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On July 1, The Children's Hospital at Saint Francis became an affiliate of St. Jude Children's Research Hospital. We are only the eighth hospital in the nation to be chosen for this distinction, and the only one in Oklahoma.

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Open Jump 11:00am-10:00pm

Wednesday 10:00am-10:00pm

Thursday Toddler Time
9:30am-11:00am
Open Jump 11:00am-10:00pm

Friday 10:00am-9:30pm
Sky Jam (13+) 9:30-11:30pm

Saturday 10:00am-9:30pm
Sky Jam (15+) 9:30-11:30pm

Sunday 10:00am-8:00pm

- OPEN JUMP
- FOAM ZONE
- SKYROBICS
- SKY JAM
- ULTMATE DODGEBALL



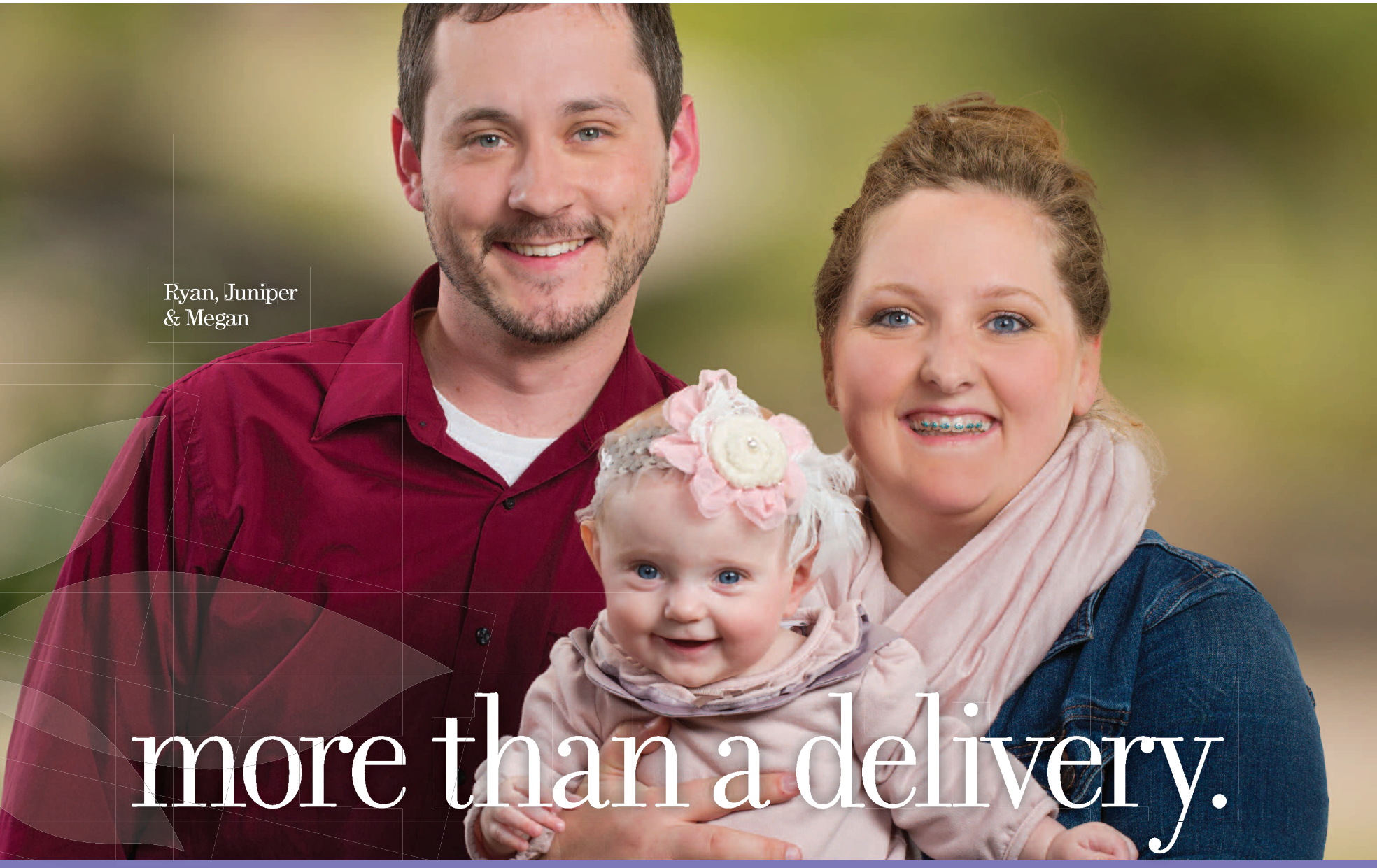
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To sign up or learn more about the Helmerich Women's Center Labor of Love program, visit LaborofLoveOK.com, call 918.579.8085 or e-mail LaborofLove@Hillcrest.com

A diagnosis of high-blood pressure led Megan to be hospitalized several times during her pregnancy. While any complication is stressful, first-time mom Megan found reassurance and comfort in her providers at the *Peggy V. Helmerich* Women's Health Center at Hillcrest South. When it was time to deliver, Megan was surrounded by a supportive team. And when baby Juniper had to spend a few extra nights in the hospital, the team did everything they could to accommodate the family. Megan knows that when it comes time to expand their family, she'll choose Hillcrest South again because of her incredible experience.

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tulsakids

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www.tulsakids.com





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editor's note

Is Citizenship Dead?

I don't know about you, but I'm a little weary of one of our presidential candidates. And, no, it has nothing to do with party affiliation. And, while he is an easy target for jokes, I don't find racism, misogyny or bullying handicapped people the least bit humorous, so I wouldn't want to poke fun at him or call him names. He makes me sad.

I worry about children and young people listening to someone who is running for the highest office in the United States making fun of the other candidates who were running against him in the primaries. What he was doing, and continues to do, is nothing short of bullying. We tell our children not to call people names, or make fun of the way someone looks, or the way they talk or dress, yet all they have to do is turn on the television or get on a device and see a presidential candidate name-calling, encouraging fighting, making fun of protesters, banning media outlets to his "performances."

The scary thing is that we may be becoming anesthetized to it, normalizing it or excusing it.

I can only hope that parents are using his unusual behavior as a teachable moment to point out that, while civil discourse based in facts may make for boring television, it's certainly the preferred way to interact with one another.

If your child had a disagreement with a friend on the playground, would you expect him to punch his friend in the face and call him an ugly loser? Would that make you proud as a parent?

In this month where we all come together to celebrate U.S. Independence Day, we can reflect on not only teaching, but modeling good citizenship and civic engagement to our children. Our feature article by Nikki Cyter Sack, starting on page 20, will give you some ideas on ways to help children learn citizenship. One of the most important take-aways I got from the article was that civility begins at home.

Also in this issue is a teacher's personal reflection on what the public school budget cuts have meant to her and to her school. Sometimes we forget that we're dealing with real lives where even a few extra students in a classroom can have devastating effects.

Of course, we have the low-down on area fireworks displays as well as free movies and other places to stay cool this month (www.tulsakids.com) – from splashpads to libraries.

And, as we look to the sky to enjoy the vibrant celebration of our nation, my hope is that we can all keep our eyes and hearts focused on the higher, loftier ideals that bind us together as Americans. Love, respect, equality, citizenship, kindness and civility are all qualities that children can learn from the important adults in their lives.



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







ON OUR COVER:
MAXWELL BARTHOLOMEW WESTBERG ENJOYS A DAY AT THE PARK WITH HIS DOG BERNICE.

PHOTO BY: OH SNAP! PHOTOGRAPHY

tulsakids
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TURKEY MOUNTAIN ADDED TO NATIONAL TRAILS SYSTEM

Tulsa's Turkey Mountain Urban Wilderness Area Trails is one of six local and state National Recreation Trails added to the National Trails System. U.S. Secretary of the Interior Sally Jewell and National Park Service Director Jonathan B. Jarvis announced the new trails and water trails on Sat., June 4, as part of National Trails Day.



National Recreation Trail designation recognizes existing trails and trail systems that link communities to recreational opportunities on public lands and in local parks across the Nation. Each of the newly designated trails will receive a certificate of designation, a set of trail markers and a letter of congratulations from Secretary Jewell.

Other trails include: Backbone Trail, CA; Shetucket River Water Trail, CT; Bartram Trail in Putnam County, FL; Johnson Brook Trail, ME; Roche Harbor Trails, WA; Kankakee River Water Trail, IL and IN; Arkansas River Water Trail, KS; and Great Miami River Watershed Water Trail, OH.

NEW APP CONNECTS TO ALL THINGS TULSA

The George Kaiser Family Foundation (GKFF) announced the release of Root Tulsa, an app for iPhone. The Root Tulsa app acts "as an urban field guide, inviting users to explore their surrounding based on their location and interests."

Users can explore four categories of Tulsa-related content: Places, Stories, Guides and Events. The Places category serves as a directory for local attractions like restaurants, bars, music venues, museums and more. Stories tell the history of the city and introduce users to notable Tulsans. Guides compiled by locals offer shortcuts and tips. And, through a partnership with *The Tulsa Voice*, Root features a citywide calendar of events. Root functions by using a city map with various thematic pins signaling a pertinent location. Once clicked, a pin opens an entry that describes an artifact. Entries are grouped by themes: Architecture & Landmarks, Comedy, Family, Fine Arts & Literature, Food & Drink, History, Music, Nightlife & Entertainment, Parks & Recreation, Performing Arts, Retails & Local Services, Special Events and Sports & Fitness.

The Root app was developed by New Medio, a software development and design company in Tulsa. To download, visit the App Store. Users who do not use an Apple device can access Root by opening a mobile browser and visiting RootTulsa.com.

TULSA HEALTH DEPARTMENT DETECTS MOSQUITOES WITH WEST NILE VIRUS

Tulsa Health Department officials confirmed that samples of mosquitoes from several traps throughout Tulsa County have tested positive for West Nile virus (WNV). Officials caution residents to remember to take precautions against WNV and other mosquito borne illness. At this time, there have been no confirmed cases of WNV in humans in Tulsa County this year.

The months of July through October are typically the highest risk months for exposure to WNV in Oklahoma, however THD proactively begins a mosquito surveillance program each May.

Symptoms of WNV include sudden onset of fever, headache, dizziness, and muscle weakness. Long-lasting complications can include difficulty concentrating, migraine headaches, extreme muscle weakness and tremors, and paralysis of a limb. If one or more of these symptoms develop, especially after suffering mosquito bites within the previous two weeks, a health care provider should be contacted.

Among the precautions to take against mosquito bites are the following:

• Prevent items such as buckets, cans, pool covers, flower pots, and tires from holding standing water so mosquitoes don't have a place to breed.

• Use an insect repellent containing DEET on exposed skin and clothing when you go outdoors, particularly if you are outside between dusk and dawn when mosquitoes are more likely to bite. (Insect repellent with permethrin should be used on clothing only.)

• Repair or install window and door screens to keep mosquitoes out of your home.

• Empty your pet's outdoor water bowl and refill daily.

• Clean leaves and debris from rain gutters regularly to ensure they are not clogged.

SUMMER STORYTIME RETURNS TO GUTHRIE GREEN

Kids, books and the outdoors. What could be better than that? Well, maybe a storytime followed by a lunch visit to one of the many food trucks at Guthrie Green. #StoryTime for children ages 2-5 returns for another summer season, featuring tall tales, sing silly songs and a dive into the world of books. I Am Kids Yoga will be a new addition to Story Time this year. Story Time on the Green is every Wednesday all season long, 10:30 a.m. Stick around after for fun in the sun at the Guthrie Green splash pad.

WONDERTORIUM RECEIVES STATE RECOGNITION

Oklahoma WONDERtorium, a children's museum in Stillwater, OK, received a Merit Award for the WONDER Pro brochure and a RedBud Award for Outstanding Attraction at the annual RedBud Awards Gala hosted by the Oklahoma Travel Industry Association (OTIA).

For more information about Oklahoma WONDERtorium, visit okwondertorium.org.

continued next page

CHOREGUS PRESENTS THE LION, THE WITCH AND THE WARDROBE

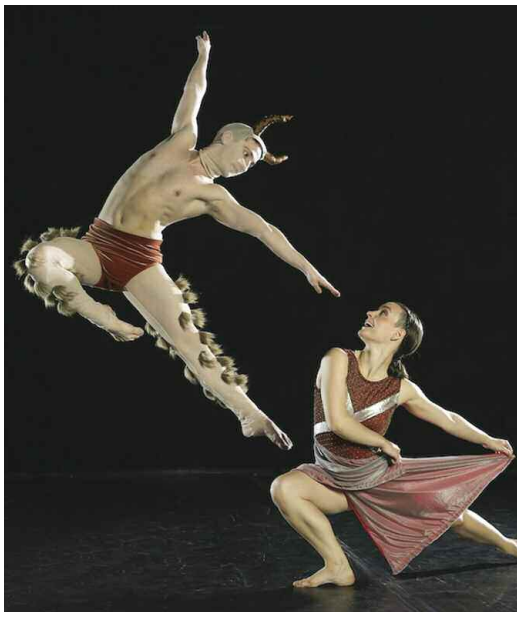


PHOTO CREDIT: RICHARD TERMINE

C.S. Lewis' classic Christian allegory of love triumphing over evil comes to life through dance at the Tulsa Performing Arts Center in August. *The Lion, the Witch, and the Wardrobe* by Randy James premiered in New York City, and features members of the male dance troupe 10 Hairy Legs along with guest artists.

Those familiar with the story will recognize their favorite characters, including the heroine Lucy, the White Witch, Tumnus, Maugrim and Aslan the Lion. The modern dance is choreographed to Mozart, and the performance highlights the adventures in Narnia as Lucy attempts to break the spell cast by the White Witch.

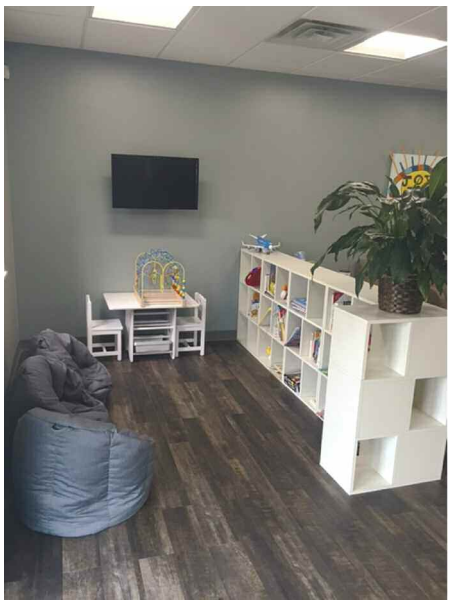
The Lion, the Witch, and the Wardrobe is one of seven performances included in the first annual Summer Heat International Dance Festival, presented by Choregus Productions. Choregus is a Tulsa not-for-profit arts organization whose mission is to bring world-class performing artists to Tulsa and to engage the community with visiting artists. The organization's dedication to engaging school children and youth earned Choregus Productions the 2012 Oklahoma Governor's Arts in Education Award.

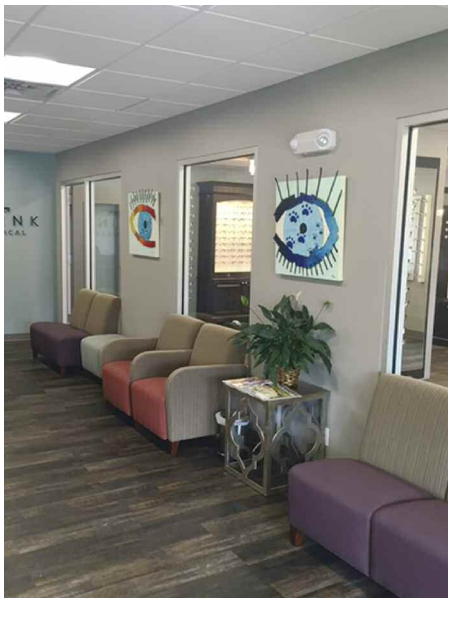
The Lion, the Witch, and the Wardrobe is best suited for children ages 5 and older. Performances will be Thurs., Aug. 4 at 8 p.m. and Friday, Aug. 5 at 2 p.m. in the Williams Theater at the Tulsa PAC. For tickets, call 918.688.6112 or visit myticketoffice.com. For a full schedule of Summer Heat performances, go to www.choregus.org.

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Blink Optical and the offices of Drs. Kali Cole and Alison Hansen opened in November 2015 with a recent expansion completed May 1, 2016, on Cherry Street. Drs. Cole and Hansen are part of the The Eye Institute, which is a multispecialty Ophthalmic practice with the most certified and qualified doctors in the area.

Dr. Kali B. Cole, a Tulsa native, attended Vanderbilt University for her undergraduate studies and graduated in 1997. After completing her Masters in Public Health from the University of Oklahoma Health Sciences Center (OUHSC) in 1998, she then graduated from OUHSC with her MD in 2003. She completed her residency in Ophthalmology at the University of Alabama- Birmingham (UAB) in 2007 and her fellowship in Pediatric Ophthalmology and Strabismus at the Medical University of South Carolina (MUSC) in 2008.

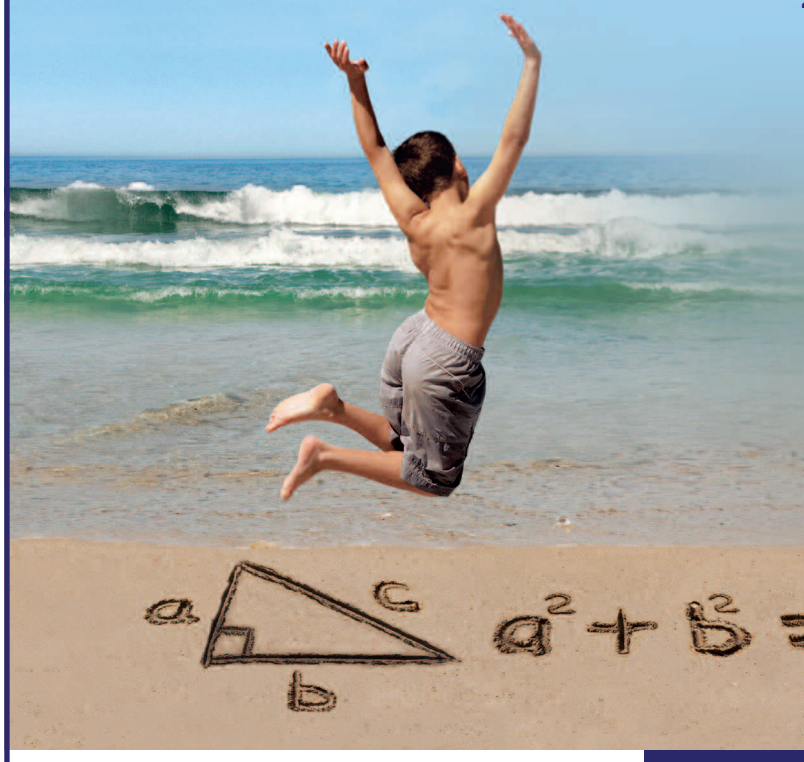
Dr. Cole remained on faculty at MUSC as Assistant Professor in Pediatric Ophthalmology and Adult Strabismus for two years before returning to Tulsa in 2010. She is affiliated with St. John Medical Center, Hillcrest Medical Center and Oklahoma State University Medical Center. She is board-certified by the American Board of Ophthalmology (ABO) and a member of the American Association of Pediatric Ophthalmology and Strabismus (AAPOS) and The American Academy of Ophthalmology (AAO).

Dr. Cole provides outstanding medical and surgical care to all of her patients. In addition to treating refractive error, amblyopia and retinopathy of prematurity, she performs a wide variety of ocular surgical procedures including the treatment of strabismus, nasolacrimal duct obstruction and benign orbital and eyelid tumors.

Dr. Alison Hansen, a native of Wichita, Kansas, attended Friends University for her undergraduate studies and graduated with her Bachelor of Science in 1997. She then attended Illinois College of Optometry (ICO) in Chicago where she received her Doctor of Optometry degree. After graduating from ICO in 2002, she relocated to Tulsa, Oklahoma where she began her practice.

Dr. Hansen strives to provide excellent care to all her patients while focusing on teens and adults. She performs comprehensive eye examination for glasses and contact lenses and treats a variety of eye conditions and diseases. She also specializes in difficult contact lens fittings. Dr. Hansen works closely with many local ophthalmologists to ensure her patients receive the best care possible if specialty or surgical referrals are needed.

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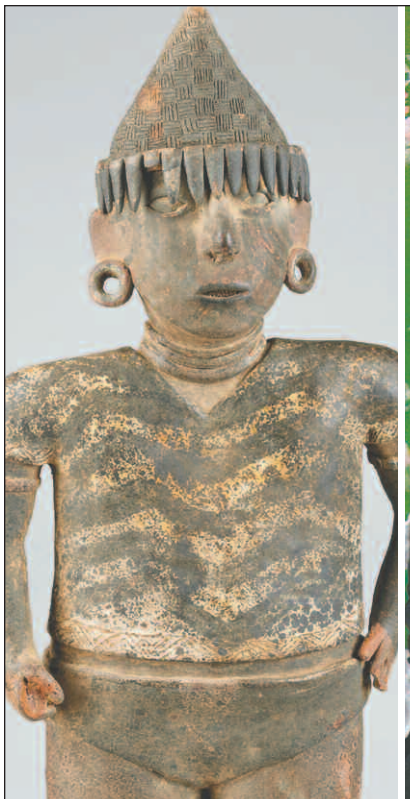
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West Mexico: Ritual and Identity
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Frida Kahlo: Through the Lens of Nickolas Muray
July 10 – Sept. 11, 2016

Join us to celebrate the opening of two new exhibitions

Saturday, July 16
Lecture and book signing, Robert Pickering, Ph.D., *West Mexico* exhibition curator, 2 p.m.

Sunday, July 17
Funday Sunday, Free admission all day

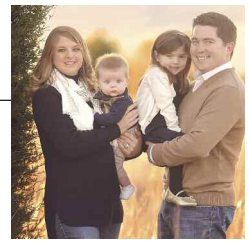
Funday Sunday activities from noon to 4 p.m. including:

- Art hunt in *West Mexico* and *Frida Kahlo* exhibitions
- Art activities including Mexican-themed paper dolls and monarch butterfly mosaics
- Films from 1-3 p.m. – *The Pot That Juan Built, Chato's Kitchen* and *Too Many Tamales*
- Sketching activity featuring a live model in traditional Mexican dress from 1:30-2:30 p.m.
- Frida Kahlo Look-a-like Contest for all ages – 3 p.m. with prizes for best costume

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GILCREASE.ORG



BY KILEY ROBERSON

siblings: turning rivalry into relationships

Brothers and sisters are usually each other's first playmates, helping each other discover the world and develop social skills. Outside of their parents, they are each other's greatest supports and they have a natural love for one another. It all sounds lovely, but all of us who've ever been on a family road trip know the truth. Sibling rivalry is real!

I can still remember knock-down, drag-outs with my younger sister and today, as a mom of two, I worry about the eventual bickering that's to come. That's right, although my kids are only 2 and 5, we've been able to keep jealously at bay. They play together nicely, take care of one another and my oldest sometimes gives in to her baby brother's demands.

So far their relationship has been somewhat magical. I know that probably won't last forever, but for now we're taking every step to help them develop a strong sibling bond so when the tough times come they'll hopefully bend and not break their relationship.

"We know from longitudinal studies that if kids start off their relationship with a sibling on a positive note, it's more likely to continue positively over time," says Laurie Kramer, a University of Illinois researcher who recently published a study on sibling relationships.

Kramer says variables such as gender and age difference don't make much of a difference between siblings.



"It's not all that important whether you're spaced closer together or farther apart, or if you have a brother or a sister," Kramer said.

"What's really much more important are the social behaviors that children learn in their early years that they can use to develop a positive relationship with a sibling. That's why it's important for parents to encourage siblings to be engaged with one another and develop a relationship where there is mutual respect, cooperation and the ability to manage problems."

So how do we instill those problem-solving, relationship-building skills? Experts say there are a few things parents can do.

