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THE POSITIVES OF INDIVIDUAL SPORTS

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PURPLE:
A LIFE-SAVING COLOR

MEET CAN DIRECTOR ROSE TURNER:
HELPING HEAL THE HURT

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2017 SUMMER CAMPS & ACTIVITIES GUIDE!



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

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

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tulsakids

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www.tulsakids.com

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editor's note

Some Kids Just Don't Like Groups

When my son was a toddler, he didn't like playgroups. He hung to the outside or hid behind me. When he was in elementary school, he was great at waiting for a soccer ball to come out to his isolated spot on the field and then kicking it toward the goal. Later, he took up tennis, which he enjoyed. Doubles, not so much. He hated group work at school, becoming one of *those* kids who did the work for everyone. It was just his temperament and still is.

Solo kids, much like introverts, thrive on individual challenges. You won't see them hanging out all night with a huge gang of acquaintances or enjoying group endeavors. They're the ones having one-on-one conversations and leaving the party early.

However, kids who enjoy more solitary activities don't have to sit on the sidelines when it comes to sports and activities. Not everyone wants to play soccer or basketball or volleyball. Many sports such as swimming, tennis, fencing, taekwondo, gymnastics, boxing and even rock climbing can be just the thing to spark an interest in your little individual. Read Julie Wenger Watson's feature about kids and individual sports to find out what it's like to be alone in the spotlight.

And, if you're looking for activities for your kids, you've come to the right place. For more than 20 years, TulsaKids has been publishing a Summer Camps & Activities Guide in our April issue. Each year it grows, and parents have been asking for it earlier. We listen to our readers and are publishing an early edition of our Camp Guide in this issue. We'll follow up with more camps in April, but this will give you a head start on planning your family's summer. And, you can take advantage of a couple of face-to-face Camp Fairs this year. One is for arts activities sponsored by Arts Alliance Tulsa on March 25. The other is a Summer Camps & Activities Fair sponsored by Union Schools at the Union Multipurpose Activity Center on Sat., April 1. Look for detals inside.

But let's not get ahead of ourselves. Spring break is this month. We've compiled a list of things to do and places to go, including some great spring break camps and activities for your kids.

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.





ON OUR COVER:
FANTASIA DONALSON SHOWS OFF HER TULSA FLAG DESIGN.

PHOTO BY: LESLIE HOYT PHOTOGRAPHY

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LIBRARY TO HONOR AWARD-WINNING AUTHOR TIM TINGLE



Tim Tingle (Choctaw) will receive the Tulsa Library Trust's "Festival of Words Writers Award" March 4, 10:30 a.m., at Hardesty Regional Library's Connor's Cove, 8316 E. 93rd St. His award presentation will be followed by a book signing and a day of educational American Indian family events from 11:30 a.m.-2:30 p.m.

The award, presented every other year, consists of a $5,000 honorarium and an engraved crystal.

Tingle is a storyteller and award-winning author of books for children, teens and adults. He earned his master's degree in English Literature at the University of Oklahoma with a focus on American Indian studies. Since the early 1990s, Tingle has spent hundreds of hours interviewing Choctaw tribal elders throughout the South in an effort to create a personal and historical narrative.

In 2005, he was selected as the featured author for Oklahoma Reads Oklahoma, for his book, *Walking the Choctaw Road*. This book features 12 stories with a mix of historical accounts, traditional lore and tales from everyday life. Tingle collected stories through interviews with Choctaw tribal elders. Told in chronological order, the stories range from the days when most Choctaws were living in Mississippi to the Trail of Tears, including difficulties in modern times.

"My dad and his brothers and sisters told story after story of our family surviving the Trail of Tears," recalled Tingle. "John Carnes, my great, great grandfather was 10 years old when his town was burned to the ground and the journey began. It seemed every weekend we children were treated to various versions of John's story."

His first children's book, *Crossing Bok Chitto*, earned more than 20 state and national awards, including Best Children's Book from the American Library Association. It also was named an Editor's Choice by the New York Times Books Review.

Tingle was a featured author and speaker at the 2014 National Book Festival in Washington, D.C., based on the critical acclaim for *How I Became a Ghost*, which won the 2014 American Indian Library Association Youth Literature Award. *How I Became a Ghost* is the first in a planned trilogy told through the perspective of a young Choctaw boy, Isaac. He recounts his tribe's removal from the only land its people have ever known, and how their journey to Oklahoma led him to become a ghost – one with the ability to help those he left behind. Isaac leads a remarkable group of Choctaw comrades: a tough-minded teenage girl, a shape-shifting panther boy, a lovable 5-year-old ghost who only wants her mom and dad to be happy, and Isaac's talking dog, Jumper.

The next book in the series, *When a Ghost Talks, Listen*, is scheduled to be released in 2017. Focusing on the most esteemed Choctaw leader of all time, United States Army General and Choctaw Chief Pushmataha, the reader is transported to Washington, D.C., 1824, to explore the circumstances surrounding Pushmataha's mysterious death.

His latest novel, *House of Purple Cedar*, won the 2016 American Indian Youth Literature Award. Set in the 1890s in Spiro, Oklahoma, it describes challenges facing Choctaws and incoming white settlers.

Every Labor Day, Tingle performs a Choctaw story before the Chief's State of the Nation Address, a gathering that attracts more than 90,000 tribal members and friends. In June of 2011, Tingle spoke at the Library of Congress and presented his first performance at the Kennedy Center, delivering a keynote address at the National Education Association's Annual Assembly.

Family events during the Festival of Words events include:

Genealogy Research - 11:30 a.m.–1:30 p.m. - Second Floor - Tulsa City County Library's Genealogy Center houses one of the largest genealogy collections in Oklahoma. One of the highlights of the collection is their American Indian resources. Discover the many services and resources available to family history researchers at the Center.

Native Culture Maker Spaces -11:30 a.m.–1:30 p.m. - First Floor - Participants will get to take the projects home that they make.

- Cherokee Pottery by Crystal Hanna
- Fingerweaving by Michel Laudermilk
- Cherokee Basket weaving by Choogie Kingfisher
- Sculptures with Lisan and Dana Tiger
- Pony bead key chains by Stella Foster

Children's Crafts 11:30 a.m.–1:30 p.m. -Children's Area, First Floor – Families can enjoy a variety of different crafting areas to make a memento to take home.

Zoo 2 U: Oklahoma Wild - 11:30 a.m. & 12:30 p.m. - Story Time Room - This family presentation from the Tulsa Zoo will bring a better understanding of the natural world while encouraging a healthy appreciation of wildlife and conservation. Audience limited to 50 participants per session.

Preserving Our Tribal Languages Forum - 11:30 – 1:30 p.m. The Greater Tulsa Area Indian Affairs Commission and the American Indian Resource Center will showcase the rich culture of native languages while focusing on native youth and children. All tribes are invited to participate.

Traditional American Indian Dance Exhibition Presented by All Nations Indian Youth 1:30 p.m. – First Floor - All Nations Indian Youth, coordinated by Alice White Cloud, is a group of intertribal dancers who perform a variety of traditional American Indian dances representing their different tribes.

Food Concessions - "National Champion Indian Tacos" by Monie Horsechief of Horsechief Catering

For more information on library programming, call the AskUs Hotline, 918.549.7323, or visit www.tulsalibrary.org.

continued next page

TULSA HOUSEHOLD POLLUTANT COLLECTION FACILITY CELEBRATES ONE YEAR

One year ago, the City of Tulsa opened the Household Pollutant Collection Facility (HPCF) to provide a permanent and convenient system for disposing of household pollutants at no cost for Tulsa residents. To date, the facility has collected 89,459 pounds of household pollutants.

"Tulsa continues to take a proactive approach to help preserve the environment," Scott VanLoo, City of Tulsa Streets and Stormwater Manager said, "and the collection facility is one more way to accomplish our goal of keeping pollutants out of creeks, streams and service systems."

The HPCF facility is located at 4502 S. Galveston Ave. and is open every Wed., and Sat. by appointment from 8 a.m. – 4:30 p.m. Residents can make an appointment by calling 311. M.e.t. member residents can call the M.e.t. to schedule an appointment at 918.584.0584.

TCC METRO CAMPUS INVITES HIGH SCHOOL STUDENTS TO TOUR

Tulsa Community College's Metro Campus, located at 909 S. Boston Ave., will be open during spring break, March 13-17, to allow high school students to tour the campus, apply to college and begin the Free Application for Federal Student Aid. Students can also learn about Tulsa Achieves and other scholarship opportunities. Spring break student service hours are Mon. through Thurs., 9 a.m. – 6 p.m.; and Fri., 10 a.m. – 5 p.m. For more information, visit www.tulsacc.edu/SpringBreak.

SENSORY-FRIENDLY FAMILY FUN

The Tulsa Children's Museum Discovery Lab holds a quarterly before-hours Sensory-Friendly Family Fun time for families with children on the autism spectrum and/or those who have sensory processing disorders. This quarter's event is planned for Sunday, March 12, 9 a.m. to 11:30 a.m. The Tulsa Children's Museum is located at 560 N. Maybelle Ave.; 918.295.8144.

YWCA LAUNCHES TULSA WELCOMES

YWCA Tulsa announced the launch of Tulsa Welcomes, an affiliate of Welcoming America, to express support for immigrants and refugees as "a vital part of Tulsa's fabric and recognizes that in the current political climate, it is critical for these newcomers to know that there are families, businesses and faith communities who welcome them."

YWCA serves 13,000 immigrants and refugees each year and is dedicated to supporting and advocating for Tulsa's newcomer population. Those interested in becoming members of Tulsa Welcomes can visit www.tulsawelcomes.org.

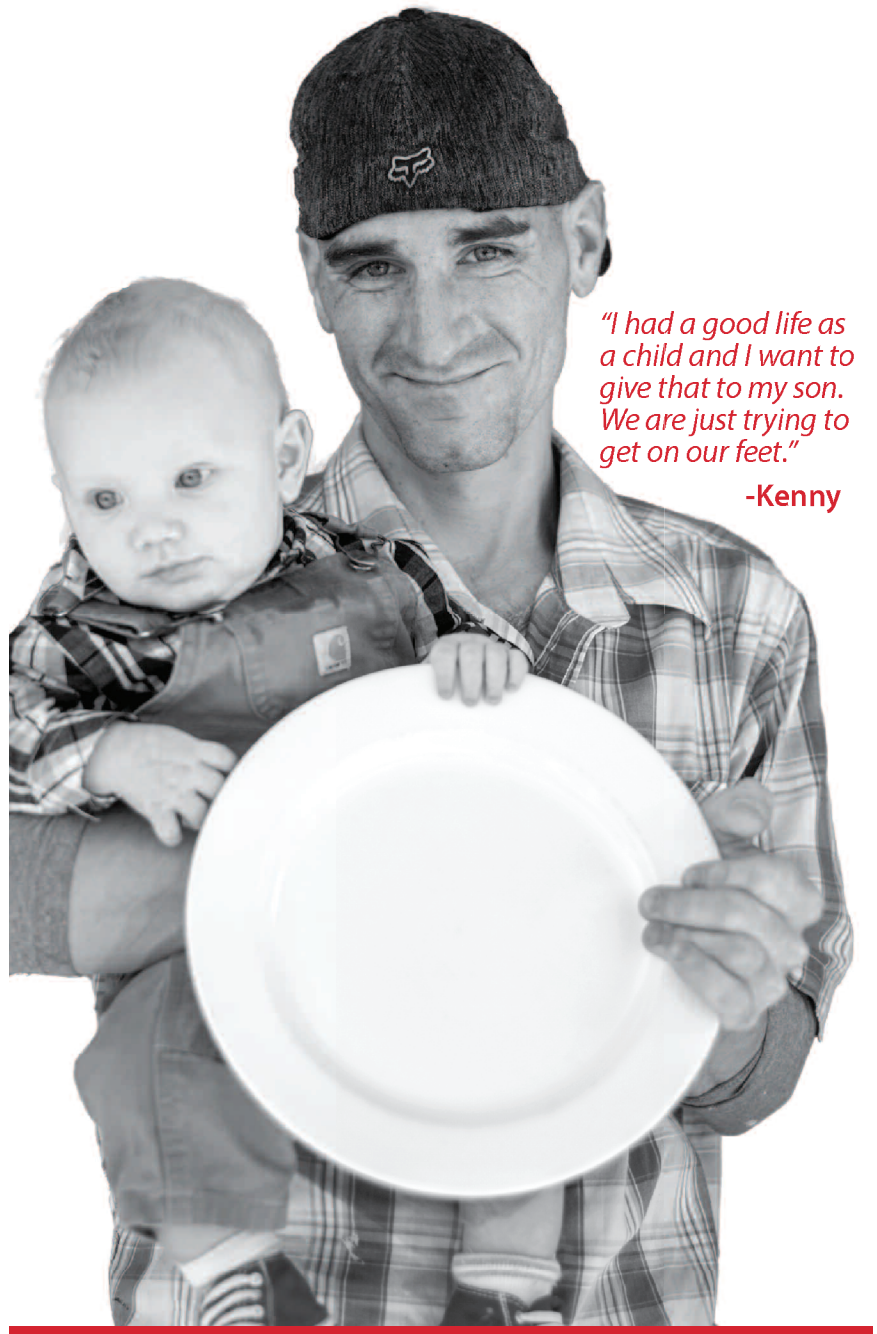
CORRECTION

The party text for Purple Glaze in the February issue contained incorrect pricing.

Purple Glaze, a pottery painting and mosaic-making studio with two locations, offers projects for individuals and full-service parties. The birthday party fee is $50 and includes invitations and a big balloon for the guest of honor. There are several packages to choose from, and the additional cost is broken down for each guest. The most common packages range from $6-$10 per guest and include all materials and instruction. Pottery items may include frame, plates, cups, boxes or vases to paint. Each guest will have a personalized party favor to remember the occasion. Locations: 91st & Sheridan, 918.491.6900; 33rd & Peoria, 918.592.6900.

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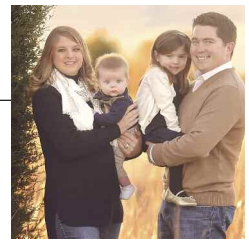


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BY KILEY ROBERSON

sleep struggles

Like most parents, I'd love nothing more than a good night's sleep. It seems like so little to ask, unless you have a 2-year-old and 5-year-old in your house. I fully, perhaps foolishly, expected to be enjoying a solid eight hours of shut-eye by this stage of life. Reality, however, is much different. You see, I have snugglers. One child that begs to sleep and snuggle with us each evening and another that just takes it upon herself to squeeze right into the middle during the night. Between kicks to the back and elbows in the side, sleep doesn't come easy.

The truth is that tons of parents find themselves in this very same position…and want out. The American Academy of Pediatrics (AAP) is strongly against co-sleeping for young children including babies and toddlers due to associated health risks. As far as preschoolers go, the AAP says it's a matter of family preference, but warns that breaking the habit could be stressful later on. The good news is that, with a little work, we can untrain the little monsters that are taking over our bed. But the bad news is that it may not be pretty.

Before Bed

Once you've decided to take the plunge, start talking about your new bedtime expectations in the afternoon—that way, your little one knows what to expect at lights-out. Try saying something like "Mommies and daddies sleep in their beds, and kids sleep in their own beds." You can also try reading children's books together about sleeping in "big kid" beds. Oftentimes, children are able to identify with story characters in the same situations more easily than trying to understand abstract ideas about bedtime rules. Check out some of these titles in your local bookstore or library:



IS YOUR PRESCHOOLER TAKING OVER YOUR BED?

Mommy, I Want to Sleep In Your Bed! by Harriet Ziefert

I Sleep In My Own Bed by Glenn Wright

Big Enough for a Bed by Apple Jordan

After Lights-Out

This is where it gets real, and where parents who couldn't stand the cry-it-out method when their kids were babies may want to throw in the towel. But try not to lose hope, experts reassure that sleep training is possible and gets easier with time. In general, once you start, stick with it. Midnight visitors, like my daughter, should get walked back to their rooms, tucked in and kissed goodnight. No extra snuggles, no drinks of water, as many times as it takes. There will be screams and sobs and crying all the way to their beds. Which they will jump out of in a split second. You will start to wonder if you will ever sleep again. You will; just maybe not tonight. Keep this up until the new rules sink in.

The Next Morning

If they made it through the night in their own beds, even with a few hiccups, bring on the praise. Young children thrive on praise and pleasing words, so pour it on thick. Prizes are also a great idea for good sleepers. You could let your child pick a small "sleep treat" from a grab bag in the morning. Even better, try reading *The Sleep Fairy*, by Janie Peterson. Sort of like the Tooth Fairy, the Sleep Fairy leaves stickers, small toys and other goodies under sleeping children's pillows. After about a week or so of sound sleeping in their own beds, you'll have a new habit – no prizes needed.

It may take more than one tactic to entice your child into her own bed. But whatever you do, be consistent and have faith. I'm happy to report that after some tough nights, mine are happily sleeping on their own. My new problem is waking them up. Good luck and sweet dreams!



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BY CHRISTA MELNYK HINES

preparing happy campers

Summer camp is a time-honored tradition, rich with activities, new-found friendships and a lifetime of memories. Explore a few ways to make your child's camp experience smooth sailing from start to finish.

S'more Than Just Fun

According to the RAND Corporation, a non-profit research organization, children who participate in summer programs, like experiential learning activities offered in an organized camp, are less likely to experience a significant summer learning slide.

Camp also enhances a child's physical and emotional well-being. Activities build social skills, teamwork and independence, which all contribute to stronger self-confidence and leadership abilities.

"I often hear from parents how amazed they are when their children return home after spending time at camp....about how they seem older and more mature," says Doug Berkel, a YMCA senior program director of Youth Development Services.

Avoid Camp Run Amok

First, together with your child, decide what skills you want your child to gain and choose a camp that fits her needs and interests, as well as your family's values.

Check out safety guidelines in the camp's parent handbook. Look for overnight camps accredited by the American Camp Association (ACA). "ACA standards are the most universal and well-known standards adopted by most camps to ensure a quality and safe program," Berkel says.

Day and specialty camps should carry a current state child-care license. Additionally, staff should be trained in emergency, communication and safety procedures, behavior management techniques (including handling the common bout of homesickness), and child abuse prevention.

Camp Sunshine

Day camps are a practical way to introduce children, ages 5 to 12, to the camp experience. Most center on a theme, like sports, science, nature, technology and the arts.

Ann Bowley says that when her stepson, Trevor, was younger, he enjoyed planning out the day camps he wanted to attend each summer. However, as her son got older he grew more apprehensive about starting over with a new group of kids each week.

"We talked to him about it, and he never changed his plans. We just looked for school mates that might be in camp with him to help him be more comfortable," she says.

Camp Ability

Specialty camps center around one activity like music, art, sports or science. These camps provide children the space to further explore and develop a skill that interests them.

"Specialty camps tend to run...partial days and could be a nice addition to regular day camps," Berkel says.

Camp Starlight

Overnight camps, typically in an outdoor setting, can last anywhere from a few days to several weeks and are generally offered for children ages 7 and older. If you aren't sure your child is ready, allow him to spend the night at friends' houses occasionally. Or, as Berkel suggests, take advantage of a weekend family camping opportunity, usually offered in the fall and spring to familiarize campers and their families with the facilities and staff.

Conquer Camp Blues

Preparation and an awareness of what to expect can ease the transition from home to camp. Before your child departs, go over a list of everything she will need. Pack a physical connection to home such as a favorite sleeping bag, stuffed animal or pillow.

Also, mail a card ahead of time to ensure it arrives before the end of camp. Tell your child how you look forward to hearing her camp stories, but avoid saying how much you miss her, which can trigger homesickness and worry.

Fourteen-year veteran Boy Scout leader, soccer coach and father of eight, John Whiteside, is a camping pro. Over the years, he and his children have participated in multiple camps, including sports, band and weeklong scout camps.

Initial nervousness isn't unusual. If your child asks to come home, Whiteside says to consider the situation, but to encourage him to discuss his anxieties with the camp counselor and take it one day at a time.

"Tell him 'Yes, today was hard, but I think it will be better tomorrow' and usually tomorrow is better," he says.

While your child may struggle at first, chances are he'll come home a happy camper with a heightened sense of self-confidence, memorable stories and a passel of new friends to boot.

Freelance journalist Christa Melnyk Hines is the mom of two boys who love choosing day camps each summer. She is the author of Happy, Healthy & Hyperconnected: Raise a Thoughtful Communicator in a Digital World

continued next page

More than 10 million American children will participate in camp this summer.

More than 95 percent of campers experience occasional homesickness.

Nearly 75 percent of campers try new activities that they were initially afraid to do.

Source: American Camp Association

Kids' books about camp

Froggy Goes to Camp by Jonathan London and Frank Remkiewicz

Curious George Goes Camping by H.A. Rey and Margret Rey

Fred and Ted Go Camping by Peter Eastman

Olivia Goes Camping by Jared Osterhold





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- Tiny Dancer Camp (4-5yr): $69
- Hip Hop Camp (6-18yr): $19
- Beginning Dance Camp (6-18yr): $99
- Broadway and Jazz Camp (8-18yr):$69
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BY JULIE WENGER WATSON

Food Bank's Junior Ambassadors **make music into meals**

Teenagers and rock n' roll – inseparable for well over 60 years. With its annual "Battle of the Bands," The Community Food Bank of Eastern Oklahoma has found a way to transform the energy of that classic duo into meals for the hungry. On Friday, April 14, young bands from all over Tulsa will duke it out at the historic Cain's Ballroom in this musical fundraiser hosted and organized by the Food Bank's Junior Ambassadors.

