July 2017
www.tulsakids.com
Oklahoma's Award-Winning Magazine for Parents & Families

30 YEARS

tulsakids

FOR PAREN LIFE.

RESILIENCY:
WHAT IS IT AND DOES YOUR CHILD HAVE IT?

THE FUNDING CONUNDRUM:
THE BASICS OF OKLAHOMA PUBLIC SCHOOL FUNDING

STAY-AT-HOME SUMMER FUN

JULY 4TH CELEBRATIONS

2017 TULSAKIDS FAMILY FAVORITES REVEALED!

PARENTING MEDIA ASSOCIATION 2017 BRONZE Award Winner General Excellence Awards Competition

PARENTING MEDIA ASSOCIATION 2017 GOLD Award Winner Editorial Awards Competition

PARENTING MEDIA ASSOCIATION 2017 GOLD Award Winner Digital Media Awards Competition



Online tools that give you greater access to care. Completely on your time.

St. John Clinic OnDemand | URGENT CARE & ER RESERVATIONS

Experience a virtual visit with a board-certified physician 24/7/365 from your computer, tablet or smartphone. If you need to visit the ER or one of our Urgent Care locations, you can reserve your spot online instead of spending time in the waiting room.

STJOHNHEALTHSYSTEM.COM

St. John | DOWNLOAD OUR APP



Thank you, Tulsa!

WE ARE PROUD TO BE SELECTED AS A 2017 TULSAKIDS MAGAZINE FAMILY FAVORITE!



Keep in touch on Twitter, Facebook, and Instagram @HollandHall

HollandHall.org

THANK YOU FOR YOUR CONTINUED SUPPORT!

We are honored to be voted your "Favorite Pediatricians" for 5 years!



tulsakids family favorites 2017 WINNER

10011 S. Yale Ave. # 200 • Tulsa, OK 74137
(918) 493-1114 • http://doctorsood.com

Follow Us On

Umang Sood, M.D.

Sanjiv Sood, M.D.

Birth & Beyond pediatrics P.C.

Alka Sood, M.D.

Lisa Rector, APRN-CNP

tulsakids family favorites 2017 WINNER

Thank You!

TulsaKids readers, for voting



Best

Real Estate Firm

McGraw REALTORS®

918.592.6000

mcgrawrealtors.com

Best

Personal Realtor

Jennifer Paine

405.762.2467

jpaine@mcgrawok.com

jenniferpainehomes.com





we're focused on summer safety.

- Keep kids hydrated! Children need 6-8 glasses of water a day while active in the heat.
- Use insect repellent to avoid itchy or dangerous bug bites.
- Never leave children alone in a car. A child's body overheats 3 to 5 times faster than an adult body.
- Apply sunscreen (SPF 30 or higher) when your kids are out in the sun between 10 a.m. and 4 p.m. Reapply every two hours.

Hillcrest.com | 918.585.8000

"Like" us on Facebook.

hillcrest
HealthCare System

tulsakids

July 2017

what's inside

Volume XXX, Number 7

www.tulsakids.com



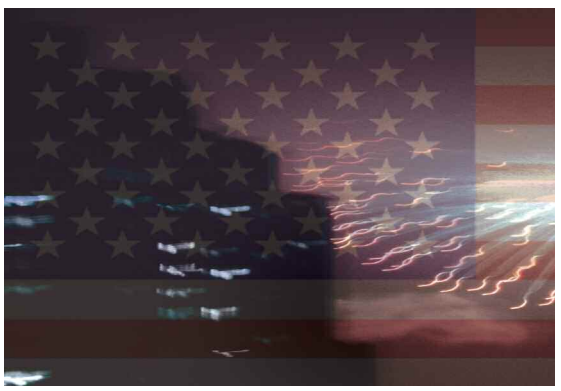
BY BRANDON SCHMITZ



46-47 Stay-at-Home Summer Fun — from our readers



48-49 Travel to a Lost Kingdom without leaving town



30 Fourth of July Happenings



33-38 Announcing the 2017 Family Favorites by our readers

SHORTS

6-8 **NEWS & NOTES**
Events, happenings, news & readers' letters

FEATURES

18-20 **RESILIENCY: What is it and does your child have it?**
by Brandon Schmitz

33-38 **ANNOUNCING THE 2017 FAMILY FAVORITES**

46-47 **FAMILY TIME**
Stay-at-Home Summer Fun — from our readers

50-51 **EDUCATION**
The Funding Conundrum: Understanding the basics of Oklahoma public school funding
by Claire Combs

IN EVERY ISSUE

10-11 **STAGES: Babies & Toddlers**
Water Worries?: Five tips to keep kids safe at the pool
by Kiley Roberson

14 **STAGES: Tweens & Teens**
Parenting Etiquette: When you and your kid's friend's parents disagree
by Julie Wenger Watson

16-17 **GREEN COUNTRY GROWN-UP**
Drum Roll, Please, for Jason Gilardi
by Nancy A. Moore

25-29 **OUT AND ABOUT: CALENDAR OF EVENTS**
by Tara Rittler

30 **FOURTH OF JULY HAPPENINGS**

40-41 **FROM THE HIP**
Dreaming of 48 Hours in Paris
by Jill VanTrease

42-43 **GET COOKING**
Summer Bucket List
by Natalie Mikles

44-45 **BOOKS**
This Summer: Building Minds (but also hearts)
by Laura Raphael

48-49 **FAMILY TRAVEL**
Travel to a Lost Kingdom without leaving town
by Diane Tritt Eaton

59 **I'M A TULSA KID**
William Matheson
by Sheeba Atiqu

53-58 **SCHOOL DIRECTORS GUIDE**
(Special Advertising Supplement)

editor's note

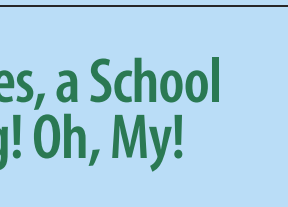
Resilience, Family Favorites, a School Guide and School Funding! Oh, My!

My first reaction as a parent is to protect my children from any problem and, if I can't do that, then I want to fix it for them. Experts say that is actually not a good idea, and I should fight my instincts and let my children fail. What!?? But my kids need to be perfect. Unfortunately, like all human beings, they're not perfect, they have problems and make mistakes. What I've learned is that allowing them to handle their own challenges increases their self-esteem and helps them grow to be functioning, mentally healthy adults. Read our feature on kids and resiliency to learn more.

We hear a lot about the lack of funding for public education in Oklahoma. The Legislature ended this session without solving what many citizens, especially parents, see as one of the most important issues facing the state – the slipping support to public schools. The ramifications are myriad: larger class sizes, fewer offerings, less enrichment opportunities, fewer school days, fewer experienced teachers, higher college tuition, to name a few. But how are Oklahoma schools funded? When we lobby the legislature, what are we asking for? Writer Claire Combs finds out the nuts and bolts of school funding and gets an interesting answer from Superintendent Gist about what she wishes could change.

Also in this issue, you'll find our Family Favorites winners and finalists. We appreciate so many of you casting your votes this year. It's fun to see who rises to the top, from familiar mainstays to new up-and-comers. Tulsa has always been a family-oriented city, and it has become more so over the years. Whether you're getting ideas for your next vacation spot or you need a place to get cupcakes or want to enroll your child in a class, take a look at what our readers love about Tulsa.

And, it's July, so sibling togetherness may be wearing a little thin. If you need some fun ideas for at-home things to do, we asked our Facebook friends to share their ideas. You'll find those suggestions in these pages. And, if you haven't already done so, be sure to go to www.tulsakids.com and download our Summer Family Fun Guide. It's packed with places to go and things to do. And, while you're on the site, browse the calendar. There's always something going on.



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:
SERENA AND LILAH SIDDIQUI ENJOY SOME SISTER TIME.

PHOTO BY: SHEEBA ATIQI

tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.

Publisher:	Charles Foshee
Editor:	Betty Casey
Web Editor:	Tara Rittler
Advertising Sales:	Brandi Moore Kathy Thompson Denise Brewer
Production:	Charles Foshee
Cover Photo:	Sheeba Atiqi
Distribution:	Joan Perez
Contributing Writers:	Brandon Schmitz Claire Combs Kiley Roberson Julie Wenger Watson Nancy A. Moore Jill VanTrease Natalie Mikles Laura Raphael Sheeba Atiqu Diane Tritt Eaton

TK PUBLISHING inc.

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

©TK Publishing, Inc. 2017.
All Rights Reserved.

Volume XXX, Number 7
Publisher
publisher@tulsakids.com

Editor
editor@tulsakids.com

Calendar
(submit by 10th of the month prior)
calendar@tulsakids.com

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

MEMBER OF PMA PARENTING MEDIA ASSOCIATION

TULSA PERFORMING ARTS CENTER GET NEW DIRECTOR



For 28 years, John Scott was the familiar face in the Tulsa Performing Arts Center's (PAC) lobby greeting visitors as they streamed in the big glass doors to see the Tulsa Ballet, opera, Broadway musicals, world-renowned musicians and any number of theatrical performances. The PAC Director leads day-to-day operations, oversees the entertainment lineup and rental agreements for the building. After an incredible, long-time career, Scott is retired, and Mayor G.T. Bynum has named Tulsa native Mark W. Frie as the new Performing Arts Center Director for the City of Tulsa.

Frie most recently served as the Executive Director of the Broken Arrow Performing Arts Center. Prior to that he was the Executive Director of Fine Arts for the Broken Arrow School District. He has a Bachelor of Fine Arts from the University of Oklahoma and is a licensed Certified Performing Arts Executive.

OETA 2017 YOUNG WRITERS CONTEST WINNERS

The Oklahoma Educational Television Authority (OETA) announced the winners of its annual OETA Writers Contest in May at an awards ceremony in the Governor's Blue Room at the capitol. Earlier this year, OETA had an open call for submissions for stories from children in kindergarten through third grade. These twelve winners were recognized for their originality and creativity in their storytelling ability. There were over 200 submissions. Area winners include:

First Grade

First Place: Emarie Sumner from Sand Springs

Emarie's story "The Lost Dog," is a story about a girl that loses her dog and goes on a quest to find him.

Third Place: Avery McGee from Bixby

Avery wrote "Queen," a story about her amazing mom and two new additions to the family; her puppy Sarah and baby sister Jessie.

Second Grade

First Place: Annie Jo Slater from Sapulpa

Annie wrote "The Great Escape," a story about the misadventures of a guinea pig and his unlikely friends: a group of kittens trying to escape the horrors of domestication.

Third Grade

Second Place: Joshua Joseph from Tulsa

Joshua's wonderfully titled – and illustrated - story "Fancy Stick Man," follows the adventures of Stick Man as he searches for the microchip to save the planet.



THE 2017 OETA WRITERS CONTEST WINNERS POSE WITH THEIR TROPHIES IN THE GOVERNOR'S BLUE ROOM AT THE OKLAHOMA STATE CAPITOL.
PHOTO CREDIT: AARON MORVAN, OETA

HAPPY BIRTHDAY CHILDREN FIRST

Children First, a statewide program that helps infants have a happy birth day and beyond, is celebrating 20 years of empowering future generations. Children First is a family-centered program that utilizes home visits by registered nurses to help first-time mothers and their families prepare for parenthood through home visits, education and health assessments. Mothers receive information about promoting a healthy, safe lifestyle for their family while gaining a greater understanding of the types of help and resources available to them in the community. The program includes regular home visits until the child is 2 years old.

Children First has served 44,635 clients across the state since it began in 1997. For more information on how to enroll in the Children First program, visit tulsa-health.org.

continued next page

HEALTH DEPARTMENT CONFIRMS WEST NILE VIRUS

Tulsa Health Department officials confirmed that a sample of mosquitoes from a trap in Tulsa County has tested positive for West Nile virus (WNV). It is important for residents to remember to take precautions against WNV and other mosquito borne illness. As of early June, there were 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.

West Nile virus is spread through the bite of an infected mosquito. 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. Persons over the age of 50 are at greatest risk of developing severe neurologic disease from WNV infection. Some of the neurological effects of WNV may be permanent.

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.

The Tulsa Health Department operates a mosquito surveillance program in order to confirm when West Nile virus is present in the community. In a typical mosquito season, THD sprays hundreds of square miles for adult mosquitoes.

The objective of the surveillance is to detect the presence of mosquitoes, determine abundance, species, make a risk assessment, and provide a basis for control.

To place a complaint about mosquitoes in your area, please call 918.595.4219. To report standing or stagnant water in your area, please call 918.595.4200 or submit an online environmental complaint form on the Tulsa Health Department website at www.tulsa-health.org.

CORRECTIONS AND CLARIFICATIONS

The website for Up With Trees is www.upwithtrees.org

The title of the Sesame Street cookbook is "Let's Cook"

The sponsor named in the June "I'm a Tulsa Kid" article is HED wheels

GENEALOGY CENTER CELEBRATES FAMILY HISTORY

Share your family's heritage with future generations by researching your roots and creating a family tree. Join Tulsa City-County Library's Genealogy Center in July for its annual Family History Month series featuring a variety of free workshops for new genealogy researchers as well as lifetime enthusiasts.

Located on the second floor of the Hardesty Regional Library, 8316 E. 93rd St., the Genealogy Center has one of the largest genealogical collections in Oklahoma. Plus, it is designated as an official FamilySearch Center, enabling it to borrow resources from the largest genealogy collection in the world – the Family History Center in Salt Lake City, Utah.

The Family History Month series kicks off Saturday, July 1 with two workshops: "Beginning Genealogy" from 9:30 a.m. to 1 p.m., and "Start Your Research @ the Library" from 2 to 3:30 p.m. Participants will learn the steps to take to start searching their family histories at the first workshop and then receive an overview of the many useful resources available on the library's website at the second one.

Other program highlights include an all-day workshop on World War I resources and census records presented by certified genealogist Mark Lowe on Saturday, July 15 from 9:30 a.m. to 4 p.m., and a half-day workshop on marriage and divorce records presented by Lowe on Sunday, July 16 from 1:30 to 4 p.m.

The series continues through July 27. Overall, 15 programs are scheduled to celebrate Family History Month. All of the programs, except for two, will be held at the Hardesty Regional Library.

For more information about Family History Month programming or the Genealogy Center, go to http://guides.tulsalibrary.org/geneal-ogy/ or call 918. 549.7691.





Luxe
FURNITURE & DESIGN

CUSTOM FURNITURE | WINDOW TREATMENTS | ART & HOME DECOR

FOR THE MONTH OF JULY

FRIENDS&FAMILY

$50 OFF EVERY $500

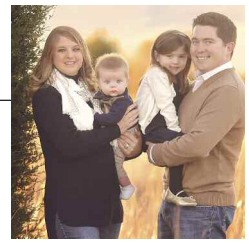
UP TO $1000 OFF

Complimentary In-Home Design Services

918.459.8950 | 9922 RIVERSIDE PKWY, TULSA, OK 74137

LUXETULSA.COM





BY KILEY ROBERSON

water worries?
five tips to keep kids safe at the pool

Summer is officially in full force and swimming pools are packed with families trying to catch a little relief from the Oklahoma sun. There are few things my kids love more than swimming. They typically can't wait to put on their suits and splash. While it may be fun and games for them, pool time means something completely different for parents. It means constantly scanning the water for signs of struggle, keeping the littlest ones upright in the shallow end and talking out of the side of your mouth to other parents as you all keep vigilant watch. According to the Centers for Disease Control (CDC), we have reason for water worries. Drowning is the leading cause of accidental death among children ages 1 to 4 years old, and sadly, the CDC says that in 2015 more than 200 children drowned in swimming pools over the summer months.

While teaching kids to swim can save lives, as parents, we all have our own preferences and beliefs about at what age a child should learn and what techniques should be used. No matter your choice, the United States Specialty Sports Association suggests following these guidelines so you're not putting your kids at increased risk while they're learning to swim:



1. Follow a routine

Don't be nonchalant about entering the water. Create a process the child must go through before entering a pool, such as putting on a swim diaper, changing into a swimsuit, and applying sunscreen. Having a pool routine will teach your child that the pool cannot simply be jumped into at any time, and it can help reduce the chances that your child might be tempted to try to go swimming without you being aware.

2. Don't allow your child to be the one to decide when to enter the pool

Create a verbal cue for your child that must be given by you before he or she can enter the pool. This creates an additional barrier of entry for your child if used consistently. He or she will learn that jumping into the pool requires permission first.

3. Never use flotation devices or water wings

While life jackets are designed to save a child from drowning and should always be worn near open bodies of water like lakes or the ocean, flotation devices and wings can slip out of a child's grasp or fall off. This can create a false sense of security around water. Instead, teach children how to locate, swim to, and then climb hand-over-hand along the pool wall to a step or ladder where a safe exit can be made from the pool.

4. Don't always use goggles with your kids in the pool

continued next page

Teach them to open their eyes under the water so if they fall in they can open their eyes and find the side or a step and leave the pool safely.

5. Don't let your fears hold them back from learning to swim

Do not panic if your child's face dips below the surface of the pool or transfer feelings of fear to your child if that happens. For very young children, practice having them put their entire face under water in the bathtub and blow bubbles to build their comfort with water.

Of course, always keep children under constant supervision around water, install fences and barriers around pools, and know CPR. And enroll your kids in swim lessons when they—and you—are ready to take the plunge.

Get in FREE with this ad!
$2 Admission First Day - All Other Days FREE Admission



HUGE KIDS' SALE
Jenks: Aug 5-7
Glenpool Conference Center
Owasso : Aug 11-13
ISS (Indoor Soccer & Sports)
Broken Arrow: Sept15-17
Rhema's Rec Center
Sell with us too!
DIY or Let us Help ~ details online.
JUST BETWEEN FRIENDS
jbfsale.com
Visit us on Facebook @JBFAddicts
Help Desk: jbfaddicts@jbfsale.com or 816-809-0360

Reading · Writing · Spelling · Pre-K - 6th Grade
read smart ready for life!



Free Evaluation & Consultation!
918.559.READ (7323)
ReadSmartLearning.com

Itti'Chokka' TreeHouses
Look who's living in the trees!



NOW – SEPT. 3

Explore Chickasaw clans, food and tools woven in the new interactive TreeHouses exhibit! Discover wildlife, build a miniature tree house, hunt for signs left by animals, dance on a forest sound floor and more!

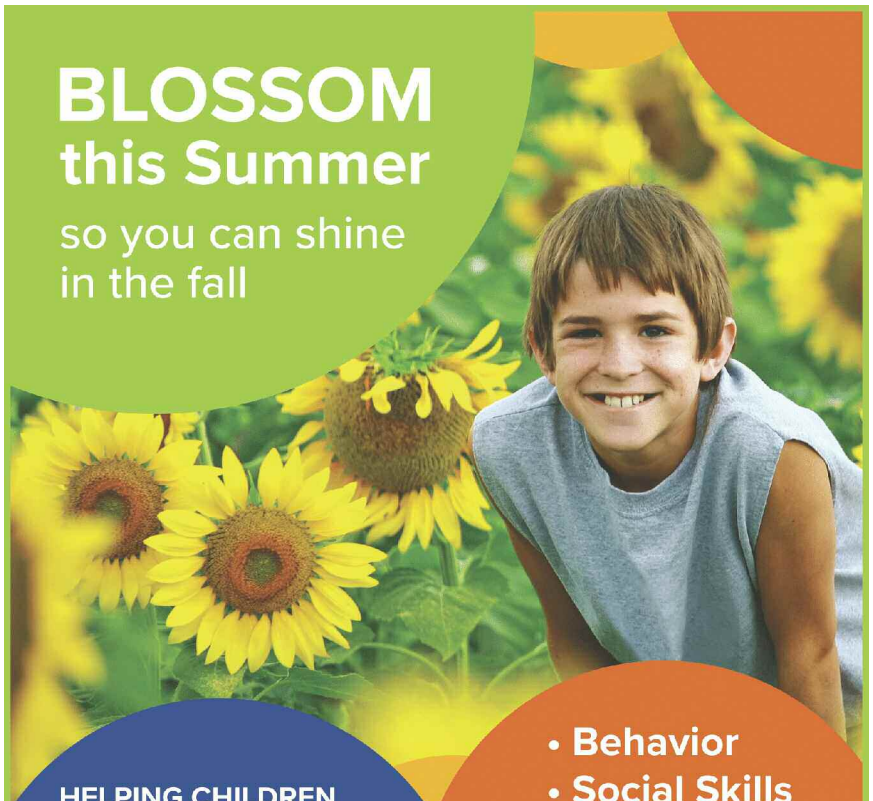
Bring the whole family to this fun and educational exhibit!



CHICKASAW CULTURAL CENTER
SULPHUR, OKLAHOMA
ChickasawCulturalCenter.com ADVENTURE ROAD

BLOSSOM this Summer

so you can shine in the fall



HELPING CHILDREN 4-17 STRUGGLING WITH:

- Behavior
- Social Skills
- Academics

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

How it works: Brain Balance is a non-medical comprehensive program, customized for each child, combining physical and sensory exercises with cognitive skill training and healthy nutrition.

Brain Balance® ACHIEVEMENT CENTERS
6022 S. Yale Ave.
918-488-8991
brainbalance.com

LOCALLY OWNED AND OPERATED

tulsakids family favorites 2017 WINNER

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

soccer city TULSA

LIL' KICKERS SUMMER SESSION IS NOW – AUGUST 12TH!

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



Northeastern Oklahoma's Only State-of-the-Art Indoor Soccer Facility!
Summer Camps, Birthday Parties & Lock-ins • Adult & Youth Leagues
5817 S. 118th East Ave. • 918.249.0044
www.soccercitytulsa.com

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

Tulsa Fairgrounds -Exchange Center
Sat., July 8, 9 a.m. to 6 p.m. and Sun., July 9, 10 a.m. to 5 p.m.
$6.00 Adults
Kids 12 and under admitted free with paid adult.
Free admission for Scouts and Military in uniform
Show features Gems, Beads, Fossils, Jewelry, Crystals, Demonstrations, Fluorescent Display
Free Kids Area



http://tulsarockandmineralsociety.org/

SAIED Music Company

SUMMER CAMP



tulsakids family favorites 2017 FINALIST

For more information and to register
WWW.SAIEDMUSIC.COM



2nd–12th Grade | Math Enrichment | ACT & SAT Prep | Homework Help

A Brighter Summer Ahead

We make math make sense.

