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tulsakids

May 2019

what's inside

Volume XXXII, Number 5

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MOMS NOT ONLY TAKE ON MOST OF THE PHYSICAL ASPECTS OF HOUSEHOLD MAINTENANCE AND CHILD REARING, BUT ALSO MAINTAIN THE STRESSFUL MENTAL CHECKLIST.



10 Amazing Moms Community



20-21 Take the Family on a Route 66 Road Trip



36 School's Out for the Summer! Or is it?



22-23 Acting Up: Spotlight Children's Theatre Wraps Its Season with "Pollyanna"

SHORTS

6-8 **NEWS & NOTES**

FEATURES

10 **MOTHER'S DAY**
Amazing Moms Community

22-23 **FAMILY THEATRE**
Acting Up: Spotlight Children's Theatre Wraps Its Season with "Pollyanna"
By Chris Hernandez

24-25 **FEATURE**
Mothers' Invisible Workload Affects Mental Health
By Brandon Schmitz

48 **KID CULTURE**
Gilcrease Museum Renovation Aims to Improve Experience for Kids and Families
By Brandon Schmitz

51-57 **SPECIAL**
Family Favorites Ballot

IN EVERY ISSUE

12 **STAGES: Babies & Toddlers**
Taming Tantrums Before They Start
By Kiley Roberson

14-15 **STAGES: School Age**
Traveling with Kids: Make the Trip as Fun as the Destination!
By Mary Beth Ritchie, LCSW

16-17 **STAGES: Tweens & Teens**
6 Important Financial Fundamentals for Teens
By Julie Wenger Watson

20-21 **FAMILY TRAVEL**
Take the Family on a Route 66 Road Trip
By Tara Rittler

27-31 **COMMUNITY CALENDAR**
By Tara Rittler

32-33 **FROM THE HIP**
Hip Mom Hits the Mother Road [Tulsa Version]
By Jill VanTrease

34-35 **GET COOKING**
Include Gluten-free & Vegan Options in Picnic & Party Planning
By Natalie Mikles

36 **HOMESCHOOL**
School's Out for the Summer! Or is it?
By Natalie Hanson

38-39 **GREEN COUNTRY GROWN-UP**
Bobbi Lee Parisotto: Passion for Dance
By Nancy A. Moore

40-41 **FAMILY FRIENDLY SPRING FESTIVALS**
By Tara Rittler

42-43 **MAY SHOWTIMES**
By Tara Rittler

44-45 **BOOKS**
Read Across the World
By Stephanie Huaman

59 **TULSAKIDS.COM**
What's Going On(line)?

60 **I'M A TULSA KID**
Maya Gabriella Jacob: Shape Your Future Recipe Contest Winner
By Sheeba Atiqi

editor's note

Kids – They're so Needy!

Child rearing is not for the faint of heart. Sure, kids are cute, especially our own, but they can also be exhausting, physically and emotionally. Being a parent certainly elicits a spectrum of emotions from the highest high to the lowest low, the warmest love to the angriest anger. Sometimes within a single hour! My anxiety is rising just thinking about it!

Are you the parent who keeps a mental list of all the kids' activities, doctors' appointments, play dates, grades, homework, practices, not to mention monitoring their physical and emotional well-being? I was that parent at my house. To be fair, my husband was and is a great and very involved dad. But I was the one with the mental checklist on our three kids. And there were times that I was stressed by that, maybe without even realizing it. Even though my kids are now adults, I still keep a mental checklist about where they're traveling, when a job interview happens, what they're doing and on and on. It's just that now I'm not responsible for the items on the list.

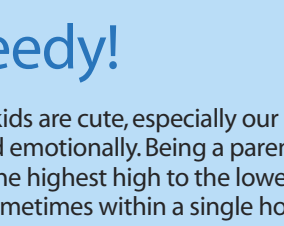
Turns out that a recent study shows that moms are the primary keepers of the mental checklist for the family, and having that responsibility can be detrimental to our mental health. Read Brandon Schmitz's feature in this month's issue to learn more.

You'll also find our annual Family Favorites ballot in these pages. This year, we solicited nominations, so the ballot lists the finalists as nominated by you, our readers. I hope you'll take a few moments to go online to vote for your favorites! The winners will be featured in our July issue.

The digital issue of TulsaKids Summer Family Fun Guide will be ready for you to download this month, so watch for that. It will keep you and your family busy all summer and beyond!

Finally, I want to invite you to our new TulsaKids Live! Parent Meet-ups. These are free, monthly gatherings on the fourth Wednesday of each month from 6 to 7:30 p.m. at Southminster Presbyterian Church in Brookside, 3500 S. Peoria. We'll have a speaker and social time (and snacks!) – and FREE child care. This month our speaker will be Meg Myers Morgan, author of Everything Is Negotiable: The 5 Tactics to Get What You Want in Life, Love & Work. I hope you'll join us.

Happy Mother's Day to all of you moms!



Betty Casey
associate publisher and editor in chief

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





ON OUR COVER:
MADALYN AND DELAYNA MCELROY ARE READY TO SERVE BREAKFAST IN BED TO MOM FOR MOTHER'S DAY!

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WOODLAND HILLS MALL OPENS NEW PLAY AREA

When families are shopping at Woodland Hills Mall, the kids will have a new, high-tech playground to enjoy while parents relax.

"We are thrilled to open an exciting, new play area for local children and their families," said Eileen Neighbors, director of marketing and business development for the mall. "The act of play is critical to children's mental and physical development, and the updated playground provides our young visitors the opportunity to learn, grow and interact in a sun-free, climate-controlled play environment."

Located in Dillard's Court, the 2,500-square-foot tactile play environment features an open-concept floor plan and nature-themed elements. The play area provides children a stimulating space to experience interactive components including illuminating stepping stones, spinning tops, rocking birds, fun house mirrors, digital games and more, as well as soft seating designed for parents from which to observe play.

Younger children can enjoy navigating through tunnels, stepping mounds, ramps and a giant egg with illuminated floors. The quantum space monitor transforms images into art work while matrix panels change colors as a reaction to touch, further encouraging experimentation, exploration and discovery. Woodland Hills Mall will also host free monthly reading sessions in the play zone that are open to children of all ages. The play area is open during regular mall hours. Children must be under 42" to play and adult supervision is required.

The former children's play area in JCPenney Court will transition into a new lounge area with plush seating, charging stations and power outlets, providing visitors a comfortable area in which to relax. Additional family-friendly amenities at Woodland Hills Mall include stroller rentals, baby changing stations, family restrooms, a carousel and family programming throughout the year.



TULSA EDUCARE RECEIVES $3.1M GRANT TO EXPAND SERVICES

Tulsa Educare has been awarded a new Early Head Start-Child Care Partnerships grant for $3.1 million by the Administration for Children and Families, a division of the U.S. Department of Health and Human Services.

The new five-year grant will allow Tulsa Educare to extend its services to an additional 30 children in five already established family child-care homes in north Tulsa. These facilities will enroll Early Head Start eligible children.

Additionally, 120 infants and toddlers in Tulsa Educare's schools will benefit from the grant and receive services at Tulsa Educare 1-Kendall-Whittier and Tulsa Educare 4-Celia Clinton.

To learn more about Tulsa Educare, visit www.tulsaeducare.org.

EARLY SPORTS SPECIALIZATION TIED TO INCREASED INJURIES

Sixty million kids participate in organized athletics each year with ever increasing amounts of children specializing in one sport before the age of 14, some with hopes of a college scholarship or professional career on the line. However, researchers presenting their work at the AOSSM/AANA Specialty Day in March revealed that this early intense participation might come at the cost of increased injuries during their athletic careers.

"Our research indicated that athletes who specialized in their varsity sport before the age of 14 were more likely to report a history of injuries and multiple college injuries during the course of their athletic career," said author, Brian M. Cash, MD from the Department of Orthopaedic Surgery at the University of California at Los Angeles.

Those who trained more than 28 hours per week in their varsity sport before high school were more likely to report multiple injuries (90.0 vs. 56.7%). Individuals with a pre-high school training volume greater than 28 hours/week were not more likely to be recruited (90.0 vs. 89%) or receive a scholarship (80% vs. 74.5%).

"Sports participation is an excellent way for kids to maintain their health and possibly even receive a college scholarship. However, our research further highlights that avoiding sports specialization before the age of 14 and minimizing training time to less than 28 hours per week, may significantly minimize a child's injury chances and promote long-term, athletic college or even elite success," said Cash.

Source: American Orthopaedic Society for Sports Medicine

SUSTAINABLE TULSA SCOR3CARD IN THE SCHOOLS

Sustainable Tulsa (ST) is a local environmental nonprofit focusing on "People, Profit, Planet." The organization oversees several programs that provide educational resources and practical tools to businesses and individuals to support a common goal of environmental sustainability.

ST created Scor3card as a tool to help businesses easily track and measure their sustainability efforts and recently extended the program to Tulsa area public high schools through its Scor3card in the Schools.

"The Scor3card in the Schools program started at the beginning of the school year in August," said Sarah Hicks, ST's Scor3card coordinator. "Right now, our pilot partners are Booker T. Washington High School, Tulsa MET High School and Union High School. We wanted a diverse group of high schools to see the different ways that sustainability could be interpreted and applied in a school environment."

The schools have access to the same Scor3card resources that ST business members do. One participating school incorporated the program into its Environmental Science curriculum, using it to teach students real-world applications of sustainability. The schools have also partnered with other groups to create additional opportunities, such as internships and special interest clubs.

"We want to engage Tulsa high school students in real-world learning opportunities. Sustainability is becoming a larger focal point in business, civil and cultural development, so it's beneficial for students to have an understanding of the topics well before they go to college or into their first career," Hicks said.

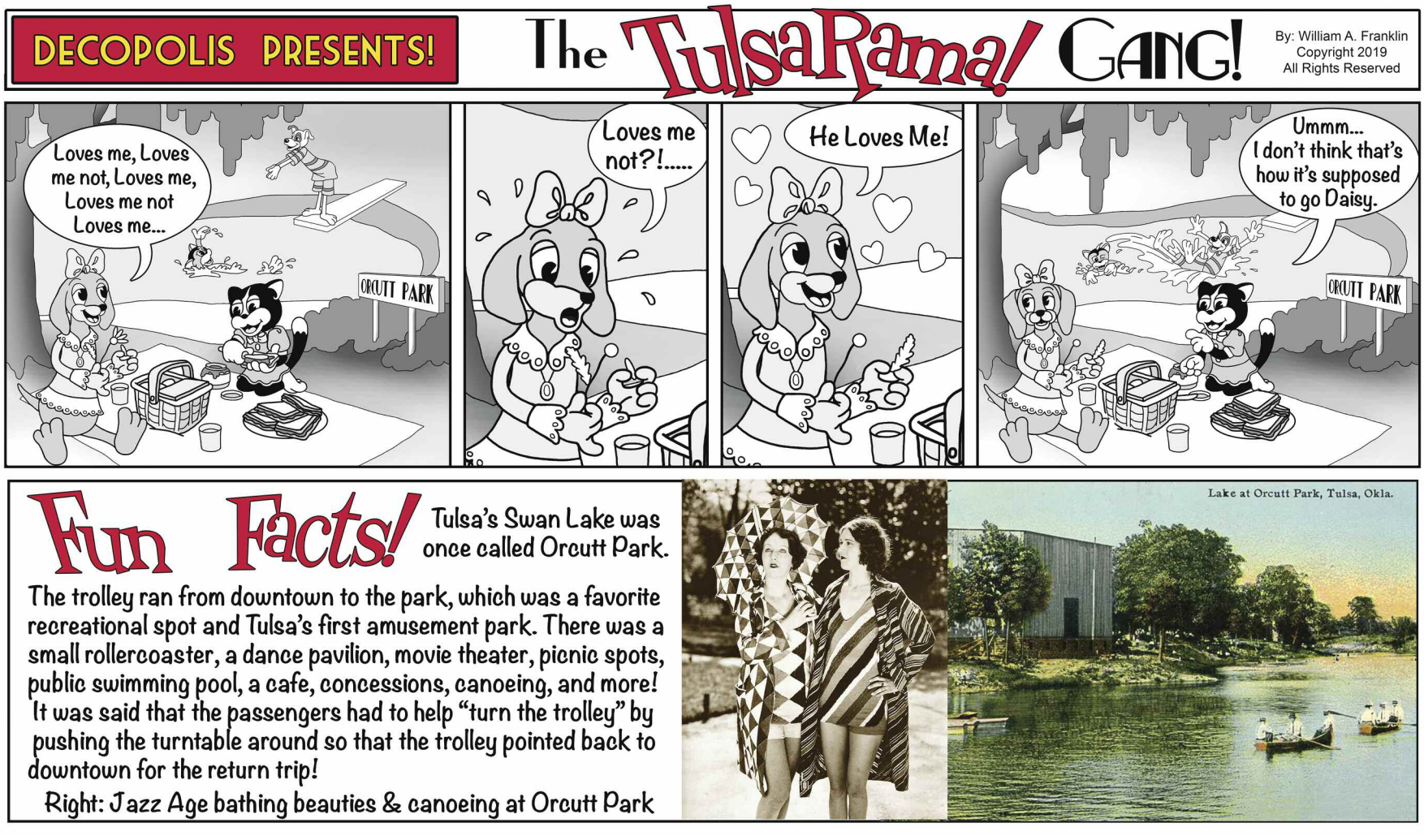
Hicks thinks sustainability and efficiency go hand in hand and hopes that the program will help schools save money and reduce waste through a more efficient use of resources. Those savings can then be reinvested into students and teachers. Teachers participating in the program also receive a stipend.

"We want to support our Tulsa area public school teachers," Hicks says. "This program hopes to embrace and empower teachers who innovate within the classroom."

Hicks is pleased with the results so far.

"These kids feel so empowered to make change in their schools. They feel like their voice and their opinions matter," she says. "That confidence spills over into everything they touch."

For more information about Sustainable Tulsa, the Scor3card program and volunteer opportunities for all ages, visit www.SustainableTulsaInc.org.





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amazing MOMS

To honor local moms for Mother's Day, we invited readers to nominate a deserving mom to be featured in TulsaKids. Nominees were voted on, and we are featuring the top five amazing women.


