June 2017
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HOMEMADE PARTY CAKES

TOILET TRAINING YOUR TODDLER

5 PARENTING POLICIES THAT WORK

INSIDE:
ANNUAL PARTY PLANNER

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Kylee has had brain surgery, so when she learned she was pregnant, her excitement quickly turned to caution. After speaking with her doctor, she learned a c-section would be the safest option for delivery. Although disappointed she couldn't have a natural childbirth, she understood it was for the best. Fortunately, the *Peggy V. Helmerich* Women's Health Center at Hillcrest Medical Center offers gentle c-sections, allowing Kylee and daughter, Gracelynn, to bond immediately after birth. She remembers the moment Gracelynn was laid on her chest; it is a memory she will never forget.

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

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tulsakids

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editor's note

Happy Father's Day!

One of the best childhood memories I have of my dad is that he would play with us. Backyard football, a game of softball with the neighborhood kids, tag, bike riding – he did it all. Well, he didn't like fishing, but when we visited my mom's parents on their farm, he would gamely put together some cane poles, dig up some worms and take us kids to the pond to catch a few perch.

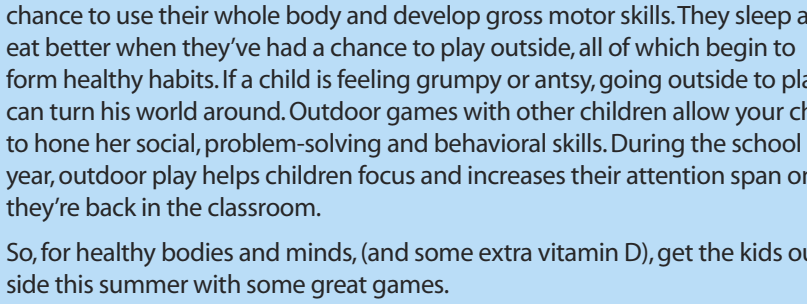
My dad also taught my kids to play Kick the Can in his big backyard. They loved it. No electronics, equipment or uniforms required. All the kids needed was a can and energy to run.

Why not create memories by introducing some classic outdoor games to your kids this summer? Gather up the neighborhood gang, or meet some friends at the park, and teach everyone to play Sharks and Minnows or Simon Says. Our Summer Playlist article provides the rules for a few games to get you started. And, we asked some local adults to share their childhood memories of play with us. What were some of your favorites when you were a kid? Recapture the freedom of play by playing them with your kids.

Besides having fun, what do children gain from outdoor play? They get a chance to use their whole body and develop gross motor skills. They sleep and eat better when they've had a chance to play outside, all of which begin to form healthy habits. If a child is feeling grumpy or antsy, going outside to play can turn his world around. Outdoor games with other children allow your child to hone her social, problem-solving and behavioral skills. During the school year, outdoor play helps children focus and increases their attention span once they're back in the classroom.

So, for healthy bodies and minds, (and some extra vitamin D), get the kids outside this summer with some great games.

And Happy Father's Day to all the dads out there!



Follow us on Instagram and tag your photos with @tulsakids so we can follow your adventures!

Photo Credit: @tulsalocallove

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





ON OUR COVER:
CATE AND CARA BRIDGES ARE READY TO PLAY.

PHOTO BY: LESLIE HOYT PHOTOGRAPHY

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CHILDREN'S MEDICAL CHARITIES HONORS VOLUNTEERS

The Children's Medical Charities Association, a nonprofit that raises money for children through a thrift shop, The Market at Pearl, recognized seven of its volunteers who have collectively given 100 years of service to the association. The volunteers are Sue Brooks, Linda Grass, Linda Reid, Ginny Howland, Jean Atchison, Jena Gomez and Sue Phillips.

Marian Brooks, association president, acknowledged each volunteer for their years of service to improve the lives of local children, including $1.2 million in grants to local charities for children's basic needs, healthcare and educational enrichment services.

The Market at Pearl is located at 1820 S. Rockford and is open to the public. To donate or volunteer, call 918.779.6332.



PHILBROOK PROVIDES FREE MEMBERSHIP FOR TEACHERS

On Tuesday, April 25, Philbrook held an open house for teachers and educators where Oklahoma public school teachers could sign-up for their free membership and learn about the programs available to them both personally and professionally, as well as socialize with other educators from across the region.

Following the failure of Oklahoma State Question 779, which proposed a raise to public school teachers, Philbrook, under the leadership of Director Scott Stulen, responded immediately with a public statement:

"We live in a divided nation. But Philbrook must be a place that unites, gathers, and encourages dialogue. Not a place that is guided by fear but one that sees possibility, opportunity, and joy in our neighbors.

"Our role is more important than ever before. Philbrook is not defined by what we say, but by what we do.

"We will continue to educate every generation from preschool to aging adult. Respect and value our teachers, preserve the environment, champion social justice, and be a safe place for unsafe ideas. Use art to connect, spark dialogue, and find shared values.

"And because action is more than liking a post on Facebook, we are launching a program to offer free memberships to Oklahoma teachers. This small effort for teachers perfectly aligns with our commitment to lifelong learning, community engagement, and providing access to all."

In less than six months since the program began, 753 teachers from across the state of Oklahoma have signed up to receive free memberships from Philbrook. Seventy-four percent of those are from Tulsa, Jenks, Union, and Sand Springs school districts. Another 12 percent traveled from Broken Arrow and Owasso. Four percent of teachers have traveled longer distances including Stillwater, Oklahoma City, Lawton, Ardmore, and the like, to enroll.

For information about free membership for Oklahoma public school teachers, visit either Philbrook location or call 918.749.7941 during regular hours. Philbrook main campus is open Tuesdays through Sundays, 10 a.m. to 5 p.m. and Thursdays until 8 p.m. Philbrook Downtown is open Wednesdays through Saturdays, 11 a.m. to 5 p.m. and Sundays noon to 5 p.m.

For additional information about the bus reimbursements and group tours, visit philbrook.org/bus-form. Information about 2017-18 reimbursement opportunities will be available beginning in July 2017.



STARLIGHT CONCERTS, INC., SELECTS NEW DIRECTOR

The board of Friends of Starlight Concerts, Inc., announced last month that it has selected Catherine deCamp as its executive director. deCamp brings more than 20 years' of leadership experience and volunteerism to her role.

"I am honored to be part of this Tulsa tradition and to lead Starlight Concerts into its 71st year," said deCamp. "Our concerts bring the gift of music to people of every age and all walks of life."

Since 1947, Starlight Concerts has presented quality, live music free to audiences each summer featuring its Starlight Band and Jazz Band. This summer's dates are Tuesdays, June 13, 20, 27 and Friday, July 7, Tuesday, July 11 and Tuesday, July 18. All performances are at Guthrie Green, 111 E. Brady Street, Tulsa.

continued next page

BRIDGES FOUNDATION DIRTY DOG 5K AND FUN RUN

Walkers and runners are invited to participate in the fourth Annual Bridges Dirty Dog 5K and Fun Run on Saturday, June 3, at the River West Festival Park, 2100 S. Jackson Ave. The race will benefit The Bridges Foundation, which serves and supports individuals with disabilities.

The festivities begin with registration at 4:30 p.m., a Fun Run at 6, timed 5K at 6:30 followed by post-race refreshments, a Kid Zone and a concert by singer/songwriter Morgan Ganem.

The family-friendly event welcomes the dogs and strollers. For more information, go to https://dirtydogrun.eventbrite.com.

TULSAKIDS HONORED WITH GREAT PLAINS AWARDS

The Tulsa Press Club announced the 2017 Great Plains Journalism Awards winners at a luncheon on May 1 at the Mayo Hotel. TulsaKids' freelance writer Kiley Roberson won Best Columnist, and Betty Casey, TulsaKids editor, won Best Blogger in the magazine category.

Anthony Mason, CBS News' senior national correspondent and co-host of CBS This Morning: Saturday, received the Distinguished Lectureship Award and gave the keynote address at the event.

The Great Plains Journalism Awards is a regional contest honoring print, web, TV and magazine journalist for outstanding stories, photography and design. The eight-state competition includes Oklahoma, Arkansas, Iowa, Kansas, Missouri, Nebraska, North Dakota and South Dakota.

SAVE OUR KIDS BANQUET SET FOR JULY



The 10th Annual Save Our Kids Banquet, sponsored by The Tulsa Ministers Alliance, is set for Saturday, July 29, 2017, 6:30 p.m. at the Downtown DoubleTree Tulsa Hotel.

The keynote speaker for the evening will be T. Hastings Siegfried, vice chairman and CEO of Asia Pacific of The NORDAM Group, Inc. Mr. Siegfried graduated from the University of Notre Dame. He served as a police officer with the Tulsa Police Department, and joined the NORDAM Group in 1997. In 2003 Mr. Siegfried served as Honorary Chairman for the Citizens Crime Commission, and was awarded the George W. Bush Presidential Volunteer Service Award for his work for the Tulsa County Sheriff's Department presented by the President's Council on Service and Civic Participation.

Funds raised from the banquet will go to the building fun for the Christian Ministers Alliance Youth Center, which will be located on East Apache St. and North Lewis Ave.

Table sponsorships are available for $1000 for a table of 10. Individual tickets are $100.

For tickets or more information, call Rev. W.R. Casey at 918.951.7407.



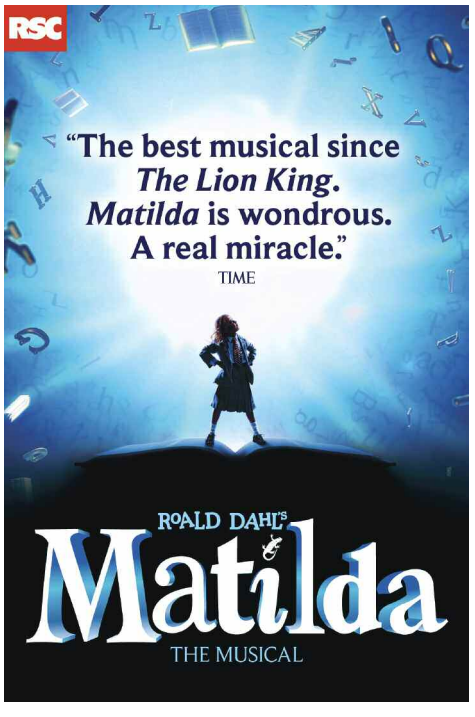
WHAT'S GOING ON(LINE)?

COVER KID CONTEST

Cover Kid Contest
The TulsaKids Annual Cover Kid Contest is almost here!
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Voting Period: Monday, July 17-Monday, July 31
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Keeping Your Kids Safe in the Digital Age
Are you worried about keeping your kids safe online? Throughout June, Cox is releasing a four-part video series that will be available at www.tulsakids.com. Follow us on social media or sign up for our newsletters to receive updates.
Publication dates and themes are:
June 6: "The Biggest Mistake You're Making About Online Safety"
June 13: "Social Media Threats and Which Ones are the Worst"
June 20: "Conversations with Your Kids-It's Time to Get Tough"
June 27: "Score One for Mom-Using Technology to Your Advantage"

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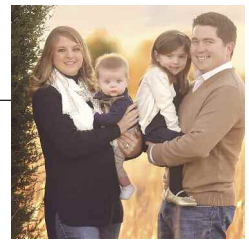
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BY KILEY ROBERSON

5 parenting policies **that work**

I don't know about you, but I've made a lot of rules in the six years that I've been a parent. From the smart ones like "no running down the stairs," to the irrational threats of "I'm never buying crackers again if I find one more crumb on the couch!" I've definitely had my moments, but every once in a while I stumble upon a rule that works, one of those rare occasions when what I say sticks and works out better than I'd ever imagined. The funny thing is that most of the time, in these instances, the push isn't really a rule at all…more like a policy or statement of fact. Best of all, they're easy to remember. So if you feel like you're always nagging and scolding, it might be time to try one of these parenting policies.

Policy #1: You get what you get, and you don't throw a fit

You've no doubt heard this one, but it's worth repeating. Not only does it have a fun rhythm, but it also trumps the old "life isn't fair" lesson. It's essentially irrefutable and, rather than focusing on an abstract notion like fairness, it speaks directly to the individual situation at hand. I've personally found this one to work quite well with toddler temper tantrums.

Policy #2: Off at 8 p.m.

Sometimes setting a rule like 8 o'clock bedtimes can be tough.



The trick here is to think of parenting as the full-time job that it really is. Just like the working world, you can announce a "clock-out time." This means no more parenting jobs past 8 p.m., you're officially off the clock. Your children can know that you will gladly read books, play games, listen to stories, give baths – the whole parent package – before 8 p.m. After that, it's done, so they should use their time wisely. This works great with preschoolers because this isn't a rule for them to follow; it's for you.

Policy #3: I can't understand you when you speak like that

Simply proclaim incomprehension when your child whines, screams or throws a tantrum. Kids really do want to be heard. Telling them you can't understand their words when they whine or cry changes the behavior fast. This is especially true if you whisper it. Taking your volume down a notch typically brings the child's volume down, too, as he struggles to hear you over the whining and crying. On top of everything, it's also empowering for your children by suggesting they have something valuable to say and you truly want to listen.

Policy #4: We don't argue about money

This one is for the older kids, but basically the policy is that you can tell your children yes or no on any requested purchase, but you won't discuss it. If your child protests, simply repeat, calmly, that you won't argue about money. This shifts the focus from the whined-for treat to financial policy. You're almost changing the topic, no longer debating why he shouldn't have gum or some plastic plaything and, instead, invoking a reasonable-sounding family value.

Policy #5: There's no such thing as boredom

The "I'm bored" phrase basically translates to "entertain me." While our jobs as parents entail many things such as providing love, nurturing, nutrition and safety, entertainment is not a core function. You can combat this one with the response, "there is no such thing as boredom, only lack of imagination." By the time your kids have figured out the puzzle of how something that exists can also not exist, they won't be bored. Also, it changes the terms of debate, from a challenge for you to one for them. Besides—if your child learns how to entertain herself, there truly is no such thing as boredom. And that's a gift that will last forever.

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BY LISA A. BEACH

bittersweet birthdays: an annual reminder to be my son's best friend

My heart both rejoices and breaks every year when we celebrate my firstborn's birthday.

I rejoice when I think back to my son's earlier birthdays when he was about 4 or 5 years old. Each year he'd pick a new theme for his birthday party, reflecting his current favorite passions. One year, he loved Blue's Clues. Another year, trains. The next, magic.

Weeks prior to my son's birthday, I'd plan fun activities, crafts, games and goodie bags to go with the year's chosen theme. Yes, I was that mom. Even in the days before Pinterest, I loved collecting ideas of how to make every DIY birthday feel special for my son and his friends.

No matter the theme, each birthday party shared one thing in common: a group of friends from preschool or elementary school at our home helping my son celebrate his big day. They played silly games in our living room, ate cake on our back porch, and chased one another in our backyard. Laughter filled the air against the noisy backdrop of the slightly uncontrolled chaos of a kids' birthday party. To see my son's face light up, to know he felt valued and accepted by his friends, to hear the shared laughter – that was a birthday gift in itself.



My heart swells with happiness when I look at photos of preschool party-goers standing next to the life-size, wooden Bob the Builder cut-out my husband created for a party photo opp. And I can't help but smile when I watch the video of birthday attendees wearing their hand-crafted cardboard box race cars as they zoomed around our backyard crashing into each other. Those truly were the happiest of birthdays.

Flash forward to middle school.

