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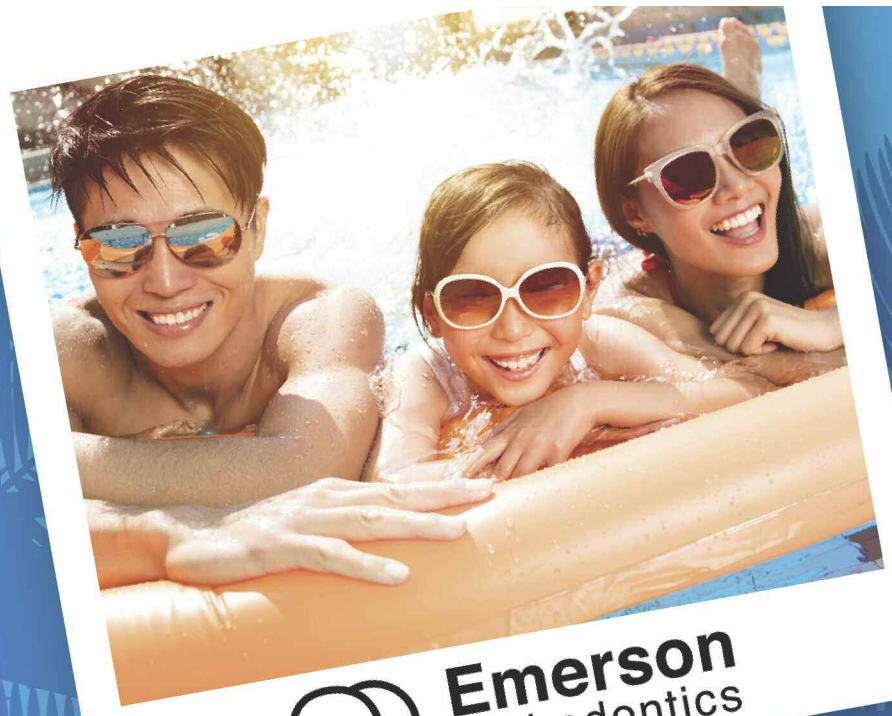
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Stay Safe During Summer Fun and Sun

A reminder from the nurses and physicians at Alexander Burn Center @ Hillcrest Medical Center



Never leave children alone in a car

A child's body overheats 3 to 5 times faster than an adult body

Use SPF 30 or higher sunscreen

Apply every 2-3 hours between 10 a.m. - 4 p.m.

Establish a safe zone around fires

Keep kids at least 3 feet away from campfires and grills

Fireworks are for grown ups

Even sparklers can reach 2,000° F.
Consider glow sticks or other alternatives

Alexander Burn Center has been caring for adults and children with serious burns for more than 50 years. Please remember to create a safe and enjoyable environment for you and your children this summer.

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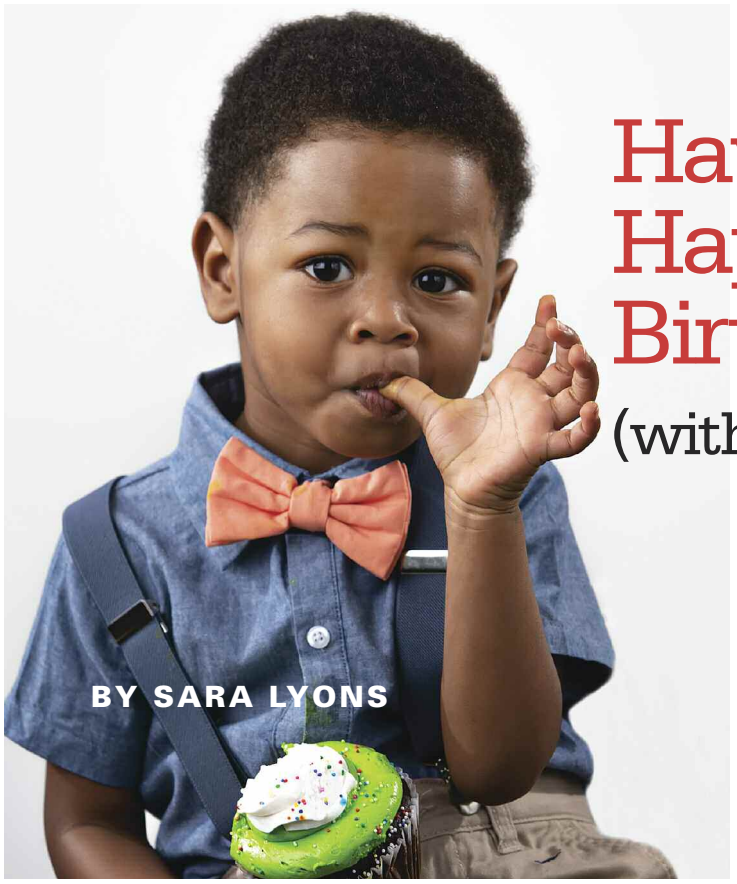
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Father's Day Fun

In honor of Father's Day, I'm going to reprint a poem from one of the new books a publisher sent me. "Stark Raving Dad" by Sanderson Dean (Running Press, 2019) is a collection of poems that pretty much sums up parenthood. Bonus – the collection is illustrated with kid art by the author's two sons. I was laughing out loud. With chapters like "Taking Time for Yourself & Other Myths," Sleep & Other Things You'll Never Enjoy Again," "Yelling & Other Things That Don't Work," "Food and Other Things Kids Don't Eat" and "Sanity & Other Things Going Down the Toilet," you either have to laugh or cry.

All of the poems resonated with me, but one in particular hit close to home. Back in the olden days when people still had VCRs, my toddler son hoisted himself up, teetered over to our VCR player and stuck his peanut butter sandwich in the opening.

In honor of that, I'll share this poem from Dean's book:

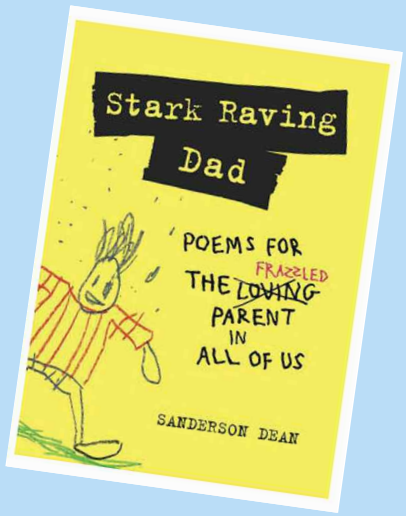
WHERE PEANUT BUTTER GOES
Peanut Butter
Goes great on sandwiches
Cabinets, counters
And refrigerator doors

Peanut butter
Goes great on toast
Chairs, doorknobs
And smeared on floors

Peanut butter
Goes great on crackers
Coffee makers, couches
And carpeting

Honestly –
Peanut butter goes great
On everything

And so does jelly



If you have a dad in your home who appreciates kid humor, this book might make a great Father's Day gift. It's better to laugh than cry.

Happy Father's Day!

Betty Casey
associate publisher and
editor in chief





ON OUR COVER:
GREYSON ENJOYS A BIRTHDAY CUPCAKE.

LESLIE HOYT PHOTOGRAPHY
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CALENDAR
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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.



TULSA CITY-COUNTY LIBRARY TO PRESENT ASIAN-AMERICAN FESTIVAL

Celebrate and learn about the customs and traditions of Asian-Americans with entertaining, educational events for the entire family as Tulsa City-County Library presents its 17th annual Asian-American Festival from 11 a.m. to 3 p.m. on Saturday, June 22 at the Martin Regional Library, 2601 S. Garnett Road. The festival is sponsored and funded by the Tulsa Library Trust. Admission is free.

The festival features martial arts demonstrations; traditional dance presentations; authentic arts and crafts booths; interactive educational booths featuring hands-on crafts and activities; an exhibition of children's artwork from Kyoto, Japan, courtesy of the Office of the Oklahoma Secretary of State; plus, a food concession with traditional Asian cuisine provided by KAI Burmese Cuisine, Cha Bubble Tea and Sushi Train.

Scheduled presentations and performances include: Lion dance by Tulsa Kung Fu; Chinese dance by Chinese American Association of Tulsa; Kendo demonstration by Shin Sou Fu Kan, Tulsa Kendo Club; Hmong dance by Niam Laus Niam Hluas; Japanese sword demonstration by Iaido Tulsa; Korean dance by the Korean Angels of Tulsa; Tai Chi with Thomas Academy of Tai Chi/Kung Fu; and a traditional Japanese tea ceremony with Yumie Farringer.

Booths include: AEP/PSO Asian-American Employee Partnership; Asian Antiques Association; Chinese American Association of Tulsa; Confucius Institute at the University of Oklahoma; Disaster Resilience Cross-Cultural Council; Sandy Hall (Asian furniture, etc.); India Association of Greater Tulsa; Niam Laus Niam Hluas; Oklahoma Mahjong; La Petite Camionnette Origami; Philbrook Museum; Philippine American Association; Tam Bao Buddhist Temple; Tokyo in Tulsa; Tulsa Japanese Friendship Club; Tulsa Sister City-Beihai, China; Tulsa Sister City-Utsunomiya, Japan; and YWCA Tulsa

Visit www.TulsaLibrary.org/asianfestival for a complete schedule of presentations and booths, or call 918-549-7323 for more information about the Asian-American Festival.



SAIED PARTNERS WITH SCHOOLS TO CREATE ARTISTIC PIANOS

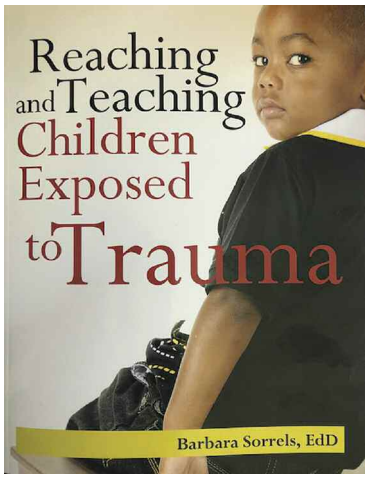
Twelve public school art departments were invited to design and paint an upright piano provided by Saied Music Company to create a display of art and music for Mayfest. After its Mayfest debut, each piano was relocated to an outdoor public space throughout the community, making it accessible for everyone to enjoy. Pianos were collected for more than a year by Saied Music in preparation for the project. Local school art departments (including several TPS schools, Bixby, Jenks, Union, and BA) submitted their own design concepts and Anchor Paint provided the paint needed for the pianos.

"Play Me, Tulsa!" pianos will be accessible to be played by the public at host locations until their removal at the end of July. Host locations include Gathering Place, Kendall Whittier Square, ahha, Jenks Riverwalk, and H.A. Chapman Centennial Green. A final list of each piano and its designated host location will be on the "Play Me, Tulsa!" website, playmetulsa.com



TULSAKIDS COVER KID, THEN AND NOW. ISAIAH'S MOM WRITES THAT ISAIAH IS GOING INTO FIFTH GRADE NEXT YEAR. HE LOVES RIDING HIS BIKE WITH THE OKLAHOMA FLYERS AND FLY FISHING.

TRAUMA EXPERT HOSTING WORKSHOP FOR EDUCATORS



Early childhood educatos are often the first people who see children who are victims of trauma. Barbara Sorrels, EdD, executive director of The Institute for Childhood Education in Tulsa and author of "Reaching and Teaching Children Exposed to Trauma," believes that is the reason educators and caregivers need to be informed about how childhood trauma affects the brain. Once teachers learn to identify the symptoms of trauma in children, they can then use strategies to help the child heal.

Sorrels is conducting a summr workshop, "Trauma-responsive Practice for Classroom Teachers," with the goal of training at least two educators and/or administrators from a school site, so they can support one another as they incorporate trauma-informed strategies and skills at their school sites. The summer workshop is full, but future dates will be announced.

In her book, Sorrels writes, "We currently have amassed more information and scientific research regarding the development of children than any other time in human history, but this body of information sleeps in university libraries. The current educational culture focuses on accountability and assessment, largely ignoring even basic principles of child development."

Sorrels believes that those who work with children can learn to create trauma-informed environments. "Trauma-informed care and education means that caregivers and teachers understand how trauma changes the brain and affects relationships, self-regulation, sensory processing, learning, and behavior."

Understanding how trauma affects the brain can change how adults respond to children in their care.

"It is the ongoing, daily interactions with loving, emotionally responsive and caring adults…that bring about healing," Sorrels writes.

For information about Connected Kids and the trauma workshops, go to www.connectedkids.org. Dr. Sorrels book, "Reaching and Teaching Children Exposed to Trauma" explains what trauma does to the brain, and how to recognize it, along with practical strategies on how to manage difficult behaviors.

FROM OUR INBOX

Update on Tulsa Kid Zoe Burdess

Good Evening!! Last summer my daughter, Zoe Burdess, was one of your featured Tulsa Kids. During our visit with Sheeba (Atiqi, writer/photographer for Tulsa Kid column) she said to keep you updated on any big news from Zoe. It has been a very busy year. From participating in the Music Man at JHS (Jenks High School), to competing in OK Kids competition and, to this point advanced four acts to state contest in June. But, that's not our 'Big' news. On the 23rd, Zoe will be presented the Oklahoma State Superintendent Award for Arts Excellence in Drama/Theatre. And, then, on 1 May, Zoe will be giving a TED TALK on Autism and The Arts! It has been a long, hard process for her to be able to present, but she is excited and ready to share all she has learned through her own life and that of others. Just thought you would enjoy this update.

Shannyn Gb

Editor's Note: Zoe was featured in our Aug. 2018 "I'm a Tulsa Kid" column, text and photo by Sheeba Atiqi. Here's a link to the interview: www.tulsakids.com/August-2018/Im-a-Tulsa-Kid-Zoe-Burdess

ULSA HISTORY MYSTERIES – A MYSTERY FOR KIDS TO SOLVE!

TulsaKids is partnering with the Tulsa Historical Society and Museum to invite kids (and parents) to learn more about Tulsa's fascinating past. Read the clue each month, visit the Tulsa Historical Society and Museum at 2445 S. Peoria, and solve the mystery. You could win a Family Membership to the museum and more.



Are you ready to be a Super-Savvy History Detective and solve a mystery? Tulsa's story is full of them.
Can you guess who this person is?

I first came to the area in 1882. I operated a "tent" store which helped supply railroad workers as they built the first railroad through the area that would become the city of Tulsa. I helped organize a group that built Tulsa's first church and school. I am buried in Rose Hill cemetery and my headstone is inscribed "Father of Tulsa."

Take this clue to the Tulsa Historical Society and Museum Guardian volunteer at the front desk. They will send you and a parent/guardian on the hunt. Find the mystery person; he or she is hiding in plain sight. Take a selfie with the clue and send to Neal Pascoe – npascoe@tulsahistory.org. The first 10 to respond will win a year's free family membership to the Tulsa History Museum. Everyone who guesses right receives a "Super-Savvy History Detective" certificate. And a chance to win a Super Savvy Detective Kit. Winners' photos will be included on TulsaKids' website.



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Did you know that kids can actually *lose* math skills while school is out? Studies have shown that students can regress by up to two and a half months over the summer — a phenomenon known as "the summer slide." At Mathnasium, we turn this around with Summer Workout Plans focusing on fractions, multiplication, algebra readiness, and more. We prevent the summer slide, give kids an edge for the next school year, and we make it fun!

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local dads
are heroes in their families







Last month TulsaKids editors asked for nominations for Super Moms. This month, in honor of Father's Day, we invited readers to nominate Hero Dads. The nominations were all amazing, and we had a hard time choosing because every dad was a hero in the eyes of family members who nominated them. Thank you for sharing your stories with us and we wish all you dads out there an awesome Father's Day!

Bryan Overton

We chose Bryan because it isn't often that your ex will nominate you for anything, much less being a great dad. We appreciate that this couple obviously puts their child first in their partnership as parents. Beyond the nomination, we asked Bryan to write about what fatherhood means to him. Here is what he wrote:

Fatherhood means quite a lot to me. I never truly knew what it would mean to me before I had Sydney in my life. I have been truly blessed by my Lord and Savior and thank him every day for this blessing.

Sydney brought new purpose and meaning into my life. I seem to have sought the path of least resistance before her, but I now seek a path that will bring her guidance and love.

One of the main things I am trying to pass on to Sydney is a sense of love and self-respect in today's world while encouraging her to excel in everyday activities. I feel it is truly important for a young girl to realize that her self-worth and importance comes from within.

As a parent, it is my job to help her find her potential. I guess it's probably every parent's goal that their child goes a little further than them in life. It's just the different vehicles we use to unlock this potential.

My hope would be that someday she will look back and see how I truly see her through my eyes.

John White

Baby Layla was born seven weeks early on February 3, 2019. Her dad, John, has been by our side every step of the way from mom being on weeks of hospital bed rest to when our little one came home on her actual due date of March 25, 2019. We want to nominate him as our family's HERO. You may think you know what love is, but then life threw us a curveball of crazy challenges. Seeing John's support for mom and baby through a combined stay of 70+ plus days at St. John Hospital and now the transition at home has shown our family an entire new understanding of love. He is not just our husband and dad, but he is for sure our strength and our hero.

Robin Roberts

No matter what is thrown our way, my husband stands strong for us. When we lost our son last December, he was our rock and made sure that we were okay - without a thought to himself. Any time our daughters need something, he is there, whether to chaperone a school trip, help with homework or just to go outside and play. He is the best cheer and ballet dad I know, always going the extra mile. Working multiple jobs and wearing multiple hats, he is our family's glue and we don't know what we

continued next page

would do without him. Please help us celebrate everything he is and will be.



Ryan Goodnight

Ryan encourages our daughter to do things my female brain wouldn't think of. He reads to her at night after studying the value of his voice to her learning experience. He helps her think bigger, laugh bigger and grow bigger than I could do on my own. I'm always baffled at his approach to things—truly a man's heart; it brings such a depth of meaning to our daughter's life. He is on the floor playing with Barbies, teaching her to care for her pup-a-dup (Chewy, her mini labradoodle), or buying her reading flashcards that he saw on Amazon. He just surprises me and reminds me of the value to us all of different perspectives than our own. His perspective enriches our daughter's life (our lives!). Plus, he leads her in Christ to not just be talkers—but doers helping in the community. She will always climb mountains with the encouragement of such a loving father.

Benji Latham

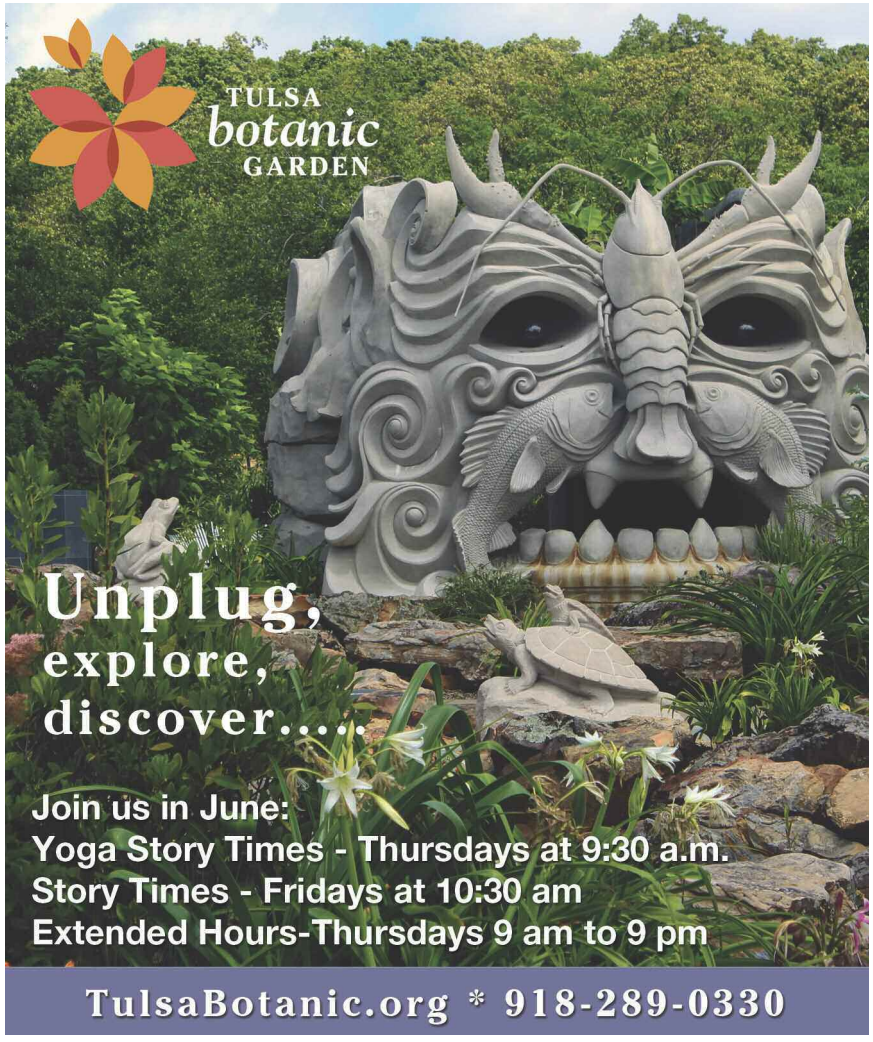
Tulsa-area preschoolers, kindergarteners and first-graders know this guy as "Mr. Benji," the children's musician that periodically appears in their classrooms or the local library for a fun-filled interactive show. Mr. Benji is also my husband, and, in our house, he's just Daddy — but that "just" is defined as our stay-at-home dad extraordinaire who reads daily (character voices included), coaches the boys' sports, leads our local Tiger Cub den, and SO much more!