1.


2.


3.


4.


5.

1. VICKI CONNELL

My mom, Vicki Connell, has always been the best mother and friend I could hope for. She is now a full-time "Gigi" to my 1-year-old twins, Sadie and Sawyer. My husband and I work full time, and since my maternity leave ended, she has been at our house every day to care for our babies. She gives them her full heart while keeping them happy, teaching them new songs and games and taking them on adventures on nice days. Anyone that has multiples is aware of the challenges that two babies at one time bring. She has been with us since the day they were born. My mom deserves every award out there, but most importantly she deserves to know how much we appreciate her. She goes above and beyond every day to help us keep our home and our babies as happy as can be. She is my hero, and I would love for the city of Tulsa to know how special she is!

2. LISA FENIMORE

Lisa is an inspiration to everyone she meets. She's a loving wife, a mom of three, and a cancer survivor. Lisa has made it her personal mission to help people find joy and faith through the ups and downs of life. She shares encouragement on a regular basis and loves to make people laugh. Her kids are never lacking an adventure, a fun educational experience, or a warm hug. Lisa looks at every day as a miracle and inspires people to live their lives to the fullest, with a heart full of happiness. I am so grateful to have her in my life and I know our children are growing up to be the best versions of themselves because of Lisa.

3. KATIE HOLT

I have known Katie for four years. She is amazing for sure! First and foremost, she is the mom of five – yes, five – children, and she homeschools them. She is currently on the board of her homeschool co-op, while juggling her duties to educate her children. The reason I met her was that Katie started a moms support group here in Tulsa, called moms4moms. I have been there since the first meeting, and I knew she was special. She organizes monthly meet ups, moms' nights out, and special yearly functions, including a toy swap around Christmas, clothing swaps for spring and fall, and weekend getaways for mommas. We also meet at "The Merchant," a homeless ministry, which was all Katie's heart – to meet in a place where we, as moms, can give back. Katie also has been setting up a monthly breakfast hosted by moms4moms, so we can spend time with the homeless community, give them breakfast and our time. She is always looking for opportunities to give back.

As if all of this wasn't impressive enough, she has written a bible study this last year and published a book. She is currently teaching that to local ladies' ministries around town. She is always willing to open her home to moms who need to talk, finding resources for moms who need help, and find more ways to be impactful in our community. She is not only a wonderful friend, but a truly beautiful-hearted person that I am so grateful to know.

4. NATALIE ALEXANDER

Natalie is a mom of three. Her middle child was born with a heart defect and had to spend a good amount of time in the hospital. He has already had open heart surgery. Because of this experience, Natalie and her husband co-founded the Hearts of Steel Foundation here in Tulsa. They help families with babies born with heart issues. She is an amazing mom and is helping struggling families all over Oklahoma!

5. LAM LE

My wife is the definition of Supermom and Superhero. She is an amazing mom to our four children, is a successful physician and selfless philanthropist. She is a leading wound physician and directs three wound centers. She founded a charity foundation that provides special services to local families in need and provides charity wound care and education globally. She spends her days saving limbs, lives and the world. She spends her evening making our house a home. When she comes home she is 100 percent MOM. Our kids know Mommy is always there, and they are her number one priority. She is a role model to many, especially our children. She has instilled altruism, kindness, hard work, stength and confidence in our children and spreads it to those around her. She is able to balance kids, life, work and make it appear effortless. No matter how busy, she will always make time for others and put everyone's needs before her own. She is a blessing to so many, especially to our family. We love her and are so proud to call her Mom/Wife.



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BY KILEY ROBERSON

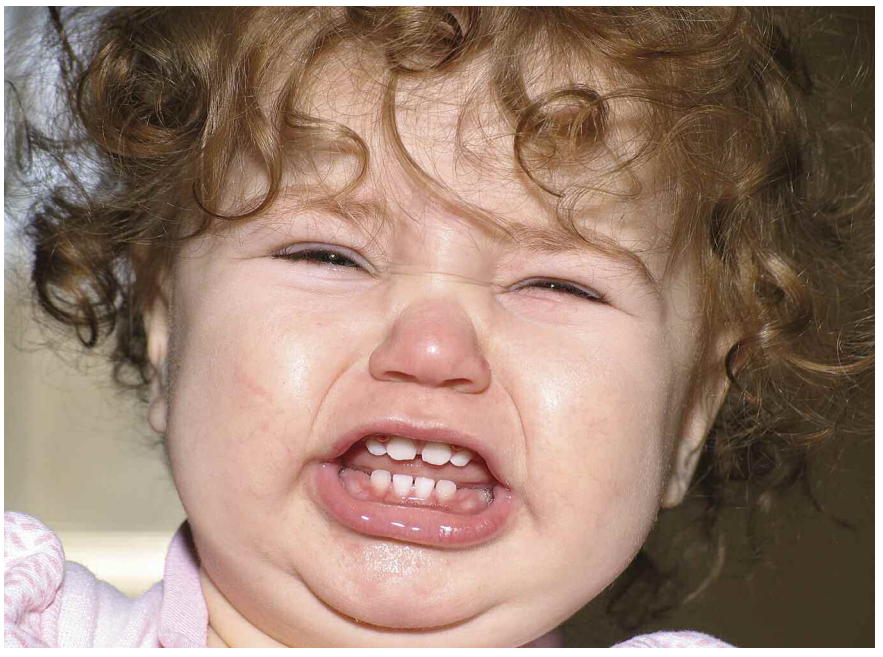
taming tantrums – before they start

We've all been there…it's time to leave the store and your usually cheerful child does not want to go. Set aside the fact that you might have timed nap and shopping too close together or maybe your little one is a bit "hangry." The net result: a full-out Limp Noodle, a tired, angry child who does not happen to agree with you. The arms go slack. The body sinks heavily to the floor. "No! No go!" the Noodle screams.

Toddlers and tantrums go together like peanut butter and jelly, except these situations can often get a lot stickier for parents — especially in public places. It's remarkable how fast your sweet little baby can go from happy to hysterical, sometimes even seconds! We've all been "that" parent at the grocery store with the screamer.

It's hard to imagine when you're caught up in the moment, but experts actually say there are things you can do to help prevent an outburst before it ever begins. Dr. Caron Goode explains in her "Pediatrics for Parents" article that preventing tantrums takes observation, quick action and a little understanding.

"As your child moves from babyhood to toddlerhood, she learns at an extraordinary pace," Dr. Goode writes. "She is literally learning something new every



day. Unfortunately, her cognitive and physical skills are oftentimes not in sync. This leads to frustration, which leads to temper tantrums."

This means that when your child gets upset because a puzzle piece won't fit or because you gave him water instead of milk, his reaction isn't to get attention. Instead, it's a release of frustration for not being able to express his wants coupled with limited problem-solving skills. This combination creates the perfect path leading straight to —you guessed it — tantrum town.

For most children, temper tantrums ease off with maturity. "Once their speaking and reasoning skills improve, children no longer need to have tantrums," Dr. Goode explains.

In the meantime, you can help by knowing the signs. Observe your child for tantrum triggers such as slumped shoulders and face with a scowl, prolonged whining, playfulness interspersed with lots of lying down and thrown toys or food.

As soon as you spot one of these signs, take action with these tantrum-stopping tricks:

Stop for a snack – Hanger — you know, hungry anger — doesn't just affect adults. It hits toddlers too. Be prepared with a healthy snack packed with plenty of protein and fat, like cheese, peanut butter crackers or an avocado, which energizes little brains and bodies.

Napping necessity – If hunger isn't the problem, sleep likely is. According to the American Academy of Pediatrics, toddlers need 12-14 hours of sleep in a 24 -hour period. Look at your schedule over the past few days. If things aren't adding up, sleep may be the answer.

Take a walk - A change of scenery works wonders for the frustrated mind. So take your little one for a stroll. Being outside allows kids to clear their heads and take in the calming presence of nature.

Quality time - You'll know best whether this oncoming tantrum is a time when your child wants your attention or needs to refocus. If it's time with you she needs, invite her up to mommy and daddy's bed for snuggles. Get comfy and flip through a book together.

You won't always be able to stop a tantrum. When the fit hits the fan, keep cool and offer comfort. Tantrums can take a toll on children. Often, when it is over, they are not even sure why they were angry in the first place. Offer your child a warm hug and some reassurance. Let him know you disapprove of tantrums, but that you love him.



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BY MARY BETH RITCHIE, LCSW

traveling with kids: make the trip as fun as the destination!



As most parents are painfully aware, traveling with young children is often a challenge. Whether traveling by airplane or car, children may become easily bored, cranky and whiny. With summer approaching, you may be traveling more with your children. Here are some ideas that might help make the journey as pleasurable as the final destination.

Parents are aware of the value of tablets, phones and other electronic devices when it comes to entertaining children. We are also aware that these devices present problems of their own. As a fellow parent, I'm not going to suggest that you avoid electronic items completely. They can provide parents some time to recharge, or even take a nap, on these excursions. When I was young, several new coloring books and a brand-new box of crayons would keep me occupied for hours. However, travel time can also provide a wonderful opportunity for bonding and great family fun. Take advantage of the opportunity!

As a third-grade teacher, I feel I would be remiss not to mention that travel time is an ideal time to share books together. Parents may read to children, and children may read to parents. Depending on your child's reading level and interests, it might be a terrific time to begin the *Harry Potter* or *Wimpy Kid* series of books. If you're traveling with more than one child, you can have them take turns reading to each other too. Audiobooks may be an option if a desired book is above the child's reading level.

Twenty Questions is a game easily integrated into a trip. One person thinks of something and says whether it's a plant, animal, or mineral. The other passengers take turns asking questions that can only be answered with a yes or no. When a person guesses correctly, he or she begins the next round. If no one answers correctly after 20 questions, the original person wins and begins a new round.

The Alphabet Game can be fun for both children and adults. A category is chosen and each passenger adds to the category in alphabetical order. For example, we might choose food as a category. Answers might include apple, broccoli, chocolate, drumstick, and so on. When my sons were young, we would choose to leave out a few of the most difficult letters. We would often finally end up stumped in the second or third round of the alphabet. Reusing words in the same game is not allowed.

Another Alphabet Game is used with road signs, billboards and business signs. Passengers are racing to find words in alphabetical order. Each person is working on their own list. Words can't be repeated on the other lists. The first player to get through the alphabet wins. On some car trips, this game could be long and tedious. I'd suggest using it strategically, for example, only while traveling through towns. You may want to save your lists and pass them back out before entering each new town.

Many popular board games are now available in smaller magnetic versions, making them ideal for travel. I have seen a wide variety of offerings, including checkers, chess, Chinese checkers, backgammon, and more. Let me offer one word of caution; these pieces can be very small and easy to lose. Some games, such as dominos and mahjong, are available in a travel case used to keep the pieces in place while traveling.

Card games can also be perfect for travel. They help teach social skills, can be educational, and

continued next page

are just plain fun! There are many games which can be played with a standard deck of cards. Enjoy playing some Go Fish, rummy, Old Maid, and Crazy Eights. Special card decks are available for some games including Uno and Sequence. Auto Bingo is a great choice. Bingo cards are small and easy to manage in a car. Players slide shutters over when items are spotted. This will keep children engaged with the scenery as they search for items on their cards, such as a stop sign, barn or cow.

Hangman can be played with just pencil and paper or bought as a magnetic game. While I am not fond of the thought of hanging a man, I can tell you that children don't usually have that in mind when playing. My third graders love to discover their new spelling words while playing a game of Hangman.

I think it is safe to assume that, if traveling by car, there will be some electronic devices available. Prior to your trip, download a variety of songs. Choose songs that will be familiar to children and adults. You might consider songs from popular Disney movies or children's television shows. Take turns playing several seconds of a song and play Name that Tune. As a variation, you can try to finish the lyric.

For years, many parents and children have dreaded travel time. This doesn't need to be the case. Think about this as time to interact together and enjoy each other as a family. It's like family game night, but it takes place in a car or plane. Imagine how many of these games and activities you could fit into one small tote bag! Think about how many hours of family fun they might provide during your travel time. You just may find that the journey itself is as entertaining as the destination!

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CITY OF Tulsa
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BY JULIE WENGER WATSON

6 important financial fundamentals for teens

It's the season when graduating seniors fly the nest for college or work. While most leave home with rudimentary life skills like how to do their own laundry or boil an egg, far too many head out with little knowledge of financial basics like credit scores or compounding interest. Talking about money with our offspring, much like talking about sex, can be uncomfortable. However, a fundamental understanding of both goes a long way towards avoiding potentially life-altering consequences. Brian Siemens (briansiemens.com), a financial coach in Tulsa, has some suggestions for teens and for those starting their post-high school lives.

Make and Follow a Budget

Whether you're going to college or your first job, it's important to budget. It's hard to make sound financial decisions when you don't know what your money needs are. If you don't know where to start, begin by tracking your income and expenses for a month or two. Write down your expenses, including food, gas, rent, phone bills and monthly utilities. Don't forget items like car insurance and tuition.

Siemens suggests using tools such as Mint, which is a free app, or Quicken, which has an annual fee, to make the process easier.



"You can link your financial accounts to the software and then download the transactions to be categorized. You can then create a budget, and the software will track your spending against the budget," Siemens explains. "I tell kids you really need to see the picture to make correct decisions. It's not good enough just to try to do it in your head."

Siemens suggests thinking of ways to save money, such as getting a roommate, when budgeting. Differentiating between a "need" and a "want" is also important.

"Transportation and a brand new car are two different things," he says.

Credit: the Good, the Bad and the Ugly

Establishing a good credit score is helpful down the line, but credit can be tricky. Making prompt payments on car loans and rent increases your credit score. However, overspending with credit cards or failing to pay off your balance each month not only decreases your score, it can create a deep pit of debt from which it's hard to escape.

While credit cards can be a useful tool if you never spend more than you're able to repay, high interest rates and the temptation to spend beyond your means is a huge problem, especially for young people.

"Kids look at credit cards as a means to get what they want, instead of what it should really be used for at that age, which is actually building credit," Siemens notes.

He speaks from experience.

"Credit cards are what got me," he says. "I graduated from high school and applied for a couple of credit cards. By the time I was 19, I was $4500 in credit card debt."