Around sixth grade, we began to notice my son's friends slowly drifting away, one by one, like balloons just floating up into the sky, forever out of reach. They stopped inviting my son to their birthday parties, to go to the movies or to just hang out. By high school, social invitations

continued next page

ceased to exist, except from the neighborhood teen whose family we've known since our boys were toddlers. Not only did my son's old friendships fade away, but new friendships weren't taking their place. A gaping social hole existed in his life.

What happened?

Around ninth grade, we discovered that my son—-always a shy, socially awkward kid—-has Asperger syndrome. He's a talented artist and a smart kid, even qualifying for the gifted program in elementary school. Although quirky, he was such a high-functioning kid that we didn't connect the Asperger's dots until high school. With social and communication difficulties at the crux of Asperger's, this autism-spectrum disorder often spells a death-sentence to a child's social life and delivers a devastating blow to self-confidence. Being socially awkward and missing out on the hidden nuances of body language, facial expressions, and social cues, people with Asperger's struggle to connect with others, making it difficult to make and keep friends.

And this brings me to the bittersweet tinge of celebrating my son's birthday. Every year since fifth or sixth grade, birthday parties have gotten noticeably smaller. In preschool, a dozen or more kids filled our back porch at birthday parties. By middle school, we could fit the entire birthday party (including our family of four) in our Honda Odyssey. The very last birthday party was an awkward gathering with two of my son's friends who knew (but did not like) each other.

Painful to watch, it was like a page right out of Agatha Christie's novel *And Then There Were None*, as one by one, the attendees vanished from our once-burgeoning RSVP list. The heartbreak of it all actually mirrored a scene in the 1991 movie *Little Man Tate*, where 7-year-old Fred Tate (whose intellectual and artistic giftedness made him not fit in with his peers) threw a birthday party and no one showed up. You could just see the anguish on the face of his mom Dede (played by Jodie Foster). Fred could be my son, and I could be Dede Tate.

I am mourning the birthdays of yesteryear filled with two dozen cupcakes, party bags, Pin the Tail on the Donkey and squeals of laughter in my backyard. I am yearning for those long-ago days when my son felt accepted and included by his peers. I am missing the days when birthdays felt 100 percent like the celebrations they should be.

As my son's birthday approaches each year, I still cry a little inside for what should be the happiest day of the year for my son. I must admit, those middle and high school years pummeled my heart when my son's birthday rolled around, making me cringe at the shrinking circle of friends who no longer issued or accepted a party invitation. Parties once populated by friends have been replaced by family-only celebrations.

But I also celebrate my son, now 19 and in college, as he prepares for the next phase of his life. I am his biggest cheerleader and in awe of the man he is turning into as I watch his self-confidence slowly rebuild. And I silently thrill at the flicker of college friendships I see beginning to take shape.

Birthdays serve as bittersweet reminders, now and forever, to be my son's best friend, regardless of whether or not anyone else steps up to fill that role.

This article originally appeared on www.Grownand-Flown.com and has been republished here with permission.

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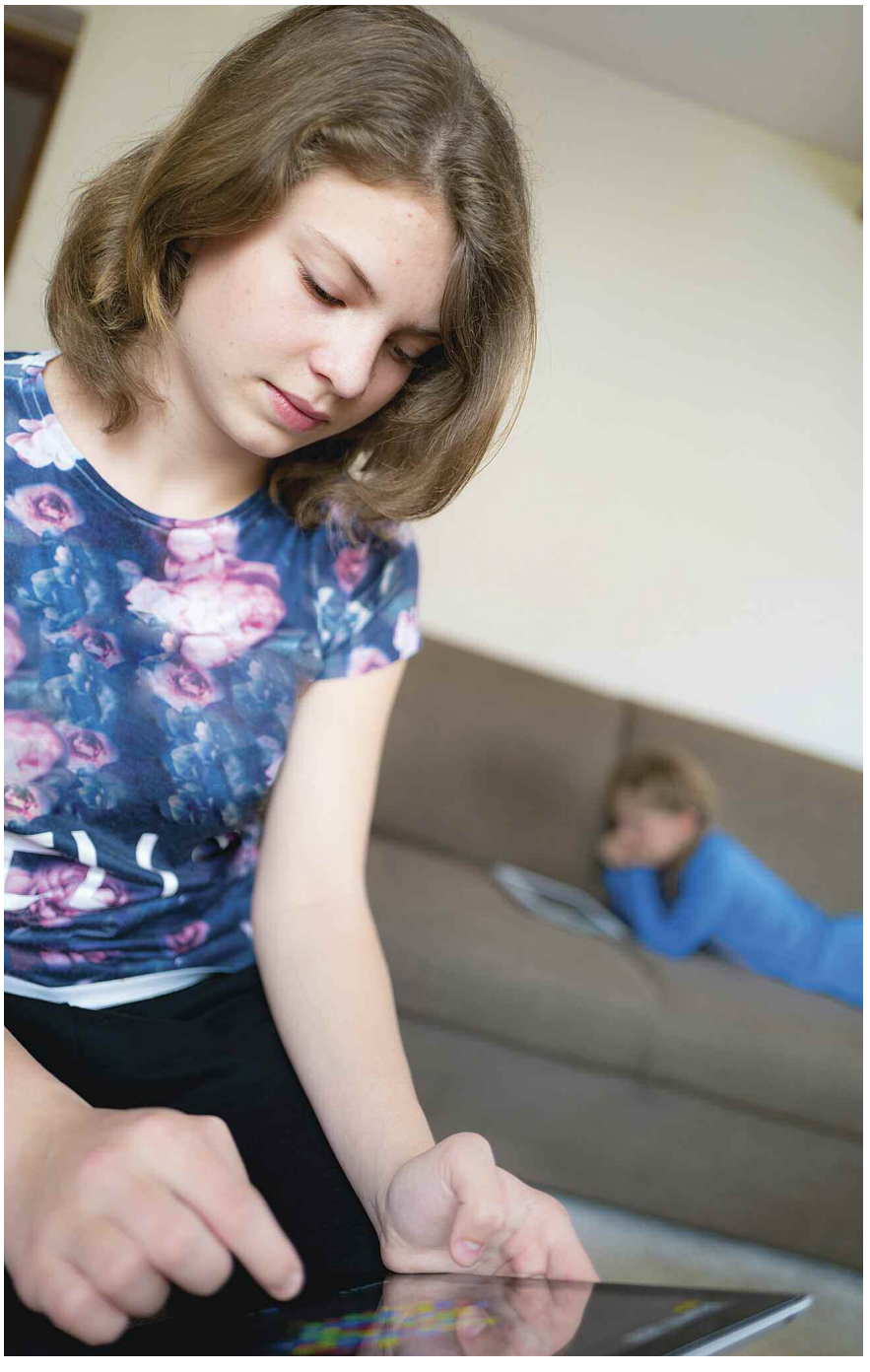
INFINITY
DANCE ACADEMY



BY JULIE WENGER WATSON

screening out the screens

Summer is here, but even though the kids are out of school, the parenting challenges continue. Often the idealized summers of our own childhoods clash with the reality of those of our tech-savvy teens. While many of us remember long, lazy days spent outdoors wandering the neighborhood in search of adventure, our own kids' lives seem filled with too many hours of eyes and minds glued to screens. Rather than give up the battle entirely, let's look at some ways to help our kids pull the plug or at least loosen it.



Why Bother?

Outside of the fact that it's simply annoying, if not creepy, to live with zoned-out zombies, is there really a good reason to limit your child's screen time? The answer appears to be a resounding "Yes," and there is more and more science to back that up.

Studies with both mice and humans have shown a correlation between excessive screen time and decreased attention spans and negative effects on learning.

A 2015 report in Common Sense Media found that the average child in America spends more time on electronic media than going to school. Teens use an average of nine hours of entertainment media per day, and tweens use an average of six hours, not including the time spent using media for school and homework.

All this screen time, scientists are discovering, releases the chemical dopamine in the reward centers of our teens' developing brains. This is the same chemical released with activities like drinking alcohol. Research has shown that those who play three hours of video games a day or more have M.R.I. brain scans that show patterns similar to people who are addicted to drugs. So, the short answer is yes. There is reason to be concerned.

What about Your Use of Screens?

Teens have a finely tuned B.S. meter, and they can spot hypocrisy a mile away, so before you start laying down the law with your kids, take a look at your own screen use. You can't expect your kids put their devices down if your own device is constantly in your hand. Modeling sensible behavior yourself is the first step. Be sure it's not you setting the bad example.

Control the Devices

Establish boundaries that create natural barriers or limitations to screen use. For example, keep computers, TVs and video games out of bedrooms and in common areas such as the family room. Enforce a no cell phone policy during dinner. Consider purchasing a new router with a mobile app that allows you to easily pause WiFi access during specified times, such as during meals or when doing homework. Require cell phones to be charged overnight in a common area. Remember, however, these controls are much more effective if you, as

continued next page

parents, subscribe to them too.

Incentivize

The carrot is more effective than the stick. Requiring certain activities or tasks to be completed before accessing screens can be a good way to limit screen time. Encourage your child to pursue other worthwhile activities and get a few things done around the house.

Depending on your child's age, perhaps 30 minutes of outside activity or creative engagement such as writing or drawing has to be completed before turning to screens. Or maybe it's walking the dog, making beds and doing laundry. Consider changing the password for your WiFi or for a particular device and allowing your child to "earn" the new password by completing other activities. Be creative.

Offer Alternatives

Trips to the pool, library, zoo, park or bowling alley are great ways to ditch the devices and spend time together as a family during the summer months. Encourage older kids to volunteer at the food bank or animal shelter. If both parents work, consider enrolling children in camps or other activities. Help your child learn a new sport or hobby or skill. The best way to reduce screen time may be as simple (or as challenging) as offering kids better options.

Without a doubt, limiting screen time takes creativity and planning, especially during the long days of summer break. As difficult as it may at first seem, the rewards are well worth the effort. Not only are you ameliorating the negative effects on your child's developing brain, you may also discover a deeper and more enjoyable relationship with your offspring and a healthier, happier family dynamic.

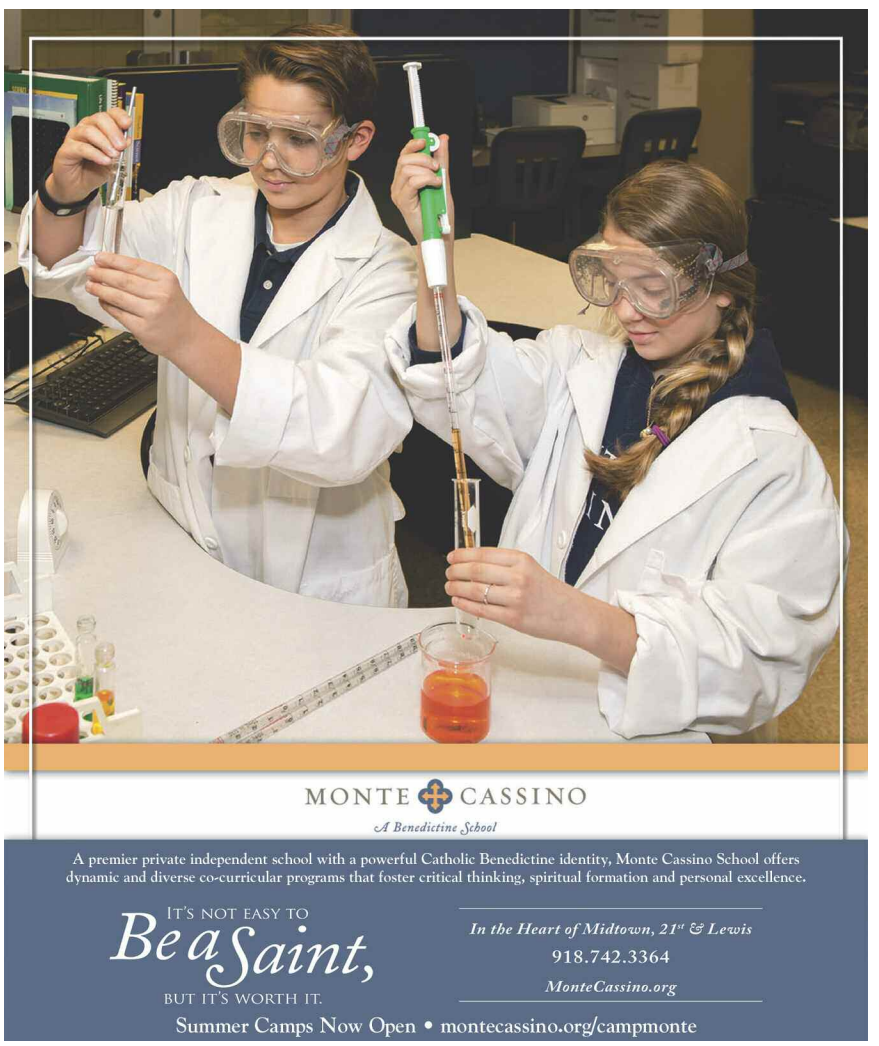












BY NANCY A. MOORE

PHOTO CREDIT: OH SNAP!

John Kahre – planting the seeds of knowledge at tree school

John Kahre has been a volunteer for Up With Trees for over 38 years. During that time, he has helped "grow" the program into what it is today. Currently, Up With Trees encompasses much more than just planting trees – although that is still an important part. In visiting with John, he shares his enthusiasm for teaching kids and adults about horticulture and the inventive ways he has of engaging them in the learning process. Having served in many capacities over the years, he is currently Coordinator of Education.

TK: What is your background?

John: I recently retired from teaching Horticulture at Tulsa Community College after 34 years. After retiring, I'm continuing to teach part-time for the college through a program for inmates at Conner Correctional facility. Conner's has a horticultural program where I oversee the inmates from both minimum and medium security. The students have really built an oasis at the facility and take pride in their work. Recently, I found a potter's wheel and mold that we will be able to utilize within the program.

TK: What do you enjoy about being a volunteer for Up With Trees?

John: Over the years, their mission has expanded. It's not just about planting anymore. Now the focus is what we call the three P's: Planting, Preserving and People. The "People" part focuses on education. I've always loved teaching, so this is a natural fit for me.



JOHN KAHRE AND BONNIE THE TURTLE.

TK: What is Tree School and where is it held?

John: Tree School is a youth education program designed to utilize trees as a cross-curricular learning tool. The goal of the program is to engage students through tree curriculum and hands-on tree planting and care based on the needs of the school. We work with various schools all over Tulsa to educate young people and then plant trees with them where their school needs them the most. Our efforts range from pre-k to high school and we have planted food orchards, playground shade, and rain gardens to aid in the students' education and their wellbeing. A couple of the schools we have recently worked with are McClain High School, Eugene Field Elementary, Frost CAP Center and Bell Elementary.

TK: What is your favorite part about teaching kids?

John: Sharing the critters. I had to have something interesting to get the kids' attention during my presentations. The critters I take are two turtles, Bonnie and Clyde, along with a tarantula and a gecko. I also have kids thinking about how to help trees. Since trees can't move, I share that trees have to have partnerships. We also talk about insects helping trees. Kids think that insects aren't good; however, the vast majority of insects are good. I am able to show a variety of insect samples in resin and we take magnifying glasses to study the insects.

TK: What do students enjoy about the presentation?

John: The students get really engaged in the planting of the trees. It helps them feel invested in what they learn in the classroom as well as make an immediate impact to their school and community. They also love the turtles, Bonnie and Clyde. The turtles were raised at Conner Correctional facility and I inherited them from a couple of inmates who were released. That's how they got their names. The turtles are very friendly and were raised on bologna. After I got them, I had to teach them how to hibernate. Also, how to feed on leaves, grubs and insects. They are a favorite because they are the least threatening.