"The Junior Ambassadors program has been going on for four years, and we've done the Battle of the Bands every year," said Adam Baker, the Food Bank's volunteer coordinator.

High school students entering 9th-12th grade are eligible to be Junior Ambassadors. The group meets monthly during the school year to plan the event.

"The goal of the program is to foster a connection between the Food Bank and high school students," Baker explained. "We try to get students who are especially aware of food insecurity and hunger in our community and help them involve their peers. The program was put in place to make a deeper connection between the youth of Tulsa and to continue that outreach, not only through our efforts, but through the efforts of the students themselves with their peers."



According to the Food Bank, Oklahoma consistently ranks as one of the hungriest states in the nation, with one in four Oklahoma children at risk of going to bed hungry. Over 17 percent of the state's population is considered "food insecure." That translates into 242,990 kids who aren't sure where they'll get their next meal. Clearly, this is music with a purpose.

"Our goal for this event is 40,000 meals. We look at it in that sense," Baker said. "With the way that the Food Bank purchases and what we're able to do within the Feeding America Network, we can take one dollar and turn that into four meals."

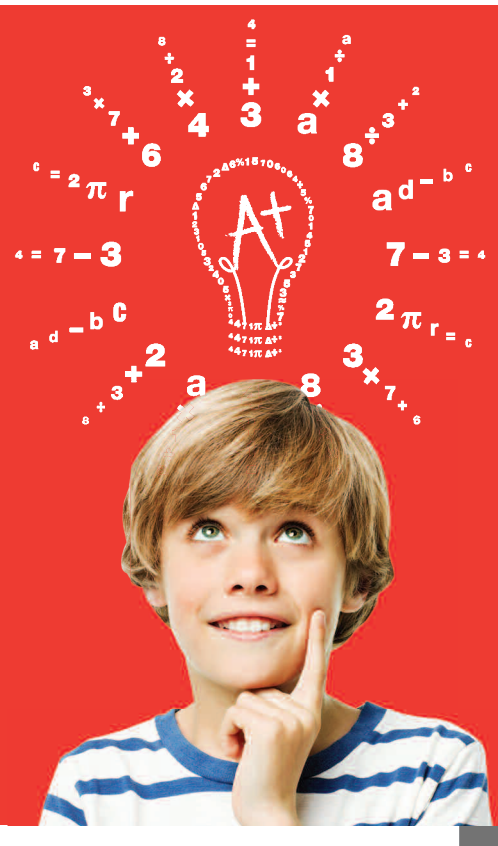
Not only is this a fun way for high school students to support a worthwhile cause, it's also an opportunity for them to learn some new skills. According to Baker, the kids are the real force behind the event, picking the bands, organizing all aspects of the fundraiser, and working the day of the show.

"I hate to say 'real world,' but it's skills that they'll apply that are less theoretical," Baker commented. "They'll learn how to solicit sponsorship. They learn to organize and focus their efforts for the specific bands that get recruited, to be on time, to schedule and to strategize how to make a show run. The night of the show, especially this year, is going to be run almost exclusively by the students."

This year's group of Junior Ambassadors includes three returning seniors from three different area high schools.

"These seniors have been in since their freshman year. They've been in since the program's existence," Baker said. "I think that's really awesome – to find students who can jump in as freshman and you'll see them grow and let the program grow with them."

For more information on the Food Bank, the Junior Ambassador Program and the Battle of the Bands, visit www.okfoodbank.org.



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BY DIANE MORROW KONDOS

protecting your child from **potential abuse**

In 2015 there were over 15,000 confirmed cases of child abuse in Oklahoma. Statistics show that family members are the predominant abusers of children but the incidence of boyfriends as perpetrators is significant. Recently a high-profile case in Oklahoma involved a professional, well-known, married man charged with killing his mistress's young child. Particularly disturbing were parts of the abuse caught on home surveillance tapes that show the alleged abuser holding the limp, injured child in his arms as he calmly went to the kitchen for a piece of pizza. The child later died of skull fracture and internal bleeding. In another recent Oklahoma case, the alleged perpetrator beat his girlfriend's 19- month-old daughter because he was jealous, thinking his girlfriend had cheated on him. In his fit of anger, he beat the child, causing a fatal brain bleed.

Often the abuse is part of a generational cycle of child abuse. Those who have been abused are statistically much more prone to becoming abusers unless they have therapy to overcome the damage. Physical violence as a means of dealing with jealousy, frustration and anger is a learned behavior that is passed from generation to generation. Lack of education about normal child development sometimes leads to extreme punishment for normal behavioral issues such as crying and toilet training. Substance abuse is present in 40-80 percent of the families where children are the victims, according to the National Council on Child Abuse and Family Violence.

Where are the mothers of these young children being abused and murdered? Often, the child has been left in the care of the boyfriend while the mother goes to work. Economic necessity and lack of child care are the most often cited reasons women give for leaving their children in the care of their boyfriend. As one mother of a murdered child stated," I shouldn't have left him alone with my son but I had to go to work and I didn't have any other option." Sometimes the mother comes home to a child that is injured, but the boyfriend has explanations and they are believed. In one case of a child that was killed by the boyfriend, there had been numerous injuries to the child in the past but the mother, and even the emergency room doctors, had deemed the explanations valid. Until the last, fatal injury.

Lack of education about normal child development sometimes leads to extreme punishment for normal behavioral issues such as crying and toilet training. Substance abuse is present in 40-80 percent of the families where children are the victims

Co-habitating presents a risk in itself. According to a 2005 study done by the American Academy of Pediatrics, children living in a home with unrelated adults are nearly 50 times as likely to die from inflicted injuries as children living with two biological parents. Female children face a significantly higher risk of sexual abuse if their parents are divorced whether they live with their mother or their father.

If the woman knows about the abuse and allows it, she can be charged with "failure to protect" and face jail time. In fact, every person in the state of Oklahoma that has reason to believe a child is being abused or neglected is legally required to report.

In light of these alarming statistics, and high-profile abuse cases, what can single mothers do to ensure their children's safety? Before introducing a man into your children's lives, apply the same investigative procedures that you would use if you were screening a babysitter, day care or pediatrician. Ask the following questions:

Does he have a criminal past and, if so, was it for violent offenses?

How does he react when frustrated or angry?

Does he abuse alcohol or drugs?

If he has children, does he have a positive relationship with them?

Know someone a long time before you involve that person in your child's life. As mothers, we must be responsible for the safety and well-being of our children. If you decide to allow a man into your children's lives, follow these guidelines:

- Never let your boyfriend discipline your child. That is your role, not his!
- The boyfriend should not be involved in toilet training or bathing.
- Be aware of changes in your child or signs of fear when the boyfriend is around.

continued next page

• Listen to your children and believe them if they tell you they are being abused.

• Educate yourself about signs of abuse.

As bears do with their young, we must protect our children from all predators, inside and outside the home. If you suspect anyone is abusing your children, report it to the authorities and remove that person from your life.

Resources for Reporting or Getting Help

– Oklahoma hotline for child abuse: 800.522.3511

– National Hotline for child abuse: 800.422.4453

– Child Abuse Network: childabusenetwork.org

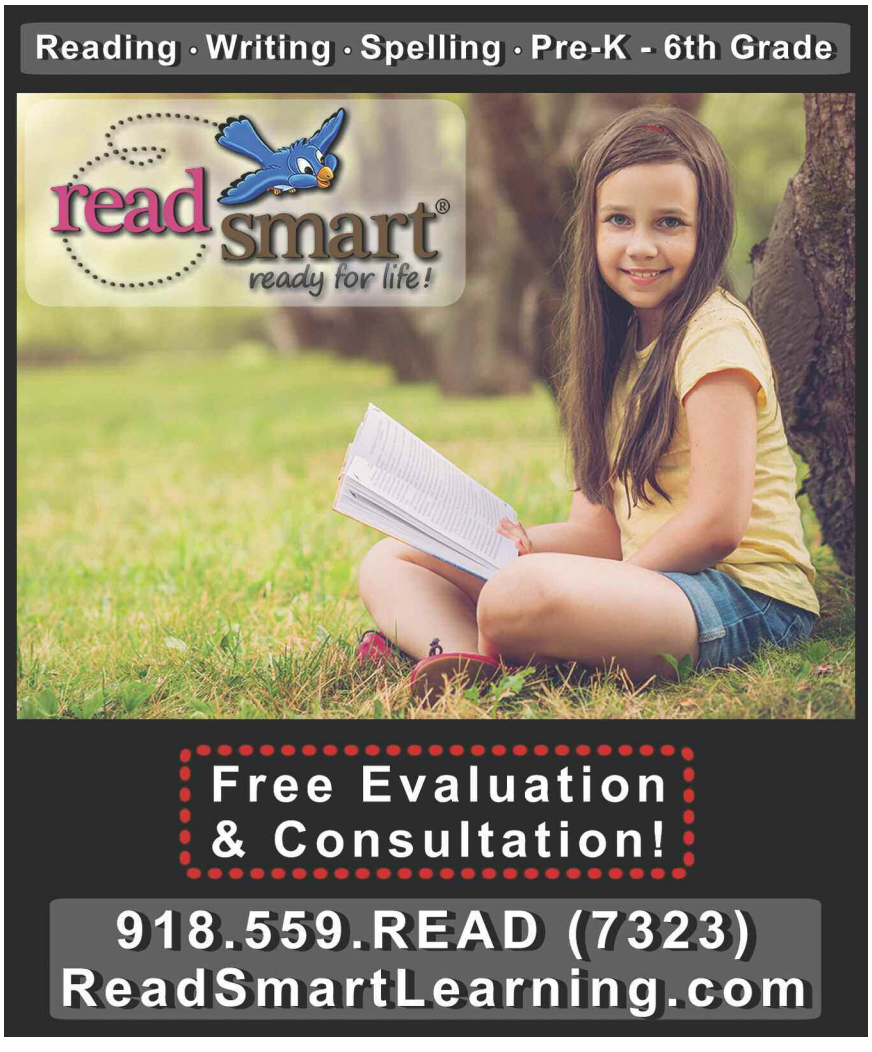
– Children's Advocacy Center: 918.224.3121

– Parent Child Center of Tulsa: 918.599.7999

– Family & Children's Services: 918.587.9471 (appt.); 918.744.4800 (confidential crisis services)

– Domestic Violence Intervention Services: 918.743.5763







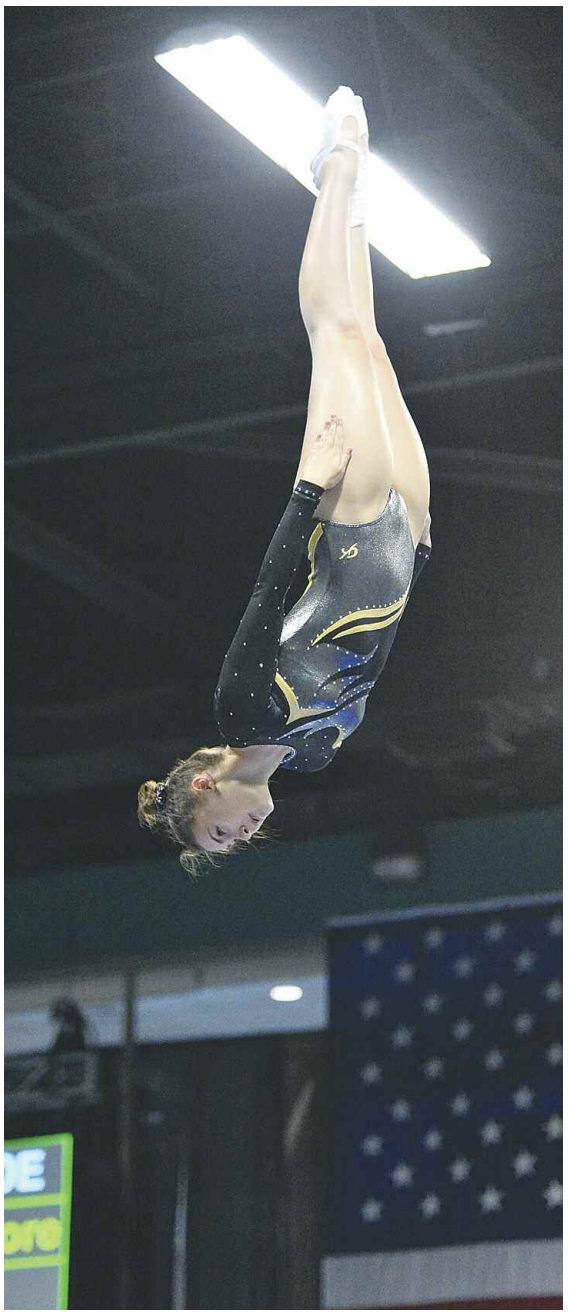




A TEAM OF ONE:

THE POSITIVES OF INDIVIDUAL SPORTS

BY JULIE WENGER WATSON



EMMA ROBSON COMPETED IN GYMNASTICS FOR 11 SEASONS.

Teamwork, discipline, perseverance - most coaches and many parents can rattle off a list of lessons learned from participating in organized youth sports. While there is much to be gained from playing a sport, for any number of reasons, not everyone wants to be, or can be, part of a team. For many kids, individual sports offer a great alternative.

At 13, boxer Dempsey Wooten already has 50 fights under his belt. Wooten, who's been boxing for six years, never even considered team sports.

"My dad is a boxer, so I've had gloves on since I was like two-weeks old," he explained.

An eighth grader who lives in Mannford, Wooten and his dad drive to Tulsa five or six days a week to box at the Engine Room near Sixth Street and Peoria. According to Wooten, the sport has taught him discipline and responsibility. He likes competing as an individual because he thinks it motivates him more than a team sport would.

"More people are watching you when you fight, so you want to do better. All eyes are on you," he said. "It makes me want to work harder. You get more credit when it's all you than when it's a team sometimes."

Accountability or Learning How to Lose

Of course, taking credit for the victories also means accepting responsibility for the defeats. According to coaches and athletes, personal accountability is a big part of individual sports. Learning to lose can be a big life lesson.

"When you walk into a boxing ring, you have a 50/50 chance of winning or losing, and only one person is going to win," said Engine Room owner and boxing coach Aaron Sloan. "If you come into boxing and all you ever think about is winning and you can't handle a loss, you're just not going to hold up for that sport anyway. In team sports, it's easier to blame your team or your coach and not hold yourself individually accountable."

Tulsan Emma Robson started gymnastics when she was five years old. Although she also played team sports in middle school, gymnastics was her passion. She competed for 11 seasons until she left home last fall for college.

"Gymnastics built my confidence by allowing me to take full credit for my accomplishments," she said. "After winning a gold medal, I could look back and say, 'I did that,' and 'I deserve this,' while after winning a basketball game, I would be more inclined to give credit to my teammates, even if I was the one who deserved it. That being said, my confidence took some heavy hits when I was forced to accept my own failures. I had nobody to blame but myself. This was difficult, but it taught me that failure does not define my career in the sport. When I look back now, I appreciate those times because they forced me to learn how to get back up."

Emma's mom, Debbie Robson, agrees.

"Emma probably learned more life lessons from her years in gymnastics than from anything else in her life thus far," she commented. "She learned to win and lose gracefully, and to literally pick herself up off the floor and try again and again. Just as in life, there were as many disappointments along the way as there were victories. Being able to 'weather the storm' is an important attribute for anyone."

David Finning, a former University of Oklahoma gymnast who now owns and operates Tulsa's Pride Gymnastics Academy, believes this type of accountability leads to mental strength.

"You have no one to 'blame' for your setbacks or no one to depend on for your

>

successes," he explained. "Individual sports make you mentally very strong."

Setting your own Pace

Another advantage of individual sports is that the athlete is allowed to start and to progress at his or her own pace.

"Usually team sports are organized through schools," Sloan said. "A lot of kids may not realize they want to play a sport, or aren't mature enough to play a sport, until a few years in. By the time they get to a chance to play, the team may already be organized and practicing. The other players may already be advanced in their skills, and it can be very hard for a kid to start late in those sports. With an individual sport like boxing, you can start off at your own pace. You're not behind anymore. You have a chance to compete at your own level with other kids that just started, too."

Group sports can leave children who have never participated in the sport feeling lost and unskilled around their peers. These feelings of inadequacy can often cause children to give up on sports altogether. Individual sports, however, allow children to set goals and accomplish them at their own pace. Each step forward is a success, no matter where they start. Finning points out that individual development is an important, positive aspect of individual sports, especially gymnastics.

"In gymnastics…athletes are grouped by skill level and not by age," Finning said, "which allows each kid to enjoy progress, regardless of the age he or she starts, without feeling the pressure of letting teammates down or the pressure to 'catch up.'"

Self-reliance

Setting your own pace requires a lot of internal motivation.

"The most important benefit about participating in individual sports that I see is that athletes learn to be self-reliant," Finning observed. "Since success depends completely on the kid, a successful individual sport athlete must develop self-discipline, self-motivation, work ethics and time management at a young age."

Jason Burks, owner of Climb Tulsa, formerly New Heights Climbing Gym, thinks these traits are important outside the gym as well.

"Individual sports teach kids to trust themselves. They certainly build self-motivation and confidence that they can accomplish things on their own. Achieving the objectives in climbing gives a great sense of accomplishment in that you're really pushing yourself to your absolute limit," Burks said. "In life, ultimately we have to motivate ourselves to do the things we put in our path."

Emma Robson values similar lessons she learned at the gym.

"At first, I stuck with gymnastics because it was fun," she recalled. "I enjoyed jumping around and flipping. However, as I got older, I realized that it was so much more than somersaults and back flips. I realized that I was learning about discipline, responsibility, self-worth and grace. The sport took time away from my social life and cost me countless hours of sleep in high school, but because of the way it shaped me, it was worth it."

Emma's mom believes these are skills that will benefit Emma throughout her life.

"She learned the importance of hard work and perseverance," Debbie said. "The time requirements of gymnastics definitely led her to establishing good study habits and time management skills," she explained. "All of these life skills will serve her well through college, career and the rest of her life."

A Social Alternative

Individual sports can provide a refuge for kids who prefer a bit more solitude to navigating the dynamics of a large group.

"A lot of the time, you get kids who are more of a 'loner' in individual sports," Sloan said. "Maybe they don't like to be around big groups of people and those social interactions. They want to be a little more by themselves, or maybe they have a little more of an introverted personality."

For those introverted kids who thrive on independent challenges, solo sports offer an opportunity to shine, while at the same time allowing them to feel that their individual effort is supported by others participating in the same sport. The camaraderie may be different from group sports, but it still exists.

"Kids that struggle in social settings typically thrive in rock climbing," Burks noted. "We see all sorts of personalities in rock climbing, which is great, but the one unique thing we see is that a lot of kids who absolutely hate team sports love climbing."

Participating in an individual sport doesn't necessarily mean you're not part of a bigger team in the grander sense of the word. Simply stop by the Engine Room on any given evening to see this concept in action. A boxing gym is a surprisingly social place. Fighters shout words of encouragement to the boxers sparring in the ring; seasoned athletes offer tips to aspiring pugilists; and boxers take turns holding mitts for their fellow brawlers. The overall feel is one of support rather than competition. You might compete as an individual, but you train as a team.

Emma Robson summed it up well,



DEMPSEY WOOTEN ENJOYS THE INDIVIDUAL CHALLENGE OF BOXING.

"Gymnastics always felt like a team sport to me. My teammates and I didn't compete for the same prize, but we were still very much a team. We sweat together, cried together and celebrated together. We didn't work together the same way a basketball or a volleyball team does, but we pushed each other and supported each other just the same. I felt an obligation to do well for my teammates. We each had our own medals to win, but we all had the same team to defend."



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BY BRIA BOLTON MOORE

PURPLE: a life-saving color

THE PERIOD OF PURPLE CRYING PROGRAM EDUCATES PARENTS AND CAREGIVERS ON NORMAL INFANT CRYING AND THE DANGERS OF SHAKING A BABY

When her daughter Paisley was about two weeks old, first-time mom Cheyanne Jordan stumbled across a pamphlet she received at St. Francis Hospital.

"It was an 'aha moment,'" Jordan says of reading the Period of PURPLE Crying booklet, which educates on normal infant crying behavior with the acronym PURPLE:

P – Peak of crying: Your baby may cry more each week, the most during month two, then less in months three to five.

U – Unexpected: Crying can come and go and you don't know why.

R – Resists soothing: Your baby may not stop crying no matter what you try.

P – Pain-like face: Crying babies may look like they are in pain, even when they are not.

L – Long-lasting: Crying can last as much as five hours a day, or more.

E – Evening: Your baby may cry more in the late afternoon or evening.



It was perfect timing. Paisley was starting to have unexplainable crying spells, and Jordan was beginning to understand the frustration she'd heard other parents reference.

"It was really helpful, because you know you're not just losing your mind or going crazy from lack of sleep," Jordan said. "It was just so comforting to know nothing was wrong, and it's normal for babies to cry like mine was."

The Period of PURPLE Crying (POPC) is a program of the National Center on Shaken Baby Syndrome, which the Parent Child Center of Tulsa has been involved with since 2002. Five full-time nurse educators from the Parent Child Center of Tulsa meet with parents of babies born at Hillcrest Medical Center, OSU Medical Center, St. John Hospital locations and St. Francis Hospital locations. Families receive a booklet and DVD, which educate about infant crying, how to cope and the dangers of shaking a baby. POPC is part of the Bright Beginnings hospital outreach program funded by the George Kaiser Family Foundation, which also includes Talking is Teaching, a program that stresses the importance of talking, reading and singing to babies.