Siemens suggests using credit cards specifically designed for students, which usually come with a smaller line of credit. Children can also be added as a user on their parents' credit card. Siemens says, however, that this has risk for both parties because the financial behavior of one (good or bad) can reflect on the other's credit score.

Insurance

Consider renters' insurance.

"It can protect [a person's] possessions for loss in case of theft or fire," he says. "A landlord's insurance will only protect the structure itself, not the renter's possessions inside the structure."

Renters insurance can also

continued next page

provide liability coverage if a friend or family member gets injured at the residence, as well as additional living expenses if the renter is displaced by an emergency or disaster.

Student Loans

For many students, school loans are unavoidable, but Siemens advises caution.

"Take the minimum and take only what you need for necessities like tuition and books," he says. "Work to pay for the rest because it's much better working and paying off what you can than accumulating more debt. I took more than I needed, and because of that, I spent money on things I didn't need, like a television and a stereo. I'm still paying on that to this day, and I pay interest on it!"

Save Early

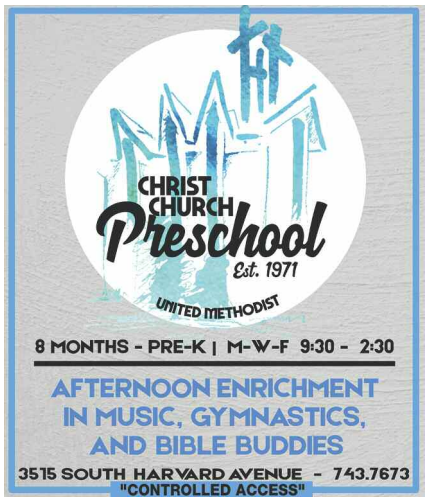
When you're 18, retirement just doesn't cross your mind, but an early start makes all the difference. Compounding interest can make you rich if you let it. Money saved and invested earns interest. Starting early, even with small amounts, makes an enormous difference in what you can accumulate over a lifetime. When you get your first job, take advantage of vehicles such as IRAs and 401(k)s.

"You've been afforded a certain lifestyle by your parents, and whether you want to maintain it or improve on it, you're going to have to make sacrifices and choices," Siemens says.

Beyond the Dollar

Remember that money is simply a tool to help you get what you really want in life. Buying experiences, instead of things, makes us happier.

"Money isn't the most important thing, but the way you manage your money is going to open all of your doors for everything else," Siemens advises. "Focus on your quality of life and not just your lifestyle – how happy you are at work, how happy you are at home, with your spouse or children. Focus on the big picture, not just the day to day."











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take the family on a rou

BY TARA RITTLER

There's nothing like a jaunt down Route 66 to help you appreciate just how quirky our state can be! From an oversized sperm whale to a burger joint shaped like a cuckoo clock, a family road trip down Route 66 promises to be an entertaining experience.

But beyond that, the Mother Road is a wonderful way to explore Oklahoma's history with your family. Although you can no longer drive on much of the original, 8-foot-wide Route 66 highway, modern roadways allow for travel down a similar path, taking motorists by historic Route 66 sites such as abandoned motels and gas stations, as well as still-thriving tourist destinations.

If you need help planning your Route 66 Road Trip, here are our suggestions, starting in Miami, Oklahoma, and ending in Oklahoma City.

Miami

Although Chicago marks the eastern end of historic Route 66, we'll begin our hypothetical tour in Miami, Oklahoma, about 15 miles or so down Highway 69 from the Kansas-Oklahoma border. Miami is home to the historic Coleman Theatre, which opened in 1929, and boasts a "Spanish Colonial Mission-style exterior and [a] Louis XV interior" (colemantheatre.org). Today, visitors can schedule tours of this magnificent building Tuesdays through Saturdays, or purchase tickets for upcoming shows, including silent films (accompanied by the theatre's "Mighty Wurlitzer" pipe organ) and live theater.

If you're feeling peckish, grab a burger and milkshake at Waylan's Ku-Ku Burger at 915 S. Main—the last of this 1960s chain left standing! Tourists young and old will be delighted by the giant yellow cuckoo bird adorning the building.

Miami to Afton, 20 min.

Afton

In Afton, keep an eye out for remnants of older attractions that have since closed, like the Rest Haven Motel and the Afton Station Route 66 Museum, a restored gas station that until recently was open to visitors who could view a collection of classic cars and other Route 66 memorabilia.

Afton to Vinita, 17 min.

Vinita

Whether you're in the mood for some "Mcfood" or not, you can't miss these golden arches: The world's largest McDonald's crosses I-44 in Vinita, Oklahoma—and although this designation is disputed (there's another "World's Largest McDonald's" in Orlando), it's still a key Route 66 attraction.

Vinita to Foyil, 30 min.

Foyil to Claremore, 13 min.

Foyil

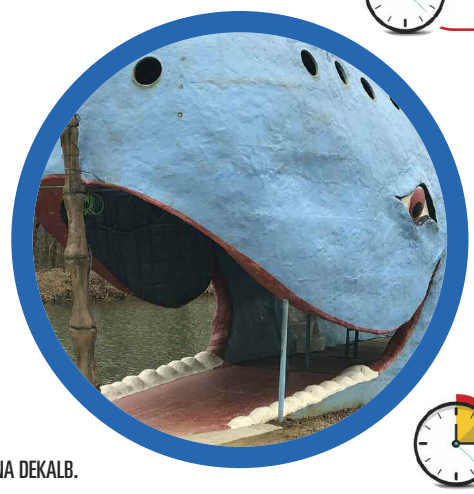
Artist Ed Galloway retired from his position as arts teacher at the Sand Springs Children's Home to Foyil, Oklahoma, in the 1940s. Here, he built a series of totem poles, including "The World's Largest Concrete Totem Pole," which stands 90 feet tall. Adjacent to Totem Pole Park is Galloway's Fiddle House. Although many of the original items on display were stolen during the 1970s, visitors can still find a collection of hand-carved fiddles and other wooden creations.

Claremore

Known as "America's Cowboy Philosopher," Will Rogers remains one of the significant figures in Oklahoma history. The Will Rogers Memorial Museum in Claremore, Oklahoma, houses the largest collection of Will Rogers memorabilia as well as the burial site of the famous comedian and his family—all on a beautiful hillside setting overlooking the town. Learn more at willrogers.com.

It's high time for pie time! Don't leave Claremore without a visit to Hammett House, a family-owned restaurant established in 1969 famous for its homemade pies!

Claremore to Catoosa, 16 min.



Catoosa

Pay a visit to the friendly Blue Whale of Catoosa, originally constructed as an anniversary gift for a whale-figurine-collecting wife!

Catoosa to Tulsa, 23 min.

Timing Your Trip Down Route 66*:
**Estimations from Google Maps*

PHOTO CREDIT: BLUE WHALE: DANA DEKALB.

ute 66 road trip



Tulsa

Want to experience Route 66 without leaving the city? Why not! From newer shops and attractions, like the 21-feet-tall Buck Atom Space Cowboy (coming May 2019 to Buck Atom's Cosmic Curios), to old favorites like Ollie's Station Restaurant—most notable for its collection of miniature trains—Tulsa just may be the very best place to get your Route 66 kicks! Don't forget to try a round of Mini-Golf at Mother Road Market, where each hole ends in a miniature Route 66 landmark!

Tulsa to Stroud, 1 hour

Stroud

Stroud's famous Rock Café has been featured in media such as "Diners with Guy" and "Gourmet Magazine"—but most importantly to the family crowd, owner Dawn Welch was the inspiration behind "Cars" character Sally Careera! Restaurant décor now includes a collection of Pixar and Disney memorabilia, gifted from grateful crew members. Find the menu at rockcafert66.com.



PHOTO CREDIT: ROCK CAFE RT 66: VERNON HATLEY

Stroud to Wellston, 32 min.



Wellston

Although you can no longer overnight at Pioneer Camp in Wellston, you can grab some of the best barbecue in Oklahoma at The Butcher BBQ Stand, located on the old Pioneer Camp site. The Butcher is only open Friday through Sunday, opening at 11 a.m. and closing whenever they sell out. So be prepared to arrive early and stand in line—but also to devour generous portions of ribs that literally fall off the bones, or whatever meat strikes your fancy. For dessert? Twinkies! As The Butcher's menu says, "We are BBQ'rs not bakers"—but I've heard from someone who's been there that that Twinkie at the end of a Butcher barbecue feast really hits the spot!

PHOTO CREDIT: THE BUTCHER BBQ STAND: DEBBIE TALLEY

Wellston to Arcadia, 20 min.

Arcadia

What could be more enticing to young sugarholics than shelves upon rainbow-colored shelves of novelty sodas? Whether you want to sugar your children up immediately or buy a couple bottles to save for later, Pops 66 in Arcadia is a delightful stop.

If you have time, don't miss Arcadia's Round Barn, an architectural anomaly dating back to 1898. Check out arcadiaroundbarn.com for upcoming live music performances or other events.



Arcadia to OKC, 30 min.



Oklahoma City

You could, of course, continue your Route 66 road trip all the way out to California, but our theoretical journey ends in Oklahoma City. OKC extends well beyond Route 66, but two sites of interest closest to the Mother Road are the Oklahoma State Capitol and the Oklahoma History Center. If you've been using this experience as a starting point for teaching your kids about our state's past—not to mention our present and future—then these buildings mark the perfect destination. Learn more about the Oklahoma History Center at okhistory.org, and find a schedule of Capitol tours at okhouse.gov/information/capitoltours.aspx.

PHOTO CREDIT: OK CAPITOL FRONT: LEGISLATIVE SERVICE BUREAU PHOTO DIVISIO

BY CHRIS HERNANDEZ

acting up

SPOTLIGHT CHILDREN'S THEATRE WRAPS ITS SEASON WITH "POLLYANNA"

Go backstage at the Spotlight Theatre sometime. You'll find an archive scrawled on the walls – hundreds and hundreds of names: "Julia Whitley," "Gid," "Malori Courtier," "Gabby," "Mary Casey," "Matt Hanson," a flock of Osborns ("Erin," "Kris," and "Mark")… And now, "Maggie 2019."

Maggie Hope-Hernandez, my daughter (#ProudDad), has joined the long, long roster of kids – and grownups – who have had roles in Spotlight Children's Theatre productions since 1996. She'll appear onstage as Pastor Malden and as Mrs. Jack Payson in the company's 2018-19 season closer, Susan Pargman's version of **Pollyanna** – the classic story of the relentlessly cheerful orphan who overcomes hardships and pulls an entire town out of cranky doldrums by means of her always-a-silver-lining "Glad Game."

Now in its third decade, SCT – a 2018 "TulsaKids Family Favorites" winner – is a program of Spotlight Theatre, housed in the landmark once known as Riverside Studio designed by Bruce Goff in 1928 and added to the National Registry of Historic Places in 2001. Spotlight Theatre has presented its hilarious, family-friendly **The Drunkard** and **The Olio** nearly every Saturday night since 1953 – making it the longest-running play in America.



L TO R: ISABELLA DOERING AS AUNT POLLY AND MAGGIE HOPE-HERNANDEZ AS MRS. PAYSON IN THE SCT PRODUCTION OF POLLYANNA OPENING MAY 3.

Signing the backstage walls is an old Spotlight tradition, explains SCT Managing Director Shirley Gilmore. "It's always a thrill to write your name on those walls."

For Maggie and the 16 other kids cast in Pollyanna, ranging in age from 7 to teenage, the big thrill is yet to come: opening night on May 3.

For my 9-year-old and several of her castmates, it's a first-time chance to be in a real play – a full-blown production on an actual stage with a real theater curtain, lights, sets, makeup and costumes, even wigs. (It was a double-take moment when I first saw Maggie costumed as Pastor Malden in rehearsal. I didn't recognize her at first glance.)

By opening night, the cast will be well prepared. Rehearsals – two hours each, three nights a week – started March 11. In the two "Tech Weeks" before opening night, rehearsals will last nearly three hours.

Grace Bennett, the 11-year-old veteran actor appearing as Pollyanna in almost every scene of the two-act play, has been rehearsing – and learning her hundreds of lines – since January.

It's a big commitment for the kids and their parents. Is it worth it? You bet.

"It's just so much fun," says Erin Herring. She should know. She started acting on the Spotlight stage at age 9 as Erin Osborn, her maiden name – running the theater's eponymous spotlight at 10 and appearing onstage in more productions than she can remember. Now a card-carrying adult, she's directing Pollyanna, her first SCT directorial assignment, in this first-time SCT production of the play. "You make so many friends each time, and it's fun to see those friends in the next show," she says.

It's also a super confidence builder. SCT asks a lot of its actors. Watching performances develop – from stumbling cold-reads to thespian mastery as opening night draws nearer – is simply amazing. I didn't know my kid could do that… Chances are, your child didn't know it either.

Not least of all, the experience builds camaraderie and a sense of community. Putting on a play is a team sport par excellence, where every actor – everyone involved – plays an indispensable part in the success of the whole production.

There's no participation fee. SCT productions are funded by ticket sales and by the sale of production mementos: commemorative t-shirts, mugs, and the like. And anyone can audition for any SCT play: adults as well as kids. In fact, the typical SCT production features grownup actors alongside the kids in the cast.

"I feel sometimes like 'Spotlight Children's Theatre' is a misnomer," says Kris Osborn, Spotlight veteran, Pollyanna producer, and Erin Herring's mother. "It's really family theatre. This show is an all-youth cast. But in

continued next page

the past we've done mostly family theatre. It was so great to be on the stage with Erin and experience it with her — and see both her and my husband on stage."

"It's not sports and it's not academics,, but it's something that helped to shape Erin as a well- rounded person. It's been such a blessing. I want everyone that comes through these doors to have as great an experience as we've had," Osborn said.

#ProudDad, I'll give the last word to Maggie:

"When I go onto the stage, when I see all the sets and the props and costumes, and all those names on the walls backstage, what I see is love. If it weren't for the love of all those people over so many years, this theatre wouldn't be here. It was made by love."

#ProudDad's recommendation: Come see Pollyanna. Bring the kids. And see if you – and they – would like to be part of SCT's next season.

