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SUMMER CAMP 101:
MAKING THE MOST OF SUMMER

KIDS CAN CODE

GREEN COUNTRY GROWN-UPS: THE PHILLIPS OF LONE WOLF FOOD TRUCK

CONFIDENCE FROM CAMP

TAMING TATTLING

SPECIAL SECTION:
TULSAKIDS ANNUAL SUMMER CAMPS & ACTIVITIES GUIDE

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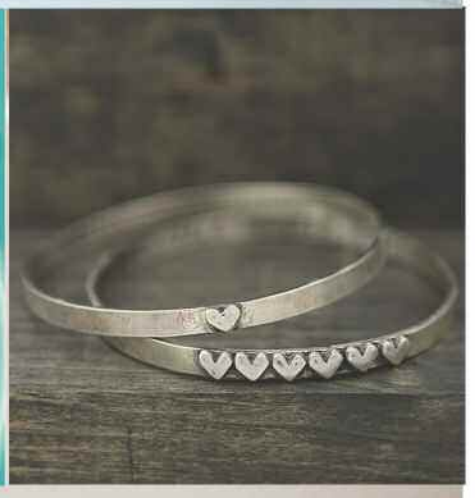
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LEFT TO RIGHT: THE HYMAN BROTHERS
Nicholous, Octavion and Rocky, Jr.

In July 2015, Tameka Hyman and her three sons were involved in a multi-car pileup on the highway. Everyone was injured, but nine-year-old Nicholous suffered the most serious injuries. Over the next four months, he would undergo numerous surgeries and physical therapy at The Children's Hospital at Saint Francis. "They worked some miracles," said Tameka about her son's doctors. "The entire hospital staff was amazing." While she wishes the accident never happened, she is grateful for the insight it provided. "I told my boys that every experience is meant to teach you something," she said. "For me, I was surprised to find out how well my kids respond to a very traumatic event. And we all learned how The Children's Hospital at Saint Francis goes above and beyond to make you feel like family."

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All jumpers are required to complete a liability waiver for the specific SZ location they are visiting. Participants under 18 must have a waiver signed by a parent or legal guardian.

PEGGY V. HELMERICH

Women's Health Center

@ HILLCREST MEDICAL CENTER



Brooke, Sawyer, Mickey & Evan P.

born to be brothers.

Labor of Love Program

You are invited to join the *Peggy V. Helmerich* Women's Health Center Labor of Love program for access to fun pregnancy perks such as free parenting classes and in-hospital amenities. We will even help you find a health care provider and insurance if you don't currently have a health plan.



To sign up or learn more about the Helmerich Women's Center Labor of Love program, visit LaborofLoveOK.com, call 918.579.8085 or e-mail LaborofLove@Hillcrest.com

Brooke and Mickey were fortunate to become parents twice in two years. They met their adopted son, Evan, in the neonatal intensive care unit (NICU) at the *Peggy V. Helmerich* Women's Health Center at Hillcrest Medical Center. After bringing Evan home, Brooke soon learned she was pregnant. And, exactly one year to the day after Evan was born, the family welcomed Sawyer. The boys spent a combined 139 days in the same NICU. Thanks to the compassionate and knowledgeable team who surrounded them, today the boys are healthy, energetic and happy. With such similar beginnings, these two boys were destined to be brothers.

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

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tulsakids

April 2016

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www.tulsakids.com



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2016 SUMMER CAMPS & ACTIVITIES GUIDE

editor's note

Summer Plans

As a kid who only went to Girl Scout Day Camp, I'll admit that as a parent, I didn't entirely "get" the camp experience. I grew up in Stillwater, so there were activities to do in the summer, mostly associated in some way with the university – art, tennis, swimming lessons, the summer book program at the library. I also participated in community band, which meant riding my bike to campus in the summer heat to practice with musicians of all ages and abilities, and then doing a concert in the park at Theta Pond once a week in the evening.

What I do understand is the freedom of having long periods of time either in the presence of someone not your parent, often younger and cooler, or experiences that really didn't involve adults at all. Or experiences that are just something you do on your own, like community band. Those summer days of independent decision-making, even decisions as small as whether or not to ride my bike to the swimming pool or the tennis courts (or both), helped me grow and mature.

Summer can do that for kids. Shaking off the day-to-day structure of school to try something new, possibly even something challenging, either physically or emotionally, can help kids become more confident.

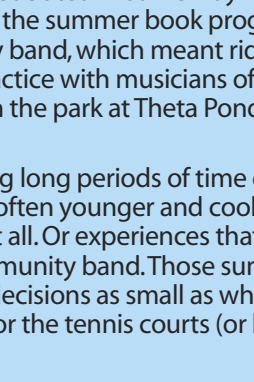
My three children probably did every kind of camp or activity available, from traditional day camp where they did archery and caught tadpoles in a pond, to overnight camp, to Camp Anytown, to any number of activities: tennis, soccer, art, basketball, architecture, swimming…

They did not turn out to be Olympic swimmers or architects or professional tadpole catchers, but I do believe that the variety of experiences enriched them and helped them learn about themselves and others.

There are so many types of summer experiences available to children. Finding the right experience depends on what your family wants and needs and what your children want and need. In this issue, you can find some helpful advice about choosing camps and activities for every age child. You can also find some cautionary words about really knowing your child's personality and listening carefully to your child. Trying to force a naturally reserved introvert into an exuberant, unstructured setting may be too overwhelming for that child. A good experience requires some thoughtful reflection.

Regardless of the child you have, you can certainly find something that he or she will enjoy in our list of summer camps and activities. Take a look.

Summer break will be here before we know it. And TulsaKids will be here for you with all the information that your family needs to have a great one!



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 THE COVER
TATUM, BRADY AND BEAU ARE READY FOR SOME OUTDOOR FUN.

INSECT NET, BINOCULARS AND MAGNIFYING GLASS PROVIDED BY KIDDLESTIX TOY STORE IN TULSA.

PHOTO BY: LESLIE HOYT PHOTOGRAPHY

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TAKE A STAND AGAINST RACISM

YWCA Tulsa is inviting everyone to take an active Stand Against Racism between Thurs., April 28 and Sun., May 1 by hosting or participating in a Stand Against Racism event to deliver a clear message: we are on a mission to eliminate racism.



"We are thrilled to welcome the Stand Against Racism to Tulsa once again," said Director of Mission Impact, Mana Tahaie. "Our event-in-a-box format encourages people from all walks of life to creatively raise awareness around the harmful effects of institutional and structural racism in our day-to-day spaces."

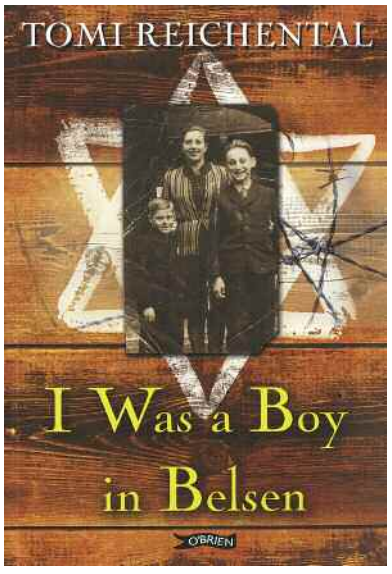
Any group, business or individual can register as a participating community site and learn how to create an event at www.standagainstracism.org.



CONGRATULATIONS TO THE GASTON FAMILY FOR WINNING THE PUPPY LOVE CONTEST SPONSORED BY RIVER TRAIL ANIMAL HOSPITAL & PET LODGE. CHRISTOPHER GASTON POSES WITH THE FAMILY PUPPY IVERSON AND A BASKET FULL OF TREATS COURTESY OF RIVER TRAIL. RIVER TRAIL HAS TWO LOCATIONS: RIVER TRAIL ANIMAL HOSPITAL AND PET LODGE AT 10102 S. DELAWARE, 918.728.7494 AND 12630 S. MEMORIAL DRIVE, 918.728.7494. BOTH ARE OPEN UNTIL 7 P.M.

2016 INTERFAITH HOLOCAUST COMMEMORATION FEATURES HOLOCAUST SURVIVOR TOMI REICHENTAL

by Jackie Hill



In 1944, 9-year-old Tomi Reichental was deported from his native Slovakia to the notorious Bergen-Belsen concentration camp. After the war, he eventually settled in Ireland, where he married, had a family and never spoke of his ordeal. Since breaking his silence, Reichental has come close to evil in the form of one of his former SS guards, and forged an unusual friendship with the granddaughter of a man who played a role in the murder of 35 members of his family.

Reichental will share his story as he addresses the topic "Close to Evil" as the featured speaker for the Tulsa Council for Holocaust Education's 19th Annual Yom HaShoah/Interfaith Holocaust Commemoration on Thursday, May 5 at 7 p.m. at Temple Israel, 2004 E. 22nd Place. The public is invited to the free presentation, which is recommended for ages 12 and older. Parking is limited at Temple Israel, but overflow parking will be available at Utica Square.

After the commemoration, Reichental will sign copies of his memoir *I Was a Boy in Belsen*, which addresses Reichental's life before, during and after the Holocaust. Copies of the book will be available to purchase at the commemoration or may be purchased in advance at the Jewish Federation of Tulsa, 2021 E. 71st St.

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



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

To complement the commemoration, the Circle Cinema, 10 S. Lewis, will show *'Til the Tenth Generation*, a feature-length documentary about Reichental's life, on Sunday, April 17 at 2 p.m. Visit www.circlecinema.com or call 918.585.3504 for ticket information.

Contact the Jewish Federation of Tulsa at 918.495.1100 for more information about the commemoration.

continued next page

FREE MIDDLE SCHOOL MATH FESTIVAL

Students in grades six through eight are invited to attend the Julia Robinson Mathematics Festival at the University of Tulsa on Sat., April 16 from 9 to 11:30 a.m.

Sponsored by the American Institute of Mathematics and the Department of Mathematics at the University of Tulsa, the festival is designed to introduce kids to mathematics by providing interesting, inspiring, engaging and thought-provoking problems.

Students must register for the event at http://jrmfattu.utulsa.edu.

DISCOVERY LAB OPENS TODDLER SPACE

The Tulsa Children's Museum Discovery Lab, located at 560 N. Maybelle Ave., opened a new toddler area on March 12, 2016. According to information provided by Discovery Lab, the "newly designed and expanded area…is larger with more activities designed to provide meaningful interactions between adult and child and encourage movement and tactile exploration." New features include: loft with climbing ramp; bucket lift; ball drop wall; wind play; updated magnet wall; ball sorting game; ribbon weaving; climber area; ball pit; mirror tunnel; updated air sorter; and additional seating for adults.

BE SMART – DON'T START ANTI-TOBACCO DAY

Join Blaze the Braggin' Blue Dragon® at the Science Museum Oklahoma on Tuesday, May 3, 2016. Blaze is the mascot for Blue Cross and Blue Shield of Oklahoma's anti-tobacco campaign.

All museum visitors will be admitted free on Be Smart – Don't Start Anti-Tobacco Day. Blaze also will be encouraging children to eat healthy foods and to get plenty of exercise.

The Science Museum Oklahoma is located at 2100 NE 52nd Street in Oklahoma City.



EVENT TO PREVENT HEART DEFECTS

The Alba Carter Foundation is hosting an event to spread awareness about Turner syndrome, congenital heart defects and organ donation while making blankets for hospitalized children.

The event is planned for Sunday, April 17, 2016 from 2:30 to 4:00 p.m. at the Park Plaza Church of Christ Ministry Center, 4930 S. Sheridan Road.

Last year the event averaged about 60 participates and made roughly 100 blankets per party. More information can be found on at www.acarterfoundation.org or on Facebook at www.facebook.com/thalbacarterfoundation.

NEW FULL-SERVICE TRAVEL AGENCY OPENS

All it took was a little faith, trust and pixie dust and Second Star on the Right Travel went from a dream to reality for two Tulsa natives. A Mother-Daughter team, Terri and Chelsea Williams love to do two things: help others and travel. So they decided to combine the two and Second Star on the Right Travel was born. Terri is a creative first-grade teacher, Chelsea is a logical-minded project coordinator. Their two minds combine to make a brilliant travel-planning team.

Second Star on the Right Travel is a full-service agency. Researching, planning, booking stateside or international to make their clients' travel experience the best it can be….that's what Second Star has to offer. Since the travel industry is completely internet-based, these women decided to be a completely mobile, internet-based company, making it most convenient for their clients. They start with a short information-gathering questionnaire to find out about the travel needs of their clients. Then, the research begins and the women look for several options to match their client's wishes. Next a convenient location to meet with the client is selected and a vacation is inked! There's very little time necessary from the clients' busy schedule since most of the corresponding is done by telephone or email.

Second Star on the Right Travel has a goal: to get you the best travel experience your dollar can buy. Destination weddings, honeymoons, business or pleasure. Everyone needs more leisure time. Let Second Star make that happen for you.

Contact Terri and Chelsea at traveling.right@gmail.com or look for their Facebook page Second Star on the Right Travel.

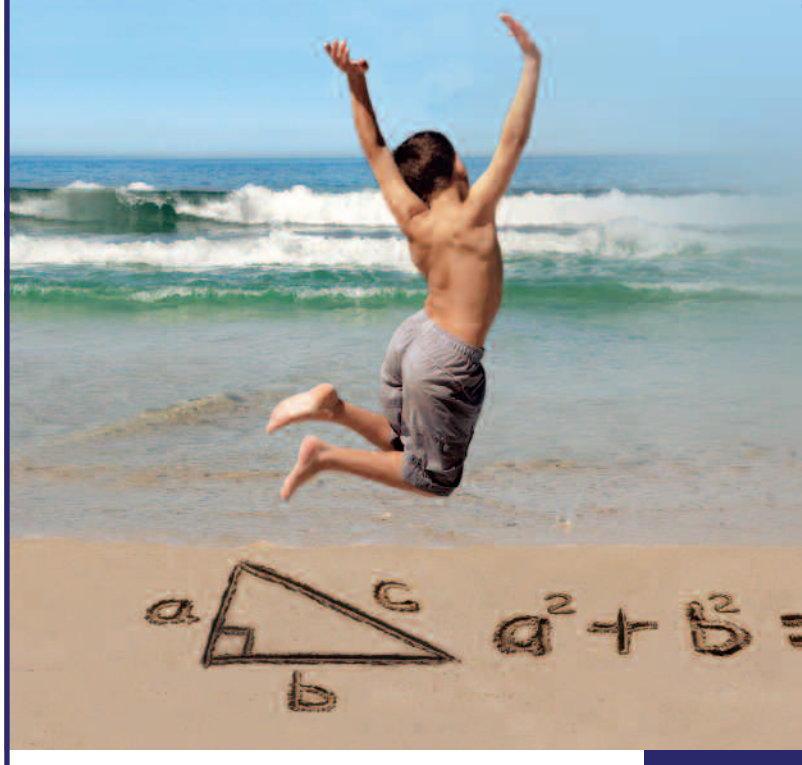


ALBA CARTER, THE NAMESAKE FOR THE ALBA CARTER FOUNDATION, IS PICTURED AMONG BLANKETS DONATED TO HOSPITALIZED CHILDREN.

CORRECTIONS AND CLARIFICATIONS

In the article "Cascia's Minimester Gives Students Real-World Experience," Kadriye Hargett's name was misspelled. We apologize for the error.

On The Cusp Dentistry's phone number was incorrect in the March issue. The correct number is 918.921.7747.



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BY KILEY ROBERSON

taming tattlers

My daughter is a compulsive tattler. This sweet, innocent little 5-year-old has no shame when it comes to calling people out and very often it's not just other children or her younger brother. Take for example our latest trip to Target. When we pulled in to the parking lot she made sure to point out that the car parked next to us was over the line. When we walked into the store she loudly proclaimed that the woman who spit out her gum in front of us was littering. And, after hearing a lady behind us in the checkout lane use the word "stupid" while talking on the phone, she announced to the rest of the store what a very bad word that was and how the lady was not being nice.

In general, this type of tattling doesn't bother me as much as the constant tabs she keeps on her 1-year-old brother. After all, people shouldn't park over the line and spit their gum out on the sidewalk. However, nobody likes a tattletale, and I don't want my little informant to spend her life isolated from others. So, is there a healthy amount of tattling, and how can I teach these tattle boundaries?

The American Academy of Pediatrics (AAP) has a plan to help tame tattletales. The AAP acknowledges that tattling is perfectly normal behavior for preschoolers. It's during these early school-age years that children begin to develop social skills, specifically in relation to their peers. Children this age also have a strong and very literal idea of what is right and wrong and they expect everyone to abide by the same set of rules. When these rules are perceived as "broken" by others, this can lead to tattling.



TEACH TODDLERS THE DIFFERENCE BETWEEN "TATTLING" AND "TELLING".

Children psychologists agree that there are many reasons why young children tattle, and before you begin working to prevent it—it's important to understand the root cause:

Are they doing it for attention? Sometimes tattlers just want some recognition and may think that they can build their own status by making someone look bad.

Is it about power? Some tattlers like to be in charge, which is often the case for my daughter when she tattles on her younger brother for eating an extra cookie and leaving his toys out. She just likes to keep him and sometimes other kids in line.

Are they strict on rules? Most often, though, tattling is simply children noticing that others aren't following the same set of rules as themselves. Since they hold this very literal view of the world around them, as their cognitive development cannot recognize abstract reasoning yet, they expect all rules to be inflexible.

Of course there are benefits to having kids who sing like a canary about every offense. We want our kids to report when there is a potential problem and for them to know that intervention is sometimes necessary, especially in the case of bullying or abuse. The AAP says that's the key to teaching kids about tattling—explaining when it's appropriate to blab and when it's better to keep quiet, or tattling versus telling. When explaining this difference to kids, teach them that *tattling* means that they are trying to get someone in trouble, while *telling* means that they are trying to help.

Putting this lesson into action means talking it out. The next time my daughter comes to tell me something her brother did, I can simply ask, "Are you telling me about what your brother did to help him or hurt him?" If she says she wants to help, we can assess whether there is really a need for assistance or how she can take control of the situation herself without my help. If she says she wants to hurt him or get him in trouble, then it's time for a talk about how tattling to hurt others isn't acceptable.

Teaching this help or hurt approach will slowly help your child learn the difference between tattling and telling on his or her own. Just make sure you also teach your children that they can always tell you anything that makes them feel sad, uncomfortable or scared. And if your little rule-follower points out poorly behaving adults at the store, let it go — they probably deserve it.



Stop serious childhood diseases in their tracks like you do your curious explorer.

Put up a wall of protection with safe, proven vaccines. Giving him the recommended immunizations by age two is the best way to protect him from 14 serious childhood diseases, like whooping cough and measles. For more reasons to vaccinate, talk to your child's doctor or go to **cdc.gov/vaccines/parents** or call **1-800-CDC-INFO**.

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Crater of Diamonds State Park



Esperanza Diamond (8.52 carats) found in 2015



Daisy State Park, Gateway to Lake Greeson

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CraterofDiamondsStatePark.com

Daisy State Park
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ArkansasStateParks.com/Daisy

ArkansasStateParks.com
My park, your park, our parks

#ARStateParks

Arkansas State Parks

BY CHRISTINA KATZ

inspired, not anxious:

CHOOSE THE CAMP FOR YOUR CHILD, NOT YOURSELF

A mistake parents can make when choosing a camp is confusing their child's needs with their own needs. If you want your child to be happy at camp, focus on who he or she is rather than on who you were as a camper. Your goal is to create a harmonious relationship between each of your children and the camp experience, not for your child to follow in your well-worn hiking boots.

Going to camp should be a choice for every child. Don't force camp on a child who is terrified by the idea. At the same time, feel free to plant the seed in your children's minds from an early age that camp is a fun, life-enhancing adventure for those willing to try it. If older siblings have gone to camp and liked it, then younger siblings may already be eager to go themselves. But if your child is not enthusiastic, don't push camp on her without learning more.



Camp Considerations

Present your camp experiences and what you got out of them to your kids, and invite others in the family to do the same. At the same time, however, communicate clearly your understanding that your child is not you or anyone else, and that you like and respect the person your child is already. Sending a child to camp to correct or fix things about them is backwards. The person who needs to change his or her attitude in this scenario is the parent, not the child.

If you have worries or concerns about your child, don't send your child to camp to address those feelings. Find someone you can talk to so you can learn to accept your children for who they are and meet their range of individual needs. Kids who are secure and comfortable in their own skin thrive at camp, whereas kids who are insecure and anxious may flounder.

A Range Of Choices

Sending kids to camp may have been your idea, but in order for kids to feel good about the adventure, they need to buy in to the idea, as well. The first question to ask yourself is, which types of camp are best suited to your child's physical, emotional, and mental needs? Would day camp or overnight camp be the better choice at this developmental stage? If choosing overnight camp, would your child prefer to be close or far from home? Also consider the mission and style of the camp. Would your child prefer to rough it for a week in the outdoors or stay in a cozy, family-style camp with modern amenities closer to home?

Parents may need to let go of the idea that what was good for them as children is good for their kids. What was good for you as a child may traumatize a sensitive child or a child with special needs. Strive to meet your kids where they are. Parents may experience some grieving in letting go of preconceived notions of sharing childhood experiences with their children. But try to leave the past in the past, so you can make the healthiest choices for your family in the present.

For example, if you were a rugged and athletic child, these traits may have been widely admired, as they usually are. If your family of origin had a bias against sensitive or artsy kids, you will want to be aware of a possible unconscious tendency in yourself. You may also need to steel your mind against what others think about who your child is. Try to view the camp landscape through the eyes of each of your children instead of through the eyes of others or tradition.

What if you are different from your child in even more profound ways than personality? What if the two of you have very

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little in common at all? Would you both crave the same types of camp experiences? Would you even be likely to choose the same camps?

