June 2016 Oklahoma's Award-Winning Magazine for Parents & Families www.tulsakids.com

tulsakids

FOR PARENTS. FOR FAM LIFE.

BIRTHDAYS THAT GIVE BACK:
LOCAL KIDS CHOOSE CHARITY PARTIES

TULSA DAD JUAN MIRET LOVES HIS ADOPTED CITY

REAL MOM TIPS FOR A DISNEY WORLD TRIP

DRIVER'S ED: WHAT ARE YOUR OPTIONS?

2016 TULSAKIDS FAMILY FAVORITES



PARENTING MEDIA ASSOCIATION 2016 SILVER Award Winner General Excellence Awards Competition

PARENTING MEDIA ASSOCIATION 2016 GOLD Award Winner Design & Editorial Awards Competition

PARENTING MEDIA ASSOCIATION 2016 GOLD Award Winner Digital Media Awards Competition



LITTLE HANDS. LITTLE FEET. FULL HEART.

COME TO A PLACE WHERE EVERYTHING IS FOCUSED ON THE ESSENTIALS – YOU AND YOUR CHILD. We have obstetric/gynecology physicians, nurses, and lactation specialists dedicated to making your special time together as nurturing and comfortable as possible. Our newborn nursery allows you to customize your experience. Whether you choose to utilize the nursery, or keep your little one close by in your room – it's all up to you.

The St. John Center for Women's Health – giving you, and your baby, the wonderful start you deserve.

90 YEARS
St. John

St. John
Center for Women's Health

PULSELINE PHYSICIAN REFERRAL 918-744-0123

DOWNLOAD OUR APP

ST. JOHN MEDICAL CENTER | ST. JOHN SAPULPA | ST. JOHN OWASSO | ST. JOHN BROKEN ARROW
JANE PHILLIPS MEDICAL CENTER | ST. JOHN CLINIC URGENT CARE | ST. JOHN CLINIC



Thank you, Tulsa!

WE ARE PROUD TO BE SELECTED AS A 2016 TULSAKIDS MAGAZINE FAMILY FAVORITE!



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

HollandHall.org



TULSA'S ONLY CHILDREN'S HOSPITAL.

With an emphasis on family-centered care, The Children's Hospital at Saint Francis provides state-of-the-art technology and a dedicated staff to meet the medical needs of children. More than 100 pediatricians and 65 pediatric subspecialists work as a team, so you can rest assured your child will receive the most comprehensive medical care available in eastern Oklahoma.

Our pediatric specialties include:

Allergy/Immunology
Cardiac surgery
Cardiology
Child abuse pediatrics
Child and adolescent psychiatry
Dental surgery
Emergency/Trauma care
Endocrinology/ Diabetes care
Gastroenterology
General surgery
Genetics
Hematology/Oncology
Hospital medicine
Infectious disease
Intensive care
Neonatology
Neurology
Neurosurgery
Ophthalmology
Orthopedic surgery
Otolaryngology
Pathology
Pulmonology
Reconstructive surgery
Urology

Healthcare *for* life.

saintfrancis.com/childrenshospital

The Children's Hospital at Saint Francis

JUMPIN' JUNE

THIS IS WHAT HAPPY BIRTHDAY LOOKS LIKE



Make your next party AWESOME!
There's no easier way to throw your kids the best party ever.
Just show up and Sky Zone does the rest.



JUMP AROUND PACKAGE

Includes up to 10 Jumpers + 1 Hour Open Jump Time + 40 Minutes in a Private Party Room + 2 One-Topping Pizzas + 3 Pitchers of Soft Drinks or Water



SUPER JUMP PACKAGE

Includes up to 15 Jumpers + 1 Hour Private Area Jump Time + 40 Minutes in a Private Party Room + 3 One-Topping Pizzas + Unlimited Drinks in Party Room

SUPREME AIR PACKAGE

Includes up to 25 Jumpers + 1 Hour Private Area Jump Time + 40 Minutes in a Private Party Room + 4 One-Topping Pizzas + Unlimited Drinks in Party Room

#idratherbe@SkyZone

SUMMER HOURS ARE IN EFFECT

Monday 10:00am-10:00pm

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

Wednesday 10:00am-10:00pm

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

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

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

Sunday 10:00am-8:00pm



OPEN JUMP



FOAM ZONE



SKYROBICS



SKY JAM



ULTMATE DODGEBALL

SKY ZONE®
INDOOR TRAMPOLINE PARK

SKY ZONE TULSA
8306 E. 61st St., Tulsa, OK 74133
918-877-7700

Book Your Party or Reserve Your Jump Time Now at skyzone.com/tulsa

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

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



George, Robb, Jack & Natalie M.

tiny blessings.

Labor of Love Program

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



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

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

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

Hillcrest.com | 918.585.8000

"Like" us on Facebook.

Changing Lives @ HILLCREST

tulsakids

June 2016

what's inside

Volume XXIX, Number 6

www.tulsakids.com





30-31 Disney Dreaming-Real Mom Tips for taking the Family to Disney World



24-25 Teach the Kids to Cook



14-15 Baby You Can Drive My Car… after Driver's Ed. Course, that is



12-13 Summertime and the Livin' is Messy

SHORTS

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

FEATURES

20-21 BIRTHDAY PARTIES THAT GIVE BACK
by Nikki Cyter Sack

40-41 PROFILE
Transplanted Dad Brings Latin Flavor to Tulsa
by Karen Moult

46 COMMUNITY
Creating a Hunger-Free Summer
by Betty Casey

IN EVERY ISSUE

10 STAGES: Babies & Toddlers
Rice Restrictions
by Kiley Roberson

12-13 STAGES: School Age
Summertime and the Livin' is Messy
by Betty Casey

14-15 STAGES: Tweens & Teens
Baby You Can Drive My Car… after Driver's Ed. Course, that is
by Julie Wenger Watson

18 SINGLE PARENT/STEPPARENT
5 Tips for Visitations and Transitions
by Diane Morrow Kondos

24-25 GET COOKING
Teach the Kids to Cook
by Natalie Mikles

28-29 GREEN COUNTRY GROWN-UP
Kelly Forbes: Passion for Education
by Nancy A. Moore

30-31 FAMILY TRAVEL
Disney Dreaming-Real Mom Tips for taking the Family to Disney World
by Kiley Roberson

33-39 OUT AND ABOUT:
CALENDAR OF EVENTS & JUNE FESTIVALS
by Abby Rodgers

42-43 FROM THE HIP
An Insider Tour through Costco
by Jill VanTrease

44-45 BOOKS
Summer Reading Program Goes Beyond the Books with Free Events
by John Fancher

55-59 2016 FAMILY FAVORITES
Winners & Finalists

61-62 2016 PARTY PLANNING GUIDE

63 I'M A TULSA KID:
Gracie Sofia Heffington

editor's note

In this issue…

On my daughter's third or fourth birthday, my son and his friend across the street opened all of her gifts for her. Maybe a better mom would have stopped them, but she didn't seem to mind. I think the boys opening her presents and then presenting her with the contents entertained her. I do remember that she got a Cabbage Patch doll, not because it was the best gift ever, but because she never really played with dolls, so I was curious what she would do with it.

I haven't polled my children to see if they recall specific birthday gifts, but I would guess that they probably have a clearer recollection of the activities, the gathering of family or friends – maybe even the cake – than the gifts they received.

Think back to your own parties, or those of your children. Do you remember all the gifts? Maybe those milestone presents – like the purple stingray bike with the sparkly banana seat that I got one year. Or the pair of skates. Or the Chatty Cathy (my sister got the blonde one and I got the brunette; she got Barbie and I got Ken…Do I need therapy?). But, I'm dating myself… Those were parent gifts that came after months of wishing and waiting – and anticipation.

Writer Nikki Cyter Sack found some Tulsa kids and parents who have decided that enough (stuff) is enough and are eschewing gifts altogether – at least the mounds of gifts that often come with a big birthday party. These altruistic kids are using their birthdays as a way to give back to the community. See what they – and their parents – have to say about it.

Sometimes it's fun and enlightening to see things through someone else's eyes. Writer Karen Moult found a local dad who is anything but local. A South American transplant with an American wife and a young daughter, Juan Miret (our cover dad) tells us what he loves most about Tulsa – the colorful Latin side.

And, before you go out and about in Tulsa this summer, you might want to take a look at this year's Family Favorites. Readers voted for their favorite places to grab a bite, spend a day at the park or learn something new, among other things. You might find a new favorite for your family.

As always, we have the lowdown on everything going on for families in the area. If you haven't joined us on Facebook or Instagram, now is a good time to do it – we'll be posting summer happenings and more! And, the website is always new and fresh – you can download your Summer Family Fun Guide for free right now. What are you waiting for?





ON OUR COVER:
JUAN MIRET WILL ENJOY FATHER'S DAY WITH HIS DAUGHTER PALOMA.

PHOTO BY: LESLIE HOYT PHOTOGRAPHY

tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.

Publisher:	Charles Foshee
Editor:	Betty Casey
Web Editor:	Abby Rodgers
Advertising Sales:	Caroline Shaw Kathy Thompson Cathy Wilkie
Production:	Desktop Design Inc.
Cover Photo:	Leslie Hoyt Photography
Distribution:	Joan Perez
Contributing Writers:	Nikki Cyter Sack Karen Moult Kiley Roberson Julie Wenger Watson Diane Morrow Kondos Natalie Mikles Nancy A. Moore Jill VanTrease John Fancher
Editorial Assistant:	Marisa Morgan

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. 2016.
All Rights Reserved.

Volume XXIX, Number 6
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

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.

8 abc TULSA
Good Day Tulsa

RIVERFIELD ACADEMIC BOWL DOMINATES STATE TOURNAMENTS

The academic bowl teams at Riverfield Country Day School have won Oklahoma Junior Academic Bowl Association (OJABA) State Championships at the 5th/6th Grade, 6th/7th Grade, and 8th/9th Grade levels. The 7th/8th Grade and a second 5th/6th Grade team also qualified for the State Tournament, which was held at the University of Oklahoma in Norman. This marks the first time that five Riverfield teams qualified for State. OJABA is open to fifth- through ninth-grade students at all public and private schools as well as home-school co-ops. Riverfield teams have competed in OJABA tournaments since 2001 and have now won 13 State Championships.

Riverfield Country Day School was founded in 1984 and is a non-profit, independent school with no religious affiliation offering school-year and summer programs for children preschool through Upper School.



L-R: HERR TOM CLARK, SHASHWAT SINGH, ALI JOHNS, TOBIN ANDERSON, CADEN KESSELRING, MILES CAPEHART, NATHAN MORICE-BRUBAKER, BRENDEN PAUL, NANGBA KONYAK, ETHAN SHAW. NOT SHOWN: ROBERT HALE, NIKOS REVELIS, WESLEY SMITH, COACHES CHRIS COOK AND JAMES WILSON.

ROWERS TAKE BRONZE MEDAL

The Tulsa Youth Rowing Association rowed to a bronze medal in the girls' novice quads last month at the USRowing Central Youth Rowing Championships. The crew featured Madi Bickle (Lincoln Chrisain), Ashlyn Calloway (home school), Callan McFadden (Holland Hall), Maya Bulmer (Booker T. Washington). The USRowing Central Youth Rowing Championships features the top crews from Oklahoma, Kansas, Texas, New Mexico, Colorado, Arkansas, Louisiana, Missouri and Nebraska. There were 23 different teams represented and over 400 entries.

"This is the biggest race of our season and our team rose to the occasion," said Head Coach Neil Bergenroth. "Despite the fact that our boathouse was subject to an arson attack in January, we kept fighting and stayed positive."

Additionally, the girls novice double of Callan McFadden (Holland Hall) and Maya Bulmer (Booker T. Washington) raced to a 4th place finish in a strong field of the top 21 crews in the region.

Iain Kazmierzcak (Booker T. Washington) raced to a 5th place finish in the regional. The girls' varsity eight finished fifth. In addition, the boys varsity eight finished sixth.



(L TO R) COACH TAMARA CLAYTON, MAYA BULMER, CALLAN MCFADDEN, MADI BICKLE, ASHLYN CALLOWAY

CASCIA HALL NAMES NEW MIDDLE SCHOOL PRINCIPAL

Todd Goldsmith has been named Middle School Principal for Cascia Hall, beginning with the 2016/17 school year. Mr. Goldsmith replaces Mrs. Janna Roberson.

Goldsmith is currently President of Aquinas Catholic Schools in Lacrosse, Wisconsin, but has ties to Tulsa. Goldsmith served as Superintendent of Catholic Schools for the Diocese of Tulsa. Prior to his role as superintendent, he was the School of St. Mary Principal from 1997 to 2002; he also taught several years at St. Pius in Tulsa.

While in Oklahoma, he served for eight years as the state's representative to the Council for American Private Education (CAPE) in Washington D.C. He also served as president of the Oklahoma Private School Accreditation Commission, as well as president of the Oklahoma Conference of Catholic Schools Accrediting Association.





TULSA BALLET HARDESTY CENTER FOR EDUCATION OPEN.

The Tulsa Ballet Hardesty Center for Dance Education in Broken Arrow is almost complete and enrollment is now open for classes for students age 3 through adult. Classes for both the Hardesty Campus at 14790 W. New Orleans Street, and the Brookside Campus at 1212 E. 45th Place S. will begin in August.

Register at www.tulsaballet.org/classes or call 918.712.LEAP.

continued next page

MAMMA MIA! RETURNS TO TULSA PAC



Romantics, moms and daughters, and ABBA music lovers will all enjoy Benny Andersson and Björn Ulvaeus' Mamma Mia!, a celebration of friends and family. The smash hit musical based on the songs of ABBA, (remember "Dancing Queen" and "Take a Chance on Me"?) returns to the Tulsa Performing Arts Center for a limited engagement of four performances, 11-12.

Seen by over 54 million people around the world, MAMMA MIA!, is celebrating 5,765 performances on Broadway and is the 8th longest running show in Broadway history. The feature film adaptation of MAMMA MIA! is the most successful movie musical of all time grossing $600 million worldwide.

Mamma Mia! is the story of independent, single mother, Donna, who owns a small hotel on an idyllic Greek island. Donna is about to let go of Sophie, the spirited daughter she's raised alone. For Sophie's wedding, Donna has invited her two lifelong best girlfriends from her one-time backing band, Donna and the Dynamos. But Sophie has secretly invited three guests of her own.

On a quest to find the identity of her father to walk her down the aisle, she brings back three men from Donna's past to the Mediterranean paradise they visited 20 years earlier.

Presented by Celebrity Attractions, Mamma Mia! runs June 11-12 at the Tulsa PAC. Tickets may be purchased via phone 918.596.7111, in person at the Tulsa PAC Ticket Office, or online at MyTicketOffice.com.

POSTER WINNERS ANNOUNCED

The annual Don't Bug Me poster contest, sponsored by Hillcrest HeathCare System and the Tulsa Health Department, invites elementary school students to create posters to educate others on ways to prevent the spread of germs from the flu and other communicable diseases.

Area winners were Delaney Carlson, third grader at Hodson Elementary in Owasso, the 1-3 grade winner, and Landon Brown, fifth grader at Thomas Jerfferson Elementary in the Tulsa Union School District, 4-5 grade winner.

Both students won two framed copies of their poster (one for themselves and one for the school) and an Amazon Fire kid's edition tablet.



DELANEY CARLSON, PICTURED WITH KAITLIN SNIDER (LEFT) AND LEANNE STEPHENS (RIGHT) OF THE TULSA HEALTH DEPARTMENT AND GINNY HENSLEY (CENTER) OF HILLCREST HEALTHCARE SYSTEM



LANDON BROWN

C & J SCHOOL UNIFORMS CELEBRATES 20 WITH CUSTOMER APPRECIATION WEEK
CELEBRATE JUNE 6-11, 2016
FONTANA SHOPPING CENTER, 51ST & MEMORIAL
918.610.7470; CJSCHOOLUNIFORMS.COM

C & J has kept things uniform for Tulsa area schools since the store opened in 1996. Having met when their children were young and in uniforms, co-owners Joyce Fuller and Chari Edwards shared the desire of providing affordable, but quality school uniforms. Their desire became a reality and C & J opened its doors in Fontana Shopping Center. Business growth over the past 20 years has required the store to move four times, all within the Fontana complex. Presently, C & J sits facing Memorial Drive next to Lenny's Subs.



Celebrating 20 years in business, they outfit private, public and parochial schools with outstanding customer service. The store is Tulsa's premiere one-stop shop for school uniforms from head to toe. The shelves at C & J are stocked with quality brand merchandise. Garments are made of durable, easy-to-care-for fabric. To ensure a student is appropriately dressed, each school's individual updated dress code is available. In-house alterations are provided for the customer's convenience. The customer will also find unique items such as teddy bears dressed in uniforms, backpacks, headbands and bows, all to match the students' uniforms.

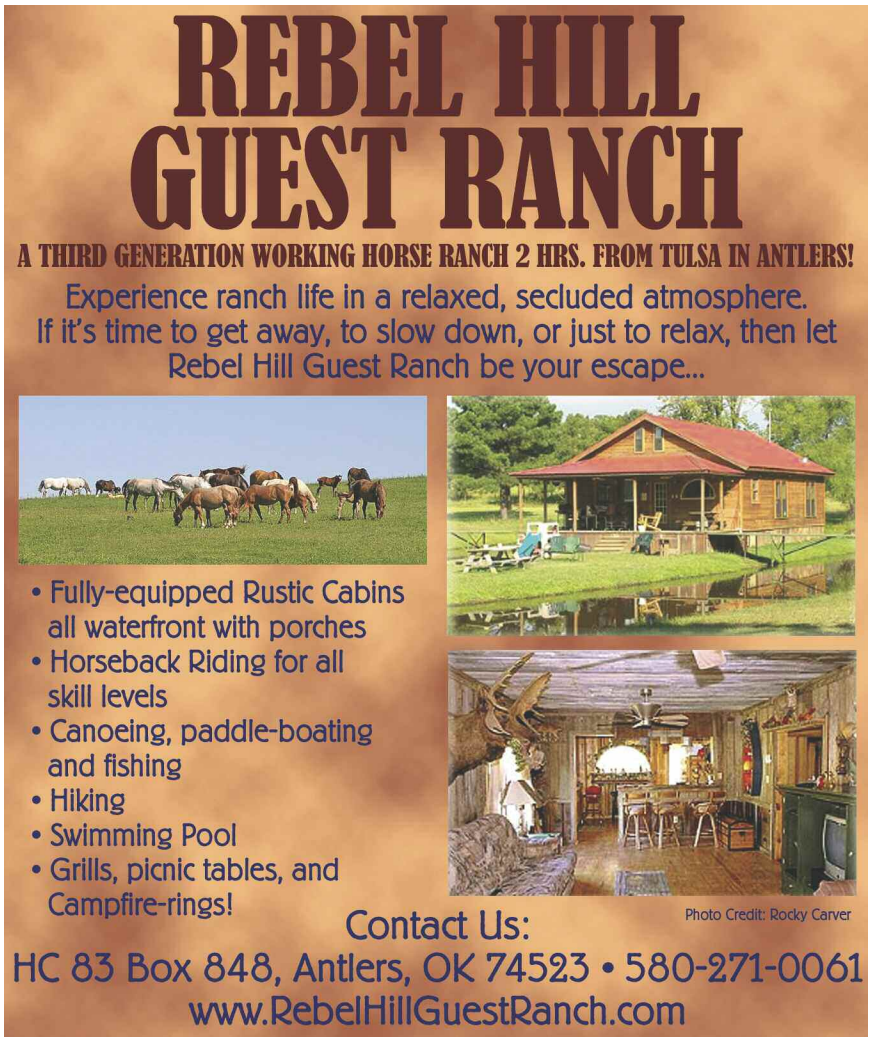
Annually, C & J offers a month-long sale in June to begin the Back to School season. This year, from June 6 through June 11, they are having a customer appreciation week. After years of experience in this industry, Fuller and Edwards recommend parents begin their shopping early in the summer in order to beat the back-to-school rush.

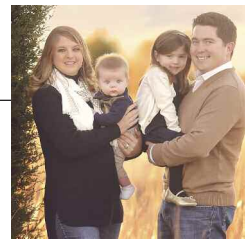
Hours are 10am-6pm Mon. through Thurs. and 10am-4pm on Fri. and Sat., with extended hours in August.

Joyce and Chari want to thank all customers for their trust and confidence in their small local business the past 20 years.


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


• LA SEMANA NEWSPAPER & GUTHRIE GREEN PRESENT •
FESTIVAL Americas
Summer Series 2016
WOMEN 'S EXPO MAY 29
COPA AMERICA KID 'S DAY JUNE 12
FESTIVAL AMERICAS AUG 27
GUTHRIE GREEN PARK
111 E BRADY TULSA OK
• WWW.GUTHRIEGREEN.COM/FESTIVALAMERICAS •


REBEL HILL GUEST RANCH
A THIRD GENERATION WORKING HORSE RANCH 2 HRS. FROM TULSA IN ANTLERS!
Experience ranch life in a relaxed, secluded atmosphere.
If it's time to get away, to slow down, or just to relax, then let Rebel Hill Guest Ranch be your escape...
• Fully-equipped Rustic Cabins all waterfront with porches
• Horseback Riding for all skill levels
• Canoeing, paddle-boating and fishing
• Hiking
• Swimming Pool
• Grills, picnic tables, and Campfire-rings!
Photo Credit: Rocky Carver
Contact Us:
HC 83 Box 848, Antlers, OK 74523 • 580-271-0061
www.RebelHillGuestRanch.com



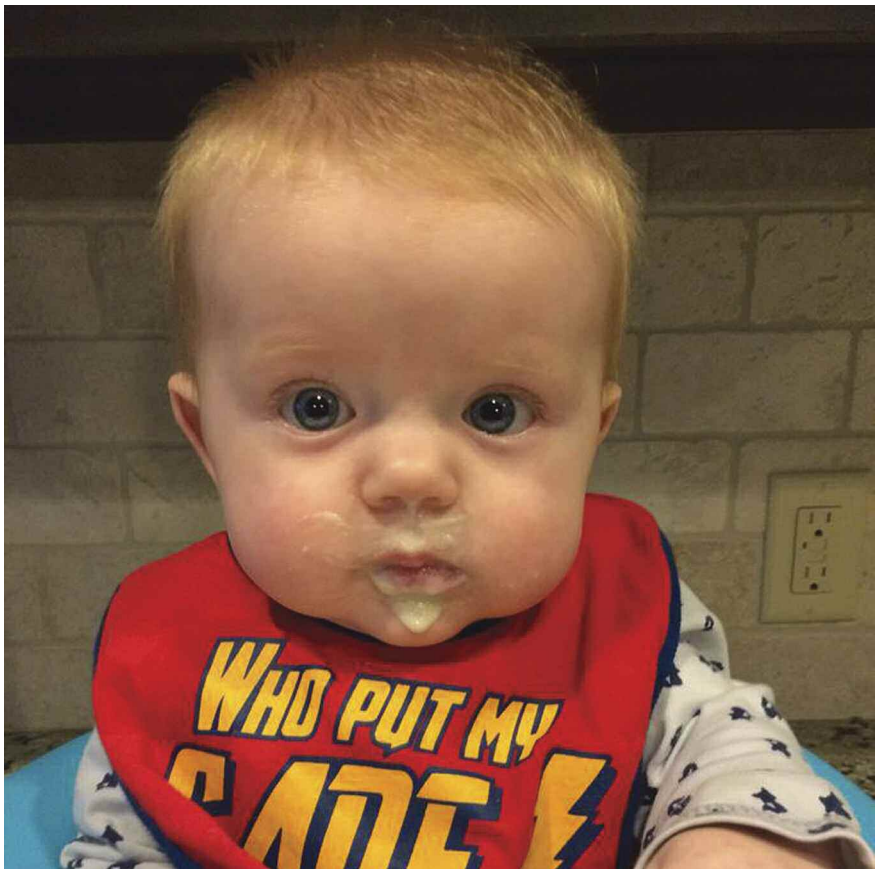
BY KILEY ROBERSON

rice restrictions

For years rice cereal has been a go-to for parents when they start their babies on solid foods. When my son was born just two years ago, I can remember his pediatrician recommending I mix breast milk with a little rice cereal as his first solid. The bland taste and smooth texture was supposed to make it a pretty simple starter food. But now new reports about arsenic in baby rice cereal have raised concerns among parents. So is it safe or are we starting our babies out on the wrong foot?

The U.S. Food and Drug Administration (FDA) says it's time to restrict the rice. The reason brings us to a quick science lesson. First, it's important to know that arsenic is naturally present in water, soil and air, but processes such as mining, manufacturing and pesticide use can increase the level of arsenic in the environment. Arsenic occurs in two forms – organic and inorganic – and many foods and beverages contain some level of arsenic in both forms.

