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

# tulsakids

FOR PARENTS. FOR FAMILIES. FOR LIFE.

## YAY! SUMMER'S COMING!

## PROMPOSALS: DID YOUR TEEN GET ONE?

## S.O.S.: SUMMER OF SAFETY (INCLUDES PLACES FOR SWIMMING LESSONS)

## SUPER MOM ESSAY WINNERS

## FAMILY FRIENDLY HOTELS FOR EVERY BUDGET

## GET OUT! AREA MUSEUMS AND KID-FRIENDLY CULTURE

PARENTING MEDIA ASSOCIATION 2016 SILVER Award Winner General Excellence Awards Competition

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

PARENTING MEDIA ASSOCIATION 2016 GOLD Award Winner Digital Media Awards Competition



# THE START OF A STORY
# WE ARE HUMBLED TO BE PART OF.

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

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

90 YEARS
St. John

St. John
*Center for Women's Health*

**PULSELINE PHYSICIAN REFERRAL** 918-744-0123

DOWNLOAD OUR APP

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

81st & Lewis
918-935-2731

# the vintage pearl

handstamped jewelry











## ·20% OFF·

your entire purchase!

(Cannot be combined or applied to previous purchase, "TKMAY20" Exp. 5.31.16)

www.thevintagepearl.com




Early in their second pregnancy, Allison and Steven Terrill learned one of their twin boys was unusually small. One was in the 98th percentile for growth, the other at negative three percent. Despite the odds against him at birth, tiny Miles weighed in at 1.4 pounds and was, amazingly, breathing on his own. For 81 days, the physicians and staff in the Henry Zarrow Neonatal Intensive Care Unit (NICU) provided 24/7 specialized care for the little guy they called Miracle Miles. “There’s no way I can adequately express how wonderful the physicians and staff are,” said Allison. “We couldn’t possibly be more grateful to that wonderful group of people.” Today, Miles is a busy two-year-old. Even though he is still a bit small for his age, he’s gaining on his twin Henry and big brother Jack every day.

The Children’s Hospital at Saint Francis

saintfrancis.com/childrenshospital

# FLY WITH US INTO MAY MANIA!

## THIS IS WHAT HAPPY BIRTHDAY LOOKS LIKE



### Make your next party AWESOME!

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




**JUMP AROUND PACKAGE**

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



**SUPER JUMP PACKAGE**

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

**SUPREME AIR PACKAGE**

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



## THIS IS WHAT TODDLER TIME LOOKS LIKE

If they can walk, they can jump! Toddler Time at Sky Zone is a special time just for the little one, where they can explore exciting new ways to be active!

**HOURS**
Tuesdays & Thursdays
9:30am-11:00am
*Excludes holiday hours

**AGE**
5 and under

No outside food or drinks allowed.
Parents may walk/stand on pads just pay $2 for socks.





SKY ZONE®
INDOOR TRAMPOLINE PARK

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

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

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

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




# bonded at birth.

## Labor of Love Program

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



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

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

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

Hillcrest.com | 918.585.8000

"Like" us on Facebook.

Changing Lives @ HILLCREST

tulsakids

May 2016

# what's inside

Volume XXIX, Number 5

www.tulsakids.com






**18** 10 Ways to Celebrate a Single Mom's Mother's Day



**14-15** The Promise of the Promposal



**37-38** May Festivals



**52-55** Finding Hotel Happiness

**SHORTS**

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

**FEATURES**

**20-22 S.O.S: Summer of Safety**
by Nikki Cyter Sack

**30-31 FOSTER CARE MONTH**
Five Common Misconceptions about Foster Care
by Lauren Comier

**46-47 SPORTS**
School Bike Clubs Get Kids Rolling
by Karen Moult

**56 MOTHER'S DAY CONTEST**
Super Moms!

**58 AWARDS**
TulsaKids Honored at PMA Convention

**60 COMMUNITY**
#istandforpeace
by Betty Casey

**IN EVERY ISSUE**

**10 STAGES: Babies & Toddlers**
Handling Head Injuries
by Kiley Roberson

**12 STAGES: School Age**
Preventing the Summer Math Brain Drain
by Nikki Cyter Sack

**14-15 STAGES: Tweens & Teens**
The Promise of the Promposal
by Julie Wenger Watson

**18 SINGLE PARENT/STEPPARENT**
10 Ways to Celebrate a Single Mom's Mother's Day
by Diane Morrow Kondos

**24 GET COOKING**
Quick, Plan-Ahead Meals for Busy Nights
by Natalie Mikles

**28-29 GREEN COUNTRY GROWN-UP**
Surayya Anne Foundation: Combining Passion with Purpose
by Nancy A. Moore

**33-38 OUT AND ABOUT:**
**CALENDAR OF EVENTS & MAY FESTIVALS**
by Abby Rodgers

**40-41 FAMILY FUN**
Museum Round-Up

**42-43 FROM THE HIP**
Hip Mom Goes Mod
by Jill VanTrease

**44-45 BOOKS**
Join the Summer Reading Program
by John Fancher

**52-55 FAMILY TRAVEL**
Finding Hotel Happiness
by Diane Tritt Eaton

**63 I'M A TULSA KID: Gabe Dougherty**

# editor's note

## A Last Mother's Day



Last month, my husband, Wes, and I drove to Dallas for our niece's wedding shower. She is getting married in June outside of San Francisco where she and her fiancé live, so the gathering in Dallas became a reunion of sorts for friends and family. Wes's mom and three brothers all live in the Dallas area. On our way out of town the next day, Wes and I stopped at his mom's apartment for a brief visit. We never imagined that it would be the last time we would see her. Geraldine Casey died peacefully and quietly on April 8, just two months shy of her 88th birthday.

Geraldine was a quiet person, but she had a great sense of humor – as my daughter Anna said, "…it's always the quiet ones…" She rarely talked about herself unless asked, so it took years for me to learn about her life. Geraldine was born in Batavia, NY, and her father died when she was just 10 years-old. It couldn't have been an easy life. She once told me that the Catholic Church had provided for them at times, which may be part of the reason she was so devoted to her faith.

As a young woman, Geraldine moved to Washington, D.C. to work at the Pentagon, where she met her future husband, Jimmie, who was in the Air Force.

As a military wife, she moved many times — Little Rock, Iceland, Germany, Colorado, Texas and finally settling in Oklahoma, Jimmie's childhood home. They had four boys along the way. My daughter Mary once asked her where she liked living the most, and Geraldine said she couldn't decide because she loved them all. I suspect that it didn't matter where she was as long as she was with her beloved husband and boys.

I often think how hard it would be to leave your home and rarely see, or even communicate with, your family. No text messaging, Instagram, Facebook or e-mail existed, and visits to New York were few and very far between.

The first time I met Geraldine and Jimmie, they were sitting at the kitchen table at their home in McAlester. Everyone coming to that table was welcome, including daughters-in-law and potential daughters-in-law. Geraldine seemed to be able to fold herself unobtrusively into any family situation or celebration, enjoying observing the sometimes chaotic mash of kids, grandkids and extended family — always with a smile on her face, sometimes of contentment, sometimes consternation. And she could be counted on to slip tins of brownies, peanut butter chocolate kiss cookies and a big bag or two of peanut M&M's onto the table.

I never heard Geraldine complain or speak unkindly about anyone. She had that rare ability to be satisfied with where she was and truly grateful for what she had. She will be missed this Mother's Day and always.







ONE LUCKY LOCAL MOM IS GOING TO WIN A SLEW OF PRIZES DONATED BY AREA RETAILERS AND BUSINESSES. TO FIND OUT HOW TO ENTER GO TO...

WWW.TULSAKIDS.COM/MOM

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.


tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.

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

TK PUBLISHING inc.

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


©TK Publishing, Inc. 2016.
All Rights Reserved.


Volume XXIX, Number 5
Publisher
publisher@tulsakids.com
Editor
editor@tulsakids.com
Calendar
(submit by 10th of the month prior)
calendar@tulsakids.com



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

MEMBER OF PMA PARENTING MEDIA ASSOCIATION

## BATTLE OF THE BANDS RETURNS

Young musicians will take over the Cain's Ballroom stage on Friday, May 27 at 7 p.m. as they battle it out for prizes in two categories: bands and singer-songwriters.

The all-ages concert is $10 in advance or $12 at the door, with proceeds benefitting the Community Food Bank of Eastern Oklahoma. High school students who are interested in volunteering with the event may contact Adam Baker at abaker@okfoodbank.org or 918.936.4545. For tickets, visit okfoodbank.org.



## FREE PARENT TRAINING WORKSHOP

TherapyWorks of Tulsa is offering a free parent training workshop "Managing Your Child's Behavior." Participants will learn possible reasons behind their children's behavior, ways to define and identify typical versus non-typical behavior, and behavioral strategies and techniques.

The workshop is Thurs., May 5 at 7 p.m. at TherapyWorks, located at 7608 E. 91st St. in Tulsa. The presentation is free, but you must make reservations by contacting info@therapyworkstulsa.com or 918.633.2203 ext. 289.

## GORDON KORMAN TO RECEIVE 2016 ZARROW AWARD FOR YOUNG READERS

New York Times best-selling author Gordon Korman is the winner of the Tulsa Library Trust's 2016 Anne V. Zarrow Award for Young Readers' Literature. He will accept the award at a public presentation at Hardesty Regional Library's Connor's Cove, 8316 E. 93rd St., Friday, May 6, at 7 p.m. He also will present awards to winners of the 2016 Young People's Creative Writing Contest awards at the ceremony.



PHOTO BY OWEN KASSIMIR

Korman is being recognized for writing more than 80 books for children and teens during a publishing career that started when he was 12-years-old. In a career spanning nearly four decades, his books have been translated into more than 20 languages and have sold more than 25-million copies. In 1981 he was awarded the Most Promising Writer Under 35 by the Canadian Authors' Association. His latest book, *Masterminds*, was released in 2015 and is the first in a new trilogy he is writing.

For his seventh-grade creative writing project, Korman spent one class period a day for four months writing what would become his first published novel, *This Can't Be Happening at Macdonald Hall*.

As the class monitor for Scholastic Book Orders, he had a contact name and address for one of the largest publishers in the industry, Scholastic. He sent his manuscript off and by his freshman year was a published Scholastic author.

"It was a totally flukey and random way to launch a publishing career, but here's the thing: It Worked," recalled Korman on his website.

He is the New York Times bestselling author of three books in *The 39 Clues* series as well as five books in his *Swindle* series. He also has written the trilogies *Island*, *Everest*, *Kidnapped*, and *Titanic* as well as the series *On The Run*.

In 2013, Nickelodeon produced an original movie based on Korman's book *Swindle*, the first book in the series. After accidentally selling a valuable multi-million dollar baseball card, a high school student enlists the help of his trusted friends to retrieve the baseball card from an unscrupulous collectible dealer.

The Anne V. Zarrow Award for Young Readers' Literature gives formal recognition, on behalf of the Tulsa County community, to a nationally acclaimed author who has made a significant contribution to the field of literature for young adults. The award, presented by the Tulsa Library Trust, consists of a $7,500 cash prize and an engraved crystal book.

Past winners include: Sharon Draper (2015), Jack Gantos (2014), Jim Murphy (2013), Jacqueline Woodson (2012), Kathryn Lasky (2011), Phyllis Reynolds Naylor (2010), Christopher Paul Curtis (2009), Louis Sachar (2008), Kate DiCamillo (2007), Sharon Creech (2006), Avi (2005), Susan Cooper (2004), Russell Freedman (2003), Richard Peck (2002), E.L. Konigsburg (2001), Jerry Spinelli (2000), Jane Yolen (1999), Cynthia Voigt (1998), Gary Paulsen (1997), Walter Dean Myers (1996), Lois Lowry (1994), Katherine Paterson (1993), Madeleine L'Engle (1992) and S.E. Hinton (1991).

For more information on the Anne V. Zarrow Award for Young Readers' Literature, call the AskUs Hotline, 918-549-7323, or visit the library's website, www.tulsalibrary.org.

continued next page

## TULSA CITY-COUNTY LIBRARY ASIAN-AMERICAN FESTIVAL JUNE 4

Celebrate and learn about the customs and traditions of Asian-Americans with entertaining, educational events for the entire family as Tulsa City-County Library presents its 14th annual Asian-American Festival from 11 a.m. to 2 p.m. on Saturday, June 4 at the Martin Regional Library, 2601 S. Garnett Road.

Explore the colorful cultures of China, India, Indonesia, Japan, Korea, Taiwan, Vietnam and other countries in Asia. The festival is sponsored and funded by the Tulsa Library Trust. Admission to the festival is free.

The festival features martial arts demonstrations; traditional dance, drumming and music presentations; authentic arts and crafts booths; interactive educational booths featuring hands-on crafts and activities for kids; an exhibition of children's artwork from Kyoto, Japan; plus a food concession with traditional Asian cuisine.

Among the scheduled featured performances are Japanese drumming by Owasso Public School's Ohitsuji Taiko at 11 a.m., Lilik and Company World Fusion Dance Ensemble at 11:45 a.m., Josh Massad's PanchMahaBhuta Orchestra at 12:30 p.m., a Kendo demonstration by Shin Sou Fu Kan Tulsa Kendo Club at 1:15 p.m. and a traditional fan dance by the Korean Angels of Tulsa at 1:45 p.m.

Visit www.TulsaLibrary.org/asianfestival for a complete schedule of presentations, or call 918-549-7590 for more information about the Asian-American Festival.



THE KOREAN ANGELS OF TULSA WILL PERFORM A TRADITIONAL FAN DANCE AT THE ASIAN-AMERICAN FESTIVAL.




## BLUE DOME ARTS FESTIVAL OPENS FAMILY FUN ZONE

For the 13th year, the Blue Dome Arts Festival will rock the Blue Dome District May 20-22 with original artwork, jewelry, clothing, home décor, music and activities for everyone, including the family pet.

The former Kids Zone has expanded to become the Family Fun Zone where parents will find both individual and collaborative art projects for the entire family provided by Philbrook Museum of Art. The area will also have bounce houses and obstacle courses as well as make-and-take art projects for young children.

New this year, visitors with furry friends can take them to the PetZone, featuring a backyard space with sod, shade and water. Pet lovers can learn about Tulsa's pet businesses and pet adoptions. Some of the canine amenities include: nail grinding, Q&A sessions with Dr. Chet Thomas of City Veterinary Hospital, mini-training sessions, pet photography and complimentary treat times.

# advertiser in the news

**DONNA'S FASHIONS CELEBRATES 12 YEARS**
**10051 S. YALE AVE. #105**
**TULSA, OK 74137**
**918.299.6565**
**WWW.DONNASFASHIONS.COM**

Donna Brollier, owner of Donna's Fashions, celebrates 12 wonderful years in the boutique clothing and accessories business and uses her experience to mix elements of casual fun, up-scale elegance and cowgirl chic in an interesting way. Donna works from the New York and Dallas markets to bring new lines to the Tulsa area. "Exclusivity" is something Donna's Fashions customers love.

Donna emphasizes an atmosphere of friendliness and enthusiasm.

The store's retail philosophy can be summed up with their tagline: "At Donna's Fashions, it is not our intention to simply please or satisfy our customers… but to amaze them with excellent customer service!"

Donna's Fashions carries women's sizes 2 through 14 and extra-small to extra-large.

Donna's Fashions Policies: Donna's offers excellent customer service and "in-store" lay-a-way (1/3 down and 60 days to pay) and store exchanges within 30 days. Donna's Fashions offers "Store Credit Only" that does not expire, and you're sure to find something for everyone.







## CORRECTIONS AND CLARIFICATIONS

The winner of the Puppy Love Photo Contest was misidentified in the April issue. Pictured in the photo is Christopher Bryant Mitchell with his puppy.




©2015 Tulsa Health Department



BY KILEY ROBERSON

# handling head injuries

I was just a step behind my 22-month-old son, Carter, when his foot slipped and he tumbled down three stairs landing head first on our hard living room floor. Before he could begin to cry and while I was rushing to pick him up, a nasty goose egg and bruise had started to form on the side of his forehead. The unsightly knot hung around for a week, but our doctor's prognosis was good. Carter, like most kids who fall, would be just fine.

If it feels like your kiddo is constantly taking a tumble, you're not alone. According to the Centers for Disease Control and Prevention (CDC), falls are the leading cause of nonfatal injuries in kids of all ages, and they're the number-one cause of head injuries in those under age nine. Toddlers are the most frequent victims of head injuries, mostly due to their lack of balance. Most of these falls are minor, but others can be more serious – even causing a concussion.

Concussions are no joke, especially for growing brains. Many people think of a concussion as just a bump to the head and assume everything is going to be okay. When in fact, a concussion is technically a traumatic brain injury, though the American Academy of Pediatrics (AAP) says that this doesn't necessarily mean that there will be permanent damage. The AAP does say that even if a bump to the head seems mild, parents should watch their child closely.



CARTER, LIKE MOST TODDLERS, TAKES SOME TUMBLES. WHILE MOST ARE HARMLESS, IT HELPS TO KNOW WHAT TO DO WHEN IT HAPPENS.

**What to Look For**

As soon as the accident occurs, and up to a week after, it is crucial to watch for confused speech, lethargy, blurred or double vision, difficulty with balance or walking, vomiting, headaches, and pupils that are larger than normal or of unequal size. If your child is older, ask him whether he feels nauseated or hears ringing in his ears.

With babies who aren't yet walking or talking, danger signs include bulges at the fontanelles (the soft spots on the front and back of the skull), vomiting, lethargy, difficulty feeding, and high-pitched crying. Head injuries can even leave a dent in the soft skull of young babies. If you notice any of these conditions, call your pediatrician. Of course, head straight to the emergency room should your child lose consciousness.

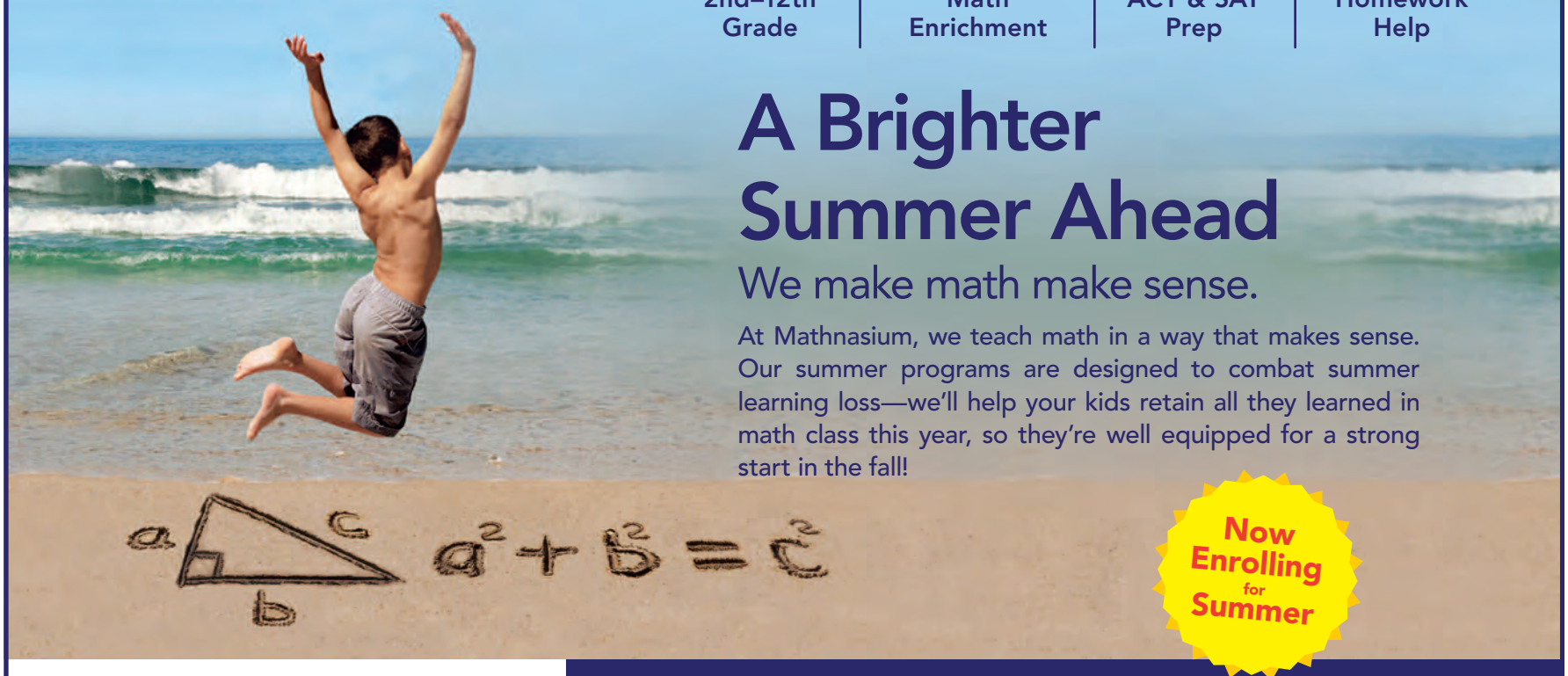
**Getting a Diagnosis**

Signs of concussion are the first thing doctors look for when a child suffers a bump to the head. According to the AAP, even the most mild form of head trauma can lead to fatigue and repeated headache that lasts for days beyond the injury's occurrence. More serious ones will often cause a child to have sleeping trouble and behavior issues and can affect her ability to concentrate on schoolwork. So after asking whether the injury left the child dazed or knocked out, a physician will perform a basic neurological exam to check vision, hearing, reflexes and balance.

**Safety Strategies**

We all know that despite our strongest efforts, we can't watch our kids every moment of the day. But we can use basic safety strategies. Insist that your children wear a helmet when bike riding, scootering, skating, skiing, skateboarding and sledding. Keep a close eye on young children who are just beginning to walk or crawl, and be vigilant about putting safety gates across open stairways. Install non-skid mats in bathtubs and guards on windows.

If your child takes a tumble, try to keep your emotions in check. It can mean the difference between a quick recovery and long-term problems. Pay attention to the details of the injury because you'll need to share that info with the doctor. And if he has to go to the hospital, you'll be able to relate to the emergency room physician how far your child fell, how the accident happened, and other crucial details that will help the doctor make good treatment decisions. Hopefully, though, you end up with nothing more than a nasty knot and lessons learned.




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

# A Brighter Summer Ahead

## We make math make sense.

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

Now Enrolling for Summer

MATHNASIUM®
The Math Learning Center

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

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

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

**MATHNASIUM.COM (918) 574–2222**

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

# matisse
## in his time

## June 18 to September 18

OKLAHOMA CITY MUSEUM OF ART

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



INASMUCH FOUNDATION | Centre Pompidou | MoMo Mondo Mostre | OKC MOA OKLAHOMA CITY MUSEUM OF ART

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

BY NIKKI CYTER SACK

# preventing the summer **math brain drain**

For many students (and parents alike), it's tempting to throw the backpack in the closet and not pick up a book until August rolls around again. But, say area educators, the summertime "brain drain," particularly in math, is real. And it can really hold your child back in his or her academic progress.

"The metaphor is exercise," says Vane Lucas, local franchisee of three Tulsa-area Mathnasium math learning center locations. "Imagine someone who is in good shape and they don't exercise for three months - they're going to get flabby." He adds that research conducted at Johns Hopkins University shows that students who do nothing over the summer months lose up to three months of knowledge.

But how does a parent combat dreaded math brain flab? It need not be complicated or cause anxiety, says Lucas, even for parents who feel they are not great at math themselves. An easy start - have your child work with money. "Sometimes students now don't even touch money," Lucas says with disbelief. "Have students buy things themselves," and not with a debit or credit card. The act of counting out cold, hard cash and calculating change is an approachable way to work on addition and subtraction without calling it a "math lesson."

Kay Strain, clinical instructor at the University School, a school for academically talented children ages three through eighth grade located on the University of Tulsa campus, suggests playing games with your elementary- and middle school-aged children. Rather than pulling out a worksheet, "a kid might react pretty well to a parent wanting to sit down and play a board game that doesn't seem 'mathy'." There are plenty of games commercially available that focus on pattern recognition or honing problem-solving skills - both crucial as a child transitions from procedural math to more complex mathematics like algebra.