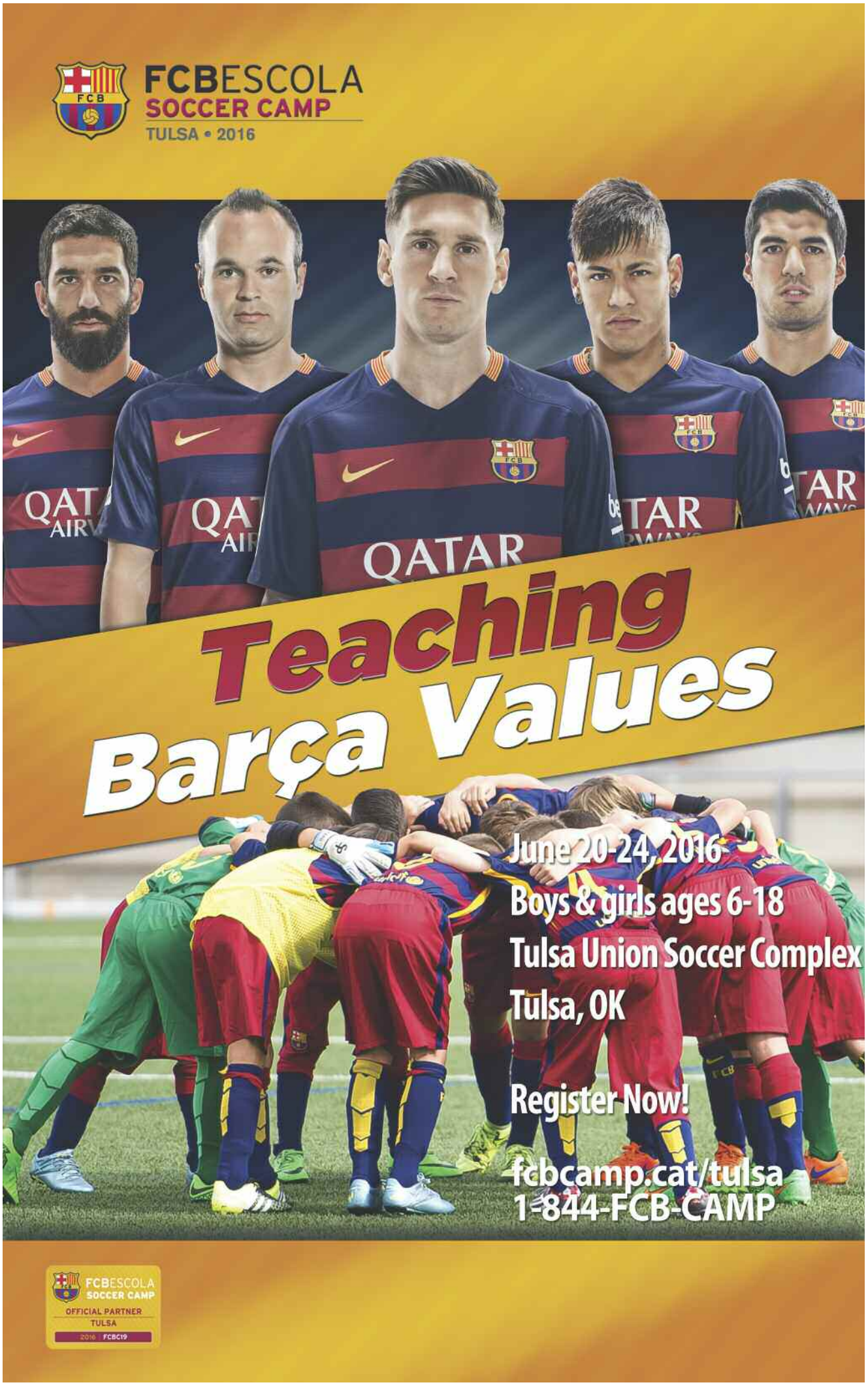
Be Respectful

Children know intuitively when they are liked and accepted. They also know when parts of them are disliked and rejected. To look at a child and compare him or her to your childhood self or to siblings or peers is disrespectful and hurtful. To really see your child and accept him or her for who she is means loving and respecting your child as is. Each child is an individual with so much to offer the world, whether you can see and accept this or not. If you choose the best camp for your child, you can relax knowing the folks in charge will see the value in your child. When you can see the value in your child, others see it, too.

Trying to force a child to be more like you, when the child is not you, may seem harmless and common in our society, but there is a cost. A child can feel when she is being criticized, so even if you are trying to bring the two of you closer together by putting your child through paces you were put through as a kid, your child may feel unseen and unknown.

You can't send a child who is not like you to camp and get a version of yourself back. Not only does camp not work this way, life doesn't work this way. Take a good, long look at each of your children. Resist the urge to see them as a version of yourself. There will never be another you in all the world. Once you see, understand, and accept each of your children, then you can work together to choose the perfect camp.

Author, journalist, and writing coach Christina Katz has learned that seeing kids as the individuals they truly are always pays off in the long run.



BY JULIE WENGER WATSON

working for a living– or at least for the summer

In just a few short weeks, it's summertime, and for some teens, the livin' is easy. The ring of early morning alarm clocks is replaced by the snores of midday sleep-ins, and evenings previously crammed with homework become leisure time spent with friends. For many teens, however, while summer may signal a break from school, that doesn't translate to a break from work. Often the dog days are filled with paid and volunteer jobs, a chance for teens to pad their bank accounts and their résumés.

According to a study compiled last summer by the Pew Research Center, while the Bureau of Labor Statistics indicates there is an actual decline in overall youth employment, that doesn't necessarily mean teens are sitting on their rears playing video games for three months. Teens are still "working"; they're just not getting paid for it. Rather, many are fulfilling community service hour requirements, taking unpaid internships or enrolling in summer school classes.

Even with the trend toward unpaid summer work, millions of teenagers are still clocking in at the same types of jobs their parents did decades ago. Of those employed, nearly one- third work in "accommodation and food services" – yep, slinging burgers – while another 22.5 percent work in wholesale or retail. The need for cash, experience and ink on that college application continues.

In Tulsa, resourceful adolescents have a number of options, especially when it comes to community service. Organizations such as the YMCA provide opportunities to gain leadership experience as camp counselors. Through its Westside Summer Day Camp's Counselor in Training (CIT) program, kids ages 13-15 get to participate in regular camp activities while learning how to take a leadership role with younger campers in a supervised setting. Older teens have similar opportunities at the Y's Camp Takatoka location. www.ymcatulsa.org/camps.

St. John Hospital runs an Auxiliary Junior Volunteer Program where high school students ages 15-18 perform community service while exploring medical careers. The program lasts eight weeks, beginning in June, and requires participants to commit to a minimum of 50 hours of service. www.stjohnhealthsystem.com/about/volunteer/junior-volunteers.

The Little Lighthouse near 36th & Yale has a Summer Apprenticeship Program for teens ages 14 and up. This organization serves children with special needs, and students participating in the summer program learn about related fields such as Special Education, Speech Language Pathology, Physical and Occupational Therapy and Nursing. www.littlelighthouse.org/volunteers.

The Tulsa City County Library gives young volunteers ages 13-15 an opportunity to help out with the Summer Reading Program by joining the Teen Team. For an application, go to teens.tulsalibrary.org/tccl/teen-team or contact your local branch library.

Many teens prefer to go the self-employed route as a babysitter, lawn-care provider, tutor or dog-walker/pet-sitter. These types of jobs provide flexibility and enable kids to set their own hours and, to a certain extent, their own pay.

Meaghan, a Bishop Kelley senior, is currently looking for a summer job, having worked as a nanny in the past. "This year, I hope to complete a Certified Nursing Assistant (CNA) course during the summer and find work at a nursing home or a hospital as a CNA," she said.

Meaghan plans to pursue a career in the medical field after college.

"I think it's extremely important for high school kids to have work experience," she commented. "Having a job is a different kind of learning that can't really be taught in a classroom. A summer job can help high schoolers learn or polish their people skills, organization and accountability. They can gain a lot of real-world experience from holding a summer job, even if they dislike it, and some knowledge about what they may want to pursue as they get older. In addition, summer work can help create connections that may be valuable down the line for someone who is looking for an internship or a job after college."

Libby, a recent Edison graduate, would agree. She worked several summers as a lifeguard and camp counselor at Camp Shalom on the campus of the Charles Schusterman Jewish Community Center. As a freshman in college, she's taking classes in education and plans on teaching as a career.

"It was a great opportunity to learn leadership skills, as well as communication skills," Libby said. "With lifeguarding, it's a lot about patience and learning how to talk to kids and be prompt all of the time. The job is largely focused on being a team, many of the saves (techniques) you learn (about) when there is a drowning involve three people. It's important to be attentive."

For teens in search of a summer job, Libby offered these tips. "Look for a summer job that you will enjoy. Know what you're good at and what you aren't. Think about skills you'd like to

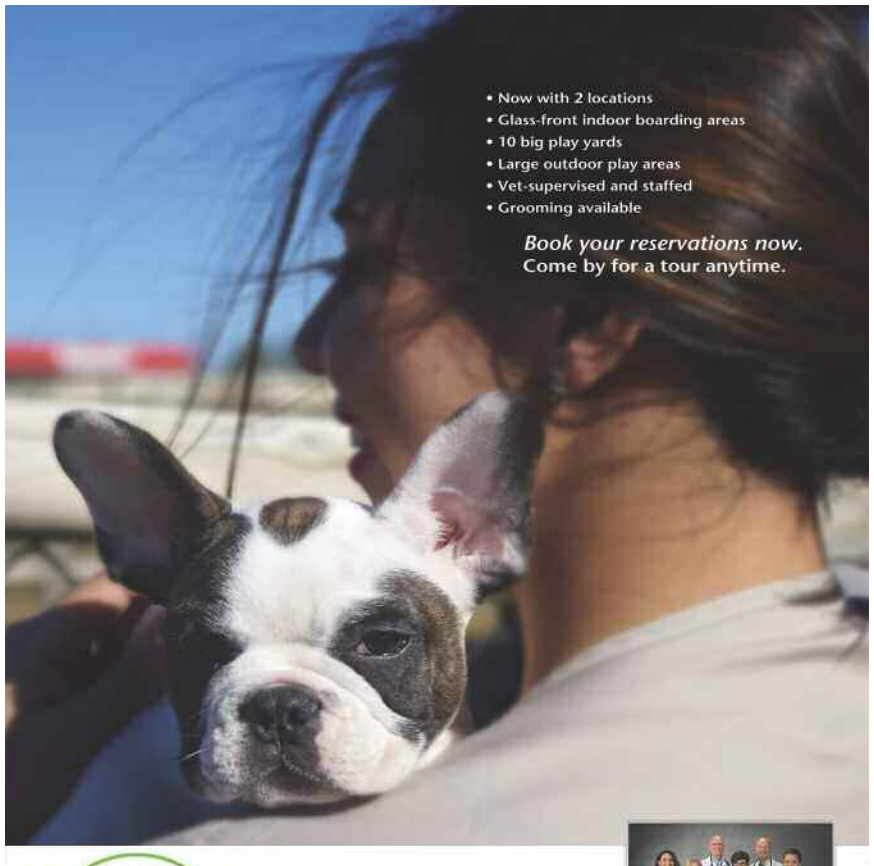
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learn or improve," she suggested. "Most importantly, remember it's a summer job, and if you want an easy break, look for easier jobs! Once you have the job, don't be afraid to challenge yourself and set goals within your job. Look for opportunities to showcase any skills you have. You never know when a promotion or raise might be available."

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BY BETTY CASEY

community art leaders and **local students honored** at Arts and Humanities Council

Last month the Harwelden Awards were presented to individuals and organizations that exemplify support and advocacy of the arts and humanities in Tulsa. At a luncheon at the Hardesty Arts Center (AHHA), honorees were presented with a specially designed award created by Tulsa artist William R. Derrevere.

Awards were presented to Hale High School music teacher Patricia A. Duncan, Bart Betow Memorial Music Education Award: Shirley Elliott, Liddy K. Doenges Individual Award; Walsh Branding, Benedict I. Lubell Corporate Award; Zarrow Families Foundation, John L. Everitt Nonprofit Award; Caroline Owens Crain, Charles E. Norman Distinguished Service Award; and Lynn Schusterman, The Charles & Lynn Schusterman Family Foundation, Kathleen P. Westby Lifetime Award. A surprise special award was given to William R. Derrevere.

In addition to the adult honorees, five high school students were presented with Mayfest Young Artist Awards. Student award-winners were Hsin-Roe Pan, Union High School; Kayla Andrus, Sarah Karleskint and Abigail Carver, all of Edison Preparatory High School; and Ciaran Curtis, Victory Christian School.



TULSA AREA HIGH SCHOOL STUDENTS WHO RECEIVED MAYFEST YOUNG ARTIST AWARDS ARE (L TO R) SARAH KARLESKINT, HSIN-ROE PAN, ABIGAIL CARVER, KAYLA ANDRUS AND CIARAN CURTIS.

The students say their art classes as give them something to look forward to every day at school.

"A lot of kids look forward to art every single day," said Kayla Andrus, a student at Edison. "It helps me focus. I want to major in art education and return to Tulsa. Tulsa is an amazing place, but I might have to move somewhere else to teach."

Abigail Carver called Edison art teacher Julie Thomas "amazing." She said that Thomas encourages her creativity and motivates her to keep going. Carver's interest in art has led her to a career interest in architecture, possibly combined with interior design.

Other students are looking at ways to combine their passion for art with unique career choices as well. If she hadn't had art classes available to her at Union High School, Hsin-Roe Pan said she's not sure what she would have done, possibly engineering. Currently, she's waiting to hear from the Parson's School of Design in New York City.

Pan took high-level math classes and felt that art gave her "a way to use my brain in math in creative ways." She hopes to combine her love for math and art into a fashion-related career, possibly even inventing improved technology for sewing textiles.

Sarah Karleskint, who called art class "the only good part of my day," also hopes to combine art and technology to become an animator.

An exhibition honoring all the award winners is currently on display at the Hardesty Arts Center community gallery through Sunday, April 3.



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Summer Camp 101: Making the Most of Summer

BY GAYLA GRACE

Summer camp offers all kinds of fun and character-building experiences for kids of any age. Whether you're looking for a few hours of entertainment or weeks of intentional skill-building for your child, you can find it at camp. To ensure that your child has a positive experience, keep in mind his or her developmental age and abilities, interests, personality as well as the needs of your family.

Age 0 - 5

Day camps offer the perfect opportunity for young kids to experience time away from parents and to explore new activities. Camp for preschool children focuses on free play, sharing with others, group games, (inside and outside) and simple arts and crafts.

If you're sending your child to camp for the first time, make sure the schedule matches her personality and routine to prevent a stressful experience. Consistency is key. Does your child take a nap? How is rest time built into the day? Should your child be potty trained to attend? Would your child adjust more easily by starting with a half-day camp instead of full day? Are there appropriate breaks for snacks and changes in activity?

It's important to find out what the counselor-to-camper ratio is for children this age. You want to ensure your child will be adequately cared for with a friendly, well-staffed team. You also want to determine if the counselors are trained to help with issues common to preschoolers including separation anxiety, potty training and temper tantrums.

Consider your child's interests and find a camp that fits to give your preschool child a chance to socialize and explore new experiences.

Age 6 - 11

Elementary-aged children thrive at camp, whether it's day camp or stay-away camp. It's the perfect solution to avoiding sibling squabbles and long summer days. But it pays to do your research to find the right fit for your child.

Camps for this age range from sports camps to music camps to academic camps to church camps. Don't let the variety intimidate you as you research; start with the interests of your child and ask friends and neighbors to give opinions on camps their kids have attended.

An ideal age for kids to enjoy activities not available at home, camps offer zip lining, archery, rock wall climbing, swimming, arts and crafts, and campfire sing-a-longs with friends. Kids gain independence as they make decisions and meet new friends outside of the comforts of home. They gain self-confidence in trying new activities. And they learn to appreciate the beauty of nature as they unplug from technology. Although they may experience periods of homesickness, they learn to forge through their feelings with caring camp counselors and new friends.

Look for camps that create an atmosphere of safety where children can try new experiences, especially if your child is an introvert or non-competitive.

Shay Robbins, K-1 director at Kanakuk, a 90-year-old Christian camp in Missouri, says that camps offering a variety of activities can help children find something that they can conquer or enjoy.

"Kanakuk's range of more than 70 activities offers Kampers [sic[opportunities to try new things," Robbins wrote in an email. "For example last summer we had a Kamper [sic[who was interested in jumping on our blob, a big floating pillow on top of the lake. Day after day he watched friends jump and laugh as they slid into Taneycomo, but he just couldn't conquer his fear. After a few days, he decided it might be worth it. His counselor helped him onto the platform and his entire cabin cheered him on as he prepared to jump. He did it! Conquering his fear in a healthy, encouraging environment gave him so much confidence."

For children who need more nurturing before transitioning to a full-blown camp experience, parent-child activities in the community might be a good choice.

Specialty camps close to home also help kids explore new hobbies or create opportunities for parents and kids to enjoy camp together. A mother-daughter sewing camp or father-son golfing camp allows great bonding time while developing a skill enjoyed by both.

If your child has never experienced camp, start with a day camp or send a friend along for an away camp. It's important that the first camp experience be a good one. If you find it wasn't a perfect fit, try a different one next year. But don't give up on the beauty and benefits of camp for elementary-aged children.

Age 12 and older

Tweens and teens have better focus than younger children and benefit from camps that more closely match their interests and personalities. Sports, computer/technology, dance, art, theater and music camps are great for this age because they help kids advance athletic skills and enhance specific talents. Academic camps offer youth advanced-learning opportunities in subjects they might want to explore for long-term focus. And church camps offer character-building and self-awareness experiences not learned in school.

Co-ed camps also can offer opportunities for teens to socialize in a supervised setting. Ask about how the camp your teen is interested in handles camper relationships.

"Healthy relationships are an important part of what we teach at Kanakuk to Kampers (sic) of all ages,"Robbin wrote. "Boys and girls are separated for most of the day, with occasional co-ed activities like church, parties and evening worship. We maintain a high staff to Kamper (sic) ratio

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PHOTO COURTESY OF KANAKUK

and are intentional about ensuring that programs are fun, safe and encouraging for all."

Knowing that hormones and sometimes difficult teen behavior can arise, Robbin said that Kanakuk counselors "handle all situations with the care of a loving parent. Every situation is a teachable moment."

Camps also provide a safe place for teens and tweens to hang out while parents work during summer break. Youth, especially if they are not driving or are too young for a job, too often allow technology to rule or walk into unsupervised trouble unless parents intentionally seek out creative options.

Whether your teen wants to hone a skill, learn something new or enjoy the outdoors in a variety of ways, there is a camp for your child. It's even possible in a summer to attend camps and activities that cover all of these areas. Once you have defined your needs and identified a budget, encourage your youth to research camps with you to find one that fits.

When kids attend camp, they develop resilience and flexibility that benefits them later in life. A Psychology Today article parallels the experiences of summer camp and the adjustment of college. "Being away from home and your traditional support system (family, friends, familiar places), and dealing with large amounts of uncertainty (what will classes require, how will I fit in socially, can I deal with this new roommate)" are similar adjustments says writer Steve Baskin in "Creating Advantage in College." Baskin proposes that kids who find success working through these challenges at camp adjust easier when presented with the transition to college.

Summer camp offers unique experiences and character-building opportunities for every child. Whether your child is 2 or 15, camp is the perfect place to find adventure and make lifelong memories in the process.

Bio: Gayla Grace, freelance writer and mom to five, has sent her kids to camp every summer and continues to find new camps for her one child still at home.

Questions to Ask

Before sending a child or youth to overnight camp, here are some suggestions of questions to consider from Kanakuk, a 40-year-old Christian summer camp in Missouri:

- Where is the camp?
- How long would be best for my child to be at overnight camp?
- What activities are offered and how do those align with my child's interests?
- What is the ratio of campers to leadership?
- What is the organization's worldview? Does it match up with the belief system of our family?
- What is the vetting process for the staff who will be working with my child? How are they chosen and how are they trained?
- What is the organization's Child Protection Plan?

BY MARISA MORGAN

kids can code: careers of the future

The United States Department of Labor projects that by 2020, there will be 1.4 million computer specialist job openings.Yet, U.S. universities are expected to produce only enough qualified graduates to fill 29 percent of these jobs. Why is there such a deficit? Because these skills aren't being taught, and most students don't even realize how much they need them.

When Tatiana Rozzell wanted to enroll her middle school-aged daughter in coding classes, she came up with nothing. No one was offering any type of coding class. She found that when it comes to local coding classes, offerings sre slim and come with steep costs.

Caroline Nguyen, now with Microsoft, was forced to explore her computer programming options at home. "There were no classes or programs in my school or any of the other schools in the area," Nguyen said. "I ended up getting a degree in business because I just didn't think of that (coding) as a career option."

Both women have made it their mission to change this. Rozzell founded the organization "Learn to Code" which offers classes in HTML, CSS, and JavaScript programming specifically to girls, while Nguyen is in charge of Community Development at Microsoft, which offers



coding classes to all different types of students in the Tulsa area.

So what exactly is coding? John Hale, professor of Bioinformatics and Computational Biology at the University of Tulsa describes coding as "Using a programming language to deliver instructions to a computer for telling it how to 1) solve a problem or compute an answer, 2) interact with a user, and/or 3) communicate with another machine."

How does one even begin to learn such a broad skill? "We start by teaching the basic algorithms," Nguyen explained, "then we move on to the different languages like JavaScript, HTML, and others."

Though those terms may sound like a foreign language, Nguyen, Rozell and Hale stress that it is a certain way of thinking that is easy to navigate once it is grasped.

"Coding is trial and error," Nguyen said. "The commands work or they don't. But seeing these kids realize they can think this way, and when they get into the thinking, it is amazing."

Hale seconds this. "There is a sense of fun, mystery and accomplishment in getting code to do what you want it to do," he said. "It is a tremendous confidence builder for a young student and a great platform for academic success."

However, students currently just aren't learning these skills, something Rozell, Hale and Nguyen hope to change.

"You can start with the most basic of coding principles when kids are in kindergarten," Nguyen explained. "In Arkansas they have mandatory hours of coding the kids have to fulfill."

But one of the major obstacles to implementing coding programs in schools is finding qualified instructors. "Tech jobs are so in demand, yet finding someone who wants to teach is tough," Nguyen said.

It is a vicious circle because there aren't enough teachers, yet without teaching students coding skills, Oklahoma will never be able to produce enough teachers. That, in addition to dramatic budget cuts, have made every coding initiative DOA in public schools.

But whatever the obstacles, computer experts say that coding technology needs to be taught in schools. Learning how to type and use word documents are no longer fulfilling the technological requirements of an increasingly tech-dependent world.

"It is important to teach the kids the careers of the future," Nguyen said.

And Rozell agrees. "In our days, every business has or wants to create a website and a presence on social media. The demand is huge; someone will need to meet those needs."

While it is important for all students to learn to code, Rozell's

continued next page

organization "Learn to Code" focuses on empowering girls and women in particular. According to the diversity reports of almost every major tech company (Apple, Google, Facebook, twitter, etc.), women make up less than a quarter of their technology workforce. Nguyen, who also makes presentations to the girls in the organization and others, agrees that this gender inequality starts in the classroom. She always asks groups of girls that she speaks to if they are ever the only girl in the room for computer science, tech, and development clubs and every girl raises her hand. Every time.

While Learn to Code currently is only offered in Tulsa, Rozzell hopes to offer more programming to smaller towns, including her home of Sand Springs. She is also relentlessly searching for sponsors to make the class available to kids regardless of their parents' ability to pay, saying, "We all have seen how technology is replacing manual labor. Self-checkouts, eCommerse, self-ordering at restaurants, etc. And it will only continue to expand. The demand for coders — those people who make this kind of computer expansion possible, has increased tremendously, while there's a great shortage of skilled personnel to fill in those open positions. Therefore, the smart thing to do is to make sure that the kids will be ready for the job market demands, and obtain the marketable skills."

CODING INFORMATION:

Microsoft
Sign up for free workshops: www.microsoftstore.com/woodlandhillsmall

Learn to Code
For class information: www.learntocodeok.com.

TU
For those interested in cyber security and cryptography: utulsa.edu/camp-incredible-at-university-school

The Discovery Lab, Tulsa Children's Museum
Coding Family Workshop. Learn circuitry basics and an introduction to coding and animation. Sat., April 23, 9:30 – 11:30 a.m. Member adult and child $20; nonmember adult and child $30. 560 N. Maybelle Ave., www.tulsachildrensmuseum.org.