POPC celebrates 10 years in 2017 and is based on more than 30 years of research. In a 2003-2007 study by the National Center on Shaken Baby Syndrome, the program increased crying knowledge from 4.5 percent to 22 percent, and parents who

continued next page

thought shaking was a good way to soothe an infant decreased by 63 percent. A main goal of the program is to decrease Shaken Baby Syndrome/Abusive Head Trauma, a term used to describe signs and symptoms resulting from violent shaking or shaking and impacting of the head of an infant or small child. According to the Parent Child Center of Tulsa, an estimated 1,200 to 1,400 children are injured or killed by shaking every year in the United States, and more than 3,000 Oklahoma children are shaken every year. Infant crying is the most common reason someone shakes a baby, according to the National Center on Shaken Baby Syndrome.

Chandra Jimenez, the lead nurse educator for the program in Tulsa, said the POPC gives people resources for combatting the frustration associated with crying. For example, she said she always likes to be hands-on with families, showing them how to swaddle if they don't already know. While parents may not think about harming a child, Jimenez said a critical part of the program is spreading the information to other caregivers like grandparents and babysitters.

"Education is power, especially when you're a parent and you're vulnerable and second-guessing yourself," said Kristine Bridges, executive director of the Parent Child Center of Tulsa. "Crying hits that basic response mechanism in every parent. When you hear a child cry, you're going to have an emotional response in your body with the adrenaline and the panic and 'what do I do?', so the feedback I've received is that this type of information is universally craved by all parents."

Reagan Pool has a similar story to Jordan. They both could have answered "no" to the "Did you know your baby would cry like this?" question printed on the front of the POPC booklet. Pool didn't give much thought to the POPC pamphlet she received at St. John's Hospital when her daughter Loraine was born in November. Then, about two weeks later, she saw the document again, this time given to her by her pediatrician.

"I was concerned she had colic," Pool said. "It was a good solid three days of screaming. There was nothing I could do to calm her."

Pool's pediatrician walked her through PURPLE and reassured her that nothing was wrong and the newborn phase is just hard. It was helpful for Pool to know the timeframe of the POPC and that it will come to an end.

Everyone knows babies cry, but the POPC is setting Tulsa families up for success with realistic expectations and the tools to manage difficult times.

Ways to soothe a crying baby

• Check to see if he is hungry, tired or needs changing

• Walk and sing with your baby

• Give your baby a warm bath

• Take your baby for a walk or a ride in the car

• Hold your baby close to you with skin-to-skin contact

When the crying is frustrating

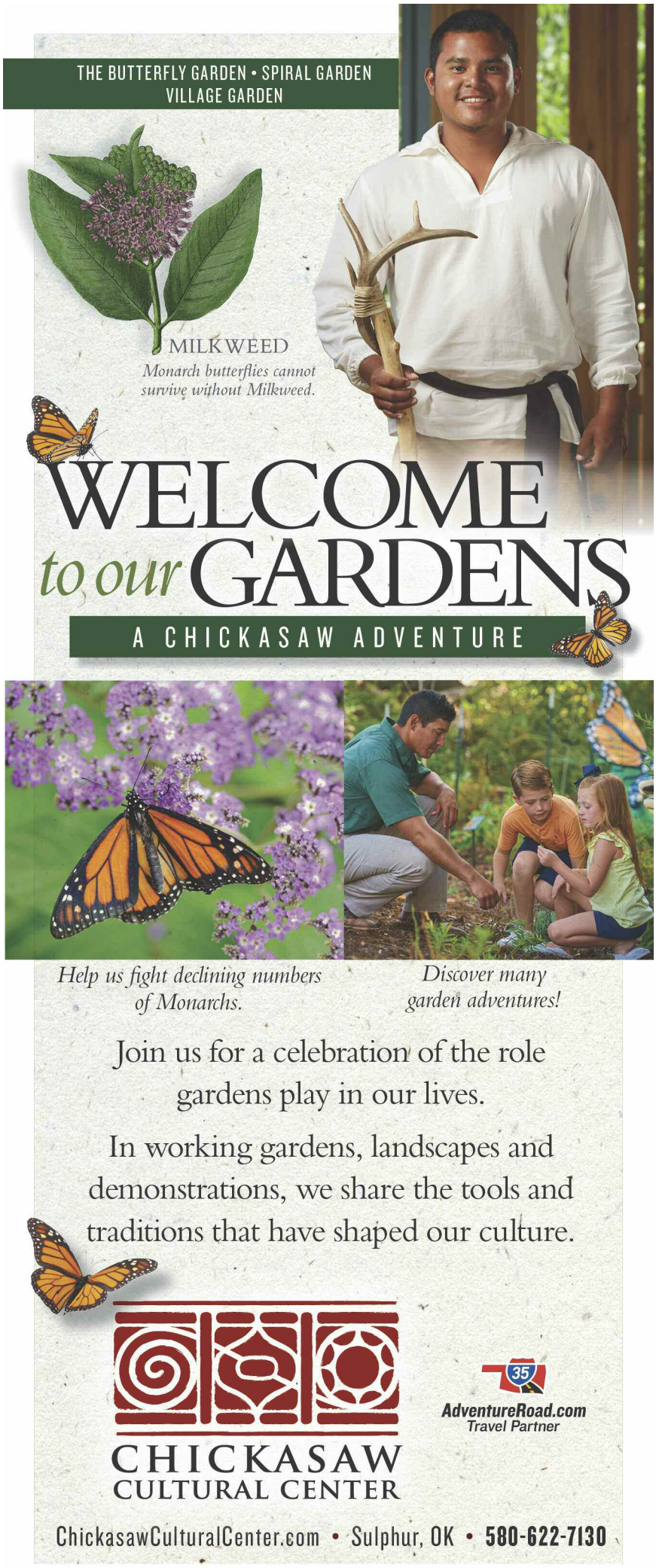
• Carry, comfort, walk and talk with your baby

• When your baby is crying, try all you can to comfort him. You will be able to stop the crying sometimes, but not always.

• If it's too frustrating, it is OK to WALK AWAY. Put your baby in a safe place and take a few minutes to calm yourself, then go back and check on the baby.

• NEVER shake or hurt a baby

- provided by the National Center on Shaken Baby Syndrome





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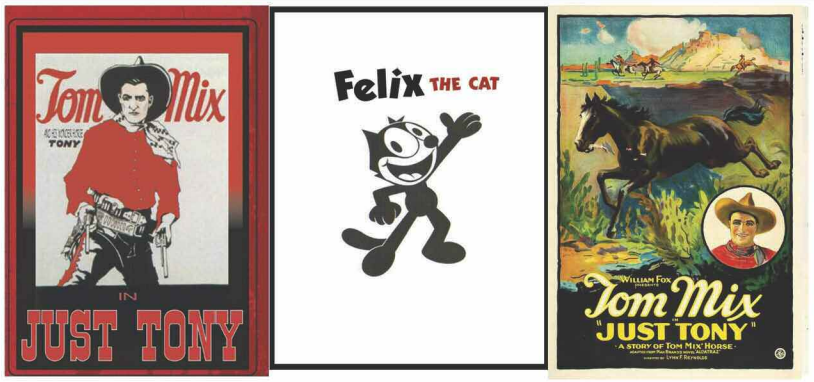
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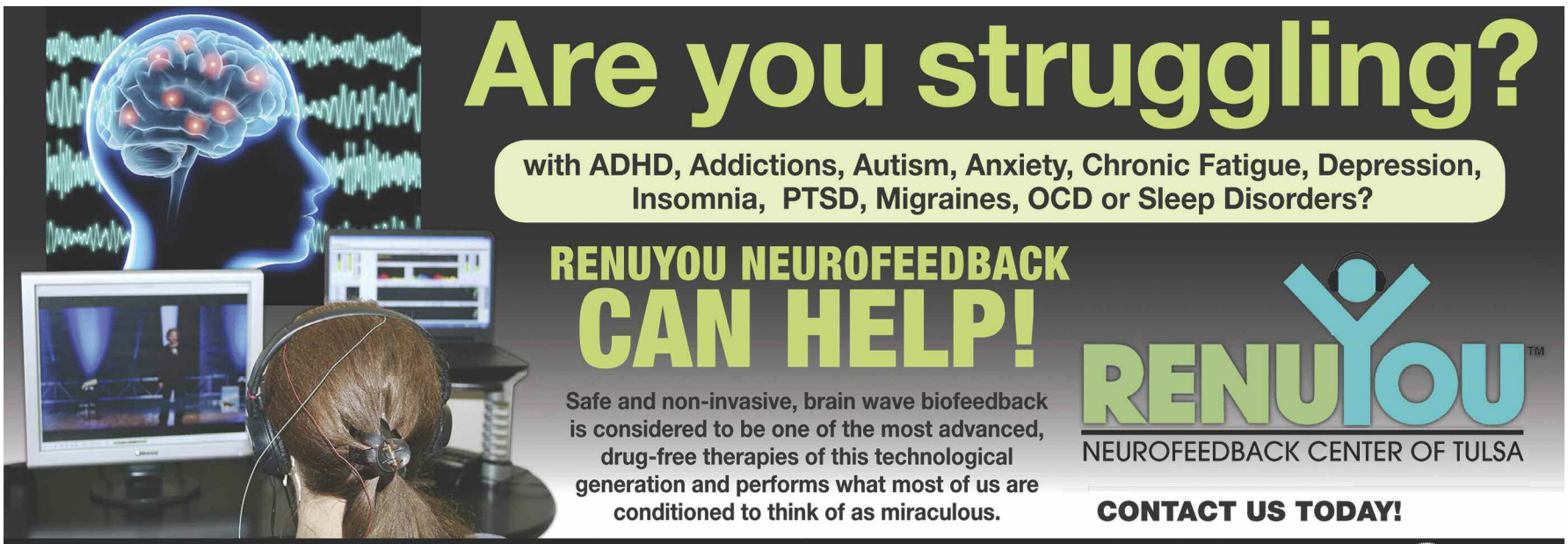
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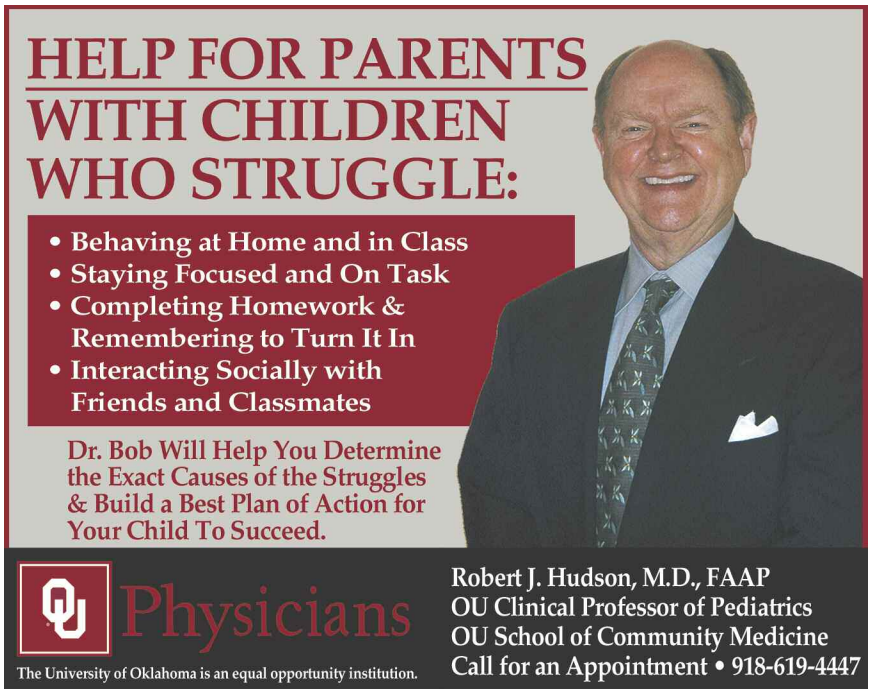
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BY NANCY A. MOORE

Photo Credit: Monica Burgess Photography

Nick and Jaime Parker: building a strong foundation

Nick and Jaime Parker were high school sweethearts while growing up in Southern Michigan. Even when they were younger, they shared an interest in home remodeling projects. After college, they each secured professional jobs; however, their love for remodeling continued as they volunteered to help friends with projects during their weekend off-time. As the years progressed, Nick and Jaime started a family and Jaime had made the transition from a corporate job to stay-at-home mom. Nick continued his career, including taking an offer to relocate to Oklahoma. Until two years ago, Nick and Jaime were juggling five kids and a part-time home restoration business while Nick was still employed full-time in the corporate world. They recognized that they were becoming increasingly busy with home remodeling, so Nick made the leap into making his "hobby" of home remodeling and renovation a full-time business, Born Again Restored Home Remodeling and Restore House in Broken Arrow, and they've never looked back.



TK: What were your occupations prior to Born Again Restored Home Remodeling and Restore House?

Nick: I literally had what I thought was my dream job as a national sales director for an oil and gas company and we were remodeling homes on the side. However, in March of 2015, we evaluated our situation and knew that family was a top priority, so we decided to make a change to allow our careers to reflect that. Now, my schedule offers flexibility and more focus to be with my family, and I get to do what I love.
Jaime: My degree is in Human Biology, which led me into the healthcare field. Right out of college, I got a job where I was given a tremendous amount of responsibility as the executive director of an assisted living facility. It was valuable experience because I learned a lot about running a business and managing employees and staff. When we moved to Oklahoma, I walked away from my job of five years to follow Nick and his career and to be home with, at that time, our three kids.

TK: How did you become interested in home restoration?
Nick: Even as a kid, I loved to build. Legos were my favorite. When I was younger, I got into some trouble at school and my parents decided to homeschool me during the second semester of my seventh-grade year. During that time, I decided to finish the basement at my house with the support of my parents. They would buy me the materials and let me work. That experience helped nurture my love for building.
Jaime: We've lived in 10 or 11 homes ourselves and always made changes to them. We always knew that we wanted to work on homes.

TK: What caused you both to take the leap and jump into home restoration full-time?
Nick: We were extremely busy with home remodeling and felt God was calling us to do it full time and make the change into doing what we love while making our family a priority.

TK: How many homes have you restored?
Nick: We've fully restored 14 homes, one church and a handful of commercial projects.

TK: Who is the designer for your projects?
Jaime: I am the one who comes up with the floor plans and the designs for the space. Nick is left figuring out how to turn my designs into reality.

continued next page

TK: What inspired you to open Restore House?
Nick: This was a renovation project and used to be our family's home. Once we bought another house and had it for sale, people who looked at the property kept commenting on how it would make a great boutique store and that was something that Jaime and I had discussed, but we didn't want to get into finding a space or establishing a line of credit. Financially it didn't make sense until we heard those comments. We knew it was a great location and decided to try retail. We've been blessed ever since.

TK: What does Restore House offer?
Nick: We knew that we wanted to offer a mix of new and old products. We also wanted to take the guesswork out of people wondering if it's a new product that was just made to look old. At Restore House, if it's a "FOUND" item, it will have a tag that reads "I once was lost, but now I'm FOUND." Everything in the store has either a "FOUND" or a "Restore House" tag.
Jaime: The "FOUND" items are unique, vintage or one-of-a-kind pieces we find on our road trips all over the country. As a store owner, our products are a reflection of us. We carry items we love and would have in our house.

TK: What events have you held on the lawn?
Jaime: We love that we are able to pair retail with a service. Our outdoor space adjacent to the store is available for rent and has already hosted many events including weddings, Christmas parties and outdoor markets complete with food trucks and entertainment. The barn materials on the lawn were found on Facebook with the idea of Nick rebuilding it on the lawn. He's always willing to tackle all my crazy ideas.
Nick: After we got the reclaimed material, it was cool to figure out how to put it together to fit our space. It's crazy how it evolved, but when you're open to change, it's easy to modify to get the results we were looking for.

TK: What about your family time? What's your favorite family tradition?
Jaime: The days can quickly get away from us, so we always make it a point to have dinner together as a family. We like to go around the table and share highs and lows from the day. (Kids are Bentley, 11; Tytan, 10; Steele, 8; Wyston, 7; and Nev, 6)

TK: What does your family enjoy doing together?
Jaime: Roadtrips. We are always going somewhere together.
Nick: Also, we have a tradition that when a child turns 10, they get to choose their own adventure for us to go on. It's up to the child to decide where they want to go (anywhere in the world) and plan the activities. It's a special trip because it's time that Jaime and I get to spend with that child. We feel it's close to the tipping point of a child moving into adolescence. It gives us time to talk more intimately with that child and put the focus on them.
Jaime: Our oldest son chose to go to Michigan to go fishing so we chartered a boat and did that. He caught some King Salmon, so he was happy. Our second oldest chose to go to the Pro Bowl so we flew down to Orlando for a long weekend. Steele is next and has expressed interest in visiting missionary friends serving in Africa.

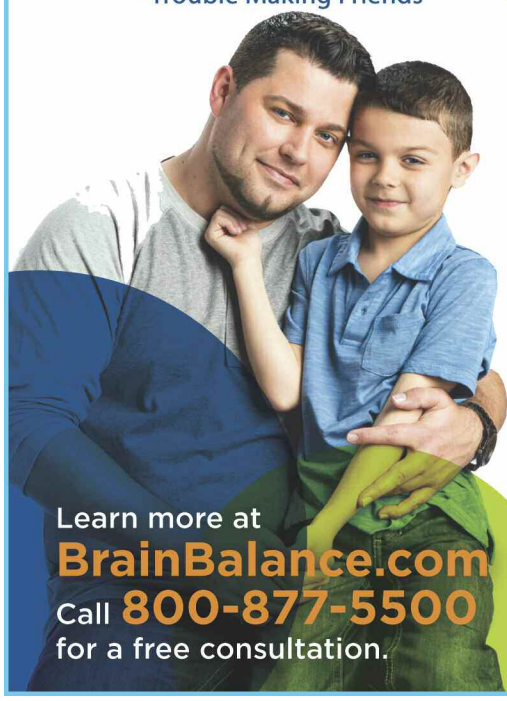
TK: Are your kids interested in helping you with your projects or Restore House? What do they like to do?
Nick: It's fun to hear them talk about homes. As we drive through neighborhoods, they notice houses, paint colors and styles. Recently, we overheard our 10- and 11-year-old kids discussing living in a new home versus an old home.
Jaime: If our kids aren't in school they're with us. Our kids are a big part of what we do and we are teaching them what we do as we go along. It will be interesting to see if our kids follow in our footsteps. We always tell our kids, whatever job you do, do something you love.

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BY DANIELLE HILL

meet CAN Director Rose Turner: **helping heal the hurt**

Rose Turner has devoted most of her working life to helping children. For the past 12 years, Rose has served the community through her work at the Child Abuse Network (CAN) in Tulsa, a non-profit that centralizes and coordinates the multiple agencies that investigate and prosecute child abuse. The CAN facility is a child-friendly place designed to provide multidisciplinary services to child abuse victims in a single location, so that children and their families are not re-traumatized by the many parts of an investigation. Currently, Rose is the interim director of CAN, and she spoke with us about CAN, her passion for helping children and her life.

TK: When did you first get involved with CAN and what initially brought you to this organization?

Rose: I first became involved with CAN when I was working with the Oklahoma Department of Human Services (OKDHS) in child welfare. I was part of the multidisciplinary team (MDT) involved in investigating and staffing cases to determine the best outcome for a child. Becoming the managing director for CAN in 2005 was a smooth transition as I was already deeply involved in and committed to the MDT process.



TK: Over the years, what has motivated you to continue investing your time and effort into this organization?

Rose: One day I was having one of those days of back-to-back meetings, and I went through the waiting area where a little boy was working on a puzzle. I looked down and said, "Great job!" When I came back through after my meeting, he said, "Can you help me finish?" My first thought was that I didn't have time, but then I sat down and helped him. He and his sister were being interviewed about physical abuse. He told me that his little sister was afraid to come here, but he told her there was nothing to be afraid of. She came out a little while later, skipping and smiling. Those things happen here on a daily basis. That's why I do it every single day. My commitment to helping children and the passion that burns inside of me to make every effort to provide each child a safe and nurturing environment that will give him or her the best opportunity to flourish in this community is what spurs me on each and every day.

TK: Currently, you are the interim director of CAN and most recently you served as managing director. What do you do at

continued next page

CAN and what is your role in the organization?
Rose: As I serve in multiple roles within CAN currently, the big picture is to ensure that the solid foundation laid of excellent service to children and families involved in an investigation of child abuse and neglect continues. This varies greatly day to day. One moment I may be involved in a committee meeting regarding enhancement of services we offer; the next I could be conducting a forensic interview or mental health consult if other staff are not available to do so, or involved in determining repairs necessary for our facility. It is a total scope of involvement with our staff and the children we serve to ensure that our center is a safe and child-friendly place within which a child can begin a path of healing.

TK: CAN's role in the community has grown and evolved over the years. What changes have you seen at CAN and what are your hopes for CAN's future?
Rose: Changes that have occurred over the years involve serving 50 children a week when this facility was initially built to serve 40 children a month; increased work and collaboration not only with the MDT members but with the wonderful therapeutic resources in the Tulsa community continue to grow and be enhanced. These collaborative partnerships and resources result in greater opportunities for children to remain safe and flourish.

TK: Is child abuse on the rise or decline in Oklahoma and Tulsa County? Please explain.
Rose: There has been a steady rise in the numbers of cases each year in Oklahoma and specifically Tulsa County that are being investigated. There are so many factors that influence this such as the economic struggles facing Oklahomans, substance abuse, mental health issues and lack of adequate resources to address these issues often result in a child becoming a victim of abuse. Technology is a wonderful thing, however this has opened up a whole new venue in which perpetrators can and do access children.