"The metaphor is exercise," says Vane Lucas, local franchisee of three Tulsa-area Mathnasium math learning center locations. "Imagine someone who is in good shape and they don't exercise for three months - they're going to get flabby."

But, warns Strain, especially with middle school-aged children, parents should tread lightly. "[Parents] need to be fairly careful not to burn them out," she says. In this age group, children "think they're terrible or great and that determines whether they enjoy [math] or not."

For the littlest mathematicians in training, an excellent start is number recognition, says Alicia Parent, also a clinical instructor at the University School. She suggests creating a number line for summer in your home -- counting the days with a series of Post-It notes tacked onto a wall daily. Play with magnetic numbers on the fridge.

Snack-time and mealtime are great opportunities for practicing counting and patterns, Parent notes. Count the goldfish crackers in a bowl -- ask your child to eat three and count the remainder. Have your little one line up his red and green grapes in a repeating pattern on the plate.

An old-fashioned round analog clock is also a super math tool for smaller kids, adds Lucas. "It's one of the first places we talk about fractions."

At the end of the day, whether its summertime or the school year, when it comes to math, says Strain, "you don't want to take the joy out of it, and you want to give them that joy if they don't have it already."

**MATH TOOLS**

**Mathnasium** offers summer programs for children in grades 2-12 with one- or two-month packages in all three of its locations. The program works with students who need remediation, those who are looking to stay on track and those who are gifted and looking to jump forward in math skills. Complete assessments are free, and there is a one-time $99 initiation fee if you choose to enroll. Costs vary for a two-month program depending on the age of the student and location. mathnasium.com/southtulsa

Online tools abound - our experts recommend checking out the following:

**KahnAcademy.org**: a terrific tool for kids who need to see a problem being worked with a detailed explanation and opportunities for practicing the skill.

**aaamath.com**: though a bit clunky, this great site features interactive math lessons sorted by grade level and provides opportunities for practice

**okcollegestart.org**: totally free summer courses in STEM fields for students in grades 8-12 offered by the Oklahoma Regents for Higher Education.

**Board Games**: Plenty of commercially available board games provide opportunities for learning about patterns and honing problem solving skills without being "math games." Some examples provided by teacher Kay Strain include: Rush Hour, Pay Day, Set: The Family Game of Visual Perception, Rummikub, Chess, and Go.




THE TUTORING CENTER

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

NO CONTRACTS!

***CALL TODAY!***

TO SCHEDULE YOUR FREE DIAGNOSTIC ASSESSMENT & TEST CONSULTATION!

***(918)455-3276***

**www.tutoringcenter.com**

2044 W Houston St, Broken Arrow, OK 74012

C&J

**School Uniforms, Inc.**
**Celebrates 20 Years!**



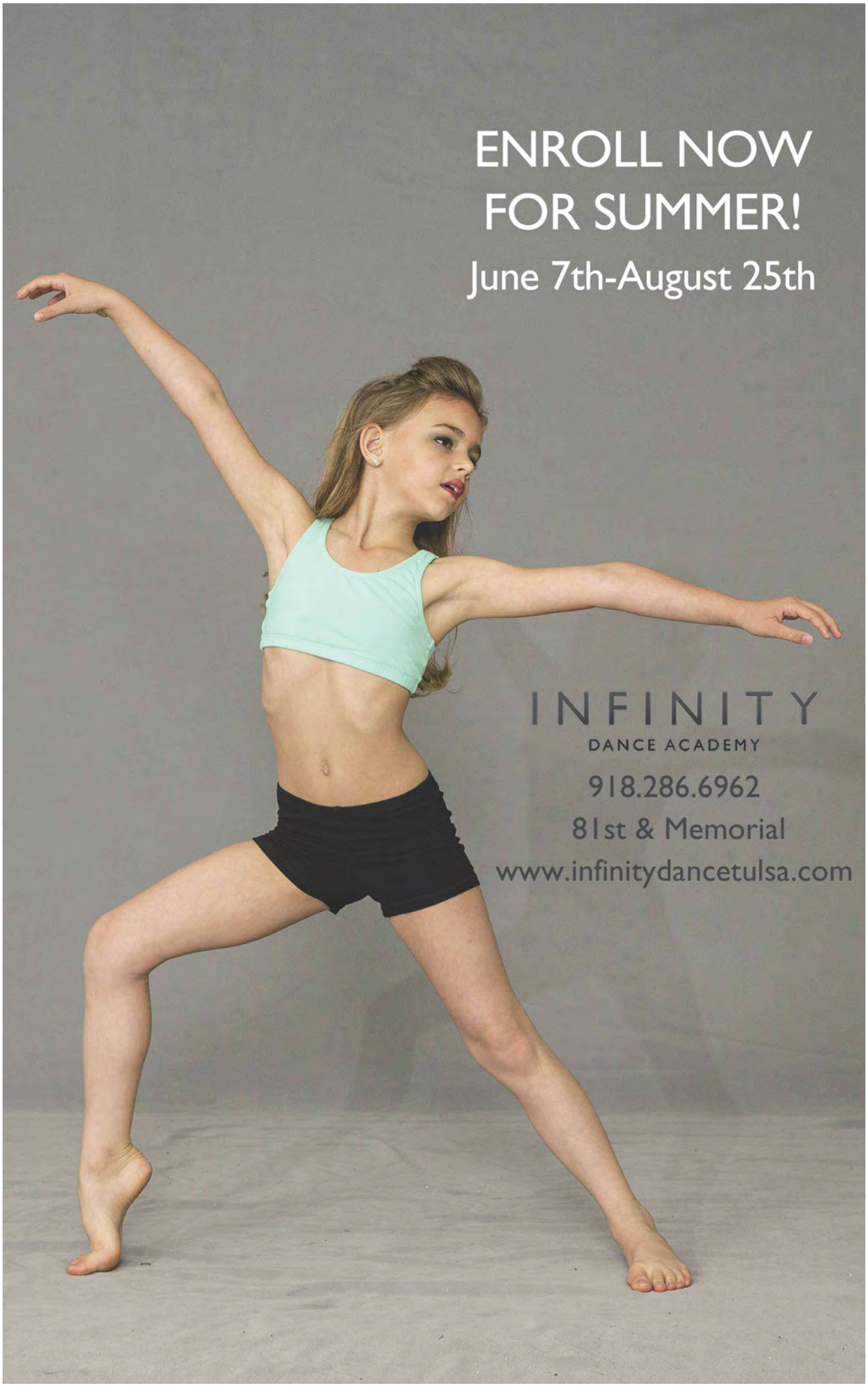

Offering the best in new and consignment school uniforms and alterations!

**Come and Celebrate on June 6th-11th**

- Drawings for Door Prizes
- Giveaways
- Treats and Drinks!

1916-2016 Elderwear we care. 100 YEARS OF EXCELLENCE

4984 S. Memorial Dr.
in the Fontana Shopping Center
918.610.7470
www.cjschool unifroms.com



BY JULIE WENGER WATSON

# the promise of the **promposal**

Big hair, blue eye shadow, a pastel tux with wide lapels and lots of sparkly fabrics. Sounds like the costumes for a horror movie? It's actually a flashback to the prom, '80s style. Prom fashion has come a long way in the last several decades, and that's not all that's changed about the ages-old high school ritual. While elegant updos and rented limos have replaced ill-advised perms and the folks' borrowed car, the biggest transformation has definitely been the invitation process itself. What once consisted of an awkward locker conversation or an embarrassing call on the family phone has evolved into the PROMPOSAL – a very elaborate and very public affair.

With incredible anecdotes of parachute jumps, acrobatics and complicated graphics, the modern promposal can sound more like performance art than a party proposition. But for many seniors, the invite is as important to this teen right of passage as selecting the right dress and the right date.

Bishop Kelley senior Tate Poplin went the baked goods route with his promposal. "I asked my friend after school at her house," he explained. "I had some cookies, one of which asked her to the prom, and the rest of which were responses. I also got a bouquet of flowers, and then two of my friends and I went and surprised her with them." Poplin was rewarded with a "yes" for his efforts.




HAYDEN ASHLEY'S "PROMPOSAL" TO LIBBY EASTERLING.

Poplin likes the promposal trend. "For the most part, it's fun because you're usually either asking a girlfriend or a good friend, so you aren't too worried that they'll say no," he commented. "So, you just try to make it cute and have fun setting up your own and other friends' promposals."

Although it takes some thought, Poplin thinks the process is worth it. "You can get really creative with it. Some of the best ones are when the person really personalized the theme to who they're asking. There's a little pressure to have it look good and thoughtful, but it's more fun than anything else."

Fellow BK senior Libby Easterling agrees. Easterling's date, Hayden Ashley, asked her during the school lunch hour. "I was sitting in the cafeteria, and Hayden came in wearing a military uniform alongside his best friend Jarrod," she recounted. "He tapped me on the shoulder and told the whole cafeteria to be quiet and then went on to sing 'You Never Close your Eyes' from the movie Top Gun. He sang the whole song! After the song was over, he got on one knee and held up a poster that said, 'Libby, you've lost that loving feeling, but you won't lose it if you go to prom with me.' Of course, I said yes."

Easterling thought it was hilarious. "I couldn't stop laughing," she said. "Hayden is my best friend and just seeing him sing badly was too funny! I was also super happy because it was so fun, sweet and creative. I love, love, love this idea of promposals. It puts a lot of pressure on the guys, but I think they end up having a good time, and the girls love it!"

Easterling's mother, Melissa, who enjoys the promposal trend, can't recall the details of her own prom invitation. "I honestly can't remember how I was asked to prom, but I imagine it was over the phone," she said. "I know Libby will definitely remember, and that is probably positive for this generation. If I were a senior today, I would definitely prefer a promposal, as long as it was clever and well thought out, but that's probably the mom in me. I still think most girls just like to be asked."

Melissa Easterling believes most parents like the idea of the

*continued next page*




TATE POPLIN USED COOKIES TO POP THE PROMPOSAL.

promposal, as long as it isn't too expensive or too over the top. "One thing that's a little disturbing is that a few of the 'asks' I've seen are way overdone, either in terms of money spent, or the elaborateness of the 'ask', or both. I hope the overall trend doesn't continue to escalate. This is still just an invitation to the prom, not a real proposal to get married!"

Meg, also a Tulsa senior, was both surprised and pleased to be on the receiving end of a promposal. "A good friend of mine asked me to prom. I wasn't expecting it at all. He, one of my best friends and my little sister were all communicating without my knowledge," she said. "My sister and friend helped get my dog out of the house without me noticing, and then my guy friend rang the doorbell. When I opened it, he was on my front porch with my dog, flowers, a stuffed dog, and a sign that read: 'Parker [the dog] would be so dog-gone happy if you would go to prom with me! Prom?'"

Meg said yes. "I think the way he did it was perfect because I was very flattered but not too embarrassed. He made it so fun and easy."

While Meg likes the promposal idea, she does worry that it can be taken too far. "Some of the 'asks' are over the top, and I think they end up giving some unrealistic expectations to teenagers and lend an almost reality-TV-like quality to real life," she said.

Meg's mother Cheryl agrees with her daughter. "I am worried that high schoolers feel pressured to be ultra creative, or feel the need to 'one up' their peers with the most outrageous 'ask'," she said. "I do worry that today's high schoolers feel intense pressure to make the promposal something that will instantly ignite Twitter, Instagram or Facebook."

While Meg very much enjoyed her promposal, she, like many of her peers and their parents, thinks simple is still a good way to go. "[Promposals] are by no means a bad thing, but what is so wrong with having a friend or significant other just asking you sincerely to enjoy prom with them? That would be a lot less stressful for everybody!"





Safe Kids Tulsa Area, in partnership with The Children's Hospital at Saint Francis, is dedicated to preventing unintentional injuries—the leading cause of death and disability in children.

With the support of the Kohl's Cares® hospital partnership program, we created the Kohl's Kids Think Safe program, which provides free and discounted resources to community agencies, parents and kids throughout eastern Oklahoma, including:

- Free community car seat inspections
- Car seat discount programs
- Free bike safety information and helmets distributed at community events
- Water safety information for parents and caregivers

Learn more about keeping kids safe at ***KohlsKidsThinkSafe.com*** or call ***918-494-SAFE (7233)***.

SAFE KIDS TULSA AREA
KOHL'S KIDS THINK SAFE
KOHL'S Cares
The Children's Hospital at Saint Francis


tulsa ballet
center for dance education
Exceptional
DANCE TRAINING, NOW WITH TWO CONVENIENT LOCATIONS
BROOKSIDE CAMPUS:
1212 E. 45th Place S.
Tulsa, OK
HARDESTY CAMPUS:
14790 W. New Orleans St.
Broken Arrow, OK
Enrolling now for ages 3 - Adult
918-712-LEAP | www.TulsaBallet.org


read smart®
ready for life!
PreK-6th Grade
3rd Grade Test Prep
Proven Phonics Program
Summer Reading Program
Reading Made Simple
Solid Reading Foundation for Life
Now Enrolling
Free Reading Assessment
$50 Value
Comprehensive system of phonemic awareness, phonics, fluency, comprehension, and critical thinking skills to get your child Grade Level Ready and Beyond™
918.559.READ (7323)
www.ReadSmartLearning.com

# WHAT WILL YOU DO THIS SUMMER?



## BUILD YOUR KIDS' CONFIDENCE
## AND GIVE THEM *activities, fun, and friends!*

A summer experience at Kanakuk is a life-changing adventure built on **FUN** and focused on helping your child grow in **CONFIDENCE** and **CHARACTER!**

**See the Kanakuk difference: www.gokanakuk.com**

KANAKUK

Summer Camps Since 1926




**Reserve your child's spot for a summer of learning and fun!**

**KinderCare.com/summer**

KinderCare® LEARNING CENTERS

16-MKT-FLD-100926 © 2016 KinderCare Education LLC. All rights reserved.

BY DIANE MORROW KONDOS

# 10 Ways to celebrate **a single mom's** Mother's Day



After many years of Anna Jarvis promoting a special day to honor all mothers and the sacrifices they made for their children, President Wilson proclaimed Mother's Day an official U.S. holiday in 1914. The second Sunday in May rapidly became one of the biggest holidays for consumer spending, second only to Christmas. Hallmark reports that Mother's Day cards are their third bestsellers, behind Christmas and Valentine's Day.

Following the money, advertisers inundate us with weeks of commercials and print ads showing a woman being pampered on Mother's Day. Her husband and kids are bringing her breakfast in bed, showering her with presents, taking over her chores for the day, taking her out for a lavish brunch.

But what if you're a single mom and your kids aren't capable of cooking you breakfast, driving a car to get presents for you or paying for a fancy brunch?

If life were fair, a single Mom would be getting double the celebration since she's doing the job of two parents, but often Mother's Day for a single mom passes with little fanfare.

Being a single mom for 10 years, I experienced many holidays alone with my kids. In the early years, I was grateful for the preschool teachers that had the children make pictures out of their handprints. I treasured those homemade necklaces made of macaroni and the footprints set in plaster. Although almost all moms love the homemade gifts, they may have special significance for the single mother. It may be the only gift she gets for Mother's Day.

If you're a single mom, I think it's important that you find a way to acknowledge this day and have your children honor you. It may seem self-serving, but I believe it's important for your children to recognize all that you do and take a day to celebrate you. Even a toddler can sit and draw a picture for Mom or do a small chore for you. You could have an older child make you a simple meal of toast and juice or make your bed for you. It's an important part of development for kids to look outside themselves and provide a service of thanks to another. There is no value, to you or your children, in being a martyr.

If you are a divorced man with children, please remember that even though you divorced your wife, she is still the mother of your children. You would be teaching your children a valuable lesson in kindness and thoughtfulness if you were to take them shopping for a card and gift for their mother. I was fortunate that my ex-husband continued to assist our children with shopping for Mother's Day cards and gifts when they were very young. Sadly, this is not always the case in co-parenting situations.

For close friends and family members of a single mom of young kids, here are a few ideas that she might appreciate:

1.Take photographs of the kids and frame them.

2. Invite the children for an afternoon outing so she can have a free afternoon.

3.Give her an afternoon of yard work.

4. Write a letter praising her parenting abilities and strengths.

5. Give gift certificates to child-friendly restaurants.

6. Help young children make her a card or draw a picture.

7. Take older kids shopping and help them select a card or small gift.

8. Give her a gift certificate to a spa.

9. Include her and her kids in your family celebration.

10. Offer to babysit.

Ironically, Anna Jarvis, the founder of Mother's Day, never married, never had children and eventually renounced Mother's Day as having become too commercial. Her efforts to rescind Mother's Day failed and the holiday has become firmly planted in our culture. It's a day to honor all mothers and I'm wishing a special Happy Mother's Day to all the women who are parenting on their own. Sometimes you might be exhausted, broke and frustrated but remember that you are strong, brave, loving and worthy of celebrating!



# Kids 17 & under:
# ALWAYS FREE

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

2727 S. Rockford Rd.
Tulsa, OK 74114

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

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

Philbrook



# S.O.S.
# SUMMER OF SAFETY

BY NIKKI CYTER SACK

## Ahhhh....summertime and the livin' is easy. School's out. Popsicles and pool days are in.

Though this time of year can be carefree, there are certain safety issues for parents and caregivers to be aware of as the mercury on the thermometer rises. Tulsa-area experts weigh in on some common dangers and how we can all enjoy a safer summer.



**WATER SAFETY**

Kids wait all year long for the moment they can cannonball into the local pool. But even for the strongest young swimmers, swimming pools pose serious risks.

The number one rule of swimming safety is "active and constant supervision," according to YWCA East Aquatics and Fitness Manager Lacey Caywood. "When drowning happens, it's not like on TV," she says. There are none of the dramatic screams for help and thrashing about. "It's usually silent and can happen in a split second."

For the littlest water babies, it's important that parents keep their child within arm's reach at all times - even in the baby pool. Top-heavy infants and toddlers can easily get knocked over in the shallowest of water because of bad balance, Caywood notes. "Their heads go under and arms flail to the sides," rendering them helpless to get up.

For older, more proficient swimmers, active and constant supervision is still necessary. Additionally, Caywood suggests discouraging children from playing "breath holding games" in the pool. A dangerous consequence of these games is "shallow water blackout" where a child becomes unconscious from hyperventilating and as a result experiences a near drowning or, in the worst cases, drowns.

Teach your child to always swim with a buddy, she notes, and to take a rest when she is feeling fatigued from water play. For parents and caregivers, in addition to being physically present and alert when a child is swimming, Caywood says it's always good to know CPR in case an emergency occurs.

There are also a lot of misconceptions as to what constitutes a proper safety device in the water. Water wings, pool noodles or even kids' body suits with attached floaties are NOT sufficient, though they can be a great aid in helping little ones gain confidence, she adds. Caywood says that if a child is a non-swimmer and out of your reach, he should be wearing a US Coast Guard-approved life jacket in the water. Such jackets will be marked with a stamp indicating certification and are available at major retailers in the summer season and sporting goods stores year round.

One of the best ways to encourage pool safety, according to Caywood, is to enroll your child in swim lessons. Particularly for the youngest tots ages 1 to 4, participating in swim lessons can reduce the risk of drowning by 88 percent, she cites. The YWCA offers swim lessons year round for all ages at both its Midtown and East locations, including Mommy & Me, using the American Red Cross curriculum. More information is available at YWCATulsa.org.

And remember how your mom always chastised you to "not drink the water" at the pool, lake or splash pad? Turns out, as with many other things, she was right! Recreational Water Illnesses (RWI) - a group of diseases caused by swimming in or inhaling contaminated bodies of water is very real, with its most common symptom being diarrhea, says Kaitlin Snider, spokesperson for the Tulsa Health Department (THD).

Kids should be instructed from the youngest ages to not swallow the water, she notes, as chlorine and pool chemicals do kill germs, but not as instantly as you think. To lessen the likelihood of contracting or spreading such a disease, "keep the pee,

>

poop, sweat and dirt out of the water“ she says. For healthy kids, THD suggests an hourly restroom break and swim diaper check.  Though it's hard to miss out on the fun, "if your kid has diarrhea," says Snider, "keep them out of the pool."

It's also important to assess the quality of water in which you'll be swimming. Whether at a public pool, a hotel or a friend's house, Snider notes, you should be able to see the drain at the bottom of the pool. If you can't and it's murky, it's likely a breeding ground for germs you don't want to meet.



**CAR SAFETY**

The summer months can also mean more time in the car - driving to activities around town or embarking on road trips. And with more time spent in the car, it's worth reviewing a few key child-safety tips.

Most importantly, make sure everyone is buckled up for every ride, says Beth Washington supervisor of Safe Kids Tulsa, a national non-profit child injury prevention partnership with the Children's Hospital at Saint Francis. "Even if it's just a short ride around the corner." It's also safer for children younger than 13 to ride in the back seat, she notes, because of the force and positioning of a deployed airbag on the front passenger seat. Additionally, she cites, frontal collisions are the most common type of auto accident.

For younger children, make sure kids are securely buckled into a properly-installed car seat in the back seat. Safe Kids Tulsa offers free car seat clinics multiple times per month where parents and caregivers can either receive assistance with initial installation or just get a quick check on existing car seats. Check online for dates and times at safekids.org/coalition/safe-kids-tulsa-area or call Beth Washington directly at 918.494.7233.

Summertime also means more kids out playing and biking around the neighborhoods. Drivers should exercise extra caution when backing out of driveways, checking their surroundings, and even checking one extra time after that to ensure no one is behind the vehicle or coming down the sidewalk, cautions Washington.

Pedestrians also need to be aware of vehicles, she adds, and now is the perfect time to review common pedestrian safety with your children such as procedures for safely crossing the street.



**HEAT/SUN SAFETY**

With temperatures regularly soaring into the high 90s and 100s during our scorching Oklahoma summers, Tulsa parents should know the issues that lead to heat-related illness and, frighteningly, casualties.

**In Vehicles**

Quite amazingly, heat stroke is the highest cause of non-crash vehicle-related death for children in the US, cites Snider. The temperatures inside a vehicle can rise very quickly, even when the outside temperature is a comfortable 70 degrees.

The key to preventing heat-related injuries or fatalities in cars? It's simple, says Washington. "Don't ever, ever leave your child alone in the car."

Sadly, many such heat-related injuries and deaths occur because of an oversight or mistake -- a child forgotten in a car seat. With everyone rushing about from home to work to errands, area experts say there are things that you can do in the hustle and bustle of the day to remind yourself there's a little one in the back seat. Washington suggests leaving a purse or gym bag in the back, "something that will ensure you open that back door." Even a reminder on your phone is a great idea. Parents might set up a system with a childcare provider to text when the child has been dropped at her destination, Snider says.

In fact, in 2015 the Oklahoma legislature formally recognized the dangers of children left in cars. They signed into law a statute (Oklahoma Statues Title 47, Section 11-1120) which allows for a person to use forcible entry, if necessary, to remove a child from a locked vehicle without facing civil liability.

Another real and unintended cause of heat accidents in cars is pretend play. Snider recommends that families consistently keep doors and trunks of parked vehicles locked so that a child cannot unintentionally get trapped inside while playing. Likewise, car keys should always be kept out of sight and reach of young hands, she says.

**Outdoors**

Sun and heat stroke are real -- and infants and young children are at the greatest danger of suffering heat-related illnesses. Though the Oklahoma heat is a given, area experts provide some suggestions as to how to make it through the dog days of summer feeling well.

Drink, drink, drink water, says Washington. "Make sure [to] keep your kids hydrated while playing outside." And drinking only when you feel thirst means you've waited too long -- also, avoid caffeinated beverages or very sugary drinks.

Try to schedule outdoor playtimes and activities in the cooler hours of the day, namely, early morning and evening. In the hottest hours of the mid-day, encourage your kids to spend time playing indoors suggests THD. Suffering from cabin fever? Try out local cool spots such as your neighborhood branch of the Tulsa City-County Library for air-conditioned comfort and some great reading.

**PLAYING AROUND SAFELY**

Biking is a great form of fun exercise as the weather gets warmer, but always, always wear your helmet, says Beth Washington of Safe Kids Tulsa. "You can replace a helmet but you cannot replace a brain!" Parents should lead by example and wear their helmets every time they get on a bike too.