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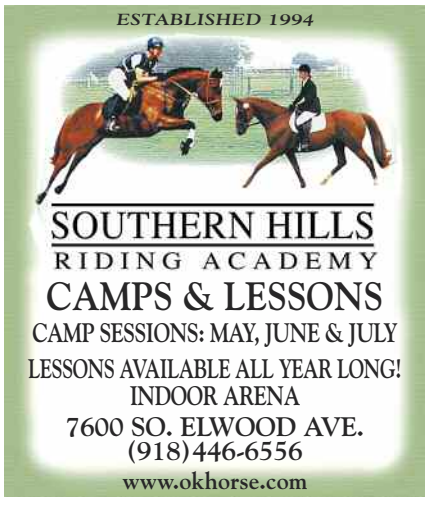
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BY NATALIE MIKLES

safe-to-pack camp snacks

We love to play games at dinnertime. Our favorite is to take turns answering if we could go anywhere in the world where that would be, what we would pack in our backpack and what we would eat when we get there.

My son often says something like "Mt. Everest. Pocketknife, rope, sleeping bag. Bananas and chocolate cake." The responses get us all talking and, often, laughing.

The last time we played, one of my daughters chose "Zoo Camp" as the one place she would want to go in the world. It speaks well for Zoo Camp, especially since her answers the week before had included Disney World and Madagascar.

We start talking and getting excited about summer camps long before summer. The Tulsa Zoo's camps are a favorite with my kids. My son and I have been to the parent-child camps for young children for a couple of years, and I think I loved it as much as he did.

My girls also love art camp at Philbrook, which makes me happy since I have great memories of going to art camp at Philbrook when I was a kid.

Overnight camp will come as they get older, and I know they're going to love the adventure of making friends and being away from mom and dad.



As we're thinking about summer camps, I've also been thinking about summer lunches and snacks. Day camps often require sack lunches that can be left at room temperature. So with summer heat as it is, that means even an ice pack tucked in can't guarantee the food will stay cool.

Here are some ideas for summer camp snacks to pack for your camper.

This banana bread packs well. Spread it with peanut butter for a more filling snack.

BANANA BREAD

- 1 cup whole-wheat or multigrain flour
- 1 cup all-purpose flour
- 1/4 cup millet
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 ripe bananas
- 1/2 cup packed brown sugar
- 2 eggs
- 1/2 cup buttermilk
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla extract

In a large bowl, whisk together whole wheat flour, all-purpose flour, millet, baking powder, baking soda and salt. Set aside.

In another bowl, mash bananas. Whisk in sugar, eggs, buttermilk, oil and vanilla. Stir into flour mixture until just combined.

Pour into prepared loaf pan. Bake in preheated oven for 45 to 50 minutes or until wooden pick comes out clean. Let cool in pan on wire rack for 15 minutes. Remove from pan, and let cool on rack.

Here's a version of Chex mix for kids. Pack it in place of chips. This makes about 2 ½ cups.

KIDDO SNACK MIX

- 1 tablespoon butter
- 1 teaspoon Worcestershire sauce
- 1 1/2 cups Cheerios
- 1/2 cup shredded wheat squares
- 1/2 cup stick pretzels, broken in half

In a large nonstick skillet, melt butter over medium-low heat. Stir in Worcestershire sauce, cereal and shredded wheat. Cook, stirring constantly, for 5 minutes or until brown.

Remove from heat, and allow to cool before adding pretzel sticks. Toss lightly, and transfer to an airtight container.

Add dried cranberries or dried apples to this tasty cake from Real Simple magazine.

APPLE SNACK CAKE

- 4 tablespoons unsalted butter, melted, plus more for pan
- 1 cup whole-wheat flour
- 3/4 cup granulated sugar
- 3/4 teaspoon baking powder
- 3/4 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 1/2 cup applesauce
- 1/2 cup buttermilk
- 1 large egg
- Confectioners' sugar, for dusting

Heat oven to 350 degrees F. Butter an 8-inch baking dish.

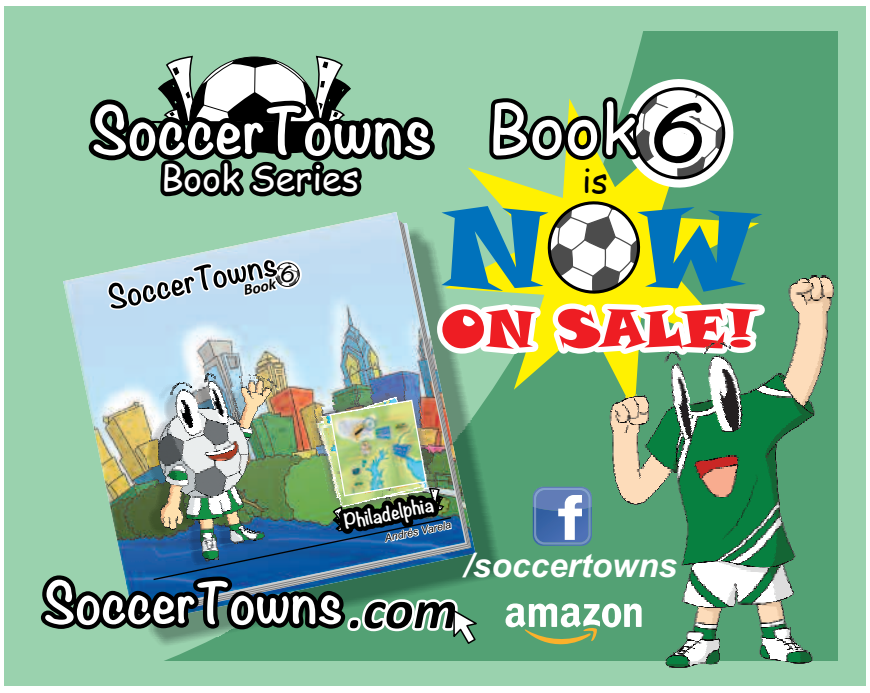
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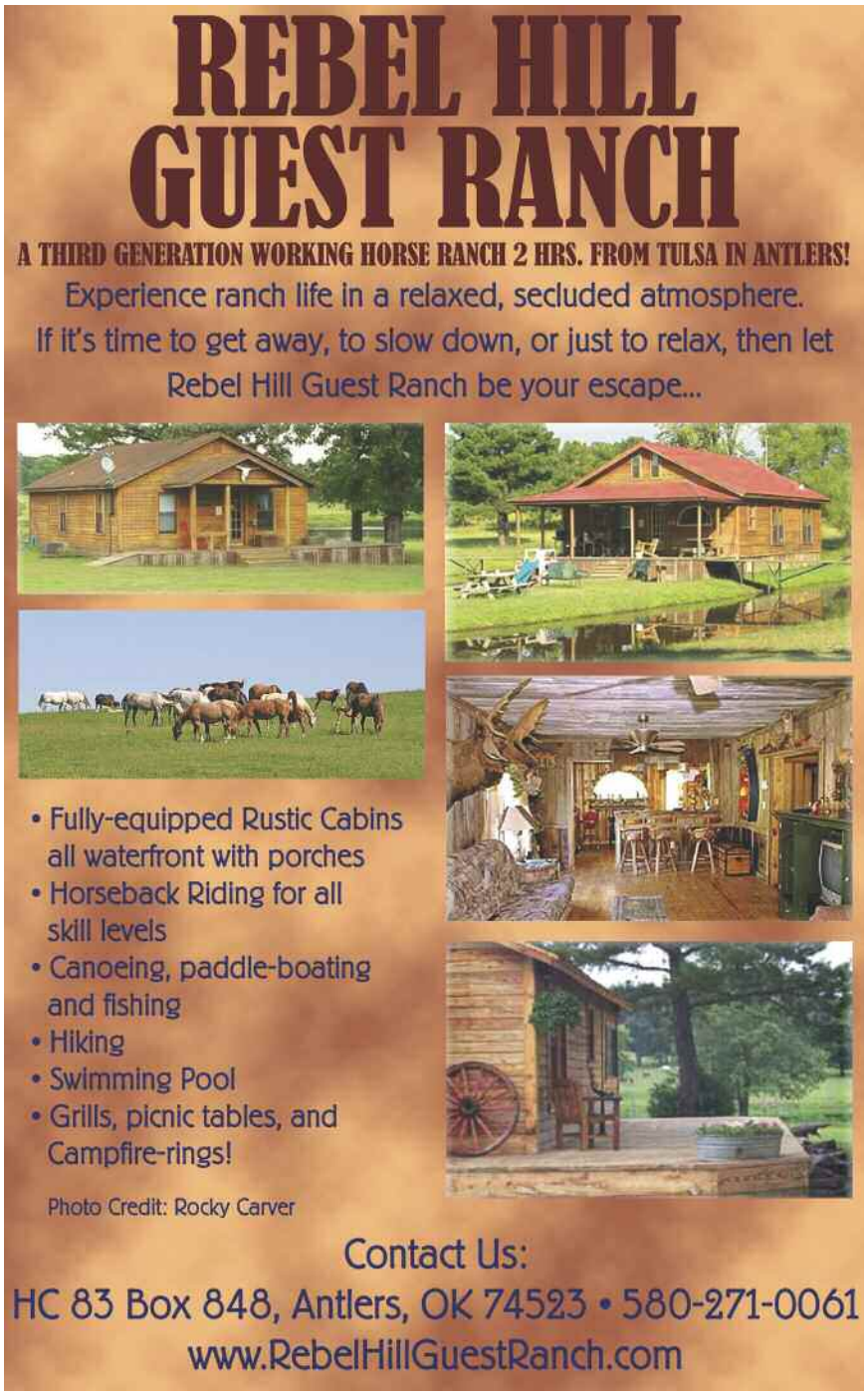
Whisk together the flour, sugar, baking powder, baking soda and cinnamon in a medium bowl; set aside. Add the applesauce, buttermilk, butter, and egg and mix to combine.

Transfer to the prepared pan, and bake until a toothpick inserted in the center comes clean, 20 to 30 minutes. Cool in the pan for 5 minutes, then turn out to cool completely. Dust with the confectioners' sugar.

You can save money by making your own snacks instead of buying the prepackaged bags. Here are a few ideas to fill up a snack bag.

- Pita bread sliced and baked into chips
- Homemade chocolate chip muffin
- Cubed cheese and whole-grain crackers
- Shelled edamame
- Shredded carrots
- Frozen grapes
- Banana bread
- Sunflower butter and sliced strawberries on a bagel







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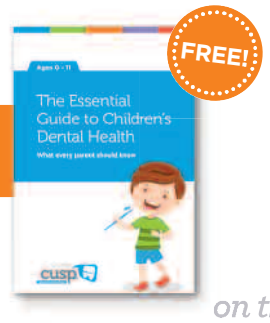
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BY NANCY A. MOORE

food, family and fun

Philip and Danielle Phillips are partners in life, love and business. Although this couple has been together for 11 years, it has only been over the past four years that their lives shifted into high gear. During that time, they got married, purchased a home, opened a wildly successful food truck, started a family and battled on season two of Restaurant Startup on CNBC. Our interview took place at their new Lone Wolf take-out location at 37th and Harvard where I witnessed customers waiting in their cars for the doors to open at 11 a.m., followed by a consistent stream of people ordering their favorites once the restaurant opened. During my visit, the Phillips' shared their excitement and passion for what they are doing, their perspective on the food truck craze in Tulsa and their plans for the future.



PHILIP PHILLIPS (FATHER), DANIELLE PHILLIPS (MOTHER) PHILIP PHILLIPS (HE'S THE EIGHTH) AND IS 2 YEARS OLD. PHOENIX PHILLIPS IS 6 MONTHS.

PHOTO CREDIT: BRETT ADMIRE

TK: How did you become passionate about cooking and food?

Danielle: We've always been foodies. Philip's always worked at various places cooking while touring as a musician. It was an easy and flexible job to work around his music. Over time, he became much better at cooking than playing music. We loved eating at food trucks together all over the country, and we knew we wanted to own a food truck.

Philip: While touring, we would see all the cuisine on the coastlines along with various food trucks and that culture. A major part of doing this is because I was a musician in the first place. To me, there is an excitement and buzz surrounding food trucks which is similar to the music scene. I am passionate about creating, and it comes through in my cooking.

TK: How did you become interested in opening a food truck in the Tulsa area?

Philip: We are both from around here and have our families close by. We didn't really have a plan for opening an expensive restaurant, but knew that we would be able to successfully and relatively inexpensively open a food truck first. Also, with food trucks, there is an excitement in hunting them down. And trying different cuisines coming out of the food trucks is a culture that we wanted to bring to Tulsa.

Danielle: Opening banh mi (Vietnamese sandwiches) was not the original plan for the food truck. We had already written out a menu of what we wanted and then Philip went on a West Coast tour and while we were in San Francisco, we stumbled on a banh mi place that was incredible. We had never really had it all together that way in banh mi. We couldn't get enough of it. Once we were back in Oklahoma, we were still thinking about it. Philip started making it at home and we hosted dinner parties and invited friends over so we could test the banh mi concept. Everyone went crazy for it, and we had them calling the next day saying they were craving it and wanted more. Part of the success was in expanding people's palates, and we knew this type of food wasn't in this market yet.

TK: Your popular and unique food inspired by a combination of Vietnamese and French flavors earned a spot on season two of Restaurant Startup on CNBC. How did that opportunity come about?

Danielle: The show contacted us, which seemed pretty unbelievable; we still aren't sure how they found us. We assumed it was through Facebook. It was a cool experience and exciting to gain national recognition. It was an intimidating situation cooking for Tim Love and Joe Bastianich, but one we learned so much from.

Philip: Before we went on the show, we already had a clear vision of where we wanted our business to go. In the end, the offers that were made did not meet our expectations, so we ended up not taking the deal, but we definitely benefitted from the entire experience.

Danielle: It definitely opened our eyes to exactly the way the business side of the restaurant should be run. It was exciting to be featured for our food and showing our unique spin on banh mi that includes the traditional Vietnamese combined with a French flair.

TK: What is the best part about owning your own business?

Danielle: The flexibility. It helps to have good people working for you, so if something comes up and Philip and I have something going on, we know that the restaurant is in good hands.

TK: What advice would you give to someone looking to start a business?

Philip: It's definitely a labor of love. If you're not passionate about it, then you shouldn't do it. Opening a business is very seri-

continued next page

ous especially when you have so many people working for you, relying on you. There is never a time when there is nothing to do. We are working seven days a week.

TK: What's the best advice you received when starting your business?

Philip: We received the best advice from Phil and Miranda Kaiser, owners of Laffa and Cosmo Cafe. They suggested that we make distinct roles for each other and stick to them. We have done that, and it has been great for us. We totally support each other and go with the other person's decisions no matter what they decide. Danielle takes care of the business side, and the food and employees are my part.

TK: What are your most popular dishes?

Philip: Everything is made from scratch, which is an unbelievable amount of work, but is worth it. Our most popular dishes are definitely the Kung Pao Pork and Lemongrass Buttermilk Fried Chicken.

Danielle: Since the beginning, the menu has evolved. Philip is really good at what he does which is how so many of our popular dishes are created. One of the most popular items is the kimchi fries, and most popular dish is a fried rice bowl called "The Jam," topped with candied bacon and Korean roasted peanuts. The idea of the fried egg on the top of the kimchi fries came from us having the food truck at a morning race event. It has been so popular ever since, we've left it on our menu.

TK: In your opinion, what do you think of the Food Truck scene in Tulsa?

Philip: Tulsa is really in the beginning stages of having food trucks. There is an exceptional amount of room for growth in this area. Really, there are maybe 50 food trucks around Tulsa (compared to maybe five hundred in Austin) and we can support so many more. Our food truck stays busy seven days a week. The trick is to be places on a regular basis so people know where you're going to be.

TK: What does the future hold for your business?

Philip: We have developed a successful model of Lone Wolf and are at the beginning stages of multiple locations being opened throughout the Midwest. Locally, due to the demand, we have opened a take-out location and are looking for another place to have a food truck in South Tulsa.

TK: What do you like to do with your family when you have time off?

Philip: We take the kids to the Tulsa Children's Museum. It's absolutely one of the best places on earth. We also like go to Chimera for Sunday breakfast together.

Danielle: On Wednesdays, we go to Storytime at Guthrie Green. We also spend a lot of time at the park. My kids love being outside.



Enjoy Spring Programs for Families

Gilcrease Museum offers a variety of art education programs for families. Programs for all ages, from infants to teens, are offered weekly. In addition, the museum has three fun, interactive spaces that bring out the inner-child in every visitor. This spring, enjoy our gardens with a garden hunt in Stuart Park. Visit our website at **gilcrease.org/families** for more information.

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BY HEIDI SMITH LUEDTKE, PhD.

how to handle homesickness

(WITHOUT BRINGING KIDS HOME)

Being away from home and loved ones causes feelings of homesickness in almost everyone. As many as 95 percent of kids experience mild sadness, and some feel intense, long-lasting distress. "It's important to differentiate between adjustment anxieties that tend to diminish as kids get accustomed to new places, people and routines, and deeper feelings of disconnection and depression that grow worse over time," says Erika Myers, M.Ed., LPC, a therapist and former boarding school teacher in Asheville, NC. Younger kids and those who have never spent time away from home have the most trouble at camp.

You may be worried that your attempts to comfort your homesick child will only make the problem worse. Here's how support your camper while she explores the world on her own.

Give kids control. Studies show kids who choose go to camp are much less likely to feel homesick than kids who are forced to go because parents push. It's best to let your child choose if, when and where she goes to camp. She should also decide what to bring and plan which activities she'll do. Making decisions reminds kids they are capable and independent.

Set optimistic expectations. Kids need to know it is okay to think about home and to miss their parents, pets, toys and favorite foods. Explain that there will be a period of transition, but don't be discouraging. Attitudes about separation can become a self-fulfilling prophecy – if your child believes he can't cope with camp, he won't. Be realistic and upbeat.

Lay low. Give your child time to navigate new situations without interference from home. "Kids need time and space to get immersed in the camp setting," says Myers. Send a quick daily email or note that inspires your child to try new activities. Ask about her bunkmates and counselor. Keep at-home happenings on the down low so your child doesn't miss what she's missing even more.

Manage your own anxieties. You may be worried about your child's ability to make friends and fit in. "Keep your concerns to yourself. Kids look to parents for their sense of self and safety," says Frank Sileo, Ph.D., a Ridgewood, NJ, psychologist and author of Bug Bites and Campfires: A Story for Kids about Homesickness. Talk with camp staff or other parents to quell your worries instead of passing them on to your child.

Encourage busy-ness. There is a lot going on at summer camp – staying busy is the best way to get through the initial adjustment. "Down time will allow your child to dwell on thoughts of home and that will make him feel worse," says Sileo. Get a list of camp activities and help your kid craft a plan of attack. The best defense against homesickness is a full calendar.

Stay in touch. Check in at regular intervals. "Setting up a ritual – perhaps a brief phone call or email at a specific time of day – can give your child a sense of security and consistency," says Myers. Send a care package with treats and toys to let your camper know you're thinking about her. Include items to share with cabinmates. A book of Mad Libs, riddles or ghost stories makes bedtime fun for everyone.

Ask kids to write home. The process of putting thoughts on paper and mailing them away is cathartic. Send stationery and stamps so your child can handwrite letters to friends, parents, and grandparents. Writing lets kids explore and express their feelings. Save kids' letters to include in a summer camp scrapbook or memory box.

Don't rush to the rescue. If you receive homesick letters or phone calls, express your confidence that your child can get through it. Offering to pick him up will only validate his sense of helplessness, says Sileo. Identify an adult your child can talk to, such as a counselor or the camp nurse. Staff members are trained to handle homesickness and they'll let you know if your child really needs to come home.

While your child is away, plan a post-camp surprise party to welcome her back. Warm, loving parents give kids a firm foundation for big adventures at camp and beyond.







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BY DIANE MORROW KONDOS

eradicating the **evil stepparent**

The word "evil" seems to be the adjective that most frequently precedes the word stepparent. Fairytales, with the enhanced visual appeal provided by Disney movies, have perpetuated that stereotype with Cinderella, Sleeping Beauty and Hansel and Gretel among the fictional children with infamously cruel stepmothers. When I married Steve, my kids played on the theme of mean stepparents, giving him the nickname Evil.

They felt free to do this because Steve is the opposite of the evil, fictional stepparent. His love for me and for our children (his step-children) is complete and unconditional. I could say I feel lucky, but it wasn't just luck; it was a careful, deliberate choice of a man of character and integrity to join our family. I absolutely would not have married someone unless I was sure that he had the ability to embrace the role of a parent and to fulfill the job with joy and love. As a mother, my decision on a partner wasn't just about me — I was also choosing a parent for my daughters.

If you are marrying a person with children, make sure you understand that it is a package deal, and don't depend on luck. For the marriage to succeed and for the children to thrive, the stepparent must be committed to building a family, not just a marriage. I'm not a child-development expert, but I do claim a degree of expertise based on a successful experience as part of a blended family. These are the tips that I think helped us succeed:

1. Date long enough to establish security and predictability for your children. They need to know they can trust that the new parent is reliable and is going to be there for the long term. Steve and I dated for over four years. The girls' response to Steve's proposal to me showed that four years might have been a bit too long. When Steve discussed his upcoming proposal to me with the girls, they said, "It's about time, what took so long?"

2. The biological parent needs to be the disciplinarian. Especially in the case of older kids, the stepparent should take a back seat in the discipline arena. Unless there was a situation that was dangerous or extreme, my husband left the discipline to me and supported my already established rules and structure. My girls were 11 and 12 when Steve and I married, and the continuity was important to counterbalance the necessary changes our marriage brought.

3. The stepparent and child need to find an interest or hobby that they can share. My macho, athletic husband took art classes with the youngest daughter and it not only developed a closer relationship for them, he discovered a hidden talent.

4. Support their relationship with their other parents. Understand that they need to have a relationship with both their biological parents. It's not a competition between dads or moms; children need to feel free to love every parent involved. Steve always supported the girls' involvement with their father, speaking positively about him and listening with interest about their time spent with him.

5. Be patient and realistic with your expectations. There is no timeline for the adjustment. It may take longer for you and your stepchild to bond than you anticipated, but be patient and understand that they may have been betrayed or hurt in the past and need time to trust you. I hate the saying "kids are resilient" because it diminishes the pain children may feel. Depending on the their past circumstances, it may take considerable time to let you into their lives. During our dating stage, one of our daughters expressed resentment that Steve was around too much. We had to respect that change was hard for her, back off a bit and give her time to adjust to sharing her mom. Fortunately, it wasn't long before she asked Steve to spend more time with the family.

Every family, blended or not, faces individual challenges and struggles. The blended family may face some additional complexities, but they can be overcome with time, patience and understanding. At times, the professional expertise of a counselor may help. In our situation, my husband took a proactive stance and met with a child-development specialist prior to our marriage to obtain tips for a smoother transition to stepparenting.

At our wedding, he said vows not only to me but to my daughters who served as our bridesmaids. That was 16 years ago and although the girls are now adults, every year we have what we have termed a "familyversary," also known as the day we formally welcomed Steve into our family. Love and family are not determined by shared genetics but by commitment and love.



The CAN Superhero Challenge will be held at the Post Oak Lodge on Sunday, April 3. (Photo credit: Blair Schluter photography)

DAY-BY-DAY

Friday, April 1: TPS Early Release Day

Cardboard Duct Tape and Boat Regatta
Once again the Tulsa Regional STEM Alliance will host the Cardboard Duct Tape and Boat Regatta at Miller Swim School, 6415 S Mingo Rd. Elementary, middle, and high school students will build a boat using only cardboard and duct tape. The boat must be capable of holding at least one person (the captain), who will pilot their boat across the length of the pool. Boats will be judged in 4 categories: Speed, Aesthetics, Historical Merit, and Technical construction. Noon - 2 p.m. Find out how you can participate at www.tulsastem.org.