TK: What would you like to

continued next page

highlight about Up With Trees?

John: I always stress to people, kids and adults, that one person can make a difference. Sid Patterson was that person; he started the program. In the beginning, it was small and has evolved into what it is today and that is because of the people involved. The Tulsa people are also the reason why we plant. We continue to plant trees and grow Tulsa's urban forest so the community can benefit from cleaner air, cooler summers, improved property values, quality water and a beautiful city.

TK: What other programs should people know about?

John: We have on-going education on a monthly basis for both kids and adults. From our monthly outdoor Tree Walks, to our further education classes, there are always opportunities to learn more about trees no matter your age. Then once you learn about how great trees are, you catch the tree-enthusiast itch and have to come volunteer with us! That includes planting trees, mulching and maintaining our tree sites, painting our wooden signs, assessing the health of our trees and more. And if your schedule is too busy to come out and volunteer, we have lots of opportunities to support Up With Trees by sponsoring our ongoing planting of the Tulsa community.

TK: What keeps you motivated to volunteer with the same organization for so many years?

John: It's fun! I think it's cool that I have gone from teaching college students to children. I enjoy the diversity of the presentations. Meeting and educating different groups never gets boring. It's amazing to see how much people enjoy it. In doing all of this, it is my hope that young people grow up to have an appreciation of the outdoors.

For more information about Up with Trees and the educational programming they offer, visit www.upwithtrees.com.









CARA AND CATE, OUR COVER MODELS, PLAY JUMP ROPE WITH MOM KRISTINE BRIDGES.

SUMMER PLAYLIST:

5 CLASSIC OUTDOOR GAMES

BY SHEEBA ATIQI
PHOTOS BY OH SNAP!

You may be old enough to remember the days when kids were put outside on summer mornings to wander the neighborhood until dusk, only reappearing at home to refuel at lunch and dinnertime. Left to their own devices, kids spent time playing games like tag and hide-and-seek, often making up their own rules or games. The result? Fit, healthy kids with great negotiating skills and happy memories.

And, just for fun, we asked some local Big Kids to share their childhood memories about outdoor play.

1. Sharks and Minnows – Line up the players, called minnows, on one end of the yard. One shark stands in the middle of the yard. The minnows try to cross to the other side of the yard without getting tagged and becoming a shark themselves. Play continues until all minnows have changed to sharks.

2. Capture the Flag – For this game, divide players into two teams. Create a playing field and divide it into two territories (could be front yard and backyard). Players should designate jail areas for each

>

team. Captured opponents will be placed in jail when caught. Each team has a flag (a scarf, towel, Frisbee or other object) that they place (visibly) in their territory. Some players are sent to capture the opponent's flag, while others stay behind to guard the flag. To capture the flag, a player must enter the opponent's territory, take the flag and run back to their own territory without being captured (tagged). If the player is tagged, he or she is taken to jail. A player can escape jail if a teammate can elude defenders and reach the jail. This player can rescue one of the teammates and they both get a free trip back to their own territory. The object of the game is to capture the other team's flag and return it to your home base.

3. Kick the Can – Place a metal can in the middle of the driveway or backyard patio. The players hide while the person who is "it" tries to find them while keeping an eye on the can. If he gets too far away from the can, another player can come out of hiding and kick the can. If the player is tagged, he becomes "it". If not, he is safe. Play continues until all players kick the can or until a player is found or tagged.

4. Kickball – This game is similar to baseball, but it levels the playing field so all ages and skill levels can play. The pitcher rolls a large ball to the "batter" who kicks it with his foot. Like baseball, the batter runs the bases and the opposing team tries to get him out before he gets home.

5. Four Square - Four Square is played on a court of four equal, adjacent squares. This can be drawn with chalk on a driveway or patio. One player stands in each square. Each square has a ranking one to four. The highest ranking is diagonal from the lowest ranking. The object of the game is for a player to move up to number one, and remain there as long as he or she can. The lines touching the other squares are in bounds, and the lines on the outer sides of the squares are out-of-bounds. Players can hit the ball with any part of their hand from wrist to finger tip. The hit can be open or closed fist, forehand, or backhand. The ball may also be hit with two hands at the same time like volleyball. Carrying, catching, or holding the ball is illegal. The player in the highest ranking box begins the game by serving. The ball is bounced in the server's square and then hit into another square on the court. Players are out if: 1. The ball bounces two consecutive times in their square before another player hits it; 2. They hit the ball out-of-bounds; 3. They hit the ball more than once before hitting it into another square; 4. They touch the ball when it is not in their square; 5. The ball bounces in their square and goes out of bounds; Players who are out go to the back of the line, and the remaining players move up to the highest ranking empty square. The player at the front of the line enters the lowest ranking square. Play continues until time runs out. Variations in winning the game include: There is no winner; The last person in the highest ranking square wins; The player who spent the most time in the highest ranking square wins

Kristine Bridges, executive director at The Parent Child Center of Tulsa, a non-profit child abuse prevention organization: *I remember jump roping throughout my childhood, through all the grades, and playing during recess on the school blacktop. I can still remember the great anticipation on waiting to jump into the Double Dutch line in elementary school!*

If you're not familiar with Double Dutch, your kids might love the challenge. It requires at least three people. Two people hold the handles of two long jump ropes and turn the ropes in opposite directions. The jumper moves into the turning ropes and jumps, trying not to stop the ropes. Two people can jump simultaneously. Double Dutch competitions are held worldwide.

Lester "Doc" Shaw, executive director of A Pocket Full of Hope, Inc., a Tulsa non-profit dedicated to providing youth with belonging, a creative outlet and a safe, fun environment: *I started playing football in the neighborhood, which happened to be my dad's favorite sport. It was our chance to go outside. We used to challenge other neighborhoods, and during my time that used to be a big thing! It used to be a measure of endurance, strength, speed but most important of all, it was fun. I remember after the games we would race each other; we used to have reputations throughout the different neighborhoods on who was the fastest. It was also a opportunity for camaraderie.*

Seargent Shane Tuell, Tulsa Police Department: *When I was very young, we used to go to the Tulsa Roughnecks games at the old TU Skelly Stadium. When I got to be about 5 or 6 that's all I wanted to do was play soccer! I loved practice. I loved everything about being outside and being part of a team. I remember there was a core group*



LESTER SHAW

of guys that I started playing with when I was young and it was those same guys that I played with all the way through high school. It was the one impact I had in my life. I remember my dad getting so into soccer with me that he started to coach my teams, and to this day, even being in his 70s, he still refereees soccer games. It's the fondest memory I have.

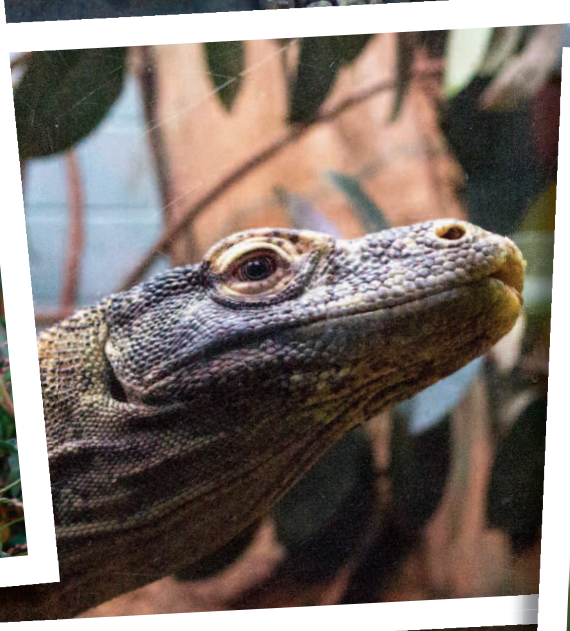
What's your favorite game? Add it, along with the rules and a photo, to our Summer Playlist, by emailing our web editor, tara.rittler@gmail.com

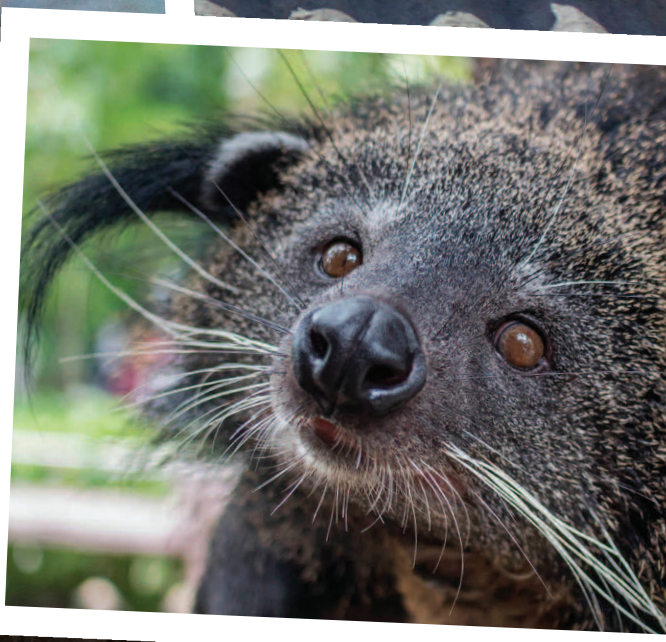
SEARGENT SHANE TUELL



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BY BETTY CASEY

children's book author/illustrator **Chris Raschka**

SHARES HIS LIFE AND WORK WITH MONTE CASSINO STUDENTS

Award-winning children's book author and illustrator Chris Raschka always enjoyed creating art, but never considered it something that he could do as his life's work. Today, however, Raschka is a two-time Caldecott Medal Winner (*The Hello, Goodbye Window and A Ball for Daisy*) and the author/illustrator of over 30 children's books. His book *Yo! Yes?* was a 1994 Caldecott Honor Book.

Raschka was in Tulsa last month talking with Monte Cassino preschool and elementary school students about his life and work.

Raschka's route to becoming a renowned children's book author and illustrator was anything but linear. A biology student at St. Olaf College in Minnesota, Raschka said he took classes in the art department, but didn't think of art as a career. After graduation, Raschka traveled and worked at two homes for handicapped children, the first in Germany, and the second one in St. Croix. Raschka was newly married, and his wife, an artist, also worked at the St. Croix children's home where Raschka said the conditions were so bad that they both painted in the evenings "just to keep ourselves sane."



CALDECOTT-WINNING PICTURE BOOK AUTHOR AND ILLUSTRATOR CHRIS RASCHKA VISITED MONTE CASSINO IN APRIL. WATCHING HIM PAINT ARE TEDDY GREENWALD, ADDIE KRESSE, TREVOR SACK, ANNA LEE, JUDE SIEGFRIED AND CECE FLORES.

After the stint in St. Croix, Raschka became more serious about working as an artist. "That's where I thought I could follow a career in art," he said.

Even then, he was headed to medical school but, on the first day, he called the school and told them he wasn't going to come. "I knew I wanted to be a painter," he said.

Raschka began his career as an illustrator and, ultimately, a children's author, publishing his first book, *Charlie Parker Played Be Bop*, in 1992. The text and illustrations in the book flows like jazz music, mirroring the sound and rhythm of Parker's sax.

Describing his artistic approach, Raschka said he keeps a line from the poet William Wordsworth in mind: "The matter always comes out of the manner."

"My art has always been very rough, immediate and messy," Raschka said. "I like art myself where I see each movement. There's no hiding. No coloring in, in a sense. I always had a dread of coloring in."

Raschka's art is deceptively simple, each brushstroke evoking movement, each line telling its own story. Demonstrating a painting to the Monte Cassino students, Raschka held the kids spellbound as a couple of splotches of red watercolor quickly became a cow eating grass. Single half-moon black lines for eyes were all that were needed to show the contented cow's emotional state.

While children obviously love Raschka's illustrations, he said a Barnes and Noble buyer once told him that his outside-the-lines art was "too sophisticated."

Raschka says that ideas for

continued next page

books come in different ways. "*A Ball for Daisy* was based on my son's experience," he said. That book has no words, and many of his books, like *Yo! Yes?*, have minimal text. "I like the notion of trying to tell a story with as few words as possible. It's very difficult to write an engaging book of any kind."

Raschka believes that creating children's literature is important.

"It's an interesting time," he said. "Ever since I've been making picture books, there's a notion that it's the end of picture books because of phones, computers and iPads. Sometimes when I see a baby with an iPad, I think it's the end of the world. But a picture book is made for the lap and sharing, which never go out of style."

Summer Family Fun Guide

WHAT ARE YOU DOING THIS SUMMER?

Download Summer Family Fun Guide here:
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TK 30-Year Flashback

MATTHEW HANCOCK: TULSAKIDS' FIRST WINNER OF THE COVER KID CONTEST

30 YEARS

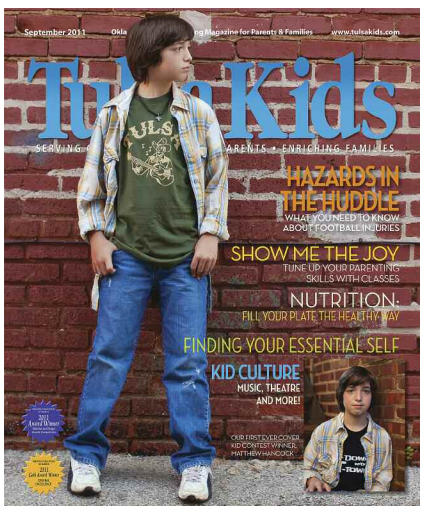
Beginning this month, TulsaKids is celebrating 30 years of serving and supporting Tulsa area families. In its infancy TulsaKids was a newsprint tabloid with an illustrated cover. The magazine has grown up to be a full-fledged adult with plenty of pages, larger distribution, a slick look and a muscular web and social media presence. And did we mention lots and lots of awards?

Next month we're holding our annual Cover Kid Photo Contest, sponsored by Hermann Orthodontics. If you want to enter your child, go to www.tulsakids.com.

This month, let's take a look back at our first cover kid winner. We don't know if being on our cover creates successful kids, but evidently, it doesn't hurt!

The first TulsaKids Cover Photo Contest winner Matthew Hancock is graduating in May from Bixby High School where he is an honor student and is active in National Honor Society, Interact, Technology Student Association, and SkillsUSA. In the fall, he will join his big brother Michael at the University of Tulsa where he plans to major in Electrical Engineering.





We're looking for more then and now cover photos, so if you have one, please share by emailing editor@tulsakids.com. Or if you have other TulsaKids' memories, comments, photos or connections, please send those as well!

(PHOTO CREDIT: AMY TEAGUE OF HAPPILY SITUATED PHOTOGRAPHY)



EVEN KIDS CAN JOIN IN THE FUN AT THE TULSA TOUGH, JUNE 9-11! FOR A COMPLETE WEEKEND SCHEDULE, INCLUDING KIDS' RACES AND THE FREE, 5.8-MILE TOWNIE RIDE, VISIT WWW.TULSATOUGH.COM.

