high school sweetheart, to whom he is now married, through college. Today, Josh's Sno Shack has over eight locations, with more to come.

To get updates on the newest flavors and locations, follow @joshssnoshack on Facebook, Instagram and Twitter. And, if you want Josh's all to yourself, go to www.joshssnoshack.com/events for information about their catering options.



STG GELATERIA

STG GELATERIA
217 S. Main St., Broken Arrow
1601 E. 15th St., Tulsa
STG Gelato can also be found at Omega Chocolate in The Farm Shopping Center, at Andolini's in Jenks and Owasso and at Andolini's Sliced in downtown Tulsa.
stgitalian.com

Classic and Contemporary: Try traditional Italian flavors, such as straciatella and panna cotta, as well as modern twists, like Biscoff (cookie-butter flavored).

Close your eyes and imagine strolling along Ponte Vecchio in summertime Florence or taking a relaxing gondola cruise through the canals of Venice. While not all of us can take an actual Italian vacation this summer, at least the gelato at STG Gelateria can give Tulsans a taste of Italy.

STG's gelato is made in-house on Italian machines using Italian ingredients and the same process used by their Italian counterparts: it is an homage to tradition from start to finish.

In addition to gelato, STG Gelateria sells pasta, Topeca coffee and espresso and other pastries.

SWEETS & CREAM
1114 S. Yale Ave.
sweetsandcream.com

Sandwich or Sundae?: Sweets & Cream's menu is based on two offerings: ice cream sandwiches and two-scoop, two-cookie sundaes, but the simplicity

is deceptive: guests customize their dessert by choosing from twelve cookie and twelve ice cream flavors. Without doing the math, all those options mean that someone could visit every day of the summer and try something new every time!

"Home of the $1.99 ice cream cookie sandwich," Sweets & Cream is a tasty—and affordable—newcomer to Route 66. According to Kimberly Norman, who co-owns the business with husband Rob Norman and parents Ron and Susan Green, keeping their fare affordable is an integral part of Sweets & Cream's mission of bringing people together.

"We want people to get out of the house, away from technology and daily distractions, look up and enjoy what is right in front of them," says Kimberly Norman. "Our hope is that making affordable sweet treats will help in this effort."



BIG DIPPER

BIG DIPPER CREAMERY
Find them at Kitchen 66 (907 S. Detroit Ave.) and Decopolis (502 S. Boston Ave.)

Coming this summer to the Mother Road Market at 11th and Lewis!
tulsabigdippercreamery.com

Take a dip: Big Dipper Creamery will feature 12+ flavors at a time at their new Mother Road Market location—and they encourage you to sample them all! Their most popular flavor is Okie Afternoon: sweet cream ice cream with fresh raspberry and blackberry sauce.

Sami and Brian Cooper's dream of starting an ice cream business originated at home. "We started making ice cream in our kitchen, which led to sharing it with our family and friends—we loved seeing the joy it brought them and we wanted to bring the same joy to our community," says Sami Cooper.

Having noticed an underfilled niche for "premium, locally made ice cream," their dream became a reality through participation in the Kitchen 66 program, which helps kickstart Tulsa food businesses by providing important resources and training.

This summer, Kitchen 66 is expanding into the Lobeck Taylor Family Foundation's new Mother Road Market at 11th and Lewis, and Big Dipper Creamery will be among the first occupants.

When asked what is most rewarding about owning an ice cream business in Tulsa, Cooper responded, "We know this community appreciates quality and creativity, which is why we feel really supported here. Ice cream is a feel-good food that we take seriously, and sharing it with our patrons is incredibly rewarding."

THE POP HOUSE
3737 S. Peoria, Tulsa
Main Street Broken Arrow
www.thepophouse.net

Once You Pop…: The Pop House has two types of pops: fruity, which are vegan and gluten-free, and creamy, which are milk-based. POP-ular fruity flavors include Blueberry Lemonade and Watermelon Mint. For creamy, customers loved the Cookies & Cream and Chocolate Sea Salt last year.

If you've driven down South Peoria in the past year, chances are a small, bright-blue building caught your eye. Located on a green space known as The Brookside Collective, which hosts movie nights, fitness classes and more throughout the summer, The Pop House is the perfect place to go when you're in the mood for a popsicle and some family park time.

Owner Chris Davis developed the idea of The Pop House after taking family members to a gourmet pop shop in Texas, where he was living at the time. "[We] fell in love with pops on the spot," he recalls. "We couldn't believe Tulsa didn't have a fresh pop stand!" A couple years later, he moved back to Tulsa to start remedying the city's pop-less situation.

The Pop House's menu changes with the seasons, and, according to Davis, "We draw inspiration from everywhere! One bit inspiration is taking popular desserts and turning them into a pop." For example, Birthday Cake and Key Lime Pie. "We also love to build flavors around other local products like Weber's Root Beer Float and Cirque Coffee! In general, we just try to make delicious or refreshing pops that [we] would love to eat, and people seem to love most of what we've come up with!"