Feel the love

One of our primary roles as parents is to be role models for our children. They not only mimic us, but learn from us. This means if we display anger, competitiveness or dominance with our partner (or to others), our tots are liable to pick up this behavior too. Similarly, the more love, care and affection for each other and for our children that we show, the more our toddlers learn to act this way with each other.

Coach the team

Toddlers are naturally independent and like testing boundaries, which means they'll compete or battle sometimes. But what doesn't come naturally to them is knowing how to resolve conflict in a loving or respectful way. Because of this, your littles will need some coaching in how to be more loving. You can do this by demonstrating teamwork. Games and activities that involve the whole family are critical in developing loving sibling relationships. Young kids love playing with their parents, so having all the family cooperating to have fun or to complete an activity is a fantastic way to build love and respect.

Keep the peace

Despite your best efforts, still expect battles and fights to occur. These sibling tiffs can actually be healthy, allowing your kids to learn to express emotions and feelings. Immediately punishing or separating children can lead to suppressed feelings and to harboring anger, which can then erode a loving sibling relationship over time. Instead, try to help them work it out and when everyone is happier encourage your children to show each other affection and share a hug now that things are better. Experiencing this after a battle is an important part in fostering that loving relationship.



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Henri Matisse (French, 1869-1954), *L'Algérienne*, 1909. Oil on canvas. Collection Centre Pompidou, Paris. MNAM-CCI. Legs du Victomte Guy de Cholet aux Musées nationaux, 1916, 2009. AM 2009-214. © 2016 Succession H. Matisse/Artists Rights Society (ARS), NY

BY CHRISTA MELNYK HINES

kicking off kindergarten

HELP YOUR KINDERGARTENER SCORE A SMOOTHER TRANSITION INTO SCHOOL

For many parents, kindergarten signals an important transition from the all-consuming baby and toddler years. Suddenly, your "baby" is expected to make more choices on her own, stay focused over a longer period of time, learn new skills and navigate a social circle with less oversight from you. Taking time now to plan ahead can pave the road to a happier kindergarten transition for all.



Visit the school. Before school begins, attend school orientations and meet the teacher to help your child grow familiar with his new learning environment.

Calm kindergarten jitters. Build excitement and optimism for school. Shop together for a new backpack or lunchbox, school supplies and new clothes.

"Even if parents are feeling nervous, they should do their best not to portray that to their child," says Kathy Weller, a kindergarten teacher. "Be very upbeat about the upcoming new experience."

Recognize friendly faces. Before school starts, arrange play dates with future classmates, if you can. A few familiar faces on the first day may help calm any nervous butterflies.

Read together. Reading to your child teaches valuable listening skills and creates an opportunity to help your child prepare for the kindergarten experience. Check out books like *The Night Before Kindergarten* by Natasha Wing and *Kindergarten Rocks* by Katie Davis.

Tackle a few skills. While knowing his colors, the ABCs and how to count to 10 will give your child a head start, work on other skills such as teaching him to tie his shoes and his full name, phone number and birthday.

Plan transportation. Avoid transportation snafus by sticking to a plan and keeping your child (and the teacher) informed. If your child will ride the bus and is nervous, listen and reassure her. Drive the route ahead of time. Also, seek out a "bus buddy" for your child, whether a responsible older neighbor child or another bus-riding classmate. On the first day of school, arrive early at the bus stop. Introduce yourself and your child to the driver.

Assure your child that you (or whomever you've designated) will be waiting for her when the bus returns after school.

Get good eats and sweet dreams. Make sure your new kindergartener gets plenty of rest (10 – 12 hours of sleep) and eats healthy meals, which will help him better manage the stress of the transition and stay focused during school. Wake up a little earlier to avoid a rushed first day.

Team up with the teacher. Share insights about your child's strengths with the teacher to help her understand what motivates and interests your child.

"Parents should approach school with the idea that the teacher has their child's best interest at heart," says Dr. Holly Schiffrin, an associate professor of psychology at the University of Mary Washington, who specializes in child development and parenting practices. "The parent should convey that they are on the same team as the teacher (even if they have different ideas about how to assist their child)."

Reflect on the day. Having a hard time getting your child to discuss his day? "Keeping a daily journal of their day (with mom's help) is a fun way to get your kids to talk about school," says kindergarten teacher Wendy Hughes. "Ask your child to tell you some funny or interesting things that may have happened that day."

Manage adversity. Every child is bound to have a rough day. Encourage her to resolve her own problems and take responsibility for her actions.

"Ask your child for her input and perspective, genuinely listen, acknowledge and empathize, and

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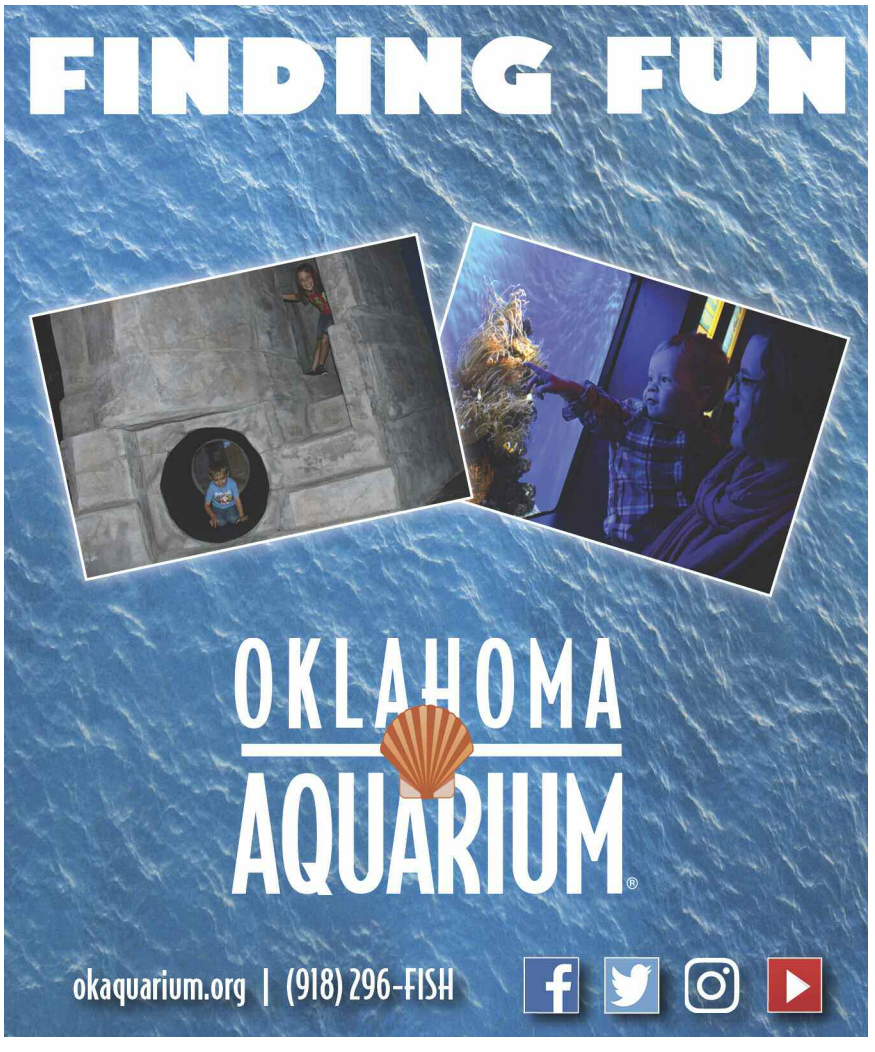
then shift the focus towards reaching solutions as a family and in unison with your teachers and school," says parent coach Tom Limbert, author of *Dad's Playbook: Wisdom for Fathers from the Greatest Coaches of All Time*. "Focus on giving your child the tools, morals and lessons she will need when not in your presence, which will now be more and more often."

Mark the occasion. Celebrate your child's first day of school with a special outing after school like a frozen yogurt, dinner out or a playdate at her favorite park. Who knows? You may find that initial celebration turns into an annual first-day-of-school tradition for your family.

Freelance journalist Christa Melnyk Hines and her husband are the parents of two children. Christa is the author of Happy, Healthy & Hyperconnected: Raise a Thoughtful Communicator in a Digital World.



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BY JULIE WENGER WATSON

*%$#!!!
what did you say?:
GETTING TEENS TO SWEAR OFF SWEARING

Cussing, cursing, swearing, expletive, four-letter word – we have a huge vocabulary just to describe our salty language, and our kids seem to have an impressive command of the details. It's amazing how the same teen who's at a total loss for words when asked about the mysterious dent in the car or a missing homework assignment can effortlessly and efficiently string together a poetic line of obscenities that would make a pirate proud. As much as we'd like our kids to expand their language skills, most of us would prefer a little less George Carlin, and maybe some more Emily Post.

Why do teens and foul language so often walk hand in hand? Certainly popular culture – music, film and television – has taken profanity mainstream, but adolescents have flocked to four-letter words for generations. To a certain extent, the use of vulgarities is almost a rite of passage. Some kids think it makes them appear more mature. Many are copying their peers. Most love the response it evokes, especially from adults and parents. And, as much as parents may hate to admit it, some are simply modeling the language they hear at home.



Grace L., an incoming freshman at Booker T. Washington, said it's mostly the boys that cuss. "The guys want to seem tough," she commented.

Although Grace doesn't swear much herself, she's not bothered when her peers do. "As long as they're not cussing at me, it doesn't bother me," she laughed.

Her friend Pia T. admitted to cursing on occasion. "Either because something bad happened, like I stubbed my toe, or I'm mad at someone," she noted. "But mostly it's when I'm alone, because I don't want to offend anyone."

Like Grace, Pia doesn't mind too much when her classmates spout expletives.

For the most part, Judy W., also an upcoming freshman, agreed, but took a more poetic perspective. "If it's cussing just to cuss, it frustrates me. I think they should be using it like an art form," she joked. "Like to express themselves or when they're truly angry or to add to a story."

While the girls weren't really bothered by their friends' bad language, all three agreed that their parents weren't too excited about their own occasional use of a well-chosen swear word.

"My dad doesn't like cursing very much," Grace admitted.

"When they notice, they advise me not to cuss and to change my language," Pia said.

Whatever motivates teens to curse, there are plenty of reasons to encourage our kids to swear off swearing. Heated language can actually increase feelings of hostility and anger, make teens appear less intelligent, and make them less employable, for starters.

"I think, absolutely, what comes out of our mouth is a reflection of who we are on the inside," said Andrea Stephens, a licensed etiquette educator (www.absoluteetiquette.com)

continued next page

through the Emily Post Institute.

Stephens, a former Miss Oklahoma Pageant contestant and author of numerous books for teenagers, has been teaching etiquette to teens for years.

Talking to your kids to find out why they're choosing to cuss is important, according to Stephens. "Do they think it makes them more acceptable? Are they doing it out of an expression of some emotion – like they're angry and they don't know how to handle that anger, so it comes out verbally in swear words?"

Helping your children understand how they appear to others when they default to cussing is also key. "Try to have that dialogue with them and then help them see how they might be perceived by various people if they use swear words," she said.

Setting standards in your home and age-appropriate consequences is useful, too, as is cleaning up our own language and offering alternative vocabulary. Stephens admits this process can be difficult. Some kids are going to swear no matter what you do.

"Some kids are just obstinate," she noted. "They're like, 'Mom, you're not going to tell me what to do.' In that case, talking to them about being wise enough to know when to swear and when not to is important."

Letting teens know they have a choice when responding to popular culture's normalization of coarse language is also smart.

"Challenge them," Stephens suggested. "Ask them if they just want to be ordinary and talk like everybody else, or do they want to be somebody that's more highly regarded – somebody who is unique because they choose not to do what everybody else is doing. Seeing that as a positive thing will have great benefits all the way around."



Summer Savings Challenge

Start your summer off in the saving spirit

School's out for summer! That means swimming pools, zoo adventures, park dates and movie marathons! But even after all of that fun activity, the inevitable happens – yes, we're talking about the arrival of the two most cringe-worthy words of summer, "I'm. Bored." Let's be honest, even in this July heat, those two words give you the shivers, don't they?



But, what if you could avoid hearing that this summer – with a Summer Savings Challenge!

Here's one of our favorites– involving loose household change.

First, go into your kitchen or run to the store and get a large, clear container or a glass jar. Now, to kick-off the challenge, gather up all of the change in your life - check your car, the nightstand and on top of the washing machine. Next, call a family meeting. It's time for you to decide on a goal. It may be something large that several people can enjoy or you could turn this exercise into an educational experience for just one child. Challenge the whole family to see who can save the most change over the summer – whether it is change found around the house, or earned through lemonade stands or mowing lawns. Regardless of the goal, encourage everyone to participate in the fun.

Now the last step is key. Once you've saved all that you can, secure the change in a Ziploc bag or container and get your change counted. Several TTCU branches offer free coin counting for members. You see, it's time to prove that change matters. That small glass jar full of change might be a trip to the movies. That plastic jug might be a new iPad. You might be surprised by how far a little change can go.

And, your kids will need a place to put their challenge earnings! In the month of July, any child 12 and under who opens a TTCU Kids' Savings Account will be entered to win tickets for their family to attend a Tulsa Drillers game of their choice. They choose the game – we provide the tickets, food and fun!

Whatever savings challenge you decide to do this summer – remember that taking the time to teach your kids about saving will help them learn to cherish their money and will instill a love for saving that will be beneficial for their future.

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We've updated our annual school fundraising list. The percentages, details and rules are listed on the businesses' websites. Many have online applications to make things even easier. Some require several weeks' notice prior to the event. So, what are you waiting for? Tear out this page and take it to your next PTA meeting!

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Partnership Cards: If your school or organization is within 30 minutes of a Krispy Kreme retail store, you may want to consider selling Partnership Cards as a fundraiser. With a Partnership Card, customers get a free dozen Original Glazed doughnuts with the purchase of a dozen of their choice.

Coffee: Krispy Kreme's Signature Coffees are available for fundraising in participating markets. We have three great coffee blends: House Blend Coffee, Dark Roast Coffee, and House Decaf Coffee. When you sell Krispy Kreme Signature Coffee Blends for your fundraising activity, your profit is $3.00 or more per bag.

Arby's Benefit Night

A local Arby's can sponsor a fundraising event where 15 percent of sales generated by supporters, families and friends during a designated time period will be donated. www.arbys.com (click on "Giving Back")

Chick-fil-A Fund-Raising

Chick-fil-A, has several fundraising options for school or church groups. Go to www.chick-fil-a.com/kids/local.

Chili's Give Back Night

The fundraising event takes place at a local (dine-in) Chili's restaurant on a specified evening.
Go to www.chilis.com

Incredible Pizza FUN-raising

Organizations can pass out flyers or sell gift cards. Call the Incredible Event Planners for more information at 918.294.9183 or TulsaIPC.com.

Mazzio's Nights

Mazzio's offers several fundraising programs that help groups raise money and awareness for various projects. For information, email gettogether@mazzios.com or call 918.663.8880.

Jamba Juice

A percentage of the sales generated at the event are donated to the organization. Email fundraising@jambajuice.com, call 866.526.2246, or call a local Jamba store manager.

Panera Bread

Panera will donate a percentage of net food and beverage sales generated by supporters, families and friends of a school-related organization. Go to fundraising.panerabread.com and fill out a request form.

Qdoba

Start the process early: Qdoba requests 12 weeks notice prior to your desired fundraiser date. Go to www.qudoba.com.

Sonic Drive-in

Each fall, Sonic holds a fundraising program called Limeades for Learning (LimeadesForLearning.com) to support teacher's projects across the nation.



Do you have more school fundraising ideas or locations? Email abbyrodgerstk@gmail.com or let us know on TulsaKids Facebook page.



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BY DIANE MORROW KONDOS

travel tips for **single parents**

Traveling with kids can be stressful for any family, but traveling as a single parent presents additional challenges. Vacations are a wonderful part of family life, not to be missed just because there's one parent instead of two. A little creativity, flexibility and preparation go a long way toward making traveling as the solo adult with little ones a manageable and memorable experience.

Here are some tips for single parent travel:

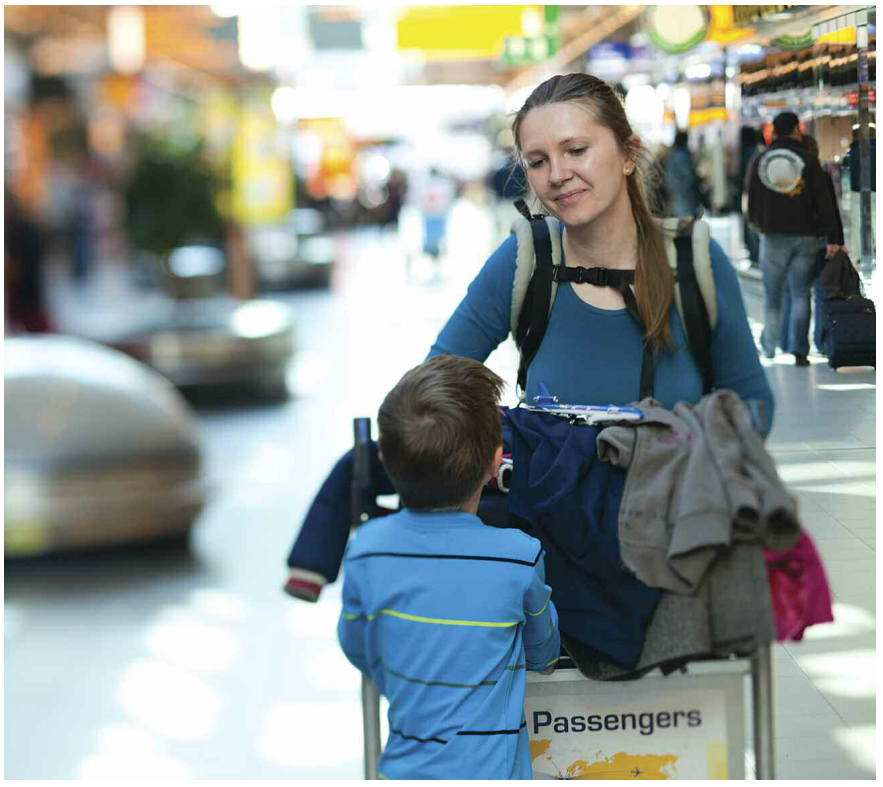
1. Plan well. As the only adult, it is especially important to be prepared. There is no one to run out in the middle of the night to get something-- you're it!

2. Have all emergency numbers in your cell phone and take your charger with you.

3. Make sure you have all medications, including things you might possibly need such as children's Tylenol, Pepto Bismol and a first aid kit.

4. Check your divorce/custody papers to make sure there is no problem taking the children out of state or country.

5. If you are leaving the country, make sure passports are updated. Unless you have sole legal custody, have a signed and notarized letter from the other parent giving permission to travel and treat for medical emergencies. If you are widowed, bring your spouse's death certificate.



BEING A SOLO PARENT DOESN'T MEAN THE END OF VACATION FUN.

6. For safety, look for a hotel that has indoor room entrances.

7. Consider a hotel or resort that has children's activities and/or babysitting services so you can have a break from childcare.

8. If going on a road trip, invest in AAA.

9. Pack the extra car key in something you always have with you.

10. Bring plenty of kid-friendly snacks for the car/plane and hotel.

11. If you will be renting a car, bring a car seat if you have a child who should be using one.

12. Make sure someone else has your complete itinerary.

Once you have considered the 12 basic tips involving solo parent travel with children, there are additional factors that must go into making your vacation plans. While a vacation to Jamaica may sound exotic, it may not be the best option for your family. So before you get swept up in the photos of tropical resorts, take an honest look at a few factors that can make or break your time together. Some important considerations include the ages and interests of your children, your budget, your tolerance for chaos, your comfort level for traveling and your family's legal custody specifications.

After you've taken a cold, hard look at what you and your children can and cannot tolerate, pull up the spreadsheet and review your budget, the primary determining factor for most families when choosing a vacation destination. Whether your expense account is frugal or frilly, you can find fun things to do. Your children will take their cue from your attitude, so whether you're visiting your own city through the eyes of a tourist, or taking an expensive trip, remember that it's all about spending quality time together. Here are some suggestions for every budget:

Staycation

If your budget is really tight, consider a staycation. There are fabulous places to visit and great activities right here in Tulsa: The Tulsa Zoo, Oklahoma Aquarium, Safari Joe's H2O water park, and (my nieces' favorite), The Tulsa Children's Museum Discovery Lab. For older kids, there is Sky

continued next page

Zone Trampoline Park, ziplining at Postoak Lodge or a Drillers game. Download the **TulsaKids Summer Family Fun Guide** online for a plethora of things to do all summer.

A Road trip

Road trips are a great opportunity to have uninterrupted family time. play old-fashioned car games, sing silly songs and talk. Save screen time for when you really need a break. The main lesson I learned during my first trip as a single parent was to keep it simple. Don't schedule too much activity, and plan some down time just hanging out at the hotel pool. When choosing a hotel, consider spending a little more to get amenities that will make your trip easier. Look for a hotel with a pool, breakfast included in the price, a mini frig and a microwave. The chain that I've had the best success with is Embassy Suites. Although amenities may vary by location, most of the Embassy Suites have all the aforementioned plus the bonus of having a sitting room attached to the bedroom so you can stay up a little later after the kids are asleep.

My first trip as a single parent was the summer my kids were ages 2 and 3, so I played it safe and cheap, going to Oklahoma City for two nights. One day was spent at the Oklahoma City Zoo and the other was at the Kirkpatrick Science Museum, both great options for almost any age child.

Other ideas for road trips fairly close to Tulsa include Woolaroc and the Kiddie Park in Bartlesville, Silver Dollar City in Branson and Great Wolf Lodge in Kansas City, Missouri.

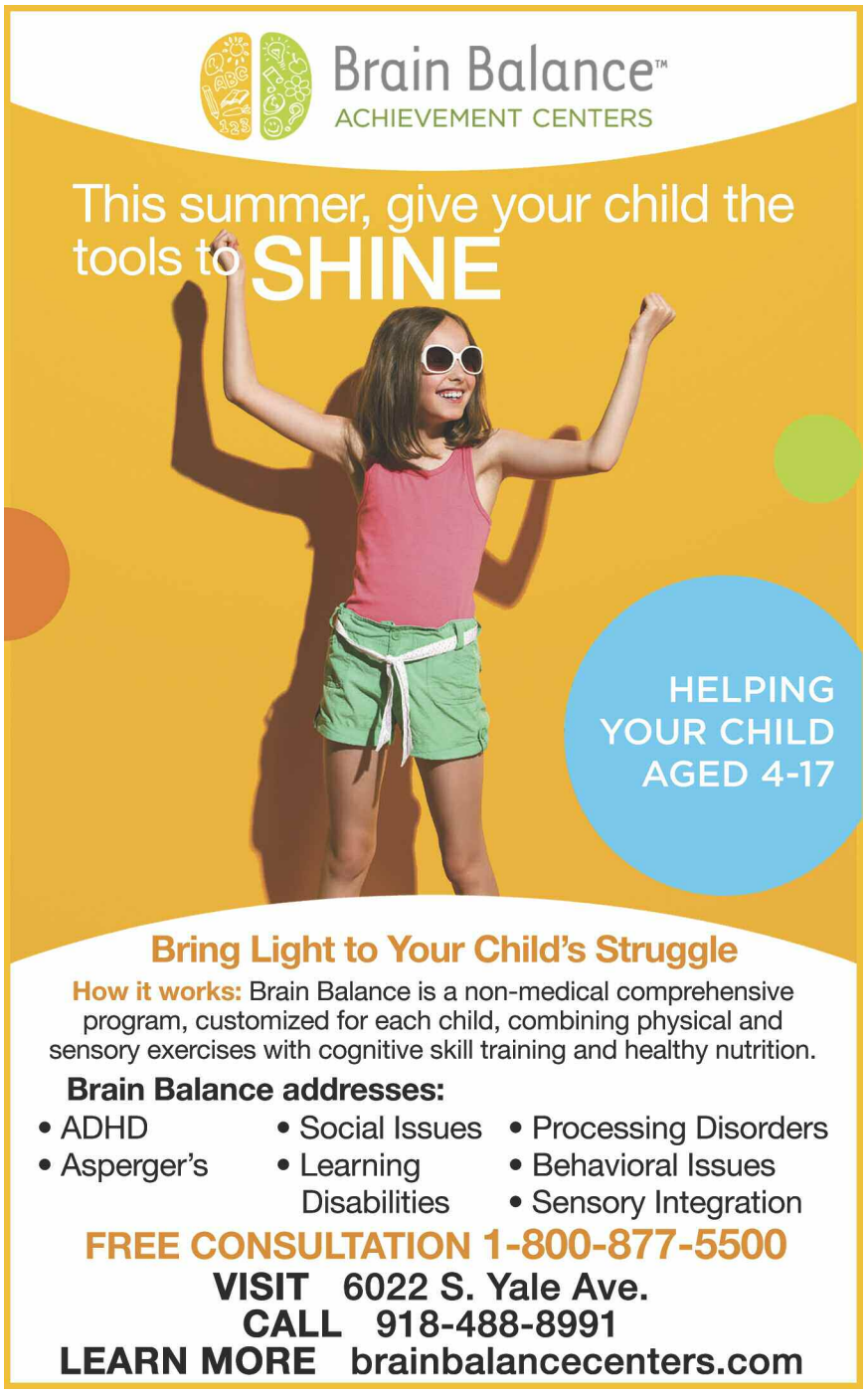
Going All Out

If you have a larger budget, consider a cruise or an all-inclusive resort. Both of these options are great for single parents. Some cruise lines and resorts will waive the single supplement fee for single parents traveling with children. Make sure you select a cruise or resort that offers entertainment and activities that appeal to you and your kids. Most also offer kids' clubs or babysitting services so you can have some free time without the kids. Consult with a travel agent to find the ones that best suit your needs and interests.