1 Thursday

SUMMER'S FIFTH NIGHT AT UTICA SQUARE [FREE]
Enjoy live music at Utica Square every Thursday, all summer long. Pack a picnic or dine at one of Utica's many restaurants as you unwind to one of your favorite local bands. June 1 features the Starr Fisher Ensemble with Larry Stokes. Utica Square, 1709 Utica Square; 7-9 p.m. www.uticasquare.com

2 Friday

CARTOONING/ILLUSTRATION WORKSHOP WITH MORGAN TAYLOR [FREE]
Morgan Taylor guides students through a step-by-step character-building project focused around his work on the award-winning Gustafer Yellowgold DVD/CD series. Topics include anatomy, character study and development. Hardesty Regional Library, 8316 E. 93rd St. 2 p.m. www.tulsalibrary.org

LITTLE SHOP OF HORRORS
Tulsa Project Theatre's version of this "sci-fi-horror-film-turned-rock-musical" is a rock-and-roll ode to "B" horror films that also brings light to issues that plague our world today. Tulsa PAC-John Williams Theatre, 110 E 2nd St.; 7:30 p.m. www.tulsapac.com

3 Saturday

LINNAEUS TEACHING GARDENS ANNIVERSARY CELEBRATION [FREE]
The Linnaeus Teaching Garden was established in 2006 in order to educate the public about plants, flowers, vegetables and herbs that grow in this climate. Celebrate the garden's anniversary with a day of giveaways, refreshments and a free lecture by a horticultural expert. Linnaeus Teaching Gardens, 2435 S. Peoria; 9 a.m.-3 p.m. www.tulsagardencnter.com

4 Sunday

SUNDAY DRAWS AT GILCREASE [FREE]
Sunday Draws is for anyone who wants to learn to draw or to learn to draw better and have fun doing it. A teaching artists will guide participants using various drawing techniques, and different drawing tools and materials. For ages 8-adult. Reservations required. Gilcrease Museum, 1400 North Gilcrease Museum Road; 1-2:30 p.m. www.gilcrease.org

5 Monday

THE GREAT DRINK CUP CHALLENGES [FREE]
Individuals and groups will take on various challenges of building super structures out of disposable cups. Challenges may include tallest structure, biggest building, best-looking creation and speediest build. Prizes will be given for each category. For grades K-5. Pratt Library, 3219 S. 113th W. Ave., Sand Springs; 1 p.m. www.tulsalibrary.org

CINEMARK SUMMER MOVIE CLUBHOUSE
Watch "The Secret Life of Pets" at either of Tulsa's Cinemark locations for just $1 as part of the Cinemark Summer Movie Clubhouse. Visit the Cinemark website for the complete Clubhouse schedule. Cinemark Broken Arrow, 1801 E. Hillside Drive, or Cinemark Cinema 8, 1112 E. Charles Page Blvd. 10 a.m., www.cinemark.com

6 Tuesday

STAY AND PLAY STORYTIME WITH MR. ADAM [FREE]
For babies and toddlers, playing is learning! Enjoy storytime and then stay after for games, toys and activities that foster critical early literacy

skills. For ages 5 and younger. Helmerich Library, 5131 E. 91st Street; 11 a.m. www.tulsalibrary.org

TUESDAYS IN THE PARK FEATURING GRADY NICHOLS [FREE]
Each Tuesday evening in June a musical performance is presented on an outdoor stage in Broken Arrow's Central Park. The grassy slope of the park provides an excellent amphitheater for the crowds relaxing and listening...and often dancing. Central Park, 1500 S. Main St., Broken Arrow; 7-9 p.m. www.artsok.org

7 Wednesday

TULSA'S CHANNEL 8 READS @ THE LIBRARY
News anchors from Tulsa's Channel 8 will read their favorite children's books and share how vital reading is to understanding news events around the world. For preschoolers. Herman & Kate Kaiser Library, 5202 S Hudson Ave., Suite B; 10:30 a.m., www.tulsalibrary.org

BROWN BAG IT: TULSA ROCK QUARTET [FREE]
Hear contemporary tunes performed on classical instruments. Tulsa PAC-Kathleen Westby Pavilion, 110 E. 2nd St., 12:10 p.m. www.tulsapac.com

CODING FOR TWEENS [FREE]
Learning to code can be intimidating but is sure to be rewarding! This class will teach you the basics of coding using JavaScript and HTML. For ages 9-12. Please register online. Central Library, 400 Civic Center; 1 p.m. www.tulsalibrary.org

8 Thursday

BOUNCE'N BEETHOVENS PRESENTED BY MIDTOWN SCHOOL OF PERFORMING ARTS
Children explore music through movement and instruments as they play with egg shakers, bells, rhythm sticks, drums and maracas in this fun, interactive program for parents and kids. Judy Z. Kishner Library, 10150 N. Cincinnati Ave.; 1 p.m. www.tulsalibrary.org

TARC KIDS CONNECTIONS
The Autism Center of Tulsa hosts a monthly social skills group for children, grades K-5, on the autism spectrum. For more information or to enroll, call 918-582-8272. Autism Center of Tulsa, 2516 E 71st St., Suite A; 4:30-5:30 p.m. www.autismtulsa.org

9 Friday

YOGA BASICS FOR TEENS BY REBEL YOGA
Join the staff from Rebel Yoga for a demo of basic skills to do yoga on your own. Yoga can improve your flexibility, strength, balance and stamina. Many people who practice yoga say that it reduces anxiety and stress, improves mental clarity and even helps them sleep better. Suburban Acres Library, 4606 N. Garrison Ave.; 2 p.m. www.tulsalibrary.org

CRAYONS IMPROV COMEDY SHOW
Crayons Improv uses audience suggestions, participation and drawings to create unique scenes that are hilarious and for all ages. Crayons is committed to wholesome, G-rated material and is a great night out for the whole family. Woodlake Youth Center, 3229 S 73rd East Ave; 7-8:30 p.m. www.crayonsimprov.com

10 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. www.philbrook.org

MY HOUSE HAS STARS
People all over the world live in many different styles of houses. Some live in houseboats, some in huts of mud, others in tall skyscrapers. No matter where you live though, your 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. Jenks Planetarium, 205 East B Street, Jenks; 11 a.m.-12 p.m. www.jenkscommunityed.com

11 Sunday

SENSORY FRIENDLY FAMILY FUN TIME AT TULSA CHILDREN'S MUSEUM
Discovery Lab will open before public hours on Sunday, March 12th, for families with children on the Autism Spectrum and/or who have sensory processing disorders. Families can enjoy the museum before the rush comes and play together in a supportive, understanding environment. Tulsa Children's Museum, 560 N. Maybelle Ave.; 9:30-11:30 a.m. www.tulsachildrensmuseum.org

12 Monday

DANCE AND SING ALONG AT THE TULSA CHILDREN'S MUSEUM
Dance to your favorite children's songs with scarves, play along with instruments, and be ready to get your groove on! Tulsa Children's Museum, 560 N. Maybelle Ave., 10:30 a.m. www.tulsachildrensmuseum.org

13 Tuesday

BILINGUAL STORYTIME/CUENTOS BILINGÜES [FREE]
Enjoy stories, songs and activities in English and Spanish. For ages 3-5./Cuentos, canciones y actividades en inglés y español. Martin Regional Library, 2601 S. Garnett Rd.; 11 a.m. www.tulsalibrary.org

14 Wednesday

TEEN MOVIE DAY: "THE OUTSIDERS" [FREE]
"The Outsiders" by S.E. Hinton turns 50 this year! We will watch the movie and eat popcorn to celebrate. For ages 13-18. Rudisill Library, 1520 N. Hartford Ave.; 2 p.m. www.tulsalibrary.org

15 Thursday

TULSA ATHLETIC VS. TULSA ATHLETIC LEGENDS
Come cheer on the Tulsa Athletic, Tulsa's semi-professional soccer team, as they take on former players of the Tulsa Athletic in this friendly match. LaFortune Stadium, 5840 S. Hudson Ave.; 7:30-9:30 p.m. www.tulsaathletic.com

16 Friday

ZZZS IN THE SEAS
The Oklahoma Aquarium has expanded its popular "Sleep with the Sharks" event! Now, you can also drift off to sleep with gentle giants nearby in the new Sea Turtle Island, or dream of adventure next to the Extreme Amazon. The night also includes snacks, a scavenger hunt, a movie, and more! Oklahoma Aquarium, 300 Aquarium Dr., Jenks; 7 p.m. www.okaquarium.org

17 Saturday

THE SNOW QUEEN-AN AMERICAN PREMIER
The Tulsa Youth Opera presents "The Snow Queen," an operatic version of the Hans Christian Anderson fairytale that inspired "Frozen," written by Pierangelo Valtinoni. Tulsa PAC-John Williams Theatre, 110 E. 2nd St; 2:30 p.m. www.tulsapac.com

18 Sunday

FUNDAY SUNDAY AT GILCREASE [FREE]
Funday Sunday is a monthly event where families can create art, go on an art hunt, explore the gardens, and more. For families with children ages 3-15. Gilcrease Museum, 1400 N. Gilcrease Museum Rd.; Museum opens at 10 a.m., activities are from 12-4 p.m. www.gilcrease.org

19 Monday

SCIENCE FUN WITH CHRIS MIDDLEBROOK [FREE]
This crazy science show features homemade experiments and futuristic skateboards. Brookside Library, 1207 E. 45th Place; 4 p.m. www.tulsalibrary.org



"MATILDA THE MUSICAL" WILL PLAY AT THE TULSA PAC FROM JUNE 20-25. VISIT WWW.TULSAPAC.COM FOR SPECIFIC SHOWTIMES AND MORE INFORMATION.

20 Tuesday

BUILD A BETTER FUTURE STORYTIME [FREE]
What do you want to be when you grow up? Come to this special storytime and meet someone from a different profession each week. For children ages 3-7. Central Library, 400 Civic Center; 10:30 a.m. www.tulsalibrary.org

MINECRAFT GAMING [FREE]
Put your imagination to the test building your own world in the popular game Minecraft. Registration is required. Register online. For ages 13-18. Rudisill Regional Library, 1520 N. Hartford Ave.; 2 p.m. www.tulsalibrary.org

21 Wednesday

SCIENCE DEMONSTRATIONS AT THE TULSA CHILDREN'S MUSEUM
Gather around for one of Discovery Lab's signature science demonstrations. Watch a museum educator make elephant toothpaste, explode mentos in soda, blow toilet paper off a rod, and more! Tulsa Children's Museum, 560 N. Maybelle Ave.; 10:30 a.m. www.tulsachildrensmuseum.org

22 Thursday

MAKE AND TAKE: CHEROKEE POTTERY [FREE]
Join potter Crystal Hanna for native stories and hands-on pottery workshop. Materials are provided. Class size is limited to 20. Registration is required. For preschoolers and grades K-5. Judy Z. Kishner Library, 10150 N. Cincinnati Ave., Sperry; 2 p.m. www.tulsalibrary.org

TICKET TO PLAY: SUMMERTIME BOARD GAMES [FREE]
Do you love board games? Bring your favorite or try something new! This program is designed for children and teens, but all board-game fanatics are welcome. Helmerich Library, 5131 E. 91st St.; 2 p.m. www.tulsalibrary.org

23 Friday

THE COMPLETE WORKS OF WILLIAM SHAKESPEARE (ABRIDGED)
Thirty-seven plays, one dead playwright, three guys in tights, and under two hours to finish. What could go wrong? Find out in this wild comic ride for Shakespeare fans and/or those who like their comedy fast-paced and interactive. Presented by Sand Springs Community Theatre. Tulsa PAC-Liddy Doenges Theatre, 110 E. 2nd St.; 7 p.m. www.tulsapac.com

FILM ON THE LAWN: THE NEVERENDING STORY [FREE]
Bring your picnic basket, blanket, and friends and experience this classic film in Philbrook's beautiful gardens. Food trucks and concessions will be available on site for those must-have movie snacks. Philbrook Museum of Art, 2727 S. Rockford Rd.; Gates open at 7:30 p.m., movie begins around 9 p.m. www.philbrook.org



TULSA-AREA LIBRARIES ARE HOSTING EXCITING EVENTS ALL SUMMER LONG AS PART OF THE TULSA LIBRARY'S SUMMER READING PROGRAM! VISIT WWW.TULSALIBRARY.ORG/SUMMER FOR MORE INFORMATION.

24 Saturday

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; 12:30-3:30 www.philbrook.org

THE LOST PAGES OF CINDERELLA AND THE RETURN OF THE PHANTOM FAIRY ENCORE!
Tulsa presents a retelling of this classic fairytale. Tulsa Little Theatre, 1511 S. Delaware Ave.; 2 p.m. and 7:30 p.m. www.encore-tulsa.com

25 Sunday

LOCAL LANDMARK, NATIONAL TREASURE: AN EPIC CONCERT CELEBRATING 95 YEARS OF THEATRE TULSA
On the cusp of its historic 95th consecutive season, Theatre Tulsa will present the most iconic moments from its storied history during an epic concert showcasing nearly 100 performers from the company's past and present and featuring music from such hits as "Oklahoma!," "Les Misérables" and more. Tulsa PAC-John H. Williams Theatre, 110 E. 2nd St.; 2 p.m. www.tulsapac.com

26 Monday

WE'RE GOING ON A BUG HUNT! [FREE]
Hunt for plastic bugs hidden throughout the library. Once they are found, participants will count and sort them in various scientific ways. For grades K-5. Pratt Library, 3219 S. 113th West Ave.; 1 p.m. www.tulsalibrary.org

27 Tuesday

LITTLE GREEN THUMBS AT LINNAEUS TEACHING GARDENS
Little Green Thumbs is a program for children ages 6-12 designed to give them hands-on, in-depth learning experiences to introduce them to the world of gardening. The theme for the June 27 session is "Attracting Our Garden Friends." Pre-registration required. Linnaeus Teaching Gardens, 2435 S. Peoria; 10 a.m.-12 p.m. www.tulsagarden-center.com

28 Wednesday

DEEP DIVE TO BUILD A CORAL REEF [FREE]
Create a coral reef, and find out if oil and water mix. For grades K-5. Nathan Hale Library, 6038 E. 23rd Street; 1:30 p.m. www.tulsalibrary.org

DIY COSTUME DESIGN CLASS: CARDBOARD COSPLAY
You will have 90 minutes to design and build a costume piece using cardboard, duct tape and other crafting supplies. For ages 10-18. Owasso Library, 103 W. Broadway Street, Owasso; 2 p.m. www.tulsalibrary.org

DIY SCREEN PRINTING [FREE]
Learn how to screen print on your own book bag! All supplies and book bags are provided. Class size is limited. Register online. Collinsville Library, 1223 W. Main St., Collinsville; 3 and 4:30 p.m. www.tulsalibrary.org

29 Thursday

MY FIRST STORYTIME [FREE]
Learn and enjoy songs, stories and activities that are just right for your little one at this lapsit storytime. For newborns to 2-year-olds and their caregivers. Herman and Kate Kaiser Library, 5202 S. Hudson Ave., Suite B; 10:30 a.m. www.tulsalibrary.org

30 Friday

YOGA BASICS FOR TEENS BY REBEL YOGA [FREE]
See previous description. Rudisill Regional Library, 1520 N. Hartford Ave.; 1 p.m. www.tulsalibrary.org



CHIHULY SATURDAY NIGHTS
EVERY SATURDAY NIGHT FROM JUNE 3 THROUGH AUGUST 12, 6 TO 10 PM
PHOTO COURTESY: CRYSTAL BRIDGES

FEATURED EVENTS

MATILDA THE MUSICAL

"Matilda the Musical" is the award-winning story of an extraordinary girl who, armed with a vivid imagination and a sharp mind, dares to take a stand and change her own destiny.

Based on the beloved novel by Roald Dahl, "Matilda" ran for almost four years to sold-out audiences of all ages on Broadway. It's been running in London's West End since 2011, and is currently touring the U.S. and Australia. The Wall Street Journal says, "The makers of 'Matilda' have done the impossible — triumphantly! It is smart, sweet, zany and stupendous fun."

Tulsa PAC-Chapman Music Hall, 110 E. 2nd Street

Showtimes: June 20-22 at 7:30 p.m., June 23 at 8 p.m., June 24 at 2 p.m. and 8 p.m., June 25 at 2 p.m. and 7 p.m.