SPOTLIGHT Children's Theatre

Spotlight Theatre
1381 Riverside Drive

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MOTHERS' INVISIBLE WORKLOAD AFFECTS MENTAL HEALTH

MOMS NOT ONLY TAKE ON MOST OF THE PHYSICAL ASPECTS OF HOUSEHOLD MAINTENANCE AND CHILD REARING, BUT ALSO MAINTAIN THE STRESSFUL MENTAL CHECKLIST.

BY BRANDON SCHMITZ

For moms, the most stressful labor is often the kind that isn't immediately noticeable to many of us. It's about taking care of not only a few loads of laundry, but also all of the side projects that come along with that. Is there enough detergent for each of these loads? Are there any clothes upstairs that didn't make it into the wash? Where should each stack of clothes go once they're dried?

It's that invisible, mental checklist that makes up the bulk of many mothers' responsibilities. In retrospect, having grown up with three brothers, I can only imagine how much information my mother had to keep track of. Sorry, mom.

Lucia Ciciolla, an assistant professor of psychology at Oklahoma State University, recently conducted a study on this subject alongside Suniya Luthar, a foundation professor of psychology at Arizona State University.

"Much of the research on gender differences in household labor has focused on the division of more tangible, physical chores like cooking and cleaning," Ciciolla said. "Little attention has been given to the mental management of that labor, in part because it is difficult to capture and quantify, and because it is an aspect of household labor that is generally taken for granted."

As such, both Ciciolla and Luthar were interested in learning how much of this behind-the-scenes management was divided between mothers and fathers, as well as whether this generally unseen labor had any effect on women's wellbeing.

"We found women overwhelmingly felt they were the primary household caretaker," Ciciolla said. "Although we expected women to take on most household management, we were surprised to see just how many reported that – 70 to 88 percent of the women in our sample – said they were solely responsible for making sure routine household tasks got done."

Additionally, 50 to 78 percent of the women from the study said they were the ones primarily responsible for the well-being of their children such as getting to know their teachers, making sure they get certain vaccinations, and meeting their emotional needs.

"These women in particular expressed feelings of emptiness about their life and less satisfaction with their partner or spouse," the professor said. "Their overall well-being suffered as a result of this workload."

One Tulsa mother, who wished to answer anonymously, expressed concern over these responsibilities extending beyond her children.

"I have a fairly attentive husband, but I'll usually go to the grocery store and pick things up that my husband forgets," she said. "I'll often take care of these huge projects and, to my husband, it won't even occur to him that it had been taken care of or the amount of work it took to get that done."

> "50 to 78 percent of the women from the study said they were the ones primarily responsible for the well-being of their children such as getting to know their teachers, making sure they get certain vaccinations, and meeting their emotional needs."

Another parent, Lindsay Graham, said much of her invisible checklist seems to go unnoticed by others.

"As a culture, it's almost like we've developed two separate mom categories: there's the stay-at-home mom and the working mom," Graham said. "There's judgment on both sides, but it doesn't matter because we're all in the same boat."

Graham also discussed being primarily in charge of her children's wellbeing.

"My husband is a wonderful father, but any time he's asked 'do you let them do this' or 'have they taken this test,' he usually refers to me," she said. "None of it is written down – it's all up in my head, and it falls on me to remember it."

Therapist Ryanne Mitchell attributed this problem's persistence to a compounding effect that occurs within our society.

"There are societal pressures and this neediness that mothers feel," she said. "In Oklahoma, at least, there's this stoicism – we often don't accept help. We're all about 'pulling ourselves up by our bootstraps!'"

Additionally, Mitchell said that many mothers have a tough time expressing needs instead of criticisms.

"Don't fall into resentful thought patterns," she suggested. "Focus on what needs to get done for you and your wellbeing."

What's typically needed, Mitchell has found, is a certain degree of acknowledgment from other family members.

"There's that art of noticing, so increased appreciation and gratitude goes a long way," she said. "However, I get annoyed with the stereotype of the bumbling, idiot dad. It's not that they're incapable of appreciating or contributing to the work that moms do."

This isn't a one-sided issue, though, as Mitchell encouraged both parents to take note of their partner's body language throughout the day.

"When we stress, we slow down and become lethargic, so when we see our partner doing that, it's important to step in and lend a hand," she said. "That's on both sides because dads sometimes feel disempowered, too. Both partners need to coordinate with and empower each other."

Similarly, Ciciolla emphasized the tremendous difference a spouse can make by easing their partner's burden – even if the workload still isn't evenly distributed.

"Most of these moms are working outside the home," Ciciolla said. "On top of that, these burdens were greatest when their working status didn't align with their hopes and dreams."

It's important to note, too, that Ciciolla's sample was of more highly-educated, upper-middle-class families.

"We can't necessarily generalize, but these women do have more options and resources," she said. "So I imagine that families with less financial stability feel at least the same level of negative effects, if not more."

Throughout this study, the professor also gained some insight on how this invisible workload links to child development.

"Children's wellbeing is closely tied, even interwoven, with the wellbeing of their mothers," Ciciolla said. "Being able to recognize and address inequalities in invisible labor can allow women and families to create households that are more functional and less burdensome on specific individuals. This will benefit more than just women's qualify of life, but also the quality of their marriages and the wellbeing of their children."

Ciciolla maintained that when women are at their best and feel supported, they can have the emotional energy to engage with their friends and family more authentically. Considering how much of a mother's time is spent caring for others, any effort that family members make to ease that burden gives mom more of that crucial time to take care of herself – both physically and emotionally.

TULSA ZOO

The WILDEST CAMPS in town!

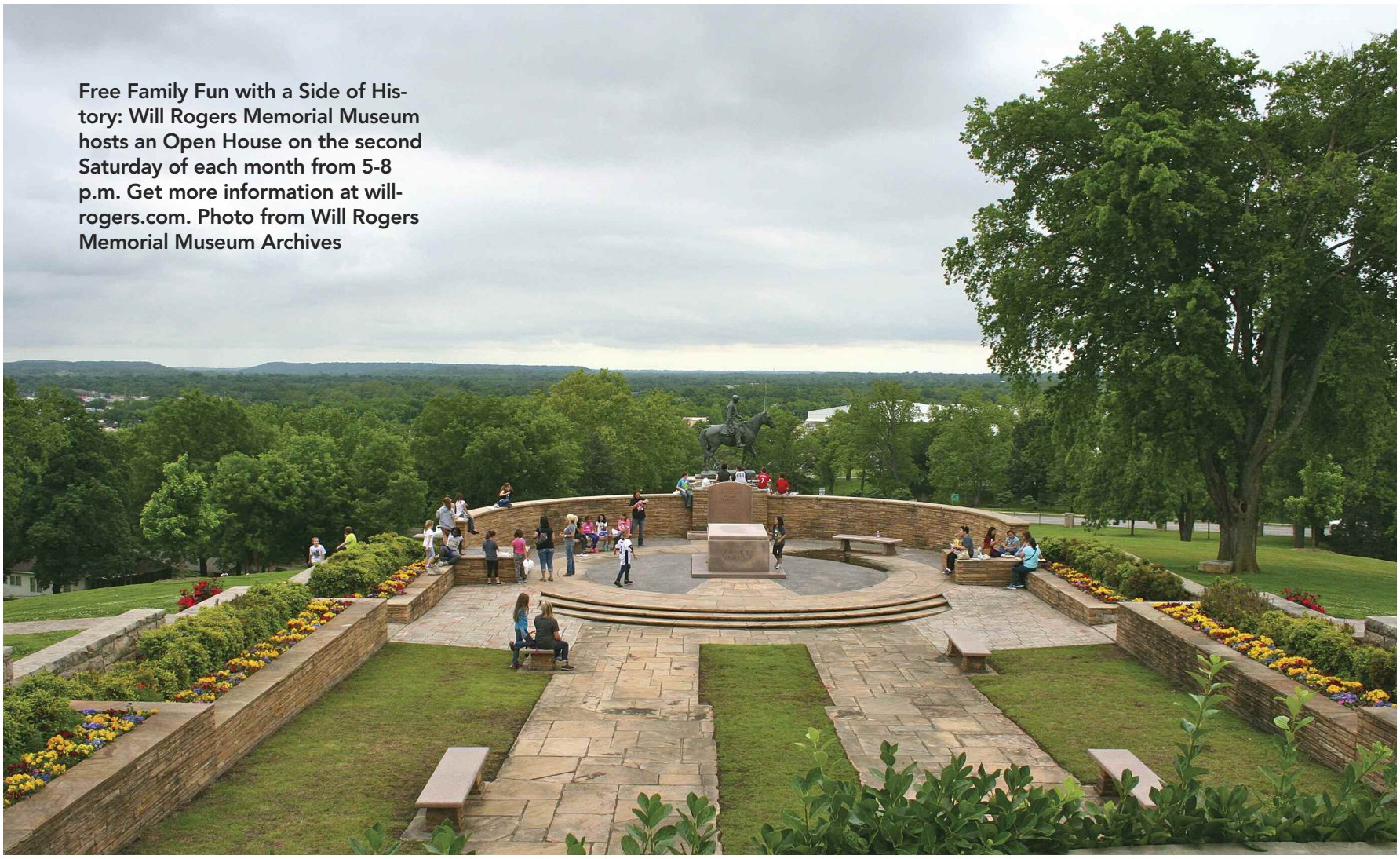
Are your explorers ready to meet animals, make discoveries and play?

WEEKLY SUMMER CAMPS

June - August

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tulsazoo.org/camps



Free Family Fun with a Side of History: Will Rogers Memorial Museum hosts an Open House on the second Saturday of each month from 5-8 p.m. Get more information at willrogers.com. Photo from Will Rogers Memorial Museum Archives

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

May 1 Wednesday

FITNESS ON THE GREEN: MORNING GRIND BOOTCAMP [FREE, W]
Enjoy a free, outdoor Bootcamp class taught by a licensed instructor every Wednesday at 6:00 a.m.! Guthrie Green, 111 E. M.B. Brady St., 6 a.m. guthriegreen.com

BUCKET GARDENING [FREE]
No yard, no experience, no problem! Start a tiny garden in a repurposed container with the Seed Library. Container, potting soil, seeds and plants are provided, while supplies last. For all ages. Central Library, 400 Civic Center, 5:30-6:30 p.m. tulsalibrary.org

FITNESS ON THE GREEN: YOGA [FREE, W]
Enjoy a free, outdoor Yoga class taught by a licensed instructor every Monday and Wednesday at 5:30 p.m.! Guthrie Green, 111 E. M.B. Brady St. 5:30 p.m. guthriegreen.com

May 2 Thursday

BIKES, BALLS & YOU [W]
This open gym time for preschoolers is a great way to socialize with other kids. Bring a riding toy. Cost is 50 cents/child per visit. Whiteside Community Center, 4009 S. Pittsburg Ave., 9:30-11 a.m. Also meets Tuesdays at the same time. cityoftulsa.org

LEARN AND PLAY
Presented in collaboration with Tulsa Community College Early Childhood Education Department, this program is designed for children ages 0-5 and their caregivers to enjoy a developmentally-appropriate gallery experience followed by hands-on activities designed to stimulate early learners in a lively, social atmosphere. Free with museum admission, but advance reservation is required due to limited space. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 10:30 a.m. Also occurs Friday, May 3, at the same time. gilcrease.org

DRINK AND DRAW [W]
Join Tulsa Botanic Garden for a series of Thursday evenings focusing on the growing habits of a particular plant and enjoying a cocktail (or mocktail). The garden's horticulturalists will share their knowledge, while participants carefully observe the plant and all of its parts, then record their visual observations from different perspectives. No technical drawing instruction will be offered. The focus of this experience is to spend time honing your sense of sight by concentrating on the shapes, lines, patterns and sizes formed by the plant life, and attempting to translate those elements into two dimensions on paper. Participants will also use their sense of taste, as imbibing something tasty will add to the enjoyment of the evening. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 7-9 p.m. tulsabotanic.org

May 3 Friday

BABY PROM/BAILE DE BEBÉS [FREE]
Come and enjoy Martin Regional Library's first-ever Baby Prom! Dress in your fanciest clothes or come in whatever is comfortable. There will be light snacks, music, lots of bubbles and crafts. This program is for

ages 0-5, but all members of the family are welcome. / ¡Veny disfruta de nuestro primer Baile de Bebés con nosotros!
Ven vestido en su ropa elegante o su ropa cómoda. Habrá bocadillos ligeros, música, muchas burbujas y manualidades. Este programa es para las edades de 0 a
5 años, pero toda la familia está invitada. Martin Regional Library, 2601 S. Garnett Rd., 11 a.m.-12 p.m. tulsalibrary.org

PENGUIN KEEPER CHAT [W]
Connect with the Tulsa zoo's penguin experts and learn about the care and conservation of this endangered species. Zookeepers will answer questions and share their knowledge while working with the Zoo's penguin colony. Free with regular paid zoo admission. Tulsa Zoo, 6421 E. 36th St. N., 1 p.m. Fridays, Saturdays and Sundays in May.