For information about year-round catering options, email info@thepophouse.net.



GAETANO'S

GAETANO'S PIZZERIA AND CREAMERY
8204 S. Harvard Ave.
12141 S. Elm St., #105, Jenks
gaetanospizza.net

Better Together: No one's judging if you want ice cream for dinner, but if you decide to go with something more substantial, Gaetano's also offers quality pizza inspired by owner Doug Mitcho's Italian heritage.

Gaetano's is a true family business. Co-owners Doug and Jennifer Mitcho named the business after Doug Mitcho's grandfather, Gaetano Antonio Guadagnino, who loved gardening and cooking and was known as a "uomo di respetto," or "man of respect" by his Italian peers, and they strive to honor his memory by prioritizing responsibility, respect and relationships in running their restaurants.

Gaetano's serves Chocolate Shoppe Ice Cream, a family-owned business located in Wisconsin known for its creaminess and unique flavors loaded with "extras" like Oreo chunks, caramel swirls, etc. Want more good news? Gaetano's delivers. According to Doug Mitcho, "A pint of ice cream is a very popular choice when it can be delivered right to your front door."

IDA RED GENERAL STORE & SODA FOUNTAIN
208 N. Main St.
idaredgeneralstore.com

Chasing rainbows and unicorns: Ida Red is all over the unicorn trend; not only can you purchase cute unicorn merch at the store, they are also following up winter's popular Unicorn Hot Chocolate with a Unicorn Milkshake!

The Tulsa Arts District may be one of Tulsa's most up-and-coming districts, but a trip to Ida Red General Store & Soda Fountain will take you right back to the '50s. Ida Red's Soda Fountain sells classic soda fountain drinks such as the refreshingly sour lime phosphate and curiously named Egg Cream (traditionally chocolate sauce, club soda and milk). One of their most popular menu items is their milkshakes—and the flavors change frequently, so there's always something new to try. If your sweet tooth is giving you grief, satiate it with some fresh, house-made cotton candy. And before you go, don't forget to browse Ida Red's selection of old-timey candy, bottled sodas and other fun gift items!

OTHER TREATS TO TRY:

Candy Castle's Soda Fountain, 7890 E. 106th Pl. S., Ste. V-6

Freezing Cow Thai Rolled Ice Cream, 7025 S. Memorial Dr.

Andy's Frozen Custard, multiple locations

Braum's, of course! (Multiple locations)

splish **splash**

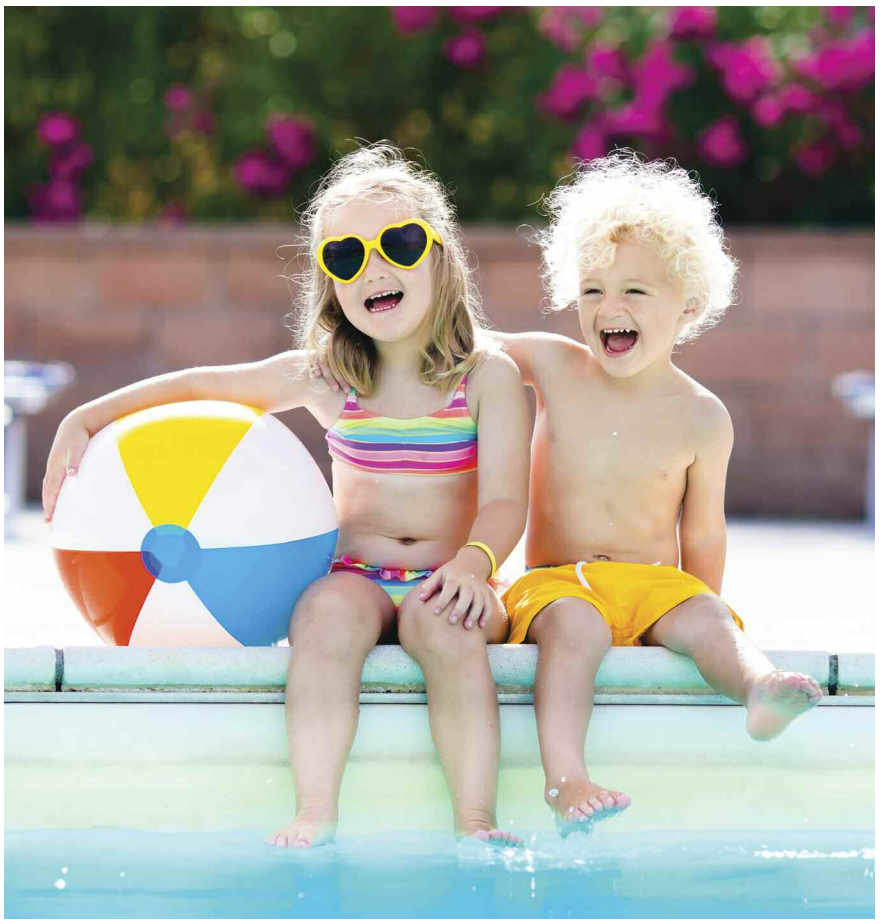
COMMUNITY POOLS
Splish, splash, have a blast! Grab your swimming suit and sunscreen and cool off at Tulsa's budget-friendly community pools.