Rice plants are particularly good at absorbing arsenic from the soil, in particular because they grow in a lot of water. Inorganic arsenic is a common ingredient in pesticides and other products used in farming, and can linger in the soil for a long time after it is used. It can be poisonous and in high doses it is lethal, but even small amounts can damage the brain, nerves, blood vessels or skin — and increase the risk of cancer. The Consumer Products Safety Commission (CPSC) issued a report in 2012 that says babies who eat two servings of rice cereal a day could actually double their lifetime cancer risk.



CARTER'S FIRST FOOD.

The FDA has been studying this problem, and has decided to propose a new upper limit, or "action level," for inorganic arsenic in infant rice cereal of 100 parts per billion (ppb), consistent with levels recently set by the European Commission. It's not just the cancer risk that worries the FDA. The agency is also concerned about studies that show babies exposed to inorganic arsenic, including exposures before they are born, have a higher risk of learning problems.

Before we all panic because we've been feeding our children rice cereal, let's take a deep breath and remember that's not all we're feeding them. And, just like many foods, moderation is key. It's not that we need to cut all rice and rice products out of our diet. But we do need to think a bit differently about rice than we did before, especially with young children and pregnant women.

It's also important to note that rice cereal isn't necessarily the best choice for a young child because it has fewer nutrients than other healthy first foods, including pureed meats and vegetables or iron-fortified cereals made from other grains. Rice cereal is also bland, and some experts now recommend starting your baby on flavorful foods right away to discourage picky eating later.

Recommendations for Feeding Infants Rice Cereal

Here is what the FDA and the American Academy of Pediatrics (AAP) suggest:

- Ask your child's doctor for advice about a safe amount of rice cereal to feed your baby.
- While iron-fortified cereals are still a recommended first food for babies at around 6 months of age (babies only need breast milk or formula until 4 to 6 months), rice cereal isn't the only choice and doesn't need to be the first choice. Oat, barley, and mixed-grain cereals can provide iron too.
- It's a good idea for toddlers to eat varied grains as well, not just rice — and for parents to be mindful of the rice (or rice syrup) toddlers may consume in "puffs" and other snacks marketed for them.
- Pregnant women should be sure to vary their diet and eat other grains besides just rice.



Inasmuch Foundation, in celebration of Edith Kinney Gaylord, presents:

matisse
in his time

June 18 to September 18

OKLAHOMA CITY MUSEUM OF ART

415 COUCH DRIVE | OKLAHOMA CITY, OK | (405) 236-3100
FOR TICKETS VISIT: www.okcmoa.com



INASMUCH FOUNDATION

Centre Pompidou

MoMo Mondo Mostre

OKC MOA OKLAHOMA CITY MUSEUM OF ART

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

BY BETTY CASEY

summertime and the livin' is messy

School is out and that means kids are at home, their friends are over more, and the house is feeling the strain. While summer may mean more mess, it also means that you have more leisurely time and daylight to teach children simple tasks to keep the house clean and clutter-free, giving everyone more time to head to the pool or park.

Expert cleaner Amy Bates, owner of Merry Maids in Tulsa, and mom, has some advice that will help involve the kids in keeping things tidy, so the whole family can spend more time having fun.

Start by looking at the ways your family uses your home. Notice where items tend to pile up or create clutter. "Have areas and baskets of your home dedicated to the items that are frequently left by the entrances and exits of your home," Bates said. "If towels tend to be dropped right outside the patio doors leading to the pool, place a basket handy. Hooks for camp bags, bins and baskets for balls and outdoor toys should be handy in the garage. The easier it is to put things away, the more likely things will make it to their keeping areas."

Another smart idea to support tidy interiors is to hang shoe pockets on the bathroom doors. Tuck hair products, hair ties, bows, brushes and other small items that tend to be left strewn on counters into the pockets of the hanger. "Clear pockets make it easy to see what you need," Bates said. "Also in bathrooms, consider hooks instead of towel bars to make it easier to put away towels. My kids were challenged with towel bars in their younger years. Easy storage makes it far easier to avoid stinky towels!"



Labeling clear bins for toys also makes it easier for children to put belongings where they belong. And if you need more storage, Bates suggests looking for unused storage areas. Throw away items you never use and reclaim the space for things you do use.

Children can also help with tidying up the house at the end of the day. "Have the children grab an empty laundry basket and round up their belongings to take back to their room," Bates said. "If you have younger children, consider making it a contest to see who can pick up the fastest! Making it a part of your routine, this is a great habit to carry over throughout the school year."

Bates said that her high traffic areas need vacuuming more than once a week, but other areas can wait for a weekly sweep. Other weekly tasks such as dusting are easier once you have clutter-free surfaces, so staying on top of clutter every day shortens the time spent on once-a-week cleaning.

Because families are usually less rushed during the summer months, Bates suggests that it's a good time to talk to children about expectations for chores so that everyone can work together to keep "the house looking good and feeling manageable" in a short amount of time.

"If you like to have allowances earned (like I do!)," Bates said, "have a chart with a few 'above and beyond' projects like sweeping the garage, mating the unmatched sock pile, etc. that can be done to earn a little extra money."

continued next page



GOOD CHORES FOR ELEMENTARY SCHOOL KIDS

- Loading and unloading the dishwasher
- Cleaning bathroom counters, patio doors
- Picking up their own toys
- Matching socks, sorting laundry
- Setting the table
- Dust mopping wood floors
- Sweeping the porch
- Feeding and walking the dog
- Assist with changing linens, and dusting.

The key is to be patient with children, and to give specifc tasks in small enough areas to make them achievable.

HELPFUL HINTS FOR GETTING KIDS TO CLEAN

- Set clear expectations. Bates says that "pick up your room" can mean a lot of different things to kids.
- Set attainable goals (for example, don't say, "Clean up the whole house before you leave in one hour." Be specific)
- Give immediate tasks to younger children ("Please pick up the toys since you are done playing with them.")
- Assign weekly tasks to older children so they can learn to manage responsibilities and time.



THE TUTORING CENTER

Reading • Writing • Math K-12
One-to-One Instruction

NO CONTRACTS!

CALL TODAY!

TO SCHEDULE YOUR FREE DIAGNOSTIC ASSESSMENT & TEST CONSULTATION!

(918) 455-3276

www.tutoringcenter.com

2044 W Houston St, Broken Arrow, OK 74012

BIXBY SWIM CLUB
BANDITS

Summer Swim Lessons
Sign up Today!

www.TeamUnify.com/okbsc
918-365-2260
BixbySwim@olp.net

LOCKARD AND GRIFFIN
ORTHODONTICS

Call to schedule your complimentary orthodontic consultation.

Dr. Thomas J. Griffin, D.D.S., M.S.
Dr. John T. Lockard, D.D.S., M.S.

Broken Arrow I Tulsa
(918) 455-0976

www.lockardgriffinortho.com

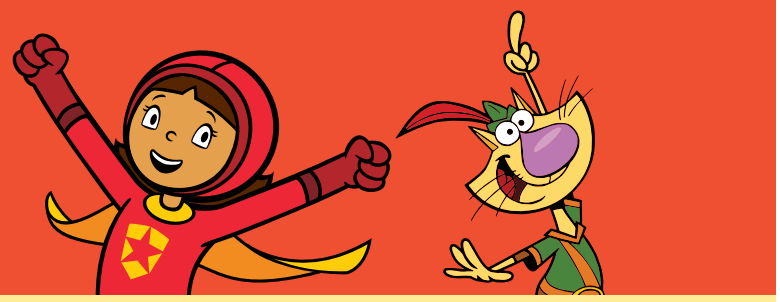
SUMMERFEST

A FREE OETA Family Event

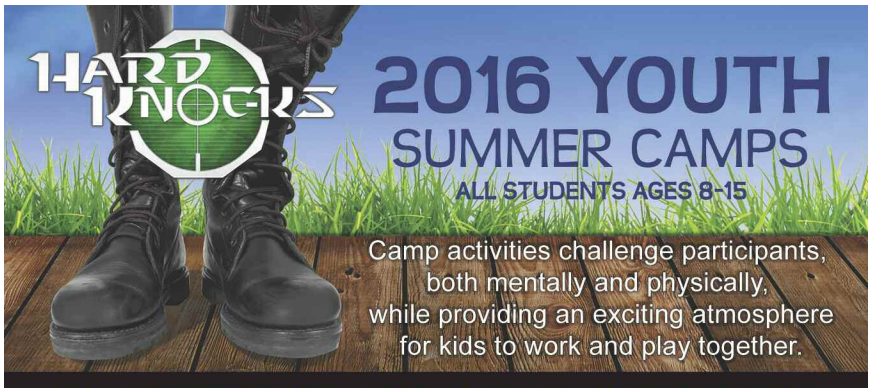
- Family-Friendly Music Festival
- STEM Fair for Parents & Kids
- PBS Kids Characters
  Super Why!, Ready Jet Go, Nature Cat & WordGirl

GREENWOOD CULTURAL CENTER
Saturday, June 4 | 10a-2p

register online at
OETA.tv/education/summerfest



OETA PBS KIDS Ready To Learn



SIX DIFFERENT WEEKS TO CHOOSE FROM

Monday through Friday 9AM – 3PM. Course instruction, unlimited combat, and exclusive locked mission included.

Extended camp option available until 6PM at $20 per student, per day.

Beyond Laser Tag Your Indoor War

6808 S. MEMORIAL DR. • STE 128 • TULSA, OK 74133 • 918-893-5788 • INDOORWAR.COM

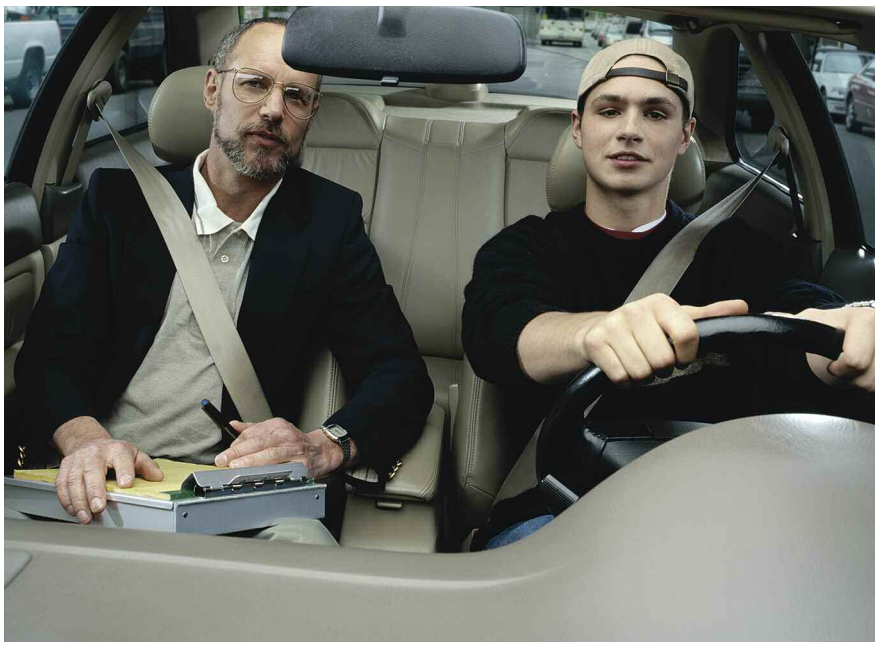
BY JULIE WENGER WATSON

baby you can drive my car…after a driver's ed. course, that is

Palms sweating, hands gripping tightly to the seat and feet stomping an imaginary brake – oh, the horror of teaching your teen to drive. This adolescent rite of passage can strike terror in the heart of many an otherwise fearless parent. However, unless you see your future as one endless chauffeuring gig, it's inevitable your child will eventually need to learn to take the wheel.

In Oklahoma, teenagers between the ages of 15 ½ and 16 can obtain a Learner Permit, allowing them to drive with a licensed driver 21 years of age or older, if they are enrolled in a driver's education course and can pass both a vision test and a written exam. Although Oklahoma doesn't require a driver's education course in order to get a driver's license, or even to get a Learner Permit, once a kid has turned 16, successfully completing a course means significant insurance discounts, and most experts would agree, a better driver.

But what are the options? A public school driver's education course, a commercial driving school, or a "Parent Taught" program are three possible routes.



DRIVER'S EDUCATION PAYS OFF IN SAFETY AND INSURANCE PREMIUMS.

Unlike the "old" days when a driver's education course was part of the free, routine curriculum of the public school system, few, if any, high schools still offer the classes. Locally, Tulsa Public Schools no longer offer a driver's education course. While Union Public School runs two summer sessions for both Union and non-Union district students, the cost is $225, and enrollment is limited. Information on the Union courses can be found at www.unionps.org/drivers-education.

There are a number of commercial driving schools in town. Oklahoma Driving School (ODS) near 31st St. and Sheridan has been in business since 1992. For aspiring young drivers, ODS offers 10 hours of classroom instruction and six hours of drive time with one of its instructors for $380. In addition, for a $40 fee, teens who complete the course can take their driver's test through ODS with an ODS car from an ODS instructor.

ODS owner Robert Cole sees this as an advantage as the school can teach the specific skills necessary to pass the test. "Since we administer the drive test ourselves, we know the value of certain things like a parallel park, or hill park or what fails them like turning into the wrong lane," he explained.

Cole stresses the importance of parental involvement. "One of my pet peeves is parents who don't permit their kids to practice like they should," he said.

Cole offers some advice. "Try to do it on a daily basis. Drive with them for 15 minutes. That may be all that you can tolerate," he laughed. "Fifteen minutes, and get used to that. It's easier to stay focused during that period, too, and kids benefit if they do something every day." For more information on ODS courses, visit www.oklahomadrivingschool.com.

A "Parent Taught" driver's education program is one that is taught through correspondence study and is designed for students to work through at home at their own pace. The Oklahoma Department of Public Safety recognizes a number of approved parent-taught driver education providers. AAA's "Take the Wheel" program is one of them. The cost for AAA members is

continued next page

$94.50 plus tax. Non-members pay $114.50 plus tax for the course materials.

According to Chuck Mai, vice-president of Public Affairs for AAA Oklahoma, the course was a response to the lack of driver's education programs in the public school system. "It's very difficult to find a course, and typically, if one is offered, it's very limited in its capacity to serve," he explained.

While Mai feels commercial schools are also a good option, he said they can be expensive. "Our course enables parents who have a keen interest in safeguarding the lives of their teens to have the tools they need to teach their teens how to drive from scratch."

Whether it's a commercial course, school course or parent-taught program, Mai emphasizes the importance of driver's education. "It's essential in our view," he said. "Just as you wouldn't send a teenager out into the woods on a hunting trip without some gun safety instruction, we feel, likewise, you need to impress upon novice drivers the importance of doing what they can to save their own life behind the wheel. It's a very serious matter."

Mai, like Cole, emphasized the importance of the parental role in this process. "Keep an active interest in your teen's driving education," he advised. "That's really key. If the parents are interested in driving techniques and tricks teens can use to minimize their risks, then everybody comes out a winner."

While it's likely impossible to eliminate all the parental anxiety and worry that comes along with this learning process, certainly a qualified driver's education program can go a long way toward creating safer and more responsible teen drivers.

As a father, Mai is sympathetic. "Having three teens myself, I got through those how-to-drive years without losing any of them, but it was stressful," he recalled. "We all know the dangers that are lurking out there and teens seem to be oblivious to them."

For more information on AAA's course, visit www.ok.aaa.com. For more information on obtaining an Oklahoma Learner Permit and Driver License, visit www.dps.state.ok.us/dls.

Oklahoma has a Graduated Driver License (GDL), meaning that driving privileges for new teen drivers ages 15-18 are gradually phased in as they gain experience. To see a complete chart, visit www.dps.state.ok.us/dls

Highlights include:

15-year-olds may drive while receiving instruction from and accompanied by a certified driver instructor.

15 ½ year-olds may obtain a Learner Permit, must be receiving instruction or have completed it, must have passed a written driving exam and vision exam and must be accompanied by a licensed driver 21 or older. Without driver education, Learner must be at least 16.

Intermediate License: Must have had a Learner Permit for at least 6 months, no traffic convictions on driving record, must have passed a driving skills exam and must have had at least 50 hrs (10 at night) of driving training from a licensed driver who is at least 21 and been licensed for two years. If driving unaccompanied, driver may only drive between 5 a.m. – 10 p.m. unless for activities related to school, church or work. Intermediate driver may only have 1 passenger. (see chart of complete details)

Unrestricted License: Must have an Intermediate License for at least 6 months with not traffic convictions OR must be at least 18, and have passed driving and vision exams. If the driver has not had driver education, driver must have had an Intermediate License for at least 1 year.



soccer city TULSA

tulsakids family favorites WINNER 2016

SUMMER LIL' KICKERS START THE FIRST WEEK OF JUNE!

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



SeekingSitters®

Easy, Safe Sitting Solutions

Allie Mcv., *Sitter of the Month*

Allie Mcv. is one of SeekingSitters Certified Professional Sitters - a title that is highly regarded and respected by our clients and company. She has numerous customer compliments and shows professionalism on all sitting events.

We Do All The Work For You!™

- On-Line Convenience & Reliability
- Local & Personal Customer Service
- All Sitters Over 18 Years Old
- CPR and First Aid Certified Sitters
- All Sitters Pass In-Depth Background

Our Sitters Don't Just Sit!™



Tulsa Metro 918.749.3588

www.SeekingSitters.com

CAMP RAVEN



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

Pre-School–12th Grade

Summer Camp

May 24–August 12

RIVERFIELD COUNTRY DAY SCHOOL

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

FOOTPRINTS Dance Studio

Classical Ballet - Pointe - Lyrical - Tap - Jazz - Hip Hop

Contemporary - Creative Movement Ages 3 - Pre-Professional

Now Enrolling!

Summer Sessions 6/13 - 6/30, 7/5 - 7/25

Fall Classes Begin 8/11



(918) 845-6988

10125-B South Sheridan

www.footprintsdancestudio.com





KUMON®



©2016 Kumon North America, Inc. All Rights Reserved.

Give your child an academic advantage!

Kumon helps accelerate your child's math and reading skills — from as young as age 3 all the way through high school.

SCHEDULE A PARENT ORIENTATION TODAY!

FOR AGES 3+

Kumon Math & Reading Centers of

TULSA - SOUTH CENTRAL • 918-254-5437
61st and Memorial
kumon.com/tulsa-south-central

BROKEN ARROW • 918-251-5384
81st and Aspen (145th)
kumon.com/broken-arrow

TULSA - SOUTH • 918-523-6284
91st and Yale
kumon.com/tulsa-south

TULSA - MIDTOWN • 918-292-8417
Utica Square
kumon.com/tulsa-midtown

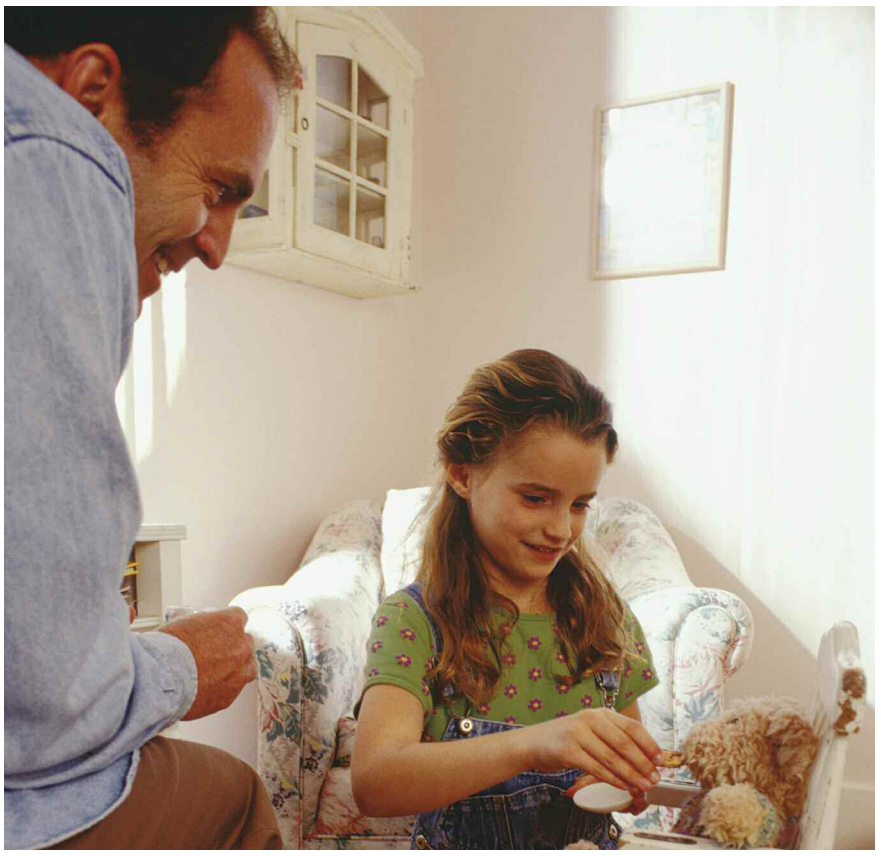
BY DIANE MORROW KONDOS

5 tips for visitations and transitions

When my children were in elementary school, they spent every other weekend with their father. They always had a great time with their dad, and I, quite honestly, needed the occasional break from solo parenting. It was the Sunday evening transition back home that was difficult.

As much as I looked forward to the solitary weekend, I also missed them and anxiously awaited their return on Sunday afternoons. In the beginning, I would have a big meal ready as soon as they arrived and eagerly pepper them with questions about their weekend. I soon realized my enthusiasm was overwhelming them. They needed some transition time to go from one home with one set of rules and organization back to their full-time home that had a different structure.

Peter Favaro, in his book *Smart Parenting During and After Divorce*, discusses creating two homes for the child. "The keys to this are cooperation, sharing of parental responsibilities, a common set of disciplinary rules, and civilized behavior between the parents," he writes. Few divorces are this ideal, but there are some key points that are important in making moving between homes easier for the children.



1. Speak positively about the other parent and the upcoming visit so the child doesn't feel guilty about going to the other home. Some children feel reluctant about leaving the other parent behind and you may need to reassure them you will be fine.

2. Try to have similar rules and routines at both homes. Of course, there will be some differences but, if possible, the parents should communicate and attempt to keep fairly similar bedtimes, discipline and expectations.

3. If at all feasible, have a space at both homes that children can feel is "theirs," where they can keep special items, a stuffed animal, a special blanket, picture of the other parent, whatever tangible item provides a sense of security.

4. Attempt to keep a sense of continuity, such as going to the children's extracurricular activities, school and church functions. This means the children's schedules need to be posted and followed at both homes. Essential phone numbers such as pediatrician, babysitters, friends, grandparents, etc., should be shared by both parents.

5. Keep the lines of communication open between parents and also between parents and children. Children should feel like they have "open access" to both parents. It will help them adjust to weekend visits if they've talked to the non-custodial parent frequently between visits. They should also be able to talk to the other parent when they are away from them.

Although you may not be able to control what happens at your ex's house, you can alter your behavior to make transitions easier for your children. I reluctantly realized I had to forego the enthusiastic interrogation routine and provide a quieter, less stressful period of adjustment for my children. We began a Sunday night tradition of grilled cheese sandwiches and soup in front of the television that helped ease them back into home and routine. Be sensitive to your child's emotions and be willing to adapt your actions to make the transitions and visitations a positive experience.

fresh baked

SWEETS & SAVORIES
katy's pantry
- COMFORT FOOD -
ESTABLISHED 1978



better than the real thing

sugar cookies
in many shapes
other sweets & savories

the farm shopping center | tulsa, ok | (918) 270-2685
heritage hills shopping center | enid, ok | (580) 233-1304

making your kitchen obsolete for over 35 years

Your Birthday Headquarters!

Learning Express Toys of Tulsa is your one-stop shop for birthday gifts!

- Birthday Box Gift Registry
- FREE Gift Wrapping
- Awesome Party Favors



The Learning Express Birthday BOX
What will YOU wish for?

Easy as 1-2-3

Learning Express Toys
...Always the perfect toy

The Vineyard on Memorial • 108th & Memorial (in front of Lifetime Fitness) • 918-970-6999

KIDSBOWLFREE™

REGISTER YOUR CHILD FOR A SUMMER FUN Bowling Pass

2 FREE GAMES OF BOWLING A DAY ALL SUMMER!

Sign Up Now
IT'S FREE...IT'S EASY!

1. Decide which location is best for you
2. Go to:
   www.kidsbowlfree.com/brokenarrow
   OR
   www.kidsbowlfree.com/andybs
3. Receive the FREE bowling passes every week by email
4. Come and enjoy bowling ALL SUMMER!

ANDY B's
Family Entertainment Center
8711 South Lewis
www.andybtulsa.com
TULSA
918 / 299-9494

Broken Arrow LANES
4701 South Elm Place
www.brokenarrowlanes.com
918 / 455-4616

FINDING FUN



OKLAHOMA AQUARIUM®

okaquarium.org | (918) 296-FISH



CONLEY BOLUSKY HELD HER NINTH BIRTHDAY PARTY AT IRON GATE.

