March 2019 Oklahoma's Award-Winning Magazine for Parents & Families www.tulsakids.com

tulsakids

FOR PARENTS. FOR FAMILIES. FOR LIFE.

6 TIPS FOR A SUCCESSFUL SLEEP-AWAY CAMP EXPERIENCE

MEET JUUL: WHAT PARENTS NEED TO KNOW

6 WAYS TO EASE TEST ANXIETY

KIDS IN THE KITCHEN: GREAT RECIPES FOR YOUNG COOKS

SPECIAL SECTION: 2019 SUMMER CAMPS & ACTIVITIES GUIDE

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Dr. Pickens follows his calling back to his hometown.

Few people wind up in the profession they chose as a child, but Dr. Michael Pickens did. “When I was nine, I told my parents I was going to take care of sick kids here in Oklahoma,” he said. A board-certified pediatric gastroenterologist who has trained in several major children’s hospitals around the country, Dr. Pickens has returned home to Tulsa to care for patients at The Children’s Hospital at Saint Francis. He specializes in the diagnosis and treatment of a wide range of pediatric conditions related to the digestive system, liver and nutrition concerns. “Saint Francis Health System is a great medical organization that provides exceptional care,” he said. “To be back here, doing what I’ve always wanted to do—I think I’m the luckiest guy in the world.”

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The Children’s Hospital at Saint Francis



Colon Cancer Awareness Month



Back row: Erin Williamson, APRN-CNP; Matt Wilson, M.D.; Sarah Oberste, D.O.; Harvey A Tatum, M.D.; Richard Seifert, M.D.; Jeffrey Hunt, D.O.; Daniel Eshaghian, D.O.
Front row: Christopher Lynch, M.D.; Amjad Mreyoud, M.D.; Richard Jesudass, M.D.; Valerie Mitchell, APRN-CNP; Rose Ramirez, PA-C

Get Screened

Colon cancer is a highly treatable and preventable form of cancer. Unfortunately, when not caught early, it is also very deadly.

Important colon cancer facts:

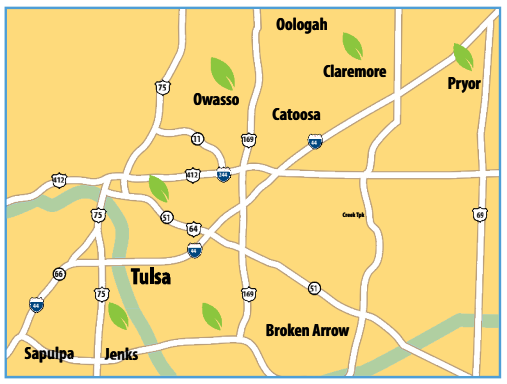
- Your estimated lifetime risk of developing colon cancer is 1 in 15.
- A 50-year-old has about a 1 in 4 chance of having a precancerous polyp.
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March 2019

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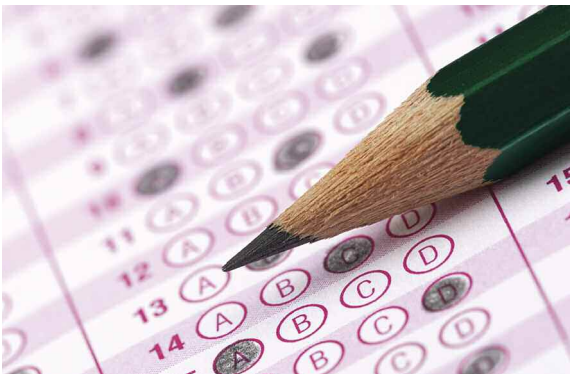
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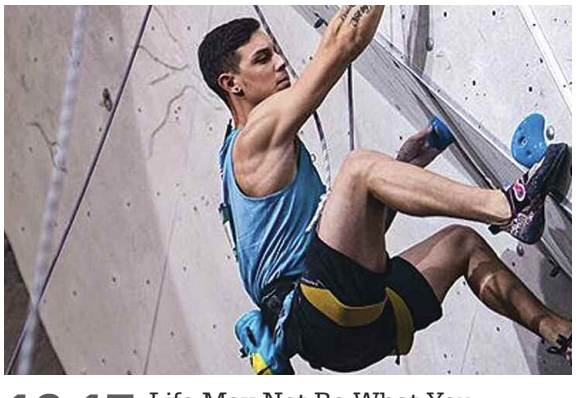




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TULSAKIDS SUMMER CAMPS & ACTIVITIES GUIDE

editor's note

Camp Tales

With three kids, I've probably enrolled them in every type of summer camp known to man (or woman, for that matter). Day camp, overnight, specialty, traditional – all have been learning experiences for me and my kids. Some were more successful than others.
If you don't mind a bit of advice from someone who's been there, do your homework, prepare and trust your instincts about your own kid.

If you have a kid who thinks he's ready for a week of overnight camp, but you're pretty sure he's not, you will probably end up picking him up mid-week. I learned this lesson the hard way. It's the old story of "all the other kids are doing it…" My response should have been the classic parent response of, "If all the other kids were jumping off a cliff, would you do that, too?" Instead, I caved in, optimistically hoping that things would work out. They didn't. But we both learned something from the experience. Even the best laid plans can go awry, but it isn't the end of the world.

Most of our other camp and activity experiences were overwhelmingly positive. My kids learned new things, got hot and sweaty, explored nature, gained confidence and made new friends. They learned that they could overcome fears and do things they never imagined. Most parents who have been through a few summers know that kids seem to grow extra inches physically and emotionally during those months. Maybe it's the extra sun. I don't know.

Figuring out what to do with your kids during the summer can be a little overwhelming – especially if you need full-day care. But, with a little planning and research, you can usually find something that fits your budget and your needs. Involve your kids as much as possible in choosing, and look at it as a time for them to grow and learn in new ways.

In this issue, you'll find our Summer Camps & Activities Guide, which is a great place to start when you're planning your summer. Also, sign up for our e-newsletter for some e-blasts about camps throughout the spring.

And, if you want to talk to some folks that have summer camps and activities, go to the Summer Camps & Activities Fair at Union Multipurpose Activity Center (UMAC) on April 6. Find more information in this issue.

Betty Casey
associate publisher and
editor in chief





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LESLIE HOYT PHOTOGRAPHY

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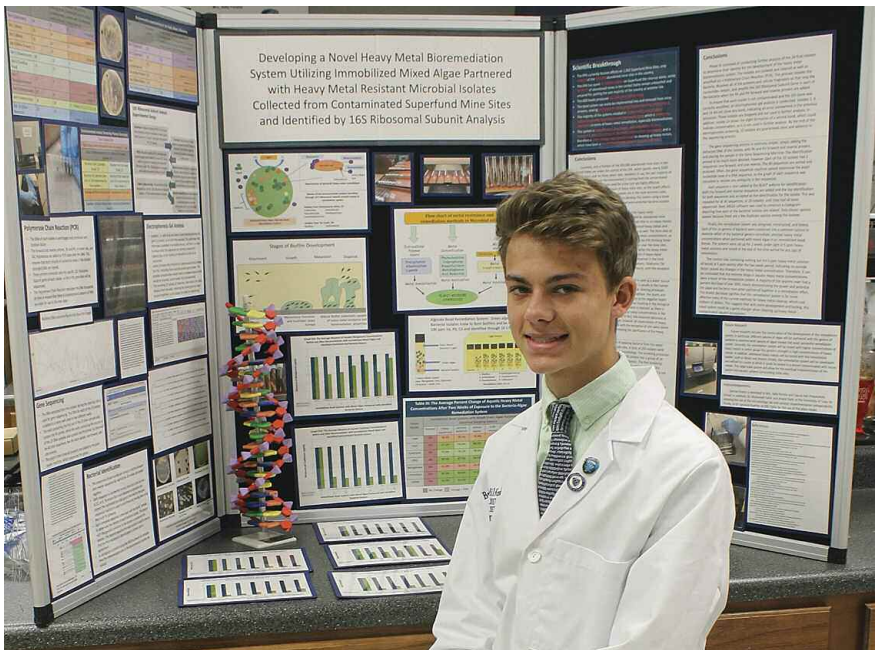
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If you like to read TulsaKids, you may not know that you can watch us, too! Every Thursday morning on Tulsa's Channel 8, the local ABC affiliate, join Editor Betty Casey on Good Day Tulsa for tips to plan your family's weekend and more. Watch Good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

SUMMER CAMPS & ACTIVITIES FAIR

Plan your child's summer at the 2019 Summer Camps & Activities Fair! The fair will be at the Union Multipurpose Activities Center (UMAC), 71st and Mingo, on Saturday, April 6, from 11 a.m. to 2 p.m.

The event will feature a variety of local organizations that provide programing for pre-K through 12th- grade students. Last year, over 800 people attended the fair to learn about camps, learning opportunities and activities throughout Tulsa and the surrounding areas.



CASCIA HALL SENIOR NAMED SCIENCE TALENT FINALIST

Braden Milford has been named a finalist in the Regeneron (STS) Science Talent Search, a national science and math competition for high school seniors.

Each of the 40 finalists will receive at least $25,000 in awards and were selected from a pool of entrants based on their projects' scientific rigor and their potential to become world-changing scientific leaders. The Regeneron Science Talent Search, created and produced by the Society for Science & the Public, is designed to engage and inspire the next generation of scientific leaders. Alumni have gone on to win the Nobel Prize, found successful companies, and invent groundbreaking medical treatments. Milford was selected from a pool of nearly 2,000 entrants, all of whom completed an original research project and application process. Milford will travel to Washington, D.C. from March 7-13, 2019, where he will compete for more than $1.8 million in awards. He will also have the opportunity to interact with leading scientists, meet with members of Congress, and display his project to the public at the National Geographic Society. The top 10 Regeneron Science Talent Search 2019 winners will be announced March 12.

Milford was selected for his project on "Designing a Novel Heavy Metal Bioremediation System Utilizing Immobilized Mixed Algae Partnered with Heavy Metal Resistant Microbial Isolates Collected from Contaminated Superfund Mine Sites and Identified with a 16S Ribosomal Subunit Analysis." Milford represented the United States at the 2018 Stockholm Junior Water Prize international competition where he presented his patent-pending system for inexpensively cleaning contaminated water.

STUDENTS CAN ENTER WILL ROGERS FILM CONTEST

The first Will Rogers Motion Picture Festival, sponsored by Will Rogers Memorial Museums in Claremore, includes three categories for students. Young people age 14 and younger, those 15 to 18 and college students are invited to enter short films, under 25 minutes, through Aug. 31. Finalists will be announced Sept. 28, and the top 10 short films in each age category will be shown at the Festival in Claremore, which will be Oct. 30 – Nov. 3.

For more information about the Will Rogers Motion Picture Festival and submissions, visit www.dogirons.com.

Will ROGERS MOTION PICTURE FESTIVAL CLAREMORE, OK



JUNIOR ACHIEVEMENT HONORED WITH AWARD

Junior Achievement of Oklahoma received a $5,000 Stewardship Award from RSM Foundation through a local partner, CCK Strategies. The award will benefit Oklahoma students participating in Junior Achievement K-12 programs.

"At CCK, we serve because we believe that we have a responsibility to help strengthen our community by investing in future business leaders," said John Curzon, CCK partner and JA board member. "Our goal is multifaceted. We want to promote JA's mission for future leaders and introduce the power of stewardship to our team. Working with JA also provides our clients opportunities to give and serve within the community."

JA works to inspire and prepare Oklahoma students to be financially literate and prepared for the workplace.

STUDENTS CAN WIN $1,529 OCSP ACCOUNT

Officials with the Oklahoma 529 College Savings Plan (OCSP) are calling for entries to the inaugural Change the World contest. Students in pre-K through sixth grade are encouraged to describe how they will change the world after college through submitting an original video, poem, essay or drawing. Eight winners will receive a $1,529 OCSP account and each winner's school will receive $500. The Change the World Contest runs February 1 – March 31.

With higher education costs continuing to rise, State Treasurer Randy McDaniel says he hopes Change the World sparks conversations with young Oklahomans, their parents and their teachers to dream big while exploring career possibilities.

Eight winners will be selected based on their demonstration of how they will change the world after earning a college degree. Other judging criteria include originality, creativity, design and organization. All participants must submit an official Change the World Contest entry form along with a video, poem, essay or drawing. Participants can submit entries online.

A panel of judges will select two winners per every two grades. Entries can be submitted starting February 1 and must be received by 5 p.m. on March 31.

Official Change the World rules, judging criteria, other important contest details and more information about the OCSP can be found at www.ok4saving.org/ChangetheWorld.



NSU PROFESSOR PUBLISHES BOOK ON IMMIGRANT EMERGENCY PREPAREDNESS

Northeastern State University Assistant Professor Rebekah Doyle has published a book, "Perceptions of Emergency Preparedness Among Immigrant Hispanics: Immigrant Hispanics Residing in Oklahoma City, Oklahoma Who Survived the Tornadoes of May 2013 in Moore, Oklahoma," which she hopes will help those with language barriers know where to seek help during hazardous weather.

In Doyle's 10 years of public health service, she became passionate about eliminating health disparities and inequities. She realized that migrant populations are not always aware of the natural weather hazards of their new area, and they don't always know where to seek information on preparedness steps to take.

Doyle said she hopes people who read her book will be inspired to reach out in their communities to help high-risk populations that need assistance with crisis weather emergency planning.

"Perceptions of Emergency Preparedness Among Immigrant Hispanics" is available on Amazon.



COVER KID THEN AND NOW....

We love to catch up with our former cover kids when we can. Ava appeared on our Sept. 2004 cover, and sent us an update on her life today.

Ava graduated from Broken Arrow High School in 2017. She teaches 1- and 2-year-olds at Immanuel Lutheran Preschool, and is currently a sophomore at TCC. She's in honors classes and on the Dean's list. Ava plans on attending TU or OU to major in child psychology or child development.

Congratulations to grown-up Ava!

Did you or your child appear on one of our TulsaKids' covers? If so, send us an update on your life. Email editor@tulsakids.com.



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BY KILEY ROBERSON

raising brave kids

If you're like me, the idea of "risk-taking" kids conjures up images of broken bones and ER visits. Yet, whether it's a baby trying solid foods for the first time, a toddler taking her first steps, or a preschooler telling the truth about a mess he's made, all kids need a courageous spirit to adjust to the surefire changes that come along with growing up.

When he was a toddler, my son, Carter, loved to play with cars. Hotwheels, monster trucks, if it had wheels, he was happy. Even at almost 5, he's still a pretty big car guy. However, now, instead of racing toy cars around a track, he's become very fond of pushing his power wheels tractor to the max. His favorite thing to do is drive his tractor as fast as its little 12-volt battery will go, then take his foot off the pedal and drift sideways on the tiny plastic wheels. And even though he has come close to rolling it over on a few occasions, the fear of falling hasn't stopped him yet. It turns out that he's become quite the champ at mustering courage and taking chances. Jumping off the top of the playground slide, sure. New friends? The more, the merrier. Unlike his nail-biting mom, Carter is willing to branch out, so I've had to learn to stifle my own anxiety, breathe deeply, and let him take safe risks.



TAKING SAFE RISKS IS PART OF GROWING UP.

A child's sense of bravery may also shift depending on the situation. "Some kids may hide behind a parent's legs when meeting strangers but be fearless when trying out a new scooter," says Susan Davis, Ph.D., coauthor of *Raising Children Who Soar*. "However, the good news is that all kids yearn to explore their world." That's why it's so important to encourage your child's sense of adventure and self-confidence. These smart strategies can help you do just that.

Be a Safety Zone

Some children try new stuff eagerly, while others hold back because they're shy or don't want to attempt anything until they're 100 percent positive they can do it right. Change your expectations to accommodate your timid child's uncertainty.

Nurture a Conscience

It takes bravery to stand up for what you know is right when everyone around you isn't taking the high road. You can help by praising your child if she defends a child who is being teased ("That was really kind of you") or she returns a toy to its rightful owner ("You should be proud that you did the right thing").

Listen

Instead of coaxing your kid to attempt a new sport or get on a bike, ask him to describe why he doesn't want to. Try saying "I see how scared you are. What do you think could happen?" By validating his feelings, you're helping him develop emotional awareness so he can make confident decisions. This paves the way to a more independent, responsible, adventurous life.

Don't Rescue Your Child

It's natural to want to prevent your child from getting hurt, feeling discouraged, or making mistakes, but when you intervene - trying to get her invited to a birthday party she wasn't included in, or pressuring the soccer coach to give her more game time - you're not doing her any favors. Kids need to know that it's okay to fail, and that it's normal to feel sad, anxious, or angry. They learn to succeed by overcoming obstacles, not by having you remove them.

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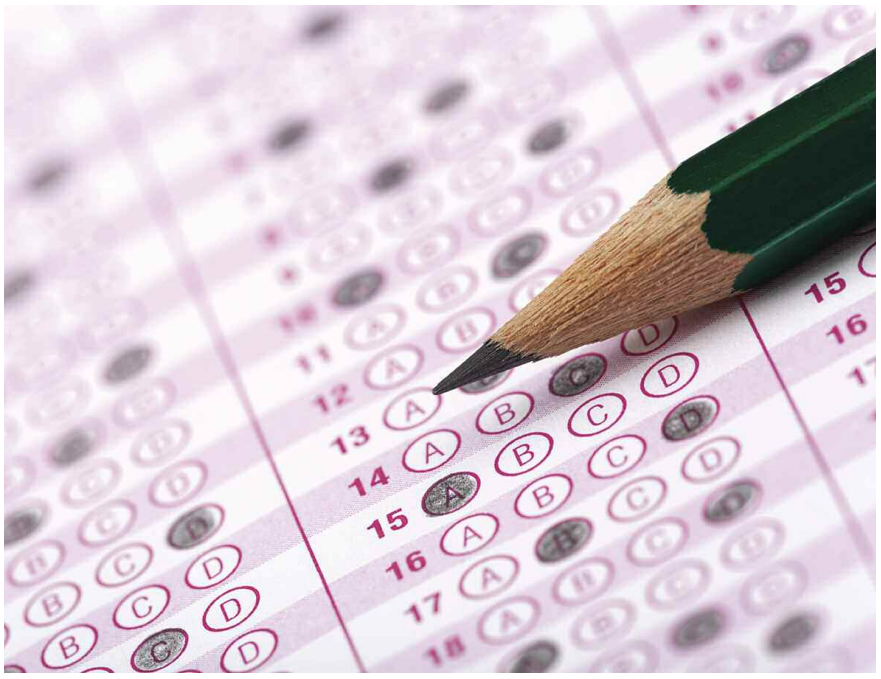
BY MARY BETH RITCHIE, LCSW

6 ways to ease test anxiety

Does your child seem to experience a lot of unexplained stomachaches? This may be due to test anxiety. I read about a young student who was complaining of stomachaches every Monday morning. The parents believed the child just didn't want to return to school after the weekend. It turned out that Monday mornings were when students were given a timed math test. The child was not making up the symptoms. Anxiety does produce a reaction in the stomach, which children may describe as a stomachache.

Many of us associate test anxiety with older students taking the ACT or SAT tests. However, high-stakes testing is beginning much earlier now. Next month, many of our school-age children will be taking the state exams. These tests can be quite stressful. Third-grade students not passing these tests will likely not be promoted to fourth grade. Older students recognize that test scores may determine whether or not they are accepted to the middle school of their choice. With so much at stake, it's natural that these tests can also cause anxiety in our young students.

A certain level of anxiety can be a good thing. It is frequently a source of motivation. Without it, many of us would not get certain things done. As a teacher, I want my students to feel some amount of anxiety about this test throughout the year. This can serve as motivation to pay attention and learn the necessary material. However, I don't want my students to be suffering high levels of anxiety while actually taking the test. As test time approaches, I try to bring down the anxiety level of my students. I assure them that I've taught them what they need to know and discuss the success of students from prior years. Parents may wish to use this same approach by reminding children throughout the school year about the importance of doing well on these tests, but then using calming strategies as the test approaches.



These are some techniques for reducing test anxiety as April approaches.

1. Know what to expect. Discuss the format of the test with children. It's helpful for students to know whether the test will be multiple choice, fill in the blank, short answer, essay, or a combination of these.

2. Prepare students with some test-taking tips. For example, on a multiple choice test, it is common to rule out one or two of the answers first. Find out whether it is best to guess, or leave an answer blank, to the questions the child doesn't know. It is better to guess on most, but not all, of these tests. Your child's teacher will probably be able to answer these types of questions for you.

3. Boost your child's confidence, but not too much. Remind your child how much he has learned this year. The reason I say not to boost it too much is that it can be dangerous to be overconfident about these high-stakes tests. Every year I have one or two students in my class that are so self-assured that they don't feel the need to work carefully or check their work. Even high achievers must acknowledge that they need to spend time checking their work carefully.