At Mathnasium, we teach math in a way that makes sense. Our summer programs are designed to combat summer learning loss—we'll help your kids retain all they learned in math class this year, so they're well equipped for a strong start in the fall!



Now Enrolling for Summer

MATHNASIUM®
The Math Learning Center

Mathnasium of South Tulsa
8032 S. Yale Avenue
NW Corner of 81st & Yale
southtulsa@mathnasium.com

Mathnasium of Broken Arrow
1077 N. 9th Street
North of Lynn Lane & Kenosha
brokenarrow@mathnasium.com

Mathnasium of Owasso
12336 E. 86 Street N.
On 86th, East of 169
owasso@mathnasium.com

MATHNASIUM.COM (918) 574–2222

victory early learning center

7700 South Lewis Ave. (918) 499-4655 ENRICHING • EDUCATING • EQUIPPING



Thank You, Readers, for Voting Us a Family Favorite!

6 weeks - 5 years • 7 a.m. - 6 p.m.
Traditional Kindergarten MON WED FRI
Special Needs Ages 3-5 TUES THURS

Open Monday-Friday with multiple schedule options

HERE AT THE ELC WE OFFER

- Hands on Learning
- Certified Curriculum
- STEAM Labs
- Weekly Chapels
- Music Class
- Sign Lanuage
- PE Class
- Spanish
- Bible Curriculum
- Kids Zone / Carousel

to find out more information or to schedule a tour go to
elc.victory.com
or email us at elc@victory.com

BY JULIE WENGER WATSON

parenting etiquette:

WHEN YOU AND YOUR KID'S FRIEND'S PARENTS DISAGREE

From the day our kids are born, we're constantly making parenting decisions, both small and large. While it's relatively easy to adhere to our own particular set of family rules and guidelines when our children are young, things get trickier as they grow and interact with the wider world. Our own decisions about what our kids watch, eat and play don't always align perfectly with those of other families. Ironically, one of the biggest challenges to our own parenting choices may be other parents. Navigating these differences takes courage and diplomacy.

There's no one right way to resolve these issues. However, assuming your child's mental or physical health is not placed in jeopardy by another parent's rules (or lack thereof), here are a few suggestions that might help.

Remove Judgment

When faced with a set of values or rules that differ from your own, it's tempting to condemn the choices other families make regarding their children, or even feel superior about your own choices. Do yourself a favor and try empathy instead. Remember that, while we might have different values, we all want to do right by our kids. Trying to see things from another's perspective might even make us better parents.

Let Go of Guilt

Parenting is hard, and it's easy to doubt your own decisions, especially when, according to your own offspring, you're the only family in the WHOLE WIDE WORLD that doesn't let your middle schooler have a cell phone, watch R-rated movies, or any other myriad "aberrant" behavior you may have exhibited as a parent. Be confident in your decisions. You really do know what's best for your kids. Don't let comparisons make you feel guilty.

As a mother of four kids ranging in age from 11 to 19, Tulsan Anne-Marie Lawson thinks it's important to know and be confident in her own values and to communicate that to her children.

"I am comfortable with being myself and being different. I try to transfer that to my children," she said. "To find their own voice. To develop their own thoughts and reasoning. To stop and think, and then to make a conscious decision."

> "make relationships with other parents and model the kinds of communications/expectations you have."

Communicate, Communicate, Communicate

Communicating with other parents is key. It's better to ask than to assume. When your middle school-aged child is going to a friend's house, it's perfectly reasonable to ask about curfews, supervision, or what's allowed when it comes to screens and video games, for example. Likewise, when you're the host, it's helpful to let the other parent know what the rules are in your own home. It's equally important that your own child understands and knows your family's rules and values, as well as the reasons for them.

Shawna Gehres has two daughters, ages 15 and 13. She believes communicating with her children and the parents of their friends has been an important part of her parenting. She feels fortunate that her daughters have chosen friends whose families share similar values.

"I think we haven't had big problems because the other moms and I text each other if there's a situation we think the other might be concerned about," she explained. "I think that by initiating a text, you communicate to the other parent your expectations so they do the same when the situation is reversed."

Gehres offers two suggestions: (1) give your kids an understanding of what is appropriate and what isn't, and trust them to exercise good judgment; (2) make relationships with other parents and model the kinds of communications/expectations you have.

Lawson thinks trust and communication are important, too.

"I think it helps to let them make their own mistakes and give them quite a bit of autonomy," she commented. "If you're honest and open with your children and teach them to accept the consequences of their actions with grace and see them as an opportunity to learn, they become level-headed and responsible."

Lawson makes a point of encouraging open communication with her kids.

"I've always told my children that they can tell me everything," she said. "There might be consequences, but they'll be less harsh if they come clean before getting into trouble. I also encourage them to share about their friends with the promise that I won't tell their parents unless I feel that the kids are in danger. Being honest with my children, expecting ownership of their own actions, is important to me."

While we can't control other families' parenting decisions, values and choices, communication – with our own children and the parents of their friends – can go a long way toward resolving or even avoiding conflict.

OUR HEARTS ARE FULL



THANK YOU FOR VOTING US YOUR FAMILY FAVORITE YEAR AFTER YEAR!

Emerson Orthodontics
421 W. Stone Wood Drive
Broken Arrow 74012
918-459-0092

tulsakids family favorites 2017 WINNER

Esthetique by Emerson
1560 E. 21st Suite 100,
Tulsa, OK 74114
918-551-7755

Follow us on…

YouTube Broadcast Yourself

www.emersonbraces.com

BY NANCY A. MOORE

PHOTO CREDIT: SHEEBA ATIQI

drum roll please for **Jason Gilardi**

Jason Gilardi is an accomplished musician, drumming instructor, proud father and husband, and Annette Funicello's son. Funicello was a beloved actress and performer and is known for not only being one of the original Mouseketeers, she also starred alongside Frankie Avalon in numerous movies as well. In her later years, Funicello developed Multiple Sclerosis (MS) and passed away four months to the day that Gilardi's daughter was born. In talking with Gilardi, his down-to-earth demeanor conveyed his genuine love and appreciation for his mother, family and getting to do what he loves every day – drum. And his success has been great, from signing a record label and touring nationally with his band, Caroline's Spine, to now sharing his passion and knowledge with others who are interested in learning how to drum.



TK: How did you become interested in playing the drums?

Jason: One of my earliest memories of drumming was [when I was] around 6 years old, being at my grandparents' house and using their salad forks as drumsticks to hit the cushions on their patio chairs. It wasn't long after that I got a drum set and was self-taught. I finally started drum lessons with an instructor when I was 13. The teacher acknowledged that I knew how to play, but my technique was wrong; I had to relearn how to sit and hold the sticks. After high school, my father insisted that I attend college, so I found the Musicians Institute, a one-year program that had a special section that just focused on drumming. After attending the Institute, I met some others and we formed the band, Caroline's Spine.

TK: What was it like growing up as Annette Funicello's son?

Jason: We had a normal life. We weren't raised by nannies. I have an older brother and sister and our mom was very active in our lives. She ran the snack bar at Little League and took us to school and picked us up every day. If she couldn't pick us up, our grandparents were there to help out. For my mother, acting was a way to pay the bills. Family was her true love. She encouraged my drumming. My mom used to say that when I would practice it would relax her. She would tell me that she loved that I was doing something that I liked to do. My mom was always my biggest fan.

TK: With your mother starring in movies and your father being a Hollywood agent, were you ever hit by the acting bug?

Jason: I tried out for one part – playing the role of my mother's son in the movie *Back to the Beach*. Surprisingly, I didn't get the part. In the original script, her son's name was also Jason. I thought it was funny that I didn't get the part of playing me. I had people ask me all the time if her co-star, Frankie Avalon, was my father because I looked quite a bit like him. It was meant to be because I loved playing the drums and decided to focus on my passion.

TK: Can you share a special memory?

Jason: The band members in KISS were some of my biggest idols growing up. When they did their reunion tour, my band, Caroline's Spine, was asked to open for them. My entire family came to watch our band open for KISS when we played at the MGM Grand in Las Vegas. When KISS heard that my mom was there, they asked to meet her. At the time, my mom was in a wheelchair, so I wheeled her in to meet the band. As I stood behind my mom's wheelchair, I realized what a surreal moment it was for me because here I was looking at my idols, and they were looking at my mom because she was one of their idols. In fact, when Gene Simmons knelt down to meet her, he was so nervous, he spilled a little of his soda pop. He later wrote about that and meeting my mom in his book.

TK: How did you end up in

continued next page

Tulsa, OK?

Jason: While touring with my Caroline's Spine, we made Tulsa our home base because our guitarist was from here and as central location made it easy to travel to shows – at the time, we were doing 150 shows a year. Back in 2000, we took an extended break from touring with Caroline's Spine, and I really liked the laid-back vibe and friendly feel of Tulsa. I've been here ever since. I met my wife here, and we are raising our daughter here. I was never really cut out for the Hollywood scene.

TK: Do you have a favorite movie that your mom starred in?

Jason: We have started a tradition of watching "*Babes in Toyland*" with our daughter at Christmas. Right now, our daughter loves ballet and her favorite color is purple, which was my mom's favorite color. My mom was discovered by Walt Disney when she was in a ballet performance at her school and Disney happened to be in the crowd watching. Afterwards, Disney got in contact with her and asked her to audition to be one of the original Mousketeers and, after auditioning, she made it. From there, she started starring in movies. Before the first beach movie that she was in, she asked Disney for guidance because she valued his opinion. His advice to her was to wear a one-piece swimsuit in her first beach movies and she did.

TK: Being an instructor at Drum World (www.drumworldtulsa.com) is a natural fit for you. What do you enjoy about teaching?

Jason: All our teachers are very knowledgeable and the entire building is all about drums. I have found that students take lessons for a variety of reasons. It's not always because they want to be in a rock band. Sometimes they want to pursue it as a hobby and sometimes it helps them get out their aggression. We have students here from 6 to 65 years old. You're never too old to learn. I have students that I have been working with for years and have gotten to watch them grow up.

TK: Tell us how you are involved with Multiple Sclerosis?

Jason: Because my mother had MS, I saw what a horrible disease it is. My mom tried so many things to get help; she even went out of the country to seek treatment. Today, there have been so many developments to help those who have MS, but there still isn't a cure. In honor of my mother, I organize a team of people for the MS Walk here in Tulsa known as Annette's Amazing Angels. We wear matching purple shirts, with "Annette's Amazing Angel's" printed on each shirt. My sister leads a team in Los Angeles and I lead one here. This is our twelfth year to be among the top five groups to fundraise every year.

TK: What do you and your family enjoy doing in your free time?

Jason: When I'm not teaching or playing in my current bands, we are all about family time. My wife and I enjoy the environment at Guthrie Green and love what they're doing there. We also visit the Aquarium and like the new Sea Turtle exhibit.

TK: Anything else you would like to share?

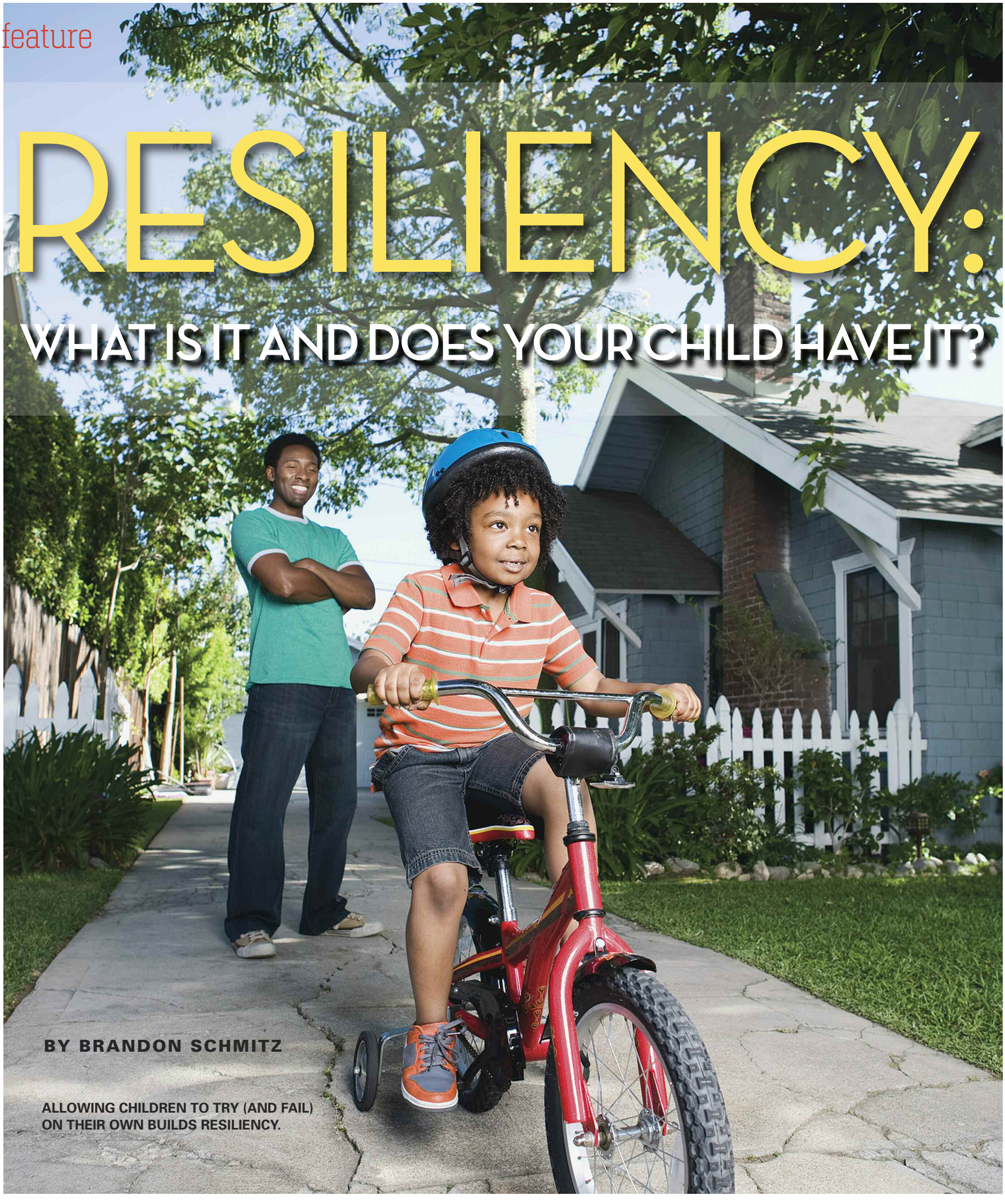
Jason: Now I play in an '80s Rock tribute band, Dead Metal Society, and a '90s Rock tribute band, Amped. Check out dmsrocks.com to see a list of dates, locations and times for upcoming band performances.





RESILIENCY:

WHAT IS IT AND DOES YOUR CHILD HAVE IT?



BY BRANDON SCHMITZ

ALLOWING CHILDREN TO TRY (AND FAIL) ON THEIR OWN BUILDS RESILIENCY.

Most parents and caregivers want to raise resilient children – children who are able to overcome hardships of varying magnitudes. Indeed, strengthening this "muscle" within a child leads to greater long-term mental health.

How someone deals with an issue depends on how his or her brain is wired. In essence, resiliency boils down to a person's ability to solve problems. Not all kids have the same problems, and certainly, not all kids try to solve problems the same way.

Although it is often associated with overcoming serious trauma, resilience covers a wide range of issues. For instance, how a child deals with a parent taking a toy away shows how resilient the child is.

"How do you behave when someone cuts you off in traffic," said Dr. Robert Hudson, pediatrician and professor of Pediatrics, University of Oklahoma School of Community Medicine. "If you immediately lose your cool, then you probably didn't solve that problem very well."

Individuals can begin to strengthen their resilience at virtually any age, but parents can take a developmental approach to guide their children to becoming more resilient adults. Hudson says that parents should begin helping their child through the process when they're as young as 4 years old. Specifically, it's important to allow school-age kids to make mistakes.

"That's the only way you learn and today's parents unfortunately spend an enormous amount of time trying to keep their kids from screwing up," he said. "That doesn't teach them to solve problems and that's why we have a crisis in the teens and twenty-something's. They don't know how to solve problems and now their parents aren't around [to fix things for them]."

Dr. Hudson says consequences have become less frequent, too. According to him, one study showed that a parent regularly asks a child to do something by repeating the same few words five-to-seven times. The parent then changes the words another three-to-five times. Following that, the parent screams and threatens the child. However, even after becoming angry, two-thirds of the time, the parent ultimately takes no actions, there are no consequences to entice the child to change his or her behavior.

"You're supposed to tell children what you expect them to do, give them a period of time to do it, and if they don't, there's a natural consequence," Hudson said. "If you are warning them and threatening them, they're not going to learn how to do it themselves."

The problems a child faces might vary depending on age, but the process remains the same. In theory, the older a child is, the less work a parent should do toward building his or her resiliency.

"Their number one thing to accomplish in their teenage years is to become autonomous," Hudson said. "If teens only listen to what you say and do what you say, then they are not being autonomous."

Dr. Hudson argued that parents should serve primarily as the child's "backbone of reality" during their adolescent years.

"It's your job to remind them of the process," he said. "To say 'well, that didn't work out. What are you going to do next time?'"

If a parent suspects that his or her child has a problem that needs to be addressed, then there are several indicators to be on the lookout for. Perhaps the most obvious one is if the child is having frequent meltdowns.

> "A parent's attempts to keep their child from experiencing adversity may, in the short term, solve one problem, but the implied message is that the child could not have handled it."

"If they insist on their way, then they live in a best-case-scenario world," Hudson said. "They have only one answer to every problem, and when that answer doesn't occur, they get angry." Parents might suggest a cool down, and then trying a different way.

A refusal to try new things is another sign. For example, children who routinely eat the same three meals for dinner are typically less resilient than their peers. Additionally, there are kids who have poor communication skills with their siblings or peers. There isn't anything inherently wrong with children wanting to keep to themselves, but they are, by definition, less resilient.

Family & Children's Services Project Director Kimberly Parker offered several indicators, too, from acting-out or risk-taking behaviors to regression in previously learned behaviors such as toilet training or sleeping at night.

How one's base resiliency is determined is up for debate, with some attributing it to the environment that the child grows up in. Hudson, however, points to genetics as the main determinant.

"Children are not blank slates when they're born – they're born with a genetic set of predetermined temperaments," he said. "Now, the environment can either make things worse or not."

Hudson rejected the notion that simply trying to improve a child's self-esteem is enough to strengthen their resiliency.

"You can love your child to death and support them, but if they don't have fine motor skills, then I don't want them being my brain surgeon," he said. "We sometimes ignore some natural strengths and some natural weaknesses that parents should identify."

Speaking more toward that, Parker emphasized listening to a child's opinions and concerns, while also supporting and encouraging the child's own ability to problem-solve.

Listening, Modeling and Positive Parenting

"When a child comes to a parent with a concern – maybe they didn't make the soccer team – instead of a parent trying to run in and fix that, they can kind of help their child process what happened," Parker said. "Like asking, 'what are some things we can do to start working for next year?'"

Through her work at Family & Children's Services, Parker often provides kids with a calm-down kit – a collection of items children can use when they're feeling worried or overwhelmed. This can include a stress ball, a notepad, or simply pictures of things that they enjoy.

Family & Children's Services Clinical Supervisor Jessica Cothran highlighted the gradual process that building resiliency entails. She notes that, in some cases, at least, praising children for their efforts and building their sense of self-worth can lead to developmental milestones.

"It's about taking the smallest little thing and honing in on it," Cothran said. "Like, 'Kenny gets into arguments every day, but today he wasn't in the principal's office during the first two hours of school!' It's about making a big deal over the little increments and then working toward larger increments of success."

Jason Williams, a former Youth and Family Counselor at the Tulsa Boys' Home who is now in private practice, describes resiliency as the ability to "suffer well" – a kind of "soulful suffering that produces humans instead of robots."

Williams points out that developing solid coping skills is just as important for the parent as it is for the child.

"What kids learn is tolerance," Williams said. "Once they see you dealing with it and knowing that life will not overwhelm, they recognize that life will not overwhelm them, either."

As important as it is for parents to show how well they can tolerate certain hardships, it's equally important that they allow their anxiety to have a space to breath.

"Kids are so intuitive that they will pick up on your anxiety during your attempts to comfort them," Williams said. "It's almost better to just allow them to see your anxiety and for them to know that that's part of this deal. It's not going to undo us. I'm not running from it – I'm willing to be anxious for a while."

Many of the boys who Williams worked with were removed from the home; they'd experienced violence and loss. He encountered a great deal of rage, as well as what he called defensive disassociation – instances in which some of the boys would refuse to relate to others as human beings.

"I was in the hotbed of trauma and I wondered whether resiliency could even be cultivated or created," he said. "It certainly can be exacerbated by a lot of the things that we think of as being helpful – 'stay positive, get your act together.' These are all things that compound the problem and only increase the shame."

Having been screamed at and threatened by some of the boys, Williams describes his handful of breakthrough moments as the ones in which he didn't run away from the situation.

"You don't overreact, but instead respond with curiosity," he said. "That kind of disarms them for a minute. Just that general sense of curiosity and openness can actually make space for something new to emerge."

Williams also spoke to the idea of allowing children to fail in a safe space. In elementary school, for instance, the consequences of failing to do homework or science projects are relatively low. However, as low as the stakes may be, it's paramount that children learn how to problem-solve at this stage without any "rescuing" from the parents.

"Doing your kid's homework all the time is problematic," he said. "But what you could do is say 'well, I'm going to provide this space for you and we're going to make sure that we're here to at least answer questions. I'm not going to do it for you, but we are going to make sure that we're setting up the structure.'"

Rescuing a child from these low-risk scenarios can unconsciously send the message that the child's not capable. A parent's attempts to keep their child from experiencing adversity may, in the short term, solve one problem, but the implied message is that the child could not have handled it.

As a father of two girls, Williams would often allow his daughters to experience a lot of the emotions that he knew were difficult.

"Without abandoning, if you can hold that safe container and you allow them to kind of figure it out, then it actually sends the message that 'hey, you can do a lot more than you think you can do, and you're a lot stronger than you think you are,'" Williams said. "'There's something in you that we all have that's going to come online and help you out and you've got to trust that.' But you can't say that – you've got to let them experience it for themselves."



TulsaZoo









Find yourself in

LOST KINGDOM

today!