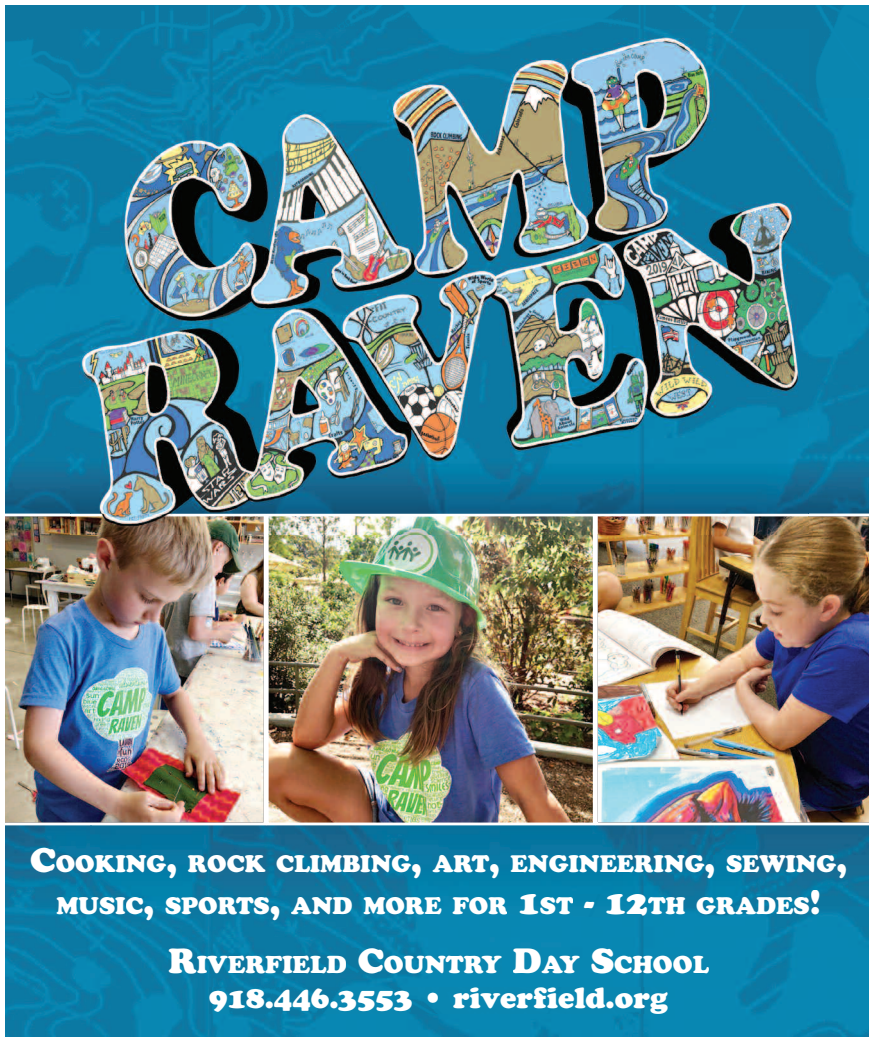
At first glance, you may not consider Benji a "stay-at-home dad" because he uses so much of his time spreading his gift of music back into the community. But after getting to know him, you realize how important being home for meals, bedtimes, sick kids, hockey practices, t-ball practices and more is to him. He is involved in this community in such a wonderful way that, while he doesn't always "stay home," when he does, he has game night and steps on Legos like the rest of us!

What truly stands out about this guy is that most of what he does for the community is on a volunteer basis. Music in Jenks,



music for the children's library downtown, music for Eliot Elementary and Channing Day School — all volunteer work because he believes these kids need music in their lives — for free. Benji Latham is a true dad hero to his family and to the children of Tulsa. He has earned and deserves this title!







BY KILEY ROBERSON

child grieving: how to deal with death

I lost my mother in May. It feels strange even writing those words when I still feel like I could just pick up the phone and call her. It happened during the week of Mother's Day, and getting through that day without her felt unbearable. TulsaKids lost an avid reader too. In the eight years that I've written a monthly column for this publication, she had read and retained a copy of almost every one. She was an absolute light in every room she entered. She loved her children and grandchildren fiercely and my kids couldn't have asked for a more involved Gigi. She was at every piano and ballet recital, soccer and t-ball game.

As you can imagine, there has been a lot of hurt and tears in our house over the past several weeks. As I struggled to cope with my own loss, my husband and I had to navigate what that loss means for our children as well. What we learned is that when a loved one dies, children feel and show their grief in different ways, even siblings. How kids cope with the loss depends on things like their age, how close they felt to the person who died, and the support they receive.

After reading many parenting books, blogs and experiencing this grief with my children firsthand, here are some things we found helpful for a child who has lost a loved one:



When talking about death, use simple, clear words. We found it best to break the news to our children with simple, direct words said in a caring way. We simply began the conversation with, "We have some sad news to tell you. Grandma died today." Then we pause to give them a moment to take in our words. It was frankly the hardest thing I've ever done, but being direct left no uncertainty like saying she had "passed away" or "went to sleep."

Listen and comfort. Every child reacts differently to learning that a loved one has died. Our 8-year-old daughter began crying instantly. Our 4-year-old son began asking lots of questions. When my 5-year-old niece heard the news, she didn't seem to react at all – and according to the American Academy of Pediatrics (AAP), that's okay. All these reactions are okay. The important thing is to stay with your child to offer hugs or reassurance. Answer your child's questions or just be together for a while.

Tell your child what to expect. If the death of a loved one means changes in your child's life, head off any worries or fears by explaining what will happen. For example, "Aunt Sara will pick you up from school like Grandma used to." Or, "I need to stay with Grandpa for a few days. That means you and Dad will be home taking care of each other. But I'll talk to you every day, and I'll be back on Sunday."

Put emotions into words. We've spent a lot of time talking and encouraging our kids to say what they were thinking and feeling. We also talk about our own feelings, hoping that it might help them be aware of and feel comfortable with theirs. If I notice my daughter being unusually quiet, I still say things like, "I know you're feeling very sad. I'm sad, too. We both loved Gigi so much, and she loved us, too."

Talk about funerals and rituals. The AAP suggests allowing children to join in rituals like funerals or memorial services. Both of our children attended my mother's memorial service. Before we went, we talked about what would happen like singing, praying and talking about Gigi's life.

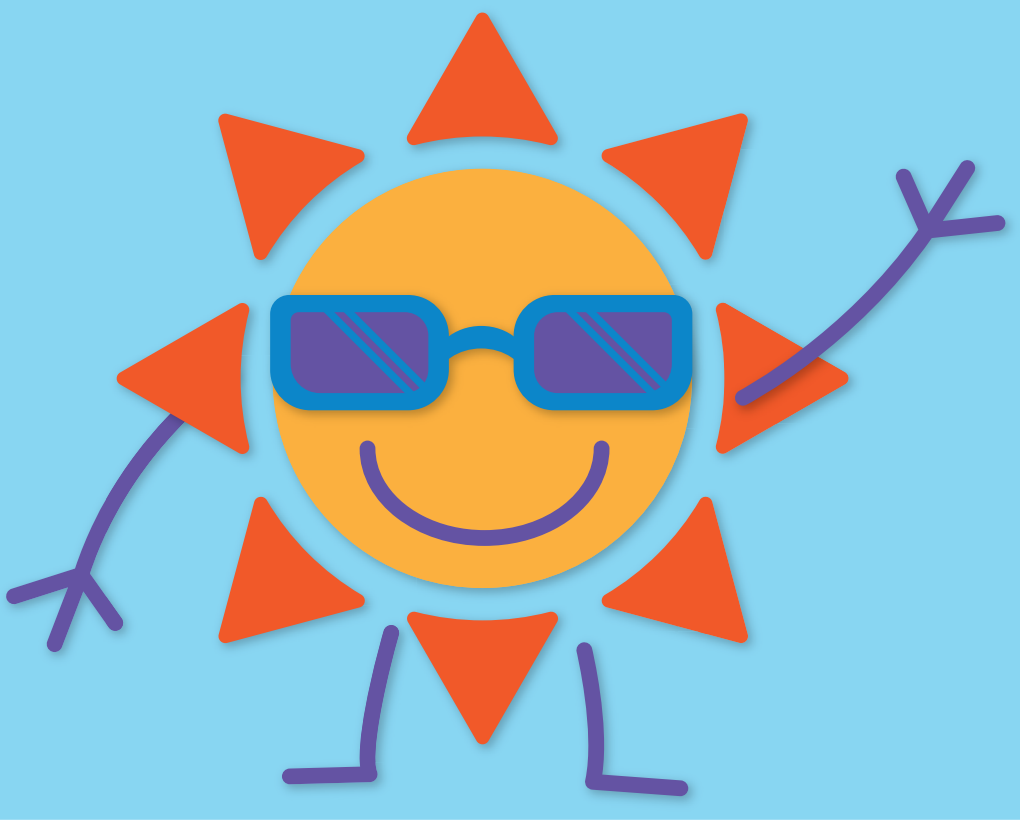
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We also told them that people might cry and hug. We explained that people will say things like, "I'm sorry for your loss" and how those are polite and kind things to say to the family at a funeral. We also told them that we can say, "Thank you," in response and that they could stay near us and hold our hands if they wanted.

Give your child a role. The AAP says that having a small, active role can help kids master an unfamiliar and emotional situation such as a funeral or memorial service. We let our daughter write a letter about her Gigi and then sent it to our pastor who included it during the memorial service. We also let both kids help us pick out photos that we would use during the service. Both of these actions seemed to really help our children cope during the service.

Help your child feel better. We've learned that providing the comfort your child needs doesn't mean you have to dwell on sad feelings. After a few minutes of talking and listening, we try to shift to an activity or topic that helps our kids feel a little better. We don't avoid mentioning Gigi, but recalling and sharing happy memories seems to really help heal grief and activate positive feelings.

Give your child time to heal from the loss. We're still working on this one. We know that grief is a process that happens over time and that healing doesn't mean forgetting about the loved one. It means remembering the person with love, and letting loving memories stir good feelings that support us as we go on to enjoy life. Our Gigi is absolutely unforgettable and as we navigate the difficult days ahead, the most important thing is that we'll do it together.



BY MARY BETH RITCHIE, LCSW

give your kids a lifelong advantage – **be an involved father**



It's much easier to father a child than to become the dad that a child needs. The roles fathers play in parenting have changed significantly over the last few decades. In the past, mothers were usually considered the primary caregivers, while fathers were often judged by how well they provided for the family financially. As increasingly more mothers are pursuing careers, fathers are stepping up to play a more central role in parenting. The advantages of being raised with an involved father are numerous.

Just how important are fathers? Many studies have shown that having an involved father is as important to a child as having a loving mother.

According to a publication by the Child and Family Research Partnership at The University of Texas, a child with an involved father is 80 percent less likely to become incarcerated. This fortunate child is also twice as likely to attend college and to become successfully employed. Children with actively engaged fathers are also more likely to be successful in school, enjoying higher grades and lower chances of having to repeat grades or being expelled. Children with involved fathers are also half as likely to experience symptoms of depression in their adult years.

Children without actively engaged dads, on the other hand, may experience negative outcomes such as substance abuse, behavioral and health issues and school difficulties.

Having an actively involved father also contributes to an increased vocabulary in children. While mothers tend to use language already familiar to the child, fathers are more likely to introduce children to new vocabulary and concepts. Children with nurturing fathers experience many cognitive, behavioral, emotional and social benefits.

Children may also benefit from the differing parenting styles of mothers and fathers. One of the important contributions of the father may come as a surprise. Dads frequently play rougher with children, while mothers tend to focus more on children's safety. This rough play can actually be helpful by encouraging children to take an increased number of healthy risks and fostering a sense of independence. In addition, fathers will often allow toddlers to experience a higher level of frustration than mothers before intervening. All of these behaviors actually lead to independence, confidence and improved problem-solving skills.

Fathers also can have an important influence on the ways that their children relate with others. Girls who are raised by an involved dad will be more likely to develop a positive opinion of men, and typically will have a better relationship with the opposite sex if they have had a consistent, positive male role model.

A son's emotional health is equally impacted. Fathers have tremendous influence on their sons. Sons will grow up imitating the qualities they see in their fathers. A son will learn about relationships by watching how his father treats his mother. A son who witnesses his father being thoughtful, respectful, affectionate and kind to his mother will likely treat women similarly.

For those fathers reading this column, please know what an important role you play in your child's life! Spend quality time with your children. Read to them. Play with them! Teach your children to play a sport or a musical instrument. Be a wonderful role model. Perhaps the best gift you can give to your children is a loving partnership with your significant other. Show your sons and daughters how to treat others with respect and kindness. Fathers, we appreciate you this month and every month!

LET YOUR IMAGINATION RUN WILD

Johnny Morris'

WONDERS OF WILDLIFE

NATIONAL MUSEUM & AQUARIUM

Johnny Morris' Wonders of Wildlife National Museum & Aquarium consists of an all-new 1.5-million-gallon Aquarium Adventure showcasing 35,000 live fish, mammals, reptiles, amphibians, and birds, and immersive Wildlife Galleries that bring visitors eye-to-eye with the greatest collection of record-setting game animals ever assembled. Created by noted conservationist and Bass Pro Shops founder Johnny Morris, the 350,000-square-foot experience celebrates those who hunt, fish, and act as stewards of the land and water.

Located next to Bass Pro Shops National Headquarters in Springfield, Missouri, the campus is a centerpiece of America's Conservation Capital in Missouri's Ozark Mountains. Wonders of Wildlife has been voted "Best New Attraction in America" and "America's Best Aquarium" by the readers of USA TODAY.



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BY JULIE WENGER WATSON

parents & teens need to know Oklahoma's **rules of the road**

Whether it's your first child or your fourth, most parents have some mixed emotions about their teen getting behind the wheel. As with any milestone in your offspring's life, there is a sense of pride in your child's accomplishment and the realization that your kid is growing up and becoming more independent. There is often a good dose of anxiety, too, when contemplating the reality of your child operating 2000 plus pounds of machinery. While we can't encase our kids in a protective layer of bubble wrap, we can take some basic steps to help our children stay safe as new drivers.



Obtaining an OK Driver's License

Oklahoma has a Graduated Driver Licensing system. The system limits the hours in which teen drivers may be on the road and encourages them to take a driver's education course by allowing those who do so to drive at an earlier age than teens who don't. State-recognized driver's ed programs are offered through some high schools and a number of private commercial driving schools. AAA offers a parent-taught course that also qualifies.

Learner Permit

Teenagers who have taken or are taking a driver's ed course can get their Learner Permit at the age of 15½ after passing a written driving test and vision exam. Without the course, the age requirement is 16. Teens with a Learner Permit must drive accompanied by a licensed driver in the front passenger seat who is at least 21 and has been licensed for two years. They should also complete at least 50 hours (including 10 hours at night) of supervised driving.

Intermediate License

A 16-year-old driver who's had a Learner Permit for at least six months and has completed the 50 hours of supervised driving, can apply for an Intermediate License which has restrictions on when they can drive, as well as the passengers they're allowed to transport. The Intermediate License allows them to drive unsupervised between 5 a.m. and 10 p.m.; to and from activities outside of those hours if the activities are related to school, church or work; and any time of day if accompanied by a licensed driver who is at least 21. They are allowed to transport one passenger; or passengers who live in the driver's home; or any number of passengers when accompanied by a licensed driver who is at least 21.

They must pass a driving skills test to get the license. Without driver's ed, the person must be 16½ to apply.

Unrestricted License

A 16½-year-old driver who's had an Intermediate License for at least six months can get an unrestricted class D Driver's License. Without driver's ed, they have to be at least 17 to be eligible. The Graduated Driver's License system doesn't apply to teens 18 and older. Unrestricted Licenses require passing all driving and vision exams.

Beyond the Basics

Just because your teen has received a license doesn't mean your job is done. It's important to continue teaching and building skills beyond the basics. Driving with your child under a variety of conditions (weather, time of day, varying traffic volume) will help them improve. Teaching them to anticipate problems by scanning ahead and identifying potential hazards is useful. Helping them

continued next page

learn to anticipate the behavior of other drivers is also a valuable lesson.

Be aware of circumstances that cause the most problems for inexperienced drivers, and talk to your child about the risks. These include things such as driving with other teenagers, failing to use seatbelts and, of course, driving under the influence of drugs or alcohol. Night driving is challenging for all drivers, too, but it's worse for teens who lack the experience to anticipate and react appropriately when visibility is reduced. Many teens are short on sleep, and fatigue can contribute to poor driving. Distractions caused by the use of electronic devices, primarily phones, can be deadly.

William Robinson of Oklahoma Driving School has been an instructor for 18 years, and he's been a designated examiner for the state for the last seven. Robinson offers parents and young drivers a few technical tips that can make a big difference for safety.

"Driving is 90 percent visual, so how a child sits in a car is incredibly important," he notes. "The wheel has to be no higher than the shoulders. Whether you're a tall person or a short person, you have to be able to see."

Robinson also emphasizes the importance of knowing where your blind spot is.

"Often kids look too far back, which makes where they're holding their hands inappropriate. You want them to look in the proper place," he says. "You look at your side mirror to do a lane change, and then you signal, then look over your shoulder. 'Over your shoulder' is literally your chin to your shoulder only."

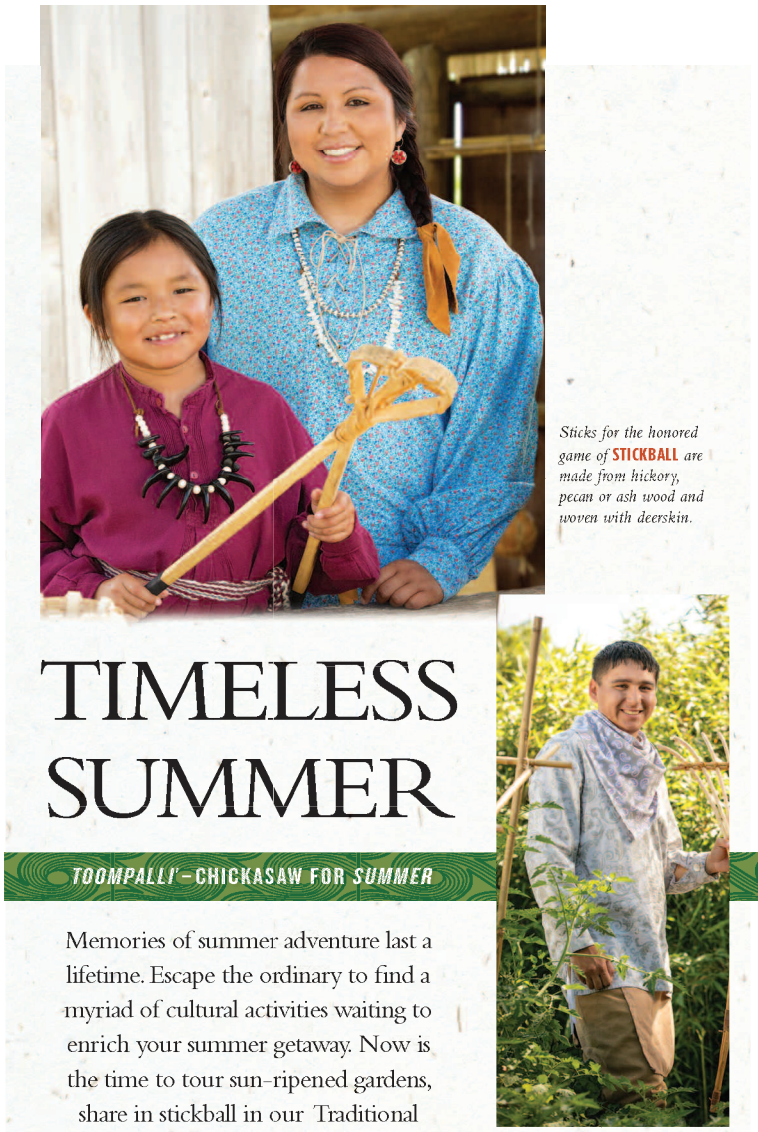
Driving Contracts

Many experts encourage the use of a parent-teen driving contract for new drivers so that the expectations of both parties are clear. Delineating non-negotiable rules, like no cell phone use, no drugs or alcohol, and mandatory seat belt use, as well as other parameters such as curfews can help keep teens safe. Spelling out the consequences for violating the terms of the contract is important, too. The agreement can be modified as the new driver gains more experience. There are many contract options available online. Find one that fits your family or create your own.

Robinson agrees that driver contracts are a good tool.

"Give them the ability to go out and do their own thing when they have their license, but also keep control to a point where they will always come home because, actually, that's all that matters. The parent needs to know that this child will come home."

For more information about Oklahoma Drivers' Licenses, visit www.ok.gov.





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BY BRANDON SCHMITZ

Camp Strong helps young patients push through boundaries

As a kid, few things were more satisfying than a good, old-fashioned water fight – even more so, I'd imagine, when your opponent is your doctor.

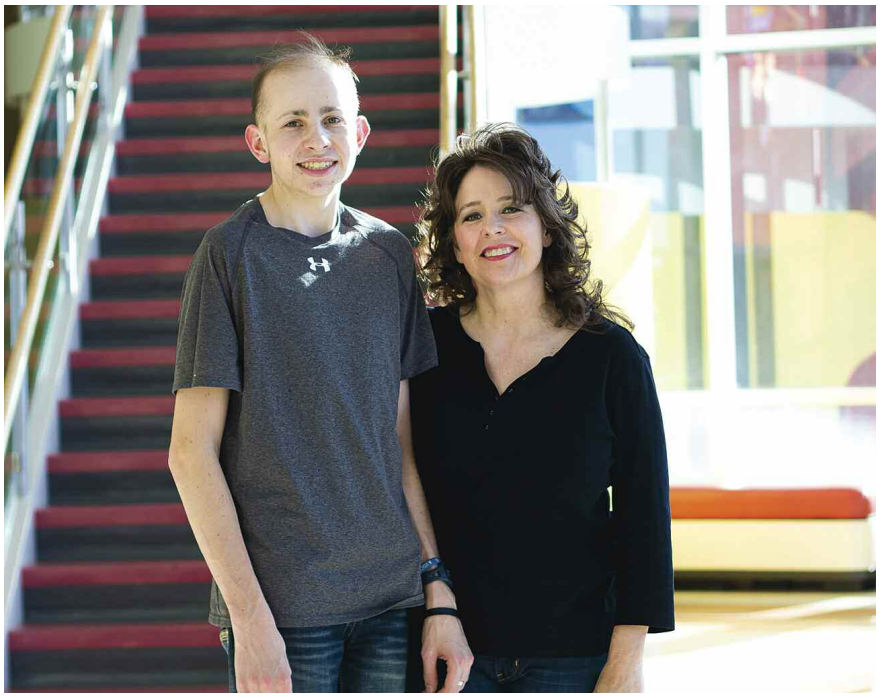
"It's nice to see these kids in a different setting," said Dr. Matthew Kimberling. "It's fun to see them kind of get revenge for all of the shots and tests we doctors put them through."

Throughout the past decade, the Children's Hospital at Saint Francis has brought the summer camp experience to younger patients with its Camp Strong project. Set over four nights and five days in June at Shepherd's Fold Ranch, the camp is for 6- to-18-year-olds with either a heart diagnosis or cancer.

"It used to be split into two camps, but when those in charge got out of the 'camp business,' they approached the Children's Hospital," said Clinical Manager Becky Reinholz. "It was in line with our mission to serve the kids in the hospital and the community at large, so we merged the two camps together – haven't batted an eye since."

According to Reinholz, many of the children bring one of their siblings to the camp.