Family Fun Friday {FREE}
Join us for an interesting and fun-filled afternoon of stories, crafts and games, plus stimulating science demonstrations. For ages 5-14 and their families. Herman and Kate Kaiser Library, 5202 S. Hudson Ave, Suite B; 2:30-4 p.m.

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

Saturday, April 2

Aquarium Run
The event offers a half-marathon and 10K, perfect as training runs in advance of the Oklahoma City Memorial Marathon, as well as a 5K and a family-friendly 1 mile fun run/walk. All registered participants enjoy complimentary race-day admission for a stunning cool-down, viewing the amazing Oklahoma Aquarium sharks, stingrays, jellyfish and thousands of other aquatic animals. Oklahoma Aquarium, 300 Aquarium Dr. Registration begins at 6:30 a.m. For more, visit www.okaquarium.org.

Tulsa Boys' Home Derby Dash
The Tulsa Boys' Home Derby Dash will consist of a 1 mile Fun Run which begins at 8:30 a.m. and a 5K timed run starting at 9 a.m., followed by age group awards, snacks and refreshments. Runs take place on the paved trail at the Turkey Mountain parking lot trail head, 68th & Elwood Avenue, Tulsa. For more information, please contact Kristy Elliot at 918.859.4908.

Spring on the Farm
The Straw Family Farm is proud to sponsor "Spring on the Farm" This outdoor event is open to the public for $1/ person. During the event there will be free activities, contests and demos taking place for everyone to enjoy. (continued)

Spring on the Farm (cont.)
located at Road EW13 and Old Hwy 169 in Lenapah, Oklahoma. For more information, go to www.farmontheprairie.com.

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

Art in the Garden
Celebrate spring with beautiful garden art pieces created by artists from Tulsa Glassblowing School and Garden Deva. One of kind pieces will be available for sale including hummingbird feeders, garden gazing balls, and glass and metal sculptures. Prices start at $15. In addition, children can make mosaic glass wind chimes to take home ($10 materials fee), and go on a scavenger hunt. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.; 10 a.m.-5 p.m. www.tulsabotanic.org

Mini Masters at Gilcrease
Kids explore different works of art from different perspectives, up high, down low, sideways and more to discover a new way to look at the world. For ages 3-6, who must be accompanied by an adult. Advanced registration is required: 918.596.2774.

Sunday, April 3

The CAN Superhero Challenge
This is a fun and family-friendly event that gives your inner Superhero the chance to shine! Participants can choose from two obstacle course Challenges. After the Challenges, there will be fun and games available for Superheroes of all ages including inflatables, bounce houses, photo opportunities, face painting, food and more. PostOak Lodge, 5323 West 31st St. North; 1-4 p.m. Registration is required: www.childabusenetwork.org.

Monday, April 4

See sidebars for on-going events/ activities.

Tuesday, April 5

Mini Masters at Gilcrease
See previous description, 10 a.m.

APRIL 2016

SUN	MON	TUE	WED	THU	FRI	SAT
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Tuesday, April 5 (cont.)

Astrology: The Beginning of Astronomy Planetarium Show
Explore the night sky with engaging, awe-inspiring shows at the Jenks Planetarium. The 50-foot dome provides the ultimate screen for seeing planets up close, flying to distant galaxies, and even rediscovering our own earth in ways never thought possible. Jenks Planetarium, Jenks High School, 1st and B Streets; 7-8 p.m. $5 tickets online; $7 at door. For more information go to www.jenkscommunityed.com

Wednesday, April 6

Homeschool Art Class at Philbrook (Ages 5-8)
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. Philbrook Museum of Art , 2727 S. Rockford Rd. www.philbrook.org.

Thursday, April 7

Kids Dig Books
Children will learn about animals that live in different parts of America by listening to stories, legends and folk tales. Afterwards, they will create art work relating to the stories they've just heard. For ages 3-6 w/ adult. Space is limited and advanced registration is required.: 918.596.2774. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 10 a.m.; www.gilcrease.utulsa.edu.

Museum Babies
Museum Babies is designed to nurture the needs of both parent and infant/toddler. Parents will enjoy a casual experience in the galleries, learning about the art of Gilcrease Museum, then it's "baby time" with activities to stimulate the five senses and refreshments. For ages birth to not yet three years old, accompanied by caregiver.Space is limited and advanced registration is required: 918.596.2774. Free for members; free with museum admission for not-yet members. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 10:30 a.m. www.gilcrease.utulsa.edu.

GPACAC College Fair {FREE}
High school students from around Green Country are invited to the annual "College Fair." This FREE event will be held at The University of Tulsa Reynolds Center, 11th and Harvard; 6-7:30 p.m. Students and parents can meet with 50 representatives from colleges and universities. For more info., contact rcooper@hollandhall.org.

Thursday, April 7 (cont.)

Minecraft Gaming
Put your imagination to the test building your own world in the popular game Minecraft. For ages 11-18. Hardesty Regional Library 8316 E 93rd St.; 6-7 p.m.

Friday, April 8

Spring Traders Encampment at Woolaroc
Woolaroc will once again host the Spring Trader's Encampment on Friday and Saturday at the Mountain Man Camp at Woolaroc. The Trader's Encampment is open to the public and guests are encouraged to park and walk through the camp. There is no additional admission required; regular admission at the gate includes the Spring Trader's Camp. Woolaroc Museum and Wildlife Preserve in Bartlesville, Ok. For more information and directions, go to www.wooloaroc.org.

Museum Babies
See previous description, 10:30 a.m.

Saturday, April 9

Will Rogers Memorial 5K
It's time to lace up the running shoes for the annual Will Rogers Memorial 5K and Fun Run. The Fun Run begins at 8 a.m. at the starting point for both events. The 5K run is through a marked trail in the RSU Nature Reserve in Claremore and begins at 8:30 a.m. To register and find more information, go to willrogersmemorial5k.eventbrite.com.

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

Cloud Gazing {FREE}
Cirrus, stratus and cumulus - magic words? No! The sky is perfectly blue and the clouds are perfect too. Come spend some time cloud gazing at Oxley. Oxley Nature Center in Mohawk Park; 1 to 2:30 p.m. www.oxleynaturecenter.org

*Tulsa Oilers Home Game @ 7 p.m.

Sunday, April 10

See sidebars for on-going events/ activities.

6 SPRING ESSENTIALS

1. SPRINGFEST GARDEN MARKET & FESTIVAL

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

2. TULSA BOTANIC GARDEN

Where: 3900 Tulsa Botanic Dr.
The mission of the Tulsa Botanic Garden is to promote the beauty and importance of plants and nature to create a more sustainable and harmonious world. For more information, go to www.tulsabotanic.org. Check out some fun events happening this spring.
Friday, April l; 10:30 – 11:30 a.m. – Oak-Lahoma Nature Story Hour
Saturday, April 2; 10 a.m. – 5 p.m. – Art In the Garden
Friday, April 8 & 9; 10 a.m. - 5 p.m. – Signs of Spring Search
Saturday, April 16; 10 a.m. – 5 p.m. - Poetry in the Garden
Saturday, April 23; 10 a.m. – 5 p.m. – Kites at the Garden
Saturday, April 30; 11 a.m. & 1 p.m. – Native Plants and Wildflower Hike

3. HERB DAY IN BROOKSIDE

Where: Brookside Tulsa, 41st & S. Peoria
When: Saturday, April 9; 9 a.m. to 5 p.m.
Spring has arrived and Brookside is celebrating with Herb Day! Enjoy local herbs, bird houses, spices and more at this annual event. For more information, go to www.brooksidetheplacetobe.com.

4. 26TH ANNUAL HERBAL AFFAIR & FESTIVAL AT SAND SPRINGS

Where: Downtown Sand Springs, near Broadway and Main Street
When: Saturday, April 16; 9 a.m.-4 p.m.
More than 100 vendors will be on-hand selling herbs, perennials, natives and heirlooms plants, along with herbal products, gardening supplies and décor and more.
For more information, go to www.sandspringsok.org.

5. JENKS HERB & PLANT FESTIVAL

Where: Main Street in Jenks
When: Saturday, April 23; 9 a.m. to 4 p.m.
The Jenks Herb & Plant Festival is widely anticipated as the official signal of the start of Spring. Children are in for hands-on fun with the Arts & Craft area and the First Planting experience booth. The railroad chugging around on real tracks on kids' level with the Jenks Fire truck is an added thrill. For more information, go to www.jenksgardenclub.com.

6. THE MET'S ENVIRO EXPO

Where: Main Street between 4th and 5th Street
When: Wednesday, April 20; 11 a.m.-1:30 p.m.
This event creates an opportunity to engage like-minded individuals and groups to share in a collective "green" conversation. For more information, go to www.metrecycle.com.

Monday, April 11

Natural Babies, Natural World at Oxley Nature Center
"Mushrooms in the Rain" What are fungi and how do they grow? Collect some to make some mushroom prints at Oxley Nature Center; 10:30-11:30 a.m.

Families of Autism Support Group
Families of Autism is a support group open to caregivers of children with autism. Adults only please, childcare is not available at this time. Limited space available, please call or email to rsvp: 918.994.7799. Greenhouse Pediatric Therapy 2257 W. Washington St, Broken Arrow; 7 p.m.

Tuesday, April 12

See sidebars for on-going events/ activities.

Wednesday, April 13

Minecraft Night {FREE}
Improve your socializing skills at Minecraft Night. Nothing says togetherness like combating zombies! For ages 10-18. Class is limited to 12 on a first-come, first-served basis. Martin Regional Library, 2601 S. Garnett Rd.; 6-8 p.m.

Thursday, April 14

Museum Babies
See previous description, 10:30 a.m.

TARC Kids "Connections" Group
This a social skills group for children with Asperger's and high functioning autism (K-5th grade). The Kids "Connections" group meets on the second Thursday of each month from 4:30 to 5:30 p.m. at the TARC office, 2516 E 71st St, Suite A. For quesitons, call 918.582.8272.

Friday, April 15

Mini Masters at Gilcrease
See previous description, 10 a.m.

Museum Babies
See previous description, 10:30 a.m.

Sleep with the Sharks
Ever wonder what it would be like to snooze alongside the sharks? Find out at an overnight Sleep with the Sharks event! Enjoy a dive show, scavenger hunt, flashlight tour and movie, then spend the night alongside the exhibits. Oklahoma Aquarium, 300 Aquarium Dr.; 6 p.m. www.okaquarium.org

Saturday, April 16

Mathematics Festival {FREE}
The festival is designed to introduce kids to the beauty of mathematics by providing interesting, inspiring, engaging, and thought-provoking problems. The festival is FREE, but registration is required: rjmfattu.utulsa.edu. Allen Chapman Student Union University of Tulsa Campus; 9 -11:30 a.m.

Rhea Lana Broken Arrow
Rhea Lana's, Inc. is an upscale children's consignment event held at Rhema Ninowski Rec Center, 1424 W. Kenosha St. April 16- 20, times vary. Go to www.brokenarrow.rhealana.com for a full listing.

Safe Kids Car Seat Checkup Event {FREE}
Get your car seat checked and installed by a trained professional. Jenks Fire Department Station 2, 1115 W 121st St.; 10 a.m. to noon.

Imagination Days at AHHA {FREE}
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.; 1-5 p.m. www.ahhatulsa.org

Hidden Treasures of the Woody Guthrie Center
WGC archivist, Kate Blalack presents Hidden Treasures of the Woody Guthrie Archives. The program is free with paid admission or annual WGC membership. A presentation of some of the "hidden treasures" of the archives and the insight they provide regarding Woody's ability to promote social justice in song. Join Kate as she explores the unusual texts, artwork, artifacts, and manuscripts that reveal what Woody saw and the ways he expressed his world with a glimpse into the many hidden gems in the archives are yet to be discovered by scholars and the general public. Woody Guthrie Center, 102 E. M.B. Brady St.; 2 p.m. www.woodyguthriecenter.org.

LEGO Lab {FREE}
Learn new building ideas, partner with other children and tweens during team building and explore free building. Leave your LEGOS at home and come play with ours. For ages 6-12. Registration is required. Class size is limited. Call 918.549.7590 to register.
Registration begins April 11. Martin Regional Library, 2601 S. Garnett Rd.; 2-3 p.m.



The Drillers will kick off the 2016 season Thursday, April 14 at 7 p.m.
Here is a list of home games this month:
Thursday, April 14; 7 p.m., Friday, April 15; 7 p.m., Saturday, April 16; 7 p.m., Sunday, April 17; 1 p.m. Monday, April 18; noon , Tuesday, April 19; 7 p.m., Monday, April 25; 7 p.m., Tuesday, April 26; 7 p.m., Wednesday, April 27; 11 p.m., Thursday, April 28; 7 p.m. Friday, April 29; 7 p.m., Friday, April 30; 7 p.m.
For a full promotional schedule, go to www.tulsadrillers.com.

Sunday, April 17

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

Monday, April 18

Mad Science Monday {FREE}
Join in for fun experiments from things that you may have around your house. For ages 5-12. Schusterman-Benson Library, 3333 E. 32nd Pl.; 4 p.m.

Tuesday, April 19

See sidebars for on-going events/ activities.

Wednesday, April 20

Homeschool Art Class at Philbrook
See previous description, 1 p.m.

Thursday, April 21

See sidebars for on-going events/ activities.

Friday, April 22: Earth Day!

Friends of the Helmerich Library Annual Book Sale
The book sale features thousands of gently used books and media. Get quality and quantity at great prices while supporting the library. For adults. Helmerich Library, 5131 E. 91st St.; 10 a.m.

Sounds Frogs Make
How do frogs find each other? With everyday objects, you will mimic a frog search for your partner. Oxley Nature Center in Mohawk Park; 6 p.m. www.oxleynaturecenter.org

Chandler's Got Talent! Open Mic Night
Calling all poets, singers, rappers, bands, solo artists, dancers, magicians; if you've got talent, we want to see it! All acts must be family-friendly. No charge for performers, those attending contribute $2 donation. Sound system provided, just bring your background music. Call ahead to reserve your sport. Chandler Park, 6500 W. 21st St.; 6-10 p.m. For more information or to register, call 918.592.6053.



Saturday, April 23

Coding Family Workshop at TCM
Learn circuitry basics and receive an introduction to coding and animation. Tulsa Children's Museum, 560 N Maybelle Ave.; 9:30-11:30 a.m. Member Adult & Child: $20, Non-Member Adult & Child: $30. For more info.: www.tulsachildrensmuseum.org

Kites at the Garden
Bring a kite to fly or decorate and put together your very own at the Garden ($3 for materials). See the kite flying enthusiasts of Tulsa Wind Riders as they fly all shapes, colors and sizes of kites.
General admission is $5 for ages 13 and up. $2 for ages 3-12 yrs. Ages 2 and younger are free. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.; 10 a.m. to 5 p.m. www.tulsabotanic.org

Botany Walk at Oxley {FREE}
Join the Oxley staff for a spring botany walk at Oxley Nature Center in Mohawk Park.; 10:30 a.m. - noon. www.oxleynaturecenter.org

Earth Day Recycling {FREE}
Create unique recycled works of art. This is a make and take class at Oxley Nature Center in Mohawk Park; 12:30 - 4 p.m. www.oxleynaturecenter.org

Preschool Gardening 101 {FREE}
Bring your little gardeners to the library for a colorful bouquet of activities. Explore the basics of plant care using nature-themed songs, stories and crafts. Young learners will have an opportunity to continue cultivating their gardening skills by taking home a potted seed and watching it grow. For ages 2-5 and their families. Broken Arrow Library-South 3600 S. Chestnut; 2-3:30 p.m.

Blast from the Past Carnival
You and your family can enjoy an old-fashioned indoor carnival. All games are .25. LaFortune Park Community Center, 5202 S. Hudson Ave.; 3-6 p.m. www.parks.tulsacounty.org

Sunday, April 24

See sidebars for on-going events/ activities.

Monday, April 25

Natural Babies, Natural World at Oxley Nature Center
See previous description, 10:30 a.m.

Up, Up & Away {FREE}
Join in to celebrate Kid's Day with fun and educational activities with the Children's Museum. For ages 3-5. Schusterman-Benson Library, 3333 E. 32nd Place; 11 a.m. - noon.

Tuesday, April 26

Snakes Alive! {FREE}
Greg Bersche from the Skiatook Lake Corps of Engineers will talk about Oklahoma snakes. He also will introduce us to a few of his "slithery" friends! For all ages. Judy Z. Kishner Library 10150 N Cincinnati Ave.; 6-7 p.m.

20th Annual Empty Bowls Hunger Awareness Dinner
Join the Oklahoma Food Bank in celebration of 35 years of providing food security, with dignity, to eastern Oklahomans. Presented by the Charles and Lynn Schusterman Family Foundation. Cox Business Center, 6 p.m.
www.okfoodbank.org

Wednesday, April 27

Up, Up & Away {FREE}
Join in to celebrate Kid's Day with fun and educational activities with the Children's Museum. Children will learn about air pressure and how it affects objects around us. They will explore the flying ability of different materials and construct their own simple flying machine. For ages 3-5. Librarium, 1110 S. Denver Ave.; 11 a.m.-noon.

TARC Teen "Connections" Group
This a social skills group for middle and high school students with Asperger's and high functioning autism. For more information: 918.582.8272. TARC Office, 2516 E 71st St, Suite A.; 4:30-6 p.m.

Thursday, April 28

Rainbow Food
Join this fun program with the Children's Museum. Learn the importance of eating a rainbow diet by incorporating multicolored food into our meals. Children and their parents will learn about natural versus artificial foods and flavors, and how different ingredients affect our bodies. For ages 3-5. Brookside Library, 1207 E 45th Pl.; 11 a.m.

Minecraft Night {FREE}
Put your imagination to the test building your own world in the popular computer game Minecraft! For ages 10-18. Zarrow Regional Library, 2224 W. 51st St.; 6-7 p.m.

The Craft Connection {FREE}
Join in for fun crafting. Supplies are provided. For ages 8-16. Schusterman-Benson Library, 3333 E. 32nd Place; 6-7 p.m.

STORYTIMES

Bixby Library (20 E. Breckenridge, Bixby)
- Preschool Storytime: Mondays, April 4, 11, 18, 25 • 11-11:30 a.m.

Broken Arrow Library (300 W. Broadway, Broken Arrow)
- My First Storytime: Tuesdays, April 5, 12, 19, 26 • 10:30-10:50 a.m.
- Preschool Storytime: Mondays, April 4, 11, 18, 25 • 10:30-11 a.m.
- PAWS for Reading: Wednesday, April 13 • 4-5 p.m.

Broken Arrow Library/South (3600 S. Chestnut, Broken Arrow)
- Preschool Storytime: Tuesdays, April 5, 12, 19, 26 • 10:30-11 a.m.
- My First Storytime: Wednesdays, April 6, 13, 20, 27 • 10:30-11 a.m.
- PAWS for Reading: Friday, April 15 • 3:30-4:30 p.m.

Brookside Library (1207 E 45th Pl.)
- Preschool Storytime: Wednesdays, April 6, 13, 20, 27 • 10:15-10:45 a.m.
- My First Storytime: Wednesdays, April 6, 13, 20, 27 • 11-11:20 a.m.
- PAWS for Reading: Friday, April 15 • 3:30-4:30 p.m.

Charles Page Library (551 E. Fourth St., Sand Springs)
- Storytime with Ms. Julia: Tuesdays, April 5, 12, 19, 26 • 10:30-11:20 a.m.

Hardesty Regional Library (8316 E 93rd St., Tulsa)
- My First Storytime: Mondays, April 4, 11, 18, 25 • 10-10:20 a.m. and Tuesdays, April 5, 12, 19, 26 • 10-10:20 a.m.
- Toddler Time: Tuesdays, April 5, 12, 19, 26 • 11-11:20 a.m. and Wednesdays, April 6, 13, 20, 27 • 10-10:20 a.m.

Helmerich Library
- Mr. Adam's Stay and Play Storytime: Tuesdays, April 5, 12, 19, 26 • 10:30-11:30 a.m.

Herman and Kate Kaiser (5202 S. Hudson Ave., Suite B, Tulsa)
- My First Storytime: Thursdays, April 7, 14, 21, 28 • 10:30-11:30 a.m.
- Preschool Storytime: Tuesdays, April 5, 12, 19, 26 • 10:30-11:30 a.m.
- PAWS for Reading: Wednesdays, April 13, 27 • 3:30-5 p.m.
- Sensory Storytime: Saturday, April 23 • 10:30 a.m.-noon

Jenks Library (523 W. B St., Jenks)
- My First Storytime: Wednesdays, April 6, 13, 20, 27 • 10-10:15 a.m.
- Preschool Storytime: Wednesdays, April 6, 13, 20, 27 • 10:30-11 a.m.

Kendell-Whittier Library (21 S. Lewis, Tulsa)
- Bilingual Storytime/Cuentos Bilingües: Tuesdays, April 12, 19, 26 • 3:30-4:15 p.m.

Librarium (1110 S. Denver Ave., Tulsa)
- PAWS for Reading: Saturday, April 9 • 1-2 p.m.

Martin Regional Library (2601 S. Garnett Rd., Tulsa)
- Bilingual Storytime: Tuesdays, April 5, 12, 19, 26 • 11-11:45 a.m.

Nathan Hale (6038 E. 23rd St., Tulsa)
- Mrs. Cindy's Storytime: Thursdays, April 7, 14, 21, 28 • 10:30-11 a.m.
- Bilingual Storytime With Señorita Brenda: Thursday, April 7 • 10:30-11 a.m.
- PAWS for Reading: Saturday, April 23 • 2-3 p.m.

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

Schusterman - Benson Library (3333 E. 32nd Place, Tulsa)
- Preschool Storytime: Tuesdays, April 5, 12, 19, 26 • 10:30-10:50 a.m.
- My First Storytime: Wednesdays, April 6, 13, 20, 27 • 10-10:20 a.m. and Wednesdays, April 6, 13, 20, 27 ● 10:30-10:50 a.m.
- PAWS for Reading: Monday, April 11 • 3:30-4:30 p.m.

Tulsa Botanic Garden (3900 Tulsa Botanic Dr., Tulsa)
- Oak-Lahoma Nature Story Hour: Friday, April 1; 10:30-11:30 a.m.

Zarrow Regional Library (2224 W 51st St., Tulsa)
- Stay and Play Storytime: Wednesdays, April 6, 13, 20, 27 • 10:30-11:30 a.m.
- PAWS for Reading: Saturday, April 9 • 2-3 p.m.

THERE'S MORE! TULSAKIDS.COM/STORYTIME

Thursday, April 28 (cont.)

TARC Moms & Dads Support Group
This a support group for parents of children with developmental disabilities. The purpose is to nurture and support families dealing with challenges and share in the joy of raising children with developmental disabilities. The group meets on the last Thursday of each month from 7 to 9 pm at the TARC office, 2516 E 71st St, Suite A.