4. Make sure your child is getting plenty of rest. Lack of sleep can lead to anxiety in children as well as adults. Do not try to put your child to bed early only on the evenings before tests. Develop a routine that includes plenty of sleep long before the approaching test. Putting a child to bed early only on nights before testing may actually increase the

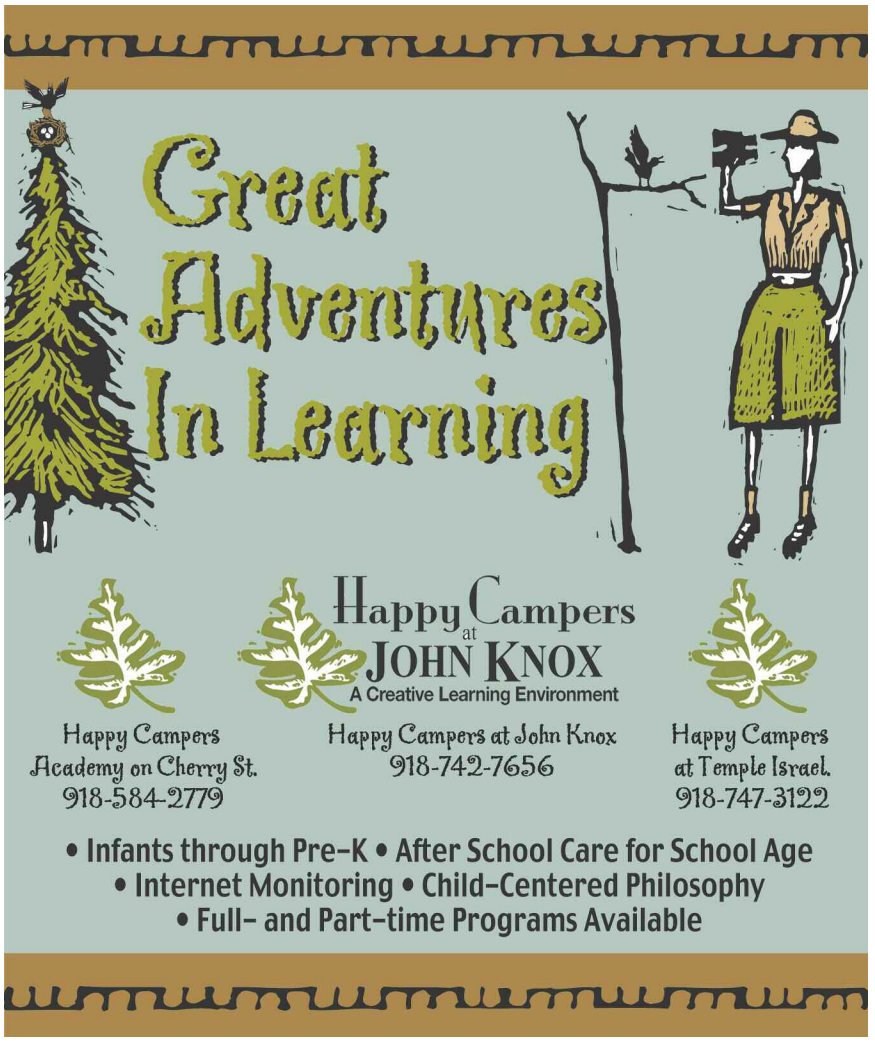
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child's anxiety. Breaking the child's routine may make it difficult for the child to fall asleep, and it's possible that the child will toss and turn worrying about the test. The early bedtimes need to be in effect long before the test arrives.

5. Discuss your child's specific concerns. Ask your child some questions to determine exactly what is causing the anxious feelings. You may be surprised at some of the answers. Some may be concerned about actually filling in the bubbles. They do need to be filled in neatly and completely. Practicing at home could help to relieve this stress. Some children are afraid they won't be given enough time to complete the tests. In this case, you may want to ask the teacher if there is a time limitation. If you and your child can identify the specific concerns, you and your child's teacher can help to relieve them.

6. Teach positive self-talk. The student may come to a difficult problem and think, "This is hard! I can't do this!" Teach your child to fight back with words like, "I'm not afraid of you. I just need to work slowly and carefully. I've got this!"

With high-stakes testing coming earlier than ever, test anxiety in children is also coming at earlier ages. If your child complains of frequent stomachaches, you may want to determine if this could be related to test anxiety. Don't assume your child is just trying to get out of going to school. Anxiety does produce symptoms similar to stomachaches. Once you have determined that test anxiety may be the cause, try some of the tips above. You may also wish to visit with a therapist who specializes in working with children.



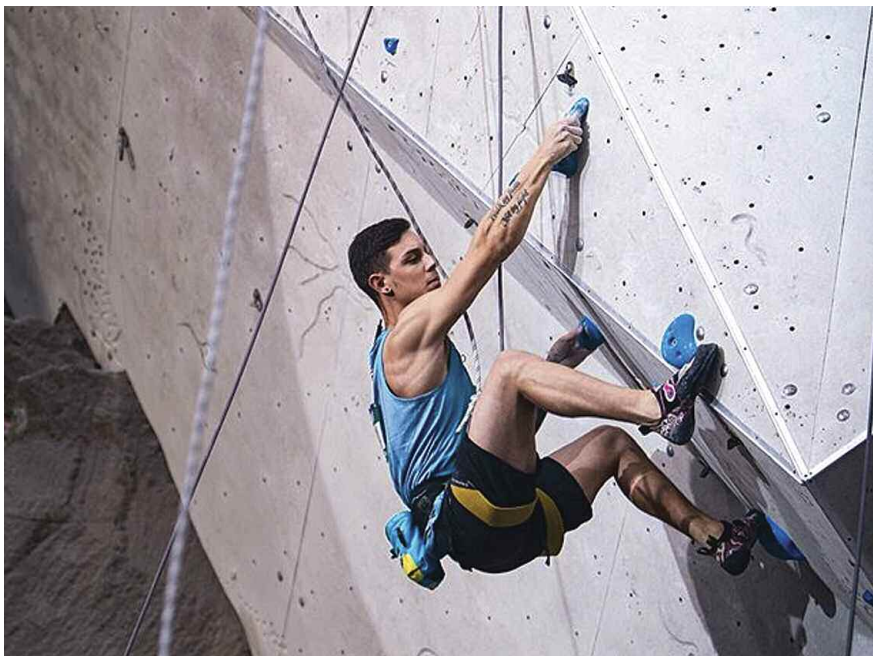


BY JULIE WENGER WATSON

life may not be what you envision (but it can be good)

At 26, professional rock climber Justin Salas possesses an impressive resume. With championship performances at competitions in both the US and abroad, this Tulsan is making a name for himself in one of the fastest growing sports in the country. Without a doubt, his athletic achievements are formidable, but they don't compare to his personal ones. Not only has he accomplished all of this in a relatively short amount of time, he's done it with significantly impaired vision. For all intents and purposes, Justin is blind.

At 14, Justin began to notice his eyesight was deteriorating, and in a very short period of time, he had lost most of his vision. While doctors struggled to make a diagnosis - eventually landing on "optic neuropathy of unknown cause" – Justin was left with a blank spot in the center of his visual field and very limited peripheral vision. The active teenager who loved to ride BMX bikes and play soccer found his life had changed dramatically in a few months' time.



Although it wasn't always an easy journey, Salas learned to adapt. While some aspects of his life remained the same – according to Justin, he was still required to keep up with his studies and do his chores around the house – others required a completely new approach.

"I think back to when I was first losing my vision. I continued riding bikes," Justin recalls. "There was a BMX rider that I looked up to back in the day, and something he said just kind of stuck with me. He said, 'You know, if you think you can do something, just go do something. Why talk about it when you can actually go do it? Just try it, and see how it goes. If you don't try it, you'll never know.'"

When a friend who worked at a local climbing gym reminded Justin that he didn't need to be able to see in order to climb, Justin gave the sport a try. He was hooked immediately and began to spend significant time in what was then New Heights Climbing Gym. It was there that he met fellow climber Matt Frederick. The two struck up a friendship, working as a team to conquer indoor and outdoor climbs, with Matt acting as Justin's sight guide, calling out the holds and helping Justin memorize the climbs.

What started out as recreation turned into competitive climbing after another climber told Justin about adaptive paraclimbing competitions. Justin and Matt headed to Salt Lake City to test their skills, and Justin scored second place in his first national competition. Since that time, Justin has won gold medals in two USA Climbing Adaptive National Championships and a silver medal in the first International Federation of Sport Climbing Paraclimbing World Cup in Edinburgh, Scotland, in 2017. Last fall, he competed in the 2018 Paraclimbing World Championships in Innsbruck, Austria, landing an IFSC gold medal. He's also the first adaptive rock climber to achieve the grade of V11.

continued next page

Justin and Matt's friendship is a powerful one that has had a significant impact on both of their lives.

"When you're climbing outside, things are, for lack of a better word, a lot more life or death," Justin notes. "If you don't trust the guys who are keeping you safe while you're climbing, then that relationship is not going to be the same. It does get rather intense sometimes. Matt and I have had our differences, and we've had to air them out and take breaks from each other, but he's still my best friend. The relationship has been all over the place, but I wouldn't want to do this with any other person."

Justin has unexpectedly found himself on the cutting edge of a relatively new sport – adaptive climbing. Sport climbing will make its Olympic debut in Tokyo in 2020, with speed climbing, bouldering and lead climbing. It should follow as a Paralympic event in 2024. He's become an advocate for the sport at the same time as his own career as a climber has taken off.

All of these new opportunities have also required Justin to gain an entirely new set of skills. He's had to learn to negotiate contracts, land sponsorships, and raise money for travel and competition. To accomplish this, Justin uses accessibility software on his computer and phone. His mom, girlfriend and climbing buddies have all proved to be invaluable resources, too, as he's navigated the business end of the sport.

"Before I lost my vision when I was 14, I had all of these thoughts about what I was going to do when I was in my early 20s," Justin recalls. "I wanted to be moved out of the house and do all of these different things, and then life didn't necessarily play out the way I thought it was going to. All I want to be in life is independent and to support myself financially. In that process, climbing ended up becoming that for me. Paraclimbing, it's a brand new thing, so it's kind of like a perfect storm in a way."

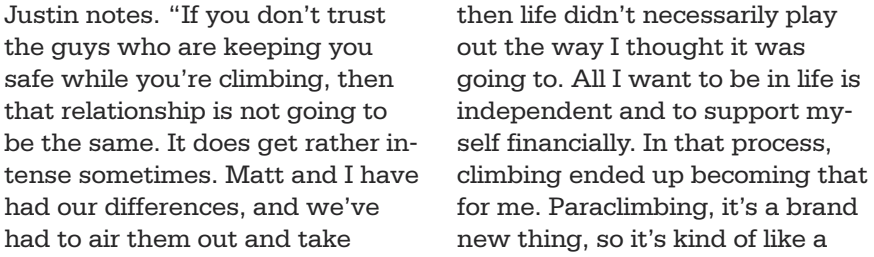
While Justin doesn't feel pressure from the outside world, he does put some on himself.

"I want to perform, to show the world that paraclimbing is a very real thing. It's here to stay," he says.

For now, Justin's days are filled with work, training, travel and competition. While it's not exactly the future he envisioned for himself at 14, it's a full life, and one he loves.

"Expect the unexpected," he muses. "Life has a funny way of going in different directions you never thought possible. Just because things don't play out the way you think they're going to doesn't mean that it's not going to be a good destination at the end of the road. You know, we're all just trying to figure this out. I think life is a trip. It's interesting. It's dynamic, not static."

For more information on Justin, visit his website at www.justinsalas.com.



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BY CHRISTA MELNYK HINES

meet JUUL: what every parent needs to know now

When Julie Urban started going through her son's belongings in his bedroom, she wasn't sure what she was looking for. She only knew that her 17-year-old wasn't acting like himself.

"He had been acting strange for several months - staying out late, missing classes, getting in trouble at school," Urban says. "His personality had changed quite a bit. He had gone from very shy and reserved to active, outgoing and always busy. He was constantly fidgeting and would be caught up in lies from time to time."

Hidden in a tub of soccer scarves, she and her husband discovered a JUUL, an e-cigarette resembling a flash drive, still in its original packaging.

"If it hadn't been in the box, we would not have known what it was," Urban says.

JUUL (pronounced "jewel") is all the rage among many middle school and high school students.

"This product has more than half of the e-cigarette market share and is a large reason that e-cigarette use is the leading tobacco product among kids," says Erika Sward, national assistant vice president for advocacy, American Lung Association, Washington D.C.



What is JUUL? A JUUL is a slender, compact e-cigarette that looks like a flash drive. A small, non-refillable liquid nicotine cartridge or pod clicks into the top of the device.

JUUL charges in a USB port. The pod's e-liquid heats up to create a vapor that the user inhales. According to the manufacturer, a single pod contains 59 milligrams of nicotine per milliliter of liquid, which is equivalent to the amount of nicotine in an entire pack of cigarettes.

What's the attraction? From a teen's perspective, JUUL is "the perfect storm," Sward says.

The product is sleek and discreet, hidden easily in pockets, sweatshirts and backpacks. It doesn't produce the vapor cloud associated with other e-cigarettes, making it simple for kids to use even while sitting in class. Candy and fruit-flavored e-juices, decorative wraps or "skins," and social media campaigns add to the appeal.

Isn't it safer than smoking? E-cigarette makers originally marketed their products as smoking cessation devices, which gave these products a halo effect as healthier alternatives to traditional cigarettes.

Since they don't look or smell like traditional cigarettes, many kids fail to see e-cigarettes as the latest evolution in how tobacco companies are peddling their products.

"You've got a lot of kids who would never in a million years think to pick up a cigarette who are using JUUL," Sward says.

Researchers aren't sure how harmful e-cigarettes are, but they do know that the products emit chemicals into the lungs, including aldehydes (formaldehyde, acetaldehyde, acrolein and acetone); volatile organic compounds found in car exhaust; heavy metals like nickel, lead and chromium; and diacetyl, a highly toxic chemical linked to lung disease.

Exposure to diacetyl can cause a life-threatening condition called popcorn lung, or oblitera-

continued next page

tive bronchiolitis. Diacetyl was once used to enhance the buttery flavor of popcorns. Factory workers, who inhaled the chemical, began to experience inflammation in the lungs, leading to scarring and narrowing of the airways and difficulty breathing. Popcorn lung disease is irreversible and can be mistaken for other respiratory ailments like asthma.

Symptoms include wheezing, dry cough, shortness of breath, unexplained exhaustion and irritation around the skin, eyes, mouth or nose.

"The bottom line is that no e-cigarette has been found to be safe and effective by the FDA for helping smokers quit," Sward says.

How does nicotine affect brain development? The adolescent brain is particularly vulnerable to the addictive effects of nicotine. The brain's cortex, the center of decision making and impulse control, isn't fully formed until around the age of 25.

According to the Surgeon General: "Nicotine changes the way synapses are formed, which can harm the parts of the brain that control attention and learning. Because addiction is a form of learning, adolescents get addicted more easily than adults."

Research suggests that kids who use e-cigarettes are much more likely to turn to traditional cigarettes later.

How are e-cigarettes regulated? State laws vary. Some states have increased the minimum age to purchase nicotine products to 21, but they're relatively easy for minors to purchase online. Other states have begun taxing e-cigarettes and prohibiting the sale of flavored products.

Since e-cigarettes are not regulated by the FDA, there's no telling exactly how much nicotine is in any of these products, including those that claim to contain zero nicotine.

"The Food and Drug Administration has kicked the can down the road on dealing with JUUL and other e-cigarettes. They are asking a lot of questions both directly of JUUL and of the broader public on the issues of flavors and of e-cigarettes more broadly; but when it comes time to taking meaningful action against the sale of these products and protecting kids, the FDA has failed to deliver in a big way," Sward says.

The American Lung Association is one of seven other public health organizations, including Campaign for Tobacco-Free Kids, American Cancer Society Cancer Action Network, American Heart Association, Truth Initiative, American Academy of Pediatrics and Democracy Forward, and individual pediatricians, that sued the FDA in March for its decision to delay the regulation of e-cigarettes until 2022.

What can parents do?

Promote a healthy lifestyle. Talk to your kids about the harmful effects of addictive substances on the body.

Remind your kids that like traditional cigarettes, JUUL and other e-cigs are highly addictive nicotine delivery systems.

Contact your child's middle school or high school to learn how they are educating staff and students about e-cigarettes.

Familiarize yourself with what JUUL and other e-cigarettes look like.

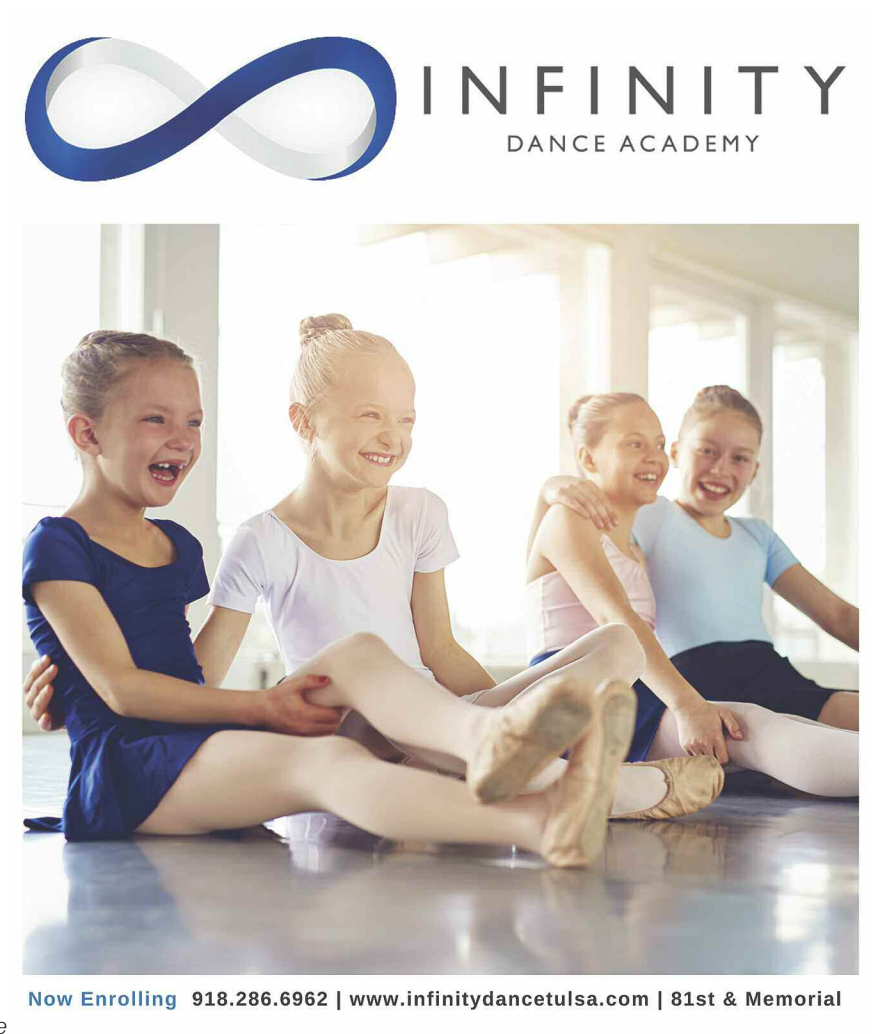
Contact your state legislators and urge them to protect kids by increasing the minimum age to purchase nicotine products to 21, prohibit the sale of flavored products and put pressure on the FDA to regulate e-cigarettes.

Christa Melnyk Hines is a freelance journalist and author. She and her husband are the parents of two middle school age sons. Christa's latest book is Happy, Healthy & Hyperconnected: Raise a Thoughtful Communicator in a Digital World.

If you or a loved one is addicted to nicotine, call 1-800-QUIT-NOW or visit www.lung.org to learn safe and effective ways to quit.

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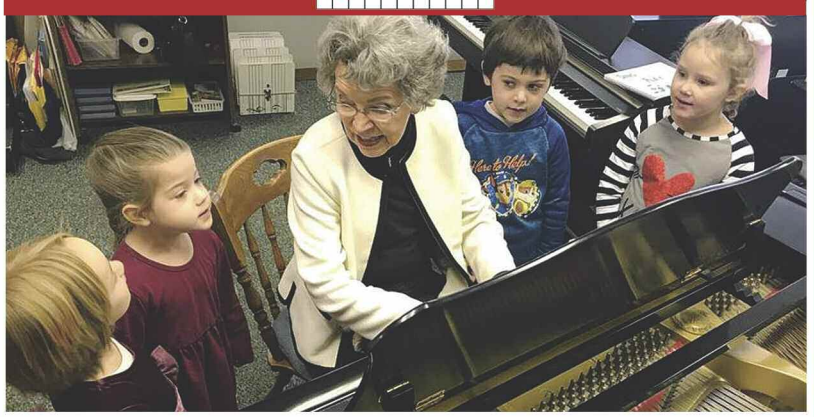
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BY MELODY PALMER, YOUTH LIBRARIAN, SOUTH BROKEN ARROW LIBRARY

hearing is reading!

HOW AUDIOBOOKS SUPPORT YOUNG READERS WITH DYSLEXIA AND OTHER LANGUAGE DISORDERS

Imagine with me, if you will, that you are in elementary school, learning to read, but struggling. You see all your friends breeze right through reading class. While they're reading the latest *Diary of a Wimpy Kid* or *Goosebumps*, every time you look at the pages, all you see are the letters jumbled up and sometimes even falling off the page.

It takes you so much longer to read than your friends that you just don't want to bother with it anymore. You end up failing all the reading quizzes at school because it takes you so long. You know you are smart in other things, but reading becomes harder every day.