The wait is over, explore Tulsa Zoo's newest exhibit complex now.

tulsazoo.org/lostkingdom

TULSAKIDS ANNOUNCES OUR ANNUAL

COVER KID CONTEST



SHOW US YOUR SMILES...

and Your Child could be the Next COVER MODEL for TulsaKids?
Now's your chance to have your Little Star be featured on the cover of the November 2017 issue.
Go to www.tulsakids.com/coverkid to find out how your child could be the next cover kid!

SPONSORED BY

Amazing Smiles...
DR. ROBERT J. Herman
Superior Care
ORTHODONTIC TREATMENT FOR CHILDREN & ADULTS

AVANT GARDE
Preschool & Early Learning Centers

TULSA'S BEST IS BACK!
WWW.AVANTGARDESCHOOLS.COM



Philbrook
Art Camp

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

tulsakids family favorites 2017 WINNER

Session 2: June 19–23

Session 3: July 10–14

Session 4: July 17–21

Session 5: July 24–28

Session 6: July 31–Aug. 4

Ages 5–14.
Space is limited. Sign up today!
Before & after care available.

Members save big on Art Camp.
Not a Philbrook Member?
Join today & save!

Great Adventures In Learning

New Site at John Knox Now Taking Applications for March 1st!

For more information, please call 918-809-5898 or email: happycampersjohnknox@gmail.com
• Infants through Pre-K • After School Care for School Age • Internet Monitoring
• Tues. & Thurs., Mon., Wed., & Fri. or 5 Days a Week

Infant Spots Still Available

Happy Campers at JOHN KNOX
A Creative Learning Environment

Happy Campers Academy on Cherry Street
918-584-2779

Happy Campers at John Knox
918-742-7656

Happy Campers at Temple Israel
918-747-3122

EASTERN OKLAHOMA ENT

Serving Oklahoma Since 1975

Thank You For Selecting
Us as Your Family Favorite
Winner ENT Physicians!

- **Pediatric Ear, Nose &Throat**
- Adult Ear, Nose & Throat
- **Allergy Testing & Treatment**
- Audiology & Hearing Aids
- Thyroid Surgery

68th & Yale
93rd & Mingo
918.492.3636 • www.eoent.com



tulsakids family favorites 2017 WINNER

Anthony E. Loehr, MD • Stephen M. Brownlee, MD • William P. Sawyer, MD • David W. White, MD
David W. Hall, MD • Atul M. Vaidya, MD • Christopher R. Siemens, MD • Evan R. Moore, MD



July 13-15

PORTER PEACH FESTIVAL

PEACH ORCHARDS HAVE BEEN AN INTEGRAL PART OF PORTER'S HISTORY FOR OVER 100 YEARS, AND THE PORTER PEACH FESTIVAL HAS BEEN A STAPLE OF OKLAHOMA SUMMERTIME SINCE 1960. CELEBRATE PORTER'S TASTY HERITAGE WITH A FESTIVAL OF ARTS AND CRAFTS, CONCERTS, A PARADE, AND FREE PEACHES AND ICE CREAM! THE FESTIVAL IS HELD ON MAIN STREET IN PORTER, OK. WWW.PORTERPEACHFESTIVALS.COM

July 1 Saturday

FAMILY DAY AT THE RANCH
Enjoy a day at the Will Rogers Birthplace Ranch, and learn about 19th century agriculture practices and domestic life. Will Rogers Birthplace Ranch, 9501 E. 380 Rd., Oologoh; 10 a.m.-2 p.m. www.willrogers.com

July 2 Sunday

SALINE FIDDLERS PHILHARMONIC ROUTE 66 TOUR [FREE]
An evening of free music by America's premier youth fiddling show band from Saline High School in Michigan! Jenks Riverwalk, 300 Riverwalk Terrace, Jenks; 7-9 p.m. www.riverwalktulsa.com

July 3 Monday

STORYTIME AT KIDDLESTIX [FREE]
Kiddlestix Toy Store's weekly story time with Ms. Valerie includes stories, songs and fun! Kiddlestix, 3815 S. Harvard Ave.; 10 a.m. www.kiddlestixtoys.com

July 4 Tuesday

FOR A FULL LIST OF FOURTH OF JULY EVENTS, SEE OUR FOURTH OF JULY PAGE!

July 5 Wednesday

TODDLERS, TRIKES AND TALES [FREE]
This storytime is perfect for toddlers who like their stories while on the move. Enjoy songs and stories along with games and activities for ages 3 and younger. Central Library, 400 Civic Center; 10:30 a.m. www.tulsalibrary.org

July 6 Thursday

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. Nathan Hale Library, 6038 E 23rd St.; 1 p.m. www.tulsalibrary.org

WHO PLAYED IT BETTER? SUPERHERO MOVIES [FREE]
We will watch snippets from various classic and current superhero movies and shows, and then discuss who played the role best. For ages 13-18. Charles Page Library, 551 E. 4th St.; 4 p.m. www.tulsalibrary.org

July 7 Friday

STARLIGHT BAND SUMMER CONCERT SERIES: JAZZ UNDER THE STARS [FREE]
Watch the sun set, gaze at the stars and enjoy the view of downtown as the sounds of Starlight Band waft through the evening. Guthrie Green, 111 E. Brady St.; 8 p.m. www.starlightbands.net

July 8 Saturday

SECOND SATURDAY AT PHILBROOK [FREE]
Visit Philbrook on the second Saturday of each month for free family-

friendly art activities, tours and scavenger hunts for kids of all ages. Philbrook Museum, 2727 S. Rockford Rd.; 10 a.m. www.philbrook.org

WEEKLY SWING DANCING WITH THE OKLAHOMA SWING SYNDICATE
Swing dancers of all skill levels welcome! An intermediate class begins at 6:30 p.m., and a beginner's class begins at 7. The dance itself starts at 7:30. Southminster Presbyterian Community Center, 3500 S. Peoria Ave.; 6-10:30 p.m. www.facebook.com/oklahomaswingsyndicate

July 9 Sunday

GEM AND MINERAL SHOW
The Tulsa Rock and Mineral Society's Annual Gem and Mineral Show will feature gems, beads, fossils, jewelry, crystals, working exhibits, a free Kid's Zone and demonstrations. Tulsa County Fairgrounds Exchange Center, 4145 E. 21st St.; 9 a.m.-6 p.m. www.tulsarockandmineralsociety.com

July 10 Monday

BE A FASHION ENGINEER: CRAZY CLOTHES DAY! [FREE]
Be an innovative fashion engineer by designing your own crazy clothes made out of art supplies! A variety of papers, tape, feathers, jewels and more are available for your creation. Pratt Library, 3219 S. 113th W. Ave.; 1 p.m. www.tulsalibrary.org

DANCE & SING ALONG AT THE TULSA CHILDREN'S MUSEUM
Join Executive Director Ray Vandiver as he sings classic children's songs. Dance with scarves, play along with instruments, and be ready to get your groove on! Tulsa Children's Museum, 560 N. Maybelle Ave; 10:30 a.m. www.tulsachildrensmuseum.org

July 11 Tuesday

LITTLE GREEN THUMBS: ART IN THE GARDEN
Little Green Thumbs is a program for children ages 6-12 designed to give them hands-on, in-depth learning experiences to introduce them to the world of gardening. Linnaeus Teaching Gardens, 2435 S. Peoria; 10 a.m.-12 p.m. www.tulsagardencenter.com

BILINGUAL STORYTIME/ CUENTOS BILINGÜES [FREE]
Enjoy stories, songs and activities in English and Spanish./Cuentos, canciones y actividades en inglés y español. Schusterman-Benson Library, 3333 E. 32nd Pl.; 10:30 a.m. www.tulsalibrary.org

AQUA-TOTS!
Fish, fun, friends and stories! Join the Oklahoma Aquarium for a seaside storytime. Ages 2-5, maximum of 35, available on a first-come basis. Free with admission to the Aquarium. Oklahoma Aquarium, 300 Aquarium Drive, Jenks; 11 a.m. www.okaquarium.org

July 12 Wednesday

DUSTIN REUDELHUBER—THE BALLOON GUY! [FREE]
Voted children's entertainer of the year by TulsaKids magazine, Dustin entertains audiences with magic, juggling and amazing balloon sculptures. You never know what to expect! Judy Z. Kishner Library, 10150 N. Cincinnati Ave., Sperry; 2 p.m. www.tulsalibrary.org

DREAMERS AND BUILDERS [FREE]
Make new friends and sharpen your artistic talents! Adult coloring books and colored pencils will be available to encourage your creative thinking. For ages 10-18. Suburban Acres Library, 4606 N. Garrison Ave.; 4 p.m. www.tulsalibrary.org

July 13 Thursday

MOVIE CLUB: A SUMMER OF SPIELBERG [FREE]
Kick back and enjoy some snacks as you watch "The Goonies." For all ages. Helmerich Library, 5131 E. 91st St.; 2 p.m. www.tulsalibrary.org

DIGITAL ART FOR TEENS: DESIGN YOUR OWN MANGA [FREE]
Interested in creating your own digital artwork? Kids 13-18 can learn how to make their own manga at this free class. Online registration required. Central Library, 400 Civic Center; 2:30 p.m. www.tulsalibrary.org

SUMMER FAMILY FUN-123 ANDRÉS CONCERT [FREE]
Get ready to dance and sing with 123 Andrés! His most recent album, titled Arriba Abajo, won the Latin Grammy for best children's album in 2016 as well as the Parent's Choice Gold Award. Crystal Bridges Museum, 600 Museum Way, Bentonville; 7-8 p.m. www.crystalbridges.org

July 14 Friday

CRAYONS IMPROV COMEDY SHOW
Crayons Improv uses audience suggestions, participation and drawings to create unique one-of-a-kind scenes that are hilarious and for all ages. Woodlake Youth Center, 3229 S 73rd East Ave.; 7 p.m. www.crayonsimprov.com

July 15 Saturday

CHILDREN'S NATIVE AMERICAN POW WOW [FREE]
Tulsa Indian Club brings some of the dancers from the Tulsa Pow Wow to showcase the history and fine art of Native American Dance. For the first 150 children there will be great goodie bags, crafts, and fun! Woodland Hills Mall, 7021 S. Memorial Dr.; 12-2 p.m. www.simon.com/mall/woodland-hills-mall

ART MOMENTS
Enjoy a variety of 10-minute spotlight talks throughout the galleries to introduce different works in the National Cowboy and Western Heritage Museum's temporary exhibitions or permanent collection. National Cowboy and Western Heritage Museum, 1700 Northeast 63rd Street, Oklahoma City; 1-2 p.m. www.nationalcowboymuseum.org

July 16 Sunday

AN AFFAIR OF THE HEART
Green Country's largest handmade, boutiques and gourmet market returns for its 35th year! Expo Square, 4145 E. 21st St.; 11 a.m.-5 p.m. www.heartoftulsa.com

WOODY GUTHRIE POETS READING
If you can't make it to the Woody Guthrie Folk Festival, you can still participate by hearing some of the Woody Guthrie Poets reading selections of their work at the Woody Guthrie Center here in Tulsa. Woody Guthrie Center, 102 E. M.B. Brady St.; 2-3:30 p.m. www.woodyguthriecenter.org

July 17 Monday

THE GREAT CLASSICS: STORYTIME WITH TULSA BALLET [FREE]
Journey through the great ballets of the classical repertoire. Hardesty Regional Library, 8316 E. 93rd St.; 11 a.m. www.tulsalibrary.org

THE ART OF MAKING SOUND EFFECTS [FREE]
Sounds are all around, but reproducing them is tricky. Come and learn about sound effects and use some of these techniques in a short play. For grades K-5. Pratt Library, 3219 S. 113th W. Ave., Sand Springs; 1 p.m. www.tulsalibrary.org

July 18 Tuesday

DANCE WORKSHOP [FREE]
Want to learn hip hop? Forbes Dance will teach you how! For ages 13-18. Rudisill Regional Library, 1520 N. Hartford Ave.; 3 p.m. www.tulsalibrary.org

YOGA IN THE PARK
Every Tuesday from 6 p.m. - 7 p.m., join the I AM and Cherry Street Yoga staff for one of the biggest outdoor yoga classes in Tulsa. For all ages and stages. $5-15 donations accepted. Elwood's, 1924 Riverside Dr.; 6-7 p.m. www.cherrystreetyoga.com

July 19 Wednesday

JEANNE B. GOODWIN STORYTELLING FESTIVAL [FREE]
The festival is a tribute to the late



Jeanne B. Goodwin, a lifelong educator and literacy champion. This year's festival features musician/storyteller Reggie Harris, who loves to get people singing. For ages 12 and younger. Rudisill Regional Library, 1520 N. Hartford Ave.; 10 a.m. www.tulsalibrary.org

FOSTER CARE INFORMATIONAL MEETING [FREE]
Learn how Circle of Care can support you through your foster care journey and ask any questions you may have about becoming a foster parent. All About Cha, 820 N. Aspen, Broken Arrow; 6-7 p.m. www.circleofcare.org/ministries/fostercare

July 20 Thursday

STORYTIME IN THE GARDEN [FREE]
Read about "Creatures in the Garden" and do a fun activity with the wonderful volunteers at Linnaeus Teaching Garden. Linnaeus Teaching Garden, 2435 S. Peoria; 10 a.m. www.tulsagardencenter.com

HARDESTY TEEN SPILLED INK CREATIVE WRITING GROUP [FREE]
Develop your craft through writing exercises! Come with your own writings to share with the group, or just come to socialize and get to know other writers. All methods of storytelling are welcome. Hardesty Regional Library, 8316 E. 93rd St.; 6 p.m. www.tulsalibrary.org

FAMILY MOVIE NIGHT [FREE]
Watch Disney's fun classic "Lilo and Stitch" and enjoy some light refreshments. Collinsville Library, 1223 W. Main St., Collinsville; 6 p.m. www.tulsalibrary.org

July 21 Friday

ZZZS IN THE SEAS
How often do you get to sleep with sharks or next to giant sea turtles? This overnight event at the Oklahoma Aquarium also includes snacks, a scavenger hunt, a movie, and more! Oklahoma Aquarium, 300 Aquarium Dr., Jenks; 7 p.m.-8 a.m. www.okaquarium.org

July 22 Saturday

RIVERWALK SUMMER CONCERT SERIES: G-FORCE [FREE]
G-Force, Tulsa's newest horn band, plays everything from "Chicago" to Heart to Big Band music. Riverwalk Amphitheater, 300 Riverwalk Terrace, Jenks; 6-9 p.m. www.riverwalktulsa.com

July 23 Sunday

AMERICAN BUCKSKIN 29TH ANNUAL WORLD CHAMPIONSHIP SHOW
See the best-of-the-best buckskin horses, a breed known for endurance, disposition, and their beautiful color. Expo Square, 4145 E. 21st St.; 7:30 a.m. www.americanbuckskin.org

July 24 Monday

CINEMARK SUMMER MOVIE CLUBHOUSE
This week's $1 movie is "Megamind," the story of a brilliant-but-unsuccessful super-villain. Cinemark Cinema 8, 1112 E. Charles Page Blvd., Sand Springs; Cinemark Broken Arrow, 1801 E. Hillside Dr., Broken Arrow; 10 a.m. www.cinemark.com

July 25 Tuesday

FRIENDS AND FAMILY CPR CLASS [FREE]
Knowing CPR can save a person's life. Take advantage of this free class held the 4th Tuesday of every month. Call ahead because space is limited. Fire Station #1, 8901 N. Garnett Rd., Owasso; 6-8 p.m. www.cityofowasso.com

GARDEN CINEMA [FREE]
Play outdoor games and try not to get too scared while watching "Jurassic World." For ages 10-18. Central Library, 400 Civic Center; 6:30 p.m. www.tulsalibrary.org

July 26 Wednesday

THE BIG BLUE PICTURE [FREE]
See some live animals from the Tulsa Zoo and learn how the things we do and choices we make here in Oklahoma can affect wildlife on the other side of the world. For grades K-5. Bixby Library, 20 E. Breckenridge, Bixby; 11 a.m. www.tulsalibrary.org

July 27 Thursday

MINECRAFT NIGHT [FREE]
Build a better world in the popular game Minecraft! For ages 10-18. Seating is limited. Zarrow Regional Library, 2224 W. 51st St.; 6 p.m. www.tulsalibrary.org

July 28 Friday

TOUCH-A-TRUCK
Explore familiar neighborhood vehicles, including a fire truck, police car, military vehicle, antique truck and others. There will even be a food truck or two! Sand Springs Church of Christ, 4301 S. 113th W. Ave.; 10 a.m.-12 p.m. www.tulsalibrary.org

TOKYO IN TULSA, WORLDS COLLIDE: PIRATES VS. NINJAS
TOKYO IN TULSA'S MISSION IS "TO EDUCATE AND BUILD COMMUNITY THROUGH ENTERTAINMENT." COME TO THE COX BUSINESS CENTER TO BUILD COMMUNITY BY CELEBRATING YOUR FAVORITE FANDOMS, WHETHER THEY BE JAPANESE ANIME OR SOME OTHER ASPECT OF POP CULTURE. COX BUSINESS CENTER, 100 CIVIC CENTER; WWW.TOKYOINTULSA.COM



July 12-16

WOODY GUTHRIE FOLK FESTIVAL
CELEBRATE THE LIFE AND MUSIC OF WOODY GUTHRIE WITH FIVE DAYS OF STELLAR FOLK MUSIC, INFORMATIVE LECTURES, POETRY AND MORE. OKEMAH, OKLAHOMA; WWW.WOODYFEST.COM

PHOTO BY KAY THOMPSON

July 29 Saturday

HARRY POTTER MOVIE SHOWING [FREE]
Celebrate Harry's birthday by watching "Harry Potter and the Prisoner of Azkaban" and making some fun crafts! For grades 6-12. Bixby Library, 20 E. Breckenridge, Bixby; 1 p.m. www.tulsalibrary.org

July 30 Sunday

HOME & GARDEN EXPO [FREE]
Find inspiration for your home and backyard, plus register to win prizes and pick up some free tips and samples at the Home & Garden Expo. Expo Square, 4145 E. 21st St; 11 a.m..-5 p.m. www.facebook.com/homeandgardenexpoofoklahoma

July 31 Monday

STEAM WORKSHOP [FREE]
Enjoy STEAM (science, technology, engineering, art, mathematics) activities for kids ages 5-12. Class size is limited. Register online. Central Library, 400 Civic Center; 2 p.m. www.tulsalibrary.org

OPEN LAB FOR TEENS [FREE]
Sharpen your Photoshop skills, design a video game, draft a graphic novel, or create a video using our green screen and video equipment. Open lab is a time to work on your own projects. For ages 13-18. Central Library, 400 Civic Center; 2 p.m. www.tulsalibrary.org

**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. Find more events at www.tulsakids.com/things-to-do*





COOL OFF THIS SUMMER AT TULSA'S MANY WATER PLAYGROUNDS AND SPLASH PADS, OPEN 12-8 P.M.

WATER PLAYGROUNDS:
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.
Springdale, 2223 E. Pine
Vining, 6502 N. Cincinnati Ave.
Whiteside, 4009 S. Pittsburgh

SPLASH PADS:
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.

Free and Low-Cost Summer Movies

BROKEN ARROW WARREN SUMMER KIDS SERIES
When: Tuesdays at 10 a.m.
Where: Broken Arrow Warren Theater, 1700 W. Aspen Creek Dr.
Tickets are free to the public but limited to six tickets per adult. Tickets may be picked up in person at the box office starting the Saturday before each show. All seating will be reserved. Children 13 and under will receive a free special kids combo from the concession stand before each show.
July 4: The Peanuts Movie
July 11: Tooth Fairy
July 18: How to Train Your Dragon 2
July 25: Kung Fu Panda 3

CINEMARK SUMMER MOVIE CLUBHOUSE
When: Monday-Thursday, 10 a.m. (Broken Arrow); Monday and Wednesday, 10 a.m. (Sand Springs)
Where: Cinemark, 1801 E Hillside Dr., Broken Arrow; Cinemark Cinema 8, 1112 E. Charles Page Blvd., Sand Springs
Families can enjoy ten fun films for kids! The cost is $5 for ten movies or $1 per show. All films are rated G or PG.
July 3-July 6: Goosebumps
July 10-July 13: The Iron Giant
July 17-July 20: Hotel Transylvania 2
July 24-July 27: Megamind
July 31-August 3: The Angry Birds Movie

FREE SUMMER MOVIES @ CIRCLE CINEMA
When: Tuesdays in July, 1 p.m.
Where: Circle Cinema, 10 S. Lewis
As part of Tulsa City-County Library's summer reading program, enjoy a family-friendly movie at Circle Cinema each Tuesday in July beginning at 1 p.m. Children have the choice of receiving a free popcorn, drink or candy bar. Seating is limited. Call 918-549-7584 for movie titles featured July 5, 12, 19 and 26. www.circlecinema.com

MOVIES IN THE PARK AT GUTHRIE GREEN
When: Thursdays at dusk.
Where: Guthrie Green
Admission is free and seating is first come, first serve. Moviegoers are welcome to bring blankets, lawn chairs, and other amenities. Concessions will also be available for purchase from Mr. Nice Guys. For more information, visit www.guthriegreen.com

The Tulsa City-County Library will also be hosting multiple movie nights at various branches. Visit www.tulsakids.com/free-summer-movies-in-tulsa for more information.

ELWOOD'S MOVIES ON THE LAWN
When: Wednesdays until October, 8 p.m.
Where: Elwood's, 1924 Riverside Dr.

Enjoy an outdoor movie against the backdrop of the Arkansas River. Visit www.facebook.com/elwoodstulsa for upcoming movie titles.

DRILLERS HOME GAME SCHEDULE
July 5: vs. Frisco, 7:05 p.m.
July 6: vs. Frisco, 7:05 p.m.
July 7: vs. Frisco, 7:05 p.m.
July 8: vs. Midland, 7:05 p.m.
July 9: vs. Midland, 7:05 p.m.
July 10: vs. Midland, 7:05 p.m.
July 16: vs. Arkansas, 7:05 p.m.
July 17: vs. Arkansas, 7:05 p.m.
July 18: vs. Arkansas, 7:05 p.m.
July 19: vs. Arkansas, 7:05 p.m.
July 27: vs. Arkansas, 7:05 p.m.
July 28: vs. Arkansas, 7:05 p.m.
July 29: vs. Arkansas, 7:05 p.m.
July 30: vs. Arkansas, 7:05 p.m.
July 31: vs. Springfield, 7:05 p.m.