BERRY POOL
5002 N. Wheeling
918.591.4259
Hours: Monday-Saturday, 10 a.m.-4 p.m.
Dates: Opens June 5
Price: Free

CHANDLER PARK POOL
6500 W. 21st St.
918.445.3290
Hours: Sunday, Monday, Tuesday, Thursday, Friday and Saturday, 1-6 p.m. Closed Wednesday.
Dates: Opens the first Saturday in June and closes the second Saturday in August.
Price: Adults, $4; Children 12 and under, $2. Specials: 1 adult + 1 child for $5; 2 adults + 2 children for $10, each additional child is $1.

LAFORTUNE PARK POOL
5501 S. Yale Ave.
918.496.6223
Hours: Sunday, Monday, Tuesday, Thursday, Friday, 1-6:30 p.m.; Saturday, 12-6:30 p.m. Closed Wednesday.
Dates: Opens the first Saturday in June and closes the second Saturday in August.
Price: Adults, $4; Children 12 and under, $2. Specials: 1 adult + 1 child for $5; 2 adults + 2 children for $10, each additional child is $1.

MCLURE POOL (ALL NEW!)
7440 E. 7th St.



918.596.1472
Hours: Tuesday-Friday, 11 a.m.-5:30 p.m.; Saturday and Sunday, 1-7 p.m.
Dates: Opens June 5
Price: $3; $12 for a group of 6 with minimum of 1 adult

REED POOL
4233 S. Yukon Ave.
918.591.4309
Hours: Tuesday-Friday, 11 a.m.-5:30 p.m.; Saturday and Sunday, 1-7 p.m.
Dates: Opens June 5
Price: $1; $4 for group of 6 with minimum of one adult

SOUTH COUNTY POOL
13800 S. Peoria Ave., Bixby
Hours: Sunday, Monday, Tuesday, Thursday, Friday, Saturday, 12:30-6 p.m. Closed Wednesday
Dates: Opens the first Saturday in June and closes the second Saturday in August.
Price: Adults, $4; Children 12 and under, $2. Specials: 1 adult + 1 child for $5; 2 adults + 2 children for $10, each additional child is $1.

WHITESIDE POOL
4013 S. Pittsburg
918.746.5042
Hours: Monday-Saturday, 11 a.m.-5:30 p.m.
Dates: Opens June 4
Price: Free

TULSA PARKS WATER PLAYGROUNDS
HOURS: 12-8 P.M.
Chamberlain, 4949 N. Frankfort
Helmerich, 7301 S. Riverside Drive
Hunter, 5804 E. 91st St.
Kendall-Whittier, 2645 E. 5th St.
Manion, 3003 E. 56th St.
Maxwell, 5251 E. Newton St.
Mohawk, 5701 E. 36th St. North
Owen, 560 N. Maybelle St.
Schlegel, 3825 W. 53rd Pl.
Springdale, 2223 East Pine
Vining, 6502 N. Cincinnati Ave.
Whiteside, 4009 S. Pittsburg

TULSA PARKS SPLASHPADS
HOURS: 12-8 P.M.
Archer, 2831 E. Archer St.
Benedict, 1630 E. 12th St.
Braden, 5036 E. 7th St.
Carbondale, 2802 W. 48th St.
Crutchfield, 1345 E. Independence Ave.
Dawson, 2035 N. Kingston
Florence, 1936 S. Gary Ave.
Highland, 4909 E. 36th St.
Lacy, 2134 N. Madison Pl. (not open due to construction)
Maple, 404 E. 15th St.
Penney, 531 S. 49th West Ave.
Reed, 4233 S. Yukon Ave.
Starks, 1622 N. Main
Tracy, 1134 S. Peoria Ave.
Veterans, 1875 S. Boulder Ave.
Wheeling, 2209 W. Wheeling Ave.
Zeigler, 3903 W. 4th St.
Zink, 3216 S. Trenton Ave.