Then one day, you go to the library to find a really easy book to read and the librarian suggests audiobooks. You and your parents look at each other as if she must be crazy because no way did that just happen. Isn't listening to audiobooks cheating?

I am here to tell you: Listening to audiobooks is NOT cheating! It's reading!

As a Youth Librarian with an undergraduate degree in Speech Language Pathology, I can assure you that audiobooks can actually help, especially when paired with the print version of the book. It will allow children to see and hear the book at the same time, which can help them gain reading fluency and comprehension.



Similar scenarios happen nearly every week at my branch. Many times, it's the parents who approach me without the child because the child is so frustrated with reading she doesn't even want to go to the library. They tell me they know their child is smart and they want her to succeed, but nothing is working. They know reading is important, but have been told all their lives that listening to audiobooks isn't really reading. Another concern voiced by parents is that print reading will suffer if their child listens instead of reading printed material.

Let me put your mind at ease and say it again: Listening to books helps your child stay current on oral language skills, specifically word knowledge and vocabulary, which can, in turn, aid your child in print (eye) reading fluency and comprehension.

Ear Reading vs Eye Reading

The International Dyslexia Association defines ear reading as reading using audiobooks or similar text-to-speech software; the verbal words are processed through the ears and eyes simultaneously and then processed in the brain. They go on to define eye reading as the more recent traditional learning letters and sounds to form words and sentences. Eye reading is processed solely through the eyes and then the brain. Studies show that when a child with a language processing disorder reads with his ears and eyes at the same time, his comprehension dramatically increases.

Side note: Reading as we know it today is a fairly recent language development. Learning, for much of history, took place when listening to others. Oral storytelling was the entertainment of choice until the past few hundred years for many cultures. I say all that to say we're kind of hard-wired to enjoy hearing stories and to learn by hearing.

Fluency and Comprehension

Emerging readers and people with language processing disorders often read one word at a time. Listening assists them in forming coherent sentences as they read, which leads to improved comprehension. When children listen to books and see the printed words in front of them at the same time, they develop fluency in reading, and comprehension is greatly enhanced. Audiobooks provide another tool that parents have at their disposal to promote their child's education.

Enjoyment

Listening to audiobooks is an immersive experience that can help people with language processing disorders to develop their

continued next page

imagination and promote a love of books; it allows them to do other things while they read, like put away their laundry. Audiobooks can also help while the time away on long trips, because, let's face it, you can only play so much car tag Bingo before you are bored out of your mind.

Even people without a language processing disorder can take great pleasure in listening to audiobooks. This format helps pass the time while exercising, cleaning, or even when just sitting on the couch with a favorite animal. They also can help you breeze through your reading list while you drive to work, are on a road trip or running errands.

Where to get (FREE!) Audiobooks:

Your Library! We have Audiobooks on CD, Playaways and digital audiobooks. We have several apps for downloading audiobooks to your device: CloudLibrary, Hoopla, Libby (Overdrive) and RBDigital. Please visit your local branch if you need assistance setting up these apps. We're happy to help.

Bookshare (www.bookshare.org/cms) : It's a service that provides audiobooks with the read-along aspect for free to qualifying U.S. students. It's also available for adults for a nominal weekly fee.

There are also text-to-speech programs and apps to go along with Project Gutenberg (free out-of-copyright ebooks). These text-to-speech apps can also assist with transcribing written notes to an audio version of lectures.

If you or someone you know struggles with reading because of dyslexia, audiobooks might be at least a partial solution to the problem and worth considering. Who knows, you might discover you really prefer consuming books for fun by listening. I know I do!

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SIX TIPS FOR A SUCCESSFUL SLEEP-AWAY CAMP EXPERIENCE



BY CHRISTA MELNYK HINES

Considering a sleep-away camp for your child this summer? Here are few tips to make the experience an adventure they'll remember long after the campfire songs are mere echoes in their ears.

Determining readiness. Overnight camps vary in size, scope and age, welcoming campers anywhere between ages 6 and 19. Most kids are ready for an overnight camp by age 8 or 9. Whether or not a child is ready for overnight camp depends on their personality and physical and emotional maturity.

Kristina Marchuk, mom of three, says her oldest daughter Katelyn, 14, went to her first overnight, a week-long Girl Scouts camp, when she was 11, and her younger daughter Alyssa, 6, a Daisy in the Girl Scouts, will go to her first overnight camp this summer.

Try day camps to help you introduce your youngster to the camp experience. Marchuk says sleepovers with grandparents and occasional overnights with their Girl Scout troops also helped her daughters prepare for extended sleep-away camps.

Consider the length of the camp. Because Alyssa is younger and hasn't spent many nights away from home without at least big sister present, Marchuk chose a shorter three-day camp to see how she does.

"I'm more nervous about Alyssa. She's going into second grade and will only be seven by the summer," Marchuk says. "I'm glad they offer that option to get the kids acclimated to spending time away from parents."

Trish Barnes, executive women's director and K-2 women's director at Camp Kanakuk, and a mom of three children and three step-children ranging in age from 12 to 30, says choosing the right duration of camp definitely depends on the child and your goals.

"The first year I sent my oldest son just for a week because I knew two weeks or a month would have been tough on him. A week would have been out of his comfort zone, but not so overwhelming where it would spin him into anxiety," Barnes says. "My middle son? He was the complete polar opposite. He was ready to go for a month right off the bat."

Set goals. Besides learning new skills, children learn how to collaborate and live in community while at camp, gaining self-confidence and independence through problem-solving and teamwork.

"The camping world is an unbelievable place where you can help your kids learn how to face disappointments, have a voice,

continued next page

make new friends or just get outside their comfort zone and try something new in a very safe environment," Barnes says, who has worked at Kanakuk for 26 summers. "It's such a great accomplishment for a kid to get to do that away from home so that they know they accomplished that on their own."

Also, include your child in deciding on a camp. Maybe they wish to hone a specific interest like a sport they enjoy or want to try a variety of new activities like canoeing, horseback riding or ziplining.

Research the camp. Do you want a faith-based camp or a secular environment? Where is the camp located? Are you seeking a camp that offers a smattering of activities or one that specializes in one of your child's interests such as art, music or a specific sport?

Look at the camp website. Talk to other parents for referrals. Visit the camp and talk to the camp director.

Ask about counselor to camper ratios, safety policies (including severe weather, intruders and policies for activities) and how the camp manages situations such as homesickness, anxiety and medical situations. Is there a nurse on staff? Do counselors return year after year? Listen to your intuition. Does the environment feel safe and well-organized? Is the staff kind, attentive and nurturing?

Manage expectations. Explain to your child that she needs to stick with the camp through its duration. By seeing things through to the end, she will grow more independent in her ability to make decisions and more resilient to adversity and discomfort -- skills which will prove invaluable as she grows into adulthood.

"Coming home is not an option. Let them know that the expectation is that they are going to finish because once you start something, you want to finish it. The only reason you wouldn't finish something is because you are in harm's way or it's going to be ethically, morally bad for you," Barnes says.

Arrive prepared. Together with your child, spend time gathering everything he'll need at camp. Through diligent research, careful preparation and a positive attitude, you'll lower any anxiety he may have and set him up for a successful sleep-away camp experience.

Camp Safety: Questions Parents Should Ask

Is the camp American Camp Association (ACA) accredited?

What is the ratio of staff to kids, and what is the staff turnover like? Do counselors come back year after year?

How does the camp screen staff and counselors? Background checks, sex offender checks, etc.

What is the protocol for supervising children, especially during activities such as canoeing or swimming?

What safety and first aid training do counselors have?

How are visitors to camp screened?

How does the camp handle homesickness?

What types of emergencies have come up in the past, and how are emergencies handled? Is there a nurse on staff?

What kind of orientation to camp do the campers receive?

For more information like this, go to www.acacamps.org







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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 p.m. The Tulsa Arts District, thetulsaartsdistrict.org

March 2 Saturday

CHALLENGE AIR—TULSA FLY DAY [FREE]
Challenge Air provides 30-minute flights for special needs children (ages 7-21) for FREE. The families attend a short ground school before going up on their flight and when they return, the pilot presents the child with a special certificate and their official wings. Highlights for participants include an educational ground school, a 30-minute flight, face painting, super heroes, static aircraft, lunch, service animals and much more.
Families can sign up at www.challengeair.com. R.L. Jones Airport, Hosted by Riverside Tulsa Tech, 801 E. 91st St., 8 a.m.-5 p.m.

RUNWAY RUN 5K
The ONLY run in Oklahoma on an airport runway! Run alongside vintage aircraft and military vehicles on a flat, certified 5K course. Proceeds benefit the Tulsa Air and Space Museum (TASM). TASM, 3624 N. 74th E. Ave., 10 a.m. tulsamuseum.org

KIDS MINI TRIATHLON
Splash! Pedal! Run! When you sign up your little athlete for this event, you also help other kids, as all proceeds benefit The Children's Hospital at Saint Francis. Registration fee includes a T-shirt and post-race celebration. Gold, silver and bronze awards will go to girls and boys in both the Youth and Child categories. All events take place indoors at Health Zone, 5353 E. 68th St., 10:30 a.m. saintfrancis.com/healthzone

WILL EISNER COMIC FEST [FREE]
Enjoy comics, artists, vendors, a cosplay contest, a Graphic Novel Exhibit and panels. The Sherwin Miller Museum of Jewish Art, 2021 E. 71st St., 12-5 p.m. jewishmuseumtulsa.org

March 3 Sunday

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

March 4 Monday

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

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

NOS APOYAMOS! [FREE]
For Spanish-speaking parents of children with developmental disabilities. For more information, contact Hannah Chaboya at TARC, at 918.582.8272. Catholic Charities of Eastern Oklahoma, 2450 N. Harvard Ave., 6-7:30 p.m. ddadvocacy.net

March 5 Tuesday

STORY TIME AT GATHERING PLACE [FREE, W]
Fall in love with the magic found in children's books! Head to Gathering Place every Tuesday at 10 a.m. and Thursday at 4 p.m. in the Lodge Parlor, and every Saturday at 9:30 a.m. in the Boathouse for Story Time from guest readers. Gathering Place, 2600 S. Riverside Dr., 10 a.m. gatheringplace.org

TEEN BOOK CLUB [FREE]
The Owasso Library kicks off its Teen Book Club! Discuss favorite genres, come up with a name for the club and pick the first few books. For ages 13-18. Owasso Library, 103 W. Broadway St., 4-5 p.m. tulsalibrary.org

YOGA FOR EVERY BODY [FREE, W]
All skill levels are welcome to join in this beginning yoga class taught by certified yoga instructor Christine Von de Veld. Bring your own yoga mat or use one of the library's. For adults and teens. Central Library, 400 Civic Center, 5:30-6:30 p.m. tulsalibrary.org

March 6 Wednesday

BUILD A READER STORYTIME: PRESCHOOL/STAY AND PLAY [FREE, W]
The best in children's literature, songs, games, finger plays, rhymes and other reading-related activities are shared with your preschooler. Stay after storytime for games, toys and activities that foster critical early literacy skills. Brookside Library, 1207 E. 45th Pl., 10:15-11:15 a.m. tulsalibrary.org

BUILD A READER STORYTIME: SENSORY [FREE]
Sensory Storytime focuses on learning with all five senses and is especially designed for children with a variety of learning styles or sensory integration challenges. Does your preschooler have difficulty sitting through storytime? If so, this inclusive program of stories, songs and activities may be just what you are looking for! Central Library, 400 Civic Center, 6:30-7 p.m. tulsalibrary.org

March 7 Thursday

BUILD A READER: EXPLORE AND PLAY [FREE, W]
Build reading and math skills through one-to-one playtime. Explore and Play features a rotating collection of books, toys and games for children and caregivers to enjoy together. For ages 0-5. Broken Arrow Library, 300 W. Broadway Ave., 10:30-11 a.m. tulsalibrary.org

STORY TIME AT GATHERING PLACE [FREE, W]
Fall in love with the magic found in children's books! Head to Gathering Place every Tuesday at 10 a.m. and Thursday at 4 p.m. in the Lodge Parlor, and every Saturday at 9:30 a.m. in the Boathouse for Story Time from guest readers. Gathering Place, 2600 S. Riverside Dr., 4 p.m. gatheringplace.org

March 8 Friday

STORYTIME FOR GROWNUPS: THE FUTURE IS FEMALE [FREE]
Bring a brown-bag lunch, craft or art project, and cozy in while listening to local orators delight you with some of their favorite reads. Light bites are provided! Central Library, 400 Civic Center, 12:15-1 p.m. tulsalibrary.org

March 9 Saturday

SECOND SATURDAY AT PHILBROOK [FREE]



Pilot Ken Woodhead and his co-pilot gear up for a flight at the 2018 Challenge Air Fly Day. This year's Challenge Air Fly Day will be held Saturday, March 2. Get more information at challengeair.com.

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

2ND SATURDAY WALKING TOUR: LOST TULSA, THEN & NOW
Join Tulsa Foundation for Architecture for its monthly architectural walking tour! March's tour will focus on what we've lost in Tulsa. You'll be shocked at how much Tulsa's Main Street has changed. Travel back to Tulsa's early days and trace the evolution of our city's architecture and history from cow town to boom town to present day. Tulsa Foundation for Architecture, 633 S. Boston Ave., 10 a.m.-1 p.m. tulsaarchitecture.org

2ND SATURDAY SILENTS PRESENTS: "A CHILD OF THE PRAIRIE" [FREE]
"A Child of the Prairie" (1925) stars Oklahoman Tom Mix, and is about a married couple with a young child in Red Gulch who meet a sinister cardshark, which changes their lives forever. Bill Rowland will accompany on Circle Cinema's original 1928 pipe organ, and the Tom Mix Museum of Dewey will provide memorabilia on display for guests to enjoy before the film. Admission is free, courtesy of Hughes Lumber Company of Dewey and Tulsa, OK. Circle Cinema, 10 S. Lewis Ave., 11 a.m. circlecinema.com

March 10 Sunday

SENSORY-FRIENDLY FAMILY FUN TIME
Every second Sunday of the month, Discovery Lab hosts Sensory-Friendly Family Fun Time. 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

March 11 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

DARK, DRAMATIC, DANGEROUS: THE COMPLEX HEROINES OF MINDY MCGINNIS [FREE]
Get to know best-selling young adult author (and Sequoyah Book Award winner) Mindy McGinnis as she discusses her nuanced exploration of morally complex female characters. McGinnis is an Edgar Award-winning novelist who writes across multiple genres, including post-apocalyptic, historical, thriller, contemporary, mystery and fantasy. While her settings may change, you always can count on her books to deliver grit, truth and an unflinching look at humanity and the world around us. Whether living in a future world ravaged by disease and climate change, or a 19th century insane asylum, or a claustrophobic small town, McGinnis' female protagonists are complex and nuanced in their responses to difficult situations. Learn how the author creates worlds in crisis and characters who must respond to those crises when no choice is morally clean or simple. Ask McGinnis questions about your favorite book of hers or about how to write morally complex characters in a variety of settings. Light refreshments will be provided; books will be available for purchase. For teens and adults. Central Library, 400 Civic Center, 7-9 p.m. tulsalibrary.org

March 12 Tuesday

BUILD A READER STORYTIME: BILINGUAL/CUENTOS BILINGÜES [FREE, W]
Enjoy stories, songs and activities in English and Spanish. / Cuentos, canciones y actividades en inglés y español. Martin Regional Library, 2601 S. Garnett Rd., 11-11:30 a.m. tulsalibrary.org

March 13 Wednesday

ELEPHANT AND PIGGIE GO TO THE LIBRARY! [FREE]
Come and hear about the adventures of your favorite duo, Elephant and Piggie! Enjoy storytime, drawing activities, snacks and more! Sponsored by the Friends of the Helmerich Library. For toddlers to elementary schoolers. Helmerich Library, 5131 E. 91st St., 3:30-4:30 p.m. tulsalibrary.org

March 14 Thursday

AHHA TULSA STROLLER TOUR
Head to ahha on the second Thursday of each month for an 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. Drop-in stroller tours are included with admission and always FREE for members. ahha Tulsa, 101 E. Archer St., 1 p.m. ahhatulsa.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

TULIP TOUR
Join Tulsa Botanic Garden CEO Dr. Todd Lasseigne for a walk and talk to see what spring bulbs are blooming. Free with admission. Additional date March 21. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 6 p.m. tulsabotanic.org

March 15 Friday

TULSA IRISH FESTIVAL [FREE]
Tulsa IrishFest kicks off with Opening Ceremonies on Friday, March 15th at 3 p.m. Throughout the weekend there will be live performances from Crannua (Ireland), Skerryvore (Scotland), Cassie & Maggie (Nova Scotia), Cleghorn (Dallas) and special performances from the Goode Academy of Irish Dance. The festival at Guthrie Green will also include food trucks, Celtic vendors for shopping, a kid's zone, traditional Irish games and an exclusive Irish landscape video produced for the festival by AirCam Ireland. Guthrie Green, 111 E. M.B. Brady St., 3-8 p.m. and Saturday, March 16, 12-8 p.m. tulsairishfest.org



FESTIVAL OF WORDS
Laura Tohe (Diné, Tsénahabiłnii, Sleepy Rock People clan, and born for the Tódich'inii, Bitter Water clan) will receive the Tulsa Library Trust's "Festival of Words Writers Award" March 2, 10:30 a.m. Her award presentation will be followed by a book signing and a day of educational American Indian family events from 11:30 a.m.-2:30 p.m. Hardesty Library, 8316 E. 93rd St., 10:30 a.m.-2:30 p.m. tulsalibrary.org
Photo Credit: J. Morgan Edwards

Searching for more Storytimes? Find them at tulsakids.com/storytime!

SHAMROCK THE ROSE!
The Rose District's 5th Annual St. Patrick's Day Block Party features live music, vendors, food trucks and more! This event raises funds for Soldier's Wish, which grants wishes to veterans. The Rose District, Broken Arrow, 5-10 p.m. thebabuzz.com

FREE MOVIE NIGHT AT BOSTON AVENUE UMC [FREE]
Enjoy a free movie night inside the Jubilee Gym! Doors open at 6 p.m. and the movie starts around 6:30 p.m. There will be free popcorn, drinks and snacks for $0.50 and a door prize. Feel free to bring your own dinner food, chairs, pillows, sleeping bags - whatever makes it comfortable for you to watch a fun movie! All ages are invited and welcomed to this event. The featured movie is "Coco"—show up at 6 to get your face painted! Boston Avenue UMC, 1301 S. Boston Ave., 6 p.m. bostonavenue.org

March 16 Saturday

ST. PATRICK'S DAY RUN
March 16, 2019 is the 37th Annual St. Patrick's 5K Run presented by RunnersWorld Tulsa. All proceeds benefit Special Olympics Oklahoma and Tulsa Running Club. In addition to the 5K and 1-mile fun run, prizes will be awarded for the runners, door prizes at the event and prize money for participating schools. RunnersWorld Tulsa, 3920 S. Peoria Ave., 8:30 a.m.-2 p.m. runnersworldtulsa.com

CHANDLER PARK JUST FOR TOTS
This promises to be a fun-filled afternoon for the little tykes! There will be books, balls, blocks, games, crafts, goodie bags and door prizes. Lunch is provided. $5/child, parents are free. Chandler Park, 6500 W. 21st St., 10 a.m.-2 p.m. parks.tulsacounty.org

STORYTIME AT GATHERING PLACE [FREE, W]
Fall in love with the magic found in children's books! Head to Gathering Place every Tuesday at 10 a.m. and Thursday at 4 p.m. in the Lodge Parlor, and every Saturday at 9:30 a.m. in the Boathouse for Story Time from guest readers. Gathering Place, 2600 S. Riverside Dr., 4 p.m. gatheringplace.org

March 17 Sunday

FUNDAY SUNDAY AT GILCREASE [FREE]
Funday Sunday is a FREE admission day loaded with fun for the whole family. Visitors can enjoy art-making stations throughout the museum, special exhibition-themed programming, open galleries and our gardens. Art activities take place from noon to 4 p.m., but admission is free all day. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 10 a.m.-5 p.m.

CLOVER HUNT
Families can head to the Garden for some Good, Green Fun on St. Patrick's Day. Search the Children's Discovery Garden for four-leaf clovers and golden nuggets, and keep an eye out for any leprechauns! Enjoy the Garden as spring greening begins. Beer will be available for sale. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 1-4 p.m. tulsabotanic.org

March 18 Monday

HAPPY SPRING BREAK! DON'T MISS OUR ROUNDUP OF SPRING BREAK ACTIVITIES!

CLOVER HUNT AT CHANDLER PARK [FREE]
Hunt clovers (made out of paper) hidden within the park. Bring your clovers to the community center to redeem your prize! Find the Pot O' Gold and win something EXTRA special! This event occurs daily, through March 22. Chandler Park, 6500 W. 21st St., 7 a.m. (ending time varies; check website).