Traveling with others

If you are not comfortable traveling alone with your kids, enlist the camaraderie and/or help of others. Team up with other single parents and travel together. This works best if you have similar parenting styles and your kids get along well. Family is a great option, too. If you have family members that are able to travel with you, that can take some stress off of you. Communication is key to making it work. Make sure your expectations are in line with how much they are willing to help.

Whatever vacation you choose, the most important thing is to spend time together as a family and make memories that last a lifetime!







feature

CITIZENSHIP BEGINS AT HOME

BY NIKKI CYTER SACK

Photo Credit: OH Snap! Photography



To many people, the political process is "like the weather," says John Waldron, a high school history teacher, father and, most recently, candidate for Oklahoma State Senate. "It's something that happens to you, that you can't do much about." But, he believes that reasoning couldn't be further from the truth. "Democracy depends on actively engaged citizens."



NATHAN LEVIT INTRODUCES STATE SENATE CANDIDATE JOHN WALDON.

We know as parents that we should be modeling behavior for our children in many arenas - but most of us could be doing a better job of cultivating children who are engaged contributors to the community. Opportunities abound, and with the big election year well underway, there is no time like the present to take advantage of a teachable moment.

Get Out to Vote

How do you raise a voter?

Really, the easiest thing is just to take your children voting with you, says Waldron, who has a 7-year-old son. Show them the machines and the ballots. Let them proudly wear the "I voted" sticker.

Mandy Winton, who serves on the Board of Directors of the League of Women Voters of Metropolitan Tulsa (a nonpartisan political organization) agrees, citing studies which show that children who go with their parents to vote are more likely to become voters themselves.

The next step in grooming an engaged citizen, adds Winton, is plain, old-fashioned talking with your kids.

But government, and the role we play in it, can be an abstract and daunting topic, even for adults, to tackle. How do you broach the subject with your little ones? The explanation may be pretty straightforward.

"Kids grow up with rules in a household," Waldron said. "Government is just an extension of that." In fact, he adds, some argue that the basis of government is the family itself, and parents can begin with that in mind.

Point out to your children that there are rules we follow as part of a family such as who is in charge of taking out the trash at day's end or how we act at the dinner table. There are also rules of our community such as those dictating how we drive or bike on the road; rules about not littering; rules that regulate how we must (and must not) treat one another. "These are things we all do together ... to live as a community," Waldron says.

Another barrier to discussion is that people often don't know which branch of government performs what function, notes Winton. Give yourself a mini civics lesson with the assistance of Google. Help your kids learn who is responsible for fixing the streets or protecting our neighborhoods.

"You can see it in the face of a little kid who gets to see a fire truck," she says. "We forget that those firemen are city employees."

For older children, start a nightly conversation about the news and what's happening both locally and nationally in the current election cycle. Children are hearing all the rhetoric even if you don't think their ears are tuned in to the political debate on the TV or the commentary on the radio.

These conversations, says Waldron, are a great way to impart values in your children and arm them with the critical thinking skills to one day go out into the world and make their own choices.

Tucker Wilkie, a 16-year-old Booker T. Washington student and Boys' Nation representative, thinks his own father is doing a fantastic job of just that. "He doesn't want me to do what he does just because he does it," he says, adding, "we talk all the time."

Another young person who credits his parents' engagement as stoking his own flames is Nathan Levit, an 18-year-old recent Booker T. grad. "We have a lot of dinner table discussions," says Levit, who is headed to Princeton University in the fall. "My email and texts are constantly inundated with articles my parents are sending me." And, he adds, there is always ready access to newspapers or magazines in his home.

Indeed, Levit may be an aberration of civic involvement with an impressive resume that includes managing the successful District 7 School Board campaign of Suzanne Schreiber as a high school sophomore and



(L to R) DAD JEFF WILKIE ENCOURAGES HIS SON TUCKER TO THINK FOR HIMSELF.

currently running John Waldron's state senate campaign. He began volunteering for political campaigns before he was of voting age and says the experiences provided "a pretty interesting perspective into what goes into getting people to vote."

But It's Not All About Elections

Yes, a large part of civic engagement is participation in the electoral process, but it's not limited to just casting your vote on a specific day. It's about taking an active role in shaping and maintaining your community.

Tulsa Young Professionals, or TYPros, is a great example of successful civic engagement in action. The non-profit organization, which is one of the largest groups of its kind in the country, works to attract and retain young talent in the Tulsa region by positively affecting change to the economic and social atmosphere of the community.

Their "Bring it to Tulsa" initiative has been credited with spurring the arrival of Uber (the ride-sharing service) and Trader Joe's (a specialty grocer located in Brookside) to the Tulsa market. You might ask your teen what sorts of things they'd like to see in their community and how they would go about cultivating those resources.

Daniel Regan, TYPros Chairman of the Board, notes that "when you start to change the narrative to focus on things that really cater to young people -- green spaces, diversifying community and education funding," you can inspire action. And, he continues, "Success begets success. People feel empowered and part of the future."

Just using the resources available around us can act as a form of civic engagement, Winton notes. Holding out the proposed developments in Helmerich Park and Turkey Mountain as examples, she says "I [could] sign petitions, but I can also use those spaces so [lawmakers] can see how community members are using that space." Whether going to the library, taking part in festivals or parades or playing at the park, be part of your community to express your own values.

"[There's] so much talk and so little action," bemoans Regan. "So let's put action to your words, let's start doing and encouraging others to do...oftentimes that's the catalyst to change."

The Basics of Voting In Oklahoma

•Anyone who is 18 years of age, a citizen of the U.S. and a resident of the state of Oklahoma can register to vote in Oklahoma

•Submitting an application to register to vote is still a paper-involved process in this state. Either download a form from the Oklahoma State Election Board website (https://www.ok.gov/elections/Voter_Info/Register_to_Vote/index.html), or pick one up at any number of places including but not limited to: tag agencies, libraries, post offices and the county election board (http://www.tulsacounty.org/Tulsacounty/election-board.aspx#home). Submit it via snail mail to the OK State Election Board or deliver it by hand to your county election board.

•Once your application is accepted, you'll receive a voter ID card listing your name, address, political affiliation and your polling place.

•Oklahoma has some pretty complex voting laws, but perhaps one of the more important to note is the provision that does NOT allow for voter ID cards to be issued in the 24 days before an election. So plan ahead! Those turning 18 in the 60 days leading up to an election can send in registration in advance of their birthday, notes Patty Bryant, Secretary of the Tulsa County Election Board.

•When it's time to actually head to the polls, just bring either your official voter ID card OR an accepted state or federal photo ID (like a tribal ID passport or drivers license).

•DID YOU KNOW? In 2016, there are elections scheduled in Tulsa County in 7 of the 12 months - with the biggest slate scheduled for November 8, including federal, state and county general elections.

Websites for Civic Engagement

Kids in the House, age 10+, http://kids.clerk.house.gov: Detailed, age-appropriate intro to the House, its history.

PolitiFact, age 13+, www.politifact.com: Find out who's telling the truth in politics.

DOGO News, age 8+, www.dogonews.com: Interactive, kid-friendly news source gives kids the scoop.

DoSomething.org, age 16+, http://dosomething.org: Not-for-profit site encourages and supports youth action.

About-Face.org, age 13+, www.about-face.org: Site dissects sexism in the media.

GenerationOn, age 6+, www.generationon.org: Safe site sparks ideas for helping the community.

Youth Radio, age 15+, www.youthradio.org: News and more for kid journalists.

Find these and more websites at www.commonsensemedia.org.

Make a Winning Impression

Blue 32! Huddle up with Team On The Cusp on July 8th to receive a free, custom mouth guard for your student athlete ages 6-14...a $225 value! We'll also be passing around free snow cones during the event, so be sure to snag one for your favorite all star (and maybe one for yourself). **Availability for this one-day event is limited - don't miss out!**

Register online today to reserve your free 15 minute impression session on July 8th from 8am - 3pm.

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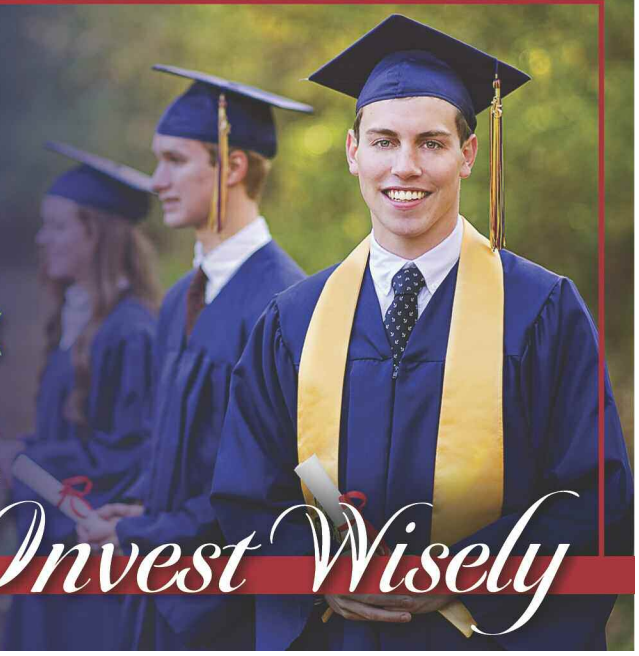
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BY NATALIE MIKLES

sweet summertime sips

Most of the time my kids get two choices for drinks: water or milk.

But in summer, their options open up with juices, lemonade and milkshakes. Lots of outside play and pool time means they're hot and thirsty. So why not break from routine and cool off with some summertime sips?

Fresh-squeezed lemonade is a fun way to bring the kids into the kitchen. It's a lesson in how much effort goes into making a seemingly simple drink. Check to see how simple they think it is after they've squeezed their 10th lemon.

While grocery shopping with one of my girls, she asked me if we could "please, pretty please" buy some watermelon lemonade she saw near the orange juice. After checking the ingredients, I promised her we could make an even tastier version at home. And we did – that recipe is featured below.

We drink milkshakes year-round – a habit formed when I was trying to get one of my daughters to gain weight. (The adult weight gain was an unwanted side effect.) Our blender stays busy especially in summer when my kids would prefer a shake to any other dessert. I let them choose their favorite ice cream, and we sometimes throw in chocolate chips, strawberries, blueberries and a little vanilla extract before blending with milk.



A VERY PATRIOTIC WATERMELON LEMONADE.

Fruit-flavored ice pops are another favorite summertime treat. I let the kids make these themselves, and they have fun blending juice with honey, fruit, water or whatever else they decide to mix into a homemade popsicle.

I couldn't write about summertime drinks without sending some love to all the moms and dads out there, sweating through baseball games, catching their kids down the playground slide and hearing "watch me, watch me," over and again at the pool. For us, there are iced coffee drinks just as delicious – and much less expensive – than our favorites at Starbucks.

Watermelon Lemonade

- 4 cups cubed watermelon
- 1/4 cup sugar
- 1/2 cup water for boiling
- 3 cups cold water
- 1/2 cup fresh lemon juice

Place the watermelon in a blender, and puree until smooth. Strain through a sieve to remove pulp.

To make simple syrup, bring sugar and ½ cup water to a boil in a saucepan over medium-high heat until sugar dissolves, about 5 minutes. Remove from heat. Stir in 3 cups cold water and lemon

continued next page

juice. Add watermelon puree, and gently stir. Serve in ice-filled glasses.

This Southern Living recipe was a favorite of my kids when they were toddlers, and they still ask for it on hot summer nights. It's also good with an added banana.

Fresh Strawberry Milkshake

- 8 ounces strawberries, stemmed and sliced
- 1/2 teaspoon vanilla extract
- 1 pint vanilla ice cream
- 1/4 cup milk

Blend half of strawberries, 1/4 teaspoon vanilla, 1 cup ice cream and 2 tablespoons milk in blender until smooth. Pour into 2 glasses. Repeat with remaining strawberries, vanilla, ice cream and milk for a total of 4 servings. Serve immediately.

Triple Berry Popsicles

- 2/3 cup sugar
- 1 cup blueberries
- 1 cup strawberries, sliced with stems removed
- 1 cup raspberries
- 1/4 cup fresh lemon juice

Put sugar and 1/3 cup water in a small saucepan and bring to boil over high heat, stirring until sugar is dissolved. Set this simple syrup aside.

Combine blueberries, strawberries, raspberries and lemon juice in a blender and puree until smooth, about 30 seconds. Add 1/3 cup simple syrup and blend just until combined. (Save remaining syrup for another use, such as sweetening iced tea.)

Transfer purée to popsicle molds and freeze 4 hours. Insert popsicle sticks and freeze an additional 4 to 6 hours, or until frozen solid.

A friend shared this great coffee with me last summer. She says it's inspired by the Pioneer Woman's iced coffee recipe.

Dreamy Iced Coffee

- 8 ounces ground coffee
- 4 quarts cold water
- 2 tablespoons sweetened condensed milk

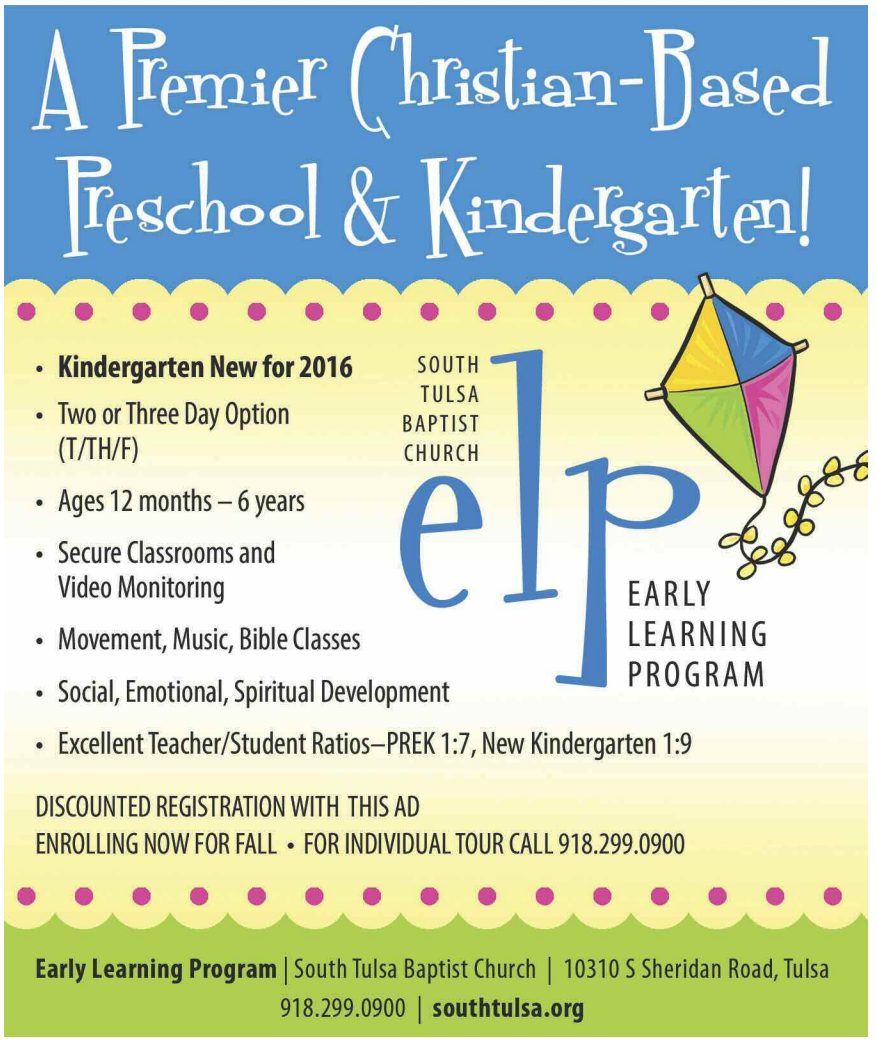
Place the coffee grounds in a large food-safe container and add the cold water. Mix with a large spoon, then cover and allow to sit overnight at room temperature.

Strain the mixture into a clean container through a fine-mesh sieve that has been lined with two layers of coffee filters. Discard the coffee grounds. Chill mixture until ready to use.

To make the iced coffee, fill a glass with ice and fill it two-thirds full of the chilled coffee concentrate. Sweeten with sweetened condensed milk and half-and-half, if desired.







BY MEREDITH DEATON, TPS TEACHER

budget cuts mean personal loss for students and teachers

On May 24, when the state legislature announced no new cuts for education for the 2016-2017 school year, I was overjoyed. Then I started reading. $109 million dollars were cut from the state general education fund during the 2015-2016 school year, and that money isn't being replaced. In addition, $39 million will be cut from the public schools activity fund, which pays for everything from textbooks to remedial education to teacher retirement benefits.

On the last day of Teacher Appreciation Week, 10 of my colleagues at Booker T. Washington High School learned that their positions had been eliminated. Some had already chosen to retire. Many more were first- and second-year teachers. Now that our staff has been cut by more than 10 percent, the remaining teachers at my school can expect an average class size of 32 students. This is three more students per class than we had before, and to an outside observer, maybe that doesn't sound like much. To a teacher, that's 18 more students per day, almost enough to fill a brand-new class.



Grading one essay takes me 10 minutes, so I'll need to budget an extra three hours to grade all my students' papers. Since I only get four hours of planning time per week, I'll have to make a difficult choice: will I sacrifice even more of my personal life than I already do to grade these extra papers, or will I assign less work, knowing that my students will be less prepared for college?

Although these budget cuts will make my life harder, they will affect students even more. If your teen is in my English class next year, I can't promise that he or she will get a seat. Even if extra desks miraculously appear, I can't fit 32 of them in my classroom. During the last week of school, my students debated how teachers should decide who sits on the floor and who gets a chair. Some argued that the hardest working students had earned the privilege of a desk; others suggested that the lowest performing students needed them more. We live in the richest country in the world, but we can't even promise that all our students will have chairs.

The truth is, designing a seating chart is the last of my worries. Huge classes force teachers to make cruel choices about which students they will help. Last year, when I had 30 students in most of my classes, I knew I didn't have time to reach every student who raised a hand. Who was I supposed to help first? The eager learner who deserved a more advanced project, or the English as a Second Language student who was struggling with basic grammar? Or should I ignore all the hands in the air and go to the girl in the back of the room who was flunking all her classes and desperately needed to know her teacher cared?

Here's my confession: I let the girl at the back of the room slip through the cracks. In April, when it was much too late to help, I found out that her mom worked three jobs. My student was the sole caregiver for her two younger siblings, one of whom had special needs. She didn't have time to do homework, and she arrived at school too exhausted to focus. Another seemingly apathetic girl had been evicted from her home. After school, she tried to earn money to help her mom pay a new security deposit; at night, she slept fitfully on friends' couches, never sure if she'd be able to come back the next day. Both of these girls

continued next page

needed to know they had a safe and stable home in my classroom. I couldn't provide it.

Stories like these will become more common next year. Middleclass families will pinch pennies to hire tutors, pay for music lessons, and enroll their kids in club soccer if remedial services, fine arts, and athletics are cut. But more than half of students in Tulsa Public Schools live in poverty. They rely on public schools not only to educate them, but to provide them with the extra-curricular activities that are essential to competitive college and scholarship applications. The American Dream relies on the idea that everyone has the opportunity to succeed. Bankrupting public education puts that dream at risk for thousands of students.

If we do not pay for education, we will pay for welfare, food stamps, and Medicaid for Oklahoma children who barely graduate from high school and cannot get into college. If we will not pay for our poorest children to succeed, we will pay for them to go to prison. Next year, I hope our legislators — and our voters — choose more wisely.

Meredith Deaton has taught English and coached debate at Booker T. Washington High School for 10 years. She is the coach of over 20 national speech and debate qualifiers and two national champions, and was recognized as Eastern Oklahoma's Coach of the Year in 2014. In 2015, she was awarded a Fund for Teachers Fellowship to research genocide recovery in Germany and Rwanda. She graduated from New York University in 2003 with degrees in English and Political Science.

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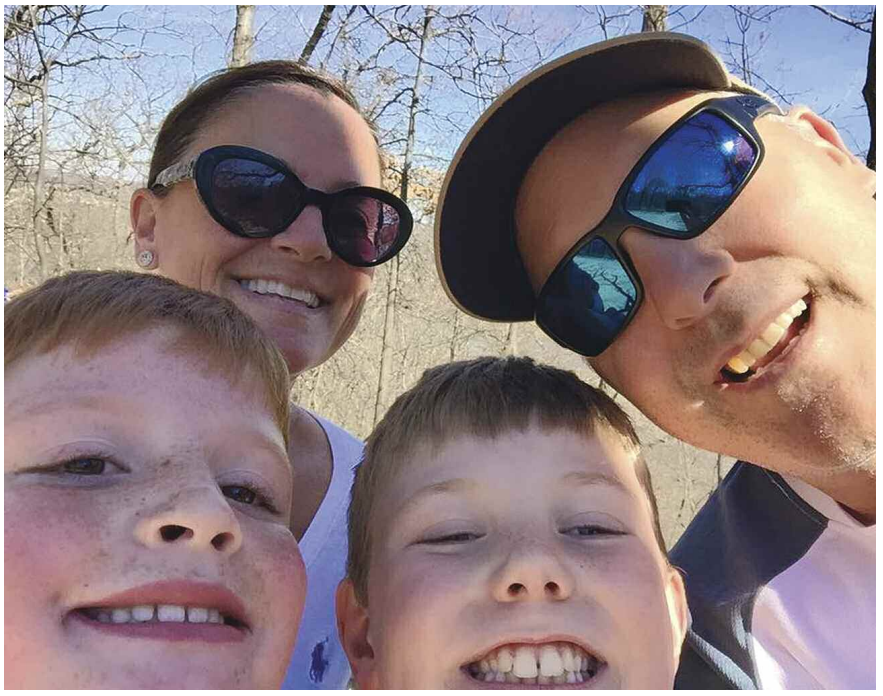


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BY NANCY A. MOORE

Jeff Stava: leading the gathering

Jeff Stava is the man responsible for directing George Kaiser's multi-million-dollar investment known as A Gathering Place for Tulsa. Stava is the Executive Director and Trustee of Tulsa's Gathering Place, LLC for the George Kaiser Family Foundation (GKFF). In discussing this future amenity, he highlights that A Gathering Place will include: acres of planned space for future visitors to enjoy, ways it will enhance the natural landscape of the community, and the lasting legacy it will have for future generations.



THE STAVA FAMILY HIKING ON TULSA'S TURKEY MOUNTAIN IN EARLY MARCH. (L-R) WILL, 8, SUSIE, LUKE, 7, AND JEFF STAVA.