2018 PARTY PLANNING GUIDE

ALLI BALLI BOUTIQUE

Contact: Stacy Davis
118 W. Dallas St.
Broken Arrow, OK
918.957.1252
alliballiboutique.com

Have a sparkly party that your guests will LOVE! Alli Balli Boutique now hosts Beading Birthday Parties for girls age 5 and up. We have several suggested jewelry packages depending on age with a full bead station and hundreds of charms to choose from. The birthday girl and guests will fully design and then create their jewelry on our bead boards. An experienced instructor will be there to teach and assist for the first half of the party. These parties are not only fun, they allow girls to be creative and and leave with a sense of accomplishment. Call us for more information or to book your party!



DISCOVERY LAB

560 N. Maybelle Ave.
Tulsa, OK
918.295.8144
discoverylab.org

Tulsa's Discovery Lab offers the best place for your kid's next birthday party! During museum hours, invite up to 30 guests to enjoy unlimited play time in the museum, exploring our exciting lineup of exhibits, navigating suspended tunnels made entirely of packing tape, and creating something in The WorkShop. Birthday parties are held in a private party room with a birthday party coordinator to assist you. If you need space for more guests, we also have affordable after-hours private party options. You bring the cake and refreshments and we take care of the rest! At Discovery Lab, we make birthday party planning simple, affordable, and fun!

LET'S GO URBAN

Contact: Stephanee Kockelman
918.859.7403
letsgoandhunt.com

Need an effortless way to host an unforgettable party? Searching for a unique team-building event? Want something exciting to do with your family or out-of-town guests? Whether you are staying local or travelling, Let's Go Urban specializes in bringing people together for an exciting adventure with our urban scavenger hunts. All hunts are accessed on your smart phone and are self-guided, so you go when it is convenient for you. We also create customizable urban scavenger hunts that are perfect for birthday celebrations, family/school reunions, corporate events, bachelor/bachelorette parties, and team outings. Let's Go Urban is located in over 75 cities and ready to help you explore in a way you have never before!

Also find us on Facebook at www.facebook.com/letsgourbanscavengerhunt

2018 PARTY PLANNING GUIDE



MILLER SWIM SCHOOL

6415 S. Mingo Rd.
Tulsa, OK
918.254.1988
918.459.5890
millerswimschool.com

Parties at Miller Swim School are a BLAST! You can party year round - rain or shine - our indoor heated pool is perfect any time! All parties are two hours and are scheduled on Friday nights, Saturday and Sunday afternoons. The basic party package includes party room and a T-shirt for the birthday child. All your guests will receive a pass to come back to a family swim and, of course, we provide a lifeguard. To view party package options and prices, go to our home page at www.millerswim-school.com — and choose birthday detail information. To reserve your party, call Miller Swim School at 918.254.1988 and plan to make a big splash! Gift certificates are also available — what better gift could you give than the skills that could someday save your loved one's life?



OKLAHOMA AQUARIUM

300 S. Aquarium Dr.
Jenks, OK
918.296.3474
okaquarium.org

Thousands of fishy friends are waiting to wish your birthday boy or girl the best year ever! Birthday party packages at the Oklahoma Aquarium include unlimited time in the exhibits (within regular business hours) to see all the exciting underwater creatures, plus special space for cake and presents. The Shark View Party Room is sure to wow your guests. Where else can you sit and marvel at bull and nurse sharks? It's a good thing sharks don't eat cake! Our Standard Party Room is more of a blank slate to decorate in any theme you choose! If your birthday child is the outdoorsy type, our fishing pond on the south end of our building is the perfect place to party with a shelter, picnic tables and fishing poles. Please visit our web-site, www.okaquarium.org for complete package details or contact events@okaquarium.org



RIVER RUN FARM

9300 S. 51st W. Ave.
Tulsa, OK
918.855.5032
riverrunfarmok.com

Our Pony Parties delight both kids and parents. We specialize in parties with our miniature horses for young horse lovers, but also offer parties with ponies and horses for older horse enthusiasts. Our parties are held in the beautiful, wooded set-ting of a working stable. If the weather does not cooperate, we hold the party inside our nice, clean barn and provide the pony rides in our indoor riding arena. Parties are fun, entertaining, and include hands-on activities like petting, brushing, and learning fun information about horses. Our parties are much more than games and a pony ride and provide a wonderful ex-perience for horse lovers of all ages. Party times are limited so plan ahead to reserve your space for this memorable child-hood party.

SOCCERCITY TULSA BIRTHDAY FUN

5817 S. 118th E. Ave.
918.249.0044
soccercitytulsa.com

Your child will have a blast bouncing off the walls at our house. Let us do the work while you have the fun. With hundreds of age-appropriate Lil' Kickers games to choose from and our high-energy coaches, you can't go wrong. Youth, adult, and Lil' Kickers packages available. All party packages include field time and time in our party room. Let your imagination run wild with endless possibilities of what you can do with your individual field time or have a birthday party hosted by a Lil' Kickers coach. Our Lil' Kickers child development program – ages 18 months to 9 years, camps, parties, and lock-ins are offered year round as well.