TULSA TOUGH [FREE]

This three-day cycling festival is spread out all over the Blue Dome District to Riverside. You won't want to miss the Tulsa Townie Ride on Sunday, June 11, at 2 p.m. This FREE eight-mile course is a fun way for any age to get involved with Tulsa Tough. There are also kids races on Saturday at 3 p.m. and Sunday at 1 p.m., and a Kids Zone on Sunday from 1-4 p.m. for kids ages 2-11. And remember, if you choose to ride in any of these events, bring your helmet and stay hydrated!

Friday, June 9: McNellie's Group Bleu Dome Criterium, 2nd Street and Elgin; 6:15 p.m.

Saturday, June 10: George Kaiser Family Foundation Brady Arts District Criterium, Brady Street and Boston Ave.; 10 a.m.

Sunday, June 11: New Medio River Parks Criterium, 15th Street and Riverside Drive; 8 a.m.

Go to www.tulsatough.com for a complete schedule and more information.

DRILLERS HOME GAME SCHEDULE

Take your family out to the ball game at the beautiful ONEOK field. For more information, go to www.tulsadrillers.com

Thursday, June 1 at 7 p.m.
Friday, June 2 at 7 p.m.
Saturday, June 3 at 7 p.m.
Sunday, June 4 at 1 p.m.
Saturday, June 10 at 7 p.m.
Sunday, June 11 at 1 p.m.
Monday, June 12 at 11 a.m.
Tuesday, June 13 at 7 p.m.
Wednesday, June 14 at 7 p.m.
Thursday, June 15 at 5:30 p.m.
Friday, June 16 at 7 p.m.
Saturday, June 17 at 7 p.m.
Thursday, June 22 at 7 p.m.
Friday, June 23 at 7 p.m.
Saturday, June 24 at 7 p.m.
Sunday, June 25 at 1 p.m.

FESTIVALS, PERFORMANCES AND OUTDOOR MOVIE NIGHTS

SUNFEST

When: Friday-Saturday, June 2-4
Where: Sooner Park, Bartlesville

Sunfest, "Oklahoma's Biggest Outdoor Picnic," is celebrating its 35th year. Special events include Friday's drive-in movie, where participants will get to create their own Mad Hatter-inspired hats while watching Disney's Alice in Wonderland, and Saturday's Sunfest Summer Soak, where families can grab their favorite water gun or other "squirting device" for a community water fight! Find out more at www.bartlesvillesunfest.org

OK MOZART MUSIC FESTIVAL

When: June 8-16
Where: Bartlesville (various locations)

For these nine days in June, Bartlesville will be a paradise for

music lovers. With performances in multiple locations and in a variety of genres, from classical to country, this is a not-to-be-missed cultural event. The festival kicks off at 5 p.m. on Thursday, June 8, with a Street Party at Silas Street and Price Tower. Other noteworthy performances are the Concert Under the Stars at Sooner Park on June 11, which will feature Modern Oklahoma Jazz Orchestra, and the Woolaroc Concert on June 16, where the Tulsa Symphony Orchestra will perform Disney tunes. Sadly, we cannot list every performance here, so head to www.okmozart.com for more information.

OKMULGEE PECAN FESTIVAL

When: June 8-10
Where: Downtown Okmulgee

This year's Pecan Festival will bring back the Ribs & Roll BBQ Championship and a variety of arts and crafts vendors. Attendees will also have the chance to buy an original, pecan-themed work of art as part of the 6x6 Canvas Art Show and to watch the judging of the Swinging from the "Tree Tops" Pecan Showdown, featuring classic and creative pecan desserts! Full details can be found at http://www.okmulgeechamber.org/home-1/.

BIXBY GREEN CORN FESTIVAL

When: Thursday-Saturday, June 22-24
Where: Downtown Bixby

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 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.

MOVIE IN THE PARK

When: Every Thursday from May to October at 8:30 p.m.
Where: Guthrie Green, Brady Arts District

Head to Guthrie Green for a FREE movie night under the stars! Bring your lawn chairs and blankets! Go to www.guthriegreen.com for a complete list of upcoming films.

SUMMER'S FIFTH NIGHT AT UTICA SQUARE

When: Every Thursday throughout the summer
Where: Utica Square, 21st and Utica

Live music, every Thursday, all summer long. Utica Square's summer concert series serves up everything from jazz to rock to country. There's something different every Thursday and best of all, it's free! Pack a picnic or dine at one of the great restaurants as you unwind to your favorite local bands. Put on your dancing shoes, catch up with family and friends and win great prizes like Utica Square gift certificates and merchandise from Utica Square merchants. For more information, go to www.uticasquare.com

COLLINSVILLE OUTDOOR SUMMER MOVIES

When: Friday, June 1, 8, 15 and 22, 9 p.m.
Where: Collinsville City Park, 19th and Spring Street

Collinsville's Outdoor Summer Movies series begins with a screening of "Moana" on June 1. Bring a blanket or lawn chairs; concessions are available for purchase at the park. Films to be shown on subsequent Fridays are: "The Secret Life of Pets" (June 8), "Rogue One" (June 15), and "Sing" (June 22). Find more information at www.collinsvillechamber.org

CHIHULY SATURDAY NIGHTS

When: Every Saturday throughout the summer, 6-10 p.m.
Where: Crystal Bridges Museum of American Art, 600 Museum Way, Bentonville, AR

Spend your Saturday summer evenings outdoors enjoying our music series, Chihuly Saturday Nights! Explore the stunning exhibition Chihuly: In the Forest, transformed into a magical woodland amplified with live music, circus acts, artist demonstrations, artmaking, outdoor games, a food trailer, and more. Go to www.crystalbridges.org for a complete schedule.



Second Saturday Silents

Live organist + Silent film+ Felix the Cat cartoon



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

Second Saturday of the month at 11:00AM!

$5 adults - $2 for age 16 and under

The historic Circle Cinema is located at

10 S. Lewis Ave Tulsa, OK

CIRCLECINEMA. Sooner State Chapter American Theatre Organ Society

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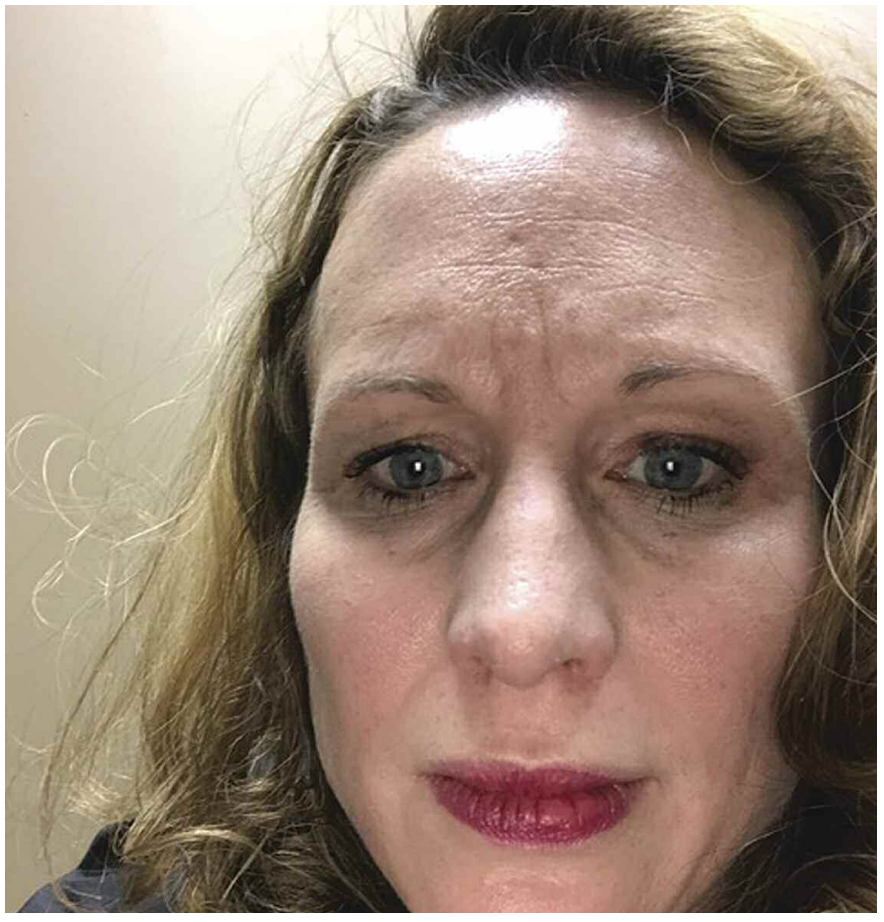
FROM THE HIP

The Hip Mom Tries Botox

BY JILL VANTREASE

I don't know about you, but I can't walk more than a yard beyond my front door these days without one of my dear friends offering to sell me the latest greatest skincare line. I've got several friends who sell the superior but pricey Rodan and Fields line (I can vouch for the Acute Care regime for wrinkles - really magical! - and their miraculous eyelash serum. For the first time in my life I have lashes! But don't you agree - some of these women go a little crazy with the lash growth to the point they're wielding weapons - I'm afraid to get too close lest they scratch me a la Edward Scissorlashes). I've got another friend selling L'Bri, an all-natural line that uses a lot of real aloe vera (it feels lovely). Yet another friend sells Younique (which has these great temporary false lashes!). Another friend sells BeautyCounter, which is like Gwyneth's new all-organic skincare line. Even my kids' piano teacher is selling skincare: a Korean line called Atomy that's reasonably priced and seems highly effective. My problem, though, is I can't afford all my friends — how many skincare lines can I use? And which one, in the end, should I pick?

So I talk to my friend Jennifer, a dermatologist — the actual doctor kind! I ask her what ultimately works to prevent (or slow) aging skin. She says, "Sunscreen. Products with retinol really do help with wrinkles. And



BEFORE BOTOX

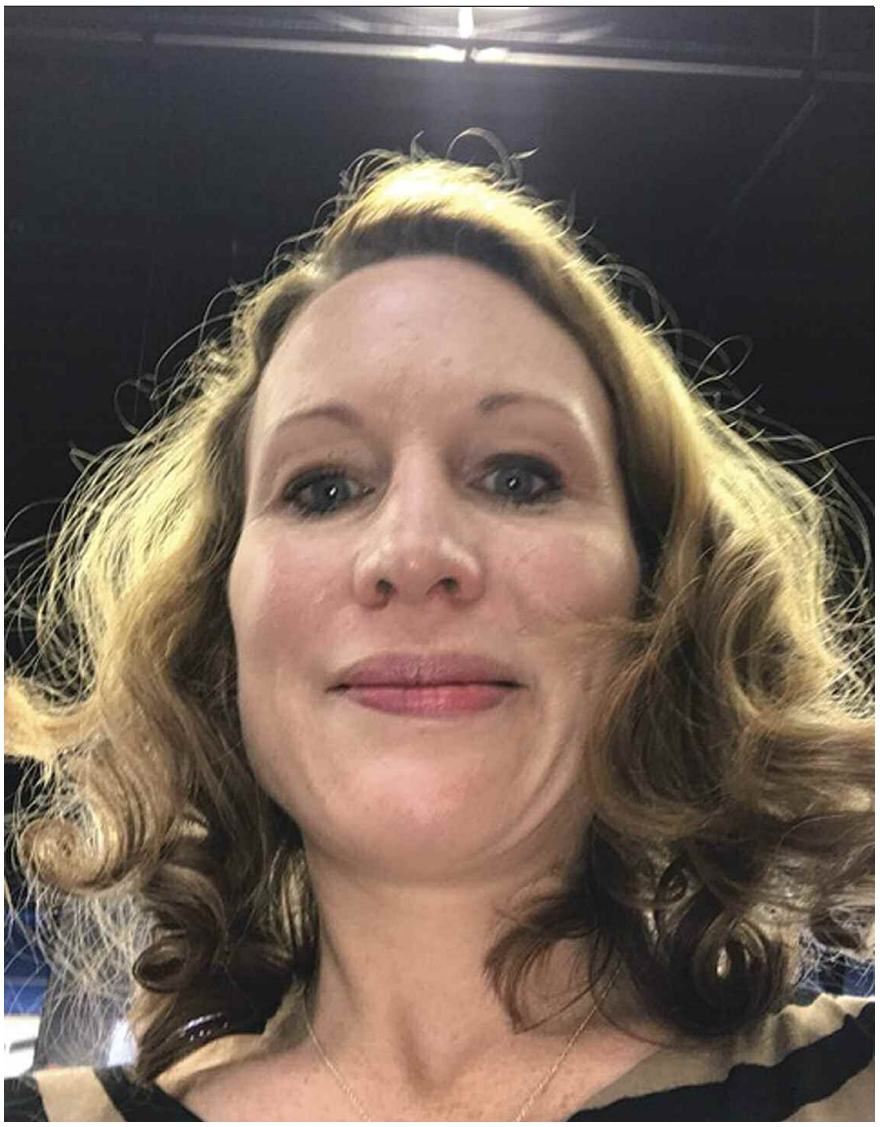
Botox!" Aw, man! Botox! I've always been hesitant to try it because, well, it's a toxin. And it's not super cheap. But Jennifer reassures me the doses are so small that it's safe. And she tells me that the younger you are when you first use it, the slower your skin will age. Well, I guess I finally need to take the plunge.

Luckily, right down the street from my house is Face Body Medical Aesthetics, a medical spa run by Dr. Ladd Atkins. They offer cosmetic surgery and serious skincare. Their "Year of Beauty" is a great deal: you can choose from several medical spa facials - chemical peel, laser peel, photo facial, dermaplaning (that's exfoliation with a scalpel!) - for $100 per month; plus, you can get Botox for $8 per unit, which appears to be a good price.

So, I drag my chicken self to see Dr. Atkins and tell him my fears. I do not want to look like one of those scary pictures of celebrities of a certain age who have had so much work done they look like cartoonish caricatures of themselves. They don't look younger — they just look like E.T.! Dr. Atkins reassures me that most of these women have actually had an excess of fillers, not Botox. He explains that just a few little pricks to my frowny lines above my forehead will make a nice difference, but I'll still look like myself. And, as for my concern about toxins? It's such a small amount it's not a big deal. Even if I were pregnant - and I'm not! - it would not be enough to harm a baby. So I brace myself, and I hardly feel a thing — just a couple of teeny tiny pricks.

Dr. Atkins tells me it will be a few days before I notice my results, so I wait. I don't really notice anything for a few days, and then boom! About five days later I look in the mirror and I'm stunned — those little lines from years of nagging, blow-outs and sleepless nights have totally disappeared! Wow! But, yes, it's definitely still me, and I still look 40-ish, but much better rested and less bitc...grumpy. Yay! A win-win!

continued next page



AFTER BOTOX

The next month I try a chemical peel. I've heard these are great for really sloughing off old skin and regenerating new skin growth. Michelle Pfeiffer is apparently a big fan. Well, OK! Now, for those of you who go to the spa thinking it's going to be a relaxing experience - ha! These results-driven facials are less than fun. For the chemical peel, the esthetician puts a cooling/numbing gel on my face, and then administers the peel - it takes maybe a total of 15 minutes. My face burns and tingles just a bit, but it's not really painful. I get the peel on a Wednesday, and she warns me that I might peel for a few days. I have a fancy "Trivia Night" fundraiser for my kids' school on Saturday, so I'm sure by then I will be just fine.

