April 2019 Oklahoma's Award-Winning Magazine for Parents & Families www.tulsakids.com

tulsakids

FOR PARENTS. FAMILIES. FOR LIFE.



REPORTING CHILD ABUSE IS ALWAYS THE HEROIC CALL

HELPING CHILDREN LEARN FINANCIAL LITERACY

POETRY TEATIME: ADD SOME HYGGE TO YOUR HOMESCHOOL

HEALTH HABITS YOU SHOULD NEVER SKIP

IS YOUR CHILD GETTING ENOUGH ZZZs?

PARENTING MEDIA ASSOCIATION 2019 GOLD Award Winner Digital Media Awards Competition

PARENTING MEDIA ASSOCIATION 2019 GOLD Award Winner Design Awards Competition

PARENTING MEDIA ASSOCIATION 2019 GOLD Award Winner Design & Editorial Awards Competition

I’m having a baby.

I’m also having questions.

Whether you’re having your first baby, or you’re an experienced mom, questions are natural. Ascension® care teams at St. John are here to help. We listen to understand what’s important to you. Then, together we create a care plan and provide care that’s right for you and your baby.

Visit **stjohntulsababy.com**

St. John

Ascension



SUMMER PROGRAMS

HOLLAND HALL





Spend the summer at Holland Hall!

With more than 150 one-week classes & camps designed for both fun & education, Holland Hall has tons of options for 3-year-olds to adults.

PROGRAMS INCLUDE:

• academics • sports • music
• games • ACT prep • philanthropy
• cooking • driver's ed • acting
• science • arts & crafts • robotics
• computers • much, much more!





PLAY



8 One-Week Camp Sessions

May 28 – July 26, 2019

9am – 12pm & 12:30 – 3:30pm

Choose between morning or afternoon sessions ... or sign up for both & stay all day!

CREATE





Register online & view camp schedules & descriptions at hollandhall.org/summer.



EXPLORE





(918) 481-1111
5666 East 81st Street
Tulsa, Oklahoma 74137

CHILDREN'S LEARNING®
ADVENTURE
Childcare Centers

www.childrenslearningadventure.com

SUMMER CAMP!



- ALL- INCLUSIVE
- FIELD TRIPS
- STEAM-BASED
(SCIENCE, TECHNOLOGY, ENGINEERING, THE ARTS, MATH)

AGES 5-13





FLEXIBLE SCHEDULING

Only pay for the days/weeks you sign up for!

ONLY $50 TO REGISTER TODAY!

SPORTS, ART, MUSIC, DRAMA, DANCE, CULINARY CLASSES, AND MORE!

Hands-on activities to encourage students to practice communication, collaboration and creativity.

This summer's theme is

"HOORAY FOR HOLLYWOOD"

HOORAY FOR HOLLYWOOD SUMMER CAMP

*Movies can teach us to appreciate the world around us and the storylines can guide us to understand who we are. The common genres have numerous similarities, but they also have a few differences. **This summer** your child has the opportunity to explore them all… from behind the scenes exploration and learning the tricks of the trade to participation in a variety of game shows. Campers will explore everything from 2D/3D animation to how to be a spy. Hooray for Hollywood is a celebration of our imagination and the tools we need to make our dreams come true!*

CALL US: (918) 901-9961

8061 E. 106th Place
Tulsa, OK 74133



Now Enrolling

PRE-KINDERGARTEN

PRIMROSE SCHOOLS

THE LEADER IN EARLY EDUCATION AND CARE®

Learn more about our Balanced Learning® approach that balances early learning theories with modern wisdom to address children's individual learning styles, helping to empower every child to reach his potential.

Enrolling now for Fall 2019!
Join us for an Open House on April 30 at 6 p.m.

Primrose School of South Tulsa
10185 S. 85th E. Ave.
Tulsa, OK 74133
918.364.0021
PrimroseSouthTulsa.com

Specializing in women's health for a lifetime



Hillcrest has been delivering women's health services for more than 50 years, and was the first in Tulsa to establish a dedicated women's center in 2003. Fifteen years later, the Peggy V. Helmerich Women's Health Center provides the full spectrum of women's health services with expert physicians and clinical staff trained to understand the unique medical and personal needs of women.

Services

- Obstetrics & birth care services, including:
  - Prenatal and birth care education classes
  - Family-centered birthing facilities
  - High-risk antepartum unit
  - Board-certified neonatologists
  - Board-certified maternal fetal medicine physicians
- Gynecology and Gynecologic oncology
- Advanced breast health services using 3D Mammography
- Osteoporosis and bone density screenings
- Treatment for incontinence and pelvic disorders

HelmerichWomensCenter.com



PEGGY V. HELMERICH
Women's Health Center
@ HILLCREST MEDICAL CENTER

First in Tulsa to achieve Baby-Friendly designation

tulsakids

April 2019

what's inside

Volume XXXII, Number 4

www.tulsakids.com





36-37 Poetry Teatime Adds Some Hygge to Your Homeschool



12 Health Habits You Should Never Skip



48-49 Helping Children Learn Financial Literacy



14-15 Is Your Child Getting Enough ZZZZs?

SHORTS

6-9 **NEWS & NOTES**

FEATURES

18-19 **COMMUNITY**
Doing "Moore" for Families
By Greg Forbes Siegman

24-25 **COVER FEATURE**
Reporting Child Abuse Is Always the Heroic Call
By Natalie Mikles

48-49 **FINANCES**
Helping Children Learn Financial Literacy
By Brandon Schmitz

IN EVERY ISSUE

12 **STAGES: Babies & Toddlers**
Health Habits You Should Never Skip
By Kiley Roberson

14-15 **STAGES: School Age**
Is Your Child Getting Enough ZZZZs?
By Mary Beth Ritchie, LCSW

16-17 **STAGES: Tweens & Teens**
Kids & Climate Change: Working to Save the Planet
By Julie Wenger Watson

27-31 **COMMUNITY CALENDAR**
By Tara Rittler

32-33 **FROM THE HIP**
The Hip Mom Take Manhattan
By Jill VanTrease

34-35 **GET COOKING**
Make & Take Recipes
By Natalie Mikles

36-37 **HOMESCHOOL**
Poetry Teatime Adds Some Hygge to Your Homeschool
By Natalie Hanson

38-39 **GREEN COUNTRY GROWN-UP**
Emeka Nnaka: Lost His Walk, but Gained His Talk
By Nancy A. Moore

40-41 **EASTER BUNNY SIGHTINGS**
By Tara Rittler

42-43 **APRIL SHOWTIMES**
By Tara Rittler

46-47 **FAMILY TRAVEL**
St. Petersburg: The Sunshine State's Sunshine City
By Diane Tritt Eaton

55 **TULSAKIDS.COM**
What's Going On(line)?

56 **I'M A TULSA KID**
Karate Kid: Raigyn Mayes
By Sheeba Atiqi

editor's note

In These Pages....

Have you ever suspected someone of child abuse? Or suspected that a child you knew was possibly being abused? Imagine that scenario. Then imagine reporting it. It's easy to say that you would never hesitate, but put yourself in that position, and then imagine what you would do. Do you even know how the procedure would work?

Of course, we are legally bound to report child abuse, but what does that mean? Award-winning writer Natalie Mikles talks to a teacher who was in that position. Find out what she did and what happened. Mikles also talked to a professional at the Child Abuse Network about how and when to report suspected abuse, and what happens when you do report.

Another feature that you must read is about teaching children financial literacy. Writer Brandon Schmitz talks to a program director who is dismayed when she finds children trying to use Monopoly money in a vending machine, and a financial educator who describes how using a three-jar method can be a great tool for teaching kids about money.

As the mom of three young adults, I know firsthand how important it is that kids learn the value of a dollar. As much as that sounds like an old person (because I am), the gradual realization of how much it costs to live is an eye-opener, even for kids who have been prepared for it.

I'll be honest; I was not that consistent about giving my kids an allowance. It was a little sporadic. And my husband wasn't much better. I could barely keep track of their socks, much less an allowance. And, giving an allowance requires that you actually have cash on hand. I can only hope my children will forgive this and my many other inadequacies.

But, I do understand that kids need to have money to understand what to do with it. My kids had jobs in high school and learned to manage money. They paid for gas, incidentals, etc. Those were big lessons in responsibility, but those lessons got bigger, as we all know, once they started paying for rent, health insurance, food and entertainment.

If you're like me, you don't like discussing money, but it's a huge favor to your kids if you do. This article will help you with that.

Finally, I want to invite everyone to our new Parent Meet-ups! They're every fourth Wednesday of the month from 6-7:30 p.m. at Southminster Presbyterian Church in Brookside, 3500 S. Peoria (enter from the east parking lot). We'll have social time, a speaker, free childcare and snacks!

This month, Dietitian Heather Steele will be talking about children and nutrition – picky eating, food allergies, serving sizes, nutrition labels, etc. Free and open to the public. Hope to see you there!

Betty Casey
associate publisher and
editor in chief





ON OUR COVER:
MAEVE IS READY FOR THE CHILD ABUSE NETWORK'S SUPERHERO CHALLENGE.

LESLIE HOYT PHOTOGRAPHY
www.lesliehoyt.com

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.

tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.

PUBLISHER: CHARLES FOSHEE
ASSOCIATE PUBLISHER & EDITOR IN CHIEF: BETTY CASEY
TREASURER & COMPTROLLER: DEBBIE TALLEY
WEB EDITOR: TARA RITTLER
ADVERTISING SALES: BRANDI MOORE, JOANNA SHATWELL
PRODUCTION: CHARLES FOSHEE
COVER PHOTO: LESLIE HOYT PHOTOGRAPHY
DISTRIBUTION: JOAN PEREZ
CONTRIBUTING WRITERS: GREG FORBES SIEGMAN, NATALIE MIKLES, BRANDON SCHMITZ, KILEY ROBERSON, MARY BETH RITCHIE, JULIE WENGER WATSON, JILL VANTREASE, NATALIE HANSON, NANCY A. MOORE, DIANE TRITT EATON, SHEEBA ATIQI

TK PUBLISHING inc.

TulsaKids is published monthly by
TK Publishing, Inc.,
1622 So. Denver Ave.,
Tulsa, OK 74119
(918) 582-8504
FAX (918) 583-1366
Website: www.tulsakids.com

©TK Publishing, Inc. 2019.
All Rights Reserved.

Volume XXXII, Number 4

PUBLISHER
publisher@tulsakids.com
EDITOR-IN-CHIEF
editor@tulsakids.com
CALENDAR
(submit by 10th of the month prior)
calendar@tulsakids.com

Articles and advertisements in TulsaKids do not necessarily reflect the opinions of the magazine or TK Publishing, Inc. We do not assume responsibility for statements made by advertisers or editorial contributors. The acceptance of advertising by TulsaKids does not constitute an endorsement of the products, services, or information. We do not knowingly present any product or service which is fraudulent or misleading in nature.

MEMBER OF PMA PARENTING MEDIA ASSOCIATION



NEW CAMP AVAILABLE FOR YOUTH WITH PHYSICAL CHALLENGES

The Center for Individuals with Physical Challenges is offering a new summer camp for children and adolescents with physical challenges. Camp Get Centered will be offered as a one-week camp for nine weeks. Each week will feature a different theme.

To be eligible, campers must have a primary diagnosis of a physical disability and have independent skills of daily living, including feeding and toileting. Camp activities may include adaptive sports & recreation, art, an indoor climbing wall, swimming, yoga, group games & initiatives, and field trips. The goal of Camp Get Centered is to provide opportunity for youth with physical challenges to increase awareness of and actively participate in recreational and leisure activities, while building friendships and a social network.

The camps will be offered at The Center for Individuals with Physical Challenges, 815 S. Utica Ave., Tulsa, from June 3 to August 2, 8:30 a.m. to 4:30 p.m. The cost per week is $150. For information, contact Kelly Evans at 918.794.4526; kevans@tulsacenter.org or visit www.tulsacenter.org.



EARTH DAY AT GUTHRIE GREEN

Celebrate the planet and learn ways to protect it at Tulsa's Earth Day Celebration at Guthrie Green on Saturday, April 20, 1 to 9:30 p.m. This free event will feature environmental speakers, an Electric Vehicle Village, educational booths and demonstrations. The Earth Day Celebration will also have regional and nationally touring musical artists, family activities, local cuisine and environmental art.

Speakers include Michael Brune, executive director of the Sierra Club and author of "Coming Clean: Breaking America's Addiction to Oil & Coal"; Casey Camp-Horinek, Ponca activist and actress; Ashley Nicole McCray, community organizer; Johnson Grimm-Bridgwater, OK Sierra Club director; and Peggy Weil, video artist.

The event is free and open to the public.

TULSA STUDENT CADDIE EARNS COLLEGE SCHOLARSHIP



Marcello Desjardins of Tulsa, Oklahoma, has been awarded the Evans Scholarship, a full tuition and college grant offered to golf caddies.

The Evans Scholarship is awarded to caddies who meet the scholarship's four selection criteria: a strong caddie record; excellent academics; demonstrated financial need; and outstanding character. Beginning this fall, Marcello will attend the University of Kansas in Lawrence, Kansas, on the Evans Scholarship. The scholarship is valued at an estimated $120,000 over four years.

For the past two years, Marcello caddied at Southern Hills Country Club. He is a senior at Jenks High School.

"I have been caddying every chance I get," Marcello says. "I am excited to embark on my next journey and earn my degree."

Marcello is vice president of the ultimate Frisbee team, and a member of the cross country team. He enjoys playing golf in addition to caddying. In his free time, he volunteers in his community. His family has faced health challenges and other personal challenges.

"Marcello has shown excellence in the classroom and in his community, as well as on the golf course," said John Kaczkowski, WGA President and CEO. "We welcome him to the Evans Scholars family."

To learn more about the WGA and ESF, visit www.wgaesf.org.

CELEBRATING READ ACROSS AMERICA DAY

For the past two years, Montereau residents have participated in Reading Partners Program with Tulsa Public Schools, believing that giving back to future generations is vital to student success. The role of older adults as mentors provides guidance and caring for younger generations.

In honor of National Read Across America Day, Montereau residents and staff celebrated by reading Dr. Seuss books to students in several classrooms at Lewis and Clark Elementary School. To add to the fun, they wore Dr. Seuss hats and distributed Dr. Seuss bookmarks to students who participated. Books read were donated to the school library as part of their permanent collection.

BLUE CROSS AND BLUE SHIELD OF OKLAHOMA HOST ANTI-TOBACCO DAY

Blue Cross and Blue Shield of Oklahoma (BCBSOK) invites kids to Be Smart-Don't Start Anti-Tobacco Day on Tuesday, May 7, 2019 at Science Museum Oklahoma in Oklahoma City. The event for third through fifth grade Oklahoma students features hands-on educational activities emphasizing the dangers of tobacco use. Be Smart-Don't Start partners and BCBSOK's Mobile Assistance Center will also join in on the fun with interactive activities, trivia and prizes for children to enjoy. BCBSOK's mascot, Blaze the Braggin' Blue Dragon®, will be there to meet kids and share his message of how great it can be to be tobacco free! The annual Be Smart- Don't Start program is an initiative to help teach school-aged children the dangers of tobacco use, and how to make smart choices to live a healthy life. Museum guests will receive free admission, courtesy of BCBSOK.



MONTE CASSINO STUDENTS HOLD DIAPER DRIVE

Since 2013 Monte Cassino School has held a Catholic Charities Diaper Drive during Catholic Schools Week. This year Monte Cassino collected over 23,244 diapers. Since 2013, Monte Cassino families have donated 171,353 diapers and 1300 packages of baby wipes.

Each year Monte Cassino families provide a six-month supply of diapers for the youngest of the poor in Tulsa who are served by Catholic Charities. Middle School students provide leadership, organize and promote this preschool-through-middle-school project. The youngest students participate by dividing the diapers into groups of 10, bundling them and saying a prayer over them before they are delivered to Catholic Charities for distribution.

Catholic Charities clients receive one or two packages (per month) determined largely by whether or not there is a supply on hand. Federal programs such as SNAP and WIC do not provide diapers to those relying on that assistance.

JUNIOR ACHIEVEMENT AWARDED GOOD NEIGHBOR CITIZENSHIP GRANT

Junior Achievement of Oklahoma (JAOK) received a $14,000 Good Neighbor Citizenship Grant through State Farm. These funds will cover the cost of Junior Achievement programming for over 450 Tulsa-area public school students.

Junior Achievement of Oklahoma's mission is to inspire and prepare young people to succeed in a global economy. JAOK does this by offering K-12th grade evidence-based, classroom-based programs at no cost to public schools centered around financial literacy, entrepreneurship, and work readiness. Junior Achievement's programs are age appropriate and cumulative, and use volunteers from the local business community to teach its curricula. Volunteers are provided all curriculum materials for their class, as well as thorough training so they feel comfortable teaching the material.

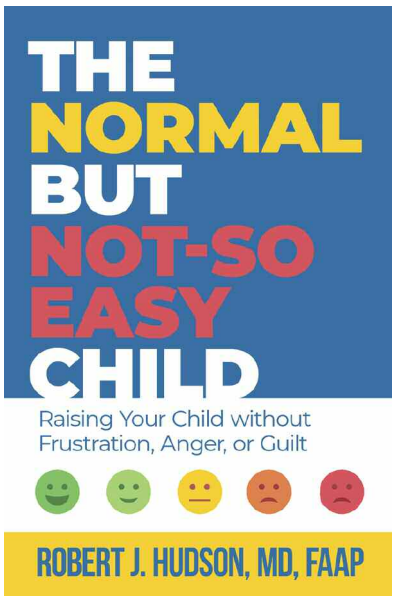
NEW BOOK LAUNCH PRESENTATION

The Normal but Not So Easy Child by Robert J. Hudson, M.D.

Do you often wonder why your parenting life is so hard? Do you seem to be tired and stressed far too often? There are two types of children, easy and not so easy. The Not So Easy Child (NSEC) requires more energy, focus and special skills. That is why you are tired. One-size parenting does not fit the NSEC. You need extra understanding and skills to raise the NSEC — and a handbook.

The Normal but Not So Easy Child is that book. Parents, grandparents, teachers and other individuals who care for or work with children are invited to a free presentation by Dr. Hudson as he discusses his new book.

April 17, 2019 7 p.m.
OU Tulsa Schusterman Campus, 41st & Yale
Learning Center Auditorium
Free and open to the public



advertiser in the news

MILLER SWIM SCHOOL OPENS NEW LOCATION IN JENKS

Miller Swim School will host a grand opening celebration Fri. – Sun., April 26-28, at its new location serving Jenks and the surrounding communities at 525 W. 91st Street S.

The original Miller Swim School was opened by Larry and Rita Miller in 1995 on south Mingo Road.

The Miller family looks forward to providing more Tulsa area families with swim lessons, water safety instruction and lifesaving skills in a fun, safe environment as they have done for generations.

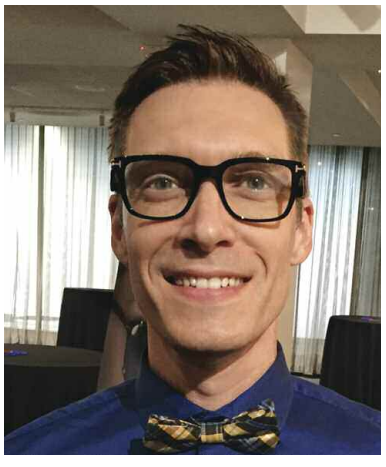
The celebration kicks off on Fri., April 26, with a ribbon cutting ceremony at 11:30 a.m. inside the new facility. Speakers include Larry Miller, Tulsa Mayor G.T. Bynum, former Olympian and sports announcer Rowdy Gaines, Jenks Mayor Dr. Josh Wedman, Jenks Chamber of Commerce President Josh Driskell, Tulsa County Commissioner Karen Keith, and former Jenks mayor Vic Vreeland.

Rowdy Gaines will hold a swim clinic on Sat. from 1 – 3 p.m. Community members are welcome to attend as spectators.

The celebration will culminate with a carnival on Sun., April 28, from 1- 5 p.m. The public is invited to explore the new facility, and enjoy inflatables, pony rides, food trucks, prizes and giveaways.