Playing at the neighborhood playground can be great fun — but adult supervision is necessary, cautions Washington. Look for signs that specify age-appropriateness of the equipment and heed them. Teach your child to touch-test the equipment on hot days as it's easy to get burned on metal.

**WEB LINKS**

Tulsa Health Department **www.tulsa-health.org**
Safe Kids Coalition Tulsa **www.safekids.org/coalition/safe-kids-tulsa-area**
YWCA Tulsa **www.ywcatulsa.org**

>

Keep kids' clothes light in color and fabric -- and everyone should be wearing a hat, preferably wide-brimmed. Finally, don't forget to lather on that 15+ SPF liberally throughout the day.

**BUG SAFETY**

They are the bane of every backyard barbeque and can leave even the biggest kids scratching like mad. Mosquitoes. A tried and true part of Oklahoma summers. But besides being a pesky nuisance, mosquitoes have taken center stage in the news as summer approaches -- sending parents into a frenzy about mosquito-borne diseases.

In Tulsa County, the real worry is over the presence of West Nile Virus, a type of flu-like virus that can be transmitted by the bite of an infected mosquito. While most infected by West Nile show no symptoms, those that do have flu-like symptoms (fever, headache, chills etc), and in a very small number of cases suffer serious neurological complications. The Tulsa Health Department operates a mosquito surveillance program to confirm when West Nile is present in the area.

The Zika virus is another mosquito-borne illness transmitted through the bite of an infected insect that has received much media scrutiny. This virus is of serious concern particularly to people of childbearing-age because of its link with microcephaly (abnormally small head size). At the time of publication there are no known Zika-infected mosquitoes in the state of Oklahoma or in the continental United States, and all US cases of confirmed Zika have been attributed to travel.

"No matter what, we want to prevent bites," Snider says. In Tulsa County, mosquito season runs from roughly July through October, with the main offender for mosquito-breeding being standing water. "You just need a small pool of water for breeding," Snider notes, adding that using simple measures like properly maintaining your property (and encouraging your neighbors to do the same) can substantially cut down on the nuisance. She suggests regularly checking outdoor pet water bowls, cleaning out gutters and checking for clogged drains. And don't leave your kids' toys in the yard to collect water, she adds.

Bug spray is another must for prevention, with THD recommending formulations that contain DEET for children older than 2 months of age. The amount of DEET in a repellant can vary — the American Academy of Pediatrics suggests that children use products containing no more than 30 percent DEET. For newborns and infants on whom bug repellant is not advised, use a bug net over strollers or infant carriers if they must be outdoors during high season.

# Learning to Swim Safely

**Eastern Oklahoma Red Cross**
Designed for ages 6 months to adult, Red Cross swimming classes can equip you with the skills needed to swim with confidence. In addition to providing instruction for various Red Cross providers, you can find water safety information at www.redcross.org.

**Bixby Swim Club**
Location: Bixby High School, Between 151st and 161st off of Riverview Rd.
To sign-up: Call 918.365.2260 or go to www.teamunify.com
Bixby Swim Club is a year round swim club for all levels.

**Jenks Community Education**
Location: Jenks Trojans Aquatic Center, 205 E. "B" St., Jenks
To sign-up: Call 918.298.0340 or go to www.jenkscommunityed.com
Youth Swim Lessons are for children ages 3 and older. Must be potty trained.

**Learn2Swim at Health Zone (Red Cross Provider)**
Location: Saint Francis Health Zone, 6161 S. Yale Ave., Tulsa
To sign-up: Call 918.494.8289
Classes are available for children ages 6 months through 12 years.

**LifeTime Fitness**
Location: 10642 South Memorial Dr., Bixby
To sign-up: Call 918.364.8500
LifeTime Fitness offers a continuous swimming program for all ages (members only).

**Miller Swim School**
Location: 6415 S. Mingo Rd., Tulsa
Contact: Call 918.254.1988 or go to www.millerswimschool.com
Miller Swim School offers a variety of swimming lesson options for ages 6 months and older.

**Oral Roberts University, Dana Westfall**
Location: 7777 South Lewis Ave., Tulsa
To sign-up: d.d.westfall@cox.net
Students are grouped by age and ability - beginner through advanced swimmer and competitive stroke.

**St. John's Siegfried Health Club**
Location: Siegfried Health Club, 1819 E 19th St
To sign-up: Call 918.744.2484 or go to www.stjohnhealthsystem.com
St. John's offers a variety of swimming lesson options for ages 6 months and older.

**SwimTulsa**
Location: Union Natatorium, 10100 E. 61st St., Tulsa
To sign-up: Call 918.637.6105 or e-mail katiekeller@swimtulsa.org
Class placement is based on ability, and children advance independent of others (ages 4 and older).

**Tulsa Parks (Red Cross Provider)**
Location: 175 E. 2nd St., Suite 570, Tulsa
To sign-up: Call 918.596.2526 or go to www.tulsaparks.org
Tulsa Parks offers a variety of lessons at various Tulsa Parks. Call 918.596.2526 for a full list and schedule.

**Tulsa Swim Academy (SSB Kids!)**
Location: SSB Kids, 1700 N. Redbud Pl. in Broken Arrow
To sign-up: www.ssbkids.com or 918.258.5437
Tulsa Swim Academy offers a variety of swimming lesson options for ages 6 months and older.

**YMCA**
Location: Various YMCA locations
To sign-up: ymcatulsa.org/swim
The YMCA offers a variety of swimming lesson options for ages 6 months and older.

**YWCA**
Location: YWCA Midtown, 1910 S. Lewis Ave. and YWCA East, 8145 E. 17th St.
To sign-up: Go to www.ywcatulsa.org
The YWCA offers a variety of swimming lesson options for ages 6 months and older.

# CAMP RAVEN



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

Pre-School–12th Grade

**Summer Camp**

**May 24–August 12**

RIVERFIELD
COUNTRY DAY SCHOOL

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









# Stress-Free College Savings



So, it finally happened. Your baby just graduated from kindergarten, which, in "mom years" means that he is basically moving out and starting college after summer vacation. And, if that isn't overwhelming enough, with college comes (*dun dun dun*) **college tuition.** Let's be honest - do those two words give you a mild case of hives?

**Deep breaths!**

Saving for your kids' college expenses doesn't have to be so scary. Here are some tips to get you ahead of the college savings game (stress not included).

**1.** Start saving as early as possible. The earlier you start saving, the further along you will be when college rolls around.

**2.** Research savings accounts/plans that work best for you. Money market accounts are easy to access and generally earn higher dividends than regular savings accounts. If you choose a state-sponsored tuition (529) plan that gives you investment options, be sure to be conservative in your choices as you get closer to the time you will need the funds.

**3.** Gradually increase the amount you save as your income increases. Get a raise at work? Instead of spending more, make it a practice to save more instead. This might not be as fun, but will pay off in a big way down the road.

**4.** Things come up, but try to keep saving (even during the tough times) so you stay on track.

**5.** Always be researching scholarship opportunities – there are more out there than you might think!

**6.** Most importantly, relax and enjoy the season that you are in. In the end, these savings will be so beneficial for you and your family.

Remember, it's never too late to start saving! As always, extra help is just a click away at ttcu.com.

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

**(Note: one mom year = 12 human years)**

TTCU®
THE CREDIT UNION

**SPONSORED CONTENT**



BY NATALIE MIKLES

# quick, plan-ahead meals for busy nights

Moms and dads, the finish line is in sight. We're oh-so-close to the end of the school year.

But in the cruel twist of May, we're not going to get there easily. We're going to pay for it with end-of-year performances, recitals, programs, tournaments and graduations. We love these things, of course, but the pace can be relentless.

Drive-through and take-out meals are not only tempting, they're often necessary in our busiest seasons. But with a little planning, we can create a plan for grab-and-go meals that are less expensive and usually healthier than a restaurant.

Grab-and-go meals mean burritos you've made and then frozen for busy nights. Pop them in the microwave, serve with brown rice and black beans, and dinner is done. Or, it's the little basket you have stashed in the pantry with the ingredients for the kids' favorite chicken pita pizzas.

Taking the time to plan ahead for these meals can truly bring some peace to a hectic night.

Here are a few of my favorites.



### Super Fast French Dip

Makes 4 sandwiches

- 1 can condensed French onion soup, undiluted
- 1/2 pound thinly sliced deli roast beef
- 1/3 cup water
- 4 slices provolone cheese
- 4 sandwich buns

In a microwave-safe bowl, combine the soup, roast beef and water. Cover and microwave on high for 3 minutes or until heated through.

Place a slice of cheese on each bun bottom. Broil 4 to 6 inches from the heat for 1 minute or until the cheese is melted. Using a slotted spoon, place the beef on buns. Replace the tops. Serve with onion soup for dipping.

*My kids love olives, so this is a favorite. We like it with bow-tie pasta.*

### Mediterranean Chicken

- 4 boneless, skinless chicken breast halves
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons olive oil
- 1 pint grape tomatoes
- 16 pitted Greek or black olives, sliced in half
- 3 tablespoons capers, drained

Sprinkle chicken with salt and pepper. In a large oven-proof skillet, cook chicken in oil over medium heat for 2 to 3 minutes on each side or until golden brown. Add the tomatoes, olives and capers.

Bake, uncovered, at 475 degrees for about 10 minutes, or until juices run clear.

*This makes a lot – enough for 12. So, if you're not feeding a crowd, freeze half to keep for busy days.*

### Easy Chile Verde

- 1 boneless pork shoulder roast (4 to 5 pounds), cut into 1-inch pieces
- 3 cans (10 ounces each) green enchilada sauce
- 1 cup salsa verde
- 1 (4-ounce) can chopped green chiles
- 1/2 teaspoon salt
- Hot cooked rice
- Sour cream
- Cilantro

In a 5-quart slow cooker, combine pork, enchilada sauce, salsa verde, green chiles and salt. Cook, covered, on low 5 to 6 hours or until pork is tender. Serve with rice. If desired, top with sour cream and cilantro.

Note: This is great served over rice or in corn tortillas.

*Kids will love this fun recipe from the blog Good Cheap Eats. Make these ahead, freeze, thaw and then bake on days when you're trying to beat the clock.*

### Pizzawiches

- 9 large or 18 small sandwich or club rolls
- 4 cups shredded cheese (cheddar, jack, mozzarella or a mix)
- 2 cups favorite spaghetti sauce
- 1/2 of a 5-ounce package pepperoni, sliced
- 1 cup cooked and crumbled Italian sausage (1 to 2 links), chilled

Slice the rolls in half, leaving a hinge. Scoop out insides, leaving a shell. Crumble the removed bits into a large bowl.

Add the cheese, pasta sauce, pepperoni and sausage to the bowl. Mix to combine.

Fill the rolls with the mixture. Wrap the closed rolls in foil and bake for 20 minutes in a 350-degree oven, or place the wrapped rolls in freezer bags and freeze. Thaw the sandwiches before baking for best results.



Now Enrolling 3-5 Year Olds

# Math is ~~hard~~ fun!.

*At Undercroft Montessori, students as young as 3 years old* ***actually love learning*** *complex concepts that seem far more advanced than their age. Because* ***to them, it's fun.***

*If you are considering a school for your young student, tour Undercroft before making your decision.*

***Hear from our students and families at Undercroft.org.***

50 years 1964 2014

Undercroft Montessori School

Age 3 - 8th Grade | 3745 S. Hudson Ave. | 918-622-2890 | Undercroft.org

soccercity TULSA

tulsakids family favorites WINNER 2015

## SPRING LIL' KICKERS

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

SPRING 2015 SESSION: NOW THROUGH MAY 28TH

Summer Little Kickers start the first week of June



## SUMMER CAMPS

May 31st – June 3rd; July 11th – 15th; August 15th – 19th

Monday – Friday , 9am – 12noon

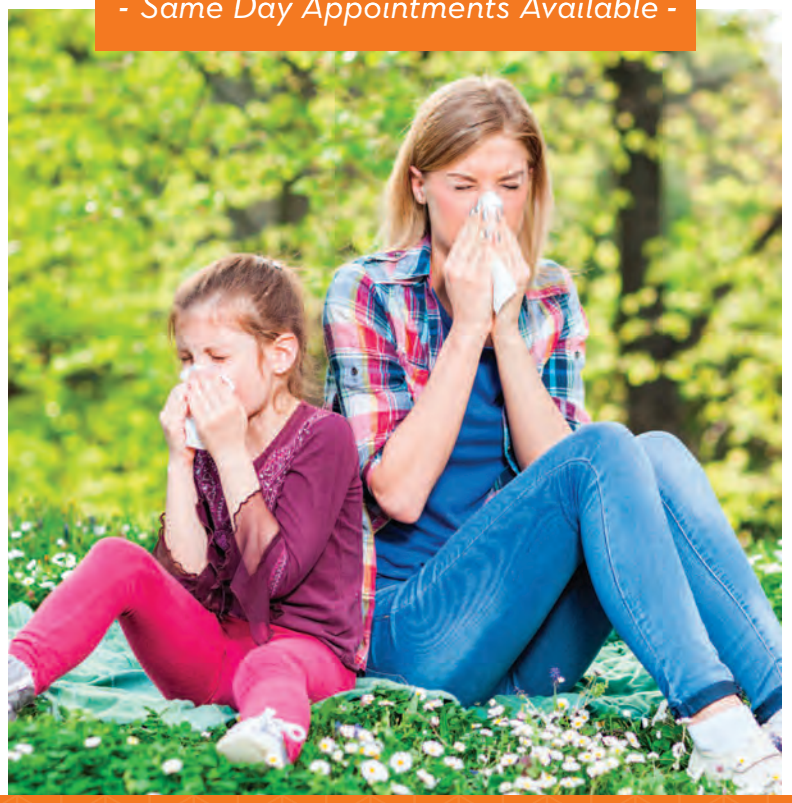
Northeastern Oklahoma's Only State-of-the-Art Indoor Soccer Facility!

Summer Camps, Birthday Parties & Lock-ins • Adult & Youth Leagues

5817 S. 118th East Ave. • 918.249.0044

www.soccercitytulsa.com

- Same Day Appointments Available -



# SOMETHING'S IN THE AIR

*It's allergy season – time to get relief from the itchy eyes, sneezing, coughing and runny nose.*

The physicians at OSU Medical Center can treat your child's allergy symptoms and get your whole family on track for a healthier, sniffle-free Spring. Call one of our convenient primary care locations for any illness or injury that arises. Same day appointments available.

**MIDTOWN TULSA**
*33rd & Harvard*
*918.748.8111*

**SOUTH TULSA**
*96th & Riverside*
*918.209.5170*

**COLLINSVILLE**
*12th & Main*
*918.938.0040*

OKLAHOMA STATE UNIVERSITY MEDICINE | Mercy

*Exceptional health care. Every patient, Every time.*

**osumc.net**



# The world is theirs to explore.

**THE ADVENTURE BEGINS AT HOLLAND HALL.**

# #goDutch

*Follow the journey on Twitter, Facebook, and Instagram @HollandHall*

**HollandHall.org**

# Spring Cleaning Made Fun

Birds chirping and flowers blooming mean it's time for spring (hooray!)... and spring cleaning (oh). But not all spring cleaning has to be a drag. In fact, it's our mission to make trips to the dentist **fun and educational** for kids of all ages. At On The Cusp, we promise you'll leave with a smile on your face and a spring in your step!

**Avoid the end-of-school rush; call today for quite possibly the best spring cleaning experience ever.**

**918.921.7747** | **onthecuspdds.com** |



on the cusp PEDIATRIC DENTISTRY

**103rd & Memorial, Next to Hideaway Pizza**

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

## HELP FOR PARENTS WITH CHILDREN WHO STRUGGLE:

- Behaving at Home and in Class
- Staying Focused and On Task
- Completing Homework & Remembering to Turn It In
- Interacting Socially with Friends and Classmates

Dr. Bob Will Help You Determine the Exact Causes of the Struggles & Build a Best Plan of Action for Your Child To Succeed.



OU Physicians

The University of Oklahoma is an equal opportunity institution.

Robert J. Hudson, M.D., FAAP
OU Clinical Professor of Pediatrics
OU School of Community Medicine
Call for an Appointment • 918-619-4447

## 2016 SCOTT SUTTON BOYS BASKETBALL CAMP

AT THE ORU AEROBICS CENTER

**Rookie Camp**
June 6-10, 2016 / Cost $190
8:30am – 12:00pm / Campers going into Kindergarten–4th Grade

**Individual Skills Camp**
June 6-10, 2016 / Cost $190
1:30pm – 5:00pm / Campers going into 5th–12th Grade

**Residential Camp**
June 20-23, 2016
Cost $290 - $360
9:00am – 9:00pm / Ages: 5-18




HAVE FUN WITH ORU PLAYERS & COACHES!

CALL: 918-495-6288
http://www.totalcamps.com/SUTTONBASKETBALL

## EXPLORE WILL ROGERS COLLEGE JUNIOR HIGH/ HIGH SCHOOL FOR YOUR STUDENT TODAY!




**College Prep Magnet School**
Mini-TCC campus exclusively for Rogers students.

- Concurrent English
- Math
- Biology
- Psychology and Sociology
- Government
- Speech
- History
- Computer

Concepts and Applications courses for college-ready Juniors and Seniors taught by TCC instructors. Advanced Placement in all core areas, including AP for every Junior and Senior. Exceptional academics in a historic, art deco facility

**Find out more or schedule a tour!**

BEST HIGH SCHOOLS U.S.News RANKINGS

5th Best High School in Oklahoma

3909 E. 5th Pl.
918-833-9000

rogers.tulsaschools.org



MHPS

CELEBRATING 60 est. 1954

Tulsa's Best Kept Secret for Over 60 Years!

"Summer and Fall Enrollment is Now Being Accepted"

PreSchool-5th Grade
4849 So. Mingo • 918-622-2327
www.misshelens.com

BY NANCY A. MOORE

# Surayya Anne Foundation: **combining passion with purpose**



Over eight years ago, a group of Muslim woman recognized the need to help others less fortunate in the Tulsa community. What began as a casual conversation amongst these women turned their passion into purpose with the development of the Surayya Anne Foundation. Priscilla Galstaun is one of the founding members of this organization. Over the years, she has played an integral role in building the foundation and is currently serving as the Foundation President. The Surayya Anne Foundation provides a safe haven and support for many Tulsa area citizens.

**GETTING TO KNOW PRISCILLA:**

**TK: What is your background and how long have you been in the United States?**

**Priscilla:** I am an immigrant from India where I completed my formal education and worked as a flight attendant before I moved to the United States in January, 2000.

**TK: Tell us about your family:**

**Priscilla:** My husband is originally from India. My three kids, ages fourteen and twins (boy and girl) are thirteen and were born in Tulsa. My fourteen-year-old has a rare genetic disorder. He is a very happy and loving child, and I'm so proud of him. My thirteen-year-olds are Black Belts in Tae Kwon Do and are very passionate about being in the debate club in school.

**TK: You are obviously very busy. What continues to keep you so involved in this organization?**

**Priscilla:** I believe that if I live without assisting the disadvantaged — be it the homeless, the abused, the incarcerated, the hungry or the mentally ill — then I haven't lived at all.

**SURAYYA ANNE FOUNDATION:**

**TK: How did this foundation begin?**

**Priscilla:** In 2007 a group of Tulsa Muslim women met to discuss a growing concern: women and children facing eviction, women living in abusive and unsafe environments, and the unmet needs of female inmates reintegrating into society, post-incarceration. This kitchen table discussion was the beginning of the Surayya Anne Foundation, Tulsa's first Muslim women-operated transitional housing facility, serving disadvantaged people of all faith traditions or no faith tradition, in the state of Oklahoma. The Foundation took form in October 2007 and a list of priorities were developed. That same month the group applied for the 501(c3) status and by January 2008 we opened our first shelter apartment.

**TK: Where did the name of the foundation originate?**

**Priscilla:** The Foundation was modeled after a Turkish woman, Surayya Anne; 'Anne' is a Turkish word that means "mother." Surayya Anne's model for care inspired and provided the vision for us. Her concept of feeding the poor, providing shelter to the homeless and educating and caring for children, led to the Foundation being named after her.

**TK: What does the Surayya Anne Foundation provide that is different from other shelters or assistance programs available in Tulsa?**

**Priscilla:** Our foundation is unique in its global representation of Muslim women who oversee the daily operations and board functions. We have, if not the most diverse, then one of the most diverse boards in the state of Oklahoma. Apart from Native, African American and Caucasian representation; our board of directors and volunteers are originally from Syria, Iran, Turkey, Mexico, Indonesia, Europe, India, Pakistan, Egypt, Lebanon, and the Kurdish region. [They] are fluent in as many languages, including French. Our diversity goes a long way in understanding, navigating and working sensitively with the varied cultural nuances that a client from a different cultural

*continued next page*

background may often bring with them.

**TK: What levels of assistance does the foundation offer to people in need?**

**Priscilla:** Today, the foundation provides: emergency shelter services, short-term and long-term housing, bill-paying assistance, medical prescription assistance, rental eviction prevention, driving lessons, translation services, donated cars, food delivery services and college and Hajj scholarships. (Note: Hajj is the holy pilgrimage to Mecca in Saudi Arabia that every Muslim is required to make at least once in his or her lifetime.) In 2015, our foundation provided 706 client assists in the form of humanitarian relief in the state of Oklahoma.

**TK: What types of people have you been able to help?**

**Priscilla:** Over the last eight years the Surayya Anne Foundation has continued to advance by spearheading new programs and serving an increasing number of disadvantaged Oklahomans, including the economically disadvantaged, those suffering from catastrophic illness, various physical and mental disabilities, the evicted and homeless, families in crisis or transition, women and/or children suffering abuse, refugees, or those reintegrating after incarceration. While our major focus is women and children, we have provided assistance to some of our clients' husbands as well as support services to single fathers and their children.

**TK: How are people able to find out about your organization?**

**Priscilla:** Either via referral or word of mouth. We have an online application process that each individual is required to fill out and submit to our Case Management team.

**TK: How can someone who is interested in helping your organization become involved?**

**Priscilla:** We have a volunteer committee that welcomes volunteers to sign up with them for serving on one or more of our committees of their choice. Apart for our case manager position, which is a full-time paid position, every board position including our executive director position is a volunteer position. If an individual is interested in serving the disadvantaged in Oklahoma, they are welcome to contact me.



PRISCILLA GALSTAUN WITH TWO OF HER THREE CHILDREN.

**TK: Can you share a success story about someone who has received help from the foundation?**

**Priscilla:** We had a client reach out to us because she and her family were facing eviction because she lost her job last year, and she wasn't able to pay her rent. She contacted our foundation to get information on rental assistance but instead of a temporary fix to her problems, we came up with a long-term solution. Our case management team helped them move into our transitional housing facility and they were able to stay for free in order to save whatever amount of money they could. Within two months, our client was able to find affordable, permanent housing for her family. This client met with our case manager regularly to discuss her goals, how to plan for permanent housing, and if there were any other needs outside of housing, that could be addressed. Through meeting regularly with others at the foundation, this made our client feel that she had become part of a bigger family. She finally achieved sustainable independence and moved out and into her own apartment. While she is no longer in need of our shelter services, she still stays in touch.

**Wrap-up from Priscilla:** The Surayya Anne Foundation in Tulsa is making our community, city and state a better place for everyone, and especially better for those who need our help the most. This is the only non-profit organization in Oklahoma run by Muslim women who advocate for the homeless and disadvantaged in our communities. As Muslim Americans, we truly care for the most vulnerable in our society and through our humanitarian work, we are making a positive impact in the lives of disadvantaged Oklahomans and their families. Financial contributions, in any amount, are welcome and a donator can specify what form of outreach they would like to support. If you would like to learn more about the organization or join in supporting our efforts, check out our website: www.surayyaannefoundation.org





THIS BEATS BREAKFAST IN BED.

Treat Mom to fondue at The Melting Pot this Mother's Day.

It's everything she really wants: cheese, chocolate and hanging out with the family.

But mostly chocolate.

Mother's Day is May 8.

Make a reservation today!