TK: What are the most important things our community can do to prevent child abuse?
Rose: Listen to children. Give them encouragement to talk about things or situations that make them uncomfortable. Help children identify safe adults they can talk to if they are ever uncomfortable or feel hurt or threatened. These basic steps could ensure safety for a child.

TK: The Superhero Challenge to benefit CAN is coming up on April 2. Tell me about that.
Rose: It's a family-focused fundraiser that's fun for everybody – we have hundreds of volunteers and last year we had over 750 kids. It also educates people about what CAN is. Last year we had a little girl come in on the Tuesday after she had participated in the Superhero Challenge on Sunday. She was being seen because of suspected third-party abuse. Her mom was dealing with a lot of emotions. She said, "Little did I know [after being at the Superhero Challenge and learning about CAN] that I would need these services."

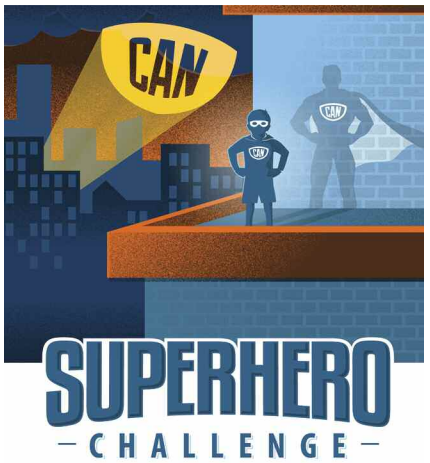
TK: Before you go, what are some fun facts about you.
Rose: I'm originally from a small town in Iowa that only has two stoplights, so the big city of Tulsa required adjustment for me. I come from a family of five girls, raised by my mother as my father was killed in a car accident when I was young. Her overriding message to all of us girls was "it will all be okay" and that is how she taught us to approach life — reaching out to help people and realizing it will be okay no matter what.

TK: What do you enjoy doing when you aren't working?
Rose: I enjoy spending time with family members, golfing, working out, spending time outdoors and cooking, all of which my husband and I do together and laugh throughout. My husband and I have also been taking ballroom dance lessons over the past year and it has been enjoyable.

TK: What is your favorite thing about Tulsa?
Rose: The variety of things to do, the parks, the arts, the museums and all of the great restaurants.

TK: Do you have any other favorites—food, places, music, or even a season—that your life would not be the same without?
Rose: Love Mexican and sushi restaurants along with Jazz music. Always love the springtime, gives so much hope for growth and moving forward. I say frequently to those I work with or encounter, "an attitude of gratitude" is what provides us with contentment in life. We are so blessed!

And, finally, I want to say that the staff and teams at CAN are the heroes every single day. And the kids are the superheros!



CAN Superhero Challenge
Sunday, April 2, 2017
1 – 4 p.m.
Postoak Lodge & Retreat
All ages welcome.
Parking: Center High School
To register, go to www.childabusenetwork.org
Questions? Call 918.624.0217;
Facebook.com/CANSuperheroChallenge

5 Steps to Protecting Children from Sexual Abuse

Step 1. Learn the Facts.1 in 10 children in the U.S. is sexually abused by the age of 18.

Step 2. Minimize Opportunity. More than 80% of child sexual abuse incidents occur when children are in isolated, one-on-one situations with adults or other youth.

If you eliminate or reduce potential for children to be in isolated, one-on-one situations with adults or other youth, you dramatically reduce risk.

Step 3. Talk About It. One of the best protections against sexual abuse is our relationship with children. Have open conversations with children about body safety, sex, and boundaries.

Children often keep abuse a secret, but barriers can be broken down by talking openly about topics like body safety, sex, and boundaries. One of the best defenses against child sexual abuse is our relationship with children.

Step 4. Recognize the Signs. The most common symptoms of child sexual abuse are emotional or behavioral changes. Know the signs of abuse to protect children from further harm.

Don't expect obvious signs when a child is being sexually abused. Signs are often there, but you have to know what to look for. Emotional or behavioral signals are more common, and may range from "too perfect behavior" to anger and rebellion.

Step 5. React Responsibly. Understand how to respond to suspicions or reports of child sexual abuse. Very few reports are false.

Disclosure, discovery, and suspicions of sexual abuse provide opportunities to intervene on behalf of a child.
Source: Darkness to Light (www.D2L.org)

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The Tulsa Botanic Garden prepares for spring with events throughout the month of March. Find more at www.tulsabotanic.org.

1 | WEDNESDAY

HOMESCHOOL ART CLASS AT PHILBROOK
Each homeschool class offers gallery tours led by qualified art educators, an in-studio art-making project, as well as resources to guide parents through that week's class into a month-long learning opportunity. Class begins promptly at 1 p.m. $10 per class, Philbrook Members only. www.philbrook.org.

2 | THURSDAY

HANDS ON: READ ACROSS AMERICA {FREE}
Celebrate Dr. Seuss' birthday with fun stories and hands-on activities. For ages 3-5. Central Library, 400 Civic Center; 10:30 a.m.

FOCUS ON FAMILY: SURVIVING HIGH CONFLICT
During this two-session, interactive, web-based course, you'll learn how to handle high conflict situations with your co- parent and develop new skills to help you: Resolve conflicts, improve communication, let go of the past relationship, keep your focus on the kids. Family and Children's Services, 650 S. Peoria; 6 p.m. www.fcsok.org

BROKEN ARROW SIDEWALK ASTRONOMERS {FREE}
Join us as we find out about the Pinwheel Galaxy. Discover how an early 19th century toy inspired the naming of a galaxy. Construct a pinwheel with a NASA image of the Pinwheel Galaxy on it. For ages 5-adult. Broken Arrow Library/ South, 3600 S Chestnut Ave.; 6:30 p.m.

3 | FRIDAY

1-2-3 PLAY WITH ME: A PARENT/CHILD WORKSHOP
This is a five-week series for parents and children ages 1-3. Each program offers opportunities for children to play with developmentally appropriate toys in a play group atmosphere and for parents to visit with early childhood specialists in the areas of child development, speech and language, nutrition, play, movement and music.. Registration is required and is for the series: 918.549.7624. Owasso Library, 103 W. Broadway; 10-11:15 a.m.

AQUA-TOTS AT THE OKLAHOMA AQUARIUM
Bring your little ones out for a special Seaside Story Time and join educators for an interactive experience. Aqua-Tots is for ages 1-5. There is a maximum of 35 children, first come, first served. Oklahoma Aquarium, 300 Aquarium Dr.; 11 a.m.

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

4 | SATURDAY

SPLASH! PEDAL! RUN!
When you sign up your little athlete for this event, you also help other kids, as all proceeds benefit The Children's Hospital at Saint Francis. Registration fee includes a T-shirt, post-race celebration and a medal for all finishers. All events take place indoors at Health Zone. More at saintfrancis.com.

DOG DAY AT TULSA BOTANIC GARDEN
Four-legged pups are invited for a special morning to join their owners for a walk in the Garden. Please only non-retractable leashes. No dogs in Children's Discovery Garden. Check website for all details. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.; 10 a.m.-1 p.m.

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

2017 AMERICAN INDIAN FESTIVAL OF WORDS
Tim Tingle will receive the 2017 American Indian Festival of Words Writers Award. Tingle (Choctaw) is a storyteller and award-winning author of books for children, teens and adults. A book signing will follow. Copies of his works will be available for purchasing. Sponsored by the Maxine and Jack Zarrow Family Foundation, Dr. Frank and Mary Shaw, Friends of the Helmerich Library, Greater Tulsa Area Indian Affairs Commission, Tulsa Indian Community Foundation, Tulsa Library Trust and American Indian Resource Center. Hardesty Regional Library, 8316 E. 93rd St.; 10:30 a.m.

AWARD CEREMONY: BLACK HISTORY MONTH ESSAY CONTEST
The winners of the 2017 African-American History Month Essay Contest will be recognized. Winners may read aloud their submissions.
Light refreshments are provided. Suburban Acres Library, 4606 N Garrison Ave.; 1 p.m.

MOVIE IN CELEBRATION OF DR. SEUSS' BIRTHDAY
Come and watch the movie "The Lorax" (rated PG) and celebrate Dr. Seuss' birthday! For all ages. Bixby Library, 20 E. Breckenridge; 2 p.m.

5 | SUNDAY

SUNDAY DRAWS AT GILCREASE
Sunday Draws is for anyone who wants to learn to draw or to learn to draw better and have fun doing it. Teaching artists guide participants using various drawing techniques, and different drawing tools and materials. This program is for adults and children age 8 and older. All supplies are provided, including drawing journals to keep.
Reservations are required: 918.596.2774.
www.gilcrease.utulsa.edu

6 | MONDAY

SERIES: INTRODUCTION TO CSS FOR TEENS
{FREE} Join in for an introduction to the basics of computer coding with CSS. Registration is required. Class size is limited. Call 918-549-7323 to register or register online. For ages 12-18. Central Library, 400 Civic Center; 4 p.m.

7 | TUESDAY

ASTRONOMY NIGHT AT CENTRAL LIBRARY
{FREE} Explore the downtown night sky. This family friendly event will feature high-powered telescopes, an activity about the universe, constellation face painting and augmented reality star gazing. Less than ideal weather conditions will move the event indoors. Presented by the Bartlesville Astronomical Society and Tulsa City-County Library. For ages 5-12 and their families. Central Library, 400 Civic Center; 7 p.m.

8 | WEDNESDAY

AN EVENING WITH AUTHOR CHRIS CLEAVE
{FREE} New York Times best-selling British author Chris Cleave joins us for his first-ever Oklahoma event. Cleave took the reading world by storm with his megahit "Little Bee." He returns with his new novel, "Everyone Brave Is Forgiven," a heartbreaking, insightful novel that tells the story of three lives entangled during World War II. Presented in partnership with Tulsa Literary Coalition, Booksmart Tulsa and Magic City Books. For adults. Central Library, 400 Civic Center; 7 p.m.

9 | THURSDAY

ZACH: TEEN TIME @ ZARROW
Home schooled teens experience a new art class where a consistent concept of the month will be presented such as landscapes, portraits, 2D/3D, realism/abstraction based on the Elements of Art and the Principles of Design. Each session, materials and gallery discussions that are designed to be age appropriate to create a targeted learning experience will be taught by qualified art instructors. For ages 13 - 18 years old.
$12.00/Gilcrease members, $15.00/not-yet members Pre-registration required: 918.631.4402. Zarrow Center for Art & Education, 124 East M.B. Brady St.; 10 a.m.

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

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

ZACH: ZARROW ART CLASSES FOR HOMESCHOOL
Discover the world of art at the downtown Zarrow Center for Art & Education through this exciting program designed for the homeschooling community. For ages 6 - 12 years old Registration required: 918.631.4402. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 1:30 p.m.

TARC KIDS CONNECTIONS
This social skills group is designed for children, grades K-5th grade, on the autism spectrum. Kids Connections meets on the second Thursday of each month from 4:30 to 5:30 p.m. at the TARC office in Tulsa. For more information and to enroll: 918.582.8272. Autism Center of Tulsa, 2516 E 71st St, Suite A; 4:30 p.m.

CONFIDENT PARENTING SERIES: HEALTHY BABY FOOD MADE AT HOME {FREE}
Learn about infant nutrition and how to save money by making your own baby food. Watch a chef make baby food and then receive samples of the finished product. This program is presented by the Community Food Bank of Eastern Oklahoma and OSU Extension Community Nutrition Education Program. Martin Regional Library, 2601 S Garnett Rd.; 6:30 p.m.

10 | FRIDAY

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

11 | SATURDAY

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

SCOUT DAY AT THE OKLAHOMA AQUARIUM
The Oklahoma Aquarium hosts Scout Days to honor all youth organizations and their members (such as Boy Scouts, Girl Scouts, Camp Fire, 4-H, FFA, etc.). There are special activities offered from 12:00 to 2:00 pm, but the discounted rate is available for the entire day (remember the last ticket is sold 1 hour prior to closing.) Oklahoma Aquarium, 300 Riverwalk Terrace. www.okaquarium.org

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

CUBELETS ROBOTICS {FREE}
Create your own robots the fun and easy way with mix-and-match Cubelets Robot Blocks! For ages 10-18. Suburban Acres Library, 4606 N Garrison Ave.; 1:30 p.m.

12 | SUNDAY

SENSORY FRIENDLY FAMILY FUN TIME AT TULSA CHILDREN'S MUSEUM
Discovery Lab will open before public hours on Sunday, March 12th, for families with children on the Autism Spectrum and/or who have sensory processing disorders. Families can enjoy the museum before the rush comes and play together in a supportive, understanding environment. Tulsa Children's Museum, 560 N Maybelle Ave.; 9:30-11:30 a.m. For questions, call 918.295.8144.

13 | MONDAY

SEE SPRING BREAK ACTIVITIES.

STEAM WORKSHOP {FREE}
Enjoy fun STEAM (Science, Technology, Engineering, Art, Mathematics) activities for kids ages 6-12. Martin Regional Library, 2601 S Garnett Rd.; 1 p.m.

14 | TUESDAY

SEE SPRING BREAK ACTIVITIES.

DRONES IN THE GARDEN {FREE}
Join us as we assemble and fly drones in the garden. For ages 14-18. Registration is required. Call 918.549.7323 to register. Central Library, 400 Civic Center; 2 p.m.

15 | WEDNESDAY

SEE SPRING BREAK ACTIVITIES.

HOMESCHOOL ART CLASS AT PHILBROOK
Each homeschool class offers gallery tours led by qualified art educators, an in-studio art-making project, as well as resources to guide parents through that week's class into a month-long learning opportunity. $10 per class, Philbrook Members only. Philbrook Museum, 2727 S Rockford Rd.; 1-3 p.m. www.philbrook.org

16 | THURSDAY

SEE SPRING BREAK ACTIVITIES.

FOCUS ON FAMILY: SURVIVING CONFLICT
During this two-session, interactive, web-based course, you'll learn how to handle high conflict situations with your co-parent and develop new skills to help you: resolve conflicts, improve communication, let go of the past relationship, keep your focus on the kids. Family and Children Services, 650 S. Peoria; 6-9 p.m. For questions uestions, call 918.560.1114.

17 | FRIDAY

SEE SPRING BREAK ACTIVITIES.

OKLAHOMA AVICULTURAL SOCIETY FAIR
Take the family to view exotic birds and learn about special birds in and outside of Oklahoma. Children 10 and younger are free. Expo Square, Tulsa Fairgrounds; 9 a.m.-5 p.m. www.okbirds.com.

SPECIAL ADVERTISING SECTION

2017 SPRING BREAK CAMPS

AVANT GARDE
4103 S. Detroit Ave.
918.743.0975
www.avantgardeschools.com
Dates: March 13-17
Hours: 7am - 6pm
Ages: 5-10 years old



Come join the fun at Avant Garde's Spring Break Science Camp! Children will spend time exploring the Tulsa community and creating fun science projects throughout the week. Hands-on science projects will include learning how to make Goop, Chalk, Play-Doh, and more! Places to visit: Tulsa Air and Space Museum, Tulsa Children's Museum, Tulsa Geo-Science Center and Purple Glaze. Nutritious snacks and lunches will be provided! To register, call 918-743-0975 or email us at contact@avantgardeschools.com.

PERFECT PRACTICE ATHLETIC CENTER
4950 S. Sheridan Rd.
918.764.9175
www.PerfectPracticeOK.com
Dates: March 13-17; 9 a.m -Noon and 1-4 p.m.



Spring Break Camps at Perfect Practice are fun, educational, and unique! Baseball, Softball, Basketball skills camps for all ages! And, NEW this year, FUN ALL SPORTS camp for dodgeball, wiffleball, kickball, soccer, basketball, and KNOCKERBALL!
Keep your kids active during Spring Break! Half day and full day options available. Call to register.

SOCCER CITY SPRING BREAK CAMP
5817 S.118th East Ave.
918.249.0044
March 13 - 17 (5 day)
Ages: 4-15 yrs
Camp times: 9 a.m. - Noon
$95 if registered by March 11th
*$25 drop in price if registering the morning of each day



You can drop your child off as early as 8:45 with pick up being right at noon. We will take a short snack break before the final hour of camp, so please feel free to send a small snack or snack money with your child. We will be hosting awesome Summer Camps commencing in June!
Watch for our ad or visit our website at www.soccercitytulsa.com for more details!

2017 SPRING BREAK CAMP @ SSB KIDS!
1700 N. Redbud Pl., Broken Arrow
918.258.5437
www.ssbkids.com
918.258.5437
Ages: 3-11
Times: 9 a.m.- 3 p.m.
Before and After Care Available.



SSB Kids! provides an indoor/outdoor camp (weather permitting) experience in a nurturing and safe environment. Each camp is filled with tumbling, trampoline, themed activities, sports, inflatable jumping, arts and crafts, team building, character building, devotion time, music, and more.
Snack are included. Lunch can be brought from home or purchased for $4/day.

SPRING BREAK CAMPS AT DISCOVERY LAB
560 N. Maybelle Ave., Tulsa
918.295.8144
www.tulsachildrensmuseum.org



Engineer It: Paper Towns Students: ages 4-5, learn about shapes and design, collaborating to build their own town made solely from paper.
Details: Monday, March 13 Ages 4 – 5, 9am - 12pm, Members $20, Non-Members $25
Engineer It: Architecture Students: ages 6-8, experiment with shapes to create durable structures and use computer programs to design their own building. Students will get to put their design into practice, creating a cardboard building to be installed in the museum's Create the 918 exhibit.
Details: Tuesday- Wednesday, March 14-15, Ages 6 - 8 | 9am - 4pm*, Members $80, Non-Members $100. *Extended care available for an additional cost
Engineer It: Architecture Students: ages 9-12, experiment with shapes to create durable structures and use computer programs to design their own building. Students will get to put their design into practice, creating a cardboard building to be installed in the museum's Create the 918 exhibit. Details: Thursday- Friday, March 16-17, Ages 9 – 12, 9am - 4pm*, Members $80, Non-Members $100. *Extended care available for an additional cost.
For information and to register visit tulsachildrensmuseum.org.

TULSA ZOO SPRING BREAK CAMP: WILDLIFE PASSPORT
6421 E. 36th St. North, Tulsa
918.669.6219; Register today at tulsazoo.org/camps
Dates: March 13-17 from 9:00 a.m. to 2:00 p.m.



Grab your passport and join us for an adventure around the world! You will travel the globe without ever leaving the zoo. From the sub-zero temperatures of the tundra to the scorching heat of the desert, discover the unique ways that animals survive in every habitat that this planet has to offer. Camps include live animal presentations, hands-on activities, themed games, crafts, and zoo exploration. To ensure an enjoyable and safe experience for all children, class size is limited to 16 participants. These full-day programs are designed for children between the ages of 5 to 12 years old. Camps are $185 per child for zoo members, and $195 per child for non-members. A supervised lunch period will be provided each session. Participants should bring a sack lunch and a snack that does not require refrigeration. Participants may sign up for the optional after-care session from 2 to 4 p.m.

WILL ROGERS MEMORIAL MUSEUM
9501 E. 380 Rd, Oologah
Dates: March 13-17
www.willrogers.com/spring-break



Parents, give your children the opportunity to experience childhood as Will Rogers would have on his Indian Territory ranch this March! Spring Break activities will be held Monday, March 13, through Friday, March 17, from 1 to 3 pm at the Will Rogers Memorial Museum and the Will Rogers Birthplace Ranch. There will be new activities each day focusing on different aspects of Will's life, including sports, horses and riding, aviation, writing, and entertainment. The programs will take place at the museum on Monday, Wednesday, and Friday, and at the ranch on Tuesday and Thursday. This year's Spring Break activities will be free for ages 17 and under thanks to a generous education sponsorship from Win and Kay Ingersoll of Ingersoll Ranch.

SPRING BREAK STAYCATION TO-DOS
STICKIN' AROUND T-TOWN

AHHA IMAGINATION DAY
Saturday, March 18; 1-5 p.m.: AHHA's Imagination Day this month falls on the Saturday after spring break. AHHA invites families to learn about the art of our time and experience it firsthand. Inspired by current AHHA exhibitions, this program fosters the development of lifelong learning skills through gallery explorations, open-ended discussions, films, demonstrations and individual and collaborative hands-on art activities. To find out more, go to www.ahhatulsa.org.

GILCREASE MUSEUM OF ART
1400 N. Gilcrease Museum Way, Tulsa
Open: Tuesday-Sunday; 10 a.m. to 5 p.m.
Cost: $8 adults; children 18 and younger are free. Beyond the extensive Gilcrease collections and exhibits are its beautiful facilities and gardens. Themed gardens have been developed on 23 of the museum's 460 acres. For more information, go to www.gilcrease.utulsa.edu.
Spring Break Family Drop In Days: Wednesday, March 15, Members Only – 1-4 p.m. & Thursday, March 16, General Public – 1-4 p.m.

JENKS PLANETARIUM
Where: Jenks Planetarium, Jenks High School, 1st and B Streets
Cost: $5 tickets online; $7 at door
Earth, Moon and Sunday: Tuesday, March 14; 11 a.m.
Back to the Moon: Tuesday, March 14; 7 p.m. Explore the night sky with engaging, awe-inspiring shows at the Jenks Planetarium.