July 1

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

One doesn't have to 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. Grove Civic Center, 1720 S. Main Street, Grove; 9 a.m.-4:30 p.m.
www.grandlakesfestivals.com/cajun

GRAND LAKES FIREWORKS

Enjoy Grand Lakes' "best and most accessible fireworks show" in Disney, Oklahoma. 9:30 p.m.
www.grandlakefireworks.com

July 3

Har-Ber Village Independence Day Celebration

Attendees can play old fashioned lawn games, hand crank firecracker ice cream, decorate their bikes and wagons for a Kids Parade and enjoy other fun activities. Free with museum admission. Har-Ber Village, 4404 W. 20th St., Grove, OK; 10 a.m.-12 p.m.
www.harbervillage.com

KENDALL-WHITTIER JULY 4TH PARADE

Children can meet at Kendall Whittier Elementary to decorate their bikes, trikes, scooters, wagons and strollers with balloons and crepe paper (provided), then parade around Kendall-Whittier Park. After the parade, children can enjoy the splash pad and games in the park. Free hot dogs and sno-cones will also be available. Kendall-Whittier Elementary, 2601 E. 5th Pl.; 9 a.m. For more information, call 918-706-2252.

JENKS AMERICA FREEDOMFEST

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. Jenks Main Street; 10 a.m.-4 p.m.
www.jenkschamber.com/freedom-fest-returns-july-4

BOOM FEST 2017

Boom Fest, presented by Los Cabos Mexican Grill, offers a full day of fun! Los Cabos and the Riverwalk will host a variety of events throughout the day, including

July 4

music, helicopter rides, a balloon artist, and more. All this will lead up to the largest fireworks display in Tulsa, starting at 9:45 p.m. Riverwalk Jenks, 300 Riverwalk Terrace; 2 p.m.-Midnight
www.facebook.com/events/1718936155073387/

FOLDS OF HONOR FREEDOMFEST 2017

Visible for miles around, an estimated 80,000 spectators will view the Folds of Honor FreedomFest 2017 from Veterans Park and along the Arkansas River. Folds of Honor FreedomFest 2017 features live entertainment, food, beverages and Kids Zone inflatable play stations. Veterans Park, 1875 S. Boulder Ave.; 5 p.m.
www.riverparks.org/freedomfest

BARTLESVILLE 4TH OF JULY FREEDOM FEST

Celebrate Independence Day in downtown Bartlesville with games and activities for all ages, a patriotic kids parade, music and more. Downtown Bartlesville, 2nd and Johnstone Ave.; 6-10:30 p.m.
www.bartlesvillefreedomfest.org

CLAREMORE 4TH OF JULY CELEBRATION

Enjoy live entertainment, concessions, children's inflatables, and more. Fireworks start around 9:40 p.m., or when it gets dark. Claremore Lake Park, East on Blue Starr Dr.; 6-10 p.m.
www.visitclaremore.org

FISH AND FIREWORKS

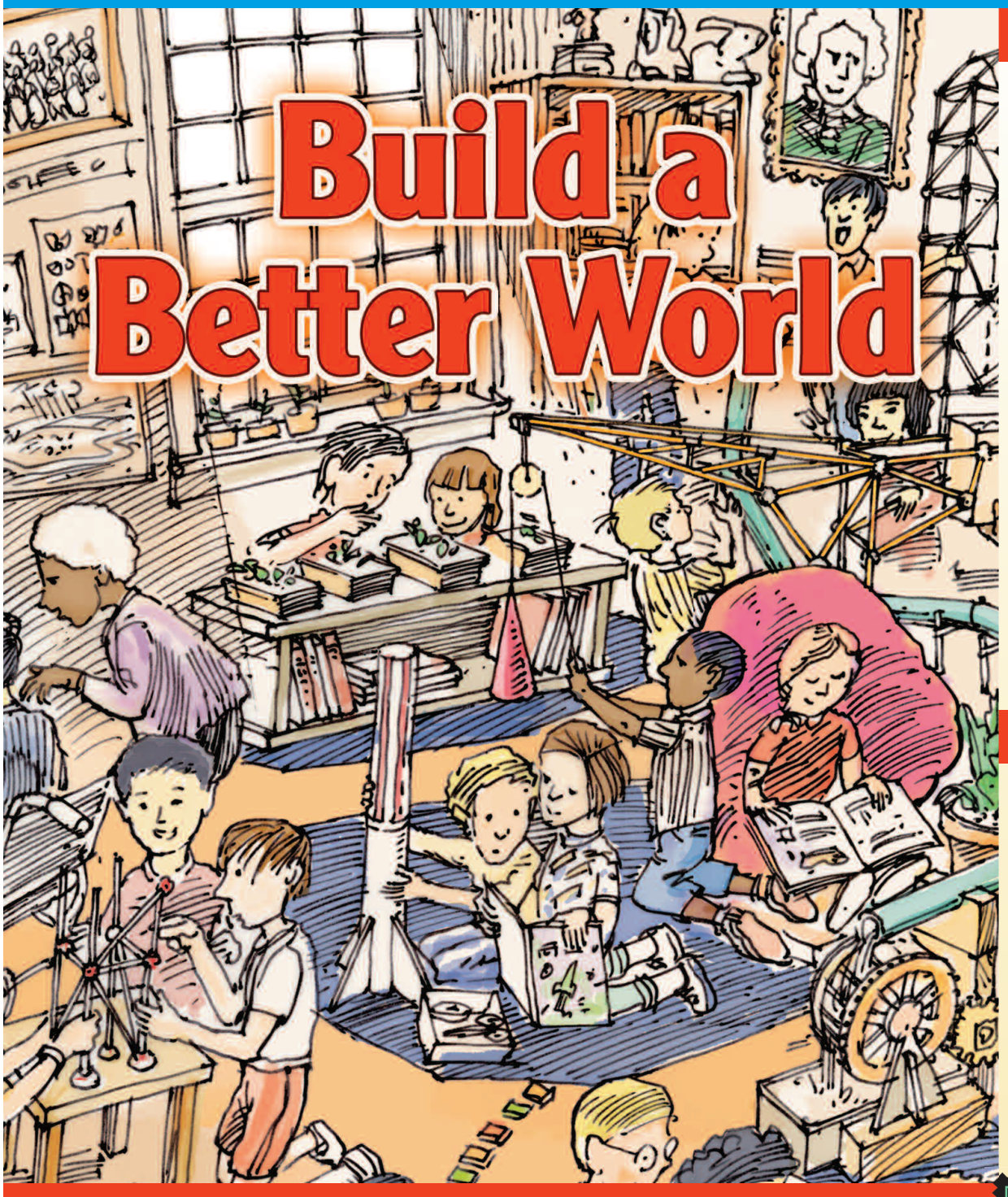
The skies over Jenks will light up with one of the longest, most brilliant fireworks shows in the area, and the Oklahoma Aquarium backyard offers a front-row view. Bring lawn chairs and blankets, but no outside food or coolers please. Food and beverages will be available for purchase in the Coral Reef Cafe' and outside on the deck by McGraw Beach. Enjoy the exhibits, then head outside to see the fireworks! Oklahoma Aquarium, 300 Aquarium Dr., Jenks; 6:30 p.m.
www.okaquarium.org

RED, WHITE AND BOOM FIREWORKS SHOW

Fireworks will launch from The Greens in Owasso; viewing locations will be available throughout the city. Various locations, Owasso; 9 p.m. www.cityofowasso.com

TULSA CITY-COUNTY LIBRARY'S 2017 SUMMER READING PROGRAM FOR BABIES AND CHILDREN • CONTINUES THROUGH AUG. 5

Tulsa City-County LIBRARY



COUPONS!

Join at your neighborhood library or online at www.TulsaLibrary.org/summer through Aug. 5. Read eight books and visit the library four times, and earn a medal of achievement and coupons for free:

- **Admission to Oklahoma Aquarium**
- **Admission to Tulsa Zoo**
- **Admission to Tulsa Air and Space Museum**
- **Admission to Tulsa Drillers game**
- **Admission to Tulsa State Fair**
- **Admission to Discovery Lab**
- **Admission to Tulsa Roughnecks FC game**
- **Cinnamon sticks from Mazzio's Italian Eatery**
- **Round-trip bus ride on Tulsa Transit**
- **Frozen custard scoop from Freckles Frozen Custard**
- **Original glazed doughnut from Krispy Kreme**
- **Decorated cookie from Merritt's Bakery**
- **Garlic Knots from Papa John's**
- **Cake pop from Central Library Starbucks**

PRIZES!

Kids in kindergarten or first through fifth grade who complete the program will be entered into a drawing for:

- **Fishing with News On 6 meteorologist Dick Faurot**
- **Set of four tickets to OKC Thunder preseason game vs. the Houston Rockets at the BOK Center on Oct. 3**
- **Nike backpack, provided by Chris Harris Jr. Foundation**
- **Plus lots more great prizes!**

Babies and preschoolers who complete the program will be entered into a drawing for one of 10 gift certificates to local stores.

THANK YOU FOR SPONSORING THE SUMMER READING PROGRAM!

Tulsa City-County Library · tulsa Library Trust · A Gathering Place for Tulsa (TulsaReadingTree.org) · Raymond and Bessie Kravis Foundation · Oklahoma Department of Libraries · Tulsa's Channel 8 abc Tulsa · tulsakids (www.tulsakids.com) · Tulsa Drillers · Tulsa Roughnecks FC · Tulsa Take a Spin! Sept 28–Oct 8, 2017 · Tulsa Zoo · Williams

TULSA CITY-COUNTY LIBRARY'S 2017 TEEN AND TWEEN SUMMER READING PROGRAM CONTINUES THROUGH AUG. 5

Earn great prizes and coupons for food and local recreation! Attend awesome free events! Read for the fun of it! You must have completed fifth grade to participate.

Visit any Tulsa City-County Library to sign up for the Summer Reading Program and get a summer reading log and event guide. Or sign up online at www.TulsaLibrary.org/summer.

Congratulations and thank you.

tulsakids family favorites 2017 WINNER

Saint Francis Health System congratulates the staff of Saint Francis Hospital, Warren Clinic and the Saint Francis-affiliated physicians who have been recognized as TulsaKids Family Favorites for 2017. We are grateful for your dedication to patient care, commitment to excellence and for improving the lives of those in our community.

SaintFrancis Health System

Saint Francis Health System | 918-494-2200 | saintfrancis.com

SAINT FRANCIS HOSPITAL | THE CHILDREN'S HOSPITAL AT SAINT FRANCIS | WARREN CLINIC | HEART HOSPITAL AT SAINT FRANCIS | SAINT FRANCIS HOSPITAL SOUTH | LAUREATE PSYCHIATRIC CLINIC AND HOSPITAL
SAINT FRANCIS HOSPITAL MUSKOGEE | SAINT FRANCIS HOSPITAL VINITA | SAINT FRANCIS BROKEN ARROW | SAINT FRANCIS CANCER CENTER | SAINT FRANCIS HOME CARE COMPANIES



Thank You, Tulsa Families!

carter
FAMILY ORTHODONTICS
Handcrafting Smiles.
Emily K. Carter, DDS, MSD

tulsakids family favorites 2017 FINALIST

918.986.9986 | 3232 E. 31st St. Tulsa, OK 74105 | carterfamilyorthodontics.com

BRAUM'S ICE CREAM AND DAIRY STORES

tulsakids family favorites WINNER 2016

Thank You for Voting BRAUM'S "Best Ice Cream" in Tulsa!



TULSAKIDS 2017 FAMILY FAVORITES

by Mary Smith and Tara Rittler
Photos by Mary Smith unless otherwise noted

Every year TulsaKids media invites readers to share their family's favorites in a wide range of categories from ice cream to place to have a baby. After collecting votes via our website, the ballots have been tabulated and the results are in. Congratulations to all of our 2017 winners and finalists!

FAVORITE CULTURAL SPOT/MUSEUM

Winner: Philbrook Museum of Art

Want to get inspired and learn about history through art? For the past 75-plus years, Philbrook has showcased a wide variety of exhibits, including its most current show Cheech Marin's Chicano Art Collection that can be viewed until September 3. Art camps, classes and tours are also offered for children and adults for those interested in developing their artistic knowledge and abilities. Adults enjoy Third Thursdays with special creative programing on a wide range of topics. And Philbrook loves families. Kids can join the MyMuseum club and get a free art toolkit to fill with a new art supply each month. If you visit on Philbrook's Second Saturday, admission is free for everyone, and the staff will have some special activities.

Finalists: Gilcrease Museum of Art; Tulsa Children's Museum Discovery Lab

FAVORITE CHILDREN'S THEATER/ PERFORMANCES FOR CHILDREN

Winner: Tulsa Performing Arts Center Trust

TulsaKids' readers voted the Performing Arts Center Trust as this year's Children's Theater/Performances for Children winner. The non-profit organization's Young at Art series presents one-hour shows to school children, and the Imagination Series gives parents an opportunity to share live, professional theater with their children at shows designed especially for young children. The Tulsa PAC Trust is introducing a new generation to the excitement of live performances.

Finalists: Tulsa Spotlight Children's Theatre; Encore! Tulsa

FAVORITE LOCAL PARK

Winner: Woodward Park

Woodward Park offers space to roam and flowers galore, perfect for family photos, picnics, get-togethers with friends and walks with the family pooch. Carved out in the heart of midtown, this expansive park provides the perfect excuse to get away from the hustle and bustle and get outside! Several events are offered to get your little one outdoors, too, such as Story Time in the Garden and Little Green Thumbs located in the Linnaeus Garden on the south side of the park.

Finalists: Hunter Park; LaFortune Park

FAVORITE STATE PARK

Winner: Greenleaf State Park

Before that real Oklahoma summer heat kicks in, stop by the State Park winner Greenleaf State Park in Braggs, OK. The state park includes Greenleaf Lake and 565 acres to hike, camp and enjoy as you see fit. Whether you've got an itch to fish or a weekend getaway in one of the 16 cabins available to rent, there are countless options for family fun. Programs offered by park naturalists include astronomy, campfire, hiking, storytelling and arts and crafts. If the lake water isn't your thing, hop in the park swimming pool or enjoy some mini-golf. It doesn't matter how outdoorsy your family may be (or not), there's plenty to do at Greenleaf State Park!

Finalists: Sequoyah State Park; Keystone State Park

FAVORITE IN-STATE FAMILY VACATION DESTINATION

Winner: Oklahoma City

Need a family vacation but can't go far? Head down the Turnpike to Oklahoma City to get some R&R. For the curious-minded the Science Museum Oklahoma and the National Cowboy and Western Heritage Museum are a must. Feeding a giraffe at the Oklahoma City Zoo will make any kid's day and exploring the exotic Myriad Botanical Gardens will ignite wonder and serenity in both the young and old. Oklahoma City's Bricktown offers family friendly restaurants that will satisfy even the hungriest of your crew. The Art Museum and The Oklahoma City National Memorial & Museum are important stops for older children. Be sure to take time to visit the other districts throughout the city; there's something new around every corner.

Finalists: Grand Lake; Frontier City

FAVORITE OUT-OF-STATE VACATION DESTINATION

Winner: Branson

If you're in need of an adventure outside the Sooner State, our readers suggested Branson, MO for this year's Out-of-State Vacation destination. The dozens of rides and attractions at Silver Dollar City guarantee fun for all ages, but if you're looking to cool off check out White Water Waterpark, Table Rock Lake or Lake Taneycomo. Want a break from the heat and have some indoor fun? Take a trip to Ripley's Believe it or Not! Odditorium and the World's Largest Toy Museum or see a show at one of Branson's many musical theaters.

Finalists: Florida; Disneyworld



FAVORITE TULSA SPORTS TEAM

Winner: Tulsa Drillers

For the past 40 years the Drillers have entertained generations. A game at ONEOK Stadium is a treat for every age. Families can sit on the grass near the play area, get the kids a wristband to enjoy bounce houses at Hornsby's Hangout and enjoy any number of specials when the Drillers are playing the home field. A baseball game is the perfect way to spend a summer afternoon or evening. Enjoy the view of downtown Tulsa and a spectacular firework show every Friday night after the game.

Finalists: Tulsa Roughnecks; Tulsa Oilers



FAVORITE LOCAL PIZZA

Winner: Hideaway

Pizza is undoubtedly an American staple so to find your fix, head to our Best Local Pizza winner Hideaway for a slice (or two). Visit any one of several locations for quick and friendly service, a laid back and homey environment and, of course, amazing pizza. Try one of Hideaway's 20+ specialty pizzas such as the Xtreme, the Pollinator, the Boz and Paradise Pie if you're feeling adventurous, but if you have something different in mind get creative and build your own!

Finalist: Andolini's Pizzeria

FAVORITE LOCAL ICE CREAM

Winner: Braum's

Needing a dessert or a quick summer snack? Whether it's old-fashioned ice cream, sherbet, frozen yogurt or a delicious ice cream sandwich, Braum's has something to satisfy everyone's sweet tooth. TulsaKids' readers love Braum's for end-of-school treats, after-game gatherings or a place to make any day special. With locations throughout Tulsa, you're guaranteed to get fast and friendly service, and a treat to keep the kids happy.

Finalists: Andy's Frozen Custard; STG's Gelateria

BEST LOCAL BURGER

Winner: Fat Guy's

The fight for the Best Local Burger was tough but Fat Guy's came out on top with its infamous cheese and butter-smothered burgers. If you've got a hankering for some meat on a bun you have to specify which route you're going to take at Fat Guy's. Feeling a fat burger, maybe a specialty? Maybe a jumbo burger? It's all up to you, but be warned, the jumbo burgers are not for the faint of heart. Fat Guy's also offers over a dozen toppings of your choice, so deck out your burger with whatever your heart desires.

Finalists: Ron's Burgers; Brownie's

FAVORITE LOCAL GLOBAL DINING

Winner: India Palace

As Tulsa's oldest Indian restaurant you can find friendly service and authentic Indian food at the South Lewis location, or you can have it delivered or ordered to go and enjoy it in the comfort of your home. We recommend the lunch buffet so you can get a taste of everything. Open seven days a week India Palace will give your family an authentic taste of India.

Finalists: Osaka; Yokozuna

FAVORITE LOCAL HEALTHY CHOICE DINING

Winner: Zoe's Kitchen

A relative newcomer on the healthy food scene in Tulsa, families voted Zoe's Kitchen as their top choice when it comes to feeding the family healthy fare. The much-heralded Mediterranesan diet is front and center on Zoe's menu, and for parents who have kids with allergies, they can find nutritional and allergen information on the menu.

Finalists: Panera Bread; Whole Foods

FAVORITE PARTY ENTERTAINER

Winner: Tulsa Balloons

Scrambling for birthday party activities, reception decorations or a party entertainer? Look no further than our 2017 Entertainer winner Tulsa Balloons! "Dustin the Balloon Guy" and his wife "Angela The Balloon Twisting, Face Painting Lady" will create balloon animals and put on shows for your kids' birthday parties. You can also hire their specialists to mingle with guests at events and create balloon animals and artwork that will bring out the little kid in anyone. Whatever your balloon needs, Tulsa Balloons will have you floating on air.

Finalists: Incredible Pizza; Little Gym

FAVORITE PARTY LOCATION

Winner: Incredible Pizza

Don't know where to plan your kid's next birthday party? Well, look no further than Incredible Pizza's only Tulsa location on 71st and Memorial. From their arcade to go-karts to mini golf, laser tag, bowling or their endless buffet, Incredible Pizza is the perfect place for you and your guests to have fun and play like the kids you all are at heart.

Finalists: Main Event; Skyzone

FAVORITE PLACE TO GET CAKES/CUPCAKES

Winner: Merritt's Bakery

Who doesn't love cake? Especially if it comes from a local, family-owned bakery with Tulsa roots stretching back to the late 1970s. Owners Larry and Bobbie Merritt are more than just the founders of a highly successful company: they're creative and always willing to try new things. In the past four decades, Merritt's has grown from a 450-square-foot endeavor to a three-store enterprise. Whether you need a simple carrot cake, a character birthday cake that will be delicious and photo perfect, cupcakes for a crowd, or a show-stopping bridal cake, Merritt's can bake it right.

Finalists: Reasor's

FAVORITE PLACE TO BUY CHILDREN'S GIFTS

Winner: Target

If we had a dime every time someone ran in to Target for "just a couple of things" and left with a cartload of "didn't-know-I-needed-thats," we'd probably accidentally spend our small mountain of coins at Target. From toddlers to teens, Target has a gift they'll like.