A Gathering Place for Tulsa:

TK: How did you get the opportunity to become involved in this project?

JS: When I started at the Tulsa Community Foundation, I was responsible for a managing the foundation's real-estate holdings including the two apartments at 31st and Riverside Dr. When talks started happening about the River Parks and the trail system along the river, Tulsa's most popular park system, and how we could build a large gathering place to enhance River Parks, I was excited about the project and volunteered to coordinate. As time went on and plans were firmed up, it was time to pull the gloves off and focus on developing it into a space the entire Tulsa community could benefit from. We held numerous public meetings to garner input for what this park could be for our community. To bring this kind of project together, it definitely requires a team mindset and approach. There is a team of over 150 people managing this project, with around 250 construction workers on-site today and at its peak around 650 workers. This project is the largest the Foundation has endeavored to date.

TK: What is the estimated financial investment of this project?

JS: The investment totals $400 million. This total is broken down: land ($50 million), construction ($225 million), architect/engineering ($25 million) and the endowment ($100 million). It is important to note that this project is not paid for by the city or county. It will have the highest level of quality care of operations, security and programming made possible by the donors' permanent endowment. We are fortunate to have a lot of community partners working hard to engage the community, and to build knowledge and excitement about this project.

TK: What do you foresee will be the long-term benefits of this project to the Tulsa community?

JS: Having such a large green space along the Arkansas River, right along the water's edge combined with the Vision passage that includes two new low-water dams and pedestrian bridge crossings, these combined will provide endless possibilities for outdoor activities in Tulsa—including the expansion of Turkey Mountain. I feel our best days are ahead of us in taking advantage of the riverfront. We are fortunate that many of our civic and corporate leaders want to attract and maintain the talent pool of individuals in Tulsa, value green space, and value outdoor space for the community. This park will become a selling point for the community.

TK: Which local corporations are helping in this endeavor?

JS: Our four largest donors are Williams Companies, Quik-Trip, ONEOK and Chapman Foundations – combined, they have contributed nearly $50 million.

continued next page

There are over 70 donors combined who have pledged over $150 million to date, and continuing to fundraise.

TK: How do you envision The Gathering Place will benefit families?

JS: GKFF is excited about programming for the park – especially the children's programming. Program focus areas for all ages include: cultural, arts and crafts, physical activities, nature, science, gardens and annual events and festivals. We envision a robust curriculum that teachers can use to synchronize with the hallmarks of early childhood education to teach in the classroom and then see it first-hand when they explore the park. The park will be an outdoor classroom for kids — with endless learning opportunities.

Getting to know Jeff

TK: Tell us about your family:

JS: Susie and I have been married for 11 years and we have two boys; Luke is 7 years old and Will is 8 years old.

TK: In your free time, what does your family like to do around the Tulsa area?

JS: We love to spend time at Grand Lake. Susie and I love time with family, friends and watching the sunsets. Luke loves to fish and Will enjoys tubing at the lake. We spend a lot of time outside.

We love to go eat Mexican food, both boys love it. We are lifetime members of the Tulsa Children's Museum and are also members of the Zoo and Aquarium.

TK: What are some fun facts about you?

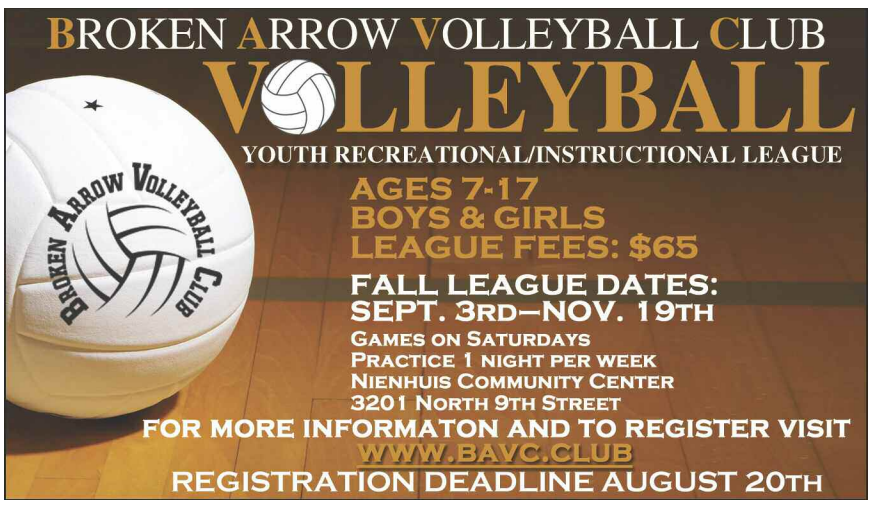
JS: I love the outdoors. I am an avid duck hunter and I used to own a fishing lure company. I have been with Tulsa Community Foundation and George Kaiser Family Foundation for eight years.

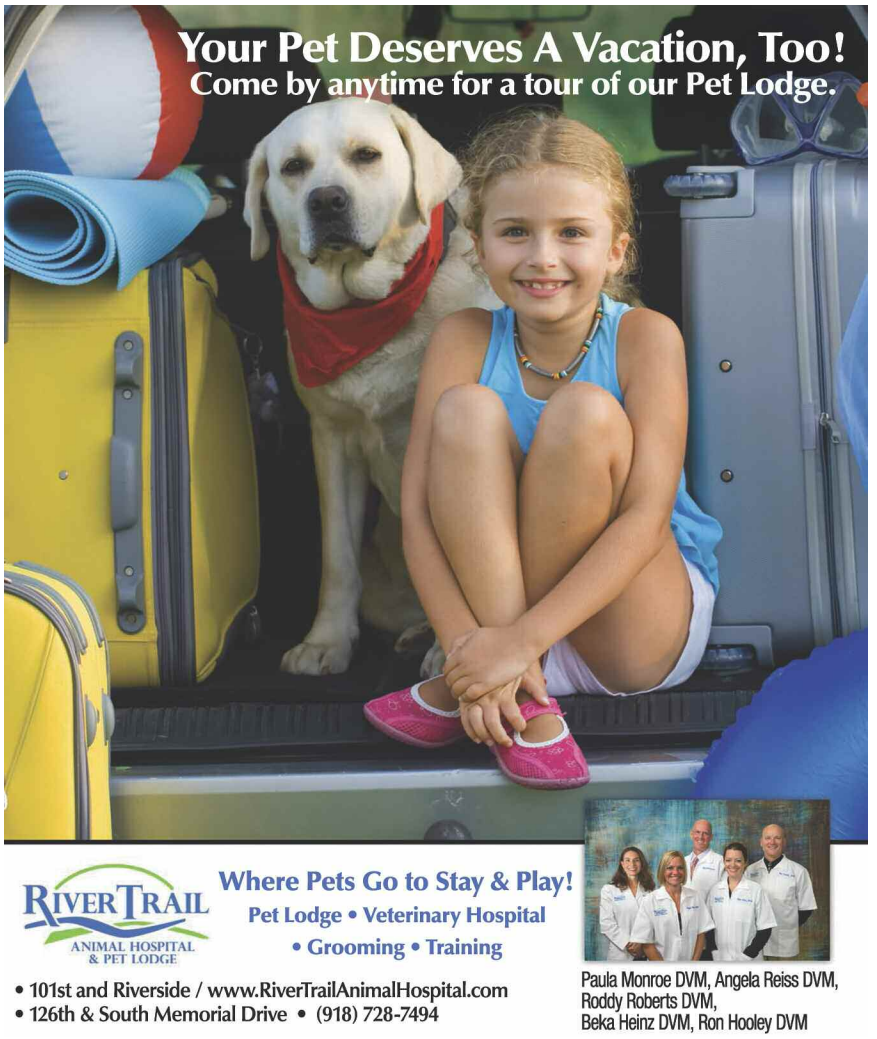
TK: Do you have a favorite part of A Gathering Place?

JS: Yes, because of my love for nature, the outdoors and my kids, [it is] Chapman Adventure Playground. I look at things through the lens of my 7- and 8-year-olds to see what they get excited about. The design of the playground is going to be set up over five acres that will include seven landscaped play areas that are progressive by age group. We want it to be challenging for every age group. We intend to create a place where families will all have something to do and will be challenged in a different way. The park will provide a place for Tulsans and visitors alike to experience something new with each and every visit.

To check-in on the progress of A Gathering Place: www.agatheringplacefortulsa.com.

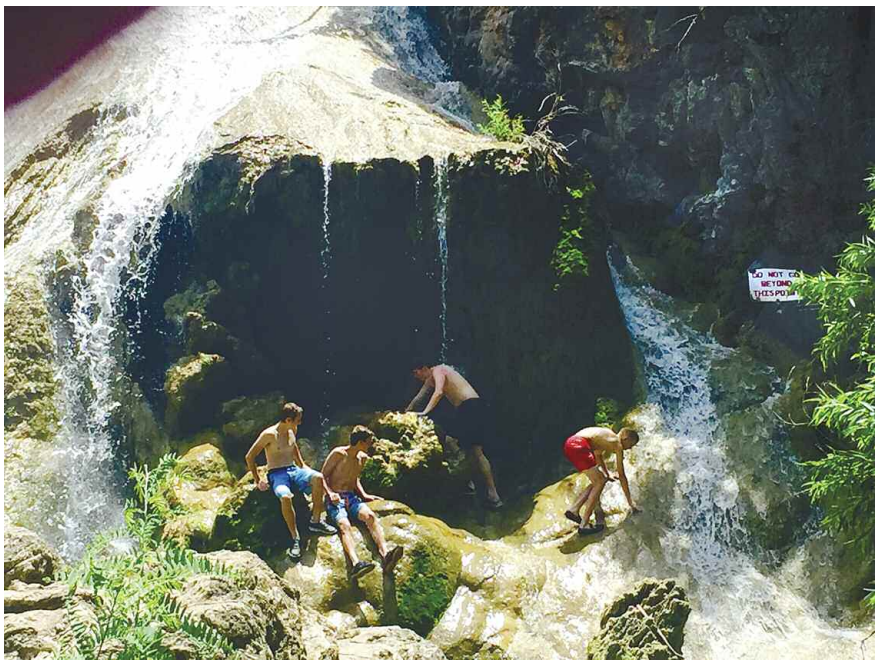






BY DIANE TRITT EATON

kids will fall for **Turner Falls**



BOYS WILL BE BOYS AT TURNER FALLS.

Oklahoma is full of natural wonders—- mesas, salt plains, and even five mountain ranges. This often shocks visitors, who have preconceived notions about Oklahoma being solely comprised of open prairie. I admit that I thought this prior to relocating here 18 years ago from New York. But, through the years, I have learned to expect the unexpected.

While driving on 1-35 through the heart of the Arbuckle Mountains south of OKC on a family trip last summer, we stumbled upon a sign for Turner Falls Park in Davis. Detouring to explore, we saw the place abuzz with visitors. It was so jam-packed that we didn't get out of the car, but were enticed by clear-water Honey Creek full of people in tubes, others jumping off a diving board, and kids shooting down slides into the natural swimming hole below.

Making a mental note to head back, I did some research and learned that the crown jewel of the park's watery playground is a 77-foot picturesque, cascading waterfall (arguably the tallest in the state) and its natural swimming hole directly below. I thought, "Wow, now we MUST take the plunge."

To avoid crowds, I grabbed my teenage son and a handful of his dear pals, and off we went on a random Tuesday in June. Bathing suit and water-shoe-clad, we packed the Jeep with sunscreen, bug spray, towels and a cooler filled with lunch (a great way to save money and time). After a 2 ½ hour drive, we arrived, staying until 5:30 p.m., which was definitely long enough to soak it all in.

Before entering the falls, however, we made a point to drive up into the Arbuckles —-an ancient geological wonder with diverse resources including granite, limestone, and shale, to name a few. We hugged parts of the cool, winding spring-fed Honey Creek, juxtaposed with natural rock formations and features in common with the Black Hills of South Dakota and the Grand Canyon. Of course, elevations are much lower, capping out at about 1400 feet, but we sure took in some incredible views.

The boys' take on Turner Falls was spectacular. When asked what they enjoyed most, 15-year-old Nick Fox said, "I really liked exploring and swimming around the falls and also riding tubes and floating with the current downstream."

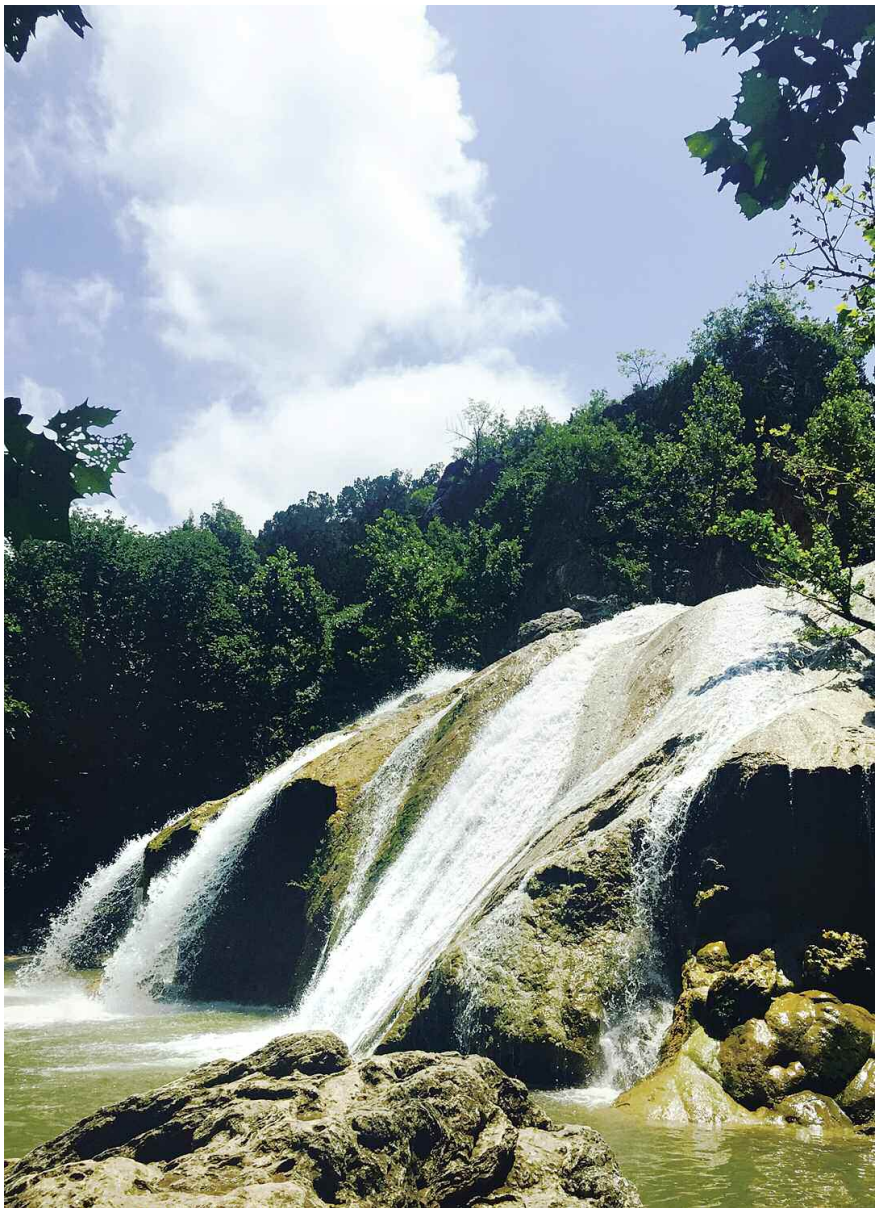
Another buddy and classmate, Kyle Hook, added, "I loved when we were at the actual waterfall, climbing rocks and touching the bottom of the swimming hole, not knowing how deep it was."

My son, Garrett, and Cole Mabrey, the third friend and classmate in tow, were simply happy being one with nature —- swimming in such a unique setting; one that is quite different from a pool, lake or the ocean. Clearly, the trip earned four thumbs up.

Honestly, from my perspective, the grounds and facilities are a little rough around the edges but, in the end, that didn't really matter. We overlooked it (actually, I am not sure the boys noticed or cared) because the focus was the natural water park. Regardless, I'd like to see many more trash receptacles and better maintenance of the grounds' and facilities' appearance. More shaded picnic areas and benches for parents who want to sit on the sidelines to observe their children would also be nice. For someone who has enjoyed camping, I found the sites to be lackluster and I wasn't impressed with the shabby cabins either, so if you go, focus on the water fun and be prepared for a rustic setting.

The park is open year round and lower winter rates apply. The park must be lovely when the

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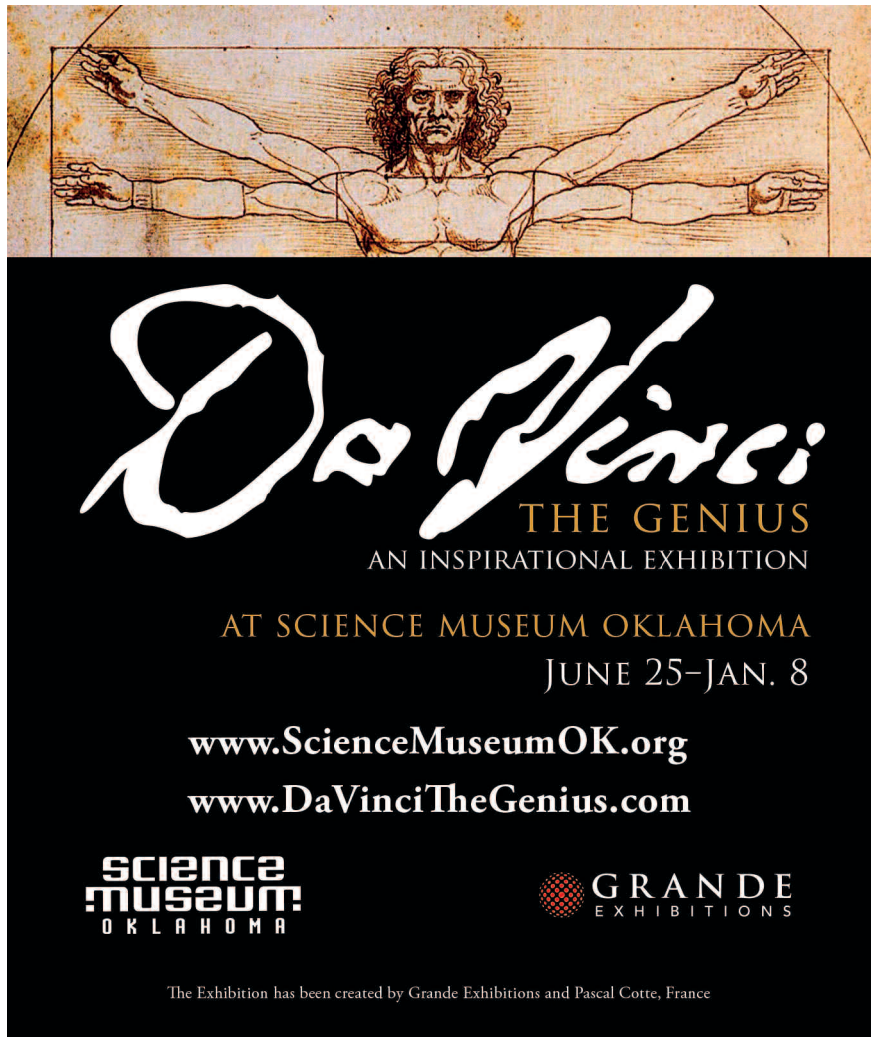
77-FOOT TURNER FALLS IN MID-JUNE AFTER SPRING RAINS SUBSIDED.

leaves are changing and the creek is stocked abundantly with trout in the cooler months. There is a "per person" fee to enter. Summer rates from the first of May through the end of September are $12 for ages 13 and older, $6 for ages 6-12, seniors and active military with a valid ID and children 5 and younger are free. Credit cards are accepted. For protection, all children 12 and younger must wear a Coast Guard-approved life vest. This new rule applies as a result of the drowning of a child earlier this year. Tubes can be brought into the park but are also sold at the Trading Post for $6 a pop. For added convenience, there are a few concession stands and a food shack serving up sno cones, nachos and such.

While driving home, I asked the boys, "If we do this again, should we make it an overnighter, stopping in downtown OKC to clean up, enjoy Bricktown, and leisurely head home the next day?" They all liked this idea a bunch.

Although a day trip is totally doable, 5 to 5 ½ hours in the car roundtrip can result in tired and hungry kids eager to unwind.

No matter, with the hot summer sun upon us, a trek to Turner Falls is just the ticket for an outdoor adventure —- with the goal of simply getting and staying wet!





BY MARISA MORGAN

engineering mentors **inspire local students**

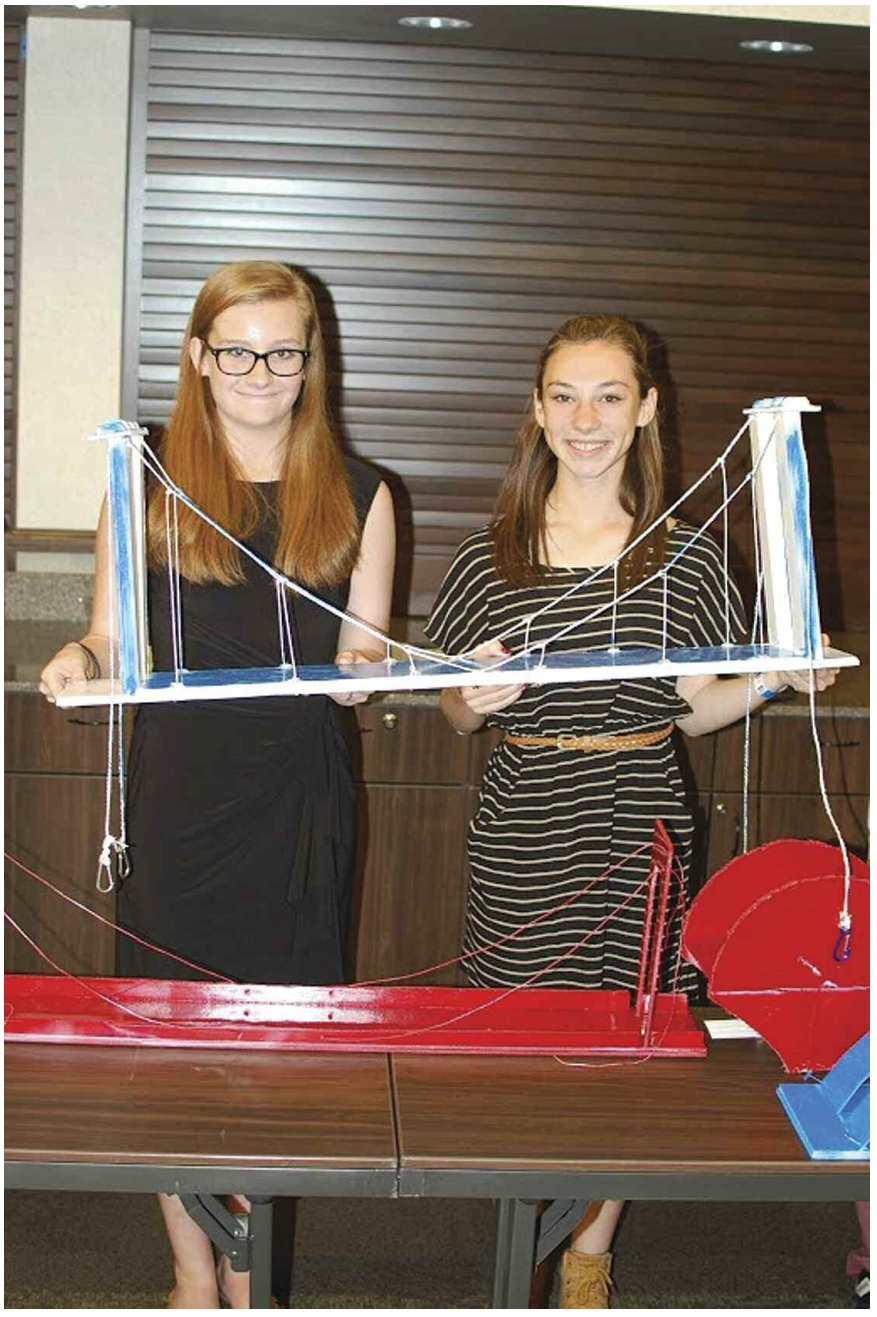
The Engineering Alliance for the Arts (EAA) was founded in the San FranciscoBay area in 1999 and quickly spread to other schools in the area. The organization expanded to Tulsa's Union Public Schools last year, and it is the first EAA program executed outside of California.