SENSORY FOR 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

WEB TALES WITH SPIDER MAN [FREE]
Swing in and read with Spider-man! Kids are invited to read their favorite books one-to-one with Spidey, your friendly neighborhood Spider-man. Spidey will help encourage your child to develop the amazing power of reading and develop the skills to become a confident superreader! Parents or guardians are encouraged to attend. Children are encouraged to wear their favorite superhero clothing. Photo ops with Spider-Man will be available after the program. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. Judy Z. Kishner Library, 10150 Cincinnati Ave. E., Sperry, 10:30-1:30 p.m. tulsalibrary.org

March 19 Tuesday

BUILD YOUR OWN MAGICAL FAIRY HOUSE [FREE]
Using craft sticks, flowers and other fun embellishments, create beautiful little houses for magical fairies to come "home" to. Materials are provided. For ages 8-14. Schusterman-Benson Library, 3333 E. 32nd Pl., 2-3 p.m. tulsalibrary.org

March 20 Wednesday

AN EVENING WITH MARIKO TAMAKI: WOMEN IN COMICS [FREE]
Enjoy an evening with Mariko Tamaki, award-winning graphic novel and comics author, as she discusses feminism in the world of comics. Tamaki is the co-creator of award-winning comics "This One Summer" and "Skim" (with Jillian Tamaki), and "Emiko Superstar" (with Steve Rolston). In 2015, "This One Summer" received Printz and Caldecott Honors and the Eisner for Best Graphic Album–New. She also has written for BOOM! Studios, Marvel and DC Comics, working with "She-Hulk" and "Supergirl." After her presentation, Tamaki will sign books. Copies of her work will be available for purchase at the event, courtesy of Magic City Books. Register online at www.tulsalibrary.org/events for event updates. For teens and adults. Central Library, 400 Civic Center, 7-8:30 p.m. tulsalibrary.org

FULL MOON NIGHT HIKE
Take a hike on the Garden's 1.5-mile nature trail and discover the sights and sounds of native forest and prairie. Beer and wine will be available for sale as well as s'more kits for making s'mores over fire pits (weather permitting). (Not recommended for children under 6 years) Cost is $10 per person for members; $15 for non-members. Register online or call 918-289-0330. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 7-9 p.m. tulsabotanic.org

March 21 Thursday

BABY & ME MATINEE: "PASSENGERS" (PG-13) [FREE]
Moms, dads, caregivers! Relax and enjoy a movie just for you without worrying about your baby's noise or movement disrupting other moviegoers. The lights will be dimmed and the sound volume down. In the featured film, two passengers on a spacecraft traveling to a distant planet are brought out of suspended animation by a technical glitch — 90 years before the vessel is due to reach its destination. Together, they must investigate the malfunction that awakened them. Hardesty Library, 8316 E. 83rd St., 10 a.m.-12 p.m. tulsalibrary.org

March 22 Friday

CROSS-GENERATIONAL ART WITH BROOKDALE RETIREMENT CENTER [FREE]
Join the South Broken Arrow Library in assisting residents of Brookdale Retirement Center in creating an art project. For all ages. Broken Arrow Library/South, 3600 S. Chestnut Ave., Broken Arrow, 10:30-11:30 a.m. tulsalibrary.org

March 23 Saturday

THIRD ANNUAL BIKES AND BOOKS [FREE]
Engage with library staff, neighbors and motorcycle riders. Youth ages 0-16 in attendance will receive a free book and a chance to win one of four $25 Barnes & Noble gift cards. The 918 Riderz Motorcycle Club will show up to post up, so come out and admire their motorcycles, ask questions and engage with club members at this come-and-go event. Suburban Acres Library, 4606 N. Garrison Rd., 12-2 p.m. tulsalibrary.org

TEEN TECH MONTH: INTRODUCTION TO GAME DEVELOPMENT [FREE]
You love playing video games, so come and learn how to create them! Participants will explore how video game environments are composed and how to add elements. For ages 13-18. Martin Regional Library, 2601 S. Garnett Rd., 1-2:30 p.m. tulsalibrary.org

March 24 Sunday

STUDIO SUNDAYS [W]
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

March 25 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

MAKER MONDAY: DIY MUG CAKES [FREE]
Enjoy a hands-on tutorial on making tasty cakes you can assemble and cook entirely within a single mug! Bring your own 8-ounce microwave-safe mug. The library will supply the rest. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. For adults and teens. Central Library, 400 Civic Center, 5:30-7 p.m. tulsalibrary.org

March 26 Tuesday

BUILD A READER STORYTIME: FAMILY/STAY AND PLAY [FREE, W]
Bring the whole family for this 0-to-5 storytime! There's something for everyone – simple songs and books for the little ones, more interactive stories and activities for your older children. Stay after storytime for games, toys and activities that foster critical early literacy skills. Helmerich Library, 5131 E. 91st St., 10:30-11:30 a.m. tulsalibrary.org

BACK TO THE MOON FOR GOOD
Return to the Moon 40 years after the historic Apollo landings. See how a competition among privately funded international teams is ushering in a new era of lunar exploration. Back to the Moon, For Good is narrated by Tim Allen. The target audience age for Back to the Moon is ages 6 to Adult. Jenks Planetarium, 105 E. B St., Jenks, 7-8 p.m. jenkscommunityed.com

March 27 Wednesday

TEEN CONNECTION [FREE]
Teen Connection is a social group for middle and high school students with high functioning autism. Activities include board and video games where they can practice positive social skills with others that have similar interests. For more information, contact Sherilyn Walton or Steve Pitts at 918-582-8272. Tulsa ARC, 2516 E. 71st St. A, 4:30-6 p.m. ddadvocacy.net

March 28 Thursday

TEEN TECH MONTH: CIRCUIT-BUILDING WORKSHOP WITH FAB LAB [FREE]
Work on a circuit board and make yourself a treat! For ages 10-18. Kendall-Whittier Library, 21 S. Lewis, 4-6 p.m. tulsalibrary.org

BANDS & BLOSSOMS
Unwind after work with music, food and drinks while walking through the Botanic Garden's spring display of 100,000 bulbs. Each week will feature different local musicians playing in the Garden from 6 to 8 p.m. with a food truck and beer and wine available for sale. See website for details. Occurs weekly, March 28-April 18. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 6-8 p.m. tulsabotanic.org

March 29 Friday

TEEN TECH MONTH: SURVIVAL SKILLS—WHO ARE YOU? [FREE]
We are living in an age of social media, but how will what you post now effect you in the future? Get expert advice from a social-media marketer on how to make your profiles more interesting and learn how your digital footprint can either help or haunt you. For ages 12-18. Broken Arrow Library/South, 3600 S. Chestnut Ave., 3:30-4:30 p.m. tulsalibrary.org

FAMILY ACCESS NIGHT AT CRYSTAL BRIDGES [FREE]
Family Access Night is a fun night out for families impacted by disability to visit the museum. Youth with disabilities and their families participate in engaging activities including gallery tours, studio art activities, and performances by local entertainers. The event is free, and preregistration is encouraged. Crystal Bridges, 600 Museum Way, Bentonville, 6-8 p.m. crystalbridges.org

March 30 Saturday

SCOUT DAY AT OKLAHOMA AQUARIUM
The Oklahoma Aquarium hosts Scout Days to honor all youth organizations and their members (such as Boy Scouts, Girl Scouts, Camp Fire, 4-H, FFA, etc.). There are special activities offered from 11:00 a.m. to 1:00 p.m, but the discounted rate is available for the entire day (remember the last ticket is sold 1 hour prior to closing.) Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 10 a.m.-6 p.m. okaquarium.org

ZOO INSIDER: PENGUINS
Students in grades 8 through 12 will waddle with Tulsa Zoo staff to pier into the world of nature's best-dressed birds. Learn what it takes to care for the Zoo's penguin colony and what makes this group of birds so eggsciting. This class is a peng-win!. Cost is $25 per class. More information and registration at tulsazoo.org/classes. Tulsa Zoo, 6421 E 36th St. North, 1-4 p.m.

JEWELRY FROM JUNK
Join artist Bill Derrevere for this one-time course in simple chain making! You'll bend and loop common wires to create simple yet elegant bracelets or necklaces. All materials are included and no experience is required. ahha Tulsa, 101 E. Archer St., 1-5 p.m. ahhatulsa.org

March 31 Sunday

SLAUGHTERHOUSE FIVE @ 50: MARATHON READING [FREE]
Kurt Vonnegut's masterwork SLAUGHTERHOUSE FIVE was originally published on March 31, 1969. Exactly fifty years to the day, Magic City Books will celebrate by hosting a reading of the entire book live. Watch. Read. Take part. Don't miss it. Magic City Books, 221 E. Archer St., 10 a.m.-5 p.m. magiccitybooks.com



4 PLACES TO BAG A BARGAIN ON YOUR KID'S SPRING WARDROBE

RHEA LANA'S OF SOUTH TULSA
When: February 23-March 2
Where: Summit Square Shopping Center, 6120 E. 71st St.
Website: southtulsa.rhealana.com

JUST BETWEEN FRIENDS—BROKEN ARROW
When: March 1-3
Where: Rhema Ninowski Rec Center, 1421 W. Kenosha St., Broken Arrow
Website: ba.jbfsale.com

JUST BETWEEN FRIENDS—TULSA
When: March 3-9
Where: Expo Square, 4145 E. 21st St.
Website: tulsa.jbfsale.com

RHEA LANA'S OF OWASSO/CLAREMORE
When: March 9-13
Where: 1620 N. Lynn Riggs Blvd., Claremore
Website: owasso.rhealana.com



The Hip Mom Hydrates

BY JILL VANTREASE

We're almost through another winter - my 13th as an Okie - and I have an embarrassing confession: I still have not learned to how to hydrate and moisturize my hair, skin and self during these dry, dessicated wind-coming-down-the-plains cold spells. How can I prevent hair from looking like I stuck a fork in a socket, or skin from having the texture of a wizened raisin, or eyes from leaking tears into dry, crusty red corners? My dang foundation flakes off near my hairline and neck - not chic! Now that we're into March, perhaps the end is near, and the overly drippy and humid days of summer are not far - but you may recall some bitter snowstorms in March! So I decide to embark on a personal mission to keep myself as hydrated as possible for the remainder of winter.

First, hair. My friend, Brooke, occasionally coats her hair the night before with some good, old-fashioned coconut oil and sleeps with it; the next morning she'll rinse it out in the shower. So, I gingerly coat my hair one evening - I have a jar from Trader Joe's - and my hair is really soft the next day; I don't even have to use my usual detangler. Yay! And such a cheap solution! My friend, Megan, buys the big vat from Costco and uses it in her hair, on her face, and even plops some in her coffee. In fact, there's a whole skin care line, Kopari, based on the lowly coconut: body creams, a really hydrating lip balm, and a natural deodorant which actually works (I don't care if something is chemical-free if I stink!).



My friend, the professional, Judith, who works as an esthetician at Blue Mercury, says coconut oil is too oily for her, but Moroccan oil has a nice hydrating cream that smooths her hair. She also likes jojoba oil, which is not quite as heavy as coconut. To control frizz, my friend, Laurie, recommends the Wow line of shampoos and conditioners; Ashley likes Living Proof's frizz line. My good friend, Kerrie, also a staticky frizz ball like me, recommends DevaCurl's No-Poo conditioner and styling cream. I try out sample sizes of each, and my hair feels soft, comb-able and much less frizzy. My oldest daughter, who was graced with almost impenetrably thick, curly dark auburn hair, uses it, too, and is actually able to comb through her hair (at one point she had given up combing her hair and basically had dreadlocks - it took a hair stylist three hours to detangle her head!). My friend, Susan, uses Kevin Murphy's Motion Lotion and leave-in conditioner. She can only get it from her stylist, and says it protects her hair every winter.

There are a plethora of recommendations for skin: Judith recommends serums with hyaluronic acid. I use one from Amazon that's just $14, and it seems to seal in hydration well. I get a complimentary 30-minute, hydrating mini-facial from Judith, and whatever she does is magical - I am a lot more glowy and hydrated for a couple of days. She says, "Every house should have ample amounts of coconut oil and jojoba oil. Also, Weleda makes a product called 'Skin Food' that I also think everyone should have. It's super greasy but also super nourishing, and a little goes a very long way. It should be applied like an oil. A pea-sized amount (or smaller) rubbed into hands and pressed into skin. It can be found at any health food store."

continued next page







I try this Skin Food, and it is indeed rich - it feels like I'm smearing Boudreaux's Butt Paste on my face! So I wear it at night, but I still find my darn Trish McEvoy B&B cream flaking off during the day - ugh! So I try another cream recommended by my beautiful, dewy friend, Cetina, who recommends Exuviance, a gel-like cream that contains peptides, hyaluronic acid and all kinds of great stuff. It goes on smoothly, smells divine, and my face looks rested in the morning. But again, once I pair it with my BB cream, everything flakes off like dandruff!

Finally, I discover (via a podcast, of all things) Volcasmic from Glam Glow. "It's formulated with volcanic minerals that act like microscopic sponges to help soak up oil, making skin instantly smooth but never shiny. The water balm formula delivers optimal hydration and, if used in the morning, provides a prepped, even canvas for flawless makeup application." Whatever that all means, I smear this thick paste on and voila! My skin feels like it has a bona fide barrier between it and the outside frozen horribleness. Plus, it doubles as a primer! So, if I'm not doing anything fancy (which is 99 percent of my life), I feel comfortable just wearing it solo, but for a night out, I put BB cream or foundation on top - perfection (well, for an old mom)!

Other general hydrating tips: When you're cleansing, avoid foaming cleansers that dry out the skin; instead, use creamy cleansers. Right after showering, my friend, Jessica, slaps some Dr. Teal's body oil over her whole body. My friend, Carol, sleeps with a humidifier right by her bed. And lips get dry too. Try Kopari's lip gloss, or (gulp, $30 but worth it) Jo Malone's Vitamin E Lip Conditioner - so luxurious for our chapped lips and slides on much more easily and gracefully than Carmex. Chantecaille's Lip Potion is one of Judith's favorites.



She notices how dry my lips are, and warns me I might be applying my nightly Retinol wrinkle cream too close to my lips. When we apply cream, once it penetrates the skin, it can spread out subcutaneously up to a half an inch! So I could be unintentionally frying my lips - oops. My friend, Kristen, swears by goat's milk cleansers and lotions. And for dry eyes, Oasis makes a very lubricating drop for dry eyes my eye doctor recommends - especially beneficial for contact lens wearers.

Finally, in a fit of celebrity-induced wannabee-ness, I buy goop's wildly expensive "jasmine garden botanical facial mist:" I don't know if it does a darn thing, but when I'm out and about and feeling dry and assaulted by the cold winter air, I spray it on. It smells like what I imagine the spa smells like at the Ritz in Vail, and it feels like I'm misting my face in a cloud of moisturizing, healthful herbs.

So there are some ideas for some happy hydration. I suppose drinking more water is a good idea, too. Until we can all jet down to our mythical house in Palm Beach in February, this will have to do!

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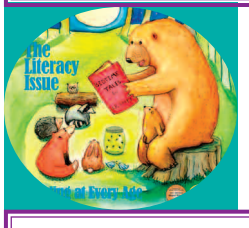
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BY NATALIE MIKLES

kids in the kitchen:

GREAT RECIPES FOR YOUNG COOKS

Kids who spend time in the kitchen will often count those times as some of their earliest childhood memories. Licking the batter and sprinkling cinnamon on toast are moments ingrained in kids' brains.

You can't start too early bringing kids into the fold of the warmth, smells and sounds of the kitchen. And once they're old enough, let them be a part of it. Give them wooden spoons for stirring and dull knives for slicing the stems off strawberries. Once a bit older, let them read the directions for a simple quick bread or cake (like the Applesauce Cake in this column), and let them make it themselves.

Find something your kids love, and then let them be part of making it. Kids who hate bananas aren't likely to get excited about making banana bread. Likewise, if you have kids who love fruit roll-ups, ask them for help making homemade fruit leather. It's a fun process, and their eyes will light up when they see the end result.

I've never met a kid who didn't like to stir. So even kids with little interest in cooking can get behind the simple job of stirring. Chewy Granola Bars are a fun and quick beginner's recipe for young cooks.

Another nice advantage of getting kids in the kitchen is enticing kids to try new foods. I've noticed when I have one of my picky eaters help me make dinner, he's much more likely to actually eat it. Kids are rightfully proud of the work they've done to make a meal, and often want to show it off to the family.



Have fun in the kitchen with your kids. It can give meaning to what can sometimes feel like drudgery, and it may just inspire your kids to become more helpful in the kitchen, which is a win for everyone.

This is such a fun recipe for kids to make. Even the littlest kids can help by dumping all the ingredients into the bowl. Substitute peanut butter chips or butterscotch chips for the chocolate if you like.

Chewy Granola Bars

- 1 stick butter, softened
- 1 cup brown sugar
- 1/4 cup honey
- 1/2 teaspoon vanilla
- 1 egg
- 1 cup flour
- 1 tablespoon cinnamon
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup quick oats
- 1 ¼ cups Rice Krispies cereal
- 1 cup chopped pecans or almonds
- 1 cup raisins
- 1 cup mini chocolate chips

1. Cream together butter, brown sugar, honey, vanilla and egg.

2. In a large bowl, combine remaining ingredients. Add to butter mixture, mixing well.

3. Press into a 9-by-13-inch baking pan. Bake in a preheated 350-degree oven for 22 to 26 minutes or until mixture is firm and fully cooked. Let cool, then cut into bars.

This three-ingredient recipe comes from the "A Mind Full Mom" website. Choose your favorite fruits, like peaches, raspberries, mango or strawberries. Kids will have fun rolling up the strips once baked.

Homemade Fruit Leather

3 cups chopped fruit (a combo of strawberries and blackberries is great)

2 tablespoons maple syrup or honey

- 1 teaspoon fresh lemon juice

1. Preheat oven to 140 degrees (or as low as your oven will go). Prepare a baking sheet by lining with parchment paper or a silicone baking mat.

2. In a food processor or blender, puree fruit with maple syrup or honey and lemon juice until perfectly smooth.

3. Pour pureed fruit evenly over baking sheet.

4. Place in oven and bake for 4-6 hours, until set and no longer sticky to the touch.

continued next page

5. Allow to cool, then remove from baking mat or parchment paper. Cut into 1-inch strips and roll up in parchment paper or wax paper and secure with tape or stickers.

This spiced snack cake is easy to make. It's egg-free, so keep it in mind for kids with egg allergies.

Applesauce Cake

- 2 cups brown sugar
- 1 cup butter, softened
- 2 1/2 cups applesauce
- 4 cups all-purpose flour
- 1/4 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 tablespoon baking soda

1. Preheat oven to 350 degrees. Butter or spray a Bundt pan with nonstick cooking spray.

In a large bowl, cream together brown sugar and butter with an electric mixer. Stir in applesauce.

2. In another bowl, sift together flour, cloves, cinnamon and baking soda. Add sifted ingredients a little at a time to applesauce mixture, beating after each addition until just combined.

3. Pour batter into pan. Bake 1 hour or until toothpick inserted in center of cake comes out clean.

Easter is a month away, so hang on to this recipe. Kids will enjoy making these sweet little baskets and then filling them with jellybeans.

Easter Baskets

- 1/2 stick butter
- 4 cups miniature marshmallows
- 6 cups Rice Krispies cereal
- Jellybeans

1. Melt butter in saucepan or microwave. Add marshmallows, stirring over low heat until melted. Or if using microwave, cook on high heat, stopping every 30 seconds to stir until melted. Add cereal, mixing well.

2. Keep saucepan or bowl warm by setting in very warm water. Form into nests. Place a few jelly beans in each nest.

ASK THE EXPERTS

Q. What can I do to help prepare my child for swim class?



A. Great Question! There are a few key things we highly recommend prior to (and even during) coming to swim class.

1. Utilize your time in the tub! Up to this point, you have most likely spent lots of time with your child in the bath, and, whether you realized it or not, the bath is the BEST place to start working on those swimming skills with your children! Try these conditioning skills at home before and after lessons:

- Try on goggles to get your child comfortable with how they feel and how they can see underwater
- Blow bubbles in the water
- Slowly pour cups of water over your child's head
- Have child lie on their back with their ears in the water

2. Put them in the Shower! The sensations of water in a child's ears, eyes and nose can be uncomfortable at first. The more exposure they can have to those sensations ahead of time, the better! Make it fun! Bring toys and cups and your child's favorite bath toy into the shower.

3. Encouragement and Positive Affirmations. Speak positively about swim lessons, the water and the experience. Praise your child for learning a new skill, and encourage them through the difficult ones. There is power in positive words and affirmation!**Miller Swim School, 6415 S. Mingo Rd., Tulsa, OK., 918-254-1988 Website: www.millerswimschool.com**

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Q: When and how will my kids get my assets when I die?



A: If you have no estate plan, your assets can linger in a court process called probate for 6, 12, 18, or even 24 months, or more.

To make matters worse, the probate process is expensive. And, it is public record. If an accounting is filed in your probate, anyone will be able to see what your leave your kids. There are predators who review the probate dockets to see who is inheriting substantial assets, especially if they inherit them at a young age.

And make not mistake about it, if you have no plan, your kids will get your assets when they turn 18. Most of my clients think that is too young for a child to inherit.

With even a basic trust estate plan, if prepared correctly, you can avoid this unnecessary delay, and keep your affairs private.