The Melting Pot®
a fondue restaurant

RESERVATIONS RECOMMENDED
OPEN EARLY AT 11:30 am
RIVERWALK CROSSING, JENKS
918-235-1000 ▪ MELTINGPOT.COM

BY LAUREN COMIER

# five common misconceptions about foster care

May is National Foster Care Month. If you're not familiar with how foster care works or what is required, there's a good chance that you've heard or believed some things that simply aren't true. In honor of the self-less families who give of their time, resources and hearts to provide care for children in need, I'd like to address five common misconceptions about foster care.

**1. Foster parents do it for the money.**

We always hear the stories about a rotten apple or two who ruin it for the bunch, but unless foster parents are being grossly negligent, this one is just plain laughable. Yes, foster families get paid, but they are paid in order to cover the costs of caring for the child.

In Oklahoma, a foster family's daily reimbursement begins at $13.45 and varies depending on the age and needs of the child. That money covers food, clothing, and supplies, including diapers, wipes, toys, and all the other things that go along with having a child in your home. Most foster children do not show up at someone's house with a moving truck. Oftentimes the clothes on their back; are the only possessions they have. Anyone who has a child of his or her own knows how expensive it is. More often than not, a foster family will spend much more than the state pays in order to provide for the child in their care.

**2. It costs a lot of money to adopt a foster child.**

If you're hoping to adopt, but you don't have the financial ability to do it privately, foster care is an excellent avenue to pursue. Of course, you must prepare for the very real possibility that a child you foster will not stay with you, but if adoption does become an option, foster families are usually the first ones to be considered. Once you make that choice, it costs very little. Oklahoma does not charge a fee for adoptions that take place from foster care. The only expense the foster family is responsible for is the cost incurred from required medical exams.

**3. The process is strenuous and invasive.**

As one foster parent put it, "DHS isn't trying to find fault with you, your house, or your parenting. They need you more than you need them, and they don't want to drive foster parents away." The training and home study are a free and fairly easy process, and in normal situations, a social worker won't be at your door every five seconds to check up on you.

**4. Foster parents have no say in what child or children they foster.**

If you've considered doing foster care, but have worried that every time the phone rings you'll have to say "yes," rest assured that isn't the case. If the timing isn't right, you can always decline without hurting your chances of getting a placement later.

You can also tell DHS your preferences in terms of the age of the children you foster. This isn't being picky; often your work situation as well as the makeup of your family (ages and genders of biological or adopted children) needs to be considered when bringing another child into your home.

**5. "I could never do foster care. I'd love them too much to give them up."**

I'm guilty of having said those words, and I bet many of you are too. Certainly there are families who are unable or unwilling to make that commitment for any number of reasons, and it's not a decision to make lightly. However, after watching my friends do foster care, I have come to realize that it is not as scary or un-doable as I imagined it to be.

Yes, it is difficult when the time comes for a child to leave a foster family's care. Foster families don't have a special switch they can flip on and off to stop them from feeling. Watching my friends who do foster care, I can tell you with absolute certainty that they love these children as their own and it breaks their hearts when a child in their care has to leave. Here's the thing though: They don't do it for themselves. They do it for the children who need them. Foster care requires a selfless love that could very well break your heart, but when you think of what you're providing for that child, it is more than worth it.

If you've ever considered doing foster care, I strongly encourage you to take the next step in the process. There is a huge need for foster families, and you might be exactly who a child needs. Contact Oklahoma's Department of Human Services for more information.

**BECOMING A FOSTER PARENT: Resources**

There are nearly 11,000 children in Oklahoma's foster care system and foster families are greatly needed. To learn more about fostering, you can visit one of the websites below or call the Foster Parent Hotline at 800.376.9729. For more information on

*continued next page*

foster care, contact the Oklahoma Department of Human Services (DHS) at 866.612.2565 or visit okdhs.org/foster. The following agencies also have information on fostering a child.

**TFI Family Connections**

TFI Family Connections is a private not-for-profit organization that provides services and care for children and families. It holds Foster Care Recruitment Contracts with Oklahoma DHS, and helps support families throughout the foster care approval process, during placement and care of children in their homes, and helps provide an understanding of the child welfare system.

Visit www.tfifamilyconnections.org or call 866.543.9810 for more information.

Staff is available throughout Oklahoma, including Ada, Enid, Lawton, Norman, Oklahoma City, Seminole, Stillwater, Tulsa, and Yukon.

**Saint Francis Community Services**

Saint Francis Community Services, Inc. (SFCS) is a community-based service provider embracing the Episcopal tradition of service. Child and family-based services include foster care and adoption.www.st-francis.org
918.488.0163 or 877.263.1890

**Choices for Life**

Choices for Life Foster Care program is specialized in-home treatment for children and youth with multiple psychological, social, and emotional needs who can accept and respond to relationships within a family but whose special needs require more intensive care. www.cflfostercare.com
918.248.4340

**Tulsa CASA**

Court Appointed Special Advocates (CASA) are specially trained volunteers who speak for the best interests of abused and neglected children in the court system.
www.tulsacasa.org
918.584.2272

**Cherokee Nation Children, Youth and Family Services**

Cherokee Nation welcomes a variety of Indian families from all over the United States who are willing to be a resource for our Cherokee children and other Indian children. Cherokee Nation Indian Child Welfare actively recruits families of ALL degrees of Indian blood from ALL federally recognized tribes.

www.cherokee.org/Services/HumanServices/Children,YouthFamilyServices 918.453.5000 or 800.256.0671

**SAFY – Specialized Alternatives for Families and Youth**

A Provider of therapeutic foster care services in Oklahoma.
www.safy.org
800.600.7239

**Friends of Foster Families Inc**

Advocates for the support, training and advocacy for foster and adoptive families.
www.friendsoffosterfams.org
918.609.4442

**Oklahoma Fosters**

www.oklahomafosters.com

**Oklahoma Foster Care and Adoption Support Center**
www.okbridgefamllies.com

**Lilyfield Christian Adoption and Foster Care** www.lilyfield.org


CHRIST UNITED METHODIST CHURCH
EARLY LEARNING CENTER




8 MONTHS – TRANSITIONAL KINDERGARTEN

DEVELOPMENTAL PRESCHOOL
M–W–F 9:30 — 2:30
Music, Gymnastics, and Bible Buddies

3515 SOUTH HARVARD AVENUE – 743-7673

SEEKING HEROES
CHOICES FOR LIFE
FOSTER CARE, INC.
An Oklahoma-based child-placing agency is seeking parents to assist our professional team in caring for therapeutic foster children. We will train and certify you at no cost for this in-home opportunity. Reimbursement is approximately $1,023.00 to $1,147.00 a month per child.
Contact us for more information
(918) 248-4340

HAVE YOU CONSIDERED DOING SOMETHING IMPACTFUL IN THE LIFE OF A CHILD?

You can *IMPACT* the life of a child by becoming a foster parent.

**As a SAFY foster parent you will receive…**

- Support when you need it 24/7 from knowledgeable professional staff
- Monthly stipends to defray the cost of caring for a child in need
- Quality trauma informed training to prepare you in caring for youth
- Respite care for your short-term needed breaks
- Assistance with other needs while a child is in your care



***Join*** our team of caring foster parents and impact the life of a child, ***today!***

Learn more about fostering a child in need by calling **918-861-3042** or **durana@safy.org**.

SAFY
Preserving Families Securing Futures


Emily was abandoned by her mother.
So were her three sisters.
They live in four different foster homes
and will likely never see each other again.
CASA Volunteer Steps in Here.
A loving family adopts them all.
CASA
Court Appointed Special Advocates
FOR CHILDREN
TULSA CASA, INC.
Be the Difference.
Tulsa CASA, Inc.
700 S. Boston, Ste. 230
918.584.2272
www.tulsacasa.org


south tulsa
5k/family fun run
may 7, 2016
5K Race @ 8:30 a.m.
Family Fun Run @ 9:30 a.m.
for more information and to
register go to southtulsa.org
feed the children of santa maria de jesus guatemala
SOUTH TULSA BAPTIST CHURCH
10310 S SHERIDAN ROAD, TULSA | 918-299-0904 | SOUTHTULSA.ORG


foster children
NEED
special people
LIKE YOU
TFI Family Connections would like to thank all Oklahoma foster parents for making a difference in the life of a child.
Learn how you can provide the loving family a child needs and deserves by calling TFI today.
866-543-9810
TFI Family Connections
tfifamilyconnections.org
Foster hope. Foster love. Foster care.


That's Dancing! Studio
ENROLL FOR
SUMMER & FALL DANCE
TODAY!
www.thatsdance.com | 918-408-6226 | 4427 E. 31st Street

# MAY DAYS

COMMUNITY CALENDAR DAY-BY-DAY




The Oklahoma Renaissance Festival opens every Saturday and Sunday, April 30 - May 30, gates open at 10 a.m. and close at 6 p.m.

## Sunday, May 1

Drillers Home Game @ 1 p.m.

## Monday, May 2

Drillers Home Game @ 11 a.m.

## Tuesday, May 3

**Be Smart-Don't Start Anti-Tobacco Day** {FREE}
Visitors to the Science Museum Oklahoma will receive free admission courtesy of Blue Cross and Blue Shield of Oklahoma. This anti-tobacco event will teach kids about the dangers of tobacco use and encourage them to make healthy life choices. Blaze the Braggin' Blue Dragon, the BCBSOK mascot, will be present, as well as several Be Smart-Don't Start partners. 21 NE 52nd St., OKC; 9 a..m - 5 p.m. www.bcbsok.com



## Wednesday, May 4

**Homeschool Art Class at Philbrook (Ages 5-8)**
Each homeschool class offers gallery tours led by qualified art educators, an in-studio art-making project, as well as resources to guide parents through that week's class into a month-long learning opportunity. Class begins promptly at 1 p.m. $10 per class, Philbrook Members only. Philbrook Museum of Art , 2727 S. Rockford Rd. www.philbrook.org.

## Thursday, May 5

**Kids Dig Books: Animal Tales**
Children will learn about animals that live in different parts of America by listening to stories, legends and folk tales. Following storytime, they will create art work relating to the stories they've just heard. For ages 3-6, who must be accompanied by an adult. Because of the age specific activities, only children ages (continued)

## Thursday, May 5 (cont.)

(continued) 3-6 may participate. Alternative arrangements should to be made for younger siblings.Space is limited and advanced registration is required: 918.596.2774. Gilcrease Museum, 10 a.m.

**Safe Kids Car Seat Checkup Event** {FREE}
Get your car checked by trained professionals. Broken Arrow Fire Department Station 6 3151 N. 9th St.; 1-3 p.m.

**Parenting with Love & Logic**
Parents learn simple techniques that are effective with all children, from toddlers to teens. Parenting with Love & Logic two-day workshops begin every Thursday at the CALM Center, 6126 E. 32nd Place. Pre-registration is required. To find out more or sign up for classes: 918.236.4140 or vwilliams@crsok.org

**Minecraft Gaming** {FREE}
Put your imagination to the test building your own world in the popular game Minecraft. For ages 12-18. Hardesty Regional Library, 8316 E 93rd St.; 6-8 p.m.

**Story Time Under the Stars** {FREE}
Children read and sing about the wonders of nature, gardening and creatures who live in the garden in the evening. Tulsa Garden Center, 2435 S. Peoria Ave.; 6:30 p.m. tulsagardencenter.com

## Thursday, May 5 (cont.)

**Parent Training at TherapyWorks** {FREE}
Are you experiencing behavioral difficulties with your child? The experienced staff of occupational therapists at TherapyWorks will address how to better handle behavior with both typically developing children as well as children with special needs. TherapyWorks, 7608 E. 91st St.; 7 p.m.

**19th Annual Yom HaShoah: An Interfaith Holocaust Commemoration**
Holocaust survivor Tomi Reichental will share his story as he addresses the topic "Close to Evil" as the featured speaker for the commemoration. After his presentation, Reichental will sign copies of his memoir "I Was a Boy in Belsen." Tulsa City-County Library will provide a mobile library at the commemoration. For middle schoolers-adults. Parking is limited at Temple Israel, but overflow parking is available at Utica Square. Temple Israel, 2004 E. 22nd Pl.; 7-9 p.m. For questions, call 918.495.1100.

## Friday, May 6

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

## Friday, May 6 (cont.)

**Meet Author Gordon Korman**
Gordon Korman, author of more than 80 books for children and teens, is the winner of the Tulsa Library Trust's 2016 Anne V. Zarrow Award for Young Readers' Literature. At the presentation, Korman will receive the Zarrow award, speak about his life and works, answer questions from the audience and sign books. Copies of his books will be available for purchasing. Gordon Korman also will present awards to winners of Tulsa City-County Library's 2016 Young People's Creative Writing Contest at the presentation. Hardesty Regional Library, 8316 E 93rd St.; 7 p.m.

## Saturday, May 7

**Restoring Harmony Youth Powwow**
The Restoring Harmony Powwow is an annual celebration to recognize National Children's Mental Health Awareness Day. A full day of activities culminates in a dance contest for dancers of all ages. Last year, over 800 people attended including spectators, dancers, singers, volunteers, arts and crafts vendors, and exhibitor booths. Westside YMCA, 5400 S Olympia Ave.; 10 a.m. For more information, go to www.ihcrc.org

**Mini Masters**
Kids explore different works of art from different perspectives, up high, down low, sideways and more to discover a new way to look at the world. After exploring in the galleries and gardens, create your own work of art based on the particular perspective you experienced. For ages 3-6, who must be accompanied by an adult. Advanced registration is required: 918.596.2774. Free for members; free with museum admission for not-yet members. Gilcrease Museum; 10:30 a.m.

**Free Comic Book Day** {FREE}
Visit Impulse Creations for a full day of fun and free comics with no purchase required. Whether you're looking to try something new or to enjoy the adventures of your old favorites, there's something for everyone and for all ages. Impulse Creations Comics & Collectibles, 8228 E 61st St.; 11 a.m. - 6 p.m.

**Electric Lime Gala at the TCM**
Monies raised at the gala will fund operations, exhibits, and programming at the Tulsa Children's Museum's Discovery Lab, and aid in the planning and design of a world-class permanent facility to be built to meet the growing educational needs of children and families in the Tulsa community and surrounding region. Tulsa Children's Museum, 560 N. Maybelle Ave. at 6 p.m.

## Saturday, May 7 (cont.)

**Tour de Tulsa**
Tour de Tulsa is hosted annually by the Tulsa Health Department and the Tulsa Bicycle Club as a way to promote health in the community. Cyclists will begin their ride at the River West Festival Park, located on the west bank of the Arkansas River at 2105 South Jackson Avenue at 8:00 a.m. Cyclists will complete their choice of 22, 50, 62, or 100 mile routes. For more information, go to www.tulsabicycleclub.org/tdt.

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

## Sunday, May 8 : Mother's Day

*Driller's Home Game @ 1 p.m.

## Monday, May 9

*Driller's Home Game @ 11 a.m.

**Families of Autism Support Group**
Families of Autism is a support group open to caregivers of children with autism. Adults only please, childcare is not available at this time. Limited space available, please call 918.994.7799. Greenhouse Pediatric Therapy, 2257 W. Washington St. in Broken Arrow; 7 p.m.

## Tuesday, May 10

**Mini Masters**
See previous description, 10 a.m.

**Craft Time** {FREE}
Do you enjoy sewing or like to create things? If so, join in! For ages 8-16. Registration is required: 918.549.7542. Herman and Kate Kaiser Library, 5202 S. Hudson Ave, Suite B; 6 p.m.

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

## Wednesday, May 11

*Driller's Home Game @ 4 p.m.

## Thursday, May 12

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

**ZACH: Teen Time @ Zarrow**
This art class is designed especially for home school teens where a consistent concept of the month will be presented. The three basic objectives of each lesson will be art exploration, formal concept and media/technique introduction plus a "how to draw" component. For ages 13 - 18 years old. Registration required: 918.631.4402. Zarrow Center for Art & Education, 124 East M.B. Brady St.; 10 a.m.



Photo Credit: Jen Kerckhoff, Tulsa Times Two

**DIG: DAY IN THE GARDEN: Saturday, May 14; 4-8 p.m.**
DIG: Day in he Garden is a family-friendly event for all ages with live music from Klondike 5 String Band and Paul Benjaman Band, picnic fare and lots of activities for the kids. The kids can enjoy face painting, pony rides, and old fashioned games on the lawn around the lake. Kids can make a special garden gift for mom and everyone can see design features for the Children's Discovery Garden (opening spring 2016). Proceeds from DIG benefit the Children's Discovery Garden. Tickets are $50 for one adult or $75 for two adults. Garden members pay $25 for one adult or $40 for two. Children are free with paid admission. Tickets must be purchased in advance. No tickets are sold at the door.
To purchase tickets call 918.289.0330.

## Thursday, May 12 (cont.)

**Museum Babies**
Museum Babies is designed to nurture the needs of both parent and infant/toddler. Parents will enjoy a casual experience in the galleries, learning about the art of Gilcrease Museum, then it's "baby time" with activities to stimulate the five senses and refreshments. For ages birth to not yet three years old, accompanied by caregiver. Space is limited and advanced registration is required: 918.596.2774. Gilcrease Museum, 10:30 a.m.

**ZACH: Zarrow Art Classes for Homeschool (PM)**
Discover the world of art at the Zarrow Center for Art & Education through this exciting program designed especially for the homeschooling community. Students create their own works of art in this engaging approach to arts education taught by qualified art instructors. The same class is offered three times a month and includes all art supplies. For ages 6 - 12 years. Registration required: 918.631.4402. Henry Zarrow Center for Art and Education, 124 East M.B. Brady St.; 1:30 p.m.

**TARC Kids "Connections" Group**
This a social skills group for children with Asperger's and high functioning autism, ages K-5th grade. The Kids "Connections" group meets on the second Thursday of each month from 4:30 to 5:30 p.m. at the TARC office, 2516 E 71st St, Suite A. www.autismtulsa.org

## Thursday, May 12 (cont.)

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

## Friday, May 13

**Rustic Cuff Run 5K**
RunnersWorld Tulsa and Joy in the Cause have joined forces to present a spectacular beach party and themed 5K race. River West Festival 2100 S. Jackson; 6:30 p.m.

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

## Saturday, May 14

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

*Driller's Home Game @ 12:30 p.m.

**Hardesty Teen Anime/Manga Club** {FREE}
Discuss your favorite manga characters and books while making a craft. For ages 12-18. Hardesty Regional Library, 8316 E 93rd St.; 1 p.m.

## Sunday, May 15

**Funday Sunday at Gilcrease** {FREE}
It's an afternoon of museum fun for the whole family. Visitors can enjoy various art-making stations in the museum, each offering different materials and themes as well as teaching artists to help guide and inspire. An art hunt is available to explore in the galleries, with a prize at the end. Families also can enjoy our interactive space, Kravis Discovery Center, exploring the extensive gardens and special featured activities. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; noon - 4 p.m. www.gilcrease.utulsa.edu

## Monday, May 16

See sidebars for on-going events/ activities.

## Tuesday, May 17

See sidebars for on-going events/ activities.

## Wednesday, May 18

**Homeschool Art Class at Phibrook**
See previous description (Ages 9-12); 1 p.m.

## Thursday, May 19

**Safe Kids Car Seat Checkup Event** {FREE}
Get your car seat checked by trained professionals. Tulsa Fire Department Station 22
7303 E. 15th St.; 2-4 p.m.

## Friday, May 20

**Mini Masters at Gilcrease**
See previous description, 10 a.m.

**Relay For Life of Tulsa**
Relay For Life is the American Cancer Society's national signature activity and the nation's highest grossing fundraiser. This community event, which is free and open to the public, helps raise money for research and support services benefiting cancer patients in the Tulsa community. There will be games and activities during the event and on-site fundraisers provided by the Teams. After dark, a remembrance ceremony for those lost to cancer will occur and bags representing those lost and those who have survived cancer will be lit. Guthrie Green, 6 p.m. www.mainacsevents.org

## Saturday, May 21

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

## Saturday, May 21 (cont.)

**Camp Bandage** {FREE}
Camp Bandage is an opportunity for professionals to donate their time and knowledge to teach children and adults of our community how to save lives and live safely. At Camp Bandage, you learn what to do at the scene of all kinds of accidents until emergency help arrives. You can watch, and also participate, as the professionals render emergency care to the various types of "injuries." DISCLAIMER: The victims at Camp Bandage appear very realistic. The program is free to the public. It is very practical, educational and exciting for the entire family. Chisholm Trail South Park, 4000 East New Orleans; 10 a.m. - 3 p.m. www.campbandage.org

**Kids to Parks Day** {FREE}
Chandler Park invites the public to celebrate kids to parks day with kites, arts & crafts, hiking, field sports, disc golf, tugo-war, food and more! Chandler Park, 6500 W. 21st St.; 11 a.m. - 3 p.m. www.parks.tulsacounty.org

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

## Sunday, May 22

See sidebars for on-going events/ activities.

## Monday, May 23

See sidebars for on-going events/ activities.

## Tuesday, May 24

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

## Wednesday, May 25

**Amazing Cubelets: Mini Robots!** {FREE}
These amazing mini robots snap together and make bigger robots that think, move and follow directions. Come and snap a few together and see what you can make it do. For ages 9-18. Brookside Library, 1207 E. 45th Pl.; 3 p.m.

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

## Thursday, May 26

**ZACH: Zarrow Art Classes for Homeschool**
See previous description.
AM: 10 -11:30 a.m.., PM: 1:30-3 p.m.



**TULSA ARTCAR WEEKEND**

Tulsa's ArtCar Weekend's mission is to present contemporary art to youth and adults and giving an underserved area of the community more confidence in self expression. Plus, it's so much fun for the kids! The weekend's schedule includes:
Thursday, May 19; 6-9 p.m.: ArtCar Artists' Reception & Exhibit, Living ArtSpace
Friday, May 20: ArtCars Tour Tulsa Schools, : 9 a.m.-2 p.m. and Drive-in Movie, Admiral Twin, 7 p.m.
Saturday, May 21: Convoy: 8-11a.m.; Downtown Convoy, , 2 p.m.; Art Box Car Parade & Awards, 3 p.m.
Sunday, May 22: ArtCar Artists' Brunch, Living ArtSpace, 10 a.m.
For more information, go to www.livingarts.org/artcar.

## Thursday, May 26 (cont.)

**Minecraft Night** {FREE}
Put your imagination to the test building your own world in the popular game Minecraft. For ages 10-18. Seating is limited. Zarrow Regional Library, 2224 W. 51st St.; 6 p.m.

**TARC Moms & Dads Support Group** {FREE}
This a support group for parents of children with developmental disabilities. For more information, contact Sherilyn at 918.582.8272. TARC Office 2516 E 71st St, Suite A; 7 p.m. www.autismtulsa.org

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

## Friday, May 27

**Summer Reading Program Kickoff Party** {FREE} Kick off the Summer Reading Program with lots of fun! For ages 3-11. Kendall-Whittier Library, 21 S. Lewis; 4:30 p.m.

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

## Saturday, May 28

See sidebars for on-going events/ activities.

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

## Sunday, May 29

See sidebars for on-going events/ activities.

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

## Monday, May 30

**Scout Day at the 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 a.m. - 1 p.m., but the discounted rate is available for the entire day. For more information go to www.okaquarium.org.

## Tuesday, May 31

**Summer Reading Program Opening Games**
Sign up for the Summer Reading Program and enjoy face painting, bubbles, crafts and games. For all ages. Schusterman-Benson Library, 3333 E. 32nd Place; 2 p.m.

**Summer Reading Program Kickoff Party**
Join library staff and local community groups and celebrate the start of the Summer Reading Program with fun games and activities! For all ages. Martin Regional Library,
2601 S. Garnett Rd.; 6:30 p.m.

## On-Going Activities

**Insect Adventure**
Looking for an unforgettable and incredibly educational activity to experience with your youth? Try having an Insect Adventure! The Oklahoma Cooperative Extension has the only live bug petting zoo in the state. This presentation comes with more than 25 species of living arthropods as well as a knowledgeable, passionate, and entertaining professional entomologist to walk you through your arthropod discovery and exploration. Open every 1st and 3rd Saturday; 10 a.m.-2 p.m. at the Oklahoma Cooperative Extension, 127 Noble Research Center in Stillwater. For more information: www.insectadventure.okstate.edu.