For more information, visit millerswimschool.com

Meet William The Artist

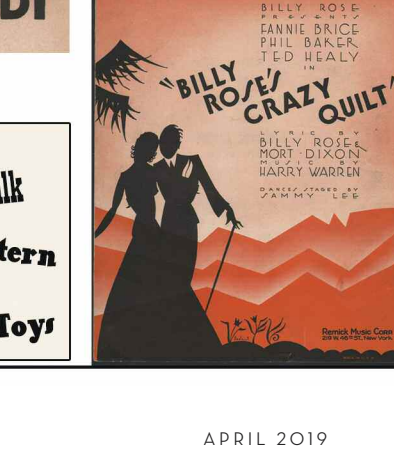


William Arthur Franklin is the creator of our new comic strip and fun fact.
Franklin is a third generation Tulsa artist, who has spent a lifetime steeped in his hometown's Art Deco heritage and has spent decades working to carry on this artistic tradition. "While in the U.S. Military, I began discovering that I had a talent for large-scale paintings," Franklin said, "and afterwards began a career painting Trompe' L'oeil murals and creating themed environments."
Franklin has worked for various clients, designers, decorators, and architects around the country, including one of his favorite places, Disney World, and has been flown many times to Europe to do custom artwork and themed environments there as well. In 2009 he was asked to create the artwork for the Tulsa International Mayfest poster, an Art Deco inspired poster that became one of their best selling.
Franklin's love of the Art Deco style led him to create the DECOPOLIS Tulsa Art Deco Museum, which now has a small "starter space in the beautiful Art Deco, Philcade building at the corner of 6th and Boston in downtown Tulsa." Franklin's store, DECOPOLIS, is, as Franklin says, "magically themed," with a staircase leading to an upstairs Art Deco Castle, and an island-themed area with tikis, dinosaurs and volcanoes.
Franklin said he wanted to use his artistic talent to create a place that isn't just a store for shopping but an enjoyable attraction full of "Curiosities and Wonders."
To view William Franklin's Mural work, go to WilliamTheArtist.com

To see some of his Art Deco artwork, visit the DECOPOLIS in the heart of downtown Tulsa's Deco District, DECOPOLIS.net

TulsaKids 4th Wednesday Parent Meet-up

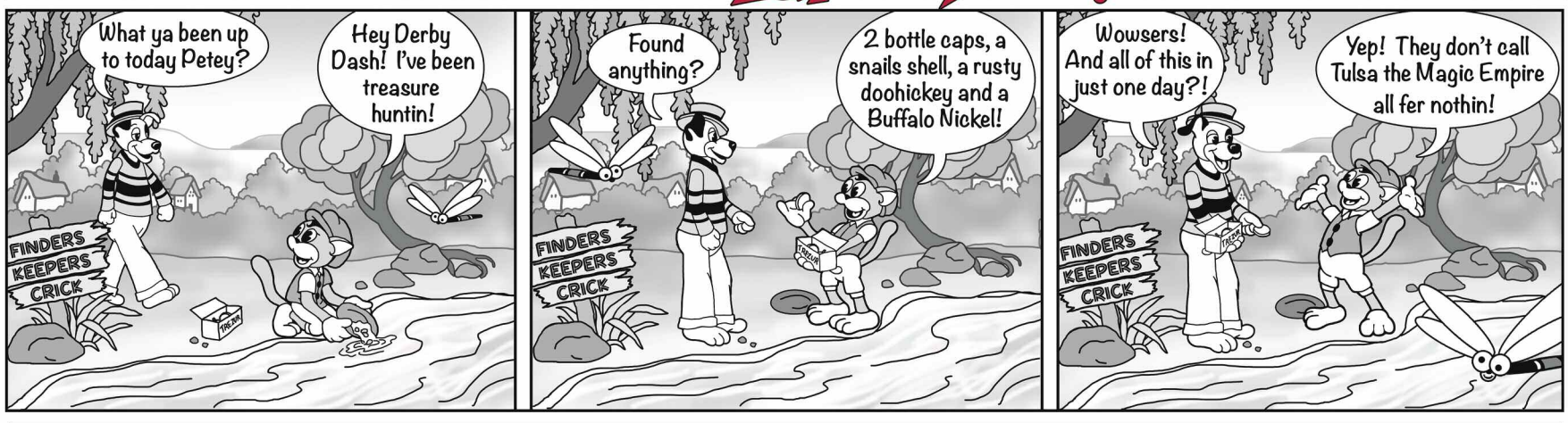
Navigation Nutrition: Parents' Top 10 Questions Answered
Heather Steele, Nutrition Educator with Reasor's Grocery Stores
Wed., April 24, 6 – 7:30 p.m.; speaker starts at 6:15 p.m. (includes social time & Q & A)
Southminster Presbyterian Church, 3500 S. Peoria (east parking lot behind Lululemon)
Free and open to the public! Free Childcare!
Parents, grandparents and others are invited to join TulsaKids Magazine editors for a free, monthly Parent Meet-up.
Each month (4th Wed.), we will have a speaker addressing parenting concerns & issues.
Heather Steele was raised in Tulsa and earned her Bachelor of Science degree in Nutritional Sciences from the University of Oklahoma. After graduation, Heather implemented healthy menus and worked with children with food allergies in over 19 school districts throughout the state. Heather has been featured in several media outlets both locally and nationally including Delish and The Food Network. Heather was awarded by the Oklahoma Academy of Nutrition and Dietetics as the 2018 Emerging Dietetic Leader and earned her children's Dig with a Dietitian program the 2018 Community Champion in Progressive Grocer's Outreach Innovation awards.Join Heather as she covers the top 10 nutrition questions asked by parents including picky eating, food allergies, serving sizes, families on-the-go, understanding nutrition labels, and more!



DECOPOLIS® PRESENTS!

The TulsaRama! GANG!

By: William A. Franklin
Copyright 2019
All Rights Reserved



Fun Facts!

Our pal Petey is rightly proud of finding a Buffalo Nickel!

In 1920's Tulsa you could go to your local 5 & 10 store, the corner cafe, or soda fountain and purchase quite a number of items!



I FOUND A MILLION DOLLAR BABY

(IN A FIVE AND TEN CENT STORE)

Sheet music from the **DECOPOLIS** Tulsa Art Deco Museum collection.

WHAT YOU COULD BUY WITH A NICKEL

SLICE OF PIE
LOAF OF BREAD
Ice Cream Cone
Yard of Silk
Pint of Milk
POUND OF NAILS
CHOCOLATE BAR
Sewing Pattern
Cup of Coffee & piece of Toast
PENNY CANDY
Sandwich or Hot Dog
Knick Knack Toys



Confidence In Math

Confidence For Life™

At Mathnasium, we transform lives every day. We don't believe in rote memorization of tables and procedures; we teach kids how to truly understand math. Our caring, highly trained instructors assess and teach each child as an individual, using customized learning plans designed specifically for their needs. The Mathnasium Method™ builds confidence, develops critical thinking, and boosts grades and scores … for today and for their future.

Teaching math is not just what we do, it's all we do. We're the authority in math education, growing to over 900 centers worldwide. **Start your child's transformation.**

Schedule a comprehensive no-risk assessment today.

Changing Lives Through Math™

Grades 2–12 *Tutoring and Enrichment* *ACT/SAT Prep* *Homework Help*

MATHNASIUM®
The Math Learning Center

South Tulsa • 8032 S. Yale Ave, NW Corner of 81st & Yale • southtulsa@mathnasium.com
Midtown Tulsa • 3230 E. 21st St, near 21st & Harvard • midtowntulsa@mathnasium.com
Broken Arrow • 1077 N. 9th St, North of Lynn Lane & Kenosha • brokenarrow@mathnasium.com
Owasso • 12336 E. 86 St, North on 86th, East of 169 • owasso@mathnasium.com

MATHNASIUM.COM (918) 574-2222



GETTING THEM BACK TO WHAT THEY LOVE

When something gets the best of your little one, we're ready to take care of whatever stands in the way. With same-day appointments, Saturday hours at OU Physicians South Memorial and locations throughout Tulsa, we'll help get them back out there, doing what they love.

OU Physicians

www.OUPhysiciansTulsa.com

Schedule your appointment today. 918.619.4400
Most Insurances Accepted

The University of Oklahoma is an equal opportunity institution. www.ou.edu/eoo

Emerson Orthodontics
We need "U" this Summer!
Make 2019 your best smile ever



Braces are a Family Affair in Our Household. After the wonderful experience my daughter and I had with braces, my husband started his treatment. Our youngest can't wait until she gets to start her treatment at Emerson Orthodontics. Our experience has been and continues to be fantastic!

The Gilmartins-

Creating Smiles for Kids and Adults.

Broken Arrow
Near St. Johns & Bass Pro

tulsakids family favorites 2018 WINNER

Midtown Tulsa
Near Utica Square

"While here, enjoy a visit to Wired Coffee House"
wiredBA.com

Follow us on…

@emersonbraces @emersonortho
#launchyoursmile

www.emersonbraces.com
918-459-0092

invisalign® invisalign teen®



BY KILEY ROBERSON

health habits you should never skip

If your house is like mine, the overall vibe can often feel more like zoo than zen. Trying to get through the daily routines of life with kiddos is a lot of work. Tack on all your "adulting" responsibilities and no wonder we're so exhausted. We can feel like we're running on empty some days. Maybe that means we do a quick dinner of mac and cheese, skip bath time or — dare I say it – not brush teeth right before bed. While it's not a good idea to make a regular habit of missing these health routines, experts say a skipped day every once in a while isn't going to make a big difference, except maybe in your sanity.

However, there are some healthy habits you want to make sure not to skimp on. These five habits should be non-negotiable with kids.

1. Using car seats. More kids are killed as passengers in car accidents than from any other type of injury. Minimize your child's risk by buckling him up in an age-appropriate car seat every time you get into a car.

How to instill importance: It can be tough for young children to want to stay in their seats, especially if they have older siblings who have moved past a booster. But correct car restraints are vital to keeping everyone safe on the road. Make sure to wear your seatbelt too. We all know that



when children see their caregivers model behaviors, they are more likely to do the same.

2. Getting regular checkups. Keeping immunizations up-to-date is key. But regular pediatrician visits also help ensure that your child is growing properly. Well visits are not just for shots. Doctors can often detect developmental changes that may need treatment.

How to instill importance: Regular checkups also help your children build a relationship with the doctor, which can make visiting their "friend" more fun. Mark it on a shared family calendar on the fridge, so you can count down the days together, or try taking a teddy to the checkup so the doctor can take a quick look at him, too. This helps with anxiety and also models that everyone needs regular checkups!

3. Washing hands. It's one of the easiest ways to prevent illness. Teach your kids to wash up after going to the bathroom, before eating, after touching animals, and after playing outside. Keep a stash of sterilizing hand gel or wet wipes in your diaper bag or car to help swab away germs.

How to instill importance: Sprinkle some colored glitter on your child's damp hands and ask her rub them together. Then have her shake your hand, open the door, or play with some toys. Point out the trail of glitter "germs" that's left behind. Afterward, ask her to wash her hands with just plain water to see how little of the glitter actually comes off. Children will find they need to use lots of warm water and soap to truly get their hands clean.

4. Finishing off antibiotics. Even if your child feels better, use the entire course of antibiotics (unless otherwise prescribed by your doctor). If you don't, the bacteria may not be completely killed, and the infection could return; there's also the risk of creating antibiotic-resistant bacteria.

How to instill importance: Make sure to reward medicine taking with a high-five, snuggles and lots of praise. You can talk to your children about how important it is that they take all their medicine so we can make sure they get better and stay better.

5. Wearing sunscreen. Using sunscreen daily on your kids protects them against severe sunburns that can cause skin cancer later and also helps create a lifelong habit. Be vigilant during the hours when the sun is directly overhead, and don't forget that kids get burned on cloudy days too.

How to instill importance: When playing outside, using sunscreen should be as natural to your kiddos as putting on their shoes before heading out the door. Talking about the "ouchy" of sunburns can be motivation enough, but incorporating sunscreen into your own daily readiness routine can also have a big impact on your little one.

Local Care.
National Recognition.



An independent analysis of clinical outcomes at over 4,500 hospitals found only one facility in all of Oklahoma to be among the top 100 in the nation for spine surgery – Tulsa Spine & Specialty Hospital.

When your back tells you that it's time to see a doctor, choose one that is affiliated with Tulsa Spine & Specialty Hospital.



Tulsa Spine & Specialty Hospital

A Physician-Owned Hospital

6901 S. Olympia Ave. • Tulsa, OK • 918-388-5701 • TulsaSpineHospital.com

BY MARY BETH RITCHIE, LCSW

is your child getting enough ZZZZZs? how to know and what to do

Getting enough good quality sleep is very important for all of us. However, it's especially essential for young children. Sleep directly impacts their physical and mental development. According to the National Sleep Foundation, school-aged children require nine to 11 hours of sleep nightly. Getting ample good quality sleep is just as important as a healthy diet and their safety. Yet, many parents don't make it a priority. The consequences of sleep deprivation can last a lifetime. On the other hand, good sleep habits can help prevent many learning and behavioral problems. It also leads to improved physical health.

Unfortunately, sleep disturbances are common in school age children. Lack of good sleep may actually be one of the contributing causes of Attention Deficit Hyperactivity Disorder (ADHD). It can also contribute to mood swings and impaired cognitive functioning. These things can affect comprehension and make learning at school difficult. Sleep problems need to be solved. Children do not just outgrow them.

It can often be difficult to recognize when children aren't getting enough sleep. When adults are tired, we slow down and get drowsy. Children, however, may do the exact opposite. They may even appear wired and hyperactive. Soon, the child will likely become fussy and cranky. It is difficult for children in these states to focus and concentrate. It can also be a challenge to put them to bed. Therefore, a well-rested child is often easier to put to bed than an overtired one.



It can be difficult to achieve these nine to 11 hours of sleep in our busy world. Many children are involved in organized sports or other extracurricular activities. Homework often needs to be completed too. Factor in time for dinner and baths, and there isn't much time left over for relaxation before an appropriate bedtime.

Moreover, many working parents find that they have to get by with less than the amount of recommended sleep. They mistakenly believe that it's not too harmful for their children to do the same. However, not getting enough regular sleep can lead to depression, headaches, obesity and high blood pressure.

Children who get adequate sleep enjoy many health benefits. They frequently perform and behave better at school. They have healthier immune systems, lower blood pressure, superior memory and better mental health. Improving sleep in children with ADHD can help them perform better in school and improve their interactions with friends.

Sometimes, tough decisions have to be made in order to balance life, and ensure that children are receiving enough sleep. When one of my sons was in the third grade, he was playing organized baseball. His games were starting late enough in the evenings on school nights that we weren't getting home until 11 p.m. Even when we managed to get homework done before the games, this was putting us to bed too late. It didn't allow time for the proper sleep for our family, so we sadly ended the baseball.

The following are some tips to help ensure that your children will develop good sleep habits and get sufficient sleep:

1. Avoid all screen time for an hour before bed. Screen time can lead to many issues at bedtime. Children may become resistant to going to bed, and they may experience anxiety while trying to fall asleep. This means avoiding television, computers, tablets, video games and anything else with an electronic screen.

2. The child's bedroom should be cool, quiet and dark.

continued next page

3. Don't allow children to consume caffeine, especially in the afternoons and evenings.

4. A bedtime around 7 to 8 p.m. should provide enough hours of sleep for most school-aged children. Each child has his or her own individual needs, but this is a good general rule of thumb.

5. Remember that you are a role model for your children. Allow your children to witness you making your own sleep a priority. This may mean that you don't stay up late with your middle school child helping him finish his project that was put off until the last minute.

6. Make sure your child is getting some physical activity. Do this outside when possible. The fresh air and sunshine are beneficial as well.

7. Keep toys out of the bed. A teddy bear or security blanket can be helpful for easing separation anxiety, but don't have more than one or two of these items.

8. Don't overschedule for your child. Lessons and sports can be valuable for children. However, be sure you are allowing time for homework and relaxation.

9. Check in with your child's teacher. Find out if there are any issues with focus, concentration or behavior. Sleep deprivation often shows up in these areas.

10. Establish a bedtime routine. A common routine is brushing teeth, reading a book and turning out the lights.

It's crucial to begin developing good sleep habits at a young age. The mental and physical benefits will last a lifetime. Visit with your child's pediatrician if you suspect your child may not be sleeping well. Attention Deficit Hyperactivity Disorder and Sleep Apnea can cause sleep disturbances, and the doctor may wish to screen for them. She may also provide additional suggestions for your individual child.

7TH ANNUAL

DIG

DAY IN THE GARDEN

AT TULSA BOTANIC GARDEN

SATURDAY, MAY 18

4-8PM

Family-friendly event benefiting Children's Discovery Garden

TICKETS INCLUDE:

Dinner and drinks · Crafts · Facepainting
Train rides · Live music · Aerial performances and
ground circus activities by Calliope Youth Circus

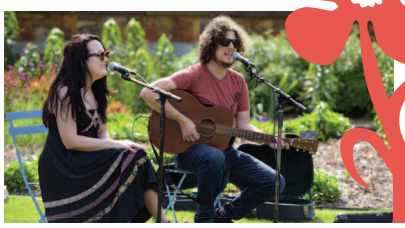
BUY YOUR TICKETS NOW!

$40 Members · $60 Not-Yet-Members
Children **free** with paid adult

JOIN THE FUN!









TULSA botanic GARDEN

918.289.0330
tulsabotanic.org
Find us on Facebook!

GET IT WRITE

MINI SUMMER CAMP



May 2019

Choose a week and time of day to fit your schedule!

Help with printing OR cursive & keyboarding.

Designed to help your student:

- Improve handwriting through practice with an occupational therapist.
- Increase self-confidence.

DYSLEXIA CENTER OF TULSA

Register at *dyslexiatulsa.com*
918 - 313 - 5518

BY JULIE WENGER WATSON

kids & climate change: working to save the planet

In a very real sense, our children will inherit the earth. Fortunately for the planet and its inhabitants, many teens take this legacy seriously, doing their best to be responsible stewards of the environment. Earth Day is April 22. While that day officially marked the birth of the modern environmental movement in 1970, for a good percentage of Gen Z, tending the earth is a year-round commitment.

Booker T. Washington senior Bella Koster is passionate about the environment. A few years ago, she completed the Climate Reality Program's Leadership Corps Training. The program, founded by former Vice President Al Gore, works to empower individuals to become environmental activists through education and training and provides them with a network of like-minded people and organizations.

Koster participated in the program because she wanted to be more involved as an environmental advocate in her local community, but she didn't think she had enough information or training to do so effectively. She returned from the experience with a renewed sense of responsibility.

"I had always deeply cared about the environment, but the conference really opened my eyes to the extent of the issue," Koster says. "I didn't realize how much of the world was so immediately affected by climate change, and the reality of the situation scared me. I realized how little I actually knew about climate change and that many people probably felt the same way. That realization inspired my desire to learn more about climate change and to educate others about this issue."



TULSA HIGH SCHOOL STUDENT BELLA KOSTER WILL BE ONE OF THE SPEAKERS AT THE TULSA EARTH DAY CELEBRATION ON SATURDAY, APRIL 20, 1–7 P.M. AT GUTHRIE GREEN.

Koster lives her beliefs and thinks small steps can make a big difference.

"Because we live in such a wasteful society, sometimes the idea of shifting to a more sustainable lifestyle seems difficult," she says. "However, even just making small, seemingly insignificant changes in your everyday life can make a difference. For instance, turning off the lights every time you leave the house, taking shorter showers, reducing the amount of meat in your diet, consuming more locally sourced produce, eliminating your use of single use plastics, composting, recycling, and encouraging others to do the same, are just some of the ways that I and others can practice sustainability in our everyday lives."

She'll share her conservation message with a powerpoint presentation on climate change at Philbrook's downtown location during Earth Day activities in the Tulsa Arts District on Saturday, April 20 at 2 p.m.

"Something I hope people can take away from my talk is the same feeling of responsibility I felt coming back from the Climate

continued next page

Reality Training in Denver. It's important to acknowledge the immediate consequences of climate change and contribute to the solution," Koster says. "I aim to inspire people to make more environmentally conscious decisions and to educate their friends and families about the importance of immediate climate action."

Koster plans to continue her advocacy during college and beyond.

"It's vitally important that youth get educated and involved in any way possible because we are the ones who will be left with a dying planet," she explains. "Young people have the fundamental right to a clean planet, a right that is being violated for the sake of profits. Across the U.S., youth are suing corporations and the federal government for violating our rights to a clean world. These movements are continuing to gain momentum as more youth are becoming involved in the environmental movement."

For more information on the Climate Reality Project, visit www.climaterealityproject.org.

Tips to Reduce Your Carbon Footprint

1. Turn off lights and appliances when you're not using them.

2. Turn down your water heater. 120 degrees is sufficient.

3. Turn down the heat in your house.

4. Stream movies through your smart TV, not your game console.

5. Buy a laptop, not a desktop computer.

6. Use LED lights. They last longer and use up to 85 percent less energy.

7. Don't set your fridge and freezer temperatures lower than necessary.

8. Replace old fridges.

RECYCLE THIS

Plastic Shampoo and Conditioner Bottles



NOT THAT

Plastic Laundry Basket



Donate plastic laundry baskets or throw them away in the gray trash cart.



Plastic shampoo and conditioner bottles are perfect for recycling, but plastic laundry baskets are NOT acceptable for the blue recycling cart.

LEARN MORE AT tulsarecycles.com

CITY OF Tulsa
A New Kind of Energy.

BY GREG FORBES SIEGMAN

doing "Moore" for families

When Toni Moore was a child and her mother needed medical care in another city, her neighbors in Sayre, Oklahoma, came together to support her family. That experience – combined with the time she spent working in hospital administration and her belief that the Bible commands her to be hospitable to those in need – helped spark a passion within her to assist other families in similar situations.

For the past 15 years, Moore has carried out that mission through the organization she co-founded. As president and CEO of Hospitality House of Tulsa, Moore and her staff and volunteers provide meals, rides, lodging, prayer support and other services to out-of-town families when their loved one is in a Tulsa-area hospital. Hospitality House provides these services to families without regard to the age or diagnosis of the patients. The organization serves around 1,000 families each year.

Along with a member of her staff (Community Engagement Director Sarah Soudek) and her family (daughter, Elise), Moore sat down with me for lunch at Dilly Diner to discuss her work, her life, and her love of faith, family and football.



TONI MOORE, CEO OF HOSPITALITY HOUSE.

Q: What do the words "home" and "community" mean to you?

Moore: I think 'home' means being with those you love unconditionally and with those that love you unconditionally. When I'm with my loved ones, it feels like home, no matter where we gather. I think 'community' means choosing to belong, contribute, engage in fellowship and celebrate with your neighbors. And I believe my neighbor is anyone who comes across my path and needs mercy, grace, or compassion.

Q: You grew up in a town of around 2,000 people. What did that experience teach you?

Moore: To love, appreciate, work alongside of – and, at the very least, get along with – those who don't necessarily look, think, or act like you.

Q: Your father was a football coach. Did that shape your approach to leadership?

Moore: Yes! Watching my dad lead taught me to value the relationship more than my need to be right. He also taught me that a leader sacrifices so that those who are following can succeed and grow.

Q: You started Hospitality House 15 years ago. What would 2019 Toni say to 2004 Toni?

Moore: Rome wasn't built in a day, girl! You've got time to grow this organization. Balance your life well. Make sure you spend as much time with your own family as you do caring for everyone else's family.

Q: In addition to spending time with your family, you devote a lot of time to ballroom dancing. Has that activity taught you any work-relevant lessons?

Moore: Many. For example, it's taught me that to lead others well, you must allow the followers to do their part, support them well, and help them maintain their balance.

Q: For those who haven't been through it, what kind of hardships do families face when their loved ones need medical care far from home?

Moore: There are expenses like transportation, food and hotel. Some will deal with physical discomfort – sleeping in waiting rooms or vehicles to reduce those costs. Plus, they still have bills back home to pay. To make

continued next page

matters worse, they can lose their job since they're missing work to be at the hospital. In some cases, it splits up a family because they have to leave their child with neighbors or relatives while they travel to the hospital. If they don't have a supportive community to help deal with all of this, their financial burden increases, depression and hopelessness can set in, and the cycle can get worse.

Q: What advice would you give readers facing a difficult obstacle of their own?

Moore: Take off your own superhero cape and allow friends to put theirs on. Let them help you.

Q: What do you hope your legacy will be?

Moore: I hope my legacy will be that I invested in other people's lives, and they continued that same legacy. I hope I'll be remembered as a person who followed Christ and exemplified His character of love, grace and forgiveness through the practice of hospitality.

Q: What are some simple but meaningful ways for people to practice hospitality right now today?

Moore: Share a meal, a beverage, a conversation. Make eye contact, shake hands, give hugs, extend kindness, offer encouraging words, realize you have more in common with others than you thought.

Q: Can kids practice hospitality, too?

Moore: Absolutely. When you meet another child, introduce yourself and introduce that child to others. Shake their hand, ask their name and use their name as you play together.

For more information on Hospitality House of Tulsa, visit www.hhtulsa.org Greg Forbes Siegman is co-author of *The First Thirty* (www.FirstThirty.com)



MAIN EVENT ENTERTAINMENT | EAT. BOWL. PLAY.®



FEATURING:

BOWLING • GRAVITY ROPES • LASER TAG • 100+ ARCADE GAMES & MORE

OKLAHOMA CITY (405) 751-4900
1441 W. Memorial Road • Oklahoma City, OK 73114

TULSA (918) 447-1200
7830 S. Santa Fe Ave. W • Tulsa, OK 74132

BIRTHDAY OFFER!