Finalists: Toys R Us; Kiddlestix

FAVORITE PLACE FOR CHILDREN'S CLOTHING

Winner: Kathleen's Kids

Kathleen's Kids: "Where the clothes are as cute as the kids who wear them!" That's a big claim to make, but Kathleen's Kids can back it up with their impressive range of top-quality kids' clothes. With both international brands such Tsukihoshi shoes and American-made lines like Locally Grown Clothing Company—plus the ability to custom- create hair bows to match any outfit—Kathleen's Kids is understandably Tulsa families' favorite place to purchase



children's clothing.
Finalists: The Children's Place; Once Upon a Child

FAVORITE MOMS' BOUTIQUE

Winner: Amaranth Collection and Boutique

On the corner of 81st and Sheridan is Tulsa's one and only Amaranth Collection and Boutique where moms can find cute, stylish and comfortable clothes for a reasonable price! Employees offer easy and friendly service – and will even provide style tips if you're seeking fashion advice. It's important to them to make the shopping experience relaxing and at each customer's own pace. From tops to dresses to jewelry and more, Amaranth is as unique as its customers.
Finalists: J. Spencer Jewelry & Gifts; Rustic Cuff

FAVORITE CONSIGNMENT SALE

Winner: Just Between Friends

JBF is the frugal parent's paradise. With its well-organized displays and multiple events throughout the year, Just Between Friends is a no-brainer. First-time moms can take advantage of their "First Time Moms" presale days, and experienced moms with a house full of abandoned toys and outgrown kids' clothes can earn some extra cash by becoming consignors. Whether you're a seller, or a shopper, or both, JBF is easy to love.
Finalists: Rhea Lana; Once Upon a Child



FAVORITE GROCERY STORE/MARKET

Winner: Reasor's

Reasor's, established in 1963, has been selling Tulsans the groceries for more than 50 years. And, with more than 15 locations in the Tulsa area, it's almost a guarantee that there's a Reasor's near you. Whether you've run out of milk or need to order a cake for a special occasion or need a full, prepared holiday meal, Reasor's can help. You can even get helpful nutrition advice and order groceries to pick up. Plus, Reason's rewards program can save you some significant cash when filling up at QuikTrip. Do you need any more reasons to make Reasor's your family's favorite grocery store?
Finalists: Sprouts; Whole Foods



FAVORITE PRE-AND POST-PARTUM CLASSES

Winner: Saint Francis Hospital

Saint Francis Hospital's "Expectant Family Program" is a comprehensive program designed to help expectant and new moms and their families prepare for the new arrival. Classes offered teach everything from childbirth to breastfeeding to family involvement—making sure siblings and grandparents are as ready to meet the baby as the parents are.
Finalists: St. John; Hillcrest South

FAVORITE PLACE TO HAVE A BABY

Winner: Saint Francis Hospital

Now that you've taken your outstanding birthing class at Saint Francis, it's time to put that knowledge to use! No one ever said labor was fun, but the supportive staff at Saint Francis Hospital will make sure Mom and baby are as comfortable as possible throughout the birthing process. And, if anything should go wrong, parents have the comfort of knowing that the state-of-the-art Henry Zarrow Neonatal Intensive Care Unit is just seconds away.
Finalists: St. John, Hillcrest South

FAVORITE BABY GIFTS

Winner: Babies R Us

Shop-local-loyal Tulsans may feel a bit disappointed that Babies R Us topped the list of places to buy baby gifts in Tulsa. But if you explore their website, you'll find that Babies R Us is more than just a big box of car seats and wipe warmers. They also offer registry appointments, preparing-for-baby classes, and a wide range of resources helping new parents navigate diapering, baby proofing, and more.
Finalists: Peek A Boo Baby; Buy Buy Baby

FAVORITE NEWBORN/ MATERNITY PHOTOGRAPHER

Winner: Meagan Ready Photography

Head to Meaganready.com for the most adorable slideshow of sleeping infants ever—as well as some stunning maternity photos. Although Meagan has only been photographing newborns for five years, her work and portfolio are impressive. Meagan Ready Photography studio is also stocked with an array of charming newborn outfits, props and accessories that are constantly updated according to current trends and fashions. All you need to bring is the baby—how great is that?
Finalists: Ann Bennett Photography; Taryn Starkey Photography

FAVORITE PRESCHOOL/ EARLY LEARNING CENTER

Winner: Miss Helen's Private School

"Learning and laughter go hand in hand, and always have." This quote, by Diana Loomans and Karen Kolburg, can be found on Miss Helen's Private School's website, and is a perfect summation of their teaching philosophy. While Miss Helen's School's early learning program, which serves children of ages 3-5, focuses on developing verbal skills, handwriting skills, math skills and more, this is all accomplished in an engaging environment alongside music and dance lessons.
Finalists: Riverfield Country Day School; Victory Christian School; Summit Christian Academy

FAVORITE PRIVATE ELEMENTARY SCHOOL

Winner: Miss Helen's Private School

Miss Helen's Private School is unique for many reasons: not only does it offer year-round education as well as extended days of 7:30 a.m.-6 p.m. (perfect for the working parent!), the school is also unwaveringly focused on meeting each student's individual needs in order to help them reach their full potential, both academically and socially.
Finalists: Monte Cassino; Holland Hall

FAVORITE PRIVATE MIDDLE SCHOOL

Winner: Holland Hall Preparatory School

Middle school can be rough, but Holland Hall middle schoolers are blessed with an academically rigorous, community-oriented school experience. Holland Hall prides itself on training its students to stand out intellectually, but also to have a strong moral compass, a secure self sense of self, and a motivation to better their community, whether that be Holland Hall, Tulsa, or wherever life takes them.
Finalists: Monte Cassino; Lincoln Christian School

FAVORITE PRIVATE HIGH SCHOOL

Winner: Holland Hall Preparatory School

2016 was clearly a good year for Holland Hall families, as proven by their enthusiasm in voting the college preparatory school Tulsa's Family Favorite private high school. But 2017 may be even better, as Holland Hall recently broke ground on a $20-million commons area, intended to improve the already supportive community of students, parents and faculty.
Finalists: Bishop Kelley; Cascia Hall Preparatory School

FAVORITE SUMMER CAMP (IN-STATE)

Winner: Dry Gulch, U.S.A.

If spending a week in an Old West town sounds like a childhood dream come true, then check out Dry Gulch. Beyond the old-timey flavor of its amenities—including an authentic steam engine, Dry Gulch is also home to a go-kart track, ropes course, arcade and a high-speed water slide zooming into beautiful Lake Hudson. At Dry Gulch, your child will also participate in chapel services and small groups, filled with practical teaching designed to "reach the hearts of kids."
Finalists: Falls Creek; YMCA camps

FAVORITE SUMMER CAMP (OUT-OF-STATE)

Winner: Kanakuk

Faith and adventure are the words that best describe Kanakuk. Kanakuk's sports-focused, faith-minded "kamps" are grounded in a mission to help their campers learn to put God first, others second, and themselves third. But if that sounds pretty cerebral, keep in mind that Kanakuk offers an impressive range of athletic activities, from archery, to football, to mountain biking, to spelunking. If you're feeling blue because your kids get to experience all this without you, then you may be excited to learn that Kanakuk also hosts a family camp, K-Kauai, in Branson, Missouri.
Finalists: Pine Cove; Camp Barnabas

FAVORITE ATHLETIC PROGRAM/LEAGUE

Winner: SoccerCity

Whether your kid aspires to be the next David Beckham, or just enjoys the sport, SoccerCity is the perfect resource. SoccerCity's Li'l Kicker's program accepts children as young as 18 months, teaching them the basics of coordination and building their confidence both on and off the field. SoccerCity also has programs for kids and adults of all ages, concessions for soccer spectators, summer camps, and party packages. You'll feel like you've scored the winning goal when you become a part of SoccerCity.
Finalists: Metro Tulsa Soccer Clubs United; Upward Bound

FAVORITE MUSIC THEATER

Winner: Tulsa Performing Arts Center

Two words: Hamilton 2019. Or is that one word and one number? Either way, as the venue promising performances of America's favorite musical (coordinated by Celebrity Attractions), it's no wonder the PAC is Tulsa's favorite place for musical theater. Last month's lineup included the hilariously dark "Little Shop of Horrors" as well as a quirky ode to imagination and empowerment in "Matilda the Musical." So if you're waiting impatiently for "Hamilton," remember that the PAC has a full schedule of great musical theater to enjoy in the meantime.
Finalists: Theatre Arts; Encore! Tulsa

FAVORITE CHEER/GYMNASTICS

Winner: The Little Gym

Does your child enjoy terrorizing you by climbing onto countertops, couches or out of the crib? Does his or her high energy level sometimes leave you feeling like you could use a good cheer of encouragement yourself? Then think about taking your little acrobat artist to The Little Gym, which offers developmentally appropriate, fun and energy-harnessing gymnastics classes for toddlers to 12-year-olds.
Finalists: SSB Kids!; South County Gymnastics

FAVORITE MARTIAL ARTS

Winner: Apollo's Martial Arts

Focus. Confidence. Respect. Strength. Leadership. These are just some of the qualities your child can develop by joining Apollo's Martial Arts—in addition to, of course, self-defense skills. Started in 1982 by Dale "Apollo" Cook, Apollo's Martial Arts now has three locations—in Tulsa, Bixby and Owasso, and classes for children and adults, including Karate Kids, Women's Kickboxing and Machado Jiu Jitsu.
Finalists: Golden Dragon Taekwondo; Martial Arts Advantage

FAVORITE SOCCER

Winner: SoccerCity

Looks like another score for SoccerCity! Previously recognized as Tulsa's Family Favorite athletic program/league, it is no surprise that SoccerCity is also Tulsa's go-to soccer experience for all ages. If you're still not convinced, visit www.soccercity.com and take a virtual tour of their impressive facilities; indoor fields are covered with Sportsturf infill grass, meaning that players don't have to sacrifice cushioned comfort for the privilege of avoiding harsh weather. So give it a go, and make joining SoccerCity your next personal goal.
Finalists: Metro Tulsa Soccer Clubs United; Tulsa Soccer Club (TSC) Hurricane

FAVORITE MUSIC CLASSES/LESSONS

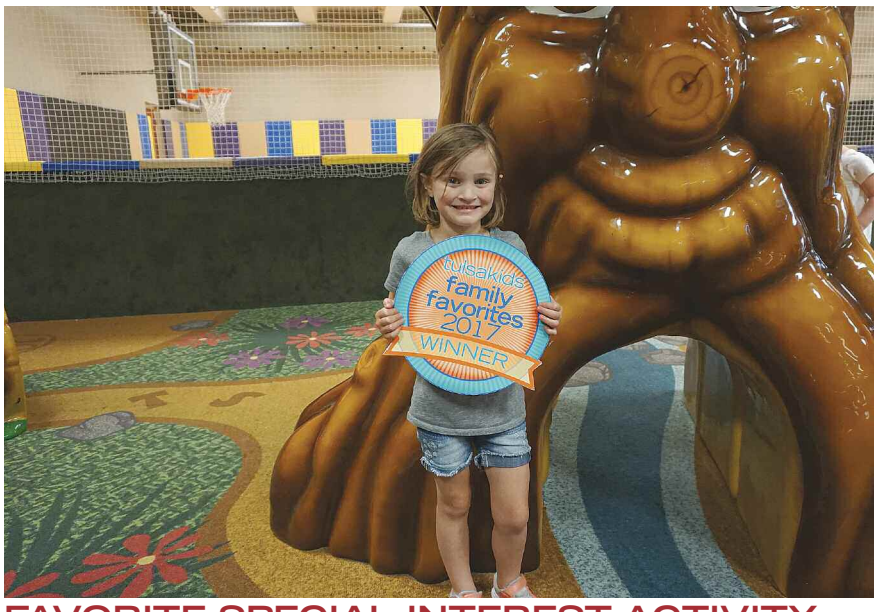
Winner: Music Together

Mozart was composing music by the age of five, and played for the royal court at the age of six. While Mozart was clearly a musical genius, the philosophy behind Music Together is that all children are born with an innate musical ability—it just needs to be encouraged in the right way! Music Together works with students and their caretakers from birth to age seven, allowing kids to "develop their inner music-maker as early as possible."
Finalists: Saied Music Company; Abbey Road Academy

FAVORITE DRAWING/PAINTING CLASSES

Winner: Pinot's Palette

Pinot's Palette has updated the old adage of "Eat, Drink and Be Merry." Their concept of "Paint. Drink. And Have Fun." has grown from a novel idea in 2009 to an international franchise, with three locations in the Tulsa area. The skilled teachers at Pinot's Palette can help even the most skeptical new artist paint anything from a Van Gogh-inspired Hogwarts castle to an Oklahoma sunset.
Finalists: Purple Glaze Studio; Philbrook Museum of Art



FAVORITE SPECIAL INTEREST ACTIVITY

Winner: The Little Gym

The Little Gym of SE Tulsa (you may recognize them from their previous entry as Tulsa's Family Favorite for cheer and gymnastics) is part of an international network founded on the belief that physical, mental and social development go hand-in-hand. Through their dance classes, music education classes, Super Quest Camps and more, children not only learn coordination, balance, etc., but also how to make good decisions, listen, and cooperate with others.
Finalists: Miller Swim School; Miss Shelly's School of Dance

FAVORITE TUTORING

Winner: Kumon Math and Reading

Kumon is well known for its worksheet method fostering independent learning, but what people may not know is the company's origin story. In 1954, when Takeshi Kumon's mother noticed that his math scores were suffering, his father, Toru Kumon, a high school math teacher, began making worksheets so his son could focus on improving his calculation skills while simultaneously gaining confidence in his ability guide his own studies. Since then, Kumon has launched math and reading programs across the globe, in schools and universities and private centers, for children of all ages.
Finalists: Mathnasium; Sylvan

FAVORITE HEALTH CLUB

Winner: Life Time Fitness

Life Time Fitness is a luxury workout facility, but it is so much more than that. Life Time is also home to LifeCafe, which boasts a variety of healthy smoothie and food options (I'll have the Mocha Madness Shake, please!), LifeSpa, which provides traditional spa services such as massage, manicures and pedicures, etc., and MediSpa, which offers multiple skin care treatments. But that's not all! Life Time also hosts incredible summer camps, with weekly themes such as "Medieval Mischief," complete with marshmallow castles, and "Crazy Crime Lab," where children can hone their sleuthing skills. So whether you want to sweat, rejuvenate, grab a salad or help your kids make summer memories, Life Time is the fitness facility for TulsaKids parents (and their kids!).
Finalists: YMCA; Sky Fitness & Wellbeing

FAVORITE SALON

Winner: Ihloff Salon and Day Spa

Ihloff Salon and Day Spa is no stranger to being recognized as Tulsa's favorite salon and/or spa, but Ihloff doesn't take these honors for granted. Rather, Ihloff has a list of community involvement that is just as impressive as its salon and spa offerings. From its work with TYPROS, the Tulsa Girls Art School, the Arts & Humanities Council of Tulsa, and much more, Ihloff shows a deep commitment to the Tulsa community. And, of course, they do offer outstanding salon and spa services.
Finalists: Spa Luxe; Berkshire Salon and Day Spa

FAVORITE CAR DEALERSHIP

Winner: Jim Norton Toyota

Whether you're looking for a new family vehicle, a pre-owned car, or just need some work done on your current Toyota, Jim Norton Toyota can help. And, as their website says, "It's not all about selling cars here…it's about being a valuable member of the community." Jim Norton Toyota is remarkable for its knowledgeable and trustworthy staff, and has won multiple awards that prove their excellence. Furthermore, they are part of the national "Hiring Our Heroes" campaign that prioritizes hiring veterans, military spouses and service members. Toyota itself is known for its reliability, and, as you've seen, so is Jim Norton—it's a win-win.
Finalists: Jim Glover; Jackie Cooper

FAVORITE BABYSITTING

Winner: Seeking Sitters

As someone who has experience with Seeking Sitters, I wholeheartedly agree with this Family Favorites choice. Seeking Sitters allows caretakers to choose a payment plan that fits their needs, and their sitters are screened, professional, trustworthy and kind. Plus, each sitter has a profile so parents can see how many jobs they've worked with Seeking Sitters and read reviews from past jobs. Seeking Sitters' online scheduling system is easy to use, and their payment system is secure and simple. So next time you are seeking a sitter, seek out Seeking Sitters.
Finalists: Care.com; E-Nanny

FAVORITE DATE NIGHT RESTAURANT

Winner: Charleston's

From salads, to burgers to prime rib, Charleston's has something for everyone—and at modest prices, too. And, since it's date night, enjoy a cocktail or a glass of wine. With three locations in the Tulsa area—Brookside, Broken Arrow and South Yale Ave., there's no reason not to reserve a table at Charleston's for your next date night.
Finalists: The Melting Pot; Mahogany Prime Steakhouse

FAVORITE BANK OR CREDIT UNION

Winner: Tulsa Teachers Credit Union (TTCU)

TTCU has a fascinating history as well as a loyal clientele. The credit union was founded in 1934 by teachers at Tulsa's Central High School to help teachers financially through the Great Depression, a time when they were expected to maintain certain sartorial standards on a budget of often just $100 per month. Today, TTCU remains committed to its mission of helping people by returning all of its profits to the credit union itself, which is owned and controlled by its members.
Finalists: Arvest Bank; Bank of Oklahoma

FAVORITE CLEANING SERVICE

Winner: Merry Maids

"Relax. It's done." Merry Maids' motto is short but gives you all the information you need: whether you require a weekly cleaning service or your home needs an extra sparkle before a party, Merry Maids will handle it. Furthermore, their pricing is tailored to your specific home and needs, so they will visit and provide a free estimate before you commit to anything. So if you're feeling overwhelmed by an ongoing pile of dishes or the daily supply of cereal crumbs dotting your carpet, call Merry Maids.
Finalists: Yale Cleaners; Molly Maid

FAVORITE REAL ESTATE COMPANY

Winner: McGraw REALTORS ®

Appraisal. Borrower. Closing Costs. Down Payment. If this list makes you cringe, be grateful that you've got a great local realtor in McGraw REALTORS®. McGraw has been taking care of Tulsa's real estate needs for over 70 years and is the largest independent real estate company in northeastern Oklahoma. But the fact that they have over 500 associates does not mean that their service is any less personal or competent.
Finalists: Keller Williams; Chinowth & Cohen

FAVORITE REALTOR

Winner: Jennifer Paine (McGraw)

Jennifer Paine is not just a stellar realtor, she is a mother of four and actively involved in supporting Building All Children, a child development program, and The Little Light House. So not only does she work to ensure that her clients find a comfortable home, she is helping ensure that Tulsa remains a great city to live in.
Finalists: Terri Sherwood (Coldwell Banker); Sally Perez (EXIT Realty)



FAVORITE PEDIATRICIAN

Winner: Birth & Beyond Pediatrics

From their colorful website to their welcoming office with themed exam rooms, Drs. Alka Sood and Sanjiv Sood prove that Birth & Beyond Pediatrics truly is a family practice, for families. While children might look forward to spending time in the "Superhero Hangout" room or "The Frog Pad," parents will appreciate that the Soods do everything they can to make doctor visits professional, caring and hassle-free, including on-site labs and x-rays.
Finalists: Dr. Patrick Daley; South Tulsa Pediatrics

FAVORITE OB/GYN

Winner: Dr. Cole Nilson

The team at Tulsa Women's Health Care believes that "each and every woman, her pregnancy, and her condition is unique and therefore demands individual and specific attention." This kind of personalized attention and care is what got Dr. Cole Nilson voted Tulsa's favorite OB/GYN in 2017. We know pregnancy can be overwhelming at times, but the high-quality care by Dr. Nilson or his partners at Tulsa Women's Health Care put expecting moms' minds at ease.
Finalists: Dr. Corey Babb; Dr. Yen Tran





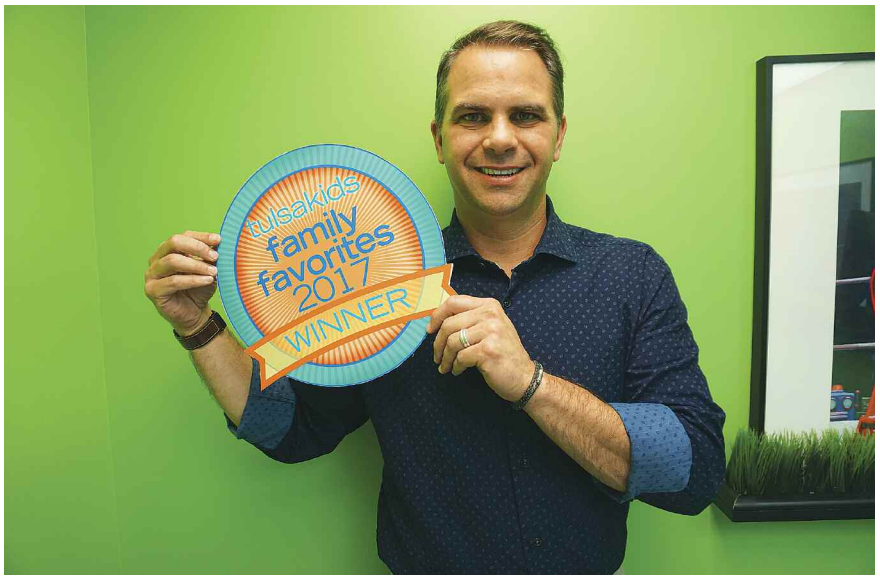
FAVORITE DENTIST

Winner: On the Cusp

As if the punny name weren't a clue, On the Cusp Pediatric Dentistry is truly a fun, friendly place to take care of your children's dental health. But Drs. Ryan Roberts, Ashley Orynich, and Chelsea Taliaferro and their staff are also serious about preventing cavities, oral disease, and helping your children maintain the best possible oral hygiene as they grow up.

Finalists: SuperSmiles; Dr. James Owens





FAVORIATE ORTHODONTIST

Winner: Dr. Clinton W. Emerson

Brace yourself! Or rather, let Dr. Clinton W. Emerson with Emerson Orthodontics do it for you. Braces and orthodontic work don't have to be met with trepidation when you've got Dr. Emerson and his wonderful associates to guide you through the process. TulsaKids' readers voted for their caring and experienced approach.

Finalists: Cooper Chockley Orthodontics; Carter Family Orthodontics

FAVORITE EYE DOCTOR

Winner: Dr. Robert H. Zoellner

Not only is this Dr. Robert H. Zoellner's fourth time to be voted a TulsaKids Family Favorite, he and his clinic have also won on similar ballots for Oklahoma Magazine, the Tulsa World, and TulsaPeople! So you can clearly see that Dr. Robert H. Zoellner & Associates is the practice to call if you need help seeing clearly.

Finalists: Dr. Stephen Groves; BA Eye Site

FAVORITE ALLERGIST

Winner: Dr. James T. Love

No one loves allergies, but Tulsa families love Dr. Love at the Allergy Clinic of Tulsa! Dr. Love specializes in Allergy/Clinical Immunology and Pediatrics and has been serving Tulsa-area families at the Allergy Clinic of Tulsa since 1996. And, as if being a doctor isn't already a full-time job, Dr. Love is also a Clinical Associate Professor of Pediatrics at the University of Oklahoma Health Sciences Center-Tulsa.

Finalists: Dr. Lynn Wiens; Eastern Oklahoma ENT

FAVORITE EAR, NOSE AND THROAT SPECIALIST (ENT)

Winner: Dr. Atul Vaidya and Eastern Oklahoma ENT

Dr. Atul Vaidya is a native Oklahoman who has worked with Eastern OK ENT since 2003. TulsaKids readers voted Eastern OK ENT, the practice, and Dr. Vaidya as favorites. We call that a win-win for Eastern OK ENT. If you suffer from anything from a stuffy nose to hearing loss to laryngeal throat cancer, Eastern Oklahoma ENT can help.

Finalist: Dr. William Hawkins

FAVORITE THERAPIST

Winner: Anchored in Hope

Anchored in Hope offers counseling services to help families through times that may seem hopeless. Their areas of focus include infant and toddler mental health, communication skills, infertility counseling, and much, much more. In addition to counseling, they also offer therapeutic yoga and have a beautiful therapy dog "in training" named Nadia.