To learn more about how to prepare a plan like this correctly, attend one of your upcoming workshops. **More information at www.oath.law/workshops**

Q: Are there other learning disabilities that can be confused with dyslexia?



A: Yes. Often characteristics such as fidgeting, difficulty following verbal directions, misunderstanding the meaning of words, difficulty with verbal expression or spelling are associated not only with dyslexia, but may also be associated with Dysgraphia (difficulty with handwriting), Auditory Processing Disorder (perfectly functioning hearing, but unable to understand noise) or Attention Deficit Hyperactive Disorder (can impact learning). One disability does not cause the other, but a person may have a combination of disabilities. It is important for your provider to understand the nuances of each to ensure proper diagnosis and treatment.

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

a new student: what to do without a substitute

At the end of last year we added a new student to our classroom! Indiana Hanson. He is the cutest boy and quickly became the most popular guy in our school. His arrival was thrilling! It was also extremely distracting. Add to that a rough postpartum recovery and you can guess how efficient our homeschool situation was in the weeks following Indiana's birth.

Historically, January is the time of year where we have just taken a break for the holidays and are ready to roll strong into the new year. This January, however, shaped up a little differently. As much as I love to be up and running, now six babies in, I have acquired the wisdom that the weeks after birth are sacred and delicate and should be spent doing as little as possible besides taking care of you and baby. So, for the first several weeks of our spring semester, my children's teacher was in bed. Thankfully, my older children are mostly self-sufficient and could carry on their lessons without me, but my little ones still require plenty of hands-on training. Since calling in a substitute wasn't an option, I did my best to create an environment where my kids could still learn, dare I say, even thrive, while I took a break from head schoolmarm and focused most of my energy on helping acclimate our newest member to the family.



WHEN GIVEN A LITTLE FREEDOM, KIDS CAN COME UP WITH CREATIVE WAYS TO LEARN.

Here are some of the ways I outsourced my efforts:

Game Time: No offense to video games, but sometimes you just can't beat the comradery of an old-fashioned board game. Since my kids don't always sit down all together and play, I used these few weeks as a time to make this a required activity. It sounds almost silly to say I made board games a requirement, but in this day and age, that's not what my kids might naturally choose to do when they have the time. This was a way to make room for fun, but also work on communication skills with each other at the same time.

Outside Time: With the ups and downs of our Oklahoma winter, this one we had to take when we could get it. My kids were extra hard to kick out the door this time of year, but when they finally suited up and headed out, there was always an immediate change in everyone's headspace. It was worth getting through a little extra whining to make this happen.

Housework: I don't know about you, but it is always challenging for me to let go of control enough to truly let my kids take over as many household duties as they should. But as they say, necessity is the mother of invention, so postpartum time seems to be when my kids learn best. I passed as many chores as I could their way during this period. If they weren't done perfectly, that was ok. They knew that I wasn't going to get up and pick up the slack for them as I usually did. That motivated them to actually complete their tasks!

Documentaries: There is a treasure trove of documentaries available online these days, and we used them to elevate our screen time for a few weeks. What an amazing multi-grade learning experience they have been! We've covered so many topics from Lewis and Clark to micro currency with all kinds of other things in between. I wish I would have been taking better advantage of these gems since I started school at home!

Baby Holding: It had been six years since we had a baby in the house, and everyone (including me!) was a little out of practice with our baby skills. Time was spent holding, changing and rocking. You won't see these on a standard skills checklist, but I think they are pretty important, and I'm happy to say everyone received an A+ in baby care! It was a sweet blessing to take advantage of homeschool flexibility to allow for these slow days of simple bonding.

Bob Ross: Lastly, a big thank you to Bob Ross, and ipads, and

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Michael's for carrying out some awesome art lessons for my students. I was so happy when my kids decided to fill some of their "unschooling" hours by setting up canvases and having a Bob Ross -off. For several days they went to work with dad and made it their all-day project at the studio. It was crazy and messy and definitely not what they would have been doing in school, but I loved it.

Now that we are back to (mostly) normal, I am reminded that even though it is always a mental challenge for me to slow down, sometimes the slow times are surprisingly fruitful. Different things blossom in different climates, and I'm thankful that homeschool allowed everyone the freedom and time to rest, heal and grow into our new family rhythm.



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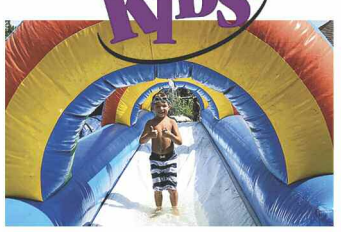
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BY NANCY A. MOORE

Brice Harader-Pate: making every moment count

Everyone has the same amount of time in each day, but Brice Harader-Pate consistently chooses to make every moment count. Her driven personality meshes well with her heart for helping people, choosing a career that is less of a "job" and more of a calling. In her profession as a nurse practitioner, she has witnessed, first-hand, how precious life is and as a result is cognizant of making the most of the time she has been given. Despite life's demands – working, taking classes in the Doctorate of Nursing Practice program at The University of Oklahoma, and any number of life's demands – she still makes time to serve abroad on short-term medical missions.

TK: What three adjectives would you use to describe yourself?

Brice: I feel that is one of the hardest questions to answer. Can I phone a friend? I hope my friends and colleagues would say I am driven, motivated and focused. I use these terms to describe things I do in life. My work, my education has been my focus since pursing a career in the medical field. I am the first person in my family to attend college, and I made it a point to excel and have given 110 percent in all that I do.



My family sacrificed a lot to see that I had an education. My grandparents even paid my rent and expenses as I attended the nursing program at OU. I try to make it a point to prove their confidence in my desire to return to school was not wasted.

TK: Do you have a favorite quote? If so, what is it and why does it resonate with you?

Brice: Absolutely! My favorite quote is "Dream as if you'll live forever; live as if you'll die tomorrow," by James Dean. Working in the medical field has made it all too clear that we (individuals) are given a short time on this earth. Unfortunately, some more than others. Every individual should have goals, dreams and desires and work to attain those in order to better themselves emotionally, physically and spiritually. Do I want my time on earth to feel wasted? No. I want to make every moment count.

TK: How did you become interested in serving with medical missions?

Brice: I first was involved in medical mission work as a student of OU. OU operates the Christian Medical & Dental Association working with United Servants Abroad to send teams to Peru annually. I had an instructor and her son who had attended previously. Five nurse practitioner students went to Pucallpa, Peru, in 2014, and I have since returned on three occasions. The poverty, yet pure joy of the local community receiving your words and care was inspiring. I always had a desire to travel, and medical missions seemed to be a happy medium. I was able to provide medical care to those who needed it and travel the world. I

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had a colleague who had moved to Africa to provide free medical care at an orphanage in 2014. I decided to start researching reputable and sustainable missionary organizations to travel with to Africa. I stumbled across the organization, Kenya Relief, and was forever changed. From the history of the organization to its sustainability rooted in Migori, Kenya, I easily made my decision to apply to travel with their organization.

TK: What type of commitment is required for those who serve on a medical mission?

Brice: The only true barrier to committing to serve on short-term missions is yourself. Everything else can be overcome. You can make excuses all day long, but you need to dig deep into yourself and decide "Why?" My response is "Just go." I can tell you all the personal victories, challenges and reasons not to go. But only you can tell yourself to "go!" When I first thought about traveling with short-term missions, I was also hesitant on the cost, devotion of time and safety concerns. Cost is dependent on where and which organization you travel with. Most missions include airfare, lodging, food and all the other amenities required. You can think of it as an all-inclusive package. Time is also dependent on where and what organization you travel with. I have been on trips that last 7-14 days. Safety? Not a concern. There is a reason I research the organizations' history and look at reviews prior to traveling. If you are traveling with a reputable and established missionary organization, you will usually be well taken care of. Never have I found myself concerned about my own safety when on mission work.

TK: How many times have you served on medical missions? Where have you served?

Brice: I have traveled to work with United Servants in Pucallpa, Peru, on three separate occasions. In 2018, I began my work in Africa with the Kenya Relief organization. That short 12-day journey sparked a fire in my medical work, and I have since gone on three medical missions to Africa in 2018 alone. I traveled to Migori, Kenya, to work with the Brase Clinic and traveled with a local non-profit to Lome, Togo, in June of 2018. Once you personally experience the poverty, lack of access and affordability of medical care throughout the world, you cannot not go back. I have my next trip planned to return with Kenya Relief in August and am looking at 2020 dates as we speak.

TK: What have you enjoyed about serving?

Brice: Foremost, I enjoy the people. Regardless of where I was serving, everyone was so thankful for everything and anything you could provide, even if it only meant reassurance, vitamins or Tylenol. Many individuals were diagnosed with either terminal or unrepairable conditions. For example, individuals with brain tumors or cancers simply do not have treatment options in third-world countries.

TK: What have you found difficult about serving?

Brice: Again, I answer this with 'the people.' When individuals are diagnosed with conditions that simply do not have treatment options, it is very hard. You know their outcome is solely based on their geography. If they were in the U.S., they would not be in such a predicament. For example, I had a father spend his last $100 on an MRI that diagnosed his 11-year-old son with bone cancer. The father then could not afford pain medications to make him comfortable, let alone chemotherapy or radiation. I've diagnosed a 14-month-old with cerebral palsy who was not feeding. In 24 hours of posting his story on Facebook, we collected $1,200 to find a surgeon in a neighboring country to place a PEG tube. These are the tough cases. In return, I enjoy so many rewarding experiences.

TK: Can you describe what the living conditions are like in remote areas where you serve?

Brice: I am thankful that we, as missionaries, have the luxury of living in guarded areas with security. We have fresh water, beds and plumbing. However, I would estimate that over 90 percent of the individuals we care for do not have such luxuries. Many individuals house their entire families (4-8 people) in a self-built house about 12'x12'. Houses are usually composed of mud, sticks and tin. Most do not have electricity, let alone toilets. These 'houses' have no plumbing. They use buckets and nature. Hygiene by bathing is 1-2 times per week. Families have to afford education. There is no such thing as public education. Average education costs $100/month, not including supplies and uniforms. The average income in Togo per household is $100-150/month.

TK: What types of illnesses do you treat on medical missions?

Brice: Medicine is very different in other countries. I've spent time focusing on the geographic illnesses in order to provide appropriate care. There are diseases in other countries that the U.S. does not experience. For example, a patient in Tulsa may present with 'flu-like symptoms' and it may actually be influenza. However, in Kenya, this may be malaria, brucellosis, typhoid or HIV/AIDS-related illnesses. Skin infections are also a very common complaint. Unfortunately, many of these skin conditions have gone weeks to months without treatment and are more complicated.

TK: Do you have any "off" time or free time? If so, what do you do with that time?

Brice: It depends on the organization I am traveling with on missions. I am very thankful to have had some time to myself when arranging my travels. I have had pre-mission trips to Machu Picchu. I have taken a sea plane over the Amazon River. Kenya Relief is unique in the fact you work really hard for four-five days working eighteen hours a day, and then you spend three days on Safari in the Maasai Mara.

TK: What advice would you give someone thinking about going on a medical mission?

Brice: Choose wisely. There are many organizations throughout the world that offer opportunities. Choose a mission that can offer everything you are looking for and one you feel comfortable with serving. For example, some organizations only provide itineraries once you arrive, and you must take care of all the other details, which can be challenging. If you are not comfortable making all the arrangements, find another organization. If you have no concerns, great, go! Secondly, give 110 percent. The more you give, the more you get in return. Be open to ideas and suggestions. Understand the people you are serving and their background. You are by no means wealthier than they. Many will tell you they have happiness and a higher power and have no further needs in life.

TK: Who can volunteer for a medical mission?

Brice: No specific background is needed. Every mission has unique needs. It takes a lot of hands to make a mission successful. If you are open to ideas, you can usually learn how to take vital signs and organize patients very quickly. In some of my previous experiences, nurses have served as providers due to 300+ patients with only 3-4 medical providers.

TK: Besides going on a medical mission, what are some other ways people can get involved?

Brice: Even if you cannot travel, there are many ways to help. I currently sponsor a child in Kenya. I have met him twice. Enosh is a 7-year-old orphan. He lives at the Brittney Home of Grace. My sponsorship provides 100 percent of his care, needs, medical care, if needed, and education. Also, every missionary requires local support in order to serve. Besides the time commitment, there is a small monetary commitment. For some missionaries, this is not so small. If you would like to help support missionaries like myself, we would be forever grateful.

Spring Break 2019



Your kids may be out of school, but that doesn't mean they can't keep learning over Spring Break. Here are our top choices for educational Spring Break FUN!

NATURE

ZZZS IN THE SEAS

When: Friday, March 15, 7 p.m.-Saturday, March 16, 8 a.m.
Where: Oklahoma Aquarium, 300 Aquarium Dr., Jenks
Ever dreamed of sleeping with the sharks? ZZZs in the Seas is a once in a lifetime opportunity to be able to sleep among sharks, stingrays, seahorses and all the other creatures snoozing in our seas. The fun filled night begins with check-in at 7:00 p.m. and includes a light snack, drinks, self-guided scavenger hunt and flashlight tour, a movie, and then sweet sea-themed dreams. Wake up and enjoy breakfast before the adventure ends at 8:00 a.m. okaquarium.org

TALL TAIL MYSTERIES

SPRING BREAK CAMP
When: March 18-22, 9 a.m.-2 p.m. with 2-4 p.m. aftercare option
Where: Tulsa Zoo, 6421 E. 36th St. N.
This Spring Break grab your detective caps and magnifying glasses; we have mysteries to solve at the Tulsa Zoo! Did the big bad wolf really blow down the little pigs' homes or some other animal? Was the troll frightening Billy Goats Gruff, or was it an even hungrier creature? Join us as we go undercover to solve these mysteries and learn about the animals in our favorite fairy tales. Camps available for K-6. Cost is $205 for 9 a.m.-2 p.m. 5-day camp or $255 with 2 p.m.-4 p.m. aftercare option. Members receive 10% off. More information and registration at tulsazoo.org/classes.

SPRING BREAK STORY TIMES
When: Tuesday-Friday, March 19-22, 10:30 a.m.
Where: Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.
Head to Tulsa Botanic Garden for a different garden-themed story followed by activities each morning. Tuesday's Story Time will be a special Yoga Story Time with I AM Kids Yoga, incorporating yoga, music and dance in story-telling. tulsabotanic.org

STORYTIME IN THE GARDEN
When: Thursday, March 21, 10 a.m.
Where: Linnaeus Teaching Garden, 2435 S. Peoria Ave.
Story Time will be held for children and toddlers through second grade at the Linnaeus Teaching Garden. Older children who enjoy listening to stories read aloud are welcome to attend as well. Parents are encouraged to bring snacks, drinks, and blankets for their family. Story Time will take place rain or shine, but will be moved indoors if there is inclement weather. tulsagardencenter.org

ART

FUNDAY SUNDAY AT GILCREASE MUSEUM
When: Sunday, March 17, 10 a.m.-5 p.m.
Where: Gilcrease Museum, 1400 N. Gilcrease Museum Rd.
The third Sunday of every month is Funday Sunday. It's a FREE admission day loaded with fun for the whole family. Visitors can enjoy art-making stations throughout the museum, special exhibition-themed programming, open galleries and our gardens.
Art activities take place from noon to 4 p.m., but admission is free all day. Gilcrease.org/events

STUDIO SUNDAYS
When: Sunday, March 17 and 24, 12-7 p.m.
Where: ahha Tulsa, 101 E. Archer St.
Every Sunday in The STUDIO, you'll discover special activities and new creative challenges, techniques, and materials for kids of all ages to ex-



GET A HEALTHY START TO SPRING BY JOINING I AM KIDS YOGA AT TULSA BOTANIC GARDEN ON TUESDAY, MARCH 19, FOR A SPECIAL YOGA STORY TIME! LEARN MORE AT TULSABOTANIC.ORG.

plore. 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. ahhatulsa.org

SPRING BREAK DROP-IN ACTIVITIES AT NATIONAL COWBOY & WESTERN HERITAGE MUSEUM
When: March 18-22, 10 a.m.-2 p.m.
Where: National Cowboy & Western Heritage Museum, 1700 Northeast 63rd St., Oklahoma City
Take a day trip to Oklahoma City and visit the National Cowboy Museum for daily activities inspired by the museum's current exhibits! The schedule is:
March 18: Make a Mini Tipi
March 19: Canvas Art
March 20: Create a Parfleche Bag
March 21: Cherokee Storytelling with Gayle Ross
March 22: Bison Gallery Hunt
Learn more at nationalcowboymuseum.org

SCIENCE

STEAM BREAK!
When: Monday-Thursday, March 18-21, 1-2 p.m.; Friday, March 22, 11 a.m.-12 p.m.
Where: Martin Regional Library, 2601 S. Garnett Rd.
Take part in various STEAM-related activities during spring break! The library will have a different activity involving science, technology, engineering, arts or math every day of the week. Scheduled activities are: March 18, "Color Fizz" (Ages 4-8). March 19, "Synth Kits" (Ages 8-12, may want to bring headphones). March 20, "Building With Marshmallows and Toothpicks" (Ages 6-12). March 21, "Coffee-Filter Butterfly" (Ages 0-12). March 22, "Play Store" (Ages 0-6). Day cares and large groups, please call ahead as supplies are limited. Call Jocelyn at 918-549-7595 with any questions or concerns. tulsalibrary.org

HI-TECH IN THE WILDERNESS: USING THE 3D PRINTER
When: Tuesday-Thursday, March 19-21, 2-3 p.m.
Where: Central Library, 400 Civic Center
Explore the ways you can use the 3D printer to prepare for your upcoming camping trip. Supplies are limited. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. For ages 12-18.

SCIENCE DEMO AT DISCOVERY LAB
When: Friday, March 22, 3:45 p.m.
Where: Discovery Lab, 560 N. Maybelle Ave.
Enjoy a fun science demonstration at Discovery Lab! discoverylab.org

LITERATURE

MAGIC MONDAY STORYTIME
When: Monday, March 18, 10:30-11:30 a.m.
Where: Magic City Books, 221 E. Archer St.
Bring the kids every Monday for storytime at Magic City Books. Classics, new favorites, and more. Snacks included. Free and open to all. magiccitybooks.com

STORYTELLING BY CHOOGIE KINGFISHER
When: Monday, March 18, 1-2 p.m.
Where: Suburban Acres Library, 4606 N. Garrison Ave.
Enjoy traditional storytelling of the Kituwah Cherokee along with flute music, song and good ole laughter (and maybe a few tears). Sponsored by the American Indian Resource Center. For all ages. tulsalibrary.org

HARRY POTTER ESCAPE ROOM
FOR TEENS AND TWEENS: ESCAPE FROM GRINGOTTS
When: Thursday-Friday, March 21-22
Where: Helmerich Library, 5131 E. 91st St.
Wizards have been trying to break into Gringotts Bank for centuries, but few have succeeded. Now it's your turn to try! Gringotts Wizarding Bank is the safest place for anything valuable to be kept – especially one of Voldemort's seven Horcruxes. Cast spells, make potions and solve puzzles to break into Gringotts and find the missing Horcrux before it's too late! Limited seating and sessions are available. Registration is required. Call 918-549-7323 to register. Sponsored by the Friends of the Helmerich Library. For ages 10-18. tulsalibrary.org

CULTURE

THREE SISTERS CELEBRATION AT CHICKASAW CULTURAL CENTER
When: March 16-24; Monday-Saturday, 10 a.m.-5 p.m.; Sunday, 12-5 p.m.
Where: Chickasaw Cultural Center, 867 Cooper Memorial Dr., Sulphur
This annual event observes the changing of the seasons and planting of essential crops like beans, corn and squash. Activities include gardening demonstrations, food samples, cultural demonstrations, archery, stickball, traditional arts, storytelling, stomp dance demonstrations and more. chickasawculturalcenter.com

Looking for more? Check out our list of Indoor Places to Play at tulsakids.com/Indoor-Places-to-Play or our Museum Roundup at tulsakids.com/Museum-Roundup!