Please contact kendall@soccercitytulsa.com for party booking and availability

See: www.soccercitytulsa.com/index.php/parties-events/

2018 PARTY PLANNING GUIDE

SSB KIDS!

1700 N. Redbud Pl.
Broken Arrow, OK
918.258.5437
ssbkids.com

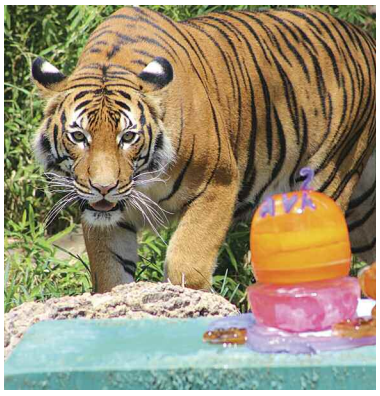
Broken Arrow's greatest party destination just got better! Inflatables, trampolines, gymnastics, equipment and jumping pits. Gym parties include pizza and beverages. Book your gym party now! 918.258.5437 www.SSBkids.com

TINY THINGS BY BOWEN

918.973.4089
tinythingsbybowen.com

Host your own polymer clay party with Tiny Things by Bowen! We come to you, providing all supplies and instruction for you and your guests to make tiny, colorful works of art! We will work with the birthday kid to choose a theme and create a step-by-step lesson on crafting their tiny heart's desires, or guests can use their big imaginations to make their own tiny creations. Each crafter will leave with TWO completed projects and may choose to turn their figurines into jewelry or magnets! It's not all for the kiddos either, we do grown-up parties, corporate events, and more — schedule your personalized clay party today!

See what we've been crafting at www.facebook.com/tinythingsbybowen



TULSA ZOO

6421 E. 36th St. North
Tulsa, OK
918.669.6609
tulsazoo.org/your-events

From birthday parties, to company celebrations, to weddings, the Tulsa Zoo offers just the right setting for your special event. Zoo staff will cater to your wildest instincts, helping you plan and customize your unique zoo experience. From the total package to our a la carte options, you'll find plenty of ways to party at the zoo. Find out how you can plan the party of the year at your Tulsa Zoo by visiting tulsazoo.org/birthdays or by calling 918.669.6609.

WHEELS AND THRILLS

10637 N. Garnett
Owasso, OK
918.272.7537
wheelsandthrills.com
facebook.com/wheelsandthrills

We're your one-stop shop for hassle-free birthday parties. We've got it all!

Our party packages include food, drinks, and fun all rolled into one! We'll make the birthday boy or girl feel like this day was created just for them! With many custom birthday packages to choose from, you'll be the hero as we help you host the perfect party for the big day. We have 3 attractions to choose from: Skating, Playzone, and Laser Tag!

What's our secret to the perfect party? Your Party Pal!

Your Party Pal will set up your party supplies and paper products, which are included with your package. When it's time to gather for your celebration, your Party Pal will greet your guests and escort you to your party destination and serve your pizza and drinks.

When it's time, your Party Pal will take a group photo, cut and serve your cake, and lead your guests in the "Happy Birthday Song." Your Party Pal will then assist the birthday child in opening gifts and record the gifts on the gift register to assist you when filling out Thank You cards.

They will play fun games with your guests and once the party has been dismissed, your Party Pal will take care of all the clean-up.

Please visit our website, www.wheelsandthrills.com for complete package details or contact tammy@wheelsandthrills.com.