"It really started with Laura Whitehurst who works for EAA, who is from Tulsa originally, said, 'lets try it in my hometown.' David Schoell of Wallace Engineering, who is the head of the EAA program at Union.

EAA puts mentors in classrooms once a week where they work with students on many projects that ultimately result in a model bridge design. The program targets 10th grade students and introduces them to a variety of different design careers with a focus on engineering and architecture.

"We purposefully seek out basic level classes," Schoell said. "No AP or Honors, so we are exposing students to different ideas and careers." This year's program met during two physical science classes and an art class during the spring semester.

While students do three class assignments, the main focus of the program is the model bridge. Students were given two different scenarios to choose from, and then were asked to design their own versions set to scale. Scenario 1 was a Pedestrian-Cycle Bridge over the Thames from Pimlico to Nine Elms, and Scenario 2 was a six-lane vehicular bridge with pedestrian and cycle access over the Anacostia River in Washington, DC. Twenty-five student teams competed, with 17 choosing scenario 1 and eight choosing scenario 2.



(L-R) MEGAN LOYD AND JORAN CHAPMAN DISPLAY THE HANGERBURKE BRIDGE THEY BUILT WITH THE HELP OF THE ENGINEERING ALLIANCE FOR THE ARTS.

Students Megan Loyd and Joran Chapman explained that they had been working exclusively on the design for their bridge, called the "Hangerburke" for over a month. Once they chose which scenario they wanted to compete in, they formulated their plan and kept adding elements.

"We learned time-management, and planning and organization like we never had in any other class," they said.

While some students are naturally more passionate than others about participating in the program, the overall reaction is positive.

"We had one student who was actually failing the class when we got there, but because of their participation in the bridge

continued next page

project they were able to pass," Schoell said.

The program has also sparked an interest in engineering for a lot of students, including Roberto Bolizaire. "I didn't really know what all went in to being an engineer," he said, "but I really enjoyed the designing and the building of the bridge."

Even for those who do not have interest in building the bridge themselves, the project builds a variety of strengths and skills. Students must explain the design of the bridge in a written portion, as well as do an oral presentation in front of four qualified judges. "It actually has been approved as part of the Common Core curriculum in California," Shoell said.

Schoell hopes to expand their reach to more schools, which means more volunteers will be needed. This year's program was sponsored by Oklahoma Structural Engineers Association (OSEA), National Council of Structural Engineers Association (NCSEA), Tulsa Regional Stem Alliance (TRSA), Tulsa Engineering Foundation (TEF), and Wallace Engineering. Mentors were from Wallace Engineering, Crafton Tull, SGA Design Group, Dewberry, PEC, Ambler Architects, 360 Engineering, J&G Steel, but more are needed for the program to grow.

Ultimately, it's the volunteers who mentor the students throughout the semester that are the real influence, not the product that the teens make.

"It's not about ending up with a fancy looking bridge," Schoell said. "It is really about engagement with design professionals."





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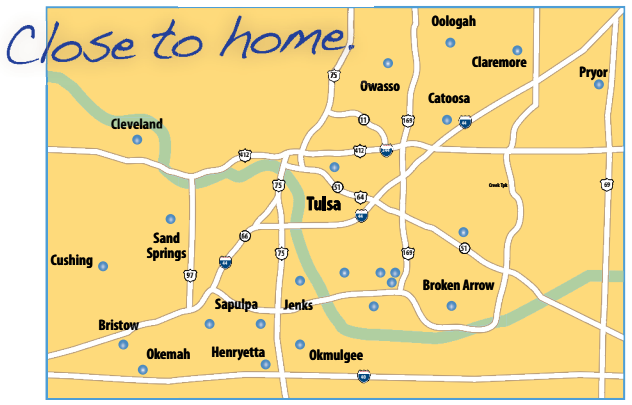
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3 | SUNDAY

Sunday Draws at Gilcrease
Sunday Draws is for anyone who wants to learn to draw or to learn to draw better and have fun doing it. Reservations are required: 918.596.2774. Gilcrease Museum of Art, 1400 Gilcrease Expressway; 1-2:30 p.m.

Tulsa Roughnecks Home Game
ONEOK Field, 7:30 p.m.

4 | MONDAY

It's Independence Day!
Find a full listing of Tulsa area Fourth of July celebrations and firework shows on the next page.

TULSA PARKS WATER PLAYGROUNDS

One of the most popular features in 11 Tulsa Parks is the water playgrounds which offer cool relief from summer heat and fun for "kids" of all ages.
Locations:
Chamberlain, 4949 N. Frankfort
Helmerich, 7301 S. Riverside
Hunter, 5804 E. 91st St.
Kendall-Whittier, 2645 E. 5th St.
Manion, 3003 E. 56th St.
Maxwell, 5251 E. Newton St.
Mohawk, 5701 E. 36th St. North
Owen, 560 N. Maybelle St.
Schlegel, 3825 W. 53rd Pl.
Vining, 6502 N. Cincinnati Ave.
Whiteside, 4009 S. Pittsburgh



Find more at tulsakids.com/summer

TULSA PARKS SPLASH PADS

Splash pads are similar to water playgrounds, but do not have the 'playground element' that water playgrounds have.
Locations:
Archer, 2831 E. Archer St.
Benedict, 1630 E. 12th St.
Braden, 5036 E. 7th St.
Carbondale, 2802 W. 48th St.
Crutchfield, 1345 E. Independence Ave.
Dawson, 2035 N. Kingston
Florence, 1936 S. Gary Ave.
Highland, 4909 E. 36th St.
Johnson, 6002 S. Riverside Dr.
Lacy, 2134 N. Madison Pl.
Maple, 404 E. 15th St.
Penney, 531 S. 49th West Ave.
Reed, 4233 S. Yukon Ave.
Springdale, 2223 E. Pine St.
Starks, 1622 N. Main
Tracy, 1134 S. Peoria, Ave.
Veterans, 1875 S. Boulder Ave.
Wheeling, 2209 W. Wheeling Ave.
Zeigler, 3903 W. 4th St.
Zink, 3216 S. Trenton Ave.

FOURTH OF JULY FAMILY FUN

CAJUN FESTIVAL - AND ARTS, CRAFTS, MUSIC FESTIVAL IN GROVE

Saturday, July 2; 9 a.m.- 4:30 p.m.
Grove Civic Center, 1720 S. Main in Grove, OK
One doesn't have travel deep into the heart of Cajun Country of Louisiana to find good food, good times and good music. In fact, it can be found in Grove at the Grove Civic Center with authentic Cajun music, Cajun food and many other entertainers. Find more at www.grandlakefestivals.com.

GRAND LAKE FIREWORKS

When: Saturday, July 2 at dusk
Located between the spillways in Disney starting at 9:30 p.m. Find more at www.grandlakefireworks.com.

FANTASY IN THE SKY IN SKIATOOK

When: Sunday, July 3; times vary
Where: Skiatook Municipal Airport
"Fantasy in the Sky" is an annual Fourth of July celebration sponsored by the City of Skiatook and area businesses. The celebration starts with a community wide parade and continues throughout the day with great food, vendors and live music. The night concludes with a world class fireworks show that brings more than 75,000 people to Skiatook. The celebration is always held on the 3rd of July. Find more at www.cityofskiatook.com.

BARTLESVILLE 4TH OF JULY FREEDOM FEST

When: Monday, July 4, 2016; 6 p.m. - 10:30 p.m. (Fireworks begin at 9:45 p.m.)
Where: 2nd St & Johnstone Ave. in downtown Bartlesville
Celebrate Independence Day in downtown Bartlesville with games and activities for all ages, patriotic kids' parade, music and more.
Find more at www.bartlesvillefreedomfest.org.

CLAREMORE 4TH OF JULY CELEBRATION

When: Monday, July 4, 2016; 6 p.m.-10:30 p.m.
Where: Claremore Lake Park, E. Blue Starr Dr., Claremore
Live entertainment starting around 6:10 pm; concessions, children's inflatables, and more all starting at 6pm. Fireworks around 9:40 p.m., or when it gets dark. Find more at www.vistclaremore.org.

HAR-BER VILLAGE INDEPENDENCE DAY CELEBRATION

When: Monday, July 4; 10 a.m. to noon
Where: 4404 West 20th St. in Grove, OK
Attendees can play old-fashioned lawn games, hand crank firecracker ice cream, decorate their bikes and wagons for a Kids Parade and listen to Thomas Jefferson, a.k.a. Tad Jones, speak and Broadway performer Ron Young sing the National Anthem. Free with museum admission. Find more at www.har-bervillage.com.

JENKS AMERICA FREEDOM FEST PRESENTED BY QUIKTRIP

When: Monday, July 4; 10 a.m.- 4 p.m.
Where: Jenks Main Street in Jenks
Jenks residents and visitors are invited to Main Street on July 4 for a day of fun, food and entertainment.
The festival will run from 10 a.m. to 4 p.m. in downtown Jenks. Festivities include live music, food trucks, local vendors and free watermelon. Newspring Family Church will also host a kids zone at Second and Main featuring inflatables and water games. Find more at www.jenkschamber.com.
Fish and Fireworks - The skies over Jenks light up with one of the longest, most brilliant fireworks shows in the area and the Oklahoma Aquarium backyard offers a front row view. The Oklahoma Aquarium will be open regular hours during the day – 10 a.m. to 6 p.m. with the last entry at 5 p.m. The Aquarium will reopen at 6:30 p.m. and offer half-price admission. Bring lawn chairs and blankets, but no outside food or coolers are allowed. Food and beverages will be available for purchase in the Coral Reef Cafe' and outside on the deck by McGraw Beach.
Enjoy the exhibits, then head outside to see the fireworks!

FOLDS OF HONOR FREEDOMFEST 2016

When: Monday, July 4; noon
Where: Tulsa River Parks
Visible for miles around, an estimated 80,000 spectators will view the Folds of Honor FreedomFest 2016 from Veterans Park, and along the Arkansas River. Spectators can experience the full effect of this patriotic celebration by tuning in to radio sponsor KRMG (740 AM & 102.3 FM) during the display to listen to the accompanying musical score. For those celebrating at home, turn to KTUL Tulsa's News Channel 8 to watch live coverage of the Fireworks Grand Finale in the opening moments of the 10 p.m. newscast.
Folds of Honor FreedomFest 2016 features live entertainment, food, beverages and Kids Zone inflatable play stations. Activities begin at 5:00 p.m. at Veterans Park located at 1875 S. Boulder Avenue. Inflatables are free and available to the public. Additional activities, food and beverage will be available from festival vendors. Find more at www.riverparks.org/freedomfest.

KENDALL-WHITTIER JULY 4TH PARADE

When: Monday, July 4; decorating begins at 9 a.m. and parade begins at 10 a.m.
Where: 500 S. Birmingham Ave. in Tulsa
Children can decorate their bikes, trikes, scooters, wagons and strollers with balloons and crepe paper (provided), then parade around the park. After the parade children can enjoy the splash pad and games assisted by Teach for America students. Free hot dogs will also be available. Decorating begins at 9 a.m., the parade at 10 a.m. Kendall-Whittier Park, 500 S. Columbia.
For more information, call 918.706.2252.

5 | TUESDAY

Tulsa Children's Museum Presents the Science of Triangles {FREE}
Students will explore the use of shapes in architecture, while discovering the strength triangles provide for structures. Using spaghetti and mini marshmallows, students will create their own structure. Recommended for preschoolers through first-graders. Herman and Kate Kaiser Library 5202 S Hudson Ave Suite B; 10:30 a.m.

Family Storytime: On Your Mark, Get Set, READ! {FREE}
Drop in for summer stories. Bring your family and your friends! For all ages. Helmerich Library 5131 E. 91st St.; 10:30 a.m.

Spaceship T.A.T.U.M. at the Jenks Planetarium
Join robot pilot T.A.T.U.M. and fly through the Solar System to visit the planets. The audience will study each one and learn wonderful information about each. The target audience age for Spaceship T.A.T.U.M. is 3 to 10 years. Jenks Planetarium, 105 E. B St.; 11 a.m.

Ready, Set, LEGO! {FREE}
Connect with other LEGO enthusiasts, challenge your creative skills and compete to win! You may bring your own LEGOS or use ours to feature your favorite book character. For ages 5-12. Judy Z. Kishner Library, 10150 N. Cincinnati Ave. E.; 2 p.m.

6 | WEDNESDAY

Marine Biologist for the Day at the Oklahoma Aquarium
Dive into an aquatic adventure and discover what it takes to be a marine biologist at the Oklahoma Aquarium. The junior marine biologists will experience the daily workings of the Aquarium, including: food preparation, animal feeding and care, water quality testing and even performing a necropsy. The program is offered for ages 12-16 and the cost is $100. Find out more at www.okaquarium.org.

Jeanne B. Goodwin Storytelling Festival
{FREE} The annual festival is a tribute to the late Jeanne B. Goodwin, a lifelong educator and literacy champion, who understood how storytelling and the visual experience work to build a vivid imagination. For ages 2-12. Rudisill Regional Library, 10 a.m.

Didgeridoo Down Under Show {FREE}
This show is a unique fusion of Australian music, culture, puppetry, comedy, reading motivation, character building and audience participation. The didgeridoo, usually a hollow tree trunk, has been played by Aboriginal Australians for at least 1,500 years, and is known for its otherworldly sound. Charles Page Library, 551 E. Fourth St.; 10:30 a.m. Jenks Library, 523 W. B St.; 1:30 p.m.

CPR/Lifejacket Demos at Reed Pool
Join in for FREE safety days this summer! Reed Pool, 4233 S. Yukon Ave.; 2 p.m.

***Tulsa Drillers Home Game @ 7p.m.**

7| THURSDAY

Tulsa Plays! {FREE}
Tulsa Plays! is a free event that is open to all kids 12 & younger. All kids will need to have a waiver signed by a legal guardian or parent to participate. Each participant will receive an activity card that they can take to each activity station. At each activity station they will receive a sticker of completion. At the end of the day kids can redeem their activity card for a Tulsa Plays! gift pack.There will also be a station where kids can dress like a TU player and receive TU face tattoos. Gardens at LaFortune Park; 10 a.m. - noon.

Weather Whys {FREE}
Do you have some "whys" about the weather? Why do clouds form? Why does thunder sound so loud? Why do tornadoes form? KJRH 2 Works for You Chief Meteorologist Brett Anthony will explain the "whys" with a series of experiments. For ages 5-11. Schusterman-Benson Library, 3333 E. 32nd Pl. 12:30 p.m.

Didgeridoo Down Under Show {FREE}
See previous description. Broken Arrow Library/ South, 3600 S Chestnut Ave.; 2 p.m.

Treasure Quest at Reed Pool
Filled capsules are tossed into the pool, some will float and others will sink. How much treasure can you collect? 4233 S. Yukon Ave.; 2 p.m.

***Tulsa Drillers Home Game @ 7p.m.**



STORYTIME IN THE GARDEN: Children read and sing about the wonders of nature, gardening and creatures who live in the garden. Free admission and no registration required. Tulsa Garden Center, 2435 S. Peoria Ave. Every Thursday in July at 10 a.m.

STORYTIME ON THE GREEN: Each week, a different community organization will lead engaging story time activities under the shade of the main stage at Guthrie Green at 10:30 a.m.

PAWS FOR READING: Registered therapy dogs are excellent listeners. Kids ages 5-12 are invited to read their favorite books to a furry, four-pawed friend. Each reader will receive a free book provided by the Tulsa Library Trust. There are multiple times and locations for PAWS for Reading. To find one that works for your family, go to www.tulsalibrary.org or check with your neighborhood library.

8 | FRIDAY

Kids Dig Books
Join in for stories about children whose families came to settle in the United States. Children will enjoy stories from different cultures and places about families who brought their traditions to a new land. Afterwards, they will create art work relating to the stories they've just heard. For ages 3-6, who must be accompanied by an adult. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 10 a.m.

***Tulsa Drillers Home Game @ 7p.m.**

9| SATURDAY

Tulsa Rock and Mineral Society's Annual Gem & Mineral Show
The show includes gems, beads, fossils, jewelry, crystals, working exhibits, a free kid's zone and demonstrations. Admission is $6 for Adults, Kids 12 and younger are free with paid adult. Tulsa County Fairgrounds Exchange Center, 4145 E. 21st St.; 9 a.m. - 5:30 p.m.

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

American Girl Doll Tea Party
Come celebrate the American Girl Doll experience with a tea party for you and your American Girl Doll. Online registration required: www.gilcrease.org. Because of limited seating, each attendee (child and adult) must have a ticket. For more information, please contact: Sarah Wright, 918.596.2774. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 2-4 p.m.

Mom and Son Luau
Enjoy some quality time poolside with your special little guy at Nienhuis Aquatic Center, 1400 S Main St. in Broken Arrow; 6:30-8:30 p.m.
Tickets are $5/ person.

***Tulsa Drillers Home Game @ 7p.m.**

10 | SUNDAY

***Tulsa Drillers Home Game @ 1 p.m.**

11 | MONDAY

Shake It! With Lora Richmond
Get moving with owner, instructor and personal trainer Lora Richmond of Shake It! Dance and Fitness Studio. Wear comfy clothing and get ready to shake it! For ages 5-11. Registration is required: 918.549.7638. Pratt Library, 3219 S. 113th W Ave.; 1 p.m.

***Tulsa Drillers Home Game @ 7 p.m.**

12 | TUESDAY

Staci Gray Music {FREE}
From story songs to movement songs, Staci's music has something for everyone! Come and check out the "Crocodile Dance" and "Big Bubble Bebop." For all ages.
Herman and Kate Kaiser Library, 5202 S Hudson Ave Suite B; 10:30 a.m.
Brookside Library 1207 E. 45h Pl.; 4 p.m.

Earth, Moon and Sun at the Jenks Planetarium
Coyote has a razor-sharp wit, but he's a little confused about what he sees in the sky. Join this amusing character (adapted from American Indian oral traditions) in a fast-paced and fun show that explores lunar phases, eclipses and other puzzles. The target audience age for Earth, Moon and Sun is 12 years and younger. Jenks Planetarium, 105 E. B St.; 11 a.m.

Tulsa Children's Museum Presents Squishy Circuits {FREE}
Kids will learn about conductors and insulators and discover how conductive dough and batteries can power LED lightbulbs, buzzers and simple motors. Recommended for grades 1-3. Librarium, 1110 S. Denver; 1-2 p.m.

Matt Sandback's Shadow Puppet Factory
{FREE} See previous description.
Broken Arrow Library, 300 W. Broadway; 1 & 2 p.m.

Sugar Free Allstars {FREE}
Rock out with the funky tunes of this OKC jamming duo. Dance to hits like "Bathtub Boy" and "Banana Pudding." For ages 6-12. Suburban Acres Library, 4606 N. Garrison; 1 p.m.

Tulsa Children's Museum Presents Slime
{FREE} Children will learn the states of matter and create a Non-Newtonian substance (slime). They will explore the texture, elasticity and consistency of their slime by conducting a series of tests. For ages 12 and younger. Zarrow Regional Library, 2224 W. 51st St.; 2 p.m.

13 | WEDNESDAY

Staci Gray Music {FREE}
See previous description
Rudisill Regional Library, 1520 N. Hartford; 10 & 10:30 a.m.
Nathan Hale Library, 6038 E 23rd St.; 2 p.m.

Sugar Free Allstars {FREE}
See previous description.
Helmerich Library, 5131 E. 91st St.; 10:30 a.m.
Jenks Library, 523 W. B St.; 1:30 p.m.

14 | THURSDAY

Staci Gray Music {FREE}
See previous description
Jenks Library, 523 W. B St.; 11 a.m.
Nathan Hale Library, 6038 E 23rd St.; 2 p.m.
Schusterman-Benson Library, 3333 E. 32nd Pl.; 2 p.m.

Sugar Free Allstars {FREE}
See previous description
Martin Regional Library, 2601 S. Garnett Rd.; 1 p.m.

Roald Dahl Day {FREE}
Chiddlers, join us for Roald Dahl's tales while we celebrate the BFG! Read a Dahl book and then join us to design a dream space, draw a giant, compose a poem and invent a slogan for the Chocolate Factory – all things Dahl today! For ages 9-11. Registration is required: 918.549.7631. Helmerich Library, 5131 E. 91st St.; 2:30 p.m.

Magic Safety Show at Lacy Pool
Join in for FREE safety days this summer! Lacy Pool, 2134 N. Madison Pl.; 2:30 p.m.

TARC Kids "Connections" Group {FREE}
This a social skills group for children with Asperger's and high functioning autism, ages K-5th grade. For more information, call Sherilyn 918.582.8272. TARC Office, 2516 E 71st St, Suite A.; 4:30 p.m.

15 | FRIDAY

An Affair of the Heart
Heart of Tulsa has grown into a unique marketplace where local and national crafters, artisans, boutique owners and collectors can share and sell their products with the general public. Located at Expo Square.
Friday and Saturday, 9 a.m. - 6 p.m.
Sunday 11 a.m – 5 p.m.

Mini Masters: Fun with Printmaking
See previous description; 10 a.m.

Matt Sandbank's Shadow Puppet Factory
See previous description.
Brookside Library, 1207 E 45th Pl.; 3 p.m.

16 | SATURDAY

DNA 101
Genealogists are using DNA test results to further their family history research and connect with others who are researching their family. Join Liz Walker, Genealogy Center library associate, for an overview of the different kinds of tests and what results to expect from each one. For adults.
Hardesty Regional Library, 8316 E 93rd St.; 9:30 a.m.

Build It Saturday
Whiteside will have all sorts of building materials, building bricks, Lincoln logs, boxes and more for the little builder in your house complete with a "hard" hat to take home. Ages: 2-5 years
Please enroll by Wednesday, July 13. Whiteside Recreation Center, 4009 S. Pittsburgh Ave; 10 a.m.

Behind-the-Scenes Tour at the OK Aquarium
You'll not only walk through our holding facility and see the turtles, you'll also get to journey above the Siegfried Families Shark Adventure to see the half-million gallon tank from a marine biologist's perspective. Oklahoma Aquarium, 300 Aquarium Dr.; 11 a.m. okaquairum.org

Imagination Days at AHHA {FREE}
AHHA invites families to learn about the art of our time and experience it firsthand. Inspired by current AHHA exhibitions, this program fosters the development of lifelong learning skills through gallery explorations, openended discussions, films, demonstrations and individual and collaborative handson art activities. Hardesty Arts Center (AHHA), 101 East Archer St. 1-5 p.m.

17 | SUNDAY

***Tulsa Drillers Home Game @ 1 p.m.**

18 | MONDAY

Our Friends, the Sand Springs Police Department {FREE}
Staying fit is key to some jobs, especially the police force. A Sand Springs police officer will talk about this and life on the job. The children will have an opportunity to check out the patrol car. For ages 5-11. Pratt Library, 3219 S. 113th W Ave.; 1 p.m.

***Tulsa Drillers Home Game @ 7 p.m.**

19 | TUESDAY

Tulsa Children's Museum Presents Airmazing
{FREE} Students will explore Newton's Laws of Motion and air pressure by creating their own air cannons. Recommended for grades 1-3.
Broken Arrow Library, 300 W. Broadway; 1 p.m.
Suburban Acres Library, 4606 N. Garrison; 1 p.m.
Broken Arrow Library, 300 W. Broadway; 2 p.m.

Balloons, Juggling and Fun With Dustin Reudelhuber {FREE}
See previous description. Judy Z. Kishner Library 10150 N. Cincinnati Ave. E.; 2 p.m.

Tulsa Children's Museum Presents Kaleidoscopes {FREE}
Students will explore how light waves interact and reflect. Students will build a working kaleidoscope from recyclable materials. Recommended for grades 1-3. Zarrow Regional Library, 2224 W. 51st St.; 2 p.m.