FIRST FRIDAY ART CRAWL [FREE]
This year-round monthly event features all of the galleries, studios and museums as well as the part-time galleries in various shops opening their doors to show art. The Tulsa Arts District, 6-9 p.m. thetulsaartsdistrict.org

May 4 Saturday

BIRD WALK AT OXLEY NATURE CENTER [FREE]
An Oxley staff member will lead a bird walk on the first Saturday of every month for all ages. Beginners are welcome. Bring binoculars if you have them, and meet at the Nature Center. Oxley Nature Center, 6700 Mohawk Blvd., 8 a.m. oxleynaturecenter.org

SEED LIBRARY PLANT SWAP [FREE]
Share your favorite multiplying plants, bulbs, cuttings, seedlings, tools, questions and stories. Edible and ornamental, indoor and outdoor plants are welcome. Please label plants. For all ages. Kendall-Whittier Library, 21 S. Lewis Ave., 11 a.m.-3 p.m. tulsalibrary.org

MOM & ME HIKE
Moms (or mother figures) and kids are invited to enjoy light refreshments, crafts and a relaxing hike! Preferred age is 5+. Registration fee is $5; call Central Park Community Center (918.259.8437) or Nienhuis Community Center (918.259.6550) to register. Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, 11 a.m. and 12:30 p.m. brokenarrowok.gov

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

May 5 Sunday

DOG DAY AT TULSA BOTANIC GARDEN
Four-legged pups are invited to join their owners for a walk in the Garden! Free for Garden members and member dogs; Regular admission applies; $4 per dog for non-members.Dogs must be current on all vaccinations and registrations and controlled by a leash (no retractable leashes). One dog per person, please. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10 a.m.-5 p.m. tulsabotanic.org

STUDIO SUNDAYS [W]
Every Sunday in The STUDIO, you'll discover special activities and new creative challenges, techniques, and materials for kids of all ages to explore. You'll also have the chance to meet artists participating in the Open Studios program in the nearby printmaking, metal, photography, and digital media labs. ahha Tulsa, 101 E. Archer, 12-7 p.m. ahhatulsa.org

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



Giraffe Feedings
Get eye to eye with the Tulsa Zoo's tallest residents. Feed giraffes their favorite snacks at the Mary K. Chapman Giraffe Experience deck. Guests are encouraged to come early, as this is a first-come, first-served experience. The cost is $5 for Tulsa Zoo members and $6 for non-members. All sessions are weather cooperative and giraffe dependent. Visit tulsazoo.org/here for up-to-date information about activities and hours. Tulsa Zoo, 6421 E 36th St. North, 11 a.m. – noon on Fridays, Saturdays, Sundays and Mondays in May.

May 6 Monday

CHILD & CAREGIVER MOVEMENT CLASS [FREE]
Bring your mat for a Child and Caregiver Movement Class! Child and Caregiver Movement classes are a fusion of yoga and conscious play, sprinkled with storytelling, song and dance! Learn yoga poses, breathing exercises and relaxation techniques, perfect for children ages 3-8, or anyone with an imagination! Gathering Place (Upper QuikTrip Great Lawn), 2600 S. Riverside Dr., 9 a.m. gatheringplace.org

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

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

FITNESS ON THE GREEN: ZUMBA [FREE, W]
Enjoy a free, outdoor Zumba class taught by a licensed instructor every Monday! Guthrie Green, 111 E. M.B. Brady St., 6:30-7:30 p.m. guthriegreen.com

OPIOIDS: PREVENTION AND AWARENESS [FREE]
Learn important information about the nationwide opioid epidemic and what steps people can take to help prevent and overcome this life-endangering problem. For adults and teens. Broken Arrow Library, 300 W. Broadway Ave., 6:30-7:15 p.m. tulsalibrary.org

May 7 Tuesday

BE SMART—DON'T START ANTI-TOBACCO DAY [FREE]
Blue Cross and Blue Shield of Oklahoma (BCBSOK) invites you to Be Smart-Don't Start Anti-Tobacco Day on Tuesday, May 7, 2019 at Science Museum Oklahoma in Oklahoma City. The event for third through fifth grade Oklahoma students features hands-on educational activities emphasizing the dangers of tobacco use. Be Smart-Don't Start partners and BCBSOK's Mobile Assistance Center will also join in on the fun with interactive activities, trivia and prizes for children to enjoy. BCBSOK's mascot, Blaze the Braggin' Blue Dragon ®, will be there to meet kids and share his message of how great it can be to be tobacco free! The annual Be Smart- Don't Start program is an initiative to help teach school-aged children the dangers of tobacco use, and how to make smart choices to live a healthy life. Museum guests will receive free admission, courtesy of BCBSOK. Science Museum Oklahoma, 2020 Remington Place, Oklahoma City, 9 a.m.-2 p.m. bcbsok.com

DIG WITH A DIETICIAN [FREE]
Dig With a Dietician is a free one-hour nutrition & gardening class and activity with Reasor's Registered Dietitian ideal for ages 7 and under. During this class, participants will learn about different foods that are grown in a garden with an interactive story time, explore their 5 senses throughout the garden, and lend a helping hand tending to the garden. Broken Arrow Community Garden—BA Neighbors, 322 W. Broadway Ave., 11 a.m.-12 p.m. reasors.com/event

May 8 Wednesday

TODDLER TIME AT CHANDLER PARK
This special time for toddlers will involve health-themed activities like yoga and making yummy food! Cost is $3 per child. Chandler Park, 6500 W. 21st St., 10 a.m. parks.tulsacounty.org

RÉSUMÉ WRITING 101 [FREE]
Learn how to construct a basic résumé. Get valuable tips as we break down the sections of a résumé, and learn about the library's online JobNow service and résumé help sections. For adults and teens. Martin Regional Library, 2601 S. Garnett Rd., 2-3 p.m. tulsalibrary.org

May 9 Thursday

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

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

STORYTIME UNDER THE STARS [FREE]
Picture books with garden themes will be read followed by an activity in the Linnaeus Garden. Linnaeus Teaching Garden, 2435 S. Peoria Ave., 6:30-7:30 p.m. linnaeusteachinggarden.org

May 10 Friday

STORYTIME FOR GROWN-UPS: THE WOMEN WHO RAISED US [FREE]
Bring a brown-bag lunch, craft or art project, and cozy in while listening to local orators delight you with some of their favorite reads. Light bites are provided. For adults. Central Library, 400 Civic Center, 12:15-1 p.m. tulsalibrary.org

"MEAN GIRLS" PRESENTED BY GRAVEYARD SHIFT
Cady Heron is a hit with The Plastics, the A-list girl clique at her new school, until she makes the mistake of falling for Aaron Samuels, the ex-boyfriend of alpha Plastic Regina George. 15th anniversary screening! Also occurs Saturday, May 11 at the same time. Circle Cinema, 10 S. Lewis Ave., 10 p.m. circlecinema.com



Buster Keaton stars in this month's 2nd Saturday Silents film at Circle Cinema! "Our Hospitality" (1923) tells the story of a man who returns home, falls in love—and immediately finds himself in trouble with family. circlecinema.com

May 11 Saturday

YOUTH FISHING DERBY [FREE]
Calling all kids ages 2 through 15! Come out to Lake and fish for the BIG one! Bring your own pole and bait! As this is a family-friendly event, the whole family can fish but bring your own pole and bait, too! A fun time to share the joy of fishing with your child! Lake Bixhoma, Bixby, 8 a.m.-12 p.m. Learn more at bixbyoptimist.com/youth-fishing-derby/

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

SPRING PLANT SALE
Talk to Garden staff and shop for plants for your spring and summer garden. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10 a.m.-12 p.m. tulsabotanic.org

MAKE A MOTHER'S DAY POSIE
Ellen Weatherholt, Children's Discovery Garden curator, will lead this workshop where participants can learn about different herb and flower combinations and make a small bouquet, or posie, to take home or give to someone special. Price is per posie and parent or grandparent/child "teams" are encouraged to participate together. $15 per posy for Garden members; $20 for non-members. All materials included. Registration required; register online at tulsabotanic.org. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10:30-11:30 a.m. tulsabotanic.org

"OUR HOSPITALITY" (1923) PRESENTED BY 2ND SATURDAY SILENTS
Buster Keaton stars as a man who returns to his Appalachian homestead, falls in love with a young woman and consequently faces a whole lotta family troubles. Bill Rowland provides accompani-

ment on Circle Cinema's original 1928 pipe organ. Circle Cinema, 10 S. Lewis Ave., 11 a.m. circlecinema.com

GRAND EXPERIENCE: ANIMAL APPETITES
Discover what it takes to feed a zoo! Grandparents and grandchildren will learn the delicious secrets that go into making animal meals, from carnivore to herbivore, and omnivore in-between. Grandchildren K-6 welcome. Grandparents can be any age. Registration is for one grandchild and one grandparent for one class session, $25 per class. More information and registration at: tulsazoo.org/classes or (918) 669-6204. Tulsa Zoo, 6421 E 36th St. North, 1-4 p.m.

May 12 Sunday

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

May 13 Monday

"WRESTLE" PRESENTED BY INDIE LENS POP-UP [FREE]
An intimate, inspiring coming of age portrait of the wrestling team at Huntsville's J.O. Johnson High School, which has been on Alabama's failing schools list for many years. As they fight their way towards the State Championship, wrestlers Jailen, Jamario, Teague, and Jaquan each face injustices and challenges on and off the mat, together grappling with obstacles that jeopardize their success while their coach wades into the complexities of class and race in the South. Circle Cinema, 10 S. Lewis Ave., 6 p.m. circlecinema.com

May 14 Tuesday

BIKES, BALLS & YOU [W]
This open gym time for preschoolers is a great way to socialize with other kids. Bring a riding toy. 50 centers per child per visit. Tuesdays and Thursdays from 9:30-11 a.m. at Whiteside Community Center, 4009 S. Pittsburg Ave. cityoftulsa.org

May 15 Wednesday

FOOD TRUCK WEDNESDAYS [W]
Dine on local food at Guthrie Green every Wednesday. There will be live music, amazing food trucks, and fresh air each week–what could be better? Guthrie Green, 111 E. M.B. Brady St., 11 a.m.-2 p.m. guthriegreen.com

CHESS CLUB [FREE]
Improve your chess skills! For ages 10-18. Martin Regional Library, 2601 S. Garnett Rd., 3-4:30 p.m. tulsalibrary.org

May 16 Thursday

SAFE KIDS CAR SEAT CHECK [FREE]
Make sure your child's car seat is installed correctly at this free event sponsored by Safe Kids Tulsa. Tulsa Fire Department Station 22, 7303 E. 15th St., 10 a.m.-12 p.m. safekidstulsa.com

LOVE A TREE DAY
Release your inner tree hugger and celebrate Love a Tree Day by writing a love note to your favorite tree and maybe even wrap your arms around a tree trunk or two. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 5-8 p.m. tulsabotanic.org

MOVIE IN THE PARK: "A STAR IS BORN" [FREE]
Seasoned musician Jackson Maine (Bradley Cooper) discovers-and falls in love with-struggling artist Ally (Gaga). She has just about given up on her dream to make it big as a singer - until Jack coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jack fights an ongoing battle with his own internal demons. (2 hours, R) Guthrie Green, 111 E. M.B. Brady St., Programming starts at 6:30 p.m.; Movie starts at 7:30 p.m. guthriegreen.com

May 17 Friday

TULSA DRILLERS VS. ARKANSAS
Watch the Tulsa Drillers play baseball against Arkansas at ONEOK Field, 201 N. Elgin Ave., 7:05 p.m. tulsadrillers.com

May 18 Saturday

CAMP BANDAGE
Camp Bandage was started in 1983 by Dr. A. L. Gerner and his wife Shirley as a one day event designed to educate the community on how common accidents and injuries could be prevented. Businesses and organizations across the community are on hand during Camp Bandage to teach everything from injury prevention, first aid and CPR as well as bike, water, fire and home safety. The Broken Arrow Police and Fire departments are on hand to simulate responding to a car accident in order to educate the community on how emergency responders work together. Chisolm Trail South Park, 4000 E. New Orleans St., Broken Arrow, 10 a.m.-2 p.m. campbandage.org/brokenarrow

CHANDLER PARK "KIDS TO PARKS" DAY [FREE]
This event will include a bounce house, disc golf, kickball, hiking, tug o' war, arts and crafts, games and a free lunch. Fun for the whole family! In the event of rain, event will move inside the community center. All ages. Chandler Park, 6500 W. 21st St., 11 a.m.-3 p.m. parks.tulsacounty.org

FAMILY DAY AT THE WILL ROGERS BIRTHPLACE RANCH
Enjoy fun activities for the whole family at the historic Will Rogers Birthplace Ranch, including nature hikes focusing on bird watching and identification. 9501 E. 380 Rd., Oologah, 1-3 p.m. willrogers.com

May 19 Sunday

TULSA DRILLERS VS. ARKANSAS
Watch the Tulsa Drillers play Arkansas at beautiful ONEOK Field, 201 N. Elgin Ave., 1:05 p.m. tulsadrillers.com

May 20 Monday

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

HOMESCHOOL DAY AT THE OKLAHOMA AQUARIUM
The Oklahoma Aquarium features quarterly homeschool days. These are days when homeschool students and teachers can enter at a discounted rate. There will also be information and activities in the Great Hall from 10:00 a.m. to Noon. Oklahoma Aquarium, 300 Aquarium Dr., Jenks okaquarium.org

May 21 Tuesday

BUILD A READER GRADUATION—SECOND ANNUAL CELEBRATION! [FREE]
What wonderful things your child will be! Celebrate children ready to "graduate" from Build A Reader storytimes at the library to the next step of preschool or kindergarten. This special storytime celebration will feature songs, stories and fun activities, as well as gifts for every child! A reception will follow. Sponsored by the Tulsa Library Trust and the Flint Family Foundation. Hardesty Library, 8316 E. 93rd St., 10-11 a.m. tulsalibrary.org

FITNESS ON THE GREEN: BOOTCAMP [FREE, W]
Enjoy a free, outdoor Bootcamp class taught by a licensed instructor every Tuesday and Thursday at 5:30pm! Guthrie Green, 111 E. M.B. Brady St., 5:30 p.m. guthriegreen.com

May 22 Wednesday

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

TULSAKIDS LIVE! PARENTS MEET-UP WITH DR. MEG MYERS MORGAN [FREE]
Join TulsaKids for an evening with Dr. Meg Myers Morgan, author of "Everything is Negotiable: The 5 Tactics to Get What You Want in Life, Love & Work." Free childcare will be provided! Southminster Presbyterian Church, 3500 S. Peoria Ave., 6-7:30 p.m. facebook.com/tulsakidsmagazine

May 23 Thursday

SAFE KIDS CAR SEAT CHECK [FREE]
Make sure your child's car seat is installed correctly! Bixby Fire Department Station 2, 8300 E. 121st St. S., Bixby, 2-4 p.m. safekidstulsa.com

May 24 Friday

TULSA DRILLERS VS. NW ARKANSAS
Cheer for the Drillers as they play ball against NW Arkansas! ONEOK Field, 201 N. Elgin Ave., 7:05 p.m. tulsadrillers.com

May 25 Saturday

BOTANY WALK AT OXLEY NATURE CENTER [FREE]
Oxley Nature Center hosts a monthly botany walk focusing on local flora on the fourth Saturday of each month. Oxley Nature Center, 6700 Mohawk Blvd., 10:30 a.m. oxleynaturecenter.org

MONTHLY MOVIE @ MAXWELL PARK: "INCREDIBLES 2" [FREE]
Your favorite superhero family The Incredibles take on a new mission, mom and dad switch roles, and the youngest member Jack-Jack discovers all of his superpowers too. Enjoya fun family film and all the popcorn you can eat! For all ages. Maxwell Park Library, 1313 N. Canton Ave., 2-4 p.m. tulsalibrary.org

OVERNIGHT AT THE CHUCKWAGON
Have an overnight stay in the Will Rogers Memorial Museum. Chuck wagon dinner and breakfast, activities throughout the evening for the kids and a fun time with the family learning about Will and life in the 1800s. Space is limited. Registration fee, $45 each for non-members, children and adult accompanying, $35 each for members. See willrogers.com for registration form and detailed information. Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, 6 p.m. Ends 9 a.m. on Sunday, May 26. willrogers.com

May 26 Sunday

MEMORIAL CELEBRATION AT CHICKASAW CULTURAL CENTER [FREE]
See a free showing of the film "Memphis Belle" at 3 p.m. and enjoy 10% off in the gift shops. Enjoy patriotic make-and-take drums and ribbon wands, and take advantage of a $1 hotdog special in the Aaimpa' Café. Chickasaw Cultural Center, 867 Cooper Memorial Dr., Sulphur, 12-5 p.m. chickasawculturalcenter.com

May 27 Monday

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

May 28 Tuesday

ZOO INSIDER: ANIMAL BEHAVIORIST WORKSHOP
Teens ages 13-18 will get psyched about the field of animal behavior this summer. Learn how the Tulsa Zoo trains animals and enriches their lives; use the knowledge you gain to protect animals living in the wild. Cost is $175 for the four-day workshop (May 28-31). Members receive 10% off. More information and registration at tulsazoo.org/classes. Tulsa Zoo, 6421 E 36th St. North, 9:30 a.m. to 3 p.m.