**Kids Cooking Classes at Health Zone**
Join experts at the Health Zone at Saint Francis and teach your kids healthy cooking skills with a side of fun on the third Tuesday and Thursday of each month through May. Tuesday classes are for ages 4-8; Thursday classes are for kids 9 and up. Family membership package: $7/per child Non-members: $10/per child. Saint Francis Health System-Health Zone, 6161 South Yale Ave. www.saintfrancis.com

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

**Food Truck Wednesday at the Guthrie Green**
Chow down at Guthrie Green every Wednesday for lunch. Enjoy live music, amazing food trucks, and fresh air. Open every weekday from 11:30 a.m. to 1:30 p.m.

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

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

## On-Going Activities (cont.)

**Fitness on the Green: Boot Camp**
Get ready to put your body to the test using traditional exercises, modern variations, and functional training. You don't realize how much your body weighs until you start this intense cardio and strength training class. But don't be scared, all our trainers are amazing at offering modifications for any and all fitness levels. .Class is FREE! Every Tuesday and Thursday (5:30 p.m.) at Guthrie Green.

**Family & Children Services Classes**
F&CS offers a variety of classes including baby care, parenting, helping children cope with divorce and many more. These classes will help you learn effective strategies, acquire new skills and develop techniques to improve parenting and relationships. Scholarship funding is available on a limited basis for all classes. To register for a class or receive more information, please call 918.560.1114 or go to www.fcsok.org/classes/. Pre-registration is required.

**Tulsa City-County Summer Reading Programs**
The Tulsa City-County Library has an amazing summer program ready for families throughout the Tulsa area. Pre-registration begins on Sunday, May 1. The program dates are May 31 - August 6. Library cards are NOT required to sign up for the Summer Reading Program.
**Children's Summer Reading Program**
Newborns through fifth graders may participate. Read or listen to 8 books and visit the library 4 times to complete the program. Earn coupons for free entertainment and food! Earn a chance to win exciting prizes!
**Teen/Tween Summer Reading Program**
You must have completed fifth grade to sign up. Read 6 books to complete the program. Earn an ID wallet with earbuds and coupons for free entertainment and food items! Earn a chance to win cool prizes!
To sign up, go to www.tulsalibrary.org/summer

Tulsa City-County LIBRARY

* We make every effort to ensure the accuracy of this information. However, you should always call ahead to confirm dates, times, location, and other information.

THERE'S MORE!
Go to www.tulsakids.com/calendar



### BILLY ELLIOT: THE MUSICAL
**When: Apr. 29-30, May 5-7 at 7:30 p.m. and Apr. 30, May 1 and May 7 at 2 p.m.**
**Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com**
Billy Elliot: The Musical is based on the international smash-hit film and features a score by Elton John.

### FIRST FRIDAY CONCERT SERIES
**When: Friday, May 6; 7-9 p.m.**
**Where: The Gardens at LaFortune Park**
Enjoy great local talent outdoors in the Gardens on the first Friday of each month. The concerts offer a variety of family-friendly classic rock, swing and blues. Bring a lawn chair or blanket, sit back and relax while local bands present family-friendly music from all genres.

### BYE BYE BIRDIE
**When: May 13-14, 19-21 at 7:30 p.m.; May 14-15 and 21 at 2 p.m.**
**Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com**
Enjoy good, old-fashioned fun from one of the most captivating musicals ever! Featuring Tulsa's best young talent performing classic tunes like "Bye, Bye Birdie," "Put on a Happy Face," and more!

### CRAYONS! FAMILY-FRIENDLY COMEDY
**When: Friday, May 13; 8 p.m.**
**Where: The Comedy Parlor, 328 E. 1st St.; www.comedyparlor.com**
Crayons Improv uses audience participation and suggestions to create short scenes that are family friendly and funnier than all get out.

### MOTHERS AND SONS
**When: May 13-14, 19-21 at 8 p.m.; May 15 at 2 p.m.**
**Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com**
Generations collide as a mother revisits the past and begins to see the life her son might have led. This play by Terrence McNally opened on Broadway in 2014.

### JERSEY BOYS
**When: May 24-26 at 7:30 p.m. May 27 at 8 p.m. May 28 at 2 p.m. and 8 p.m. May 29 at 2 p.m. and 7 p.m. Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com**
Back by popular demand! JERSEY BOYS is the Tony, Grammy and Olivier Award-winning Best Musical about Rock and Roll Hall of Famers The Four Seasons: Frankie Valli, Bob Gaudio, Tommy DeVito and Nick Massi. This is the true story of how four blue-collar kids became one of the greatest successes in pop music history.

### BATTLE OF THE BANDS
**When: Friday, May 27; 7 p.m.**
**Where: Cain's Ballroom, 423 N. Main St.; www.cainsballroom.com**
Battle of the bands will kick off at Cain's Ballroom! (see photo above). The concert will benefit the Community Food Bank of Eastern Oklahoma, and is a great avenue for emerging talent to gain recognition.
Pre-collegiate age musicians will compete in two categories of performers: bands and singer-songwriters with prizes, including a live gig, going to winners in both categories.
Everyone is invited to attend with a $12 admission price. For high school students across the area, there are numerous opportunities to help with this fun event, meet other students who are committed to social issues and have their volunteer time count toward service hours.

# MAY FESTIVALS



Tulsa is full of family-friendly festival fun! From hot air ballons to hop jams, there's something for everyone.




## OKLAHOMA RENAISSANCE FESTIVAL

When: Every Saturday and Sunday, April 30 - May 30; Gates open at 10 a.m. and close at 6 p.m.
Where: The Castle of Muskogee, 3400 W Fern Mountain Rd in Muskogee, OK
Journey to an age of kings, queens, and knights in shining armor. Be mesmerized as magicians, jugglers, musicians, dancers, acrobats, and jousters thrill and delight you on one of their many stages.
For the kids: Take the wee ones to the Children's Realm for games and hands-on demonstrations and then pick a side, English or Scottish, in the Royal Quest! For a full schedule and list of kid-centered activities, go to www.okcastle.com/renaissance. HuzzaH!

## GERMANFEST

When: Friday, April 29; 10 a.m. to 9 p.m.; Saturday, April 30; 10 a.m. to 9 p.m. and Sunday, May 1; Noon to 5 p.m.
Where: 15th & Terrace Dr.; the lawn and in the Great Hall of the German American Society Center.
Authentic German entertainment by the German American Society of Tulsa Choir, folk dancers and Blaskapelle together with outstanding Polka bands, food, drink and activities for the children make this a family affair. The crowning of the German-American Society of Tulsa's Maikonigin (May Queen) is a centerpiece activity which occurs during the event.

## CINCO DE MAYO

When: Friday, May 6; 5 to 10:30 p.m., Saturday, May 7: 2 to 10:30 p.m. and Sunday, May 8; noon to 6:30 p.m.
Where: 14009 East 21st Street, Tulsa
5 de Mayo Festival is dedicated to the celebration of the diverse Hispanic community in Tulsa. The festival is organized by the Greater Tulsa Hispanic Chamber of Commerce. 5 de Mayo Festival is committed to representing a wide variety of Hispanic cultures through art, music, food and entertainment by local and regional acts. The Chamber is dedicated to making this a family-friendly atmosphere for all ages. For more information, go to www.tulsahispanicchamber.com.

## TULSA INTERNATIONAL MAYFEST

When: Thursday – Saturday, May 19-21; 11 a.m.-11 p.m., Sunday, May 22 11 a.m.- 6 p.m.
Where: Downtown Tulsa
Mayfest has something to offer everyone. The outdoor areas of Mayfest include fine arts, crafts, four stages of performing artists, KidZone – a children's hands-on art activity area, and of course, great festival food. In addition to the outdoor space, Mayfest also features three indoor galleries. For more information, go to www.tulsamayfest.org.






## ROOSTER DAYS

Rooster Days Festival Hours: Thursday, May 12, 4-10 p.m., Friday, May 13, 4 -11 p.m., Saturday, May 14, 10 a.m.-11 p.m.
Rooster Days Carnival Hours: Thursday, May 12: 4-10 p.m., Friday, May 13: 4-10 p.m., Saturday, May 14, 10 a.m.-10 p.m.
Rooster Days Run: Saturday, May 7 at Chisholm Trail South Park (101st & Creek Turnpike); 6:30 a.m. – Registration & Packet Pick-up; 8 a.m. – TTCU (1k) Fun Run Begins, 8:30 a.m. – 5k Run/Walk & 15k Run Begins
Rooster Days Parade: Saturday, May 14; 10 a.m.
Where: Central Park, 1500 S Main St. in Broken Arrow
This year marks the 85th (yes 85!) year of Rooster Days, the longest continuously running festival in Oklahoma. This year's festival will feature carnival rides, amazing food, live entertainment, shopping, the Rooster Days Run and, of course, the Rooster Days Parade! For more information, go to www.roosterdays.com.

## BLUE DOME ARTS FESTIVAL

When: Friday, May 20 & Saturday, May 21; 10 a.m.-11 p.m.; Sunday, May 22, 11 a.m.-5 p.m.
Where: Blue Dome District at 2nd and Elgin, Tulsa
The Blue Dome Arts Festival is a family- and dog-friendly festival where everybody in the family has fun. While the kids enjoy the Chalk Circle, Art Play Center, face painting, henna tattoos, and the Children Parade/ArtBOXcars, parents can enjoy some Yoga, Zumba, ArtCars, Belly Dancers, great performances and great food. For more information, go to www.bluedomearts.org.

## HOP JAM BEER & MUSIC FESTIVAL

When: Sunday, May 22; Noon - 9 p.m.
Where: The Brady Arts District, Tulsa
The Hop Jam Beer and Music Festival celebrates the convergence of craft beer and music in a dynamic downtown environment. The unique urban environment and the extensive brewer selection in the craft beer area, alongside the dynamic all-ages free live concert, sets The Hop Jam apart from any other event in the region. The event space is divided into two areas, the 21+ craft beer area and the all-ages area, which features the main stage, as well as the new second stage at the Hop Jam Family Park, along with a variety of all-ages activities.
To find out more, go to www.thehopjam.com.

## TULSA INTERNATIONAL BALLOON FESTIVAL

When: Thursday, May 26 - Monday, May 30
Where: Tulsa Airpark (next to the Osage Casino)
The Tulsa International Balloon Festival is planning to be much more than just hot air ballooning. The fesitval will include a carnival provided by the Murphy Brothers, an Action Arena with full metal jousting, marching bands and other exciting activities. Early risers, are invited to join in for morning launches each day at 6 a.m. Morning launches are the perfect opportunity to witness mass balloon ascents. Balloons launch just after sunrise and there will be hot drink and some tasty food to purchase. For more festival information, go to www.tulsaibf.com.

THERE'S MORE!
Go to www.tulsakids.com/festivals

# MONTH OF MAY GIVEAWAY M.O.M'S DAY

One lucky mom is going to win a prize package containing gifts/services from these businesses and more. Register at the store or online. Details are at www.tulsakids/mom



Dinner's at 6

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

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

ENDLESS COLORS
ENDLESS POSSIBILITIES



Mother's Day Special

30% OFF
ALL COLORS
Use Code
"MOM30"
www.lipglos.com












# museum round-up

## Local museums provide families with hours of entertainment, education and creative time.

### CRYSTAL BRIDGES MUSEUM OF AMERICAN ART
600 Museum Way, Bentonville, AR
479.418.5700
www.crystalbridges.org
If you make the two-hour (approximately) drive to the Crystal Bridges Museum of American Art in Bentonville, you won't regret it. There is a wealth of programs designed especially for children and families, so be sure to check the daily calendar to see what works best for your family. Or, take a free family gallery guide and grab an "Art Tote" kit to use while exploring the galleries all day.

### CHICKASAW CULTURAL CENTER
867 Cooper Memorial Dr., Sulphur
580.622.7130
www.chickasawculturalcenter.com
The Chickasaw Cultural Center offers a world of opportunity to learn and connect with Native American history. Watch the story of the Chickasaw people unfold before your eyes through powerful performances, reenactments, demonstrations, collections and exhibits at one of the largest and most extensive tribal cultural centers in the United States.

### THE GAYLORD-PICKENS OKLAHOMA HERITAGE MUSEUM
1400 Classen Drive, Oklahoma City
405.235.4458/ 888.501.2059 (toll free)
www.oklahomahof.com
The Museum's high-tech, interactive exhibits provide visitors the opportunity to experience Oklahoma's history through its people. Visitors meet both famous and everyday Oklahomans whose lives have impacted our state, country and world. The candid nature of the exhibitory allows visitors a unique look into the lives of Oklahomans like Reba McEntire, Wiley Post and Mat Hoffman.

### GILCREASE MUSEUM
1400 N. Gilcrease Museum Rd., Tulsa
918.596.2700
www.gilcrease.org
Gilcrease Museum houses the world's largest, most comprehensive collection of art and artifacts of the American West. The museum also offers an unparalleled collection of Native American art and artifacts, as well as historical manuscripts, documents and maps. Classes, activities, special days and hands-on activities for children of all ages make Gilcrease a must on your list of things to do with the family.

### JASMINE MORAN CHILDREN'S MUSEUM
1714 W Wrangler Blvd., Seminole, OK
405.382.0950
www.jasminemoran.com
Does your child want to be a doctor? Or maybe a scientist? Kids can get a glimpse into real-life situations in the virtual worlds created by this museum.

### LEONARDO'S CHILDREN'S MUSEUM AND ADVENTURE QUEST
200 E. Maple Ave., Enid, OK
580.233.2787
www.leonardos.org
Imagine, play, discover and learn with this museum's many hands-on exhibits and play areas. The three-story science park is full of extraordinary activities.

### NATIONAL COWBOY & WESTERN HERITAGE MUSEUM
1700 NE 63rd St., Oklahoma City
405.478.2250
www.nationalcowboymuseum.org
The National Cowboy & Western Heritage Museum preserves and interprets the evolving history and cultures of the American West for the education and enrichment of its diverse audiences of adults and children.

### OKLAHOMA AQUARIUM
300 Aquarium Drive, Jenks
918.296.3474
www.okaquarium.org
With more than 100 exhibits and thousands of animals, you are sure to discover amazing aquatic creatures of all kinds. Whether you're petting stingrays, feeding turtles or walking under the shark tunnel, you will come away with memories of a lifetime.

### OKLAHOMA CITY MUSEUM OF ART
415 Couch Drive, Oklahoma City
405.236.3100
www.okcmoa.com
The Oklahoma City Museum of Art—OKCMOA—is the namesake visual arts organization of Oklahoma City. The Museum's 110,000 square foot facility, constructed in 2002, is located in the heart of downtown and is an anchor for a growing cultural district of the greater metropolitan area.

### THE OKLAHOMA CITY NATIONAL MEMORIAL
620 N. Harvey, Oklahoma City
405.235.3313; 888.542.HOPE
www.oklahomacitynationalmemorial.org
Few events in the past quarter-century have rocked Americans' perception of themselves and their institutions and brought together the people of our nation with greater intensity than the April 19, 1995, bombing of the Alfred P. Murrah Federal Building in downtown Oklahoma City. The Memorial is a place you can go to educate your children and honor the lives of those lost.

# museum round-up (cont.)

### PEROT MUSEUM OF NATURE AND SCIENCE
2201 N. Field Street, Dallas, TX
214.428.5555
www.perotmuseum.org
Five floors house 11 permanent exhibit halls containing state-of-the-art video and 3D computer animation with thrilling, life-like simulations where visitors can exercise their brains through hands-on activities, interactive kiosks and educational games. Note: Advanced ticket purchases are strongly recommended as tickets often sell out.

### PHILBROOK MUSEUM OF ART
2727 South Rockford Road, Tulsa
918.749.7941
www.philbrook.org
In 1938 Waite Phillips surprised Tulsans with the announcement of his gift of the 72-room mansion and surrounding 23 acres of grounds as an art center for the city of Tulsa. Now you and your family can enjoy this beautiful spot in the heart of Tulsa.

### SAM NOBLE MUSEUM OF NATURAL HISTORY
2401 Chautauqua Ave., Norman, OK
405.325.4712
www.samnoblemuseum.ou.edu
The kids will love the Discovery Room at the SNMONH! This hands-on exhibit space is designed for visitors to explore museum objects in a stimulating and fun environment. Discover objects housed in the collection drawers, complete a series of tabletop activities, excavate dinosaur bones or simply examine the many wonders displayed in the room.

### SCIENCE MUSEUM OKLAHOMA
2020 Remington Pl., Oklahoma City
405.602.6664
www.sciencemuseumoklahoma.com
The Science Museum of Oklahoma has an exhibit to fit every child's interest, as well as a safe play place for the littlest ones. You don't want to miss one of the Planetarium show times on your visit – check their website for the schedule.

### TITANIC MUSEUM ATTRACTION
3235 76 Country Blvd & Hwy 165, Branson, MO
800.381.7670 • 417.334.9500
www.titanicbranson.com
Discover the stories of the passengers and crew who sailed Titanic, as the crew and interactive galleries in the ship-shaped Titanic Museum bring them to life. Described as a "permanent, interactive attraction for all ages," the Titanic Museum in Branson will thrill children and adults alike.

### THE TOY & ACTION FIGURE MUSEUM
111 S. Chickasaw St., Pauls Valley, OK
405.238.6300
www.actionfiguremuseum.com
The Toy & Action Figure Museum is the world's first museum devoted to the art and scultping of action figures. With over 13,000 action figures, and hundreds of drawings from some of Oklahoma's most famous cartoonists, the museum welcomes children and collectors alike.

### TULSA AIR AND SPACE MUSEUM & PLANETARIUM
3624 N 74th, Tulsa
918.834.9900
www.tulsaairandspacemuseum.org
The TASM is the place to go for hands-on, science-based experiences with your children. TASM tells the story of Oklahoma's aerospace history with 35,000 square feet of interactive exhibits. The planetarium uses state-of-the-art technology for a true intergalactic experience.

### TULSA CHILDREN'S MUSEUM'S DISCOVERY LAB
560 N. Maybelle Ave., Tulsa
918.295.8144
www.tulsachildrensmuseum.org
Tulsa's hands-on children's museum where kids can discover, collaborate, create and play. Monthly themed workshops promote the use of recycled materials and real tools to inspire kids to make new creations.

### TULSA ZOO AND LIVING MUSEUM
6421 E 36th St N., Tulsa
918.669.6600
www.tulsazoo.org
Besides animals, the Tulsa Zoo offers daily animal chats and demonstrations, a petting zoo, a train, a carousel, camel tours, a Gem Dig and Nature Exchange.

### WILL ROGERS MEMORIAL MUSEUM
1720 West Will Rogers Boulevard, Claremore
918.341.0719 or 800.324.9455
www.willrogers.com
The Will Rogers Museum in Claremore pays tribute to the life, wisdom and humor of one of Oklahoma's most famous native sons. Filled with art, memorabilia, archives and a library, the museum houses important collections. You can also hear Rogers' voice on radio replays, watch one of his 71 motion pictures or stroll through the garden.

### WOODY GUTHRIE CENTER
102 East M.B. Brady St., Tulsa
918.574.2710
www.woodyguthriecenter.org
The Woody Guthrie Center is dedicated to celebrating Woody's life and legacy and educating a new generation about his important role in American history.

### WOOLAROC RANCH, MUSEUM AND WILDLIFE PRESERVE
1925 Woolaroc Ranch Rd., Bartlesville
918.366.0307
www.woolaroc.org
Take the family to visit former Frank Phillips lodge. There's also a museum, hiking trails, and wildlife, including bison that will stand in front of your car.

### WONDERTORIUM CHILDREN'S MUSEUM
308 West Franklin Lane, Stillwater
405.533.3333
www.okwondertorium.org
Stillwater's award-winning children's museum is all about learning through play.



FROM THE HIP

# Hip Mom Goes Mod

BY JILL VANTREASE

Beyond the worlds of diaper-changing and booger-wiping, there are many topics out there of which I know virtually nil. One of these topics is interior design. I know what I like when I see it, but I never know what to call it! Ten years ago when we were looking for a house in Tulsa, everything new seemed to go by the appellation "Country French," a design which seems to want to trick you into thinking you are sipping a lovely Burgundy in your charming chateau overlooking lavender fields near Avignon instead of your yard in suburban Broken Arrow. And then everyone got sick of all the brown and "Country French," so when we moved a couple of years ago, all the newest homes seemed to be white and Mediterranean-looking, as if you were not in fact three feet off Memorial Drive but actually sunning yourself on a palazzo overlooking the Aegean sea. So that's the look we got, too! I guess I just follow the herd. What are the really trendy people looking for right now? None of these, apparently: what is hip right now are Mid-century Modern homes.

Now I'm so clueless I thought modern meant "today," as in au courant, in the present. But Modern specifically refers to that post-World War II period when the soldiers came home and everyone started building homes for their new families.



© 2016 NORES

Mid-century Modern homes tend to be in close-in established neighborhoods. They tend to feature high-quality craftsmanship and features like mud-set tile, steel kitchen cabinets, vintage lighting and paneling. Other features might include sunken living rooms, free-standing fireplaces, flying saucer light fixtures and pecky ponderosa pine siding. The mid-century was a heydey of architectural inventiveness: homes might come equipped with a bowling alley or their own tiki bar in the basement! There were a great deal of suppliers and manufacturers during this period, resulting in lots of competition - and high quality. Perhaps it was shows like "Mad Men" which rekindled interest in Modern designs, notes Pam Kuebler of retrorenovation.com, or the desire for smaller, more affordable housing in great locations. Whatever the reasons, it's hip to be Mod right now!

So how does Tulsa stack up in the Modern design world? Quite spectacularly, it turns out. There is a "ModernTulsa" organization which is part of the larger Tulsa Foundation for Architecture. ModernTulsa occasionally hosts tours of great examples of local Tulsa modern homes; a recent "Mod of the Moment" tour showcased a home built in 1954 in the Lortondale neighborhood off 26th and Yale. The home features "open spaces, original mahogany paneling, casework and millwork, original parquet flooring, period-appropriate light fixtures, fireplace, original boomerang countertops and expansive glass along the back." It's truly a beautiful, light and airy home that is both cozy and sophisticated at the same time!

I speak to Ashley Daly (her partner is Ashley Palmer) at Retroden, a vintage home goods and furniture store off Harvard near TU. Ashley thinks the current interest in all things "Mod-




ern" stems from the overall consumer trend toward a desire for shopping locally and searching out quality: consumers want healthful, local food, natural remedies and high quality craft beers. The furniture side of this desire for quality? Educated consumers want well-made furniture that is not mass produced out of an overseas factory. They want clean lines and a living space that is organized, not cluttered and radiates energy and joy.

*continued next page*



At Retroden you can find some examples of Modern pieces which add character and history to your decor. Retroden also features locally crafted furniture and homewares, as well as air-plants (these are amazing! Plants that grow without dirt -- only water! Maybe even I can keep these alive!) and regionally grown succulents. Greenery, notes Ashley, lends so much warmth and color to a room. She explains that high-quality crafted furniture these days is often prohibitively expensive, so a used or vintage piece might help with the cost and still provide the same quality.



Ashley also gives some general design tips: try not to choose all old or vintage pieces, or your rooms will feel like your great-grandmother's musty house. And if everything is new, there will be no soul or character to your home. A mix of well-chosen pieces, both old and new, works best.

The "Ashleys" also offer a home styling service at Retroden for those of us who need some help and inspiration. It's a collaborative process wherein the Ashleys tour your home and discuss your dreams for it. Then, after some careful reflection, the Ashleys provide you with a three-part checklist divided into manageable phases and specific actions. You'll also get a customized shopping guide and list of resources! You can view a portfolio of their "Mod" work at www.retroden.com.

Then I speak with Maurice Powell, arguably the King of Tulsa Modern. He owns Mod50s Modern, a vintage store off Cherry Street. Maurice had always had an interest in architecture and design, but started out his career as a physical therapist. Ironically, his travels as a home health aide throughout the state supported him in his pursuits; he was able to combine shopping for antiques with patient visits!

After several years of collecting, and poring over the tome "Mid-Century Modern: Furniture of the 1950s" by Cara Greenberg, he had acquired enough stuff -- at one point he had over 150 chairs! -- to quit his day job and open a store. His sister shares a passion for vintage clothing, so the pair opened Mod50s Modern back in 1994.