BY NIKKI CYTER SACK

BIRTHDAY PARTIES THAT GIVE BACK

Birthday parties are the stuff of childhood memories. Cake. Ice cream. Friends. Games. And presents -- better known as STUFF.

Stuff stuff and more stuff. It's a trend many Tulsa area parents are starting to buck as "no gifts please" becomes a common addendum to invitations.

And, though young children's birthday celebrations now often do not include piles of presents, the motives behind parents' inclinations to skip the toy mountain are heading in a decidedly more altruistic direction.

For Bharti Madaboosi, area mom of 5-year-old Arnav, the concern is environmentally based. "I discourage using all [these] plastic toys and wrapping paper and non-recyclable stuff that goes along with that," she notes. For the first time ever, in recognition of her concerns, this year the family decided to host Arnav's birthday at a local miniature golf complex as a "gift free" celebration. They later decided to give guests the option of donating to the Tulsa Heart Walk in which the family was already planning to participate.

Emily Bolusky, who has long been a supporter of Iron Gate, introduced the idea of doing a party at Iron Gate well before her daughter Conley's ninth birthday. Conley independently circled back and embraced the concept of assembling kids packs (bags full of snack foods for children of Iron Gate clients). Party attendees were asked to bring components of the packs (drink boxes, snack crackers and the like) in lieu of gifts and, to be respectful, the party was held when no clients were present at the facility. Calling it their family's "best birthday party,"

Bolusky was delighted at the enthusiasm and participation of the children invited as well as their parents. "We had cake and drinks," she said, "but the kids were so into putting the packs together...the cake and other things were nothing to them."

Much like the trend of "paying it forward," a huge benefit of giving-back birthdays is that they can be contagious in the very best way. Bolusky was the first to celebrate a birthday at the Iron Gate facility, and she inspired her friends to follow her lead.

After attending Conley's party, Sam Galoob decided to celebrate his ninth birthday in a similar way, assembling Iron Gate kids packs at an off-site location. Party guests managed to assemble over 200 kids packs during the party - and to enjoy cake,

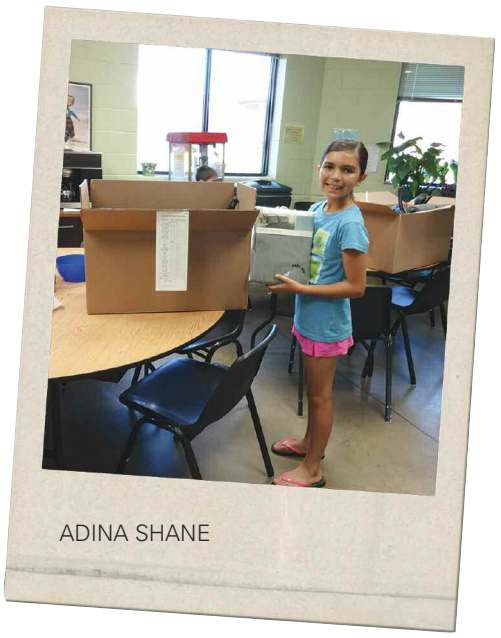
>



CONLEY'S PARTY

treats and playtime together.

Another one of Conley's friends, Adina Shane, was inspired to use her 10th birthday party as a way to give back - though in a slightly different manner. Having previously worked on a service project for the Tulsa Day Center for the Home-



ADINA SHANE

less, Shane decided that instead of gifts she and her parents would create "housewarming baskets" to give to the Center's clients. Her mom, Cheryl, helped her create a SignUp Genius page listing all the needed components to assemble three such baskets. Guests were asked to bring items such as mugs or blankets instead of a present. The party, held at the Shane's home, focused on playing outside and eating cake. Only at the party's end did a few friends stick around to help put the baskets together.

Don't think it's just overeager parents who are excited about the prospect of using a child's birthday as a way to give back. More often than not, it's the kids themselves broaching the subject first.

"All the other years, I had just regular stuff for ME," Sam Galoob said. "It was kind of selfish and I wanted to give back to people who didn't have that much."

Adina Shane's mom noted that it was Adina who initially approached her and her husband — and they then helped guide her to an appropriate project.

But really, aren't kids even the teeniest bit whiny that their party lacks the traditional gifts from friends? "I already had enough presents from my family," Sam said with profound maturity.

Emily Bolusky said that Conley was promised a personal present from her parents so that the birthday would not be completely devoid of presents. And Adina Shane says she wound up getting a handful of gifts from close friends and family anyway.

Parents suggest that the best way to safeguard against birthday gift regret is to actually discuss it with your child in advance. After Madaboosi told her son Arnav that there would be no gifts from friends and why, he responded, "let me think about it" and, after taking a day, independently came back and said, "yes, I want to do this."

After raising $75 for the Tulsa Heart Walk, Madaboosi pointed out to him, "If you had gotten toys, you would play with them for a week maximum, but look what a difference you've now made!"

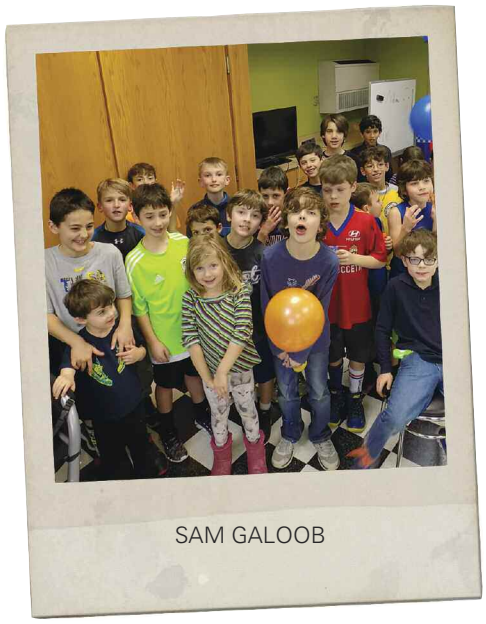
How to start the conversation? Firstly, give your child credit for being a mature and observant citizen of the world.

"I truly believe kids are naturally, inherently compassionate," said Meghann Ray, director of communications at Iron Gate. "The value of doing a structured giving program is that they learn how to channel their compassion...and meaningfully give back."

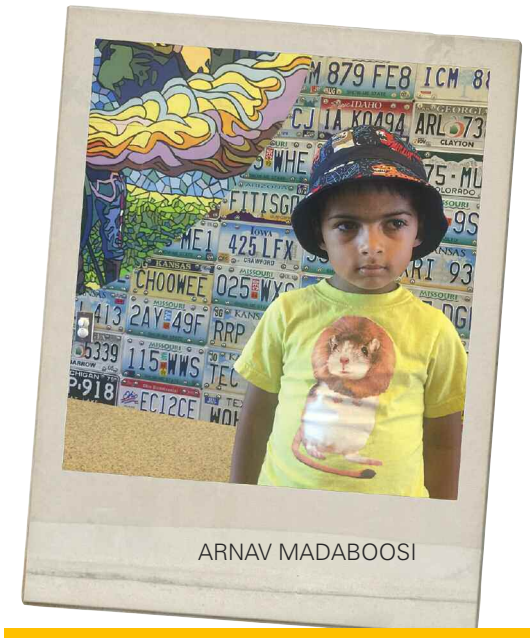
Cheryl Shane suggested that if your child has already attended a party with a giving-back component, ask him how he would feel about doing a community service birthday party. Or, point out that "we tend to get so much stuff; too many things sometimes. What do you think we could do [about that]?"

All four families have nothing but positive feelings and rave reviews from guests following their first experiences with giving-back birthdays. When asked if they'd do it again, all chorused with a resounding "YES!"

But Sam perhaps summed up the experience best, saying, "You can give back to people who don't have that much and then the world will be a better place." Indeed it will.



SAM GALOOB



ARNAV MADABOOSI

OTHER IDEAS FOR GIVING-BACK BIRTHDAYS:

- Even if your child is not ready or willing to completely give up gifts from guests, think of a small, inexpensive and specific item that you can collect from your guests (in addition to presents) to help others, like socks, suggests Meghann Ray, communications director at Iron Gate, a Tulsa nonprofit that feeds the hungry. A pair of socks can cost less than a dollar and make a huge difference to someone in the winter. The same with jars of peanut butter.
- Do a park cleanup as part of your birthday party activity, suggests Adina Shane, age 10. Have your friends help clean up trash and then play on the playground and have cake!
- Collect needed items for Emergency Infant Services, either new or gently used, says area mom Emily Bolusky.
- Giving back doesn't have to focus on the kids' party, notes Ray. Start a family tradition of doing some type of service as a way to celebrate turning another year older.
- Don't make every year a giving-back birthday party, says Bolusky. Sometimes kids need a birthday party to just be about them. And that's OK.
- Stuck for what to do? When in doubt, call an organization your family is interested in and ask them for an appropriate way to help. Make volunteering and service your own, says Ray.

THE LATEST IN CARE FOR OUR NEWEST PATIENTS.

Caring for children with the latest medical knowledge is one of the best parts of what we do at OU Physicians-Tulsa. Our pediatricians and other specialists are here for you and your family.

Accepting new patients and most insurance.
Call 918-619-4400

Physicians-Tulsa
THE UNIVERSITY OF OKLAHOMA

Guided by Knowledge. Driven by Care.



Sarah Passmore, D.O., *Pediatrics*

OU MEDICAL EXCELLENCE | PRIMARY AND MULTI-SPECIALTY CARE | 300+ PHYSICIANS | NATIONALLY RECOGNIZED PATIENT-CENTERED CARE

Schusterman Center Clinic, 4444 E. 41st St. ▪ Wayman Tisdale Specialty Health Clinic, 591 E. 36th St. N. ▪ Family Medicine Clinic, 1111 S. St. Louis Ave. ▪ Surgical Specialists Clinic, 1919 S. Wheeling ▪ Downtown Clinic at Williams Center, 2 E. 1st St.

OUPhysiciansTulsa.com

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

HUNGER-FREE SUMMER



Feed twice the children with your gift this summer.

62% of Oklahoma children rely on breakfast and lunch while at school. Summer break means less food for children and more challenges for families.

Your donation to the Community Food Bank of Eastern Oklahoma will be matched, thanks to the generosity of

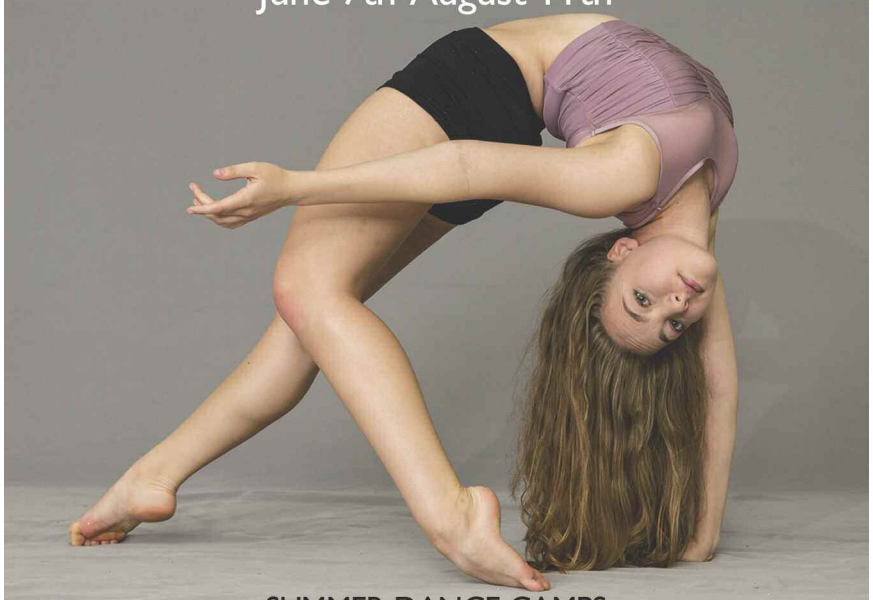
The Helmerich Trust.

To learn more or to make a donation, visit okfoodbank.org or call 918-585-2800

Fighting Hunger, Feeding Hope
FOOD BANK
Community **FOOD BANK** of Eastern Oklahoma
www.okfoodbank.org

ENROLL ONLINE NOW!

SUMMER DANCE CLASSES
June 7th-August 11th



SUMMER DANCE CAMPS
BROADWAY CAMPS (3-18yr): June 13th-16th
BALLET CAMPS (9-18yr) : June 20th-23rd
PRINCESS & PIRATE CAMPS (3-5yr) : July 11th-14th
CONTEMPORARY CAMPS (6-18yr) : July 11th-14th

INFINITY
DANCE ACADEMY

918.286.6962 • 81st & Memorial • www.infinitydancetulsa.com



BUILD WITH TOY BRICKS
EXHIBIT
May 7 - September 11

CHICKASAW
CULTURAL CENTER
35 ADVENTURE ROAD

www.CHICKASAWCULTURALCENTER.com
SULPHUR, OKLAHOMA | 580.622.7130

GILCREASE MUSEUM SUMMER TOUR PROGRAM



A CELEBRATION OF
Native American Cultures

June 7 – July 28, Tuesday and Thursday mornings
10:30-11:45 a.m. • Free, but reservations are required.

Children ages 4-10 will experience Native American culture through art, drama, dance, games, stories and legends. Our activities educate as well as engage the imagination. There is a maximum of 50 children per session. Admission is free, but reservations are required. Please call today to schedule your preferred date.

For reservations, please contact Donna Gainey, tour coordinator at 918-596-2782, or e-mail donna-gainey@utulsa.edu.

GILCREASE MUSEUM
Thomas Gilcrease Institute of American History and Art
TU is an EEO/AA institution.

GILCREASE.ORG



BY NATALIE MIKLES

PHOTO BY ELIZABETH DYER

teach the kids to cook

Some of the dinners I cooked in my teens are now family folklore.

There was the inedible meatloaf, the enchiladas so filled with jalapenos they set your mouth on fire, the chocolate cake made without sugar.

I was reminded of this when one of my daughters came to me, disappointed the bread dough she baked didn't resemble anything close to bread. I told her it's those mistakes that will make her a better cook.

At ages 7 and 5, my kids' kitchen duty is pretty limited, though they're great with using the mixer, cutting the stems off strawberries and setting the table.

But I hope they'll be able to make simple meals by the time they're in their early teens. Middle school is a perfect time to give kids some added responsibility in the kitchen. At this age, they have the ability to make easy meals. It's a great confidence booster for the kids, but also a huge help for moms and dads.

My friend, Heather Miller, a mom of three and high school English teacher, has taught her kids to make simple dinners. Her kids, 15-year-old JD, 11-year-old Ashton and 9-year-old Avery have a few meals they can make without any help from mom or dad – scrambled eggs, pancakes, pasta salad and macaroni and cheese.

Heather said the kids help with lots of other things, like chopping vegetables and stirring. One of their favorites to help with is banana pudding.



HEATHER MILLER COOKS WITH HER CHILDREN (L-R) AVERY, JD AND ASHTON.

"Ashton and Avery can follow directions and make things from scratch," Heather said. "JD can do that too, but he has no patience for it and will choose eating beef jerky rather than making anything himself."

I know a lot of moms can relate to that. We know what our kids are capable of, and it's our job to nudge them in the right direction. Middle schoolers may roll their eyes now, but they'll be happy when they're out of the house and their cooking abilities go way beyond ramen noodles.

Here are recipes simple enough to hand over to your middle schooler. Take the night off from cooking, and be sure to give a little praise to your new cook.

OK, so this recipe from Real Simple is a bit of a "duh," but it's great for giving a little confidence to new cooks. It's easy enough that even young kids can make it. And, it gets bonus points for feeding the vegetarians in the family.

Pinto Bean and Cheese Tacos

- 15-ounce can pinto beans, rinsed
- 3/4 cup mild salsa
- 1 heart of romaine
- 8 taco shells
- 1 cup shredded cheddar

In a small microwave-proof bowl, combine the beans and ½ cup of the salsa. Microwave on high until hot, 1 to 2 minutes.

Tear the lettuce into bite-size pieces.

Divide the taco shells among 4 plates. Divide the bean mixture among the taco shells, and top with the lettuce, cheddar, and remaining ¼ cup of salsa.

My kids like this Southern Living recipe that's a cross between pizza and chicken parm.

Chicken Parmesan Pizza

- 1 (10-ounce) package frozen garlic bread loaf
- 1/2 cup canned pizza sauce
- 6 deli fried chicken strips
- 1 cup shredded Italian three-cheese blend
- 2 tablespoons chopped fresh basil

Preheat oven to 400 degrees. Arrange garlic bread, buttered sides up, on a baking sheet.

Bake for 8 to 9 minutes or until bread is lightly browned. Spread pizza sauce over garlic bread.

Cut chicken strips into 1/2-inch pieces, and arrange over pizza sauce. Sprinkle with cheese and basil.

Bake at 400 degrees for 8 to 10 minutes or until cheese melts. Serve immediately.

Here's a recipe for a slightly more experienced teen cook. Pulling the chicken off the bones of a store-bought rotisserie

continued next page

chicken is a good job for kids and teens. Teach them they can use that chicken for lots of quick meals such as chicken nachos, chicken spaghetti and chicken salad.

Southwest Rice Bowl

- 1 rotisserie chicken
- 1 teaspoon kosher salt
- 1 teaspoon ground cumin
- 1/4 teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 1 tablespoon olive oil
- 1 medium poblano pepper, seeds removed and chopped
- 1/4 cup finely chopped red onion
- 1 cup fresh or frozen corn kernels
- 2 garlic cloves, minced
- 3 tablespoons chopped fresh cilantro
- Juice from 1 lime
- 4 cups cooked rice (For kids, the microwaveable bags of rice are a good option.)

Remove meat from bones of rotisserie chicken. Cut or tear into bite-size pieces. Sprinkle with salt, cumin, black pepper and cayenne pepper. Warm in a saute pan or microwave.

Pour olive oil in a saute pan. Cook poblano pepper and onions until tender, about 4 minutes. Add corn and garlic, and cook 1 minute. You don't want to overcook the garlic. Remove from heat, and stir in cilantro and lime juice.

To serve, divide cooked rice among four bowl. Top with chicken and pepper and onion mixture. Garnish with more cilantro, tortilla strips, cheese or avocado.

And for dessert… Parents may need to help with the food processor, but kids can do the rest. Save this one for Oklahoma-grown watermelon in July and August.

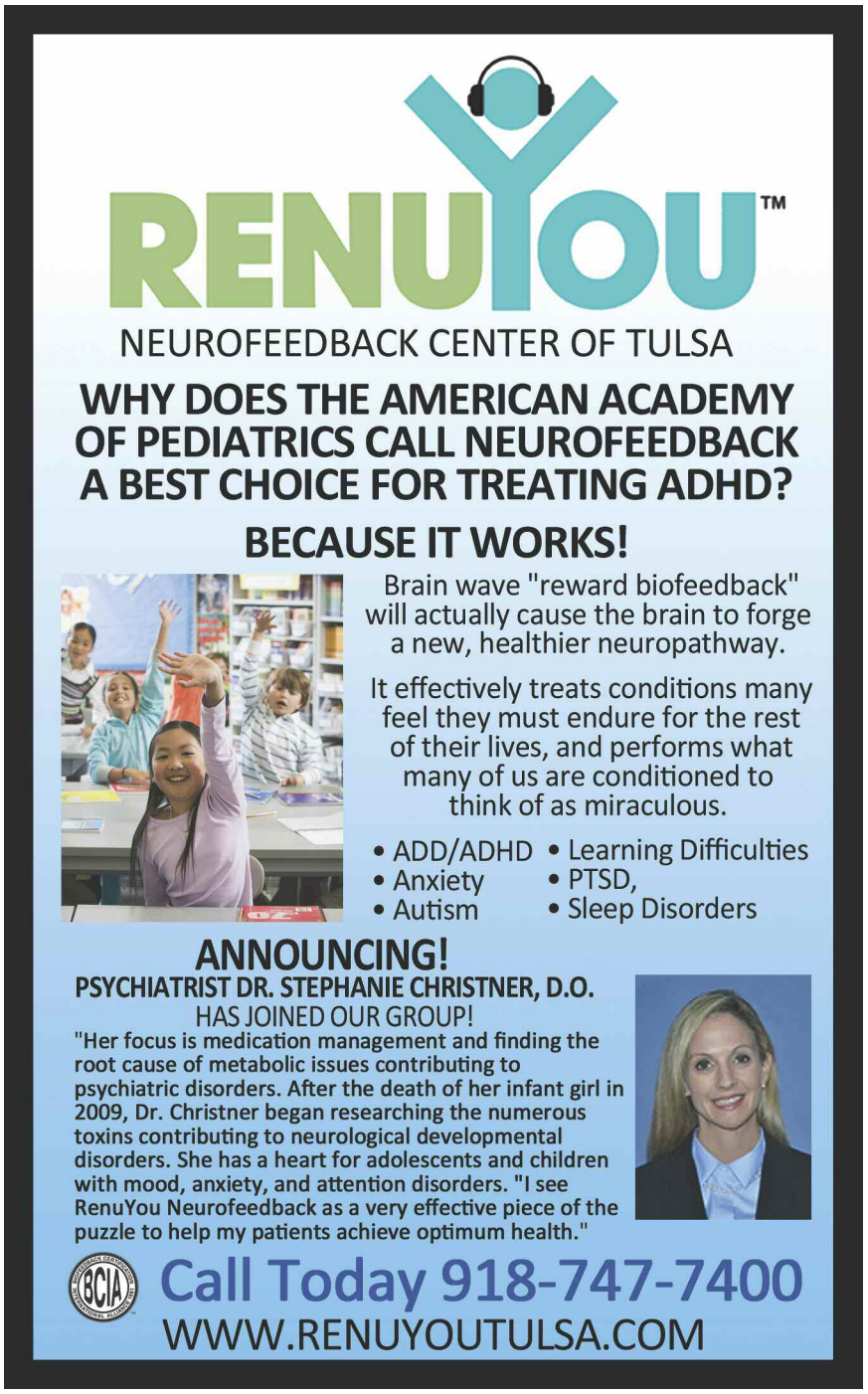
Watermelon Granita

- 5 cups watermelon chunks (peeled and seeded)
- 1/2 cup plus 2 tablespoons sugar
- 2 tablespoons fresh lime juice

Place the watermelon chunks in the bowl of a blender or a food processor. Blend on high until very smooth.

Pour the puree into a mixing bowl, and add the sugar and lime juice. Stir until the sugar is completely dissolved, about 2 to 3 minutes. Transfer the bowl to the freezer, and freeze for 30 minutes.

Remove the bowl from the freezer and use a fork to scrape any ice crystals from the sides of the bowl. Stir to incorporate the crystals. Repeat this scraping procedure every 30 minutes or until the consistency is snowy when scraped with a fork or spoon, at least 4 hours. Then scoop into bowls or dessert glasses. This makes 6 to 8 servings.







Making A Difference, One Smile At A Time.

We love kids - and it shows. Our entire staff is dedicated to providing the very best dental experience for your child. By focusing on prevention, wellness and gentle treatment options, we offer comprehensive dental care in a fun, kid-friendly environment. From infants, children, teens and those with special health care needs, On The Cusp is a safe and supportive dental home for your family.

Call today to schedule a new patient appointment.

918.921.7747 | onthecuspdds.com |

103rd & Memorial, Next to Hideaway Pizza

Dr. Ryan Roberts , DDS MS | Dr. Ashley Orynich, DMD, MPA, MS | Dr. Paul Bonner, DDS



on the cusp PEDIATRIC DENTISTRY

merry maids
Relax. It's Done.®

tulsakids family favorites WINNER 2016

Thank you Tulsa

for selecting us as the "Best Cleaning Service"!

Merry Maids Tulsa | 5656 S Mingo Road | Tulsa, OK 74146
918.250.7318



MHPS
CELEBRATING 60
est. 1954
Tulsa's Best Kept Secret for Over 60 Years!

3-5 year-old programs
K-5th Grade
small class sizes
4849 So. Mingo • 918-622-2327
www.misshelens.com

Thanks, TulsaKids Readers, for Voting Us A 2016 Family Favorite!

Come See Us For All Your "Back-to-School" Eyecare Needs

Harrel. eyecare

Visit One of our 3 Convenient Locations:

Midtown:
4520 S Harvard Ave. #135
918.745.9662

Downtown:
111 So. Lewis Ave.
918.582.2020

South:
8010 S. 101st E. Ave.
918.252.7342

www.harreleyecare.com



tulsakids family favorites FINALIST 2016



RIVER TRAIL ANIMAL HOSPITAL & PET LODGE

Where Pets Go to Stay & Play!
Pet Lodge • Veterinary Hospital
• Grooming • Training

• 101st and Riverside / www.RiverTrailAnimalHospital.com
• 126th & South Memorial Drive • (918) 728-7494



Paula Monroe DVM, Angela Reiss DVM,
Roddy Roberts DVM,
Beka Heinz DVM, Ron Hooley DVM

Brain Balance™
ACHIEVEMENT CENTERS

This summer, give your child the tools to SHINE



HELPING YOUR CHILD AGED 4-17

Bring Light to Your Child's Struggle

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 addresses:

- Lack of Focus
- Impulsiveness
- Tantrums
- Trouble Making Friemds
- Family Relationships Social Skills
- Academic, Social or Behavioral Issues

FREE CONSULTATION 1-800-877-5500
VISIT 6022 S. Yale Ave.
CALL 918-488-8991
LEARN MORE brainbalancecenters.com

RHEMA Child Development Center

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



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

WHERE YOUR CHILD IS MORE THAN A NUMBER!