$50 VALUE

BIRTHDAY BONUS

DOUBLE ARCADE PLAY FOR ALL PARTY GUESTS

PACKAGES STARTING AT $15.95

Offer to be used on or before 6/25/19.
Must mention promo code **LMJA19** at time of booking.

Excludes online bookings. Birthday party must be held by June 25, 2019, in order to redeem offer. Offer not valid on holidays or with any other offer or discount. Reservations required, 10 child minimum. Certain restrictions may apply.

EVERYDAY OFFER!

FREE $20

IN ARCADE PLAY

WITH PURCHASE OF $20 IN ARCADE PLAY!

12345997924

Valid for arcade game play only. Card is not entitled to a cash refund for unused portion, unless required by law. One coupon per person, per day. Expires June 25, 2019. All promotional FUNcard values valid for arcade game play only and cannot be used as cash or payment towards an activity, food, beverage or group event. Offers subject to change, may end at any time without notice and cannot be combined with other offers. Must bring coupon in from original advertising. Copies or duplicates or digital renditions will not be honored.

*Gravity Ropes and Laser Tag have a height requirement of 48" to play.

TULSA ZOO

BREAKFAST with the BUNNY

DO YOUR PARTY FOR THE PLANET

APRIL 20

tickets available

Breakfast with the Bunny
9am & Noon

Breakfast & Crafts | Animal Encounters | Easter Bunny Photos

tulsazoo.org/bunny

free with admission

Party for the Planet
10am - 3pm

15 Keeper Chats | Activites at the Globe

TULSA ZOO

win a kid's Dreamhouse!

Domestic Violence Intervention Services (DVIS) will be hosting the inaugural DVIS Dream Houses fundraiser in April 2019. The agency partnered with community sponsors to design and build four Dream Houses including plane, geometric, rustic outpost and fairy tale English cottage-themed projects. All playhouses will be displayed at Woodland Hills Mall April 7 - 20, 2019. Raffle tickets will be sold to the public for $5 per ticket.

The plane-themed playhouse was built by American Airlines. The house includes red and blue benches for seating, instrument panels, a sound system with prerecorded items that can be played before take-off and with landing, a switch that activates a blinking light on top of the house and LED lighting.

The geometric-themed frame house was designed by KKT Architecture and built by LD Kerns Contractors. It celebrates children's growing independence as they look out on the world from a safe vantage point. The wooden prism includes a reading nook, bookcase and an open rooftop that allows children an "away place" to think, observe and dream.

The Outpost is a rustic-themed playhouse that was a collaboration between National Association of Women in Construction (NAWIC) and Manhattan Road and Bridge. It will have a reclaimed wood front with the remaining structure painted a barn red. The inside will also be decorated with rustic/western décor.



The small enchanted cottage is a collaboration between 1Architecture and Nabholz. The perfectly imperfect cottage is imaginative and will include handmade woodland creatures inside, along with end cut log floors and a fireplace. The house will also include twinkle lights and fairy dust for a finishing touch.

Raffle winners, as well as the most popular playhouse, will be announced at the Closing Event at Woodland Hills Mall from 3 p.m. – 5 p.m. on April 20, 2019. Raffle winners will be contacted by phone and will have 72 hours to respond before another winner is chosen. Playhouses will be delivered to the winner's driveway or preferred location within a 50-mile radius of Woodland Hills Mall.

Sponsors for DVIS Dream Houses include the following: American Airlines, KKT Architecture, LD Kerns, National Association of Women In Construction (NAWIC) builds, Manhattan Roads & Bridge, 1architecture, Nabholz, Crossland Construction, Lamar Advertising Company, Tulsa Kids Magazine, Tulsa People Magazine and Woodland Hills Mall.

Get more information about DVIS Dream Houses at www.dvisdreamhouses.org.

WIN A CHILD'S PLAYHOUSE!

DVIS Dreamhouse Raffle

View Playhouses,
April 7-20,
Woodland Hills Mall

Raffle Tickets: $5
Winners Announced
April 20



www.thatsdance.com | 918-408-6226 | 4427 E. 31st Street

Therapeutic screenings are still free at the McCarty Center

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

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

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

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



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

tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.

is a proud member

PMA
PARENTING MEDIA ASSOCIATION

Parenting Media Association
is a national organization
that upholds high standards
of journalism and editorial excellence.

Visit parentingpublications.org for more information



Tulsa Rock and Mineral Society's Annual Gem, Mineral and Jewelry Show

Tulsa Fairgrounds -Exchange Center
Sat., July 13, 9 a.m. to 6 p.m. and Sun., July 14, 10 a.m. to 5 p.m.
$6.00 Adults
Kids 12 and under admitted free with paid adult.
Free admission for Scouts and Military in uniform
Show features Gems, Beads, Fossils, Jewelry, Crystals, Demonstrations, Fluorescent Display
Free Kids Area



http://tulsarockandmineralsociety.org/



REPORTING CHILD ABUSE IS ALWAYS THE HEROIC CALL

CHILDREN DEPEND ON TRUSTED ADULTS TO BE THEIR "SUPERHERO" PROTECTORS.

BY NATALIE MIKLES

It was 3 o'clock, the end of the school day, when one of Kathy's students walked into her classroom.

"I don't want to go to PE tomorrow," he said.

This was a boy who loved PE, an athletic 9-year-old who liked playing sports and games. Now he was in tears.

He wouldn't tell his teacher why, but practically begged her not to make him go the next day.

"I told him, 'I don't know what's going on, but I'll fix it,'" Kathy said.

She ran through a few scenarios in her mind – maybe he was being bullied or picked on by other kids. But she didn't brush it off. They talked more, and after she promised him he wouldn't have to go to PE, he told her the secret that had been weighing him down.

He had been sexually abused by the school's PE teacher.

Kathy reported the abuse that day.

Reporting abuse can be scary. Some people wonder about the ramifications for the victim or the alleged perpetrator. They may second-guess their suspicion. And when reporting on a situation involving one's own family, there are concerns over breaking up or destroying the family.

Jessica Stombaugh, child specialist with the Child Abuse Network (CAN), said that while reporting can be intimidating or cause conflicting feelings within a person, any time there is suspicion of abuse, it should be reported to DHS.

"I think the most important thing people need to remember is that you are not accusing the parents or caregivers of abusing the children when you make a report. You are asking a professional to check in with the family to make sure they are OK," she said.

In Kathy's case, she had the word of the boy and that was enough for her to report. But whether a child speaks up or not, adults should report even the suspicion of abuse.

continued next page

"It is not the reporter's job or responsibility to determine if the child is being abused. You only have to have suspicion. Report any bruising that is not normal, overly sexualized behavior or knowledge of sexual acts that are not normal for their age, children that are not getting medical care for injuries, or children that are underweight or always hungry," Stombaugh said.

Ali Kern is a forensic interviewer and child specialist with CAN. She says it's valid for someone to worry, "What if I'm wrong?" or "What if the child is taken away?" before reporting. But, she said, DHS' role isn't to separate kids from their parents, but rather to provide a safe environment for children, which many times can mean keeping the family together and offering them services.

"If you feel like a child is in danger, it's always appropriate to call the DHS hotline and report abuse, even if you think it's not substantial enough to elicit an investigation. They keep records of calls, and there could be a pattern or history of abuse in the family that will elicit an investigation," she said.

The Child Abuse Network in Tulsa serves as a hub for the agencies handling severe cases of abuse and neglect. It's a place where DHS child welfare workers, police, physicians, prosecutors and mental health professionals can work together to assess victims all in one location.

It's also a place where those who have reported abuse or are considering abuse can talk to child abuse specialists. People like Kathy who report abuse may experience trauma themselves over the situation. Kathy calls the Child Abuse Network her saving grace and said the people there helped her through the case.

After reporting the abuse, Kathy testified against the teacher at her school. He was convicted and sentenced to 25 years in prison.

Kathy says she never had a doubt as to whether she was doing the right thing.

"I had a lot of favor with my students. I always had good relationships with them. When he came to me crying, I knew something was wrong.

"But when he said, "He touches me and I don't want him to," at that moment, I never imagined him saying anything like that," she said.

Kathy said the student was afraid adults wouldn't believe him. And he was right. She says others at the school questioned the boy's story. She says she feels grateful her student felt he could trust her and talk to her. She said it's important that kids have a safe place or a trusted adult to talk to – someone who has the power to put a stop to the abuse.

"Kids might be afraid they're going to get in trouble. They can't tell their friends, sometimes they feel like they can't tell their parents," she said. "He was embarrassed. He was ashamed. He wanted to hear that it was going to stop, and that it was going to be OK."

The name of the teacher has been changed in order to protect the privacy of the teacher and the child.

HOW DO I REPORT CHILD ABUSE?

Call the Oklahoma DHS hotline: 800-522-3511.

Failure to report suspected child abuse is a crime.

If you have any questions, a specialist from CAN will help you through the reporting process and explain what happens next. Call a child specialist at 918-624-0200.

WHAT HAPPENS AFTER ABUSE IS REPORTED?

A DHS supervisor screens the report of child abuse to determine whether the allegation meets the statutory definition of abuse and neglect and whether the report falls within DHS' responsibility. DHS is mandated to investigate allegations of abuse perpetrated by a caregiver. If the alleged abuse is someone other than a caregiver, DHS is required to forward the report to law enforcement.

Next, DHS assigns a child welfare worker who will begin the investigation as soon as possible. If the case involves possible criminal acts, the DHS investigator will contact the appropriate law enforcement agency.

The investigators who are assigned to the case may choose to use the Child Abuse Network's services at the Children's Advocacy Center. CAN brings together medical, mental health, investigative and legal professionals from multiple agencies to determine whether child abuse has occurred. CAN's centralized approach is designed to provide more efficient, accurate, and less traumatic investigation of child abuse.

After the child leaves the Children's Advocacy Center, the investigators will continue their investigations.

When the investigation is completed, the investigators submit their findings and recommendations to the District Attorney's Office.

HELP SUPPORT CAN

Sign Up for the Superhero Challenge
Sunday, April 28, 1-4 p.m.
POSTOAK Lodge, 5323 West 31st Street North
Fun Run, Obstacle Course, Face Painting, Kids Zone
Wear your favorite superhero costume!
For ticket information, go to www.childabusenework.org

Follow our Bloggers on Instagram!

@coffeenebulakristi

Coffee Nebula by Kristi Roe Owen

@jkerckhoff

Tulsa Times Two by Jen Kerckhoff



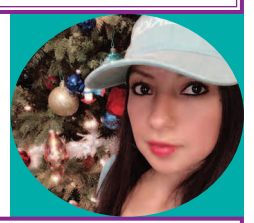
@tulsakidsgrandlife



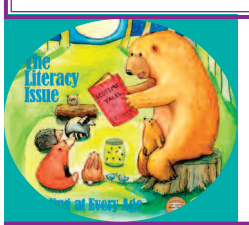
Grand Life by Diane Morrow-Kondos

@lilly_en_oklahoma_vlog

Lilly en Oklahoma Vlog by Liliana Sproul



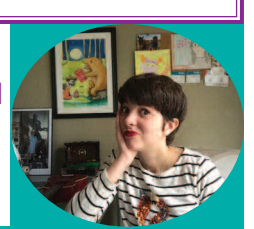
@bettyselakovichcasey1



Editor's Blog by Betty Casey

@peppermint_squeak

Spaghetti on the Wall by Tara Rittler



@tulsakids



Registration Open Now!
Limited spots available

Real Artists. Real Fun.

Kids 5–14 work alongside acclaimed local and regional artists for an unforgettable summer experience.

May 28–31 • Jun. 3–7 • Jul. 29–Aug. 2

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

Philbrook



Summer Music Camp
June 4 - July 27

SAIED Music Company
www.saiedmusic.com
918-252-5541

PIANO CAMP
STAR WARS MUSICAL CAMP
GUITAR BOOT CAMP
UKULELE CAMP
BEGINNER VIOLIN CAMP
ADVANCED VIOLIN CAMP
PERCUSSION CAMP

NOW ENROLLING



Springfest at Tulsa Garden Center.
Photo by Steven Michael.

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

April 1 Monday

MAGIC MONDAY STORYTIME [FREE, W]
Bring the kids every Monday for storytime at Magic City Books. Classics, new favorites, and more. Snacks included. Free and open to all. Magic City Books, 221 E. Archer St., 10:30 a.m. magiccitybooks.com

CAREGIVER/CHILD YOGA
With music and movement, you and your child are bound to have fun during this short yoga practice together. Learn breathing practices and poses you can do as a family at home. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

April 2 Tuesday

STORYTIME AT GATHERING PLACE [FREE, W]
Fall in love with the magic found in children's books! Head to Gathering Place every Tuesday at 10 a.m., Thursday at 4 p.m., and every Saturday at 9:30 a.m. for Story Time from guest readers. Gathering Place, 2600 S. Riverside Dr., 10 a.m. gatheringplace.org

READ AND PLAY [FREE]
Chat about books you've read lately with other parents and caregivers while your little one ages 0-5 enjoys a relaxed play environment. Hardesty Library, 8316 E. 93rd St., 10:30-11:30 a.m. tulsalibrary.org

April 3 Wednesday

STORY TIME AT THE TULSA ZOO [W]
Be ready for tales, and even tails, as you meet an animal ambassador at 10 a.m. every Wednesday during Story Time at the Tulsa Zoo. Visit the Helmerich Discover Center lobby, between the gift shop and elephant exhibit, for some furry or feathered fables. This event is free with zoo admission. More information at tulsazoo.org/calendar Tulsa Zoo, 6421 E 36th St. North, 10 a.m.

BUILD A READER STORYTIME: BABIES & TODDLERS [FREE, W]
Ready, set, READ! This beginning storytime focuses on helping your baby or toddler develop important literacy skills while emphasizing the fun of reading. Broken Arrow Library/South, 3600 S. Chestnut Ave., 10:30-11 a.m. tulsalibrary.org

INTRO TO BEAT MAKING: USING MASCHINE [FREE]
Learn how to make your own beat in the Audio Lab as we use the program Maschine. Space is limited. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. For ages 13-18. Central Library, 400 Civic Center, 4-5 p.m.

April 4 Thursday

LEARN AND PLAY
Presented in collaboration with Tulsa Community College Early Childhood Education Department, this program is designed for children ages 0-5 and their caregivers to enjoy a developmentally-appropriate gallery experience followed by hands-on activities designed to stimulate early learners in a lively, social atmosphere. Snacks and all materials are provided.
Free with museum admission, but advance reservation is required due

to limited space. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 10:30-11:30 a.m. Also occurs Friday, April 5 at the same time. gilcrease.org

HANDS-ON STORYTIME [FREE, W]
Busy hands, busy brain! Preschoolers learn through hands-on activities. Participants will explore, experiment and create. Be ready to get messy! Central Library, 400 Civic Center, 10:30-11 a.m. tulsalibrary.org

MAKE AND TAKE: FELT FLOWER BOOKMARKS [FREE]
Use felt to create easy, beautiful floral bookmarks for spring! All materials are provided. Registration is required. Register in person or call 918-549-7323. For ages 13-18. Schusterman-Benson Library, 3333 E. 32nd Pl., 5-6:30 p.m. tulsalibrary.org

April 5 Friday

JUST BETWEEN FRIENDS—JENKS
Shop for gently used kid's items from April 5-7. Jenks Riverwalk, go to jenks.jbfsale.com for event details.

FIRST FRIDAY [FREE]
This year-round monthly event features all of the galleries, studios and museums as well as the part-time galleries in various shops opening their doors to show art. The Art Crawl is held on the first Friday of the month and open from 6–9 p.m. Tulsa Arts District, 6-9 p.m. thetulsaartsdistrict.org

BABYPALOOZA
The Emergency Infant Services's Junior Board's annual Babypalooza Concert and Painted Pacifier art competition will be held during the monthly First Friday art crawl. Babypalooza is a fun-filled family event with live local music, raffle items, and a middle and high school art competition that serves as a fundraiser for Emergency Infant Services. Guthrie Green, 111 E. M.B. Brady St., 6-9 p.m. eistulsa.org

April 6 Saturday

AQUARIUM RUN
The Aquarium Run is one of the area's premier race events with more than 2,400 runners and spectators expected this year. The event offers a half-marathon, 10K, 5K and 1-mile family fun run/walk. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 8 a.m.-12 p.m. okaquarium.org

SUMMER CAMPS & ACTIVITIES FAIR [FREE]
Union Public Schools and TulsaKids Magazine invites parents and families to learn about summer camps, programs, and other learning activities available to children in the Tulsa community. Event is free and open to the public. Union Multipurpose Activity Center, 6836 S. Mingo Rd., 11 a.m.-2 p.m. Get information at facebook.com/tulsakidsmagazine

POPCORN AND A MOVIE: "WONDER WOMAN" (PG-13) [FREE]
See Wonder Woman discover her full powers ... and her true destiny in this 2017 action-packed adventure movie. For ages 10 to adult. Pratt Library, 3219 S. 113th W. Ave., Sand Springs, 1-3 p.m. tulsalibrary.org

April 7 Sunday

STUDIO SUNDAYS [W]
Calling all tinkerers, artists, and families! You're invited to drop in for creative exploration at The STUDIO, located on the 3rd floor of ahha's Hardesty Center.
Every Sunday in The STUDIO, you'll discover special activities and new creative challenges, techniques, and materials for kids of all ages to explore. You'll also have the chance to meet artists participating in the Open Studios program in the nearby printmaking, metal, photography, and digital media labs. ahha Tulsa, 101 E. Archer St., 12-7 p.m. ahhatulsa.org

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



Dates: 2- and 3-year-old class times:
Thursday Series: 9-10 a.m. on April 4, 11, 18
Saturday Series: 9-10 a.m. on April 6, 13, 20
3-year-olds through PreK class times: Thursday Series: 11 a.m. – noon on April 4, 11, 18
Saturday Series: 11 a.m. – noon on April 6, 13, 20
Nature's Buddies: Shapes of Nature, Spring
Discover the structures in nature that are reawakening in the warming weather with your preschooler. What shape is a blooming flower? What forms can water take? How does the structure of an egg help it? You will even meet a zoo animal at each class! Cost for the series is $40, with zoo members receiving 10 percent off. For more information and registration at tulsazoo.org/classes Tulsa Zoo, 6421 E 36th St. North

April 8 Monday

DANCE & SING ALONG
Every second Monday of the month, join Executive Director Ray Vandiver and the Discovery Lab band as they sing classic children's songs. Dance with scarves, play along with instruments, and be ready to get your groove on! This event is included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

MUSIC MONDAYS [FREE, W]
Sing, dance and have fun with Mr. Benji. For toddlers to elementary-school kids.
Central Library, 400 Civic Center, 11-11:30 a.m. tulsalibrary.org

April 9 Tuesday

BUILD A READER STORYTIME: BABIES & TODDLERS/STAY AND PLAY [FREE, W]
Ready, set, READ! This beginning storytime focuses on helping your baby or toddler develop important literacy skills while emphasizing the fun of reading. Stay after storytime and join us for games, toys and activities that foster critical early literacy skills. Brookside Library, 1207 E. 45th Pl., 10:15-11:05 a.m. tulsalibrary.org

BUILD A READER STORYTIME: BILINGUAL/CUENTOS BILINGÜES [FREE, W]
Enjoy stories, songs and activities in English and Spanish. / Cuentos, canciones y actividades en inglés y español. Martin Regional Library, 2601 S. Garnett Rd., 11-11:30 a.m. tulsalibrary.org

THE SISTINE CHAPEL
The planetarium isn't just for Astronomy anymore. This planetarium show presents a recreation of the

Sistine Chapel in Rome. Learn the meanings behind the paintings. See the scenes come together in an amazing retelling of the Bible. A must see for all art lovers! Target age: 8 years to adult. Jenks Planetarium, 105 E. B St., Jenks, 7-8 p.m. jenkscommunityedu.com

April 10 Wednesday

TODDLER TIME AT CHANDLER PARK
Enjoy Easter-themed crafts and games at this special time for toddlers! $3 per child. Chandler Park, 6500 W. 21st St., 10 a.m. parks.tulsacounty.com

STORYTIME IN THE PARK [FREE]
Join the Bixby Library staff at Charley Young Park for a spring storytime. There's something for everyone – simple songs and books for the little ones, more interactive stories and activities for your older children. Charley Young Park, 50 W. Dawes Ave., Bixby, 3:30-4 p.m. tulsalibrary.org

April 11 Thursday

YOUTH READING WITH CPW WRITERS IN THE SCHOOLS [FREE]
Teaching Artists RJ Young and Clemonce Heard will lead this showcase of poetry and spoken word with K-12 students as part of Tulsa LitFest 2019. Come show your support for Tulsa youngest writers! Anthologies of student writing will be available. OSU-Tulsa (B.S. Roberts Room in the Conference Center), 700 N. Greenwood Ave., 9-10 a.m. tulsalitfest.org

ahha TULSA STROLLER TOURS
Join ahha Tulsa at 1 p.m. on the second Thursday of each month for an adult-focused, child-friendly tour of exhibitions in THE GALLERY. Juice, snacks, and the occasional toddler tantrum won't bother our expert educators, who'll engage you in deep conversation, close looking at works of art, and gallery activities. Exhibitions in THE GALLERY change every few months, so you'll want to return again and again for new experiences.
Drop-in stroller tours are included with admission and always FREE for members. ahha Tulsa, 101 E. Archer St., 1 p.m. ahhatulsa.org

KIDS CONNECTION [FREE]
Kids Connection is a social group designed for children, grades K-5, with high-functioning autism. For more information, contact Sherilyn Walton or Steve Pitts at 918.582.8272. Tulsa ARC, 2516 E. 71st St., 4:30-5:30 p.m. ddadvocacy.net

April 12 Friday

SPRING TRADERS ENCAMPMENT
Hosted by Woolaroc's Mountain Men, this camp has become a favorite for traders and re-enactors from across the country. The camp will be historically accurate, recreating what a settlement of this type would have looked like in the 1840s. Woolaroc Museum & Wildlife Preserve, 1925 Woolaroc Ranch Rd., Bartlesville; Opens April 12 at 10 a.m.; closes Saturday, April 13 at 4 p.m. Check woolaroc.org for details.