LINNAEUS TEACHING GARDEN
THE KIDS' CORNER: Located in the Linnaeus barn along the east wall, The Kids' Corner gives children of all ages a chance to learn about gardening and creatures who live there while visiting the garden. It includes an informational poster and accompanying activity, materials for a take-home activity, a display of children's books to borrow and read during their visit and a table of interesting finds to explore. Kids can visit this area whenever the Linnaeus barn is open.
Linnaeus Teachin Garden is located in the Woodward Park complex due east of the Rose Garden and the Tulsa Garden Center at: 2435 S. Peoria Ave. www.tulsagardencenter.com

OXLEY NATURE CENTER
Bring children, friends and family to explore the native landscape at Oxley Nature Center. The Oxley Interpretive Building is open Monday - Saturday, 10 a.m. - 4:30 p.m. & Sunday noon - 4:30 p.m. Hiking trails are accessible during Mohawk Park hours, 7 a.m. - 9 p.m. Check their website for special events happening throughout the week: www.oxleynaturecenter.org. '

PHILBROOK SPRING BREAK ACTIVITIES
Youth 17 and younger are always free at both Philbrook locations. Enjoy the beauty of spring in the Philbrook Gardens and lunch in LaVilla featuring kid-friendly menu items.
Find more at www.philbrook.org.

TULSA CITY-COUNTY LIBRARIES
Your Tulsa City-County Library has something lined up for everyone in the family this Spring Break. You'll find everything from bracelet making, to lego time to yoga and beyond at tulsalibrary.org.
All events at the Tulsa City-County Libraries are free and open to the public.

TULSA ZOO
6421 E. 36th St. N., Tulsa
Open: 9 a.m.-4 p.m. everyday. Cost: Adults $10, Ages 3-11 $6; 2 and younger are free. Once you're in, there are plenty of free activities you need to check out; including their daily chats and demonstrations. For more information, go to tulsazoo.org.

TULSA BOTANIC GARDEN ACTIVITIES
The Tulsa Botanic Garden is hosting some great spring break activities. Get out and explore nature with the kids with free, drop-in activities at Tulsa Botanic Garden.
FLORAL FUN: Tuesday, March 14, 10 a.m. – 1 p.m.
Things are springing to life and flowers are blooming! Make flower crafts and go on a floral scavenger hunt.
BREAK FOR BIRDS: Wednesday, March 15, 10 a.m. – 1 p.m.
Spring is when many birds are busy making their nests. Families can learn about birds and make a "bird nest helper" to take home for their yard. (while supplies last)
NATURAL ART: Thursday, March 16, 10 a.m. – 1 p.m.
Channel your inner artist using bits from nature.
GOOD, GREEN FUN!: Friday, March 17, 10 a.m. – 1 p.m.
Fun, family-focused crafts and activities! Traveling Bean Coffee Company food truck onsite with food and drinks available. Traditional Irish songs at 11 a.m. from local musician/singer Frank Smreker.
GOOD GREEN FUN (continues!): Saturday, March 18, 10 a.m. – 3 p.m.
Fun, family-focused St. Patrick's Day celebration continues with crafts, activities and music including: 11 a.m. local musician singer Frank Smreker with traditional Irish songs, 1 p.m. lively Irish Celtic music with Timothy O'Brian's Celtic Cheer

TURKEY MOUNTAIN
6850 S. Elwood Ave., Tulsa
Turkey Mountain is located at 68th and Elwood. When most think of Oklahoma, they think of flat land, few trees, and lots of red dirt. Turkey Mountain has the opposite. Steep hillsides combine with thick vegetation to make trapsing through the woods difficult. Even on the trails, one occasionally must dodge tree limbs, jump rocks, and find ways around ponds and gullies. Families with children will enjoy the shorter side trails that meander close to the parking lot

ZARROW CENTER FOR ART EDUCATION
124 E. Brady St., Tulsa
Drop-In Family Art Day @ Zarrow: Spring Art Break: Friday, March 17 - 1-4 p.m.
Free and Open to the Public. Enjoy spring break and go green for Saint Patrick's Day with fun art activities for the whole family.

QUICK REFERENCE
Art Play Center: www.artplaycenter.com
7972 E. 41st St., Tulsa; open Monday-Saturday, 9:30 a.m.- 6 p.m.
Bounce U: www.bounceu.com/tulsa
8922 S. Memorial Dr., Tulsa; check their website for open bounce times
Miller Swim School: www.millerswimschool.com
6415 S. Mingo Rd.; open family swim on Saturdays and Sundays from 4-6 p.m. $5/person
Oklahoma Aquarium: www.okaquarium.org
300 S. Aquarium Dr., Jenks; Open everyday 10 a.m.-6 p.m., Tuesdays until 9 p.m.
Purple Glaze Studio: www.purpleglazestudio.com
3303 South Peoria Ave. and 6528 East 91st Street; Monday-Thursday, 11 a.m.-9 p.m.; Friday, 11 a.m.-10 p.m.; Saturday, 10 a.m.-6 p.m.; Sunday, 1 p.m.-5 p.m.
Sky Zone Tulsa Trampoline Park: www.skyzonetulsa.com
8306 E. 61st St., Tulsa; Special Spring Break Hours: Sunday - Thursday. 10 a.m.-8 p.m.; Friday noon- 11 p.m.; Saturday, 10 a.m.-11 p.m.
Tulsa Air and Space Museum: www.tulsaairandspacemuseum.com
3624 N. 74th East Ave., Tulsa; Open Tuesday - Sunday, 10 a.m.-4 p.m.
Tulsa Children's Museum: www.tulsachildrensmuseum.org
560 N. Maybelle Ave., Tulsa; Open Monday-Saturday, 9:30 a.m.-5 p.m. and Sunday 11:30 a.m.-5p.m.
Tulsa Zoo: www.tulsazoo.org
6421 E. 36th St. N., Tulsa; Open daily, 9 a.m.-5 p.m.

18 | SATURDAY

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

19 | SUNDAY

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

20 | MONDAY

SEE SPRING BREAK ACTIVITIES.

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

21 | TUESDAY

SEE SIDEBARS FOR ON-GOING ACTIVIITES AND EVENTS.

22 | WEDNESDAY

SYMPHONY BY THE SEA FOR STUDENTS
Symphony by the Sea for Students is a unique field trip opportunity combining arts and science education through a partnership of the Oklahoma Aquarium and the Tulsa Symphony Orchestra. Students travel to three stations in the Aquarium to learn about a particular animal or habitat and a selected musical ensemble. Reservations are processed in the order received: www.okaquarium.org

23 | THURSDAY

THE CRAFT CONNECTION {FREE}
Enjoy making crafts with your friends or family! For ages 10-18. Schusterman-Benson Library 3333 E 32nd Pl.; 6 p.m.

BOUNCE'N BEETHOVENS EVENING EDITION
{FREE} Join Katherine Battenberg from the Midtown School of Performing Arts for a high-energy parent/child music class that introduces children to a variety of musical instruments and styles. For newborns to 5-year-olds. Class size is limited and registration is required: 918.549.7323. Owasso Library, 103 W Broadway St.; 6:30 p.m.

24 | FRIDAY

SEE SIDEBARS FOR ON-GOING ACTIVIITES AND EVENTS.

25 | SATURDAY

EXPLORARTORIUM
{FREE} One-stop shop for information about visual and performing arts classes in Tulsa - from kids' summer camps to adult education programs. Don't spend your summer on the couch, get creative! Charles Schusterman Jewish Community Center, 2021 East 71st St.; noon-4 p.m.

26 | SUNDAY

SEE SIDEBARS FOR ON-GOING ACTIVIITES AND EVENTS.

27 | MONDAY

EAT BETTER, MOVE MORE {FREE}
This nine-week class for older adults and/or caregivers focuses on improving nutrition and introducing movement and exercise. Instructors will share ways to improve your nutrition, and simple, fun ways to introduce movement and exercise into everyday routines. This class also will help you develop a plan that will enhance the quality of your life. Presented by the Oklahoma Healthy Aging Initiative. Registration is required: 918.549.7323.

AMAZING CUBELETS: MINIROBOTS {FREE}
Create cubed robots that roll, spin and twist at the flick of your wrist. Combine Cubelets with LEGOS to create more interesting robots. For ages 10-18. Herman and Kate Kaiser Library, 5202 S Hudson Ave Suite B; 3:30 p.m.

STORYTIME

Bixby Library (20 E. Breckenridge, Bixby)
- Preschool Storytime: Mondays, March 6, 13, 20, 27 ● 11-11:30 a.m.
- My First Storytime: Mondays, March 6, 13, 20, 27 ● 10:10-10:30 a.m.

Broken Arrow Library (300 W. Broadway, Broken Arrow)
- My First Storytime: Tuesdays, March 7, 14, 21, 28 ● 10:30-11 a.m.
- Preschool Storytime with Miss Hannah: Mondays, March 6, 13, 20, 27 ● 10:30-11 a.m.

Broken Arrow Library/South (3600 S. Chestnut, Broken Arrow)
- Preschool Storytime: Tuesdays, March 7, 14, 21, 28 ● 10:30-11 a.m.
- My First Storytime: Wednesdays, March 1, 8, 15, 22, 29 ● 10:30-11 a.m.

Brookside Library (1207 E 45th Pl.)
- Preschool Storytime: Wednesdays, March 1, 8, 15, 22, 29 ● 10:15-10:45 a.m.
- My First Storytime: Wednesdays, March 1, 8, 15, 22, 29 ● 11-11:20 a.m.

Central Library (400 Civic Center, Tulsa)
- Family Evening Storytime: Mondays, March 6, 13, 20, 27 ● 6:30-7 p.m.
- Family Storytime: Tuesdays, March 7, 14, 21, 28 ● 10:30-11 a.m.
- Toddlers & Tales: Wednesday, March 8 ● 10:30-11 a.m.

Charles Page Library (551 E. Fourth St., Sand Springs)
- Preschool Storytime with Miss Alice: Tuesdays, March 7, 14, 21, 28 ● 10:30-11:30 a.m.

Hardesty Regional Library (8316 E 93rd St., Tulsa)
- My First Storytime with Miss Julia : Mondays, March 6, 13, 20, 27 ● 10-10:20 a.m. and Tuesdays, March 7, 14, 21, 28 ● 10-10:20 a.m.
- Toddler Time: Wednesdays, March 1, 8, 15, 22, 29 ●10-10:20 a.m. and Tuesdays, March 7, 14, 21, 28 ● 11-11:20 a.m.
- Mr. Paul's Family Storytime: Thursdays, March 2, 9, 16, 23, 30 ● 6:30-7 p.m.
- Mr. Paul's Preschool Storytime: Wednesdays, March 1, 8, 15, 22, 29 ● 11-11:30 a.m.

Helmerich Library
- Mr. Adam's Stay and Play Storytime: Tuesdays, March 7, 14, 21, 28 ● 10:30-11:30 a.m.

Herman and Kate Kaiser (5202 S. Hudson Ave., Suite B, Tulsa)
- My First Storytime: Thursday, March 2 ● 10:30-11:30 a.m.
- Preschool Storytime: Tuesdays, March 7, 14, 21, 28 ● 10:30-11:30 a.m.

Jenks Library (523 W. B St., Jenks)
- My First Storytime: Wednesdays, March 1, 8, 15, 22, 29 ● 10-10:15 a.m.
- Preschool Storytime: Wednesdays, March 1, 8, 15, 22, 29 ● 10:30-11 a.m.

Judy Z. Kishner (10150 N. Cincinnati Ave., Tulsa)
- Family Storytime: Thursdays, March 2, 9, 16, 23, 30 ● 11:30-noon

Martin Regional Library (2601 S. Garnett Rd., Tulsa)
- Bilingual Flamenco Storytime: Saturday, March 4 ● 2-2:30 p.m.
- Bilingual Storytime: Tuesdays, March 7, 21, 28 ● 11-11:30 a.m.

Maxwell Park (1313 N. Canton, Tulsa)
- Preschool Storytime: Wednesdays, March 1, 15, 22, 29 ● 10:30-11 a.m.
- Storytimes: Tuesdays, March 14, 21, 28 ● 3-3:30 p.m.

Pottery Barn Book Club Storytime (Utica Square)
- Tuesdays at 11 a.m.

Pratt Library (3219 S. 113th W. Ave., Tulsa)
- Miss Connie's Storytime: Thursdays, March 2, 9, 16, 23, 30 ● 10:30-11:30 a.m.

Schusterman - Benson Library (3333 E. 32nd Place, Tulsa)
- My First Storytime: Wednesdays, March 1, 8, 15, 22, 29 ● 10-10:20 a.m. and Wednesdays, March 1, 8, 15, 22, 29 ● 10:30-10:50 a.m.
- Bilingual Storytime: Tuesdays, March 7, 14, 21, 28 ● 10:30-11 a.m.

Tulsa Toy Depot (101st & Sheridan, Tulsa)
- Thursdays at 11 a.m.

Zarrow Regional Library (2224 W 51st St., Tulsa)
- Stay and Play Storytime: Wednesdays, March 1, 8, 15, 22, 29 ● 10:30-11:30 a.m.

THERE'S MORE: WWW.TULSAKIDS.COM/STORYTIME

28 | TUESDAY

LEGO CLUB {FREE}
Create and build with LEGOS. They provide the LEGOS; you provide the imagination. All LEGOS must stay in the library. For all ages. Zarrow Regional Library, 2224 W. 51st St.; 6 p.m.

TERRIFIC TUESDAY: ALL ABOARD THE PAJAMA TRAIN! {FREE} Passengers, don your pajamas and board the train! The Kishner Station is your fun destination! For ages 5-10. Judy Z. Kishner Library, 523 W B St.; 6 p.m.

29 | WEDNESDAY

See sidebars for on-going events/ activities.

30 | THURSDAY

ZACH: ZARROW ART CLASSES FOR HOMESCHOOL
Discover the world of art at the downtown Zarrow Center for Art & Education through this exciting program designed for the homeschooling community. Students will enjoy an arts enrichment experience as they create their own works of art in this engaging approach to arts education taught by qualified art instructors. For ages 6 - 12 years old
Registration required: 918.631.4402
AM: 10 -11:30 a.m.; PM: 1:30-3 p.m.
Gilcrease Museum, 1400 North Gilcrease Museum Rd. www.gilcrease.utulsa.edu

PERLER BEAD ART {FREE}
Arrange colorful beads into pictures or patterns on a plastic pegboard and fuse to create unique art. Supplies are provided. For ages 10-18. Brookside Library, 1207 E 45th Pl.; 3 p.m.

LITTLE BITS AND CUBELETS {FREE}
Experiment with circuitry and electronics by playing with Little Bits and Cubelets! Create robots and other fun projects. For ages 10-14. Schusterman-Benson Library, 3333 E 32nd Pl.

MINECRAFT NIGHT {FREE}
Put your imagination to the test building your own world in the popular game Minecraft! For ages 10-18. Suburban Acres Library, 4606 N Garrison Ave.; 6 p.m.

31 | FRIDAY

SEE SIDEBARS FOR ON-GOING EVENTS/ ACTIVITIES.

ON-GOING ACTIVITIES

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

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

INSECT ADVENTURE
Looking for an unforgettable and incredibly educational activity to experience with your youth? Try having an Insect Adventure! The Oklahoma Cooperative Extension has the only live bug petting zoo in the state. This presentation comes with more than 25 species of living arthropods as well as a knowledgeable, passionate, and entertaining professional entomologist to walk you through your arthropod discovery and exploration. Open every 1st and 3rd Saturday; 10 a.m.-2 p.m. at the Oklahoma Cooperative Extension, 127 Noble Research Center in Stillwater. For more information: www.insectadventure.okstate.edu.

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

LINNAEUS TEACHING GARDEN
The Linnaeus Teaching Garden is a demonstration/ teaching garden in Woodward Park, staffed by well-trained volunteers who share their knowledge and love of gardening with the public.The Garden is free and open to the public: Tuesday thru Saturday, beginning March 1. No pets, except service animals, please.

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



LIVIN' ON TODDLER TIME

The must-dos for your toddler in the Tulsa area for $10 or less.

BIKES & BALLS BASH AT WHITESIDE RECREATION CENTER
Whiteside Recreation Center, 4009 South Pittsburg Avenue
Bikes & Balls is located in the gymnasium at Whiteside Recreation Center. You can bring a bike, a ball, or nothing at all and let your toddler (1-5 years) socialize with other children. Bikes and Balls is every Tuesday and Thursday; 9:30-11 a.m.

PRESCHOOL PLAYDATE AT BOUNCE U
8922 South Memorial Dr., Suite A, Tulsa
Bounce U has a special bounce time just for ages 5 and younger on the dates/times below. The cost is $7.99 per child and don't forget your socks! Call ahead to reserve your spot: 918.249.0090.
Tuesdays: 10 -11:30 a.m., Thursdays: 3 - 4:30 p.m., Fridays: 10 - 11:30 a.m.

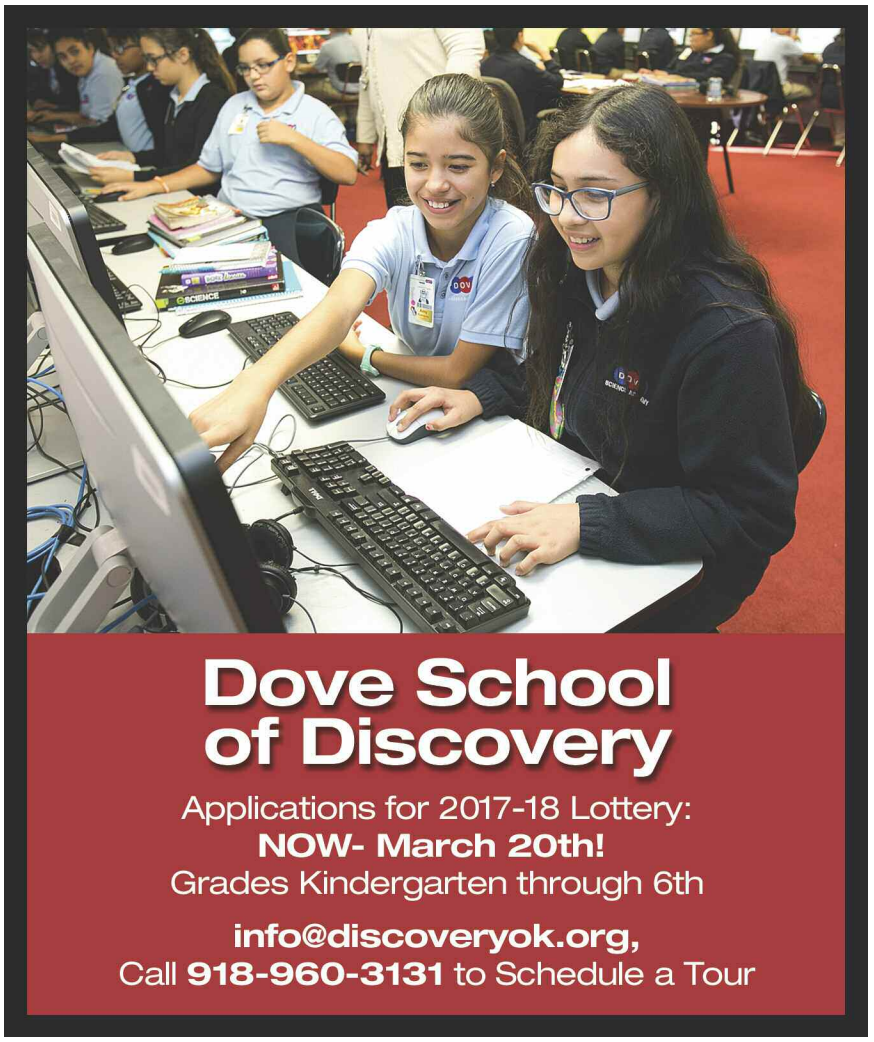
MINI-MASTERS AT THE GILCREASE MUSEUM
1400 North Gilcrease Museum Rd., Tulsa
Gilcrease Museum invites you and your toddler to explore the power and excitement of colors in artwork at the museum. Learn the colors of the color wheel and how to make new colors. For ages 3-6, who must be accompanied by an adult, dates and times vary monthly. Space is limited and advanced registration is required: 918.596.2774.