Janell Whitby school of music

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



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

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

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

BY NANCY A. MOORE

PHOTO CREDIT: OH SNAP! PHOTOGRAPHY

Kelly Forbes: passion for education



Despite the recent budget cuts, Tulsa Public Schools (TPS) does an amazing job of educating so many of our young people and, in my opinion, it is because of the people who work for TPS who make it that way. One such person is Kelly Forbes, principal of Zarrow International School, a TPS Spanish immersion elementary school. Known as "Sr. Kellito" by the students and staff, his positive leadership, direct communication -- including giving out his cellphone number to parents – and open-door policy have made the school an outstanding place to be. My son, a fifth-grade student at ZIS, has witnessed, first-hand, how contagious his positive energy and enthusiasm are for all those around him.

TK: What is your background?

KF: I grew up in Tulsa and graduated from Metro Christian Academy. After graduating, I went to Oklahoma City University and majored in Spanish. I knew I loved the Spanish culture from going on numerous study abroad trips during high school and college. Right out of college, I got a job with Royal Caribbean Cruise lines singing and dancing. It was a great way for me to travel all over the world, meet different people and experience various cultures.

TK: How did you become interested in becoming an educator?

KF: I got a job in Oklahoma City as a permanent substitute teaching Spanish. I never intended to be in education, but I fell in love with it after being a substitute. From there, I worked on earning my teaching certification and applied for full-time teaching positions. I became the teacher for English Language Learners who were newcomers to the U.S.; the background of those students varied from seven different countries and eight different languages. During that time, I took advantage of grants available for people interested in earning a Master's Degree in Bilingual Education/TESOL (Teaching English to Speakers of Other Languages).

TK: How did you become interested in learning Spanish as a second language?

KF: When I was at Metro Christian Academy, I really loved my Spanish teacher, Sra. Adkins. She really opened my eyes to the Spanish language and culture. I love everything Latino – the food, culture and the people. Nobody else in my family speaks Spanish.

TK: What appealed to you about taking your current position?

continued next page

KF: When I worked as the Title III Director of Crooked Oak Public Schools, I worked with the Intercultural Development Research Association (IDRA) in San Antonio who provided a grant through the government in helping make education equitable for the English Language Learners. During that time, I realized that I wanted to be a principal of a bilingual school. I wanted to work closely with students in second language acquisition and I couldn't do that as a director as much as I had desired. I needed to do that as a principal. This is a dream job for me.

TK: What are three words that describe you?

KF: Passionate, excited and relationship-oriented.

TK: What is your favorite part of your job?

KF: Being with the kids. Also, sometimes doing what kids don't expect. One day, the kids saw me riding a tricycle in the hallway. Working with this group of teachers is also fun. Being able to have fun with them, like going to Zumba classes together, as well as knowing them on a professional level has been great. I sometimes get chills hearing our teachers interact and collaborate on ways to help our students.

TK: What do you find most challenging?

KF: Truly trying to be all things to all people all the time and realizing I can't because it's impossible.

TK: What do you find most rewarding?

KF: Seeing those "ah-ha" moments for the teachers and kids — those "I get it" moments. Student learning – that is the only reason why we're all here. Oh, and also hugs and high-fives are the best.

TK: Why do you feel it is important to share your cell number with the parents at Zarrow?

KF: I've always done that. Going back to Newcomer English Language Learners, I wanted to make it easy for them and their parents to access me if they had any questions that came up in general or about school. Also, transparency is very important to me, and so is direct communication. I want parents to have access to me. Nobody has ever abused it, and I think it makes it easier for parents to contact me directly.

TK: How do you think the recent budget cuts will affect ZIS?

KF: I'm going to remain very optimistic about the ways that Zarrow will continue to provide for our kids. Also, I continue to advocate for our community and stakeholders to vote for our schools, to vote for our teachers and, most importantly, to vote for our children. They are our future.

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

KF: I love Zumba and Salsa dancing. I also love my Chihuahuas, Mijo and Corazón. Being with my friends and/or family on a patio grilling is always wonderful. I also love to go on cruises with my grandparents, and do any sort of traveling.

WRAP-UP with Sr. Kellito:

KF: Working on a cruise ship and traveling the world was a journey, but being in education is also a journey. Working with students and teachers from all over the world is enriching. I continue to enjoy the diversity in culture and language of our students and teachers at Zarrow. I believe that it is through our diversity that we achieve greatness. And I must thank all of the families and students for their support, and give my biggest gratitude to the wonderful educators who give their hearts, time and money every day to make ZIS the wonderful school that it is. If you ever just need a moment to stop and feel good about life, walk into one classroom and see what we have going on here. It'll make you smile from the inside out!





BY KILEY ROBERSON

Disney Dreaming

REAL MOM TIPS FOR TAKING THE FAMILY TO DISNEY WORLD



For many families, the idea of a Disney World vacation is either dreamy or dreaded. The planning alone can be overwhelming and the budgeting is almost a joke. In fact, the Huffington Post released an article on exactly how much it costs to visit the "Happiest Place on Earth" and found that a family of four will typically spend nearly $4,000 on travel, accommodations and park admission to visit the house of mouse. The article also found that the average family spent almost nine months planning their Disney vacation.

So everyone clearly thought I was crazy this winter when my little family of four decided to plan a trip to Disney with one month to spare. The timing was brought about by a work conference my husband was attending in Orlando, and since I had never been to Disney before, I couldn't help myself. Granted we have two young children, 4-years and 20-months, whom people felt constantly obligated to tell me were too young for Disney. But I wasn't hearing it. I was determined to make this trip the exciting and magical adventure I had always dreamed about as a child. Honestly, I was way more excited than my children, and I'm completely okay admitting that.

With very little time to spare, I hit the web for tips and tricks geared toward the perfect Disney vacation. Pinterest is full of ways to save money, where to stay and the best restaurants at each park. I made notes and then got busy booking. Surprisingly, I found that planning was quite easy thanks to Disney's online system. So if you're thinking of taking a trip to visit Disney's Orlando parks in the near future, here's a page out of my newbie planning guide.

Stay on site: Yes, it can sometimes be a bit more pricy…but it's totally worth it. I know from pure experience. We stayed at the Art of Animation for three nights and then moved to my husband's conference hotel for three more nights. Since the Art of Animation Resort is a value resort, it was actually cheaper than the off-Disney hotel and much nicer. Staying at a Disney hotel also means free transportation to and from all the parks and super nice staff or "cast members" as they are called. The other hotel we stayed at was a well-known chain and while they did offer a free shuttle to the parks, they only offered it once per day and you had to leave on their schedule and couldn't stay to watch the fireworks or parades. So be careful if another hotel offers free transportation. I can't say it enough, stay at a Disney property.

Go in the off season: We went at the end of January and beginning of February. The lines

continued next page



were short, the weather was perfect and we had a great time. I highly recommend checking Disney's online crowd calendar before planning your trip if you can. If not, just prepare yourself for extra wait times.

Pack snacks: We've heard mixed reviews on the Disney dining plan. Some people love it and others don't. We didn't do the dining plan. We decided to book big character breakfasts first thing in the mornings and then packed snacks in a backpack for the rest of the day. It's just too difficult to stop in the middle of the day to sit down for an hour and eat, so quick snacks like apples, PB&Js and carrot sticks were perfect for my crew.

Character meals: Do these! Yes, they are expensive so plan them well. Try to book a character breakfast before the park opens. These breakfasts are buffet style and you'll get to go into the park before anyone else. We got great pictures of the castle and the kids without hundreds of strangers in the background this way. The character meals are also great because you can meet all the big characters and princesses without having to wait in line forever to see them. The kids can get autographs and you can snap photos and then chow down on delicious Mickey waffles! They are worth it.

Bring items from home: I knew the prices at Disney would be high, so I did a little research before we left and ordered several things to take with us. I bought the kids light-up toys for the nighttime electric parade and fireworks shows from Amazon for $5 each. I also bought an autograph book at Target for $2 before the trip. My daughter did the princess makeover at the Bibbidi Bobbdi Boutique and we brought her princess dress from home instead of buying one there. The kids didn't know the difference and were just as excited about everything.

Read up on rides: Make sure you do a little research on the rides before you go. There's nothing as sad as seeing a child wait in line for a ride to find out they're too short or worse – it's super scary. So take the time to know before you go.

Be positive: You're going to Disney, not the Bahamas. This is not going to be a relaxing, sitting by the beach kind of trip. This is a high-energy, busy all day vacation. But it doesn't have to be stressful. Just take your time. Know that you're not going to see everything and be okay with that. And when you're exhausted and tired of hearing screaming kids all around you, just take a look at the pure, innocent joy streaming out of your little one. Because there is nothing that beats the fuzzy feeling you get while watching your little boy rub noses with Piglet or your daughter gasp in amazement at Cinderella's castle. So smile and make sure you try Disney's famous Dole Whip…with rum!

Dig in before this offer's gone!



Get a FREE Dining Plan

when you purchase a non-discounted **5-night/6-day *Walt Disney Travel Company*** package that includes a room at a select *Walt Disney World* Resort hotel and ticket with *Park Hopper*® or *Water Park Fun & More* Option.

For arrivals most nights
August 23–October 1, 2016
November 15–November 21, 2016
November 26–November 28, 2016
and December 10–December 21, 2016

Book Through July 8, 2016

When you stay at a select Disney Moderate Resort, Disney Deluxe Resort or Disney Deluxe Villa Resort, you get the Disney Dining Plan with a variety of delicious dining options! When you stay at a select Disney Value Resort, you get the Disney Quick-Service Dining Plan that allows you to enjoy a quick bite!

Walt Disney World®

The number of rooms allocated for this offer is limited. Tickets and options must be used within 14 days of first use. Cannot be combined with any other discount or promotion. Advance reservations required. Offer excludes campsites, 3-bedroom villas, *Disney's Art of Animation* Resort–*The Little Mermaid* Standard Rooms and the Bungalows at *Disney's Polynesian* Villas & Bungalows. Dining plan excludes gratuities and alcoholic beverages. Children ages 3–9 must order from children's menu, if available. Some Table-Service restaurants may have limited or no availability at time of package purchase.
Walt Disney Travel Company CST# 1022229-50 ©Disney RTSWDW-16-49200

Contact us today!

AAA Travel

Call your AAA Travel professional
at (855) 721-2992
or visit us online
at AAA.com/Disney

Authorized Disney Vacation Planner

Put AAA's many years of travel experience to work for you! Call today to learn how we can make your Disney vacation a little more magical.



We hand assemble your custom selection of fresh entrées, package, label and freeze them and have them ready on your schedule. Our entrées – such as Orange Ginger Salmon, Honey Mustard Chicken and Beef Enchilada Bake – provide great meals at a great price and make more time for you. Reclaim the family dinner table and sit down together for a convenient, nutritious and tasty meal tonight!

Dinner's at 6
4652 W. Houston St.
(81st & Garnett)
(918) 249-9102
www.dinnersat6.com



Kids 17 & under:
ALWAYS FREE

Philbrook
Tuesday–Sunday
10 a.m.–5 p.m.
Thursday open until 8 p.m.

2727 S. Rockford Rd.
Tulsa, OK 74114

Philbrook Downtown
Wednesday–Saturday
11 a.m.–6 p.m.
Sunday, Noon–5 p.m.

116 E. M.B. Brady St.
Tulsa, OK 74103

Philbrook

SECOND STAR ON THE RIGHT TRAVEL
Second Star on the Right Travel agency is full service.
Let us research, plan and book your travels.
Any reason, anywhere.
Terri Williams ✦ 918.277.2094
Chelsea Williams 918.277.2220



Independent Agents of Dugan's Travel

traveling.right@gmail.com
www.facebook.com/travelingright
Find us on f

Christian Montessori Academy
Summer Camp 2016
Unleash Your Inner Artist!

Elements of Art
Famous Artists
Mixed Media
Projects Galore!

June 1st—July 29th
daily, weekly,
monthly options
Ages 3—12



Our summer camp incorporates geometry concepts, science, history, and language arts skills into the art theme for a fun, educational experience.

Spend your summer learning with us!

www.montessorilearning.org
3702 S 90th East Ave • Tulsa
918.628.6524

Brook Fine Arts 918-491-6011

1st TIME EVER... AGES 4, 5 & 6
PUPPET CAMP
June 1, 2 & 3

June 27, 28 & 29
Fairy Tales Camp

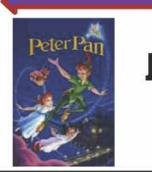

JUNE 6-10
Grades 2-8


JUNE 13-18
All Grades perform together @ JENKS!


JUNE 20-24
Grades 2-8




JULY 11-16
Directed by: Michael Fling
Grades 7-12



JULY 18-22
Grades 2-8

81st & Harvard · www.brookfinearts.com

TULSA CAMPAIGN TO PREVENT TEEN PREGNANCY
it's OK to talk about it.

Contact the Campaign info@tulsacampaign.org for a free "Let's Talk Tips for Parents"



tulsacampaign.org • facebook.com/preventteenpregnancyok

JUNE



Lucky Diaz & the Family Jam Band will be performing at multiple locations this summer as part of the Tulsa City-County Library's Summer Reading Program. For more, go to www.tulsakids.com/concerts.

1 | WEDNESDAY

Tommy Terrific's Magical Superheroes {FREE}
With the help of a Magician's Comic Book, kids will guide Tommy Terrific through a fun, interactive, magical adventure! Along the way, kids will discover how books can inspire their own imagination and make their favorite superheroes come to life. Location: Ancestral Hall; For ages 12 and younger.
Rudisill Regional Library, 1520 N. Hartford at 10 a.m.
Hardesty Regional Library, 8316 E 93rd St.; 1:30 p.m.

Dino O'Dell and the Heroes From Outer Space {FREE} Scientists, astronauts and space aliens save the day in this outer-space adventure. Galileo, Sir Isaac Newton and Neil Armstrong tell their stories. Dig it!
Helmerich Library, 5131 E. 91st St.; 10:30 a.m.
Kendall-Whittier Library, 21 S. Lewis; 1 p.m.

Cartooning/Illustration Workshop With Morgan Taylor {FREE}
Morgan Taylor guides students through a step-by-
(continued)

(continued) step character-building project focused around his Yellowgold DVD/CD series. For ages 5 and older. Charles Page Library, 551 E. Fourth St.; 10:30 a.m.

Basket Guild at Oxley {FREE}
Join a basket-making class for all levels. Experiment with different techniques and materials. Ages 13 to adult. Registration is required. Oxley Nature Center, 6700 Mohawk Blvd.; 6 p.m.

2 | THURSDAY

Parachute Play and Sidewalk Art
Join in to celebrate summer reading on the lawn at Helmerich Library. Kids will be invited to try out parachute play, sidewalk chalk art and end with a few good stories. Bring a blanket and snacks. For all ages. Helmerich Library, 5131 E. 91st St.; 10:15 a.m.

Tommy Terrific's Magical Superheroes {FREE}
See previous description.
Brookside Library, 1207 E 45th Pl,; 10:30 a.m.
Broken Arrow/ South, 3600 S Chestnut Ave.; 2 p.m.

F&CS Baby Care Class {FREE}
In this three-week class, expecting parents and parents of newborns learn how to respond to infant needs and create a healthy and nurturing environment. Begins June 2 at 6 p.m. To register, call 918.560.1114.

3 | FRIDAY

Mini Masters: Fun with Printmaking
Kids will enjoy the galleries of Gilcrease as they begin their journey into printmaking. Explore different cultures, time periods and artistic styles that will inspire your own interpretation through many different techniques of printmaking, like block printing, mono prints and potato printing.
For ages 3-6, who must be accompanied by an adult. Space is limited and advanced registration is required: 918.596.2774. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 10 a.m.

Tommy Terrific's Magical Superheroes {FREE} See previous description.
Skiatook Library, 316 E. Rogers;
11 a.m.

Please Touch the Art {FREE}
This summer, visitors are invited to break the rules of traditional art exhibits at the unique "Please Touch the Art" exhibition at the Center for Creativity. The exhibition opens with a reception Friday, June 3, from 5 to 9 p.m. in conjunction with the Brady District First Friday Art Crawl. Thomas K. McKeon Center for Creativity, 910 S. Boston Ave. The exhibition will be on display through July 30.

First Friday Art Crawl {FREE}
This year-round monthly event features all of the galleries, studios and museums as well as the part-time galleries in the Brady District opening their doors to show art; 6-9 p.m.



OETA/ PBS KidsFest is flying into town Saturday, June 4. Find more on festivals page.

4 | SATURDAY

Historic All-Black Town Tour
Between 1865 and 1915, approximately 50 years after the Civil War, there were at least 60 Black Towns settled in the nation. With more than 20, Oklahoma led all other states. With help from the Five Civilized Tribes, Freedmen from the South settled the all Black Towns of Oklahoma. Most of these towns were established by African-Americans for African-Americans on land that was formerly held by one of the Five Civilized Tribes. In each town, the history of the town and their part in Oklahoma history is told by local historians and citizens. Non-refundable Tour Tickets are $45. Go to www.tulsalibrary.org for more information.

Saturday Morning Birding at Oxley {FREE}
Bring your binoculars for a morning bird watch at Oxley. For all ages. Registration is not required. 6700 Mohawk Blvd.; 8 a.m.

Save the Bees! {FREE}
Join Alan Larson and learn about honeybees and beekeeping as a hobby. Discuss the importance of bees in our lives, as well as ways we can protect the bees and their food sources. Bixby Library, 20 E Breckenridge; 10:30 a.m.

17th Annual Beach Bash {FREE}
Kick off summer with Tulsa Parks! You're invited to enjoy fun pool activities, games, inflatables and more at this annual event. Reed Pool, 4233 S Yukon Ave; 1 p.m.

Summer Reading Program Kickoff Party
{FREE} On your mark ... get set ... blast off to a galaxy far, far away, to celebrate the beginning of the Summer Reading Program with a "Star Wars" extravaganza, featuring games, crafts, snacks and possibly some special guests. For all ages. Glenpool Library, 730 E. 141st St.; 1 p.m. Zarrow Regional Library, 2224 W 51st St.; 2 p.m.

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

5 | SUNDAY

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

6 | MONDAY

Sticks and Stones {FREE}
Kids on the Block from the Parent Child Center of Tulsa will present a puppet show on what to do in bullying situations, particularly if someone is name calling. Pratt Library, 3219 S. 113th W Ave.; 1 p.m.

Balloons, Juggling and Fun With Dustin Reudelhuber {FREE}
Clown around with juggling and much more. Dustin's performance is always a really exciting treat as you never know what to expect! Owasso Library, 103 W. Broadway; 1 p.m.

Summer Fun at the Library {FREE}
Join in for fun crafts. For ages 6-16. Kendall-Whittier Library, 21 S. Lewis; 2:15 p.m.

Summer Reading Program Kickoff Party
See previous description.
Jenks Library, 523 W. B St.; 4 p.m.

7 | TUESDAY

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

Paul Mesner Puppets Present Anansi the Spider {FREE}
Join Paul Mesner Puppets for this lively telling of four classic folk tales from Africa and the Caribbean. All these humorous stories feature a trickster spider that sometimes gets tricked himself. For ages 5-12. Hardesty Regional Library, 8316 E 93rd St.; 11 a.m.

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. Broken Arrow Library, 300 W. Broadway; 1 p.m.

Balloons, Juggling and Fun With Dustin Reudelhuber {FREE}
See previous description.
Zarrow Regional Library, 2224 W. 51st St.; 2 p.m.
Brookside Library, 1207 E 45th Pl.; 4 p.m.

Summer Reading Program Kickoff: Opening Games {FREE}
On your mark, get set ... READ! Celebrate the 2016 Summer Reading Program with crafts, games and a variety of fun activities. For ages 5-12. Herman and Kate Kaiser Library, 5202 S Hudson Ave Suite B.; 2 p.m.

Paul Mesner Puppets Present Anansi the Spider {FREE}
See previous description.
Hardesty Regional Library, 8316 E 93rd St.; 2 p.m.

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

Compass, Calendar, Clock at the Jenks Planetarium
Understanding how our planet is aligned with the distant stars allows anyone to use the sky as a compass, a calendar and a clock. Come learn how to use the sky yourself! The target audience age for Compass, Calendar, Clock is 10 years to adult. Jenks Planetarium, 105 E. B St.; 7 p.m.

8 | WEDNESDAY

Balloons, Juggling and Fun With Dustin Reudelhuber {FREE}
See previous description.
Rudisill Regional Library, 1520 N. Hartford; 10 a.m.

Tulsa Children's Museum Presents Slime
Children will learn the states of matter and create a Non-Newtonian substance (slime). They will explore the texture, elasticity and consistency of their slime by conducting a series of tests. Charles Page Library, 551 E. Fourth St.; 10:30 a.m.

Weather Whys {FREE}
Do you have some "whys" about the weather? KJRH 2 Works for You Chief Meteorologist Brett Anthony will explain the "whys" with a series of experiments. For ages 5-11. Pratt Library, 3219 S. 113th W. Ave.; 11 a.m.

***Driller's Home Game @ noon**

Tulsa Children's Museum Presents the Science of Triangles {FREE}
Students will explore the use of shapes in architecture, while discovering the strength triangles provide for structures. Using spaghetti and mini marshmallows, students will create their own structure. Recommended for preschoolers through first-graders. Kendall-Whittier Library, 21 S. Lewis; 1 p.m.

Ninja Olympics {FREE}
Pepare for the 2016 Summer Games ... ninja style! For ages 5-12. Librarium, 1110 S. Denver; 1:30 p.m.

Sticks and Stones {FREE}
See previous description.
Hardesty Regional Library, 8316 E 93rd St. 1:30 p.m.

9 | THURSDAY

Tulsa Children's Museum Presents Slime
{FREE} See previous description.
Martin Regional Library, 2601 S Garnett Rd.; 1 p.m.

Tulsa Children's Museum Presents the Science of Triangles {FREE} See previous description.
Schusterman-Benson Library, 3333 E 32nd Pl.; 2 pm.

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

Focus on Family: Surviving High Conflict
During this two-session, interactive, web-based course, you'll learn how to handle high conflict situations with your co-parent and develop new skills. For more information, call 918.560.1114. Family and Children Services, 650 S. Peoria; 6 p.m.

***Driller's Home Game @ 7 p.m.**

10 | FRIDAY

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

Sleep with the Sharks at the OK Aquarium
Ever wonder what it would be like to snooze alongside sharks? Enjoy a dive show, scavenger hunt, flashlight tour and movie, then spend the night alongside the exhibits. Pre-registration is required: okaquarium.org.

***Driller's Home Game @ 7 p.m.**

11 | SATURDAY

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

Leave it to Beavers - Nature's Engineers
Explore the world of the beaver, take a walk to the marsh to find signs of Oxley beaver activity, then make your own beaver lodge to take home. This event is for older elementary ages and older. Registration is required. Oxley Nature Center, 6700 Mohawk Blvd.; 10:30 a.m.

12 | SUNDAY

Amazing Family Magic Show by Steve Lancaster
Master Magician Steve Lancaster conjures up fun and exciting illusions with so many surprise endings, you will wonder, "How did he do that?" It's a magical experience for children and adults alike. Tulsa Performing Arts Center, 110 E 2nd St.; 2 p.m. www.tulsapac.com

13 | MONDAY

American Indian Dances and Storytelling With Mike and Lisa Pahsetopah {FREE}
See previous description.
Pratt Library, 3219 S. 113th W Ave.; 1 p.m.

Sticks and Stones
See previous description.
Bixby Library, 20 E Breckenridge Ave.; 1:30 p.m.

14 | TUESDAY

Balloons, Juggling and Fun With Dustin Reudelhuber {FREE}
See previous description.
Herman and Kate Kaiser Library, 5202 S Hudson Ave Suite B; 10:30 a.m.
Collinsville Library, 1223 Main; 2 p.m.

My House Has Stars
Based on the book by the same name, this story introduces both houses and stars from places and cultures all over the planet. The target audience age for My House Has Stars is ages 3 to adult. Jenks Planetarium, 105 E. B St.; 11 a.m. and 7 p.m. www.jenkscommunityed.com



JAM ON!

The Tulsa City-County Library's Summer Reading Program has some amazing concerts lined up. Find them all at www.tulsakids.com/concerts.

American Indian Dances and Storytelling With Mike and Lisa Pahsetopah {FREE}
See previous description.
Judy Z. Kishner Library, 10150 N. Cincinnati Ave. E.; 2 p.m.