FRIENDS OF THE HELMERICH LIBRARY BOOK SALE [FREE]
New and gently used books and DVDs will be available to purchase. Teachers receive a 50% discount. Helmerich Library, 5131 E. 91st St., 10 a.m.-5 p.m. Additional date Saturday, April 12, 10 a.m.-5 p.m. tulsalibrary.org

STORYTIME FOR GROWNUPS: POETRY SLAM! [FREE]
Bring a brown-bag lunch, craft or art project, and cozy in while listening to local orators delight you with some of their favorite reads. Light bites are provided! Central Library, 400 Civic Center, 12:15-1 p.m. tulsalibrary.org

CELEBRATE CHILDREN'S DAY: FAMILY BLANKET FORT NIGHT [FREE]
Bring your blankets, sheets, pillows and flashlights to build reading forts all over the library and enjoy stories by the "campfire," snacks, prizes



Join TulsaKids and Reasor's Registered Dietician Heather Steele on Wednesday, April 24, to learn about Navigating Nutrition when it comes to family eating! Heather will cover the top 10 nutrition questions asked by parents; free childcare will be provided. Find out more on TulsaKids' Facebook event page, facebook.com/tulsakidsmagazine.

and more! For preschoolers and elementary students. Schusterman-Benson Library, 3333 E. 32nd St., 5:30-6:30 p.m. tulsalibrary.org

April 13 Saturday

FREE ADMISSION: SECOND SATURDAY [FREE]
Visit Philbrook on the second Saturday of each month for free family-friendly art-making, tours, and activities for kids of all ages in the museum and in the gardens. Philbrook Museum, 2727 S. Rockford Rd., 9 a.m.-4 p.m. philbrook.org

ahha TINKERFEST
Tinkerfest is a fun-filled day of discovery for learners ages 0–100. Through dynamic learning opportunities, this event will spark your curiosity about art, culture, science, and creativity. Tinkerfest will feature myriad of hands-on activities, interactive demonstrations, and performances. Included with admission. ahha Tulsa, 101 E. Archer St., 12-5 p.m. ahhatulsa.org

GRAND EXPERIENCE: MAMMAL MADNESS
From small shrews to blue whales, mammals come in all shapes and sizes. Learn what makes mammals unique, how scientists classify them, and some of their extreme adaptations in this choose-your-own-adventure style series. Grandparents and grandkids will play games, go on scavenger hunts, and create fun-filled memories that will last a lifetime. Grandchildren K-6 welcome. Grandparents can be any age. Registration is for one grandchild and one grandparent for one class session, $25 per class. More information at tulsazoo.org/classes or (918) 669-6204. Tulsa Zoo, 6421 E 36th St. North, 1-4 p.m.

April 14 Sunday

SENSORY-FRIENDLY FAMILY FUN TIME
Every second Sunday of the month, Discovery Lab hosts Sensory-Friendly Family Fun Time. This event is held before the museum opens for the day for families with children on the Autism Spectrum and/or who have sensory processing disorders. Families can enjoy the museum before the rush and play together in a supportive environment. Discovery Lab, 560 N. Maybelle Ave., 9:30-11:30 a.m. discoverylab.org

April 15 Monday

SENSORY FOR THE YOUNG SCIENTISTS

Every third Monday of the month let your little scientists explore their senses! Listen to a science-themed story before experimenting on your own. This event is included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

OPIOIDS: PREVENTION AND AWARENESS—A COLLABORATIVE RSVP/OSU MASTER WELLNESS PROGRAM [FREE]
An RSVP/OSU Opioid Awareness Educator volunteer will educate and inform adults and teens about the personal, family and community risks of opioid addiction. Sponsored by Oklahoma State University's Cooperative Extension Service and RSVP (Retired Senior Volunteer Program) of Tulsa. Central Library, 400 Civic Center, 12-1 p.m. tulsalibrary.org

CIRCLE ANIME CLUB: PENGUIN HIGHWAY
Budding genius Aoyama is only in the 4th grade, but already lives his life like a scientist. When penguins start appearing in his sleepy suburb hundreds of miles from the sea, Aoyama vows to solve the mystery. When he finds the source of the penguins is a woman from his dentist's office, they team up for an unforgettable summer adventure! Circle Cinema, 21 S. Lewis Ave., 7:30-9:30 p.m. circlecinema.com

April 16 Tuesday

TWEEN GAME NIGHT [FREE, W]
Head to the library for friendly Xbox One and PS4 competitions for ages 9-14. Nathan Hale Library, 6038 E. 23rd St., 3:30-5:30 p.m. tulsalibrary.org

THE DEATH PENALTY: FACTS AND FICTIONS
David R. Dow has dedicated his life to the fight against capital punishment—to righting the horrific injustices of the death penalty. He joins Magic City Books, Booksmart Tulsa and B'Nai Emunah for an important conversation. Congregation B'Nai Emunah, 1719 S. Owasso Ave., 7-8:30 p.m. magiccitybooks.com

April 17 Wednesday

DON'T STOP THE MUSIC/NO PARES LA MÚSICA [FREE]
This interactive program features songs, dancing and lots of fun. For preschoolers and toddlers. // Venga con nosotros a esta programa interactiva con canciones, bailes y mucha diversión. Para las edades 0-5. Martin Regional Library, 2601 S. Garnett Rd., 11-11:30 a.m. tulsalibrary.org

April 18 Thursday

MAKE AND TAKE: POPSICLE STICK WASHI TAPE BRACELETS [FREE]
Make fun, easy bracelets using popsicle sticks and colorful washi tape! Call 918-549-7323 or come in person to register. For ages 10-18. Schusterman-Benson Library, 3333 E. 32nd Pl. 5-6:30 p.m. tulsalibrary.org

REIMAGINING THE TULSA RACE MASSACRE [FREE]
Join songwriter and playwright Ronvé O'Daniel and novelist Jen Latham (author of Dreamland Burning) as they discuss the role that art, fiction, and music play in helping us remember the past—in particular the 1921 Tulsa Race Massacre. Oklahoma Center for the Humanities, Tyrell Hall, University of Tulsa, 7-8:30 p.m. humanities.utulsa.edu

April 19 Friday

PAWS FOR READING [FREE]
Registered therapy dogs are excellent listeners. Elementary-school kids are invited to read their favorite books to a furry, four-pawed friend. Each reader will receive a free book provided by the Raymond and Bessie Kravis Foundation through the Tulsa Library Trust. Registration is required. Register online atwww.tulsalibrary.org/events or call 918-549-7323. Brookside Library, 1207 E. 45th Pl., 3:30-4:30 p.m.

April 20 Saturday

WHERE HANDS AND FEET MEET: 5K RUN/WALK
Signing hands meet running feet in this event to benefit services for deaf/hard of hearing people! Kick off spring by celebrating fitness! Activities for the kids will be on hand, as well as water and snacks to keep everyone going. Mohawk Park, 5701 E. 36th St. N., 8:30-11 a.m. tsha.cc

PARTY FOR THE PLANET
Celebrate Earth Day by learning about wildlife in a fun party for the planet! Discover what the Tulsa Zoo and wildlife conservation partners are doing to conserve, protect, preserve and how you can help. Get the inside scoop during specialized zookeeper chats from our animal care experts. Take the conservation celebration home and plant-it! Purchase wildlife friendly plants and zoo poo compost (8 a.m. to 3 p.m.). Party for the Planet events included with zoo admission. More information at tulsazoo.org/p4p Tulsa Zoo, 6421 E 36th St. North, 10 a.m.-4 p.m.

EARTH DAY CELEBRATION [FREE]
The Tulsa Earth Coalition, comprised of many of our city's active environmental and sustainability groups, will host a free day-long Earth Day celebration on Guthrie Green featuring expert speakers, educational booths, fun family & kids activities, arts vendors, local cuisine and lots of live music. Gutrie Green, 111 E. M.B. Brady St., 1-9:30 p.m. guthriegreen.com

April 21 Sunday

FUNDAY SUNDAY AT GILCREASE MUSEUM [FREE]
The third Sunday of every month is Funday Sunday. It's a FREE admission day loaded with fun for the whole family. Visitors can enjoy art-making stations throughout the museum, special exhibition-themed programming, open galleries and our gardens. Art activities take place from noon to 4 p.m., but admission is free all day. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 12-4 p.m. gilcrease.org

April 22 Monday

MOVE IT MONDAY
Move to music, play a game, and read a book! All activities center around a theme and are designed for young children's physical, mental, emotional, and social development. This event is included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

STEAM WORKSHOP [FREE]
Homeschoolers, this program is for you! Enjoy STEAM (science, technology, engineering, art, mathematics) activities for ages 5-12. Class size is limited. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. Central Library, 400 Civic Center, 2-3 p.m.

MAKER MONDAY: PAINT ALONG WITH BOB ROSS [FREE]
Paint "happy little trees" and watch Bob Ross' iconic "Joy of Painting." Art supplies and good vibes are provided; just bring yourself. Seating is limited. Registration is required. Register online at www.tulsalibrary.org/events or call 918.549.7323. For adults and teens. Central Library, 400 Civic Center, 5:30-6:30 p.m. tulsalibrary.org

April 23 Tuesday

RECYLING 101: EARTH DAY WITH THE M.E.T. [FREE]
Learn the what and the how of recycling with an expert from The Metropolitan Environmental Trust (The M.e.t)! For ages 5-12. Broken Arrow Library, 300 W. Broadway Ave., 4-5 p.m. tulsalibrary.org

CELEBRATE CHILDREN'S DAY: GAMING AT KENDALL-WHITTIER [FREE]
Stop by after school and meet your friends for some gaming. For ages 10-12. Kendall-Whittier Library, 21 S. Lewis Ave., 4-5:30 p.m. tulsalibrary.org

April 24 Wednesday

TEEN CONNECTION
Teen Connection is a social group for middle and high school students with high functioning autism. Activities include board and video games where they can practice positive social skills with others that have similar interests. For more information, contact Sherilyn Walton or Steve Pitts at 918-582-8272. Tulsa ARC, 2516 E. 71st St., 4:30-6 p.m. ddadvocacy.net

TULSAKIDS PARENTS' MEET-UP: NAVIGATING NUTRITION WITH REASOR'S REGISTERED DIETICIAN HEATHER STEELE [FREE]
Join Heather as she covers the top ten nutrition questions asked by parents including picky eating, food allergies, serving sizes, families on-the-go, understanding nutrition labels, and more! This event is free and open to all; free childcare will be provided. Southminster Presbyterian Church, 3500 S. Peoria Ave., 6-7:30 p.m. facebook.com/tulsakidsmagazine

April 25 Thursday

SURVIVAL SKILLS: RÉSUMÉS, APPLICATIONS, INTERVIEWS, OH MY! [FREE]
Learn the basics of filling out job applications, making a résumé (even if you've never had a job) and some interview skills, and then get some resources for practical practice. For ages 12-18. Broken Arrow Library/South, 3600 S. Chestnut Ave., 3:30-4:30 p.m. tulsalibrary.org

FAMILY COLOR WALK
See how many colors your family can find as you explore the Garden and see what's blooming. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 5-8 p.m. tulsabotanic.org

April 26 Friday

CELEBRATE CHILDREN'S DAY: SLIME PARTY! [FREE]
Sticky and gooey! Have some fun with slime! For all ages. Kendall-Whittier Library, 21 S. Lewis Ave., 4-5 p.m. tulsalibrary.org

April 27 Saturday

CHANDLER PARK "IT'S A BABY!" SHOWER [FREE]
A baby shower welcoming young families to parenthood! An educational event for expecting families offering topics such as nutrition, growth/development, safety and breastfeeding. Vendors from local organizations will be present. Door prizes, games and light refreshments provided. All expecting mothers and fathers are invited. Sign up by phone (918.591.6053) or at location. Free, but registration required. Chandler Park, 6500 W. 21st St., 10 a.m.-1 p.m. parks.tulsacounty.org

TOUCH-A-TRUCK [FREE]
The library's parking lot will be transformed into a truck "petting zoo." Bring the entire family to explore big trucks and vehicles at this free outdoor event. Children of all ages can see familiar and not-so-familiar vehicles up close. They can touch, explore and sit in the driver's seat of vehicles they see every day on our roads. There will also be local food vendors, live music and fun giveaways! Owasso Library, 103 W. Broadway, 10 a.m.-12 p.m. tulsalibrary.org

BOTANY WALK AT OXLEY NATURE CENTER [FREE]
This guided walk through Oxley will focus on local flora. Oxley Nature Center, 6700 Mohawk Blvd., 10:30 a.m. oxleynaturecenter.org

ZOO INSIDER: EDUCATION ZOOKEEPER
Teens ages 13-18 will learn what it takes to inspire a passion for animals. From caring for our animal ambassadors to running the COX Nature Exchange, an educator's job is never done. Cost is $25 per class. More information and registration at tulsazoo.org/classes. Tulsa Zoo, 6421 E 36th St. North, 1-4 p.m.

LAFORTUNE BLAST FROM THE PAST CARNIVAL
Old fashioned indoor carnival! All games 25¢! Free admission. All ages welcome. LaFortune Community Center, 5202 S. Hudson Ave., 3-6 p.m. parks.tulsacounty.org

April 28 Sunday

CAN SUPERHERO CHALLENGE
REGISTRATION DEADLINE: April 15 The annual CAN Superhero Challenge will be held on the beautiful grounds of the POSTOAK Lodge & Retreat. This marks the sixth anniversary for this event, which has raised more than $300,000 in the past five years to support the Child Abuse Network (CAN). This will be a fun-filled day, complete with food, face painting, a fun run, Kids Zone and obstacle course challenge run for kids and adults! POSTOAK Lodge & Retreat, 5323 W. 31st St. N., 1-4 p.m. childabusenetwork.org

MILLER SWIM SCHOOL GRAND OPENING CARNIVAL [FREE]
Join Miller Swim School in celebrating the Grand Opening of their Jenks location with a family friendly carnival, featuring bounce houses, pony rides, food trucks and more! Visit their website to get the schedule and to learn about additional Grand Opening Weekend events, including a Swim Clinic with former Olympian Rowdy Gains on Saturday, April 27, and an official Ribbon-Cutting Ceremony on Friday, April 26. Miller Swim School West, 525 W. 91st St. S. millerswimschool.com

April 29 Monday

CREATING A BRAND WITH SCREEN PRINTING [FREE]
Learn the basics of how screen printing can be used to create your own brand with personalized T-shirts and stickers. Limited supplies are provided. Seating is limited. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. For ages 13-18. Central Library, 400 Civic Center, 4-5 p.m. tulsalibrary.org

April 30 Tuesday

CELEBRATE CHILDREN'S DAY: BOOK TASTING AND DIY GRAPHIC NOVELS [FREE]
Drop in and create your own comic book or graphic novel, and sample a variety of books at our book tasting. Enjoy a different treat per book! For ages 5-12. Judy Z. Kishner Library, 10150 N. Cincinnati Ave., Sperry, 3-6 p.m. tulsalibrary.org

GARDEN ON! THREE SPRING EVENTS FOR HORTICULTURE ENTHUSIASTS

Springfest at Woodward Park
When: Friday-Saturday, April 5-6, 9 a.m.-4 p.m.
Where: Tulsa Garden Center, 2435 S. Peoria Ave.
This popular springtime event lets gardening enthusiasts shop from a variety of plant vendors while supporting educational programs at Tulsa Garden Center! A free Kid's zone makes this a fun event for the whole family. For more information, go to www.tulsagardencenter.org/springfest.

30th Annual Herbal Affair & Festival in Sand Springs
When: Saturday, April 13, 8 a.m.-4 p.m.
Where: Downtown Sand Springs, near Broadway and Main St.
More than 100 vendors will be on-hand selling herbs, perennials, natives and heirlooms plants, along with herbal products, gardening supplies, folk art and more. In addition, families can look forward to a Kid's Zone, live entertainment at the Basil Street Theatre, and an array of food options from BBQ to Mediterranean, Amish and more! www.sandspringsok.org

Jenks Herb 'n' Plant Festival
When: Saturday, April 27, 8 a.m.-4 p.m.
Where: Downtown Jenks
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 nearby is an added thrill. For more information, go to www.jenksgardenclub.com.



The Hip Mom Takes Manhattan

BY JILL VANTREASE

The Big Apple. NYC. Manhattan. It's a city I've been drawn to my entire life: the lights, the towers, the millions of people bustling around, emitting enough joules to power an entire country. In fact, I was so infatuated with the idea of living in Manhattan that I convinced myself that I was in love with a boy who was moving there after college. We eloped, we moved to NYC, and lived there for almost five years. And, oh, how I loved living there — sans kids, of course. I worked, I met friends for drinks and dinner, I danced, I jostled annoying tourists out of my way to get to work. I mastered the subway, ran out of the office when George Clooney was being filmed outside - it was a grand time.

But I knew I never wanted to have children there, unless I had a fatso trust fund and a penthouse off 5th, which, of course, I didn't. So my (then) husband and I moved away, we broke up (this is a tale for another day), I met PVT, moved to Oklahoma….yadda yadda yadda. But in an odd life twist, I am fresh off two visits to NYC. First, with two of my kids who are at the right age to appreciate this fabulous metropolis, and the second to visit my sister, who ignored all of my advice, lives there now, and is struggling mightily sans trust fund to raise her 2-year-old and infant (also a story for another day). But, on both of these visits, dear friends, I was thrilled to discover I still possess my Manhattan mojo: I can still do this city after all these years, like muscle memory. And guess what? It's a really fun, quick, even affordable trip you can do with kids who are a bit older (you don't want to go there with a 2-year-old who is used to Oklahoma's plains and worry the whole time about keeping your baby out of the streets and away from steep stairwells),



or, of course, with your girlfriends. So, here, I'm going to give you my patented (ah, not yet) zig zag tour of Manhattan for day one - so on day two you are practically a local and a Yankees fan.

My first jaunt is subsidized a bit - lucky me - so we stay at the Essex House, which borders Central Park on the south side. But there's a huge variety of more affordable hotels in Manhattan. When I come to visit my sister, three of us stay in a roomy two-bedroom queen at the Hilton Garden Inn on the east side - right off all the fabulous shopping on 5th Avenue (the only detriment to the east side is it's not as convenient to hop on the subway). From the Essex House, though, I'm here with my 16-year-old son and 10-year-old daughter, and I'm determined to show them this city. In the morning, I rouse the children early, and we meander half a block to a little breakfast eatery in Columbus Circle (you won't starve in NYC, no worries). And then - despite PVT's admonishments - we hop on the subway!

No, the subway isn't pretty, but it's easy and not scary despite preconceptions you may have gotten from TV. It's a quick ride down to Fulton Street at the southern tip of the island, where there's one tacky touristy thing I suggest you do — hop on the Circle Line boat tour. It's a great way to get the big perspective on the city, and the tour guides are both

continued next page



knowledgeable and hilarious. Plus, you'll get an up-close view of the Statue of Liberty without having to devote half a day to going to the Lady herself. The whole tour takes less than an hour!

We hop off the boat, and then it's time to start walking. We walk through the famous Financial District, pass the New York Stock Exchange (this part of the island is skinny, so it's not too far), and end up at hallowed Ground Zero. Even if you don't go into the 9/11 museum, visiting the reflecting pools where the North and South towers once stood will take your breath away.

After this poignant pause, we keep going. We walk through the Financial District to Chinatown, where my children get to see all kinds of mysterious meats and fish dangling about in the storefronts. There are street vendors everywhere selling purses, watches, hats - anything you want, all of dubious origin.

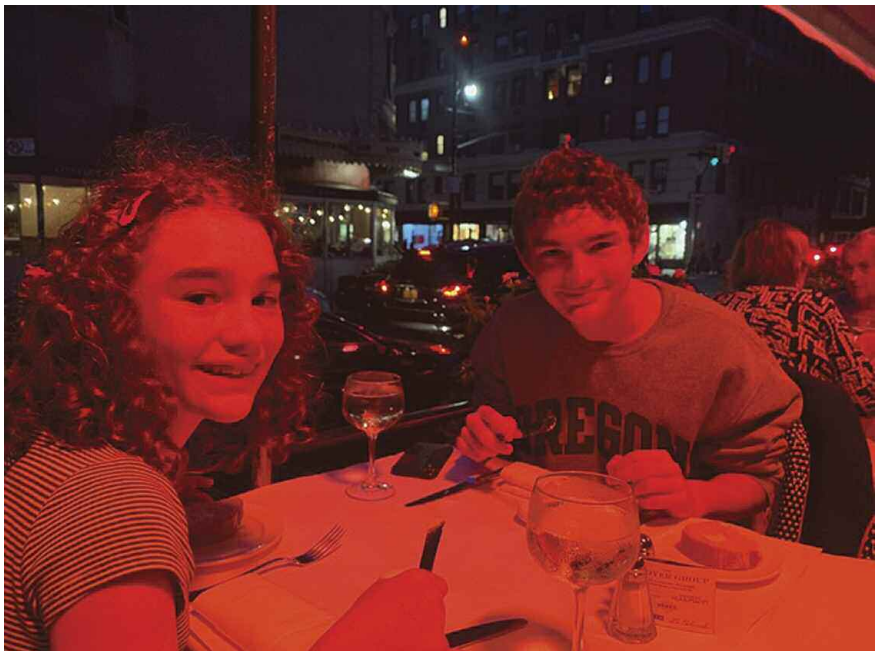
We hustle and push our way into Little Italy, where we find a delightful little sidewalk cafe - the host looks like he heads up some division of the Mob, so I'm pretty sure it's authentic Italian. We happily rest our feet, slurp up some excellent pasta, and I soak up all the languages, the street goers, the delightful panoply of humanity that one can find only in this manic city.

And then more walking. Up through Greenwich Village, past NYU, popping into little shops on a whim, through Chelsea (once a "gritty" neighborhood, now full of art galleries), all the way to the newish High Line, a lush park concept that incorporates art and design, built upon old elevated freight train tracks. I could hang out here for a while, but it's at this point (we've probably walked two or three miles) that my cross country runner son cries "uncle," and we retreat back to our hotel. I let the kids lounge while I sneak out to Avenue of the Americas to grab a few souvenirs for the rest of my brood.

Instead of heading to some



touristy Times Square spot for dinner, I decide we're going to walk some more. This time, we head over to 5th Avenue, dip into the Plaza Hotel's lobby, peak into Saks, oogle the renowned Barney's windows, and even hit the Trump Tower's gaudy golden lobby. And then we head up to the plush Upper East Side, passing the Guggenheim and the spectacular Metropolitan Museum of Art, eyeing the opulent brownstones, and find a delightful little neighborhood corner bistro - Orsay. It's definitely a favorite local haunt - I eavesdrop on a matron talking about her Palm Beach pad - and am thrilled when



my children try the escargot I've ordered as an appetizer. After an ambrosial French dinner, we meander through Central Park at dusk, dodging runners, skaters, bikers and dog walkers, all the way back to our hotel. We collapse into bed, both exhilarated and exhausted.