March Showtimes

MY FAIR LADY
When: Feb. 22-23, 28, March 1 and 2, 8 p.m.; Feb. 24 and March 2, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
"My Fair Lady" is one of the most beloved musicals of all time! Professor Henry Higgins seeks to prove he can make anyone a lady – even the brash and bawdy cockney flower girl Eliza Doolittle. She started as his challenge; she became his inspiration! Presented by Theatre Tulsa. tulsapac.com

THE PLAY THAT GOES WRONG
When: Feb. 26-28, 7:30 p.m.; March 1-2, 8 p.m; March 2, 2 p.m.; March 3, 1 and 6:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
What would happen if Sherlock Holmes and Monty Python had an illegitimate Broadway baby? You'd get THE PLAY THAT GOES WRONG, Broadway & London's award-winning smash comedy! Called "A GUT-BUSTING HIT" (The New York Times) and "THE FUNNIEST PLAY BROADWAY HAS EVER SEEN" (HuffPost), this classic murder mystery is chock-full of mishaps and madcap mania delivering "A RIOTOUS EXPLOSION OF COMEDY" (Daily Beast). Welcome to opening night of The Murder at Haversham Manor where things are quickly going from bad to utterly disastrous. With an unconscious leading lady, a corpse that can't play dead, and actors who trip over everything (including their lines), it's "TONS OF FUN FOR ALL AGES" (HuffPost) and "COMIC GOLD" (Variety) – sure to bring down the house! Presented by Celebrity Attractions. tulsapac.com

OLIVER TWIST
When: March 1-3, 8-10, Fridays at 7:30 p.m.; Saturday and Sundays at 2 p.m.
Where: Spotlight Theatre, 1381 Riverside Dr.
Enjoy Spotlight Children's Theatre's production of Charles Dickens' classic novel, "Oliver Twist!" spotlighttheatre.org

CLARK YOUTH THEATRE IMPROV
When: Saturday, March 2, 7:30 p.m.
Where: Henthorne Performance Center, 4825 S. Quaker Ave.
Clark Youth Theatre continues its laugh-out-loud, comedy adventure with Laughing Matter Improv. Enjoy an full of laughter featuring Clark Youth Theatre's Pre-teen, Teen and Conservatory troupes as they present high energy, hilarious unscripted theatre.
Fun for the whole family! clarkyouththeatre.com

COMPAGNIE HERVÉ KOUBI
When: Tuesday, March 5, 8 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
French-Algerian choreographer Hervé Koubi is recognized as one of Europe's most distinctive choreographers, and he has created an all-new work for the company of 12 French-Algerian and African male dancers that combines capoeira, martial arts, urban dance and contemporary dance with powerful imagery evocative of Orientalist paintings. tulsapac.com

CRAYONS IMPROV SHOW FOR ALL AGES
When: Friday, March 8, 7 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

FRIDAY NIGHT LIVE!
When: Friday, March 8, 7:30 p.m.
Where: Henthorne Performance Center, 4825 S. Quaker Ave.
Clark Youth Theatre expands on its improvisation program with Friday Night Live! Think Saturday Night Live at Clark! Evenings will include original sketch comedy, stand-up routines, musical guests and lots of laughter. clarkyouththeatre.com

PETER AND THE WOLF
When: Saturday, March 9, 10 a.m.
Where: Studio K, 1212 E. 45th Pl.
Tulsa Ballet's new Children's Series matinee performances of Ma Cong's Peter & the Wolf are perfect for ballet's youngest fans. This brand-new ballet experience is created especially for children and young families, and features a cast of characters children know and love, with narration to help them understand the story. This magical performance will come to life onstage thanks to all-new sets, costumes, and choreography, designed just for Tulsa Ballet. tulsaballet.org

THE STORYBOOK SERIES
When: Sunday, March 10, 2 p.m.
Where: Henthorne Performance Center, 4825 S. Quaker Ave.
Clark Youth Theatre is excited to bring back The Storybook Series to young audiences this season. Introduce your child to live performance as they watch their favorite books come to life on our stage! Perfect for ages 4-8. Tickets include a snack & a drink. clarkyouththeatre.com

PROFESSOR SMART
When: Thursday, March 14, 11:30 a.m.; Friday, March 15, 11:30 a.m. and 7 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Being wild and wacky makes Professor Smart unstoppable in performing his interactive and dynamic shows. He captivates, instructs and inspires, explaining fascinating science concepts through cool demonstrations, theatrical storytelling, juggling and physical comedy. tulsapac.com

CLASSICS 4: POWER OF DIVERSITY
When: Saturday, March 16, 7:30 p.m.
Where: VanTrease PACE, 10300 E. 81st St.
Rubén Rengel, the 22-year-old Venezuelan native and winner of the 2018 Sphinx Competition will grace the Signature Stage for a performance you won't want to miss. The Sphinx Competition, held annually for talented Black and Latino string players, transforms lives through the power and diversity of the arts. Also featured is Amy Beach's Symphony in E minor (Gaelic), the first symphony composed and published by an American female composer. signaturesymphony.org

WEEZER AND PIXIES
When: Wednesday, March 27, 7 p.m.
Where: BOK Center, 200 S. Denver Ave.
Weezer and the Pixies are bringing their tour to BOK Center, along with special guest Basement. bokcenter.com

AMERICAN GIRL® LIVE
When: Thursday, March 28, 7 p.m.
Where: Cox Business Center, 100 Civic Center
Experience American Girl® in an all-new musical, coming to Cox Business Center Assembly Hall on March 28! American Girl Live is a premier stage production, featuring all-original songs and unforgettable experiences. bokcenter.com

TCHAIKOVSKY
When: Friday-Saturday, March 29-30, 7:30 p.m.; Sunday, March 31, 2:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
While Tchaikovsky was celebrated for his professional success and popularity, the societal constraints of life in 19th century Russia created constant inner conflict between his private life and the public persona society required of him. This World Premiere delves into the complicated personal life of this acclaimed musician and features a stellar creative team that includes com-

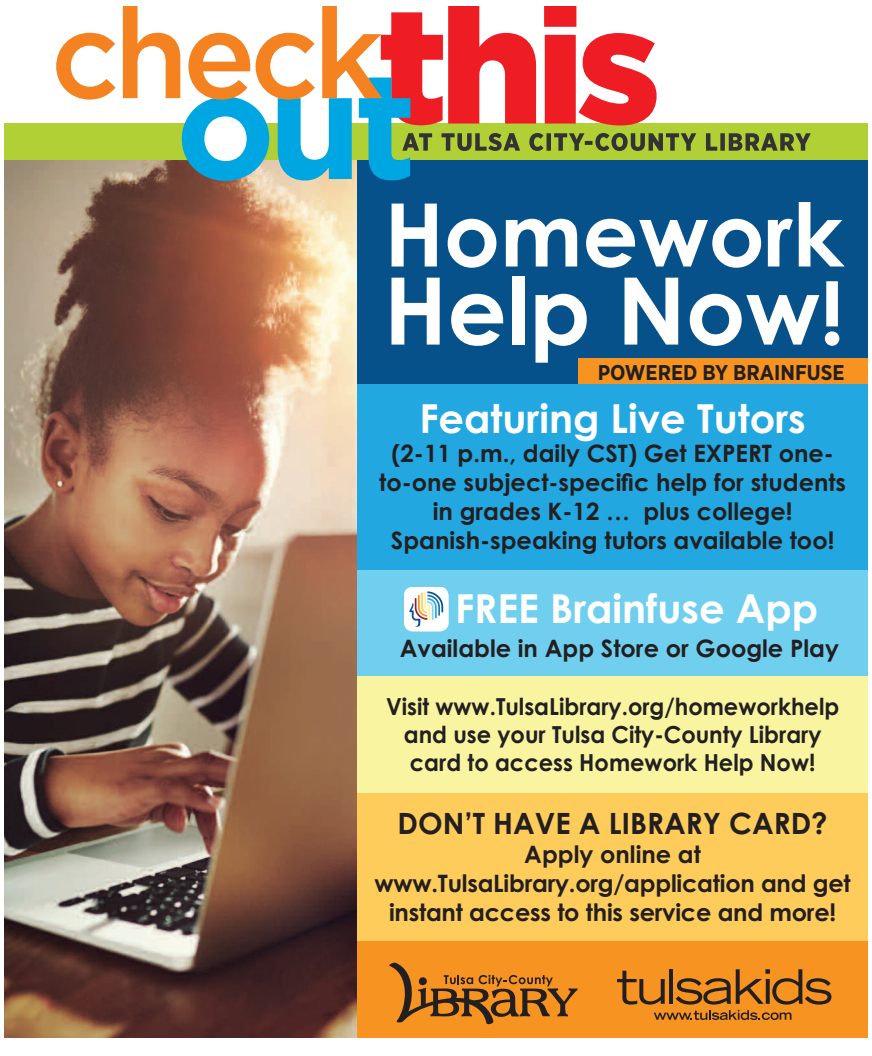


THE TULSA PAC TRUST'S 2018-2019 YOUNG AT ART/IMAGINATION SERIES WRAPS UP WITH A VISIT FROM THE "WILD AND WACKY" PROFESSOR SMART. THESE PERFORMANCES ARE GEARED AND INTRODUCING YOUNG CHILDREN TO LIVE PERFORMANCES! LEARN MORE AT TULSAPAC.COM/P/PAC-TRUST/284.
Photo courtesy of the PAC Trust.

poser Oliver Peter Graber (Dorothy & the Prince of Oz), Russian historian Daniela Kolic, New Zealand's top designer Tracy Grant Lord, and Resident Choreographer Ma Cong. The musical score will feature a blend of Tchaikovsky's greatest works along with other influential composers of the time, as well as some brand new music by Oliver Peter Graber. tulsaballet.org

C.S. LEWIS'
THE SCREWTAPE LETTERS
When: Thursday, March 28, 7 p.m.; Friday-Saturday, March 29-30, 8 p.m.; Saturday, March 30, 4 p.m.; Sunday, March 31, 3 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
In an eerily stylish office in Hell, one of Satan's senior tempters, Screwtape, schemes meticulously to capture the soul of an unsuspecting human on earth. An international smash hit, this stage adaptation of C.S. Lewis' satiric masterpiece creates a morally inverted universe that reveals unseen spiritual powers and principalities in humorous, vivid and surprising ways. Presented by Fellowship for Performing Arts. tulsapac.com





BY TANNI HAAS, Ph.D.

6 tips for choosing a summer camp

It's no exaggeration to say that the one event many kids really look forward to all year is the summer camp. But how do you choose the right one? Based on my experiences as the parent of a 15-year-old boy, as well as conversations with other parents, I've created a list of the top six things to consider.

1. COST

It goes without saying that cost is an important factor, especially if you have more than one kid. Summer camps can range widely in price, depending on whether they're bare-bones camps with a limited number of activities, or camps that offer a lot of expensive activities such as overnight trips. But don't just consider the price of the camp. Also consider how much money you'll have left for other summer activities such as family trips. Kids' summer vacations are long and can feel even longer if the whole family has to stay home for many weeks because you didn't have any money left to do other things. I learned this the hard way the first time my son went to a summer camp. The camp was so expensive that we ended up not having money for our planned family vacation.

Geographical Distance

Another aspect to consider is the distance of the camp from your home. If the camp is far away, you may end up spending a lot of time and money driving to and from camp. This issue is made even more challenging if you have kids who go to different camps, at different times, and for different lengths of time. A good friend of ours spends a lot of the summer crisscrossing the U.S. on the way to and from the different camps that his kids go to.

2. DAY CAMP OR SLEEPAWAY CAMP

One of the biggest choices every parent faces is whether to send their kids to a day camp or a sleepaway camp. In my experience it's best to start with a day camp until your kids express interest in going to a sleepaway camp. Believe me: they're fully aware even at a young age that sleepaway camps exist and that some of their friends already have attended them. If your kids haven't said they'd like to go to a sleepaway camp, it's probably because they're not ready yet. It can also be a good idea to send your kids to both day and sleepaway camps. While sleepaway camps give them a chance to experience real independence and to make new friends, day camps let them come home in the late afternoon and spend some time with their regular friends and family.

4. INDOOR OR OUTDOOR ACTIVITIES

Consider the types of activities in which you kids would be engaged when choosing a camp. Some kids enjoy sitting quietly inside focusing on arts and crafts; other kids prefer being outdoors doing sports. You could choose to simply follow your kids' preferences and let them decide, or you could use the summer camp as a chance to challenge your kids to step outside their comfort zone and try something entirely different. My spouse certainly prefers the second option. Since our son first began going to summer camp, my spouse has insisted that he try activities that we can't offer him in our regular city-slicker lives in Brooklyn, like canoeing, water skiing and zip-lining.

5. SINGLE ACTIVITY OR MULTIPLE ACTIVITIES

Find out if the camps you might be interested in are specialized and focus on one activity, or if they offer multiple activities. Many camps are geared toward one specific activity such as chess, coding, writing, or more sports-oriented activities such as basketball or soccer. Other camps offer kids a range of activities from sports, to crafts, to performing arts. Camps that focus on a single activity typically aim to strengthen kids' abilities in that particular area. Camps that offer many different activities try to introduce kids to different things. So ask yourself – and your kids - whether the goal is simply to have fun and try new things, or whether the goal is to enhance or learn some particular skill.

6. SINGLE OR MULTIPLE CAMPS

Finally, ask yourself whether you want to send your kids to one camp for all or part of the summer, or whether your kids will go to multiple camps. There are good reasons for either choice. On the one hand, sending your kids to a single camp can save you time and money shuttling between camps. It would also let your kids cultivate friendships for a longer period of time. On the other hand, sending your kids to several camps would let them to explore different interests and make more new friends.

Tanni Haas, Ph.D. is a Professor in the Department of Communication Arts, Sciences, and Disorders at the City University of New York – Brooklyn College.

2019 SUMMER CAMPS & ACTIVITIES GUIDE

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KJM EQUESTRIAN SUMMER CAMP

Shawn McCorkle
9801 S. Sheridan Rd.
Tulsa, OK
918.299.9283
www.kjmequestrian.com
Ages: 7 and up
Dates: June 3–7, June 10–14, June 17–21, June 24–28, July 8–12, July 15–19, July 22–26
Time: 9:00 a.m. – 4:00 p.m.
Conveniently located in South Tulsa, KJM's week-long summer camps include daily riding, an intro to horsemanship, games, horse-related arts & crafts, plus a Friday finale horse show and cook-out. Our facilities include large riding arenas in addition to shaded and open riding areas that are perfect for a trail ride. Safety on and around horses is a major objective of our riding program and our counselors are well versed in educating beginner riders.

TULSA ZOO SUMMER CAMPS

6421 E. 36th St. North
Tulsa, OK
918.669.6219
www.tulsazoo.org/camp
Let your child's imagination run wild at Spring Break and Summer Zoo Camps at the Tulsa Zoo. Spring Break camp for kids in grades K-6 will explore Tall Tail Mysteries. Each week this summer, kids ages 3-12 will enjoy a variety of themed camps will be offered with games, hands-on activities, crafts and animal trail exploration. Campers will learn about the zoo's animals, their habitats, behaviors, and enjoy up-close animal encounters. Half-day and full-day summer camps are available, depending on your child's age. Registration and information at tulsazoo.org/camps

TULSA YMCA OVERNIGHT AND DAY CAMPS

Camp Takatoka, Westside, Owasso, Bixby
Tulsa, OK
918.446.1424
www.ymcatulsa.org/camps
Ages: 5-17
This summer, the YMCA of Greater Tulsa will host four camps across Tulsa, Rogers, and Wagoner Counties including YMCA Camp Takatoka, Westside YMCA, Daily Family YMCA and the Owasso Family YMCA. All camps will offer swimming, outdoor adventure activities, games, crafts, and character development activities and open to kids ages 5-17. Overnight campers at YMCA Camp Takatoka will enjoy water sports, zip-lining, swimming, Thursday Night Live and other TAK traditions. SUMMER HAPPENS HERE!

ahha TULSA

Adrienne Lalli Hills
101 E. Archer St.
Tulsa, OK
918.584.3333
www.ahhatulsa.org
Ages: 5 to 18
Dates: June & July 2019
This June and July, ahha Tulsa debuts a new series of creative camps for youth ages 5 to 18. New, engaging camp themes like Art in the Dark, Creative Coding, Game Design, and Mural Madness will use fun approaches to increase students' creative competencies. Enrollment is now open. Find the perfect fit for the student in your life at https://ahhatulsa.org/creative-camps/

AUGUSTINE CHRISTIAN ACADEMY'S SUMMER WEEKS OF THE ARTS

John Ahrens
6310 E. 30th St.
Tulsa, OK
918.832.4600
www.acatulsa.org
Ages: 6-18
Augustine Christian Academy invites you to join us for two very special weeks of music, dance, puppets, set building and musical theater, and much more. In our sixth summer program, students can learn how to build and perform in a puppet theater or maybe how to design and build a set for a musical production. Whatever your interests or talents, our teachers will put them to good use for a very fun and fulfilling summer camp experience.

B-SEW INN'S PROJECT SEW SUMMER CAMP 2019

5235 S. Sheridan
Farm Shopping Center
Tulsa, OK
918.664.4480
www.bsewinn.com
Ages: 9 to 16. Sewing lessons for boys and girls
Dates: July 8-12 or July 15-19 or July 22-26 or July 29-Aug 2. Space is limited so sign up today.
B-Sew Inn's Project Sew Summer Camp is one week and has two sessions each day. Session 1 is 9 a.m.-Noon, and Session 2 is 2-5 p.m. With the camp fee of $199, attendees will get printed instructions, fabric kits & supplies plus upon completion of camp each participant will receive a sewing machine, valued at $299. Learn a life skill today. B-Sew Inn is the world's largest Baby Lock dealer. B-Sew Inn has been in business for 30-plus years.

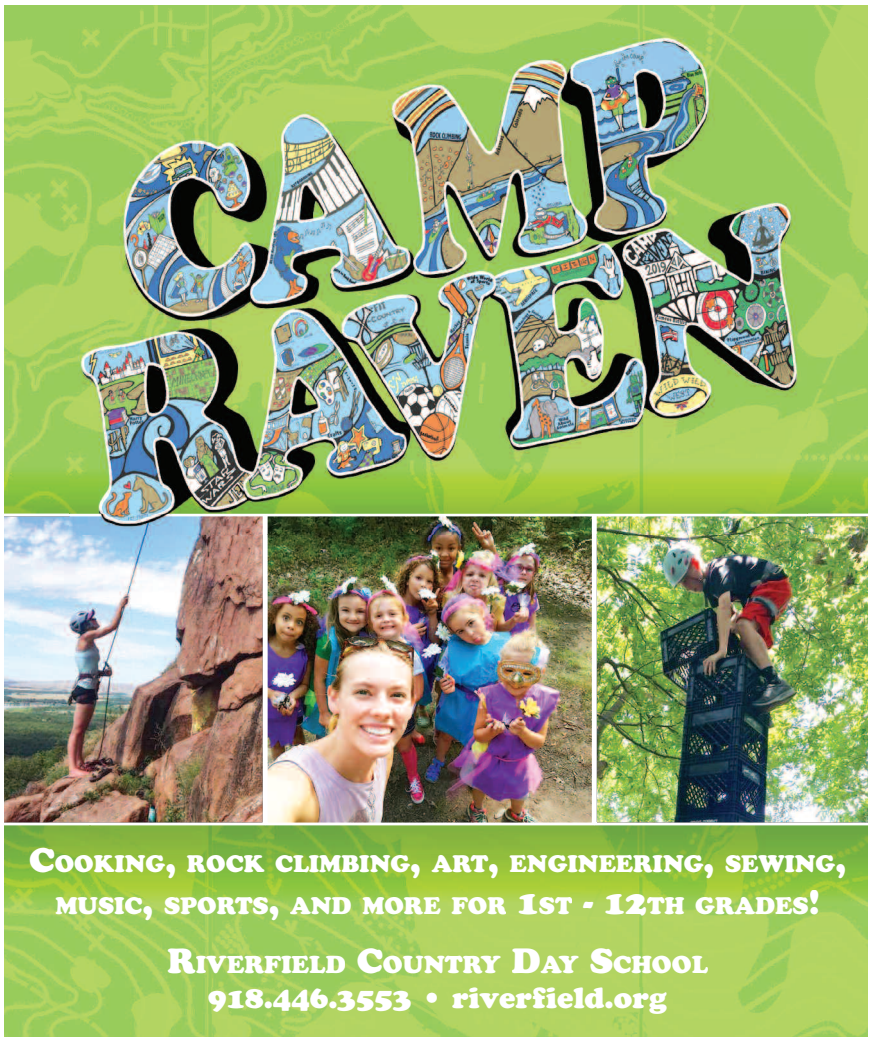
BRAVO MUSICAL THEATRE CAMP

Chelsey Elam
5147-B S. Harvard Ave.
Tulsa, OK
918.625.0455
info@bravoperformingarts.com
www.bravoperformingarts.com
Ages Served: 4-18
Bravo School of Performing Arts and Staccato Studios present Musical Theatre Summer Camps! Each themed camp will meet Monday thru Friday from 9 a.m.-12 p.m. to workshop songs, dances and scenes, culminating in an amazing performance on Friday for family and friends! Snacks, drinks and performance T-Shirt are provided. Camps are taught by industry professionals, who are passionate about teaching and nurturing children through the arts. For camp themes, enrollment and more information, please visit bravoperformingarts.com.

CAMP GET CENTERED

815 S. Utica Ave.
Tulsa, OK
918.584.8607
www.tulsacenter.org
Ages Served: 9-17
Camp Get Centered is a Summer Day Camp for children and adolescents with physical challenges. We will have nine one-week camps with various themes each week. Campers must have a primary diagnosis of a physical disability and have independent skills of daily living including feeding and toileting. Camp activities can include adaptive sports & recreation, art, indoor climbing wall, swimming, yoga, group

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games & initiatives, field trips, and more. The goal of Camp Get Centered is to provide opportunity for youth with physical challenges to increase awareness of and actively participate in recreational and leisure activities, while building friendships and a social network.

CAMP EXPLORE OWASSO

www.campexploreowasso.com

Welcome to Camp Explore at Owasso! Camp Explore provides a unique summer camp experience with more that 40 camps to choose from over 6 amazing weeks. Our programs are designed for campers ages 4-18 and run from 9 a.m.-3 p.m. Monday-Friday, with before and aftercare available. Our fun and unforgettable camp experience promotes the development of self-esteem, teamwork, creativity and the art of having fun while learning new ideas or exploring a favorite interest more in depth. Camp Explore offers core camp fun in the mornings with off-campus adventures in the afternoon. Discounts are available for those families traveling more than 15 miles from Owasso. For more information visit us at campexploreowasso.com.