Friday, April 29

GermanFest
Authentic German entertainment by the GAST Choir, Folk Dancers and Blaskapelle together with outstanding Polka bands, food, drink and activities for the children make Germanfest a premier family event.The crowning of the German-American Society of Tulsa's Maikönigin (May Queen) is a centerpiece activity which occurs during the event. Located at 15th & Terrace Dr.; the lawn and in the Great Hall of the German American Society center.
Schedule of events:
Friday, April 29; 10 a.m. - 9 p.m.
Saturday, April 30; 10 a.m. - 9 p.m.
Sunday, May 1; Noon-5 p.m.
For more information, go to www.gastulsa.org

Saturday, April 30

Muskogee Touch-A-Truck
Muskogee's Touch-A-Truck and Public Information Expo is an opportunity for children of all ages to get in or on their favorite vehicles such as a fire engine, garbage truck, semi-truck, school bus, mail truck, ambulance, wrecker, race cars and race car haulers as well as various aircraft, military vehicles, construction vehicles, law enforcement vehicles and more. Perhaps more importantly, children get the chance to meet the everyday heroes who operate the vehicles and learn more about the important work they do for our community. Adults and children alike will also learn about the services offered in our community. In addition to providing a fun and educational event for the children in the Muskogee and the surrounding areas, Touch-A-Truck will raise funds for Muskogee Public Library's Children's Department. $2/person. Muskogee Public Library, 801 W Okmulgee St. in Muskogee. For more information, call 918.682.6657.

It's a Baby! Shower
Educational event for expectant families offering topics important to the well-being of new babies. All expectant mothers and fathers are invited. Participants are provided with workshops on growth and development, nutrition and safety. Vendors from local organizations will be present. Door prizes. Chandler Park, 6500 W. 21st St.; 10 a.m. - 2 p.m.

Native Plant and Wildflower Hike at Tulsa Botanic Garden
Patty Smith, biology instructor at Tulsa Community College, will lead a walk on the Garden's nature trail to look at native plants of the Cross Timbers forest and prairie, including wildflowers that may be blooming. Walk is approximately one mile. Comfortable hiking shoes and hat are suggested. Walks meet behind visitor center at 11 a.m. or 1 p.m. Free with admission. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.; 11 a.m. -2 p.m. www.tulsabotanic.org

Love your World
Join Global Gardens for our twist on Earth Day. Global Gardens' students will present from many countries around the world and invite you to participate in food, drinks and global activities prepared by them! McAuliffe Elementary, 6515 S Garnett Rd. in Broken Arrow; noon - 2 p.m. www.global-gardens.org

Plant Swap {FREE}
Too much lavender? Not enough basil? Swap 'em out! Bring any plants, starts, seedlings, cuttings, bulbs, tools or garden materials you have to share. For ages 6 to adult. Kendall-Whittier Library, 21 S. Lewis; 1-4 p.m.

DIY for Adults: Using a Sewing Machine {FREE}
Learn to wind a bobbin, thread your machine, plus basic machine care and maintenance. Also, learn basic stitches and get started on your first sewing project. Please bring your own sewing machine. Hardesty Regional Library, 8316 E 93rd St..; 1:30-4:30 p.m.

On-Going Activities

Bikes & Balls
Every Tuesdsay and Thursday, bring your small children (ages 1-5) to socialize and exercise. Bring a riding toy, or use one of the ones provided. Whiteside Recreation Center, 4009 S. Pittsburgh Ave.; 9:30-11 a.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



The tenth annual A-OK Walk for Autism will be held on Saturday, April 30 at 4 p.m. in downtown Tulsa. The walk will start at Guthrie Green where families can gather their teams and enjoy listening to the Woody Guthrie Music Festival. Hornsby will lead the way as participants head toward ONEOK Field where teams will lap the infield before crossing the finish line in time to be special guests for Autism Awareness Night at the Tulsa Drillers baseball game. For more information, go to autismtulsa.org

On-Going Activities (cont.)

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.

Dance & Sing Along at the Tulsa Children's Museum
Every 2nd Monday of the month, 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 free with museum admission. Tulsa Children's Museum , Discovery Lab Main Hall, 560 Maybelle Ave.; 10:30 a.m. www.tulsachildrensmuseum.org

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

Kids Cooking Classes at Health Zone
Join experts at the Health Zone at Saint Francis and teach your kids healthy cooking skills with a (continued)

On-Going Activities (cont.)

side of fun! 3rd Tuesday and Thursday of each month through May. Tuesday classes are for ages 4-8; Thursday classes are for kids 9 and up. Family membership package: $7.00/per child Non-members: $10.00/per child. Saint Francis Health System-Health Zone, 6161 South Yale Ave. www.saintfrancis.com

Food Truck Wednesday at the 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.

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.
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. Kids can visit this area whenever the Linnaeus barn is open. It 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

* 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.



PETER RABBIT TALES
When: Friday, April 7
Where: Tulsa Performing Arts Center, 110 E 2nd St.; www.tulsapactrust.org
In celebration of Beatrix Potter's 150th birthday anniversary, Enchantment Theatre in collaboration with the estate of Beatrix Potter brings her captivating stories to life. Using fantastic masks, whimsical puppets, gorgeous scenery and original music, the magical, marvelous world of Beatrix Potter and Peter Rabbit comes alive on stage. Best enjoyed by grades Pre-K - 4th.

RODGERS AND HAMMERSTEIN'S CINDERELLA
When: March 29 - April 3
Where: Tulsa Performing Arts Center, 110 E 2nd St.; www.tulsapac.com
Be transported back to your childhood as you rediscover some of Rodgers and Hammerstein's most beloved songs in this hilarious and romantic Broadway experience for anyone who's ever had a wish, a dream... or a really great pair of shoes.

SESAME STREET LIVE!
When: Friday, April 1, 2016; 10:30 a.m., 6:30 p.m. and Saturday, April 2; 10:30 a.m., 2 p.m. and 5:30 p.m.
Where: BOK Center, 200 S. Denver Ave.; www.bokcenter.com
No matter where you're from or where you've been, everyone is special – so join in! Elmo, Grover, Abby Cadabby and their Sesame Street friends welcome Chamki, Grover's friend from India, to Sesame Street. Together, they explore the universal fun of friendship and celebrate cultural similarities.

STEEL MAGNOLIAS AT THE TULSA PAC
When: April 1-2, 7-9 at 7:30 p.m.; April 3 and 10 at 2 p.m.
Where: Tulsa Performing Arts Center, 110 E 2nd St.; www.tulsapac.com
Step into 1987 Louisiana and enjoy an evening that will tickle your funny bone and pull your heartstrings. Set in Truvy's Beauty Salon, where the love-tinged quips and barbs never stop coming, "Steel Magnolias" is a window into the lives of six women who let their hair down and share their secrets, struggles and fears.

RUMPELSTILTSKIN AT SPOTLIGHT CHILDREN'S THEATER
When: April 8 through April 17, times vary
Where: Spotlight Children's Theatre, 1381 Riverside Dr.; www.spotlighttheater.org
Rumplestiltskin brings the delightful fairy tale to life! If you would like more information about Spotlight Children's Theatre, please contact Rebecca Ungerman at 918.587.5030.

FIDDLER ON THE ROOF
When: April 15-16, 21-23, 27-30 at 8 p.m.; April 16-17, 23-24 and 30 at 2 p.m.
Where: Tulsa Performing Arts Center, 110 E 2nd St.; www.tulsapac.com
Fiddler on the Roof tells the story of Tevye, a poor Jewish milkman struggling to raise five daughters in the face of changing customs and growing anti-Semitism in Czarist Russia.

ONCE UPON A MATTRESS
When: April 15-17 & 22-24, times vary
Where: Clark Theatre at the Henthorne PAC, 4825 South Quaker Ave.; www.clarkyouththeatre.com
If you thought you knew the story of The Princess and The Pea, you may be in for a walloping surprise! Carried on a wave of wonderful songs, by turns hilarious and raucous, romantic and melodic, this rollicking spin on the familiar classic of royal courtship and comeuppance provides for some side-splitting shenanigans.

TULSA ROOTS MUSIC GLOBAL BASH
When: Saturday, April 16; 2:30-9:30 p.m.
Where: Guthrie Green, www.guthriegreen.com
Last year 3500 happy people turned up throughout the day at the second installment of Tulsa's truly global, FREE, all-day, eclectic roots music festival kicking off the Guthrie Green concert season and featuring major internationally touring artists on the main stage; the best local acts; performance artists; a children's/family area with arts activities; community, sustainability & OK-made booths; and local food, craft brews and wines.Stop by the kid's art tent hosted by the Zarrow Center. For more information, go to www.tulsarootsmusic.org.

STAR TREK: THE ULTIMATE VOYAGE
When: Saturday, April 23 at 8 p.m.
Where: Tulsa Performing Arts Center, 110 E 2nd St.; www.tulsapac.com
This lavish production includes an impressive live symphony orchestra and special international solo instruments. Experience the franchise's groundbreaking and wildly popular musical achievements while the most iconic Star Trek film and TV footage is simultaneously beamed in high definition to a 40-foot-wide screen. The concert features music from "Star Trek: The Original Series," "Star Trek: The Motion Picture," "Star Trek II: The Wrath of Khan," "Star Trek IV: The Voyage Home," "Star Trek: Insurrection," "Star Trek: The Next Generation," "Star Trek: Deep Space Nine," "Star Trek: Voyager" and much more. This never-before-seen concert event is perfect for music lovers, film-goers, science-fiction fans and concert enthusiasts of all ages.

WOODY GUTHRIE CENTER'S 3RD ANNIVERSARY CELEBRATION
Join the Woody Guthrie Center to celebrate the the 3rd anniversary of Woody returning to Oklahoma! Concerts, some free, will be happening at multiple locations April 28 through May 1.
Thursday, April 28 – Cain's Ballroom 8 p.m. – Del McCoury Band
Friday, April 29 – Guthrie Green – free concerts starting at 6 p.m.
Saturday, Apri 30 - Guthrie Green – free concerts sponsored by Music Road Records; 4-10 p.m.
Sunday, May 1 – Woody Guthrie Center Theater, times vary
Sunday, May 1 - Guthrie Green – free concerts; 2:30-8:30 p.m.
The complete schedule can be found at www.woodyguthriecenter.org.

BILLY ELLIOTT: THE MUSICAL
When: April 29-30, May 5-7 at 7:30 p.m. and May 1 and 7 at 2 p.m.
Where: Tulsa Performing Arts Center, 110 E 2nd St.; www.tulsapac.com
Billy Elliot: The Musical is based on the international smash-hit film and features a score by Elton John. Set in a northern English mining town in 1984, it's the inspirational story of a young boy's struggle to make his dream of being a dancer come true. Time magazine named this winner of 10 Tony Awards, including Best Musical of 2000, the "Best Musical of the Decade."

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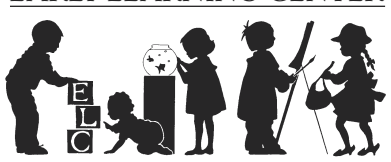
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BY BRIA BOLTON MOORE

confidence from camp

Summer camp presents first-time experiences for many kids: first time in a canoe, first time on a ropes course, maybe even a first crush. But for Joshua Campbell, the YMCA of Greater Tulsa's summer camps provided his first true friends.

"I was six, so I was really nervous," Joshua said about his first time at Westside YMCA's summer day camp. "It was fun. It was really awesome, but I didn't really have any friends back then."



"LUCKY" WITH FRIENDS AT YMCA CAMP.
PHOTO COURTESY: YMCA

Joshua is 14-years old and an eighth grader at Dove Science Academy. He is on the autism spectrum and has "been bullied, picked on, looked down on and shunned over the years," said his mom, Vicki Campbell. But in the seven years Joshua has been a YMCA camper, "he's had a lot of positive changes—helping him become more social and getting some friends that he can actually call true friends," Vicki said. "Truthfully, the people he spends most of the time with are adults. To have some true friends was a big first for him."

Joshua began his camp journey at the Westside YMCA camp the summer after first grade. Vicki was apprehensive at first but knew Joshua needed a safe place to spend summer days while she was at work.

"Joshua used a communication book where he pointed at pictures until the end of his third-grade year," Vicki said. "He was very hard to understand."

Vicki worked with the YMCA staff, teaching them about how to best communicate with Joshua. Over the years, staff members would become some of Joshua's mentors and confidants, but that first summer, a swim test experience showed Vicki the staff's care and compassion for her son. Joshua was struggling to pass the weekly swim test that was required for campers to swim without a life jacket.

"Even though Joshua showed that he could do it in swim lessons, when it came time for the weekly swim test, he was unable to pass it as he did not believe in himself or have the confidence he needed," Vicki said.

Nicole, the camp director, knew Joshua could swim. She got in the pool and swam alongside him, cheering on each kick, each scoop of water. Joshua passed the swim test.

"When I picked him up that afternoon, he was so excited that he could do it and has ever since, only because a YMCA employee took their time to work with him and encourage him, and with that he became successful," Vicki said.

That same summer, Joshua learned to rock climb.

"I was like oh, no, I'm not good at climbing," Joshua said. "But everyone was cheering for me and telling me I could do it. I didn't believe in myself, but everyone wasn't giving up, and I wasn't going to give up if they weren't going to give up. I made it, and everyone was like, 'You're lucky, you're the only one who got up there. You're lucky, you're lucky."

Lucky became Joshua's nickname. When Vicki picked Joshua up from the Y on any given day, she could hear people say, "Lucky, your mom's here!" The nickname stuck.

As the years passed, Joshua became more comfortable and was encouraged to attend Camp Takatoka, an overnight YMCA camp 45 minutes outside of Tulsa on Fort Gibson Lake.

"The first two days, I was pretty nervous, but I got used to it," Joshua said of his week-long stay at Takatoka in 2014. "They weren't going to give up on me like other people do. They encouraged me."

Summer Knox, the camping services director and director at Takatoka, said Joshua fell in love with Camp Takatoka his first week there. He made new friends and overcame fears. He stepped outside his comfort zone, sampling new foods and activities.

"I watched him learn a lot of skills but at the same time learn to be more confident in himself—being confident away from his mom, being confident as an individual—I definitely saw that blossom," Knox said.

This summer, Joshua will be back at Camp Takatoka, a place he now refers to as his "home away from home." He already has plans to work at the camp in the future as a lifeguard and counselor.

"I grew up there," he said of Takatoka. "That wouldn't be cool if I pretty much grew up there and then didn't have anything to

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do with it after I'm old enough not to go there anymore."

Thanks to the YMCA camps and their staff, Vicki said she has seen Joshua transform from a child who was often quiet and alone to one who will try new things without as much anxiety.

"To this day, I believe we would still be struggling with many of the social skills relating to making friends, making eye contact, finding the courage to participate in new activities, and believing in himself and trusting others without the patience, understanding, love, and encouragement that the staff at the YMCA—Westside and Takatoka—have provided for him," Vicki said.

The YMCA camps gave Joshua his first experiences tubing and water skiing, but more than that, Joshua received some of his first genuine opportunities for friendship and acceptance and unwavering encouragement.

"The best thing I can say about how the Y has impacted Joshua's life is that he is learning—that as long as he tries, as long as he believes in himself, as long as he doesn't give up, as long as he receives encouragement–he can overcome or achieve anything he wants to," Vicki said.











FROM THE HIP

Hip Mom Checks Out Trader Joe's on Opening Day

BY JILL VANTREASE

When I heard Trader Joe's, a funky grocery store I remembered from Oregon, was opening up on Brookside, I was intrigued. Oh boy! More shopping options in little old Tulsa! But I had only shopped there once or twice in my prior life. I know the store has a bit of a cult following, and when I survey my friends, this suspicion is confirmed. The "Speculoos Cookie Butter," in fact, is mentioned often: it seems to make even health-conscious women moan with longing. So on opening morning, my three assistants and I show up at Trader Joe's along with the rest of Tulsa. (Or perhaps all of Oklahoma is there - the woman in front of me is from somewhere in Osage County)!

I am clearly unprepared for this wild scene. Once my young assistants and I snake our way past the news cameras, cops and the Tulsa World photographer, and are festooned with leis (oh, my girls are just thrilled!), we enter a beautiful circus. The place is crawling with people (presumably by the time you read this you will be able to actually use a cart in the store - when I am there the carts are very difficult to navigate through the throngs of salivating customers). The walls are decorated with all sorts of Tulsa murals such as the Golden Driller - all painted by employees, many of whom were locally hired. One employee, Cheyenne, is responsible for all the beautiful chalk calligraphy describing the store's specials.



So what is so special about Trader Joe's? The chain, which began in 1958 in Southern California, is known for its healthy foods at affordable prices. The store eliminates the middle man and buys directly from farms and manufacturers. Almost everything Trader Joe's sells is private label, which gives the store more control over prices and merchandise. The store definitely has a cheery vibe, and the offerings of organic and gluten-free items seem plentiful.

So my girls and I inch our way through the store, buying everything that looks interesting. We find the legendary cookie butter, and also the ginger snaps, which inspire a lot of buzz. One friend mentions the dehydrated fruit, so I grab that -- and the dehydrated broccoli florets look intriguing! We discover the freeze-dried strawberries are delicious, with no added sugar, and are soft enough for my one-toothed baby to gum.

Employees are passing out samples of an aged cheddar -- wait, it's called "Unexpected Cheddar" -- and my girls pillage the samples, and return, I believe, eight times, so I have to buy some. (When my 3-year-old has some of the cheese at home, her eyes get wide: "Mama it's the SAME cheese!" She is thrilled.) The employee notes that they have a wide selection of artisanal cheeses at more reasonable prices than some of the gourmet stores.



The produce selection is wide and bountiful. I buy something called "kale sprouts" (because doesn't kale automatically make me hip, healthy and able to leap tall buildings in a single bound?) and discover kale sprouts are actually a marriage of kale and Brussels sprouts! What will these people come up with next? They taste a bit too penitential when I eat them raw, but when I douse them with Trader Joe's Red Thai Curry Sauce (oh sweet spicy curry heaven!) they are quite delectable. And they are actually great when tossed with olive oil and salt and then roasted.

We continue our way through the bustling store, stopping to get faces painted and temporary tattoos. We snag free samples of little kiddie fruit bars, and Francie gets an organic apple

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squeezie, which she shoots all over herself and her jacket. Sylvie wants to buy some of the gorgeous fresh-cut flowers, so I indulge her. We buy hummus, gourmet-looking frozen pizzas I can throw at the kids when I get a sitter, and some lovely looking coconut shrimp.

Finally we make it to the checkout line – oh, it is horrifying, like 20 people deep. The line splits inadvertently around a display; I am accused of cutting (you know I didn't cut!), the baby starts screaming, Margaux loses the greeting card she was clutching, and I ask a stranger to watch the big girls while I run to the van to grab the baby carrier so I can nurse (why didn't I bring it in the first time?). Finally, finally, after a half hour or so, we make it through! (Now, I don't expect that to happen to you, dear readers. Just know how much I suf-



fered for you). And we are escorted out by a lovely woman named Raven who helps me load up our goodies.

When we get home, the taste testing starts immediately. All of the salsas -- Salsa Verde, the red Salsa Autentico -- are perfect, with just the right amount of spice, and no fillers, preservatives or thickening agents (and I know my salsa: I drink it by the bowl.)

The famous cookie butter? Margaux is suspicious at first, but when I slather it on their ambrosial cinnamon toast, she tries one slice, then another, then just resorts to eating the cookie butter with a spoon. Success! (I guess?)

The dried broccoli florets are strangely addictive! My popcorn connoisseur proclaims the organic olive oil popcorn "pretty good," and the ginger snaps are crunchy sweet delights.

But there's no way I can buy everything that's recommended to me this time, so I will have to go back! While I'm not a vegetarian, I hear the Vegetable Masala burgers are fabulous: the Indian spices -- like a samosa filling -- make them really unique. The frozen Turkey Meatballs, Vegetable Bird Nests, and the Chicken and Cheese Tamales are all on my list to try as well. The Seaweed snacks are deemed a healthy, salty snack and much easier to get here than an Asian market.

More recommendations from Trader Joe's aficionados? The "Reduced Guilt Chunky Guacamole with Greek Yogurt" ("just try and dare me not to finish it in 30 minutes"), "Goddess Dressing" ("It's like crack"), "Tandoori Naan," "Mushroom and Black Truffle Flatbread," ("I believe it is what we will eat in heaven"), "Ultimate Vanilla Wafers, ("They have the power to literally bring a tear to my eye"), "Baconesque White Cheddar Popcorn" ("To DIE for"), and "Sweet Potato Gnocchi with Butter and Sage" ("Soft pillows of deliciousness that melt in your mouth"). Is that enough for you? Oh, how about this: "Green Dragon Sauce" ("The



best thing that has ever happened to me. It's a jalapeno-based hot sauce with garlic and cilantro hanging out in the background. I haven't eaten Sriacha since discovering it.").

When I review my receipt, I am happy to discover the prices really are reasonable: frozen pizzas for $4.99, the excellent cinnamon swirl toast for $2.99, the eminently potable Lemon Ginger Echinacea tea for $3.69, and a big tub of delicious sesame pine nut hummus for a mere $2.69. The milk is just $1.99 for a half gallon, and I'm stunned to see a gorgeous greeting card for just $0.99 - don't these usually cost like $5? The most expensive thing I buy is a pound-and-a-half of blueberries for $5.99, but it seems like fresh produce is always a bit pricey. How wonderful to know we aren't breaking the bank by shopping here! Although, of course, you aren't going to find the staples like Coke (or my Diet Mountain Dew) here, so you'll have to stop elsewhere for that.

Now, of course, the sad thing about Trader Joe's in Oklahoma is we cannot buy the world-famous "Two Buck Chuck" wine (I think it's up to $3 or $4 now). Oh the grief. But even though you can't buy their dirt-cheap wine here, you still have to make the trip. And, given the rate at which all of our delights disappear - and the many culinary treats I still have to try - I will be making the trek to Brookside quite often. Now if only they would open a Trader Joe's out south near me.



BY JOHN FANCHER, COMMUNICATIONS COORDINATOR, TULSA CITY-COUNTY LIBRARY

Tulsa City-County Library **grows next generation of gardeners**

Today's multi-tasking world is filled with double-booked daily activities, keeping pace with emerging technologies and constant smart phone alerts from rampant social media updates. It's important to step back, take a deep breath, and enjoy activities to refresh the inner calm.

Spring is the perfect time for families to observe the cycles of different plants and the beauty they share. Plant a seed; watch it grow. The idea seems simple enough. But wilted dreams of the best-planned gardens are far too common in Oklahoma's extreme temperatures.

To help grow more green thumbs and encourage healthier lifestyles, Tulsa City-County Library began the Seed Library in 2014. Customers can check out up to five packets of vegetable, herb or flower seeds per season that are best adapted for our area. If the plants are successful, growers are encouraged to let the best plants go to seed. Then they can the collect, dry, label and return the seeds to the library so the cycle will continue the following year.

Seed Library locations include four Tulsa City-County Libraries as well as the Bookmobile:

Glenpool Library, 730 E. 141st St.

Nathan Hale Library, 6038 E. 23rd St.

Suburban Acres Library, 4606 N. Garrison

Zarrow Regional Library, 2224 W. 51st



TULSA CITY-COUNTY LIBRARY PROGRAMS ARE A GREAT WAY TO INTRODUCE CHILDREN TO THE BEAUTY AND FUN OF HOME GARDENING.