15 | WEDNESDAY

Children's LEGO Build-Off Competition
Bring your LEGOS and assemble an original creation based on the theme "On Your Mark, Get Set ... READ!" You will have one hour to build from start to finish. For children in grades 1-5. Herman and Kate Kaiser Library, 5202 S Hudson Ave Suite B; 2 p.m.

Tulsa Toy Depot Anniversary {FREE}
Celebrate the Tulsa Toy Depot's 1st anniversary with inflatables, games, crafts, treats and more. 10114 S Sheridan Rd., 10 a.m. - 2 p.m.

16 | THURSDAY

American Indian Storytelling by Will Hill {FREE}
Will Hill will present native stories, songs and dance about wellness. Audience participation is encouraged. For ages 4-11. Judy Z. Kishner Library, 10150 N. Cincinnati Ave. E.; 1 p.m.

My House Has Stars
See previous description, 11 a.m. and 7 p.m.

17 | FRIDAY

World's Largest Swim Lesson
Tulsa Parks is teaming up to help prevent childhood drowning and you're invited to join in! This will be the seventh year to set a NEW Guinness World Record. Registration begins at 9:15 a.m. Tulsa Parks Pools: Reed, Lacy and Whiteside. For more information, go to www.tulsaparks.org.

Mini Masters
See previous description, 10 a.m.

WALTZ on the Wild Side
Join the zoo to WALTZ Into the Tropics during the 26th year of this annual event. The zoo will transform into an island adventure, complete with tiki torches, palm trees, and vintage tropical prints. WALTZ on the Wild Side is a 21-and-up event. Individual tickets for WALTZ start at $125 for Tulsa Zoo Friends members and $150 for not-yet-members. tulsazoo.org

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

18 | SATURDAY

Butterfly Walk at Oxley {FREE}
All ages are invited to join the Oxley staff for a butterfly walk. Registration is not required. Oxley Nature Center, 6700 Mohawk Blvd.; 9:30 a.m.

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

Harriet Tubman: Voices of the Past {FREE}
History comes alive as Dorothy Dillard portrays escaped slave and abolitionist Harriet Tubman, who led dozens of enslaved families to safety via the Underground Railroad. For adults and teens. Herman and Kate Kaiser Library, 5202 S Hudson Ave Suite B; 2 p.m.

Daddy-Daughter Dance at Chandler Park
Bring your little ladies out for an evening of dancing, desserts, games, door prizes and a photo souvenir. Dress down or dress up! Tickets sold in advance ($7/person): 918.591.6053. Chandler Park 6500 W. 21st St.; 6-9 p.m.



FESTIVALS

Tulsa Tough takes over the Brady District (and beyond) June 10-12. Find out more at www.tulsakids.com/festivals.

19 | SUNDAY

Happy Father's Day!

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

20 | MONDAY

Tulsa Children's Museum Presents Slime
See previous description.
Bixby Library, 20 E Breckenridge Ave.; 1:30 p.m.

Summer Fun at the Library
Join in for fun crafts. For ages 6-16.
Kendall-Whittier Library, 21 S. Lewis; 2:15 p.m.

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

21 | TUESDAY

Tulsa Children's Museum Presents Slime {FREE}
See previous description.
Herman and Kate Kaiser Library, 5202 S Hudson Ave Suite B; 10:30 a.m.

American Indian Dances and Storytelling With Mike and Lisa Pahsetopah {FREE}
See previous description.
Zarrow Regional Library, 2224 W. 51st St.; 2 p.m.

Tulsa Children's Museum Presents Kaleidoscopes {FREE}
Students will explore how light waves interact and reflect. Students will build a working kaleidoscope from recyclable materials. Recommended for grades 1-3.
Judy Z. Kishner Library, 10150 N. Cincinnati Ave. E.; 2:30 p.m.
Brookside Library, 1207 E 45th Pl.; 4 p.m.

Kids Cooking Classes at the Health Zone
Your young chef is invited to the Health Zone's kitchen to learn how to make some easy and fun recipes. Kids cooking classes are held on the third Tuesday and Thursday of each month from 5:30 p.m. to 6:15 p.m. in the demonstration kitchen inside Health Zone at Saint Francis.
To register, call 918.494.8263.

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

22 | WEDNESDAY

On Your Mark, Get Set, Zumba! {FREE}
Children will get up and get moving with Zumba. Wear comfortable clothes. Have a fun time moving to some Latin beats. For ages 5-12.
Rudisill Regional Library, 1520 N. Hartford; 10 a.m.

Balloons, Juggling and Fun With Dustin Reudelhuber {FREE}
See previous description.
Charles Page Library, 551 E. Fourth St.;10:30 a.m.

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

Minecraft Night {FREE}
Defeat zombies and survive in a world of your own making! For ages 10-18. Martin Regional Library 2601 S. Garnett Rd.; 6 p.m. Limited class size.

23 | THURSDAY

Balloons, Juggling and Fun With Dustin Reudelhuber {FREE}
See previous description.
Martin Regional Library, 2601 S. Garnett Rd.; 1 p.m.

LEGO Lab {FREE}
They will supply the LEGOS and you supply the creativity. For ages 5-10. Owasso Library, 103 W Broadway St.; 2 p.m.

Sticks and Stoness {FREE}
See previous description.
Schusterman-Benson Library, 3333 E. 32nd Pl.; 2 p.m.

Fear in the Brain and Body {FREE}
Laureate Institute for Brain Research, a scientific research institute that focuses on discovering brain-based technologies to improve mental health, is presenting a free lecture series. Justin Feinstein, Ph.D. will present "Fear in the Brain and Body." The lecture is free and open to the public. Laureate Conference Center, 6644 S. Yale Ave.; 6-8 p.m. For more information, call 918.502.5180 or visit facebook.com/LIBResearch.

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

24 | FRIDAY

Kids Dig Books: Immigrants - Travelers to a New Landh {FREE}
See previous description, 10 a.m.

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

25 | SATURDAY

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

O'Brien Park Friends & Family Fun Fest {FREE}
This festival brings together friends and families in an activity-packed day, including face painting, arts & crafts, bouncy house, cake walk, bingo, fishing, sports and free lunch. For all ages. O'Brien Park 6149 N Lewis Ave.; 11 a.m. - 3 p.m.

The Center Polo Classic
The Center Polo Classic is a unique fundraising event centered around Polo the "Sport of Kings", featuring fast-paced action of thoroughbred horses, divot stomping, champagne and side-line socializing. Mohawk Park, 5701 E. 36th Street North. For details and ticket information, go to www.tulsacenterpoloclassic.org.

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



STORYTIMES

Bixby Library
- PAWS for Reading: Monday, June 6 • 1:30-2:30 p.m.

Broken Arrow Library
- Wednesday, June 8 • 4-5 p.m.

Broken Arrow Library/South (3600 S. Chestnut, Broken Arrow)
- My First Storytime: Wednesdays, June 1, 8, 15, 22, 29 • 10:30-11 a.m.
- PAWS for Reading: Friday, June 17 • 3:30-4:30 p.m.

Brookside Library (1207 E 45th Pl.)
- PAWS for Reading: Friday, June 17 • 3:30-4:30 p.m.

Herman and Kate Kaiser (5202 S. Hudson Ave., Suite B, Tulsa)
- PAWS for Reading: Wednesdays, June 8, 22 • 3:30-5 p.m.

Librarium (1110 S. Denver Ave., Tulsa)
- Bilingual Storytime / Cuentos Bilingües: Tuesday, June 21 • 11-11:45 a.m.
- Family Storytime: Tuesday, June 7 • 11-11:45 a.m.

Nathan Hale (6038 E. 23rd St., Tulsa)
- Mrs. Cindy's Storytime: Thursdays, June 2, 9, 16, 23, 30 • 10:30-11 a.m.
- PAWS for Reading: Saturday, June 25 • 2-3 p.m.

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

Storytime on the Green (Guthrie Green, 111 E. Brady)
- Wednesdays at 10:30 a.m.

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

Zarrow Regional Library (2224 W 51st St., Tulsa)
- PAWS for Reading: Saturday, June 11 • 2-3 p.m.

26 | SUNDAY

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

27 | MONDAY

Sticks and Stoness {FREE}
See previous description.
Owasso Library, 103 W Broadway St.; 1:30 p.m.

Balloons, Juggling and Fun With Dustin Reudelhuber {FREE}
See previous description. Bixby Library
20 E Breckenridge Ave.; 1:30 p.m.

28 | TUESDAY

American Indian Dances and Storytelling With Mike and Lisa Pahsetopah {FREE}
See previous description.
Herman and Kate Kaiser Library, 5202 S Hudson Ave Suite B; 10:30 a.m.

Animals of the Sky at the Jenks Planetarium
A young girl, Delphina, finds herself in an unfortunate incident and gets helps from the unexpected Animals of the Sky. Come experience her story and discover how the stars can be connected to create real life animals! The target audience is 3 to 10 years. Jenks Planetarium, 105 E. B St.; 1 p.m.

Magic Safety Show at Whiteside Pool
Join in for FREE safety days this summer!
Whiteside Pool, 4009 South Pittsburg Ave.; 2:30 p.m.

LEGO Club {FREE}
Work on your own creation or build as a team. The library will provide the LEGOS, you provide the imagination. Zarrow Regional Library,
2224 W. 51st St.; 6 p.m.

29 | WEDNESDAY

Balloons, Juggling and Fun With Dustin Reudelhuber {FREE}
See previous description.
Kendall-Whittier Library, 21 S. Lewis.; 1 p.m.

Build-a-Car! {FREE}
Build a balloon car out of recycled materials and then see whose car wins. This program is geared toward younger guests but all are welcome.
Charles Page Library, 551 E. Fourth St. 11 a.m.

Tulsa Children's Museum Presents Slime
{FREE} See previous description.
Nathan Hale Library, 6038 E. 23rd St.; 2 p.m.

30 | THURSDAY

American Indian Dances and Storytelling With Mike and Lisa Pahsetopah {FREE}
See previous description.
Martin Regional Library, 2601 S. Garnett Rd.; 1 p.m.

Weather Whys {FREE}
See previous description.
Broken Arrow Library, 300 W. Broadway; 1 p.m.

On Your Mark, Get Set, Build! {FREE}
Bring your LEGOS and assemble an original creation based on the theme "On Your Mark, Get Set, Read!" For ages 5-10. Schusterman-Benson Library, 3333 E. 32nd Place; 2-3 p.m.

ON-GOING

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

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

Fitness on the Green: Yoga
Bring your own mat! As always, class is FREE. Physical posture and conscious breathing in combination with mental focus are utilized to develop awareness, strength, flexibility, and relaxation. Every Monday (6:30 pm) and Wednesday (5:30 pm) at Guthrie Green.



THEATER

SHREK: THE MUSICAL

When: June 3-4, 9-11 at 7:30 p.m. and June 5, 11-12 at 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com
Adapted from the Oscar-winning DreamWorks Animation film, Shrek: The Musical is a Tony Award-winning fairy tale adventure featuring all-new songs by Jeanine Tesori. Shrek brings all the beloved characters you know from the film to life on stage in a warm and funny story about love and acceptance

THE SECRET GARDEN

When: June 2-4 at 7:30 p.m., June 5 at 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com
Frances Hodgson Burnett's beloved Victorian classic, "The Secret Garden," blossoms anew in this enchanting musical.

MAMMA MIA!

When: June 11 at 2 p.m. and 8 p.m., June 12 at 2 p.m. and 7 p.m.
Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com
MAMMA MIA! is the ultimate feel-good show that has audiences coming back again and again to relive the thrill (photo on right).



MUSIC

THE HOBBIT

When: June 18 at 2:30 p.m. and 7:30 p.m.; June 19 at 2:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com
Tulsa Youth Opera, presents Dean Burry's "The Hobbit," based on the beloved novel by J.R.R. Tolkien and the subject of the epic cinematic trilogy by Peter Jackson.

SUMMER'S FIFTH NIGHT

When: Every Thursday Night, 7-9 p.m.
Where: Utica Square in Tulsa
June 2 – Zodiac (Pop)
June 9 – Bradio (Beatles Rock)
June 16 – Mid-Life Crisis (Classic Rock)
June 23 – Traveler (Rock)
June 30 – Bop Cats (Rock & Roll)

THE STARLIGHT BAND SUMMER CONCERT SERIES

Where: Guthrie Green
When: Concerts begin at 8 p.m.
Tuesday, June 21
Tuesday, June 28
The public is invited to bring blankets, lawn chairs, picnic dinners and even pet dogs (on a leash). Watch the sun set, gaze at the stars and enjoy the view of downtown as the sounds of Starlight Band waft through the evening.

FREE/LOW-COST MOVIES

MOVIES IN THE PARK AT GUTHRIE GREEN

Where: Guthrie Green
When: All movies begin at dusk.
June 9: Frozen
June 16: Juneteenth Documentary
June 23: National Lampoons Vacation
June 30: Big
Admission is free and seating is first come, first serve. Movie goers are welcome to bring blankets, lawn chairs, and snacks.

CINEMARK SUMMER MOVIE CLUBHOUSE

Two Locations: Cinemark, 1801 E Hillside Dr. in Broken Arrow - all showtimes are on Monday - Thursday at 10 a.m.
Cinemark Cinema 8, 1112 E. Charles Page Blvd. in Sand Springs - all showtimes are on Mondays and Wednesdays at 10 a.m.
June 6-June 9: Paddington
June 13-June 16: Alvin & The Chipmunks
June 20-June 23: Peanuts
June 27-June 30: PAN
June 30: Big
The cost is $5 for ten movies or $1 per show. All films are rated G or PG.

SUMMER MOVIE EXPRESS

The Regal Promenade Palace at 4107 S. Yale in Tulsa - Tuesdays and Wednesdays at 10 a.m.
Week 1: The Lego Movie & Max
Week 2: Goosebumps & The Iron Giant: Signature Edition
Week 3: Pan & The Smurfs 2
Week 4: Despicable Me 2 & Home
Admission to the Summer Movie Express is only $1. Tickets available for purchase at the box office and all movies start at 10 a.m. Each week both movies play on both days.

FIND MORE AT WWW.TULSAKIDS.COM/CONCERTS.

ASIAN-AMERICAN FESTIVAL

When: Saturday, June 4; 11 a.m.-2 p.m.
Where: Martin Regional Library, 2601 S. Garnett Rd.
Celebrate and learn about the colorful cultures of Asia with entertaining, educational events for the entire family, plus arts and crafts. For all ages. Sponsored by the Tulsa Library Trust.

OETA/PBS SUMMER KIDS FEST

When: Saturday, June 4; 10 a.m. - 2 p.m.
Where: Greenwood Cultural Center, 322 N. Greenwood
Join OETA for the biggest FREE block party of the year! The OETA/PBS KIDS SUMMERFEST invites you to a magical day of FREE family fun!

TULSA TOUGH

When: Friday, June 10 - Sunday, June 11; times vary
Where: Blue Dome District to Riverside
This three-day cycling festival is spread out all over the Blue Dome District to Riverside. Kids Races: Kids races will be held at 3 p.m. on Friday and at 1 p.m. on Saturday. The Saturday races will take place at Main and Brady Streets. The Sunday races will take place at Houston Avenue and Riverside Drive. No registration is needed, but to save time, go to www.tulsatough.com to fill out an event waiver before you ride. There will be a tent near the start line to either turn in your prefilled waiver or fill one out there.
Also, you won't want to miss the Tulsa Townie Ride on Sunday, June at 2 p.m. This FREE eight-mile course is a fun way for any age to get involved with Tulsa Tough. Anyone who wants a little shorter ride option can turn at the Tough Turn at 31st and Cincinnati and follow the Tiny Townie 5.4 mile route back to the finish. For more information about Tulsa Tough, go to www.tulsatough.com.

FESTIVAL AMERICAS COPA AMERICA: KID'S DAY

When: Sunday, June 12; 2-6 p.m.
Where: Guthrie Green
Enjoy a fun, interactive and energetic day at the park. This year's festival is themed around the upcoming Copa America tournament in June and will feature soccer zone, skills challenges, tournament signups, and meet and greets with local soccer stars.

OK MOZART INTERNATIONAL FESTIVAL

When: June 11- 18; times vary
Where: Multiple locations around Bartlesville, OK
OK Mozart's mission is to bring the highest quality professional musical and cultural experience to the citizens of the Bartlesville area, state of Oklahoma and the mid-America region of the United States by producing a multi-day festival with professional orchestra musicians, concert artists and musical performances of artistic excellence. For a full listing of event details, go to www.okmozart.com.

BLACK GOLD DAYS

When: Thursday, June 16 - Sunday, June 19
Where: Black Gold Park, near 141st Street along Highway 75
Spanning across four days, this festival will feature a variety of food and craft vendors, live entertainment every evening, frog and turtle races, the Optimist Club Horseshoe Contest, carnival rides and more. For more information, go to www.glenpoolchamber.org.

WOOLAROC KIDSFEST

When: Saturday, June 25 - Sunday, June 26; 10 a.m. - 5 p.m.
Where: Woolaroc Museum & Wildlife Preserve, located on Oklahoma State Highway 123 (12 miles southwest of Bartlesville, 45 minutes north of Tulsa) Kids can participate in a variety of activities, including pony rides, wagon rides, treasure digs, face painting, nature crafts and more. Adults admission is $10, children 11 and younger are free.



JUNETEENTH

When:Thursday, June 16-19; times vary
Where: Locations vary
Several organizations including the Greenwood Chamber, the MLK, Jr. Commemoration Society, Living Arts, The Oklahoma Jazz Hall of Fame and Guthrie Green will be hosting a celebration in observation of the Juneteenth holiday marking the end of slavery in the United States.
Juneteenth has long been celebrated in the city of Tulsa, and this year's list of planned events will carry on that tradition. The participating organizations are excited to be working together for the first time to bring about a better sense of community, healing and inclusion while educating the public on the significance of this historic event.
Thursday, June 16: Movie in the Park at Guthrie Green, 9:30 p.m.
Friday, June 17: Music at Guthrie Green, begins at 6:30 p.m.
Saturday, June 18: Various events, including a kid zone at Greenwood & Archer (opens at 3 p.m.), John Hope Franklin Park tours at 1 p.m. and exhibits at Living Arts Tulsa.
Sunday, June 19: Gospel Brunch at the Oklahoma Jazz Hall of Fame, noon

BIXBY GREEN CORN FESTIVAL

When:Thursday, June 23 - Saturday, June 25
Where: Downtown Bixby, OK (south and east of 151st & Memorial)
The Green Corn Festival is a kick back to the good old-fashioned family oriented picnics. The festival features great music, arts and crafts, food, bingo, carnival and great games and contests for the young and young at heart. A talent show to highlight area youth is held on Friday at the Community Center and the annual Green Corn Parade entertains the masses on Saturday morning. Cool off during the heat of the day by joining in a few rounds of bingo in the building at the corner of Charley Young Park. What could be more traditional than an afternoon or evening in the bright summer sun, with lemonade to sip, an array of crafts and gifts to purchase, music to enjoy listening to, with your friends all around?

FIND MORE AT WWW.TULSAKIDS.COM/FESTIVALS.

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

BY KAREN MOULT

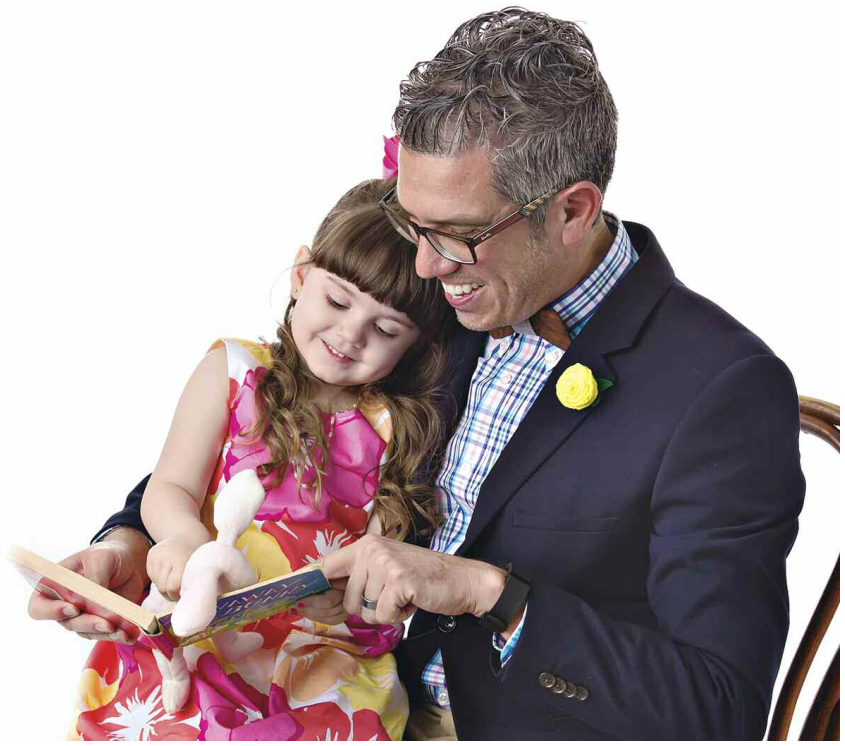
transplanted dad brings Latin flavor to Tulsa

Juan Miret envisions a "new Tulsa" — one with a Latino twist. "Being Latino is a way of life for me," said Miret in his singsong, Venezuelan accent. But Miret's enthusiasm for his adopted home could make even the most jaded Tulsan see the city in a new and colorful light. It's an enthusiasm this Tulsa dad shares with his young family, his "very American" wife Melissa and 3-year-old daughter Paloma, who is "awesome" (Miret's go-to word).

Never without a camera, the noted photojournalist takes pictures of children, families, teachers, coworkers and neighborhood business people that he encounters every day. And Miret always sports a bow tie, a fashion statement that "helps people remember me."

"I love being a dad in Tulsa," Miret said, "because walking through our awesome city reminds me that today's immigrants come for all corners of the world, bringing a range of ethnicity and beliefs, loving their families and defending their new home loyally."

A self-proclaimed "Caribbean guy," Miret left Venezuela for the United States in 2001. "I had completed college, and there was major political and social unrest in the country. I did not see a future for myself there," Miret said. "It was not easy. I was 25 years old, and I left everything. My family, my friends, the place I was born, my neighborhood."



JUAN MIRET WITH DAUGHTER PALOMA.

Miret said he became a "Midwest guy" because of a few close friends already living in Tulsa. "I admit Tulsa was a change from Valencia. But one day, while driving through downtown, I could not believe what I saw. A statue of Simon Bolivar. He is like the George Washington of Venezuela."

In 1991 Venezuelan President Carlos Andres Perez visited Tulsa to present a bust of Simon Bolivar, the liberator of Venezuela, to the city and receive an honorary degree from the University of Tulsa. Venezuela's ties with the city began in 1990 when Tulsa-based Citgo Petroleum Corporation became a wholly owned subsidiary of Petroleos de Venezuela S.A., the state-owned oil company of Venezuela.

The bust was originally placed in the Plaza de Americas at Seventh Street and Denver Avenue. In 2006 it was moved to the Gilcrease Museum gardens.

"Whenever I take Paloma to visit the Gilcrease, we start in the garden and see the statue of Simon Bolivar. I tell her about him. I want her to understand and learn where I came from. Someday I will take her to Venezuela," he said.

It wasn't just the statue that reminded him of home. Wherever he looked, Miret began to see "pieces" of Venezuela in Tulsa. "At a local supermarket I would see Venezuelan food products. I found bakeries with Venezuelan churros, my favorite. And I started meeting other Venezuelans. Then I discovered the Day of the Dead Arts Festival. I knew that this was my new home."

Miret, who registered to vote the same day of his naturalization ceremony in 2009, lives in a downtown high-rise. He, Melissa and Paloma live on the fourth floor, while his mother has recently acquired a place on the second floor of the building.

"My mother now comes and stays for several months. It is wonderful that she spends time with us and especially Paloma," he said. "She speaks to her in Spanish and has her in the kitchen when she is cooking."

Miret hopes that Paloma can attend one of Tulsa Public School's duel language immersion programs in elementary school. "I

continued next page

want her to be able to speak Spanish and feel comfortable with the language. It requires discipline to keep the language and culture alive in my home. We are a bi-cultural couple. It is my job to keep pieces of Venezuela in Paloma's life," he said. "I ask her questions in Spanish and if she answers in English, I ask her to answer in Spanish. And many times Paloma will translate something into Spanish for her mother."

A writer, Miret has worked as a correspondent for the El Nacional de Oklahoma weekly Spanish newspaper. He served as the Chairman of the Greater Tulsa Hispanic Affairs Committee from 2014 to 2016 and he has exhibited his photography at Living Arts of Tulsa. Currently, he is a Communications Specialist with Growing Together Inc., a community partnership established in 2011 to bring organizations and Tulsa residents together for collective impact in the Kendall-Whittier and Eugene Field neighborhoods. The organization's vision is to end the cycle of poverty for kids in these neighborhoods through education.

Growing Together and the schools supported by the organization such as Kendall-Whittier, Sequoyah and Eugene Fields elementary schools, are Miret's playground. He can be seen mentoring with Reading Partners, assisting parents with school-related issues or helping teachers with school activities.