Except I'm not! My face starts melting off. Quite literally! The skin is sloughing off like a snake shedding. It is seriously gross. And of course my melting face is quite evident to all at our big fundraiser event. So I don my gorgeous new Ted Baker dress, put on my very ineffective makeup, and sport my peeling face at the event. Luckily I don't take myself too seriously, and tell everyone I see - much hilarity ensues. But if you are going to some fancy shindig - and you don't want everyone to laugh at you - I would allow at least two weeks after a chemical peel. Once my skin finally stops falling off, the peel is worth it. My skin looks buttery and dewy - significantly more youthful. But what a process!

For my next experiment, I try a Photo Facial, which helps to minimize pigmentation or brown spots on your face. Once again: not relaxing. This is one of the more unpleasant experiences I've ever had - and that's coming from someone who's had six C-sections. First, the esthetician numbs my face with some kind numbing gel. I wait for a bit in the lobby, and then return to the room with my 1-year-old daughter, who refuses to stay with her big sister. Alas, this is where things go awry. I have to wear these funny little bug-like shades because the light from the laser is so bright it will hurt my eyes. The problem is I have the baby with me, so I have to shield her eyes from the light, all the while getting my face rather painfully zapped (I can feel little burning pulses being zapped into my skin). The baby is writhing and screaming — she doesn't know her mother is getting a voluntary torture session — and I keep getting zapped while trying to cover her eyes! It is a very stressful six minutes. My face feels a little funny for the rest of the day, but I'm fine. And, I do notice some of my old freckles have faded a bit. But, wow, unless you have brown spots that really bother you, I'd spare yourself.



PEELING FACE.

So, bottom line for me. Botox, yes. Chemical peel, yes — with some waiting time. As for all the great skincare lines, Dr. Atkins agrees with my dermatologist friend Jennifer: "Find a line you like, but don't spend a ton of money on it. You won't get the results you can get by having these clinical procedures done occasionally at a medical spa."

With so many options, it's good to know where to invest my skincare dollars - and still keep my friends with the occasional savvy purchase.

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

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



http://tulsarockandmineralsociety.org/



BY NATALIE MIKLES

it's all about the cake

Nothing makes a kid's eyes light up like a frosted birthday cake decked out with sprinkles.

Layered cakes, sheet cakes, cupcakes and Bundts – no matter the cake, it's often the focal point of the party…. and the pictures.

In a social media age, the cake seems to have taken an even bigger role, since it will be photographed and liked and shared by friends and family. But cakes have long been important. Look back at pictures of your own birthday, or your parents' birthdays, and you'll find kids gathered around a cake.

Those nostalgic cakes were often made by mom, with sprinkles from the grocery store and your name written in frosting.

These days, cakes run the gamut from several hundred-dollar cakes dressed in fondant to the tried-and-true sheet cakes made by the grocery store bakery. But we all know, besides the initial wow factor from those cakes that look almost too pretty to eat, kids don't care where the cake comes from.

Perhaps the most photographed cake of a kid's life is his first. The first birthday cake has become as much an event as a cake. Many parents opt for a smash cake alongside a traditional cake. Watching baby take her first bite of pillowy cake and super sweet frosting is a rite of passage not to be missed.



Cake designers will tell you trends change year to year. One that seems to be hanging on is the round layered cake, sometimes smaller stacked layers on top – mimicking the design of a wedding cake, although in kids' favorite colors like purple or red and bedecked with characters like Superman or Elmo.

Also popular this year are drip cakes, with either chocolate ganache or frosting "dripping" down the top layer for an almost modern art aesthetic.

Another cake we'll continue to see is the "piled on" cake. Imagine a Hurt's doughnut with all the toppings – then picture it in cake form. These frosted cakes are piled with either candies, macarons or even doughnut holes.

For home bakers, the trend continues for using natural food for taste and color in place of artificial flavorings and dyes. Think pink cupcakes with frosting made from pureed beets. Home bakers also have more control for making cakes free from gluten, eggs or other food allergens.

Really, it doesn't matter whether the cake is homemade or store bought. As long as it's covered in frosting and topped with candles, kids will gather around to sing "Happy Birthday to you…."

This recipe from the Sesame Street cookbook, "Let's Eat!" tastes great. Use it for a layered cake, sheet cake or for cupcakes.

continued next page

Note: If you want a layered cake or sheet cake, double the recipe.

Zoe's Sweet and Special Birthday Cake

- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup butter, softened
- 1/4 cup olive oil
- 1 cup sugar
- 2 eggs
- 1/2 cup low-fat plain or vanilla yogurt
- 1 1/2 teaspoons vanilla extract

Preheat the oven to 350 degrees. Lightly oil and flour a 9-inch round cake pan, or line 12 muffin pan cups with paper liners.

In a medium bowl, with an electric mixer on medium-high speed, beat the butter, oil and sugar until well mixed. Beat in the eggs, one at a time.

With the mixer on low speed, beat in the flour mixture alternately with the yogurt, beginning and ending with the flour. Beat in the vanilla just until blended.

With a rubber spatula, scrape the batter evenly into the prepared pan. Bake until golden brown on top and a toothpick inserted in the center comes out clean, 30 to 35 minutes for a cake layer and 18 minutes for cupcakes. Transfer to rack to cool for 15 minutes.

Run the tip of a knife around the side to loosen the pan. Place a plate or another rack on top of the cake pan, invert and turn the cake out. Frost the cake or cupcakes with Chocolate Cream Cheese Frosting.

Chocolate Cream Cheese Frosting

In a large bowl with an electric mixer on low speed, beat together 8 ounces reduced-fat cream cheese and 1 ½ cups confectioners' sugar. Beat in 1 teaspoon vanilla extract.

Heat 2 ounces bittersweet or dark chocolate chips in the microwave for 20 seconds. Stir, and heat for 20 seconds longer. Repeat until just melted. Stir into cream cheese frosting.

Note: Double this frosting recipe if you're making a layered cake or a sheet cake.

Sweet Ricotta Filling

If you're making a layered cake, try this filling in between your layers. In a blender or food processor, combine 1 cup part-skim ricotta cheese and ½ cup confectioners' sugar. Whirl for 30 seconds or until very smooth.

Want to try your hand at making a beautiful bakery-style cake yourself? This recipe is a great place to start. Decorate with edible flowers, tinted frosting or fun candles. Double the frosting if you want to pipe flowers or polka dots.

Classic Three-Layer Buttermilk Cake

- 1 cup (2 sticks) butter, softened
- 3 cups sugar
- 4 cups cake flour
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 cups buttermilk
- 1 teaspoon vanilla extract
- 1/2 teaspoon butter flavoring
- 1/2 teaspoon almond extract
- 6 large egg whites

Frosting:

- 8 ounces cream cheese, softened
- 3 cups confectioners' sugar
- 2 teaspoons vanilla extract

Preheat oven to 350 degrees. Grease and flour three 9-inch round cake pans.

In a large bowl with an electric mixer, cream the butter and sugar until fluffy. Add the flour, baking soda, baking powder and salt. Pour in the buttermilk and begin mixing slowly. Continue to mix until well blended. Add the flavorings and stir.

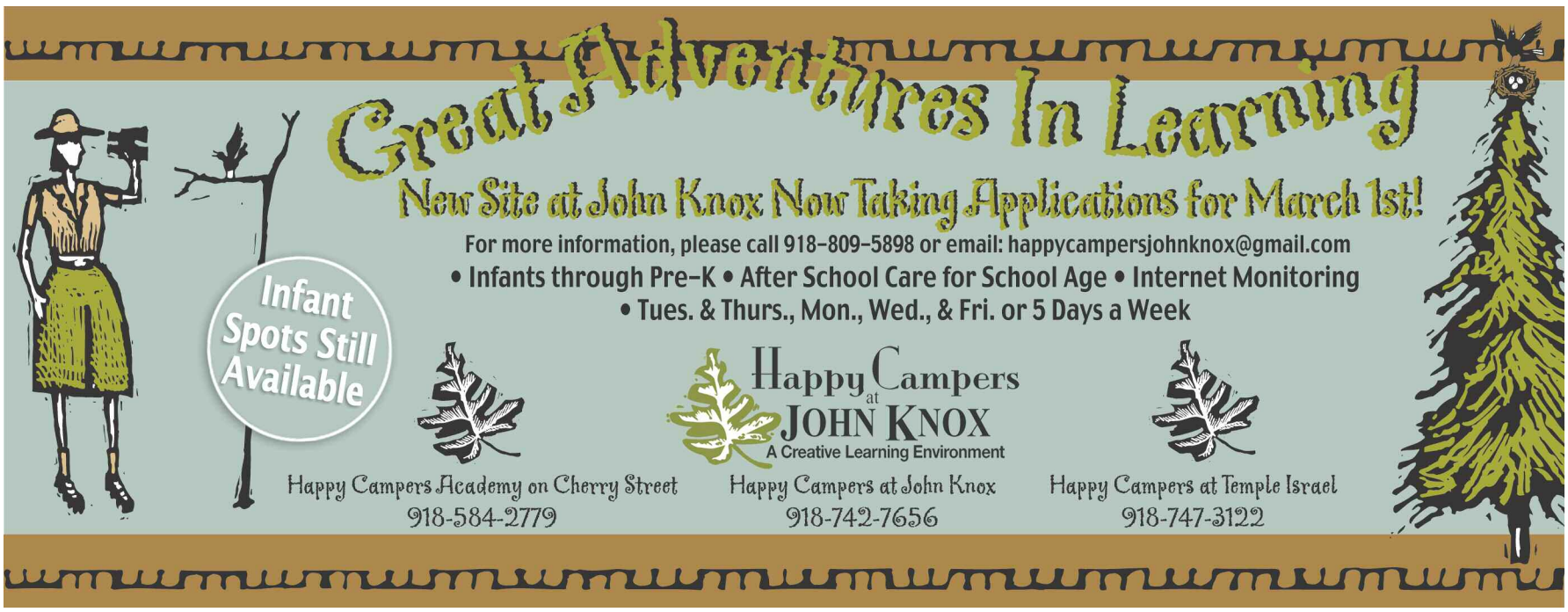
In a separate bowl, beat the egg whites until stiff. Fold the egg whites into the cake batter. Divide the batter evenly among the prepared pans. Bake for 20 minutes at 350 degrees, then lower the heat to 300 degrees and bake for about 25 minutes more or until a toothpick inserted into the center comes out clean. Remove the cakes from the oven and cool on racks. After 10 minutes, remove the cakes from the pans and continue cooling on racks.

For frosting: Combine all the ingredients in a mixing bowl and beat until smooth.

When the cake is completely cooled, frost the layers and assemble.

Tip 1: Butter or grease and flour bottom of cake pans, then place cut parchment paper into bottom of pan. This will help the cake to easily pop out of the pans.

Tip 2: To make sure the layers are stable, insert a few wooden dowels through the three layers to stabilize cake.



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

Summer Reading: 5 Facts, 5 Features, 5 Books

The Summer Reading Program Is Here!

The Tulsa City-County Library has been planning and waiting and scheming and dreaming about the 2017 Summer Reading Program since – well, since just about the day after the 2016 program ended. We're excited for it to begin – and for your entire family to participate. This year, our theme is "Build a Better World!"

5 Facts

Here are 5 quick facts about the Summer Reading Program:

1. It runs May 30 through August 5. 10 weeks of summer fun!

2. There is a program for everyone. Babies, children, tweens and teens, AND adults can all participate.

3. The program is at all library locations. Drop by one of our 24 library locations around Tulsa or Tulsa County.

4. For babies and children, read (or have read to) 8 books + make 4 library visits = earn a medal and book of valuable coupons for free food and entertainment. Babies and children who complete the program also get entered into a grand prize drawing!

5. If babies and children read (or have read to them) 12 more books = earn a bonus prize. Babies will earn a Jacob's Ladder, and children a plush toy.

5 Features You Might Not Know About

There are lots of building blocks to the Summer Reading Program, which is especially appropriate for this year's construction and building theme. Here are five things you might not know about:

1. Did you know that babies can participate? Our Birth to Pre-K program encourages you to enroll your baby through pre-K children and read to them. Babies and young children need books for optimal brain development, and this is a perfect way to make sure they are getting a regular diet of books this summer.

2. Adults can also join. Moms and Dads, you are also encouraged to read this summer. When you read or listen to four books, you'll earn a wooden tower toy and a book of cool coupons. Sign up online at www.tulsalibrary.org/summer or at any library.

3. It's an excellent "practical literacy" opportunity for children. For little ones, physical reading logs with spots for writing down book titles and putting stickers to show they have been to the library give them practice using and understanding real-world literacy skills. The tangible, material experience of the reading log, along with the extra motivation of the stickers, is especially pleasing to growing brains.

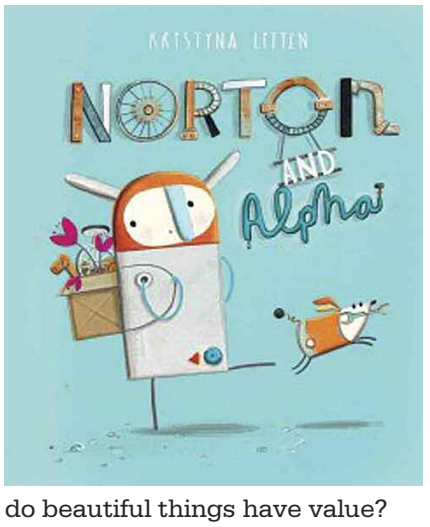
4. You can also sign up for weekly, personalized reading suggestions. To register for the Summer Reading Program, children will need to go to a library in person. However, you can sign up for an extra online experience, including weekly reading suggestions for your child based on his or her interests. Sign up at http://tulsalibrary.beanstack.org.

5. FREE family entertainment – in the library! From magicians to rock bands, puppet shows to juggling acts, there is something cool scheduled at all of our library locations nearly every day this summer. Check out www.tulsalibrary.org/summer for a full list of events.

5 Books To Start Your Summer Reading

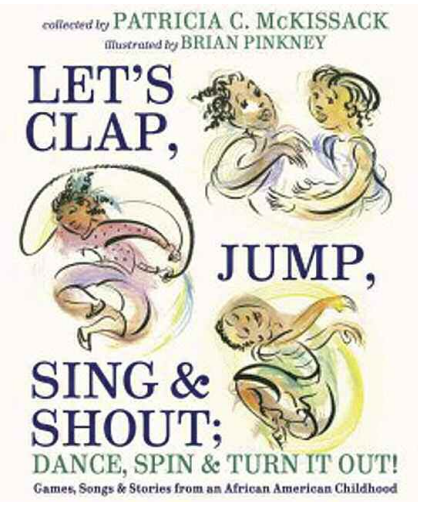
And now, because I wouldn't be a librarian without giving some book suggestions, here are five books – four for children and one for parents – that I'm particularly excited about right now:

Norton and Alpha by Kristyna Litten – What is worth keeping? Only practical things, or



do beautiful things have value? Norton and his robot dog go on a journey of discovery and answer this question in a witty and wonderful way.

Let's Clap, Jump, Sing & Shout; Dance, Spin & Turn It Out! by Pat McKissack – In this collection of games, songs, and stories from a historically African Ameri-



can perspective, your family can get a glimpse of what children heard and did a century ago.

Animals Do, Too! by Etta Kaner – A fascinating and funny look at the many ways that people act like animals (and vice versa)!