Since we've seen so much of the city in just one day, a second day is perfect for whatever we want to hone in on. For us, we head to mass on Fifth Avenue at St. Patrick's Cathedral, have brunch at an Irish pub, then hop on a subway to the Upper West side where we meander through the campus of Columbia University. That night we head to Carmine's, a beloved Times Square institution that serves up family style Italian, and then to a Broadway show. But, of course, you could use a second day to visit any of the world class museums. Kids would love the Museum of Natural History; artsy types - or really any human - would love the Met or the Guggenheim. Or maybe you want to hit the shops hard. With my mother and sisters (and an infant and 2-year-old — do not try this at home), we traipse up to the BG cafe on the top floor at Bergdorf Goodman. It's a bejeweled, heavily carpeted and opulent little space full of overstuffed wing chairs and ladies who lunch. I feel like we've been transported back to the '80s. Plus, we get to meander through the housewares and kids' department to get to the cafe, oohing at the all of the glitz and none of the credit card debt!

And then, after just two days, I feel as I did at the end of a long Manhattan workweek so many years ago. After the concrete, the clanging, the 4 a.m. garbage trucks, the din, I long to see some open skies, some water, some verdant grassy space. Alas, I never had a home in the Hamptons, but I have something even better now: a big house and yard to go home to in Oklahoma. Until next time, beloved city!



BY NATALIE MIKLES

make & take recipes:

SHARING FOOD OFFERS COMFORT TO FRIENDS AND NEIGHBORS

Years ago, after my daughter had an outpatient surgery, a friend from church dropped by with a pot of chicken and noodles and warm bread. It was a totally unexpected and much-appreciated gift. In fact, it's been eight years since she rang my doorbell, but I remember exactly how it made me feel so loved and cared for to have someone take the time to cook for us.

Feeding a friend who has just had a baby, has sick kids at home or who is grieving the death of a loved one is a way to show love and care. And it truly doesn't matter if it's a pan of homemade enchiladas or a bag of snacks from Trader Joe's – every bit of food received is comfort food.

My friend, Amanda Greenwald, is so good at this. She has comforted so many people with food that she calls it her "lasagna ministry." When she's making her lasagna, a recipe from her mother-in-law, she always buys enough ingredients to double the recipe. When doubled, it makes enough for three large lasagnas. That's enough to give one, eat one and freeze one. So Amanda feeds one to her family that day, gives another away and freezes another to give when a need arises.

One thing I've learned from Amanda, through working with her at our children's school's Helping Hands committee, is that we don't need to look far to find those needs. Through this committee, we identify people who may need a meal either because of illness or difficult family times, and then send out a sign-up to other parents to claim a day or two to make and take a meal. But none of us need an email alert to think of someone who could benefit from a night off from cooking. People all around us are dealing with illnesses, financial hardships, family struggles and stress.



THROUGH HER "LASAGNA MINISTRY," AMANDA GREENWALD MAKES THREE PANS OF LASAGNA AT A TIME. THAT'S ENOUGH TO GIVE ONE, EAT ONE AND FREEZE ONE.

A meal made and delivered in love needn't be complicated. Here are some of our favorites to share with friends in need.

This makes enough for two large lasagnas and one small lasagna, or for three medium pans. Sometimes Amanda makes the meat sauce the day before, then assembles all three pans the next day. "The one in the freezer is a great insurance policy for us, and can, of course, be shared if I know of someone who needs it," Amanda said.

AMANDA'S `LASAGNA MINISTRY' LASAGNA

- 2 1/2 to 3 pounds ground round or sirloin
- 1 medium onion, chopped
- 1 clove garlic, minced
- 29-ounce canned diced tomatoes
- 29-ounce canned tomato sauce
- 1 1/2 to 2 teaspoons basil
- 1 1/2 teaspoons oregano
- 3/4 teaspoon garlic powder
- Black pepper, to taste
- Lasagna noodles
- 1 egg
- 16 ounces ricotta cheese (cottage cheese may be used)
- 16 ounces mozzarella cheese
- Grated Parmesan cheese, to taste

1. Brown meat, onions and garlic in a large pan. Drain grease, if necessary. Add tomatoes, tomato sauce and spices. Simmer until meat sauce is thick.

continued next page

2. Meanwhile, cook noodles according to package directions.

3. Beat egg into the ricotta cheese until smooth.

4. Assemble ingredients in baking pans, layering with 1/3 meat sauce, 1/2 noodles, 1/2 ricotta, 1/2 mozzarella and a sprinkle of Parmesan. Repeat, ending with last 1/3 meat sauce and a generous sprinkle of Parmesan cheese.

5. Bake uncovered for 45 minutes at 350 degrees. Allow an additional 10 to 15 minutes if lasagna has been refrigerated, or up to 2 1/2 hours if frozen. For easier cutting, let stand about 15 minutes after removing from oven.

In Amy Nelson Hannon's book "Love Welcome Serve," she says this is a great recipe for taking to friends in need of comfort. Be sure when taking the soup, to send the pot of soup with bag of tortellini separately. Jot down instructions for warming the soup and to add the tortellini just before they're ready to eat.

CREAMY PESTO TORTELLINI SOUP

- 1 tablespoon unsalted butter
- 1 small yellow onion, chopped
- 1 garlic clove, minced
- 1 (32-ounce) carton chicken stock
- 1 (15-ounce) jar Alfredo sauce
- 3 cups shredded rotisserie chicken
- 1 (20-ounce) bag refrigerated cheese tortellini
- 5 tablespoons pesto
- Garnish with fresh basil and Parmesan cheese, if desired

1. In a large Dutch oven or soup pot, melt the butter over medium heat. Add the onion and saute for several minutes or until tender. Add the garlic and stir for 1 minute, just until fragrant. Stir in the chicken stock and Alfredo sauce. Add the chicken, and bring to a boil.

2. When ready to eat, add the tortellini and cook according to package directions, usually just a few minutes. Stir in the pesto. Ladle into bowls, and garnish with basil and Parmesan cheese.

This super easy recipe is easy to make and take. Pack the chicken along with bags of the lettuce, salad toppings and tortilla chips.

CHICKEN TACO SALAD

- 4 boneless, skinless chicken breasts
- 1 (14 1/2-ounce) can diced tomatoes with green chiles
- 1 (1 1/4-ounce) packet taco seasoning
- 1 cup grated cheddar cheese
- Head of green lettuce
- 2 tomatoes
- 1 avocado
- 1 bag tortilla chips

1. Saute chicken breasts in a little olive oil. Cook until cooked through and juices run clear. Let cool slightly, then chop chicken into pieces.

2. Add chicken back to saute pan with tomatoes and taco seasoning, then simmer until flavors are combined, about 15 minutes.

3. To serve, combine lettuce, tomatoes, avocado and tortilla chips. Toss in chicken mixture. Serve with salsa or your favorite dressing.

Side dishes are great, too. Several times I've delivered a roast or casserole along with these green beans. It's the green beans that people ask for the recipe.

SWEET AND SOUR GREEN BEANS

- 1/2 pound bacon
- 1/2 cup cider vinegar
- 1/2 cup sugar
- 1 large onion, cut into thin rings
- 6 cans green beans

1. Cook bacon until crisp. Remove bacon from pan.

2. Mix vinegar and sugar together in a small bowl. Add bacon grease, mixing until combined.

3. Add bacon grease mixture to a large saute pan over medium heat. Add onions and saute until tender. Add beans and stir. Cook 30 minutes to 1 hour on medium-low heat, stirring occasionally.

Everyone loves cookies. It's nice to share something sweet and homemade to eat after dinner. Be sure to include the recipe.

OATMEAL COOKIES WITH WHITE CHOCOLATE CHIPS

- 1 cup unsalted butter
- 1 cup brown sugar
- 1/2 cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3 cups oats (quick or old-fashioned)
- 1 (12-ounce) package white chocolate chips

1. Beat together butter and sugars until creamy. Add eggs and vanilla; beat well.

2. Combine flour, baking soda, salt and oats; mix well. Add flour mixture to butter mixture. Stir in white chocolate chips.

3. Drop rounded tablespoons of dough onto a cookie sheet. Bake in a 350-degree oven for 10 minutes or until golden brown. Cool 1 minute, then remove to a wire rack.

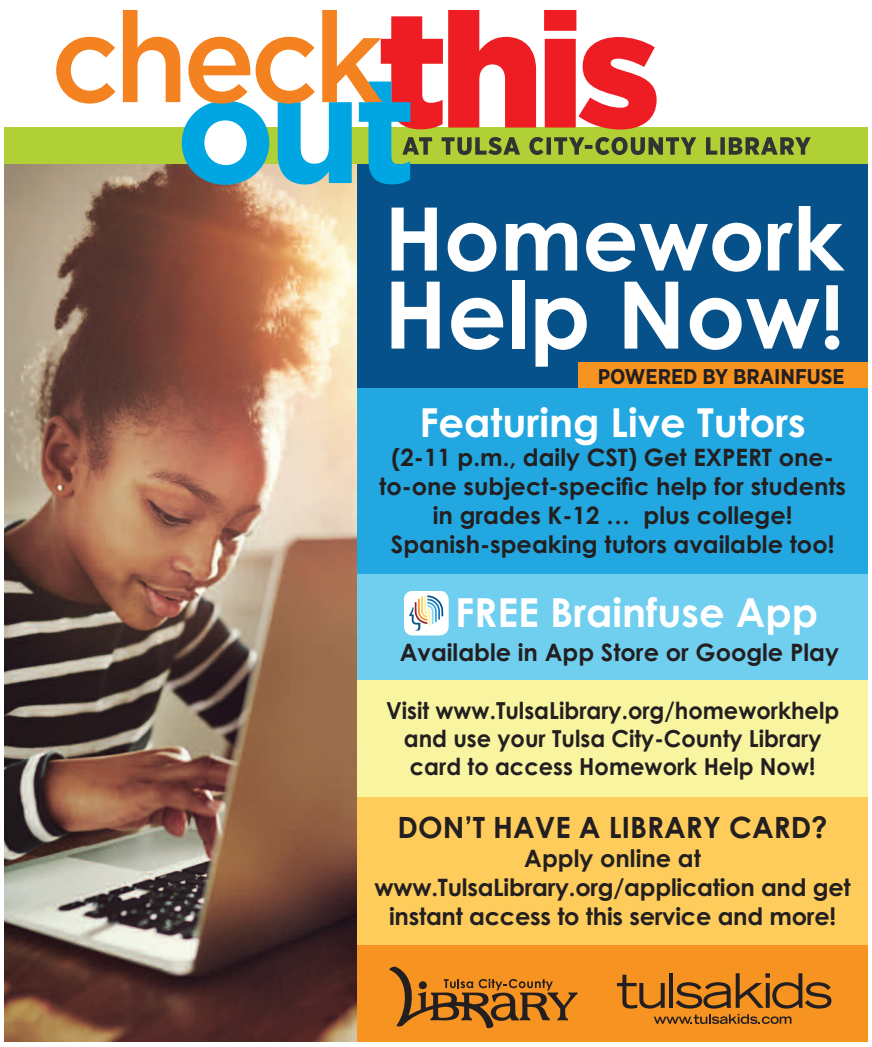
IF COOKING ISN'T YOUR THING...

1. Consider dropping by a grocery bag of fresh fruit and snacks for a family with kids.

2. A meat and cheese tray, along with a bag of rolls or French bread, makes a great meal.

3. Instead of making dinner, drop off a box of bagels and cream cheese or a big bowl of cut fruit in the morning. Mornings can be hectic for families, and anyone would appreciate this gift.

4. Restaurant gift cards are a big help to families with new babies who are too exhausted to cook.



BY NATALIE HANSON

poetry teatime adds some hygge to your homeschool

A few months ago, as my baby-induced fog began to clear, I found myself hungry for some fresh homeschool inspiration. A quick search of hashtag "homeschool" led me to oodles of images of little learners making eye-catching nature displays, knotting macramé wall hangings and other such admirable tasks. I scrolled right on past those pictures. I wasn't quite up to those projects yet. There was, however, a series of posts that sparked my interest. It was photograph after photograph of beautifully set tables that were covered with baked goods and fresh flowers. At the tables, children were drinking out of teacups and reading together. Further clicking led me to discover that these were images of families taking part in something known as Poetry Teatime.

The idea of Poetry Teatime was started by Julie Bogart, homeschooling author of a new book called *The Brave Learner* and creator of the writing curriculum, Brave Writer. Poetry Teatime is basically a conscious effort to pair quality literature with a pleasant moment. Think adding a little Hygge to your homeschool. The instructions are to take time to set an inviting table, and then sit together and read poetry aloud to one another.

Past the basic format, there is plenty of room for families to make the experience their own. I saw pictures ranging from tables that resembled high tea at the Ritz, to kids with crackers and juice boxes in the park. Sure, the piles of pastries spread across perfectly set tables were inspiring, but it was not realistic for me to commit to that level of preparation every week. However, throwing together a peaceful moment to absorb great writing is something I saw as attainable.



"…the piles of pastries spread across perfectly set tables were inspiring, but it was not realistic for me to commit to that level of preparation every week. However, throwing together a peaceful moment to absorb great writing is something I saw as attainable."

When teaching kids ages 6-16, there aren't many things that can be taught all together, so I appreciate how Poetry Teatime works for everyone. We've been doing this weekly for a couple months now, and I've been pleasantly surprised by everyone's enthusiasm for a little formality in our set up. It's also great to see my 6-year-old beam as she basically has her whole family playing tea party. Even my 16-year-old son is happy to have my permission to participate in something a little less rigorous than his school subjects.

Each meeting has some consistent elements such as candles and warm beverages, but many parts have changed week to week. Some weeks have been more catered to my younger kids with literary works by Shel Silverstein and Dr. Seuss. Other times we've explored Shakespeare. Some meetings are brief, and other times I find myself refilling cups over and over as we sink into our reading. I also welcome Poetry Teatime's ability to accommodate readers of all levels. Those who are able and enjoy reading aloud do so, and those who would rather not, opt out. The important thing is we are together having a pleasant experience with wonderful language. For my children who tend to associate reading with pain, the extra

continued next page

effort to connect the reading with pleasure seems to be especially beneficial to them.

The longer I have home-schooled, the more I think it is important to try to make the days with your children as enjoyable as possible for you and for them. The concept of Poetry Teatime certainly helps. It is a great way to put aside the grind of your daily lessons and force yourself to just be present with your children.

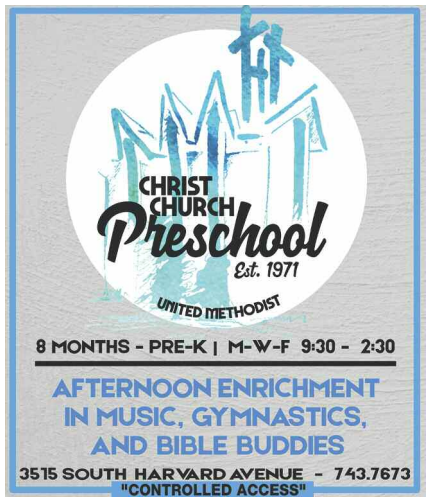
In a world where everyone is stressed and hurried, I'd like to think this association between reading and conscious calm is something that will benefit them in their busy futures.

Resources for Poetry Teatime:

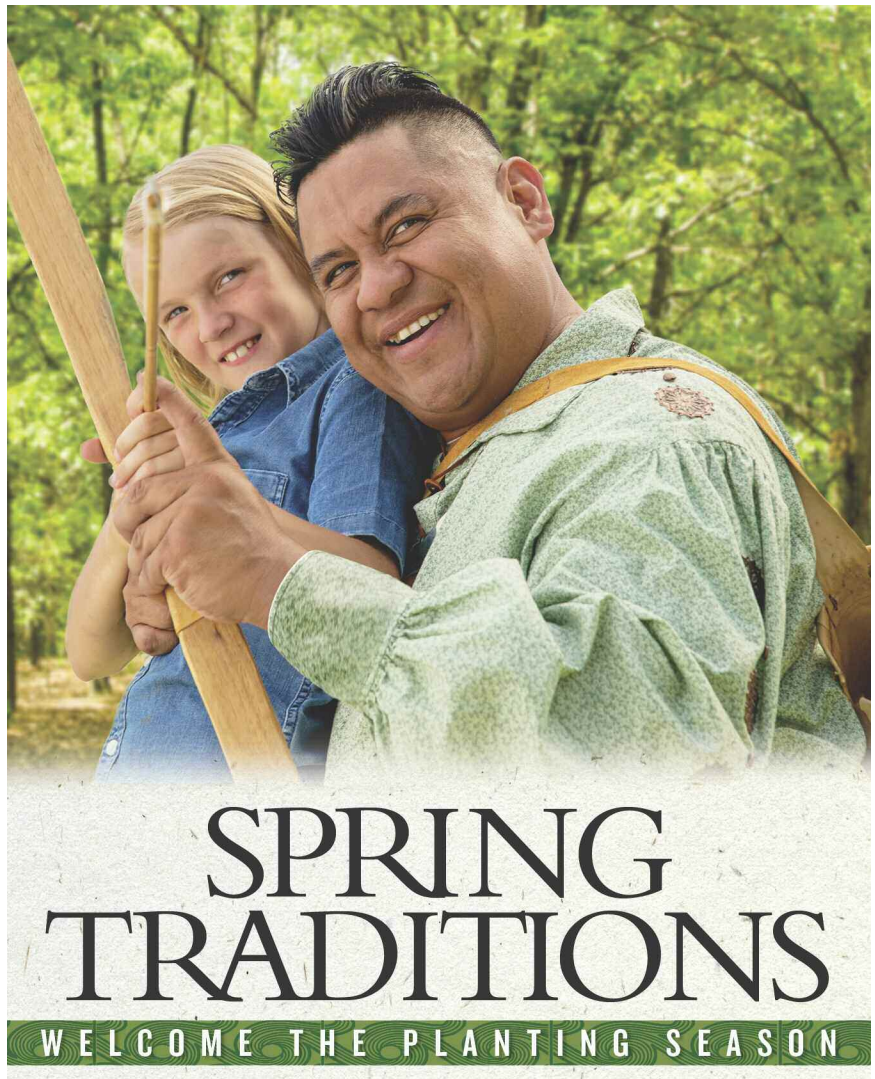
poetryteatime.com

#poetryteatime (Instagram)

www.mensaforkids.org/read/a-year-of-living-poetically/









BY NANCY A. MOORE

Emeka Nnaka: lost his walk, but gained his talk

It's been almost 10 years since Emeka Nnaka's life changed in an instant. He went from being in optimal physical shape to suffering a neck injury during a football game that left him paralyzed and unable to walk. After enduring a nine-hour surgery, 10 weeks in the ICU, and three months of intensive rehabilitation, he was released. Shortly after returning home, the difficulties he experienced adjusting to his new normal combined with self-pity caused him to hit the lowest point of his life.

However, he didn't stay down for long. Nnaka quickly realized that he had two choices: to feel sorry for himself or learn from what happened and use it to better himself and others. Nnaka chose the latter. Now a motivational speaker and life coach, he carries a message of positivity and hope as he embraces life's challenges and encourages others to do the same.



TK: What influenced you during adolescence?

Nnaka: When I was 13 years old, I lived in Nigeria for two-and-a-half years with extended family. It was an extreme culture shock. I realized that I took modern conveniences for granted, like video games, constant electricity and a washer and dryer. There, we hand-washed our clothes and hung them up to dry. This experience helped shape me into who I am today and develop a broader world view outside of my little bubble in the US.

TK: What brought you to Oklahoma?

Nnaka: After graduating high school in Georgia, I wasn't hanging around with the best crowd. My parents really wanted me to go to Oral Roberts University. I reluctantly applied and, after I was accepted, I decided to go to gain a fresh start. My misconception was that attending a Christian school would make me a better person. I didn't have any motivation for doing well academically, so I failed miserably. I learned that you have to want to be a better person on your own.

TK: How did football become a part of your life in Tulsa?

Nnaka: I was interested in football, but ORU didn't have a team, so I joined a semi-pro football team outside of college, but my grades continued to suffer. I ended up transferring to Tulsa Community College to continue my education while playing.

TK: Tell us about your accident.

Nnaka: During a game in Arkansas, I'm on the field to make a play that I'd made a hundred times before. I made the play and we both went down. He got up, but I couldn't. I could tell that something wasn't right. Shortly after that, I was struggling with my breathing and couldn't feel my legs. I was rushed to the hospital and found out that I had broken my neck. I underwent a nine-hour neck surgery and spent 10 days in ICU before returning to Tulsa for intensive rehabilitation.

TK: How did this injury change your life?

Nnaka: In the beginning, I

continued next page

couldn't comprehend the severity of my injury. I believed that getting out of the hospital was the light at the end of the tunnel. However, I was in for a rude awakening. After giving my all during three months of rehab, I was discharged. I didn't feel like I was ready to leave. I was supposed to walk out of the hospital, not be wheeled out of it. And so I began my life as a person with a disability.

TK: Where was your mind after being released from rehabilitation?

Nnaka: That started the hardest seven months of my life. I was struggling to embrace my new normal. I wanted to be prosperous and successful, but I had no idea what to do. I felt like my hopes and dreams had been put on hold. I put my former life on the shelf and watched it expire before my eyes.

TK: How did your life change after your release from rehab?

Nnaka: After several months of experiencing self-pity and asking questions that I couldn't answer, a friend invited me to volunteer with a youth group. One of the greatest things that I encountered was the curiosity of children. These kids asked me genuine questions that chiseled me down. I had to reflect inward and face what I was feeling. Through this, I knew that a disability would not stop me. I got further involved in my community by serving at the Tulsa Area United Way. After a couple of years, I went back to school and got my undergraduate degree and just recently earned a master's degree in Human Relations with a focus in Clinical Mental Health Counseling. During graduate school, I studied the science of hope and learned the importance of generating it in our own lives.

TK: What sparked your light bulb moment?

Nnaka: After three years, two of the boys who were in my first small group went to college. One day, we were together and they expressed appreciation for my presence in their lives. They even went so far as to acknowledge their thankfulness for my injury because it brought us together. That moment changed me, something clicked. I realized my life was not just my own. I had found purpose in my pain, and it wasn't for myself.

TK: Recently you were on the Ellen Show and she referred to you as the "Amazing Emeka." What do you attribute that experience to?

Nnaka: I hit a point at the end of 2018 where I had experienced several hardships within weeks; I wrecked my van and lost my source of transportation; my dad and caregiver broke his ankle and wasn't able to physically help me; and my apartment complex caught on fire. Ellen heard about all of this and invited me to the show. While on the show, I was awarded $100,000 from Cheerios who is encouraging one million acts of good with their "Generation Good" campaign. With the money, I got a new van and named it "Ellen."

TK: What is next for you?

Nnaka: I might have lost my walk, but I definitely gained my talk and now use that to help inspire others. Everyone will experience pain and hardships. Nobody escapes life unscathed. Even if you have been broken, it doesn't stop there; it's how you handle what happens. I am using my life as a message of hope and helping others understand that they are stronger than what they realize.