Librarians have prepared helpful information on the process of growing and storing seeds, guides.tulsalibrary.org/tulsaseedlibrary. This webpage features a comprehensive listing of all seeds ready for check out, along with planting instructions, seed-saving basics and care. You can even check out a packet online and have it delivered to your community library.

The Seed Library is divided into three levels of saving difficulty.

Easy: Beans, peas, lettuce, eggplant, and tomato. These seeds generally self-pollinate and are easiest to harvest.

Medium: Arugula, basil, cilantro, chives, nasturtium and peppers. These may self-pollinate or cross-pollinate and should be separated from other varieties by distance.

Advanced: Broccoli, cabbage, corn, carrot, kale, okra, squash and Swiss chard. These plants are insect or wind-pollinated and cross with other varieties. To get true seeds, separate varieties by time, distance or physical barriers.

With names like Cherokee Purple Tomatoes, Rattlesnake Green Beans and Cosmic Purple Carrots, all ages will enjoy watching these edible wonders reach for the sun. It's also a fun activity for families to observe the daily changes in their garden, especially as vegetables ripen and become the next healthy snack.

The beauty of growing flowers as a home for butterflies is another great benefit of the Seed Library. By planting Asclepias tuberosa, or the Butterfly Milkweed, flowerbeds will be a welcoming zone for butterflies like the Monarch, whose numbers are declining from lack of habitat.

Library programs are regularly scheduled to keep families up-to-date on the latest tips and tricks to successfully grow home gardens. Mark your calendars for these upcoming programs.

"Cherry Street Farmers' Market," April 2, 7-11 a.m., 15th and Peoria. Stop by Tulsa City-Count Library's booth to check out seeds, get tips on growing and find additional library resources to improve your garden.

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"Preschool Gardening 101," April 23, 2-3 p.m., South Broken Arrow Library, 3600 S. Chestnut. Bring your little gardeners to the library for a colorful bouquet of activities. Explore the basics of plant care using nature-themed songs, stories and crafts. Young learners will have the opportunity to continue cultivating their gardening skills by taking home a potted seed and watching it grow.

"Plant Swap!" April 30, 1-4 p.m., Kendall-Whittier Library, 21 S. Lewis. Too much lavender? Not enough basil? Bring any plants, starts, seedlings, cuttings, bulbs, tools or garden materials you have to share. You also can check out and donate seeds with the Seed Library. This event is hosted by the TCCL Seed Library and Tulsa Seed Commons.

So, this spring, visit a Seed Library and discover an activity your family will truly dig. And they will certainly eat up the results.









BY DIANE TRITT EATON

marvel over Oklahoma's prairies and perennials

Springtime brings a spirit of renewed hope and energy as the days grow longer and the air warms. The nester inside us all breaks free and is eager to enjoy the great outdoors, especially if we've been cooped up with kids.

Oklahoma doesn't fall short when it comes to unique outdoor attractions. As you plan your day trips for fresh air and fun before the dog days of summer reign, don't miss out on what's happening in your own Oklahoma backyard at The Joseph H. Williams Tallgrass Prairie Preserve and the Tulsa Botanic Garden. Each provides family-friendly opportunities jam-packed with enjoyment, exploration and learning.

Tallgrass Prairie Preserve (www.nature.org)

Raised in New York, I never gave a thought to getting up close and personal with bison. But, life throws curveballs and, after moving to Tulsa, I took a trip to the Tallgrass Prairie Preserve in Pawhuska with my husband and father-in-law with no idea of what to expect beyond what I'd imagined as a child while reading about Laura Ingalls Wilder's life on the prairie.

For me, the highlight was seeing bison herds roam free along the 15 miles of roads and gravel paths that wind their way through the Earth's largest open prairie of its kind, a preserved 39,650 acres. The Nature Conservancy relegated this "remnant" plot in 1989 for protected ecological and environmental reasons, including a decline in bird populations. The conservancy essentially created what is now a "fully-functioning portion of the tallgrass prairie ecosystem with the use of about 2,500 free-ranging bison and a patch burn strategy."



THE TALLGRASS PRAIRIE PRESERVE NEAR PAWHUSKA, OK. COURTESY WWW.TRAVELOK.ORG

In the spring, hundreds of bison calves are born. These babies are full of energy and do lots of frolicking, which is quite entertaining for visitors. Bison are fascinating to see, yet can be dangerous so staff members insist that you stay in your car when encountering them. Be aware that these mammoth beasts can easily run upwards of 35 miles per hour and jump up to six feet vertically and seven feet horizontally.

About 80 miles from midtown Tulsa, the Tallgrass Prairie is open free of charge from sunrise to sunset, offering three miles of peaceful hiking trails, nature viewing (deer, badgers, armadillo, etc.) and tranquil bird-watching (over 300 species can be spotted). Plant life is plentiful as well. Particularly in April, "signature" grasses and wild flowers appear all the way to the horizon, creating a beautiful palette across the expanse of prairie.

The Tallgrass Prairie is used for research projects to help with cattle ranch strategies through a "patch and burn" program. The

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THE CHILDREN'S DISCOVERY GARDEN AT TULSA BOTANIC GARDEN OPENS MAY 15, 2016. PROCEEDS FROM THE DIG EVENT FOR FAMILIES ON SAT., MAY 14, 4-8 P.M., WILL BENEFIT THE CHILDREN'S GARDEN. DIG PARTICIPANTS WILL GET A PREVIEW BEFORE THE OFFICIAL OPENING THE NEXT DAY.

Sutton Aviary Research Center conducts bird-specific studies, including the tracking and behaviors of bald eagles. Be sure to ask about this when meeting one of the docents. And don't miss the 1920s Bunkhouse, visitors' center and gift shop before looping back out to the hustle and bustle of the "real" world.

Tulsa Botanic Garden (www.tulsabotanic.org)

Tulsa proper is the proud home to lovely iconic outdoor spaces, which have been adored by my family for decades. To name a few of our favorites, there's the Tulsa Garden Center and its fragrant roses, Woodward Park and its azaleas galore and Centennial Park with its fountains and downtown backdrop. But there's a relatively new kid in town and it, too, will cater to the garden lover and budding botanist in you and your kids. The Tulsa Botanic Garden stands apart from the others due to its size, rural surroundings and feature gardens.

Only eight miles northwest of Tulsa, ornamental plants, trees, shrubs and perennials (mostly native to Oklahoma) are prevalent. This spring alone over 100,000 bulbs will bloom across the stunning landscape.

Flora and fauna plus trails and water features have been planted on over 170 acres. There's a four-acre formal garden fragrant with flowers. Plus, the brand new, two-acre **Children's Discovery Garden** will be completed and open on May 15, 2016. The entry art and other sculptures within the garden were created by local artist Lisa Regan, the Garden Deva. The Stream Valley is the focal point, featuring the 15-foot Spring Giant, a ginormous stone and cement sculpture with a funky water feature. Visitors can enter the giant's face through a hidden grotto.

The "Meadow" includes trails through grass and flowers highlighted by larger-then-life whirligigs. "The insect whirligigs [are] installed," said Lori Hutson, spokesperson for Tulsa Botanic Garden. "They look amazing – there's a wheel kids can move to make them spin. Other areas within the Children's Discovery Garden are the Children's Amphitheater and a small Sensory Garden."

A grove of post oaks cradles the "Tree Fort," which includes a rope bridge and Oak Thrones, and is the highest point in the Children's Garden.

On Sunday, May 15, there will be a members-only grand opening from 10 a.m. to 2 p.m., followed by a grand opening/ribbon cutting of the Children's Discovery Garden at 3 p.m. The garden will be open until 7 p.m. that evening. Admission will be free on Sunday, May 15. Normally, admission for those 13 and older is $5 and for the younger ones, only $2. (Garden members visit free of charge).

Mark your calendars for Tulsa Botanic Garden's third annual Day In the Garden (DIG), on Saturday, May 14 from 4 - 8 p.m. Family entertainment activities include live music from Klondike 5 String Band and Paul Benjamin Band, a kid-focused picnic on the lawn by the seven-acre lake and a preview of the Children's Discovery Garden. Kids can also enjoy pony rides, face painting and creating special garden gifts for their mothers.

Proceeds from DIG benefit the Children's Discovery Garden. DIG ticket prices for members are $30 for one or $50 for two adults. Non-member prices are $60 per adult, or $100 for two. Children are free with paid adult admission, which includes dinner and activities. Tickets must be purchased in advance. For more details about DIG tickets and sponsorships, contact Carrie Vesely Henderson at 918.289.0330 or via email at carrie@tulsabotanic.org.

Get Out!

Perhaps the Tulsa Botanic Garden said it best last month on one of its Facebook posts: "'The 'best seat' isn't always 'in the house.' Take a break for spring and get outside!"

Be it the Tulsa Botanic Garden or the Tallgrass Prairie Preserve, your family will have an outdoor experience that will beat the couch and remote every time.



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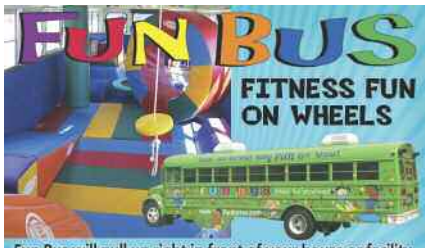


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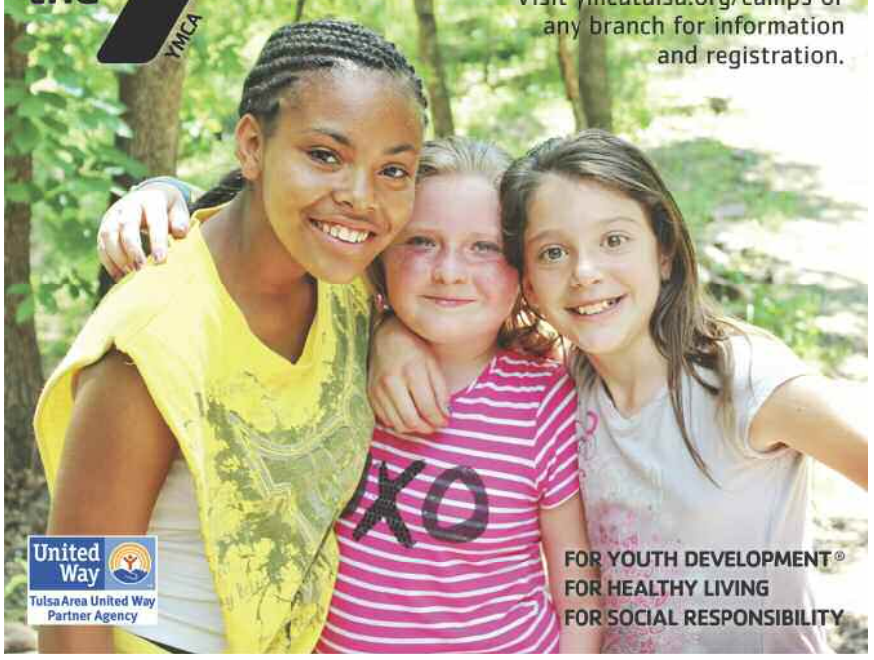
YMCA of Greater Tulsa SUMMER CAMPS 2016

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For more information, or to enroll in a camp, visit tulsachildrensmuseum.org

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CAMP HOURS: 9AM-3PM (FULL DAY)
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13 Artists in 6 Studios
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Children age 16 and under **FREE**

www.TulsaArtStudioTour.org
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Philbrook
Art Camp

philbrook.org/camp

Session 1: June 6–10
Session 2: June 13–17
Session 3: June 20–24
Session 4: July 11–15
Session 5: July 18–22
Session 6: July 25–29

Member registration opens March 15.
Public registration opens April 15.

Members save big on Art Camp.

Not a Philbrook Member?
Join today & save!



Tulsa Youth Rowing Association
Learn-To-Row Summer Camps:
May 31st - June 4th
June 6th - June 10th
June 13th - June 17th
June 20th - June 24th
Coachb@okrowing.org
okrowing.org

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JOIN US FOR THE SUMMER!

Women's' Only Combat Fitness Class-
M/W/F from 6:30 PM to 7:30 PM
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Kids Classes Tues/Thur from 6:30 PM to 7:30 PM
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Quality Instruction and Competition in a Fun, Encouraging Environment!

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(Ages 9-18)

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YOUTH SOCCER CAMP

4 Day Camp hosted at Mohawk Sports Complex
June 13-16, 2016 | 8:30AM - 12:30PM Daily

Includes:

Lunch with the players on Wednesday, June 15 from 12-1PM

Official Camp T-Shirt

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JUST $200 PER CAMPER!

For more information, contact Matt Bishop:
(918) 574-8317 | mattb@tulsaroughnecksfc.com

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Charles Schusterman
Jewish Community Center

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Camp Shalom

Summer 2016
May 31-August 5

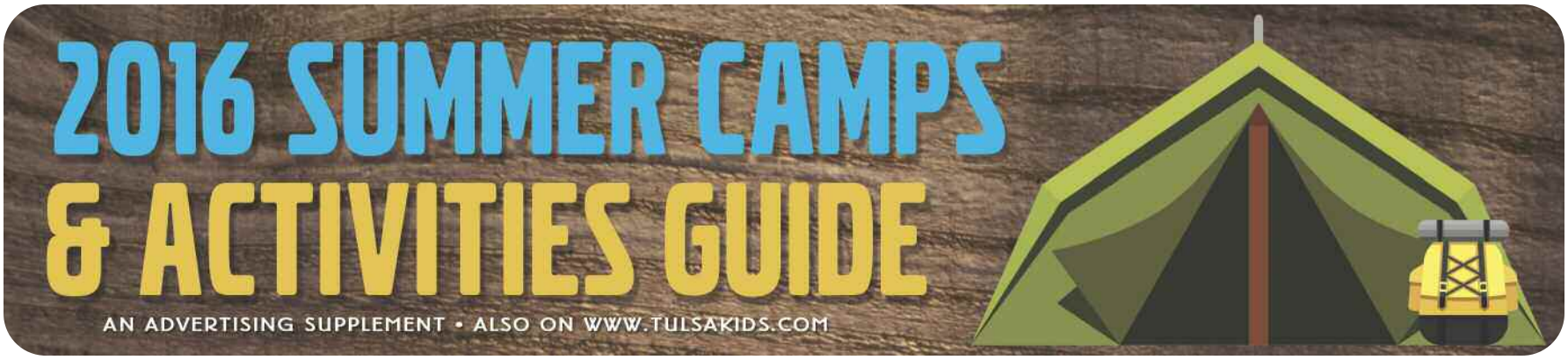


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Online Registration: www.csjcc.org

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ARTS & HUMANITIES COUNCIL OF TULSA

Contact: Lauren Teague
101 East Archer Street
Tulsa, OK
918.584.3333
www.ahhatulsa.org
Ages: Grades 6-8
Dates: June & July 2016
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, wood-working. Apply online: www.AHHATulsa.org

BIXBY SWIM CLUB

Bixby, OK
918.365.2260
bixbyswim@olp.net
www.teamunity.com/okbsc
Bixby Swim Club is a year round swim club for all levels. Interested in learning how to swim? Sign up for our summer swim lessons now! Or do you have a child that's interested in joining a team to improve stroke technique, and start to compete -- then join us! Our coaches are ASCA certified, have a love of the sport and for teaching/coaching swimming. We have all levels, from beginners to national-level swimmers. Contact Bixby Swim Club today to find out more on how to join the most fun sport!

BRAIN BALANCE ACHIEVEMENT CENTER

Contact: Meghan Tappan
6022 S. Yale Ave.
Tulsa, OK 74135
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!

BROOK FINE ARTS

8138 S Harvard Ave
Tulsa, OK
918.491.6011
www.brookfinearts.com
Ages: Camps for grades 2 - 12. Music lessons for all ages.
Music is Forever - Start Now! Call to schedule your trial lesson today.
Brook Fine Arts is an established fine arts academy that has been in operation for 20 years. We offer instruction in piano/keyboard, voice, guitar, bass, drums, flute, sax, clarinet, violin, music theory, ukulele, sign language, band workshops, recorder, keyboard ensembles and more. All lessons/classes are taught by trained professionals. In the summer we offer Musical Theatre Camps for grades 2 through 12. Enjoy a week of songs, dance and dialogue! A production will be done at the end of each week for family and friends. Everyone gets the opportunity to be a star! Call for more information or to reserve your space now! BFA has been voted best of Tulsa! We have received numerous awards from TulsaKids, Urban Tulsa and Oklahoma Magazine. We are a member of the Tulsa Chamber of Commerce and hold a triple A rating with Better Business Bureau.

BOSTON AVENUE WEEKDAY SCHOOL

Contact: Patty Banes
1301 S. Boston
Tulsa, OK
918.699.0112
www.bostonavenue.org/get-involved/children/weekday-school
For 50 years the Boston Avenue Weekday School has nurtured children spiritually, emotionally, socially, creatively, intellectually and physically while offering a warm, accepting Christian environment. Our weekly theme-based curriculum supports teachers in their center-arranged classrooms. Our goals in each classroom are to increase each child's intellectual and emotional capacity to achieve a well-rounded, confident five-year-old, ready to move on to kindergarten when he or she leaves our school. Activities include community visitors, field trips, chapel, music, sports skills, yoga, sign language, Spanish vocabulary and additional parent/child activities. We aim to incorporate the whole family into the learning process. Our Summer Celebration summer program for infants through 3rd grade has a different theme each month to make summer learning FUN! Call for information and a tour today. Serving ages 4 months through Pre-K during the school year and through 3rd grade in the summer. Oklahoma DHS Licensed.

CAMP INCREDIBLE AT UNIVERSITY SCHOOL

Contact: Shelly McCollum
326 S. College Avenue
Tulsa, OK
918.631.5060
utulsa.edu/camp-incredible-2016/
Ages: 4 yrs. - 8th grade
Camp Incredible consists of six, one-week day camps in June and July. Each week features different, exciting, themed classes that combine learning and fun! Students will explore and learn while having incredible summer adventures.

CAMP COURAGE

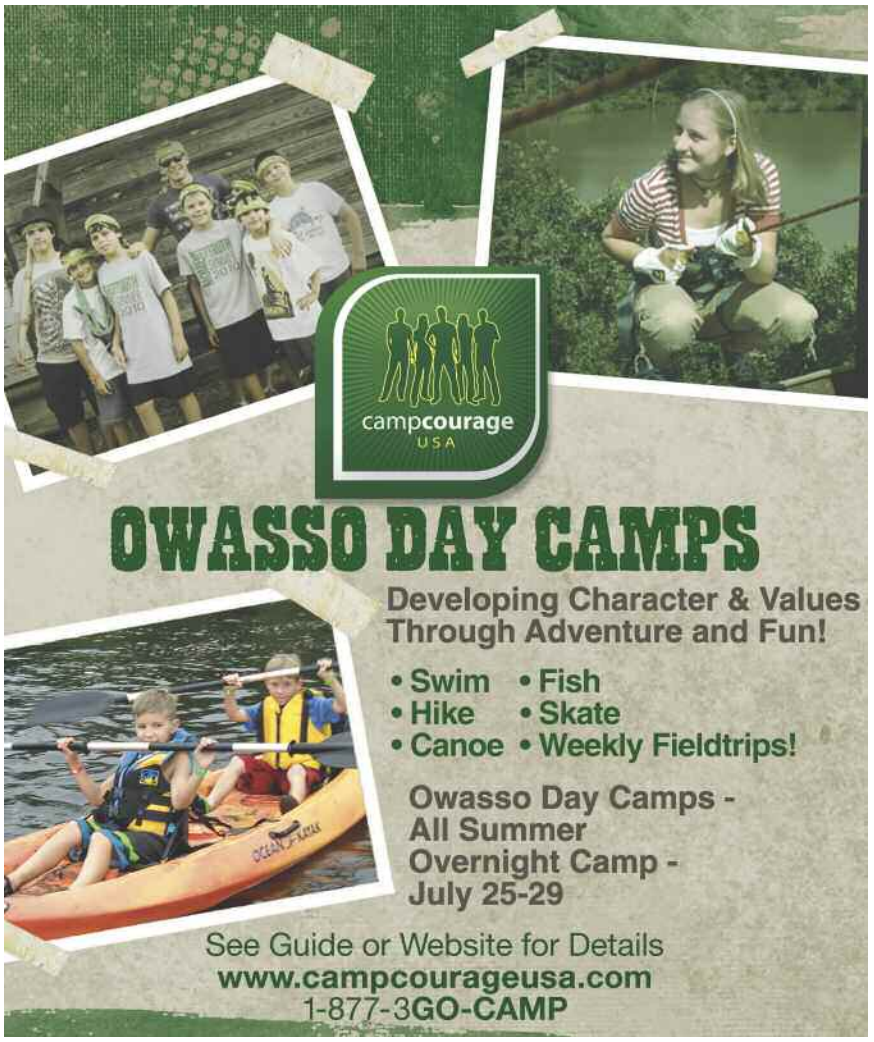
Contact: Jennifer Hayes
1802 N Main Street- Owasso 7th Grade Center
Owasso, OK 74055
918.946.8393
jennifer@campcourageusa.com
www.campcourageusa.com
Ages: Day Camps 5-14 ; Overnight 8-15
Camp Courage is an Owasso Adventure Day Camp! Each weekday we leave base camp to take on a new adventure from fishing, canoeing, kayaking, hiking, roller-skating, picnic lunches and much more. In addition, we add one large field trip like bowling, or laser tag, or inflatables at the lake. Check the schedule. Choose your weeks. All-inclusive! Overnight Camp is ONLY ONCE per summer! It's an event of traditional camp proportions. A great place to discover what you can do and make friends and memories that last a lifetime!

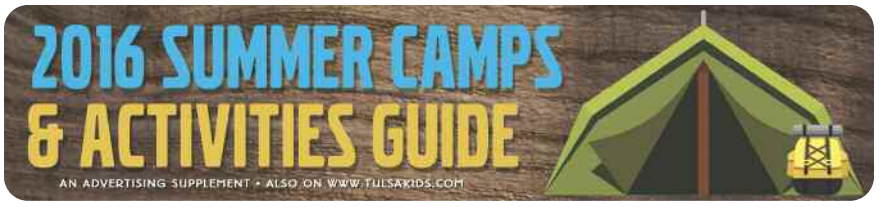
CAMP LEAD

Contact: Rick Cottrell
1880 Washington Ave. (Located at Wentworth Military Academy)
Lexington, Missouri 64067
800.962.7682
wma.edu/summer-camp/
Fresh air and a little bit of structure: Sometimes it's what young people need the most but get so little of in middle school and high school. This summer, put away the video games and give your teenage son or daughter a summer camp experience that will help them achieve pride and confidence while getting ahead in their education.
Offered to kids and teens in grades 7-12, Wentworth Summer Camp youth programs combine outdoor activities, academic education and life-long skill development to help teenage students:
• Prepare for transitioning to high school or college
• Get back on track for graduation with summer school classes
• Develop values such as self-discipline, integrity, teamwork and accountability

continued next page







• Meet other students from around the world and build friendships that will last a lifetime Wentworth Military Academy and College is fully accredited and our courses are transferable to any middle school or high school in the United States. Summer camp programs are offered at our main campus in Lexington, Missouri.