TOMMY TERRIFIC'S WORLD OF SPACE MAGIC [FREE]
Tommy Terrific will take participants on an exploration of space through magic. Learn facts about the universe while exploring stars, planets and rockets. Central Library, 400 Civic Center, 10-11 a.m. tulsalibrary.org

SUMMER READING BLASTOFF! [FREE]
3, 2, 1, BLAST OFF! Celebrate as the 2019 Summer Reading Program blasts off! Register the whole family for the reading program and enjoy games, crafts, a selfie station and more. Schusterman-Benson Library, 3333 E. 32nd Pl., 2-4 p.m. tulsalibrary.org

May 29 Wednesday

TULSA REGIONAL STEM ALLIANCE KITE DEMONSTRATION: COME AND FLY WITH ME! [FREE]
Create your own kite, watch a kite demonstration by the Tulsa Regional STEM Alliance and then show off your own kite-flying skills! Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. For ages 5-12. Nathan Hale Library, 6038 E. 23rd St., 10:30 a.m.-12 p.m. tulsalibrary.org

TABLETOP GAMING NIGHT: SUMMER READING PROGRAM KICKOFF PARTY! [FREE]
Come and play cool tabletop and board games for the whole family. From Star Fluxx to Pandemic, Coup to King of Tokyo, the library has you covered! Snacks are provided. Brookside Library, 1207 E. 45th Pl., 4-8 p.m. tulsalibrary.org

May 30 Thursday

GARDEN PLAY THURSDAY [FREE]
Head to the A.R. and Marylouise Tandy Foundation Children's Garden for outside fun and games! For ages 5-10. Central Library, 400 Civic Center, 10-11 a.m. tulsalibrary.org

MIKE SCHNEIDER'S POLKA MUSIC [FREE]
Kids will get a kick out of Uncle Mike's jokes and catchy sing-along polka songs. No one goes home without doing the "Chicken Dance" and a special polka version of "Head, Shoulders, Knees and Toes." Participation opportunities abound in this show that's fun for all ages! For all ages. Nathan Hale Library, 6038 E. 23rd St., 3-4 p.m. tulsalibrary.org

May 31 Friday

FAMILY MOVIE FRIDAY: "WALL-E" (RATED G) [FREE]
Grab your picnic basket and blanket and come to watch a movie in the garden. If inclement weather or heat alert, the movie will be shown in the Mary K. Chapman Children's Storytime Room, and seating will be limited on a first-come-first-serve basis. For all ages. Central Library, 400 Civic Center, 10 a.m.-12 p.m. tulsalibrary.org

WILL ROGERS MOVIE NIGHTS [FREE]
Enjoy a free movie at the Will Rogers Memorial Museum on the last Friday of each month, April through October. Doors open at 6:30 p.m., movie starts at 7. Popcorn and a drink are also free. May's movie is "State Fair." Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., 7 p.m. willrogers.com

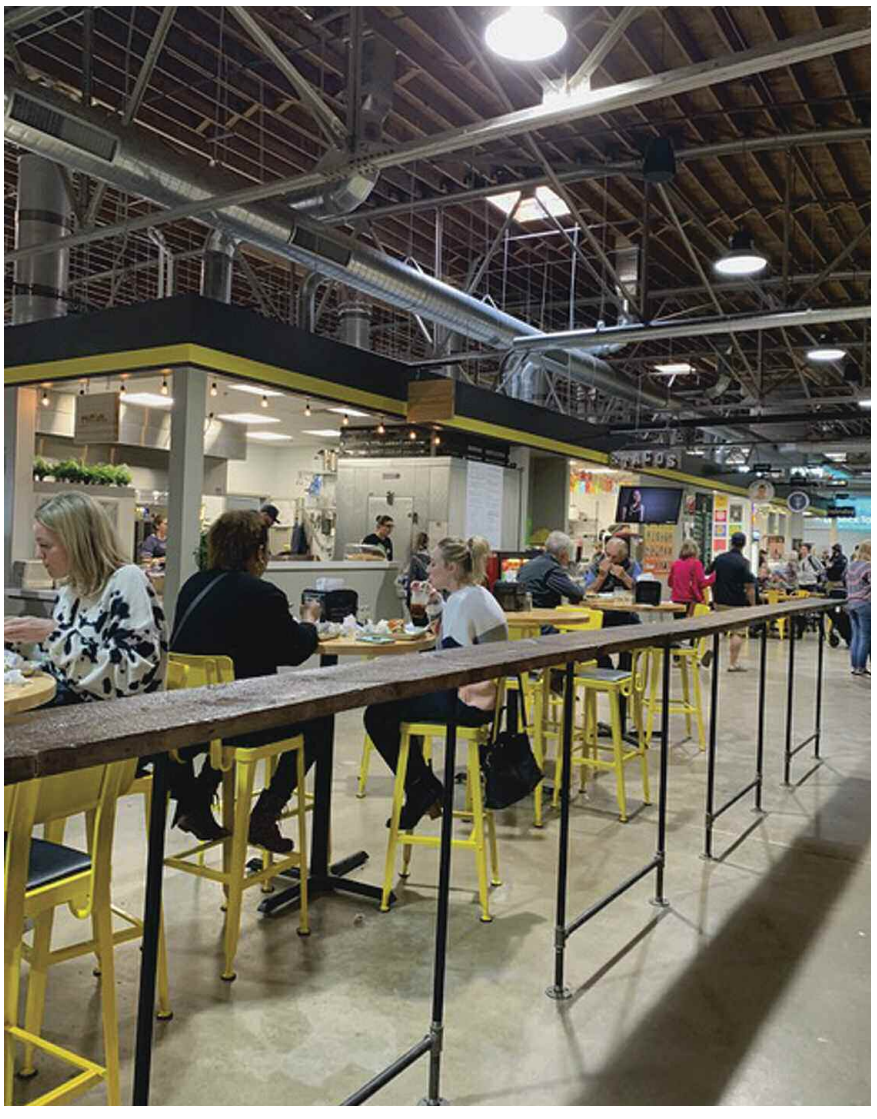


Hip Mom Hits the Mother Road [Tulsa Version]

BY JILL VANTREASE

Back in November, I visited the Mother Road Market right when it opened and was awestruck by the innovative concept. Not just a mere food market, it's a food emporium/test kitchen/party venue/experimentation lab. I loved that it's like an indoor square where you can bring the kids, get everyone something they like, and then sit with a glass of wine while the rugrats play mini golf or dork around in the darling play grocery store. And you can bring home local produce, meats and cheeses -- and OK Cookie Momster's cookies!

But it's not just a great place for moms and kids, or working professionals, to wander around, eat and shop. It's also a great place for budding food entrepreneurs. Kitchen 66 is a "kickstart kitchen," where people dabbling with a restaurant concept can test out their ideas and learn the nitty gritty of owning and operating a restaurant without the huge upfront financial burden. Here, you can test your idea for, say, artisan sourdough and vegan soups, trot it out for a bunch of eager test bunnies, and see what works before you launch a full-scale restaurant. Mother Road Market also features a demonstration kitchen for cooking classes, indoor and outdoor seating areas with lovely views of downtown, and rentable event spaces. Plus, there's a small 320-square-foot model shop -- The Vault -- where entrepreneurs can test their retail ideas. In short: it's a great place for moms, entrepreneurs and mompreneurs!

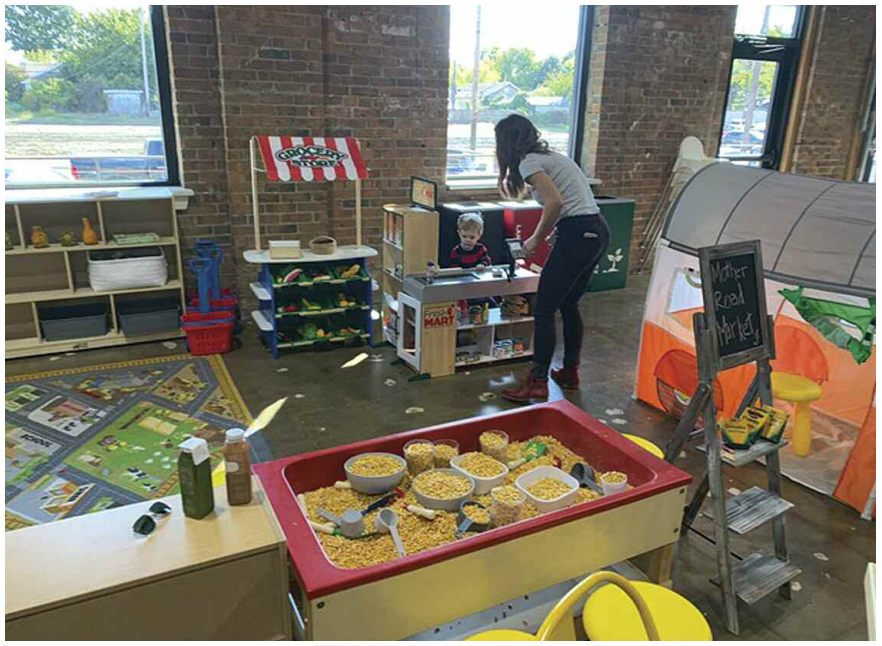


But I haven't been there for a few months, so with warmer weather approaching, I decide to visit to see if the Mother Road is still as hot and hip as when it opened. When I walk in on a random rainy Friday afternoon at 1:30 to meet my good friend Kappa Kappa Karen, it's positively thrumming with people. Ashley Van Horne, director of communications, notes that the Market has just topped $3 million in sales -- exceeding their projections! And, she notes, "All of our customers and tenants are happy!" Well, yay!

Kappa Kappa Karen and I start with a glass of wine in the WEL bar, where there's a plethora of local beers on tap, along with wines and signature cocktails. And then we meander around the hall -- it's a busy souk teeming with life. We stop by the Route 66 general store, full of local farmers' market finds - from goat's milk to garlic - and other Tulsa and Okie swag. We buy some ambrosial baked goods from the Bakeshop -- I get homemade powerballs and Kappa Kappa Karen gets chocolate croissants. The Bakeshop is famous for its sourdough, and is a graduate of the Kitchen 66 launch program, proof that Mother Road's launch concept is succeeding. There are no vacancies in the Mother Road now. In fact, there's a wait list for prospective merchants -- surely a good forecast.

Because we're trying to be good Catholics on a Lenten Friday, we have to pass up a few of the mouth-watering options like OK Joe's BBQ and Chicken and the Wolf, but Nice Guy's Shrimp Shack seduces us with fried shrimp and avocado. Everything is fried to order (and heavenly).

continued next page



But there's more to try. Radish features a menu of "mindfully sourced meats, wraps and sandwiches, as well as healthy gourmet salads and sides." Umami Fries uses fries that are fried twice with housemade batter, and topped with bulgogi beef, chicken or kimchi. My fry-loving daughter would love this! Metropolis serves street food from cities all over the world. And if you're there with kids, there's Andolini's, & Tacos, and Big Dipper Creamery. Everyone will find something to devour here.

Mother Road's calendar of events is full-to-brimming. Every Wednesday is "flight night," where you can buy special treats from each vendor for a mere $3. There's "Crafting and Cocktails," where you can take a watercolor class or make a candle whilst sipping wine. Every Saturday, Tulsa's Farmer's Market visits with farm-to-table produce and other offerings. Seeking Sitters offers a weekly craft to do with kids, varying from making spring bouquets to paper plate animals. There are parent workshops on topics such as family frugalness and keeping your house clean amidst chaos, also sponsored by Seeking Sitters. Youth Entrepreneurs World Market Day is another practical and inspired event where students set up a one-day pop-up shop and sell food or a product to their classmates or community. What a great way for students to learn practical skills (my mom would be thrilled; she always bemoans the dearth of home economics classes!).

There are food and wine-pairing classes in the demonstration kitchen sponsored by the OSUIT Culinary School; there's story time in the kids' play area; there's yoga on the patio sponsored by Everyone Yoga School for a mere $5. Pure Barre sponsors a patio class, too! There are kids' cooking classes in the demonstration kitchen. There's live music on the patio. And, here's one I might even be able to drag PVT to, a sommelier series!

Next up is an introduction to





Process Art, Somatic Hemp, Mary and Hazel...endlessly unique shopping opportunities if you're sick of big boxes and the 'zon. Plus, new in April is a Leche Lounge. While mothers are free to breastfeed anywhere in the Market, the Leche Lounge is a private room for nursing and pumping.