Wrap-up:

Nnaka has made it his mission to inspire, encourage and ignite hope and determination in others to embrace their lives regardless of their circumstances. He is a motivational speaker and personal life coach. To find out more about Emeka, visit his website at www.emekannaka.com. You can also find him on Instagram @emekannaka.



Q: What are the most important water safety tips?



A: Here are a few of our Top Water Safety Reminders. This is not a comprehensive list, so please view the Miller Swim School blog for the full list

1. Teach children water safety and swimming skills as early as possible.
2. Always brief babysitters on water safety, emphasizing the need for constant supervision.
3. Appoint a "designated watcher" to monitor children during social gatherings at or near pools.
4. Post CPR instructions and learn the procedures. Don't wait for the paramedics to arrive because you will lose valuable life-saving seconds. Four to six minutes without oxygen can cause permanent brain damage or death.
5. Maintain constant visual contact with children in a pool or pool area. If a child is missing, check the pool first; seconds count in preventing death or disability.
6. Don't use flotation devices as a substitute for supervision. Never allow a young child in a pool without an adult.
7. Don't leave objects such as toys that might attract a child in the pool and pool area.
8. Don't rely on life preservers, or other equipment to make a child "water safe."
9. Empty all tubs, buckets, containers and wading pools immediately after use. Store them upside down and out of children's reach.
10. Never leave your child unattended around water. We know it sounds strict, but there is no room for compromise on this one. Babies can drown in as little as one inch of water.
11. Put the cell phone away, forget about all the other things you have to do and give young children 100 percent of your attention when they are near or around water. **Miller Swim School, 6415 S. Mingo Rd., Tulsa, OK., 918-254-1988 Website: www.millerswimschool.com**



Imagine if you weren't able to care for your children. What would happen if you had an accident, an injury, or disease, or when pass away?

You may think family would step in, and maybe they would. Is that who you would want to care for your kids? What if more than one person wanted to assume the role? How would they decide who is in charge?

To answer these questions and to learn more about how you can legally name a guardian for your child or children, consult with a qualified attorney who focuses on estate planning.

To learn more about how to prepare a plan like this correctly, attend one of your upcoming workshops. **More information at www.oath.law/workshops**

Q: My child seems to have overcome reading struggles over the years as we have been able to use helpful techniques and take our time as we have been homeschooling. But math! No matter what we try or how hard she studies, she still struggles with simple math calculations, remembering formulas or information for algebra and geometry. We are at a loss.



A: Dyscalculia is often associated with persistent math struggles that seem to defy tutoring or extended math support. About 2-5 percent of the population have Dyscalculia. It is often associated with Dyslexia or ADHD, but it does not necessarily mean if you have one you will have the other. Dyscalculia is understood as having difficulties with comprehending arithmetic, manipulation of numbers, math fluency, learning math facts or performing mathematical calculations, which can be linked to difficulty with working memory and visual perceptual skills. Working memory helps us hold on to information so we can use it later in real life, or, in this case, to work out a mathematical problem. Visual perceptual skills help us interpret what we see, such as manipulating pieces of a puzzle together. If you suspect Dyscalculia, it is important to include testing for working memory and visual perceptual skills. Both skills are essential for math success. **Dr. Penny Stack, OTD, OTR/L, CLT, Founder & Owner Dyslexia Center of Tulsa, 8118-B S. Memorial Drive, 918-313-5518, wwwdyslexiatulsa.com**

Easter Bunny Sightings



EASTER BUNNY AT WOODLAND HILLS
When: Daily through April 20; time varies (Go to simon.com for details)
Where: Woodland Hills Mall, 7021 S. Memorial Dr.
Get your photo taken with the Easter Bunny! simon.com

CARING BUNNY
When: Sunday, April 7, 10 a.m.-11:30 p.m.
Where: Woodland Hills Mall, 7021 S. Memorial Dr.
Caring Bunny provides an exclusive, subdued and welcoming environment for children with special needs and their families. Caring Bunny will be located in Center Court; photos will be available for purchase. simon.com

EASTER EGG HUNT
When: Monday, April 8, 6:30 p.m.
Where: Hicks Community Center, 3443 S. Mingo Rd.
This egg hunt is for children ages 12 and under. Bring a canned good item for the local food bank. cityoftulsa.org

HAIKEY CREEK PARK EASTER EGG HUNT
When: Saturday, April 13, 9:45-10:15 a.m.
Where: Haikey Creek Park, 11327 S. Garnett Rd., Broken Arrow
Join the fun and hunt for Easter Eggs and candy at Haikey Creek Park, 113th & S. Garnet. Please be at the park by 9:45 AM so that children may be divided into their age groups and directed to their area. Rain out day is Sunday 4/14 with line up at 12:45 PM. FREE

SOCO EASTER EGG HUNT
When: Saturday, April 13, 10 a.m.-12 p.m.
Where: South County Recreation Center, 13800 S. Peoria, Bixby
FREE, for Ages 0-12. It's that time of year for the Easter Bunny to make a special appearance at our Easter Egg Hunt. Hunt for eggs with special prizes given in each age group. Egg hunt will be held on the south side of the building. In case of bad weather, it will be held in the gymnasium.

CHANDLER PARK EASTER EGGSTRAVAGANZA
When: Saturday, April 13, 10-11:30 a.m.
Where: Chandler Park, 6500 W. 21st St.
FREE, for Ages 2-9. Thousands of eggs will be strewn all over the baseball fields at the back of Chandler Park. Bring your Easter basket and check your eggs before leaving, some are extra special! Easter Bunny will be present! Begins 10 a.m. SHARP at the baseball fields.

LAFORTUNE EASTER EGG HUNT
When: Saturday, April 13, 10-11 a.m.
Where: LaFortune Park, 5202 S. Hudson Ave.
FREE, for Ages 3-8 years. Hunt for eggs and special prizes are given in each age group. Don't forget to meet the Easter Bunny while here.

PAWS EASTER EGG HUNT
When: Saturday, April 13, Walk starts at 10 a.m.; Hunt starts at 10:30 a.m.
Where: Whiteside Park, 4009 S. Pittsburg Ave.
Grab a basket and your favorite canine friend for Whiteside's annual dog walk and egg hunt. Plastic eggs will be filled with doggy treats. Prizes will be given to the pooches that find the "special" eggs, plus there will be some amazing door prizes! The park will be collecting pet items to be donated to the humane society. cityoftulsa.org

O'BRIEN PARK EASTER EGG HUNT
When: Saturday, April 13, 10:15-11 a.m.
Where: O'Brien Park, 6149 N. Lewis Ave.
FREE, for Ages: 2-12. Hop over to O'Brien Park for an exciting Easter egg hunt with prizes!

CHANDLER PARK ADULT ONLY EASTER EGG HUNT
When: Saturday, April 13, 4-7 p.m.
Where: Chandler Park, 6500 W. 21st St.
Tulsa's only ADULT Easter Egg Hunt! Thousands of eggs will be filled with goodies and hidden all over the park. There will be food trucks, lawn games, music and the Easter Bunny will be present.This is a BYOB (beer and basket) event.
Rain date: Sun. 4/14
Sign up: by phone/at location. $5 per person.

BUNNY HUNT
When: Sunday, April 14, 2-4 p.m.
Where: Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.
Enjoy an afternoon with spring-themed games, crafts and activities including an "egg" (painted rock) hunt with prizes, a planting activity and petting zoo. Tickets are limited and all participants (including parents and non-participating children) must be registered. Register at tulsabotanic.org

BUNNY COMES TO BIKES AND BALLS
When: Tuesday, April 16, 9:30-11 a.m.
Where: Whiteside Community Center, 4009 S. Pittsburg Ave.
Join the Easter Bunny for a special Bikes and Balls hour. Whiteside's regular open gym for tots will also



include a small egg hunt, craft, a visit with the Easter Bunny and a treat to take home. Cost is $1, for ages 1-5. cityoftulsa.org

EASTER EGG HUNT
When: Tuesday, April 16, 6 p.m.
Where: Reed Park Community Center, 4233 S. Yukon Ave.
Kids ages 2-12 are invited to bring a basket and collect Easter eggs! The Easter Bunny will be on hand for pictures. cityoftulsa.org

BREAKFAST WITH THE BUNNY
When: Saturday, April 20, 9-10:30 a.m. or 12-1:30 p.m.
Where: Tulsa Zoo, 6421 E. 36th St. N.
Celebrate spring at the zoo during Breakfast with the Bunny. Enjoy a scrumptious breakfast, an up-close animal encounter, and most importantly, meet the Easter Bunny. Participants will have a hopping good time crafting enrichment for some of our resident animals. Registration for morning or afternoon session includes unlimited train and carousel rides, weather permitting. Tickets are $20 for zoo members, $25 for non-members and $5 for children under 3 years old. Visit tulsazoo.org/bunny.

EASTER EGG HUNT AT THE OKLAHOMA AQUARIUM
When: April 20, 10:30 a.m.
Where: Oklahoma Aquarium, 300 Aquarium Dr., Jenks
Join the Oklahoma Aquarium for its 2nd Annual Easter Egg Hunt! This year's egg hunt will be all indoor, so no need to worry about the weather! Activities include an indoor egg hunt (zoned by age groups), a petting zoo, bounce house and photos with the Easter Bunny! Purchase tickets in advance to guarantee a speedy entry at okaquarium.org.

OPTIMIST CLUB EASTER EGG HUNT
When: Saturday, April 20
Where: Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore
Join hundreds of kids for one of the best Easter Egg Hunts in NE Oklahoma. Thousands of Easter Eggs will dot the landscape of the Will Rogers Memorial Museum, and each egg will have a prize. Some will have some great gifts, including a chance at a bicycle, thanks to the Optimist Club of Claremore. www.willrogers.com

EASTER CELEBRATION AT CHICKASAW CULTURAL CENTER
When: Saturday, April 20, 10 a.m.-5 p.m.
Where: Chickasaw Cultural Center, 867 Cooper Memorial Dr., Sulphur
Meet the Easter Bunny and enjoy a variety of holiday-themed activities including a scavenger hunt, make-and-take crafts and special give-aways while supplies latch. Catch showings of "Hop" at 11:30 a.m. and "Peter Rabbit" at 2:30 p.m. in the Anoli' Theater. And be sure to grab an egg-cellent egg salad sandwich special for lunch in the Aaimpa' Café! chickasawculturalcenter.com

TCC
presents

COLLEGE FOR KIDS

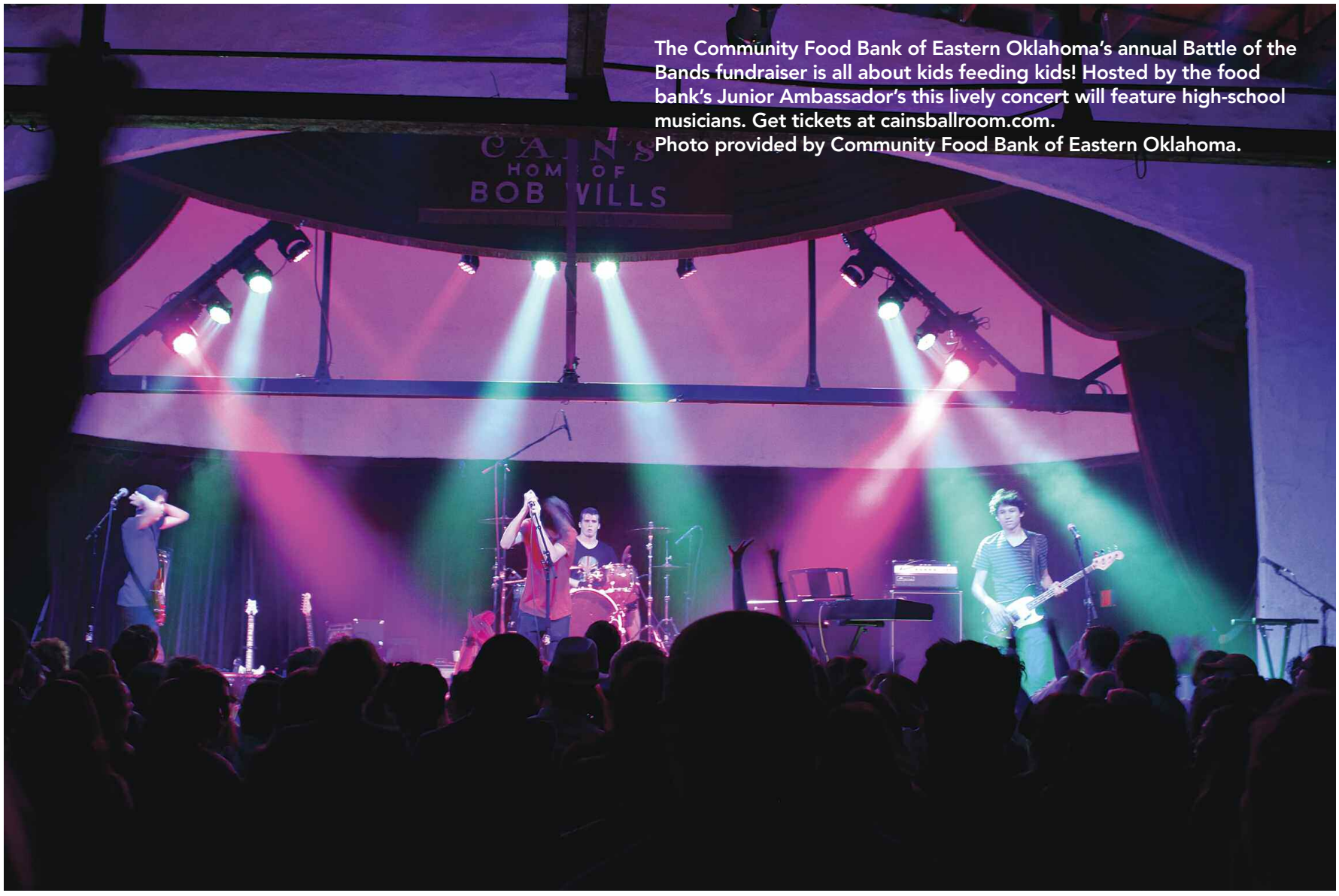
A series of youth camps for ages 13-17 in the areas of

Arts
World Languages
STEM
Gaming & Coding

ENROLL TODAY @
tulsacc.edu/ce

QUESTIONS?
(918) 595-7200

April Showtimes



The Community Food Bank of Eastern Oklahoma's annual Battle of the Bands fundraiser is all about kids feeding kids! Hosted by the food bank's Junior Ambassador's this lively concert will feature high-school musicians. Get tickets at cainsballroom.com.
Photo provided by Community Food Bank of Eastern Oklahoma.

BATTLE OF THE BANDS
When: Friday, April 5, 7-11 p.m.
Where: Cain's Ballroom, 423 N. Main
Presented by the Food Bank's Junior Ambassadors, Battle of the Bands is a concert where the area's most creative and talented high school musicians battle it out in the historic Cain's Ballroom for the title of best band or singer-songwriter. Proceeds benefit the Community Food Bank of Eastern Oklahoma. cainsballroom.com

POPS 5: Tulsa Sings!
When: Friday-Saturday, April 5-6, 7:30 p.m.
Where: VanTrease PACE, 10300 E. 81st St.
Signature Symphony celebrates the work and friendship of composer Leonard Bernstein and choreographer/director Jerome Robbins in their second annual Tulsa Sings! concert, featuring Scott Coulter and Kelli Rabke. signaturesymphony.org

THE EMPEROR'S NEW CLOTHES
When: April 5-6, 11-13, 7:30 p.m.; April 7 and 14, 2 p.m.
Where: Henthorne Performance Center, 4825 S. Quaker Ave.
Clark Youth Theatre presents Oklahoman Martha Kemm Barrett's musical adaptation of the classic story about an emperor obsessed with his wardrobe.
clarkyouththeatre.com

THE WEDDING SINGER
When: April 5-6, 11-13, 8 p.m.; April 7 and 14, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Take a trip back to the rockin' 1980s for the story of Robbie, an aspiring rock star and down-on-his-luck wedding singer. After his fiancée dumps him at the altar, Robbie thinks love will never find him – until he meets the whimsical waitress Julia. Presented by Theatre Tulsa.
tulsapac.com

OK ROOTS MUSIC'S GLOBAL BASH
When: April 12 and 13
Where: Guthrie Green, 111 E. M.B. Brady St.
THE WAILERS headline this annual global/ethnic-oriented music festival with a set of classic reggaeThe BASH features internationally touring artists, performance art, circus

acts, bellydancing, African drumming, kids' arts activities, community booths, and local food, beers and wines. okrootsmusic.org

CRAYONS IMPROV SHOW FOR ALL AGES
When: Friday, April 12, 7 p.m.
Where: Heritage United Methodist Church, 5300 Kenosha Ave., Broken Arrow
Crayons Improv uses audience drawings, suggestions, and participation to create hilarious scenes that are fun for the whole family. Shows are only $5 but children 5 and under are free. crayonsimprov.com

CLASSICS V: RACHMANINOFF'S SYMPHONIC DANCES
When: Saturday, April 13, 7:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Acclaimed English conductor Matthew Halls leads the orchestra through an exciting and colorful program featuring a broad range of whimsical musical styles. tulsasymphony.org

TRIAL BY JURY
When: Saturday, April 13
Where: Tulsa PAC, 110 E. 2nd St.
This four-part dance program is anchored by Gilbert and Sullivan's hilarious Trial by Jury with a slight tech twist: iPhone or Android? Edwina is most certainly a "phone-sick girl." The rest of the performance is filled with "stage and screen" tap dancing and modern movement with music from the Freedom Singers. Presented by Oklahoma Performing Arts Inc. tulsapac.com

JOHN MCCUTCHEON CELEBRATES PETE SEEGER'S CENTENNIAL IN CONCERT
When: Sunday, April 14, 5 and 8 p.m.
Where: Woody Guthrie Center, 102 E. Brady St.
John McCutcheon returns to the Woody Guthrie Center for two shows celebrating the life and work of Pete Seeger. Tickets are $25, available during business hours by calling the Center at 918.574.2710 or at the Center's front desk. Woodyguthriecenter.org

WAITRESS
When: April 16-18, 7:30 p.m.; April 19-20, 8 p.m.; April 20, 2 p.m.; April 21, 1 and 6:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Inspired by Adrienne Shelly's beloved film, WAITRESS tells the story of Jenna, a waitress and expert pie-maker. Jenna dreams of a way out of her small town and loveless marriage. A baking contest in a nearby county and the town's new doctor may offer her a chance at a fresh start, while her fellow waitresses offer their own recipes for happiness. But Jenna must summon the strength and courage to rebuild her own life. Presented by Celebrity Attractions. tulsapac.com

CLASSICS V: MAHLER'S RESURRECTION
When: Saturday, April 20, 7:30 p.m.
Where: VanTrease PACE, 10300 E. 81st St.
Signature Symphony will perform Mahler's most popular and successful work in his lifetime, the first one that established his lifelong view of the beauty of the afterlife and resurrection, as the third installment of our Mahler Project. The program features soprano Maria Lindsey, mezzo-soprano Clara Osowski, The University of Tulsa Concert Chorale and Signature Chorale. signaturesymphony.org

TBII: NEXT GENERATION
When: Friday, April 26, 7:30 p.m. (at Studio K); Saturday, April 27, 7:30 p.m. (at Zarrow Performance Center); Sunday, April 28, 2:30 p.m. (at Studio K)
Where: Studio K, 1212 E. 45th Pl.; Zarrow Performance Center, 1901 W. New Orleans St., Broken Arrow
See tomorrow's stars of ballet, today! Tulsa Ballet II, the second company of Tulsa Ballet, is comprised of the most promising young dancers from around the globe. Next Generation will feature three exciting World Premiere works from in-demand choreographers, created exclusively for TBII dancers. tulsaballet.org

WOODY GUTHRIE CENTER 6TH ANNIVERSARY CONCERTS AT GUTHRIE GREEN
When: Saturday, April 27, 2:30-9 p.m.
Where: Guthrie Green, 111 E. M.B. Brady St.
Celebrate Woody Guthrie Center's 6th Anniversary with an afternoon of concerts on the green! woodyguthriecenter.org



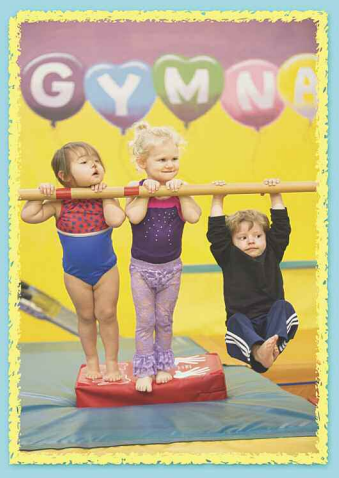
MEGHADOOTAM: CLOUD MESSENGER
When: Saturday, April 27, 7:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Meghadootam is a ballet based on the great Sanskrit poet Kalidasa's epic work Meghaduta, in which a yaksa, a subject of King Kubera (the god of wealth), has been exiled for a year to Mount Ramagiri for neglecting his duties. The yaksa pines for his wife, and convinces a passing cloud to take a message to her by describing the many beautiful sights the cloud will see on its way. Presented by South Asian Performing Arts Foundation. tulsapac.com

THE STORYBOOK SERIES
When: Sunday, April 28, 2 p.m.
Where: Henthorne Performance Center, 4825 S. Quaker Ave.
Clark Youth Theatre is excited to bring back The Storybook Series to young audiences this season. Introduce your child to live performance as they watch their favorite books come to life on our stage! Perfect for ages 4-8. Tickets include a snack & a drink. clarkyouththeater.com

TULSA YOUTH SYMPHONY ORCHESTRA'S SPRING SERENADE
When: Monday, April 29, 7 p.m.
Where: Union PAC, 6636 S. Mingo Rd.
Don't miss Tulsa Youth Symphony Orchestra's spring concert featuring some of Tulsa's most talented young musicians! tyso.org

LEON BRIDGES
When: Tuesday, April 30, 7:30-10:30 p.m.
Where: Brady Theater, 105 W. Brady St.
Leon Bridges will perform at the Brady Theater. Get more information at bradytheater.com

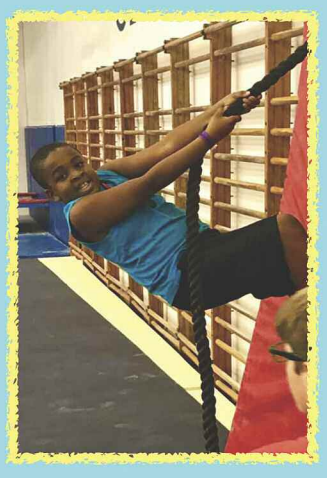
GYMNASTICS



DANCE



NINJA



BIRTHDAY PARTIES



FITNESS AND FAITH IN A FUN ENVIRONMENT

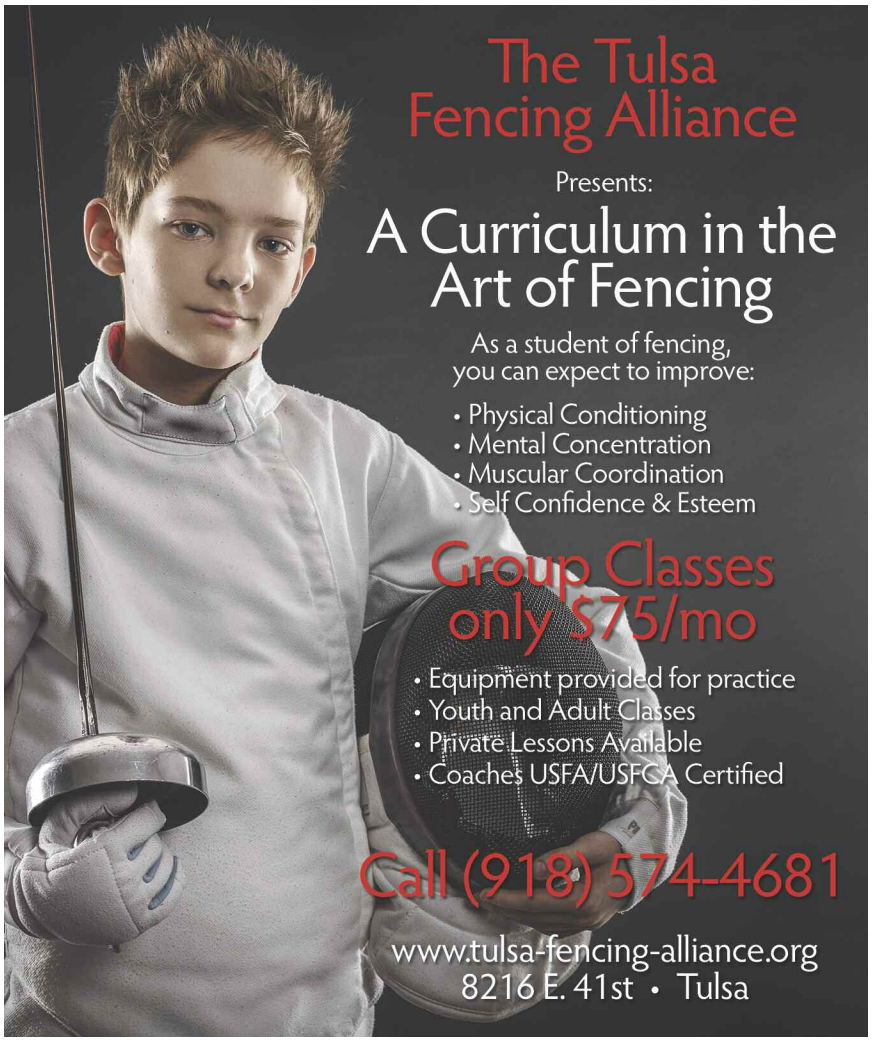
AIM HIGH
ACADEMY
FITNESS. FAITH. FUTURE.