"Growing Together is a collaborative effort from schools, community leaders, teachers, business leaders and residents in the neighborhoods," Miret said. "We all have the same goal. We believe if we transform our neighborhoods creating housing, parks and business, the people in the neighborhoods have a safe place to live. Children can go to school and learn and do not have to worry about crime. Families can shop in the neighborhood."

Latino families, Miret said, face many obstacles in Tulsa. "Many parents do not speak English; therefore, their children must translate for them. The education system is different in America so they must learn to steer through the system. And while the kids are out in the neighborhoods and the schools, many times the parents do not want to be exposed because they are afraid of the police and immigration policies."

The 2007 Comprehensive Immigration Reform Act "damaged relationships" between Latinos, the police and immigration officials, Miret said. "People felt scared. Children did not know if their parents would be there when they arrived home from school. Parents worried they would have to leave behind children and friends and return to their home country. My involvement on the Hispanic Affairs committee for the Hispanic Chamber was to discover ways to reach out to the younger Latino population. There is a future voting machine in Tulsa of young Latino's. There are some 70,000 who will turn 18 over the next several years. We must encourage them to vote and push for Latino representation in the city and in our schools."

The Latino community today, Miret said, is lacking mentors for their youth. "Latinos are very caring and helpful, but they use that energy within their own families and their churches. We need young Latino men and women to reach out and serve the communities. They must become mentors and role models to the Latino children who need to see that they can achieve and can go to school and college."

Miret is optimistic that positive changes are happening in Tulsa. "I know Paloma and all the other Latino children will experience our culture and have more and more opportunities right here in Oklahoma. Diversity to the max! That's what I like about being a dad in Tulsa," he said. "I can show my little princess that the world is full of colors, flavors and traditions!"







FROM THE HIP

An Insider Tour Through Costco

BY JILL VANTREASE

My hometown of Seattle is the birthplace of many awesome things: Boeing, Starbucks, Amazon, Microsoft and the fabulous Nordstrom, to name a few. Another wondrous Seattle brainchild? Costco! Now you might not have heard of this superb warehouse club. Costco never landed in Oklahoma because of the Jurassic-era liquor laws here. But - you guessed it - Costco just opened its first store in Oklahoma right here in South Tulsa, at 103rd and Memorial.

Costco is sort of like Sam's Club (I think - I have never been to Sam's Club). But based on my very unscientific research, comparing the two is like comparing Walmart and Target: one is just a little brighter and happier than the other.

To shop here, you are required to have a membership: you can choose the Gold Star membership for $55 per year, or you can upgrade to the Executive membership for $110 per year. This membership will pay you back 2 percent of your purchases through the year (up to $750, and Costco will refund you the difference if your total purchases don't earn you at least $55, the difference between the Executive and Gold memberships). Given my large-ish brood, I buy the Executive Membership, knowing I will probably reap many 2 percent rewards! There is clearly a bit of pent-up demand here, because I am told our Tulsa store set a



countrywide record for the most memberships purchased before the store opened.

I am wooed with all sorts of great items — it seems their marketing plan is word of mouth and reaching out to local bloggers (woo hoo! Perks for me!). Costco's private label, Kirkland (named for a lovely lakeside suburb of Seattle where Costco happens to be headquartered), offers many delicious, bordering-on-addictive items that (like Trader Joe's) seem to have cult followings. The "Valencia Peanut Butter Filled Pretzel Nuggets" drive my older boys mad with desire they are so good. The Milk Chocolate Covered Almonds are just excellent. And there is something about Kirkland's Chocolate Chip Granola bars - they are just so much chewier and sweeter than other granola bars! With these tantalizing teasers, I can't wait until the store opens.

So on the big day, PVT, baby Francie and I - along with hoards of other Tulsans - first spend about 20 minutes fruitlessly searching for a parking spot. Finally we succeed and march our way to the huge warehouse. We enter in the electronics section, where TVs the size of jumbotrons blare. It's a bit overwhelming at first, but everything is sparkling clean and the employees are all friendly and sharp. In fact, Costco recruits employees from its stores all over the country, so this Costco, besides hiring almost 200 locals, is a little American melting pot.

The aisles are not marked since there is so much turnover in the offerings; this strategy encourages everyone to meander down the aisles, suddenly wondering how they survived without the latest Nutribullet blender. Fortunately, Costco's return policy is fabulously liberal: if you decide weeks later that you didn't really need the top-of-the-line karaoke machine, or four-dozen chocolate muffins the size of newborns, you can return it and be credited in



continued next page



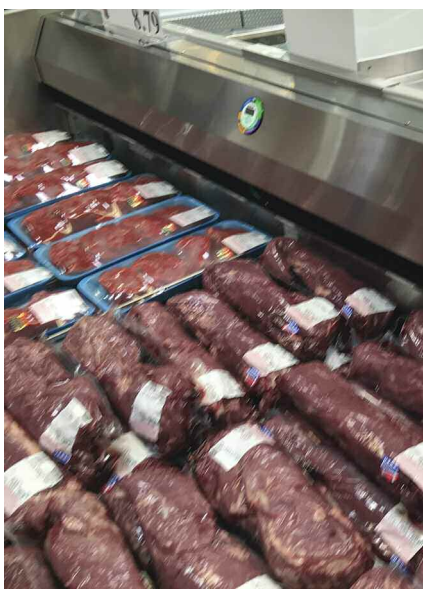
whatever manner you paid.

PVT buys a huge box with 100 Keurig pods for his office buddies, and finally we wind our way past porch swings and cookware to what I am really interested in: FOOD. We pass fresh crab legs and crabs that look like they were just plucked from glacial Alaskan waters, and finally arrive at the bakery. Everything here is made fresh daily, and everything, while probably not made out of kale, is absolutely delicious: chocolate muffins, cinnamon loaves, many varieties of breads, and my favorite family tradition growing up, the custom Costco birthday cake! There are cookies, donuts, Danish and desserts galore - all in large palates. I buy several sugar-laden delights for my carb-loving children.

And then, the produce: beautiful crates of fresh berries, grapes, apples. There is a walk-in cooler (it's cold!) with many organic options (noted with a green tag). We buy berries and bags of broccoli and cauliflower large enough to feed a vegan army. I suppose you need to be careful not to buy so much that you have rotting fruits and vegetables, but these sizes are fine for my family.

And the butcher! Wow. There is a vast array of high quality meats - my husband buys some fabulous looking steaks to grill. And sirloin for $8.79 per





pound - seems like a good price. Their deli meats are excellent as well - I love the dual packages of Rotisserie Seasoned Chicken Breast. The rotisserie chickens are a very popular item and just $4.99 — what an easy way to feed a family.

Now I should mention that throughout the store are peddlers peddling tantalizing samples of everything from chicken salad to pizza to frappucinos to lemonade. Francie and I eat our way through the store, while PVT exhibits heroic restraint in adhering to his diet. You could easily eat lunch just on samples alone — or stop by the front of the store for Costco's legendary "Hot Dog and a Drink" for just a $1.50 — the same price as 1983. (And it's a GOOD hot dog!)

We head to the (again, COLD!) walk-in dairy fridge, chock full of milk, eggs, cream and, my favorite, the three-pack of Reddi Whip. Then PVT insists we travel through the detergent and paper products so he can compare prices on items here with stuff he usually orders on Amazon prime. I try my best to be patient while he mentally calculates paper towel and toilet paper prices per unit but end up wanting to scratch out my retinas. I'm a rotten, impatient wife, friends. It turns out the Kirkland brand is really a great deal on so many items: toilet paper, paper towels, even diapers! Even the frugal PVT is impressed. Then we make our way to the vast frozen foods aisles, where I've been told Kirkland's individually wrapped chicken breasts are a great deal - and 6.5 pounds for $16.99 is pretty incredible! The chicken is high quality and so convenient to have on hand for nights when you don't know exactly what you're doing.

The Costco pharmacy section is large and full of great deals on stuff of which you might need a whole truckload — allergy medicine, for example, which is sold in the bulk quantities needed to survive an Okie spring.

Now, here are few more notes for those who want to be "in the know": if you see a tag with an asterisk on it, that means the item is about to be closed out — so if it's a favorite of yours, stock up now! And Costco doesn't just sell "stuff": you can buy anything from water delivery service, mortgages, identity protection, payroll services and insurance. You can even buy cars through Costco. Of course, here in Oklahoma you can't get the fabulous deals on wine and beer that you can in other states, but there is an adjacent liquor store to our Okie Costco should you need to stock up on some adult beverages while you're there.

Before we get to the checkout line, I buy my girls some adorable $18 Popatu dresses with yards of tulle and my boys some Nike shorts. Note your items aren't bagged at Costco; if you have enough stuff you might end up with a cardboard box or two to help you transport items to your car. We end up with two full carts. Since opening, I have been back every week. And even PVT, who rates shopping somewhere alongside diaper changing, has been back to "check things out" (and spent an impressive amount). I am pretty sure Costco has changed the way we VT's live.

So, go check out the store. If you aren't convinced you need a membership, Costco employees can give you a tour first. I suspect that if you are a human being who eats, bathes, and clothes yourself, you will find some great deals at Costco -- and will buy your membership on the spot!

CHRIST UNITED METHODIST CHURCH
EARLY LEARNING CENTER
8 MONTHS – TRANSITIONAL KINDERGARTEN
DEVELOPMENTAL PRESCHOOL
M–W–F 9:30 — 2:30
Music, Gymnastics, and Bible Buddies
3515 SOUTH HARVARD AVENUE – 743-7673

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

Summer Reading Program goes beyond the books **with free events**

TULSA CITY-COUNTY LIBRARY'S CHILDREN'S SUMMER READING PROGRAMS KEEP THE PAGES TURNING AND PUTS THE FUN IN LEARNING.

With assistance from the Tulsa Library Trust and community partnerships, families throughout Tulsa County will enjoy hundreds of free programs designed to promote and inspire developing minds. The events allow families to experience literature with the arts, theatre and music. National and local performers will entertain children of all ages in libraries and throughout the community.

Stepping outside the library walls for Storytime in the Park is a great way for families to enjoy books in nature. Join the Imagination Station for stories and songs at the QuikTrip Plaza at River Parks, 41st & Riverside, each Thursday, June 2-23, 10-10:45 a.m. The "Imagination Station," funded by the Anne and Henry Zarrow Foundation, is a 25-foot-long vehicle with the latest in digital book technology. Patterned after the successful Penguin Book Truck, the mobile collection features approximately 1,000 items for all ages. Library cardholders can access and download digital content from the library's collection in an area set up with café tables, chairs and iPads. The collection will rotate to complement specific events and festivals. Storytime in the Park is sponsored by River Parks Authority and Friends of the Helmerich Library. Bring a blanket or lawn chair and enjoy these lively performances:



GRAMMY AWARD-WINNING DUO LUCKY DIAZ RETURNS TO ENTERTAIN FAMILIES DURING TULSA CITY-COUNTY LIBRARY'S SUMMER READING PROGRAM.

Sugar Free Allstars, June 2 – Dance to their newest hit, Monster Truck, and sing along to their classic hit, Banana Pudding.

Big Bang Boom Band, June 9 – Parents will enjoy the North Carolina trio's music as much as the children.

The Que Pastas, June 16 – Their newest album, Meet You by the Moon, is full of Texas toe-tapping hits.

Jack and Kitty Norton, June 23 – Their "organic vaudeville vibe" is fun for the whole family.

Outdoor library activities continue at Summer Reading Performances at Guthrie Green, 111 E. M.B. Brady Street, June 8 and 22, 10:30-11:15 a.m. This popular downtown green space is perfect for dancing, singing and making new friends. Enjoy performances from:

Monty Harper Sings!, June 8 – Based in Stillwater, Harper has been entertaining families with his award-winning songs since 1989.

Jack and Kitty Norton, June 22 – The duo continues their tour of Tulsa sharing their Emmy Award-winning sound.

Another outdoor learning opportunity is Festival Americas Copa America Kid's Day at Guthrie Green, June 12, 2-6 p.m. Hear the Sugar Free Allstars and Grammy Award-winning duo Lucky Diaz. Enjoy a fun, interactive and energetic day at the park. This year's festival is themed around the upcoming Copa America tournament in June and features a soccer zone, skills challenge, tournament signups, and meet and greets with local soccer stars.

The summer reading program is ongoing through Aug. 6. To sign up, children and teens, ages newborn to 17, and adults can register at any Tulsa City-County Library or online at

continued next page



FAMILIES CAN ENJOY TULSA CITY-COUNTY LIBRARY'S SUMMER READING PROGRAM WITH EVENTS AT GUTHRIE GREEN.

www.TulsaLibrary.org/summer - no library card is required to participate. By visiting the library four times and reading or having eight books read to them, children will complete the program and earn a medal of achievement, and a booklet of coupons for free entertainment and food items. Medal winners who have completed kindergarten or are in first through fifth grade also are entered into the grand prize drawing featuring Tulsa State Fair Mega Ride Passes, bicycles and helmets, fishing trips and other great prizes. Medal winners who are not yet school-aged will be entered into their own grand-prize drawing for gift certificates to local stores. By reading 20 books, children can earn a bonus prize – an inflatable baseball bat.

Hundreds of additional events are planned throughout Tulsa City-County Library's 24 locations. For a full listing of free events, pick up a summer reading program event guide at any library or search for convenient times and locations here, www.tulsalibrary.org/events.







BY BETTY CASEY

creating a hunger-free summer



As school ends, one decent meal a day for many children also will end. The Community Food Bank of Northeastern Oklahoma will take up the slack for some families but, even with that, area families will struggle with greater food insecurity during the summer months. Most of these families are the working poor and suffer from food insecurity throughout the year. Food insecurity means that these men, women and children do not have reliable access to an adequate amount of affordable, nutritious food, leaving them consistently hungry or faced with going hungry at any time.

Eileen Bradshaw, executive director of the Community Food Bank of Eastern Oklahoma, answered some questions via email about families and food insecurity in Oklahoma. As the need rises, the Food Bank is more than ever in need of donations and volunteers.

TK: What are families facing in terms of food insecurity in the summer? And why is the need so great?

Bradshaw: In Oklahoma, 1 in 4 children is food insecure. During the school year, students who qualify, receive free and reduced breakfast and lunch five days a week at school. When school lets out those meals are no longer available and children go hungry.

TK: Why is summer a particularly difficult time for families?

Bradshaw: Not only are families now worried about finding the means to feed their children meals that are no longer received at school, but utility costs go up in summer with children in the house during the day. Working families may also face increased cost related to childcare, transporting kids to relatives, or activities for their children.

TK: How many people are food insecure, and how many of those are children?

Bradshaw: In Oklahoma, 421,843 children, or 62 percent of all students receive free and reduced meals during the school year. At Broken Arrow schools the total is 8,525 students or 45 percent, Jenks is 4,306 or 37 percent, Sand Springs 3,067 or 58 percent, TPS is 34,881 or 88 percent, and Union is 10,619 or 66 percent.

TK: Those are staggering statistics. Who are these people?

Bradshaw: These are children in hard-working, low-income families, most of whom have at least one family member employed in a full-time job. Oklahoma has one of the highest rates of minimum-wage workers in the country. So a family with a head of household working a minimum wage job would still fall below the poverty level.

TK: What does the Food Bank do to ensure that children are fed?

Bradshaw: The Food Bank has a plan towards a Hunger-Free Summer. First, our Mobile Eateries will serve about 1,800 meals a week to children in need. Next is our partnership with Tulsa Public Schools to host some of the Summer Café feeding sites. In addition, we will expand the amount of fresh produce offered to families at area early learning centers. Finally, we will provide more food to all of our dedicated partners working to feed families across the eastern part of the state.

TK: What can people do to support the Food Bank?

Bradshaw: For every dollar donated to the Food Bank, we can provide the equivalent of four meals to people who are hungry. Donations are the most efficient way to provide help to our children.

For those who would like to help, please go to the Donate Now page on our website at okfoodbank.org and make a donation designated for Summer Feeding 2016. Those funds will be matched dollar for dollar thanks to a generous $75,000 matching grant from the Helmerich Trust. They can also give us a call at 918.585.2800.

2016 SUMMER READING PROGRAM CONTINUES THROUGH AUG. 6

Tulsa City-County LIBRARY

Sign up at any Tulsa City-County Library location or online at www.TulsaLibrary.org/summer.
Library cards are not required to participate. Pick up a Summer Reading Program Event Guide for more details.

CHILDREN

ON YOUR MARK, GET SET...

READ!



Preschoolers through fifth-graders may participate. Read or listen to 8 books and visit the library 4 times by Aug. 6 and earn a medal of achievement and coupons for free:

COUPONS! COUPONS!

- 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 Tulsa Children's Museum
- Admission to Tulsa Roughnecks FC game
- Cinnamon sticks from Mazzio's Italian Eatery
- Round-trip bus ride on Tulsa Transit
- 4-piece Chicken McNuggets from McDonald's
- Frozen custard scoop from Freckles Frozen Custard
- Chicken nuggets from Wendy's
- Original glazed doughnut from Krispy Kreme
- Decorated cookie from Merritt's Bakery
- Garlic Knots from Papa John's

Medal winners who have completed kindergarten or are in first through fifth grade will be entered into a drawing for great prizes.

NEW! **Medal winners who are not yet school-aged will be entered into their own grand-prize drawing for one of 10 gift certificates to local stores.**



GET IN THE GAME

READ

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

TEEN/TWEEN

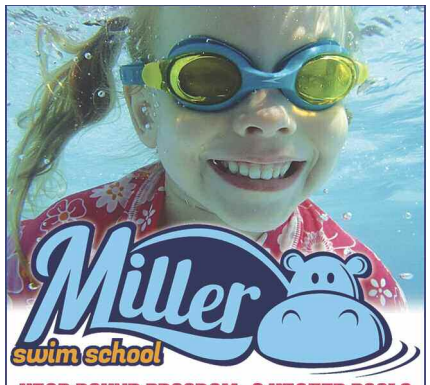
TULSA CITY-COUNTY LIBRARY'S SUMMER READING PROGRAM PRESENTED BY

Tulsa City-County LIBRARY Home of TulsaWiki.org · tulsa LIBRARY TRUST · Oklahoma Department of Libraries · 8 abc TULSA · tulsakids www.tulsakids.com · Tulsa Drillers · Tulsa Roughnecks FC · Picture This Tulsa #IDaysOfAwesome

LET'S PARTY!

Bounce U
Where Birthdays Come to Life!®
- Private Bounce Stadiums
- Private Party Rooms
- Giant Indoor Inflatables
- Easy to do!
- Dedicated Party Pros
- We Clean Up!

(918) 249-0090
BounceU.com/tulsa



YEAR ROUND PROGRAM · 2 HEATED POOLS
Parties, Swim Team, Water Fitness, Diaper Dolphins, Swim Lessons for Ages 6 months-Adults
6415 S MINGO RD. · 918-254-1988
www.millerswimschool.com



Perfect for Birthday Parties, Corporate Events, and TEAM Events!
Knockerball Tulsa
5440 S. 99th E. Ave., Tulsa
918-949-9916
www.sportsutulsa.com
www.facebook.com/KnockerballTulsa
$25 off when mentioning this ad

DISCOVER YOUR BEST BIRTHDAY EVER!

Unique, hands-on exhibits such as *Grossology* and *Team Up* make Discovery Lab birthdays super special!
BOOK TODAY!
Call 918-295-8144 x5525.
discovery LAB | Tulsa Children's Museum
560 N Maybelle Ave // *tulsachildrensmuseum.org*

Purple Glaze Studio
Walk-in, Do-it-yourself Pottery Painting and Mosaic Making Studio
TulsaKids family favorite Winner Art Studio /Classes

Great for Birthday Parties and Field Trips
Brookside
33rd & Peoria
592-6900
91st & Sheridan
6528 E. 91st
491-6900

Treat your child to a birthday they will remember forever!

Our **unique and specially designed kids party bus** will pull right up to your house, park, pizzeria or banquet facility with FUN for everyone! We cater to children ages 2-8 and our parties keep the kids active by doing warm-up, obstacle course with mats, tumbling equipment, swings, horizontal bar and mini-rockwall. Our instructors do games and provide special attention for the birthday child and end with a slide out the back of the bus!

We are climate controlled and can come to your event rain or shine 12 months a year! The bus never moves with children on board.

The wonderful benefit of Fun Bus is we come to you! We serve the Tulsa metro area, so those of you in the suburbs don't have to make your guests drive in to Tulsa for a party!

We also do special events such as: corporate picnics, church events, camps, block parties, fundraisers, grand openings, open houses, carnivals, etc. During the week we teach structured fitness classes at daycares and schools.

Check out our party video on our website: http://funbuses.com/oklahoma/pics-videos. Call us today at (918) 286-2800 or e-mail FunBusTulsa@funbuses.com

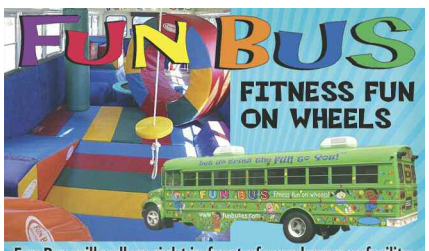


THIS IS WHAT HAPPY BIRTHDAY LOOKS LIKE

Make your next party AWESOME!
There's no easier way to throw your kids the best party ever. Just show up and Sky Zone does the rest.
Choose from 3 Party Packages.
SKY ZONE
INDOOR TRAMPOLINE PARK
SKY ZONE TULSA
8306 E. 61st St. • 918-877-7700
Book your party: skyzone.com/tulsa

Discover the Difference

Riding Lessons
Showing
Boarding
Parties
Now Enrolling
Summer Camps
Hunters • Jumpers • Equitation
River Run Farm
www.riverrunfarmok.com
9300 S. 51st West Ave.
918-855-5032

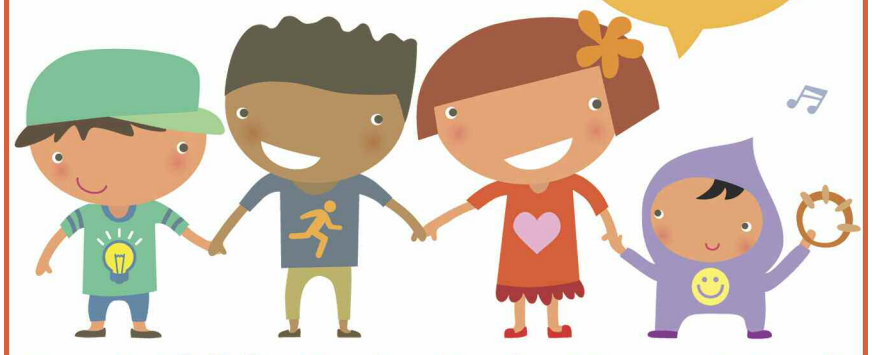
FUN BUS
FITNESS FUN ON WHEELS

Fun Bus will pull up right in front of your house or facility.
- Birthday Parties
- Ages 2 through 7
- Climate-Controlled Bus

918-286-2800
funbustulsa@funbuses.com
www.funbuses.com/oklahoma
$25 OFF
ANY PARTY PACKAGE
When you mention this ad. Expires 8/31/2016

JOIN THE TULSAKIDS PARTY PAGE
CALL 918-582-8504
This Spot is Open

Kindermusik®

Enroll Now!



For A Child's Brain, Body, Heart & Soul.

Music and Movement Classes
for Infants to 7-year-olds

Private Instruction for
Piano, Voice, and Flute

Birthday Parties in our Kid-Friendly Studio

Music To Grow By

8007-I S. Sheridan Rd.
(918) 488-0851
www.musictogrowby.com

IS YOUR CHILD FEELING LOST, HURT OR ALONE?

HELP IS AVAILABLE 24/7.

COPES — a telephone and mobile crisis service — responds around the clock to children and teens experiencing a severe emotional or behavioral disturbance or psychiatric emergency.

918.744.4800
www.fcsok.org

Family & Children's SERVICES



"I wanted to have a swim party for my Birthday. Since we don't have a pool, I thought I would improvise."

KiDS! In Motion Academy

Kids In Motion Academy

Now Enrolling Ages 2 through 2nd Grade

- Gymnastics Daily
- Computers
- Spanish
- Sports
- Montessori Style Math
- Accelerated Classes



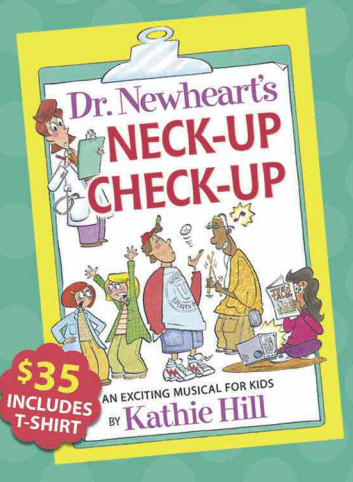
tulsakids family favorites WINNER 2016

Thank You, Readers, for Voting Us THE #1 Winning ELC/Preschool

1700 N. Redbud Pl. • Broken Arrow
kidsinmotionacademy.com
918.258.5437

SMAK = SUMMER MUSIC ACTIVITY FOR KIDS

SMAK
June 13-17
10:00 am to 2:00 pm
For kids who have completed grades 1-6
Learn a musical in the morning
Go on fun trips in the afternoon
Present *musical* twice on Friday!