***Tulsa Drillers Home Game @ 7 p.m.**

20 | WEDNESDAY

American Indian Dances and Storytelling With Mike and Lisa Pahsetopah {FREE}
Listen to traditional storytelling and see spectacular dances, including women's dance styles such as buckskin, Southern cloth, jingle and fancy shawl. Charles Page Library, 551 E. Fourth St.; 10:30 a.m.

The Husher Games {FREE}
Complete our challenges, and maybe you'll win a 3-D printed medal! For ages 5-12. Librarium 1110 S. Denver; 1:30 p.m.

Balloons, Juggling and Fun With Dustin Reudelhuber {FREE}
See previous description. Jenks Library 523 W. B St.; 1:30 p.m.

Tulsa Children's Museum Presents Kaleidoscopes {FREE} See previous description, 2 p.m.

Minecraft Night {FREE}
Build your own world and fight off zombies in Minecraft. For ages 10-18. Class is limited to 12 on a first-come, first-served basis. Martin Regional Library, 2601 S. Garnett Rd.; 6 p.m.

***Tulsa Drillers Home Game @ 7 p.m.**

21 | THURSDAY

Kids Cooking Classes at the Health Zone
Your young chef is invited to the Health Zone's kitchen to learn how to make some easy and fun recipes. Kids' cooking classes are held on the third Tuesday and Thursday of each month from 5:30 to 6:15 p.m. in the demonstration kitchen inside Health Zone at Saint Francis.Tuesday evening classes are for kids aged 4-8 years old. Thursday evening classes are for kids aged 9 and above. Classes are 45 minutes and are $7 per child (with a family membership)and $10 per child (for non-members). Please register your chef-in-training in advance as class sizes are limited.

Family Game Night {FREE}
Try your hand at playing on a giant Tic-Tac-Toe board, building a Jenga tower taller than you, or winning at a life-size Connect Four wall. This event is for the whole family. Martin Regional Library, 2601 S. Garnett Rd.; 6:30 p.m.

22 | FRIDAY

Kids Dig Books: Immigrants - Travelers to a New Land
See previous description, 10 a.m.

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

23| SATURDAY

Chandler Park Just for Tots
This fun-filled afternoon is just for the little tykes! There will be books, blocks, bouncy balls, toys, games, crafts, goodie bags and door prizes. Lunch provided. No registration. $5/child, no cost for parents. Purchase tickets at the door. Chandler Park, 6500 W. 21st St.; 10 a.m. - 2 p.m.

24 | SUNDAY

Testing Outrageous Family Stories {FREE}
Most genealogists have heard undocumented outrageous family stories. Join professional genealogist Mark Lowe for this lighthearted look at some outrageous family stories. Using these examples, Lowe will share some strategies and suggestions that can be used to test the stories and determine their likely truths. For adults. Hardesty Regional Library,
8316 E 93rd St.; 1:30 p.m.

25| MONDAY

***Tulsa Drillers Home Game @ 7 p.m.**

26 | TUESDAY

My House Has Stars at the Jenks Planetarium
See previous description, 11 a.m.

CPR/Lifejacket Demos at Whiteside Pool {FREE}
Join in for FREE safety days this summer! Whiteside Pool, 4009 South Pittsburg Ave.; 1 p.m.

It's a Great Race! {FREE}
Sprint to the finish line! This final Summer Reading Program event is sure to reward all who attend! For ages 5-12. Judy Z. Kishner Library, 10150 N. Cincinnati Ave. E.; 2 p.m.

American Indian Dances and Storytelling With Mike and Lisa Pahsetopah {FREE}
See previous description. Brookside Library 1207 E 45th Pl.; 4 p.m.

LEGO Club {FREE}
Create and build with LEGOS. Work on your own creation or build as a team. The library will provide the LEGOS, you provide the imagination. No signup is required and all ages are welcome. Zarrow Regional Library, 2224 W. 51st St.; 6 p.m.

***Tulsa Drillers Home Game @ 7 p.m.**

WHEN FOOD RULES THE BRAIN



Laureate Institute for Brain Research, a scientific research institute that focuses on discovering brain-based technologies to improve mental health, is presenting a free lecture series. This month, Sahib Khalsa, M.D., Ph.D. will present "When Food Rules the Brain." The lecture is free and open to the public. Laureate Conference Center, 66455 S. Yale Ave.; Thursday, July 28; 6-8 p.m.
For more information, call 918.502.5180 or visit facebook.com/LIBResearch.

27 | WEDNESDAY

Tulsa Children's Museum Presents Kaleidoscopes {FREE}
See previous description, 1:30 p.m.

Chuck-a-Duck at Lacy Pool {FREE}
Pick up a numbered rubber duck from the front desk and gather around the deep end. At the signal, throw your duck towards the floating rings. Ducks inside any rings win a prize! Lacy Pool 2134 N. Madison Pl.; 2 p.m.

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

***Tulsa Drillers Home Game @ 7 p.m.**

28| THURSDAY

Why Can't You Tickle Yourself? Body Science for Kids {FREE}
Can you lick your own elbow? Why do you run slower with your arms by your sides? Who has more bones – a baby or a grownup? Explore these and other body science questions through fun experiments and demonstrations! For ages 7-12. Broken Arrow Library/ South, 3600 S Chestnut Ave.; 2 p.m.

Tulsa Children's Museum Presents Slime {FREE} See previous description. Schusterman-Benson Library, 3333 E 32nd Pl.; 2 p.m.

***Tulsa Drillers Home Game @ 7 p.m.**

TARC Moms & Dads Support Group
This is a support group for parents of children with developmental disabilities. The purpose is to nurture and support families dealing with challenges and share in the joy of raising children with developmental disabilities. TARC Office , 2516 E 71st St, Suite A; 7 p.m.

29 | FRIDAY

Mini Masters
See previous description, 10 a.m.

***Tulsa Drillers Home Game @ 7 p.m.**

30| SATURDAY

Little Green Thumbs
This is a great program for children ages 6 to 12 that are excited about nature and ready for hands-on learning about gardening. Advance registration is required and fees apply: 918.746.5125. Tulsa Garden Center, 2435 S. Peoria Ave.; 10 a.m.

Tulsa Children's Museum Presents Slime {FREE} See previous description. Schusterman-Benson Library, 3333 E 32nd Pl.; 2 p.m.

31| SUNDAY

***Tulsa Drillers Home Game @ 1 p.m.**

*We make every effort to ensure the accuracy of this information. However, you should always call ahead to confirm dates, times, location, and other information for all events. If you're interested in submitting an event for the calendar, go to www.tulsakids.com.

FREE/LOW-COST MOVIES

FREE SUMMER MOVIES @ CIRCLE CINEMA

As part of Tulsa City-County Library's summer reading program, enjoy a family-friendly movie at Circle Cinema, 10 S. Lewis, each Tuesday in July beginning at 1 p.m., in the 225 seat theater. There also will be accommodations for overflow seating. Children have the choice of receiving a free popcorn, drink or candy bar. Seating is limited. For more information, call 918.592.3456.
Where: 10 S. Lewis, Tulsa
When: July 5, 12, 19 and 26 at 1 p.m.

WARREN THEATRE SUMMER KIDS SERIES

When: Doors will open at 9 a.m. with shows starting at 10 a.m.
Where: Broken Arrow Warren Theatre, 1700 W. Aspen Creek Dr., Broken Arrow
The theatre will have costume characters from popular movies for pre-movie entertainment.
Tuesday, July 5 – Paddington
Tuesday, July 12 – Rio 2
Tuesday, July 19 – Alvin & the Chipmunks
Tuesday, July 26 – Despicable Me

CINEMARK SUMMER MOVIE CLUBHOUSE

Two Locations: Cinemark, 1801 E Hillside Dr. in Broken Arrow - all showtimes are on Monday - Thursday at 10 a.m.
Cinemark Cinema 8, 1112 E. Charles Page Blvd. in Sand Springs - all showtimes are on Mondays and Wednesdays at 10 a.m.
July 5-July 7: Home
July 11-July 14: The Boxtrolls
July 18-July 21: The Sandlot
July 25-July 28: Norm of the North
August 1-August 4: Shawn the Sheep The cost is $5 for ten movies or $1 per show. All films are rated G or PG.

*NOTE: THE REGAL PROMENADE HAS CANCELED THEIR SUMMER MOVIE PROGRAM.

PHILBROOK FILMS ON THE LAWN

Join in the summer tradition of films on the lawn! Bring your picnic basket, blanket, and friends and experience great films in Philbrook's beautiful gardens. Food trucks and concessions will be available on site for those must-have movie snacks.Find movie descriptions at philbrook.org.
When: Fridays in July; North garden gate opens at 7:30 p.m.; film begins at approximately 9pm.
Where: Philbrook Museum of Art, 2727 S. Rockford Rd.

MOVIES IN THE PARK AT GUTHRIE GREEN

Admission is free and seating is first come, first serve. Movie goers are welcome to bring blankets, lawn chairs, and snacks.
When: All movies begin at dusk.
Where: Guthrie Green
Thursday, July 7: E.T.
Thursday, July 14: Super Mario Brothers
Thursday, July 21: Cars
Thursday, July 21: Home Alone

THEATER

JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT

When: July 15-16, 22-23 at 7:30 p.m.; July 17, 24 at 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com
Experience the inspiring Bible story of Joseph and his coat of many colors set to lively music and performed by young graduates of Theatre Tulsa's Broadway Bootcamp.



42ND STREET

When: July 19-21 at 7:30 p.m., July 22 at 8 p.m., July 23 at 2 p.m. and 8 p.m., July 24 at 2 p.m. and 7 p.m.
Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com
42ND STREET includes some of the greatest songs ever written, such as "We're In The Money," "Lullaby of Broadway," "Shuffle Off To Buffalo," "Dames," "I Only Have Eyes For You" and of course "42nd Street."

THE LION, THE WITCH & THE WARDROBE

When: August 4 at 8 p.m., August 5 at 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com
C. S. Lewis' beloved and magical novel comes to life through dance. The classic story, set in the fictitious Narnia, features all of your favorite characters: the heroine Lucy, the White Witch, Tumnus, Maugrim, and of course Aslan the Lion. Follow them through the land of forever winter to see if they can break the evil spell cast by The White Witch. Appropriate for ages 5 and older.

MUSIC

SUMMER'S FIFTH NIGHT

When: Every Thursday Night, 7-9 p.m.
Where: Utica Square in Tulsa
Thursday, July 7 – Mary Cogan (Country Rock)
Thursday, July 14 – Starr Fisher (R&B)
Thursday, July 21 – Red Dirt Rangers (Red Dirt Country)
Thursday, July 28 – Swunky Face Big Band (Big Band/Swing)

THE STARLIGHT BAND SUMMER CONCERT SERIES

Where: Guthrie Green
When: Concerts begin at 8 p.m.
Tuesday, July 12 at 8 p.m.: Jazz Orchestra - Jazz Under the Stars
Tuesday, July 19 at 8 p.m.: Concert Band - Night at the Movies
Tuesday, July 26 at 8 p.m.: Concert Band - Band Night Request
Friday, August 5 at 8 p.m.: Jazz Orchestra - First Friday Jazz
The public is invited to bring blankets, lawn chairs, picnic dinners and even pet dogs (on a leash). Watch the sun set, gaze at the stars and enjoy the view of downtown as the sounds of Starlight Band waft through the evening.

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FROM THE HIP

It's Hip to Be Natural

BY JILL VANTREASE

Well, once again it's dear old Gwynnie who alerts me to a new trend: safe, environmentally friendly cosmetics. I have always had a passionate love affair with cosmetics, and have never thought twice of slathering on whatever cream du jour: since I don't have sensitive skin, I love EVERYTHING (although recently I've been looking for products with Retinol - a dermatologist friend told me it's one of the few ingredients besides sunscreen that is actually effective in slowing down the wrinkling process!). But it turns out that the cosmetic industry is not carefully regulated by the FDA at all; in fact, the federal government has not passed a major law governing the safety of cosmetic ingredients since 1938. Apparently there are thousands of ingredients used in skincare products that have never been tested for long-term safety or their impact on health. Obviously, that's concerning - both for me (I'm at an age now where dear friends and acquaintances have had cancer scares) and for my kids. Maybe I need to be more careful about what I'm applying on my skin - and my kids!

Enter Gwyneth, the high priestess of detoxes and good, clean living. Always outspoken about concerns over toxic ingredients used in personal care products, Gwynnie masterminded Juice Beauty for goop. Her lifestyle empire partnered with a California company called Juice



Beauty; the company has been making non-toxic products for more than a decade. Says Gwyneth: "We have created a line of truly luxurious and effective skincare—products that take organic to the next level. Our line delivers clinically proven, age-defying results that mirror exactly what you would find from the big guys with huge R&D budgets and no ingredient restrictions—but instead of plastics, and toxins, which you would be surprised to know are found in so many expensive face creams, they are loaded with organic, naturally-occurring ingredients that are actually good for you. Aloe, apple, lemon, and grape juices deliver glow, peptides and linseed extract help to firm skin, hyaluronic acid plumps and smooths fine lines, vitamin C works to clean up the age spots, and meristem plant cells minimize wrinkles and brighten skin tone."

Well! Terribly intriguing. I am tempted to purchase some of goop's offerings, but everything, from the cleanser to the facial oils to the moisturizers, is at least $100. And even the discovery kit -- a package of samples including the face oil, moisturizer, night cream and exfoliating facial -- is $125. I just can't commit that kind of cha-ching what with the diapers, tuition and wine budget around here. (And can you imagine Gwynnie's media people don't respond to my entreaty as a Tulsa mom to provide me with some free samples to write about?)

Fortunately, there are other less expensive alternatives. My dear friend Melissa Cole became passionate about limiting toxins in her life after observing first-hand a friend battle triple negative breast cancer. She was also rattled by the Johnson and Johnson baby powder lawsuit wherein a deceased woman's estate successfully sued The lawsuit really concerned Melissa: she had been using Johnson and Johnson products on her own three children for years. She did some research and discovered that some studies link various toxins to cancer, ADD, hormone imbalance, infertility and autism. Autism hits close to home for Melissa: her eldest son is on the autism spectrum. Fortunately, Melissa discovered Beautycounter from a friend who is an



continued next page



THE COLE FAMILY.

ambassador for their products. Beautycounter was founded by Gregg Renfrew, a mom just like Melissa who became passionate about eradicating toxins in her home once she had children. Interestingly, Gwyneth's goop sold Beautycounter products before she developed her own line -- and they are far more reasonably priced!

Renfrew discovered that cosmetic companies are allowed to use toxins -- ingredients that have been linked to cancer, reproductive issues, and hormone disruption — unbeknownst to consumers. For example, PEGs (or polyethylene glycols) are compounds that can be found in shampoos, hair conditioners, shaving creams, deodorants and lotions. This is all very science-y, but PEG compounds may be contaminated with small amounts of manufacturing by-products such as ethylene glycol, which is classified as possible human carcinogens by The International Agency for Research on Cancer. Well, boo! So Beautycounter bans over 1,500 ingredients whose safety has not been proven.

Melissa uses all of the products now: she loves the baby line with no fragrances (when companies use fragrances, they don't have to list what the fragrance is made from!), the kids line of shampoo, conditioner and body wash (I can attest to the lovely kids' shampoo and conditioner - so clean smelling and effective!), sunscreen, makeup, skincare (I love the night cream and all natural face oil!), and body products. Their charcoal cleansing bar is a top seller: it contains activated charcoal derived from the Japanese Ubame Oak tree that attracts and binds to impurities and oils on the skin's surface, resulting in a smoother, brighter complexion. The charcoal cleansing bar is made with antioxidant-rich organic green tea and hydrating coconut oil. Contrast this soap to many soaps which are made with harsh surfactants such as sulfates that are overly drying and irritating to the skin. In addition, many soaps may contain synthetic dyes, as well as fragrances that can act as hormone-disrupting chemicals. Beautycounter's bar soaps are great for all skin types as they gently cleanse and hydrate the skin with organic oils.

Beautycounter takes its mission seriously. Company repre-





sentatives recently met with lawmakers in Washington DC to push for new laws to be passed which will hold companies accountable for what they are using in their products. Their team includes Mia Davis, who heads Beautycounter's safety initiative. She is the formidable woman who is credited for getting BPA out of bottles and sippy cups. And Christy Coleman is the product developer -- she happens to be an Oklahoman who is currently a makeup artist in Los Angeles. Yay Okies! While currently you can buy Beautycounter products through their website and ambassadors like Melissa, it looks like a line for Target is in the works as well!

Well, I guess I'm convinced: I should be a bit more vigilant about what I'm slathering on me -- and my kids. And as long as an all natural skincare regime still makes my wrinkly mom face look somewhat respectable and youthful, I'm all in!

GREGG RENFREW

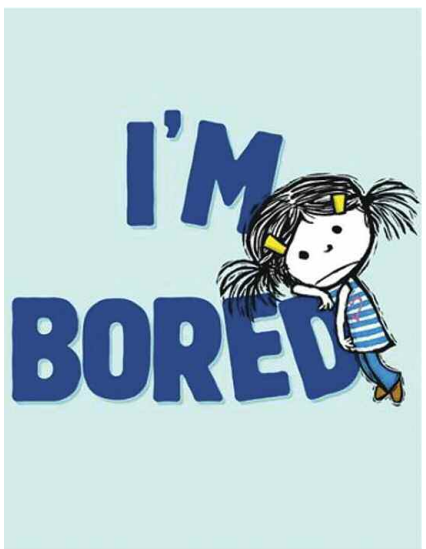
BY LAURA RAPHAEL, MA, MLIS, CHILDREN'S SERVICES COORDINATOR, TULSA CITY-COUNTY LIBRARY

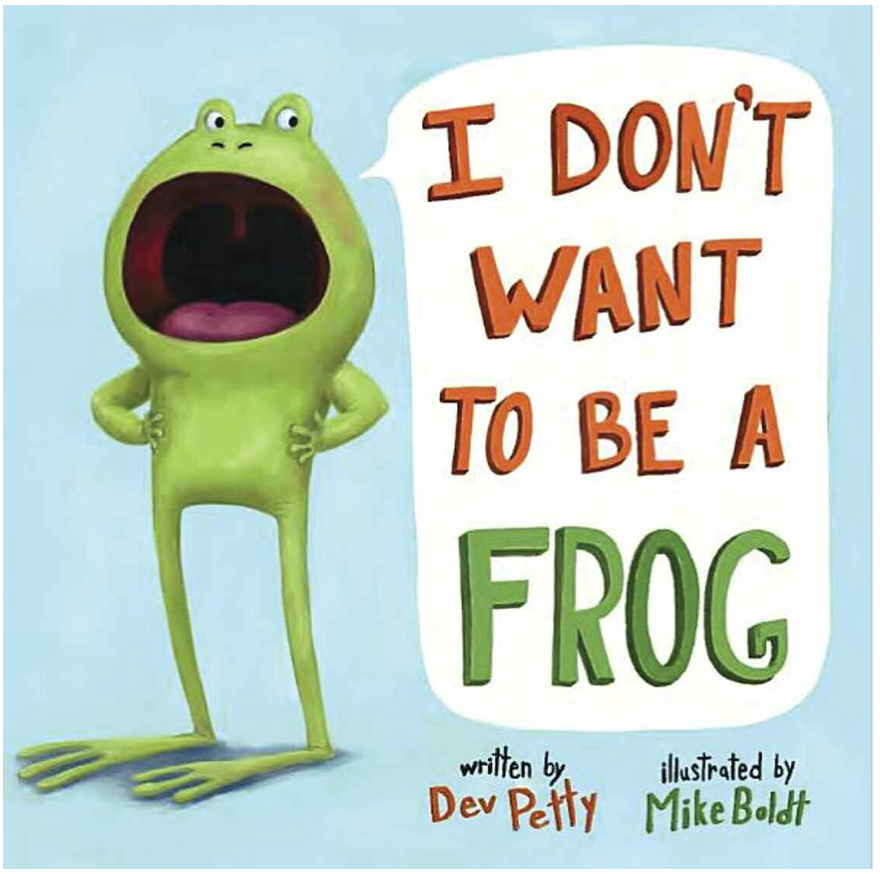
summertime and the **reading is easy**

In the delightfully irreverent picture book *I'm Bored* by Michael Ian Black, a bored young girl encounters an even-more-bored potato and must prove to it that kids are interesting. She dances, she pretends to be a lion-tamer, she conquers a sofa-mountain, and more.

(The potato is not impressed, declaring every new act "Boring" and even "Snoring.")

"I'm bored" is as common a child's summer experience as ice cream and swimming pools. When I read *I'm Bored* to children, usually at the beginning or right before summer, we talk about how to get un-bored during the summer months. Answers range from building a pillow fort (always fun) to drawing on sidewalks with chalk (ditto) to holding Olympic games in the back





yard (absolutely) to pretending to be a dragon (a million times yes).

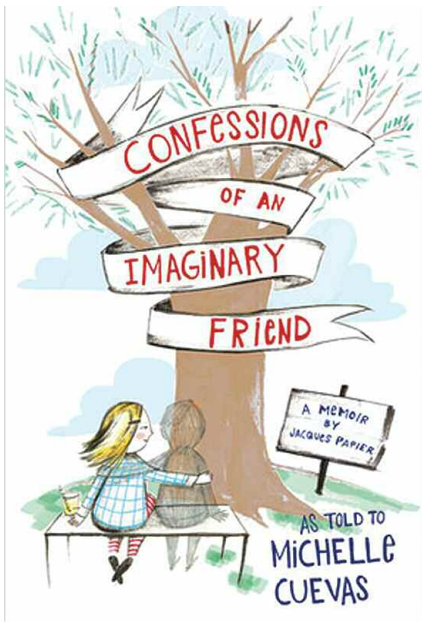
Inevitably, at least one child will remember that we just read a really funny and entertaining book, and that READING is a pretty good way to not be bored, too. That's a great introduction to the library's Summer Reading Program (www.tulsalibrary.org/summer), which is still ongoing at all Tulsa City-County Library locations and lasts until August 6.

Here are just a few of my favorite titles and areas of inquiry to make sure your special potato stops snoring this summer…

To make your child (and maybe yourself) snort with laughter:

I Don't Want to be a Frog by Dev Petty

It's not easy being a frog… except when it is! In a surprising twist to this energetic picture book, a frog learns why cute and cuddly is not always the best thing to be.



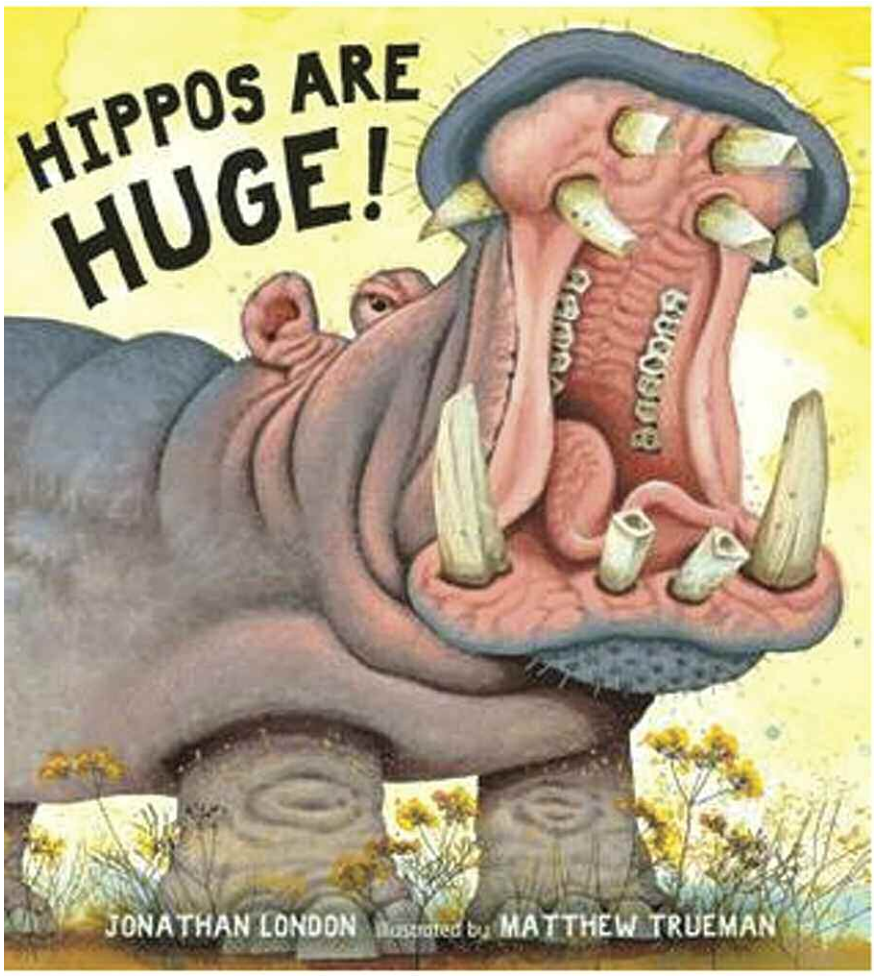
The Book With No Pictures by B.J. Novak

Kids know that this is the book that forces adults to make funny noises! But you'll have the last laugh: while your children are giggling at words like "Blaggity-blaggity," they are also learning about print conventions, vocabulary, and the alphabetic principle.