Maurice now has space for his 30-year obsession with Modern pieces. Maurice especially loves finding meaningful pieces from that era, like a '70s pop plastic chair by Eero Aarnio, a noted Finnish sculptor. Or a desk by George Nelson, a noted designer for Herman Miller, a large Ameri-



can furniture manufacturer credited with inventing the office cubicle. (Classic Herman Miller products are the Equa chair, Aeron chair, Noguchi table, Marshmallow sofa, and the Eames Lounge Chair.) He also admires Eero Saarinen, an industrial designer who designed the "Tulip Chair," and was famous for shaping his neofuturistic style according to the demands of a project: simple, sweeping, arching structural curves. In fact, it was Saarinen who designed the Gateway Arch in St. Louis. Maurice's knowledge of influential designers around this period seems encyclopedic -- he rattles off names almost faster than I can write them down. He notes that these high quality pieces from this era hold, or even increase, their value, whereas a similar "Danish-looking modern" piece from Ikea will be worth nothing once you take it home.

Maurice updates his Facebook feed constantly with his current finds and inventory; his store is a veritable treasure trove of finds, many priced in the $300-500 range.

And, if you want your clothing to match your vintage decor, check out "Deco to Disco," a vintage Etsy shop owned by Maurice's sister, Jennifer Taylor. She's got a great selection of vintage 1950s and '60s clothing, housewares and accessories. Imagine wearing this velvet Mad Men-esque dress while hosting a '50s style cocktail party in your Modern home -- such fun! Her love of vintage came from playing with Barbies, probably an activity many of us remember fondly. She was fascinated by the little pencil skirts with zippers, angora sweaters, tiny clutch purses, little stilettos, stockings, fur trimmed coats, flannel robes, straw hats and the sixties Mod ensembles.

Who knew there was a fascinating realm of design lying beyond my comfortable world of new suburban construction? Maybe my next design project will be a little more interesting with this bit of dangerous knowledge!



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

# join the summer reading program

Tulsa City-County Library's 2016 summer reading programs for children and teens encourage young readers to keep the pages turning during the summer.

The free annual program is ongoing May 31-Aug. 6. To sign up, children and teens, ages newborn to 17, can register at any Tulsa City-County Library or online at www.TulsaLibrary.org/summer – no library card required! Those looking to avoid the rush of readers can preregister at their community library or online beginning May 1.

The summer reading program is a fun way to keep students reading throughout the summer to help retain and improve their reading skills. The program goes beyond the books by offering hundreds of free events that will expand the imagination. Performers and presenters from Tulsa, Oklahoma and across the U.S. participate to help bring books to life. Children, as well as adults, will enjoy performances from Sugar Free Allstars, Big Bang Boom Band, The Que Pastas, Jack and Kitty Norton, Monty Harper, Lucky Diaz, Tommy Terrific and many more entertaining and educational performers.

The theme for the children's program is "On Your Mark, Get Set…Read" and the tween/teen program theme is "Get in the Game – Read."




By visiting the library four times and reading or having eight books read to them, children will complete the program and earn a medal of achievement in addition to a booklet of coupons for free entertainment and food items. Medal winners who have completed kindergarten or are in first through fifth grade also are entered into the grand prize drawing featuring Tulsa State Fair Mega Ride Passes, bicycles and helmets, fishing trips and other great prizes. Medal winners who are not yet school-aged will be entered into their own grand-prize drawing for gift certificates to local stores. By reading 20 books, children can earn a bonus prize – an inflatable baseball bat. Free coupons include:

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

Tweens and teens, having completed fifth grade, can reach their goal by reading six books throughout the summer. By completing the program, they will earn a coupon booklet for free entertainment and food items, as well as an ID wallet with earbuds. A grand prize drawing for teens and tweens includes $100 gift cards to area merchants, laptops, Android tablets and other cool prizes.

Writing workshops, jewelry crafting and STEM programs are planned to keep the tweens and teens learning while they are having fun. Throughout the summer, professionals will help them explore concepts in illustration, writing and science.

Parents can demonstrate that reading is not work by joining the adult summer reading program to model how reading can be fun and relaxing. To complete the program, adults can read or listen to four books to earn coupons from Kripsy Kreme Doughnuts, Mazzio's, Merritt's Bakery, Panera and Wendy's, plus earn a cool messenger bag.

Thank you to the 2016 summer reading program presenting

*continued next page*

sponsors: Oklahoma Department of Libraries, Tulsa Library Trust, Tulsa's Channel 8, TulsaKids Magazine, Tulsa Drillers, Tulsa Roughnecks and Tulsa State Fair. With their support, families can enjoy the free summer reading program and spend quality time together locally while young readers gain a sense of accomplishment.


BIXBY SWIM CLUB
BANDITS
Summer Swim Lessons
Sign up Today!
www.TeamUnify.com/okbsc
918-365-2260
BixbySwim@olp.net

campcourage USA
OWASSO DAY CAMPS
Developing Character & Values
Through Adventure and Fun!
• Swim • Fish • Hike • Skate
• Canoe • Weekly Fieldtrips!
Owasso Day Camps - All Summer
Overnight Camp - July 25-29
See Guide or Website for Details
www.campcourageusa.com
1-877-3GO-CAMP

LG
LOCKARD AND GRIFFIN
ORTHODONTICS
Call to schedule your complimentary orthodontic consultation.
Dr. Thomas J. Griffin, D.D.S., M.S.
Dr. John T. Lockard, D.D.S., M.S.
Broken Arrow | Tulsa
(918) 455-0976
www.lockardgriffinortho.com

SaddleBack EQUESTRIAN
HORSE RIDING LESSONS
PRIVATE OR GROUP LESSONS
HORSE & EQUIPMENT INCLUDED
YEAR ROUND – START ANYTIME
SUMMER CAMPS
RIDING DAY CAMPS
JUNE & JULY
BIRTHDAY PARTIES, BOARDING & MORE
WWW.SADDLEBACKEQUESTRIAN.COM
(918) 408-6446

Brain Balance™
ACHIEVEMENT CENTERS
Hyperactivity & impulsivity
get resolved at Brain Balance.
"My daughter stays on task now.
And smiles from ear to ear."
- ELIZABETH M., PARENT
How it works: The program balances and synchronizes left brain/right brain interaction. The newly strengthened connections improve behavior, social and academic performance.
Brain Balance addresses:
• Lack of Focus
• Impulsivity
• Family Relationships
• Academic, Social or Behavioral Issues
FREE CONSULTATION
1-800-877-5500
VISIT 6022 S. Yale Ave.
CALL 918-488-8991
LEARN MORE brainbalancecenters.com

THEATRE ARTS
SING! DANCE! ACT!
NOW ENROLLING FOR OUR SUMMER SESSION FEATURING:
Musical Theatre Camps, Preschool Dance Camp, Ballet, Tap, Jazz, Tumbling, Hip Hop, Acting, Broadway Dance, Private Voice, Contemporary, Creative Movement, Musical Theatre Classes and More!
Call today for your summer brochure!
2034 W. Houston Broken Arrow • 918-258-2543 • www.theatreartstulsa.com

Janell Whitby school of music
• Two week summer trial classes with parent
• Personalized small classes
• Keyboard and piano instruction
• Start PreK4 or K5, and may continue through the 12th grade
We specialize in helping your child fall in love with music!
Students who start learning to read music by age 4 or 5 have exponentially higher math and science scores.
(918) 743-4339 • Country Club Plaza • 51st & Harvard
Limited Spots, Classes Fill Fast.
www.janellwhitby.com

BY KAREN MOULT

# school bike clubs get kids rolling

Emerson Elementary School sixth-grader Isaic Ford skids to a stop, the back wheel of his bike sliding out from under him. He dramatically falls to the Emerson gym floor, looks up and smiles a big, toothy grin. His bike helmet lies at a slant on his head and his glasses rest on the end of his nose. Emerson Bike Club volunteer Wendy Frankenburger extends a hand to help him up. She laughs and pats him on the back.

"These kids are great," she says. "When I found out about Bike Club, I jumped on board to volunteer." Frankenburger gives the bike to another Bike Club student and jogs alongside the wobbly rider as she circles the gym, weaving in and out of cones.

Isaic takes a seat on the gym floor next to fellow Bike Club friends. "Next time I'm going to see how fast I can go around those cones. I hope I don't crash into one of the walls." The boys laugh and begin to share bike tales.

Emerson is one of six Tulsa elementary schools to offer Bike Club to fourth through sixth graders. Other schools include Cooper, Jackson, Lee, Remington and Robertson. "We are hoping to add three additional schools next year for a total of nine Bike Clubs in 2016-2017," said Jason Whorton, one of the originators of Bike Club and co-founder of Humble Sons Bike Company.



Photo Credit: Melissa Lukenbaugh

Whorton, along with his brother-in-law Tommy Chavez founded Humble Sons Bike Company in 2008 with a commitment to provide bicycles and helmets to children who might never experience the pleasure of coasting on two wheels. The first year, Humble Sons donated 22 bikes to children in the Tulsa community. This year alone, with the help of over 250 volunteers, Humble Sons has assembled and given away 1,000 bicycles benefiting 20 organizations including several foster-care programs, youth service organizations and elementary schools.

"I would say that since 2008 we have donated almost 5000 bikes to kids. Every year we are able to increase our donation capabilities thanks to volunteers and increased corporate and business interest," said Whorton, who believes that bikes enable children to exercise as well as provide needed transportation. Getting bikes in the hands of children will encourage the longevity of Tulsa's current bike boom.

"Now, in Tulsa, there is a good chance when you are driving your car, you are sharing the road with a cyclist," said Mike Wozniak, owner of Soundpony Bar in the Brady Arts District. Soundpony is a gathering spot for area cycling enthusiasts and an active supporter of Tulsa cycling events. A Colorado native, Wozniak is at the forefront of making Tulsa a safe and friendly cycling community. He is a member of The Tulsa Bicycle/Pedestrian Advisory Committee (BPAC), which advises the Mayor, City Council, and City Departments on projects, policies and programs that improve and/or affect bicycling and pedestrian conditions in Tulsa. From his involvement with BPAC, Wozniak met Whorton and Gary Percefull, a Tulsa Board of Education member.

According to Percefull, Tulsa is being recognized nationally as the "Midwest Mecca" for cycling. "The American League of Bicyclists rates Tulsa as a Bicycle Friendly Community because of great cycling clubs and events like the Tulsa Tough which has developed a national reputation. Last year, the University of Tulsa was recognized as a Bicycle Friendly University because of their support for cycling through the TU Rider Network (TURN) and the university's Yellow Bike share program," Percefull said. "And this year the Tulsa Wheelmen cycling team was recognized as one of the best cycling clubs in the nation. There is a lot of momentum in Tulsa for cycling and more cycling infrastructure. Discussion includes cycling lanes and sidewalks that allow safe passage for bicyclists and pedestrians."

*continued next page*

Just over a mile north of Soundpony is a large swath of land that was, before the Tulsa race riot, a thriving community of houses and businesses. Emerson Elementary sits at the top of a hill just north of the vacant land on North Boston Avenue. Wozniak has a vision, and still hopes it will someday come to fruition, for that land to become a bike park. "That land just sits there, unused," he said. "It would make a great bike park for kids and adults." By noticing that land, Wozniak discovered Emerson.

Wozniak has become a regular at Emerson. In March he served as "Principal for a Day" at the school. One could say Wozniak has adopted Emerson and Emerson has adopted Wozniak.

"Wozniak's enthusiasm for cycling is unmatched. He is constantly coming up with ideas on how to make Tulsa a cycling friendly city. Once Mike found out about Humble Sons, he and Gary came up with the school Bike Club idea," Whorton said. And Wozniak envisioned Emerson to be the Bike Club beta test.

"Mike and I approached Emerson Principal Tammy States and school Social Worker Heidi Mayer about a Bike Club," Percefull said. "Both were easily convinced to let us give it a try. Mike supplied the enthusiasm and bike knowledge and Jason supplied the bikes and curriculum."

"I just wanted to enable kids to experience the joy of riding a bike," Wozniak explained. "We had to work out a lot of logistics, but the school stepped up and helped make it work."

Mayer said the primary objective of Bike Club is to teach students about taking care of a bike and bike safety. "Our main goal is to give these kids another reason to come to school, be good students and be a part of a club with their classmates. The Bike Club offers students incentives if they have good attendance at both school and Bike Club. Myself, the teachers and administrators at Emerson select a variety of kids for Bike Club," Mayer explained. "Members must pay attention in class and respect their teachers and peers. If the Bike Club members succeed at this, they receive a bike and a helmet to take home at the end of the school year."



LEE BIKE CLUB.

Whorton refers to the Bike Club incentives students must fulfill as the "ABC's." "Attendance, behavior and coursework. Incentives work. Those kids want to take a bike home at the end of the school year," he laughed.

Volunteers from area cycling teams, businesses and churches make a school's Bike Club roll. Many of the Emerson bike volunteers have become mentors at the school. "They come for lunch with a student and read to them. It has been great to watch them get involved and the kids love to see them," Mayer said.

On a rainy Tuesday afternoon, the 20 Emerson Bike Club members meet in the lunchroom to discuss their afternoon agenda. Because of the steady rain outside, Bike Club will ride in the school's gym. They use smaller BMX bikes they assembled over the winter as part of a USA BMX Stem (Science, Technology and Math) project.

When the sun is shining, Emerson Bike Club can be seen pedaling through downtown Tulsa. "The kids learn how to bike in town. We stress the rules of the road. We have biked the streets of downtown and visited the art museums downtown as well as bakeries. We have also biked on the trails. I want these kids to realize a bike is a way to get around. It is a means of transportation," Wozniak said.

The Indian Nations Council of Governments (INCOG) provided the Bike Clubs with laminated maps of Tulsa, highlighting bike trails, parks and police and fire stations.

"The mission of Bike Club is to build great Tulsa citizens through cycling," Percefull said. "The youngsters in Bike Club are not only exposed to bicycle safety and encouragement to develop a healthy lifestyle, we have provided STEM curricula built around cycling. But the icing on the cake is the relationships, the mentoring and positive adult role models these students are exposed to. We hear from volunteers and educators that the kids are learning respect, discipline and teamwork, as well."

Last year the Emerson Bike Club was a "huge success," Mayer said. "We had 20 students complete the program and earn a bike. Many of our families struggle with transportation and many do not even have bus passes. Perhaps a bike can get a student to school and in the future they can use it to get to work or somewhere around town."

On a Tuesday afternoon at Lee Elementary, the Bike Club students practice shifting their bike's gears while riding on the Lee playground track. Linda Hilsabeck, Lee's PE teacher, said the Bike Club students and volunteers either ride on the Lee track or venture out into the neighborhoods and trails around Lee.

"There are so many segments of biking we take for granted when it comes to teaching kids to bike. Most children do not know how important it is to wear a helmet. At Bike Club, we tell them to never get on a bike without a helmet. We teach them how to shift gears. We also teach hand signals and what to do at traffic lights," Hilsabeck said.

Lee fourth-grader Jayden Owens said everyone in his family has a bike. "We live over by OSU Tulsa and we ride on the trail. If I get my homework done in the afternoon, my mom and I will ride our bikes. We sometimes ride 10 to 15 miles."

Laurel Ledbetter with the Tulsa Police Department is a Lee Bike Club volunteer. Her children, Grace and Kellen, are in the club. "I have been able to arrange for the students at all the Bike Clubs to meet the Tulsa Police Department Bike Patrol. It is important for the kids to see that police can be positive role models. The Bike Patrol talks to club members about being safe on a bike."

And, when the St. Francis Tulsa Tough cycling competition takes to the streets for the three-day cycling competition in June, Bike Club members may have opportunities to be involved. Whorton said Bike Club is collaborating with Tulsa Tough to expand youth cycling programs offered by the organization.

To learn more about Bike Club or to volunteer for Bike Club visit www.humblesons.org.

# LET'S PARTY!


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

(918) 249-0090
BounceU.com/tulsa

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

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

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

Birthday Parties
Riding Lessons
Summer Camps
(918) 855-9676
101st and Elm Pl. in BA
labzara.com • labzararanch@gmail.com


## Have the Best Party Ever Horsing Around at Labzara Ranch!



Kids ages 3 and older will enjoy riding gentle horses, playing games, feeding carrots to horses and having stick-horse races at a LABZARA party. Parties are fun for all from the youngest toddler to grandparents.

We provide chairs for guests, and tables for your cake and presents. Each party includes an hour with the horses and an extra half hour to finish up. Pricing is according to how many horses you order (up to five). Some children are comfortable riding by themselves, while less experienced or timid children prefer their horses to be led. At Labzara we are sensitive to every child's needs, so everyone will enjoy a positive horse experience.

In addition to parties, Summer Camps are great fun at Labzara. The five-day camps are offered in June and July from 8 a.m. – 4 p.m. for a full day, or 8 a.m. - 11:30 a.m. for a half-day. The reasonably priced camps are for ages 5 and older include horseback riding and fine arts.

Riding Lessons are offered year round weather permitting. We teach English and Western styles for children and adults. As riders progress in their skills, we invite them to ride in horse shows and parades. Ruthie Korver started lessons at Labzara at age 3 ½ and she and her horse Dreamweaver recently received "Horse of the Year" awards from the United States Equestrian Federation for 2014- 2016, and "Supreme Legion of Merit" from the Arabian Horse Association. Her sister Jessy started riding at age 5 and has won

Top 10 awards at the Arabian Nationals.

Contact: www.labzara.com; 918.855.9676; labzararanch@gmail.com.


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

Purple Glaze Studio
Walk-in, Do-it-yourself Pottery Painting and Mosaic Making Studio
TulsaKids family favorite Winner Art Studio /Classes
Great for Birthday Parties and Field Trips
Brookside 33rd & Peoria 592-6900
91st & Sheridan 6528 E. 91st 491-6900

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

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

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

**Gilcrease Museum and the Henry Zarrow Center for Art and Education**

# Summer Art Camps 2016

June 13 through Aug. 5, 2016

9:00 a.m.-Noon & 1:00 p.m.-4:00 p.m.

5-6 years old at Gilcrease Museum • 7-12 years old at Zarrow Center

**Prices per week**

Half-Day Classes: $100 Gilcrease members; $125 not-yet members

All-Day Classes: $200 Gilcrease members; $250 not-yet members

Registration and payment are required. Register online at gilcrease.org/summercamp.



GILCREASE MUSEUM

*Thomas Gilcrease Institute of American History and Art*

The University of Tulsa is an equal employment opportunity/affirmative action institution. For EEO/AA information, contact the Office of Human Resources, 918-631-2616; for disability accommodations, contact Dr. Tawny Taylor, 918-631-2315.

GILCREASE.ORG

# FIND MORE THAN A DOCTOR. FIND AN ENTIRE TEAM.

With a dedicated team of more than 300 physicians practicing in over 20 specialties including family medicine, we make it easy to find the right doctor for you and your family.

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

Physicians-Tulsa
THE UNIVERSITY OF OKLAHOMA

*Guided by Knowledge. Driven by Care.*



Carla Hernandez, *Nursing*
Thomas Kern, M.D., *Sports Medicine*
Emily Cooper, D.O., *Family Medicine*

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

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

***OUPhysiciansTulsa.com***

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

# RENUYOU™

NEUROFEEDBACK CENTER OF TULSA

## WHY DOES THE AMERICAN ACADEMY OF PEDIATRICS CALL NEUROFEEDBACK A BEST CHOICE FOR TREATING ADHD?

## BECAUSE IT WORKS!



Brain wave "reward biofeedback" will actually cause the brain to forge a new, healthier neuropathway.

It effectively treats conditions many feel they must endure for the rest of their lives, and performs what many of us are conditioned to think of as miraculous.

- ADD/ADHD
- Anxiety
- Autism
- Learning Difficulties
- PTSD,
- Sleep Disorders

## ANNOUNCING!

**PSYCHIATRIST DR. STEPHANIE CHRISTNER, D.O.**

HAS JOINED OUR GROUP!



"I see Renuyou Neurofeedback as a very effective piece of the puzzle to help my patients achieve optimum health and I'm excited about working with this amazing staff!"

Call Today 918-747-7400

WWW.RENUYOUTULSA.COM




Now is the time to secure your child's spot at Rejoice Christian Schools for the 2016-2017 academic year.

We anticipate increased enrollment, so don't delay - make plans to reserve your spot at RCS now!

**for the 2016-2017 school year**

Call today for a personal tour at:

918-272-7235
(Preschool / Elementary)

918-516-0050
(Middle / High School)

Rejoice Christian Schools admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

# Channing Day School

## Summer Play Days & Fall Enrollment



**2952 S. Peoria • Tulsa**

- Learning materials and creative activities change weekly with a new theme. Sign up for any summer weeks from June 6 – July 29.
- All degreed and experienced teachers with specialty faculty for Music and Art.
- Summer Programs for 3 yr. olds – Pre-First Grade. Fall programs from 3 yr. olds – PreK.

Summer Hrs: 9:30-1:30; Fall Hrs: 9-2:30

**Contact Carol Ainsworth at (918) 742-6731**

B·Sew Inn
Sewing • Quilting • Embroidery

# Project Sew

LEARN. FUN. INSPIRE.

## Summer Camp

June 20-24 or June 27-July 1 or July 11-15 or July 18-22

Two Sessions each week

Session One 9am-12pm  Session Two 2pm-5pm



**Camp fee of $199 includes printed instructions, fabric kits & supplies PLUS upon completion of camp each participant will receive a sewing machine, valued at $299!**

Ask about availability and details, including if you already own a Baby Lock machine.