Finalists: Tulsa Sunshine Center; Dr. Paul Schwartz



FAVORITE ORTHOPEDIST

Winner: Dr. Ryan Gursky

Kids (and parents) suffer any number of injuries and joint problems. And, no bones about it, Dr. Ryan Gursky is Tulsa's favorite orthopedist! If your bones or joints ever cause you as much pain as that pun no doubt did, give the Warren Clinic Orthopedic Surgery office a call, and ask for Dr. Gursky.

Finalists: Dr. Wendy Emerson; Tulsa Bone & Joint Associates

FAVORITE HOSPITAL

Winner: Saint Francis Hospital

It's no surprise that Tulsa's only not-for-profit health system, Saint Francis Hospital, is (once again) a Family Favorite: not only can Saint Francis Hospital boast of having the region's only children's hospital and Level IV neonatal intensive care unit, as well as supporting health and wellness for all ages, they are active in the Tulsa community, sponsoring beloved events such as the Tulsa Tough and giving millions of dollars back to the community.

Finalists: St. John; Hillcrest

A Winning Smile Starts Here!



Thank you for voting us as your Family Favorite Pediatric Dentist! We are proud to offer specialized, gentle dental care for kids of all ages, and would love to serve your family.

Call today to learn more about our Pediatric Dentists or to schedule a free tour.

onthecuspdds.com
103rd & Memorial
918.921.6778

on the cusp PEDIATRIC DENTISTRY

Dr. Ryan Roberts, DDS, MS
Dr. Ashley Orynich, DMD, MPA, MS | Dr. Chelsea Taliaferro, DMD | Dr. Christina Mueller, DDS

TULSA WOMEN'S HEALTH CARE

THE ENTIRE PRACTICE AT TULSA WOMEN'S HEALTH CARE WOULD LIKE TO CONGRATULATE DR. NILSON ON BEING VOTED 2017 WINNER FOR BEST OB/GYN IN GREATER TULSA!

tulsakids family favorites 2017 WINNER





We at Tulsa Women's Health Care are very proud of our reputation as an exceptionally conscientious and personable practice. We try our very best to extend personalized care to each and every patient.

Now Accepting new patients

918.299.5151 • 10011 S. Yale Avenue, Suite 100 • http://www.twhc.net



Dreaming of 48 Hours in Paris

BY JILL VANTREASE

So, last weekend I took a little quick trip to Paris. It was magnifique! I hired a nanny through Seeking Sitters; she happily watched my many children while I jetted in business class across the Atlantic. I stayed at the Ritz Carlton right in the heart of Place Vendome, and spotted



Anna Wintour sipping a cocktail in the Hemingway bar (bodyguards hovering nearby). I dropped beaucoup de bucks at Chanel, Balmain, and Louis Vuitton. I am pretty sure Kim Kardashian was in the next dressing room at Celine. I powered through a decadent five-course meal at Pierre Gagnaire - each course paired with a different wine, concluding with cognac and a diaphanous chocolate souffle. A rogue-ish Frenchman - Guillaume, I think - was terribly attentive to me and tried to buy me drinks, but don't worry PVT! It was nothing! I sat front row right next to Lady Gaga at Paris Fashion Week, and ordered some



NOREEN AND HER SISTER AT THE ARC DE TRIUMPHE

Stella McCartney frocks on the spot. The last night I had drinks at L'Avenue with my besties Rihanna and Jessica Alba. Oh, it was so hard to leave the City of Lights! Mon dieu! I can't wait to go back!

Ha! Ha! Did you buy any of that? You know I have a jillion kids, no staff and a budget? Well, but guess what? A real-life Tulsa mom did go to Paris! My dear friend Noreen -- who has almost a jillion kids and a budget -- just got back from a whirlwind 48 hours in Paris. Now, she had some help: her fabulous parents live in town, so they were able to oversee her kids. Noreen's wonderfully accommodating husband, Brice, who had to work, was also able to import his mother to help with logistics. And Noreen happened to be going to visit her sister and brother, who both live in Zurich. But she made a Paris trip happen, even with her niece and nephew in tow!

Noreen and her siblings stayed in an apartment in the Triangle D'Or - Paris' Golden Triangle, where three of Paris's famous boulevards converge: the Champs-Élysées, the Avenue Montaigne, and the Avenue George V. The Champs-Elysees might be the world's most famous street! It houses high-end retail, big business, cafes, celebrity sightings and "tres riche" neighborhoods. It's also the site of the finale of the Tour de France, Bastille Day parties and World Cup victories. Noreen loved people watching here - and watching the Parisians people watch! Apparently, they are all voyeurs. And then the sisters shopped! They hit the Champs-Elysees, and Noreen was surprised to see stores you would see at the local mall: Nike, Banana Republic, Abercrombie, The Disney Store, H & M and Sephora. But then her heart started racing: Louis Vuitton! Dior! Hermès! Emilio Pucci! Celine! Gucci, Chanel, Valentino, Chloé! Ah, bliss! Alas, she didn't buy anything at these stores because what Tulsa mom without a trust fund needs clothes like these? But she did go into Zara (a favorite of Princess Kate), which is both stylish and affordable, and found some great stuff there she'll actually wear.

Because Noreen had her

continued next page



niece and nephew with her, there were no four-hour, seven-course meals. But they did have some of the famous French-y food France is known for: croissants, lattes and cappuccinos, wine and champagne (in fact, the sisters had to pretend they were pregnant as they walked around the Eiffel tower because too many people tried to sell them champagne). They enjoyed traditional fare like



a Croque Madame - a hot pressed sandwich with an egg - and a Croque Monsieur, the same without the egg. They also devoured excellent charcuteries (meat and cheese boards) and French Onion soup. Noreen loved watching all the fancy businessmen gather together in cafes for shots of espresso before heading out to conquer the world.

And, of course, the French don't get fat because they walk. Noreen walked seven miles the full day they had in the city. Even though Paris is home to more than two million people, she never felt overwhelmed since the neighborhoods are so quaint and cozy. (An aside: Noreen doesn't speak French either, but since most Parisians can get by in English, she did just fine). And, while they didn't have time to do intense sightseeing, she saw from the outside most everything she wanted to. First on the list was the Louvre — the home of the Mona Lisa — which now totals 652,300 square feet. Even if you're not a museum buff, Noreen recommends walking around the grounds of the Louvre. The gardens and fountains are spectacular and the architecture is so opulent and ornate. And the modern glass pyramid juxtaposed next to this almost ancient fortress is quite the spectacle! They saw the Arc de Triomphe and the Obelisk of Luxor at the Place de la Concorde where the guillotine once sat. The 72-foot tower was erected by Charles X to honor his brother and the many other lives lost there.

And, while Noreen didn't have to actually ascend the Eiffel Tower, she strolled around the most-visited monument in the world. She also loved meandering along the Seine River and visited the glorious Notre Dame, dedicated to "Our Lady." She thought it was stunning, with its pair of 200-foot tall bell towers, the stained glass rose window with Mary and the baby Jesus and all the gargoyles peering down from the heights of the church, which represent souls caught between heaven and earth.

So maybe you don't have a nanny, a jet to charter, or even a lot of disposable income. But with a little planning, even normal moms like us can slip off to Paris for 48 hours. Because even while we spend the bulk of our time helping our kids make memories, it's nice to have a few magical memories of our own.



Our new Sea Turtle Island exhibit is home to loggerhead sea turtles, reef sharks, tropical fish and big smiles. It's just one of many adventures awaiting you and your family at the Oklahoma Aquarium, where you can experience thousands of aquatic creatures, interactive exhibits, daily animal feedings, one of the world's largest collections of bull sharks and so much more.

Plan a trip to this truly exotic destination. Visit okaquarium.org.

REGISTRATION NOW OPEN FOR MARINE BIOLOGIST FOR A DAY

OKLAHOMA AQUARIUM

300 Aquarium Dr. • Jenks, Oklahoma • okaquarium.org

501(c)(3) not-for-profit education and research facility



Thousands of dollars available for low-income and special needs children to afford the school that meets their specific needs.

Find a member school that is right for your student.

osfkids.org/grants



BY NATALIE MIKLES

Summer bucket list

When I made my summer bucket list, I laughed to see half the list was food related.

Some of the things on my list I've already accomplished: Pick blueberries and make muffins with the kids. Some are more aspirational: Learn how to can the vegetables from our garden. There are many more delicious foods and food experiences in between. But even if we only check off half, we would be guaranteed many sweet summer memories.

Pick one or two of these recipes to make with your kids this summer. The kids will remember the fun, the taste and the mess that comes with it.

A pinch of salt intensifies the watermelon flavor in these easy-to-make popsicles.

Watermelon Ice Pops

Makes 8

- 4 1/2 cups watermelon chunks
- 1/2 cup sugar
- Pinch of salt

Remove black seeds from watermelon chunks using a paring knife.

In a blender, combine watermelon, sugar and salt. Cover the blender, and blend on high until the mixture is liquid. (Some small chunks are OK.)

Pour the mixture into a glass measuring cup with a spout, then divide mixture among popsicle molds. Insert sticks. Freeze for at least 8 hours. Run the popsicle molds under warm water for 30 seconds to release the ice pops.

If you have the time, make the trip to Porter so your kids can see where some of Oklahoma's best peaches are grown. While there, buy enough peaches to make two cobblers. Make one for your family, and let the kids choose who will get the other – maybe a neighbor, a grandparent or a mom with a new baby.

Easy Peach Cobbler

Serves 8

- 2 cups fresh peach slices
- 2 cups sugar, divided
- 1 cup water
- 1/2 cup unsalted butter
- 3/4 cup self-rising flour
- 3/4 cup milk
- Sprinkle of cinnamon or nutmeg (optional)

Preheat oven to 350 degrees.

In a medium saucepan, combine peaches with 1 cup sugar and water. Bring to a boil, reduce heat and simmer 8 to 10 minutes. Set aside.

Place butter in a 2-quart baking dish, then place in oven to melt and to warm the baking dish. Keep an eye on it, and do not let butter burn.

Stir sugar and flour together, and mix well. Slowly add milk, stirring or whisking out lumps.

Remove baking dish from oven. Pour batter directly over butter. Do not stir. Spoon peaches (with liquid) on top of batter. Do not stir. Sprinkle top with cinnamon or fresh nutmeg, if desired. Bake 30 to 45 minutes or until golden brown.

Take the kids to a farmers market to pick out ripe tomatoes, onions, peppers and cilantro for this salsa. All you need is a rough chop of the vegetables, then throw it all in the blender.

Blender Salsa

Makes about 2 cups

- 5 large ripe tomatoes, quartered
- 1/2 yellow onion, roughly chopped
- 1 jalapeno pepper, seeded and roughly chopped (use plastic gloves when handling)
- 2 cloves garlic
- 1 teaspoon ground cumin
- 1 teaspoons kosher salt
- 1/2 teaspoon sugar
- 1 handful cilantro
- 2 tablespoons fresh lime juice

Add all ingredients to food processor, starting with tomatoes and ending with lime juice. Pulse a few times to break up large pieces, then turn up speed to create the texture you prefer. You can make this salsa very chunky or very smooth.

Taste, and add more salt, cilantro or jalapeno peppers, to taste.

Pour in airtight container, and let sit at least 2 hours or overnight. Best served at room temperature.

Corn pudding, make with local farm-fresh corn, is a summertime favorite. Most kids will love the sweetness in this dish, which is adapted from Food Network.

Summertime Corn Pudding

- 6 ears sweet corn (about 2 ½ cups kernels)
- 1/2 cup milk
- 1/2 cup heavy cream
- 1/2 cup white cheddar cheese, shredded
- 1/4 teaspoon cayenne pepper
- 2 eggs, beaten
- Salt and freshly ground black pepper

Preheat oven to 350 degrees. Butter a shallow approximately 7-by-11-inch casserole dish.

Shuck the corn, removing all kernels with a knife into a bowl, making sure to keep all the runoff juice from the corn. Reserve.

Mix together the milk, heavy cream, cheese, cayenne pepper and eggs. Add in the corn with juices, cheese, cayenne, salt and pepper. Pour mixture over reserved corn.

Pour into casserole dish, and bake for 35 minutes or until set.

From the book "Pie Every Day," this pie is made for kids, but moms and dads will be sneaking bites, too. Use your favorite ice cream flavor, then top with chocolate sauce, sprinkles, M&Ms or any favorite topping.

continued next page

Serves at least 6 kids

- 8 cups unsalted popped popcorn
- 1 cup toasted, flaked coconut
- 1 cup sugar
- 1 stick unsalted butter
- ¼ cup water
- 1 cup light corn syrup
- 1 teaspoon vanilla extract
- 1 quart child's favorite ice cream, softened

Butter a large bowl, and pour in popcorn and coconut. Mix together.

Combine the sugar, water and corn syrup in a medium-size heavy saucepan. Bring to a boil over medium heat, stirring until the sugar melts. Continue cooking and stirring until the mixture reaches the hard-ball stage (250 to 269 degrees on a candy thermometer). If you don't have a candy thermometer, drop a small amount of the mixture in a glass of water; if it forms a ball, it is done. When ready, remove the sugar mixture from the heat, and stir in the vanilla.

Pour the mixture in a fine stream over the popcorn, stirring until all of the kernels are coated. Divide the mixture in half, and pat into 2 greased 9-inch baking sheets or pizza pans. Set aside to cool.

Spread the softened ice cream over the popcorn mixture in one of the pans, then remove the popcorn mixture from the other pan and place it on top of the ice cream (the popcorn should have hardened into a crunchy layer by this point). Place the pie in the freezer until the ice cream is firm. If the ice cream is runny, wrap plastic wrap around the edges before freezing.

Cut into wedges to serve.

HERE ARE SOME MORE IDEAS TO ADD TO YOUR summer food bucket list

Pick blackberries. Make a blackberry pie.

Slurp snow cones at sunset.

Eat hot dogs at a Drillers baseball game.

MAKES S'MORES AROUND A CAMPFIRE.

CREATE DINNER ENTIRELY OUT OF FARMERS MARKET FINDS.

Try a food you've never tasted before.

MAKE HOMEMADE ICE CREAM. Have a lemonade stand.

BAKE CUPCAKES FOR SOMEONE NEW TO YOUR NEIGHBORHOOD.

HAVE A LATE-NIGHT POPCORN PICNIC UNDER THE STARS.





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

this Summer: building minds (but also hearts)



All you need is love

The cognitive benefits of reading are well-documented. Scientists have shown that the intellectual demands of reading, coupled with the knowledge that children gain from reading a wide variety of materials, help strengthen and build important brain structures. Kids who read in the summer show up to school better able to learn.

All fine, and a worthy goal.

But where is the LOVE? Where do you find the passion that long-time readers know so well – the staying up way past your bedtime to find out if Harry Potter will find all of the horcruxes, or wiping out the library's collection on the Civil War because just one more book will surely help you understand why our nation fought it, or even just talking about characters in a book as if they are neighbors next door?

Not to be too squishy about it, but the library's focus in offering a Summer Reading Program is not just to capture your kids by the brain, but by their hearts as well.

We want your child to have an emotional as well as an intellectual connection to reading and to the library. Simply put, we want your child to love the library – and to love reading.

Everything the library does in the summer is tied to making this love blossom. For example…

Stickers

Many adults marvel at the fervor that a simple sticker can create in the heart of a child.

But they do! That's why earning a sticker to place lovingly in a reading log is a signature element of the Children's Summer Reading Program. To complete the program, children must visit the library four times, receiving a sticker for each visit. (Shhhh, here's a secret: librarians love giving out stickers, too, so if your child visits the library more than for times, and asks for a sticker, the librarians will happily hand out another one, and another one, and another one!)

Storytimes

Getting together with other children and parents to read books, sing songs, and move around in silly and fun ways is not just a pleasant way to spend an hour or so. It's a really pleasant way to spend an hour or so — and that pleasure digs down deep in your child's psyche and stays there until it's really needed.

Official cognitive literacy researcher types call this "print motivation," which is a less exciting way of saying "joy." When read-

continued next page

ing and reading-related activities bring joy to children, that joy will stay with them, especially as they begin the hard task of learning how to read. Don't fool yourself: learning the complex process of translating letters to sounds and sounds into meaning may have been easy for your genius self, but for most of us mortals, it's hard, and it takes time. Your children are less likely to give up when they have hours of fun, joyful, exciting library storytimes to help them get through the tough patches.

Performers

Occasionally, we're questioned about why we have so many performers and programs in the library during the summer. What does a magic show, or a musical performance, or a demonstration of Indian fancy dancing, have to do with reading anyway?

First of all, do I need to call up my friends the cognitive literacy researchers again? Brain growth is supported through music, movement, and explorations into curious questions like "Where did the rabbit in the hat go?"

But beyond that, the free entertainment (let me reiterate: FREE) programs in all 24 library locations help reinforce the library as a fun and interesting place to go. It may be a little selfish, but the library wants you and your children to love coming, and what better way to love a place than to know you might be able to get a balloon animal made just for you, or make some simple pottery, or jam out to a fun band?

Stuff!

Ah, now we get to the good stuff: the stuff! Prizes and coupons are as essential to the Summer Reading Program – and the library's designs to make your child love reading – as cheese is to macaroni.

It's not that children are reading just to get things. It's that, while reading fun and interesting books and learning about caves and finding out if the pigeon will get to drive the bus and being a ballerina along with Angelina, they earn things to show off their reading accomplishments.

Let's put it this way. If you are a runner, you don't run a 5K or a marathon to get the sticker to put on your car – but you sure do want to get that sticker to show off what you've done! The deep rewards are in the running; the car sticker is just an expression of that deep reward. In this case, the deep rewards come from reading; the medal and coupons and prize are nice extras.

A final word about love

It's always nice to hear "I love the library!" But here's something to think about: the library also loves you. Everything we do is in the service of expressing our love to the great people of Tulsa and Tulsa County.

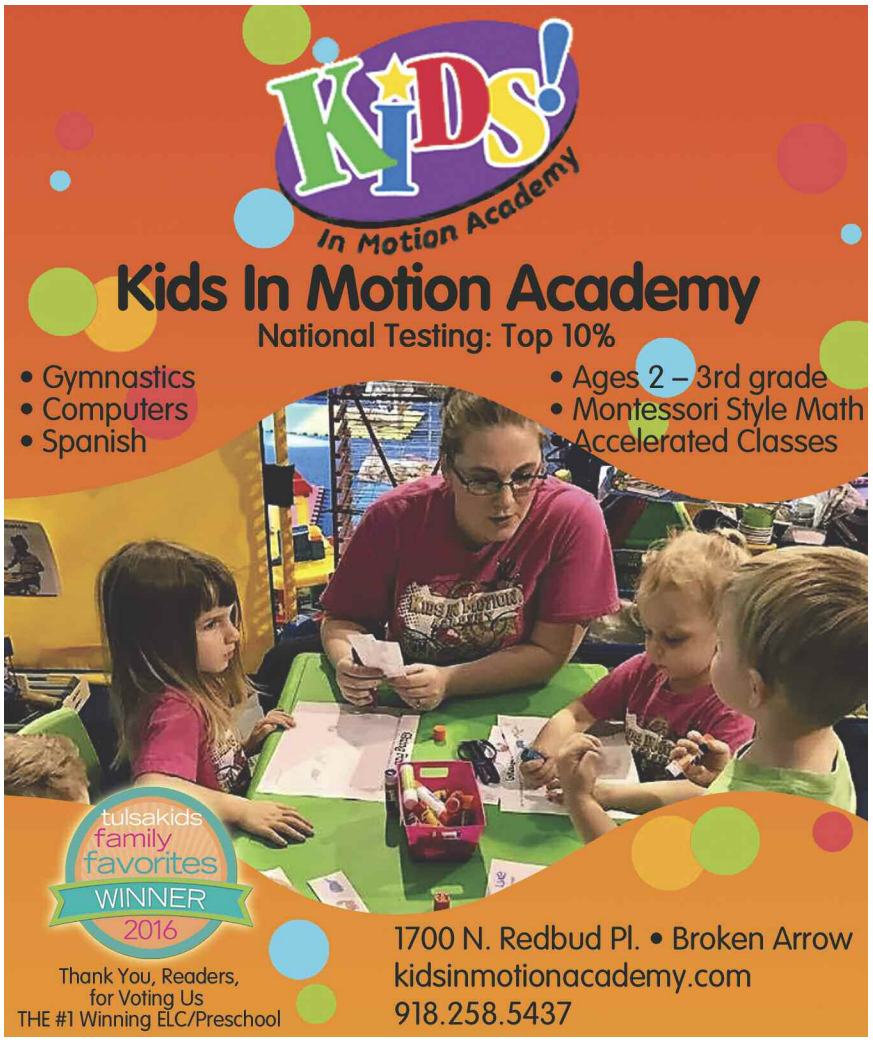
Books Your Kids Will Love

As always, we like to give you a few suggestions for books your kids might love. (The twist is: they're all related to cats!)

The Summer Nick Taught His Cats To Read by Curtis Manley – This charming picture book follows Nick as he shares the love of reading with his cats. It's not easy, but he prevails!

Lost and Found Cat by Doug Kuntz and Amy Shrodes – Your kids (and you!) will be riveted by the true story of a family who left Iraq but lost their cat on the journey…and how they found Kunkush again many months later and half a world away!

Crenshaw by Katherine Applegate – In this novel perfect for middle-grade readers (3rd to 5th grades), a boy must confront hard economic times with his family. When his former imaginary friend (a purple cat named Crenshaw) reappears, will he help – or just get in the way?

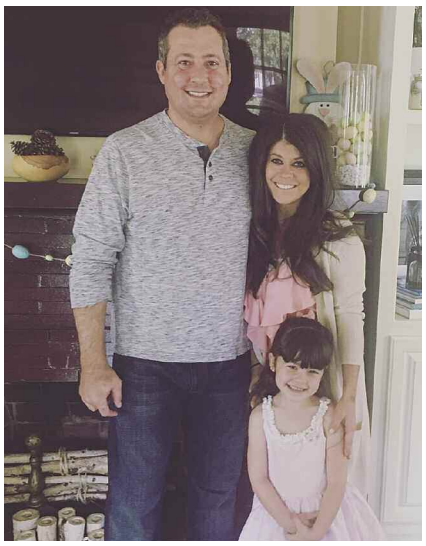




BY OUR READERS

stay-at-home Summer Fun

If you've checked out our online calendar or our Summer Family Fun Guide (available at www.tulsakids.com/Summer-Family-Fun-Guide), you know you could easily fill your summer days with activities around the Tulsa area. But for those times you just don't want to leave the house, here are some fun ideas from other creative Tulsa families:



From Kimberly Honea (Husband Chris; daughter Hadley, 4)

Nighttime Glow Stick Hide-n-Seek

Hide glow sticks, which can be purchased from the dollar bin at Target, around the yard. Take turns finding them!