"Their brother or sister deserves a sense of normalcy, too," she said. "We tell them they're not going to take care of their sibling – that's our job – they're there to have fun with them and the other kids."



CAMPER CHARLIE CHAFFIN WITH HIS MOM, TAMMY.

Given that children with these diagnoses often worry about fitting in, Camp Strong is meant to build them up – to remind them that they're kids first and patients second.

"It's not about limitations, but rather about possibilities," Reinholz said. "Say, for instance, a kid wants to go on the zip line – even if they make it to the top but don't go down the zip line itself, we praise them for it."

Some of these kids have even transitioned to being volunteers for future campers.

"Parents always tell us 'don't ever let this camp go,'" the Reinholz said. "So many parents rely on this program, with some driving all the way from Cincinnati."

Although there are many oncology camps across the country, Reinholz said many of her patients are from families who couldn't otherwise afford to go to camp.

"Each year, we do a lot of the same stuff, like cardboard boat races," she said. "They always sink within a few feet of getting into the pond, but it's fun!"

One element that does change every year, though, is the theme. This time around, the kids will be getting the red carpet treatment with a Hollywood-inspired motif.

"Some of these kids have transferred here from the old camps before aging out," Reinholz said. "Once we get here, probably 80 percent stick around before aging out."

The clinical manager emphasized that one of Camp Strong's main goals is to focus on the positives.

"We're there to talk, but we also like to connect them with kids who truly know how they feel," she said. "We don't want them to be defined by their diagnosis."

For Dr. Kimberling, it's virtually impossible to forget these kids, considering that he's been treating some of them since they

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BECKY REINHOLZ, CLINICAL MANAGER AT THE CHILDREN'S HOSPITAL AT SAINT FRANCIS, HELPS WITH CAMP STRONG.

were born.

"To see some of them go from barely clinging to life to laughing and playing six years later – there's nothing better than that," he said. "Saint Francis has really stepped up these past 10 years – we've got more people involved now, and it's become so much bigger."

Diagnosed with brain cancer at age 8, 18-year-old Charlie Chaffin has been attending the camp for at least the past four years.

"For many parents, it's about just allowing your child to go to a camp where they'll be watched over," said Charlie's mother, Tammy. "It's been wonderful knowing he can get a break from me, I can get a break from him, and that he'll be safe – that he'll have a normal camping experience."

Charlie says he looks forward to the camp ever year, especially when it comes time to swim.

"I love the fellowship there," he said. "Everyone – the counselors, the other kids, everybody – has always been so nice and understanding."

Considering that Shepherd's Fold boasts its fair share of steep hills, Charlie said he appreciates all of the golf cart rides across the camp.

"He's gotten more comfortable through the years," Tammy said. "When he first went, he had a really hard time – he feels better now, though, having looked back and remembered all the good times he's had."

Tammy also encouraged her fellow parents not to be afraid about sending their kids to summer camp.

"Trust me, I was a nervous wreck the first time I sent him off for a week, too," she said. "But they've got it under control – they don't have to be perfectly capable. These kids will surprise you."

Reinholz, meanwhile, expressed how humbled she feels at the end of each week.

"We live in a world where we define so much by looks, but these kids don't let limits define them. Some of them have been on death's door, yet we see them persevere. We probably learn more from them than they learn from us."





BY SARA LYONS

having a happy birthday (without the party)



The day your child was born is a day to celebrate, but sometimes a party isn't possible, practical or within your budget. A birthday party isn't the only way to make your child feel special. If you decide to skip the party, it doesn't mean you can't celebrate big. Here are some ideas to make sure your child's birthday is special.

Create anticipation

As the birthday approaches, build anticipation by talking about it and planning what the day will hold. You can create a special countdown by making a paper chain and tearing off one chain per day or even just counting down the number of days on a chalkboard in your home. Explain that although there will not be a big birthday party this year, there will still be a lot of fun things planned.

Make the cake or cupcakes

You can splurge and buy a special cake from a bakery, or incorporate making the cake into the fun of the day. Choose flavors and colors or themes your child loves and get siblings involved in the preparation. Kids typically don't care about whether the cake is perfectly decorated; they are happy with a cake that is made just for them.

Balloon avalanche

When your child goes to sleep the night before the birthday, decorate the house with balloons or birthday decor. Try taping a disposable tablecloth to the outside of the door jam and fill the space between with balloons, so you child will be greeted by a balloon avalanche to start the day.

Kid's choice

When you are planning the day, consider your child's favorites. Plan the day's meals around your child's favorite foods. Choose things that you typically do not serve to make the day more special. If you will go on an outing or if you will be dining out, let your child choose the location and activity.

Document the day

Create a list of questions to ask your child, such as "Who is your best friend?" or list favorite TV shows, songs, foods, school subjects and dreams for the future. Record the answers, store in a safe place and repeat each year. It's fun to look back and see how your child has changed and matured over the years.

Tell their story

Kids love to hear stories about the day they were born, the cute things they did as a baby, or how you prepared for their arrival. Spend part of the day telling favorite stories about your child.

Have others reach out

Ask friends and family to wish your child a happy birthday with calls, texts, messages or cards. Consider talking to family members via Skype or FaceTime. This will help your child know that others are celebrating the day even if you aren't hosting a big birthday party this year.

As parents, we often feel like we have to spend a lot to make our child's birthday special when this is truly not the case. With a little extra planning, your child's day can be just as special as any expensive party.

More Big Ways to Celebrate Without a Party

- Go to the movies
- Visit an amusement park
- Have dinner out at a favorite spot
- Go bowling, skating, swimming, biking or choose another activity to do as a family
- Take a day trip to a neighboring town
- Attend a sporting event
- Be a tourist for the day in your hometown, visiting the zoo, aquarium, museum or other local attractions
- Let your child pick a place to visit



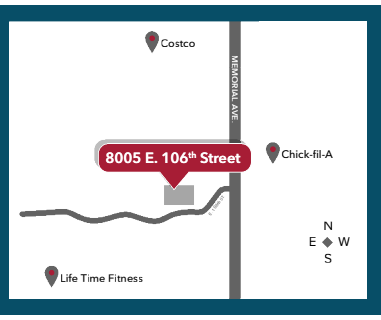
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Therapeutic screenings are still free at the McCarty Center

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

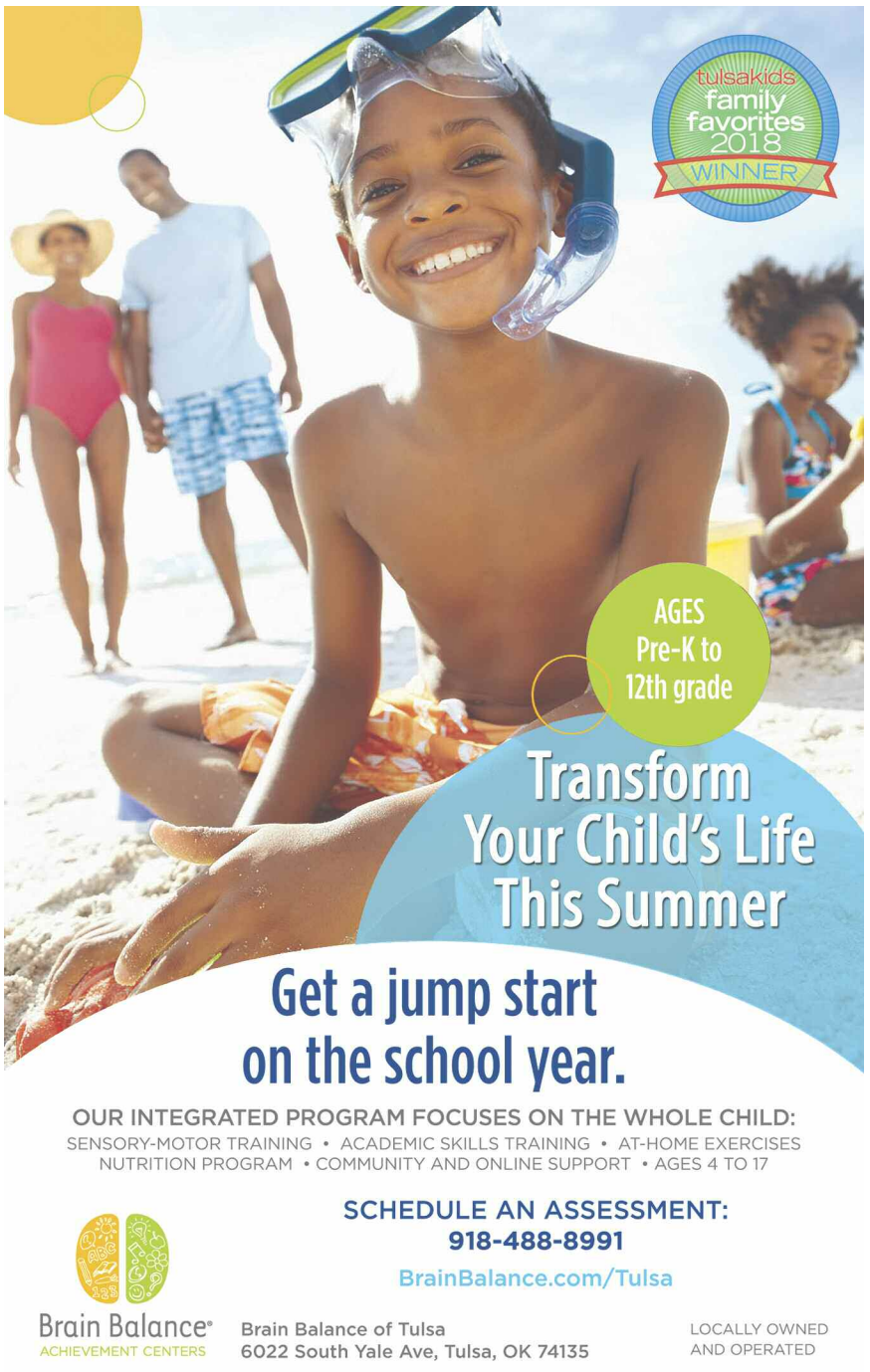
Our screening team is composed of a pediatrician, nurse, social worker and psychology clinician. When the team has completed their screening process they will sit down with you to review what services are available for your child at the McCarty Center as well as other community, state and federal programs.

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

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



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Norman, Oklahoma 73071
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www.jdmc.org







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

June 1 Saturday

PLAY AREA GRAND OPENING [FREE]
You are invited to the Grand Opening of Woodland Hills Mall's new state-of-the-art play area! Enjoy live music by Spaghetti Eddie, face painters, balloon artists, refreshments, ribbon cutting and a fun balloon drop! The first 250 children to check in will receive a FREE swag bag courtesy of the mall. Woodland Hills Mall, 7021 S. Memorial Dr., 11 a.m.-1 p.m. simon.com

STEM SATURDAY AT GATHERING PLACE [FREE]
Spend your Saturdays learning through play at Gathering Place's STEM Saturday activities! Every first Saturday of the month you can explore an interactive, hands-on activity designed to spark curiosity in Science, Technology, Engineering, or Math! Each STEM Saturday activity is completely different, adding a new challenge to test your problem-solving skills. June's STEM Saturday features Origami! Gathering Place, ONEOK Boathouse, 2600 S. Riverside Dr., 12-3 p.m. gatheringplace.org

FAMILY DAY AT THE WILL ROGERS BIRTHPLACE RANCH
The first 20 participants at Will Rogers Family Day will have the opportunity to learn the basics of carpentry as they build a birdhouse together. Will Rogers Birthplace Ranch, 9501 E. 380 Rd., Oologah, 1-3 p.m. willrogers.com

June 2 Sunday

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

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

June 3 Monday

CHILD & CAREGIVER MOVEMENT CLASS [FREE]
Head to Gathering Place every first Monday of the month for a Child and Caregiver Movement Class presented by Shape Your Future - A Program of Tulsa County TSET Healthy Living Program. Child and Caregiver Movement classes are a fusion of yoga and conscious play, sprinkled with storytelling, song and dance! Learn yoga poses, breathing exercises and relaxation techniques, perfect for children ages 3-8, or anyone with an imagination! Classes take place at 9:30 a.m. on the first Monday of the month on the Upper QuikTrip Great Lawn. Please bring your own yoga mat and/or towel. Gathering Place, 2650 S. John Williams Way, 9:30-10:30 a.m. gatheringplace.org

CAREGIVER/CHILD YOGA
With music and movement, you and your child are bound to have fun during this short yoga practice together. Learn breathing practices and poses you can do as a family at home. This event is included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

ALDABRA KEEPER CHAT [W]
Who is the oldest resident, animal or human, at the Tulsa Zoo? Discover this and more during keeper chats! Learn about long-lived giant tortoises from the zookeepers dedicated to their daily care. Visit tulsazoo.org/calendar for a complete list of activities. Tulsa Zoo, 6421 E 36th St. North, 11:30 a.m. on Mondays, Thursdays and Saturdays



TULSA CITY-COUNTY LIBRARY: FREE SUMMER MOVIES

Central Library (400 Civic Center)
6/7: "Lilo and Stitch" (PG), 10 a.m.-12 p.m.
6/14: "Incredibles 2" (PG), 10 a.m.-12 p.m.
6/21: "Smallfoot" (PG), 10 a.m.-12 p.m.
6/28: "Space Jam" (PG), 10 a.m.-12 p.m.
Charles Page Library (551 E. 4th St., Sand Springs)
6/24: "Home" (PG), 1-3 p.m.
Hardesty Library (8316 E. 93rd St.)
6/1: "Edge of Tomorrow" (PG-13, for ages 13+), 2-4 p.m.
6/15: "Cowboys & Aliens" (PG-13, for ages 13+), 2-4 p.m.
6/29: "Treasure Planet" (PG), 2-4 p.m.
Judy Z. Kishner Library (10150 N. Cincinnati Ave., Sperry)
6/13: "E.T., The Extra-Terrestrial" (PG, for ages 10-18)
6/18: "Mystery Science Theater 3000: The Movie" (PG-13, for ages 13+)
Martin Regional Library (2601 S. Garnett Rd.)
6/7: "Jetsons: The Movie" (G), 3-5 p.m.
6/14: "Treasure Planet" (PG), 3-5 p.m.
6/21: "Space Jam" (PG), 3-5 p.m.
6/28: "Monsters vs. Aliens" (PG), 3-5 p.m.
Maxwell Park Library (1313 N. Canton)
6/22: "Guardians of the Galaxy" (PG-13, for ages 10-18), 2-4 p.m.
Nathan Hale Library (6038 E. 23rd St.)
6/19: "WALL-E" (G), 1-2:45 p.m.
Schusterman-Benson Library (3333 E. 32nd Pl.)
6/25: "Smallfoot" (PG), 2-4 p.m.

June 4 Tuesday

STORYTELLING WITH CHOOGIE KINGFISHER [FREE]
Enjoy traditional storytelling of the Kituwah Cherokee along with flute music, song and good ole' laughter. Sponsored by the American Indian Resource Center. For all ages.



Philbrook's "Art and Islam" exhibition opens Sunday, June 23. Image details: Lalla Essaydi (b. 1956, Morocco; active in the United States and Morocco). Harem #1, 2009. Chromogenicprint mounted to aluminum, 40 x 30". Newark Museum,Purchase 2011 Alberto BurriMemorial Fund establishedby Stanley J. Seeger, 2011.7.1A-C.

Charles Page Library, 551 E. 4th St., Sand Springs. 10:30-11:30 a.m. tulsalibrary.org

BUBBLES! PRESENTED BY DUSTIN REUDELHUBER OF TULSA BALLOONS [FREE]
Dustin Reudelhuber of Tulsa Balloons takes bubbles to the max in this comedy, educational bubble extravaganza. It's the craziest, most creative bubble show around. Mixing comedy, music and interactive bubble magic, Dustin engages and delights audiences of all ages. Owasso Library, 103 W. Broadway St., Owasso, 1-1:45 p.m. tulsalibrary.org

FRESH FITNESS: POUND ROCKOUT WORKOUT [FREE]
Move to the beat you create at Pound Rockout Workout, every other Tuesday at the Sports Courts. This funk-filled full body workout is designed for all ages and abilities, and will help you tone up and rock on! No equipment required. Occurs every other Tuesday at Gathering Place, 2600 S. Riverside Dr., 6:30-7:30 p.m. gatheringplace.org

THE SKY WE DON'T SEE
"The Sky We Don't See" is the newest Jenks Planetarium production. Like right-handedness, the world is "northern-hemisphere-ist" (not a word). But the fact is 88% of the human population live in the northern hemisphere. This should not overshadow the beautiful sky that is seen in the southern hemisphere. Not only do they see many of the constellations we do … but they see stars, constellations and deep space objects that can never be seen from the north! Jenks Planetarium, 205 E. B St., Jenks, 7-8 p.m. jenkscommunityed.com

June 5 Wednesday

TULSA'S CHANNEL 8 READS @ THE LIBRARY [FREE]
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. Zarrow Regional Library, 2224 W. 51st St., 10:30-11 a.m. tulsalibrary.org

STORYTELLING WITH JR. PRATT: PAWNEE CULTURE COMES ALIVE [FREE]
Experience the culture of the Pawnee Indians through stories, songs and dance. Come and catch a glimpse of the people known as the Chatik si Chatik, the Men of Men. Sponsored by the American Indian Resource Center. Bixby Library, 20 E. Breckenridge Ave., Bixby, 2-3 p.m. tulsalibrary.org

June 6 Thursday

STORYTIME AT LINNAEUS TEACHING GARDEN [FREE, W]
Story Time will be held for children 10:00 AM every Thursday in June, July, August and September. Older children who enjoy listening to stories read aloud are welcome to attend as well. After the reading, participants will move into the garden for a follow-up activity, feeding the fish, and fun in the barn. Linnaeus Teaching Garden, 2435 S. Peoria Ave., 10 a.m. linnaeusteachinggarden.org

"D-DAY REMEMBERED" [FREE]
The Tulsa community is invited to watch an Oscar-nominated film and hear interviews with Oklahoma veterans. In addition, a variety of D-Day memorabilia will be on display in the lobby courtesy of Keith Myers Traveling Military Museum. Circle Cinema, 10 S. Lewis Ave., 2 and 6 p.m. circlecinema.com

TEEN PROGRAM: COOKING WITH HERBS AND CHEF RENE
Learn to cook using homegrown herbs by Chef Rene Jungo from Switzerland! Chef Rene has worked as a chef throughout Europe, the Bermuda Islands, Singapore, and on cruise ships. Together, participants will identify what herbs are growing in the Linnaeus Herb Garden and how to use them to add flavor to certain dishes, which will then be prepared on the grill. Participants will also be potting several flavorful herbs to take. This class is suited for 12-18-year-olds and the cost is free for Tulsa Garden Center Members and $5 for non-members. Tulsa Garden Center at Woodward Park, 2435 S. Peoria Ave.

June 7 Friday

"PLEASE TOUCH THE ART" OPENING RECEPTION [FREE]
"Please Touch the Art" is an interactive art exhibit for the visually impaired, or anyone who wants to experience art using all five senses and will be on display through July 29. The opening reception features hors d'oeuvres, opportunities to interact with artists and FREE limo bus rides to the Tulsa Arts District for First Friday! McKeon Center for Creativity, 910 S. Boston Ave., 5-9 p.m. facebook.com/TCCMetro

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

June 8 Saturday

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

WORLD OCEANS DAY AT OKLAHOMA AQUARIUM
Celebrate the world's oceans with free behind-the-scene tours of the Oklahoma Aquarium. Tours are included with general admission and begin at 10 a.m., 12 p.m., 2 p.m., and 4 p.m. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, okaquarium.org

2ND SATURDAY SILENTS PRESENTS: "THE BIG PARADE" (1925)
A young American soldier witnesses the horrors of the Great War. Directed by King Vidor. Adults $5; children $2. Circle Cinema, 10 S. Lewis Ave., 11 a.m. circlecinema.com

O'BRIEN PARK FRIENDS & FAMILY FUN FEST [FREE]
This festival brings together friends and families in an activity-packed day, including face painting, arts & crafts, bouncy house, cake walk, bingo, fishing, sports and free lunch. O'Brien Park, 149 N. Lewis Ave., 11 a.m.-3 p.m. parks.tulsacounty.org

ICE CREAM WITH PRINCESS BELLE
Take a picture, meet and greet, and enjoy a treat with Princess Belle at Marble Slab Creamery, 403 W. Stone Wood Dr., Broken Arrow, 1-3 p.m. facebook.com/marbleslabbrokenarrow

June 9 Sunday

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

DISCOVERY TIME AT SAM NOBLE MUSEUM [W]
Come to the Discovery Room for Discovery Time! Explore a different natural history topic through stories, crafts and museum objects and specimens. Sam Noble Museum, 2401 Chautauqua Ave., Norman, 2:30-3 p.m. samnoblemuseum.ou.edu

June 10 Monday

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

June 11 Tuesday

KIDS YOGA AT THE ZOO
Children ages 3 – 8 will go on an animal adventure while learning yoga poses and mindfulness play during Kids Yoga at the Zoo. Registration fee includes a 50-minute session and admission to the Tulsa Zoo for the day. Cost is $12 for kid participants, $8 for non-participating non-member adults, and adult zoo members are free. More information and registration at: tulsazoo.org/yoga Tulsa Zoo, 6421 E 36th St. North, 9 a.m.

READING PARTNERS CELEBRATION [FREE]
Celebrate the work of Reading Partners with live music by Hot Toast Music Co., bilingual story times and free ice cream! Gathering Place (at the Reading Tree), 2650 S. John Williams Way, 5-7 p.m. gatheringplace.org

YOGA AT THE ZOO
Perfect you eagle pose and downward facing dog during Yoga at the Zoo. This $15 public yoga class for ages 12 and older and will be led by instructor Nicole Peltier of Tulsa Yoga Room. Enjoy a 50-minute yoga session and admission to the Tulsa Zoo during the event. Information and registration at tulsazoo.org/yoga Tulsa Zoo, 6421 E 36th St. North, 6 p.m.