Sign up today at stores or at www.bsewinn.com

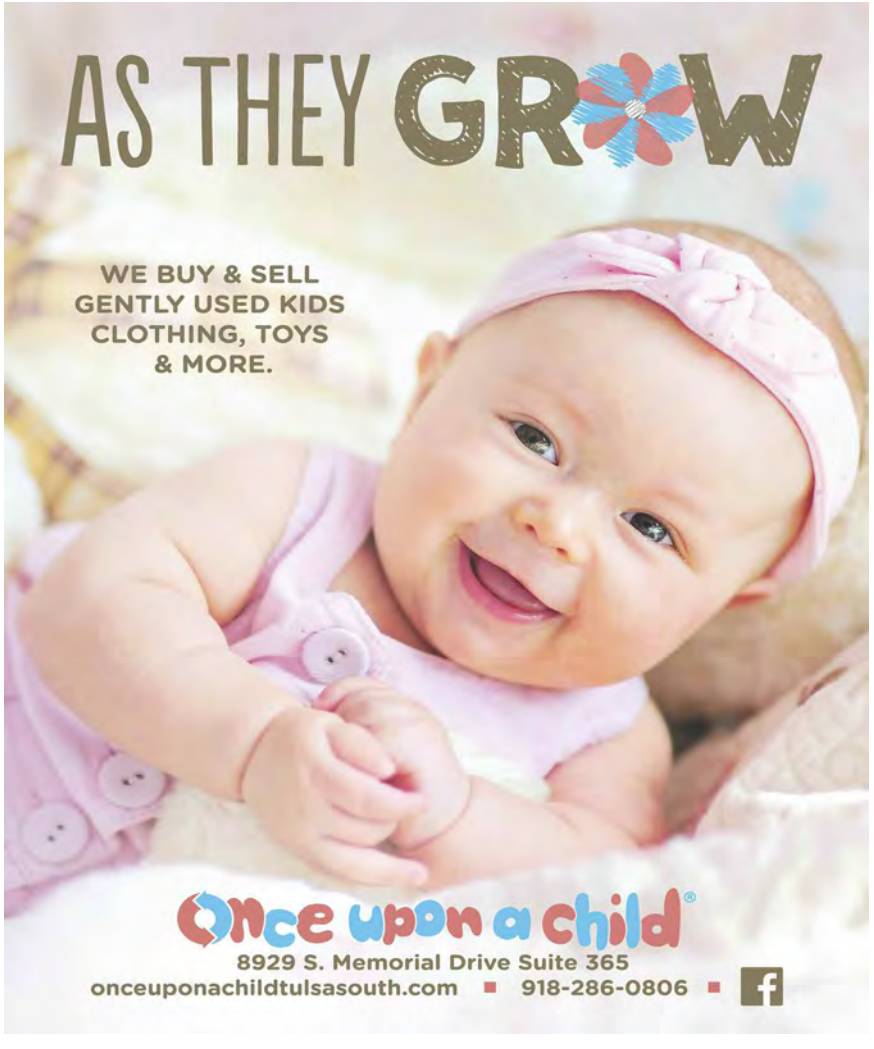
5235 S Sheridan Rd at the Farm Shopping Center
Tulsa, OK 74145
918-664-4480  Mon-Sat 10-6 Thurs 10-8

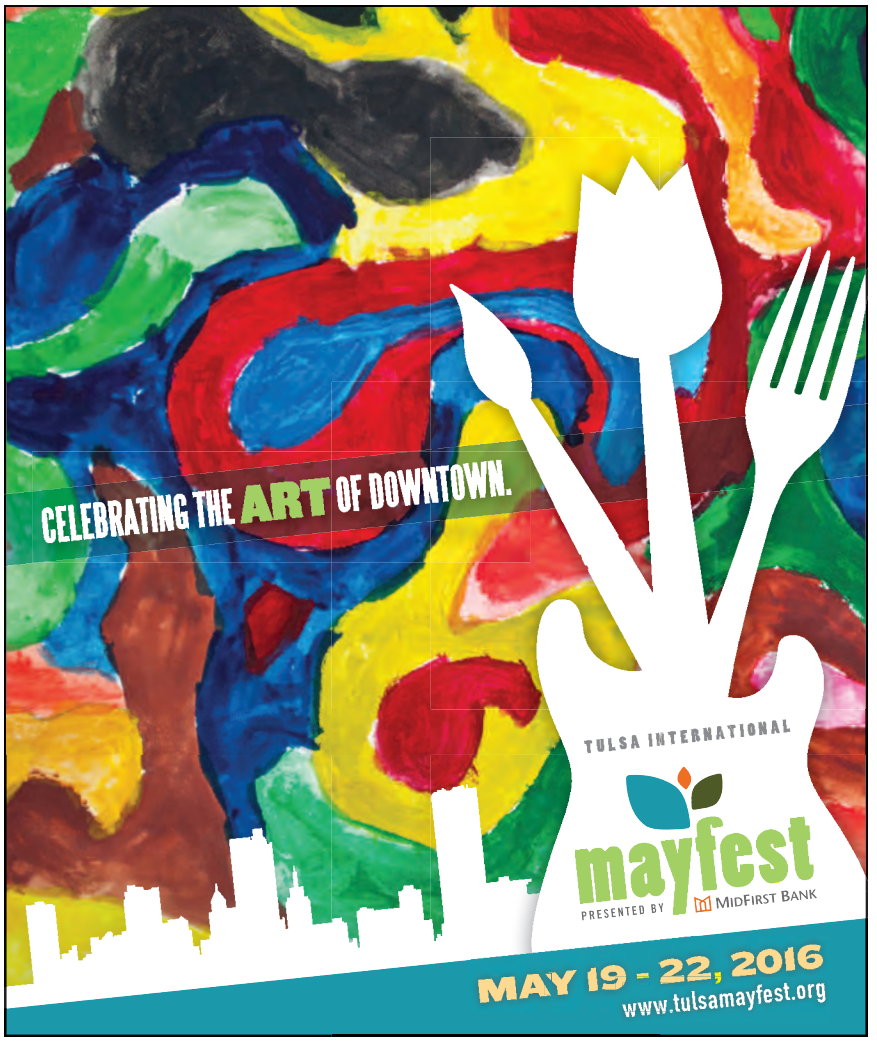
TULSA CAMPAIGN TO PREVENT TEEN PREGNANCY
it's OK to talk about it.

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

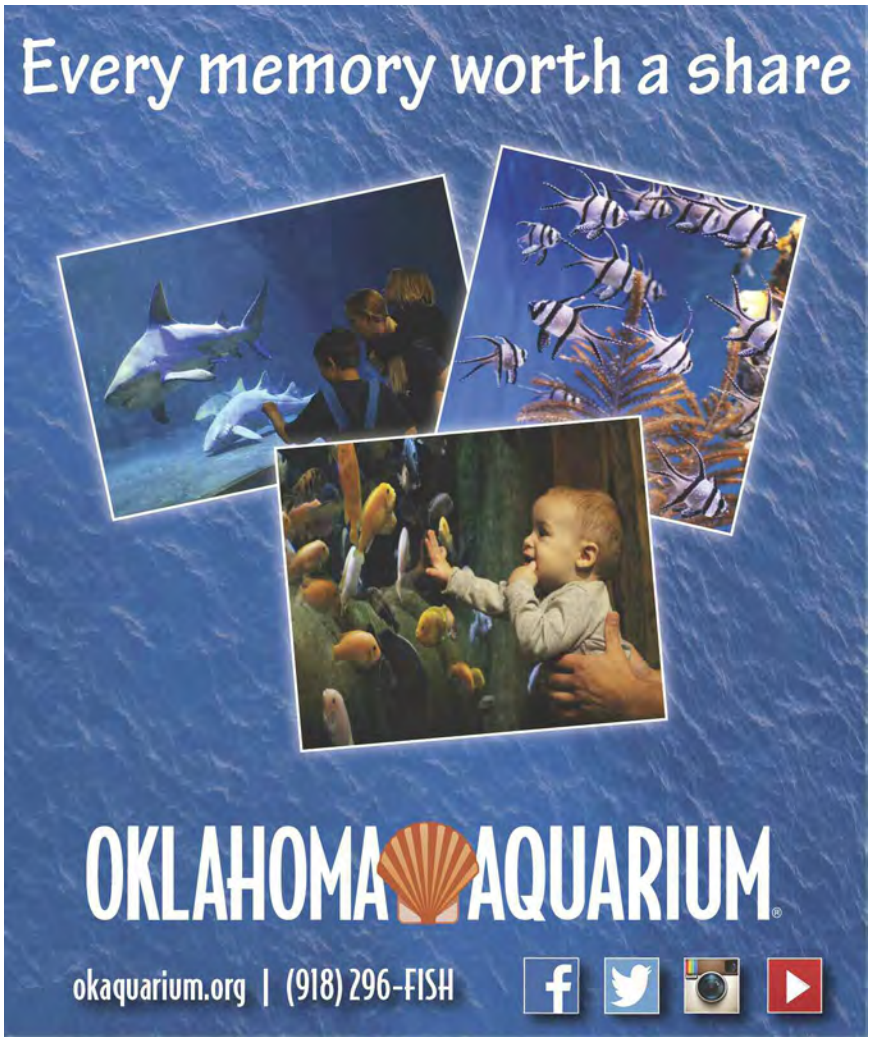



**tulsacampaign.org • facebook.com/preventteenpregnancyok**


AS THEY GROW
WE BUY & SELL
GENTLY USED KIDS
CLOTHING, TOYS
& MORE.
Once upon a child
8929 S. Memorial Drive Suite 365
onceuponachildtulsasouth.com ▪ 918-286-0806 ▪


CELEBRATING THE ART OF DOWNTOWN.
TULSA INTERNATIONAL
mayfest
PRESENTED BY MIDFIRST BANK
MAY 19 - 22, 2016
www.tulsamayfest.org


WHERE YOUR
CHILD IS MORE THAN A
NUMBER!
Nurturing, responsive teachers
Academic curriculum: math, science, phonics, art, and Spanish
Age-appropriate learning centers in each classroom
RHEMA Child Development Center
1025 W. Kenosha, Broken Arrow, OK 74012
RhemaChildCare.com
Call to enroll your child today!
(918) 258-0594


Every memory worth a share
OKLAHOMA AQUARIUM
okaquarium.org | (918) 296-FISH

BY DIANE TRITT EATON

# finding **hotel happiness**



KIMPTON HOTEL IN GOLETA, CA.

Family travel is on the rise. Mom, Dad, the kids and even Nana and Papa, aunts, uncles and cousins plan week-long or weekend jaunts to urban and beach destinations or getaways for family reunions or sporting events. Last year, American Express Spending and Saving Tracker data revealed that vacation planning is at a high, with 70 percent of Americans expecting to travel for leisure in 2016. So, you are likely part of that trend, and there's good news in that. Why?

Hotels have been working hard to meet the growing needs of the family togetherness trend. No longer just a place to sleep, hotels are competing with one another to offer everything from baby-sitting services to special kid-friendly suites. Parents are no longer just asking, "How much can we afford?" Now they want to know, "What amenities come with that room rate?"

**Narrowing the Field**

What defines your family's "hotel happiness"? Luckily for us family travelers, more elaborate

*continued next page*



HOMEWOOD SUITES

accommodations (better quality bedding and linens, for instance) at many different price points are provided as enticements. So, it's a matter of what you want to spend and what your family's personal preferences include. According to Budget Bellhop, an online resource for helping identify discount hotels, five-star hotels have ramped up their offerings, pushing budget properties to do the same. They've all been raising the bar within the quality, value, service, amenities and special features classifications. In many cases, regardless of the level of luxury, no longer is it the norm to jam the family into a relatively generic room with two modest queen beds and, if you're lucky, have a vending machine on your floor.

Nowadays, more spacious and residence-like accommodations are de rigeur. Also, you'll find family-friendly amenities are becoming standard— swimming pools, accredited babysitting, onsite restaurants with kid menus and, in some cases, tricked out kids' clubs with video rooms and libraries, play zones and child-focused adventure tours. Hotel chains take this all into consideration when building, enhancing and pricing their brands. So, looking at hotel chains and their offerings (such as space, bedding, free WiFi access, complimentary breakfasts, gyms, etc.) along with various pricing levels is a helpful way to uncover what will match your individual requirements.

For me, a digestible way to compare offerings is to break down hotel chains in to price/offer level categories: 1. economy/budget;  2. mid-level; 3. Upscale; and 4. luxury level, and then analyze what comes along with the price that fits your needs and pocketbook. You can't always control your experience, but you can control your spending and monitor your expectations.

As an experienced travel writer, I'll share a handful of my personal preferences by category and a brief description of what each hotel chain offers.

**Best Bang For Your Buck: Economy /Budget Level**

**Aloft (Starwood)**

There are a few hip budget chains. My personal favorite is Aloft, owned by Starwood Suites. A typical Aloft property is found in urban settings and has a contemporary flair with an open lobby, featuring a pool table with a lounge and a small take-out eatery. Splash pools are fun for the kids. The rooms are small but swanky with built-in desks and platform beds. Suites are available for a slightly higher price.

**Holiday Inn Express (IHG)**

One of the fastest growing segments of the Intercontinental Hotel Group (IHG), Holiday Inn Express offers rooms and suites. Buffet style breakfasts are complimentary (with Chobani Greek yogurt—- always a hit with my kids) and free Internet access. Children under 19 stay for free.  Many properties have been renovated and upgraded the past few years with more comfortable bedding and higher quality linens and towels. Children 12 and younger eat free at any of their restaurants when eating with their folks. Some locations even have "KidSuites", which include bunk beds. Some of the pools have waterslides.

**Residence Inn (Marriott)**

Many parents appreciate amenities often found in extended stay hotels, which used to mainly cater to business travelers. Residence Inn is attractive because it offers one- or two-bedroom suites (which can easily sleep up to 6), that come will full kitchens, offer free breakfast with make-your-own waffle stations and most locations have a pool and an outdoor area with a basketball court and firepit for evening relaxation. As a Marriott property, Residence Inns serve up their Tots Travel Too program, which offers complementary travel cribs and bedding upon request.

**Quality/Value Combination—- Mid-Level**

**Hyatt Place (Hyatt)**

A heavy favorite of mine is

*continued next page*

Hyatt Place—-designed with a modern flair and with many conveniences. The spacious guest rooms have high ceilings and a floor-to-ceiling divider, creating the feel of two rooms. One side has a sectional sofa with a pullout feature. Aside from the mini-fridge for stocking up on food, their lovely free breakfasts with fresh fruit are top-notch. There's always an inviting sitting area in the lobby and round-the-clock "freshly prepared" snack and wine bar. Hyatt Place can be found practically all over the world with over 215 locations in the US alone. Last year, the chain was awarded top customer satisfaction levels by J.D. Power, a highly regarded research firm that has conducted and analyzed extensive hotel guest "contentedness" surveys for 19 years.

**Homewood Suites (Hilton)**

Homewood Suites is often voted "Best Value Hotel Chain" for leisure (and business) travelers. With over 300 locations throughout the country, it is Hilton's extended stay brand. Also a recipient of the J.D. Power highest satisfaction level award (in the upper extended stay category), this chain has become a personal favorite when I want to keep most costs in check but feel like I want a "home away from home." The lobbies are cozy (often including a fireplace and sitting area) and the breakfasts are outstanding, with homemade scones and fresh oatmeal. Furthermore, the suites have a full kitchen and a sitting area with pullout sofa. The bedroom is completely separate from the common living space. If you reserve a suite with two queens, you can comfortably sleep five people (including 3 teenagers. Trust me, I've done it).

**Extra-Special Amenities—-Upscale Level**

**Embassy Suites (Hilton)**

From the beginning, when traveling with my smaller children, I found Embassy Suites to be of great value. Embassy Suites Hotels is the nation's largest brand of upscale, all-suite hotels. Given the fact that each suite is literally two rooms with a door in between—-allowing for two separate dwelling spaces—-there's plenty of room to sleep the brood. Each room has its own TV and there's also a small kitchen to allow for bringing in food to keep costs in check. And, their elaborate breakfast buffet would fill us up so much that we could keep lunch costs at bay during our afternoon treks. The open atrium concept also is inviting to kids, who enjoy the waterfalls, streams, koi and sometimes even birds in the lobby area. You can bet on a pool on site, too.

**Kimpton**

This "stylish and bold" boutique hotel collection, the largest of all in the US, consistently aims to please families. All locations offer "KimptonKids," a program with safety features in mind (e.g. a childproofing kit for the room), gifts/toys and nearby family attraction recommendations. Complimentary wine is offered each night for the parents while the kids get to enjoy milk and juice. With over 65 locations, most are home to a unique restaurant on property. For instance, The Brice in Savannah, Georgia, has a beautiful courtyard and pool plus free bike access and is situated close to the riverfront trail and parks. Each location offers something completely different so keep in mind that the architecture, room design and décor will vary.

**Omni Hotels & Resorts**

With 45 locations throughout the US, Omni is a standout for its family focus. While visiting hotels and resorts in Texas, Boston and Mount Washington, for instance, families can reserve the hotel's "Kid's Fantasy Suites," featuring kids' bedding, bean bag chairs, art supplies and more. The parents stay in a connecting room, allowing for separation yet togetherness. Check out the website to see specific location and particular customized suite themes. For instance, the Omni Park House in Boston, MA comes equipped with colonial-style costumes so the kids can play "pretend" before embarking on the Freedom Trail.

**Going For the Gusto—Luxury Level**

In June of 2015, Fortune magazine ran a story about how luxury brands are adding more perks for kids. And, Albert Herrera, senior vice president of Global Product Partnerships for the luxury travel network Virtuoso, says, "deep-pocketed parents are bringing their offspring on the road with them more than ever before, and posh properties are putting oomph in keeping this picky clientele entertained."

**Four Seasons**

This brand aims to offer "experiences of exceptional quality" and consistently provides some of the best service in the industry. One-third of all Four Seasons properties, of which there are 97 worldwide with a handful more to open this year, have a complimentary program called "Kids for All Seasons" for children between 5 and 12 years-old. In Chicago, one of my favorite US cities, The Four Seasons offers pizza- making classes, while the Scottsdale property holds ice-cream socials. Many hotels also have designated space for teens to hang out and play video games and watch movies. In every case, the hotels are first-class from soup to nuts, with outstanding rooms, décor, restaurants, spas and pools.

**Loews Hotels & Resorts**

A strictly American brand, each of Loews properties is unique and has a local feel and flair. The hotels offer amenities for families such as welcome gifts tailored to the destination and child-friendly menus in the highly rated in-house restaurants. Some locations even have teens-only food bars. You might want to check out their "Sprouts Dream Vacation Package" for more details and pricing. New York City's hotel is situated on Park Avenue, right near Central Park and within walking distance of fine shopping and dining. The rooms are really spacious and, for those who are willing to spend the money, the space you get is divine, with white marble bathrooms and, on higher floors, a nice view.

**Ritz-Carlton**

This world-renowned luxury resort is hard to beat for all of the obvious reasons. It sets the gold standard with regard to location, décor, service, fine linens, outstanding restaurants—-to name a few. And, contrary to what you might think, it's super kid-friendly. In fact, the Ritz Kids program is flourishing and is offered at every location. It all started a decade ago when Ritz-Carlton partnered with Jean Michel Cousteau's Ocean Futures Society. Together, they created an ocean exploration themed program and, due to its success, the program rolled out across the brand. Each Ritz Kids Club is based on one of four themes depending on the hotel's location, including water, land, environmental responsibility and culture. Children are immersed in the diverse environment of each property, from urban treks to nature excursions, which all hinge on one or more of the four themes. Amelia Island, Florida's Ritz, is a true gem, situated in a dramatically peaceful spot; whereas, the property in Dallas is in the heart of the city. Regardless of the spot, the service will always be impeccable and if you find it isn't, the staff will correct and make up for whatever seemed off.

**Securing Your Space**

As you know, choosing the right hotel is often the most important part of travel planning. Sometimes, you might want an inexpensive place and other times, you might want to splurge. I have found that the best pricing is secured when you call the hotel directly rather than booking online. It may seem counterintuitive but it's risky to book through sites such as Hotels.com or Booking.com because making changes are hard, if not impossible, and you often can't get your money back. According to Cornell University's School of Hotel Administration (SHA), the number one hotel and hospitality school worldwide, establishing a relationship with the hotel chain itself can bring you the most customer-friendly experience. Personally, I have suffered from skirting this advice and instead booking on the Internet to save money. Many friends of mine

share similar stories about getting downgraded or put in a different (lesser) room than requested because they got "bumped" for an inexplicable reason and had no recourse. (Always read ALL of the fine print if booking online.)

At any rate, check each chain's specific website for pricing for the particular location you want, which can vary dramatically from city to city. And, always consider special promotions. It's a "no brainer" to sign up for hotel rewards programs which can provide discounts, upgrades, and earn you free nights. Lastly, consider getting a AAA membership (baseline cost is $55) which offers discounts at many different chains. Remember, you must always ask for the discount or you won't get it.

**Finding Your Own Hotel Happiness**

The choices are overwhelming! According the American Hotel & Lodging Association, aside of 2015, there were over 53,00 properties to choose from with almost 5 million guestrooms throughout the country. Aside from word-of-mouth recommendations, what sources can be trusted to help you sift through the wide assortment? Although it is tempting to hop on the Internet and read a bunch of reviews on Trip Advisor, don't do it. Industry experts agree that, oftentimes, these write-ups are not reliable. There's even evidence that people are paid to write positive reviews. But, more importantly, why should any of us trust the input of a stranger who may have a completely separate set of expectations and demands than our own?

Of course, no one can argue that defining quality and value and how you measure it can be highly subjective. This is why recommendations from friends or a trusted travel agent can be your most helpful companion. Another way to "take the guess work out of the mix" is to find and familiarize yourself with a ratings resource you trust.

**RESOURCES TO LEARN MORE**

**Travel and Leisure 2015 World's Best Awards**

**America's Best Hotels For Families—Top Ten List**

We all have the right to daydream and plan to "pull out all of the stops" from time to time. For a full-fledged, super satisfying, over the top family vacation, consider one of these top ten—-all of which are on the "best of the best " list in Travel and Leisure's 2015 customer-based annual survey.*

**1.** Inn at Palmetto Bluff, a Montage Resort, Bluffton, South Carolina
**2.** Aulano, a Disney Resort & Spa, Ko Olina, Hawaii
**3.** Sandpearl Resort, Clearwater Beach, Florida
**4.** Grand Wailea, a Waldorf Astoria Resort, Maui, Hawaii
**5.** Mohonk Mountain House, New Paltz, New York
**6.** Four Seasons Resort, Maui at Wailea, Maui, Hawaii
**7.** Hilton Waikoloa Village, Big Island, Hawaii
**8.** The Cloister, Sea Island , Georgia
**9.** Kauai Marriott Resort, Kaua'i, Hawaii
**10.** Disney's Grand California Hotel, Anaheim, California

*See www.travelandleisure.com for a full review plus detailed information about each of the 25 winning properties

## What Exactly Do Those Star (Diamond) Rankings Mean, Anyway?

When you visit a specific hotel website, read a review or check out resources such as AAA, Expedia, Forbes, Virtuoso, Conde Nast Traveler, or Fodor's, for instance, there's really no universally uniform set of standards/measurements to rank/rate a hotel's quality, value, amenities, and overall potential for providing the best customer satisfaction. A four-star review by one entity might be a three-star by another and a five-star by yet another. Most U.S. websites and organizations that rate hotels provide an explanation of their rating system so that consumers can decode the ratings. Regardless, for now, know that hotels are generally ranked on a scale from one to five stars and that U.S. ratings can differ dramatically from international ratings.

However, in general, hotels that carry a certain rating base it on the following:*

•5-Star Rating: Luxurious hotels, offering the highest degree of personal service. Elegance and style abound, the rooms are equipped with quality linens, VCR, CD stereo, jacuzzi tubs, and in-room video. There are multiple restaurants on site with extensive gourmet menus, and room-service is also available 24-7. A fitness center, valet parking, and concierge service round out the experience.

•4-Star Rating: Formal, large hotels, with top-notch service. There will usually be other hotels of the same caliber clustered nearby, as well as shopping, dining, and entertainment. Above-average service, beautifully furnished rooms, restaurants, room service, valet parking, a fitness center, and a concierge are some amenities to expect.

•3-Star Rating: Usually located near a major expressway, business center, and/or shopping area, these hotels offer nice, spacious rooms and decorative lobbies. On-site restaurants may be average in size but will offer breakfast, lunch, and dinner. Valet and room service, a small fitness center, and a pool are often available.

•2-Star Rating: These hotels are generally part of a chain that offers consistent quality and limited amenities. They are small or medium in size and rooms will have a phone and TV. While you will not have the convenience of room service, there should be a small restaurant on site.

•1-Star Rating: Expect a small hotel managed and operated by the owner. The atmosphere will be more personal and the accommodations basic. Restaurants should be within walking distance, as well as nearby public transportation and entertainment that is reasonable in price.

*All descriptions extracted directly from https://enlightenme.com/what-is-the-star-rating-for-hotels/

BY STAFF

# super moms!

To honor moms this Mother's Day, we invited people to tell us their stories of Super Moms in the community – those women that we admire for their courage, strength and love. We received so many moving entries – it was difficult to choose one winner because all are so deserving. After shedding some tears as we read, we chose one winner and two finalists.

The winner and the person nominating her will receive a $100 gift certificate to Marilynn Ihloff Salon and Day Spa. The two finalists and their nominees each will receive a $50 Marilynn Ihloff gift certificate.

**Winner: Patricia Holland, nominated by Mella Glenn**

Tricia wanted children of her own for as long as anyone could remember. When it began to look like it would never happen, she decided to foster children. Her first foster children were in the OK DHS system — twin boys that had been born prematurely to a young mother who had a meth addiction. When DHS called she immediately went to see her first fosters. Named Billy and Jesse, they stole her heart and four years later they share her last name. It has not been easy; autism affects one and behavior issues require ongoing therapy.

Last August, DHS called again. Could she take the half-sister of the two boys she loves as her own? She said yes. As she told all of us, "How could I say no?" So now all three children have multiple appointments and different school destinations. Tricia is giving three Oklahoma children a chance to grow up in a family filled with love and commitment to making each child a success. Her new foster child will be adopted next month. Tricia is a single mom with a tight budget and zero extra time. Her children only know they have what they need and her undivided attention. She could use a little pampering; she has given so much and finding time for herself always takes a back seat.



NATALIE CHILTON

**Finalist: Natalie Chilton, nominated by Jennifer Prout**

Natalie is one of the most amazing women I know. She has three beautiful children that she runs to baseball, dance and wherever else they want to go. She owns her own business, and in a former life was a certified nurse. All of that being said, the most impressive part about Natalie is that she truly gives with everything she has. She is a foster mom, and at any one time can have multiple foster children in her home. She takes her time (and money) to help children who have a much different life than her three children, and lets them know there are people in this world that DO care about them - even if they don't know them. She goes 100 miles a minute and it is all for other people. Natalie makes me want to be better, do more, give more. She is the definition of a Super Mom, but more so, she embodies what it means to be a mom -- giving, kind, firm, self-sacrificing, loving, nurturing and present -- for more than just her children. She is an amazing woman, an inspiration to me and absolutely a Super Mom!