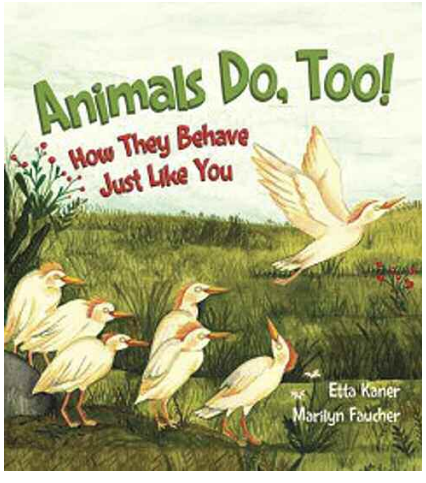
A Greyhound, A Groundhog by Emily Jenkins – A cleverly worded puzzle comparing two very different animals.

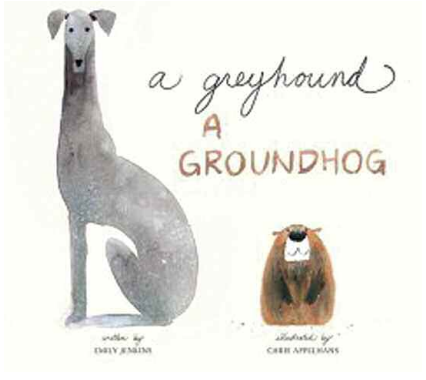
Talking Baby: Helping Your Child Discover Language by Marget Maclagen and Anne Buckley – Discover exactly how babies and young children develop language – and what you can do to encourage their growth. This is a particularly good book for explaining the stages of language

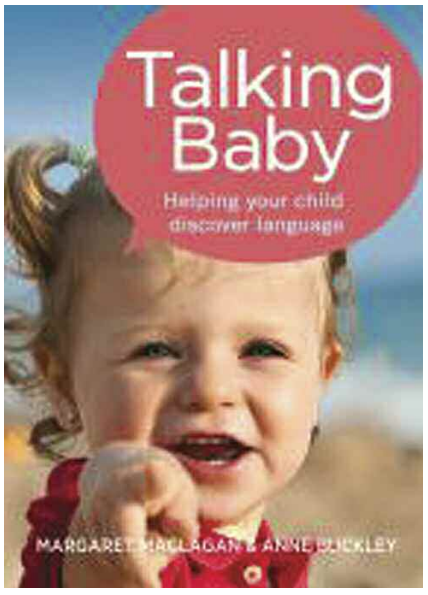
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development and how to determine where your child is in the process.

Learn more about the Summer Reading Program at www.TulsaLibrary.org/Summer. While teens and adults can sign up online, babies and children should register at any of the 24 library locations.







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BY NATALIE MIKLES

toilet training in a day (just kidding)

Any parent can tell you, when a kid turns 2, a kid's bathroom business suddenly becomes a topic for public discourse.

Family and friends, and even strangers, begin asking, "So, is she potty trained?" Or less well-meaning, "When is he going to get out of diapers?"

Tricia Smith has three daughters: ages 5, 2 and 6 months. When her first child turned 2, she decided to tackle potty training right away. Never mind that she was sleep-deprived with a newborn at home… Her daughter was 2 – that touchstone year when societal pressure expects a child to go from diapers to undies.

She applied all the knowledge she had gleamed from friends and the internet and poured herself into getting her daughter to sit on the potty.

"I wish I could take back that week of pee all over the floor and tears and stress," she said.

For all the stress it caused, in the end, it was a bust. Tricia gave up. She got back to chasing her toddler, taking care of her new baby and working as a neonatal nurse.

And then, just days after her daughter turned 3, it happened.

"She woke up and wanted to wear panties, and that was that," Tricia said. "When they are ready, it will happen, without all the hubbub."



AFTER STRUGGLING WITH TRAINING HER ELDEST CHILD, TRICIA SMITH RELAXED AND TOOK A MORE CHILD-CENTERED APPROACH WITH THE NEXT TWO CHILDREN.

So now, with her middle daughter, she's much more relaxed. Her 2 1/2 -year-old is working toward potty proficiency, but isn't there yet. Like many toddlers, she will go sometimes, but when not wearing a diaper or training pants, she still has accidents.

"I just feel like society has this imaginary standard that kids should be potty trained at 2 or whatever. And in the big picture, what's another year? Is it really worth the anxiety over it? Heck, no," she said.

Potty time

Even before you start potty training in earnest, parents can toilet teach by example. This means before age 2, it's good to let children watch you go to the bathroom. (Cue laughter from parents who know there's really no choice in the matter.) Or, while supervised, let a child throw a piece of toilet paper in the toilet and flush. Warning: They may love it so much they want to do it again and again and again.

Once a child shows signs he's ready to give it a go, choose a method that appeals to you. This can range from elimination communication (which actually begins in infancy), in which parents use signs, cues and timing to get baby to go in the toilet without the use of diapers to the three-day potty training method, a sort-of cold-turkey approach to ditching diapers.

The three-day method, which some parents stretch out to five days, requires intense focus on the parents' part. Some parents take Friday off from work, and then commit to following their pants-free child from sun up to sun down through the week-

continued next page

end, reminding their kiddos "Let me know when you need to go." It can be exhausting, but some parents will tell you it's worth it, especially if the child has a breakthrough on day three.

Some parents opt for a slow transition – moving their 2-year-olds to training pants, such as Pull-Ups, and then giving them leeway of sometimes a year or more to grasp the concept and feel comfortable enough to pull down their pants to go on the potty. Though this process can take longer, the upside for parents is the security of the training pants to catch the accidents.

Still other parents choose a method that's somewhere between the crash-course of the three-day method and the security of the Pull-Up. This could mean placing a sticker chart in the bathroom or offering rewards like M&Ms for potty success. Some kids find reward in the underwear itself. For these kids, take them with you to pick out undies in their favorite colors or with beloved characters. Elena of Avalor panties, anyone?

Parents should remember the individual development of a child will lead the way on the potty-training journey. That includes the differentiation between going pee or poop. Some kids take to tinkling easily, but give a hard "no" on going poop in the potty.

For these kids, be patient. You can try rewards and praise, but ultimately, you can't make a kid go to the bathroom. If you have a child who won't do number two in the toilet, watch for cues that he needs to go, then guide him to the toilet to sit and wait. Make the wait more tolerable by reading her favorite book or playing his favorite song.

Most children are potty trained by age 4. If at age 4 your child still shows no interest – or reverts in toilet training behavior, it's time to talk to the doctor. Although, occasional accidents into preschool and beyond are normal.

When to Begin

The Mayo Clinic provides these guidelines for potty-training readiness. If you answer mostly yes, it's potty time! If you answer mostly no, wait.

- Does your child seem interested in the potty chair or toilet, or in wearing underwear?
- Can your child understand and follow basic directions?
- Does your child tell you through words, facial expressions or posture when he or she needs to go?
- Does your child stay dry for periods of two hours or longer during the day?
- Does your child complain about wet or dirty diapers?
- Can your child pull down his or her pants and pull them up again?
- Can your child sit on and rise from a potty chair?

What are some basic principles behind good toilet training?

- Proceed slowly, and take signals from your child.
- Give your child a feeling of active participation, control and independence.
- Deal with potty training matter-of-factly, using simple and straightforward words for bowel movements (like BM, poop, or stool), urine (like pee) and body parts (like penis, vulva and anus).
- Do not use negative words like "stinky" or "dirty" to talk about poop. After all, the poop came out of your child's body, and they made it. Your child may feel it is still a part of them.
- Never pressure or force your child.
- Praise your child for every step in the right direction and keep your attitude positive.
- Accidents are part of the process and may continue for months, even when a child is 3 or 4. However if accidents are frequent in a 3-year-old and are not diminishing, talk with your child's pediatrician.
- *Keeping a positive tone and using lots of praise will work much better than punishing, criticizing or shaming your child.*



from screen time to Snapchat: **tips for raising kids in the digital age**

Parents are more aware than ever before of the impact screens and the social media feeds have on their kids. New concerns arise almost daily when it comes to topics like protecting kids online and keeping technology age-appropriate. We've partnered with Cox Communications to bring our readers information from local experts on safety in the digital age. Starting June 6, we're rolling out weekly videos online where leading experts will share important information about keeping kids of all ages safe online.

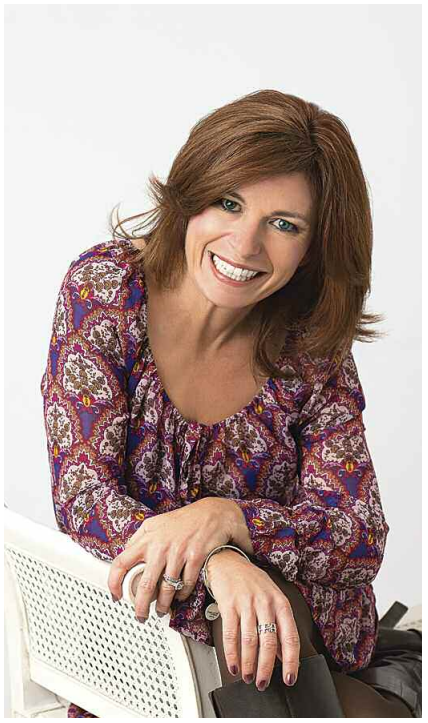
The video series is hosted by Lawton native and former Miss America Lauren Nelson-Faram and Alison Jacobson, a national spokesperson for family safety who runs the Safety Mom blog.

Nelson-Faram was selected to help facilitate the conversation because when she was in the pageant circuit her main platform was internet safety for kids. Nelson-Faram explained she became passionate about the topic after her and some friends were targeted in a chatroom as young teens.

"I was about 13 and that's when AOL chatrooms were really big," she said. "A couple friends and I were in a chatroom and a stranger asked 'ASL?'"



LAUREN NELSON-FARAM



ALISON JACOBSON

The stranger was an older man asking the girls for their age, sex and location. Not understanding the threat, the girls answered.

"He immediately knew how old we were, that we were girls and that we lived in Lawton," she said. "Nothing happened that night but a couple weeks later he sent inappropriate photos of himself to my friend. That incident in my life was the reason I got involved in the topic."

Now Nelson-Faram has two kids of her own, ages 1 and 3, making her more passionate than ever about keeping kids safe in the digital age. And although the mom of two admits parents are always surrounded by information and tips to help keep kids safe online, she aims to bring new awareness and attention with the video series.

"Alison (Jacobson) is a leader in this realm and is actively learning new technology and new ways to keep kids safe," she said. "We hope that every video will give parents a new nugget that maybe they haven't even thought of."

On the videos, Jacobson and Nelson-Faram will tackle common questions many moms have about online safety and awareness. Here are the videos in the series:

June 6: Learn about the biggest mistakes parents make when it comes to protecting kids online.

June 13: Discover the social media channels that are the greatest threats to children

June 20: Get informed about how to have tough conversations with your kids about online activities

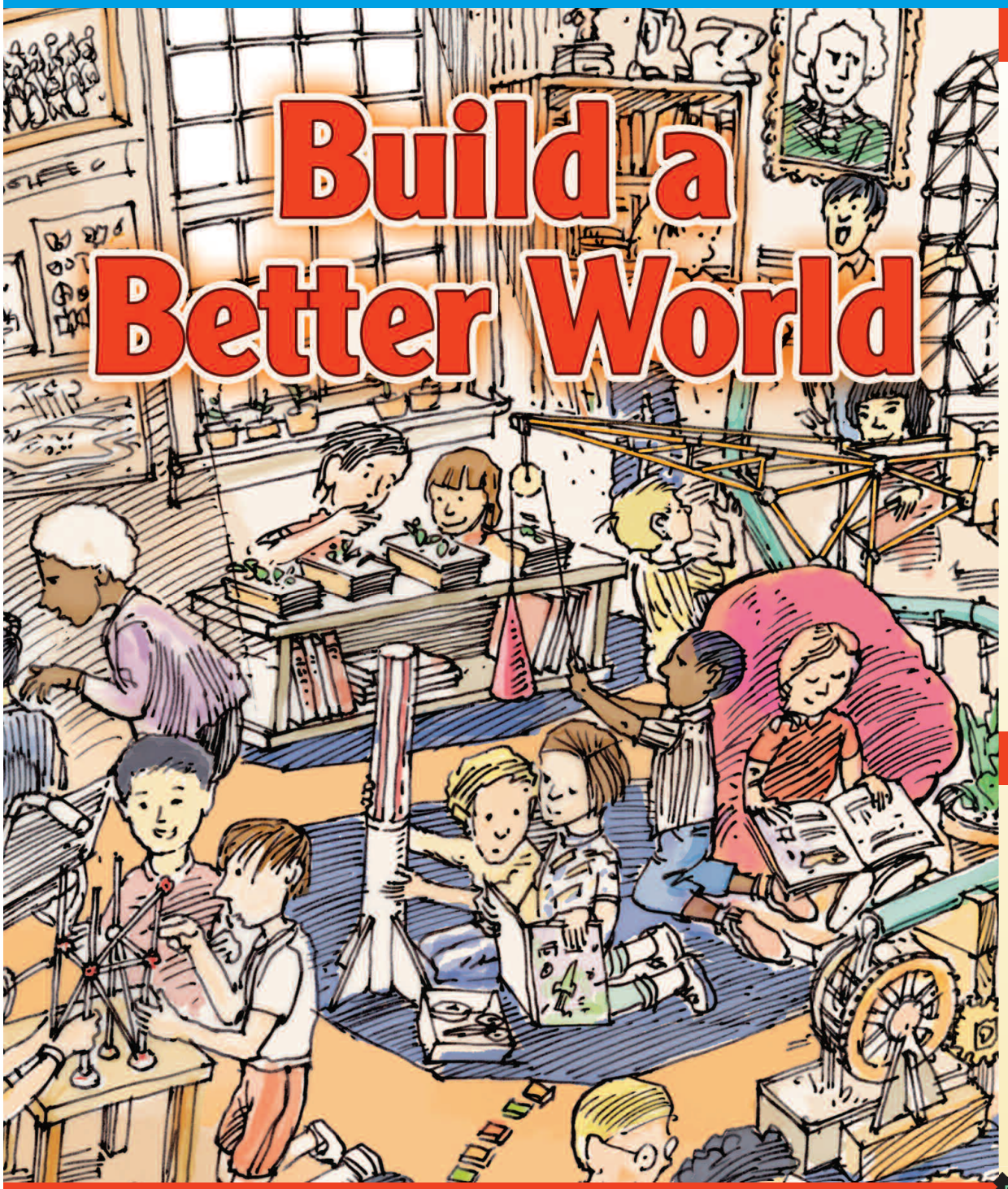
June 24: Master techniques to help you use technology to your advantage at home

Visit www.tulsakids.com/internetsafety to access the weekly videos.

SPONSORED CONTENT

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

Tulsa City-County LIBRARY



COUPONS!

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

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

PRIZES!

Medal winners who have completed kindergarten or are in first through fifth grade will be entered into a drawing for cool prizes, including bicycles, Tulsa State Fair Mega Ride Pass wristbands and lots more!

Medal winners who are not yet school-aged (Birth to Pre-K) will be entered into their own grand-prize drawing for one of 10 gift certificates to local stores.

Medals and coupons are awarded starting June 19 through Aug. 5. The library reserves the right to substitute prizes when demand exceeds supply.

THANK YOU FOR SPONSORING THE SUMMER READING PROGRAM!

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

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

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

BY BETTY CASEY

Holland Hall breaks ground for commons area

Holland Hall fifth grader Leo Arroyave is finishing his first year at the college preparatory school in south Tulsa. "Everybody here treats you well," he said. "On my first day, everybody was nice to me. Once you're a part of Holland Hall, everyone is family."

Leo's description of the school wasn't about a building, even though he was representing the student body at the recent ground-breaking for the new Tandy Student Commons area and Chapman Green. Leo talked about the love he felt for his classmates and teachers. The new structure and commons area, however, embody Leo's message by creating a unique space for students, faculty and alumni to share community.