June 12 Wednesday

WHAT'S THE PROBLEM? WRITING WORKSHOP WITH BRENDA MAIER [FREE]
Children's author Brenda Maier will use her books to illustrate the elements to consider when planning a story. Learn how to create characters and good problems for the characters to solve. You will leave with your own story to plan and explore. For ages 4-7. Herman and Kate Kaiser Library, 5202 S. Hudson Ave., 11 a.m.-12 p.m. tulsalibrary.org



Dr. Robert J. Hudson, author of "The Normal But Not-So-Easy Child: Raising Your Child Without Frustration, Anger, or Guilt," will be the guest presenter at TulsaKids Live!, a monthly parents meet-up, on Wednesday, June 26, 6-7:30 p.m. facebook.com/tulsakidsmagazine

June 13 Thursday

STORYTIME IN THE PARK: CHRIS CAPSTONE THE MAGICIAN [FREE]
Join Tulsa City-County Library's Imagination Station for stories and songs in the park. Bring a blanket or a lawn chair. Afterward, cool off in the splash pad. Our featured guest performance is "Chris Capstone the Magician." Sponsored by Tulsa Library Trust, River Parks Authority and Friends of the Helmerich Library. QuikTrip Plaza, 41st and Riverside, 10-11 a.m. tulsalibrary.org

AHHA TULSA STROLLER TOURS
ahha Tulsa's Stroller Tours are at 1:00 PM on the second Thursday of each month; they are adult-focused, child-friendly tour of exhibitions in THE GALLERY. Juice, snacks, and the occasional toddler tantrum won't bother ahha's expert educators, who'll engage you in deep conversation, close looking at works of art, and gallery activities. ahha Tulsa, 101 E. Archer St., 1 p.m. ahhatulsa.org



"Please Touch the Art," an annual, interactive exhibition featuring art for the visually impaired, returns to the McKeon Center for Creativity June 7-July 29.

COOKIES AND CONSTELLATIONS [FREE]
Science has never been so tasty! Use sandwich cookies to create the phases of the moon. Space is limited on a first-come-first serve basis. For ages 6-12. Schusterman-Benson Library, 3333 E. 32nd St., 2-3 p.m. tulsalibrary.org

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

WILL ROGERS MEMORIAL MUSEUM OPEN HOUSE [FREE]
Enjoy free admission to the Will Rogers Memorial Museum on the second Thursday of each month, from 5-8 p.m. Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, 5-8 p.m. willrogers.com

June 14 Friday

ZZZS IN THE SEAS
Ever dream of sleeping with sharks? ZZZs in the Seas is a once-in-a-lifetime opportunity where guests can sleep among sharks, stingrays, seahorses, and all the other creatures snoozing in our oceans. Learn more at okaquarium.org! Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 7 p.m on Friday, June 14 through 8 a.m. on Saturday, June 15. okaquarium.org

June 15 Saturday

KEYSTONE ANCIENT FOREST HIKE DAY [FREE]
Hike through Keystone Ancient Forest, home to 500-year-old cedars and 300-year-old post oak trees, as well as a variety of wildlife! Keystone Ancient Forest, 160 Ancient Forest Dr., Sand Springs, 8 a.m.-2 p.m. sandspringsok.org

PHILBROOK STUDIO SATURDAYS
Studio Saturdays is a drop-in program for families with children of all ages (toddler-to-teen). Each month a new skill is explored with both studio and gallery activities. Studio Saturdays take place the first, third and fourth Saturdays of each month. Philbrook Museum, 2727 S. Rockford Rd., 12:30-3:30 p.m. philbrook.org

COFFEE HOUSE [FREE, W]
Youth ages 12-18 have a place to hang out, express themselves and enjoy live music, wifi and free hot beverages courtesy of QuikTrip. Coffee House is open every Saturday night from 7-11 and admission is always free. Youth Services of Tulsa, 311 S. Madison Ave., 7-11 p.m. yst.org

June 16 Sunday

HAPPY FATHER'S DAY!

FATHER'S DAY AT OKLAHOMA AQUARIUM
Fathers receive free general admission at the Oklahoma Aquarium on Sunday, June 16. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 10 a.m.-6 p.m. okaquarium.org

June 17 Monday

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

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

June 18 Tuesday

MAKE AND TAKE: CORNHUSK DOLLS [FREE]
Make a cornhusk doll and learn about its purpose and history (through storytelling) among our Kituwah Cherokee people and many of our relatives east of the Mississippi River. Registration is required. Class size is limited. Call 918-549-7323 to register. For ages 10-18. Skiatook Library, 316 E. Rogers, Skiatook, 1-2 p.m. tulsalibrary.org

JAZZ NIGHT AT GILCREASE
This quarter's Jazz Night will take place in Gilcrease's beautiful Vista Room featuring a live jazz performance. The evening will also offer a buffet dinner from The Restaurant at Gilcrease ($8), cash bar and galleries open late until 8 p.m. No reservations required. Free for Gilcrease Museum members and free with paid admission for nonmembers. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 5:30-7:30 p.m. gilcrease.org

June 19 Wednesday

ZODIAC POPSICLE STICK PAINTING [FREE]
Use Popsicle sticks to make a "canvas" and then paint a starry galaxy scene on it. Materials are provided. Registration is required. Call 918-549-7323 to register. For ages 13 and up. Schusterman-Benson Library, 3333 E. 32nd Pl., 2-4 p.m. tulsalibrary.org

June 20 Thursday

DIG WITH A DIETICIAN [FREE]
This free, one-hour nutrition & gardening class and activity with a Reasor's Registered Dietitian is ideal for ages 6-12. During this class, participants will learn about bees and other pollinating bugs and insects. Children will learn what pollination is and how it helps a garden bloom, insects and bugs that pollinate, and local honey! Broken Arrow Neighbors Community Garden, 322 W. Broadway Ave., Broken Arrow, 3-4 p.m. reasors.com

TULSA EDUCARE HAWTHORNE OPEN HOUSE [FREE]
Tulsa Educare Hawthorne is hosting an Open House. If you are a family interested in this program, join facilitators for food and games while learning about the services it provides. There will be a donut truck, bounce house, giveaways, and more! Tulsa Educare Hawthorne, 3420 N. Peoria Ave., 5:30-7:30

p.m.tulsaeducare.org

June 21 Friday

HIP-HOP DANCE WITH JOSHUA FORBES [FREE]
Be bold and courageous and you can do anything! Learn from Joshua Forbes, a choreographer who has worked with national artists and owner of Forbes Dance. Learn new skills and have a blast! For ages 10-18 Martin Regional Library, 2601 S. Garnett Rd., 3-4:30 p.m. tulsalibrary.org

June 22 Saturday

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

918MAKERS MARKET [FREE]
More than 40 local makers will be at the 918Makers Market to show off their talents and their wares! Represented categories include: fine art, crafts, sculpture, woodworking, photography, candles, soaps, apparel, jewelry, housewares, pottery, and more! Find amazing handmade items to fit any budget, and meet the makers behind them! Whittier Square, Lewis & Admiral Blvd., 10 a.m.-8 p.m. facebook.com/918Makers

BOULDER DASH! [FREE]
This afternoon of adult trike racing is fun for the whole family! There will be food trucks, activities for kids, water balloons (to throw at racers) and more. Welltown Brewing, 114 W. Archer St., 12-9 p.m. boulderdashtulsa.com

June 23 Sunday

OPENING DAY: ART AND ISLAM
See "Wondrous Worlds: Art & Islam through Time & Place," June 23-October 6 at Philbrook Museum, 2727 S. Rockford Rd. philbrook.org

SALSA FESTIVAL
Join the Oklahoma Aquarium for its first annual Salsa Tasting Festival on Sunday, June 23, 2019, from noon-5 p.m.! With thousands of families visiting the aquarium, this is a great way to celebrate the diversity of flavors! Activities include a jalapeño eating contest, a chihuahua costume contest, and more fun throughout the day. Attendees will vote on their favorite salsa in three categories: Mild, Hot, and Anything Goes. Salsa contest winners will receive awards, behind-the-scenes tours of the aquarium, and of course, bragging rights! Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 12-5 p.m. okaquarium.org

June 24 Monday

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

HERE COMES THE FIRE TRUCK! SAND SPRINGS FIRE FIGHTERS TO THE RESCUE! [FREE]
The Sand Springs firefighters are on their way to help you learn about fire safety! They also will let you climb aboard their big red fire truck to see all the equipment they use to fight fires. For all ages. Pratt Library, 3219 S. 113th W. Ave., Sand Springs, 1-2 p.m. tulsalibrary.org

June 25 Tuesday

ART IN SPACE: CHALK DRAWING [FREE]
Celebrate the 50th anniversary of the moon landing by creating your own space-inspired chalk art memento while enjoying moon-themed snacks and lots of moon landing footage! For ages 10-18. Jenks Library, 523 W. B St., Jenks, 2-3 p.m. tulsalibrary.org

June 26 Wednesday

YOUNG ADULT BOOK TALK [FREE]
Looking for your next favorite YA book? At this event, five librarians will introduce their top five reads. Afterward, you can mingle with the librarians to ask more about YA books and find some read-alikes of your own favorites. Light snacks are provided. For ages 10-18. Hardesty Library, 8316 E. 93rd St., 2-3 p.m. tulsalibrary.org

TULSAKIDS LIVE! PARENTS MEET-UP: "THE NORMAL BUT NOT-SO-EASY CHILD" [FREE]
Join TulsaKids Magazine for our monthly TulsaKids Live! Parents Meet-Up. June's Meet-Up will feature Dr. Robert J. Hudson, author of "The Normal But Not-So-Easy Child: Raising Your Child Without Frustration, Anger, or Guilt" (2019). Dr. Hudson will talk about some of the highlights from his book, and parents will be invited to ask questions of their own. This event is free and open to the public. Free childcare and snacks are provided. Southminster Presbyterian Church, 3500 S. Peoria Ave., 6-7:30 p.m. facebook.com/tulsakidsmagazine

June 27 Thursday

MAKE AND TAKE: CHEROKEE POTTERY [FREE]
Join potter Crystal Hanna for native stories and a hands-on pottery workshop. Sponsored by the American Indian Resource Center. For ages 5-12. Registration is required. Call 918-549-7323 to register. Collinsville Public Library, 1223 W. Main St., Collinsville, 1-2 p.m. tulsalibrary.org

June 28 Friday

BIXBY FREEDOM CELEBRATION [FREE]
Start your 4th of July celebrations early at the 5th annual Bixby Freedom Celebration! Expect a Kids Zone, live music, food trucks and, of course, fireworks. Bentley Park Sports Complex, 8505 E. 148th St., Bixby, 5:30-10 p.m. bixbyfreedomcelebration.com

PHILBROOK CHESS CLUB [W]
Philbrook Chess Club meets Friday evenings from 6-9 p.m. Drop-in casual play for beginners and experts. Philbrook Museum, 2727 S. Rockford Rd., 6-9 p.m. philbrook.org

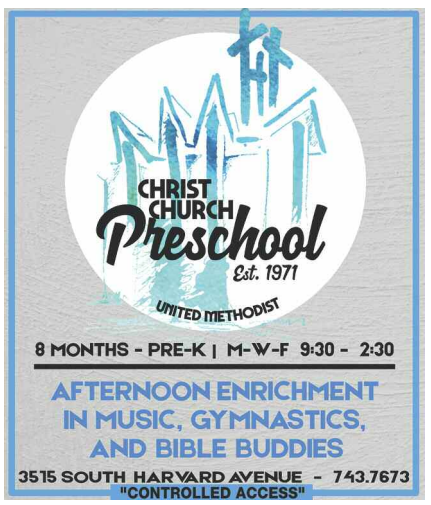
June 29 Saturday

TEEN PROGRAM: YOGA AND HERBAL TEA MAKING
Come out for Wellness Day in the Garden and try this all levels garden yoga & meditation practice led by Lindsay Gottlieb, an experienced yoga teacher. Then learn from Rachel Calvert, a practicing herbalist, about the medicinal qualities of garden herbs in order to blend your own herbal teas to take home. Tulsa Garden Center at Woodward Park, 2435 S. Peoria Ave., 10:30 a.m.-12:30 p.m. tulsagardencenter.org

ICE CREAM WITH PRINCESS JASMINE
Take a picture, meet and greet, and enjoy a treat with Princess Jasmine at Marble Slab Creamery, 500 Riverwalk Terrace Ste. 125, Jenks, 1-3 p.m. facebook.com/marbleslab-jenks

June 30 Sunday

DROP-IN FIGURE DRAWING
Visit ahha the last Sunday of each month for drop-in figure drawing with a clothed model. No instruction is provided. Artists must bring all of their own paper and drawing supplies—easels and drawing horses are available for use. This event is included with the Open Studio Hours fee of $10. Registration is not needed. ahha Tulsa, 101 E. Archer St., 4-6 p.m. ahhatulsa.org





No Longer Fly-Over Country: 36 Hip Hours in Tulsa for the Uninformed

BY JILL VANTREASE

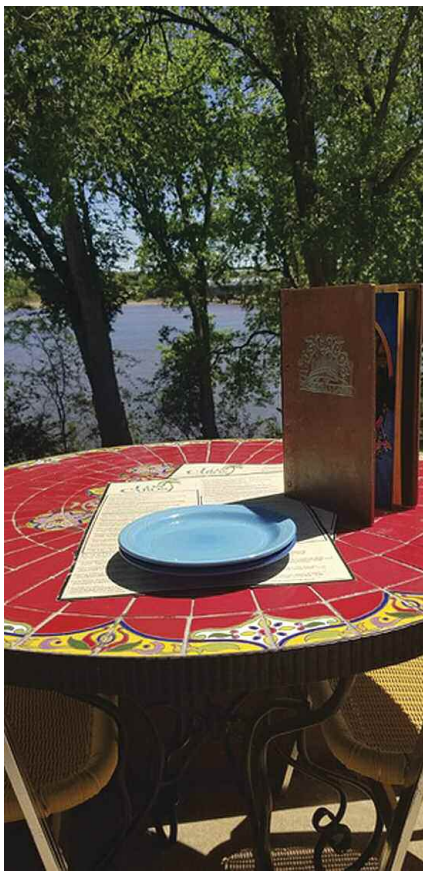
Do you know what the great tragedy of my life has been since becoming an Okie way back in 2006? The only people who have visited me here are the people who HAVE to visit me due to the whole blood relation thing: my parents and my two sisters. Nary a one of my friends from Seattle, LA, San Francisco, Portland or New York have visited me. I don't know if that's because they just don't love me enough to buy the plane ticket, or if they're put off by my army of children, but one reason I know to be true is this — they just don't think Oklahoma is worth their time! I try to paint a picture for them: "But….we have museums! Parks! We have a snazzy downtown with great restaurants! We have Whole Foods! We have barre classes! We have vegans! The people are astoundingly friendly! And, dangit, I have a big pool!" My beloved friends look at me quizzically as if I'm been brainwashed by a bunch of half-witted farmers and ask when I'm coming to visit THEM.

Well, with summer upon us, maybe you've actually been successful in luring some friends and family here. If so, what will you do with them so they don't feel sorry for you for living here? Well, I'm sure you have many ideas, but I've dreamed up a 24-36 hour itinerary for you to try.

If your friends are not staying with you, or you don't WANT them staying with you, of course they must stay at The Mayo downtown. Great location, perfect rooms, fabulous views, a spectacular lobby -- and that rooftop bar! I've spent many hours sipping things up there, incredulous that I've been living in a beautiful real-life cosmopolitan city all this time. The next morning there's Topeka coffee in the lobby - their "seed to cup" coffee brings premium El Salvadoran coffee straight from the farm to Tulsa, and will impress any die-hard coffee snob. The baristas have that urban je ne sais quoi -- maybe they're all from Brooklyn! For those who are more impressed with baked confections, head to Dilly Diner for cinnamon rolls as big as your head. Next up - Gathering Place, of course! Heralded as a "free Disneyland," humans of any age will find something enchanting here. Adults will love meandering on the paths ogling the marvel of a boathouse; kids, of course, flip out over the stunning Adventure Playground. I've had success here with a wide age-range of kids: The little ones frolic on the playground, while big boys with phones (so I can track them!) buzz around the park and skateboard area. Then have lunch on the patio at the Williams Lodge -- or, head over to Brookside for lunch at Café Olé or Cosmo Cafe, and do some shopping at Lululemon and Ida Red! Girls of all ages should stop at the paradise of cosmetics and skin care, Blue Mercury. And then it's time for a stop at a world-class museum: Gilcrease or Philbrook, or both - depending on your guests!



And dinner? Steak aficionados will love Bull in the Alley, with its dark, swanky, mob-like atmosphere. For cosmopolitan foodie types there are so many options! Amelia's, Juniper, The French Hen, Stonehorse Cafe, Oren, Pure Food and Juice for vigilant vegans. Kids would love ei-



continued next page



ther Los Cabos location or Torchy's Tacos in Brookside. If you've got hipsters who can still stay awake after 10 p.m., oh the drinks! Cabin Boys Brewery, Marshall's, Dead Armadillo, Prairie Artisan Ales - there is no shortage of beer here! Or Hodges Bend or Valkyrie for cocktails. Voila!

But If you really want to immerse your guests in true Okie life -- guests who will appreciate inventive, gourmet farm-to-table cuisine, drive into the sunset (literally!) just an hour on I-44 to little Depew, Oklahoma, where Linda Ford and Lisa Becklund have transformed 400 acres into a working farm where they host weekly nine-course dinners in a rustic, charming farmhouse. My friend, Kelly, a bona fide foodie, and I make the easy drive and meander around the gardens -- the grandeur of the Oklahoma countryside is breathtaking! We head to the farmhouse, where we're warmly greeted and seated at long picnic tables with about 35 other guests. At first it seems awkward to be eating among strangers, but by the end of dinner, I have new best friends: a big family from Oklahoma City, a visitor from Minneapolis, and a Tulsan, native to India, who is obsessed with their sourdough bread. The theme for the dinner is "Emerge" - it's early spring - and looking down the gauntlet of nine courses, I'm worried that I'll run out of tummy real estate. But no!



Each course is perfectly light and delightful: a traditional "Smorrebrod" - that's an open faced sandwich - with egg salad; a bisque of herbs and spinach; an ambrosial slice of sourdough with "Jerusalem artichoke ferment" - each course is painstakingly executed and explained to us lay people by the chef.

Now, if I brought PVT, he might groan at the celery sorbet (an unexpected delight!), but he would be just dandy with the barbeque pork and ground brisket steamed in leaves of chard. Dessert is heavenly: buckwheat pound cake, juniper cream, pine meringue, buttermilk grapefruit sherbet -- beats me what all that means, but it's divine! It's possible a big man might need to make a quick Run for the Border on the way home, but I am perfectly satisfied. Now, if your visitors are kids, Living Kitchen and Dairy might not be your best bet: "Older children and teens are welcome but please understand this can be a grueling and uncomfortable experience for a youngster who is not used to dining for several hours, not to mention grueling and uncomfortable for the person sitting next to them." But jaded coastal types will swoon over this bucolic setting, the hautest of cuisines, and the genuine warmth, passion and hospitality of Lisa and Linda.

If you have more time the next day, you must take fit visitors to any of the million and seven hip workout spots: SALT Yoga, Pure Barre, Press Cafe and Yoga, Revved, Orangetheory, Studio POP, Balance Yoga Barre - seriously, Tulsans are a fit and gorgeous bunch - I don't know who collects those obesity statistics. And then brunch for the bunch! Waterfront Grill with their eye-popping Bloody Mary bar? Mother Road Market with their panoply of delicacies? Or head to Utica Square: Queenie's followed by seriously sophisticated shopping.

So there you go -- a dreamy little itinerary for your visitors! But how do you get them here in the first place? Bribery? A seat on your private jet? Perhaps a cheap non-stop flight (can we work on more of those?) Threats? Guilt? I don't know, friends. If you figure that part out, let me know!

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Tulsa Times Two by Jen Kerckhoff



@tulsakidsgrandlife



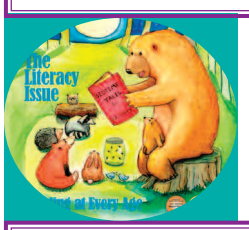
Grand Life by Diane Morrow-Kondos

@lilly_en_oklahoma_vlog

Lilly en Oklahoma Vlog by Liliana Sproul



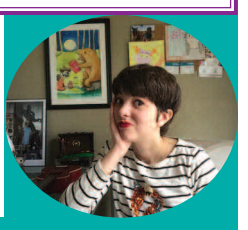
@bettyselakovichcasey1



Editor's Blog by Betty Casey

@peppermint_squeak

Spaghetti on the Wall by Tara Rittler



@tulsakids



BY NATALIE MIKLES

tea party treats for celebrations or simple afternoons

One of my favorite pictures of one of my daughters is her sitting at the kitchen table with a big smile, holding a teacup. She's only 2 years old in the photo, and wearing a bib, but she's already loving the idea of tea time.

We had little tea parties, usually with water, milk or juice, from the time my kids were toddling around. The parties were never very elaborate, but a fun thing to do on a rainy day or on days when we needed to hit the family reset button. Asking cranky kids to set the table for tea doesn't always work. But it's sure worth a try, and actually it can often turn bored or fussy kids into busy, purposeful kids.

A tea party can be as simple or fancy as you want it to be. An impromptu tea party of herbal tea and cookies during the witching hour was the most common for us. But my kids have also enjoyed planning nicer tea parties, setting the table for their cousins, aunt, grandmothers and friends.

Setting the table with china may not be the right job for a 4-year-old, especially if you have ceramic tile floors. When my kids were preschoolers, a friend gave me a good tip: Buy an inexpensive set of cups and saucers from Goodwill or a garage sale. Save your nice cups and saucers, and let the kids have tea parties and playtime with the set that won't cause tears if it breaks.



Tea parties are an opportunity to use imagination – kids can dress up, change their accents, giggle and spin stories about the faraway land from which they've traveled.

If your kids have already discovered the joy of tea parties, you might consider hosting a tea party for their next birthday parties. Birthday tea parties are fun and offer opportunities to go as crazy as you want with a color-coordinated theme and decorations.

Kids won't mind at all if your tea party is all store-bought cookies, peanut butter and honey sandwiches and chocolate milk.

But, once they are elementary school-aged, they will notice – and some will even appreciate – care taken to make more sophisticated treats. Scones, fresh whipped cream and berries and cucumber sandwiches are fun tea party foods. One simple treat my kids enjoy is biscuit dough rolled in sugar and cinnamon before baking. This slightly sweet biscuit goes perfectly with tea.

So whether it's vanilla wafers and apple juice or custard tarts and chamomile, make the time for a tea party, no matter if it's for toddlers or teens.

It's fun to try something new or different, like this easy apricot cookie, at a tea party.

APRICOT BALLS

Makes 4 dozen

- 2 cups coconut flakes, packed
- 1 cup dried apricots, chopped
- 2/3 cup sweetened condensed milk
- 1/8 teaspoon salt

1. Combine all ingredients in

continued next page

a large mixing bowl; mix well.

2. Shape into 3/4 inch balls, then place on parchment-lined baking sheets. Bake at 325 degrees for 15 minutes or until golden.

Kids can help make these sweet muffins. Blueberry is good, but you can choose any flavor of jam that you like.