PROVIDED BY TK READERS

30 Best Birthday Party Ideas from TulsaKids Readers!

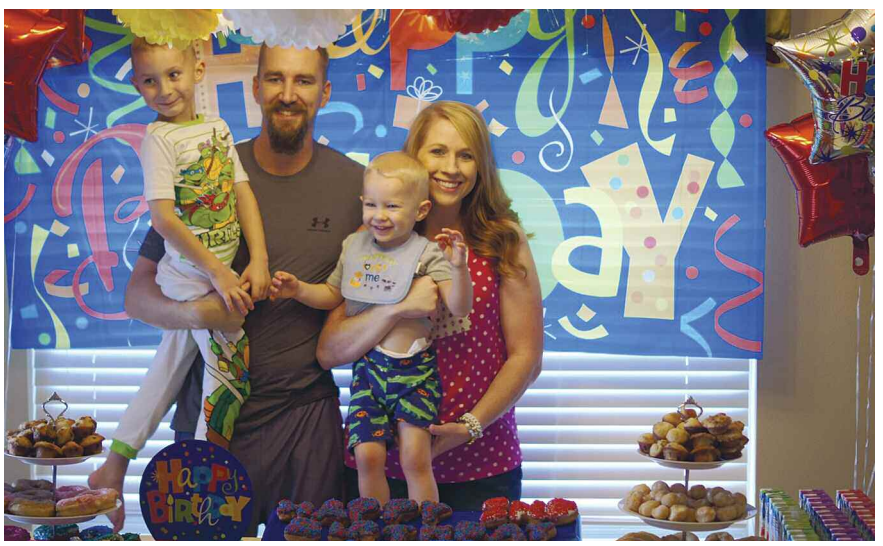


1

A Harry Potter Theme Party: Using hula hoops as goals and pool noodles, your child and their friends can play a game of Quidditch. Encourage attendees to dress up as their favorite character for extra fun. For the goodie bag, add glasses like Harry's, and chocolate frogs, and there are many DIY instructions on how to make a magic wand. If you are able to hand deliver the invitations, you can attach the invite to a white balloon and use a sharpie to turn the balloon into an owl.—Jen H.

2

On my son's 2nd birthday, we chose to have a **pancake and pajama** theme. Parents loved that their child could come in his/her pajamas, and it saved parents the time and fuss of having to get their child ready for the party. My son, who has sensory aversions, loved the fact that instead of having a messy cake with icing to get on his hands, we had pancakes and donuts. We made cereal necklaces, and everyone went home with a box of cereal and a cereal bowl.—Caressa H.



3

We love having **water balloon** parties. It is a fun and inexpensive way to celebrate. You can see the joy on the faces of all the kids and adults alike as they run around trying to get others without being got themselves!—Danny P.

4

A **Little Mermaid** party at the pool, with "real" mermaids waiting to swim with the kids—Marianella A.

5

I gave all my granddaughters a **luau** birthday party complete with a snow cone shack in the back yard. Everyone dressed in Hawaiian dress, and we had a water balloon fight and dance-off. Everyone had a ball!—Janice S.

6

A great kid's birthday party, regardless of sex, is a **powder paint** party! Even little ones enjoy getting their hands on powder paint and throwing around colors! On Amazon, or local retailers like Michaels, you can find powder paint bags, grenade-shaped paint balls, refillable powder paint balls, handheld cannons, and much more! This entertainment will be plenty of fun for all ages. Stick to easy finger food and cupcakes. Lots of Instagram pics will show off a fun party!—Juwell M.

7

Last year my grandson was turning 7, and he loved **Minecraft**. We rented a room at a



local city park. We started off with making a Minecraft mask. I had card stock with squares printed on them. The kids could glue colored squares or color the squares on the mask while we waited for the rest of the kids. Then we had Minecraft games, knock down the creeper with a plastic bow and arrow I got at Dollar Tree. We had a magnet fishing game where they could snag up a Minecraft stick that had a paperclip on it. I also had kid tunnels and boxes set up like a cave. I bought battery-operated candles and put a Minecraft torch print-out around them. They took their torches into the maze of boxes and loved it. They took their Minecraft snacks into the boxes to eat. I put Minecraft potion printouts around their bottled water, such as Potion of Healing. There were surprise Minecraft stuffed animals in the cave as well. The children loved it and finished off with a Minecraft cake.—Sue J.

8

A **Nerf gun war** in the backyard was a huge hit for everyone this year. We took boxes and taped them together to create hiding areas. Some had holes to shoot through. The kids and adults enjoyed this for hours.—Natasha H.

9

We had a very special 4th **BugDay** party for our little ladybug. She has always had a fascination with insects. We had ladybug-shaped birthday cake with cupcakes, a ladybug piñata, and best of all, a very special bug hunt. I purchased those little plastic insect collecting containers from the Dollar Tree; they come with a small net and tweezers. I scattered fake plastic insects throughout the yard, and the kids hunted for them. The ones they caught, they got to keep along with their insect habitat. This served as a great parting gift. Great for both girls and boys.—Tiffany L.

10

We had a **Mary Poppins** party for my daughter's 4th. Started with a package delivery at the door for the bday girl, which was a bowler hat just like Mary's (easily made with glue gun and flowers). We had a roll of black paper spread out on the sidewalk with chalk for the kids to make art like Bert's. I made a carousel cake (the tiers and horses are from Wilton), then we decorated our own kites (from Oriental Trading) and took them outside to fly. I was dressed as a suffragette. The kites were their take-home gift (I'm not a fan of goodie bags), and everyone was happy! With the remake of the movie coming out, I think it would be a timely summer party theme.—Theresa M.

11

Puppy party, puppy decor and fun pretend puppy snacks. Display a box full of stuffed animals (puppies) and make a sign that says, "Adopt a Puppy." Each party guest gets to take one home.—Melissa J.