The $20 million project will upgrade and expand the school's dining capabilities and provide space for heath and wellness programming. Students, parents, visitors and faculty will be able to use the commons area for planning, meeting or enjoying time together on campus. In addition, an Alumni Center will have conference rooms to encourage faculty and community meetings, while the outdoor commons area will provide space for campus events.

Margie Warren and Beth Goddard, Holland Hall alumni, whose children also attend(ed) the school, escorted a group of visitors through the building on the day of the ground breaking.



LEO ARROYAVE, HOLLAND HALL FIFTH GRADE STUDENT, PARTICIPATED IN THE GROUND BREAKING CEREMONY FOR THE TANDY STUDENT COMMONS AREA AND THE CHAPMAN GREEN AT HOLLAND HALL, SET FOR COMPLETION IN 2018.

"One of the visitors asked why kids come to the school," Margie said. "Academics are outstanding, but that's not it. It's fun! There are so many opportunities here, and we don't pigeonhole kids."

She explained that students are not only encouraged to try new classes and activities, but are required to do so. For example, students must take two art classes. The school's small size allows students to try a variety of classes, extracurriculars and athletics without feeling embarrassed or out of place.

"It's so small, you don't have to already be an athlete," Margie said. "You can be a beginner."

"I found out who I was here," Beth said, "by being able to try and fail inside of an exceptionally caring and kind community. You may not know that or appreciate it until you turn 18, but Holland Hall fosters independence while being fully supportive. It's an apprenticeship in self-reliance."

Margie pointed out that the school visitors she had hosted that day were surprised at the diversity in the student body. She admitted that there is a perception that Holland Hall is an affluent community with very little diversity, and that is a perception that she and others want to dispel. "It's understandable, but we have to fight that." She explained that the school actively seeks students of varying socioeconomic backgrounds, religions and races, backing that up with over $2 million in scholarships.

Roy Johnson, an alumus and member of the Holland Hall Hall of Fame who spoke at the ground breaking, said that the new facility will support the school's "commitment to create leaders…that will go out and share their knowledge and make them agents of change in their communities."

2017 PARTY PLANNING GUIDE



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Meet me at the B for the BEST birthday parties! Andy B's Entertainment Center makes birthdays easy for moms and EPIC for the kids! We have four NEW birthday packages perfect for ages 5-18; starting at just $15.99 per guest. Andy B's birthday packages include everything to make your child's party a success; including a party host, party space, FUNcards for the arcade, bowling, laser tag, food, drinks, paper products, and decorations. Go to www.AndyBTulsa.com to book your party online, or call one of Andy B's party planners for more details. Be sure to come see our center's new look!

MILLER SWIM SCHOOL

6415 S. Mingo Rd
Tulsa, OK
918.254.1988
918.459.5890
www.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?

OKLAHOMA AQUARIUM

300 S. 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 (within regular business hours) to see all the exciting underwater creatures, plus a 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? It's a good thing sharks don't 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, okaquarium.org for complete package details or contact events@okaquarium.org.

RIVER RUN FARM

9300 South 51st West Avenue
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.

SOCCERCITY TULSA BIRTHDAY FUN

5817 South 118th East Avenue
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.
Check the website for pricing and specifics on birthday parties! See: www.soccercitytulsa.com/index.php/parties-events/

TULSA ZOO

6421 E. 36th St. North
Tulsa, OK
918.669.6612
www.tulsazoo.org

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.

Keeping Your Kids Safe in the Digital Age



A SERIES OF VIDEO SHORTS

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JUNE 27 - Score One for Mom - Using Technology to Your Advantage

Find the videos on TulsaKids.com

MEET OUR SPEAKERS



Lauren Nelson was crowned Miss America 2007 at the age of 20. She traveled the country speaking on behalf of her platform and the Children's Miracle Network Hospitals. Lauren was named one of the Ten Outstanding Young Americans in 2008.

Since passing on the title, Lauren continues traveling the country speaking at women's conferences and youth retreats. She has co-authored two books with her friend, Robin Marsh. Lauren is the co-host of *Discover Oklahoma* and serves as spokesperson for Comanche County Memorial Hospital in Lawton.

Lauren's most treasured titles are wife and mom. Lauren is married to Randy and they have a son and daughter, Mason and Dawson.



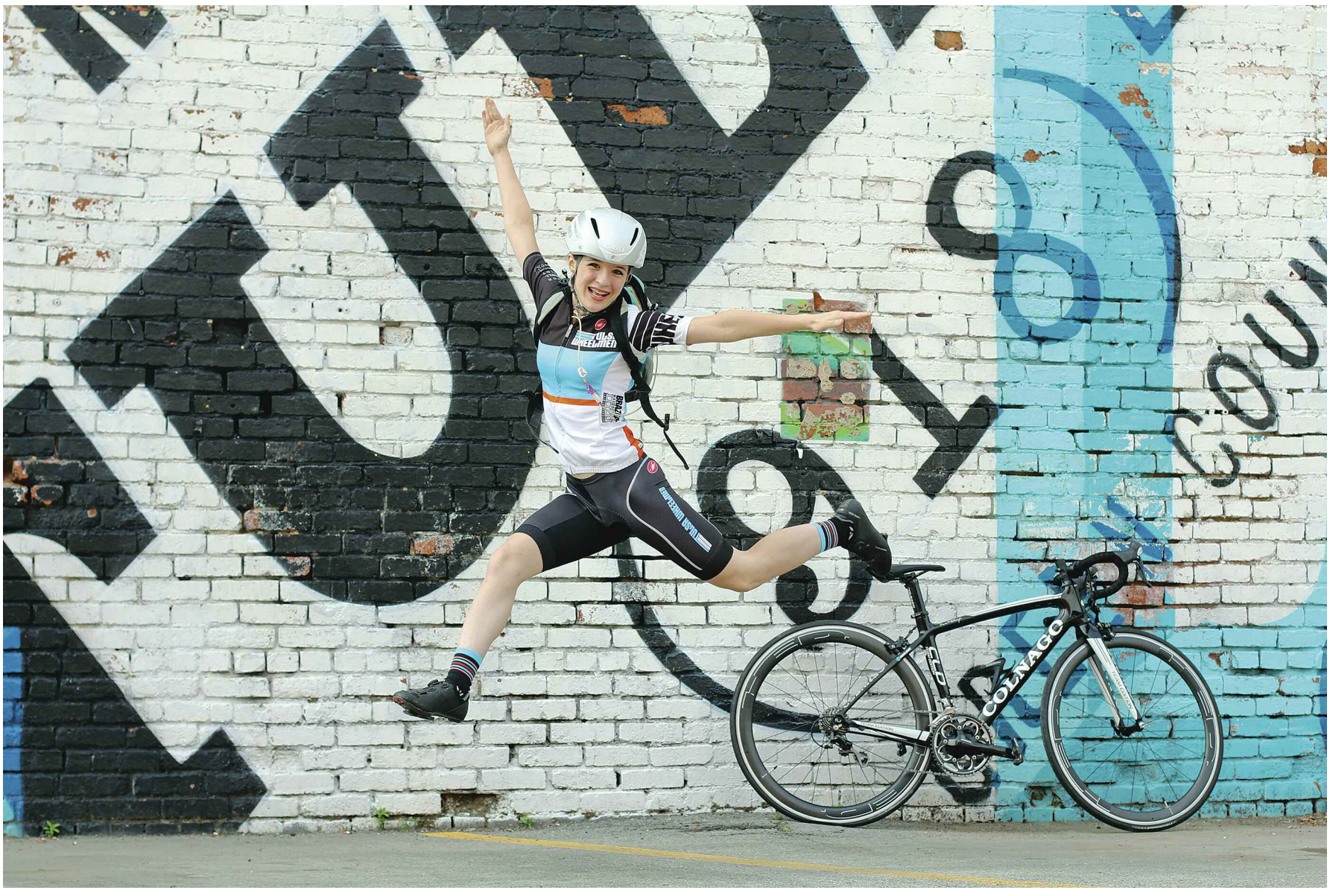
Alison Jacobson has dedicated her life to educating women about issues that affect not only themselves, but everyone in their family. Alison is the mom of four children, step-mom to another four and care giver for her husband with Multiple Sclerosis and son with intellectual disabilities. Alison also understands personal tragedy. In 1997, she lost her first son to Sudden Infant Death Syndrome. It was from this tragedy that she developed her passion as a family safety and wellness advocate.

Her ability to connect with people while providing important information has made Alison a popular guest on many national television shows including *The Today Show, Fox & Friends* and *Good Morning America*. Alison reaches millions of parents every month with advice on how to raise self-confident kids in a healthy, happy and safe environment.

COX®

BY LANE CLEGG

Tulsa's Toughest overcoming it all, making history on a bike



continued next page

Hannah Jordan was born small but that would prove no indication of what her life would become.

In her first days, Hannah became no stranger to medical attention. Struggling with feeding and gaining weight, it seemed that Hannah would always be small. By the time she was 2 years old, Hannah was diagnosed with Russell Silver Syndrome – a rare form of dwarfism — and began growth hormone. Initially, doctors anticipated that she'd never stand much taller than 4 feet. Today, she's proved them wrong, standing at 5 feet ¾ inch.

But inhibited growth wasn't the only trial Hannah faced. After 2,500 injections, her parents decided to stop the growth hormone earlier than planned. Hannah was sick and, while growing felt important, it was also consuming too much energy. The priority was for Hannah to get better.

With a highly skilled team of doctors from Mt. Sinai and the Cleveland Clinic, Hannah's family embarked on a journey over which they had little control. At age 6, Hannah was diagnosed with another rare metabolic defect. Spilling ketones at high levels, her body was essentially cannibalizing itself. Hannah underwent a surgery and walked away with a Gastrostomy Tube (G-Tube). This tube has fed Hannah 24 hours a day, every day, since she was 6 years old. At night, she hooks up to an IV. During the day, she packs it all in her backpack. Still, she supplements her diet – ideally consuming around 3,800 calories per day.

But her body continued to burn too much. Eating it's own muscle and tissue to stay alive, Hannah's body required much rest. At her weakest, she slept for 20 hours a day. It was then that her doctors in New York recommended her to the Make-A-Wish Foundation – an organization that grants the wishes of children with life-threatening conditions.

At 9 years old, Hannah and her family packed their bags and headed to Disney World. They took in four parks in five days, met all of the Disney characters, ate ice cream for breakfast, played with Shamu, and skipped all the lines. And while Hannah was still sleeping 20 hours per day and may not remember every detail, she remembers the feeling that it brought her.

"My trip brought a lot of joy to a really dark spot in my life," Hannah said.

Aside from joy, the trip brought a renewed sense of determination to the Jordan family.

"The trip came at a sad time," said Alicia Jordan, Hannah's mother. "But we were stubborn. When the doctor recommended her I was taken aback. It was shocking to realize that we were at the place where [Hannah] had enough stuff going on that someone would recommend this. But we were determined to just keep fighting."

And they did. After the Make-A-Wish trip, the Jordan family returned and learned that Hannah suffered from a Clinical Mitochondrial Disease. The disease is passed through the mother's bloodline and also affected her brother, Braxton. After this diagnosis, a doctor at the Cleveland Clinic recommended a patch that would hopefully help Hannah stay awake more during the day. The patch seemed to work, keeping her up whenever she wore it, and Hannah began to yearn to be involved in competitive activities like other kids.

She started, in her medical stroller, with a softball team and they quickly saw improvement. Between the patch and regular activity, Hannah worked her way off of the almost 30 medicines she took each day after just six months. Softball, however, wouldn't become her passion. Cycling would.

"I like that anyone can do it," Hannah said. "When I was growing up there wasn't any sport I could do. I've always been naturally competitive, and I liked that you could start this at any age."

Hannah rode a bike one time when she was 9 years old. After that, she didn't touch the bike again until she was 13 years old. Then, within 10 days of learning to ride, she rode 210 miles collectively. Two months later, she rode her first 100k and raced her first Crit. Five months after that, she finished her first century in under six hours. The following month, she beat the train at Race the Rail – maintaining a speed of over 21 mph for 32 miles. She's sponsored by Colnago, Head Wheels, and Oakley. Just recently, she's joined the Tulsa Wheelmen as their newest (and youngest) teammate at age 15.

She's done all of this with diagnosed low muscle tone, her G-Tube, and through a few health episodes. But it's not only her story that sets Hannah apart.

"Her doctors have said that she's essentially redefined her genetic code," Alicia explained. "She's not the same kid she was."

She's feisty and, while her mom thinks that it may be something new that has become her personality since she started cycling, she also thinks it's been a part of her all along. This feistiness is what carried her through her sickness, and now has made her a fierce cycling competitor. Her mental toughness is unparalleled, always convinced that she can give 40 percent more than her best – an idea inspired by the Navy Seals' training.

"I couldn't control being sick," Hannah said, "but I could control how I did with this. The power is in my hands. Unless I can't breathe for another second, I can keep going."

Looking back, Hannah says she wouldn't change her story for anything. It's that story that has built up this mental toughness. That story that has made her into who she is today. When she thinks about when she was sick, she knows it worked out because she was meant to do something special.

"I used to be so frustrated because I didn't know what I was passionate about," Hannah said. "My only passion was staying alive. Some people take advantage of just how hard staying alive is."

Now, with cycling as a passion, Hannah has set her sights on turning pro. She's just points away from moving up to being a Cat III rider and is set to be a junior counselor at the Olympic training camp this summer. Her big dream? To pack her bags, and her G-Tube and head to the summer Olympics where she'll ride for Team USA.

"Much of what we've been through has made us realize just how fragile life is," Alicia said. "We're one bad bike wreck away from it all being over. But we're going out in a blaze of glory and taking no prisoners in this life."

PHOTO CREDIT:
KATIE CARIKER PHOTOGRAPHY & DESIGN©

Make-A-Wish Oklahoma

Make-A-Wish Oklahoma (MAWO) is celebrating 35 years of granting wishes to Oklahoma children who are facing life-threatening conditions. Through August 31, every new dollar raised by MAWO will be matched by Make-A-Wish America to fund the wishes of Oklahoma children.

For ways to help, go to Oklahoma.wish.org

TULSAKIDS ANNOUNCES OUR ANNUAL

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Safe Kids Tulsa Area, in partnership with The Children's Hospital at Saint Francis, is dedicated to preventing unintentional injuries—the leading cause of death and disability in children. To learn more about keeping kids safe, visit ***KohlsKidsThinkSafe.com*** or call ***918-494-SAFE (7233)***.

Some simple safety tips to keep your family safe this summer and every season:

Swim Safe

- If children are in or near the water, keep your eyes on them at all times.
- Use Coast Guard-approved life jackets on all children when boating or on a beach.
- Learn CPR in case of emergency.

Ride Safe

- Buckle up children correctly in age-appropriate car seats—every car ride, every time.
- NEVER leave a child alone in a car.
- Don't text and drive.

Walk Safe

- Teach children to always look both ways before crossing the street.
- Use crosswalks and sidewalks.
- Avoid texting and walking to stay aware of traffic.

Play Safe

- Look for and use age-appropriate playground equipment.
- Actively watch your children in playground areas.
- Equip kids with sport-appropriate protective gear.

Wheel Safe

- Provide kids with a properly fitted helmet when biking or skating.
- Adults and children should know proper rules of the road and obey all traffic laws.
- Avoid riding after dark; if you do, wear reflective clothing.

SAFE KIDS TULSA AREA

The Children's Hospital at Saint Francis