BLUEBERRY JAM MUFFINS

Makes 10 to 12

- 1 cup all-purpose flour
- 1/4 cup sugar
- 3/4 teaspoon baking powder
- 1/8 teaspoon baking soda
- 1/8 teaspoon salt
- 1/2 cup sour cream
- 1/4 cup butter, melted
- 1 banana, mashed
- 1 egg
- 1/2 teaspoon vanilla extract
- 1 to 2 tablespoons milk
- 1/2 cup blueberry jam

1. Mix dry ingredients together in a bowl. Stir in next five ingredients. Add a little milk if batter seems too thick. Spoon batter into 10 to 12 lined muffin cups, filling half full.

2. Drop one teaspoon of jam in to the middle of each muffin cup. Bake at 400 degrees for 12 to 15 minutes. Cool slightly before removing from pan.

LEMON BREAD

Makes 1 loaf

- 6 tablespoons butter, softened
- 1 1/3 cups sugar, divided
- 2 eggs, beaten
- 1 tablespoon lemon zest
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup milk
- 3 tablespoons lemon juice

1. Beat together butter and 1 cup sugar. Beat in eggs and lemon zest.

2. In a separate bowl, combine flour, baking powder and salt, then add to butter mixture alternately with milk, beginning and ending with flour mixture.

3. Pour batter into a greased and floured 8- or 9-inch loaf pan. Bake at 325 degrees for 45 minutes or until a wooden pick inserted in the center comes out clean.

4. Meanwhile, combine lemon juice and remaining 1/3 cup sugar in a small microwaveable bowl. Heat on high setting for 30 seconds, then stir until sugar dissolves. Pour glaze over hot bread. Let cool completely in pan before removing.

Tea punch is fun for a party. It's also a good choice for kids who aren't big fans of tea but still want to fill their cup with something "grown up."

TEA PARTY PUNCH

Serves 10

- 2 quarts strong-brewed tea
- 1 (12-ounce) can frozen lemonade
- 1 (46-ounce) can pineapple juice
- 1-2 cups ginger ale

1. Combine all ingredients, stirring while tea is still hot. Taste, and add more ginger ale or juice to taste. Chill, and serve cold.



Q: If I don't have a lot of assets, do I even need an estate plan?



A: Many people jeopardize their children's future by thinking they don't have a lot and don't need an estate plan. That can be a big mistake.

Regardless what you have, if you have people you love (your children), then you need a plan to protect them.

If you have any assets at all, and you probably do (remember your life insurance through work, your real estate, your vehicles, and your bank accounts are all assets) you need a plan to ensure that your kids get the benefit of that stuff when you pass away.

To learn more about protecting the people you love and the things you value, join us at an upcoming workshop. **Go online to www.oath.law/workshops to register.**

A word from the experts at the AAP and CDC.



May is National Water Safety Month! Did you know that drowning in the United States is a true epidemic? Drowning is the leading cause of unintentional injury and death in children ages 1-4. The good news is that there is a CURE to end this epidemic? Regular swimming lessons. According to the CDC, swim lessons can reduce the risk of drowning by 88 percent. Furthermore, according to the American Academy of Pediatrics, multiple layers of protection are essential -- pool fences, door alarms, water motion detectors/alarms, a designated water watcher -- in addition to early and regular swimming lessons. Water safety education is just as important as drowning prevention measures. So what can YOU do? Be diligent around the water. Keep a close eye on your children and others when near a pool. Put the phone away, remove distractions and never leave children without adult supervision/unattended in the water. Register your child for swimming lessons and instill in them a healthy respect for the water. Remember that saying from when you were a child, "Knowledge is power"? It truly is. And in this case it's a LIFESAVING power.



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



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

BY NATALIE HANSON

roadschooling: school on-the-go

Have you ever dreamed of selling everything you own and living life full-time on the road? I know some days I do! Some homeschooling families are doing just that. With the adaptable nature of homeschooling and today's ever-increasing opportunities to work remotely, the nomadic lifestyle has fresh appeal. This unconventional approach to school on-the-go is referred to as "roadschooling." Those brave enough to take it on cite reasons such as impromptu learning experiences and being able to connect curriculum-learning to the real world as reasons that roadschooling is worth pursuing. Even though we haven't gone completely rogue, in my family roadschool happens any time we are traveling, but not completely shutting down school. Since we travel quite a bit, I've learned a thing or two about how to make the most of mobile schooling.

Here are a few tips for taking the show on the road:

Simplify: Try to pare down materials as much as possible. I picked up a good method for this from Taylor's parents. When they were "roadschooling," the kids recorded most of their work in basic spiral notebooks. In addition to the math and English lessons, their notebooks included drawings, scribbled notes and pages of journal-style writing about what they were doing at the time. Now those notebooks are a great way to look back on what was happening in life and school during those years. Writing is one of the subjects that I don't feel I have a perfect method for teaching yet, but one of the ways that feels the least stressful for me is letting the kids journal. Then I can pick and choose a few places to discuss grammar and writing technique, trying to guide them without ripping apart their work. Travel seems to make words flow easier from even my stubborn writers.



LEARNING HAPPENS EVERYWHERE FOR THE HANSON CLAN.

Listen to audiobooks: Audiobooks are a great way to take learning on the go. When I first tried audiobooks, I had in my mind that we would spend the hours on the road killing two birds with one stone. We would complete the classics while covering the miles! Some of you may be able to achieve that, but let me describe how this has really played out in my van. I can usually get my kids to not talk and focus in blocks of about 15 to 20 minutes. This is often the length of a chapter, so we will listen for a little bit and then stop. If they are actually engrossed, I might go for a second chapter, but that is usually our max. Then we spend a few minutes discussing what we've just listened to. I love this because I feel like everyone gets a lot out of hearing what different people take away from the reading. Honestly, we rarely finish a book on a drive, but I've learned to let that go and be happy with whatever we can accomplish.

Be flexible: Part of the travel experience is that things will not always go according to plan. Sometimes that works in your favor with things such as a great unplanned detour, but it can also mean major disappointment if something you have been looking forward to does not turn out the way you thought it would. I know this is hard for my kids. They can get super focused on a particular plan and feel really discouraged when it doesn't work out. I try to preemptively remedy some of that by talking about it before we go. I remind them that we cannot control everything, and that this is especially true when we travel, but that isn't a reason to give up. We can always try to make things happen!

Traveling and teaching is not always easy, but the tough stuff usually comes with memories and lessons you just can't get at home. Happy Trails.



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BY NANCY A. MOORE

Muriel Fahrion – artistic creator of Strawberry Shortcake

Small in stature and big in creativity, Muriel Fahrion's artistic ability was evident even at a young age. Being one of seven children, money was tight, so imaginative play and crafting creations from things around the house were primary sources of entertainment. As she got older, she searched for ways to develop and grow in her artistic ability.

Through hard work and determination, she was a top graduate from the commercial art school she attended, which earned her a spot working for American Greetings card company. During those early years, she was assigned to work on a greeting card line creating characters that she thought would live solely on cardstock. It was only a short time later that the drawings she created - such as Strawberry Shortcake – turned into the characters beloved by so many.

She relocated to Oklahoma several years ago for a job opportunity followed by what she considered "retirement" in Medicine Park, Oklahoma. However, after her husband fell ill with cancer, she moved to Tulsa to be closer to her daughter. Sadly, her husband lost his battle with cancer at the end of 2018. During this difficult time, she has found solace and joy through drawing and creating.

TK: Tell us a little about your childhood.



Muriel: I grew up in Cleveland, Ohio. I was one of seven children and was very quiet. I considered myself the middle child because the first son in our family was born after me. We grew up in a house that was 924 square feet. We didn't have a lot of money, but there was a lot of imaginative play and creating.

TK: As a child, did you know what you wanted to be when you grew up?

Muriel: I remember my parents asking me when I was very young what I wanted to be when I grew up, and I knew that I wanted to be an artist. I actually said three things: a mommy, an artist and a secretary. I think the secretary part of the answer was that it involved writing. I liked to write stories and poems. I was young when I developed an interest in art and considered myself an artist at the age of four. I could sit and work on things and be very content for hours at a time.

TK: What was your favorite childhood memory?

Muriel: My dad worked for Greyhound most of his career. I remember being in kindergarten and it was my birthday. At that time, he was a bus driver and took me on his bus ride from Cleveland to Toledo – around 100 miles - and sat me in the seat behind him. I enjoyed it very much because it was just me with him. Once in Toledo, he let me pick out a plaid school bag and a storybook doll for my birthday. It was really a privilege to be the only one with him when I was one of seven kids. I remember someone on the bus asking me where my parents were because I was sitting behind him in a seat by myself on the bus. I smiled and replied, "My dad is the bus driver."

TK: When did you first realize that you had a love for art?

Muriel: When I was 4 years old, I remember sitting under the dining room table and drawing. My parents encouraged it, and it was something that I enjoyed.

TK: To further develop your talent, did you attend art school?

Muriel: I earned a half scholarship at the Coopers School of Art in Cleveland. I showed up, worked hard and would not miss

continued next page

class. That eventually earned me a spot as one of the top five students from the school, who automatically earned a job at American Greetings. Following graduation, I walked into American Greetings and into a job. It wasn't long before I found my niche in humor and juvenile greetings.

TK: How did the iconic characters such as Strawberry Shortcake come to be?

Muriel: When I worked for American Greetings, I was asked to develop characters for some cards that were considered "promotional" greeting cards – a line that fit between holiday lines. It was fun to work on promotionals. The complete direction for the concept was that they wanted a rag doll character with strawberries, daisies and the color pink. A short time after she was created, it was Bernie Loomis, head of General Mills, who was looking for a girls' property to promote; several lines were brought in, and he chose Strawberry Shortcake. A little later the corporation formed a new department that was a toy and licensing think tank. I wanted to be a part of that and eventually was able to make that move. The Care Bears concept was generated from that think tank and was developed for licensing.

TK: Have you ever been faced with criticism about your art? How did you handle it?

Muriel: I had a teacher in commercial art school who recognized my talent, but told me that women don't belong in art. That didn't stop me. You have to believe in yourself. It's good to have others believe in you, but sometimes it's just you and that inner strength - believing in yourself has to be enough.

TK: What advice would you give to others who are thinking about pursuing a career as an artist?

Muriel: I got advice, at a young age, from my dad telling me to find what I really loved to do and do it. For me, it was art. I was fortunate because my parents both recognized and encouraged my passion for art. I found every opportunity to work on and view art. We didn't have the money, so for my birthday, I would ask for money to pay for the bus fare to the Cleveland Museum of Art. They had art classes that were free of charge.

TK: Where do you find your inspiration?

Muriel: My company is called "Outta Thin Air" and that's where my ideas come from – outta thin air. I wake up in the middle of the night with a visual in my head, and I have to get it down. It also helps to be removed from your regular situation; vacation can spur on ideas. Recently, I joined a local group called Ink Slingers, and I love their energy. I love to draw or create every day. Strawberry Shortcake was created 40 years ago, and have I continued to create every day since then! It's something I do that never gets old.

TK: Was there ever a time in your career when you lacked confidence? What did you do about it?

Muriel: Of course, we all get them! I have another artist friend who refers to being down as having a case of the "whim-whams." When self-doubt creeps in, just know that it doesn't have to last long! I get past things pretty quickly. When I have the "whim-whams," I just decide to get over them and move on.

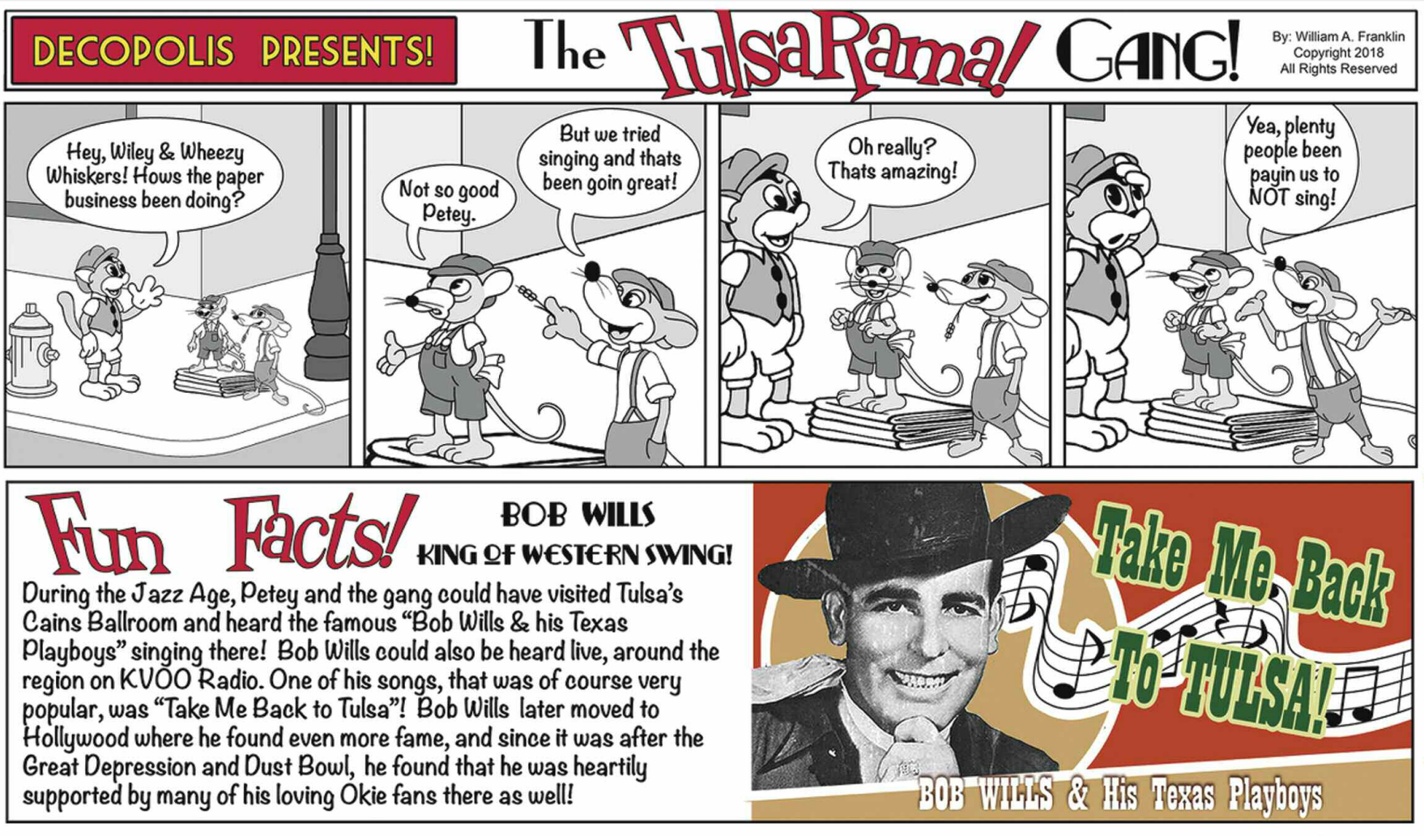
TK: What are you working on now?

Muriel: I am staying very busy working on new characters such as Giggle the Guardian Angel; these will soon become greeting cards sold locally. I taught myself 3D animation and am working on a project using that. I'm also working on commissioned pieces, too.

Wrap-up:

Muriel: My purpose in life is to bring a little light into the lives of those I meet.

National Strawberry Shortcake Day is this month – June 14 – and Muriel is working with a local retailer to celebrate! Check out details about this event along with upcoming speaking events and meet-and-greets on her social media accounts: Instagram: @outtathinair & Facebook: Outtathinair.



June Family-Friendly Festivals





Meet Squiggy the Squirrel and celebrate his favorite food at the annual Okmulgee Pecan Festival, June 6-8! Photo by the Okmulgee Times. Enjoy some old-fashioned fun, like Box Turtle and Bull Frog Races at the Bixby Optimist Club's Green Corn Festival, June 27-29! Photo courtesy of the Bixby Optimist Club.

2019 ROSE FESTIVAL/CHALK IT UP! AN ART FESTIVAL
When: May 31-June 2
Where: Rose District, Broken Arrow
Broken Arrow Rose Festival is partnering with Chalk It Up! Art Festival for a grand three-day event! On Friday evening and all day Saturday, the Rose District will be filled with chalk artists, artist booths, musicians, kids activities, garden groups, Farmers Market vendors & rosy activities! On Sunday the sky will be filled with rosy kites at the Event Park. The Rose Festival continues to be a fundraiser for the future Broken Arrow Rose Garden. keepbabeautiful.org

BARTLESVILLE SUNFEST
When: May 31, 3-10 p.m.; June 1, 10 a.m.-10 p.m.; June 2, 10 a.m.-4 p.m.
Where: Sooner Park, located at Madison Blvd. and Tuxedo Ave. in Bartlesville
"Oklahoma's Biggest Outdoor Picnic" returns for a long weekend May 31 through June 2, 2019 with its trademark combination of:
A relaxed, family picnic atmosphere
Quality and cost-free entertainment
A diverse range of arts and crafts
Creative activities for children
Terrific food in abundant variety
An eye-popping car show
Learn more
at bartlesvillesunfest.org.

OKMULGEE PECAN FESTIVAL
When: June 6-8
Where: Okmulgee, OK
Okmulgee's annual Pecan Festival celebrates this delicious nut with three days of family friendly activities, including a Pet Parade, Splash and Dash 5K Fun Run/Walk, a Best Ever Cookie Contest, Great American Turtle Race, Water Ball Contest and BBQ Competition! Most of these events take place on Saturday, June 8. okmulgeechamber.org

TULSA TOUGH
When: June 7-9
Where: Blue Dome District (June 7); Tulsa Arts District (June 8); Riverside Dr. (June 9)
Saint Francis Tulsa Tough is a unique three-day cycling festival experience for racers, riders, and spectators, all centered in beautiful downtown Tulsa and along the banks of the Arkansas River.
Don't miss the FREE, 5.8-mile family-friendly Townie Ride on Sunday, June 10, or the opportunity to cheer on young cyclists at the Kids and Junior's Races on Saturday and Sunday! Get the schedule and additional information at tulsatough.com.

OKM MUSIC FESTIVAL
When: June 8-14
Where: Various locations, Bartlesville
OKM Music Festival is an annual, multi-genre music festival held each June in Bartlesville, Oklahoma. The festival is a week-long, multi-location event with professional orchestra musicians, concert artists and musical performances of the highest caliber. Find special activities for kids, including musical storytimes and puppet theater, at okmmusic.org/childrensevents.

JUNETEENTH
When: June 13-16
Where: Greenwood, Downtown Tulsa
Juneteenth celebrates the end of slavery in the U.S. Enjoy a weekend of music and other entertainment, including performances by Starr Fisher and Faye Moffett. tulsajuneteenth.org

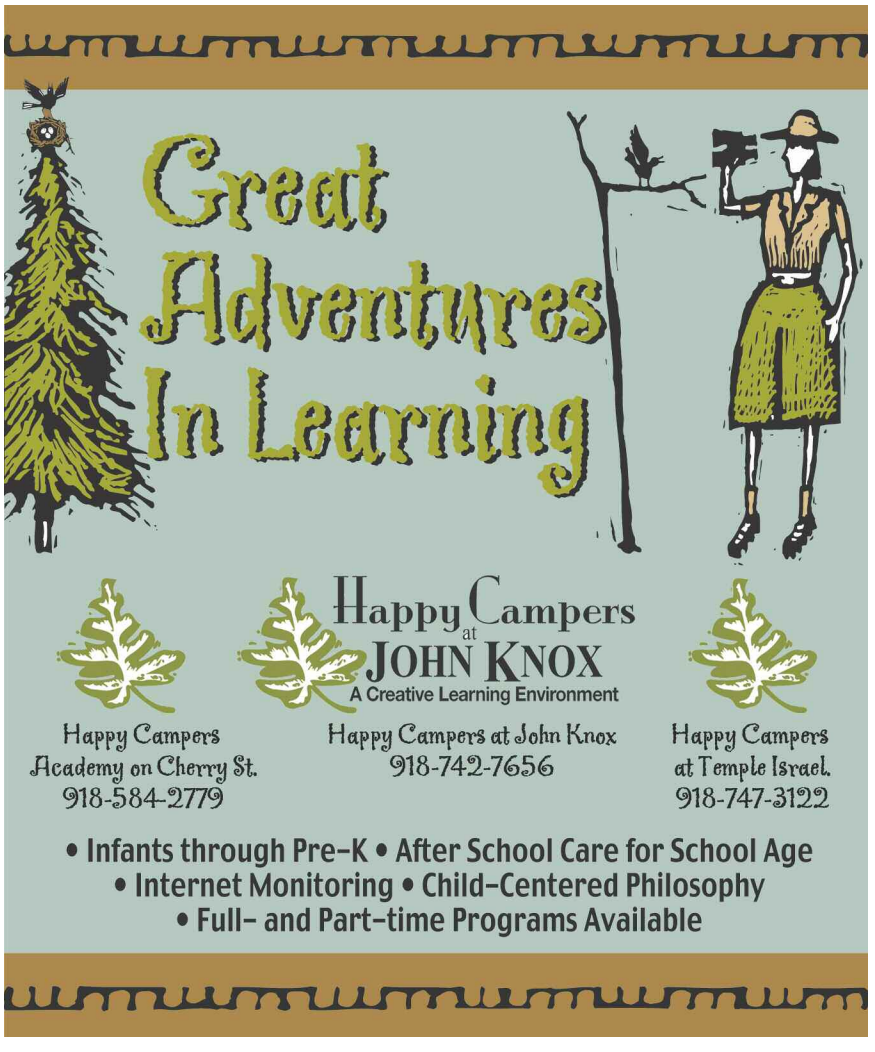
MUSCOGEE (CREEK) NATION FESTIVAL
When: June 20-23
Where: Claude Cox Omniplex, 555 Tank Farm Rd., Okmulgee
Head to Okmulgee for the annual Muscogee (Creek) Nation Festivals,

featuring four days of family friendly activities, including live music, a children's fun fair, friendly competitions, cultural make-and-take creations, arts and crafts vendors and more! Get information at creekfestival.com

17TH ANNIVERSARY ASIAN AMERICAN FESTIVAL
When: June 22, 11 a.m.-3 p.m.
Where: Martin Regional Library, 2601 S. Garnett Rd.
Celebrate the colorful cultures of Asia. Learn about the customs and traditions of many Asian cultures with entertaining, educational events for the entire family, plus food, arts and crafts. Visit www.tulsalibrary.org/asianfestival for a schedule of activities and participating groups. Funded and sponsored by the Tulsa Library Trust.