CAMP LOUGHRIDGE

4900 W. 71st Street
Tulsa, OK
918.446.4194
www.camploughridge.org

Get ready for a memorable classic Christian summer day camp experience at the historic Camp Loughridge, where 188 acres of outdoor adventure are just waiting to be explored. We are located less than 5 minutes from Tulsa Hills. Choose your own adventure through four different activity tracks! Mission Quest day camp is for ages 7-12 and perfect for kids who want all the fun and excitement of summer camp, with the comfort of sleeping at home each night. Ages 13-15 are also invited as Counselors in Training, spending half their time as campers and half as counselors! One-week sessions begin June 13 and run through August 5, from 9 AM - 4:45 PM. Tuition includes a hot lunch, snacks, a shoulder bag, high quality water bottle, T-shirt, and camp workbook.

CAMP MONTE AT MONTE CASSINO

Contact: Caitriona Harris
2206 South Lewis Ave.
Tulsa, OK
918.743.4471 x19
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.

CAMP RAVEN AT RIVERFIELD COUNTRY DAY SCHOOL

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

Spend the summer on Riverfield's 120-acre wooded campus complete with two gyms, barnyard, splash pad, hiking trails, and picnic areas. Camp Raven features cooking, rock climbing, art, song writing, river rafting, engineering and design, fashion design, improvisation, music, basketball, soccer, tennis, swimming, and more! Enjoy preschool camp fun with drama, music and movement, games, water play, and experiments. May 24–August 12.

CAMP SSB KIDS!

1700 N. Redbud Place
Broken Arrow, OK
918.258.5437
www.ssbkids.com

"For the past 22 years, SSB Kids! has built character, faith, strength, and confidence in a generation of campers". We hear testimonies each year how our camps positively impact the lives of our campers. Daily schedules consist of scripture, devotion time, songs, team building, gymnastics, trampoline lessons, swim lessons, crafts, reading labs, computer labs, theme activities and more. All activities are geared to help your children LOVE learning and life and to love YOU for sending them to CAMP SSB Kids! Safety is our number one priority! Our awesome Staff is CPR, Red Cross Life Guard and USA Gymnastics certified for land and water safety. Staff returns year after year to serve as Christ-like role models for our youth! Check out website for current video. Mini camp ages 3-5 and Extreme camp ages 6-12.

CAMP SHALOM

Contact: Martha Kelly
2021 E. 71st St.
Tulsa, OK
918.495.1111
mkelley@jewishtulsa.org
www.csjcc.org

continued next page

2016 SUMMER CAMPS & ACTIVITIES GUIDE

AN ADVERTISING SUPPLEMENT • ALSO ON WWW.TULSAKIDS.COM

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

CASCIA HALL SUMMER CAMPS

2520 South Yorktown Ave.
Tulsa, OK
918.746.2600
www.casciahall.com/camp
Ages: Entering Pre-K through Grade 9
Expert instruction will be given by the Cascia Hall staff and varsity coaches on the Cascia campus. In addition to athletics, camps will be offered in performing arts, engineering, robotics, and college essay writing. Students from all schools are welcome. There will be something for all ages. Visit the website for more information and registration forms.

FC BARCELONA SOCCER CAMP

Tulsa Union Soccer Complex
1.844.FCB.CAMP
www.fcbarcelonasoccer.camp
Ages Served: 6-18
Dates: June 20-24 from 9-3 each day
This summer, the world's BEST soccer club, FC Barcelona, is sending its top youth developmental coaches to Oklahoma! The FC Barcelona summer camp is an extension of the club's official youth academy, which has produced all-stars such as Lionel Messi. This academy is recognized globally as the best soccer development program in the world. Official coaches from the academy will be in Oklahoma to lead the camp. FC Barcelona will be giving away a jersey signed by the entire team - including Messi, Neymar, Suarez, and Iniesta. The jersey will be awarded to the camper who most embodies the values taught at our camp. Also, two players from the camp will be selected by the club to attend the FC Barcelona Select Clinic in Barcelona, Spain! Registration is going on now and spots are filling up fast so visit www.fcbarcelonasoccer.camp or call 1-844-FCB-CAMP for reserve your spot TODAY!

FELLOWSHIP LUTHERAN CHURCH CAMP

6727 S. Sheridan Rd.
Tulsa, OK
918.492.3698
flctulsa.org
Fellowship offers several activities for children in the summer. Vacation Bible School - June 6th through June 9th 9:00 am - noon. Our theme this summer is Cave Quest: Following Jesus The Light of the World. Join us for incredible Bible learning that kids can see, hear, touch and even taste! Bible point crafts, team-building games, cool Bible songs and tasty treats are just a few of the activities that help kids learn Jesus is the one who lights our way and gives us hope for each day.
Christian Arts & Music Camp – July 11th – July 15th 8:45 am – 4:00 pm for students entering grades 4 to 9. July 18th – July 22nd 8:45 am – 12:15 pm for students entering grades K to 3. Our theme this year is Creating in God's World. Join us for a fun-filled week of instruction in a variety of instrumental, vocal, dramatic, and visual arts. The advanced camp includes electives of harp, trumpet, violin, guitar, bells, drawing, acrylic painting, calligraphy, and choir. Primary Camp includes music, songs and games, arts, bells, music and movement. Instructors are professionals in the various fields.

FIRST BAPTIST DAY CAMP

Contact: Cindy Seay
403 S. Cincinnati Ave.
918.594.5028
www.FirstBaptistTulsa.org/daycamp.
Ages: Completed kindergarten - 6th Grade
Dates: May 31-August 17, M-F, 7:30 a.m. to 5:30 p.m.
Located in downtown Tulsa, the First Baptist Church Day Camp is housed in the Student Center at 4th & 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 college-age (or older) counselors who are carefully selected and trained. This fun summer recreation program will enrich

continued next page

Middle School Arts Camp
Kravis Summer Arts presents a camp designed for all middle school students: "Build it, Make it, Act it, Play it!" In this two-week-long session, art students will explore canvas and fiber arts, while drama students will learn the fundamentals of comedy and acting. Band students will learn to "jam". Dance students will learn to dance to contemporary rhythms.

Elementary Arts Camp
Arts – Now and Then Kravis Summer Arts presents a camp designed for all elementary school students: "Arts – Now and Then". In this two-week-long session, campers are involved in a variety of arts experiences (music, drama, and art) which broaden their imaginations.

June 13- 24, 2016

High School Arts Camp at The University of Tulsa School of Art
Intensive Art Seminar
Kravis Summer Arts presents a seminar designed for all high school art students. This two-week-long session will develop students' ideas and skills in the visual arts and help prepare a mature portfolio of work sought by undergraduate art schools.

Kravis Summer Arts Registration March 1st, 2016-May 20th, 2016

Early Bird Tuition: $150.00
Early Bird Registration and payment deadline: April 15, 2016

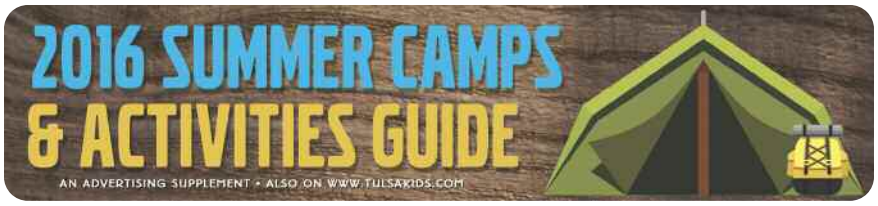
After April 15th, camp cost: $200.00 Payment required upon registration.

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

kravis
SUMMER•ARTS







your child physically, socially, mentally & spiritually. First Baptist Day Camp pledges integrity and Christ-like love. Look for a brochure with a registration form attached at www.tulsafbc.org.

GOLDEN EAGLES GIRL'S BASKETBALL CAMPS

Contact: Janae Voelker
7777 S. Lewis Ave.
Tulsa, OK 74171
Ages : 5-18
abcsports.camps.com/orubasketball

Hello from Golden Eagle Girl's 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 Girl's Basketball Camps coaching staff is dedicated to the development and growth of basketball players of all ages and skill levels. Golden Eagle Girl's 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.

HEALING HEARTS CAMP

Sponsored by New York Life
4646 S. Harvard Ave.
Tulsa, OK
918.587.1200
camp@thegriefcenter.org
www.thegriefcenter.org/healing-hearts-camp
Ages: 5-7 Day Camp, 8-18 Overnight Camp

Healing Hearts Camp: Where little hearts learn to smile again. This camp is Oklahoma's first overnight grief camp for kids and teens. One in seven children will lose a parent or sibling before they are 20. Kids that have experienced a loss can feel isolated, different. They may feel like no one understands what they are feeling. They need a safe place to tell their story and heal. Healing Hearts Camp gives them that place. Healing Hearts Camp is a weekend full of canoeing, climbing, swimming, crafts, bonfires and laughter! It gives campers a chance to just be kids and learn how to grieve in healthy ways. Every little heart gets to share their story with professional grief counselors and kids just like them – kids that have also experienced loss. They learn they are not alone and they don't have to "just get over it." They learn that it is ok to have lots of different emotions when somebody dies and that there are people that will stand up for them when they cannot stand up for themselves. They learn how to heal. Overnight camp is available for kids and teens 8-18 and new in 2016 is a day camp for kids 5-7 who may not be ready to spend the night. The Grief Center and New York Life Foundation provide camp to all children in need at no cost. A one-time registration fee of $20 is due at enrollment.

HEALTH ZONE SUMMER CHALLENGE DAY CAMP

Contact: Jenni Rowe
5353 E 68th St.
Tulsa, OK
918.494.1671
www.saintfrancis.com/healthzone

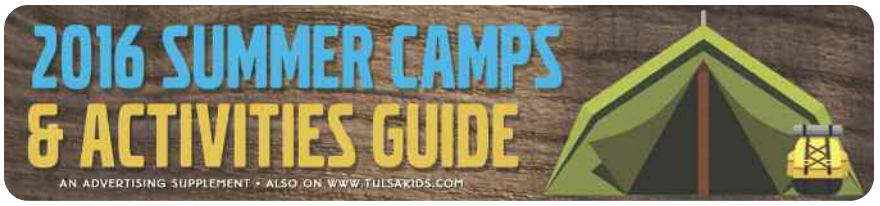
Each day of Summer Challenge day camp will be filled with sports and active games. You can look forward to both indoor and outdoor fun. Fun nutrition activities and creative crafts mean fun for everyone!

HOLLAND HALL SUMMER PROGRAMS

Contact: Debbie Almohandis
5666 East 81st St.
Tulsa, OK
918.879.4716
dalmohandis@hollandhall.org
www.hollandhall.org/summerprograms
Ages: 3 — adult

With more than 80 one-week classes and camps designed for both fun and education, Holland Hall has a program for everyone of every age this summer. Programs 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.

continued next page



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 35th 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!

JENKS DANCE ACADEMY SUMMER DANCE CAMPS

Contact: Jennifer Kaiser
9416 S. Elwood
Jenks, OK
Ages: 3 years and up
918.299.3347
www.jenksdanceacademy.com
Jenks Dance Academy's ADVENTURES IN DANCE Summer 2016! JDA offers themed, fun-filled Summer Dance Camps for ages 3 to Teen...from Princess Camps to Hip Hop Diva Camps, there is a style for everyone in the family! June & July Summer Dance Camps are Monday-Friday, 10-Noon, and feature Daily Crafts, Dancing, Games & MORE! Register On-line Today!

KANAKUK

Branson and Lampe, Missouri
gokanakuk.com
Kanakuk is a premier summer camp experience for boys and girls age 6–18 located in Branson and Lampe, Missouri. Our 8 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. Learn more about customizing your child's summer camp experience at gokanakuk.com.

KANAKUK KAMPOUT!

Tulsa, OK
417.266.3000
www.kanakuk.com/kampout
KampOut! is a high energy, non-stop excitement, traveling day camp experience from Kanakuk! Every KampOut! Kamper will see and hear that God is a loving Father and wonderful Creator who loves them and desires for us to love others. Boys and girls from 6 to 12 years old will learn to pick good friends and be a good friend because Jesus loved us first.
June 20-24 First Presbyterian Church, Tulsa
June 20-24 Redeemer Covenant, Tulsa
July 25-29 Kirk of the Hills, Tulsa
August 1-5 Harvard Avenue Christian Church, Tulsa

KRAVIS ARTS CAMP 2016

Contact: Sherri Underwood
918.925.1145
www.tulsaschools.org/3_Parents/summer_kravisArts.asp
Kravis Arts Camp 2016 is a two-week camp designed to develop students' interest in the arts. There will be four camps offered June 13 - 24. "Arts for Change" for all elementary school students, to include art, music, dance, drama, stage make up, percussion instruments; Middle School Arts Camp for all middle school students to include drama, dance, and visual art; Band Blast Off for all high school and middle school students to explore opportunities for joining a band; and "Summer Intensive Art Camp" for all high school art students to be held at the University of Tulsa.

continued next page



CAMP RAVEN



Join us on our 120-acre wooded campus complete with two gyms, athletic fields, barnyard, splash pad, hiking trails, and picnic areas.

Pre-School–12th Grade

Summer Camp

May 24–August 12

RIVERFIELD
COUNTRY DAY SCHOOL

2433 WEST 61ST STREET ■ 918·446·3553 ■ RIVERFIELD.ORG

SUMMER TENNIS DAY CAMP
At Philcrest Hills Tennis Club

Join us for a fun week of tennis lessons, outdoor matches, and swimming!

Camps commence Tues., May 31st with New Camps beginning each Monday from 10 am to 2 pm. Ages: 4-14.
- We'll provide racquets and lunch
- Bring your tennis shoes, towel, and sunscreen
- Adult supervision at all times
- Swim time at pool on site with lifeguards and adult staff

Camps starting at just $139/week or $40/day
***Non Member Prices are $165/week or $50/ day**

Philcrest Hills Tennis Club
CHARTERED 1972

918-299-2643
For more information or stop by for a visit at
10900 South Delaware • Tulsa, OK • www.philcrest.net

2016 SUMMER CAMPS & ACTIVITIES GUIDE

AN ADVERTISING SUPPLEMENT • ALSO ON WWW.TULSAKIDS.COM

KUMON

Kumon Tulsa - South
9168 S. Yale (91st & Yale, Tulsa)
918.523.6284
Kumon Tulsa - South Central
8228 E. 61st #117 (61st & Memorial, Tulsa)
918.254.5437
Kumon Tulsa - Midtown
1876 Utica Square (Utica Square, Tulsa)
918.292.8417
Kumon Broken Arrow
2017 W. Houston (81st & 145th/Aspen, Broken Arrow)
918.251.5384
www.Kumon.com
Ages: 3 and up

Learning doesn't take a summer vacation. Join us for SUMMER START - the perfect start to great years ahead. Kumon is an after-school math and reading program that unlocks the potential of children by motivating them to achieve more on their own.

The Kumon Method was created to help children of all ages and academic levels. The learning method uses an individualized approach that helps children develop a solid command of math and reading skills. The Kumon Program is designed to advance your child's math and reading skills and love for learning — providing an academic advantage throughout school. The lifelong benefits often go far deeper. Kumon sparks critical thinking, establishes a pattern of success, and builds confidence that can lead to accelerated learning throughout life. Kumon has centers in 49 countries and more than 4 million students studying worldwide. Give your child an academic advantage. Join us for a parent orientation. Registration begins April 2016. Limited space, call today to schedule your free placement test!

MARQUETTE ECDC SUMMER PLAY DAYS

Contact: Pepper McGough
1528 S. Quincy Ave.
Tulsa, OK
918.583.3334
www.marquetteschool.org
Dates: June 6-July 15

Looking for fun and safe summer activities for your preschooler? Join us at ECDC for our Summer Play Days! Our program runs June 6th through July 15th, Monday, Wednesday, and Friday, from 9:00-2:00. Summer Play Days is for children ages 3-5 and costs $35 per day. Activities include outdoor water play, classes in music, gymnastics, and art, and visits from the Tulsa Zoo, Safari Joe, Mad Science, and Tulsa Children's Museum. Visit our website, www.marquetteschool.org, and click on the "Activities" tab, then "School Forms" to download an enrollment form. Space is limited so enroll early!

MATHNASIUM

Contact: Vane Lucas
8032 S. Yale Ave.
Tulsa, OK
918.574.2222
Broken Arrow Location –
Contact: Ginger Lucas
1077 N. 9th St.
(North of Lynn Lane & Kenosha)
Broken Arrow, OK
918.574.2222
Owasso Location –
12336 E. 86th St. North
Owasso, OK
918.574.2222 Ext. 3
owasso@mathnasium.com
www.mathnasium.com

Avoid the summer slide! Your child can build math skills and get ready for next year by attending Mathnasium, a math-only learning center. Our students work to improve their skills and understanding of math concepts, while building confidence and a positive attitude in our encouraging environment. In addition to regular memberships, we offer 8-week and 12-week summer memberships for students entering grades 2-12. For high school students, the summer can also be a great time to prepare for the ACT/SAT. Call or visit our website to learn more!

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2016 SUMMER CAMPS & ACTIVITIES GUIDE

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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

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!

MUSIC TO GROW BY

Contact: Beth Carr
8007-I S. Sheridan Road
Tulsa, OK
918.488.0851
www.musictogrowby.com
Ages: Infants to 6-year-olds
Dates: May 31-July 1 and July 12-August 12

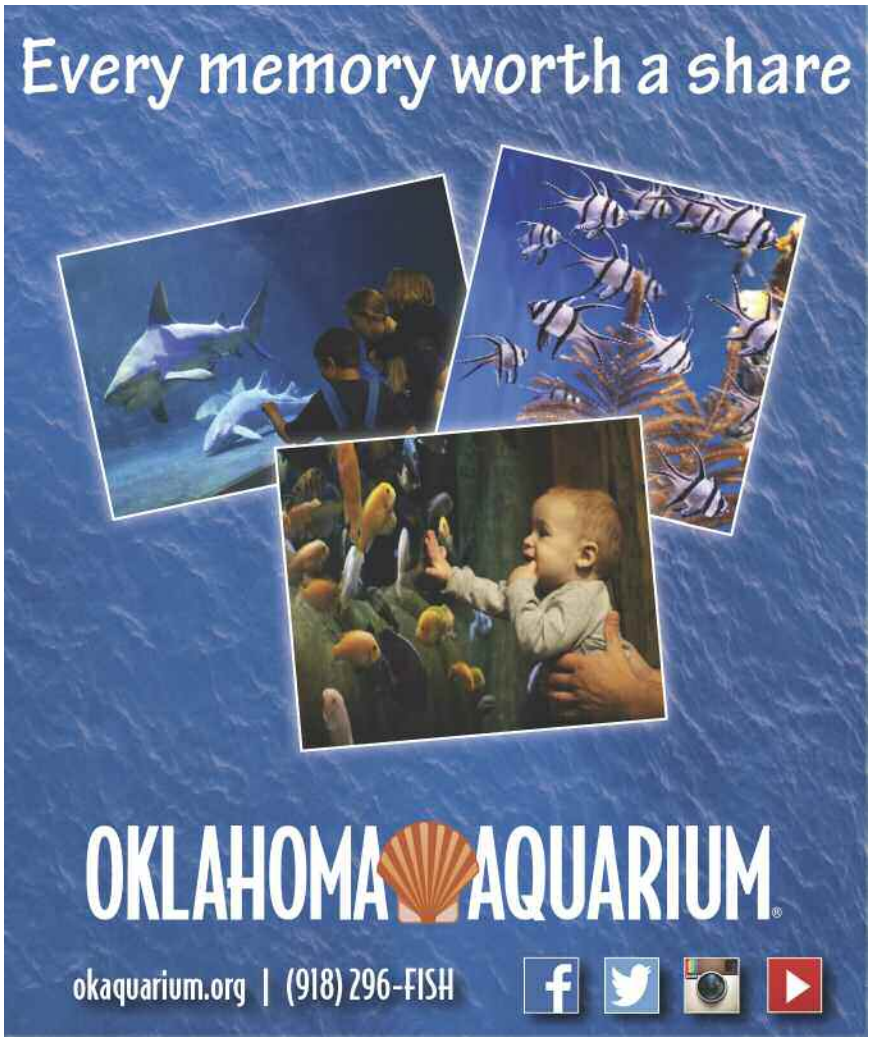
Join us this summer at Music To Grow By... where learning is musically fun! We offer affordable daytime and evening summer classes for babies and children ages 2 months to 6 years. Our Kindermusik Adventures summer camps turn an ordinary summer into an extraordinary journey with 5-week sessions to fit your schedule. Exciting themes including zoo animals, ocean creatures, and the South American rain forest will facilitate your child's discovery of the joy of music, creative movement, pretending, and craft-making. Choose a class that targets your child's specific developmental level or bring the whole gang for multi-age fun in Family Time. Quality take-home materials with books, CDs, and musical instruments are included. Visit our website for class descriptions, schedules, pricing and online registration.

NEW ARTS CAMP

Contact: John Bryant
307 E. Brady
Tulsa, OK
918.585.1234
www.livingarts.org
Ages: Students going into 5-12 grade
Dates: July 19-29, 2016
New Arts Camp = Video + Performance + New Music + Sculpture

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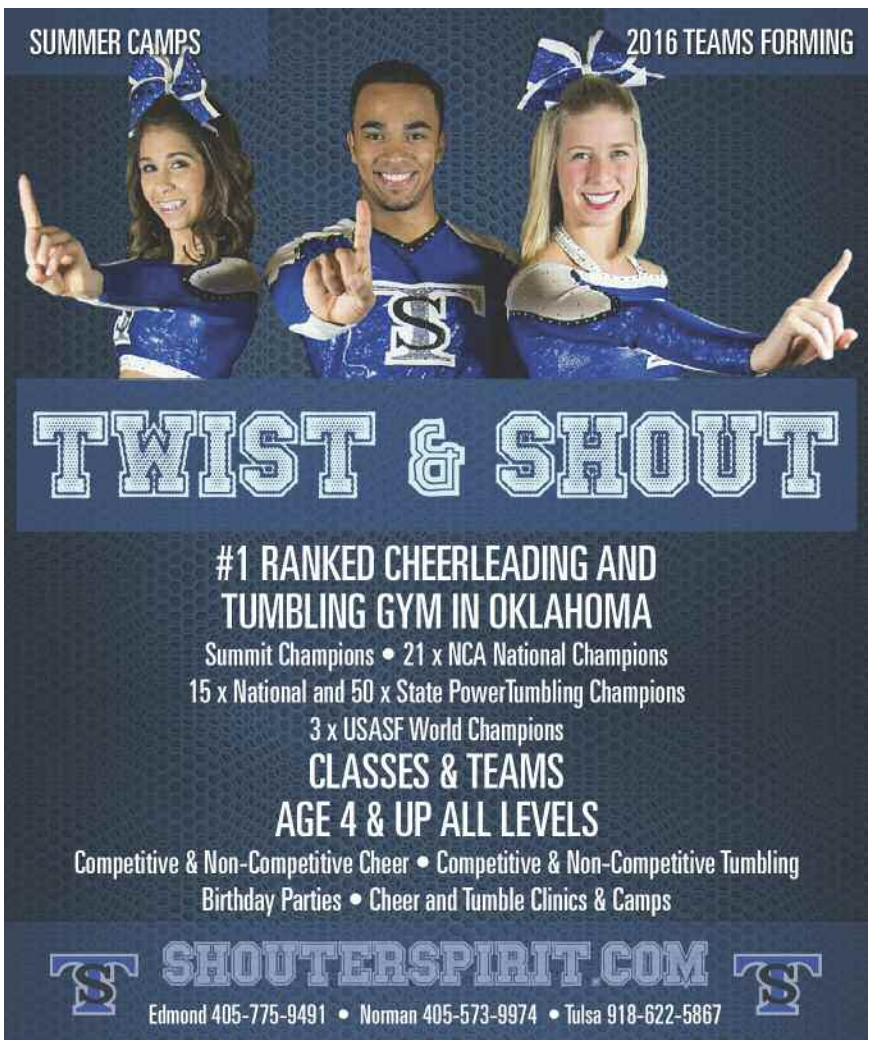
THE UNIVERSITY of TULSA UNIVERSITY SCHOOL



Camp Incredible
An exciting summer camp for kids age 4 through 8th grade
6 one-week day camp sessions in June and July
Call 918-631-5060 or visit utulsa.edu/uschool

Educating Gifted Students
Since 1982

The University of Tulsa is an equal opportunity/affirmative action institution.