$35 INCLUDES T-SHIRT

LOVE notes
$20 INCLUDES T-SHIRT

PreSMAK
June 13-15
10:00 am to Noon
For kids age 3 years - kindergarten
Fun with Music and Activities
Praise'Ntation Wednesday Night!

South Tulsa Baptist Church
10310 S Sheridan Road, Tulsa | 918-299-0904 | **southtulsa.org**

THE UNIVERSITY of TULSA UNIVERSITY SCHOOL



Camp Incredible
An exciting summer camp for kids age 4 through 8th grade

6 one-week day camp sessions in June and July
Call 918-631-5060 or visit utulsa.edu/uschool

Educating Gifted Students
Since 1982

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



MUSIC TOGETHER®
BRINGING HARMONY HOME.®

Music and Movement for Children Birth to Five and the Adults that love them!

Now Enrolling for the Summer Session at
www.MusicTogetherofSouthTulsa.com

Classes Held at 81st & Harvard
musictogetherofst@gmail.com

tulsakids family favorites FINALIST 2016

Thank You For Voting Us A Family Favorite!

BAM ENTERTAINMENT LLC.

Thank You for Voting Us a Favorite Entertainer

Check Out our Photo Booths, Now Booking visit BAMTulsa.com or call 918.899.8819

tulsakids family favorites FINALIST 2016

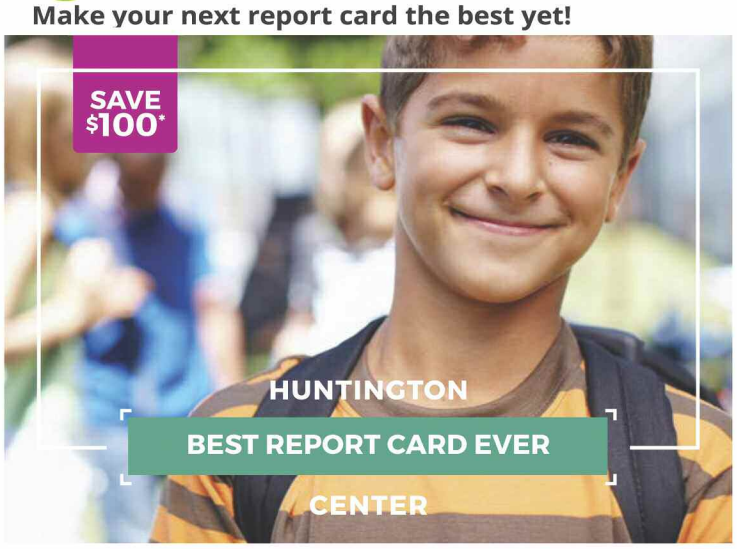
QUALITY FULL-TIME & DROP-IN CHILDCARE OPTIONS
DHS 2-STAR LICENSED
FIRST HOUR FREE (NEW CUSTOMERS ONLY)

Playtime(+)
A Happy Family Company
playtimeplus.com

tulsakids family favorites WINNER 2016

BROKEN ARROW - 3301 S. Elm Pl.
TULSA - 7917 E. 51st St.
EASTGATE - 14002 E. 21st St. Suite 400

TAKE THAT REPORT CARD FROM "OKAY" TO "OUTSTANDING"
Make your next report card the best yet!



SAVE $100 WHEN YOU CALL BEFORE 3/31/2016*
Personalized Attention. Proven Results.

TUTORING • TEST PREP

1 800 CAN LEARN® • HuntingHelps.com
2554 E. Kenosha, B.A or 7116 S. Mingo Rd. Ste 105, Tulsa

©2015 Huntington Mark, LLC. Independently Owned and Operated. SAT and Advanced Placement (AP) are registered trademarks of the College Board. PSAT/NMSQT is a registered trademark of the College Board and the National Merit Scholarship Corporation. ACT is a registered trademark of ACT, Inc. None of these entities were involved in the production of, and do not endorse the program.* Offer valid for Academic Evaluation or Tuition, new students only. Not valid with any other offer. HLC1849.

To our valued "Extended Family" Thank you for voting us Tulsa's favorite Orthodontist!



tulsakids family favorites WINNER 2016

Tulsa's only 100% cosmetic orthodontic office featuring:

CLARITY™ | ADVANCED advanced ceramic braces

Incognito™ invisalign®

TULSAKIDS FAMILY FAVORITE WINNER 2011 — As Voted by the Readers of TulsaKids Magazine, Oklahoma's National Award-Winning Parenting Magazine.

tulsakids 2012 family favorites winner

tulsakids family favorites WINNERS 2014

tulsakids family favorites WINNER 2015

Providing life-changing experiences for Adults, Teens, and Children in the Tulsa area since 2007

Come see why we are consistently voted the top office in the Tulsa area

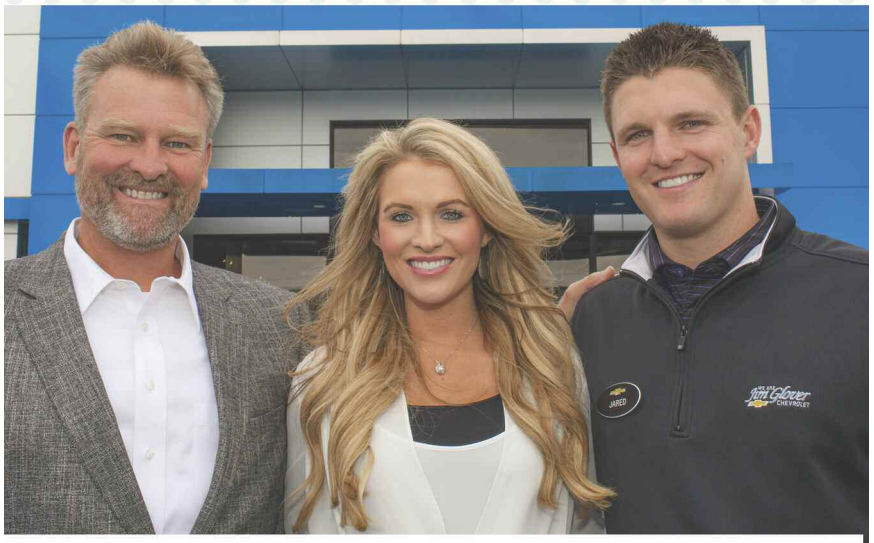
Emerson Orthodontics
421 W. Stone Wood Drive
Broken Arrow 74012
918-459-0092

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

Follow us on…

www.emersonbraces.com

THANK YOU
FOR VOTING US AS YOUR FAVORITE TULSA DEALERSHIP!



ENJOY AN EXCLUSIVE DISCOUNT ON US!

$19.95 OIL CHANGE

** Exludes Corvettes, Camaros, Diesels, and synthetic oil.*

EXPIRES 8/31/16

Jim Glover AUTO FAMILY

DISCOUNT GOOD AT ANY 3 OF OUR LOCATIONS...

Jim Glover CHEVROLET
I-44 & Memorial
918.663.2300

Jim Glover ON THE RIVER
I-44 & Arkansas River
918.446.2200

Jim Glover NISSAN
I-44 & Memorial
918.628.0280

TULSA WOMEN'S HEALTH CARE

THE ENTIRE PRACTICE AT TULSA WOMEN'S HEALTH CARE WOULD LIKE TO CONGRATULATE DR. NILSON ON HIS FAMILY FAVORITE AWARD!

tulsakids family favorites FINALIST 2016





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

Thank You For Voting Us a Family Favorite!



IT'S NOT EASY TO **Be a Saint,** BUT IT'S WORTH IT.

In the Heart of Midtown, 21st & Lewis
918.742.3364
MonteCassino.org

Stone Creek
spa & salon

Since 2005

Located in the Heart of Broken Arrow's Rose District, Stone Creek Spa and Salon proudly offers you the best in services and products. Our staff is highly trained & client focused. Feel free to discuss with them your personal goals, and expectations. Book your appointment today & let us renew, rejuvenate & relax you. Full salon and spa treatments available with packages! See our website for complete details.

Gift certificates and Seasonal Specials.
Ask about our new venue, Stone Creek Cottage, for girls nights or a romantic getaway!

Join us to enhance the wellbeing of your spirit, mind and body through extraordinary products and extraordinary services!











tulsakids family favorites WINNER 2016

Thank You,
READERS FOR VOTING US A FAMILY FAVORITE FOR 3 YEARS!



Stone Creek Cottage

918.806.8000 • 109 North Main Street in Broken Arrow • www.stonecreekspalon.com

To the readers of TulsaKids,
Thank You!
for voting

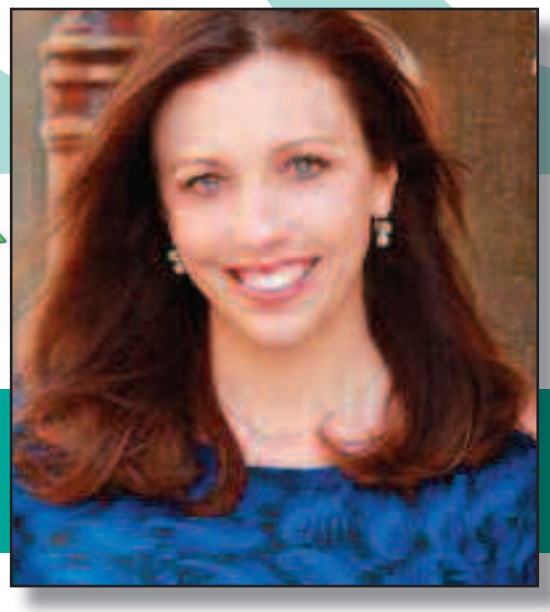
McGraw REALTORS®

tulsakids family favorites WINNER 2016

Best Realtor Firm Winner in the 2016 Family Favorites!

**McGraw Associate Jennifer Paine,
Best Personal Realtor Finalist
TulsaKids 2016 Family Favorite!**

tulsakids family favorites FINALIST 2016



www.mcgrawrealtors.com
918-592-6000

jpaine@mcgrawok.com
405-762-2467

YOU TELL US: TULSAKIDS 2016 FAMILY FAVORITES WINNERS AND FINALISTS

Every year, we poll you, our readers, to find out what activities, schools, locations, places to learn and even physicians are your favorites. The competition was fierce. You voted. We tallied. And here are the results. Congratulations to all of the winners and finalists!

OUT & ABOUT

CULTURAL SPOT/ MUSEUM

Winner: Philbrook Museum of Art

Free admission for everyone on Philbrook's Second Saturdays and Family Studios that encourage creativity and art-making – what's not to love about Philbrook?
Finalists: Tulsa Zoo and Living Museum; Gilcrease Museum

CHILDREN'S THEATRE/ PERFORMANCES FOR CHILDREN

Winner: Broken Arrow PAC

Beloved Broken Arrow native Kristin Chenoweth performs here, so that's enough for many readers to make this PAC a Family Favorite, but you can also take the entire tribe to see shows such as "Annie," David Phelps during the Christmas season and more great performers year round.
Finalists: Tulsa PAC; Spotlight Children's Theatre

PARK

Winner: LaFortune Park

LaFortune has it all for families, from shady playgrounds and picnic areas, a community center and library to a world-class tennis center and golf course.
Finalists: Haikey Creek Park; Hunter Park

STATE PARK

Winner: Sequoyah

Oklahoma State Parks offer everything from hiking to camping to horseback riding and water sports. Sequoyah in eastern Oklahoma on the shores of Fort Gibson Lake is an easy drive for Tulsans, making it a favorite family getaway.
Finalists: Green Leaf; Keystone

WEEKEND GETAWAY

Winner: Frontier City

Oklahoma City's Frontier City is just down the road. Your kids can ride a roller coaster and you can attend a great concert. Frontier City Theme Park has something for everyone.
Finalists: Great Wolf Lodge; White Water Bay

OUT OF STATE FAMILY VACATION

Winner: Disney World

Obviously.
Finalists: Branson; Six Flags Over Texas

TULSA SPORTS TEAM

Winner: Drillers

Theme nights, fireworks on weekends, a grassy area for adults to enjoy the game while the kids play on the playground, oh, and baseball. TulsaKids readers love the Drillers.
Finalists: Oilers : Roughnecks





Audrey Free, age 5, visited **Philbrook Museum** of Art's Second Saturday for the first time in May. "I made some pictures about when we went to the lake with our family. It has sparkles. I like the stories." When asked about the museum, she said, "I saw some pictures and it was big."

TREATS & EATS

PIZZA

Winner: Andolini's Pizzeria

Andolini's spreads the (pizza) love to Tulsa, Owasso and Broken Arrow. Or you can just find the food truck. Great pizza. And then there are the garlic knots… Andolini's
Finalists: Hideaway; Savastano's

ICE CREAM
Winner: Braum's
Many area families celebrate the end of school, after the game or recital or just a nice hot summer day with some cold ice cream from Braum's. It's definitely a Tulsa tradition.
Finalists: Andy's Frozen Custard; Blue Bell

OVERALL FAMILY DINING
Winner: Andolini's Pizzeria
Andolini's wins in another category – while Mom and Dad might want a sophisticated pizza with an amazing crust and a craft beer, the kids can still have their cheese – and eat it, too – at Andolini's.
Finalists: Cosmo; Hideaway

GET THE PARTY STARTED
ENTERTAINER
Winner: Encore!
Encore! does a little bit of everything from family-friendly productions to classes and workshops. Not only do they entertain, they support the theatrical dreams of young people.
Finalists: Dustin the Balloon Guy; BAM Entertainment

PARTY SUPPLY
Winner: Party City
Whatever party your family is putting together, you can find all you need at this one-stop shop.
Finalists: Party Time BA; Ehrle's

PARTY SPOT
Winner: Incredible Pizza
Well, there's pizza, but so much more! A party at Incredible pizza means everyone has a great time – there's even an roller coaster inside! From games to clean-up, they've got you covered.
Finalists: SSB Kids; BounceU

CUPCAKES
Winner: Not Your Grandma's Cupcakes
Finalists: Kupcakz; Merritt's

CAKES
Winner: Merritt's
Merritt's has been baking cakes for family celebrations for over 35 years. Whatever your child can imagine, the creative talent at Merritt's can turn it into a cake.
Finalists: Reasor's; Ann's Bakery

PLACE TO BUY GIFTS
Winner: Gruber Designs
Broken Arrow's Gruber Home Décor in Broken Arrow is the perfect place to find the unusual, one-of-kind gift that will make etsy unnecessary.
Finalists: Woodland Hills Mall; Kiddlestix

SHOP 'TIL YOU DROP
CHILDREN'S WEAR
Winner: Three Spunky Monkeys
Shop them online for handmade kids' wear that is anything but average.
Finalists: Kathleen's Kids; Lolly Garden

KIDS' SHOES
Winner: Kicks for Kids
Shoes that fit, last and are fashion-forward are what you'll find at Kicks for Kids.
Finalists: Kathleen's Kids; Lolly Garden

MOM'S BOUTIQUE
Winner: Rustic Cuff
Tulsan Jill Donovan knows what moms want to put on their wrists – stacks of them!
Finalists: Amaranth; Twisted Soul Sisters



Eight-year-old Jaydi Driver from Mannford was visiting **Andolini's Pizzeria** on Cherry Street for the first time. She was celebrating her cousin's high school graduation, and friends had suggested Andolini's would be the perfect place. Jaydi was looking forward to her favorite – cheese pizza!

Anna Lye, Broken Arrow fourth grader, has been to **Kanakuk** three times and is returning this summer. Her favorite camp activities are the zip line and the competitions between tribes. Anna's a Kickapoo. She said the food is "real good" and she also loves K-Life, a nightly gathering with friends, fun and music that ends in worship.





Six-year-old Kate McCaslin attends Creekwood Early Childhood Center in Broken Arrow during the school year, but she doesn't really want to talk about school right now because, after all, it's summer. Kate has been a fan of the **Tulsa Zoo** her whole life, so TulsaKids decided she would be a great person to share her favorite part of the Tulsa Zoo:
"I love pink. Pink is my very favorite color. And the flamingos are really pink, so they're my favorite part of the Zoo. Because they're pink. I also like to look at their skinny little legs."
There you have it, folks, it's all about the pink flamingos for Kate.

CONSIGNMENT
Winner: Bearlee New
Parents love saving money on children's clothing. Bearlee New has been in the consignment business for years with quality, gently used clothing and children's items.
Finalists: Once Upon a Child; The Echo Shop

CONSIGNMENT SALE
Winner: Bearlee New
A winner in a second category, Bearlee New is a trusted resource for moms who want their kids to look good at a low price.
Finalists: Just Between Friends; Rhea Lana

LAWN AND GARDEN
Winner: Sanders Nursery
Sanders Nursery in Broken Arrow can help families find the best plants, trees and shrubs to landscape for the Oklahoma climate and soil.
Finalists: Southwood Lawn and Landscape; Under the Sun

GROCERY STORE
Winner: Reasor's
Locally owned Reasor's doesn't rest on its laurels. With a fresh look and new items, Reasor's keeps up with what area families want.
Finalists: Whole Foods; Sprouts

FURNITURE
Winner: Mathis Brothers Furniture
Furnishing a home doesn't need to be difficult. TulsaKids readers know that Mathis Brothers can help them find something for every room in the house – even kids' furniture.
Finalists: Sunshine Furniture; Snow's Furniture

BABY & ME
BABY FURNITURE
Winner: Peek a Boo Baby
This specialty store has just the thing for new parents. Gorgeous cribs, bedding, decorative items and more.
Finalists: Mathis Brothers Furniture; Just Between Friends

PRE & POST-PARTUM CLASSES
Winner: Saint Francis
Having a baby means having to learn a lot. New and expectant parents turn to Saint Francis for up-to-date information on pregnancy, child birth and newborn care.
Finalists: St. John; Better Birth Now

PLACE TO HAVE A BABY
Winner: Saint Francis
TulsaKids' readers trust the compassionate care and state-of-the-art facilities at Saint Francis.
Finalists: St. John; Hillcrest

MOST UNIQUE BABY GIFTS
Winner: Peek a Boo Baby
Peek a Boo Baby wins in another category for its unique gifts. From Britax carseats to diaper bags, frames, stuffed animals, clothing or sweet swaddlers, you can find what you want at this specialty store.
Finalists: Lolly Garden; Sweetpea Couture

BABY ANNOUNCEMENT
Winner: Inviting Place
Finalists: Paper Girl

NEWBORN PHOTOGRAPHY
Winner: Ruth Reese
Newborn photography can be tricky, but Ruth Reese knows how to do it, and readers trust her to get it right.
Finalists: Oo La La Photography; Close Moments

PLACES TO LEARN & GROW
MOTHER'S DAY OUT
Winner: Guts Church
Guts says children "are a treasure from God." Families looking for the WEE curriculum for MDO programs can find it at Guts Church.
Finalists: Asbury; Redeemer Covenant

KIDS' ACTIVITY
Winner: Tulsa Zoo
There's nothing more active than a visit to the Tulsa Zoo! Lions, tigers, chimpanzees, special buildings, a new penguin environment, classes and workshops – it's definitely all happening at the zoo!
Finalists: BounceU; Tulsa Library Storytime

PRESCHOOL/ELC
Winner: Kids In Motion Academy
Play is the work of children and Kids in Motion Academy provides the hands-on, Christian-based curriculum to help young children grow and learn.
Finalists: Regent; Miss Helen's

PRIVATE ELEMENTARY
Winner: Regent
Parents like the interdenominational Christian atmosphere, academics and small class sizes at Regent Preparatory School.
Finalists: Monte Cassino; Holland Hall

PRIVATE MIDDLE SCHOOL
Winner: Regent
Regent wins in another category. Readers like the focus on the foundational traditions of Western culture.
Finalists: Holland Hall; Monte Cassino

PRIVATE HIGH SCHOOL
Winner: Regent
Regent hits a triple with Family Favorite wins in elementary, middle and high school categories. Serious academics, sports, arts, music and a Christian perspective make Regent a homerun for many parents.
Finalists: Holland Hall; Bishop Kelly

SUMMER CAMP
Winner: SSB Kids
SSB Kids camps are favorites because kids can swim, play in the gym, do sports and crafts and still have some downtime. What more could a kid want from the summer?
Finalists: Dry Gulch; New Life Ranch

SUMMER CAMP (OUT OF STATE)
Winner: Kanakuk
Kanakuk is a favorite for local parents and their kids for its super-fun activities and Christ-centered philosophy. Kids love the counselors, too.
Finalists: Green Valley Camp

EXTRACURRICULAR
Winner: SSB Kids
SSB Kids is more than gymnastics – it's an all-round, fun place for kids to be.
Finalists: Amazing Athletes; Miller Swim School

MUSICAL THEATRE
Winner: Theatre Arts
Kids who dream of the stage love the opportunities to learn the ropes at Theatre Arts.
Finalists: Theatre Tulsa; Midtown School of Performing Arts

GYMNASTICS
Winner: SSB Kids
Once again, SSB Kids wins in the popular gymnastics category.
Finalists: Tulsa World of Gymnastics; The Little Gym

MARTIAL ARTS
Winner: Team Impact
Martial arts is more than a sport – it's a discipline. Moms, dads and kids can all learn the discipline together at Team Impact.
Finalists: Apollo's; Kang's

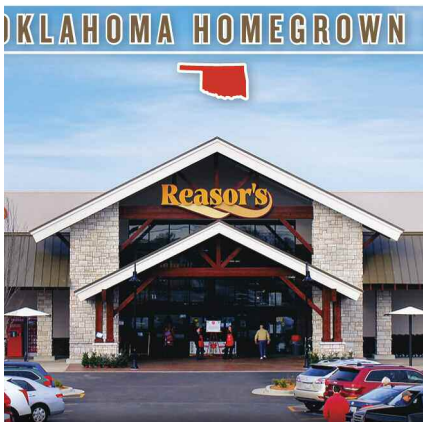
SOCCER
Winner: Soccer City
A huge indoor soccer facility, Soccer City is the go-to place for toddlers through adults to play and learn soccer.
Finalists: Metro Tulsa Soccer; Tulsa Soccer Club

MUSIC
Winner: Palen Music Center
Whether you need to rent a band instrument for your child, buy a guitar or enroll your children in music lessons, Palen in Broken Arrow can take care of it all.
Finalists: Music Together of South Tulsa; Saied Music

ART/ DRAWING
Winner: Pinot's Palette
Our readers voted Pinot's Palette as a fun place to do some art. Whether Mom wants to have a girls night out, a teen or younger child wants to take a class or the family wants to paint together, there are opportunities for everyone.
Finalists: Philbrook
Tie: Tulsa Art Center; Purple Glaze



Coweta School student Reagan Brinkley takes several classes from **Team Impact Martial Arts**, but her favorite is jiu jitsu. "We get to do take downs. We learn sweeps to take them down when they're standing up." Moral of the story? Don't mess with Reagan.





JJ is 4 years old and attends Creekwood Early Childhood Center, and he loves **Soccer City** because of what else? Soccer. "I love soccer. It's my favorite and I love my coaches too."

CHEER
Winner: SSB Kids
SSB Kids is on a roll. Learning gymnastics is a great way to segue into cheer.
Finalists: Twist and Shout; Jenks Dance Academy

TUTORING
Winner: Sylvan
Test prep., tutoring for better grades or jumping ahead, Sylvan offers families what they need for academic help.
Finalists: Kumon; Huntington

FOR GROWN-UPS
FAMILY FRIENDLY HEALTH CLUB
Winner: Lifetime Fitness
Now there's no reason to be a couch potato. TulsaKids families love what Lifetime offers – fitness classes, yoga, swimming, sports, weightloss, a kids academy and more.
Finalists: 10 Gym; Sky Fitness

SALON
Winner: Solid Ground Hair Studio
TulsaKids readers trust their haircut, color and style to Solid Ground. Guys, gals and kids can all get the style they want.
Finalists: Berkshire; Ihloff

ESTHETIC/MED SPA
Winner: Stone Creek Spa and Salon
Ahhhh. Facial anyone? Massage? Escape for some "me time" that will have you relaxed and looking good.
Finalists: Skin Care Institute; Enhance Skin and Medical Spa



David Papa and his dad Mauricio are both patients at **Emerson Orthodontics**. Mauricio's treatment is complete, and he said that Dr. Emerson saved his front teeth. David, a sixth grader at Monte Casino, is at the beginning of his treatment. "Dr. Emerson really prepares you," he said. "He meets with you first and explains everything. I feel more calm, and my dad has perfect teeth." David was able to describe everything that was going to happen to him regarding his teeth, so he must be a good listener. He also said, "The assistants are very kind. They have sympathy."