Confessions of an Imaginary Friend by Michelle Cuevas

For older children who are ready to read a chapter book either on their own or to have it read aloud to them, this short

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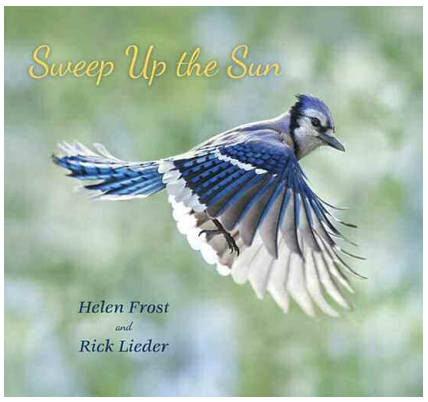
novel is told from the point of view of an imaginary friend – who thinks he's real. Strange creatures, funny dialogue, and a satisfying ending round out this unusual book.

To introduce surprising facts about overlooked animals:

A trip to the J590 section in the library should be your first stop: this is where the library keeps the true-fact books about animals.

Hippos Are Huge by Jonathan London

If you know nothing else about hippos, it is that they are huge. But they are so much more interesting than that!



Sweep Up the Sun by Helen Frost and Rick Lieder

This meditative work about birds features fascinating photos of real-life birds in flight.

For "real" reading that feels a little bit naughty:

Joke books, magic books, sports books – they all count as reading, even if it feels like it's not! Research shows that when children choose what they read, they read more... and the more they read, the better readers they will become.

There are two bedrock truths about summer: the temperature will rise, and kids will be bored. You can't do much about the first, but regular trips to the library to check out a variety of books will do a lot about the second!

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BY BRIA BOLTON MOORE

illuminating gaps

YWCA TULSA USES 5K TO SHOWCASE GAPS IN WOMEN'S WELLNESS, WEALTH AND CIVIC EDUCATION

To Fatima Guerrero, YWCA Tulsa isn't an organization, it's people. YWCA is people who helped her learn English, people who walked with her through each arduous step of becoming a United States citizen, people she now calls friends, supporters, and even co-workers.

Guerrero and her husband lived apart for 13 years—he worked in the United States, and she worked in Mexico while raising their three children—until April 2007 when they were reunited to live together in the U.S.

Fatima's story could have been different. She could have become one of the women caught in a gap of wellness, wealth and education that YWCA Tulsa is working to highlight and ultimately eradicate.

The gaps are plenty. Here are a few: According to U.S. Census Bureau 2010-2014 American Community Survey 5-year Estimates, for every dollar the average man makes, the average Latina earns 51 cents, the average foreign-born woman earns 53 cents, the average African American woman earns 63 cents, the average Native American woman earns 70 cents, and the average white woman earns 82 cents. A 2015 report by SpareFoot.com, which analyzed data from the U.S. Census Bureau, placed Tulsa in the bottom 10 metro areas in the nation for equitable pay for men and women. Women hold only 14.1 percent of seats in the state legislature. The Centers for Disease Control and Prevention lists heart disease as the number one killer of women, and the Oklahoma State Department of Health's 2014 State of the State's Health listed Oklahoma with the third highest rate of death due to heart disease in the nation.



FATIMA GUERRERO WITH HER HUSBAND AND CHILDREN.

On August 6, YWCA Tulsa will use the Close the Gap 5K as a spotlight, shining light on gaps such as these. The community event will include a timed and untimed 5K on a USATF-certified course through the Brady District and Brady Heights historic district as well as a 100-yard kids dash for children 12 and younger. The downtown race festivities will include live entertainment, educational opportunities and "Cry Lady Hill," a special breaking-the-glass-ceiling celebration on a steep section of the race route on N. Denver Avenue. YWCA Tulsa previously held a 5K for the Girls On The Run program, but the program was closed due to 2016 budget concerns.

"It was really a perfect opportunity for us to step back and look at what we want to promote in the community and what sort of impact we want to have with a community event like a 5K," said YWCA Tulsa Chief Executive Officer Vanessa Finley.

Funds raised will support YWCA Tulsa's four hallmark programs: Racial Justice and Civil Rights, Empowerment and Advancement of Women and Girls, Health and Safety of Women and Girls, and Immigrant and Refugee Empowerment.

Finley said the gaps hit close to home for many, so they've talked with many who are excited about the event.

"People's eyes light up, and

continued next page

they say, I know something I'd like to race for, a gap I've personally faced or my mother faced or that I don't want my daughters to face."

Finley said the primary goal of the 5K is to raise awareness. And what does she want Tulsans to do with the information?

"We hope they vote," Finley said. "We want an engaged, informed public that will vote for the interests that support their needs. And when we do that, as a community, we will have the representation we need to support our needs fully as a community."

Lindsay Jordan, YWCA Tulsa's director of communications and development, said it's important for people to not only hear the statistics but also take action.

"We want people to hear it, we want people to internalize it, and we want people to get up and do something about it, whether that's coming to the Close the Gap 5K or taking their kids to their polling place to vote on election day," Jordan said.

Jordan acknowledges that some people are in denial about the gaps women around them are experiencing.

"We hear from men and women: Well, that can't be true. Not my home, not my Oklahoma," she said. "People love where they call home, and they should, which is why it's so hard to hear these things. But, if we don't talk about them and raise awareness, nothing is going to change."

Thankfully, with YWCA support, Guerrero avoided many gaps.

"I was a professional in Mexico, a hair stylist," she said. "One person told me I could get my license here to work, but I had to translate my papers—license, diploma, all of it. Someone told me the YWCA would help."

After translation assistance, Guerrero took health classes and English courses. She began working at a YWCA in the drop-in childcare area and later participated in the Project Citizenship program to prepare to become a U.S. citizen.

Civic education is "the most obvious gap that Fatima worked so hard to close," Jordan said. "Obtaining her citizenship ensured that her family no longer had to spend birthdays and anniversaries apart. It promised a more secure financial future for her children, a shot at a real college education and a home to call their own. It guaranteed that her family can never be forcefully separated by deportation or immigration reform; and it gives she, her husband, and her three children, all now 18 or older, the right to vote for candidates who they believe will continue to offer the American Dream to immigrant families just like theirs."

Not only did Guerrero steer away from many gaps, she is helping others do the same. She works full-time for YWCA, regularly helps Spanish-speaking visitors learn about what YWCA offers, and she also "works tirelessly on our Los Pecisitos ("little fishes" in Spanish) swim program designed specifically for Spanish-speaking children," Jordan said.

Her advice to women who feel like they're in a gap: "I want to tell them if they have some doubts in their life or they are not sure about what is their future, they should come here and just ask for information," Guerrero said. "The first mistake was that we didn't get information, good information. YWCA is a great place to get information for women."

YWCA Close the Gap 5K
Saturday, August 6
Guthrie Green
Registration Opens: 7:30 a.m.
Timed 5K 8:30 a.m.
Untimed 5K 8:40 a.m.
100-Yard Kids Dash 9:30 a.m.



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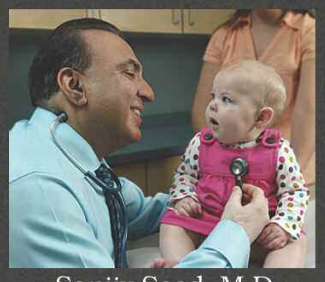
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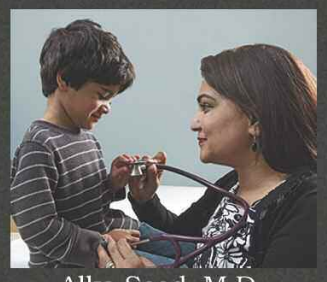
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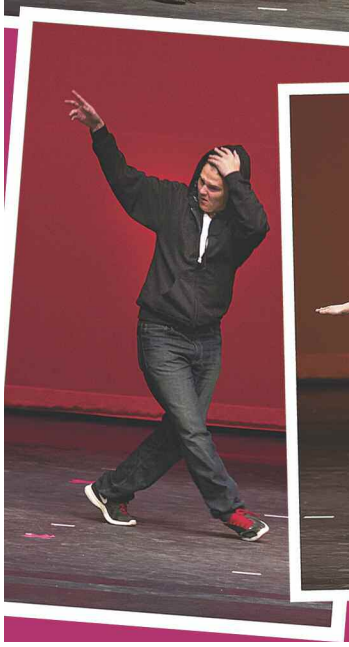
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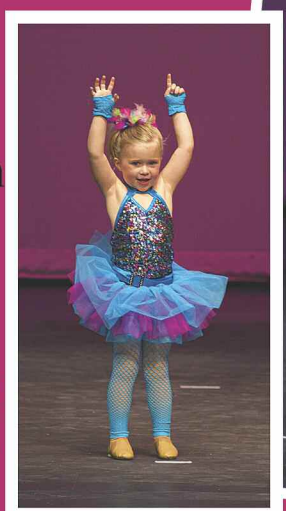
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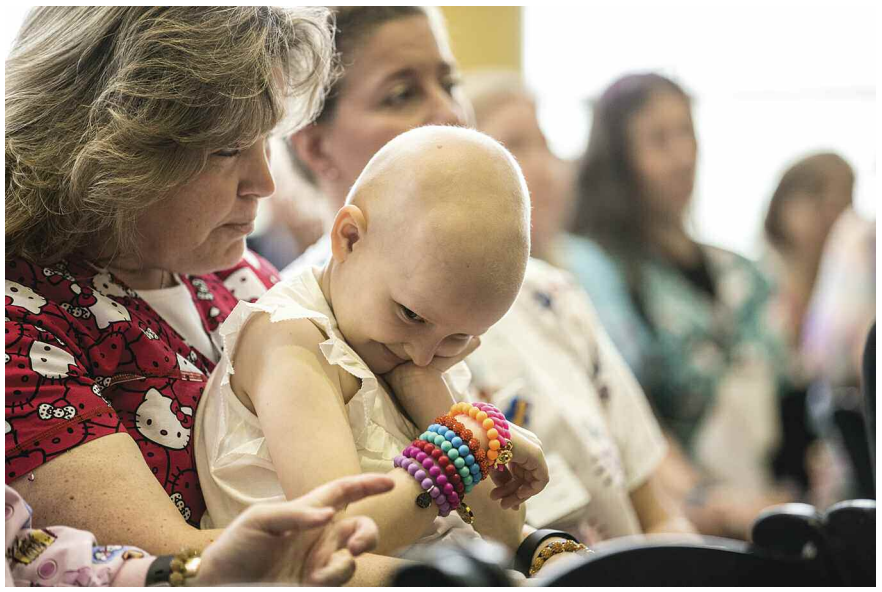
BY MARISA MORGAN

Saint Francis becomes St. Jude Children's Hospital Affiliate

This month, the Hematology and Oncology Clinic at the Children's Hospital at Saint Francis will become the nation's eighth St. Jude Affiliate Clinic, the first in Oklahoma. The St. Jude Affiliate Program is a network of pediatric hematology-oncology clinics, hospitals, and in some cases, universities united to extend the mission of St. Jude. The physicians and staff at these sites work in collaboration with the staff of St. Jude to deliver state-of-the-art care and innovative clinical trials to children with cancer and blood disorders.

Saint Francis has had a close relationship with St. Jude Children's Research Hospital for years, but the road to becoming an affiliate clinic wasn't easy. In order to qualify as a clinic, the Children's Hospital at Saint Francis underwent a vigorous 1 ½- to 2-year vetting process.

"It's a fairly selective process. There are only seven other affiliate clinics, so we feel honored to be chosen to be one," said Jake Henry Jr., president and CEO of the Saint Francis Health System. "It gets the most cutting-edge care into this community at a much faster rate."



CAROLINE (PATIENT AT THE CHILDREN'S HOSPITAL AT ST. FRANCIS) IS HELD BY A PEDIATRIC ONCOLOGY NURSE DURING THE NEWS CONFERENCE ANNOUNCING THE PARTNERSHIP WITH ST. JUDE'S.

Being a St. Jude Affiliate Clinic allows pediatric hematologists and oncologists the ability to enroll patients in St. Jude's clinical research trials -- right here in Tulsa. That means no expensive and stressful travel, and Green Country families will be closer to their support systems during treatment. It also means that families will never have to pay for their children's treatment.

"For years, the talented physicians at The Children's Hospital at Saint Francis have referred patients to St. Jude Children's Research Hospital in Memphis for enrollment in our clinical research trials," said Dr. Carolyn Russo, medical director of St. Jude Affiliate Clinics. "Now, as a St. Jude Affiliate Clinic, Saint Francis will receive support to broaden the scope of this collaboration and allow these kids to stay closer to home for much of their care and under the supervision of their own physicians."

Saint Francis will still operate as normal, but a redesign is in the works to be consistent with St. Jude's standards. The physicians and staff will remain the same as will the types of cancers and blood disorders treated within the clinic.

"This is not an in-name-only affiliation or a marketing agreement. Our clinic is now an extension of the world-leader in pediatric cancer research and treatment—right here in Tulsa and right here at eastern Oklahoma's only children's hospital," Henry said.

St. Jude's mission is to advance cures and means of prevention for pediatric catastrophic diseases through research and treatment. Consistent with the vision of founder Danny Thomas, no child is denied treatment based on race, religion or a family's ability to pay.

"One of the goals of The Children's Hospital at Saint Francis is to provide the children and families of this region the ability to seek high-quality pediatric care close to home," said Shannon Filosa, executive director of The Children's Hospital at Saint Francis. "This new affiliation with St. Jude will connect our hospital and physicians to the world leader in pediatric cancer care and give our patients access to some of the best treatment, trials and support available."

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2016 SCHOOL DIRECTORS GUIDE

AUGUSTINE CHRISTIAN ACADEMY

Contact: Kirk Post, Headmaster and Founder, John Ahrens, Director of Operations
6310 E. 30th Street
Tulsa, OK
918.832.4600
www.acatulsa.org

Augustine Christian Academy is a Christian, classical, non-denominational, college preparatory school for grades K4–12. We are dedicated to educating young people to think and reason from a distinctly Christian worldview. Our goal is to equip students to understand their times, to impact their culture and to serve God and man. Augustine Christian Academy uses a classical model that integrates every subject with the Biblical truths of the Christian faith. Find us on Facebook!

BENCHMARK IN-HOME TUTORING

Contact: Emily Quinn
P.O. Box 766
Tulsa, OK
918.850.5363
www.benchmarktutors.com

Benchmark In-Home Tutoring is dedicated to empowering students through one-on-one, individualized instruction. We are locally owned and operated by certified teachers who have years of experience helping students be successful. Benchmark In-Home Tutoring was founded in 2006 to offer a wide range of educational opportunities for families throughout the state of Oklahoma. Our customers recognize that Benchmarks' individualized one-on-one tutoring is the best approach to learning. Our highly qualified tutors are degreed professionals who understand what it takes to achieve success. We are flexible and work with your schedule in the comfort of your home or a public location of your choice. Your student's team creates a customized plan and matches your student with an appropriate tutor, who teaches to the specific needs of your student.

BETHANY COMMUNITY SCHOOL

Contact: Sandy Randolph
6730 S. Sheridan
Tulsa, OK
918.492.5865
www.bethanycommunityschool.com

Bethany Community School is an environment where your children may explore the world around them on their terms. We offer them the opportunity, tools, and the time to make sense of all that is going on around them. Our teachers are trained in multiple disciplines; special needs, speech pathology, and Gesell screenings are some of their specialties. Our staff is professional and educated, with some teachers having a Master's Degree in their field. Most of all, the children and families are our focus. Developmentally appropriate, child-centered and interesting learning takes place each day with assessments by observation, and photos that document each child's growth and development while in our program. Conflict resolution skills and independence are two of the life skills Bethany has been known for imparting to its students which sets them apart from their classmates for years to come. Individual developmental assessments are done continually on each child and maintained as long as the child remains in the program. The program is accredited by the National Association for the Education of the Young Child and a 3 Star Center with the OK Department of Human Services. "Bethany Bridges" aftercare program now offered 7:00-9:00am and from 2:30-5:30pm for our patrons five days a week. Ages: 14 months (by September) through Pre-K

BRAIN BALANCE ACHIEVEMENT CENTER

Contact: Meghan Tappan
6022 South Yale Avenue
KingsPointe Village
Tulsa, OK
918.488.8991
www.brainbalancecenters.com

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

CASCIA HALL

Contact: Mr. Roger Carter, Headmaster
2520 S. Yorktown Ave.
Tulsa, OK
918.746.2600
www.casciahall.org

Cascia Hall is a Catholic, Augustinian school for students of all faiths. Students undertake a challenging course of study in a supportive, community environment. With a total enrollment of less than 525 in seven grades, students are related to as individuals, resulting in higher motivation. Students are encouraged to participate in extracurricular activities (academic, athletics, and arts) and to provide service to their school, churches and communities. The college-preparatory curriculum features alignment in all subject areas in Grades 6-12, the opportunity to earn high school credit in middle school, and the possibility of earning college credit in high school. The school offers a large variety of electives, especially in the arts, and our sports programs remain competitive. Openings are currently available in some grades for the upcoming school year. Call (918) 746-2604 for more information.

CHANNING DAY SCHOOL

Contact: Carol Ainsworth
2952 S. Peoria Ave.
Tulsa, OK 74114
918.742.6731
channingdayschool.com
channingdayschool@gmail.com

Channing Day School, Where love for learning begins. It's a fact; children who are given positive support right from the start are far more successful than those who are not. For more than 50 years, our time-proven methods, programs and activities have given children the tools to enter kindergarten ahead of the curve and eager to learn. Utilizing a thematic curriculum for ages three to five, Channing teachers work one-on-one with each child to help them develop their fine motor skills. Our hands-on activities are structured to help kids learn as they play. See the difference in your child that only a low, eight-to-one student-teacher ratio can provide.

CHRIST UNITED METHODIST ELC

Contact: Laurie Pearn
3515 S. Harvard
Tulsa, OK
918.743.7673
www.cumctulsa.com

Our program is a Monday, Wednesday, Friday pre-school program. Hours are 9:30 to 2:30. There are several options as to how many days and the times children can attend. In the afternoons, we offer enrichment classes in gymnastics, music and "Bible Buddies." Our staff members are chosen for their early childhood experience and training as well as sensitivity to the individual needs of each child. We use a hands-on approach so children learn by doing. Classes are arranged in learning centers and areas of interest where the daily theme is carried out throughout the room. Parent participation is encouraged.

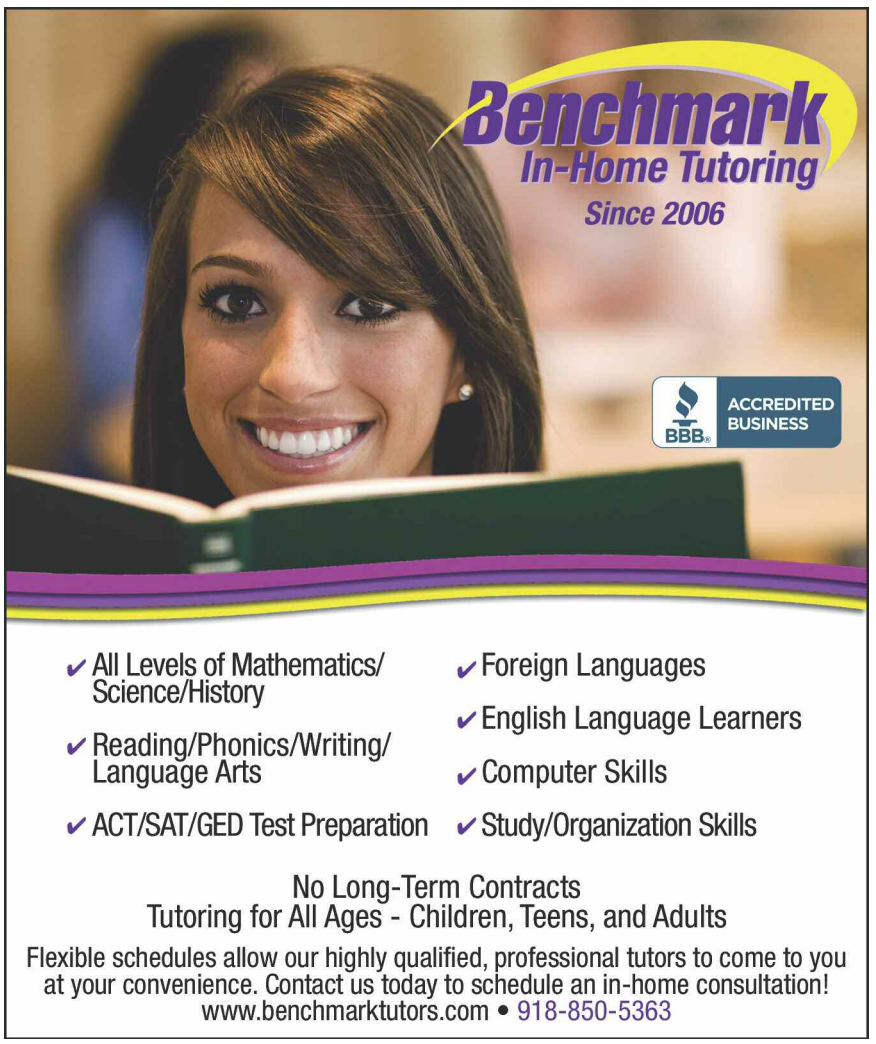
CHRISTIAN MONTESSORI ACADEMY

Contact: Ami Chapman or Mollie Heaberlin
3702 S. 90th East Avenue
Tulsa, OK
918.628.6524
www.montessorilearning.org

Cookie-cutter molds don't fit everyone, nor do traditional classrooms. For 20 years, Christian Montessori Academy has offered metro Tulsa students innovative, progressive, and individualized opportunities using the Montessori Method of instruction in a non-denominational setting. For over 100 years, Montessori education has been a proven method for excellence in education. CMA students have a strong sense of citizenship, community involvement, and values. Students are encouraged to excel to their full potential in a non-stressful manner. Our advanced core curriculum available for ages 3-15 (preschool

continued next page





through 8th grade) includes: Mathematics, Language, Science, Geography, History, Life Skills, Sensorial Development, Spanish, Art, and Music. Extra-curricular activities include: art, piano, swimming, computer, and home economics. Summer camp is also available to students in the community. If you feel your child would benefit from a non-traditional setting, please give us a call. Tours are given Monday through Thursday.