BIXBY GREEN CORN FESTIVAL
When: June 27-29
Where: Charley Young Event Park, 50 W. Dawes Ave., Bixby
Bixby's Green Corn Festival is designed as good, old fashioned, family-oriented fun. Starting at 6 p.m. Thursday night it features live music, arts and crafts, food and a carnival. A talent show, to highlight area youth, is held on Friday at the Bixby Community Center. The Green Corn parade entertains the crowds Saturday morning before a day of great games and contests for the young and young at heart. Get more information at bixbyoptimist.com/bixby-green-corn-festival.

KIDSFEST
When: June 29-30
Where: Woolaroc Museum and Wildlife Preserve, 1925 Woolaroc Ranch Rd., Bartlesville
This traditional event features arts and crafts, games, live music, inflatables and so much more! There is no extra charge for Kidsfest, which is covered under the price of regular admission. Train rides and craft and food vendors are an additional cost. woolaroc.org







June Showtimes



The Cast of Fiddler on the Roof.
Photo by Joan Marcus.

CIRQUE ITALIA
When: May 30-31, 7:30 p.m.; June 1-2, 1:30 p.m., 4:30 p.m., and 7:30 p.m.
Where: Woodland Hills Mall—JC Penney Parking Lot, 7021 S. Memorial Dr.
Cirque Italia's new theme show is an artistic blend of human abilities, technology and the element of water, taking guests on a sailing adventure through Italian port towns. The one-of-a-kind, two-hour production combines its original water stage with new, Bellagio style fountains in a fun filled atmosphere that all ages are sure to enjoy. Guests will marvel at spectacular contortionists, mesmerizing magic, heart-stopping archery, elegant aerialists, the always exciting Wheel of DEATH and much more! cirqueitalia.com/tickets

THE LIGHTNING THIEF: THE PERCY JACKSON MUSICAL
When: May 31-June 1, 7:30 p.m.; June 1, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
The Greek gods are real, and they're ruining Percy Jackson's life! As a son of Poseidon, Percy has newly discovered powers he can't control and monsters on his trail as he embarks on an epic quest to find Zeus's lightning bolt and prevent a war between the gods. This new musical is adapted from the best-selling novel by Rick Riordan. Presented by Celebrity Attractions. tulsapac.com

THE GRIFFINS
When: May 31-June 1, 8:30 p.m.; June 2, 3 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
It's a hot summer in 1921. Alex and Mattie Griffin are successful entrepreneurs on Black Wall Street, a bustling African-American business district in Tulsa, Oklahoma. The planned lynching of a black 19-year-old (Dick Rowland) for allegedly raping a white teen (Sarah Page) in an elevator sparks one of the worst incidents of racial violence in U.S. history. This play by Dr. Rodney L. Clark relates the true events of that time from the perspective of the fictional Griffin family. Presented by Theatre North. tulsapac.com

BRIDGEFEST
When: June 1, 7 p.m.
Where: Cain's Ballroom, 423 N. Main St.
The Bridges Foundation presents "Bridgefest" at the Cain's Ballroom! Live Music featuring: The Brothers Moore, BC & The Big Rig, November & Tallgrass 66; drinks, silent auction and more! bridgestulsa.org/events

THE TEMPEST
When: June 8, 7 p.m.; June 9, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
An ensemble composed of participants in Orbit's free community arts classes will perform a musical adaptation of Shakespeare's play The Tempest. Experienced local actors and musicians will join the Orbit members, along with other local performers and dignitaries in cameo roles. Sara Phoenix directs this groundbreaking production, aimed at encouraging people of all ages and backgrounds to engage in the performing arts. Performances are free to the public, but tickets must be reserved ahead of time. Presented by Orbit Initiative and the Tulsa PAC Trust. tulsapac.com

KIDZ BOP
When: June 14, 7 p.m.
Where: BOK Center, 200 S. Denver Ave.
The #1 music brand for kids is returning to BOK Center! KIZ BOP

Live Tour is the ultimate family concert experience with the most ambitious stage design and choreography to date. bokcenter.com

CRAYONS IMPROV SHOW FOR ALL AGES
When: June 14, 7-9 p.m.
Where: Heritage United Methodist Church, 5300 Kenosha Ave., Broken Arrow
Crayons Improv uses audience drawings, suggestions, and participation to create hilarious scenes that are fun for the whole family. Shows are only $5 but children 5 and under are free. crayonsimprov.com

FIDDLER ON THE ROOF
When: June 18-20, 7:30 p.m.; June 21, 8 p.m.; June 22, 2 and 8 p.m.; June 23, 1 and 6:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Rich with musical hits you know and love, including "Tradition," "Sunrise, Sunset," "If I Were a Rich Man," "Matchmaker, Matchmaker" and "To Life," FIDDLER ON THE ROOF is the heartwarming story of fathers and daughters, husbands and wives, and life, love and laughter. Presented by Celebrity Attractions tulsapac.com

FREE OUTDOOR CONCERT SERIES

SUNDAY CONCERT SERIES AT GUTHRIE GREEN
When: Weekly on Sunday, 2:30-6:30 p.m.
Where: Guthrie Green, 111 E. M.B. BRADY ST.
Enjoy an afternoon with great weather, friends, food, and music that has its roots in rockabilly, folk, and blues. guthriegreen.com

SUMMER'S FIFTH NIGHT AT UTICA SQUARE
When: Weekly on Thursdays, 7-9 p.m.
Where: Utica Square, 21st and Utica Ave.
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 our 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. Celebrate summer every Thursday at Utica Square. uticasquare.com

THURSDAY NIGHT LIVE AT THE PLAZA
When: Weekly on Thursday, 7-9 p.m.
Where: The Rose District Farmers Market Pavilion, Broken Arrow
Bring your chairs or blankets and picnic favorites for an evening of great music with a relaxed vibe that's fun for the whole family. rosedistrict.com/thursdaynightlive

LAFORTUNE FIRST FRIDAY CONCERT
When: Friday, June 7, 7-9 p.m.
Where: LaFortune Park, 5202 S. Hudson Ave.
Enjoy great local talent outdoors in the Gardens on the first Friday of each month. A variety of family friendly Classic Rock, Swing and Blues music. Bring a lawn chair/blanket. Sponsored by Tulsa County Parks and American Bank & Trust. parks.tulsacounty.org

STARLIGHT BAND SUMMER CONCERT SERIES
When: Weekly on Tuesday, starting June 11, 8 p.m.
Where: Guthrie Green, 111 E. M.B. Brady St.
Enjoy live music by the Starlight Concert Band or Starlight Jazz Orchestra on Tuesday evenings! Each performance has a different theme. Learn more at starlightbands.net

TULSA CITY-COUNTY LIBRARY SUMMER READING PROGRAM CONCERTS

123 ANDRÉS!
Andrés Salguero (aka 123 Andrés) brings joyful sounds, passion for bilingualism, and a high-energy love of music that gets kids singing and dancing in Spanish and English. A native of Bogotá, Colombia, Andrés won the 2016 Latin Grammy Award for Best Children's Album. Billboard Magazine called him "a rock star for little language learners." For all ages.
6/4: Martin Regional Library (2601 S. Garnett Rd.), 11 a.m.-12 p.m.
6/4: Maxwell Park Library (1313 N. Canton Ave.), 2-3 p.m.
6/5: Herman and Kate Kaiser Library (5202 S. Hudson Ave.), 11 a.m.-12 p.m.
6/5: Broken Arrow Library (300 W. Broadway Ave., Broken Arrow), 2-3 p.m.
6/6: Glenpool Library (730 E. 141st St., Glenpool), 1-2 p.m.
6/7: Nathan Hale Library (6038 E. 23rd St.), 10-11 a.m.

GUSTAFER YELLOWGOLD: I'M FROM THE SUN
The versatile musician artist Morgan Taylor brings Gustafer back to Connor's Cove! A constant on No. 1 kid's genre charts, this time Gustafer has a full-length narrative musical audiobook all performed by Morgan.
6/7: Hardesty Library (8316 E. 93rd St.), 11 a.m.-12 p.m. (ages 3-10)

LAURA DOHERTY DUO: SING, SING A SONG!
In this upbeat, interactive concert, nationally touring Laura Doherty gets kids engaged from the first strum of her acoustic guitar as she performs songs from her five award-winning children's CDs.
6/3: Central Library (400 Civic Center), 10-11 a.m.
6/3: South Broken Arrow Library (3600 S. Chestnut Ave., Broken Arrow), 1-2 p.m.
6/4: Helmerich Library (5131 E. 91st St.), 11 a.m.-12 p.m.
6/4: Nathan Hale Library (6038 E. 23rd St.), 2-3 p.m. (ages 0-10)
6/5: Hardesty Library (8316 E. 93rd St.), 11 a.m.-12 p.m. (ages 0-10)

MISTER G PRESENTS BILINGUAL MUSIC FOR KIDS!
Latin Grammy award-winning artist Mister G creates lively performances with music and engages the audiences with stories and movement. Join us for hit songs like "Squirrels," "Cocodrilo" and "Chocolalala."
6/19: Hardesty Library (8316 E. 93rd St.), 11 a.m.-12 p.m. and 2-3 p.m. (ages 0-7)

MUSIC WITH WILL PARKER
Children's songwriter and teaching artist Will Parker makes music for "kids ages 1-100." During Will's whimsical, interactive show, he plays guitar and harmonica, and sings songs that open us up to the world of imagination while simultaneously validating the human experience. A fan favorite of Will's show is an improvised song based on topic suggestions from the audience. For all ages.
6/17: Helmerich Library (5131 E. 91st St.), 11 a.m.-12 p.m.
6/17: Schusterman-Benson Library (3333 E. 32nd Pl.), 2-3 p.m.
6/18: Herman and Kate Kaiser Library (5202 S. Hudson Ave.), 11 a.m.-12 p.m.
6/18: Jenks Library (523 W. B St., Jenks), 2-3 p.m.
6/19: Bixby Library (20 E. Breckenridge, Bixby), 11 a.m.-12 p.m.
6/19: Glenpool Library (730 E. 141st St., Glenpool), 1-2 p.m.
6/20: Collinsville Library (1223 W. Main St., Collinsville), 2-3 p.m.

STACI GRAY MUSIC
From story songs to movement songs, Staci's music has something for everyone! Come and check out the Crocodile Dance and Big Bubble Bebop! For all ages
6/25: Collinsville Library (1223 W. Main St., Collinsville), 2-3 p.m.



Elena Stefanova performs on the Aerial Hoop at Cirque Italia, coming to Woodland Hills Mall May 30-June 2! Photo by Justin Leitner

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

summer reading, blast off!

LAUNCH INTO SUMMER WITH THE 2019 SUMMER READING PROGRAM: A UNIVERSE OF STORIES

A quick history lesson: Tulsa City-County Library's Summer Reading Program, as we know it, started in the summer of 1982. The theme was the 20-year anniversary of the library as a city-county system, and it was strictly for school-aged children. Encouraging the love of reading was the primary goal, and kids who finished the program earned a shiny reading medal they could wear proudly around their necks.

In its essence, the Summer Reading Program of 2019 is the same.

We still emphasize the love of reading.

And kids who finish the program still walk away with a shiny medal to wear proudly.

But nearly four decades later, the Summer Reading Program is so much MORE. First, MORE programs: There are now four distinct programs for each age bracket (Birth to Pre-K, Children's, Tween & Teen and Adult). MORE rewards and prizes. And MORE free entertainment at every library branch.

To participate, simply visit one of the 24 Tulsa City-County Library locations (and bookmobile!) and sign up for the 2019 Summer Reading Program, which kicked off on May 28 and will end August 3.



"A Universe of Stories" is the space-age theme, and there's a program for every age – babies, children, teens AND adults – with special prizes, events and coupons for all!

Visit www.tulsalibrary.org/summer for more information.

5 Facts to Remember about the 2019 Summer Reading Program:

1. It runs May 28 through August 3. 10 weeks of summer fun!

2. There is a program for everyone at all library locations! Babies and preschoolers, children, tweens and teens AND adults can all participate! Drop by one of our 24 library locations (or the bookmobile) around Tulsa or Tulsa County.

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

4. If babies, preschoolers and children read (or have read to them) 12 more books = earn a bonus prize! Babies and preschoolers will earn a plush cow jumping over the moon toy, and children win an inflatable space shuttle.

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.

What do kids earn? What can they win?

When babies, preschoolers, and children who are entering 5th grade complete their programs, they will receive their own medal and a coupon book, with coupons for:

- Admission to Tulsa State Fair
- Cinnamon sticks from Mazzio's Italian Eatery
- Admission to Tulsa Drillers game
- Admission to Tulsa Zoo
- Decorated cookie from Merritt's Bakery
- Round-trip bus ride on Tulsa Transit
- 8-piece chicken wings from Papa John's
- Admission to Tulsa Air and Space Museum & Planetarium
- Admission to Discovery Lab
- Admission to Safari Joe's H2O
- Bomb Pop or cookie from Smitty's Garage
- Admission to Oklahoma Aquarium
- Admission to Tulsa Roughnecks FC game

continued next page

• Frozen custard one scoop vanilla or chocolate cone from Freckles Frozen Custard

For grand prizes, babies and preschoolers who complete the program will be entered to win one of 10 $50 gift cards to the Kiddlestix toy store.

School-aged children who complete the program will be entered to win one of these grand prizes:

• Bicycle with helmet, provided by the Friends of the Helmerich Library and Tulsa Sunrise Rotary, with special assistance from Phat Tire Bike Shop (eight bikes and helmets will be given away)

• Hornsby Birthday Party Experience courtesy of the Tulsa Drillers

• Family membership to the Oklahoma Aquarium

• Mazzio's Italian Eatery pizza party for 10 (10 parties will be given away)

• Aviator (Family) membership to the Tulsa Air and Space Museum & Planetarium

• Tulsa Roughnecks FC Voucher for 2020 Family Stand tickets to any Roughnecks regular season home game, provided by the Tulsa Roughnecks FC

• Set of four tickets to OKC Thunder vs. Dallas Mavericks preseason game at BOK Center on Oct. 8, 2019 (two sets will be given away)

• Fishing trip with News on 6 Anchor Tess Maune, plus fishing gear, with special assistance from Five Oaks Lodge (six kids win will the fishing trip).

• Tulsa State Fair Mega Ride Pass wristband. (25 wristbands will be given away!) The ride wristband includes unlimited rides for all 11 days of the 2019 Tulsa State Fair, Sept. 26-Oct. 6, as well as gate admission. All midway rides are included; excludes extreme rides.



PEOPLE LOVE MAGAZINES.

The average time spent on a website is 2 minutes.

what is the average
TIME SPENT
READING A MAGAZINE?

20-25
MINUTES

PMA
PARENTING MEDIA ASSOCIATION

(Digital First Content Marketing: the Return of Print - CMO by Adobe, 2016)

Second Saturday Silents
Live organist + Silent film+ Felix the Cat cartoon



The silent film series featuring Circle's 1928 theatre pipe organ!
Second Saturday of the month at 11:00AM!
$5 adults - $2 for age 16 and under
The historic Circle Cinema is located at
10 S. Lewis Ave Tulsa, OK

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

COMPILED BY TARA RITTLER

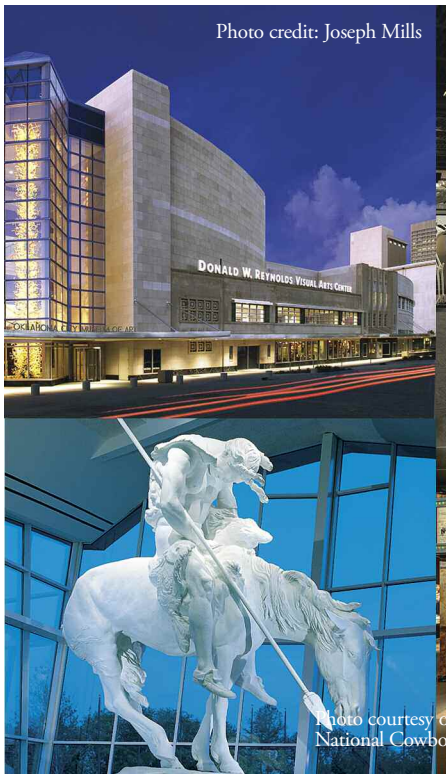
family-friendly museums in Tulsa and beyond

I'll be the first to admit that the phrase "We're going to a museum!" didn't thrill me as a child. In my mind, it meant hours of walking through endless exhibits, wishing whomever I was with would browse a bit faster.

Now, of course, I know better—and I also know that many museums, even those specializing in fine art, frequently offer art activities and tour prompts designed to spark a young visitor's interest and appreciation. Not to mention, they're the perfect way to stimulate your child's mind all summer long!

This Museum Roundup includes fine art museums as well as science and children's museums, history museums, and even "living museums" such as zoos and botanical gardens. Some are located within the Tulsa area, which has some truly stellar attractions, and others are located a mere road trip away—none farther than an estimated 4.5 hours of driving time.

We hope this will be a helpful starting point as you introduce your children to the marvelous world of museums!



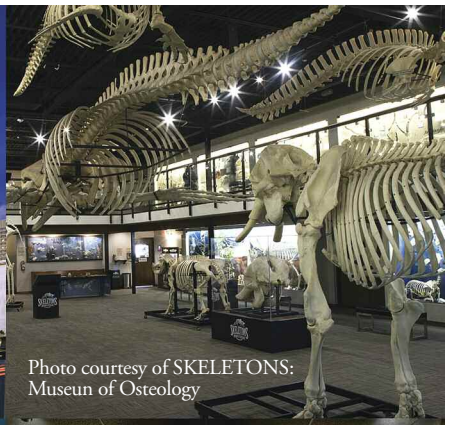

Photo courtesy of SKELETONS: Museun of Osteology



Photo courtesy of National Cowboy & Western Heritage Museum

FINE ART

AHHA TULSA
101 E. ARCHER ST.
TULSA, OK
918.584.3333
WWW.AHHATULSA.ORG
Located in the Tulsa Arts District, ahha Tulsa not only showcases works by contemporary artists in its first floor gallery, it also houses a large studio where visitors can use ahha's materials to create their own works of art. Don't miss The EXPERIENCE, located on ahha's second floor. The EXPERIENCE is "an artist-driven, large-scale, fully immersive art installation that invites participants to explore a fantastical, multimedia environment through sight, sound, movement, and touch." Learn more at ahhatulsa.org/the-gallery/the-experience.

CRYSTAL BRIDGES MUSEUM OF ART
600 MUSEUM WAY
BENTONVILLE, ARKANSAS
479.418.5700
WWW.CRYSTALBRIDGES.ORG
If you want to get out of town, get into nature AND have a cultural experience, head to Crystal Bridges Museum. Located approximately two hours from Tulsa, Crystal Bridges Museum has 3.5 miles of hiking trails winding through the Ozark forest, in addition to fabulous art exhibits and family friendly programing. The website lists upcoming events.
Summer Exhibition Spotlight: "David Leventhal: Barbie & Baseball" (March 2-Aug. 2019)
Special Promotions: Free admission daily.
Estimated Driving Time from Tulsa: 2.5 hours

DALLAS MUSEUM OF ART
1717 N. HARWOOD
DALLAS, TX
214.922.1200
WWW.DMA.ORG
Not only is Dallas Museum of Art one of the 10 largest art museums in the nation, it also does a fantastic job of catering to families with kids of all ages, from free Art to Go Family Tote Bags, which allow children to interact with exhibits in a creative way, to teen workshops as well as concerts and other programs.
Summer Exhibition Spotlight: "Dior: From Paris to the World"
Special Promotion: Free general admission daily (Closed Mondays; does not include Special Exhibition admission)
Estimated Driving Time from Tulsa: Just over 4 hours

GILCREASE MUSEUM
1400 N. GILCREASE MUSEUM RD.
TULSA, OK
918.596.2700
WWW.GILCREASE.ORG

continued next page

The Gilcrease Museum houses the world's largest and most comprehensive collection of art and artifacts of the American West, including an unparalleled collection of Native American art and material. It is also home to the Kravis Discovery Center, featuring an Interactive Discovery Trail, which uses innovative technology to tell the story of Native peoples through artifacts in the museum's collection.
Summer Exhibition Spotlight: "Bob Dylan: Face Value and Beyond" (May 10-September 15, 2019)
Special Promotion: Every third Sunday of the month is Funday Sunday; families receive free admission all day and can enjoy art activities from 12-4 p.m.

NASHER SCULPTURE CENTER
2001 FLORA STREET
DALLAS, TX
214.242.5100
WWW.NASHERSCULPTURECENTER.ORG/VISIT
The Nasher Sculpture Center houses the world-famous Raymond and Patsy Nasher Collection, which includes works by master artists such as Rodin, Matisse and Miró. Check the website for current temporary exhibitions.
Special Promotion: Free admission and activities on the First Saturday of the month
Estimated Driving Time from Tulsa: Just over 4 hours

OKLAHOMA CITY MUSEUM OF ART
415 COUCH DR.
OKLAHOMA CITY, OK
405.236.3100
WWW.OKCMOA.COM
In addition to an impressive collection of fine art, OKC MOA offers frequent fun and educational events for the whole family.
Summer Exhibition Spotlight: "Van Gogh, Monet, Degas: The Mellon Collection of French Art from the Virginia Museum of Fine Arts" (June 22-Sept. 22, 2019)
Special Promotion: Go to okcmoa.com/learn/family-day for information about the next Free Family Day
Estimated Driving Time from Tulsa: 2 hours

PHILBROOK MUSEUM OF ART
2727 S. ROCKFORD RD.
TULSA, OK
WWW.PHILBROOK.ORG
Take your children to explore the galleries and grounds of the beautiful Philbrook Museum! Need help helping your kids appreciate the art? Philbrook has brightly colored cards that give parents ideas for art-inspired conversation and activities as they explore the galleries.
Summer Exhibition Spotlight: "Art & Islam" (opens June 3, 2019)
Special Promotions: Free admission for kids 17 and under daily. Free admission for all on the second Saturday of each month.

SHERWIN MILLER MUSEUM OF JEWISH ART
2021 E. 71ST ST.
TULSA, OK
918.492.1818
WWW.JEWISHMUSEUM.NET
The Sherwin Miller Museum of Jewish Art is a place where Jewish art, history, culture and identity collide. Boasting the largest collection of Judaica in the southwest, the SMMJA offers a glimpse into the history and traditions of the Jewish people.

SCIENCE AND EXPLORATION

DISCOVERY LAB
560 N. MAYBELLE AVE.
TULSA, OK
918.295.8144
WWW.DISCOVERYLAB.ORG
An electric lime green ceiling, science demos, The WorkShop, a labyrinth of tunnels and a slide made from packing tape, and more. This is Discovery Lab, a place where kids and their families can make, play, and design things using "real" stuff in new and different ways.
Summer Exhibition Spotlight: "Building Buddies"—An interactive construction zone that invites families to play, explore and improve a neighborhood.