Now serving Tulsa in two locations

Main Location
7020 E. 38th Street
Tulsa, OK. 74145
918-664-8683

North Location
3740 E. Admiral Place
Tulsa, OK. 74115
918-794-4774

www.aimhighgym.org



The Tulsa Fencing Alliance

Presents:

A Curriculum in the Art of Fencing

As a student of fencing, you can expect to improve:

- Physical Conditioning
- Mental Concentration
- Muscular Coordination
- Self Confidence & Esteem

Group Classes only $75/mo

- Equipment provided for practice
- Youth and Adult Classes
- Private Lessons Available
- Coaches USFA/USFCA Certified

Call (918) 574-4681

www.tulsa-fencing-alliance.org
8216 E. 41st • Tulsa

KEEP EXPLORING THIS SUMMER

Busy Bodies
Camp R & D
Mission: Discovery
Principles of Coding
Revealing Reactions
Toy Tech
The Evolution of Animation: Claymation to Botlogic



Camps are for ages 4-12 and feature hands-on STEAM experiences. Space is limited so sign up today!

For more information and to enroll, visit discoverylab.org.

discovery LAB

560 North Maybelle Avenue 918-295-8144



hope's crossing
CAMP
FREE Summer Day Camp for Kids with Disabilities
Camp Dates: June 3-7, 9am-4pm

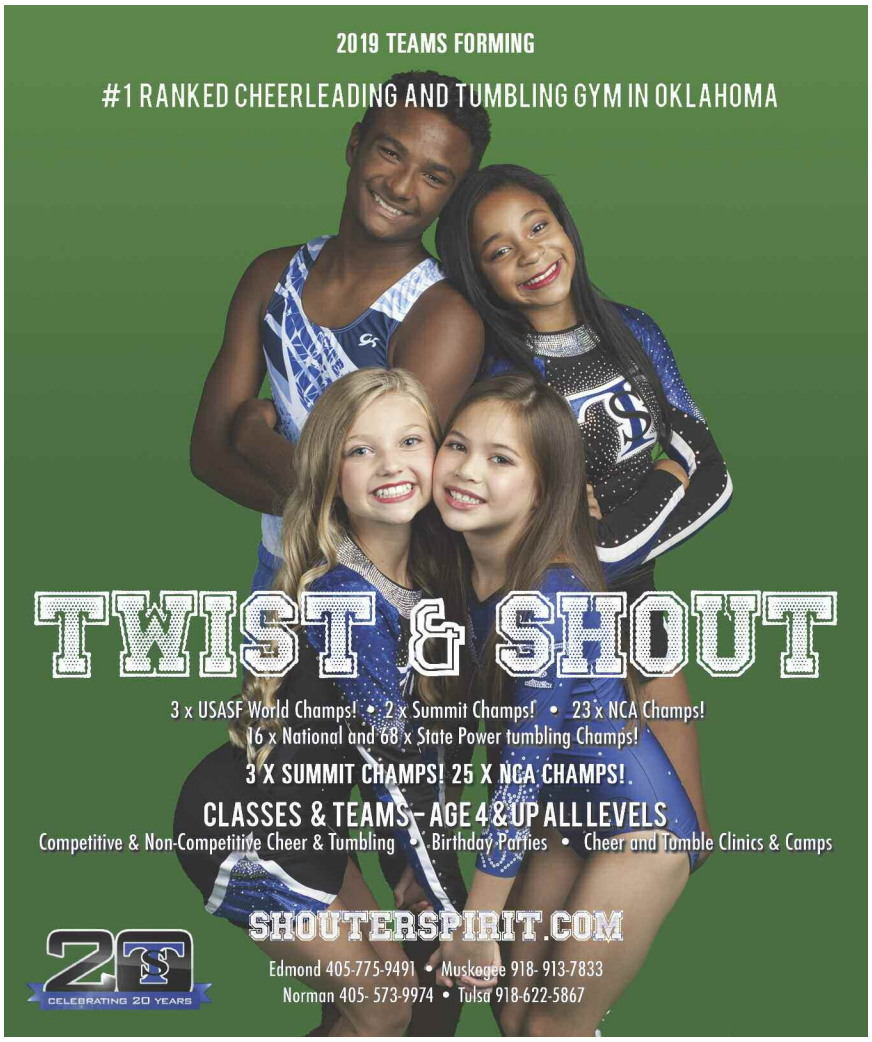
- Swimming
- Canoeing
- Archery
- Fishing
- Arts & Crafts
- Basketball
- Soccer
- Zip Line

And more!



All Campers have their own Counselor!
Apply Online.

www.hopescrossingcamp.org
918-855-0817
hopescrossingcamp@gmail.com



BY DIANE TRITT EATON
PHOTO CREDIT: ST. PETERSBURG/CLEARWATER VISTORS & CONVENTIONS BUREAU

St. Petersburg: the sunshine state's sunshine city

If you aren't familiar with St. Petersburg, Florida, the time is ripe for a visit. In fact, nearly any time of year is ideal because rainy days are few and far between. The Sunshine State's Sunshine City, St. Petersburg's highly appropriate nickname, averages 361 days of sun-filled skies each year. In fact, St. Pete's (another moniker) actually won the 1967 Guinness World record for consecutive number of days with rays—-a whopping 768 of them.

Located on Florida's gorgeous Gulf Coast, St. Pete's, a city of approximately a quarter of a million residents, sits on a peninsula across from Tampa. Its almost perfect weather, award-winning beaches and exceptional aquatic activities make it a popular destination. While the beach alone is a draw, St. Pete's also boasts phenomenal art, pretty parks and an outstanding downtown district with fine shopping and delectable dining options.



Breathtaking Beaches Receive

Consistently, St. Pete's Gulf of Mexico-side beaches and Clearwater Beach, the neighbor to the north, earn top billings from experts and visitors alike because of the sugary white sand and wide beaches coupled with water so clear that you can see straight down to the gulf's floor. Named by Travel + Leisure as one of its Top Five U.S. Summer Trip Ideas, this region has become "one of the most desirable summer getaways." Trip Advisor just ranked these beaches as #1 nationwide and #5 internationally.

It can be enjoyable to beach hop, for each location has its own appeal and natural beauty. Mr. Beach, America's leading beach expert, frequently lists Fort Desoto Park Beach as a "Top 10" and praises the natural wilderness. The park consists of five separate islands, totaling over 1,100 acres. Mr. Beach is fond of Clearwater Beach too, highlighting that its "exceptionally wide beaches are a favorite for family vacations…" There's even a commercial district along Clearwater Beach, complete with a trolley and Pier 60, perfect for gazing at the gulf while watching the sun melt into the horizon. Last, but not least, for more remote beachcombing, take a short ferry ride to Caladesi State Park, a tiny wild barrier island nearby, where you can kayak through the mangroves.

Award-Winning Art All Around

When taking a break from designing decorative sand castles, St. Pete's offers magnificent choices to learn about and be inspired by art. This beach-going community is home to some of the world's finest art. Be sure to set aside a day (or more) to visit several outstanding museums.

My favorite pick is the Salvador Dali Museum, home to the largest collection of the surrealist's works outside of Spain. The building itself is a masterpiece, and the interior architectural design is jaw-dropping. Within these walls, pop on a headset and enjoy the self-guided tour of some of Dali's most famous works. Since his work is so unusual and complex, the tour provides a deeper understanding of each piece. The museum's Café Gala here is lovely, too.

Another magical artistic experience can be found at The Morean Arts Center. Many of Dale Chihuly's colorful glass sculptures are beautifully displayed and, if the kids are interested, the glass-blowing studio offers sessions to create your own delicate piece for a keepsake

For additional exposure to creativity and color, take a pedestrian stroll on the Mural Tour throughout the streets of St. Pete's, which are jam-packed with hundreds of murals, graffiti and street art.

Downtown: A Plethora of Parks

Lonely Planet gushes about St. Petersburg in appropriate fashion. "Spurred on by awe-inspiring downtown murals, a revitalized historic district and the stunning Dalí Museum, the down-

continued next page

town energy is creeping up Central Ave, spawning sophisticated restaurants, craft breweries, farmers markets and artsy galleries…" Within the district, visitors can enjoy a plethora of parks along the waterfront. St. Pete's has the third-largest dedicated public waterfront park system on the continent, spanning approximately seven miles.

Of particular interest is the open garden at The Gizella Kopsick Palm Arboretum. Covering two acres, the park is home to more than 800 marked palm trees, indicating their species. The surrounding brick path and grounds are beautifully landscaped.

Another notable downtown park is Vinoy Park, adjacent to the historic Vinoy Rennaissance Hotel Resort and Golf Club, a pink flamingo-colored Mediterranean waterfront resort. If nothing else, dine at the hotel, for it's a terrific people-watching spot serving up a momentous view.

Another park worth noting is Coffee Pot Park, which sometimes becomes a temporary spot for manatee sightings.

For added fun, rent bikes—an easy way to get around downtown and the park system.

Sunshine City serves up so much to continually entertain from sunup to sundown that there won't be much time to spare beyond slumber. When not swimming or sunning, checking out incredible art or playing in the parks, there are plenty of shops and restaurants to enjoy and a nice array of lodging to choose from in St. Petersburg or along St. Pete's and Clearwater beaches. Tulsans can fly in and out of Tampa, which is about 45 minutes from St. Pete's.

For more details, check out www.visitstpeteclearwater.com. This website contains great information and has helpful videos and links to Sunshine City!

BRAVO SCHOOL OF PERFORMING ARTS & STACCATO STUDIOS PRESENT:

Musical Theatre Summer Camps

JUNE 10TH-14TH: MARY POPPINS (AGES 4-14)
JUNE 17TH-21ST: WICKED (AGES 4-14)
JUNE 24TH-28TH: BEAUTY AND THE BEAST (AGES 4-14)
JUNE 24TH-28TH: LEGALLY BLONDE, PRODUCTION CAMP (9 & UP)
JULY 8TH-12TH: GREASE (AGES 4-14)
JULY 15TH-19TH: SOUND OF MUSIC (AGES 4-14)
JULY 22ND-26TH: PITCH PERFECT (AGES 4-14)

ALL CAMPS WILL MEET MONDAY THRU FRIDAY FROM 9AM TO 12PM TO WORKSHOP SONGS, DANCES AND SCENES, CULMINATING IN A PERFORMANCE ON FRIDAY FOR FRIENDS AND FAMILY TO ENJOY!

To enroll, please visit: BravoPerformingArts.com
For more information, please email info@bravo performing arts.com
5147-B South Harvard Ave.

Thank You, Readers, for Voting Us the BEST Soccer Program/ Athletic League In Greater Tulsa Since 2013!

Soccer City TULSA

Winter Lil' Kickers runs through March 16th

A one of a kind, non-competitive soccer and movement skills program for children ages 18 months - 9 years.

SPRING BREAK CAMP: March 18–22nd (5day)
SPRING LIL' KICKERS: March 25-June 1st



Dates to be announced (June-August)

Northeastern Oklahoma's Only State-of-the-Art Indoor Soccer Facility!
Summer Camps, Birthday Parties & Lock-ins • Adult & Youth Leagues

5817 S. 118th East Ave. • 918.249.0044
www.soccercitytulsa.com



BY BRANDON SCHMITZ

helping children learn financial literacy

Nothing says inspiration like watching children try to put Monopoly money in a vending machine. That's at least partially what prompted Jennifer Durick, Sandy Park Apartments' resident services coordinator, to develop the Kid Cash program in 2017.

"We also had kids who were 8-to-10 years old bringing six or seven cents and asking what they could get out of the vending machine," Durick said. "So I realized they didn't have a solid concept of money, and a lot of them didn't get an allowance."

According to Ginny Hensley, vice president of communications at Tulsa Housing Authority, the children fill out a job application and take part in a mock job interview. From there, they are assigned specific tasks with the complex's community center. The Kid Cash the children receive for their work can be redeemed for small prizes.

"It kind of branched out to where they have the jobs as well as companion classes called Kid Economy," Durick said. "Right now, we have only two kid cashiers and the kid cashier store manager, but we'll soon have a banker, a janitor and tutors."

Although Durick expressed her enthusiasm for how far the program has come, she admitted that one of her greatest hurdles was in learning to be adaptable.



KIDS LEARN ABOUT MONEY IN THE KID CASH PROGRAM AT TULSA HOUSNG AUTHORITY,

"At one point, the kids were getting fines if they did something and got in trouble," she said. "We tried that for a while, but it was a little too much when I had new kids come in, so I've changed the program as need be throughout this whole process."

Since Kid Cash's inception, the prizes have become more extravagant, too – by the children's standards, that is.

"When I first started, we just had little McDonald's toys in a box, and now we have bigger prizes that help them learn how to save their money," the site coordinator said. "Pokemon cards are the hot commodity right now – everybody wants those!"

This past December, the kids mixed things up and used their money on Christmas presents for their parents. Durick was pleasantly surprised by how much the kids were willing to share with one another.

"Even if they don't have very much of their own cash, they're always open to sharing with their friends or with another kid who doesn't have any," she said. "It's been really nice and refreshing to see how much they're willing to give, no matter how little they themselves have."

It isn't all about the prizes, though, for there's been a conscious effort to promote financial literacy with this program.

"Some of the kids are very impulsive, but then they're upset when the other kids get to buy the bigger prizes, so we've had a lot of conversations about saving," Durick said. "They don't always like it, but they learn, and now they are at a point where they're putting their money together and saving as a group."

That came as a big surprise for the site coordinator when it was time to buy Christmas presents for the kids' parents, as she had to go back and buy a second round of gifts because of how much money they had saved.

"I've really enjoyed watching the kids grow," Durick said. "The best part, though, is watching the kids – instead of spending

continued next page

stuff on themselves – spend their savings on their families."

Although a program such as this is an excellent way to foster a sense of financial literacy, kids who receive at least a semi-regular allowance can become just as knowledgeable with a little help from parents.

Janna Eremita, financial development officer at Oklahoma Central Credit Union, recommended that parents split their child's allowance into three jars: one for their savings, one for disposable income, and one for a charity contribution.

"Through this, they will – at this really young age – learn how important it is to donate to a charity or a community cause," she said. "That's something that's really taking off right now because I know my parents didn't do anything like that – I got my allowance, and it was spent that day, you know?"

Eremita also encouraged parents to let their kids choose to donate to a charity that's important to them.

Saving for the future is another lesson children learn from the three-jar method.

"Everything in our world today is so fast-track that it's really vital for children to learn how valuable a savings account is," she said. "For someone who has a part-time job, for instance, it is so simple – if you're paid every week – to set back $25 a week – at the end of the year, you're going to have a $1200 savings account."

Sticking with the three-jar system, the financial development officer found a helpful tip for elementary and middle-school kids: If they want to buy something specific – maybe a hoverboard or a video game – then they should put a picture of that item on their savings jar to serve as a reminder of what they're saving up for.

"People ask me all the time, 'Well, how do I pay an allowance,'" Eremita said. "Some things – like doing the dishes – are just part of being a family unit. When you move out and live on your own, nobody is going to pay you to clean your kitchen – you do it because that's where you live."

She explained that expecting regular household chores to be done, while allowing children to earn money for extra tasks, will instill a sense of responsibility rather than entitlement.

Additionally, Eremita maintains that children are virtually never too young to gain financial literacy.

"As soon as kids start asking about money – like 'can I have a dollar' – that's when we need to start teaching them," she said. "Of course, they learn how to count money in first or second grade, but it's best to start teaching them the value of a dollar as soon as they ask about money."

As a teacher, Eremita said the most rewarding part of this process is when it finally clicks for the kids.

"I teach grocery shopping, and when we discuss buying generic items versus buying name-brand items, I talk on their level: 'Well, if you went with the generic grocery item, then you'd have enough money to buy that skateboard,'" she said. "Then they go 'oh, wait, I understand!'"

Another important element of the three-jar model is that it illustrates that children are still able to spend some money while they save up for something else. Everyone, even adults, loves to treat themselves when they get a paycheck.

"I teach Girl Scouts, too, and one of the things I teach the younger kids is needs versus wants," Eremita said. "Every time I get with them, they say their needs are cupcakes and puppies and their wants are their house and groceries, so I break that down with them."

Eremita also emphasized that old-fashioned notion of taking pride in one's own work.

"When they're given a task, a child should do the best job that they can so that they feel better about earning their money," she said. "When you're 16 years old and your parents buy your first car, you may not be super appreciative of it — when you have to save that money and buy your own car, though, you tend to value it a whole lot more."

Even something as seemingly inexpensive as eating at a fast food restaurant or buying a pet can add up in the long run. Understandably, many kids don't consider the medical or food expenses that come along with buying a cat or a dog. Discuss the expenses surrounding getting a dog with your children and write them down. Do the same with the cost of a car with your teenager. Allowing your children to discuss expenses with you will help them learn to budget and save.

"Something that's nice about our society today is that we talk about savings and budgeting, whereas 20 years ago, it seemed to be a taboo subject," Eremita said. "So now that people are getting more open with it, it's great to let our kids know the general principles of that three-jar system."

Like most important topics, teaching children about money management is not a single lesson, but an on-going conversation as children grow that adds up to financial literacy over time.

Tips for Giving Your Child an Allowance

An allowance can help your child learn to manage money at an early age.

- Some families tie an allowance to extra chores. This can help children make a connection between work and income.
- Don't withhold the allowance as punishment. Only withhold payment if the child doesn't do the agreed-upon chore. That's a reasonable consequence. Your child may be glad to pay the price of misbehaving, but don't fall into that trap. You're teaching her that she can buy her way out of trouble.
- Guidelines for how much to give kids. Your family finances may dictate this, but one guideline might be a weekly allowance that matches the child's age. For example, a 10-year-old will be getting $10 a week. The child will be buying his or her own toys and extras out of this money. Don't provide more when the money is spent. And, don't give advances.
- Teach children to save. Set up bank accounts for kids and teach them to save a portion of their allowance. Go to one of the compound interest calculator websites and show them how their money can grow.
- Encourage them to save a portion to give to charity. Talk about various charities, how to choose legitimate ones (charitynavigator.org) and let them choose one.



Have you heard?!

TulsaKids has an AWARD-WINNING ENewsletter!

Subscribe to our mailing list to get our Weekend Event Roundup, Giveaways and more delivered to your inbox every week!

tulsakids.com/newsletter

Summer Camps and Activities Fair

A FREE opportunity for Tulsa-area families to learn about local and regional summer camps, programs, and activities! Come by and learn about the many options available for your child during the summer..

Saturday, April 6, 2019
11:00 a.m. – 2:00 p.m.

Union Multipurpose Activity Center
6836 S. Mingo Rd, Tulsa

Questions? Contact CommunitySchools@unionps.org or 918-671-2404.



Thank you to our Sponsors:

ASBURY UNITED METHODIST CHURCH
Hungry Howie's FLAVORED CRUST PIZZA
Microsoft
SINCE 1962 ROBERTSON TIRE COMPLETE CAR CARE SERVICE
South Pointe Honda
TTCU Federal Credit Union
tulsakids FOR PARENTS. FOR FAMILIES. FOR LIFE.
tulsarecycles.com

Participating Organizations

Aim High Academy, Asbury 2nd Saturday, Brook Fine Arts, Camp Explore Owasso, Camp Fire Green Country, Camp Loughridge, City of Broken Arrow Parks & Recreation, City of Tulsa-Tulsa Parks, Clark Youth Theatre Incorporated, Climb Tulsa, Community Education, First Baptist Church Tulsa Day Camp, Flying Tee, Gathering Place, Girl Scouts of Eastern Oklahoma, Grade Power Learning, Holland Hall Summer Programs, Hope's Crossing Camp, Inc., I AM KIDS Tulsa, KJM Equestrian, Laser Quest, Living Arts of Tulsa, Main Event, Metro Christian Academy, Miss Helen's Private School, New Haven Day School, Northeastern Oklahoma Wood Turners Association, Northeastern State University, OCCJ {Oklahoma Center for Community and Justice), Oklahoma Performing Arts, Power of Families/CSC, School of Rock, Shepherd's Fold Ranch, SoccerCity Tulsa - Lil Kickers Program, South Tulsa Children's Ballet, Spot 31, St. Dunstan's Preschool, TCC, The bART Center for Music, The Bridges Foundation, The Center for Individuals with Physical Challenges, The Little Gym of SE Tulsa, The M.e. t., The Salvation Army Boys & Girls Club of Broken Arrow, The Tristesse Grief Center, Theatre Arts, Tippi Toes Dance, Tony Deel Dance Studio, Troy Powell, Tucker Tennis Academy, Tulsa City-County Library, Tulsa Glassblowing School, Tulsa Regional STEM Alliance, Tulsa Youth Rowing Association, Tulsa Zoo, Union Boys Basketball Camp Grades K-9, Union Public Schools Extended Day Program, Up With Trees, & YMCA of Greater Tulsa.