"This is a great before-bath-time/bedtime activity because it requires a lot of walking!"

-Kimberly Honea



On-the-Fence Painting

Purchase a large roll of paper ($15-18 on Amazon.com for 100 feet) and attach a portion to your fence. Create a giant masterpiece using Crayola kid paint, cheap paintbrushes, plastic cookie cutters, or just your hands!

Dance Move Competition

Turn up your favorite upbeat music, like hits from the '60s and '70s, and challenge your family to a dance move contest! Who can come up with the coolest new move? What about the funniest? Don't forget to get a prize for the winner!

From Jen Handsel (Husband Chris; son Noah, 3)

Build Something Cool with Cardboard

1. Decide what you want to build. What is your child into right now?

2. Find a picture online that you can use as an outline.

3. Break the shapes of the outline picture down then look around your home for items that could be used to replicate those shapes.

4. Assemble and decorate.

Jen's Tips for your next Cool Cardboard Build:

1. Check Dollar Tree for cheap craft items, but used recycled items when possible

2. Use your imagination

3. Always have a rough sketch or picture to model your project after

4. Let your children help!

"Some of the best things that my son and I enjoy doing are crafts. I especially love working with paper and cardboard. With cardboard there are endless possibilities! Using cardboard for art is always something that can be done year round, for rainy days or summer break; a cardboard box unleashes a child's imagination and creativity."

–Jen Handsel



From Kelly Knight (daughters Emily, 10, Claire, 8)

Tea Party

The Knights' tea parties always feature cucumber sandwiches that are usually paired with a non-caffeinated, fruit-flavored tea. Fancy hats are optional.

continued next page

Cream Cheese and Cucumber Sandwiches:

1. Combine a shredded, deseeded cucumber with a block of cream cheese and a little salt. Chill several hours.

2. Spread the cream cheese mixture between two slices of white, de-crusted bread. Cut into triangles or use cookie cutters to make fun shapes! Repeat until cucumber mixture is gone.



From Cady Shaw (husband Sean Seelye; daughter Isobel, 9; son Oliver, 7; daughter Thora, 3 months)

Themed Movie Nights

For their Pirates of the Caribbean Movie Night, Cady Shaw and her family made hot dog pirate ships, "fish and chips" (goldfish crackers and doritos), and Pirate's Booty Brownies.





They also served Swedish Fish and "cannonballs" (Whoppers) along with extra chocolate gold coins. And of course, they wore eye patches!

Other ideas: Dr. Strange Movie Night (eat strange foods in strange ways), Princess and the Frog Movie Night (serve gumbo and beignets, decorate Mardi Gras masks and wear beads)…the possibilities are limitless. Just choose a movie and see what your imagination comes up with! If you're stuck, there's always Pinterest.



From Kay Stroup (daughter Evy Castillo, 11)

Bake Your Best Banana Bread

Kay Stroup and her daughter, Evy, enjoy baking a variety of delicious things. But their favorite is this spiced banana bread Kay's mom made her as a child.

Banana Bread

- 2 c. sifted flour
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. allspice
- 1/8 tsp. ground cloves
- 1/2 c. shortening
- 1 1/2 c. sugar
- 2 eggs
- 3 large ripe bananas, mashed
- 1 tsp. vanilla
- 1 c. chopped pecans or walnuts (optional)

Preheat oven to 350 F.

Sift together flour, baking soda, baking powder, salt, cinnamon, allspice, and cloves.

With an electric mixer, cream sugar and shortening. Add eggs, mashed bananas, and vanilla; mix well.

Slowly add in dry ingredients, using a spatula so you don't over mix. Stir in chopped nuts, if using.

Pour batter into a 9x5x2 inch greased pan or bundt pan. Bake 60 minutes. (Alternately, bake in greased muffin tins or cups for 20 minutes.)

Remove from oven and let cool 15 minutes, then remove from pan.

TulsaKids Editors' Recommendations

Game Night

Try a new board or card game! Our favorites include Bananagrams (ages 7+), Sushi Go! (ages 8+), Fluxx (ages 8+), Munchkin (ages 10+), and—for those of you who enjoy the macabre—Gloom (ages 13+).

Family Storytime

Grab a classic that's fun to read aloud, like "*Charlie and the Chocolate Factory*" or "*The Phantom Tollbooth*." Bonus points if you do different voices for different characters.

Make Something Slimy Oobleck

1. Pour 1 c. water into a bowl.

2. Add 1.5-2 c. cornstarch a spoonful at a time, stirring or mixing by hand as you go. You'll know you've added enough when the oobleck's consistency is somewhere between a liquid and a solid.

3. Add food coloring!

4. Enjoy the ooze, then clean up and—if you have it—read "*Bartholomew and the Oobleck*" by Dr. Seuss.



Summer Family Fun Guide

WHAT ARE YOU DOING THIS SUMMER?

Download Summer Family Fun Guide here:
TULSAKIDS.COM/SUMMER





BY DIANE TRITT EATON
PHOTOS BY CHRIS HAMPTON

travel to a **Lost Kingdom** without leaving town

When asked to attend the donor preview at the Tulsa Zoo and Living Museum last month, I gladly said yes because of my adoration for what our local zoo represents —- a special family gathering place filled with fun, exploration and adventure. Zoos attract me, and many people, for all of these reasons. Plus, it gives us the unique opportunity to learn about exotic and endangered animals and their habitats, perhaps encouraging us to protect them and their environments around the world.

Having one kid in college and another in high school, it had been some time since we made the loop to visit our non-human friends in their familiar environs. So, my husband and I had no idea what to expect when encountering Lost Kingdom, the newest and most extensive development to date (and one of many planned for in the zoo's aggressive master plan).

Lost Kingdom First Impression

Shock and awe overcame us as we made our way along the path to Lost Kingdom's grand entrance. The impressive gateway took us into a whole new world.

Twenty million dollars went into creating Lost Kingdom and it shows! Marveling over the construction of the new 5-acre attraction, we admired the impressive



LOST KINGDOM ENTRANCE.

rock formations and stonework and the extraordinary attention to detail and fine craftsmanship. Lost Kingdom felt on par with many of the great parks our family had visited in years past, and we even compared its quality to top-notch Busch Gardens, for instance. We hadn't seen the animal exhibits yet and we were sold, agreeing that Lost Kingdom was a huge leap forward for the future of our zoo.

Housing creatures that are native to Asia, each of the carefully designed exhibits has large glass viewing stations including indoor and outdoor access points, thus maximizing the viewer's experience while allowing the animals to thrive in an environment that closely matches their natural habitats. In addition, curious visitors can now see the animals year-round. And, if you get hungry, Lost Kingdom includes a new snack bar and dining facilities.

Who Calls Lost Kingdom Home?

Tigers, snow leopards, Komodo dragons, Chinese alligators, red pandas, Siamang monkeys, binturong (a cat/bear-like mammal) and endangered birds all live within the Lost Kingdom. Lindsay Hutchison, Tulsa Zoo's vice president of development, said that some animals have been moved from other areas of the zoo while others are new to the environment, which exclusively features endangered animals from Asia.

When asked what she believes are key factors that make the Lost Kingdom first-rate, Lindsay replied, "First are the improved habitats for the animals in our care. Larger yards for our tigers and plenty of ledge space for our snow leopards are just two examples. Secondly, the increased viewing opportunities available to guests." Lindsay went on to say, "Our mission is to inspire passion for wildlife in every guest, every day. We want our guests to see their favorite animals, and maybe meet a new favorite."

The Master Plan: Past, Present and Future

The 20-year master plan to create a modern, world-class zoo is well underway with the already completed Chapman Rhino Reserve in 2015 and now Lost Kingdom. The remaining improvements will be rolled out in phases, at an expected cost of $150 million and bankrolled by the zoo's Building Beyond Your Wildest Dreams capital campaign. A whopping 20 new and refur-

continued next page



bished exhibits are planned, all housing animals in state-of-the-art, geographically representative regions.

Tulsa Zoo's Executive Director Terry Correll, said, "Part of what makes an exhibit 'modern' is by having an immersive quality. As opposed to an animal being displayed in a menagerie-like setting — in an old-style grotto such as our tigers — the idea is to immerse the guest in an environment that is more naturalistic and representative of where the animal would be found in the wild."

To that end, a young girl from out of town, who was visiting Tulsa Zoo for the first time gave the ultimate zoo compliment when she remarked, "This zoo isn't sad."

In addition to major viewership enhancements and the high bar reached with the caliber of animal dwelling spaces, there is another important goal in mind. "On one level, it is important to bring exciting, immersive exhibits for our guests to enjoy," Correll said, "but it is also important to choose animals that carry an important conservation message. Good exhibitory helps accomplish that goal of educating the public in a dynamic and meaningful way."

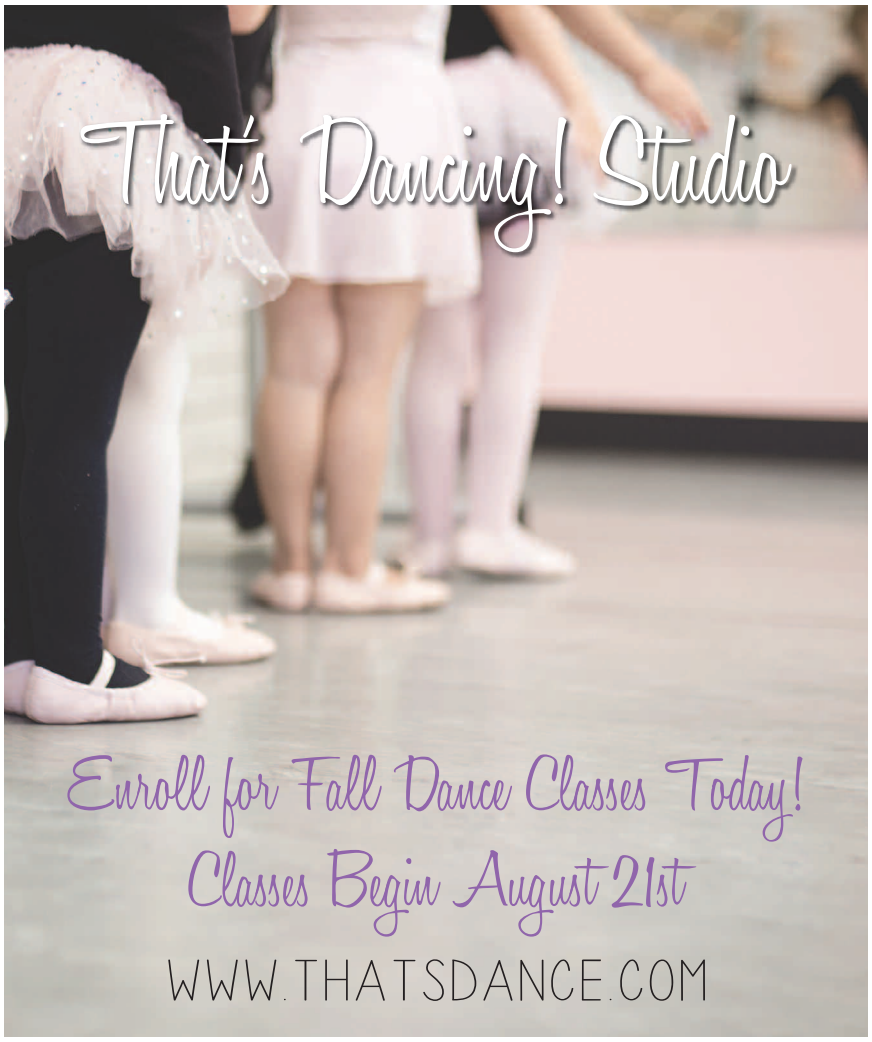
More Than Fun

It is a privilege to intersect with wildlife from near and far right here in Tulsa. By visiting the zoo, we all benefit from a fun outing while the animals benefit from our support. Not only does the entry fee help keep the animals alive and well, it also goes toward research and conservation.

World-renowned National Geographic photojournalist Joel Sartore's lifelong quest through photographing all of the endangered species worldwide is to raise awareness and influence all of us to participate in saving animals from extinction. His project, Photo Ark, is gaining global momentum and rallying all of us to pay attention to the importance of doing our part. He shares that the simplest step for people like you and me is to support our local zoo.

So, this summer, why not lose yourself at Lost Kingdom and spark a fire in your kids to commit to caring about the future of Earth's unique creatures?





BY CLAIRE COMBS

the funding conundrum:

UNDERSTANDING THE BASICS OF OKLAHOMA PUBLIC SCHOOL FUNDING

By now, most Oklahoma families are well aware of the budget challenges facing our public schools. At dinner parties, around water coolers and on playground benches across Green Country the discussion seems to have shifted. Parents want a better understanding of how schools are funded and which solutions they should be advocating to help alleviate the current budget crisis.

School Funding 101

First, it's important to understand that Oklahoma schools are supported through a combination of state, local and federal funds. Tulsa Public Schools, for example, receives 37 percent of its budget from the State of Oklahoma, 27 percent from local revenue like property taxes, 20 percent from the building and bond fund, 13 percent from the federal government, and 3 percent from private grants. Some funding sources place restrictions on how money gets used, while other funds are unrestricted and leave spending to the discretion of the district.

The funds that are appropriated by the State Legislature to support education are referred to as state aid. The amount of state aid a district qualifies for is based primarily on student headcount and attendance, with a few other factors weighed into the calculation, such as the number of special education students, bilingual students, gifted students, and economically disadvantaged students in the district. For many districts, state aid represents a big portion of the overall budget, but according to the Oklahoma Policy Institute, Oklahoma's state aid spending per pupil has fallen by a staggering 26.9 percent since 2008.

Equalization and Local Control

Before state aid is distributed, local sources of revenue such as property taxes are subtracted from a district's allocation. In effect, communities that invest more in their schools at a local level see their state aid proportionally decreased. The Oklahoma Policy Institute found that 35 school districts in Oklahoma do not receive any foundation or salary incentive state aid due to this equalization process.

The intention behind equalization is admirable. Without some form of equalization process, poorer communities are often unable to effectively educate their children, and a state's education system can become starkly polarized.

"Oklahoma's funding formula is one of the most equitable state aid systems in the United States. It balances the two most important factors involved in school funding – the resources available at the local level and the learning needs of specific students within each district," says State Superintendent of Public Instruction Joy Hofmeister. "While no system is perfect, we believe the funding formula is highly effective in its purpose – to make an equitable distribution of the state's tax dollars to its public school districts."

Tulsa Public Schools Superintendent Deborah Gist agrees that equalization is an important goal, but says it can leave local communities with few options for increasing their investments in education. "You want to be able to educate all children," Gist says. "You also don't want to hinder a community from going above and beyond."

The equalization balancing could actually hold back districts that are looking for ways to increase funds.

"What I am advocating for is a change to state practice so that Tulsans could vote to do something to support our schools without lowering the state's investment," she says.

Tulsa City Councilor Blake Ewing also supports establishing a baseline of acceptable core funding that every student in Oklahoma is entitled to. If cities want to go above and beyond that baseline, he believes they should have the opportunity to do so without negatively impacting state support. He also takes issue with the fact that the equalization process addresses funding levels, but not educational reality.

"It is really naive to suggest that the conditions in Tulsa Public Schools are even remotely equal to the conditions in [non-urban parts of] Oklahoma," Ewing says. "The urban situation is just different, and I think there should be some acknowledgement of that somehow through the state funding model."

While education issues may not be traditionally considered within the purview of the mayor or the city council, city leaders appear willing to join the conversation. Tulsa Mayor G.T. Bynum recently published an op ed about the funding crisis facing Tulsa schools, and city officials have met with the school board to talk about possible solutions.

"There is an acknowledgement by [elected officials] in the area that nothing has a greater impact on the success of our community than the quality of our schools," Ewing says.

Budgeting Challenges

Lack of state funds isn't the only challenge facing officials charged with managing district budgets. Constantly moving spending targets and payment dates are also an issue. Joe Stoeppelwerth is the treasurer for

continued next page

Tulsa Public Schools. He says that managing the district's cash flow is a big challenge.

"Most of our ad valorem tax revenue is collected in January, but we have commitments to fulfill all year long regardless of when we receive our state aid payments," explains Stoeppelwerth.

Dr. Gist says that the state has created an unhealthy budget climate that is "so close to the edge that anytime the revenue is short, then everybody is cut." In addition to economic factors such as oil prices, she says that outdated policies have contributed to the current deficit.

"It's hard to help people understand the absurdity of this kind of a structure and the expectation that entities like school districts can try to function in that kind of environment," Gist says.

It's clear that the road to this point was long and winding. Yes, the price of oil has an impact on state revenues. Yes, policy decisions at the state level do, too. When it comes to school budgets specifically, there is something else to consider: lottery income has consistently fallen short of expectations.

"I am often asked about lottery funding – specifically 'what happened to the lottery money?'," Stoeppelwerth says. "While these funds are part of the revenue stream used for state aid, that revenue stream did not bring in as much as was expected."

Stoeppelwerth says that before the lottery program was put in place in 2007, it was projected to bring in $150 million annually; however, the actual contribution from lottery funds to K-12 public education has been between $60 and $70 million each year - less than half of initial projections.

Other Revenue Sources

Many Tulsa voters will recall the $415 million bond which passed in 2015 and focused on capital improvement projects for schools like replacing portable buildings with permanent classrooms and building storm shelters, plus investments in buses, books and technology.

Why not pass another bond measure to ease some of the current funding challenges?

"Bonds are very, very specific to capital projects," Gist says. "They are for buildings or pieces of equipment that have capital value. They can't pay for teacher salaries or staff...so they are limited."

Moreover, the 2015 school bond effectively replaced a pre-existing bond that was being retired, so it did not increase property taxes. Any additional bond measure passed before the current bond expires would likely increase taxes - not necessarily an easy sell to all voters.

Another idea that has recently been floated is the creation of new tax increment financing (TIF) districts within Tulsa. According the City of Tulsa, this process uses projected future gains in taxes within a specific area to finance improvements. It works because when a development or public project is carried out, there is often an increase in the value of surrounding real estate, which then leads to increased tax revenues. However, a TIF district only generates income if the baseline is low and something happens to generate a burst of money, for example, when a new shopping center is built.

Councilor Ewing is skeptical that creating TIF districts would move the needle for area schools. "I don't know that [TIFs] would generate enough money to really impact the district," he says.

Alternative Approaches

Funding approaches differ widely from state to state, but several of the states cited in a recent report as having best-in-class school funding models have something in common: adequacy targets. States like Massachusetts and Missouri set adequacy goals that reflect the amount of funding it takes to provide an education to every student based on actual regional costs associated with public education, such as teacher salaries or building maintenance.

"We could still have an equitable funding formula but allow communities to invest in their schools," Gist says. "That's something that happens in states all across the country."

It's clear there isn't one magic bullet that will solve Oklahoma's well-documented school funding crisis. First, legislators will need to agree on a sustainable way to collect enough revenue to cover all of the state's core services, including public education. Setting a realistic adequacy target for state funding could establish a transparent baseline that reflects economic realities. Officials may also consider allowing communities to supplement rather than replace state funding using local revenue.

"My primary interest is equity for students in their access to high-quality education across the state," Hofmeister says. "However, it is time to review the funding formula to make certain it works as intended. We have begun that process, as have others."

According to Superintendent Gist, Tulsa Public Schools is also working on a review of what it would take to adequately fund local schools. That review is expected to be complete by the end of the summer.

"You don't want to prevent a local community that says...we want to have a world-class education system because we believe that's best for our families and our economy," Gist says. "I'm very confident that [creating a world-class education system] would show people that when you do invest in education, everything starts to boom."

Second Saturday Silents

Live organist + Silent film+ Felix the Cat cartoon



The silent film series featuring Circle's 1928 theatre pipe organ!

Second Saturday of the month at 11:00AM!

$5 adults - $2 for age 16 and under

The historic Circle Cinema is located at

10 S. Lewis Ave Tulsa, OK

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

JUST A FEW REASONS WHY WE SAY,

"IT'S A GOOD DAY TO BE A CONQUEROR!"

APPLY TODAY | VCSTULSA.ORG/ADMISSIONS

918.491.7720 #CNQR





















VICTORY CHRISTIAN

Preparing for Greatness





2017 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, reason, and persuade 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 and on our website at www.acatulsa.org!

AVANT GARDE

Contact: Laurie Penix, Owner
www.avantgardeschools.com

Brookside
4103 S. Detroit Ave.
Tulsa, OK
918.743.0975

Sheridan
7607 S. Sheridan Rd.
Tulsa, OK
918.497.1335

East
Coming Soon!
12928 E. 43rd Place South
Tulsa, OK
918.940.8484

Locally Owned and Operated Private Preschool and Early Learning Centers.
Avant Garde Preschool and Early Learning Centers provides quality care for infants through school-age children.
We know that entrusting someone to provide care for your family is a big decision! We take this responsibility very seriously and pride ourselves on offering the highest quality of care possible. Each facility has been completely renovated and modernized to foster a creative and child-led environment.
We have an extremely dedicated and highly qualified staff who attend regular, ongoing training above state licensing requirements. Our owners have over 20 years of experience managing and operating local preschools in Tulsa (formerly known as Koala Care). We have the best team of people that make every day fun!

BETHANY COMMUNITY SCHOOL

Contact: Joy Dunnie, Director
6730 S. Sheridan
Tulsa, OK
918.492.5865
www.bethanycommunityschool.org

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 7-9 a.m. and from 2:30-5:30 p.m. for our patrons five days a week. Ages: 14 months (by September) through Pre-K

BISHOP KELLEY HIGH SCHOOL

Contact: Fr. Brian O'Brien, President
3905 South Hudson Avenue
Tulsa, OK
T: 918.627.3390
F: 918.664.2134
www.BishopKelley.org

Bishop Kelley High School is a co-educational Lasallian Catholic high school with approximately 905 students, grades 9 through 12, located in the center of the Tulsa metropolitan area on a 37-acre campus. Founded in 1960, the school is owned by the Catholic Diocese of Tulsa and operates in the Lasallian tradition of the Brothers of the Christian Schools.