HAPPY CAMPERS ACADEMY

Happy Campers
1819 E. 15th St., Tulsa
918-584-2779
hcatulsa@gmail.com
7:30am - 5:30pm
Happy Campers at Temple Israel:
2004 E. 22nd Pl.
918.747.3122
israel@gmail.com
7:00am - 6:00pm

Happy Campers Academy offers Tulsa and surrounding communities quality child care while families are at work. We accept children ages 6 weeks to five years of age, and provide parents an opportunity to view their children in the early learning center through a closed circuit internet connection. At both of our midtown Tulsa locations, Happy Campers utilizes a child-centered philosophy and partners with our families to provide a quality educational experience in a nurturing environment. Our highly trained staff works to get to know each individual child and his/her cognitive and developmental needs, while seeking input from families to make the home and school transition smooth and communication open for the success of the child. Through a balance of developmental play and planned educational activities, our students learn best through doing–all while having fun and expressing themselves creatively. We start the foundation for learning when our students are infants–bonding and connecting. When they become toddlers, the focus is self-help and self-recognition and then during the twos, we build upon independence and language skills. The three-year-olds start making cognitive connections and experience the beginnings of social skills. Finally, in PreK, students start connecting all the tools from every stage to form a strong foundation for early reading preparation to build confidence for kindergarten. Our teachers conduct conferences twice a year in order to build a strong home and school team. We want to keep parents informed about what their child(ren) is learning, developmental milestones that are being achieved, and suggest skills that can be practiced at home. We believe that our child-centered philosophy will foster a love for learning in these ever-important early childhood years.

HOLLAND HALL

Contact: J.P. Culley, Head of School
5666 E. 81st St.
Tulsa, OK
918.481.1111
www.hollandhall.org
Grades: Pre-school – Grade 12

Holland Hall is Tulsa's PreK through Grade 12 Independent Episcopal School. We offer a student/teacher ratio of 9:1, an array of exciting electives, a lively, loving community, an apprenticeship in self-reliance, dozens of individual and team sports, and transformative arts programming. And we encourage your child to choose boldly from all we offer — to embrace adventure, take new paths, dare greatly, and engage fully with the exceptional opportunities at Holland Hall. We honor the individual integrity of each child and provide the bedrock education every student needs to succeed in college, work, and the world beyond.

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Tulsa: 7116 S. Mingo Rd., Suite 105
Tulsa, OK
918.252.1200
Broken Arrow: 2554 East Kenosha St.
Broken Arrow, OK
918.893.5500
www.huntingtonhelps.com

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dents. Our experienced tutors are passionate about helping your child raise his or her grades and level of confidence. Let our experts take the weight off your shoulders. Pick up the phone and call 1 800 CAN LEARN to speak with a caring educational consultant today.

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Kumon Tulsa - Midtown
1876 Utica Square
(Utica Square, Tulsa)
918.292.8417
Kumon Tulsa - South
9168 S. Yale (91st & Yale, Tulsa)
918.523.6284
Kumon Tulsa - South Central
8228 E. 61st #117
(61st & Memorial, Tulsa)
918.254.5437
www.kumon.com

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We strive to instill in children the desire to achieve and the motivation to learn on their own. Whether your child is seeking enrichment, needs help catching up or is just beginning his or her academic career, Kumon is designed to help him or her develop a love of learning. Students advance through the program at their own pace. Our emphasis on individualized learning helps your child become focused, motivated and self-reliant. We monitor each child's progress to ensure comprehension before moving on to a new concept. With a strong academic foundation, critical thinking and problem solving abilities, your child has the potential to achieve whatever he or she desires. Call today to schedule your free placement test.

LAKE HILLS MONTESSORI

Contact: Jodie Whitman
5130 East 101st St.
Tulsa, OK
918.296.9936
www.lakehillsmontessori.com

Lake Hills Montessori is committed to providing quality education for children ages 2-6 years in a safe, loving, and stimulating environment. Each child's day is organized to ensure successful experiences that will foster self-esteem and a love of learning. LHM offers a traditional Montessori curriculum that allows children to learn through exploration and play. In addition to providing an atmosphere of discovery, LHM offers healthy lunches, dance, Spanish, soccer, music, yoga and art. School time 8:30am - 3:00pm and before/after care 7:30am - 5:30pm.

MARQUETTE SCHOOL

Contact: Pete Theban, Principal
1519 S. Quincy
Tulsa, OK 74120
918.584.4631
www.marquetteschool.org

Since its founding in 1918 as Sacred Heart School under the direction of the Ursuline Sisters, Marquette has a long tradition of academic excellence. That tradition continues today as we educate our children for the world of tomorrow. Combined with outstanding academics, Marquette students receive an education that nurtures their spirit and heart. Participating in weekly Masses as well as mission projects in and out of school, our children develop empathy and compassion for the less fortunate. These experiences will enable them as future leaders to govern not only with their minds but also with a conscience. As a service to the Parish of Christ the King, Marquette Catholic School teaches Catholic values and offers a comprehensive curriculum to preschool, elementary, and middle school students in an atmosphere that promotes the growth of each child's mind, body and spirit.

MINGO VALLEY CHRISTIAN SCHOOL

Contact: Mrs. Lisa Padgett, Admissions
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918.294.0404
www.mingovalley.org

Mingo Valley Christian School, now

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MISS HELEN'S PRIVATE SCHOOL

Contact: Jayme Wingo-Martin
4849 S. Mingo
Tulsa, OK
918.622.2327
www.misshelens.com

Miss Helen's Private School is a family-owned, family-focused business celebrating over 60 years. Teachers are college degreed, caring and dedicated. All pre-kindergarten classes offer music, Spanish, art, stories & science, pre-reading skills, math and dance through small group and independent activities. Small class sizes in grades K-5 enable students to have more individualized instruction and work beyond traditional grade levels. In addition to basic academics, we offer Spanish, fine arts, and community service and charitable projects as well as health, nutrition and fitness. After-school activities include computer classes, swimming, cheerleading, Amazing Athletes and more. Serving ages 3 years through 5th grade.

MIZEL JEWISH COMMUNITY DAY SCHOOL

Contact: Lillian Hellman
2021 E. 71st St.
Tulsa, OK
918.494.0953
www.mizelschool.org

Founded in 1975, and located on the beautiful Zarrow Campus, Mizel Jewish Community Day School provides hands-on learning for students of all faiths in preschool through fifth grade. Our highly experienced, talented staff provides a nurturing environment with small class sizes, individualized instruction and innovative General and Judaic Studies. Hebrew is taught as a modern, living language and our strong Character and Values Education Program complements our overall curriculum. Specialists conduct classes in Fine Arts, Music, Physical Education and the Computer Learning Lab with Smart Boards and iPads. Educational field trips, student-to-student mentoring, an enriched after-school program, and multi-age interaction round out our program. Mizel students also have the unique opportunity to experience multigenerational activities with the Tulsa Jewish Retirement and Health Center. Art appreciation classes are conducted at the Sherwin Miller Museum of Jewish Art and students participate in planting and harvesting at the Community Garden, all located on our unique campus.

MONTE CASSINO SCHOOL

Contact: Vicky Adams, Interim Director
2206 S. Lewis Ave.
Tulsa, OK
918.746.4238
www.montecassino.org

Founded in 1926, Monte Cassino is a traditional Catholic school that focuses its efforts on outstanding instruction of reading, writing, math and the sciences. As a school, Monte Cassino classes rank at the 97th percentile or above when compared to all schools, public or private, across the United States. Our programs serve students from three years of age to eighth grade and encourage social and moral development within a strong community. In addition to the academic, community and social connections that Monte Cassino students develop, a myriad of opportunities exist for foreign language instruction, fine arts, innovative and applied sci-

continued next page

ences, athletics and individualized approaches for gifted and talented learners.

OKLAHOMA VIRTUAL PREPARATORY ACADEMY

Contact: Gary Lewis – Program Administrator
316.462.8800 or 405.421.9600
www.oklahomavirtual-prepacademy.com

The Oklahoma Virtual Preparatory Academy is a virtual public charter school dedicated to inspiring students in grades PreK-8 to realize their full potential in a 21st Century learning environment utilizing the proven Calvert curriculum, expert instructional support, and instructional systems designed to encourage academic excellence. Leveraging the partnership between student, professional teacher, parents, peers and other members of the academic community, the Oklahoma Virtual Preparatory Academy creates a learning environment that empowers students who participate in distance education programs to achieve success.

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OPPORTUNITY SCHOLARSHIP FUND

Contact: Rob Sellers, Executive Director
1401 North Lincoln Boulevard
Oklahoma City, OK 73104
405.602.1667
info@osfkids.org
www.osfkids.org

The OSF is a scholarship granting organization that provides scholarships to Oklahoma K-12 students to attend accredited private schools in our state. Contact us at info@osfkids.org for more information.

PLAY HARD / LEARNING + FITNESS

Contact: Whitney Gaffney or Brooklyn Perez
8730 E. Skelly Drive
Tulsa, OK 74129
918.576.6788
playhardtulsa@gmail.com
www.playhardtulsa.com

At Play Hard, we are more than just a daycare or after school program! We expose children to various forms of fitness, as well as engaging all children in active play. Our mission is to create healthy habits that last a lifetime! We feel it's very important for this love of movement to begin at a young age, so all children have the drive and opportunity to live healthy lives. We offer year-round care for infants through 12 years of age and also provide aftercare with pickup from Zarrow and Carnegie.

REJOICE CHRISTIAN SCHOOLS

Contact: Heather Koerner
10701 N 129th E Ave
Owasso, OK 74055
918.272.7235
www.rejoiceschool.com

The right school will change a child's future. At Rejoice Christian Schools (RCS), our experienced faculty provides for your child's best future through Christian nurturing, educational challenges, and small class sizes. Year after year, RCS continues to rank as one of the top academic schools in the country. Our God-given ministry is to lead young people to know Christ and train them in biblical principles, Christian character, language and traditional subject matter. RCS offers a complete curriculum from Pre3 - 12th grade, including college preparatory and honors classes, a vibrant arts program and a dynamic sports program.

RIVERFIELD COUNTRY DAY SCHOOL

Contact: Britton Fox
2433 W. 61st St.
Tulsa, OK
918.446.3553
www.riverfield.org

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TULSA - SOUTH • 918-523-6284
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SAIED MUSIC SCHOOL

Two locations:
9320 East 71st St
Tulsa, OK
918.252.5541
3529 South Yale
Tulsa, OK
www.saiedmusic.com

Saied Music School presents our Fall 2016 class offerings starting with Beginning Piano Classes for teens, tweens and tots! These are not your grandma's piano lessons! Laughter and music-making are combined to create a new method of learning to play piano that will make your child WANT to go home and play! No more reluctant practicing! Fall Classes for all ages and abilities are forming now. Some of the classes include RockBand, Beginning Guitar for Teens and Adults, Violin Class, Beginning Adult Piano Class, Beginning Ukulele and Tulsa Home School Band and Orchestra program. We also offer private lessons for all instruments, piano and voice. Call 918.252.5541 or visit us online at www.saiedmusic.com for more information or to register today.

ST. DUNSTAN'S EPISCOPAL PRESCHOOL

Contact: Lauren McGuire
5635 E. 71st St.
Tulsa, OK
918.494.6654
stdunstanspreschool@gmail.com
www.stdunstanspreschool.com

St. Dunstan's Episcopal Preschool is a developmental program that strives to provide activities and learning experiences to build each child's self esteem while stimulating cognitive development and socialization skills. We want the children to feel self-confident as well as capable of meeting new challenges, both social and educational. Classroom activities are varied to provide a balance between free-choice and teacher-directed activities, with a large variety of options that meet needs in all developmental areas - large/fine motor, cognitive, social, emotional, and self-help skills. St. Dunstan's Episcopal Preschool is open Monday - Friday, from 9:30 am to 2:30 pm for children ages three months - five years. There is an optional before-care hour each morning beginning at 8:30 am. Children may attend full-time or any combination of days on a customized part-time schedule.

ST. PIUS X SCHOOL

Lisa Bell, Principal
1717 S. 75th E. Ave.
Tulsa, OK
918.627.5367
mystpius.com

St. Pius X School promotes personal responsibility and academic excellence within a Catholic community. Students receive a well-rounded education that focuses on academic success, as well as spiritual growth and character development. Students experience art, music, computer and foreign language as part of our curriculum. Opportunities for extra-curricular involvement include Academic Bowl (as part of our award-winning team), Robotics, MathCounts, volleyball, basketball and more. St. Pius X School employs tutors on staff to help students with special needs. SmartBoard technology at every grade level enhances learning. Now enrolling pre-school through 8th grade. Come tour our school campus featuring a child-friendly Early Childhood Elementary Center (ECEC), brand new Middle School wing, and two state of the art storm safety shelters.

SUMMIT CHRISTIAN ACADEMY

200 E. Broadway
Broken Arrow, OK
918.251.1997
www.SCA-Eagles.com

Summit Christian Academy is a leader in distinctive Christian education, providing a dynamic academic and social environment that inspires students to know God, maximize their potential, discover their purpose, and make a difference in the

continued next page

world. We educate and develop students to serve neighbors and nations by partnering with parents to build a Christ-centered learning community with a strong focus on spiritual life, academics, arts, and athletics.
Established in 1987 as a direct ministry of The Assembly at Broken Arrow, SCA now has a student body of nearly 400, kindergarten through twelfth grades. Accredited through Advanced Ed, ACTS, and the State of Oklahoma. Call now (918251-1997), or visit our website (sca-eagles.com) to schedule your free academic consultation.

UNDERCROFT MONTESSORI SCHOOL

Contact: Nancy Davis
3745 South Hudson
Tulsa, OK
918.622.2890
www.undercroft.org.

Undercroft Montessori School is the first and only Montessori program in Oklahoma to be accredited by the American Montessori Society and AdvancED. Founded in 1964, Undercroft provides an authentic Montessori learning experience for students age 3 to 8th grade. This unique learning approach was developed over 100 years ago by Dr. Maria Montessori and incorporates specially-designed learning materials to illustrate a full spectrum of education concepts. This proven method results in an exceptional level of understanding and retention in students while instilling an authentic love and passion for learning that lasts a lifetime. Undercroft's students develop and thrive through an extraordinary balance of self-direction, individual attention and academic accountability that begins at a very young age. The campus is purposefully designed to be warm, peaceful and inviting - both inside and out. Undercroft's playground is truly unique, featuring Tulsa's only natural Playscape and expansive Sand Canyon, which encourage imaginative play and creative collaboration.

UNIVERSITY SCHOOL

Contact: Patricia Hollingsworth
326 South College Avenue
Tulsa, OK
918.631.5060
www.utulsa.edu/uschool

University School offers a challenging, yet nurturing, environment for gifted students ages 3 through 8th grade. Our program is well-rounded and includes art, music, physical education, foreign language, and computer classes for all ages. Located on The University of Tulsa campus, our beautiful facility provides a unique setting and resources that few schools can match. University School students benefit from a rich variety of learning opportunities and interactions with college professors and students as they endeavor to maximize their potential, develop creativity, and become responsible citizens.

VICTORY CHRISTIAN SCHOOL

Contact: Josh Mauldin
7700 S. Lewis Ave.
Tulsa, OK 74136
918.491.7720
vcsinfo@victory.com
www.vcstulsa.org

Here at Victory Christian we are continuing to build on our foundation by expanding our influence and growing our legacy. Whether it was adding two more National Key winners in Art (11 in the last 5 years); Signing Jon-Michael Terry to play football for the Sooners; or having two more National Merit Scholars (8 in the last 4 years) VC made waves that can't be ignored.
Our superintendent of 35 years Dr. Dennis Demuth finished his final year after pioneering VCS to become a school where students can thrive in the classroom, on the field and in their life. It is with that standard in place and a desire to go further, climb higher and blaze new trails that we are ecstatic to announce the hiring of Darrell Smith as our new superintendent. There are many places you can send your student to learn, to develop, to strive. There is no place like Victory Christian that empowers and challenges students to build, to expand, and to influence culture as an individual through their talent, and with their passion like VC. Where is your student and family being called? Be ready to answer. It's A Good Day To Be A Conqueror.
Ages Served - K3-12





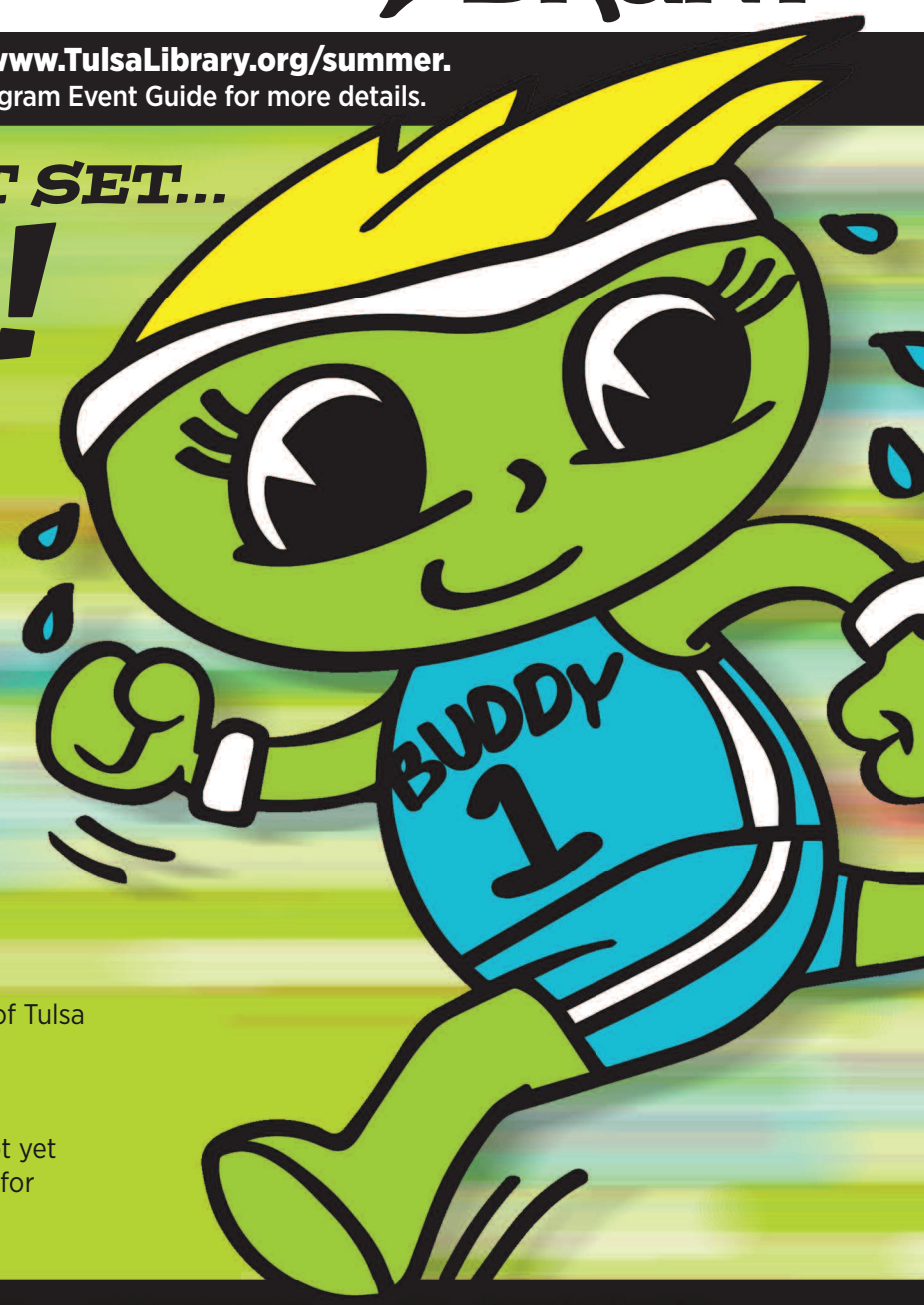
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Read 12 more books and earn a special bonus prize – an inflatable baseball bat.

Children who finish the program and have completed kindergarten or are in first through fifth grade will be entered into a drawing for great prizes, including:

PRIZES!

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- Fishing with News on 6 meteorologist Dick Faurot
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- Tulsa State Fair Mega Ride Pass wristbands
- And other exciting prizes!

NEW! Children who finish the program and are not yet school-aged will be entered into a drawing for one of 10 gift certificates to local stores.



GET IN THE GAME READ

TEEN/TWEEN

Read 6 books and earn an ID wallet with earbuds and coupons for free entertainment and food.
Visit **www.TulsaLibrary.org/summer** for more details.

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I'M A TULSA KID

BY MARISA MORGAN

Katie Prior: Founder, Youth Trumpet & Taps Corps

The Youth Trumpet & Taps Corps is a service organization for high school trumpet players who use their musical gifts to honor military veterans. Their main project is playing live Taps at funerals when a professional military bugler is not available and a family does not want an audio recording. They also play patriotic music at community events honoring veterans. Their founder, 16-year-old Katie Prior, started the non-profit in Oklahoma just a year ago, but it has quickly grown to include volunteers from across the country.

TK: How long have you been playing the trumpet?
KP: I started playing trumpet when I was 9 years old.

TK: How did you come about starting your organization?
KP: The year I started playing trumpet, my great-grandfather, a WWII Army veteran, was in hospice care. I wanted to play Taps at his funeral, but he passed away before I could learn the notes. Later, when I was a better trumpet player, I heard most veterans' funerals have an audio recording of Taps instead of a live performance because there are not enough military buglers for every funeral. This was at the same time I was getting ready to work on my Girl Scout Gold Award. For this award I needed to identify a problem in my community and develop a plan to solve it, and I realized this was an issue I could do something about.

TK: What specifically did you have to do to get the project up and running?
KP: I contacted Sunnylane Funeral Home and offered to volunteer to play live Taps at funerals. The first funeral I played was for a homeless veteran. This experience was life-changing for me, and I decided that since most of my friends were trumpet players, I'd recruit them to volunteer, too. After earning my Gold Award, I decided to take my project nationwide. I received a grant from the Keds Brave Life Project to pay for my 501c3 filing fee. I've now held three trainings in Oklahoma, one in Texas and one in Wisconsin. I videotaped the trainings to create an online training that trumpet players across the country can take.

TK: About how many volunteers/general people are involved in the organization?
KP: I started 2015 with the 10 trumpet players I trained in Oklahoma, and now a year and a half later I have recruited 83 volunteers in 22 states across the country. Sixteen of my volunteers are in Oklahoma. I have volunteers in Ada, Collinsville, Bethany, Blanchard, Del City, Edmond, Jenks, Moore, Midwest City, Norman, Oklahoma City, Owasso, Tulsa and Yukon

TK: What makes you so passionate about this cause?
KP: Most of us had only ever played our trumpets in school concerts. There are lots of volunteer opportunities for teenagers, but for a musician, there's very few ways that we can serve using our talents. Playing Taps at events and funerals serves a very specific need and gives us a way to serve using our unique gifts. Performing music that affects others is an amazing experience. Anyone who has lost a loved one who was a veteran can tell you what an impact the song Taps has, and that for the rest of your life when you hear it, you are reminded of your loved one.

TK: What are your goals for the organization?
KP: I would like to grow my organization to be in every state.

TK: What are you personal goals? (college, career, etc…)
KP: I'm planning to get a degree in illustration in New York City at the Fashion Institute of Technology.

TK: Does your organization give you time for hobbies? What kinds of things do you like to do in your free time?
KP: Besides playing the trumpet, I spend 9-12 hours a week studying art at the Conservatory for Classical Art in Edmond, OK. I have also taken tap dance since I was 3. I also love to read. I've read 60 books so far this year!



Photo Credit: Bob Heber

what's going on(line)?

Dear Reader,
There are times, as a mother, when you come full circle. For me, rocking out to the Sugar Free Allstars' new children's cd with my two kids in the back seat is one of those times. You see, the last time I rocked to this band that hard was at Mike's College Bar in Stillwater. Alas, it seems we've all moved on to a "new" stage in life and that includes songs like, my favorite, "Sleepytime Song." Thanks to our awesome Tulsa City-County Library Summer Reading Program, you can check out the band for FREE at various locations this month. As always, you can find out details at www.tulsakids.com/calendar. Lastly, do you Instagram? We do. And we love it when you tag us in your post like TheSterlingImage @eric6184 - SO CUTE!



- Abby, web editor





MOMs Day Package Winner

We had so much fun in our Month of May MOMs Day package giveaway last month. We appreciate all of your participation and want to thank our sponsors for the amazing prize donations. It was so hard to see them go! But, we are happy to announce that Katy Hough of Tulsa, mother of Reagan (4 1/2 years) and Jonah (2 years), was selected as our winner.

Congratulations, Katy, and thanks again to all who participated!



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Friday, July 1 - Saturday, July 16
Voting Period:
Sunday, July 17 - Saturday, July 30

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www.tulsakids.com/coverkid.



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