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AN ADVERTISING SUPPLEMENT • ALSO ON WWW.TULSAKIDS.COM

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: MARINE BIOLOGIST FOR A DAY

300 Aquarium Dr.
Jenks, OK
918.528.1508
www.okaquarium.org
Ages: 12-16
Dates: June - 15, 22, 29; July 6, 13, 20, 27

Splash into summer by discovering what it takes to be a marine biologist at the Oklahoma Aquarium! Our junior biologists will dive into the daily workings of the Aquarium, including: food preparation, animal feeding and care, water quality testing and even performing a necropsy. The program is offered for ages 12-16 and the cost is $100. Junior biologists arrive at 8:45 a.m. sharp ready to be immersed in the world of marine science! Please bring a sack lunch with you and plan to finish your day at 3 p.m.

PHILBROOK ART CAMP

2727 S. Rockford Rd.
Tulsa, OK
918.748.5379
www.philbrook.org/camp

Working with professional teaching artists, children ages 5-12 explore Philbrook to discover the wonderful world of art through fun-filled studio art experiences.
Four sessions. June 9-August 8. Pricing starts at $120.

PHILCREST TENNIS CAMPS

10900 S. Delaware
Tulsa, OK
918.299.2643

Summer Tennis Day Camp at Philcrest Hills Tennis Club

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: Week of June 6, June 13, June 20, June 27, July 18, July 25, August 1
Times: 9 a.m.- 2 p.m. - Before & After Care Available

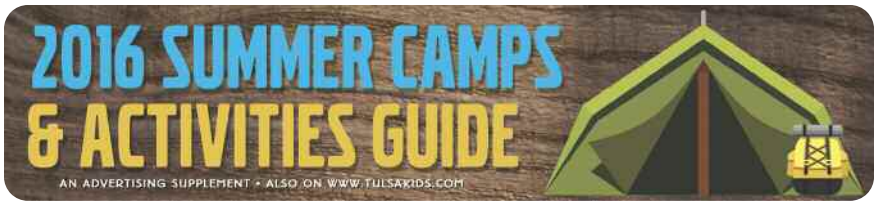
Located in a magical setting of 40 acres of wooded and tame pastureland with three ponds, River Run Farm is an escape to a Virginia-style farm with a variety of summer camps for all ages. Little Boots Pony Camp, ages 2-4, is an age-appropriate introduction to size-appropriate miniature horses; Chaps & 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!

ROBOTS-4-U SUMMER CAMPS

Contact: Cindy McAtee
921 E Harrison Ave
Guthrie, OK
918.510.6949
www.robots-4-u.com

Our AWESOME summer camps give children the opportunity to learn and discover in a dynamic environment. We offer programs in Robotics, Dynamic Art, Kids Battle Robots and

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"Flying Robots" Drones in Tulsa and surrounding areas. During the 2016-17 school year we will offer special holiday break camps, so keep watch on our website for updated information. We also offer enrichments programs for home-school groups and both public and private schools. Our school year programs provide 10-week classes that cooperate with schools' curriculums to meet science, technology, robotics, and art needs. With during-the-day and after-school opportunities, our classes can meet the needs of any school's instruction team. Our focus is learning about robotics and science in an independent and exciting way.

SAIED MUSIC SUMMER CAMPS

Midtown: 3259 S. Yale Ave
Tulsa, OK 74135
918.742.5541
South Tulsa: 9320 E. 71st St
Tulsa, OK 74133
918.252.5541

Come play this summer at Saied Music Summer Camps! We have something musical for all ages, abilities and interests: Guitar Camp for Tweens and Teens, Piano Camp for Tweens and Teens, String Camp, Fiddle Camp, and Music Theater Camp. Also, we introduce our Instrument Players Clubs 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: May 31 – June 3; July 11 - 15; August 15 - 19 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 Street
Tulsa, OK
918.495.1111
mkelley@jewishtulsa.org
www.csjcc.org
Ages: 1st-6th Grade

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

SOUTHERN HILLS RIDING ACADEMY

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

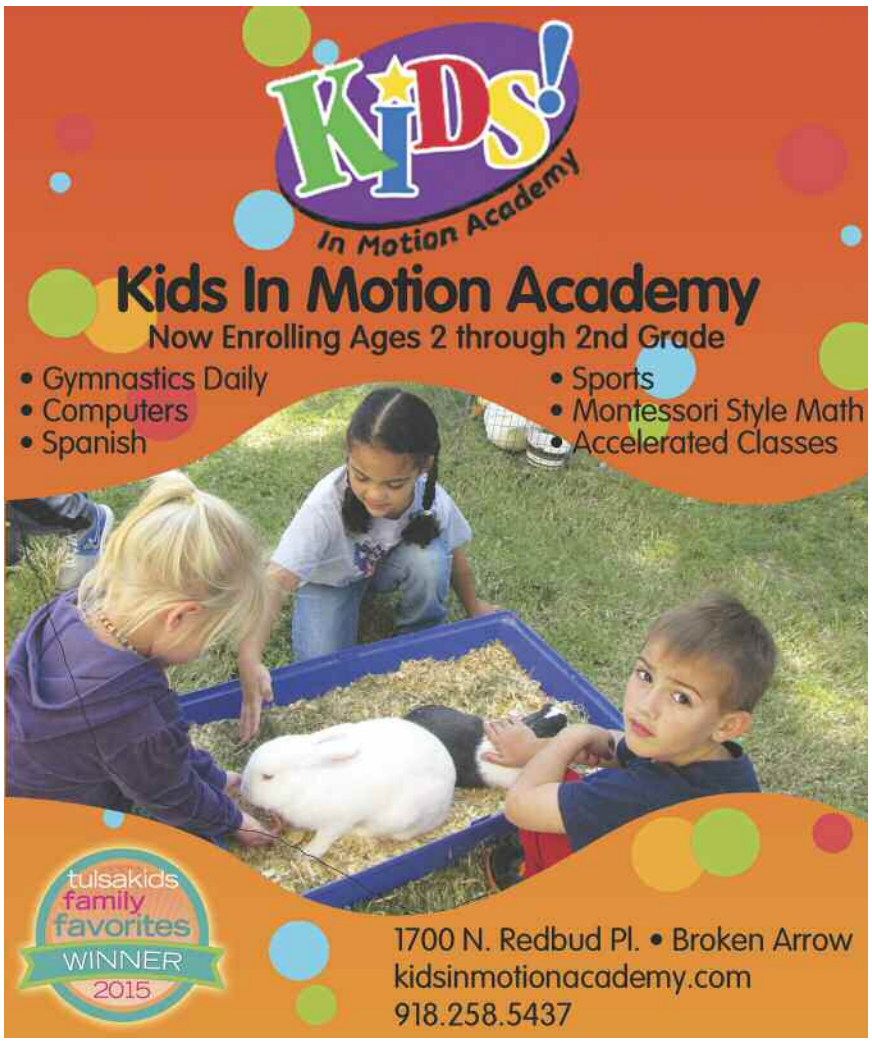
SHRA was established in June of 1994. It started as a family business, to introduce horses to children. Our camps are very popular and we have many repeat kids from year to year. We have senior and junior counselors to help guide the horses while they ride. The campers will feed, groom, tack, and ride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

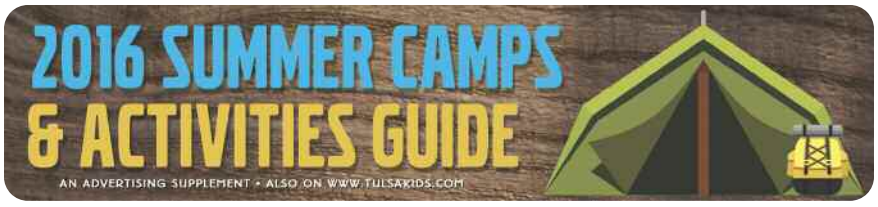
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SUMMER ART CAMP AT GILCREASE & ZARROW CENTER

Contact: Cindy Williams
124 E. Brady for Zarrow Camps
1400 N. Gilcrease Museum Rd for Gilcrease Camps
Tulsa, OK
918.631.4402
www.gilcrease.utulsa.edu
Ages: 7-12 years old
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 4-5pm 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 week-long 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 - 5:00pm are available for $25.00 per week.

THAT'S DANCING! 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....Fun Evening Camps!

THEATRE ARTS SUMMER CAMPS & CLASSES

Contact: Jake and Jana Pfarr
2034 W. Houston
Broken Arrow, OK
918.258.2543
www.theatreartstulsa.com
Ages: Camps for ages 3-16; Classes for ages 2- Adult
Theatre Arts has been providing the finest in performing arts education to Tulsa area students for the past 30 years! Students especially love our musical theatre camps, where students rotate to a vocal, dance, and acting instructor each day! Each camp has a different musical theme and culminates with a performance for family and friends on Friday evening. Theatre Arts also offers voice, acting, piano, tumbling, and a wide range of dance classes throughout the summer session. For more information, visit www.theatreartstulsa.com or contact us to reserve a spot in the camp of your choice today!

TULSA CHILDREN'S MUSEUM DISCOVERY LAB

560 N. Maybelle Ave.
Tulsa, OK 74127
918.295.8144
tulsachildrensmuseum.org.org
reservations@tulsachildrensmuseum.org
Discover summer learning and fun at Discovery Lab! Kids connect with their natural curiosity and creativity for a fun-filled camp experience. Museum educators lead kids ages 4-12 through fun, hands-on explorations of science, technology, engineering, and health and wellness. Discovery Lab is offering seven weeks of full- day camps with optional extended care. All camps 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 and Discovery Lab members get a 10% discount! Sign up early to reserve your space. For more information or to register, visit tulsachildrensmuseum.org.

TULSA DRILLERS

Contact: Matt Bishop
201 N Elgin Ave – ONEOK Field
Tulsa, OK
918.574.8317
www.tulsadrillers.com
Dates: June 9 & June 10 - 8:30 am – 12:00 pm both days

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2016 SUMMER CAMPS & ACTIVITIES GUIDE

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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 22.

TULSA ROUGHNECKS

Contact: Matt Bishop
201 N Elgin Ave – ONEOK Field
Tulsa, OK
918.574.8317
mattb@tulsaroughnecksfc.com
Learn from the pros during your four-day Tulsa Roughnecks FC Soccer Camp at Mohawk Sports Complex, June 13-16! 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 Friday, June 17 match against LA Galaxy 2! Lunch will be provided on Wednesday, June 15. Registration is limited to the first 150 children ages 7 to 13 and is only $200.00 for all four days.

TULSA YOUTH ROWING ASSOCIATION "LEARN-TO-ROW" SUMMER CAMPS

Contact: Neil Bergenroth, Head Coach
Camp sessions take place at TU indoor rowing tank and also at Roger's Point in Catoosa - Verdigris River.
Coachb@okrowing.org
918.906.5233
www.okrowing.org
Dates: May 31st - June 4th
June 6th - June 10th
June 13th - June 17th
June 20th - June 24th
TRY ROWING!! The Tulsa Youth Rowing Association is offering four, one-week learn-to-row camp sessions in June for all 7th through 12th grade student athletes. NO EXPERIENCE REQUIRED! The first two sessions run 4:30pm to 6:30pm Monday through Friday,* and the later sessions run 6:00pm to 8:00pm Monday through Friday. (The first week runs Tuesday to Saturday) Learn to row with top rowing professionals along the Verdigris River at Roger's Point in Catoosa (and, water permitting, along the Arkansas River in Tulsa). Discover your untapped passion for a lifelong sport and one that provides college scholarship opportunities for those willing to make the commitment to our competitive team in the fall. Athletes aged 13 to 18 qualify for the team after just one week-long summer session. Younger participants have the option of joining our recreational program ("gROWth") in the fall and spring, which meets twice per week for 10 weeks. Participants may sign up for any one or more weekly sessions. Cost: $100 per week. Please visit www.okrowing.org for full information and enrollment.

TULSA ZOO

6421 East 36th Street North
Tulsa, OK
918.669.6639
education@tulsazoo.org.
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. Camps include zoo hikes, games, crafts and other zoopendous activities. Half-day and full-day camps are available, depending on the child's age.

TWIST AND SHOUT

4820 S. 83rd East Ave.
Tulsa, OK
918.622.5867
shouterspirit.com
Twist and Shout was established in 1996. We train all levels of athletes in Tumbling & Cheer throughout Oklahoma in Tulsa, Edmond and Norman for age 4 & up! Our goal is to teach all level of athletes to progress in sport and character!
Our program offers:
Competitive & Recreational Cheerleading

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BY AYSCHIA KUYKENDALL

love your world

One thing people from all over the world have in common is the need to eat, and most food comes from a garden somewhere. Yet this incredible commonality is often overshadowed by politics or opinion when people discuss other cultures and places.

When a new student arrived at school from Vietnam a few years ago, many students immediately had opinions about whether he was "good or bad," based on their understanding of history and hearsay. Sitting in our Global Gardens community circle that day, it became obvious that this was a conversation that needed more attention, and one that was perfectly suited for the garden. Many of the things already growing in the students' gardens where staples in other places around the world. As one example, cilantro is often used in many of the Hispanic dishes our students were familiar with, but also shows up frequently in Asian cuisine.

After much discussion, the students decided that a person's country of origin doesn't automatically make him "good or bad" and that all countries have something to offer those willing to learn. So our students set out to learn! Each chose a country he or she wanted to know more about – for some this included their own heritage, for others it was a chance to spin the globe. After several months of research, the students put together an event to share the recipes, games, art, dances and traditions that represented the countries of their choosing.

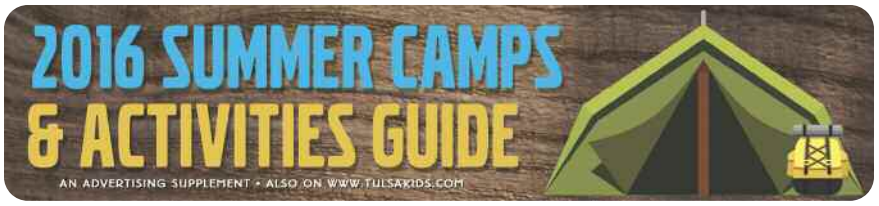
This organic celebration has now become Global Gardens' annual twist on Earth Day, coined "Love Your World." We've found that when we start with comparing our plates, we discover not only a lot of interesting differences in other countries, but also a lot of similarities that bring us together.

How will your family celebrate Earth Day this month? We hope you will include earth-conscious acts such as picking up litter, lowering your carbon footprint and planting a garden. In addition, why not take some time this month to think of the Earth and our global family who inhabits it? Let your kids choose a country personal to your family or one they've always wanted to know more about. Begin by learning what people in that country eat and how they eat it. Do they share any similarities to your own customs? Do they eat at different times of the day or use different utensils?

To expand your experience, join us for Love Your World on Sat., April 30, where you can learn more about other countries from our students and share your own cultural knowledge. There will be food sampling, activities, games, dancing and more. The event is free and open to the public.

For more engaging ideas of things to do as a family, purchase the Global Gardens journal, a yearlong guide for gardening and globally inspired activities, at www.global-gardens.org.

Global Gardens Event
Love Your World
Sat., April 30, 12pm-2pm
McAuliffe Elementary
6515 S. Garnett Rd.
Broken Arrow, OK



Competitive & Recreational Tumbling
Power Tumbling - a form of floor only gymnastics
Summer tumbling & Cheer camps : June 6th - 23rd, July 11th - July 28th, August 1-4th offered Mon-Thurs. 2hrs daily

WOODY GUTHRIE CENTER

Contact: Becky Hawkes
102 E Mathew B. Brady St.
Tulsa, OK
becky@woodyguthriecenter.org
Ages: Grades 2- 12
Youth Rocks at WGC This Summer!
Summer Camp at the Woody Guthrie Center is an enriching, exciting, hands-on way for your child to experience music from its birth to performance-ready material and everything in between. Sessions include education in different genres of music, songwriting, musical recording and musical performance. The camp environment encourages children to think independently, work cooperatively and discover their own creativity. Instructors and local musicians encourage campers to learn in a variety of ways. We offer a unique program, and we strive to connect personally with all of the children in the program. Surrounded by the works and artifacts of Oklahoma's own musical legend, Woody Guthrie, children feel inspired to be that next generation of leaders through the most universal communication tool, music. It is our hope that, through our program, your child will learn how to bring creativity and artistic energy into everything they do and to be a positive voice and influence on the world we share. Camp, for grades 7 – 12, runs June 1-10 from 1 p.m. to 5 p.m. We are pleased to add Little Folks Music Experience from Jun 6– 10, 9 a.m. to 12 p.m.

WORLD CLASS FIGHTING AND FITNESS

Contact: Craig Blacklock, Owner
7401 East 48th Pl.
Tulsa, OK
918.630.3737
www.WCFtulsa.com
World Class Fighting and Fitness (WCF) was founded in 2005 by Craig Blacklock. WCF Tulsa provides a fun and nurturing environment in which children and adults of all ages and fitness levels can come to learn, play, increase confidence and get healthy. WCF Tulsa offers Kids Brazilian Jiu-Jitsu, which incorporates anti-bullying techniques, physical workouts and traditional Brazilian Jiu-Jitsu and Judo training. Women's Only Combat Fitness offers a mix of cross-fit, combat tactics and women's self-defense training. Other classes include Adult Mixed Martial Arts classes as well as private training for boxers, grapplers and MMA fighters. Coach Blacklock holds black belts in Brazilian Jiu-Jitsu, Judo and Ninjutsu, and KRU in Muay Thai. He is also educated in kinesiology, military and law enforcement tactics, health and nutrition. By bringing together a diverse set of training and experiences, Coach Blacklock creates a unique environment for not only learning martial arts, but improving fitness and confidence regardless of one's current skills or abilities.

YMCA OF GREATER TULSA SUMMER 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
YMCA of Greater Tulsa summer day camps take place at three different locations: Westside YMCA, our 28-acre urban wilderness; Owasso Family YMCA; and Daily Family YMCA in Bixby. At each of our locations, all campers participate in activities that emphasize the four Core Values of the YMCA—Caring, Honesty, Respect and Responsibility. Day campers will swim, fish, hike, play water sports and other outdoor games like archery, go on field trips, learn about STEM, do arts and crafts, get dirty, and HAVE FUN! Overnight campers at Camp Takatoka will enjoy the great outdoors at our 420-acre camp on the shores of Lake Fort Gibson. Water sports, zip-lining, campout night, swimming, Thursday Night Live and other TAK traditions bring kids together, forming friendships for life!

I'M A TULSA KID

BY MARISA MORGAN

Photo Credit: OH Snap! Photography

Gillian McKnight: Jenks Middle School



Fourteen-year-old Gillian McKnight has spent several childhood summers at Tulsa's Camp Loughridge. Her love of the camp prompted her to sign up to be a Counselor In Training (CIT) as soon as she met the age requirement. Being a CIT gives young people an opportunity to gain work experience while transitioning into full-fledged camp counselors.

TK: How long have you been a camper at Camp Loughridge?
Gillian: I was in regular day camp from when I was 8 until I was 11. Once I was 12, I was old enough to go to the adventure camp where you can spend the night one night in the week. It was a great experience and made Camp Loughridge even more fun. Most summers, I attend Camp Loughridge anywhere from 3-5 weeks during the summer.

TK: What made you want to become a Counselor In Training (CIT)?
Gillian: I first wanted to become a CIT because of the leadership. As a leader, I can help people to gain confidence and trust. I also want to become a CIT because I can help new campers have the same great experience I had when I was a camper. Being a CIT can also help ensure that I will have a job over the summer in high school and college, which would be a good way to get a break from the stress of school.

TK: Can you tell me what being a CIT involves?
Gillian: Being a CIT requires being at the camp anywhere from five to 10 hours a day depending on the type of camp, and at some camps even overnight. You have to be committed and have a great attitude even if you are not having the best day. You would want to have a general knowledge of different and common things such as swimming, canoeing, or rock climbing. You also have to have a good work ethic. As a CIT, you may not get to do the super fun things counselors do right away and instead be assigned to working jobs such as kitchen staff or cleanup, but eventually you will get there. And who knows? You might just love being on the kitchen staff or cleanup!

TK: What are you most excited about when you think of being a counselor?
Gillian: When I think of being a counselor, I think of being a leader. I think of being someone people can look up to, or getting to have the best summer ever and spend it all at camp. You can help your campers become the best versions of themselves and to learn how to help others. You can also help them have the best experiences of their lives. How would you feel if you could say that you were responsible for teaching a kid how to shoot a bow and arrow as their camp counselor and then eventually they go on to being an Olympic archer? I know I would feel very accomplished, and that I did my job.

TK: What set of skills do you think you need to be a CIT?
Gillian: You need to have a great attitude, show leadership, and most importantly, have fun all the time! You also have to have responsibility and courage. You could potentially do anything at camp!

TK: What are your interests and how will they influence who you are as a counselor?
Gillian: My interests at school are science, guard, archery and band. I am on my school's archery team and have competed at state, and I am 2nd chair flute in the Jenks eighth grade band. I enjoy being with friends and learning new things every day. All of these can help me as a counselor. By being on the archery team, I can help kids with technique and give them self-confidence. I am also bilingual. I am the vice president of the National Spanish Honor Society, and I speak fluent Spanish. This could also help me as a counselor by being a translator, which would allow more people to attend the camp that speak different languages, knowing that they would have an adult figure to talk to and to help them.

TK: What are your future plans?
Gillian: I plan in the future to attend medical school to become an orthopedic surgeon. I hope to continue playing the piano and flute and do guard and archery all through high school and maybe even beyond that. I hope to be in the medical field because I have a love for helping others. I want to also continue Spanish and hopefully pick up Latin in high school in order to help me in the medical field.

tulsakids

SUMMER FAMILY FUN GUIDE

YOUR GO-TO GUIDE FOR:

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- MUSEUMS
- FESTIVALS
- DAY TRIPS
- CULTURAL TOURISM
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- NATURE EXPLORATIONS
- INDOOR FUN
- SWIMMING SPOTS

+ SO MUCH MORE!

WWW.TULSAKIDS.COM/SUMMER

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SUMMER CAMP

LET THEIR IMAGINATIONS RUN WILD!



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Let your child's imagination run wild this summer at the Tulsa Zoo. Our annual week-long summer camps are a perfect place for kids ages 3-12 to learn about the zoo's animals and even meet some of them during up-close encounters. Register today!

LEARN MORE OR ENROLL AT TULSAZOO.ORG/CAMPS



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