CAMP RAVEN



COOKING, ROCK CLIMBING, ART, ENGINEERING, SEWING, MUSIC, SPORTS, AND MORE FOR 1ST - 12TH GRADES!

RIVERFIELD COUNTRY DAY SCHOOL
918.446.3553 • riverfield.org

- Nurturing, responsive teachers
- Academic curriculum: math, science, phonics, art, and Spanish
- Age-appropriate learning centers in each classroom

TRAINING TOMORROW'S LEADERS TODAY!



RHEMA Child Development Center

Call to enroll your child today!
(918) 258-0594
1025 W. Kenosha, Broken Arrow, OK 74012
RhemaChildCare.com

CAMP INCREDIBLE



University School's summer program consists of six one-week day camps and is open to students four years of age through 8th grade.

Registration opens to the public on March 1, 2019.

uschool.utulsa.edu/summer-camp

THE UNIVERSITY of TULSA
University School

TU is an EEO/AA institution.

TREATING MIND, BODY & SPIRIT



Physician Finder
918-599-4OSU

osumedicine.com

OKLAHOMA STATE UNIVERSITY
MEDICINE

Janell Whitby school of music



- Two week summer trial classes with parent
- Personalized small classes
- Keyboard and piano instruction
- Start PreK4 or K5, and may continue through the 12th grade

We specialize in helping your child fall in love with music!

Students who start learning to read music by age 4 or 5 have exponentially higher math and science scores.

(918) 743-4339 • Country Club Plaza • 51st & Harvard
Limited Spots, Classes Fill Fast.
www.janellwhitby.com
www.facebook.com/JanellWhitbySchoolofmusic



SUMMER CAMPS FOR KIDS 2019

WEEK 1: June 3-7
WEEK 2: June 10-14
WEEK 3: June 17-21
WEEK 4: June 24-28
WEEK 5: July 8-12
WEEK 6: July 15-19
WEEK 7: July 22-26
WEEK 8: July 29-August 2
WEEK 9: August 5-9

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

HealthZone at Saint Francis

5353 East 68th Street South | Tulsa, Oklahoma



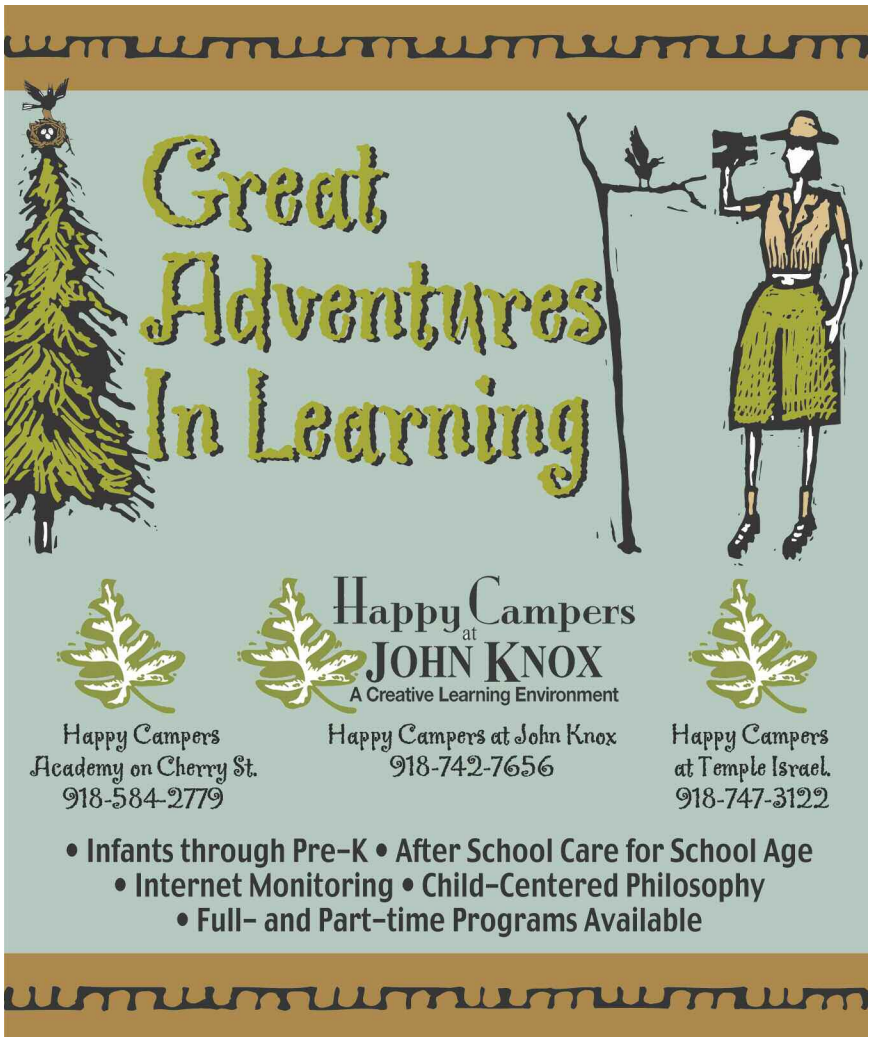
KJM Equestrian Summer Camp

7 one-week camp sessions • June 3 through July 26
Monday – Friday • 9:00 am – 4:00 pm
Conveniently located in South Tulsa at 9801 S. Sheridan Road



Activities include: daily riding, intro to horsemanship, horse-related arts & crafts, games, horse show, and cook-out

For more information:
Phone: 918-299-9283 • Text: 508-782-8453
Email: office@kjmequestrian.com • Web: kjmequestrian.com



AUGUSTINE CHRISTIAN ACADEMY

In thy light, we see light. Psalm 36:9

A Christian, Classical, Multi-Denominational,
College Preparatory School for grade K4-12

•

HOME SCHOOL OPTIONS
SIX DIPLOMA TRACK OFFERINGS
LATIN & BIBLICAL LANGUAGES
(Hebrew, Greek, & Aramaic)
EXCELLENT PERFORMANCE ART PROGRAM

•

Training young minds to think, reason, and persuade
from a distinctively Christian worldview.

acatulsa.org

6310 E 30th St, Tulsa, Oklahoma 74114
918-832-4600 • info@acatulsa.org
Tour & Student Shadowing by Request

•

Discover what you've been missing

Brain Balance®
ACHIEVEMENT CENTERS

This summer, give
your child the tools
to **SHINE**



HELPING
YOUR CHILD
AGED 4-17

FREE CONSULTATION
1-800-877-5500
brainbalancecenters.com

tulsakids family favorites 2018 WINNER

Brain Balance has a plan for kids who struggle

We can help. As a parent, it is heart-wrenching to watch your child struggle. Brain Balance has worked with over 25,000 children and their families and we know we can help yours, too. Brain Balance constructs a comprehensive, personal plan that addresses your child's challenges.

Brain Balance addresses:
- ADHD
- Asperger's
- Social Issues
- Learning Disabilities
- Processing Disorders
- Behavioral Issues
- Sensory Integration

LOCALLY OWNED AND OPERATED

6022 S. Yale Ave. • 918-488-8991

B-Sew Inn
Sewing • Quilting • Embroidery

Project Sew

LEARN. FUN. INSPIRE.

Summer Camp

July 8-12 or July 15-19 or July 22-26 or July 29-Aug 2
Two Sessions each week
Session One 9am-12pm Session Two 2pm-5pm



Camp fee of $199 includes printed instructions, fabric kits & supplies PLUS upon completion of camp each participant will receive a sewing machine, valued at $299!

Ask about availability and details, including if you already own a Baby Lock machine.

Sign up today at stores or at www.bsewinn.com

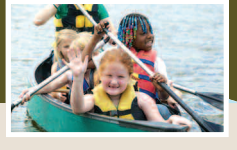
5235 S Sheridan Rd at the Farm Shopping Center Tulsa, OK 74145
918-664-4480 Mon-Sat 10-6 Thurs 10-8

LOUGHRIDGE
Classic**Camps**
Conferences & Retreats

WEEKLY SESSIONS
JUNE 10-AUGUST 2

DAY CAMP (9AM-4:45PM)
FOR AGES 6-13

CLASSIC CAMP ACTIVITIES AND CHRISTIAN VALUES
LOCATED JUST 5 MINUTES FROM TULSA HILLS





LEARN MORE & REGISTER AT CLCAMPS.ORG OR 918.446.4194

Miller swim school

JOIN US FOR OUR JENKS GRAND OPENING SUNDAY, APRIL 28TH!



Enroll for JENKS SPRING CLASSES TODAY! Located at 91st and Elwood

Swimming Lessons Ages 4mo-Adult

Swim Team • Parent/Child Classes • Adult Classes

A swimming experience that fosters confidence, skill, and safety in the water!

6415 S. Mingo Rd. • 918-254-1988

www.millerswimschool.com



CAMP MONTE

MONTE CASSINO SCHOOL SUMMER CAMPS

Registration is now open! Students from all schools welcome.

Dozens of sessions available, all summer long!

Register at www.montecassino.org/campmonte

Monte Cassino School 2206 S. Lewis Tulsa 918.742.3364

METRO CHRISTIAN ACADEMY

CAMP PATRIOT

Summer is meant for adventure

SUMMER 2019

SESSIONS BEGIN

JUNE 3

HALF DAY & FULL DAY OPTIONS

SESSIONS END

AUGUST 2

FOR STUDENTS PRE-K THRU 12TH GRADE

REGISTRATION BEGINS MID-MARCH

CONTACT

LEANN CHERRY

918.745.9868 X141 | CAMPPATRIOT@METROCA.COM

WWW.CAMPPATRIOTTULSA.COM



ahha

NOW ENROLLING

Creative Camps

Incredible summer opportunities for ages 5-18!

ahhatulsa.org @ahhatulsa #keeptulsacreative



The Center for Individuals with Physical Challenges

815 South Utica Ave, Tulsa, OK 74104

CAMP GET CENTERED

Summer Day Camp for Youth with Physical Challenges

Contact: Kelly Evans, CTRS/L
918-794-4526
kevans@tulsacenter.org

www.tulsacenter.org

Weekly Camps
June 3rd - Aug 2nd
8:30a-4:30p

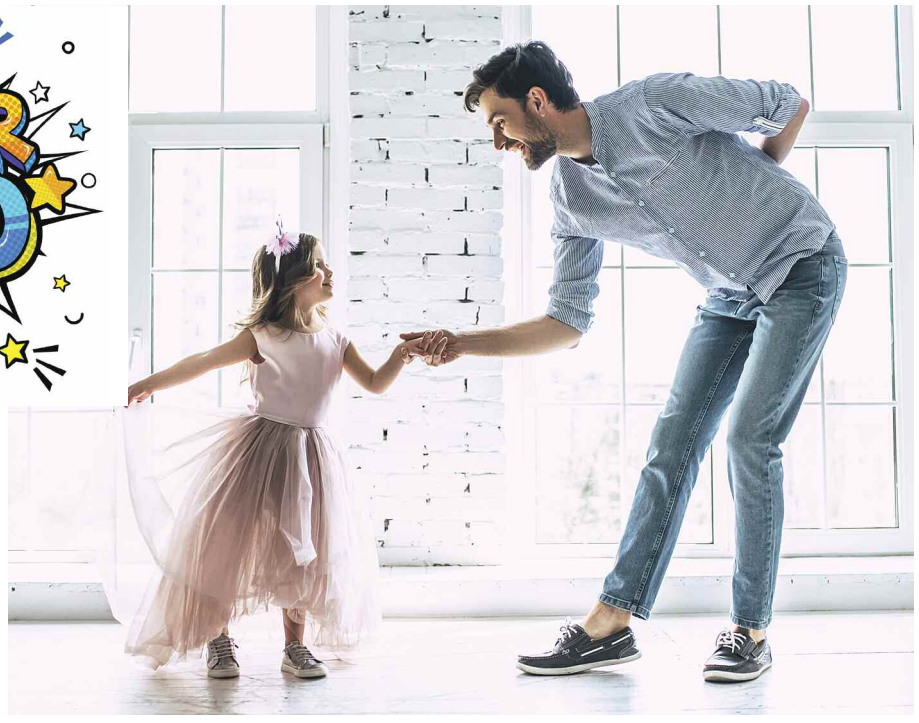
tulsakids.com
What's Going On(line)?

CONTESTS:

HERO DADS Contest!

We want to honor the fathers who go above and beyond in our HERO DADS contest! Whether he's a stay-at-home superstar, a school lunch Masterchef, an A+ Homework Helper etc., submit a photo of a dad who inspires you along with a description of why you are nominating them, from April 1-15! TulsaKids will choose five HERO DADS to be featured in our June issue. Get the link at tulsakids.com/contests





HEY, @TULSAKIDS!

"Have you seen TulsaKids Magazine March Edition?!!! Summer is coming!!!"

Thanks for the tag, @Westside YMCA & Camp Takatoka!

If your business or organization has been featured in TulsaKids, tag @tulsakidsmagazine on Facebook or @tulsakids on Instagram in a photo of your feature. We just may share it here!



ASK TULSAPARENTS

We asked members of our Facebook group, TulsaParents, how they've begun teaching their kids financial responsibility. Here's what they had to say:

"I have a child with special needs, Amelia is 7yo and has Down's Syndrome, yet I find it necessary to incorporate financial literacy in every day life. For example, last week her school had Book Fair (and Amelia loves books); we carefully counted and planned how may visits she can have based on her money and how many books she can buy. She actually enjoyed counting the bills and coins, and of course loved the Fair visits." –Katerina A.

"My daughter is 2.5 and we spend time sorting coins into groups. Once we have piles of like coins, we count them and she puts them in her piggy bank."—Kristen W.



I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI

Karate Kid: Raigyn Mayes

At the age of 16, Raigyn Mayes has won many honors through the Oklahoma Karate Association. But, her love of martial arts goes beyond the physical demands. She has learned important life skills, and finds pride and strength in her Cherokee heritage.

TK: When did you start karate and why?
Raigyn: I started karate when I was 8 years old and in third grade. I started martial arts because I was, and still am, very petite, and I wanted to know how to defend myself.

TK: What have you learned from your training in karate?
Raigyn: Through karate I have learned many life skills such as respect, self control, self discipline, perseverance, goal setting and concentration. These words are displayed on the walls of one of the rooms at Apollo's (the gym where Raigyn trains) to remind us to follow them. I have also learned many physical skills for self-defense and, with that, the proper times for the skills to be used.

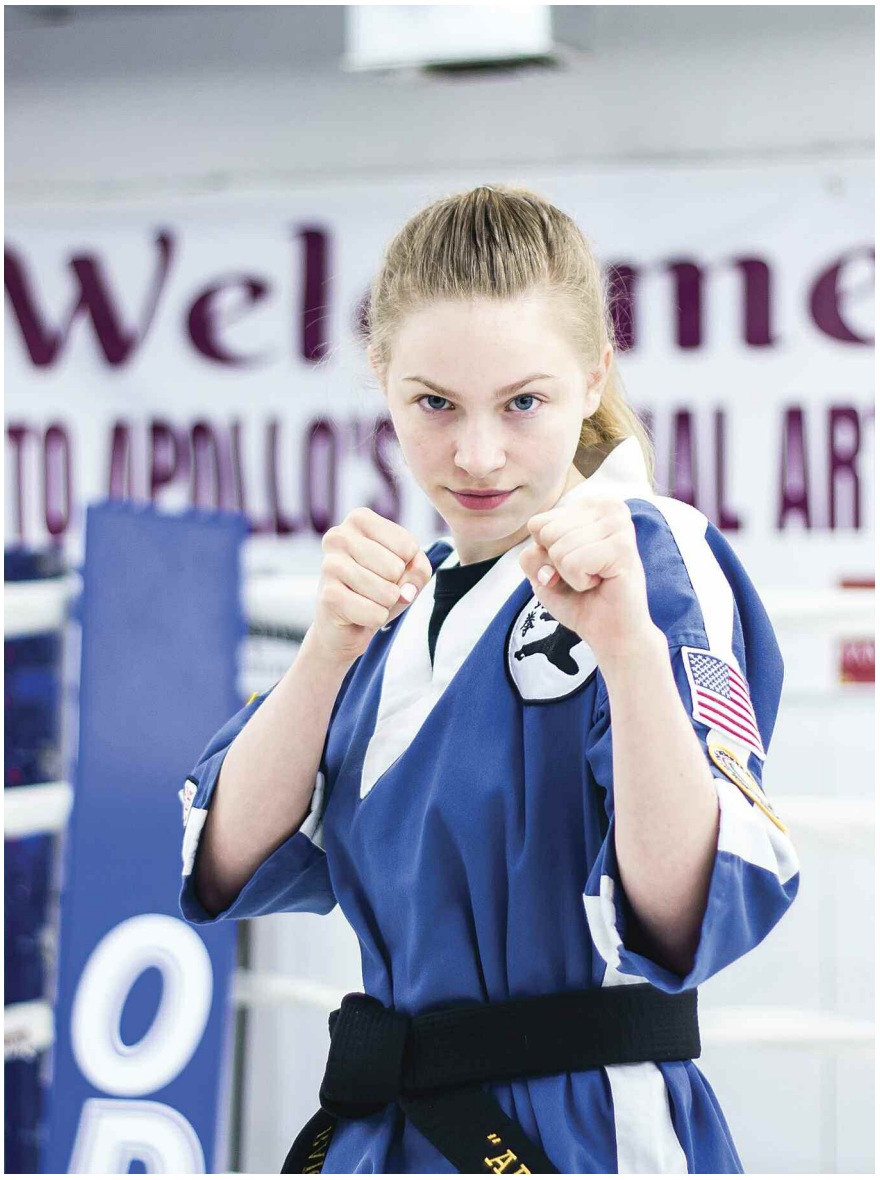
TK: What awards have you won?
Raigyn: I have won many first-, second- and third-place trophies, along with medals and sometimes weapons for point sparring tournaments, mainly through Oklahoma Karate Association (OKA). Also, I won the 2018 Oklahoma State Championship for the 14-15 year-old Advanced Division in Point Sparring.

TK: How do you balance school, practice and competitions?
Raigyn: Karate has been such a big part of my life for so long that I am used to the routine, and it is not difficult for me to balance school, practice and competitions. I have karate class/practice four nights a week with one of those having two classes. I have time before and after karate to do homework. Also the competitions are usually on weekends or sometimes on Friday nights, so they don't get in the way.

TK: How are you able to combine your Cherokee heritage with your karate?
Raigyn: When I go to tournaments, I have two different uniform options, one of which has a large patch of the Cherokee Seal on the back, while the other has a smaller version of the same patch. I wear these patches to show that I am proud of my Cherokee heritage, and I feel like there is a strength in that, which I want to be with me in different aspects of my life.

TK: Who inspires you?
Raigyn: People who inspire me most in karate would definitely be my instructors: Mr. John, Mr. Nix, Ms. Kim, Mr. Blake and Mr. Steven. They inspire me to do my best, recognize my accomplishments and always encourage me not just in karate, but in everything I do.

TK: What advice do you have for others?
Raigyn: Advice I'd have for others is if you have a goal, to stick with it and to keep persevering to achieve those goals because it will be worth it in the end.



TK: What are your plans for the future?
Raigyn: After high school, I plan to go to college. However, I have not yet decided on a path as to which college and career I will choose.

TK: What other hobbies do you have?
Raigyn: It is hard to fit in other activities with my hectic schedule; however, I still manage to be active in my church youth group and the youth choir. I also participate in activities at school such as Key Club, Rise, and National Honor Society.

TK: What is a fun fact about you?
Raigyn: A fun fact about me is that my body is extremely flexible, and I love to incorporate that into my kicks with karate.


JUMP into THE FUN!
GROW WITH US.
LAUGH WITH US.
SUMMER WITH US.
KanakukSummer.com
KANAKUK
SUMMER CAMPS SINCE 1926
YOUR CHILD'S BEST SUMMER!

Warren Clinic Pediatrics.



With office locations throughout eastern Oklahoma, Warren Clinic Pediatrics is a partner in your child's health. From well-child checkups to care for acute illnesses, management of chronic conditions, treatment of injuries and more, our pediatricians and staff are dedicated to providing comprehensive healthcare for infants, young children and adolescents. And as a part of Saint Francis Health System, Warren Clinic also offers the support of pediatric services and specialists provided through The Children's Hospital at Saint Francis.

To schedule an appointment with any Warren Clinic physician, please call one of the locations below or ***918-488-6688****.*

WARREN CLINIC PEDIATRICS

TULSA

6565 South Yale Avenue
Suite 902
Kelly Medical Building
918-502-4210

Rick Cohen, M.D.
Linda Murphy, M.D.

6160 South Yale Avenue
3rd Floor
Springer Building
918-497-3004

Rowena Baumgartner, M.D.
Jean Feghali, M.D.
Tammi Lahr, D.O.
Kyle Rock, M.D.
Pratibha Shah, M.D.

10506 South Memorial
918-369-3200

Noel Gattenby, D.O.
John Lukeman, D.O.
William Wilkins, Jr., M.D.

7858 South Olympia Avenue
Tulsa Hills
918-986-9200

Misty Woodard, M.D.

BROKEN ARROW

2950 South Elm Place
Suite 256
918-449-4061

Sylvia August, M.D.
Anne Harrington, M.D.
J. Perry Ward, M.D.

1801 East Kenosha
918-615-6941

Lisa Macek, M.D.

COWETA

30011 East Highway 51
918-486-2161

Ashley Petersen, M.D.

GLENPOOL

140 West 151st Street South
Suite 202
918-321-7400

Erin Latimer, M.D.

McALESTER

1401 East Van Buren Avenue
918-426-0240

Paul Thomas, M.D.
Jody Wilson, M.D.
Rebecca Auld, PA-C

OWASSO

13600 East 86th Street North
Suite 400
918-272-2247

Chelsea Galutia, D.O.

SAND SPRINGS

102 South Main Street
918-245-2286

Wendy McConnell, M.D.

WarrenClinic
A part of Saint Francis Health System

warrenclinic.com