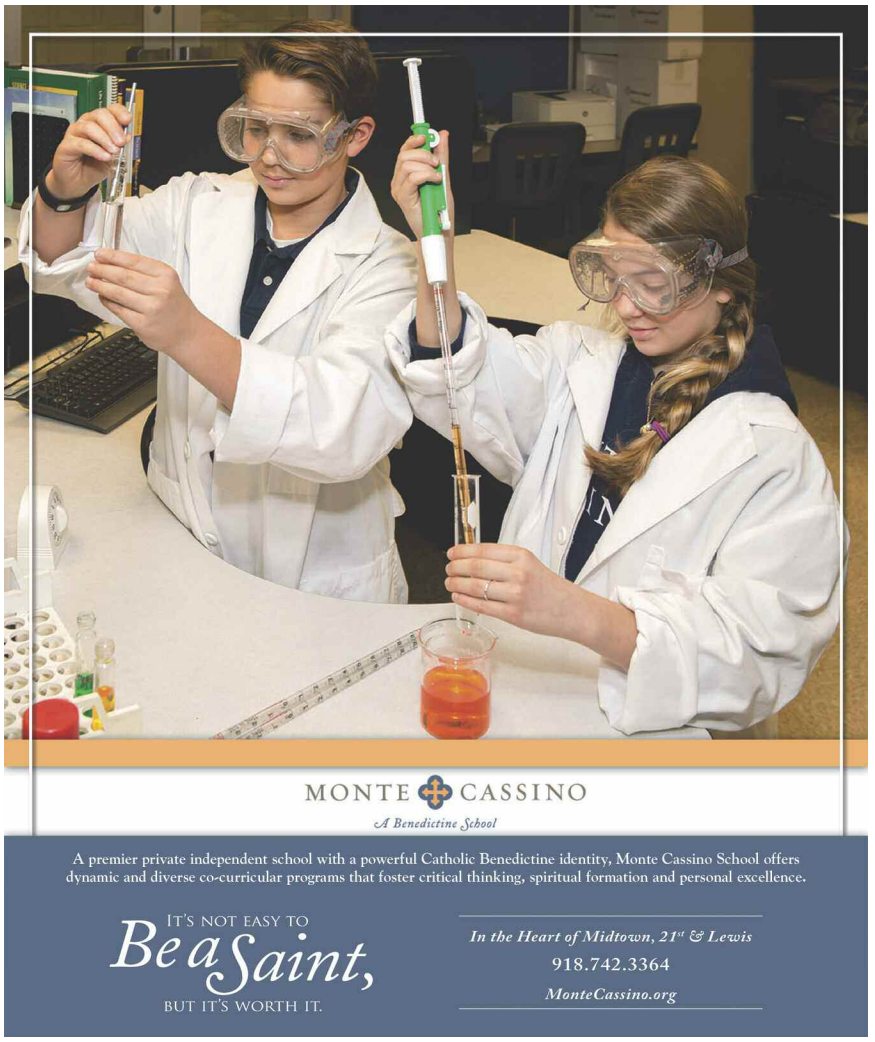
TODDLER TIME AT SKY ZONE INDOOR TRAMPOLINE PARK
8306 E. 61st St., Tulsa
Hours: Tuesdays & Thursdays, 9:30-11 a.m.
Ages 5 and younger
$10/per child (Sky Zone socks are $2/pair, but are reusable)
If they can walk, they can jump! Toddler Time at Sky Zone is a special time just for hte little one, where they can explore exciting new ways to be active. For questions and pricing information, go to skyzone.com/tulsa.

DANCE & SING ALONG AT THE DISCOVERY LAB
Tulsa Children's Museum, 560 N. Maybell Ave.
Every 2nd Monday of the month at 10:30 a.m., Discovery Lab hosts a family Dance & Sing Along in the main hall. Children ages 6 and under, their caregivers, and anyone young at heart, will enjoy dancing and singing along with the TCM band as they perform classic children's songs. This concert is part of Tulsa Children's Museum Family Concert Series and is free with museum admission.


OPPORTUNITY
SCHOLARSHIP FUND
EST. 2014
SCHOLARSHIPS
NOW AVAILABLE
Thousands of dollars available for low-income and special needs children to afford the school that meets their specific needs.
Find a member school that is right for your student.
osfkids.org/grants


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benjamin
caroline
81st & Lewis · (918) 935-2731
www.thevintagepearl.com


Dove School
of Discovery
Applications for 2017-18 Lottery:
NOW- March 20th!
Grades Kindergarten through 6th
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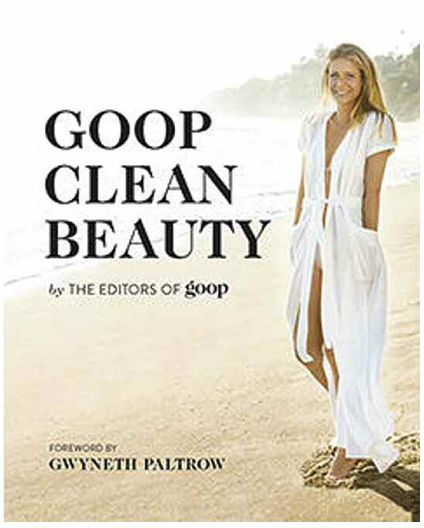

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FROM THE HIP

Hip Mom Tries Gwyneth's Detox (So You Don't Have To)

BY JILL VANTREASE



**disclaimer: PVT would like all of you to know he thinks Gwyneth Paltrow is an egomaniacal quack at best and has no idea why I would read anything she trots out.*

What is it about darn Gwyneth? Surely I know — intellectually — that even if I buy a "clean" product from her new beauty line, or attempt one of her newfangled workout regimes, or follow one of her darn detoxes, I won't suddenly become a tall, willowy blonde with dewy skin and a large staff.

Right, I know this! But I do love her goop newsletters, and I really think she does her homework in the health and wellness field. So when she talks about doing a 10-day "detox" regime in the New Year, I consider it. It occurs to me, now that I am



(aaahhh!) in my 40s, my diet should probably not be as reliant as it is on chocolate, Diet Mountain Dew, sugar and wine. And I have these odd little ticks. While I've always been a worrier, these days I seem to be plagued with a nameless, restless anxiety — even when there is nothing specific to be concerned about. I suffer from odd bouts of nausea here and there. I have a tiny, imperceptible shake in my left hand. I wake up each morning with a queasy sense of dread as I tick off the tasks I need to complete that day.

I wonder… Are there real changes in my daily sense of sanity that could be brought about through changes in my rather crappy diet? Is there something to this whole "clean eating" thing? And is it even possible for a regular mom like me to make it through a regular day of lunch-making, carpooling, butt-wiping, crumb sweeping and kid-schlepping without coffee and wine — and not fake my own abduction?

So, while it's late in January (Hey! New Year's resolutions shouldn't start until February. We have to recover from the holidays first!), I attempt the 10-day detox. You won't believe the rules:

- No alcohol (whaaaaaaa…..)
- No caffeine (I can't even.)
- No dairy (does whipped cream count?)
- No eggs
- No beef, no pork (no BACON?!)
- No shellfish, no raw fish
- No gluten
- No soy
- No nightshades (potatoes, tomatoes, eggplant, peppers - don't ask me what a nightshade means)
- No strawberries, oranges, grapefruits, grapes, bananas
- No corn
- No white rice
- No added sugar (and my reason to live is….?)
- No peanuts
- No processed oils and butters (like margarine)

What's left? Kale, air and sadness?

When I start my grocery list, I review some of Gwyneth's suggested recipes and have to laugh. What, Gwyneth, is teff? Wakame? Bonito flakes? But then I'm humbled. I find all of these odd things at Whole Foods! (Now, they aren't cheap: Teff (an Ethiopian flour) is $7.69; bonito (fish flakes) are $7.99.) And things like almond butter, almond milk and cacao powder I find at good old Tarzhay. OK, Gwyneth! Maybe regular moms can do this! So here we go.

Day 1: In lieu of slugging Diet Mountain Dew as soon as my feet hit the floor, I sip some green tea. It's not entirely unpleasant; I keep slugging the tea while making buttery eggs and toast for my kids, and while I do want to snatch their leftovers, which are positively crawling

continued next page



with scary gluten, I abstain. I wait until I get all the kids off to school TWO HOURS LATER to make my breakfast, a Chocolate Milkshake Smoothie, which I have in lieu of my morning coffee with cream and whipped cream. I mix almond butter, almond milk, a bit of avocado, cacao powder, and pitted dates in my old, crappy blender, and while it's certainly not a chocolate milkshake, it's not horrible (although I probably need a new blender to avoid the big chunks of dates).

The morning goes fairly OK! I'm not too tired, not hungry at all, just a bit thirsty. For lunch, I have turkey deli meat with Vegenaise (there's no added sugar in this), a Kevita Probiotic drink (I pick one with no added sugar — all this label reading is time consuming!), and some Kale Krunch from Whole Foods. These are little kale "chips" with Gwyneth-approved ingredients like chia seeds. My lunch is a little sad, but not so sad that I cry. Yet! I usually have a little chocolate or cookie for dessert, and this I miss. I have one of my Bai "Molokai Coconut" drinks, which has some sort of proprietary Stevia-based sweetener, and I think Gwyneth would approve.

For dinner, I make ham, biscuits, Rice a Roni and Brussels sprouts roasted in olive oil. Just Brussels sprouts for me! Alas, they are good, but I eat too many, which is not the wisest gastrointestinal decision. But I actually feel OK — calmer, maybe? — than usual. And I notice throughout that night that I feel tired, but in a relaxed, calm way, instead of trying to fight my way through the night with lots of Diet Mountain Dew.

Day 2: I wake up perhaps a little less shaky the next morning — I have slept fairly well! Huh! I am not terribly hungry, and that's good, because I make Gwyneth's morning concoction, "Canarino." It sounds just lovely, but all it consists of is boiling water with a swirl of lemon peel (a few days later I slice off some of my finger while slicing the pretty lemon peel). Gah! Hardly my favorite white chocolate mocha. But then I make "Breakfast Porridge" with the aforementioned teff, oats and coconut milk. I boil this up, and it looks reminiscent of some Dickensian gruel, but I slug on some coconut oil, and it tastes pretty darn good to me! The children? One declares it OK, two deem it disgusting, and the rest won't go near it. Sigh.

For dinner that night, I make Kimchi Turkey Burgers. Gwyneth declares they are "easy to make, and satisfying enough for non-detoxing friends and spouses." As I am pulverizing kimchi (the Korean spicy cabbage) in my food processor to combine with the ground turkey, I am terribly skeptical - but wow! She's right. They are tasty with a great zip that isn't too much for the kids. One for the win! But alas, the sweet potato "noodles" I found at Target are a big bust. For some reason my family prefers good old gluten fettuccini. Can you imagine?

Day 3: This morning, as I brew my darn hot lemon water, I am really missing sugar. I am quite certain there is a circle in Dante's Inferno where you have to drink herbal tea while serving your kids double chocolate Costco muffins.

Day 4: There might have been a little cheating last night. I am not going to divulge more. Overall, though, I am impressed with how good I feel and how most of the time, I don't need or miss sugar or dairy. Man, this would be really easy if I lived in an Ashram with no kids. We have broiled salmon for dinner, which everyone devours, along with broccoli and potatoes. No potatoes for moi.

Day 5: Today I wake up a bit h-angry, so instead of turkey for lunch, I decide to treat myself to lunch at the new Ediblend cafe. Ediblend is overflowing with all kinds of Gwyneth-approved ingredients: kale, cashews, maca, chia seeds, and smoothies galore. (Pure Food and Juice on Brookside is also a great spot for detox-friendly meals) I order a turmeric shot and their glorious kale salad with walnuts (I'm not kidding! It is really good.), and am just sitting down to inhale my salad when I realize that the kale salad has Parmesan shavings. Duh, dairy! I suppose I could have a salad custom made, but I realize I just don't care. Salad vanishes.

Day 6: It's Friday. How are a weekend and a detox at all compatible when you're a mom? Gwyneth actually has the audacity to suggest you start the detox on a Friday "so you have the weekend to rest and relax." Ha! Apparently, Gwyneth can outsource all the driving to birthday parties and soccer games. I consider doing a "poor man's detox" and taking the weekend off for my mental wellbeing. Plus, we're going to our traditional VT family Mexican night! Pretty sure that the tequ….um, nightshades, aren't on the detox. So, I celebrate the end of the week with the fam, enjoying all sorts of spicy delights. The next morning I wake up feeling like I got beaten by maracas for several hours. Whoa! I guess if I'm going to "re-tox," I have to re-tox a little more slowly!

Days 7-10, slouching toward the finish line: After taking one day off, I attempt to get back to my more stringent plan -- and I do, more or less, although I never manage to make that Japanese detox soup which requires bonito flakes (so much effort for something no one but me will approach with a yardstick!) So was this worth it? Is it repeatable? I'm not sure I'll ever be able to give up wine, mochas or chocolate for long periods of time. (What can I say? I'm weak!) But I can honestly say I won't ever go back to Diet Mountain Dew and truffles for breakfast; now eggs or oatmeal with coconut oil and green tea are really soothing and filling, and keep me calm and satisfied. Breaking a 20-year bad habit is not a small thing! And while I still feel anxious at times, I feel a bit better equipped and calmer to handle it all.

As for you? I don't know! If you are going through a relatively calm period in your mothering, where you are getting enough-ish sleep, and feel like you can take the extra time to make a few dishes that require a bit of thought, then give it a try. But if you're living a season of chaos and sleep-deprivation, skip it for now. If you're on the fence, you might even try to make a little change -- even for a day or two -- for a little mini health tune-up. But, dear mamas, in the end, if there is one little "vice" you have that makes you happy, keeps you sane, and allows all the love to flow out of you just a little more freely -- then I say bless you, and let's thank our lucky stars we don't have to glow like Gwyneth every day.



BY NATALIE MIKLES

cooking magic with Girl Scout cookies

I can't resist Girl Scout cookies.

Sure, I have a weakness is for Thin Mints and Trefoils, but more than that, it's for the girls (and their parents) who work countless hours during sales season.

Sales happen because Girl Scouts pound the pavement, spend chilly afternoons at folding tables outside grocery stores and call all their relatives asking if they would like a box – or 10.

I made my first purchase of the year from my cousin's sweet daughter, Maisie, who is in the Girl Scouts of Eastern Oklahoma Troop 438. I've also bought from friends' and neighbors' kids. And not one box will go to waste, especially knowing the proceeds provide amazing leadership experiences for girls around Tulsa.

When I sold Girl Scout cookies as a kid, I remember my mom setting aside a few boxes not for eating, but for cooking. She used them in desserts that seemed to taste even better knowing they had Girl Scout cookies in them.

Now I do the same. I stash a few boxes in the freezer to use for crusts, parfaits and cakes. Here are some of my favorite ways to transform those cookies into a second sweet life.



This great recipe was a Girl Scout recipe contest winner in Taste of Home magazine. It's my hands-down favorite way to use extra shortbread cookies.

Toffee and Chocolate Bark with Toasted Almonds

- 1 package Girl Scout Trefoils Shortbread Cookies
- 3/4 cup butter
- 3/4 cup packed light brown sugar
- 1 (12-ounce) package semi-sweet chocolate chips
- 1/2 cup sliced almonds, toasted and coarsely chopped

Preheat oven to 350 degrees. Line a greased 15-by-10-inch rimmed baking pan with parchment paper coated with cooking spray. Arrange cookies in pan.

Microwave butter until melted; whisk in brown sugar. Microwave 2 minutes, stirring every 30 seconds, until mixture is a thick caramel sauce. Pour sauce over cookies, covering each completely.

Bake until puffed up and bubby, about 10 minutes. Do not allow to burn. Cool on a wire rack. Sprinkle chocolate chips evenly over hot caramel. Let stand for 5 minutes; spread chocolate over the caramel. Top with almonds.

Refrigerate baking pan until chocolate and caramel have hardened, about 1 hour. Break or cut bark.

Thin Mints Cookies and Cream Brownies

- 1/2 cup butter, softened
- 1 cup sugar
- 4 eggs
- 1 1/2 cups chocolate syrup
- 1 cup all-purpose flour
- 6 Thin Mints cookies, chopped

Ingredients for Mint Cream:

- 1/2 cup butter, softened
- 2 cups powdered sugar
- 1 tablespoon 2 percent milk
- 1/4 teaspoon mint extract
- 2 drops green food coloring
- Additional Thin Mints, crushed

In a large bowl, cream butter

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and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition.

Beat in chocolate syrup, then flour, just until blended. Fold in the chopped cookies.

Pour into a greased 9-by-13-inch baking pan. Bake at 350 degrees for 25-30 minutes or until a toothpick inserted near the center comes out clean. (Do not overbake.) Cool completely on a wire rack.

For mint cream, in a small bowl, cream butter and powdered sugar until light and fluffy. Beat in the milk, extract and food coloring.

Frost brownies; sprinkle with crushed Thin Mints.

Do-si-dos Candy Bars

- 3/4 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- 3/4 cup plus 3 tablespoons sugar
- 3/4 cup corn syrup
- 2 tablespoons water
- 1 1/2 cups natural peanut butter
- 1 package chopped Girl Scout Do-si-dos Peanut Butter Sandwich cookies, divided
- 3/4 cup plus 2 tablespoons bittersweet chocolate baking chips, divided

Line a 9-by-13-inch pan with parchment paper. Combine vanilla and baking soda.

In a large saucepan over high heat, stir together sugar, corn syrup and water until sugar is dissolved. Reduce heat to medium-high; cook until a thermometer reads 285 degrees. Immediately add vanilla mixture.

Meanwhile, microwave peanut butter and all but 1/2 cup chopped Do-si-dos until hot, about 2 minutes, stirring once. Quickly pour caramel into peanut butter mixture and stir just to combine. Immediately pour into prepared pan; spread evenly (candy sets quickly).

Top with 3/4 cup baking chips, reserving 2 tablespoons; spread to cover. Sprinkle with remaining chopped Do-si-dos. Melt reserved baking chips; drizzle over top. When cool, cut into bars.

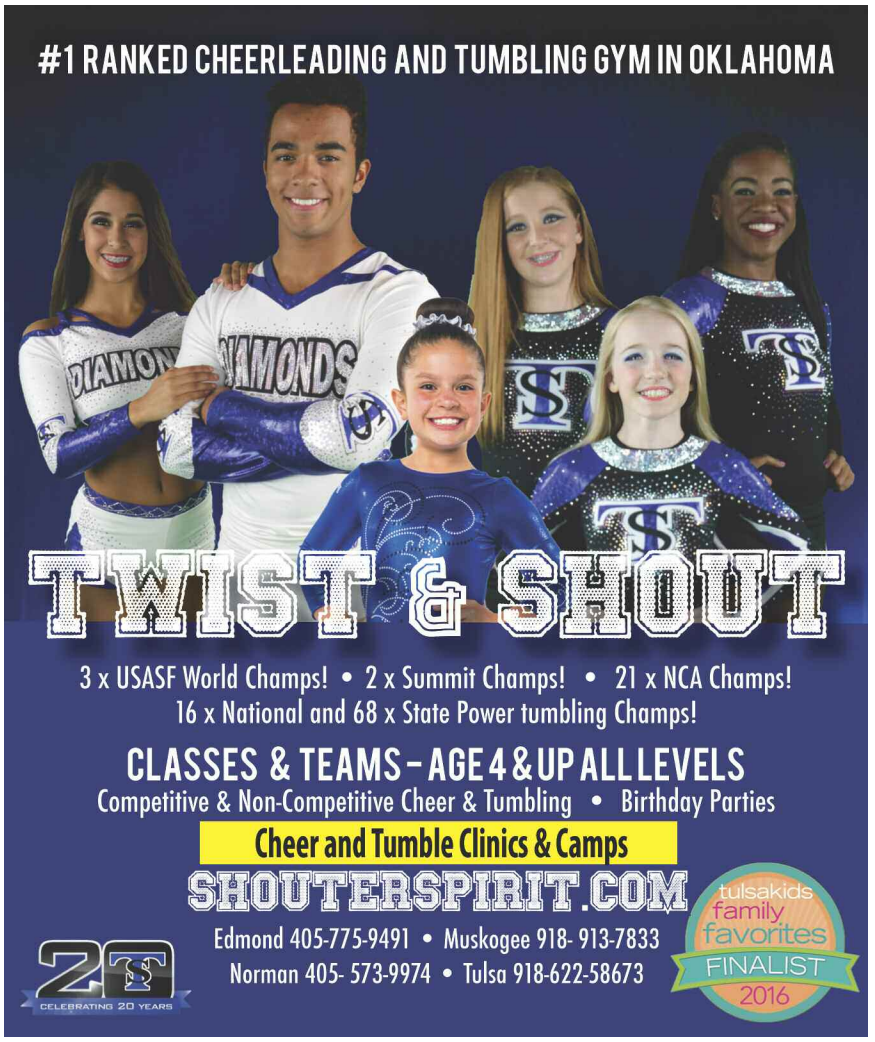
Dulce Samoas

- 1/2 cup butter, softened
- 1/4 cup sugar
- 1 cup all-purpose flour
- 1/4 teaspoon salt
- 10 Girl Scout Samoas
- 1/2 cup coarsely chopped pecans
- 1/2 cup dulce de leche

Preheat oven to 350 degrees. Cream butter and sugar; beat in flour and salt until well mixed (dough will be crumbly). Press evenly onto bottom of an ungreased 8-by-8-inch pan. Bake until edges are golden brown and top is lightly browned, 12-15 minutes. Cool 15 minutes.

Chop Samoas into 1/4-inch pieces; combine with pecans.

Microwave dulce de leche on high until spreadable, 15-20 seconds. Spread dulce de leche over cooled crust. Sprinkle chopped Samoas and pecans evenly over dulce de leche, pressing down firmly. Cool completely, about one hour, before cutting into squares.





BY DIANE TRITT EATON

soak in the beauty at Niagara Falls



OBSERVATION TOWER AT NIAGARA FALLS.

None of my childhood travel memories evoke the same visceral shock, awe and excitement as the trip my family took to see the infamously powerful Niagara Falls. Although it was over 40 years ago, I remember the experience like it was yesterday. Not quite a teen at the time, I was mesmerized by the astonishing beauty of the natural surroundings, the supercharged energy emanating from millions of gallons of fiercely gushing water and the resulting clouds of mist and majestic rainbows being created by the Falls' force.

The experience was so memorable that, recently, I had to share it with my husband and children. In August, while enjoying New York's Finger Lakes Region, we drove a few hours north to enjoy the grandeur and majesty of one of Mother Nature's greatest masterpieces. Not surprisingly, the impact the Falls had on my family was completely in line with my mine—-feelings of shock, awe and excitement.

Location, Location, Location

Located in a strait between Lake Ontario and Lake Erie and straddling the border of western New York and Canada, Niagara Falls is about 45 minutes from Buffalo and 90 minutes from Toronto. Three separate falls, American and Bridal Veil on the New York side and Horseshoe on the Canadian side, collectively make up the world-renowned attraction.