BOSTON AVENUE WEEKDAY SCHOOL

Contact: Patty Banes
1301 S. Boston Ave.
Tulsa, OK
918.699.0112
www.bostonavenue.org

For over 50 years the Boston Avenue Weekday School has nurtured children through the infant and toddler age and prepared preschoolers well for kindergarten. Our educational foundation is second to none. We offer a warm, accepting Christian environment while teaching a theme-based curriculum in center-arranged classrooms. The small teacher to student ratio allows each child ample one-on-one attention. Activities include positive behavior skills, community visitors, chapel, music, exercise, yoga, sign language and Spanish vocabulary. We have a summer program for infants through 3rd grade each summer with a different theme each month. Call for information and a tour today! Enrollment continues throughout the year as space permits. We partner with Sprouts Development Initiative and the OU Early Childhood Education Institute. Oklahoma DHS Licensed.

CASCIA HALL

Contact: Roger Carter, Headmaster
2520 South Yorktown Avenue
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 550 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
918.742.6731
www.channingdayschool.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.

CHRISTIAN MONTESSORI ACADEMY

Contact: Ami Chapman or Mollie Heaberlin
3702 S. 90th East Ave.
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 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.

CHRIST UNITED METHODIST ELC

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

Our program is a Monday, Wednesday,

continued next page









2017 SCHOOL DIRECTORS GUIDE

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.

HAPPY CAMPERS ACADEMIES

www.happycampersacademy.com
7 a.m.-6 p.m.

Happy Campers Midtown
1819 E. 15th St.
Tulsa, OK
918.584.2779
hcatulsa@gmail.com

Happy Campers at Temple Israel
2004 E. 22nd Pl.
Tulsa, OK
918.747.3122
Israel@gmail.com

Happy Campers at John Knox
2929 E. 31st St.
Tulsa, OK
918.742.7656
happycampersjohnknox@gmail.com
Ages 5 – 12 years old for after school care

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 all three 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.

Our Happy Campers at John Knox location offers after school care for students at Patrick Henry, Carnegie, Lee, and Eliot. We offer a place for kids to do homework, play outside, and have a safe and structured time after school while parents are working for children ages 5-12 years.

HOLLAND HALL

Contact: J.P. Culley, Headmaster
5666 East 81st Street
Tulsa, OK
918.481.1111
www.hollandhall.org

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.

continued next page

KIDS IN MOTION ACADEMY

1700 N. Redbud Pl.
Broken Arrow, OK
918.258.5437
www.kidsinmotionacademy.com

We are a true Early Learning Center for ages 2 through 3rd grade.
The early learning preschool promotes pre-literacy skills through a personalized academic curriculum, giving our students a distinct advantage at even the earliest levels. Our older students are proving that advantage by testing in the 96th percentile in Math and 93rd percentile in Reading for private schools in the nation. Our experienced educators continually evaluate the strengths and weaknesses of different approaches to best match the learning styles of our students.
In addition to our cutting-edge curriculum, our students enjoy a daily enrichment time that alternates between either a full hour of Gymnastics or an hour rotating between Spanish, Computer, and Sports. Building this time into our daily routine is just one expression of our foundational belief in the benefit of movement on learning. We incorporate movement throughout the day to maximize these benefits for our students.

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.

MARGARET HUDSON PROGRAM

Contact: Bettina Tillman, Executive Director
www.MargaretHudson.org

Tulsa Campus
1136 S. Allegheny Ave.
Tulsa OK 74112
P: 918.833.9860
F: 918.833.9875

Broken Arrow Campus
751 W. Knoxville St.
Broken Arrow, OK
P: 918.251.2647
F: 918.251.2661

MHP offers a comprehensive alternative education program for pregnant and parenting teens through integrated academic classes, health and counseling services, vocational training and on-site childcare. Our staff members teach parenting and life skills and provide quality early childhood education. Family planning education and access to birth control contraception is provided to reduce the incidence of subsequent teen pregnancies.

MARQUETTE SCHOOL

Contact: Jay Luetkemeyer, Principal
1519 S Quincy Ave.
Tulsa, OK
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.

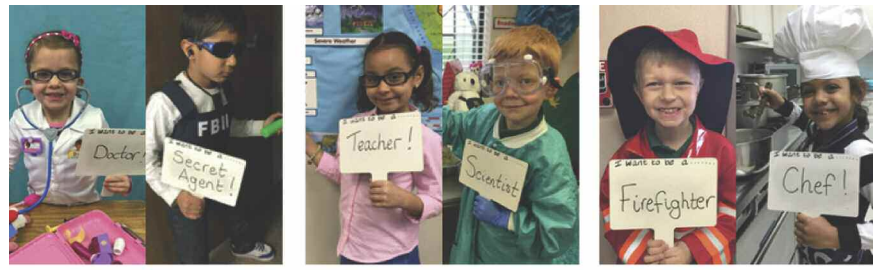
MINGO VALLEY CHRISTIAN SCHOOL

Contact: Lisa Padgett, Admissions
8720 E. 61st Street
Tulsa, OK
918.294.0404
www.mingovalley.org

NEW LOCATION IN FALL 2017! 8304 S 107th E Ave, Tulsa. Mingo Valley Christian is a college preparatory, non-denominational private school serving students in grades PK-12 through personalized learning and maximum growth for each student. We partner with parents and incorporate a Christian worldview into all aspects of the learning process. We know our students are tomorrow's leaders, and our school culture is infused with opportunities for leadership, men-

continued next page

tulsakids family favorites 2017 FINALIST
SUMMIT CHRISTIAN ACADEMY
Providing a dynamic academic and social environment that inspires students to:
• KNOW GOD
• MAXIMIZE POTENTIAL
• DISCOVER PURPOSE
• MAKE A DIFFERENCE
NOW ENROLLING FOR THE 2017-2018 SCHOOL YEAR

VISIT US ONLINE AT
SCA-EAGLES.COM


THEIR FUTURE STARTS HERE
ENROLL IN SUMMER & FALL SESSIONS TODAY!
MISS HELEN'S PRIVATE SCHOOL
tulsakids family favorites 2017 WINNER
(918) 622-2327
DIRECTOR@MISSHELENS.COM
4849 SOUTH MINGO-TULSA, OK
WE ♥ OUR CUSTOMERS
Thanks for voting for us!
tulsakids family favorites 2017 FINALIST
(918) 631-1000
arvest.com
ARVEST®
Member FDIC



2017 SCHOOL DIRECTORS GUIDE

toring, and service to the Tulsa community. Learning happens best in the context of relationships, so our teachers engage personally with each student to encourage academic success. We offer honors and AP courses, NHS/NJHS, concurrent college enrollment, art, computer, music, and foreign language, with technology infused throughout our curriculum. Our highly regarded theatre program attracts arts patrons from across the Tulsa community. Athletic programs include football, volleyball, basketball, soccer, cross country/track, and cheer. For more information or to schedule a tour or shadowing, please call 918.294.0404 or visit mingovalley.org. School year office hours: 7:45 a.m.-3:45 p.m.; summer office hours: M-Th 9 a.m.-2 p.m.; F 9 a.m.- noon. Accreditation: State of Oklahoma (OPSAC); AdvancED; Association of Christian Schools International (ACSI).

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. We thank the TulsaKids readers for voting us the 2017 Family Favorite for Best Preschool/Early Learning Center AND Best Private Elementary School in the Tulsa area. Come for a tour to see why!

MIZEL 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 members provide 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 LEGO robotics. Smart Boards, Chromebooks and iPads allow for academic innovation. 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 multi-generational activities with residents at Zarrow Pointe Retirement Center. Art appreciation classes and tours 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 exceptional campus.

MONTE CASSINO

Contact: Kevin Smith, Headmaster
2206 South Lewis Avenue
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 sciences, athletics and individualized approaches for gifted and talented learners.

REJOICE CHRISTIAN SCHOOLS

Contact: Heather Koerner, Registrar
13407 E. 106th St. North
Owasso, OK
918.516.0050
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 princi-

continued next page

ples, 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: Kacey Davenport
2433 W. 61st St.
Tulsa, OK
918.446.3553
www.riverfield.org

Riverfield provides a student-centered approach to education to students 8 weeks through 12th grade with an innovative program of authentic, experiential learning in which individuality is valued and the needs of the whole student are honored. Small class sizes, along with the collaborative nature of our classrooms, provide the opportunity for students to cultivate leadership, interpersonal skills, and the confidence needed for success today and tomorrow. Personalized programming and flexible scheduling offer Middle and Upper School students the opportunity to develop talents and explore interests in a college prep setting. The 120-acre campus encompasses a barnyard, hiking trails, gardens, freshwater system, outdoor classrooms, and athletic fields. Accredited by the Independent Schools Association of the Southwest (ISAS), National Association for the Education of Young Children (NAEYC), and Oklahoma Private School Accreditation Commission (OPSAC).

SAIED MUSIC SCHOOL

3259 South Yale
Tulsa, OK
918.742.5541
www.saiedmusic.com

Saied Music Company is proud to be in our 71st year serving Oklahoma music makers! Saied Music School presents our fall 2017 studio offerings including classes for beginning ukulele. We are excited to be the home of the Tulsa Homeschool Band and Orchestra! Homeschoolers are invited to attend an Open House, August 15th, to learn more. We continue to provide private lessons in all band and orchestra instruments, guitar, voice, piano and more to learners of all ages and abilities. Our teachers are carefully selected for their teaching experience, musical ability and passion for sharing their craft. Call 918.252.5541 or visit us online at www.saiedmusic.com for more information or to register. Be Happy. Be Healthy. Be Smart. Make Music!

SUMMIT CHRISTIAN ACADEMY

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

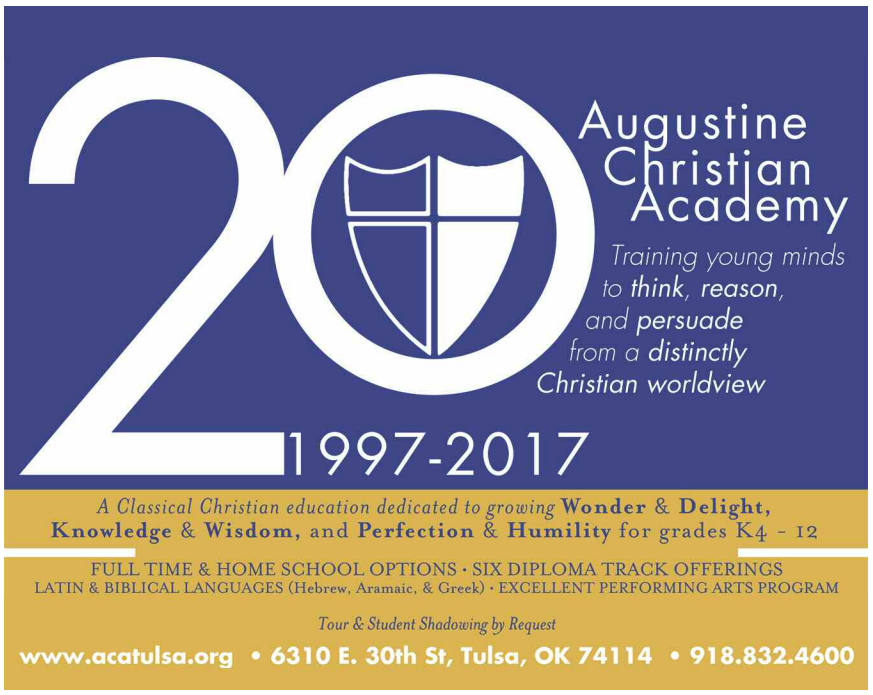
Summit Christian Academy is a leader in distinctive Christian education, providing a dynamic academic and social environment that inspires students to know God, maximize their potential, discover their purpose, and make a difference in the world. We educate and develop students to serve neighbors and 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 (918.251.1997), or visit our website (sca-eagles.com) to schedule your free academic consultation. Thank you, Readers, for voting us a 2017 Family Favorite!

TUTOR DOCTOR

Contact: Stephen Adewunmi, Education Consultant
918.876.0404
Cell Phone: 918.876.9972
www.tutordoctor.com/BrokenArrow

Tutor Doctor is the trusted in home tutoring service with a core belief that everyone can learn with the right approach and we are dedicated to making a life changing difference in children's education. We have a comprehensive, collaborative approach and work together with your child and teachers to identify the right strategies and find the perfect tutors. We come to you, at a time that is convenient and in the comfort of your home, we provide individualized training and give your child the caring and confidence that they need to succeed. Whether your child's needs are immediate, like passing the next exam or long term, we build a tailor-made plan that gets results. We also have an Innovative Academic Game Plan to help them stay focused, plan ahead and reach their goals. We listen, understand, and build an educational support team to help your student become an academic champion for life.

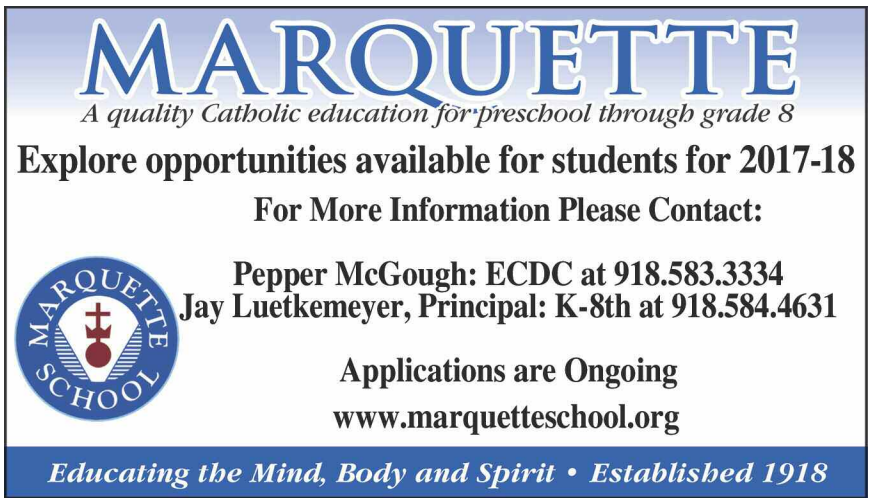
continued next page







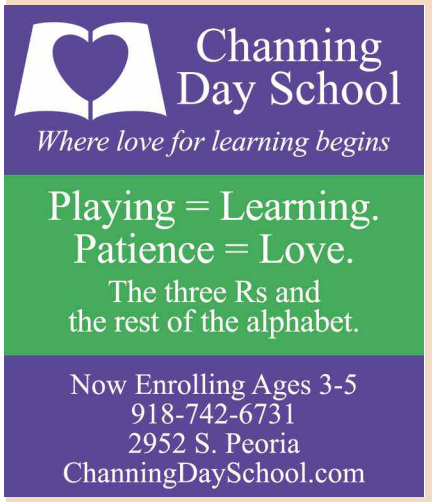












2017 SCHOOL DIRECTORS GUIDE

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 EARLY LEARNING CENTER

Contact: Dr. Miriam Shipman, Director
7700 S Lewis Ave.
Tulsa, OK
918.499.4655
elc@victory.com
http://elc.victory.com

The Early Learning Center at Victory Christian School believes in:
• Equipping students with the Word of God
• Educating students using a certified and age appropriate curriculum
• Empowering students to grow and develop to their full potential

We are passionate about teaching children in every area of their life- socially, emotionally, physically, cognitively, and biblically. We are committed to using a variety of methods so we can reach each and every child with their way of learning, using all of their five senses, literacy, play based interaction and more. Children are allowed to investigate using hands on learning with a creative approach to explore and discover the world around them

We offer: Sign Language, Physical Education, Music, Chapel, STEAM LAB (Science, Technology, Engineering, Art, and Math), indoor and outdoor play areas, motor development rooms, and a Victory Zone. Our 16-horse Carousel Room is for active play and available to be booked for birthday parties.

The Early Learning Center at Victory Christian School is fully accredited with OPSAC, NCPSA. Victory Christian ELC was voted a 2017 Family Favorite. Come see why!

"If we don't teach our children to follow Christ, the world will teach them not to." Proverbs 22:6

VICTORY CHRISTIAN SCHOOL

Contact: Jim Cherry, Superintendent
7700 S. Lewis Ave.
Tulsa, OK
918.491.7720
www.vcstulsa.org

Victory Christian School is a K-12 Christian school that in its pursuit of excellence integrates a rigorous college preparatory curriculum with a distinctive biblical worldview designed to ignite a passion for the Word of God while empowering our students to pursue and achieve academic excellence. VCS students daily thrive under outstanding instruction and skillfully develop in an environment designed to refine their God-given talents.

Victory's vast curriculum offers students the ability to academically engage in a course of study which provides advanced educational opportunities in our lower school. Students may secure high school credit in grades 7 and 8, with the option to earn university credit through college concurrency and participation in classes offered by the AP College Board.

VCS also offers a spirited athletic program that regularly competes for conference, regional and state championships while holding fast to its core beliefs. Take the next step by contacting our Admissions Office at 918.491.7720 to schedule a tour and see why we say, "It's a Good Day to Be a Conqueror."

Finally, we want to thank the readers of Tulsa Kids for voting us a TulsaKids Family Favorite!

I'M A TULSA KID

WORDS AND PHOTO BY SHEEBA ATIQI



William Sanford Matheson: Making a Difference

Children drag their well-loved teddy bears everywhere. They may be toys, but they can make children feel safe and loved. Everyone deserves to feel safe and loved, and this was the idea behind 13-year-old William "Will" Sanford Matheson's school project. Will, who will be an eighth grader this fall at Thoreau Demonstration Academy, raised funds to help those in need of a little extra love. Going door-to-door Will raised $450, which he then used to purchase 71 brand-new stuffed animals to give to children who visit Oklahoma Family Legal Advocates.

TK: How did you come up with the idea for your "making a difference project"?

Will: I am in the Gifted and Talented program a Thoreau Demonstration Academy. My teacher, Ms. Gordon, challenged our class to do a project to make a difference in the lives of others. Our class watched a movie called "*Pay It Forward*." The movie was about a student who was given an assignment by a social studies teacher. The assignment was to come up with an idea that would change the world for the better, then complete the project and make a difference in someone's life. Our teacher asked each student in our class to come up with a project to help our community.

TK: What inspired your idea?

Will: My stepdad is a board member of Oklahoma Family Legal Advocates (OKFLA). This organization helps kids who are in foster care. OKFLA provides free legal and social services to help kids get out of the foster care system. I hoped that when kids were given a stuffed animal when they first come to OKFLA, they might not be so scared and would become more comfortable.

TK: How did you raise the funds?

Will: I raised money by knocking on doors in my neighborhood. I told my neighbors about my school project and I told them about how OKFLA helps kids in foster care. I asked for donations so that I could buy stuffed animals to give to the kids who come to OKFLA for help. I also asked for the donor's name and address. I provided this information to OKFLA so that each donor could receive more information about the organization.

TK: Why did you pick stuffed animals?

Will: I decided to pick stuffed animals because I thought it might help comfort kids. Kids might be scared or nervous when they first meet the staff at OKFLA. Having a new stuffed animal to hold might help them not to feel so scared.

TK: What advice do you have for other kids who want to make a difference?

Will: Don't be afraid to get involved in your community. Get creative. There are a lot of different ways to help others. In the beginning, I was really nervous to go door to door asking for donations, but after a few times, I realized that people want to help others.

TK: Who inspires you?

Will: Gabe Newell. He developed the steam platform. He owns a company that develops games and software. The company he owns is called Valve.

TK: What are your goals for the future?

Will: I hope to go to Booker T. Washington High School. Booker T. has a good computer science program. My goal for the future is to get a college degree in computer engineering.

TK: What are your hobbies?

Will: I like spending time with my friends, I like gaming and creating art on 3-D software.

TK: Can you tell me a fun fact about yourself?

Will: My fastest time for solving a Rubik's Cube is 56 seconds!

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



2017 Cover Kid Contest

It's time for the Annual TulsaKids Cover Kid Contest!

CONTEST DATES:
Photo submission period: Saturday, July 1-Sunday, July 16
Voting period: Sunday, July 16-Monday, July 31

www.tulsakids.com/coverkid

Dear Reader,



Allow me to make some exciting introductions! First, TulsaKids has a new blogger, Alana Jamison. Alana and her family are in the process of converting a school bus into a tiny home, and her blog, "It's Simple," will focus on living both simply and adventurously.

Second, author Diane Morrow-Kondos has just welcomed her first grandchild! Diane will be transitioning away from her "Single Stepping" blog and beginning a new blog, "Grand Life," inspired by her new role as a grandmother.

Finally, I am the new web and social media editor here at TulsaKids. I could not be more thrilled to be here and look forward to getting to know our community of readers!

-Tara Rittler, web editor



Congratulations to Kristen Lack, winner of the Melting Pot gift card for the Family Favorites.

Thank you, @eric6184, for tagging us in this adorable picture of your daughters (Elise, 9, and Brylee, 3) fishing in Hunter Park!



Download our Summer Family Fun Guide

There's no excuse to be bored in Green County this summer. If you need some inspiration, download our FREE Summer Family Fun Guide at www.tulsakids.com/summer



LOOK *inside*

MONTE CASSINO

A Benedictine School



Monte Cassino recognizes that a well-rounded education by its nature is inclusive of students from all walks of life.

Give them the education they deserve at a price you can afford.

Call now 918.746.4238

Be a Saint.

2206 South Lewis Avenue, Tulsa, OK | montecassino.org



Ben and his mother, Casi

saintfrancis.com/childrenshospital

The Children's Hospital at Saint Francis | 918-502-6000

World-class cancer care. Right here at home.

Working hand-in-hand with the team at St. Jude Children's Research Hospital in Memphis, our physicians and staff make it possible for children diagnosed with cancer and blood disorders to receive world-class care closer to home.

The St. Jude Affiliate Clinic at The Children's Hospital at Saint Francis provides the latest treatments and access to more clinical research trials than any other pediatric facility in Oklahoma. St. Jude groundbreaking trials are leading to new and advanced treatments that improve pediatric hematology and oncology care.

Children in our area deserve the full concentration of the best medical minds and technology available—found here at eastern Oklahoma's only dedicated children's hospital.

St. Jude Children's Research Hospital®
ALSAC • Danny Thomas, Founder
Finding cures. Saving children.

The St. Jude Affiliate Clinic at Children's Hospital at Saint Francis