CAMP INCREDIBLE AT UNIVERSITY SCHOOL

326 S. College Ave.
Tulsa, OK
918.631.5060
campincredible@utulsa.edu
utulsa.edu/uschool
Ages: 4 - 8th grade

Camp Incredible consists of six one-week day camps in June and July. Each week features a variety of exciting, themed camps that combine learning and fun! Students will explore and learn while having incredible summer adventures. Camps run from 9 a.m.-3 p.m. with morning and afternoon extended day available at an additional cost.

CAMP LOUGHRIDGE

4900 W. 71st St.
Tulsa, OK
918.446.4194
www.clcamps.org

Camp Loughridge Classic Day Camp is a place of faith, discovery, adventure, and community for kids 6-13. Just five minutes west of Tulsa Hills, Camp Loughridge is a fun outdoor setting where kids can escape the noise of everyday life and focus on the voice of the Holy Spirit. Come join us, we offer one-week sessions beginning June 10 and run through August 2, from 9 a.m. - 4:45 p.m.

CAMP MONTE—MONTE CASSINO SCHOOL SUMMER CAMP PROGRAM

Caitriona Harris
2206 S. Lewis Ave.
Tulsa, OK
918.496.4190
www.montecassino.org/campmonte
Ages: PreK – 8th Grade

Love of learning never stops at Monte Cassino, and summer is an ideal time to discover and to explore at Camp Monte. Our historic campus will be open for eight weeks for playful, artistic, athletic and academic offerings. Intentionally developed by certified teachers, experienced assistants and community artisans, Camp Monte caters to your child's diverse interests. Students will enjoy a relaxed, trusting and fun environment allowing them to learn new ways to express their individuality, leadership and creativity. Campers can participate one week at a time or for the entire summer while choosing from a wide variety of stimulating, age-appropriate choices.

CAMP PATRIOT AT METRO CHRISTIAN ACADEMY

Leann Cherry
6363 S. Trenton Ave.
Tulsa, OK
918.745.9868 x141
camppatriot@metroca.com
www.camppatriottulsa.com
Ages: 4-18

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2019 SUMMER CAMPS & ACTIVITIES GUIDE

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Welcome to Metro Christian Academy's Camp Patriot …where summer is meant for adventure! With more than 40 camp options, Camp Patriot has something for everyone. One-week camp sessions begin June 3rd and continue through August 2nd and are open to the Tulsa community. Children four years old through 12th grade can choose between morning and afternoon sessions or stay all day! Camp Patriot is designed with students in mind. Campers will enjoy a relaxed, supportive, healthy Christian environment promoting creativity, learning, and personal growth. All camps begin enrolling in mid-March! For more information, email camppatriot@metroca.com or go to camppatriottulsa.com.

CAMP RAVEN AT RIVERFIELD COUNTRY DAY SCHOOL

Contact: Kirsten Redmond, Camp Director
2433 W. 61st St.
Tulsa, OK
918.446.3553
www.riverfield.org
Ages: 1st - 12th grades
Dates: May 21-August 9
Times: 8:30 a.m. – 3 p.m., extended care available
Spend the summer on Riverfield's 120-acre wooded campus, complete with two gyms, barnyard, splash pad, hiking trails, and picnic areas. Camp Raven features cooking, rock climbing, art, river rafting, engineering and design, field trips, music, sports, swimming, and more!

CASCIA HALL SUMMER CAMPS

2520 S. Yorktown Ave.
Tulsa, OK
918.746.2600
www.casciahall.com
Expert instruction will be given by the Cascia Hall faculty and varsity coaches on the Cascia campus. In addition to athletics, camps will be offered in performing arts and robotics. Students from all schools are welcome. There will be something for all ages. Visit the website for more information and registration forms.

CHANNING DAY SCHOOL

Carol Ainsworth
2952 S. Peoria
Tulsa, OK
918.742.6731
www.channingdayschool.com
Ages: 3-6
Dates: June 3-July 26
Time: 9:30 a.m.-1:30 p.m., Monday-Friday
Each week of camp features a different theme.

CHRIST CHURCH PRESCHOOL SUMMER CAMP

Laurie Pearn
3515 S. Harvard Ave.
Tulsa, OK
918.743.7673
lpearn@cumctulsa.com
www.cumctulsa.com
Ages: 2 - 8
We offer summer camp during the month of June on Monday, Wednesday and Friday from 6/3 to 6/28. Hours are 9:30 a.m. to 2:30 p.m. Each day features a different theme including water play, dinosaur day, outdoor art, under the sea, slime day, cook our own pizza, Happy Birthday America Parade and many more. We will have music and gymnastics each week. Children bring their lunch. 6, 7 and 8 year olds will have older activities. Our camp is all about having fun and building self-esteem.

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CHRISTIAN MONTESSORI ACADEMY

3703 S. 90th E. Ave.
Tulsa, OK
918.628.6524
www.montessorilearning.org
Ages: 3-12
Dates: June 3 - July 31
Each summer CMA offers a hands-on, fun, educational summer camp. This year, our theme is "Mysteries of the Rainforest." Come explore with us this summer in a fun, innovative, hands-on learning environment. All subjects are presented within the curriculum, including STEM. Arts & crafts, outdoor activities, a summer camp T-shirt, and a trip to the zoo are included.
Now Enrolling!

CLARK YOUTH THEATRE DRAMA CAMP

Tammy Slack
4825 S. Quaker Ave.
Tulsa, OK
918.746.5065
clarkyouththeatre@gmail.com
www.clarkyouththeatre.com
Ages: 8-14
Clark offers both a spring break and summer camp each year. Camps focus on acting, dance, and music skills with a performance at the end of camp. Each session of camp is taught by industry professionals. Before and after care are also available for all camp sessions. Visit Clark's website or Facebook page for more details and pricing.

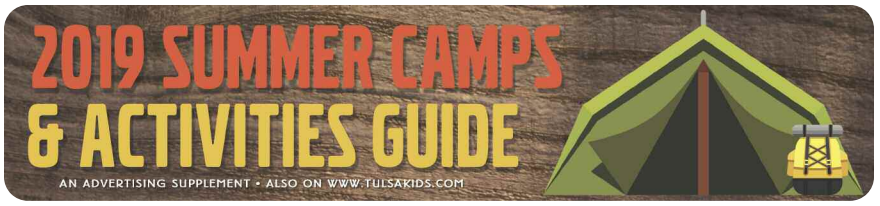
DISCOVERY LAB

560 N. Maybelle Ave.
Tulsa, OK
918.295.8144
www.discoverylab.org
Kids connect with their natural curiosity and creativity during fun-filled camp experiences at Tulsa's Discovery Lab! Museum educators lead groups ages 4–12 through hands-on explorations of STEAM and health and wellness. Camps range from a half-day to week-long and feature museum time, outdoor play, and a free camp T-shirt. The summer 2019 camp lineup includes Secrets of Chemistry, Mission: Discovery, Revealing Reactions, and Principles of Coding. Students will build and test towering sky-scrapers against earthquakes and engineer a model car at odds with high winds in a tornado in Camp R & D. For the first time, Discovery Lab will offer Toy Tech and The Evolution of Animation: Claymation to Botlogic. These camps, featuring recyclable materials to create action figures and old-school techniques that end in modern day animation are sure to inspire. Finally, our always-in-demand Busy Bodies camp will be available for ages 4-6.

FIT TO PLAY

TherapyWorks
7608 E. 91st St.
Tulsa, OK
918.663.0606
info@therapyworkstulsa.com
www.therapyworkstulsa.com
Whether it's sports, dance, cheer or any other competitive activity, TherapyWorks can help you get in the game and stay in the game. Our cutting-edge assessment techniques analyze athletic movement patterns and identify weaknesses. Customized group or individual eight-week training programs improve performance and prevent injury.

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GET IT WRITE MINICAMP

Penny Stack
8118-B S. Memorial Dr.
Tulsa, OK
918.313.5518
www.dyslexiatulsa.com

Get it Write Minicamp
A weeklong, two-hour minicamp experience created to help your student:
• improve their handwriting through practice with an occupational therapist – neatness, spacing and writing speed
• learn cursive
• learn keyboarding
• increase their self-confidence
When students have poor handwriting, it is common for them to feel frustrated, not only due to poor grades, but also due to the lack of ability to effectively communicate their ideas. Penny Stack, owner of DCT, believes practice with some tips from occupational therapists will not only improve their handwriting but their self-confidence. DCT uses the Handwriting Without Tears Program.
Registration is $199 per child, per week, per session, which includes a handwriting workbook and snacks. Only 8 spaces available in each session.
These minicamps will be held for two hours a day during the following weeks:
May 13 – 17, 2019 | Printing 8 – 10 a.m. OR Cursive/Keyboarding 10 a.m. – 12 p.m.
May 20 – 24, 2019 | Printing 8 – 10 a.m. OR Cursive/Keyboarding 10 a.m. – 12 p.m.
May 27 – 31, 2019 | Printing 8 – 10 a.m. OR Cursive/Keyboarding 10 a.m. – 12 p.m.

GILCREASE MUSEUM SUMMER CAMPS

1400 N. Gilcrease Museum Rd.
Tulsa, OK
918.596.2700
gilcrease.org/summercamp

Summer Camp at Gilcrease Museum is an adventure in creativity and fun as students explore different forms of art along with our surrounding gardens and grounds. It is a time for learning, making new friends and discovering the artist in us all. Visit our website for more information and registration.

GOLDEN EAGLE GIRLS' BASKETBALL CAMPS

7777 S. Lewis Ave.
Tulsa, OK
www.abcsportscamps.com/orubasketball
Ages: 5-18

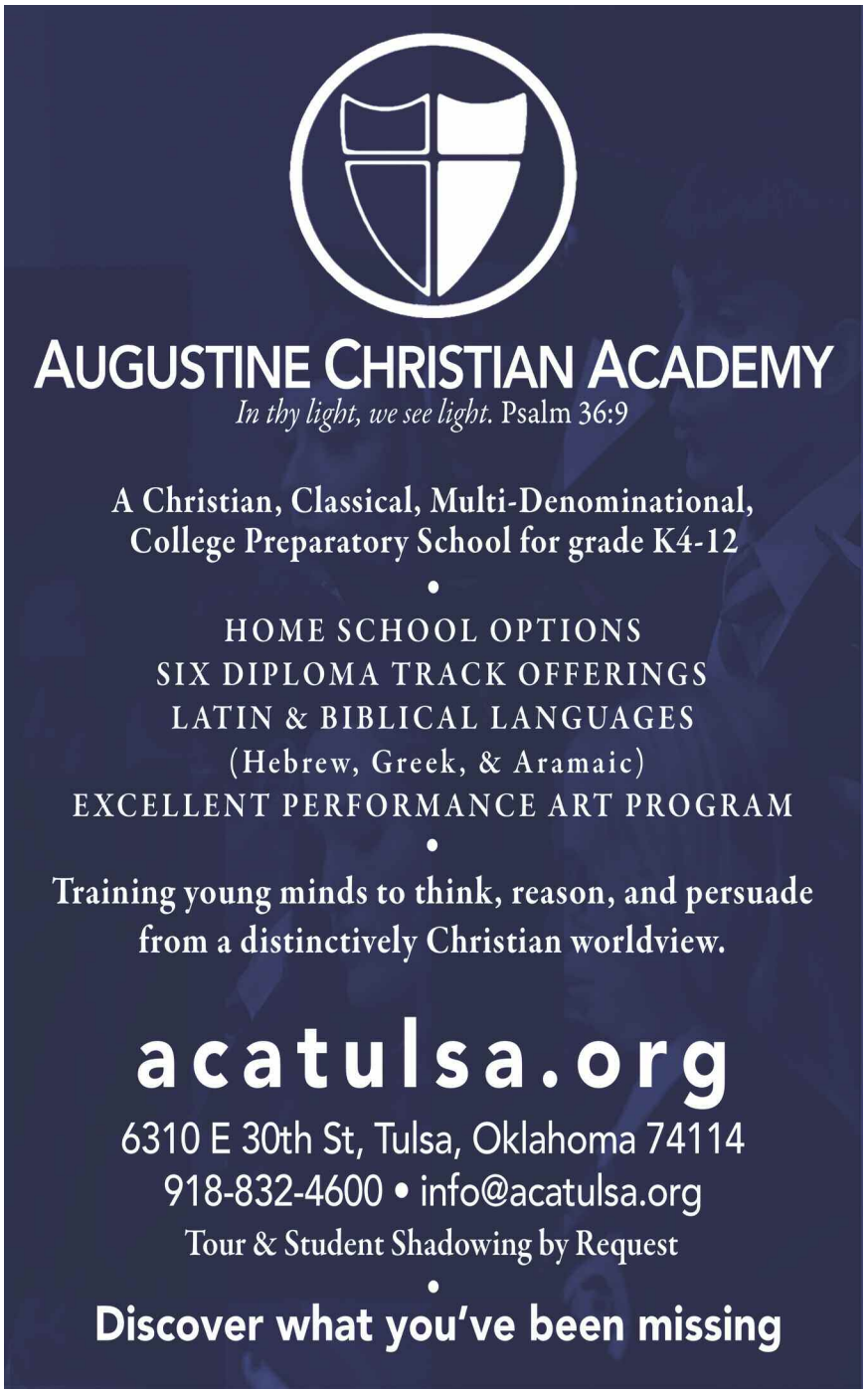
Dates: June 10-13 and July 15-18
Welcome to Golden Eagle Basketball Camps at Oral Roberts University. We are committed to providing a camp that is both instructional and informational along with creating a great atmosphere to learn! The Golden Eagle Basketball Camps coaching staff is dedicated to the development and growth of basketball players of all ages and skill levels.
Golden Eagle Basketball Camps offer an opportunity for players to receive valuable instruction on the fundamental skills of basketball. Our goal is to provide a positive and instrumental learning experience for all campers in a structured, enthusiastic and fun environment.
For general questions or for more information, please contact us at jabigham@oru.edu or 918.495.6967.
Please visit our website for more information!

HAPPY CAMPERS AT JOHN KNOX

2929 E. 31st St.
Tulsa, OK
www.happycampersacademy.com
Ages: 5 – 12 years old

Times: Monday through Friday 7 a.m.-6 p.m.
If you are looking for a fun and exciting summer camp for your school-age child, Happy Campers at John Knox is your place! Day campers will enjoy weekly field trips, along with arts and crafts and STEM activities to keep them engaged and learning. We will be participating in the library's summer reading program, and also going swimming at a private pool, in order to balance our fun and learning activities! Come and have an adventurous summer with us!

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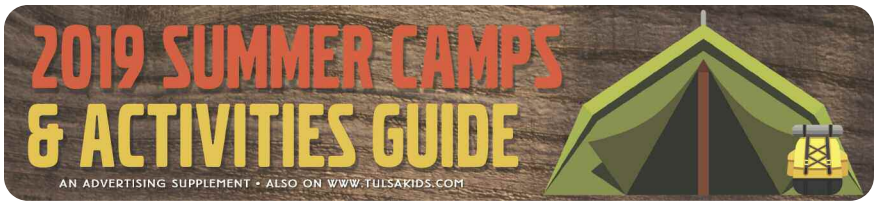












HEALTH ZONE SUMMER CHALLENGE DAY CAMPS

Jenni Rowe
5353 E. 68th St.
Near 71st and Yale
Tulsa, OK
918.494.1671
www.saintfrancis.com/health-zone
The Health Zone Summer Challenge day camps are filled with indoor and outdoor games and activities. Each day we swim, do creative crafts and have healthy snacks!

HOLLAND HALL SUMMER PROGRAMS

Debbie Almohandis
5666 E. 81st Street
Tulsa, OK
918.879.4716
www.hollandhall.org/summer
With more than 100 one-week classes and camps designed for both fun and education, Holland Hall has a program for everyone of every age this summer. Programs are structured as eight, one-week sessions that include academic, athletic, artistic, and "just for fun" activities. Choose between morning and afternoon sessions or sign up for both and stay all day! Participants in Holland Hall summer programs will be able to experience educational and enrichment opportunities in an atmosphere dedicated to fostering mental, physical, and creative growth. Classes are available for 3-year-old through adults and are open to the Tulsa community.

JANELL WHITBY SCHOOL OF MUSIC

Janell Whitby
5147-D S. Harvard
Tulsa, OK
918.743.4339
www.janellwhitby.com
If your child loves music, this two-week course offered in June and early July is perfect! Your child will enjoy making music with rhythm instruments, movement, singing, ear training and keyboard songs. The introductory small-group class is built on parent participation with individual keyboards provided for every child. Try the Discovering Music class and learn the impact of music on the brain. It's a fun opportunity for 4- and 5-year-olds! Celebrating its 38th year, Janell Whitby School of Music has a proven curriculum that progresses through the 12th grade. Invest two weeks and start your child with the lifetime gift of music. Call now - classes fill up fast!

INFINITY'S SUMMER DANCE CAMP

Emmi Galfo
8112 S. Memorial Dr.
Tulsa, OK
918.286.6962
info@infinitydancetulsa.com
www.infinitydancetulsa.com
Ages: 3 to 18 years
ARE YOU READY TO DANCE!?
SUMMER DANCE CAMPS
Limited spots available. Sign up now to reserve your spot! Email info@infinitydance-tulsa.com for registration details.

KANAKUK

1353 Lake Shore Dr.
Branson, MO
417.266.3000
www.gokanakuk.com
Overnight
Ages: 6-18
Gender: Girls & Boys
Dates & Hours: June 1- Aug 9 ; One week, Two week or Four week

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Cost: $1,150 to $4,300
Sign-up Deadline: Varies Per Term
Kanakuk is a premier summer camp experience for boys and girls age 6–18 located in Branson and Lampe, Missouri. Our 5 Overnight Kids camps provide children with age-appropriate, fun, safe and professional outdoor youth camping experiences that grow them spiritually, physically, emotionally and socially. Kids have fun with friends, participating in more than 70 activities, sports and amazing themed parties. Our full-time and summer staff members are committed to our mission to develop dynamic Christian leaders through life-changing experiences, Godly relationships, and spiritual training. Learn more about customizing your child's summer camp experience at gokanakuk.com.

KAMPOUT!

KampOut! brings the fun of Kanakuk, one of the largest Christian summer camps in the nation to your hometown. Kanakuk's professional staff leads this high-energy traveling day camp through five days of guided sports and activity times, Bible study, worship and small-group time for children in kindergarten through 5th grade. To learn more about your local KampOut! stop, visit: http://kanakuk.com/kamp-finder/kampout-day-camp/about.
Tulsa Area Stops:
Harvard Avenue Christian Church: June 17-21
Metro Christian Academy: June 24-28
Redeemer Covenant: June 22-26

LAFORTUNE PARK JUNIOR GOLF CAMP

Robby Jackson
5501 S. Yale
Tulsa, OK
918.496.6200
www.lafortuneparkgolf.com/junior_golf
Ages: 5-17
Dates:
Session 1: March 19-22
Session 2: June 4-7
Session 3: June 18-21
Session 4: July 9-12
Session 5: July 23-26
Spring & Summer Camps are Monday - Thursday, from 9:00 a.m. until 12:00 p.m. each day.
Every junior will receive hours of valuable instruction each day on different aspects of the game including full swing, putting, chipping, bunker play, and pitching, accompanied by skills challenges and on-course instruction.

MILLER SWIM SCHOOL—SWIM LESSONS

Sarah Clavin
6415 S. Mingo Road
Tulsa, OK
918.254.1988
www.millerswimschool.com
Miller Swim School has been in the unique business of teaching swimming for over 60 years. At Miller, our mission is to build a safer community, one family at a time, through swim lessons, water safety education and drowning prevention.
Swimming lessons are one of the best activities to keep a child active while providing them with a valuable set of life skills. Through participating in water activities, students are able to gain self-discipline, coordination, and balance. Studies have also shown that swimming lessons help children grow socially and intellectually.
At Miller Swim School, students are grouped according to ability and comfort in the water. Classes are offered year-round, both morning and evening at both our Tulsa and Jenks facilities and in the summer at our outdoor pool in Owasso. Transportation can be provided with our Miller Bus if needed.
Miller Swim School also offers party packages and open swim times for families and friends to enjoy the pool year-round! Check out our website for a comprehensive list of programs at www.millerswimschool.com and follow us on Facebook and Instagram for the latest news and specials!

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GET IT WRITE
MINI SUMMER CAMP



May 2019
Choose a week and time of day to fit your schedule!

Help with printing OR cursive & keyboarding.

Designed to help your student:
- Improve handwriting through practice with an occupational therapist.
- Increase self-confidence.

DYSLEXIA CENTER OF TULSA

Register at *dyslexiatulsa.com*
918 - 313 - 5518



KEEP EXPLORING THIS SUMMER

Busy Bodies
Camp R & D
Mission: Discovery
Principles of Coding
Revealing Reactions
Toy Tech
The Evolution of Animation: Claymation to Botlogic



Camps are for ages 4-12 and feature hands-on STEAM experiences. Space is limited so sign up today!