The United States' side is part of a national park and is more rustic (although building up) while the Canadian side is more developed with resorts and many more manmade attractions. Some argue that the Canadian side offers the best views, especially at night because of the rainbow-colored lights shining on Horseshoe Falls, but, please believe me, there are really no "bad" angles. Plus, keep in mind, that it's super easy to cross the border via the appropriately named Rainbow Bridge, which is accessible by car or on foot. Simply have your passports handy.

Soak In the Beauty In More Ways Than One

I vividly remember just how moved I was (and how soaked I became) while exploring the Falls from each of several vantage points including an "up close and personal" boat ride, a peering glance from behind them and tantalizing views from their edges. If you do nothing more than these three things while in the area, I believe you'll walk away with an outrageous experience.

The Maid of the Mist

During my maiden voyage on the Maid of the Mist many moons ago, while draped in a complimentary (supposed) waterproof poncho, I experienced the excitement of heading straight to-

continued next page

ward the 180-foot-high Horseshoe Falls on what is a teeny tiny vessel compared to the magnitude of the falls, fearing I might never make it back to the dock. The thunderous, roaring sound of the forceful water cascading down around the boat quickly taught me to respect the power of water. Rainbows forming amidst the dense clouds and misty sprays added a soft touch to this thrill ride. During my second trip, with my husband and kids in tow, I clung to the railing with my mouth agape while attempting to catch a breathtaking family photo.

Journey Behind the Falls

Offered only on the Canadian side, taking a journey behind the falls is an astounding experience. Poncho-clad visitors take an elevator ride down to meander through a tunnel-like passageway 13 stories below the falls. Through portals, viewers can see and hear the power of the walls of water from "behind the scenes" and, along the way, learn some history of Niagara Falls through a series of interesting displays including stories about some successful (and some failed) daredevil attempts to cross them.

Along the Edges

Many claim that, if you are on the U.S. side, the most sweeping views are witnessed from Prospect Point Observation Tower, which offers the only panoramic view of all three waterfalls. Also, don't miss out on another unique perspective offered up during the "Cave of the Winds" tour. Here, adventurers, provided with not only a poncho but a pair of "slip-proof" shoes weave along descending wooden walkways to Niagara Gorge, which ultimately leads to a spot only 20 feet from Bridal Veil's edge. Expect more soakage here than anywhere else.

If you are on the Canadian side of the fast-moving Niagara River, Queen Victoria Park is a beautiful spot. There's also the Skylon Tower, which overlooks both the American and Horseshoe Falls. Kids might go head over heels while riding the Niagara SkyWheel, which, from on high, offers spectacular photo opportunities of Horseshoe Falls.

Niagara Falls is open year-round but the area gets rather cold during the winter months and part of the waterfalls freeze up. A fall visit would be my first pick when lines are shorter and the fall foliage season is underway. Summertime is lovely but can be extremely crowded.

Package deals and a la carte passes are offered. Check out the following websites for more details such as www.niagarafallslive.com, www.niagara-usa.com and www.niagarafallstourism.com.



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BY BETTY CASEY

be prepared on and **around the water**

REVIEW WATER SAFETY TIPS BEFORE SPRING BREAK TRIPS OR SUMMER POOL OPENINGS.

"One of our students went on a float trip with his father," recalled Sarah Clavin, director of communications and marketing at Miller Swim School and daughter to owners Larry and Rita Miller. "It was a swift water day. The canoe tipped over, and the dad wanted to swim across the river to the shore. But the boy cried and held onto the canoe as he had been instructed to do in his swim classes at Miller. In fear of leaving his son, the dad stayed on the canoe with him. Had they left the canoe, they would have been swept under the current and drowned, as did all of their backpacking items that had fallen out of the canoe."

While rivers, lakes, pools and oceans are fun destinations, Clavin also reminds us to have a healthy respect for water. Like the boy who learned what to do in an emergency in his classes at Miller Swim School, families should protect themselves with water safety information before they head to a sunny beach for spring break or open the pool for the summer.

Start with Swim Lessons

"Water is natural to babies," Clavin said. "The sooner they can be exposed to the water in a positive manner, the more likely they are to develop and love and have a healthy respect for it."



Babies as young as 6 months of age can learn the basics of swimming such as floating, gliding, kicking and rowing, as well as how to keep their mouths closed under water and how to blow so water doesn't go up their nose. As the babies become familiar with water, their parents receive some valuable safety instruction.

"We integrate parent education and water safety into each of our lessons," Clavin said. "At this young of an age, educating the parents on swimming and water safety is just as important as educating the child."

Clavin says that children should have fun in water, but at the same time develop a healthy respect for it in much the same way as a teenager develops an understanding of the responsibilities of driving a car. And, like practicing driving, Clavin says that consistent and frequent swimming lessons help children become safer in the water.

Floaties and Other Devices

Clavin warns that parents should not be reliant on floaties, goggles or other devices to keep their children safe in water.

"Children, especially young children, should never be considered 'drown-proof' or safe simply because they are wearing a floatation device. Life jackets and floaties should never take the place of keeping a keen eye out on your children's water activities at all times."

While floatation devices can be a secondary source of safety, attentive parents who are constantly watching children in and around water should be the primary safety resource. Too often, the devices that are designed to keep kids above water can malfunction or even trap a child.

"Babies have been known to flip over in their floaty ring and get stuck upside down in the water," Clavin said. "Toddlers jump into the pool and their water wings fly off. The lifejacket doesn't fit properly and it slides off of the child's torso. We have all heard of these scenarios and more."

Goggles are great for seeing under water, but swimmers should not be dependent upon them. At Miller children use goggles, but are also taught to swim without them. "Nine times out of 10, if a child were to fall in the water, they would not be prepared with their swimsuit and goggles," Clavin said. "So, if a child is going to panic, we would rather them panic here [at the swim school], with certified lifeguards and instructors, where we can correct the episode, rather than in a real-life situation where the outcome might be grim."

continued next page

Water on Vacation

Before going to hotel pools, the ocean, lakes or other water environments, Clavin recommends reviewing water safety tips with children. Many environments such as hotel pools or lakes do not have lifeguards, so parents need to be extra vigilant.

"In the ocean, the bottom can drop off and the tides can rise and the current can come sweeping in faster than expected," Clavin said. "Children should play where they can touch the bottom at all times and it is highly recommended that a parent be in the water with the kids."

Clavin also points out that parents should set a good example for their children. If children see their parents practicing safe water habits such as wearing lifejackets, being careful where they dive and generally respecting the water, children will follow their lead.

Safety Tips for Parents

Clavin offers the following rules of water safety:

Never take your eyes off of your children. Children can get to the water in a matter of seconds and drowning can occur within just a few minutes. Drowning doesn't always look like it does in the movies, with arms flailing about. It is often silent. Learn how to recognize the signs of drowning, what to do to stay safe, and how to perform CPR.

Designate a "Water Watcher." Someone should be focused on the pool/hot tubs at all times. Or hire a lifeguard. Miller hires out lifeguards to private home or neighborhood parties.

Review basic safety rules with children before they go to the lake/pool/ocean. No running, no diving in shallow water, no swimming alone, ask for help, etc.

Swim lessons. Put your child in swim lessons early and often. The earlier children are taught to swim, float and get back to the side if they were to fall into a pool, the better.

Reach, Throw, Never Go. Never jump in the water after somebody. First, yell for help. Then, lie on your belly and reach out something that floats – pool noodle, ring buoy, long stick, jump rope, kick board, broom, towel, etc. If the person is too far to reach anything, throw them something that floats – empty milk jug, basketball, noodle, patio cushions, floaties, lifejackets, etc.

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- Some sales experience is required, preferably in advertising sales/ business development environment.
- The ideal candidate will have a proven track record of sales achievements.
- Must be able to work well under pressure and to work independently while effectively managing multiple tasks and deadlines.
- Must have strong computer and communication skills.

TO APPLY: Does this sound like you? Send your cover letter and application to publisher@tulsakids.com.

About TK: *TulsaKids* is an award-winning monthly magazine focusing on the issues, concerns and needs of parents of children from prenatal through adolescence. The magazine is locally owned, written and published, so it offers a unique community perspective on issues affecting families.

JOIN THE TEAM!

Union Public Schools

Summer Camps and Activities Fair

(Sponsored by Union Public Schools)

Saturday, April 1, 2017

10:00 a.m. – 3:00 p.m.

Union Multipurpose Activity Center

6836 S Mingo Rd, Tulsa



A free opportunity for Tulsa area families to learn about local and regional summer camps, programs, and activities!

For sponsorship and exhibitor information, please contact Kulsum Siddiqui at siddiqui.kulsum@unionps.org or 918.357.8550.

Exhibitors include:

Andy B's Tulsa
Broken Arrow Lanes
Arts & Humanities Council of Tulsa
Tulsa Glassblowing School
Boy Scouts of America, Indian Nations Council
Bricks 4 Kidz Tulsa
Camp Fire Green Country
Camp Loughridge
Camp Shalom
Christian Chapel
College of Science and Health Professions NSU
Dave and Buster's
EduRec Youth & Family Fun Center
Girl Scouts of Eastern Oklahoma
Global Gardens
Go Ballistic
Grade Power Learning
Holland Hall Summer Programs
Huntington Learning Center
I AM KIDS Tulsa
Infinity Dance Academy
Jenks Community Education
Jenks Dance Academy
Kumon Math and Reading Centers
Laser Quest
Mac's National Soccer School at The University of Tulsa
Main Event
Miller Swim School
Miss Helen's Private School
Motion Tulsa
New Hope Oklahoma
Ocean Dental
OSU Center For Health Sciences
Purple Glaze Studio
SaddleBack Equestrian
Saint Francis Health Zone
Spot 31
Sylvan Learning Center of Tulsa
The Bridges Foundation
The Little Gym of SE Tulsa
The Salvation Army
Boys and Girls Club of Broken Arrow
The University of Tulsa Department of Computer Information Systems
Tulsa Children's Museum
Tulsa City-County Library
Tulsa Community College
Tulsa Community College Continuing Education
Tulsa County Parks
Tulsa Dream Center
Tulsa Drillers
Tulsa Glassblowing
Tulsa Regional STEM Alliance
Tulsa Roughnecks FC
Union Athletics
Union Extended Day Program
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BY BETTY CASEY

arts organizations hold **summer activities fair**

If your kids – or you – have ever wanted to act, dance, sing, sculpt, paint, woodwork or blow glass, you can find out where to learn at **ExplorARTorium**, a one-stop shop for information about visual and performing arts classes in Tulsa – from kids' summer camps to adult education programs. Sponsored by Arts Alliance Tulsa, the event will be on **Saturday, March 25 from noon to 4 p.m. at the Charles Schusterman Jewish Community Center, located at 2021 East 71st Street**. ExplorARTorium is free thanks to the support of the Jewish Federation and TulsaKids Magazine.

"This is our first year in exploring this type of expo," said Chad Oliverson marketing director for Arts Alliance Tulsa. "You can go to one place and learn what is offered by almost 40 Alliance member organizations, from Fab Lab to Philbrook, theatre to dance and everything in between."

Arts Alliance Tulsa members wanted to give parents and youth an opportunity to find out about their summer camps, activities and programs all at one time, in one place. Adults who are interested in pursuing classes will also be able to talk to participants about the many arts-related opportunities in the Tulsa area. The ExplorARTorium allows Alliance members to explain their programs and answer questions face-to-face with potential students.



FIND OUT ABOUT LOCAL ARTS CLASSES AND PROGRAMS FOR CHILDREN AND ADULTS AT EXPLORARTORIUM.

"Part of Arts Alliance Tulsa's mission is audience development," Oliverson said. "So beyond our main goal of raising supporting funds to our Alliance members, we want to showcase…the extensive list of work they do for education within our community."

The members also hope to educate the community about the diversity of programs available, as well as the importance of arts education. Scientific research shows a multitude of studies highlighting the importance of the arts in many areas. For example, playing a musical instrument creates more neural pathways in the brain. Children learn problem-solving skills through the arts as well as creative and innovative thinking, all much valued by employers in the business community. And, one oft-quoted statistic is that high school students who have had four years of arts and music classes have higher SAT scores than students with one-half year or less (American for the Arts).

Not only do individuals benefit from arts programs, but the economy does as well. Oliverson points out that non-profit arts and culture organizations such as the members of Arts Alliance Tulsa are economic drivers that create jobs, generate government revenue and are "the cornerstone of our tourism industry."

Find out more about how the arts impact the community and how you and your family can be involved, not just in taking classes or participating in a camp, but also in going to performances. Arts Alliance Tulsa maintains an events/exhibition calendar, and will be launching a comprehensive education/workshops/classes calendar at ExplorARTorium.

With approximately 40 diverse arts organizations from WaterWorks to the Tulsa Youth Symphony to Clark Youth Theatre to the Woody Guthrie Center, visitors can learn how they can take classes or find camps and activities to enrich their summer.

ExploreARTorium!
One-stop shop for information about visual and performing arts classes in Tulsa
Saturday, March 25,
noon – 4 p.m.
Charles Schusterman Jewish Community Center, 2021 East 71st Street
Sponsored by Arts Alliance Tulsa; www.Artstulsa.org

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

a whole new world: 5 tips for playing with your toddler

As we continue our series on the importance of play, I want you to consider the radical changes going on in a toddler and young child's brain every day. It's literally a whole new world for them, Aladdin on the wildest carpet ride imaginable.

While children used their senses as babies (and even in the womb), by the time they are 2 and 3 years old, they start putting together all of that data – what they see and hear and taste and smell and feel – into larger frameworks. They begin to recognize and make sense of patterns. Memories start to encode and last. Language – both hearing and speaking – explodes.

And that's why the toddler/preschool stage is the sweet spot of development for enriching play.

How Play Gets Deep

Sometimes, play does not get the respect it deserves because it is so… well, playful. But when you recall that the Universal Declaration of Human Rights included "The Right to Play" (Article #24) as an unalienable right, you start to realize how deadly serious it is.

Why? One reason is that play helps your children connect everything they are learning and rehearse that knowledge and insight. For example, putting a baby doll to sleep is not just putting a baby doll to sleep – it's allowing children to think about the general concepts of caring and nurturing as well as the specific facts of how to use a pillow and blanket.



ENGAGING IN PLAY WITH TODDLERS AND PRESCHOOLERS IS ONE OF THE GREAT JOYS OF PARENTHOOD. KIDS THIS AGE ARE DELIGHTFUL TO BE WITH AS THEY EXPLORE NEW IDEAS AND EXPERIENCES.

5 Tips for Playing With Your Toddler and Pre-Schooler

Engaging in play with toddlers and preschoolers is one of the great joys of parenthood. Kids this age are delightful to be with as they explore new ideas and experiences. Here are some suggestions to make playtime even more enriching and fun:

1. Pretend… everything! Are you going to the grocery store later? Play grocery store. It may be the thick of winter, but you can pretend swimming in a pool or on a beach. Even driving around town to run errands can be a rich source of pretend – preschoolers love to be drivers of imaginary cars because it makes them feel powerful and act like the grown-ups in their lives. If you're having difficulty thinking of pretend scenarios, look no further than your child's favorite picture books.

2. In, Out, Up, Down, Under. The "preposition game" is a fun one to play when children start to understand the concepts of "in," "out," "up," "down," "under," and "over." Give them a stuffed animal and a direction: "Put Paddington under the pillow!" or "What happens when Paddington goes in the box? Show me!"

3. I Spy. Don't forget the classics! "I spy with my little eye… something blue!" The beauty of this game is that you can play it in situations where you are waiting – in a doctor's office, at the airport, standing in line at the post office. If you're home and are less constrained, you can create an "I Spy" poster or display together: cut out pictures from magazines and glue onto a blank page.

4. Use "True" Toys. Toys with batteries, lights and flashy

continued next page



"She took so many selfies of herself making that duck face, her face froze like that. Luckily, it's not permanent."

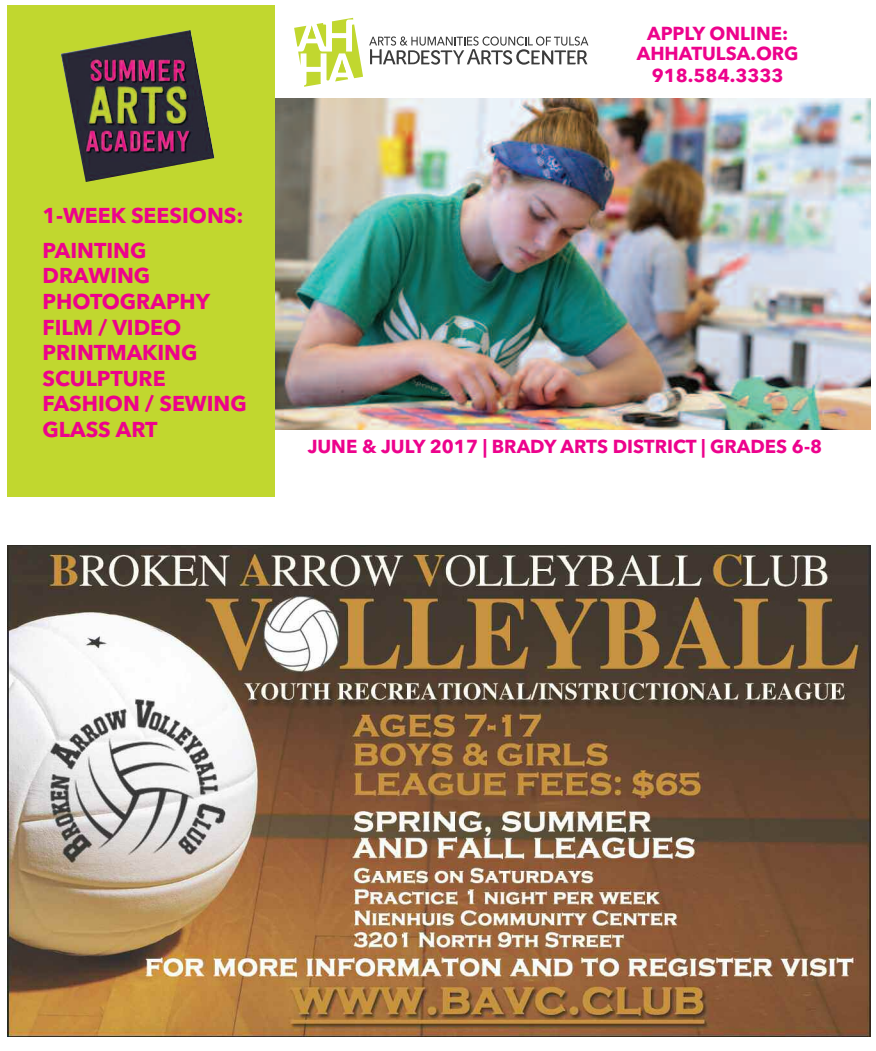
parts may seem better than an empty Kleenex box and a wash-cloth, but research shows that the simpler the toy, the richer the play. "True" toys like balls, scarves, simple trucks and dolls are more likely to engage the imagination by allowing children to think beyond what they see and create a new reality – rather than follow the prescribed narrative of a Saturday-morning-TV toy.

5. Watch, Comment and Ask. More than anything, your attention is what matters the most when you and your child sit down to play together. Watch your child carefully and make comments about what he or she is doing. And then don't be afraid to ask questions and share suggestions! "I noticed that all of the foods in this bowl are yellow. Do yellow foods taste different from blue ones?"

Bonus Tip: Play with Books!

If you're all out of ideas about what to play – think books! For example, a game of "Don't Let the Pigeon Drive the Bus!" (you or your child can take turns being Pigeon) can be just the thing to make a toddler laugh uncontrollably, not to mention learn about self-control and disappointment.

Above all, remember that playing is an important part of how your child is learning to navigate the magical, rich, wide-open world… with your help.



BY MICHELLE SHIRK

Quiz: pick your perfect Spring Break destination

Spring Break is almost here, which means you probably have vacation on the brain. Whether you're getting ready to hit the road or sticking close to home this year, it's fun to daydream about future trips you hope to enjoy with your family. Take the quiz below to find your perfect spring break destination!

1. Your youngest child is:
A. 3 or younger.
B. Between 4 and 8.
C. Between 9 and 12.
D. 13 or older.

2. On a warm but rainy Sunday afternoon, your family is most likely to be found:
A. Reading, playing board games or watching a good movie at home.
B. Shopping, dining or people-watching at your local mall.
C. Donning rain boots and splashing around in puddles.
D. Visiting a nearby museum, aquarium or other indoor attraction.

3. Your family's dream dinner would include:
A. Fresh seafood served alfresco.
B. Hamburgers and French fries.
C. Hot dogs roasted over an open fire.
D. Authentic Lebanese, Thai or Ethiopian cuisine.

4. And for dessert, you'd dig in to some:
A. Ice cream cones.
B. Cotton candy or a funnel cake.
C. S'Mores.
D. Mini cupcakes or cronuts.

5. Your favorite weather conditions are:
A. The hotter the better!
B. Mild temperatures and clear skies.
C. It's tough to say. Every season has its advantages!
D. 70 degrees and sunny.

6. During a vacation, you like your schedule to be:
A. Wide open.
B. Completely jam-packed.
C. Laid-back with a few "must-dos."
D. Busy, but flexible.

7. Your favorite Disney movie is:
A. "The Little Mermaid."
B. You can't possibly pick just one!
C. "The Lion King."
D. "The Princess and the Frog."