12

We had an **art** party, and the kids loved it! When they arrived, they chose rainbow-colored aprons that I had personalized with their names. My husband is an artist, and he guided them through a watercolor painting on a canvas. While they were drying, we had candy on the table in personal art palettes, which they used to decorate cupcakes. They also had rice crispie paintbrushes and rainbow-colored fruits and veggies. For party favors, we gave watercolors, chalk, and rainbow-colored candies.—Lisa

13

Unicorn theme: Upside-down waffle ice cream cones, designed with edible colors and icing for the unicorn's horn.—Brandi

14

Dragon themed with kids dressed as knights and piñatas that look like dragons so they are slaying dragons. Medieval folklore themed.—Amanda

15

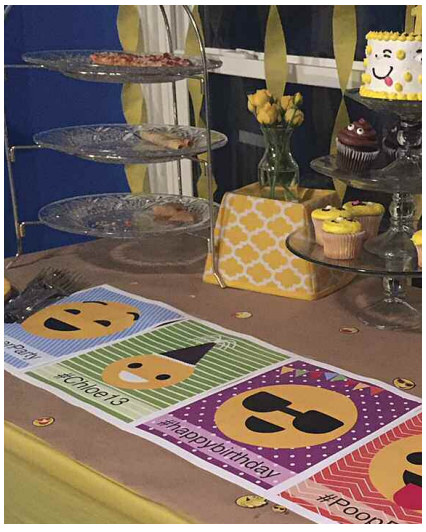
This year my son wants a **cowboy** party! I love the idea of bandana and cowhide plates and napkins. Treats like "hay stacks" (rice crispy treats) and root beer (in the old bottles) for drink fun. For favors, I think everyone could grab a bandana filled with small goodies. The invitations would have a catchy phrase like "round up all the party animals..." or "hold you horses...Exton's party is (enter date)" –Kami L.

16

Indoor Camping. We made tents for each girl (chevron material with feather boas). Indoor "campfire," lanterns and told ghost stories.—Chanda

17

Emoji Party! Kids live by these emojis, and they've become an important part of the way they communicate. Since emojis seem to be everywhere, it can be a fun way to throw an inexpensive party that is Pinterest-worthy! —Whitney



18

I'd really like to do a **book theme party**, like the Little Golden Book. With the goody bags filled with pencils, mini books, and a blank book so the kids can make their own. Have games that include book themes and prizes for reading and writing, etc.—Tera F.

19

Make **light sabers** using bubble wands and a glow stick. For older kids, you can cut and pour the glow stick into the bubble solution. For younger, just activate the glow stick and put the entire thing into the wand!—Dara B.

20

Giant slip and slide: Cover each person with dawn dish soap to make it a fast ride :) Have it in a neighborhood park, lots of space. Our invitations would be a summer theme with slip and slide birthday theme: "Come party with us as 'Christian' slides to 12 yrs old!" We would have contests and prizes; the cake would be summer themed, either



tie dye or neon bright colors and popsicles for treats, along with fruit punch Gatorade and soda or water; food would be a cookout with hamburgers and hot dogs, chips and sides.—Ryanne L.

21

Puzzle Scavenger Hunt. Theme the party around teamwork and give rewards for completion. Have two (or more) presents wrapped with treats or blind bags inside (1 for each child attending)—the game is finding hidden puzzle pieces. They then go to the central location to complete the puzzle(s) as they are found. The team wins the prize as each puzzle is completed. Could do this with building blocks also: See how high the tower gets. You could theme the party around the subject of the puzzle (princesses, Paw Patrol, PJ Masks, etc...)—Beth K.

22

Ice cream making with coffee cans! You bowl the cans back and forth!—Tasha K.

23

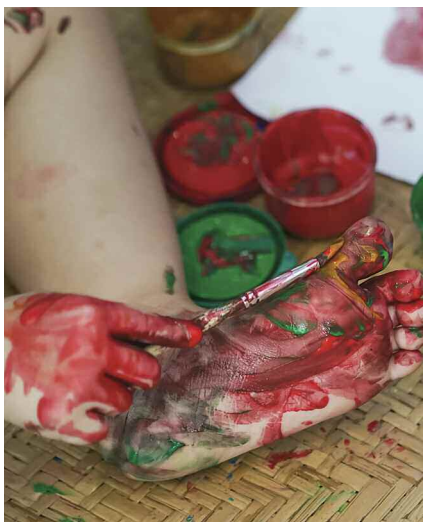
My daughter does competitive dance, so we always have an abundance of costumes from every year and past recitals/competitions. So we decided to do a **"Rock the Runway" party**, and it turned out so cute! We made a little runway with lights, did all of the girls' hair and make-up, and then they chose a fancy costume to wear to put on a show for the audience! We also got one of the cute SnapChat filters for the day for around $5, and it was a big hit too! My daughter helped me make her cupcakes for the party, and that was also a fun experience. –Breanna A.

24

Have a **campout beach** party if in the summer. Get small bottles, roll up invite, and put in the bottle, then get ready for the fun. If you're in the Tulsa area, Jellystone at Keystone is awesome. S'mores, hotdogs for lunch, and foil dinners at night make awesome fast, easy and fun meals. Swimming and so much more. And do goodie bags with Dollar Tree water toys. My daughter loved this.—Angelia T.