For more information and to enroll, visit discoverylab.org.

discLABvery

560 North Maybelle Avenue 918-295-8144

BRAVO SCHOOL OF PERFORMING ARTS

STACCATO studios

BRAVO SCHOOL OF PERFORMING ARTS & STACCATO STUDIOS PRESENT:

Musical Theatre Summer Camps

JUNE 10TH-14TH: MARY POPPINS (AGES 4-14)

JUNE 17TH-21ST: WICKED (AGES 4-14)

JUNE 24TH-28TH: BEAUTY AND THE BEAST (AGES 4-14)

JUNE 24TH-28TH: LEGALLY BLONDE, PRODUCTION CAMP (9 & UP)

JULY 8TH-12TH: GREASE (AGES 4-14)

JULY 15TH-19TH: SOUND OF MUSIC (AGES 4-14)

JULY 22ND-26TH: PITCH PERFECT (AGES 4-14)

ALL CAMPS WILL MEET MONDAY THRU FRIDAY FROM 9AM TO 12PM TO WORKSHOP SONGS, DANCES AND SCENES, CULMINATING IN A PERFORMANCE ON FRIDAY FOR FRIENDS AND FAMILY TO ENJOY!

To enroll, please visit: BravoPerformingArts.com

For more information, please email info@bravo performing arts.com

5147-B South Harvard Ave.

KJM Equestrian Summer Camp

7 one-week camp sessions • June 3 through July 26

Monday – Friday • 9:00 am – 4:00 pm

Conveniently located in South Tulsa at 9801 S. Sheridan Road



Activities include: daily riding, intro to horsemanship, horse-related arts & crafts, games, horse show, and cook-out

For more information:

Phone: 918-299-9283 • Text: 508-782-8453

Email: office@kjmequestrian.com • Web: kjmequestrian.com

2019 SUMMER CAMPS & ACTIVITIES GUIDE

AN ADVERTISING SUPPLEMENT • ALSO ON WWW.TULSAKIDS.COM

MISS HELEN'S PRIVATE SCHOOL

Miss Jayme, Director
4849 S. Mingo
Tulsa, OK
918.622.2327
www.misshelens.com
Ages: 3 years-5th grade

Miss Helen's provides a safe environment of summer fun activities to accentuate the positive in students. Fun and appropriate activities are offered. Preschool theme-based weeks include an annual pet parade, wheel days, and water play days. Elementary students' activities include: science, chess, sewing, mystery games and cooking experiences. Individualized reading, writing, math included. In addition to daily classes, preschool students may choose to take cheerleading, swimming lessons, gymnastics or karate classes. Elementary students may choose swimming lessons, gymnastics, cheerleading, tennis, golf, karate, soccer and drawing. Community service projects included. Join Miss Helen's family by contacting us today!

NEW ARTS CAMP

Julianne Clark, Education Organizer
education@livingarts.org
918.585.1234
www.livingarts.org
Ages: Students entering the 6th - 12th grades

Dates: July 22 - August 2

The New Arts Camp exposes junior high and high school students to contemporary art discussion and creation. The New Arts Camp uses four different artistic disciplines - video, performance, new music and installation - to provide an equal balance between the development of creativity and technical skills over a two-week period. The New Arts Camp focuses on research and creation of interdisciplinary artworks. Students will be exposed to interdisciplinary artists from both a historical and contemporary perspective. Camp participants will present their own interdisciplinary project at the end of the session during the August First Friday Art Crawl. Living Arts engages both regional and national artists to teach at New Arts Camp. Plus, several guest artists make appearances throughout the camp.

NEW HAVEN UNITED METHODIST DAY SCHOOL

5603 S. New Haven Ave.
Tulsa, OK
918.742.6781
newhavenschoolers@gmail.com

For the first time, 2019's summer camps are structured as eight, two-week sessions that include a variety of exciting themes! These camps are designed with stimulating curriculum, including fun-filled field trips! We look forward to fulfill campers' summer with incredible and unique adventures that will surely have them engaged all summer long!

Summer Camp is Monday through Friday this summer, and the hours are 7:30 a.m.-6:00 p.m.

Camp starts Monday, June 3, and ends Friday, August 2, 2019.

June 3rd -14th- Summertime Science

June 17th-28th - Creative Campers

July 8th-19th- Score! Sports Galore

July 22nd -Aug 2nd - Tropical Beach Bash!

NEWVIEW OWL CAMP

Andrea Hamen
5986 S. Yale Ave.
Tulsa, OK
918.779.7772
www.newviewoklahoma.org
Ages: 8-18

OWL (Oklahomans Without Limits) Camp is NewView Oklahoma's free summer camp for kids ages 8-18 who are blind and visually impaired! Camp activities are carefully planned and designed to encourage collaboration, improve confidence, self-esteem, and independence, and challenge societal and self-imposed limits through a variety of indoor and outdoor activities, with a new theme each year!

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2019 SUMMER CAMPS & ACTIVITIES GUIDE

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This year, the Tulsa OWL Camp will be held at Lake Tenkiller and the OKC OWL Camp will be held at UCO in Edmond, Oklahoma.

PHILBROOK ART CAMP

2727 S. Rockford Rd.
Tulsa, OK
918.748.5379
www.philbrook.org/visit/art-camp/
Philbrook Art Camp offers a unique opportunity for children ages 5-12 to work with acclaimed working artists from a variety of fields and disciplines. Move beyond lanyards and popsicle sticks, give the children in your life an unforgettable summer experience making real art with actual artists.

PHILCREST HILL TENNIS CAMP SUMMER TENNIS DAY CAMP

Summer Tennis Day Camp at Philcrest Hills Tennis Club
10900 S. Delaware
Tulsa, OK
918.299.2643

RIVER RUN FARM SUMMER CAMP

Susan Cravens
9300 S. 51st W. Ave.
Tulsa, OK
918.855.5032
www.riverrunfarmok.com
Ages: 2 years and Up
Dates: Weeks of June 10 -14, June 17 - 21, June 24 - 28, July 8 -12, July 15 - 19, and July 22 - 26
Times: 9 a.m. - 2 p.m.
Located in a magical setting of 40 acres of wooded and tame pastureland with three ponds, River Run Farm is an escape to a Virginia-style farm with a variety of summer camps for all ages. Little Boots Pony Camp, ages 2-4, is an age-appropriate introduction to size-appropriate miniature horses; Chaps & Britches Camp, ages 5-7, provides a unique learning environment for young equestrians; Horsin' Around Camp gives horse lovers 8 and up a chance to learn all aspects of horse ownership. The week-long camp includes daily riding and fun activities, covering all aspects of our equine friends with an emphasis on safety and fun with the horses. Each camp includes new, fun activities. Visit the website or call for camp schedules. Come out, check us out, and meet our horses. Also check out our popular Pony Parties - a memorable way to celebrate birthdays, end of school, team parties, or family reunions!

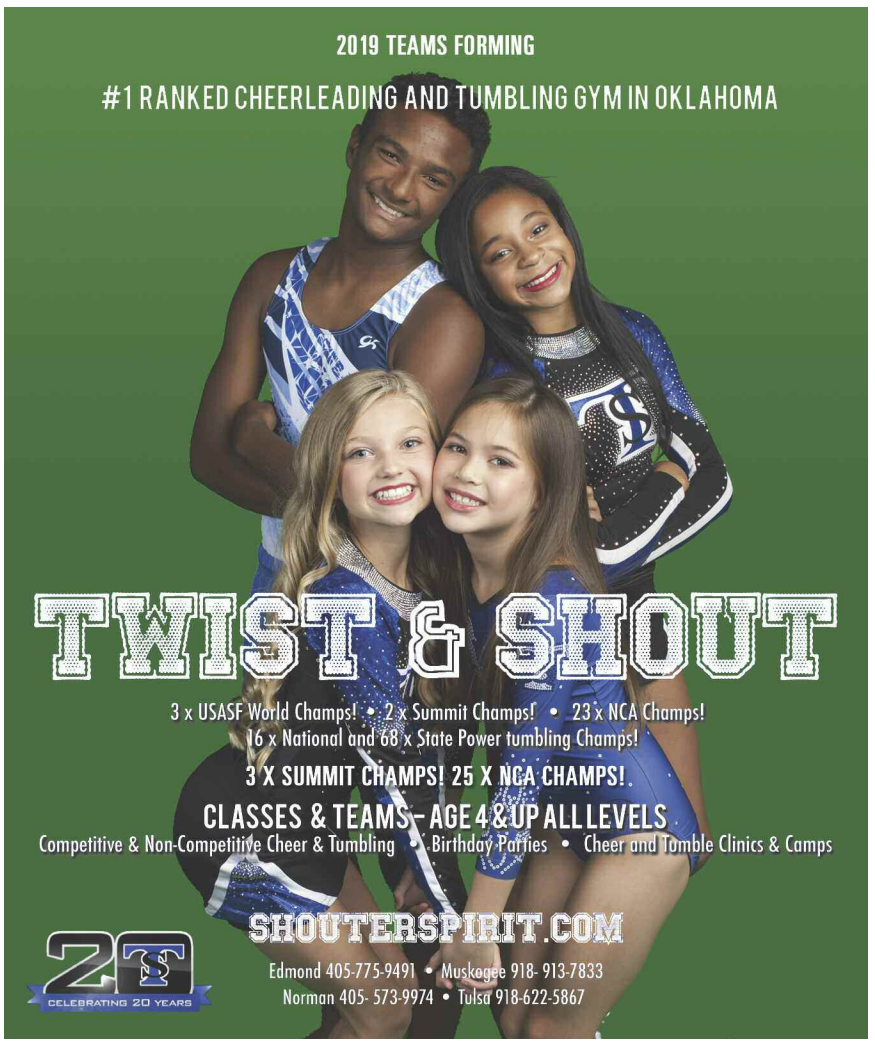
SAIED MUSIC

Midtown:
3259 S. Yale Ave.
Tulsa, OK
918.742.5541

South Tulsa:
9320 E. 71st St.
Tulsa, OK
918.252.5541
www.saiedmusic.com/school
Come play this summer at Saied Music Summer Camps! We have something musical for all ages, abilities and interests: Ukulele Camp, Guitar Camp, Piano Camp, String Camp, Fiddle Camp, and Music Theater Camp. Also, Instrument Players Clubs will be returning this summer! As always, our private lessons for all instruments, piano and voice continue through the summer. Adults, check "learn to play piano" off of your bucket list with private lessons or our Beginning Adult Piano Class! Call Saied Music School at 918-252-5541 or visit us online at www.saiedmusic.com/school for more information or to register!

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2019 SUMMER CAMPS & ACTIVITIES GUIDE

AN ADVERTISING SUPPLEMENT • ALSO ON WWW.TULSAKIDS.COM



SOCCERCITY TULSA SUMMER CAMPS

Contact: Dustin Knight
5817 S. 118th E. Ave.
Tulsa, OK
918.249.0044
www.soccercitytulsa.com
Want your kids to have some fun and stay active this Spring - Summer? We have your solution!!!
Sign up for SoccerCity's Lil' Kickers Classes and Camps,
Classes start at age 18 months - 9 years old
Camp ages are 4 - 15 years
Upcoming Events:
Spring Break Camp: March 18 - 22
Spring Lil Kickers: March 25 - June 1
Summer Camps: Dates are to be announced.
Please check our website for all information, www.soccercitytulsa.com
The class schedule gives you 6 days to choose from. Pick the best day and time that works for your schedule!
We will have at least 3 camps this summer. Please check our website for those dates and times to be updated.
Camps runs from 9 a.m. to noon. The groups will be divided by age and ability. Children should come ready to listen, learn and most of all HAVE FUN! Please direct any questions to dustin@soccercitytulsa.com.

SOUTH LAKES GOLF COURSE

9253 S. Elwood
Jenks, OK
918.746.3760
www.southlakesgolf.com
Cost: $125 per student
Ages: 5-13
Dates: Spring Session – March 23- May 18
Week 1: Introduction and Fundamentals of the Golf Swing
Week 2: Putting
Week 3: Chipping and Pitching
Week 4: Sand Traps
Week 5: Long Irons/Hybrids
Week 6: Driver
Week 7: Practicing With a Purpose
Week 8: Time To Play Some Golf!
Local PGA Apprentice Instructors Andrew Cantrell, Austin Osburn and Chance Fields lead future golf stars from Tulsa in activity-filled junior golf programs that aim to set a new standard in fun for Oklahoma junior golf! Each student receives a special gift pack at the end of the camp. Don't miss a chance to hook a kid on golf!

SPRING FENCING CAMP

Tulsa Fencing Alliance
8216 E. 41st St.
Tulsa, OK
918.574.4681
www.tulsa-fencing-alliance.org
Ages Served: 12 and up
Description and Details:
Tulsa Fencing Alliance
Spring Fencing Camp for Beginners
March 11-15, 1-4 p.m.
March 18-22, 1-4 p.m.
$150 per week
Learn the modern art of sword fighting like an Olympic Champion.
All equipment provided. Individual instruction available.

SSB KIDS! CAMP

1700 N. Redbud Pl.
Broken Arrow, OK
918.258.5437
info@ssbkids.com
www.ssbkids.com
Ages: 3-11
SSB Kids! provides an indoor/outdoor camp (weather permitting) experience in a nurturing and safe environment. Each camp is filled with tumbling, trampoline, themed activities, sports, giant water slides (summer only), Red Cross swim lessons and swim time (summers only), inflatable jumping, arts and crafts, team building, character building, devotion time, music, and more.

TCC COLLEGE FOR KIDS 2019

Brandon Almeida
3727 E. Apache
Tulsa, OK
918.595.7200
ce@tulsacc.edu
www.tulsacc.edu/ce
Ages: 13-17 (ages 8-16 for theater camps)
TCC's College for Kids has been serving the Tulsa community for over 30 years. This year's series will offer camps in the areas of computer coding and gaming, theater arts, photography, world languages, American Sign Language, and STEM. Be sure to follow us on Facebook (@TCCContEd) and Instagram (@tccconed)

THAT'S DANCING

Kara Ritchie
4427 E. 31st St.
On 31st between Harvard & Yale
Tulsa, OK
918.408.6226
www.thatsdance.com
Join us at That's Dancing Studio for an exciting summer filled with Dance! So many fun camps and classes to choose from. Pre-School, Hip-Hop, Musical Theatre, & Intensive Camps. Something for everyone!

TWIST AND SHOUT TRAINING CENTER

4820 S. 83rd E. Ave.
Tulsa, OK
918.622.5867

2910 N. York
Muskogee, OK
918.913.7833
www.shouterspirit.com
Twist and Shout was established in 1996. We train all levels of athletes in Tumbling & Cheer throughout Oklahoma in Tulsa, Edmond and Norman for age 4 & up! Our goal is to teach all level of athletes to progress in sport and character!
Our program offers:
Competitive & Recreational Cheerleading
Competitive & Recreational Tumbling
PowerTumbling - Competing in tumbling on a spring floor
Summer Tumbling & Cheer camps - June 1- July 30 offered Mon.-Thurs., 2 hrs. each day.
Monthly Tumbling clinics - one Saturday each month for 2 hrs. throughout the year.
Open Gym - Come tumble around on your own one hour a week
Birthday parties

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

TulsaKids is anticipating a marvelous March for multiple reasons, including our inaugural monthly Parents Meet-Up, many amazing contests and more! Get all the details below, and make sure you are subscribed to our weekly eNewsletters (tulsakids.com/newsletter) and following TulsaKids on social media to stay up-to-date! –Tara, Web Editor

CONTESTS AND GIVEAWAYS

FAMILY FAVORITES NOMINATIONS

We are switching up our Family Favorites contest this year! From March 1-15, fill out our Family Favorites Nominations Survey for your chance to a $100 gift card! The top 5 nominees in each category will be featured in a run-off ballot in May, which you can complete for another chance to win an awesome prize! Get the nominations survey link at tulsakids.com/contests.



HEALTHY KIDS COOKING CONTEST

Tulsa Kids and Shape Your Future have partnered to host the 2019 Healthy Kids Cooking Contest. It is important that kids learn to choose healthy options at a young age to create positive habits for a lifetime. What better way than to create their own masterpiece filled with key healthy ingredients. Let the most delicious, nutritious recipe win.

Kids 14 and younger are encouraged to submit their own original recipes. Fruits, veggies, lean protein, whole grains, and low fat dairy are sure to make your dish outstanding. Recipes will be judged based on taste, creativity, originality and healthful ingredients. The winner will be announced in the Tulsa Kids May issue with a featured story and photo. Just be sure to submit your recipe before March 22nd. Age group: 14 years of age or younger.

Submission Dates: March 11-22. Get contest rules at tulsakids.com/contests, and find the entry link at shapeyourfutureok.com/healthy-kids-cooking-contest.

PARENTS MEET-UP

TulsaKids is happy to announce that we will be hosting monthly Parents Meet-ups at Southminster Presbyterian Church on the fourth Wednesday of each month. For our March Meet-up, Lauren Alvarez, MA, a parent educator with Family & Children's Services, will lead a discussion on Creative Consequences. There will be healthy snacks and free childcare! Join our Facebook Group, TulsaParents, for information about future Meet-ups and look for our event page at facebook.com/tulsakidsmagazine for more information. Southminster Presbyterian Church, 3500 S. Peoria Ave., 6:30-8 p.m. (March 27)



AMAZING MOMS CONTEST

We want to celebrate five AMAZING MOMS in our May issue, and we need your help! From March 1-15, submit a photo of a local mother who inspires you! Then, from March 16-31, get all your friends to vote (once daily) for your nominee. The winners will be announced in our May magazine by being featured in a special Amazing Moms article. Get the entry link at tulsakids.com/contests



WWW.TULSAKIDS.COM

I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI

Sienna Leach : Aspiring Ornithologist

Compassion and passion is what makes up Seinna Leach, a 14-year-old Jenks freshman. At a young age she had a passion for paleontology, which eventually lead her to a new passion — birds. Sienna's compassionate heart and love for birds inspired her to build an aviary right in her own backyard.

TK: At what age and how did you develop a passion for birds?
Sienna: When I was3 years old, I really liked dinosaurs. I eventually discovered that birds were descended from dinosaurs, and my obsession switched to birds. I enjoyed actually being able to see live birds, and I realized that I am able to help them, as opposed to dinosaurs, which are extinct. I've been rehabilitating birds with WING-IT (Wildlife in Need Group – In Tulsa) since I was 7 years old.

TK: What is an aviary?
Sienna: An aviary is a large enclosure in which we keep birds while we are rehabbing them, before their release back in to the wild.

TK: What have you learned from having your own aviary?
Sienna: I've learned more about birds and their habits, and also that each one has an individual personality. I've also learned how to cope with loss and grief, but also the joy of releasing a bird back to the wild and watching it fly away.

TK: Share a unique story from your aviary.
Sienna: I had a Western Kingbird, Lemon, and an Eastern Kingbird, Polar, at the same time. It was my first time to rehab both species, and both are now some of my favorite bird species. They liked to hang around each other, and so we ended up releasing them together. They hung around our house for around a week after release and begged for food. Polar would frequently land on my head to try to get me to feed her mealworms, while Lemon preferred to sit on a nearby object and wait patiently. We would hold mealworms up in the air and they would swoop down and get them from us. It was really cool to interact with these two, especially having both types of kingbirds found in the area.

TK: Where is your favorite place to bird watch in Tulsa?
Sienna: Oxley Nature Center and Lake Yahola in Mohawk Park. This area has the most birds recorded in it out of all of Tulsa County.

TK: What other hobbies do you have?
Sienna: I like to read, I play percussion in band, I'm in the Jenks Latin Club, and I love learning about animal color/pattern genetics.

TK: What do you want to be when you grow up?
Sienna: I want to be an ornithologist, which is a scientist that studies birds. I will also continue my wildlife rehabbing volunteer work.

TK: Who inspires you?
Sienna: Kenn Kaufman is a famous birder that inspires me - I've read his book, *Kingbird Highway*, at least 10 times! Kim Doner, another WING-IT rehabber, who is actually the person that taught us how to



rehab birds, is another huge inspiration. Lastly, the birds themselves really inspire me to help and protect them!

TK: What advice do you have for others that want to learn more about birds?
Sienna: Become a bird rehabber! WING-IT, the rehabbing organization we work with, is holding the annual Intro to Rehabbing on April 13 from 1-4 p.m. at the Hardesty Library. You have to learn a lot about birds to be able to properly take care of them, such as what they eat and their habitats in the wild. Also, join the Tulsa Audubon Society and attend the monthly meetings and field trips that we hold. You can learn a lot by going birding (bird watching) and observing birds in the wild as well. I've also read a ton of books about birds, and that's how I know a lot of the things that I know about them.

TK: What is a fun fact about you?
Sienna: I actually don't eat any poultry because I love birds so much, but, more importantly, I have rehabilitated 550 birds!

Summer Camps and Activities Fair

Saturday, April 6, 2019
11:00 – 2:00 p.m.

Union Multipurpose Activity Center
6836 S. Mingo Rd, Tulsa

A FREE opportunity for Tulsa-area families to learn about local and regional summer camps, programs, and activities! Come by and learn about the many options available for your child during the summer.

Questions? Contact Siddiqui.Kulsum@unionps.org or 918-671-2404.

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