GOLF COURSE
Winner: Battlecreek
Perfect greens, friendly course and fun for all, Battlecreek public golf course is the top choice for our readers.
Finalists: Southern Hills; LaFortune

CAR DEALERSHIP
Winner: Jim Norton
The family car needs to be safe – and beautiful. At Jim Norton, you'll find both – plus experienced sales professionals that will help you get a great deal. It's a win-win-win.
Finalists: South Point; Jim Glover

CHILDCARE
Winner: Playtime (+)
Parents trust Playtime (+) with their children. With three locations, Playtime (+) also offers hourly childcare in locations convenient to moms and dads.
Finalists: Polliwogs;
Tied: YMCA; Seeking Sitters

NIGHT OUT RESTAURANT
Winner: Prhyme
A perfectly prepared steak, impeccable service and a nice wine list create a pretty sweet adult night out for our readers.
Finalists: Mahogany Prime Steakhouse; Charleston's

BANK OR CREDIT UNION
Winner: Arvest
Great hours, friendly service, convenient locations and online availability make Arvest a winner.
Finalists: MidFirst Bank; TTCU

REALTOR
Winner: McGraw
For years, McGraw Realty has been a Tulsa tradition that families trust when buying or selling a home.
Finalists: Jennifer Paine; Chinoweth and Cohen

CLEANING SERVICE
Winner: Merry Maids
Whether you need ongoing cleaning service or a deep cleaning for that holiday party, Merry Maids has you covered.
Finalists: Clean Freaks; MaidPro

BABYSITTING SERVICE
Winner: Seeking Sitters
Background checks, ease of use and even babysitters who help with homework, Seeking Sitters is the choice of TulsaKids' parents.
Finalists: Polliwogs

HEALTH
TulsaKids Readers chose the following healthcare professionals and hospitals as their favorites in the following categories:

PEDIATRICIAN
Winner: Dr. James Ross
Finalists: Birth & Beyond Pediatrics, Dr. Brian Raley

FAMILY PHYSICIAN
Winner: Dr. Mary Mills
Finalists: Dr. Riley Hill

OB/ GYN
Winner: Dr. Rebecca Deaton
Finalists: Dr. Cole Nilson; Dr. Corey Babb

EYE DOCTOR
Winner: Dr. Robert H. Zoellner
Finalists: Dr. Monte Harrel; BA Eye Site

PEDIATRIC AND FAMILY DENTIST
Winner: Dr. Michael Kincaid
Finalists: Dr. Todd Gentling; Dr. James Owens

ORTHODONTIST
Winner: Emerson Orthodontics
Finalists: Kirkpatrick & Lai; Dr. Robert J. Herman

ORAL SURGEON
Winner: Dr. Vic Trammel
Finalists: Dr. Todd Johnson; Dr. Gregory D. Seagraves

ALLERGIST
Winner: Tulsa Allergy Clinic
Finalists: Dr. James Love; Dr. Iftikhar Hussain

ENT
Winner: Dr. Jean-Maria C. Langley
Finalists: Dr. Atul Vaidya; Dr. David Hall

DERMATOLOGIST
Winner: Dr. Ashwini Vaidya
Finalist: Dr. Tracy Kuykendall; Dr. Jeff Alexander

ORTHOPEDIST
Winner: Eastern Oklahoma Orthopedist
Finalists: Tulsa Bone and Joint; Central States Orthopedic Specialists

HOSPITAL
Winner: Saint Francis
Finalists: St. John; Hillcrest (KT)

Things we wish our parents had taught us



Don't go outside with a wet head, you'll catch a cold. Eat your vegetables – yes, even the peas. Don't talk to strangers…
Parents have been giving the same advice to their children for years and yes, these tidbits are important. But what about when it comes to financial matters? So often, we learn good financial habits the hard way – by doing everything wrong the first time around. But, what if it could be different for your kids?

We recently conducted an informal survey and asked:

"What is the one piece of financial advice you wish your parents had given you?"

1. There's a difference between "need" and "want." Yes, you need things (food, clothing, shelter, etc.) but do you really *need* the latest gadget? Instead, learn to save up for those things you *really* want and set aside some money for emergencies.

2. Avoid impulse purchases. If you decide you must have a big-ticket item, sleep on it - at least a night or two. And do the math. Sometimes you'll decide it's really not worth it, but sometimes you'll find that it is – it's all about priorities.

3. Make your money work for you. You've put in the work to make your money, consider making your money work for you as well. Although it's always a great idea to be able to access your savings in an emergency, consider investing your money in an account that typically pays better dividends, like a share certificate or money market.

4. Know the power of a budget. Learn how to create a realistic budget and then how to live within it. Having a budget you can live with will help you - it's one of the simplest things to do, yet one of the hardest things to master. Starting young will help!

5. Save. Save. Save. Without a doubt, the number one thing everyone wished their parents had taught them was to save more money. If you can save some, then you probably can save a little more. Give it a try – you can probably save more than you think!

Do you wish you knew some of these things when you were younger? Instilling this easy, but powerful knowledge in your children will make all the difference for their financial future – they'll thank you for it when they're older!

tulsakids family favorites FINALIST 2016

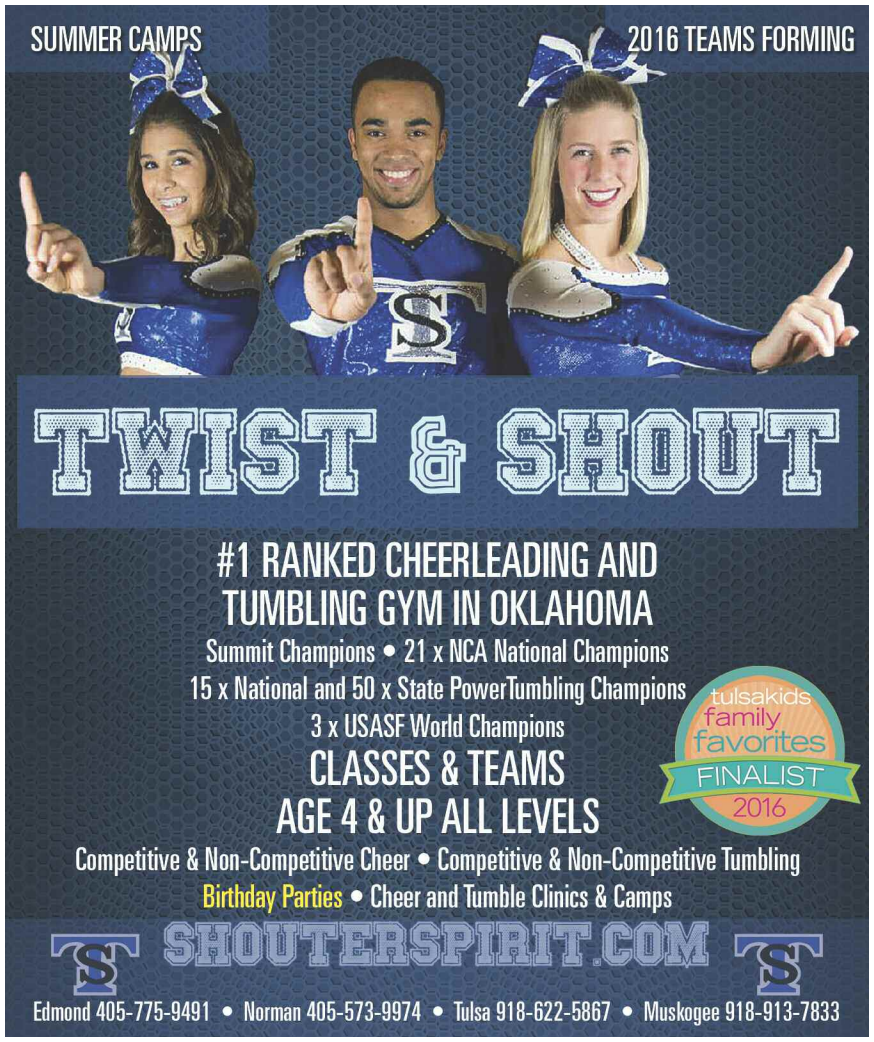
As always, extra help is just a click away at ttcu.com.

TTCU is not-for-profit and federally insured by the NCUA.

TTCU® THE CREDIT UNION

SPONSORED CONTENT





2016 PARTY PLANNING GUIDE



ADVERTISING SUPPLEMENT

BOUNCE U

8992 S. Memorial Dr.
Tulsa, OK
918.249.0090
www.bounceu.com/tulsa-ok

PRIVATE Parties are our business! BounceU is where BIRTHDAYS COME TO LIFE with our new experience including the Colormation tablet app! We focus on your child so he or she will feel extra special... and our parents relax knowing that we have taken care of everything. We have an indoor, climate-controlled facility with 2 huge stadiums filled with SUPERSIZED inflatables, a GIANT Spider Mountain climbing structure, our special Air Cannon Alley, a super WRECKING BALL CHALLENGE, slides and our one-of-a-kind DARE-DEVIL ISLAND! We provide a fun, unique place to celebrate birthdays or special events, while providing privacy, cleanliness, and security that all parents desire. We coordinate, set up, supervise, manage and clean up, so parents can relax. WANT SOMETHING DIFFERENT? Choose our amazing COSMIC LIGHTING upgrade. We also welcome church groups, schools, daycares, summer day camps, scout groups, sports teams, moms' clubs and even corporate outings to come in for private playtime. We also offer open bounce sessions for the public including Cosmic Bounce, Family Nights and Preschool Bounce for 5 & under. Check our calendar (http://bounceu.com/event-calendar/tulsa-ok) on our website for details or call the store at 918.249.0090 for party reservations or open times.

FUN BUS

Tulsa, OK
918.286.2800
www.funbuses.com

A Climate Controlled bus (yes heat and air!) that is guaranteed to bring the FUN right to you! That's right! The Fun Bus is a full-sized school bus whose seats have all been removed and walls and floor carpeted and padded. The Fun Bus philosophy is to enhance learning and fun going on inside the classroom and home, using a hands-on approach to FITNESS and making it FUN for the young child, boy or girl, rain or shine! The Fun Bus party lasts at least one hour (you have the option to purchase additional time), with games, obstacle course and musical fun. We play kid-oriented music that gets them active climbing, swinging, and jumping on the Fun Bus. Fun Bus provides a great kids' party and everyone has a great time on board. The Fun Bus NEVER moves once it arrives at a party and has heat and air conditioning for any time of year. At the end of each session or party we have a "cool down" period, each child receives a stamp or sticker for doing a wonderful job and (weather permitting) slides out the back on the banana slide! We can park wherever: a driveway, a parking lot, school, or a safe spot on the street. Classes and parties will be scheduled at a mutually convenient time for the Fun Bus and you.

HARD KNOCKS LASER TAG

Contact: Susan Crockett
6808 S. Memorial Dr., Suite 128
Tulsa, OK
918.893.5788, Option 0
scrockett@myindoorwar.com
www.indoorwar.com

Your party will be blown away at Hard Knocks - Beyond Laser Tag: Your Indoor War! With urban-themed arenas and a fully stocked armory with realistic military-grade weapons, our unique Combat Missions will challenge your group to rescue hostages, defuse bombs and eradicate the enemy. Host the party your guests will talk about for months! Hard Knocks is perfect for recreation, corporate team building, birthday parties, bachelor parties, youth and student groups, summer camps and law enforcement training. Our parties are all-inclusive, no additional rentals or gear required. We offer a full cafe and can customize your party to include food and beverages. After your victories, your party can continue the celebration in our special VIP areas. Groups receive locked missions, birthday invitations and thank-you cards, group discounts and special perks. Come in and experience the newest technology in combat simulation! Call 918.893.5788 OPTION 0 to schedule your next group event at Hard Knocks -Beyond Laser Tag: Your Indoor War.

MILLER SWIM SCHOOL

6415 S. Mingo Rd.
Tulsa, OK
918.254.1988
918.459.5890

millerswimschool.com

Parties at Miller Swim School are a BLAST! You can party year round - rain or

shine - our indoor heated pool is perfect any time! All parties are two hours and are scheduled on Friday nights, Saturday and Sunday afternoons. The basic party package includes party room and a T-shirt for the birthday child. All your guests will receive a pass to come back to a family swim and, of course, we provide a lifeguard. To view party package options and prices, go to our home page at www.millerswimschool.com — and choose birthday detail information. To reserve your party, call Miller Swim School at 918.254.1988 and plan to make a big splash! Gift certificates are also available — what better gift could you give than the skills that could someday save your loved one's life?

MUSIC TO GROW BY BIRTHDAYS

8007-I South Sheridan Rd.
Tulsa, OK
918.488.0851
www.musictogrowby.com/

We're the EXPERTS when it comes to making music and making children smile! A UNIQUE Kindermusik birthday party provides an interactive, totally FUN experience for children and adults. PRIVATE birthday parties in our bright, clean studio are a wonderful alternative for young guests, ages 1-7. We're happy to customize your party with a special theme. Let us help you plan your child's next birthday, and we'll get your party kicked off with musical entertainment including instrument exploration and play-alongs, creative movement, and fun with balls, scarves, and a parachute. We include table coverings and paper goods with our child-size tables and chairs. Our party package is exciting and educational for kids, convenient for parents, and priced very competitively. Contact Beth to book your party today.

OKLAHOMA AQUARIUM

300 South Aquarium Dr.
Jenks, OK
918.296.3474
www.okaquarium.org

Thousands of fishy friends are waiting to wish your birthday boy or girl the best year ever! Birthday party packages at the Oklahoma Aquarium include unlimited time in the exhibits to see all the exciting underwater creatures, plus special space for cake and presents. The Shark View Party Room is sure to wow your guests. Where else can you sit and marvel at bull and nurse sharks? It¹s a good thing sharks don¹t eat cake! Our Standard Party Room is more of a blank slate to decorate in any theme you choose! If your birthday child is the outdoorsy type, our fishing pond on the south end of our building is the perfect place to party with a shelter, picnic tables and fishing poles. Please visit our website, www.okaquarium.org for complete package details or contact events@okaquarium.org

SOCCERCITY TULSA BIRTHDAY FUN

5817 South 118th East Ave.
Tulsa, OK
918.249.0044
www.soccercitytulsa.com

Your child will have a blast bouncing off the walls at our house. Let us do the work while you have the fun. With hundreds of age-appropriate Lil' Kickers games to choose from and our high-energy coaches, you can't go wrong. Youth, adult, and Lil Kickers packages available. All party packages include field time and time in our party room. Let your imagination run wild with endless possibilities of what you can do with your individual field time or have a birthday party hosted by a Lil Kickers coach. Our Lil Kickers child development program – ages 18 months to 9 years, camps, parties, and lock-ins are offered year round as well. Call or visit our website, www.soccercitytulsa.com for days and times.

Youth Party Packages Specifics:
Coach provided Birthday Curriculums
** Parents are always welcome to participate and play **
Ages 1-3: Bunnies & Thumpers Curriculum (parent participation needed)
Ages 3-5: Beginner – Hoppers Curriculum (little to no parent participation needed)
Ages 3-5: Intermediate – Jackrabbits Curriculum (no parent participation needed)
Ages 5-9: Intermediate/Advanced Micro Curriculum (no parent participation needed)
Ages 12 & under: Multi-Sport Curriculum (additional $10)

Large Field Package: $185
1 hour on the field
1 hour in the party room/mezzanine
4 pitchers of soda
T-Shirt

Small Field Package: $135
1 hour on the field
1 hour in the party room/mezzanine
4 pitcher of soda
T-Shirt

SPORTS U / KNOCKERBALL TULSA

5440 S. 99th East Ave.
Tulsa, OK
918.949.9916
www.sportsutulsa.com

Knockerball™ Tulsa. Your source for the most fun you will ever have. Whether it is Knockerball™ Rentals, birthday parties, or team-building, we have you covered. Try "Knocker Soccer" (Bubble Soccer) or other exciting knocker games we have to get you rolling around. Get ready for a birthday party experience unlike any other! Bubble Soccer Birthday Parties are the most fun you will ever have! Our staff will create a custom bubble soccer party package that's just right for you. Our Birthday Parties include field time for fun Knockerball action as well as other activities like flag football, Dodgeball, or Basketball. We also have a dedicated Party Room for use during your party for cake and everyone's favorite – GIFTs!! Battle your friends in a fun and safe plastic bubble suit. Our indoor facility is a great place for Knockerball corporate events or bubble soccer birthday parties, bachelor parties, fundraisers, team building, church events and much more! In addition to providing Knockerball in our Tulsa training facility, our Knockerball Tulsa team can come to any location to bring you the bubble soccer game of a lifetime! So Get in the Ball – KnockerBall Tulsa!

RIVER RUN FARM PONY PARTIES

9300 South 51st West Ave.
Tulsa, OK
918.227.2508
www.riverrunfarmok.com

Our Pony Parties delight both kids and parents. We specialize in parties with our miniature horses for young horse lovers, but also offer parties with ponies and horses for older horse enthusiasts. Our parties are held in the beautiful, wooded setting of a working stable. If the weather does not cooperate, we hold the party inside our nice, clean barn and provide the pony rides in our indoor riding arena. Parties are fun, entertaining, and include hands-on activities like petting, brushing, and learning fun information about horses. Our parties are much more than games and a pony ride and provide a wonderful experience for horse lovers of all ages. Party times are limited so plan ahead to reserve your space for this memorable childhood party.

TULSA ZOO

6421 E. 36th St. North
Tulsa, OK
918.669.6612
tulsazoo.org/events/yourevents/birthdays/

From birthday parties, to company celebrations, to weddings, the Tulsa Zoo offers just the right setting for your special event. Zoo staff will cater to your wildest instincts, helping you plan and customize your unique zoo experience. Find out how you can plan the party of the year at your Tulsa Zoo by visiting tulsazoo.org/events/yourevents/ or by calling 918.669.6609.

I'M A TULSA KID

BY MARISA MORGAN

Gracie Sofia Heffington

Gracie Sofia Heffington was adopted at age 3 and lives in Tulsa now, but she was born in Guatemala. To celebrate her adoption this year she decided to support Guatemala by collecting supplies that are desperately needed there. Gracie, a 10-year-old Jenks East Elementary student, has found great success with her project and is already thinking about what she will do next year.

TK: Could you tell me first about how your project came about?
Gracie: Every year my family and I celebrate the anniversary of my adoption. Sometimes we go out to eat or make a special Guatemalan meal. This year I wanted to help the people of Guatemala. My mom and I researched ways to help Guatemalans and found that toothbrushes were some of the highest need items.

TK: How did you get the word out about the donations?
Gracie: I gave a speech about the project at my church and my school. I made posters and my mom spread the word on Facebook. I had three donation sites: Southminster Presbyterian Church, Jenks East Elementary and my front porch.

TK: How much have you collected?
Gracie: I collected 1,546 toothbrushes and 432 tubes of toothpaste. My goal was 200 toothbrushes.

TK: Where will the supplies go?
Gracie: The supplies will go to Mayan Families in Guatemala. They help the poorest people in Guatemala, some who live on less than $1 a day.

TK: What has been your favorite part of the process?
Gracie: My favorite part of the process has been seeing how everyone has supported me and my project. It makes me happy that people want to help the Guatemalan people.

TK: Do you plan to do it again?
Gracie: I do plan on doing another project to help the Guatemalan people next year, but I might change what I collect.

TK: What do you like to do in your free time?
Gracie: I like to read biographies about women leaders who have changed history. I also like to draw, bike, hike and spend time with my family.

TK: Cool! Whose biographies did you enjoy the most?
Gracie: 1. Cleopatra for being such a strong leader in a time when women weren't typically leaders; 2. Harriet Tubman for her work with the Underground Railroad during the Civil War

TK: What are your future plans?
Gracie: I would like to be a third-grade teacher and a pastry chef. When I get older, I would like to go to Guatemala and help Guatemalans make their lives better.



Photo Credit: OH Snap! Photography



You can be lazy.
You can be crazy.
But you won't be bored!

Download your FREE 2016 TulsaKids Summer Family Fun Guide at www.tulsakids.com/summer.

Primary & Specialty Care



Over 50 Clinics

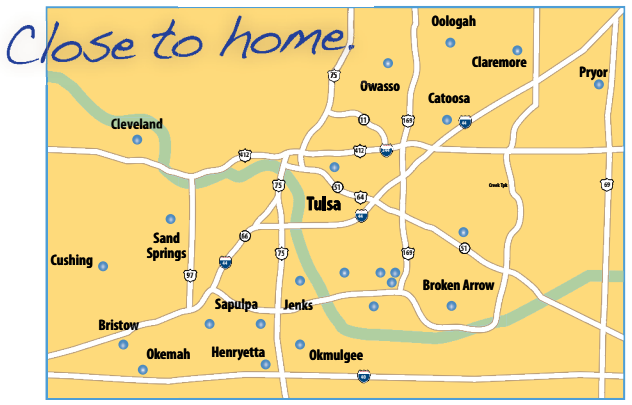
Choose extraordinary care without sacrificing convenience.

At Utica Park Clinic, you can choose from over 225 healthcare providers including specialists in:

- Family Medicine
- Gastroenterology
- Internal Medicine
- OB/Gyn
- Pediatrics
- Urology
- And Many More

For health news, tips and information, join us on

Or text TIPS to 95159



SAME-DAY APPOINTMENTS AND EXTENDED HOURS AVAILABLE FOR PRIMARY CARE PATIENTS

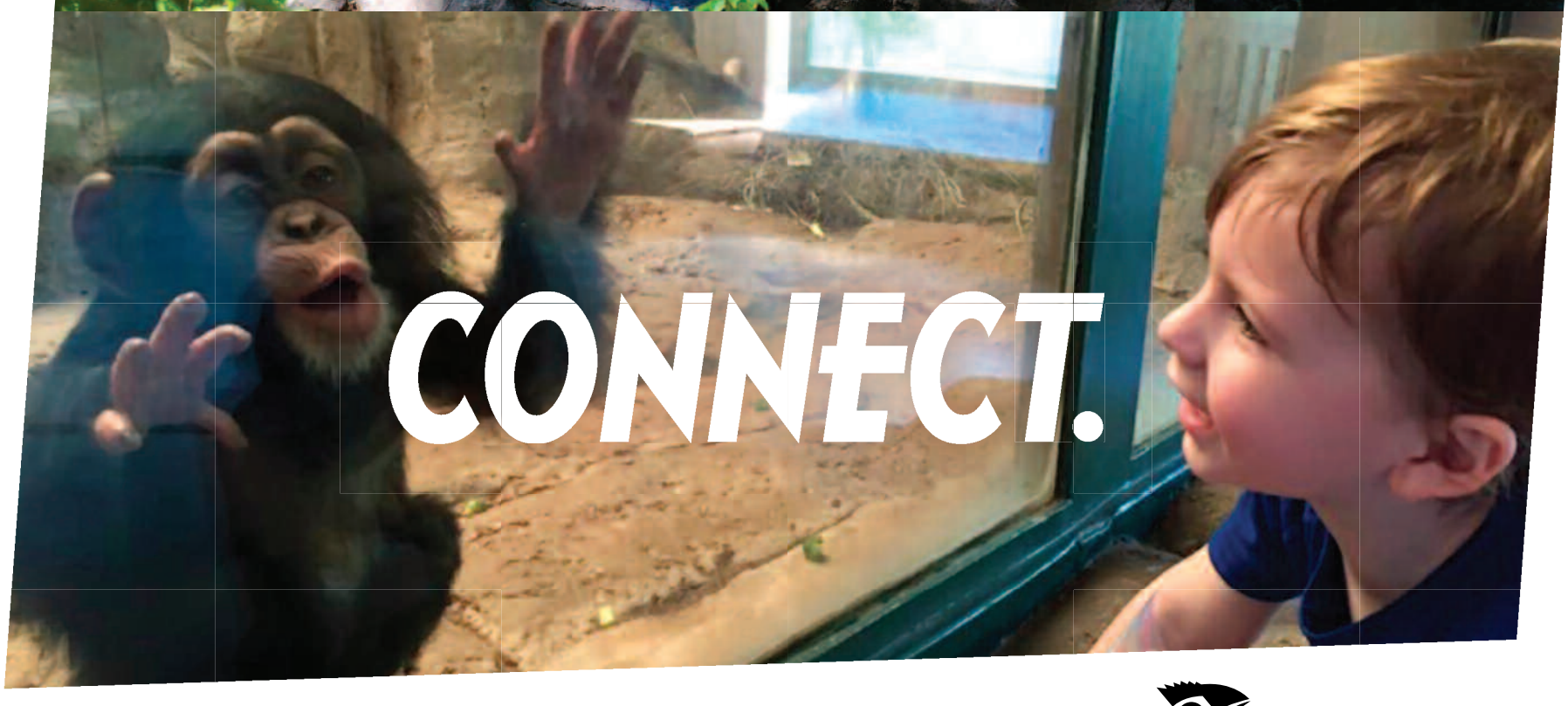
utica park clinic

Get Healthy. Stay Healthy.

918.579.DOCS (3627) • UticaParkClinic.com







tickets and info at tulsazoo.org

TULSAZOO