EXPLORATION PLACE
300 N. MCLEAN BLVD.
WICHITA, KS
WWW.EXPLORATION.ORG
Exploration Place, "The Sedgwick County Science and Discovery Center," focuses on STEM activities for kids in pre-k through elementary school. Exhibits (as of spring 2019) include Top Secret: License to Spy, The Science of Ripley's, Design Build Fly and many more.
Estimated Driving Time from Tulsa: 3 hours

JASMINE MORAN CHILDREN'S MUSEUM
1714 W. WRANGLER BLVD.
SEMINOLE, OK
405.382.0950
WWW.JASMINEMORAN.COM
The Jasmine Moran Children's Museum has 42,000 square feet of indoor exhibit space and a large outdoor play area, complete with miniature houses and a riding train, the SuperSONIC Express. The museum offers children an opportunity to explore the world of work through many career-based exhibits.
Estimated Driving Time from Tulsa: 1.5 hours

LEONARDO'S CHILDREN'S MUSEUM AND ADVENTURE QUEST
200 E. MAPLE AVE.
ENID, OK
580.233.2787
WWW.LEONARDOS.ORG
Leonardo's Children's Museum offers the opportunity for open-ended exploration and allows families to grow stronger together through interactive play and educational experiences. When you're finished exploring the indoor exhibitions, head outside to Adventure Quest, a three-story wooden castle/outdoor science playground featuring bridges, slides, swings, mazes, a water table, a dinosaur dig and more!
Special Promotion: Admission is just $4.50 per person after 3 p.m.
Estimated Driving Time from Tulsa: 2 hours

PEROT MUSEUM OF NATURE AND SCIENCE
2201 N. FIELD ST.
DALLAS, TX
214.428.5555
WWW.PEROTMUSEUM.ORG
The five-floor Perot Museum of Nature and Science houses 11 permanent exhibits, including Gems & Minerals (home to a 5-foot purple geode), the Hall of Birds, which allows young scientists to explore the connection between dinosaurs and modern-day avians, and the Sports Hall, which allows visitors to participate in sports activities that are later analyzed using a high-speed camera. While many of the exhibits might be best suited for older children, kids 5 and younger will enjoy exploring The Children's Museum, which includes a water play table, farmer's market station and more!
Special Promotion: Educators get in free with proof of current teaching status.
Estimated Driving Time from Tulsa: 4.5 hours

SAM NOBLE MUSEUM OF NATURAL HISTORY
2401 CHAUTAUQUA AVE.
NORMAN, OK
405.325.4712
SAMNOBLEMUSEUM.OU.EDU
The Sam Noble Museum's Discovery Room is a hands-on exhibit space designed for visitors to explore museum objects in a stimulating and fun environment. Discover objects housed in the collection drawers, complete a series of tabletop activities, excavate dinosaur bones or simply examine the many wonders displayed in the room.
Special Promotion: Free admission for children 17 and younger on the first Monday of each month.
Estimated Driving Time from Tulsa: 2 hours

SCIENCE MUSEUM OKLAHOMA
2100 NE 52ND
OKLAHOMA CITY, OK
4.5.602.6664
WWW.SCIENCEMUSEUMOKLAHOMA.COM
Science Museum Oklahoma boasts 350,000 square feet of hands-on science experiences, art and history! Attractions include CurioCity, with eight "neighborhoods" exposing kids to science through interactive activities; the Science Floor, which includes Segway Park; a Kid Inventor area where kids can design, test and build unique creations; an Oceanarium and much more!
Estimated Driving Time from Tulsa: Under 2 Hours

SKELETONS: MUSEUM OF OSTEOLOGY
10301 S. SUNNYLANE RD.
OKLAHOMA CITY, OK
405.814.0006

WWW.SKELETONMUSEUM.COM
From comparative anatomy to classification to adaptation and locomotion, SKELETONS has been designed with learning in mind. Currently displaying over 300 skeletons from all corners of the world, visitors have a unique opportunity to compare and contrast many rare species normally not seen in museum exhibits. The museum features a variety of North American specimens ranging from tiny mice and shrew skeletons to a 40-foot humpback whale.
Estimated Driving Time from Tulsa: 2 hours

THE DISCOVERY CENTER
438 E. ST. LOUIS ST.
SPRINGFIELD, MO
417.862.9910
WWW.DISCOVERYCENTER.ORG
Discovery Center of Springfield is an interactive, hands-on science museum committed to inspiring people of all ages with a life-long love of learning and an appreciation for the world and our place in it. Exhibit highlights include a Wonderland center for children 5 and younger; the Phenomena Gallery, a visitor favorite where guests can explore electricity; and Discovery Town, where young visitors can use their imagination as they explore a newsroom, grocery store, TV studio and more.
Estimated Driving Time from Tulsa: 3 hours

TULSA AIR & SPACE MUSEUM AND PLANETARIUM
3624 N. 74TH
TULSA, OK
918.834.9900
WWW.TULSAAIRANDSPACEMUSEUM.ORG
Experience the Tulsa Air and Space Museum & Planetarium, and immerse yourself in Oklahoma's aviation past, present, and future. From the first Tulsa aviation event, a high-flying smoke balloon, to our city's contributions to the International Space Station, every era of Oklahoma aviation is on display. With a variety of hands-on activities, flight simulators, and science-based interactive exhibits, there is something for everyone at TASM.

TULSA GEOSCIENCE CENTER
610 S. MAIN ST., #200
TULSA, OK
918.392.4556
WWW.TULSAGEOSCIENCECENTER.ORG
Tulsa Geoscience Center is a hands-on science center focusing on geoscience themes such as fossils, earthquakes, petroleum production and more. Available by appointment only, Monday through Friday from 9 a.m.-2:30 p.m. Book your tour online.

WONDERTORIUM CHILDREN'S MUSEUM
308 W. FRANKLIN LANE
STILLWATER, OK
405.533.3333
WWW.OKWONDERTORIUM.ORG
Oklahoma Wondertorium's exhibits and innovative educational programs emphasize hands-on engagement and learning through experience, employing play as a tool to spark the inherent creativity, curiosity, and imagination of children. Exhibits explore science, math, creativity, history, culture, health & wellness, dramatic play and problem-solving.
Estimated Driving Time from Tulsa: 1 hour and 15 minutes

HISTORY AND CULTURE

CHICKASAW CULTURAL CENTER
867 COOPER MEMORIAL RD.
SULPHUR, OK
580.622.7130
WWW.CHICKASAWCULTURALCENTER.COM
The Chickasaw Cultural Center offers a world of opportunity to learn and connect with Native American history. Watch the story of the Chickasaw people unfold before your eyes through powerful performances, reenactments, demonstrations, collections and exhibits at one of the largest and most extensive tribal cultural centers in the United States.
Estimated Driving Time from Tulsa: 2.5 hours

MUSEUM OF WORLD TREASURES
835 E. 1ST ST.
WICHITA, KS
316.264.1311
WWW.WORLDTREASURES.ORG
The Museum of World Treasures, located in downtown Wichita, is a three-story treasure trove including Egyptian mummies, dinosaur bones and other historical artifacts.
Estimated Driving Time from Tulsa: 3 hours

THE OKLAHOMA CITY NATIONAL MEMORIAL & MUSEUM
620 N. HARVEY
OKLAHOMA CITY, OK
405.235.3313
888.542.HOPE
WWW.OKLAHOMACITYNATIONALMEMORIAL.ORG
The outdoor memorial at The Oklahoma City National Memorial & Museum is designed to give visitors a space to reflect quietly and to honor "those who were killed, those who survived and those changed forever" by the Oklahoma City bombing. The museum offers an interactive, self-guided tour sharing the stories of those affected.
Estimated Driving Time from Tulsa: Under 2 hours

NATIONAL COWBOY & WESTERN HERITAGE MUSEUM
1700 NE 63RD ST.
OKLAHOMA CITY, OK
405.478.2250
WWW.NATIONALCOWBOYMUSEUM.ORG
The National Cowboy & Western Heritage Museum features a superb collection of classic and contemporary Western art. The exhibition wing houses a turn-of-the-century town and interactive history galleries that focus on the American cowboy, rodeos, Native American culture, Victorian firearms, frontier military, and Western performers. Outside, beautifully landscaped gardens flank the Children's Cowboy Corral and interactive children's space.
Summer Exhibition Spotlight: Prix de West: The 47th Annual Prix de West Art Exhibition & Sale (June 7-August 11, 2019) Features 300+ paintings and sculpture by the finest contemporary Western artists in the nation.
Estimated Driving Time from Tulsa: Under 2 hours

OKLAHOMA HALL OF FAME AND GAYLORD-PICKENS MUSEUM
1400 CLASSEN DR.
OKLAHOMA CITY, OK
405.235.4458
WWW.OKLAHOMAHOF.COM
Founded in 1927, the Oklahoma Hall of Fame was created to honor Oklahomans who had given outstanding services to the state during their lifetime and to provide educational programming for students of all ages. Through exhibits and experiences at the Gaylord-Pickens Museum, the Oklahoma Hall of Fame stands to preserve Oklahoma's unique history while promoting pride in our great state.
Special Promotion: Guests can visit for free on the second Saturday of each month.
Estimated Driving Time from Tulsa: Under 2 hours

OKLAHOMA HISTORY CENTER
800 NAZIH ZUHDI DR.
OKLAHOMA CITY, OK
405.522.0765
WWW.OKHISTORY.ORG
Explore Oklahoma's history at the Oklahoma History Center! Inside the Center, you will find five galleries full of memorabilia AND hands-on activities. On the grounds, enjoy walking through the Red River Journey, which offers "a walking tour of the Red River Valley featuring land forms, vegetation and important historical locations." Outside, visitors can also view an oilfield exhibit, complete with derricks and other machinery. The Oklahoma History Center is located across from the Oklahoma State Capitol, which offers tours throughout the week.
Estimated Driving Time from Tulsa: Under 2 hours

THE MUSEUM BROKEN ARROW
400 S. MAIN ST.
BROKEN ARROW, OK
918.258.2616
WWW.BROKENARROWMUSEUM.ORG
Explore the history of Broken Arrow through rotating and permanent exhibits. Notable features include the Old Town Hall Jail Cell and Childers Cabin, as well as a "Made in Oklahoma" gift shop.

TULSA HISTORICAL SOCIETY & MUSEUM
2445 S. PEORIA AVE.
TULSA, OK
918.712.9484
WWW.TULSAHISTORY.ORG

Located in the beautiful Travis Mansion, the Tulsa Historical Society & Museum offers and excellent way to explore Tulsa's past. Permanent exhibitions include one on the 1921 Tulsa Race Massacre, the history of the Travis Mansion and Chrono-Tulsa: Timeline of Tulsa History. Summer Exhibition Spotlight: "Vandevers: The Store with Everything" (open through August 2019)
Special Promotions: Free admission on the first Saturday of each month.

WILL ROGERS MEMORIAL MUSEUM
1720 W. WILL ROGERS BLVD.
CLAREMORE, OK
918.341.0719
WWW.WILLROGERS.COM
Learn about the life of "America's most beloved humorist" through the galleries of the Will Rogers Memorial Museum as well as by watching documentaries in the museum theater. Kids will enjoy the interactive children's exhibit, where they can play dress-up, create a puppet show and more!
Special Promotions: Enjoy free admission on the second Saturday of each month (April-October), 5-8 p.m.

WILL ROGERS BIRTHPLACE RANCH
9501 E. 380 RD.
OOLOGAH, OK
918.275.4201
WWW.WILLROGERS.COM
What was life like in the late 1800s? Get a glimpse at the beautiful Will Rogers Birthplace Ranch, which is both a working ranch and an authentically preserved historic site. Bring a picnic!

WOOLAROC MUSEUM & WILDLIFE PRESERVE
1925 WOOLAROD RANCH RD.
BARTLESVILLE, OK
918.366.0307
WWW.WOOLAROC.ORG
Hidden away in the rugged Osage Hills of Northeastern Oklahoma, Woolaroc was established in 1925 as the ranch retreat of oilman Frank Phillips. The ranch is a 3,700 acre wildlife preserve, home to many species of native and exotic wildlife, such as buffalo, elk and longhorn cattle. Woolaroc is also a museum with an outstanding collection of western art and artifacts, Native American material, one of the finest collections of Colt firearms in the world, and so much more. Read more at woolaroc.org/pages/about-us.
Don't Miss: Kidsfest, June 29-30, 2019
Estimated Driving Time from Tulsa: 1 hour

FLORA

BOTANICA
701 AMIDON ST.
WICHITA, KS
316.264.0448
WWW.BOTANICA.ORG
Botanica, established in 1987, features an impressive variety of gardens, including a Children's Garden, Sensory Garden, Woodland Bird Garden, Railroad Garden, Koi Pond and more. The Downing Children's Garden includes a farm area with a working water pump, a tree house, the "Monster Woods," musical maze, etc.
Estimated Driving Time from Tulsa: 3 hours

DALLAS ARBORETUM & BOTANICAL GARDENS
8525 GARLAND RD.
DALLAS, TX
214.515.6615
The 66-acre Dallas Arboretum & Botanical Gardens prides itself on being one of the top botanical gardens in America. Don't miss the Rory Meyer's Children's Adventure Garden, designed to help children connect with nature. Highlights include an edible garden, interactive science games, water features and more.
Estimated Driving Time from Tulsa: Just over 4 hours

MYRIAD BOTANICAL GARDENS
301 W. RENO
OKLAHOMA CITY, OK
405.445.7080
WWW.OKLAHOMACITYBOTANICALGARDENS.COM
Special features of the Myriad Botanical Gardens include an off-leash Dog Park, the Crystal Bridge Conservatory—a 13,000-square-foot, ADA-accessible building that is home to 750 plant varieties, a waterfall and sky bridge—and a carousel. Check the website for additional seasonal activities, such as the winter ice rink and light show.
Estimated Driving Time from Tulsa: Just under 2 hours

TULSA BOTANIC GARDEN
3900 TULSA BOTANIC DR.
TULSA, OK
918.289.0330
WWW.TULSABOTANIC.ORG
Tulsa Botanic Garden, located just a few minutes northwest of downtown Tulsa, features a delightful Children's Garden (complete with tree fort!), a paved walking trail, and the art deco-inspired Tandy Floral Terrace Gardens. Check out their calendar for a list of upcoming events.

FAUNA

DICKERSON PARK ZOO
1401 W. NORTON RD.
SPRINGFIELD, MO
417.864.1800
WWW.DICKERSONPARKZOO.ORG
Visit Dickerson Park Zoo and you're off on an adventure of discovery. You'll see and learn about animals from around the world; and just by visiting, you're already playing a part in the zoo's conservation of animals.
Estimated Driving Time from Tulsa: 3 hours

OKLAHOMA AQUARIUM
300 AQUARIUM DR.
JENKS, OK
918.296.3474
WWW.OKAQUARIUM.ORG
Even in land-locked Oklahoma you can get a taste of the ocean (and other aquatic wonderlands) at the Oklahoma Aquarium! Visit Sea Turtle Island, walk through a tunnel of bull sharks, learn more about Oklahoma's own aquatic ecosystems and more! Check out their website for a list of daily feed shows!

OKC ZOO
2101 NE 50TH ST.
OKLAHOMA CITY, OK
405.423.3344
WWW.OKCZOO.ORG
Go to okczoo.org/rides-and-attractions to learn more about daily activities offered at the Zoo, such as Keeper Connections, Sea Lion Presentations, Giraffe Feedings and more!
Estimated Driving Time from Tulsa: Under 2 hours

SEDGWICK COUNTY ZOO
5555 W. ZOO BLVD.
WICHITA, KS
316.660.9453
WWW.SCZ.ORG
The Sedgwick County Zoo is home to nearly 400 species of animals, which are located on the zoo grounds according to their geographic origins in engaging, interactive habitats. Newer exhibits include the Reed Family Elephants of the Zambezi River Valley and the Downing Gorilla Forest. Don't miss the recently renovated Tropics building, where you can walk through a jungle habitat, surrounded by brightly colored birds flying overhead.
Estimated Driving Time from Tulsa: 3 hours

TULSA ZOO AND LIVING MUSEUM
6421 E. 36TH ST. N.
TULSA, OK
918.669.6600
WWW.TULSAZOO.ORG
If you haven't had a chance to tour the Tulsa Zoo's Lost Kingdom exhibit, summer is the perfect time! Watch tigers roam while enjoying a midday snack at the Ann and Jack Graves Komodo Canteen or while eating a slice of pizza from the indoor comfort of Rajan's. As always, zoo visitors can enjoy train and carousel rides, animal demonstrations and all your favorite exhibits.

WONDERS OF WILDLIFE NATIONAL MUSEUM & AQUARIUM
500 W. SUNSHINE ST.
SPRINGFIELD, MO
888.222.6060
www.wondersofwildlife.org
Established by Bass Pro Shops founder Johnny Morris, Springfield's Wonders of Wildlife National Museum & Aquarium was voted Best Aquarium by USA Today readers following its opening in September 2017. Special features include Great Oceans Hall, which includes a 300,000-gallon tank housing sea turtles, zebra sharks and more, and Out to Sea Shark Dive, where guests can actually meet sharks face-to-face from the safety of a metal diving cage.

BY ABBY MASHUNKASHEY

talking to kids about marijuana:

NEW MEDICAL MARIJUANA LAWS RAISE SAFETY CONCERNS

Shock, relief and amusement are some of the many emotions felt last July when 57 percent of Oklahomans voted to approve State Question 788, legalizing the use of medical marijuana. These feelings continued as our state, arguably the most conservative in the country, moved forward with relatively loose regulations.

A self-identifying liberal and a mother of two who shoots it straight with my children on most issues, especially when it comes to their safety, I quickly began envisioning how I would discuss this development with them. Both under 10 years old, the conversation would be similar to those we've had about alcohol or caffeine. "It's not something you can have until you're done growing," I'd say. As with most medicines, it should be locked up and out of their reach. But, every day on my drive to work, as I pass by billboards using buzz words like "treehouses," I can't help but feel concerned, and slightly annoyed, at the oh-so-kid-appealing marketing, packaging and forms in which marijuana is presented, like suckers, gummy bears, chocolates, the list goes on. This "talk" may take a bit more preparation on my end.

"I think it should be in plain packaging," said Ali Pearcy, mother of two and Oklahoma cannabis farmer. "Personally, I would not keep any of that around in my home. If it looks like candy, they're probably going to eat it, so I just wouldn't keep it in my home."

Ali, along with her business partner Laurie Keeley, began Higher Plains Farm as soon as the law passed.

"We just put our heads together and made it happen," said Ali.

With experience in farming, Ali and Laurie don't plan on having a dispensary.

"We want to be growers and not stuck behind a retail counter," said Laurie.

However, as of March 2019 (www.ommaok.gov), there are over 150 licensed dispensaries that are or will be distributing product to customers, which speaks to the heavy presence cannabis now has in our society. So, how do we talk to our kids about it in a responsible way?

Ali suggests keeping it simple. "Talk to your kids about it like you would any other medicine - that this is for adults and would make kids sick," she said. "I think if you make it weird, then it's going to be weird to them. If you talk to them about it like anything else that could be dangerous to them, they grow up with that understanding."

As the parent of 5- and 3-year-old children, Ali thinks that the language we use is incredibly important.

"I've always called it medicinal herbs," she said. "I try to educate them like I do in all areas of parenting. And the more they understand, the less taboo it will become. We're the generation that is going to make that change in Oklahoma."

Regarding how her community has reacted to the new venture, everyone has been very supportive. Perhaps it can all be wrapped up in a one-liner by her 5-year-old Harlow:

"My mommy is a farmer."

MARIJUANA SAFETY

While finding youth medical marijuana materials in Oklahoma takes some serious sleuthing, we can look to states like Oregon (legalized in 1999) or Colorado (legalized in 2000) for guidelines. As with all things, the guidelines vary by the child's age, but there are some basics that cover all ages, such as identifying the red "THC" symbol that is required by law to be on all packaging.

TALKING TO YOUNG CHILDREN ABOUT MARIJUANA

Experts at Children's Hospital Colorado (www.childrenscolorado.org) recommend these tips for talking to young children (under 10 years old) about marijuana:

- Deliver messages for young kids in terms of health and safety by saying something like, "We don't want to put things in our body that could be unhealthy for us."
- If your child asks, "What is pot/marijuana?" a good response is straightforward: "It is a plant that people use to change how they feel. It can make people feel confused or fuzzy."
- Give them tools to refuse marijuana. Say something like, "It's okay to say no if someone asks you to do something that is bad for your health. Say no and tell an adult you trust."

continued next page

• If you are concerned about your child accidentally ingesting marijuana, say something like, "Be careful what you eat. If you see candy or a cookie, before you eat it, make sure you know what it is and where it came from. If you don't, it's best to say no."

MARIJUANA SAFETY IN THE HOME

If you are a medical marijuana user, Children's Hospital Colorado (www.childrenscolorado.org) suggests these precautions to ensure the safety of your children and young visitors to your home:

• Keep marijuana up and away, and out of sight from curious children.

• Pick a place your children cannot reach. Any kind of medicine or vitamin can cause harm if taken in the wrong way, even medicine you can buy without a prescription.

• Walk around your house and find a storage place too high for a child to reach or see. This is also important to remember when families are away from home and staying in hotels, or as guests in others' homes.

• Put marijuana away every time. Never leave it out on a kitchen counter or at a bedside, even if you anticipate using it again in a few hours. Always put every marijuana product and other medicine away every time you use it, including those you use every day.

• Consider purchasing a medication lock box. Children, even young children, can easily access marijuana products in their original packaging. A lock box provides a safe, convenient and affordable method for securing marijuana products in the home or while traveling.

• Tell guests about marijuana safety. Ask houseguests and visitors to keep purses, bags, or coats that have marijuana products in them up and away and out of sight when they are in your home. If you use a babysitter, choose those who are mature, trained and responsible, and are recommended by someone you trust.

• Ask other parents if they have marijuana products in their home before sending your child to play at a neighbor or classmate's house. If the answer is yes, make sure that all products are stored up and away and out of children's sight. Because it can be difficult to ask people about this, try including the question along with other things you might normally discuss before sending your child to someone's home, such as seatbelts, animals, or allergies.

• Be prepared in case of an emergency. Call the Poison Control Center (800.222.1222) right away if you think your child might have consumed marijuana products. Program the number into your home and cell phones so you will have it when you need it.