So check out the Mother Road events calendar, or just head on down for lunch or dinner. What better time than spring and summer to kindle some new interests, and spend time on the patio with friends?



the Grand Crus of Germany, hosted by Chef Tim Fitzgerald. He pairs several flights of these wines (some 17 generations in the making) with 'haute' Asian cuisine -- what a way to spend a Sunday afternoon! There are gardening and herb classes sponsored by Tulsa Master Gardeners. In short, if you're a human being with an interest in pretty much anything, you'll find something you're dying to attend at the Mother Road Market.

The Vault is a rotating retail space and hosts a menagerie of different local retailers (no Rodan and Fields or Scentsy here, please!). You'll find Three Sands Clothing, OK Homegrown, Piece





BY NATALIE MIKLES

include gluten-free & vegan options in picnic and party planning

KIDS WITH DIET RESTRICTIONS FEEL LEFT OUT ENOUGH AS IT IS.

When a classmate brings doughnuts to school for her birthday, the kids who are gluten-free have to pass. Or maybe after a baseball game, the coach surprises the team with pizza, and a boy who is vegan or dairy-free can't have a slice.

So when you're planning parties, picnics or summertime gatherings, keep in mind those who may have food allergies. You don't have to feel constricted by the boundaries. If you planned on making your famous barbecued brisket sandwiches, go ahead. But maybe make a dairy-free potato salad to go alongside.

By including at least one or two options for those who are vegetarian, vegan or gluten-free, you'll make the party much more fun for those with food allergies. To make it easy for people to identify what's safe to eat, make simple labels with the name of the dish and a note if it's gluten-free or dairy-free. If you want to go a step further, make copies of the recipe, and set them next to the dish.



I love this recipe adapted from "The Toddler Bistro" cookbook. For a big gathering, try rolling the dough into a large rectangle, then placing it on a large roasting pan. Once topped and baked, cut into small squares to serve.

Summer Vegetable Picnic Pizza

Serves 12

- 2 tablespoons olive oil
- 1 sweet yellow onion, chopped
- 1 (12-ounce) can chopped organic tomatoes, drained
- 1 teaspoon tomato paste
- 1 tablespoon fresh thyme, chopped fine
- Salt and pepper, to taste
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 zucchini, thinly sliced
- 5 cups baby spinach leaves
- 1 cup grated mozzarella cheese
- 1 ball pizza dough

1. Heat 1 tablespoon oil in sauté pan, and sauté the onion until soft. Add the tomatoes, tomato paste, thyme, salt and pepper. Simmer down to a thick sauce, which will take about 30 minutes. Remove from heat and cool.

2. Heat the last tablespoon of oil in the saute pan, and cook the bell peppers and zucchini until just brown. Cool. Put the spinach in a colander and pour boiling water over the leaves to wilt. Squeeze dry and chop.

3. Preheat oven to 425 degrees. Roll out dough, and place on a large, oiled baking sheet or roasting pan. Spread with tomato sauce, then top with spinach, bell peppers, zucchini and cheese. Bake in a preheated oven for 25 minutes or until crust is golden brown on bottom. (Carefully pick up an edge of the crust to check bottom for doneness.)

Tip: Look for fresh pizza dough at Whole Foods or Trader Joe's. Even the Pillsbury thin-crust pizza dough is pretty good for making a quick pizza.

Potato salad is a classic for summer get-togethers. When you make it without eggs or dairy, vegans can enjoy it, too. This one comes from the Pretty Bee allergy-free food blog.

The Best Classic Vegan Potato Salad

Serves 8

- 8 Yukon Gold potatoes, peeled and diced into cubes
- 3/4 cup sweet onion, chopped
- 2/3 cup celery, chopped

continued next page

• 1/3 cup dill pickle relish
• 3/4 cup vegan mayonnaise, more if desired
• 3 teaspoons mustard
• 1 tablespoon sugar
• 1/3 teaspoon salt
• 1/4 teaspoon pepper
• Sprinkle of paprika

Place the diced potatoes in a large pot and cover with water. Boil the diced potatoes for about 20 minutes or until tender. Don't overcook the potatoes - they should be tender but not mushy.

Once the potatoes are tender, drain the water out of the pan.

Let the potatoes cool before mixing in the other ingredients. If you are in a hurry, rinse with a few changes of cold water to speed up the cooling process.

Put the cooled potatoes, onions and celery in a large bowl. Add the mayo, mustard, pickles, sugar, salt and pepper and stir to combine. The amount of mayo will vary depending on the size of the potatoes. Add more or less if needed.

Sprinkle with a dash of paprika before serving, if desired.

When the host asks you to bring a dip or snack, this is a great one. It's both gluten-free and dairy-free. Serve it with sweet potato chips or tortilla chips.

Easy Black Bean Dip

• 2 (14-ounce) cans low-sodium black beans, drained and rinsed
• 3/4 cup salsa
• 4 garlic cloves, minced
• 2 teaspoons fresh lime juice
• 1 teaspoon ground cumin
• 1 teaspoon water
• Pinch of kosher salt
• 1/4 cup minced cilantro

1. In the bowl of a food processor, puree the black beans, salsa, garlic, lime juice, cumin, water and salt until smooth. Add the cilantro and pulse until just combined.

Kids with Celiac or gluten-intolerance often have to skip dessert at parties and picnics. When you know there may be kids who are gluten-free at a party, bring these. The kids will be thrilled to find such a fun treat that was made just for them. This recipe comes from the MyRecipes site.

Gluten-Free S'more Bars

Makes 24 bars

• 5 gluten-free graham cracker sheets, broken
• 3.38 ounces gluten-free flour (about 3/4 cup)
• 1/2 cup packed brown sugar
• 1/4 cup chilled unsalted butter, cut into 1/2-inch pieces
• 1 large egg
• 6 tablespoons heavy whipping cream
• 2 (4-ounce) bars semisweet chocolate, chopped
• 2 cups miniature marshmallows

1. Preheat oven to 350 degrees. Line an 8-inch square metal baking pan with aluminum foil, allowing foil to extend over edge of pan.

2. Place graham crackers in a food processor; process until finely ground. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Add flour and sugar to crumbs; pulse until combined. Add butter; pulse 15 times or until blended. Add egg; process until moist. Press crumb mixture into bottom of prepared pan. Bake at 350 degrees for 15 minutes. Cool completely in pan on a wire rack.

4. Cook cream in a heavy saucepan over medium-high heat to 180 degrees or until tiny bubbles form around edge (do not boil). Remove from heat. Add chocolate, stirring until smooth. Fold in marshmallows. Spread chocolate mixture over cooled crust. Cover and chill 2 hours and 30 minutes or until firm. Holding edges of foil, lift mixture from pan, and carefully peel off foil. Place on a cutting board. Cut into bars.

Tip: Kids can help with a few steps of this recipe. Let them press the crumb mixture into the pan, melt the chocolate or stir in the marshmallows.

7TH ANNUAL
DIG
DAY IN THE GARDEN
AT TULSA BOTANIC GARDEN
SATURDAY, MAY 18
4-8PM
Family-friendly event benefiting Children's Discovery Garden
TICKETS INCLUDE:
Dinner and drinks · Crafts · Facepainting
Train rides · Live music · Aerial performances and
ground circus activities by Calliope Youth Circus
BUY YOUR TICKETS NOW!
$40 Members · $60 Not-Yet-Members
Children **free** with paid adult
JOIN THE FUN!





TULSA botanic GARDEN
918.289.0330
tulsabotanic.org
Find us on Facebook!

BY NATALIE HANSON

school's out for the summer! **or is it?**

The weather is warm, the sun is calling, and students everywhere are eagerly awaiting their summer vacation! The average school year is 180 days, held August through May, with an extended break in June and July. It's a schedule ingrained in our culture and a part of treasured traditions. A Memorial Day kick off, an all day and night sultry Fourth of July, and one last hurrah over Labor Day weekend. A plan that works well for enjoying warm summer days and maximizing outdoor time. It's the way of the world, and it works. Mostly. But what about those of us that aren't bound to this calendar?

Even for homeschoolers, there are plenty of reasons to not stray too far from tradition. For some, simply the idea that there is a start and finish makes the year easier to manage. The long summer break makes it possible to pause and reevaluate your school plans and goals. Also, most of the extra-curricular activities we participate in are built around a fall start and a busy May wrap up. Summers will be filled with more impromptu plans with friends who are fancy free, and more chances to be outside.

Unless you live your life completely off the grid, you will inevitably feel the rhythm of the school calendar. A case in point -- this past spring break when everyone was out of school for a week, I told my kids we had no real plans and so there was no reason we needed to take off a week just because everyone else was doing it. Until, one was invited to a midday birthday party, one was invited to a sleepover and one just had to go with dad on his two-day trip. As hard as I tried to keep out the ways of the world, spring break found us, and we partied with the rest of them and did absolutely no schoolwork. So much for making up for some travel days.



HOMESCHOOLING ALLOWS FLEXIBILITYFOR LAZY SUMMER DAYS AND YEAR ROUND LEARNING.

> Deciding how you plan to slice up your school days is something you will figure out as you go along.

On the other hand, I love that homeschooling doesn't impose a strict schedule to which we must adhere. We can pick up and work when we have the time, and not stress when life changes our schedule. Most curriculum programs contain anywhere from 80 – 150 lessons for each subject to complete a grade, and this can be divided any way you like. I try to encourage my kids to think of education as not something we turn on and off, but something we pursue whenever possible, and thinking about school as more "year-round" helps keep us in the mindframe of continual learning. For me, the biggest advantage of stretching out the school year seems to be the avoidance of the "summer slide" when students backtrack their learning due to such a long break. Time must then be spent reteaching and rebuilding those skills.

Deciding how you plan to slice up your school days is something you will figure out as you go along. I find myself, as I do with most homeschool philosophies, somewhere in the middle of the two schools of thought. I can't help but hear the siren call of long, worry-free days at the swimming pool, but you still might find us pulling out the ol' math books as soon as I hear that familiar summer refrain, "I'm bored." No problem, kid, Mom has got you covered.



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Metro Christian Academy is pleased to offer a Spanish Immersion enrollment option for children entering pre-k in 2019-2020.

- Spanish Immersion students become bilingual by learning Science, Math, History, Language Arts and Bible in Spanish.
- 100% of the language spoken in the immersion classroom is in Spanish.
- Enrichment classes like art, music, physical education and STEM are taught in English.
- Beginning in third grade, students will receive some English-specific instruction.
- This program develops students to become bilingual, biliterate and bicultural by grade five. Immersion in specified classes continues in grades 6-12.
- Classes are taught by professionally-trained Christian teachers.
- Because second language acquisition is best at an early age, students enter the program with early childhood classes.
- One Spanish Immersion section will be offered alongside two traditional learning classrooms.

Space is limited.
Visit metrospanishimmersion.com
to learn more or register for a tour.



BY NANCY A. MOORE

Bobbi Lee Parisotto: **passion for dance**

The dancing phenomenon has grown in recent years, especially with popular shows such as "Dancing with the Stars" capturing the art of dance as well as the intensity of competition.

As professional dancing has grown in popularity, there has also been a steady rise in recreational dancing. Many benefits come with the hobby, including the social aspect, learning something new and getting exercise while having fun.

Mother of three, Bobbi Lee Parisotto, didn't grow up taking dancing lessons, but a couple of years ago she was introduced to dancing and hasn't looked back. Now Bobbi kicks up her heels with several local groups including Tulsa Swing Dance Club.

TK: How long have you been interested in dancing?

Bobbi: July 2018 is when my passion for dancing truly evolved. I was invited to learn West Coast swing style with a routine being performed by the Tulsa Swing Dance Club. The routine was to be joined in with a worldwide "rally" of dancers. Each city participating sent in a video of the routine. One video showed many states and countries performing the same routine to the same song. Learning the Rally routine sparked my love for dancing. The amazing people I learned from and danced with have become a group of friends that I connect with daily.



TK: How old are your kids? Are you able to include them in dance?

Bobbi: I have three children, ages 10, 11 and 14. The two oldest have no desire for dance, but support my enthusiasm for it. I find myself dancing all through the house, and they laugh with me.

My youngest daughter does share the desire for dance. She has attended a few lessons with me, and would like to learn more. My group was asked to perform onstage during the Winter Wonderland series at the Gathering Place this past winter. My daughter was on stage with us halfway through. Our director, Darren Cagle, accepted her eagerly, and helped her with the dance moves. She was so happy!

TK: How did you become involved in the Tulsa Swing Dance Club?

Bobbi: I learned about the Tulsa Swing Dance Club when I accepted the invitation to dance in the Rally routine. Since then, I have learned about other dance clubs and dance styles. I love them all, and want to continue learning more!

TK: What do you consider some of the benefits of dancing?

Bobbi: As a single mom and business professional, exercise is difficult for me to make time for. The dance floor has become my gym. It's perfect! As I'm dancing to song after song, I feel the intensity of a cardio workout. Dancing other styles, like waltz and bachata, I stretch my limbs and torso, which is great for my muscles and flexibility. The friends I've made while following my passion of dancing is something I'm truly grateful for. I appreciate each one of them so much. When I go out dancing, I know I have a network of dancers that will always take my hand and lead me around the dance floor. I can go out alone, and know I won't be lonely or bored. The same group of friends now bonds at theaters, restaurants, holiday parties, float trips and more. In fact, we have a group of 55 people taking a cruise together very soon! We will be dancing on the ocean!

continued next page



TK: What other types of dance styles do you practice?

Bobbi: I am currently learning the waltz and bachata. I'm consistently learning new techniques for West Coast, two-step, line dancing, and more.

TK: For those in the Tulsa Swing Dance Club, what time commitment is expected? What about levels of expertise?

Bobbi: There are no requirements for attendance in the dance clubs I am involved with. There are practice groups nearly every night of the week.

TK: Is Tulsa Swing Dance Club for couples, individuals or both?

Bobbi: It's for everyone! There is a price discount for couples who register together. All other dance clubs I belong to are open to everyone as well.

For more information about Tulsa Swing Dance Club, including videos, pricing details and location, check out: Tulsaswingdanceclub.net.