25

Backyard dirt party! Get a tarp and dump some dirt down. Let kids play with shovels, trucks, cars and more. Then move on to the car wash, where you can set up water, bubbles, etc. for your cleaning station. Use a hose to spray kids and toys when you're all done! The cake can be a crumbled chocolate "dirt" cake in the back of a new large yellow metal Tonka truck made to look like a construction site. Other snack items can be dirt cups of chocolate pudding, crushed Oreos and gummy worms. Have fun and get dirty, then have fun getting clean.—Emily J.



26

Have a **color-themed party** with a messy art area for painting and an area where the kids could throw non-toxic, edible colors at each other and get super messy. Also, have a big slip-and-slide area with hoses and sprinklers so the kids can play and get clean.—Jorjana M.

27

My 2 children have birthdays within 2 days of each other so we currently combine parties. We keep it simple with things they both like. We splurge usually on getting them the cakes they want. They love it. --Tina C.

28

Choose a fun theme and instead of spending tons of cash on themed party ware, buy single-color tablecloths and mix and match your colors of plates/cups/flatware/etc. Use small toys/stuffies/themed items as centerpieces (bonus: your kiddo has new stuff from their favorite interest!) and cut colored tablecloths for runners. Find something fun with the theme for a cool photo op/backdrop. Cupcakes in a shape or decorated with skewers and/or wrappers so you don't have to cut the cake to serve. Also buy individual ice cream cups so you're not scooping. Alternatively, you can have a few prepped cupcakes and then some piping bags/sprinkles/etc. for kids to decorate their own; this has been a huge hit for our parties. For outdoor parties, slip 'n' slides, water balloons, bubbles, chalk, hula hoops and yard games are always fun. For indoor parties we usually do some sort of craft -- we're attempting tie-dye this year! Also remember that not all parties must be huge or big events. Sometimes just a few decorative touches, some pizza and movies, and giggles are the way to go! :) P.S.: Location parties can be great too! A set time and schedule, a fun activity that you don't have to lead and minimal clean-up are definitely perks!—VaNessa B.

29

Have 5x7 photo invitations done with a picture of your kid on it. It makes a great keepsake. Plus the parents in the class/group get to know your kid a little better.—Sarah H.

30

Planning ahead will almost always be a foolproof way to have the most fabulous kids birthday party ever. Pre-make your goody bags, decorations, finger food snacks for the little ones who are too eager play, music, and games! Pre-planning allows you to spend time with you guests, and enjoy!—Laura Z.



Have you made your summer plans? We're here to help with an insiders' guide to all things summer. Download our FREE **Summer Family Fun Guide** today at www.tulsakids.com.

I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI



Jayla Patten: Future Chef

Every year Sodexo, a food service management company, holds a Future Chef competition to help students understand the importance of healthy eating and to showcase students' talents in the culinary arts. This year's finalist, 8-year-old Jayla Patten from Owasso, competed and placed with an original recipe that is both unique and healthy!

TK: How did it feel to be named a finalist in the competition? Prizes?
Jayla: Amazing! It was so fun to cook against other kids in the kitchen. As a finalist, the prizes included an iPad and cover, Snapchat recording glasses and a personalized chef's coat. For the school district, I won a Fitbit, a pots and pans set, measuring tools, pot holders, an apron/hat set, a giant Wok, an autographed cookbook by Chef Remi and other kitchen tools. So many cool prizes!

TK: When did you start cooking?
Jayla: When I was 2, I used to sit on the counter and help my mom make cupcakes and cookies. By the time I was 3, I could make my own grilled cheese with Havarti.

TK: What was your winning dish?
Jayla: Asian Chicken Tacos with rice and beans.

TK: How did you come up with the idea for this dish?
Jayla: Well, I like tacos and I like Teriyaki chicken, so I basically combined the two. Also, the beans were Edamame (soybeans) and they are just fun to eat. I really like those too.

TK: What is your favorite type of food to make?
Jayla: Brownies. I have a secret recipe.

TK: Who inspires you and your cooking?
Jayla: My mom, my grandpa and Bobby Flay. I would like to beat him on his show some day. my signature dish would be Lemon Cupcakes.

TK: Any advice for future chefs?
Jayla: Don't be afraid to try new foods. You might end up liking them.

TK: What are your plans and goals for the future?
Jayla: To keep cooking and learning new recipes so that I can beat Bobby Flay.

TK: What are your hobbies?
Jayla: Girl Scouts, cheerleading, biking, fishing, reading and, of course, baking.

TK: What is a fun fact about you?
Jayla: I once ate a whole pineapple by myself in one sitting…YUM. And I have a super cool mermaid mixer. Oops, that's two.

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