8. Congratulations! You've won a free annual pass to one of the following. Which do you choose?
A. Your family's favorite miniature golf course.
B. A children's museum.
C. The zoo.
D. An art or history museum.

9. Your family's ideal vacation playlist includes:
A. Reggae.
B. A selection of Disney's all-time greatest hits.
C. What playlist? You'd rather keep the iPod turned off and listen to the sounds around you.
D. A few show tunes from Broadway favorites like Wicked or Annie.

10. The word that best describes your family is:
A. Easygoing.
B. Fun-loving.
C. Active.
D. Curious.

Mostly A's: The Beach
Your family believes vacation is for relaxation, and the best place to relax is right next to a large body of water. Whether you choose Sarasota or St. Thomas, you're sure to have an amazing time swimming, building sandcastles and taking leisurely sunset strolls along the waterfront. Don't forget the sunscreen!

Mostly B's: A Theme Park
Satisfy kids and kids-at-heart with a magical week of riding coasters and posing with characters. While Orlando is the obvious choice for theme park action, don't overlook more affordable destinations like Frontier City, Six Flags or Branson.

Mostly C's: The Great Outdoors
Your family loves being outside as much as possible, so choose your destination accordingly. For amazing hikes and breathtaking scenery, consider visiting a national park or an Oklahoma State Park. Of course, if your budget demands you stick with a smaller scale adventure such as Tulsa's Turkey Mountain or Redbud Valley.

Mostly D's: The City
You like to see new sights, meet new people and try new foods. Choosing a major city as your base of operations will ensure your family has plenty to do, day and night. Head to Washington, D.C. for world-class museums, Philadelphia for history, New York City for Broadway shows or Chicago for architecture and deep-dish pizza.

Michelle Shirk is an Indiana-based freelance writer and proud mother of two. She writes about family, travel and seasonal fun for parenting publications across the United States.



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

BASEBALL CAMPS

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

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

June 5-8
MOHAWK SPORTS COMPLEX
8:30am – 11:30am

SOCCER CAMPS

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

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mattb@tulsaroughnecksfc.com
or call 918-574-8317

kravis

SUMMER·ARTS

SUMMER ARTS 2017 JUNE 19-30

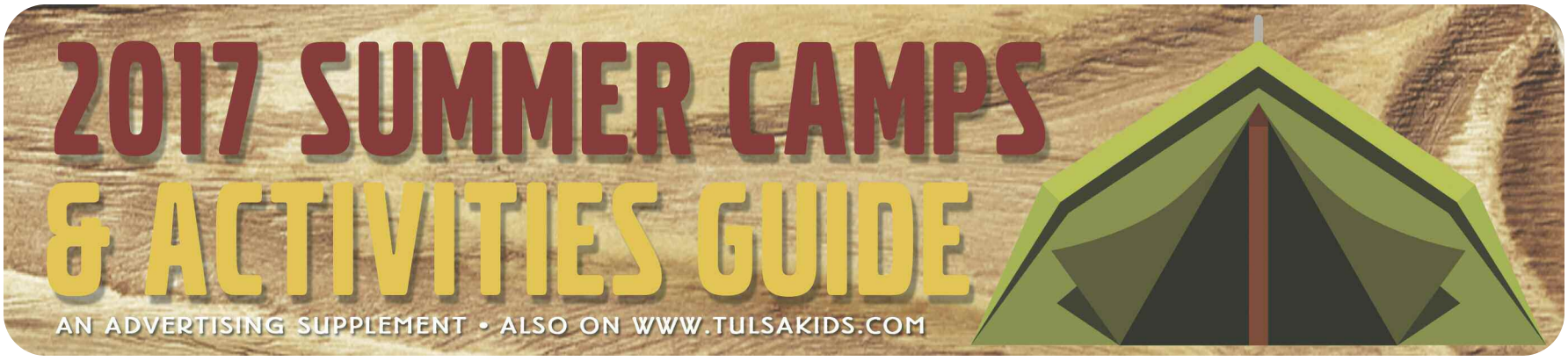
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if paid by April 14, 2017.
Payment required upon registration.

For scholarship information

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ARTS AND HUMANITIES COUNCIL OF TULSA

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

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

BRAIN BALANCE ACHIEVEMENT CENTER

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

BRIDGES SUMMER CAMP

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

CAMP INCREDIBLE AT UNIVERSITY SCHOOL

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

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

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918.446.4194
www.camploughridge.org
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Contact: Ric Breig, Camp Director
2433 W. 61st St.
Tulsa, OK
918.446.3553
www.riverfield.org
Ages: Pre-School – 12th Grade
Times: 8:30 a.m.-3 p.m., extended care available

continued next page

HealthZone at Saint Francis
SUMMER CAMPS
FOR KIDS
2017



WEEK 1: June 5-9
WEEK 2: June 12-16
WEEK 3: June 19-23
WEEK 4: July 17-21
WEEK 5: July 24-28
WEEK 6: July 31-August 4
WEEK 7: August 7-11

For more information, please call 918-494-1671 or visit saintfrancis.com/healthzone.

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2017 SUMMER CAMPS & ACTIVITIES GUIDE

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CAMP SHALOM

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

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

DISCOVERY LAB

560 N. Maybelle Ave.
Tulsa, OK
918.295.8144
reservations@tulsachildrensmuseum.org
www.tulsachildrensmuseum.org/node/22
Ages Served : 4-12 years old
Kids connect with their natural curiosity and creativity for a fun-filled camp experience at Tulsa's Discovery Lab! Museum educators lead groups ages 4–12 through hands-on explorations of STEM and health and wellness. All camps are week-long and feature low student-to-teacher ratios, museum time, outdoor play, and a healthy snack. Every camper will receive a FREE Discovery Lab camp t-shirt!
The summer 2017 camp lineup includes:
Discovery Lab 101: Discovery Lab has so much to do! Spend the week exploring everything through a variety of fun activities from coding and animation to chemistry and anatomy.
Science with Food: Food isn't just for eating! Come make a mess and mix it up with the week-long camp full of fun experiments using things you might find in your pantry. Groceries have never been this fun!
Busy Bodies: Move like animals, play with friends, create art, and study your anatomy–learning with our busy bodies!
Cartoons and Coding: Calling all aspiring filmmakers! Spend the week learning about stop motion animation, flipbook animation, and computer animation. Students will end the week with a movie premiere to showcase their creations.
Energy 101: What do circuits, robots, batteries, pipelines, and rocket ships all have in com-

continued next page

mon? They all use energy! Explore all different kinds of energy–how it's created and how it's useful to us all.

FIRST BAPTIST TULSA DOWNTOWN DAY CAMP

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

GOLDEN EAGLE GIRLS' BASKETBALL CAMPS

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

HEALTH ZONE SUMMER CHALLENGE DAY CAMPS

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

HOLLAND HALL SUMMER PROGRAMS

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

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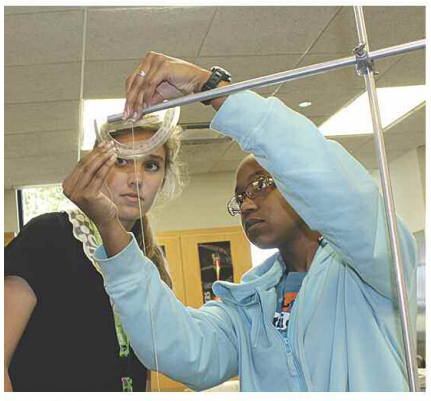


Summer Academy 2017

Oklahoma School of Science and Mathematics









One-Week Residential Program
July 17-July 21

Experiment, explore and create at the nationally renowned Oklahoma School of Science and Mathematics. Located on our 32-acre campus in Oklahoma City, students learn from highly experienced faculty and explore cultural attractions and events. Tuition covers all courses, plus room and board in the dormitory.

Choose from courses in:
Art, Biology, Chemistry, Electronics, Video Game Design, History, Mathematics, Physics & more

Apply Now!
(405) 521-6436
www.ossm.edu
summer-academy@ossm.edu

DOWNTOWN SUMMER CAMP

K-6TH GRADE

SUMMER DAY CAMP

FIRST BAPTIST TULSA · 4TH & DETROIT · DOWNTOWN

MAY 30 - AUGUST 16

M-F / 7:30a - 5:30p

sign up online
TulsaFBC.org/daycamp

FirstBaptist

2017 SUMMER CAMPS & ACTIVITIES GUIDE

AN ADVERTISING SUPPLEMENT • ALSO ON WWW.TULSAKIDS.COM

JANELL WHITBY SCHOOL OF MUSIC

Contact: Janell Whitby
5147-D S. Harvard
Tulsa, OK
918.743.4339
www.janellwhitby.com

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

KANAKUK

417.266.3000
www.gokanakuk.com
1353 Lake Shore Dr, Branson, MO 65616
Overnight
Ages: 6-18
Gender: Girls & Boys
Dates & Hours: June 3 - Aug. 11; One week, Two week or Four week
Cost: $1,150 to $4,300
Sign-up Deadline: Varies Per Term

Kanakuk is a premier summer camp experience for boys and girls age 6–18 located in Branson and Lampe, Missouri. Our 5 Overnight Kids camps provide children with age-appropriate, fun, safe and professional outdoor youth camping experiences that grow them spiritually, physically, emotionally and socially. Kids have fun with friends participating in more than 70 activities, sports and amazing themed parties. Our full-time and summer staff are committed to our mission to develop dynamic Christian leaders through life-changing experiences, Godly relationships, and spiritual training. Learn more about customizing your child's summer camp experience at gokanakuk.com.

KampOut!

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

Tulsa Area Stops:
Harvard Avenue Christian Church, June 12-16
Redeemer Covenant, June 19-23

KRAVIS CAMPS 2017

Contact: Sherri Underwood
918.925.1145
www.tulsaschools.org/3_Parents/summer_kravisArts.asp

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

METRO CHRISTIAN ACADEMY'S CAMP PATRIOT

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

Welcome to Camp Patriot…Metro Christian Academy's summer program! With more than 100 camp options, Camp Patriot has something for everyone. Camp Patriot is at TWO LOCATIONS this summer: the Metro Christian Academy Campus and Camp Loughridge. One-

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

MILLER SWIM SCHOOL

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

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

MISS HELEN'S PRIVATE SCHOOL

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

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

MONTE CASSINO CAMP MONTE

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

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

NEW ARTS CAMP

Contact: Laura Eccles, Operations Manager
Living Arts Tulsa
307 East Matthew Brady St.
Tulsa, OK
918.585.1234

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

OKLAHOMA AQUARIUM

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

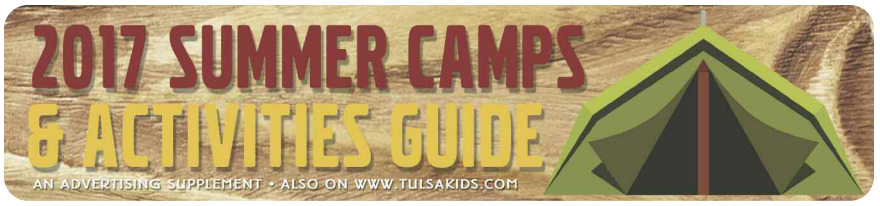
OKLAHOMA SCHOOL OF SCIENCE AND MATH

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

PINE COVE DAY CAMP

RiverOaks Presbyterian Church at 101st and Yale
5150 East 101st
Tulsa, OK
Ages: kids entering 1st-6th grade
Register at www.CAMPINTHECITY.COM
Camp in the City is Pine Cove's summer day camp program right in your neighborhood! We're loading up all the fun activities and great staff of summer camp and heading to Tulsa. Campers will experience Jesus through Bible study, worship, and time with their counselor as well as participate in tons of great camp activities! The camper's day will be filled with fun…from bungee trampolines and water slides to climbing walls and laser tag. A day at Camp in the City is every kid's dream!

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RIVER RUN FARM SUMMER CAMP

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

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

SAIED MUSIC

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

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

SOCCERCITY TULSA SUMMER CAMP

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

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

SOCCER MAGIC

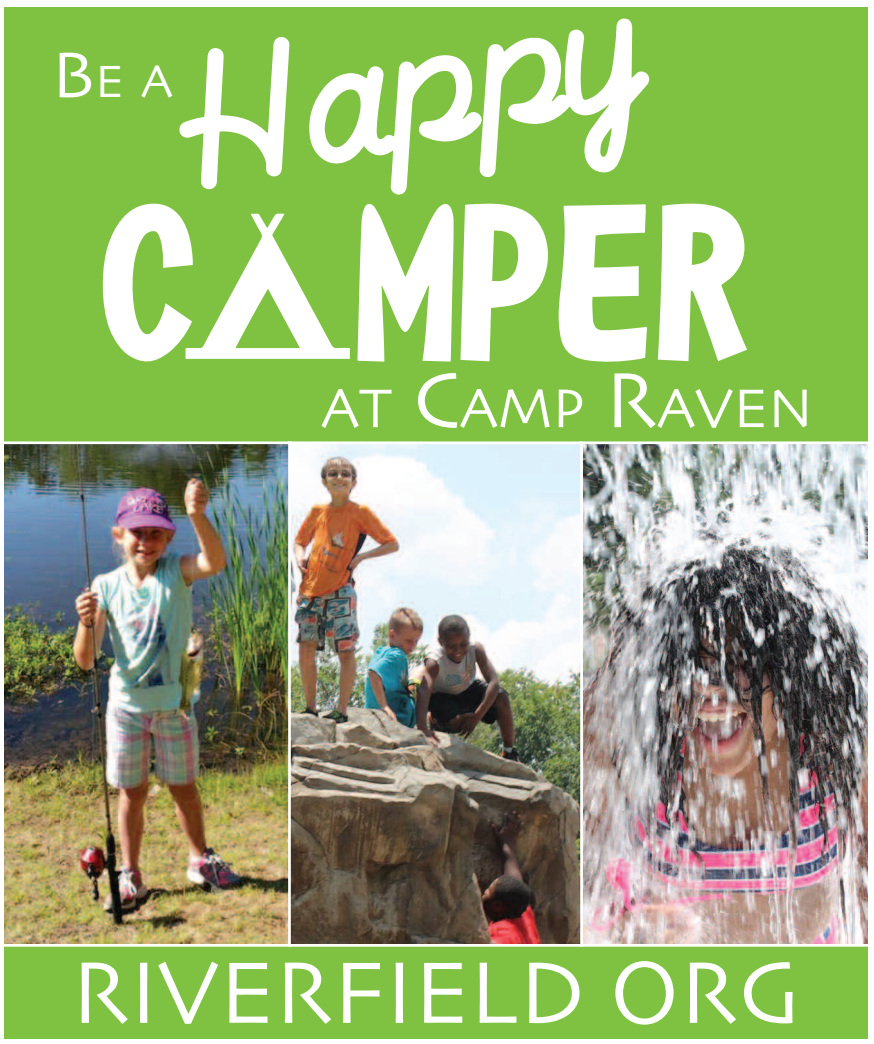
Contact: Martha Kelley
2021 E. 71st St.
Tulsa, OK
918.495.1111
www.csjcc.org
Ages: 1st-6th Grade

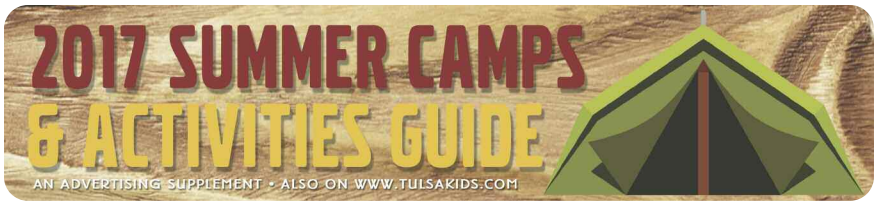
Soccer Magic is taught by NCAA Division 1 Western Kentucky Head Coach Jason Neidell. Campers are grouped according to age and skill level, so every camper feels comfortable regardless of his or her level of play. Soccer Magic emphasizes fundamentals and technique, while ensuring every camper has a winning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

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SUMMER AT INFINITY DANCE ACADEMY

918.286.6962
8112 S Memorial Dr.
www.infinitydancetulsa.com
Flexible Tuition
Have a very busy schedule with lots of vacations and activities planned? Sign up for our drop-in, summer program June 13th-August 10th. No commitment, pay-as-you-go, choose your own classes. Drop-in classes are just $10 each! From August 15 to 17 during "Drop-In 'til You Drop" week classes are $5 each
Summer Specials
Want the most budget-friendly option for your family? Sign up for summer camps to receive an average savings of 25% off. Choose your camp and your session:
Sessions*:
Session 1: June 13th-29th
Session 2: July 4th-July 20th
Session 3: July 25th-August 10th
"Drop-In 'til You Drop" Week: August 15th-17th ($5 per class)
Camps:
Terrific 3's Camp (3yr): $35
Tiny Dancer Camp (4-5yr): $69
Beginning Dance Camp (6-18yr): $99
Broadway and Jazz Camp (8-18yr):$69
VIP Camp (8-18yr): $199
*All sessions have the same class schedule. View the schedule online at www.infinity-dancetulsa.com/scheduler

SUMMER ART CAMP AT GILCREASE & ZARROW CENTER

Contact: Aubree Karner
124 E Brady
Tulsa, OK
918.631.4402
www.gilcrease.org.
124 E. Brady for Zarrow Camps
1400 N. Gilcrease Museum Rd for Gilcrease Camps
Tulsa, OK
Ages: 5-6 years old at Gilcrease; 7-12 years old at Zarrow Center
Times: 9am-12pm morning class and/or 1-4pm afternoon class per week
Cost per week for ½ day class: $125 ($100 Gilcrease members)
Cost per week for all day: $250 ($200 Gilcrease members)
Extended day from 4-5 p.m. at $25.00 per week per child
Mark your calendar for an exciting summer art camp adventure with six weeks of morning and afternoon classes to choose from to custom design a special art experience for children who love art. Choose morning or afternoon classes or stay all day for a weeklong art experience. Younger children 5 to 6 years old will attend art camp at Gilcrease Museum. While 7 – 12 years old will attend camp at the Henry Zarrow Center for Art & Education in the Brady Arts District. Zarrow students will have access to daily shuttles to Gilcrease for inspirational museum visits. Supervised lunch for all-day students included. Extended hours from 4:00 - 5:00 p.m. are available for $25.00 per week.

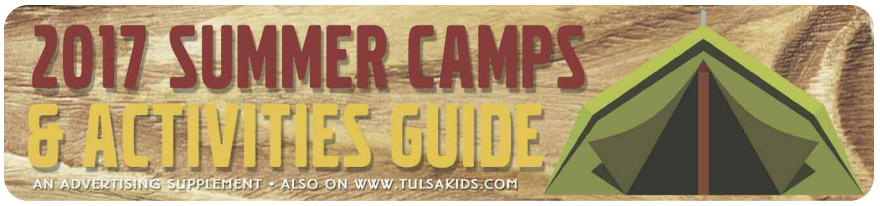
SUMMER TENNIS DAY CAMP AT PHILCREST HILLS TENNIS CLUB

10900 S. Delaware
Tulsa, OK
918.299.2643

THAT'S DANCING! DANCE STUDIO

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

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TULSA DRILLERS

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

TULSA ROUGHNECKS

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

TULSA ZOO SUMMER CAMPS

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

YMCA OF GREATER TULSA SUMMER CAMPS

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





I'M A TULSA KID

BY SHEEBA ATIQI

PHOTO CREDIT: LESLIE HOYT PHOTOGRAPHY



Tulsa Kid: Fantasia Donalson

Over the past few months, Tulsans have been contributing design ideas to a contest for a Tulsa flag because Tulsa does not have its own flag. The city seal on a white background is our current substitute for an "official" flag, but that seal can't be mass-produced or flown from homes or businesses. And, city seals don't make the best flags anyway. They're meant to be viewed up-close on paper, not from far away on a flagpole.

TulsaKids wanted to let kids get involved in creating our city's flag, so we asked them to contribute their ideas to us. We chose one flag from the great designs that were submitted to fly proudly on our cover, and we will submit all of the designs to the Tulsa Flag Committee.

Our flag design winner was Fantasia Donalson, a fifth-grader at Jones Elementary School.

TK: What inspired your flag design?
Fantasia: The oil man is part of Tulsa, and I wanted to put an eagle in it, too.

TK: What is your favorite thing to do in school?
Fantasia: Math, dance and draw. I like to draw during free time at school.

TK: What are your hobbies?
Fantasia: Music and drawing.

TK: What are your favorite things about Tulsa?
Fantasia: It has a lot of friendly people, and it's home. I've lived here eight years.

TK: Who inspires you?
Fantasia: My mom and my grandma. I'm also inspired by Gabby Douglas, the gymnast.

TK: What are your plans and goals for the future?
Fantasia: To dance and be in the Olympics.

TK: What's a fun fact about yourself?
Fantasia: I like to joke around a lot, and I can do the splits.



TulsaZoo







ZOO CAMPS



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Dr. Woodward knows how special Tulsa's only children's hospital is.



As a pediatric neurosurgeon at The Children's Hospital at Saint Francis, Dr. Meredith Woodward cares for children of all ages with specialized needs such as birth defects, head or spinal trauma and neurological conditions. When she moved from California, she liked what she saw in Tulsa. "I was attracted to Saint Francis because of the organization's dedication to serving the community and the children's hospital is part of that," Dr. Woodward said. With a multitude of pediatric medical specialties and the highest level of neonatal care in the region, the hospital's focus is on family-centered care. "People may not realize what a special place the children's hospital is," she said. "If a child needs specialized healthcare, this is where they need to be."

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The Children's Hospital at Saint Francis