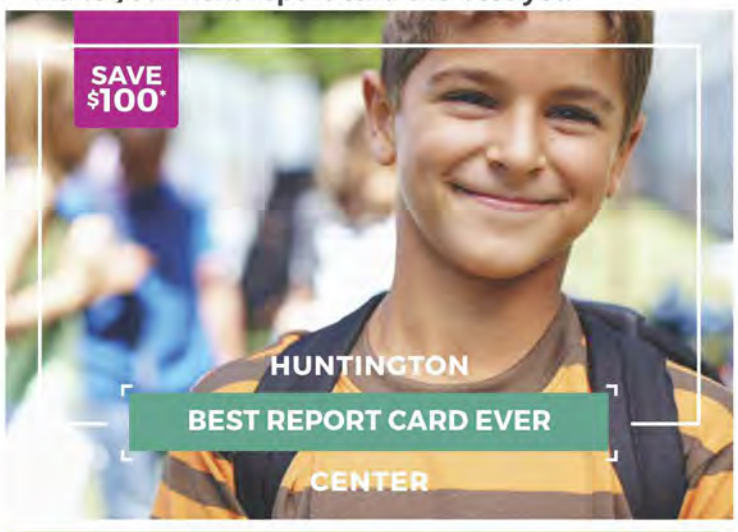


DANIELLE LEE

**Finalist: Danielle Lee, nominated by Misty Earl**

Danielle is an incredible mother, supportive friend, hard-working rural mail carrier, dedicated wife, loving daughter and sister. Both her twin sister and her father are on hospice right now. She works full-time, takes care of her children, and spends time with her father, sister, and mother in the most trying of times. She juggles work, home-life, and the difficulties of such a horrible medical tragedy. She maintains her strength and sense of humor through it all. I can think of no one more deserving of a day to de-stress and rejuvenate herself than Danielle.

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




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

TUTORING • TEST PREP

1 800 CAN LEARN® • HuntingHelps.com

2554 E. Kenosha, B.A or 7116 S. Mingo Rd. Ste 105, Tulsa

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



IS YOUR CHILD FEELING LOST, HURT OR ALONE?

HELP IS AVAILABLE 24/7.

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

918.744.4800
www.fcsok.org

Family & Children's SERVICES



Immediate Openings Available

Great Adventures In Learning



Happy Campers Academy
A Creative Learning Environment
1819 East 15th Street
918-584-2779 (58-HAPPY)
HCAtulsa@gmail.com

Happy Campers at TEMPLE ISRAEL
Moe Gimp Early Learning Center
2004 East 22nd Place
918-747-3122
happycamperstempleisrael@gmail.com

• Ages 6 weeks - 5 Years • Internet Monitoring
• Child-Centered Philosophy
• Full- and Part-time Programs Available



GILCREASE MUSEUM SUMMER TOUR PROGRAM



A CELEBRATION OF
Native American Cultures

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

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

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

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

GILCREASE.ORG

# TulsaKids honored at PMA convention


BETHANIE VERDUZCO


BRIA BOLTON MOORE


JULIE WENGER WATSON


KILEY ROBERSON


NATALIE MIKLES


JILL VAN TREASE


LESLIE HOYT


DIANE EATON


ABBY RODGERS


BETTY CASEY

The Parenting Media Association (PMA) announced the winners of its editorial and design competition at a banquet held at the conclusion of its annual meeting in Indianapolis on April 16.

The PMA, a non-profit representing the family media market since 1988, received 645 entries for 2015 magazines issues and digital products. Prof. Reuben Stern of the University of Missouri's School of Journalism oversaw the judging. For a list of winners, visit www.parentmedia.org.

"Our awards recognize the best work done in our industry," said PMA President Mary Cox. "Our member publications engage with families throughout the United States, Canada and Australia, be it through print, websites, email, social media and events. Our collective goal is to making parenting easier – after all, it's the most important job in the world – and even more of a fun ride."

TulsaKids Magazine was honored with 21 design, digital and editorial awards, including three General Excellence awards.

Congratulations to our winners:

**EDITORIAL**

Abby Rodgers,
Calendar of Events: Bronze
Kiley Roberson, Column:
Child Development & Parenting Issues: Bronze
Karen Moult, Column:
Family Matters: Gold
Natalie Mikles, Column:
Family Fun: Gold
Jill VanTrease, Humor column: Bronze
Diane Tritt Eaton, Travel Feature: Gold
Betty Casey, Profile: Bronze
Karen Moult, Q&A Interview: Silver
Bria Bolton Moore, News Feature: Silver
Julie Wenger Watson, Column: Service Feature: Silver

**DESIGN**

Abby Rodgers, Calendar of Events: Silver
Chuck Foshee, Overall Design: Silver

**ANCILLARY PUBLICATIONS**

Ancillary Cover: Chuck Foshee, "TulsaKids College Planner": Gold
Ancillary Cover, Leslie Hoyt, photographer; Chuck Foshee, designer, "TulsaKids Baby Guide": Silver
Chuck Foshee, Ancillary Overall Design: "TulsaKids Baby Guide": Bronze

**DIGITAL MEDIA**

Best Blog/Bloggers: Bethanie Verduzco Gold: "Hello Sunshine"
Best Blog/Bloggers, Betty Casey, Silver: "Editor's Blog"
Best E-Newsletter, Abby Rodgers: Silver

**GENERAL EXCELLENCE**

Ancillary General Excellence, TulsaKids; "Baby Guide": Silver
Website General Excellence, Abby Rodgers: Gold
Magazine General Excellence, TulsaKids: Sliver

## Lake Hills Montessori



Hours: 8:30–3:00; Before & After School Care 7:30 a.m.– 5:30 p.m.

Lake Hills Montessori is committed to providing quality education for children 2-6 in a safe and loving environment. Lake Hills offers a traditional Montessori curriculum that allows children to learn through exploration and play. In addition to providing an atmosphere of discovery, Lake Hills Montessori also offers enrichment through Dance, Music, Art, Sports, Spanish and Yoga. Come see why children and parents love this school!

Accredited by and Full Member of the American Montessori Society

**Jodie Pennington Whitman, Director**
**Dionne Kizziar, Director**
5130 E. 101st St., Bldg.#3
918.296.9936
www.lakehillsmontessori.com

**Pre-primary– 2-3 years-old**
6:1 student/teacher ratio
**Primary– 3-6 years-old**
12:1 student/teacher ratio

## Summer Arts Academy



GRADES 6-8 | JUNE & JULY
1-WEEK SESSIONS IN:
PAINTING
DRAWING
PHOTOGRAPHY
FILM / VIDEO
PRINTMAKING
SCULPTURE
WOODWORKING
FASHION / SEWING

ARTS & HUMANITIES COUNCIL OF TULSA
HARDESTY ARTS CENTER

APPLY @ AHHATULSA.ORG | 918.584.3333

## Christian Montessori Academy Summer Camp 2016

### Unleash Your Inner Artist!

Elements of Art
Famous Artists
Mixed Media
Projects Galore!

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



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

Spend your summer learning with us!

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

## Brook Fine Arts 918-491-6011

1st TIME EVER...
AGES 4, 5 & 6
PUPPET CAMP
June 1, 2 & 3
June 27, 28 & 29
Fairy Tales Camp

JUNE 6-10
Grades 2-8

JUNE 13-18
All Grades perform together @ JENKS!

JUNE 20-24
Grades 2-8

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

JULY 18-22
Grades 2-8

81st & Harvard · www.brookfinearts.com

## Your Pet Deserves A Vacation, Too!

Come by anytime for a tour of our Pet Lodge.



RIVER TRAIL ANIMAL HOSPITAL & PET LODGE

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

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

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

## GRAND OPENING

Spring Giant

CHILDREN'S DISCOVERY GARDEN

Join Us!
Sunday, May 15
3:00 - 7:00pm

Come meet the Spring Giant and experience this wonderland garden for all ages!

TULSA botanic GARDEN

For more information, visit TulsaBotanic.org or call 918-289-0330
3900 TULSA BOTANIC DRIVE

Photo Credit: OH Snap! Photography

BY BETTY CASEY

# #istandforpeace

Tulsan Sheeba Atiqi was tired of hearing negative comments, sometimes directed at her. She was tired of reading negative posts on social media. "I was getting depressed," she said. "I'm guilty myself of reposting an article from a political campaign, but it's all negative."

Atiqi wanted to do something positive. "I had this off-the-wall, very vague idea, and I texted my friend, Safa El-soueissi, in the middle of the night. She's very involved in the community and the mosque – one of those go-to volunteers."

El-soueissi suggested starting a group chat thread and interfaith outreach. Atiqi considered doing a blog, but wanted to do something more impactful than expressing her own opinion. Atiqi had attended the Chicago Art Institute and is a professional photographer, so she wanted to find a way to use her art to create a positive, non-controversial message. "I was going to showcase everyday Muslims [through photography], and Safa suggested expanding the idea to include not just Muslims, but neighbors and friends."

The project became The Peace Project, with the tagline "I Stand for Peace."




THE TULSAKIDS STAFF.

Setting up the first photo shoot on a Sunday afternoon in December 2015, Atiqi had no idea what the response would be. She started with photographing a handful of friends who held a chalkboard declaring "I Stand for Peace," while allowing them to include a personalized message such as their profession. Atiqi then posted the photos on an I Stand for Peace Facebook Page.

By the next morning, Atiqi's project had exploded. "I went to bed with one 'like,' which was mine, and woke up to 800 'likes' and 1,000 shares. It turned into this huge thing."

Since that Sunday in December, Atiqi has been busy with a shoot almost every Sunday. She has also been invited to take photos at local group gatherings, congregations and synagogues, and has encountered people from all walks of life. "Out of all the occupations [that I have photographed], educator is the one I see most often," she said.




"People bring their children with them." Atiqi said, "A lot of the people say this is not the world they want their children to grow up in. They want to show their kids the diversity in the world."

Atiqi said she also has many older people come to be photographed whose friends told them not to come and, out of defiance, they come anyway.

Probably what has surprised Atiqi the most is the way the message has spread beyond the Tulsa community. People from other states and countries have posted their own I Stand for Peace photos. A television reporter in Cleveland, Ohio, posted a video.

"Enes Kanter from Oklahoma Thunder wanted to be photographed after Donald Trump made the comment about there not being any Muslim athletes," Atiqi said. "He invited me to his house to take a photo and he shared it on his personal page."

To Atiqi, one of the most rewarding parts of the project was also one of the most unexpected – the sense of community created around the photography sessions. "I had prepared myself for some negativity and maybe hesitation to participate," she said, "but I've gotten so much positive feedback. People are amazing. Some people will show up to be photographed by themselves, and they'll turn to the person behind them in line, and they'll say, do you want to take a photo together?"

At one photo shoot, an atheist, an older Christian woman and a gay couple took a photo together. "You would not expect that," Atiqi said. "It's been bridging gaps and bringing people together."

KIDSBOWLFREE™

REGISTER YOUR CHILD FOR A SUMMER FUN Bowling Pass

2 FREE GAMES OF BOWLING A DAY ALL SUMMER!

Sign Up Now

IT'S FREE...IT'S EASY!

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

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

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

OKLAHOMA RENAISSANCE 21st Annual Festival

EVERY SATURDAY AND SUNDAY
April 30th - May 30th
Also Memorial Day, Monday, May 30
10:30am - 6:00pm

the Castle
MUSKOGEE, OK
okcastle.com

Located just North of Muskogee on Hwy 69
• Free Parking • 1-800-439-0658
Save $3.00 on tickets at Walgreens

SUMMER CAMPS 2016 TEAMS FORMING

TWIST & SHOUT

#1 RANKED CHEERLEADING AND TUMBLING GYM IN OKLAHOMA
Summit Champions • 21 x NCA National Champions
15 x National and 50 x State PowerTumbling Champions
3 x USASF World Champions
CLASSES & TEAMS
AGE 4 & UP ALL LEVELS
Competitive & Non-Competitive Cheer • Competitive & Non-Competitive Tumbling
Birthday Parties • Cheer and Tumble Clinics & Camps
SHOUTERSPIRIT.COM
Edmond 405-775-9491 • Norman 405-573-9974 • Tulsa 918-622-5867 • Muskogee 918-913-7833



YOUTH ROCKS SUMMER MUSIC PROGRAMS
REGISTER TODAY!

Little Folks Summer Music Program
June 6-10, 9:00am - 12:00pm, Cost $100
This camp will include Music and Art activities designed for Ages 7-10.

Youth Rocks Summer Music Program
Ages 13+ June 1-00, 1:00pm - 5:00pm, Cost $150
This camp include aspects for different musical genres, recording, and setting up live sound.

Contact Becky Hawkes with questions at becky@woodyguthriecenter.org

Learn all about this unique camp and our events by visiting woodyguthriecenter.org

WOODY GUTHRIE CENTER | TULSA, OK
WOODYGUTHRIECENTER.ORG

YOUTH ROCKS AT WGC!
(see website for details)

ADDRESS 102 East Brady St., Tulsa, OK 74103 PHONE 918 574 2710 EMAIL info@woodyguthriecenter.org

Charles Schusterman
Jewish Community Center
*Anyone can join. Everyone belongs.*

# Camp Shalom



**Summer 2016**
**May 31-August 5**

**Register by May 1 for early bird prices**

3 Years-Kindergarten | Theme Weeks
1st-6th Grade | Over 50 Specialty Camps
7th-10th Grade | Counselor in Training (CIT) Camp

**Online Registration: www.csjcc.org**

2021 East 71st Street/Tulsa, OK • 918.495.1111



THE UNIVERSITY of TULSA UNIVERSITY SCHOOL



# Camp Incredible

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

**6 one-week day camp sessions in June and July**

**Call 918-631-5060 or visit utulsa.edu/uschool**

**Educating Gifted Students**
Since 1982

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



# CAMP LOUGHRIDGE DAY CAMP

**ONE-WEEK SESSIONS FROM JUNE 13–AUGUST 5**




A memorable classic Christian summer day camp experience less than five minutes from Tulsa Hills! Campers will meet new friends and complete exciting mission objectives as they develop teamwork, leadership, and social skills in the great outdoors.

**CHOOSE YOUR OWN ADVENTURE!**

- aquatic center
- archery
- creative arts
- high ropes course
- hiking
- kayaks/canoes
- mountain bikes
- team sports
- triple zip line

**REGISTER AT CAMPLOUGHRIDGE.ORG**

4900 W. 71st Street Tulsa, OK 74131 | 918-446-4194





*"I wrote down all the places we should visit on our vacation. To do so, I'll only need to skip one year of school."*

# I'M A TULSA KID

**BY MARISA MORGAN**

Photo Credit: OH Snap! Photography

## Gabe Dougherty: Tulsa StartUp Series Winner



In December 2015 Tulsa Community College and the Lobeck Taylor Family Foundation launched the Tulsa StartUp Series, a competition to help entrepreneurs innovate and accelerate their businesses with the focus on delivering resources and mentoring opportunities to entrepreneurs. This year, for the first time, kids in kindergarten through 12th grade were invited to pitch their ideas and inventions to a panel of judges. The student entrepreneurs were vying for a prize that included $2500 dollars, a three-month membership to 36 Degrees North, a spot in the Venture Assessment Program at i2E and a mentor to help further develop the project. Ten-year-old Gabe Dougherty was named the winner out of six finalists with his Lego Vacuum. Gabe is a fourth grader at Lee Elementary School in Tulsa.

**TK: How did you hear about the Tulsa Startup Series?**
**Gabe:** We had been talking about getting the Lego Vacuum off the ground for quite some time. My mom saw the Tulsa StartUp Series on Facebook and she told my dad and my dad told me. At first I was nervous about the contest, but then we talked about it as a family, and I got very excited.

**TK: How many other kids were a part of the competition?**
**Gabe:** Twenty-one entered the pitch competition and six finalists were selected to compete live for the grand prize. The competition was strong. I was surprised and very excited when I won.

**TK: Can you tell me what other invention there stuck out to you?**
**Gabe:** Clip-on cleats. I love sports and thought it was a good idea because it would help parents get their kids cleats without having to pay more money.

**TK: Explain your invention and its uses.**
**Gabe:** My invention vacuums up Legos off the floor and places them in a bin so people won't step on Legos and your room won't be cluttered. My parents were always telling me to clean my room and it took forever to get all the Legos picked up. The Lego Vacuum is much faster than picking them up by hand and it's fun to use. My slogan is "The Lego Vacuum; it gets the Legos off your floor and your parents off your back."

**TK: How did you first come up with it?**
**Gabe:** We had an invention fair in Mrs. Foshee's second-grade class. We had to make an invention to make the world a better place. My dad and I were brainstorming one night and he asked, "What's your biggest problem?" and I responded, "The Legos on my floor." Then I said, "I know! I'll build a Lego vacuum!" We built three prototypes and this was the one that worked. I presented it to my school and was awarded the "Student Favorite" and "Most Scientific" awards.

**TK: Do you have any other ideas in the works?**
**Gabe:** Yes, I do not want to be a one-hit wonder! I have an idea for The Pupper Sucker. It is an invention to get dog poop off the ground so you don't get it on your shoes, and it won't smell.

**TK: Other than inventing, what do you like to do in your free time?**
**Gabe:** Playing basketball, reading, video games, Scouting, and of course, playing Legos! I have over 60 Lego sets and also make my own creations.

**TK: What are your plans moving forward?**
**Gabe:** I plan to license my product to Lego to manufacture and sell. Additionally, I will create a new prototype as well as a non-Lego version to clean up small toys and craft supplies such as beads. I also hired a patent attorney to get a patent for my product.
I am in the process of launching my own website, www.legovacuum.com, which will promote my business and product. The website will be fun for kids as it will include contests and games.
I am thankful to the Tulsa StartUp Series for giving me new opportunities to pursue my invention.

tulsakids

# SUMMER FAMILY FUN GUIDE

## YOUR GO-TO GUIDE FOR:

- CAMPS
- ACTIVITIES
- EVENTS
- MUSEUMS
- FESTIVALS
- DAY TRIPS
- CULTURAL TOURISM
- OUTDOOR FUN
- NATURE EXPLORATIONS
- INDOOR FUN
- SWIMMING SPOTS

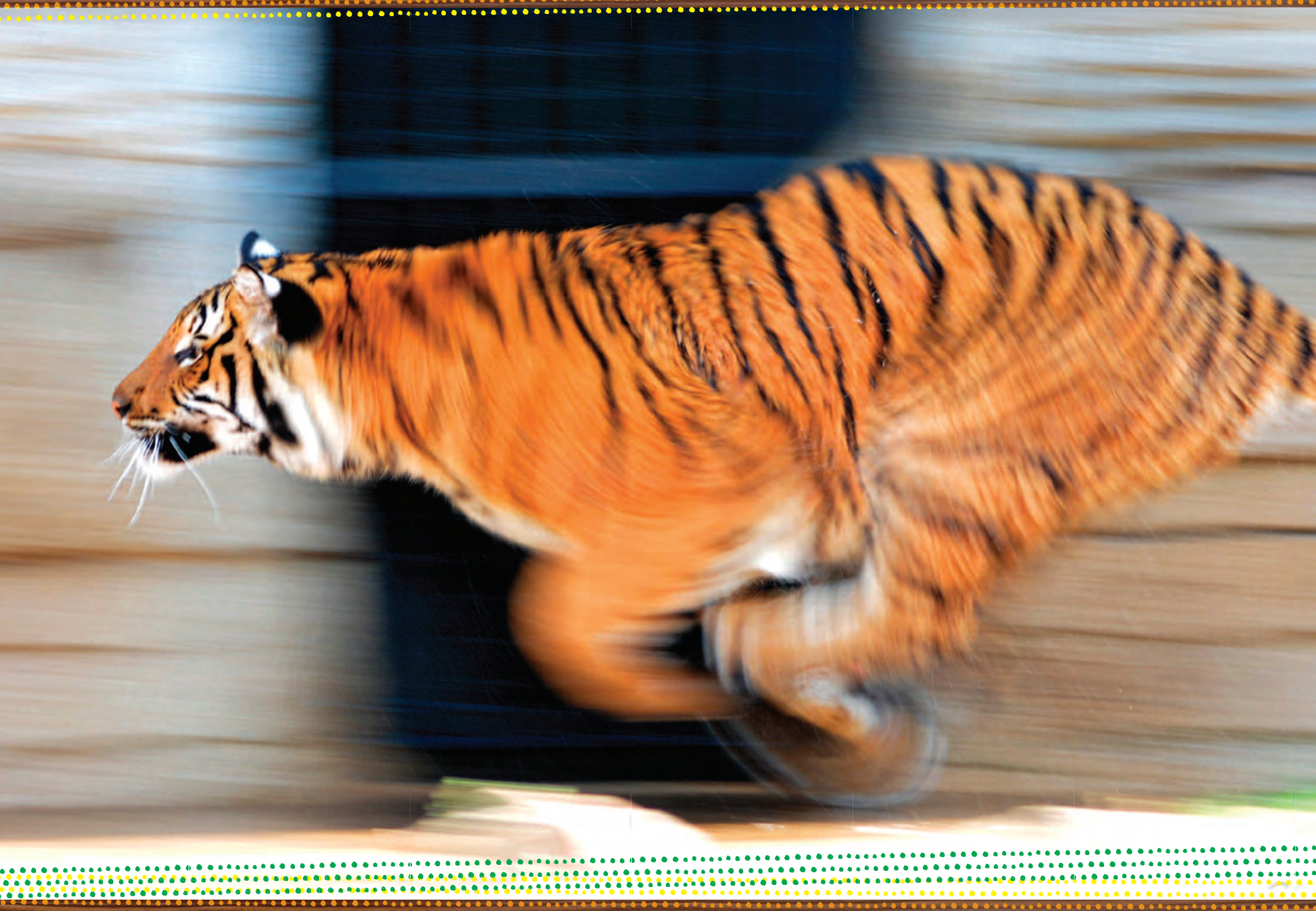
+ SO MUCH MORE!



WWW.TULSAKIDS.COM/SUMMER

# TULSA ZOO
# SUMMER CAMP

## LET THEIR IMAGINATIONS RUN WILD!



TULSA ZOO

Let your child's imagination run wild this summer at the Tulsa Zoo. Our annual week-long summer camps are a perfect place for kids ages 3-12 to learn about the zoo's animals and even meet some of them during up-close encounters. Register today!

**LEARN MORE OR ENROLL AT TULSAZOO.ORG/CAMPS**

# Primary & Specialty Care



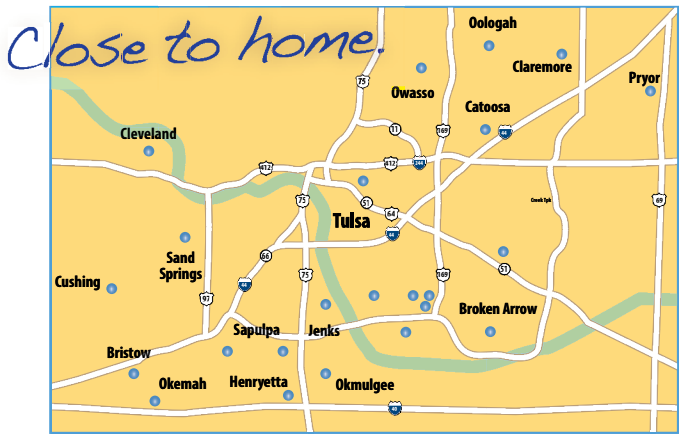

## Over 50 Clinics

### Choose extraordinary care without sacrificing convenience.

At Utica Park Clinic, you can choose from over 200 healthcare providers including specialists in:

- Ear, Nose & Throat
- Family Medicine
- Gastroenterology
- Internal Medicine
- Medical Oncology
- OB/Gyn
- Pediatrics
- Surgery
- Urology
- And Many More

For health news, tips and information, join us on




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

**utica park clinic**

Get Healthy. Stay Healthy.

**918.579.DOCS (3627) • UticaParkClinic.com**