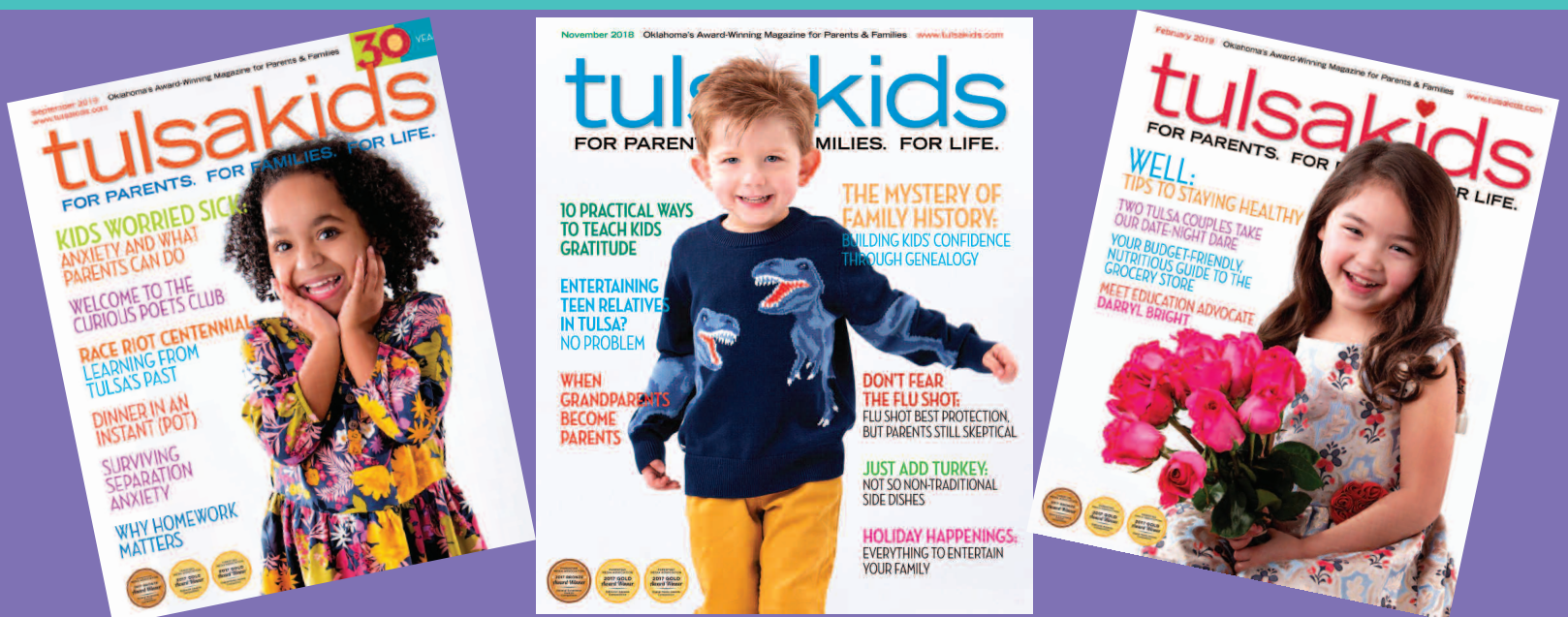
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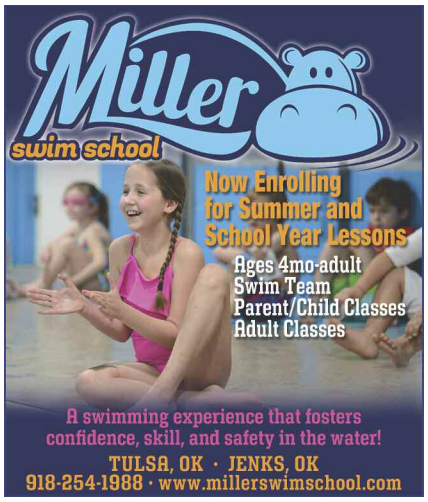
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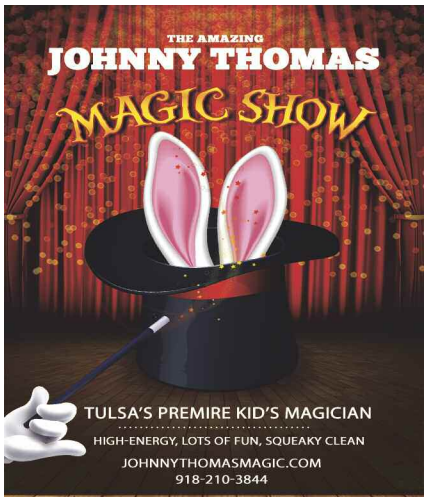
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2019 PARTY PLANNER GUIDE



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See: www.soccercitytulsa.com/index.php/parties-events/

2019 PARTY PLANNER GUIDE



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Tulsa, OK
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tulsazoo.org/your-events

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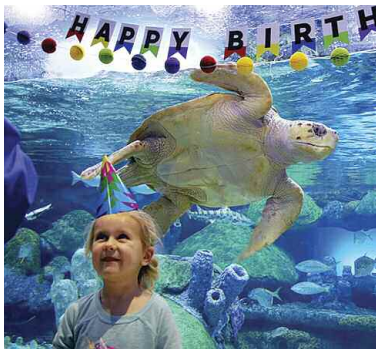
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2019 PARTY PLANNER GUIDE



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Jenks: 525 W. 91st St. S., Tulsa, OK (NW corner of 91st and Elwood)
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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 at both Tulsa and Jenks locations, on 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 for detailed 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?



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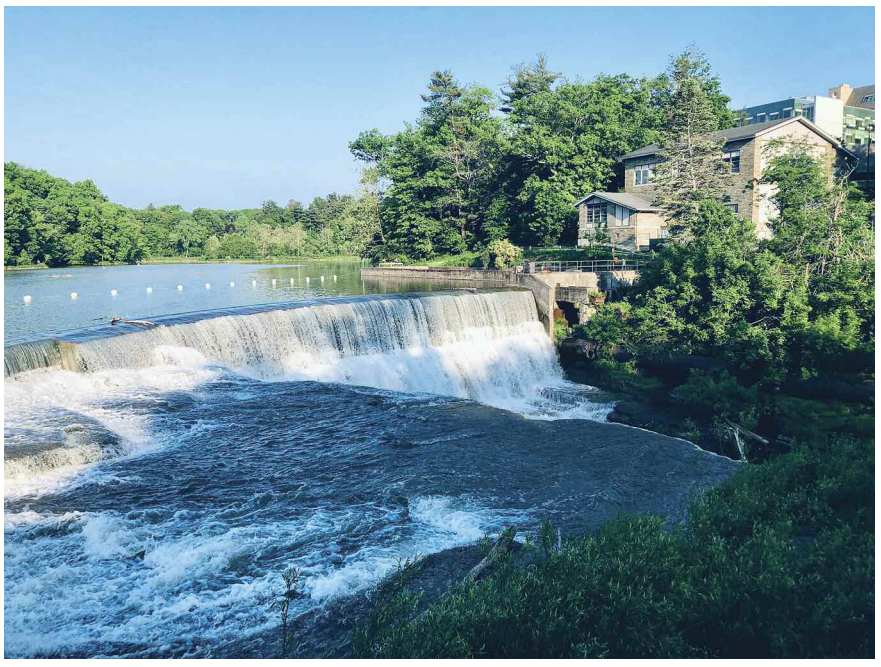
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BY DIANE TRITT EATON
PHOTO CREDIT: DIANE TRITT EATON

New York's Finger Lakes Region: hands down, bucket list-worthy

When it comes to planning family vacation time, New York is full of choices such as New York City, with its skyscrapers, theaters and world-class museums. And, there are the famous Hamptons, known for family beach time. But, the Empire State offers so much more beyond the urban and seaside landscapes!

A prime hot spot for outdoor buffs is the upstate Finger Lakes region. All who flock here love hiking within the vast collection of state parks, admiring the forested hills, swimming in the freshwater lakes and visiting the historic centuries-old towns and villages. Throughout the region, there are over 1000 waterfalls and gorges to admire, over 20 varieties of New York apples to be picked at a slew of orchards, local craft brews to sample, museums to admire, (and mature wineries to tour, if your crew is of age).



The Origins

Named for its series of long, narrow lakes that run north to south in west-central New York, The Finger Lakes region was formed during the Ice Age, when continental glaciers shifted, thus creating, along with the 650 miles of lakeshore, a plethora of gargantuan gorges and tumbling waterfalls, lush peaks and now farm-laced valleys. Native American legend says that their Creator looked upon this special land with extra care and kindness, reaching from above to bless it while leaving the imprint of His hand on it.

Within a virtual triangle between Elmira-Corning, Rochester and Syracuse, there are 11 lakes, splayed across nearly 100 miles. From east to west they are: Otisco, Skaneateles, Owasco, Cayuga, Seneca, Keuka, Canandaigua, Honeoye, Canadice, Hemlock and Conesus. Arguably, the most popular towns sprinkled throughout include Auburn, Canandaigua, Geneva, Ithaca, Skaneateles, Penn Yann, Watkins Glen, Corning and Elmira. Each lake and its adjacent town(s) have its own special historic bent and areas of interest to embrace (see ifingerlakes.com for more specific details).

Firsthand Experience: Ithaca and Cayuga Lake

Calling Tulsa home for 20 years, yet having grown up in New York, I was thrilled to support my son's decision five years ago to attend Cornell University in Ithaca, the most bustling scene in the Finger Lakes. Located on the southern point of blue-hued Cayuga Lake, the longest of the 11, Ithaca offers an eclectic culture with a college town vibe (thanks to Cornell and Ithaca College sharing the downtown) along with a wide variety of ethnic foods, theater and outdoor activities. I secured every chance to visit him, so that I could soak it all in. Aside from the legendary vegetarian Moosewood Restaurant in Ithaca Commons and the I.M. Pei-designed Herbert F. Johnson Art Museum on the slopes of Cornell's campus, several recommended attractions include:

Taughannock Falls State Park. I made a point to visit this waterfall on several occasions since it is one of the most impressive natural attractions this side of the Colorado Rockies and is actually taller than Niagara Falls to the north. Close to 400 feet above the breathtaking gorge, Taughannock Falls plunges a whopping 215 feet over rocky cliffs. There is an outpost above the falls and an easy gorge trail below, providing "up close and personal" views. Dine and/or stay at the stunningly renovated Inn at Taughan-

continued next page

nock, with its sweeping views of the lake.

Treman State Park. Robert H. Treman State Park's highlight is Enfield Glen, a rugged gorge. Multiple trails afford the chance to see 12 waterfalls. The tallest is cascading Lucifer Falls, which is an impressive 115 feet tall. The upper gorge offers a memorable one-and-a-half-mile down toward the lower gorge. There is a stream for wading and a natural swimming pool at the waterfall's base.

Cornell Botanical Gardens. On the magnificent university campus, begin at the Nevill Welcome Center. Don't miss out on what's growing in the F.R. Newman Arboretum, which has been awarded the title of best college arboretum in the country. All around Cornell's stunning campus, you'll find hiking trails among the gorges. The colorful gardens and natural areas are open at no cost, year round from sunrise to sunset. Keep in mind there are seasonal highlights, too.

Cayuga Lake Scenic Byway. For an outdoor lovers' dreamscape experience, consider trekking along the Cayuga Lake Scenic Byway, an 87-mile loop around the lake that affords sweeping views. While doing so, be sure to visit picturesque Aurora on the eastern shores, home to Wells College and a cornucopia of astounding historic inns recently renovated to perfection. Dine at the lakefront Aurora Inn while watching the sun set. On the west side, Trumansburg offers darling bed and breakfast inns and quaint shops and eateries.

Seasonal Specialties

Hands down, The Finger Lakes region is bucket-list worthy! And, each season offers a unique experience within its bountiful beauty. Spring comes late, but is a fine time to hike to one of the many waterfalls, which are highly active due to the melting snow. Summer is perfect for swimming, boating and hiking. Come fall, the leaves are changing color, the air is crisp and there is an abundance of apples and pumpkins ripe for picking. Winters are chilly, but the ground is covered in snow for skiing, snowmobiling and snowshoeing. Essentially, determining when to visit will simply depend on your outdoor activity preferences.

To plan your perfect trip, visit www.fingerlakestravelny.com, www.fingerlakes.org/plan/itineraries and/or www.visitfingerlakes.com.

New York's Finger Lakes Tourism Alliance does an excellent job spelling out the many ways tourists can find fun in the region. A sampling of their solid list of activities to consider when planning your itinerary includes:

- More than 135 museums
- More than 400 registered historic sites & landmarks
- 14 professional theatre companies
- 1,063 waterfalls and gorges
- More than 100 wineries
- 20 tour boats
- More than 300 bed & breakfasts
- At least 100 restaurants with waterside views
- 26 state parks
- A 16,036-acre national forest
- 17-mile "Grand Canyon of the East"
- 100 miles of the historic Erie Canal
- More than 2,000 miles of hiking/biking trails
- 95 public campgrounds
- 40 nature centers

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To celebrate the publication of our 2019-2020 Digital Baby Guide, sponsored by Hillcrest, we are doing a baby-themed giveaway for new or expectant parents!
From June 17-30, enter to win:
*A Humble-Bee Stroller Organizer (humble-bee.com)
*A 20" Ella the Unicorn and 13" Zoe the Unicorn Doll from Cuddle + Kind (cuddleandkind.com)
*Uniquely J Gentle Baby Laundry Pac, Uniquely J Baby Dish and Bottle Soap and Uniquely J Tear-Free Baby Shampoo & Body Wash (jet.com)
*A Magical Tales Gymini Deluxe and Magical Tales Super Mat from Tiny Love (tinylove.com/en/)

Father's Day Giveaway

FATHER'S DAY GIVEAWAY PACKAGE
From May 29-June 11, enter to win the following items:
• A gift certificate for a twosome to play golf at LaFortune Park (includes cart rental). The certificate is good any time on either LaFortune's Championship Course or their newly designed, lighted Par 3 Course
• A Family 5-Pack to "Fiddler on the Roof" (June 18, 7:30 p.m. performance), courtesy of Celebrity Attractions
• A $100 gift card to Society Burger
• 4 guest passes, to The EXPERIENCE, T-shirt and stickers/buttons from ahha Tulsa



WIN A FAMILY 5-PACK TO "FIDDLER ON THE ROOF," AMONG OTHER ITEMS, BY ENTERING OUR FATHER'S DAY GIVEAWAY! PHOTO DETAILS: YEHEZKEL LAZAROV. PHOTO BY JOAN MARCUS.

COMING SOON: TULSAKIDS' COVER KID CONTEST!

Want to see your kid on the cover of TulsaKids? Our annual Cover Kid Contest is returning in July!

Submit a photo of your child to our Cover Kid Contest from July 1-15; then, get all your friends to vote (once daily) for your nominee from July 16-31! The contest link will be available at TulsaKids.com/contests.

In addition to the winner of the voting portion, TulsaKids' editorial team will choose an additional four winners from the pool of nominees. We can't wait to see those smiles!



DOWNLOAD TULSAKIDS' SUMMER FAMILY FUN GUIDE!

You won't have a bored moment this summer if you download our Summer Family Fun Guide, which features roundups of all your favorite summer activities: family friendly festivals, free movies and concerts, places to pick berries and much more! Get your FREE copy at tulsakids.com/summer!

Download our Summer Family Fun Guide by June 7, and you will be automatically entered to win a Summer Getaway for Two to Gaylord Texan! This getaway includes two-night room accommodations at Gaylord Texan for two people; daily breakfast; resort fees and taxes (based on availability). This package is valued at $800 and valid through September 1, 2019.

Also, if you're on Instagram, use the hashtag #tksummerfun in pictures of your family doing activities found in our Summer Family Fun Guide for a chance to win a $10 gift card to Josh's Sno Shack and to be featured in our social media stories! One winner will be picked each Friday in June and July.



I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI

Tiffany Shoulders: OCR Racer

Obstacle Course Racing is a sport in which competitors overcome various obstacles and physical challenges to complete a race course. Seventeen-year-old Tiffany Shoulders competes in Obstacle Course Racing at the World Championship level throughout the United States and in Great Britain. Even at such a young age, Tiffany pushes her body and mind to the limit just to overcome any obstacle put in her way.

TK: What is a OCR Racer?

Tiffany: An OCR Racer is anyone who participates in Obstacle Course Racing, like Spartan or Tough Mudder.

TK: How did you get involved in OCR Racing?

Tiffany: I started by doing mud runs with my friends, and then I tried Conquer the Gauntlet which is a step up from mud races. I was hooked after that.

TK: What have you learned from OCR Racing?

Tiffany: I have learned that I am capable of a lot more than I thought. I learned to push through whatever obstacle stands in my way on the course in life.

TK: What have you accomplished with OCR Racing?

Tiffany: I am ranked in the top 10 in the World in the 17 and younger age group. I competed in the 2018 World Championship in London. I have qualified to compete at the 2019 North American Championships in Vermont in August. I have come in as one of the top three overall female in several races, including one first place overall female.

TK: Where is your favorite place in Tulsa to train?

Tiffany: I love all the places I train. I go to ADD Multiply in Broken Arrow to work on my explosiveness and vertical jumping. I train at BA Ninja Warrior to work on obstacle work, and I do CrossFit at Okie CrossFit to help with strength and endurance.

TK: Being a gymnast, does that help with OCR training?

Tiffany: Yes, it helps with body awareness and strength.

TK: I heard you are on the quest to complete a half marathon in every state before May 2020.

Tiffany: I have completed 38 states and am registered for the remaining 12. If I stay healthy, I will complete number 50 in March 2020. My family loves to travel, so we thought this would be a fun way to see America.

TK: What are your plans for the future?

Tiffany: To complete my 50 states. To compete at NA Championships and qualify for Worlds again this year. I have been approached by teams to turn pro. I'm waiting to see if that will work once I'm in college, but I would love to be a Pro OCR Racer.

TK: Who inspires you?

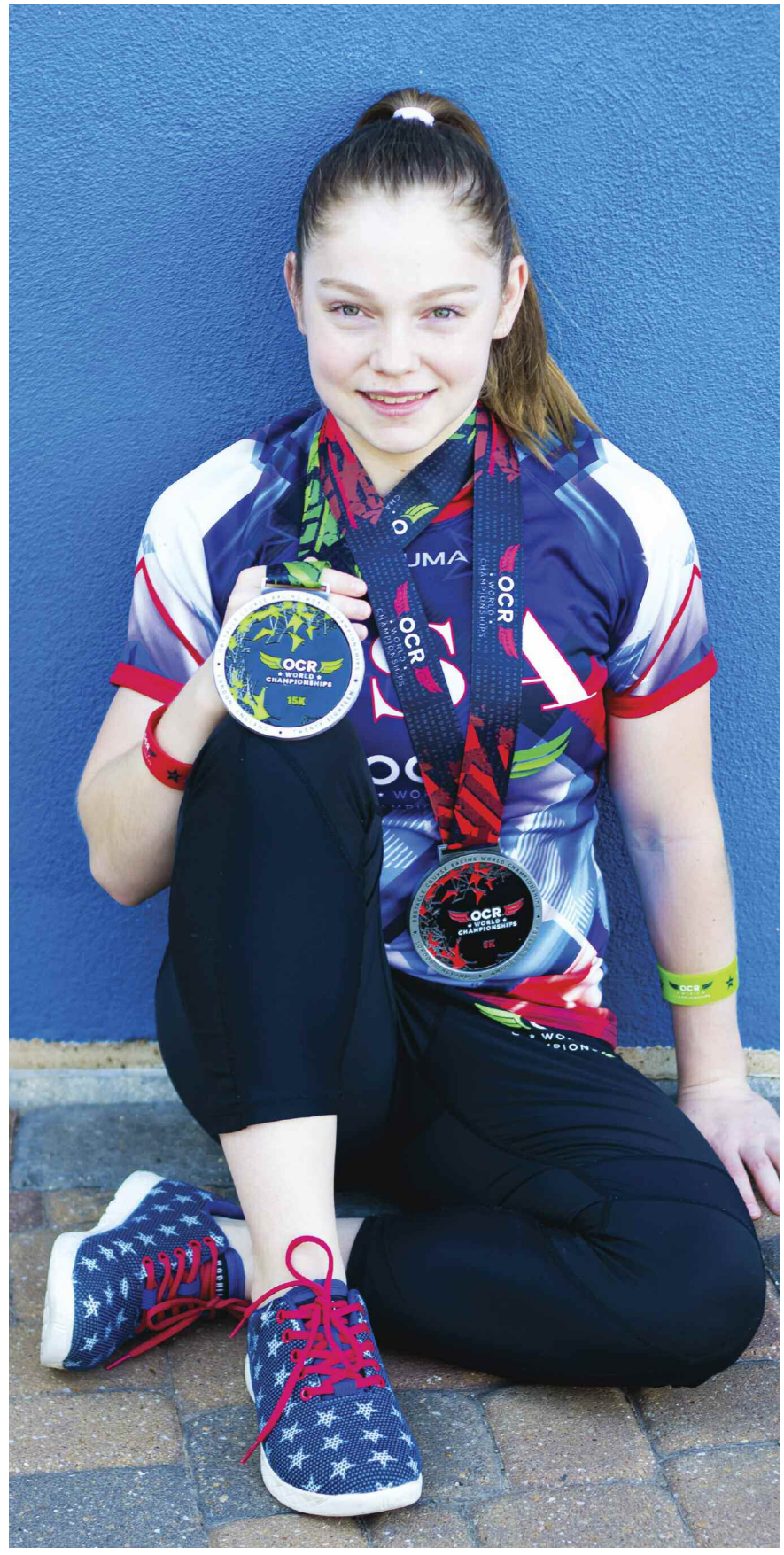
Tiffany: My gymnastics teammates inspire me to be kinder, work harder and dream bigger.

TK: What advice do you have for others who want to get into OCR Racing?

Tiffany: To just find one and do it. They are so much fun. Most of the people who participate can't complete every obstacle, but that is ok. It's about doing what you can do and having fun.

TK: What is a fun fact about you?

Tiffany: My nickname is Toes. I have watched every episode of every season of Survivor.



WASHED ASHORE ORG

ART TO SAVE THE SEA

The Tulsa Zoo presents **Washed Ashore: Art to Save the Sea**. Made entirely of plastic debris collected from beaches, Washed Ashore sculptures unmask the impacts of plastic pollution on oceans, waterways and wildlife. This exhibit is free with regular zoo admission.

OPENING JUNE 2019

TULSA ZOO





TULSA'S ONLY CHILDREN'S HOSPITAL.

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

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Infectious disease
Neonatal transport team
Neonatology
Neurology
Neurosurgery
Oculoplastic surgery
Ophthalmology
Oral/Maxillofacial surgery
Orthopedic surgery
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6161 South Yale Avenue | Tulsa, Oklahoma
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