ASK THE EXPERTS

Q: Can I download an estate plan on the internet? Is that legal?



A: I have a client who is himself an attorney. He doesn't focus on estate planning but understands the importance of having an estate plan to protect his young family. He downloaded documents online and brought them to me to review. I was alarmed at the number of mistakes and issues I found that if left uncorrected would have been terrible for him and his family.

After our meeting my client understood that the least expensive downloaded document is often the least effective. Your life changes, the law changes, and your assets change over time. The downloaded forms don't change, and that creates problems. More importantly, forms and documents won't be there for your family when you can't be.

The value of having a competent estate planning law firm prepare your plan is that they will be there for your family when you can't. You can't download that security online.

Learn more at www.oath.law/workshops

Q. Is it possible for my child to have dyslexia if it does not run in our family?



A. Dyslexia can be acquired due to physical trauma, an injury to the brain. This is called Trauma Dyslexia. Other trauma such as separation from the mother at birth (premature birth or adoption), or being bullied, suffering from physical or psychological trauma/abuse, having anxiety or Post Traumatic Stress Disorder can cause the child to show symptoms of dyslexia when, in actuality, it is not dyslexia. These types of trauma can interfere with the language processing centers of the brain, causing it to function very much like someone with dyslexia. The child may have difficulty with attention and learning to read. For this reason, it is important to share your child's life events with the person who evaluates your child. Trauma resolution by a counselor or psychologist often can improve the child's performance in these areas. When the trauma is not recognized, a misdiagnosis of dyslexia may occur. Having the correct diagnosis is very important as it provides the best direction for treatment.

Dr. Penny Stack, OTD, OTR/L, CLT, Founder & Owner Dyslexia Center of Tulsa, 8118-B S. Memorial Drive, 918-313-5518, wwwdyslexiatulsa.com

Q: My child is interested in swim team. How do I get started?



A: To best answer this question, I referred to our resident swim coach, Skye, who came to us after swimming for Florida International University! "One of the best places to start would be in the pool," Skye says. "If your child is starting to show an interest in swimming, the very first thing I would recommend is swim lessons to ensure they have had proper training and technique. Proper technique will help your children have the correct form while swimming, thus preventing injury and improving efficiency (think swimming faster and farther!)"

Once they have learned the main four competitive strokes, they should be ready to join a novice recreational program. The perks of a novice program include shorter practice times, more personal interaction with the child's beginning level, and a smaller time and financial commitment to start. You want to ensure that your child is truly enjoying the sport before you decide to jump into a club team. Recreational programs allow for more breaks throughout their season, so your child can have time off to try other sports, and there are more regular meets so your child can see weekly progress.

The final step is club swimming. Finding the perfect program for your child may take some time. Coaches and the teammates matter. Most club programs have practice 4-6 times a week for 2-3 hours each practice. Club swimmers work hard and see great improvements in both their swimming and in their personal lives. Swimmers are some of the hardest workers and best people you will ever meet. Being on a swim team is one of the best things that has ever happened to me. I was able to swim in college and earn my bachelor's and master's degrees for free. I was able to share my love for swimming with so many people, and now I am able to teach people a life- saving skill every day. No matter what stage of swimming your child is in ,there is always a place for them in the swimming community."

Family Friendly Spring Festivals



ROOSTER DAYS: VIEW FROM FERRIS WHEEL! PHOTO BY ALEX PFINGSTON

RENAISSANCE FESTIVAL AT CASTLE OF MUSKOGEE
When: Every Saturday and Sunday from April 28-June 3, 10:30 a.m.-6 p.m.
Where: Castle of Muskogee, 3400 W. Fern Mountain Rd., Muskogee
Castle of Muskogee's annual Renaissance Festival will transport you back to the days of knights and ladies, jesters and kings! This Renaissance Festival is fun for the whole family, with jousters, acrobats and other entertainment, vendors and special activities for kids in the Children's Realm. Get more details at www.okcastle.com

GERMANFEST
When: Friday-Saturday, May 3-4, 10 a.m.-9 p.m.; Sunday, May 5, 11 a.m.-5 p.m.
Where: GAST Center Building, 1429 Terrace Dr.
Enjoy authentic German entertainment by the GAST Folk Dancers and Blaskapelle together with outstanding Polka bands, food, drink and activities for children! germanfest.gastulsa.org.

TULSA VEGFEST
When: Saturday, May 4, 10 a.m.-4 p.m.
Where: Guthrie Green, 111 E. M.B. Brady St.
The first annual Tulsa VegFest is a family-friendly, bring all your friends, FREE event that is all about a whole food plant based lifestyle. Enjoy engaging national recognized Physicians, as well as great local plant based doctors. Get delicious meals from our vendors and food trucks, and shop at the many vendors and activities that are joining in on the fun. www.guthriegreen.com

JENKS AMERICA FOOD TRUCK FESTIVAL
When: Saturday, May 4, 11 a.m.-6 p.m.
Where: Main Street Jenks
The Jenks America Food Truck Festival features a variety of popular food trucks and other vendors across the region. Local musicians perform as patrons dine and shop on Main Street Jenks. www.jenkschamber.com

CINCO DE MAYO FESTIVAL
When: Sunday, May 5, 4-10 p.m.
Where: River West Festival Park, 2100 S. Jackson Ave.
It's Fiesta time with tons of live music bands performing all weekend long, fun fair rides for adults and kids and much more great entertainment for the whole family! Come hungry for the huge variety of Food Trucks and refreshing drinks! $10.00 gate admission & kids 12 & under free. www.facebook.com/riverparks

ROOSTER DAYS
When: May 9, 5-10 p.m.; May 10, 5-11 p.m.; May 11, 10 a.m.-11 p.m.; May 12, 12-6 p.m.
Where: Central Park in Broken Arrow, 1500 S. Main St.
There is something for everyone at Rooster Days, including Live Enter-



THIS YEAR'S MAYFEST POSTER, "TULSA, THE PRAIRIE PHOENIX," WAS DESIGNED BY ARTIST KIM DONER.

tainment, Rooster Days Parade, Carnival Food, Wine Garden, Carnival Rides and the ever-expanding Rooster Days Market Place. This is a local tradition that you do not want to miss! www.roosterdays.com

OK ECLECTICFEST
When: Saturday, May 11
Where: Guthrie Green, 111 E. M.B. Brady St. (and participating venues
This new festival, hosted by OK Roots Music, will showcase nationally touring music, dance, performance art, chefs, literary figures, spoken word, wine and craft brew tastings and more. Get more information at okrootsmusic.org.

1ST ANNUAL UNDERCROFT HONEYFEST
When: Sunday, May 12, 2:30-6:30 p.m.
Where: Guthrie Green, 111 E. M.B. Brady St.
Tulsa's first Undercroft HoneyFest celebrates the culinary, health and environmental benefits of honey and bees. Learn how you can help increase the honeybee population. Taste delicious foods featuring raw, local honey. Music provided by Smoochie Wallus. www.guthriegreen.com

TULSA INTERNATIONAL MAYFEST
When: Friday-Sunday, May 17-19
Where: The Tulsa Arts District, Downtown Tulsa
This popular festival is undergoing some changes this year, including a change of venue and the addition of a Local Artists area. But you can still expect everything that Mayfest has delivered in the past: a Kids Zone, carnival food, talented artists from around the country, etc. Learn more at tulsamayfest.org.

DIG: DAY IN THE GARDEN
When: Saturday, May 18, 4-8 p.m.
Where: Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.
There's no other event like this in town! Plan to bring friends and family for an afternoon of fun for all ages. Activities include face painting, games, train rides, garden crafts and so much more! Live music from some of Tulsa's leading artists and family-friendly dinner and drinks are also included in the ticket price. Proceeds benefit our Children's Discovery Garden. www.tulsabotanic.org

HOP JAM BEER AND MUSIC FESTIVAL
When: Sunday, May 19
Where: The Tulsa Arts District
The Hop Jam is Oklahoma's largest craft beer and music festival, returning for its sixth year on May 19. Headlining artists include Hanson and Phantom Planet. Learn more at www.thehopjam.com.

ANNUAL CHUCK WAGON FESTIVAL
When: May 25-26, 10 a.m.-4 p.m.
Where: National Cowboy & Western Heritage Museum, 1700 NE 63rd St., Oklahoma City
Join the National Cowboy & Western Heritage Museum for this two-day, fun-filled family weekend showcasing chuck wagon food samples, buttermaking with Ag in the Classroom, artisan demonstrations, bandana decorating, live music, rope making with Ward Family Trick Ropers, Western reenactors, face painting, children's craft stations, photos with a longhorn, giant puzzles, dress up areas, and more! Learn more at www.nationalcowboymuseum.org.

TULSA PRIDE CELEBRATION 2019
When: May 31-June 2
Where: Downtown Tulsa
Tulsa Pride is the longest running Gay, Lesbian, Bisexual, and Transgender Pride festival in Oklahoma. This 2019, Tulsa Pride Celebrates its 37 years with a whole weekend of pride, including the Tulsa Pride Parade, Tulsa Pride Celebration, and Picnic in the Park. Tulsa Pride is a registered trademark of Oklahomans for Equality. Get the schedule at okeq.org.

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

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

Don't Miss These Upcoming TulsaKids Publications!

SUMMER FAMILY FUN GUIDE

Available May 2019!

Download at TulsaKids.com/Summer



BABY GUIDE



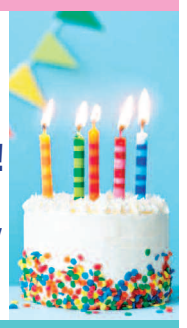
Due Date: June 2019

Download at TulsaKids.com/Baby

TULSAKIDS' PARTY PLANNER

The fun begins June 2019!

TulsaKids.com/Guides



PLUS...

TulsaKids' COVER KID CONTEST returns July 2019!

May Showtimes



Based on the popular book series, "The Lightning Thief: The Percy Jackson Musical," comes to the Tulsa PAC May 31-June 1. James Hayden Rodriguez. Photo by Jeremy Daniels.

CLARK YOUTH THEATRE IMPROV
When: May 2 and 4, 7:30 p.m.
Where: Henthorne Park, 4825 S. Quake Ave.
Clark Youth Theatre continues its laugh-out-loud, comedy adventure with Laughing Matter Improv. Enjoy an evening full of laughter featuring Clark Youth Theatre's Pre-teen, Teen and Conservatory troupes as they present high energy, hilarious unscripted theatre. Fun for the whole family! clarkyouththeatre.com

2019 INTERNATIONAL JAZZ FEST PRESENTED BY SPIRIT BANK
When: May 3, 6-9 p.m.
Where: Guthrie Green, 111 E. M.B. Brady St.
Enjoy a free jazz concert during the Tulsa Arts District's First Friday festivities. tulsajazz.com

DON GIOVANNI
When: May 3, 7:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Rogue. Charmer. Seducer. Cheat. Whatever his label, everyone finds him sexy, magnetic and totally irresistible. This centuries-old opera buffa blends serious with comic action to form a true masterpiece. A wealthy nobleman with no morals takes what he wants whenever he wants. The scoundrel's true intentions are eventually unmasked and his fate determined. Universally recognized as "the perfect opera," Mozart's classic expertly mixes black comedy with poignant tragedy. tulsaopera.com

THE WIZARD OF OZ
When: May 3-4, 7:30 p.m.; May 4-5, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Follow the yellow brick road to see our super-talented young tykes perform the family favorite! Lions, tigers, bears (and witches, flying monkeys, and so, so much more). Oh my! Presented by Theatre Tulsa. tulsapac.com

FRIDAY NIGHT LIVE!
When: May 3, 7:30 p.m.
Where: Henthorne Park, 4825 S. Quaker Ave.
Think Saturday Night Live! At Clark! Evenings will include original sketch comedy, stand-up routines, musical guests and lots of laughter. clarkyouththeatre.com

SOMETHING ROTTEN!
When: May 4, 7:30 p.m.
Where: Broken Arrow PAC, 701 S. Main St.
Set in 1595, this hilarious smash tells the story of Nick and Nigel Bottom, two brothers who are desperate to write a hit play. When a local soothsayer foretells that the future of theatre involves singing, dancing and acting at the same time, Nick and Nigel set out to write the world's very first MUSICAL! brokenarrowpac.com

SIGNATURE SERIES: FROM BALLET TO BROADWAY
When: May 9-12, 7:30 p.m.; May 11-12, 2:30 p.m.
Where: Lorton Performance Center, 550 S. Gary Pl.
Tulsa Ballet's season closer takes a look at choreographers that find inspiration across genres and seamlessly blend styles to create works with long lasting, widespread appeal. Classical ballet and Broadway-style dance fuse together in all three works for a joyful evening of movement. tulsaballet.org

CRAYONS IMPROV SHOW FOR ALL AGES
When: May 10, 7-8 p.m.
Where: Heritage United Methodist Church, 5400 Kenosha Ave., Broken Arrow
Crayons Improv uses audience drawings, suggestions, and participation to create hilarious scenes that are fun for the whole family. Shows are only $5 but children 5 and under are free. crayonsimprov.com

INTO THE WOODS JR.
When: May 10-11, 7 p.m.; May 11, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Be careful what you wish for, as Stephen Sondheim's and James Lapine's cockeyed fairytale comes to life in this adaptation of their groundbreaking, Tony Award-winning musical. Into the Woods JR. features all of your favorite characters — Cinderella, Little Red Riding Hood, Jack (and his beanstalk) and the Witch — in this lyrically rich retelling of classic Brothers Grimm fables. Presented by Riverfield Country Day School. tulsapac.com

TBCDE END OF YEAR PERFORMANCE
When: May 13 (students from BA campus) and 14 (students from Brookside campus), 7:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Tulsa Ballet Center for Dance Education is proud to present the End of Year Student Performances! The End of Year Performance showcases the students from both our Broken Arrow and Brookside campuses, with students ranging in age from 6-18. Join us to celebrate the effort and dedication of our students that has culminated in this exciting show! tulsapac.com

THE AVETT BROTHERS
When: May 14, 7 p.m.
Where: BOK Center, 200 S. Denver Ave.
Folk rock band The Avett Brothers returns to Tulsa on May 14 on the heels of an incredible year! bokcenter.com

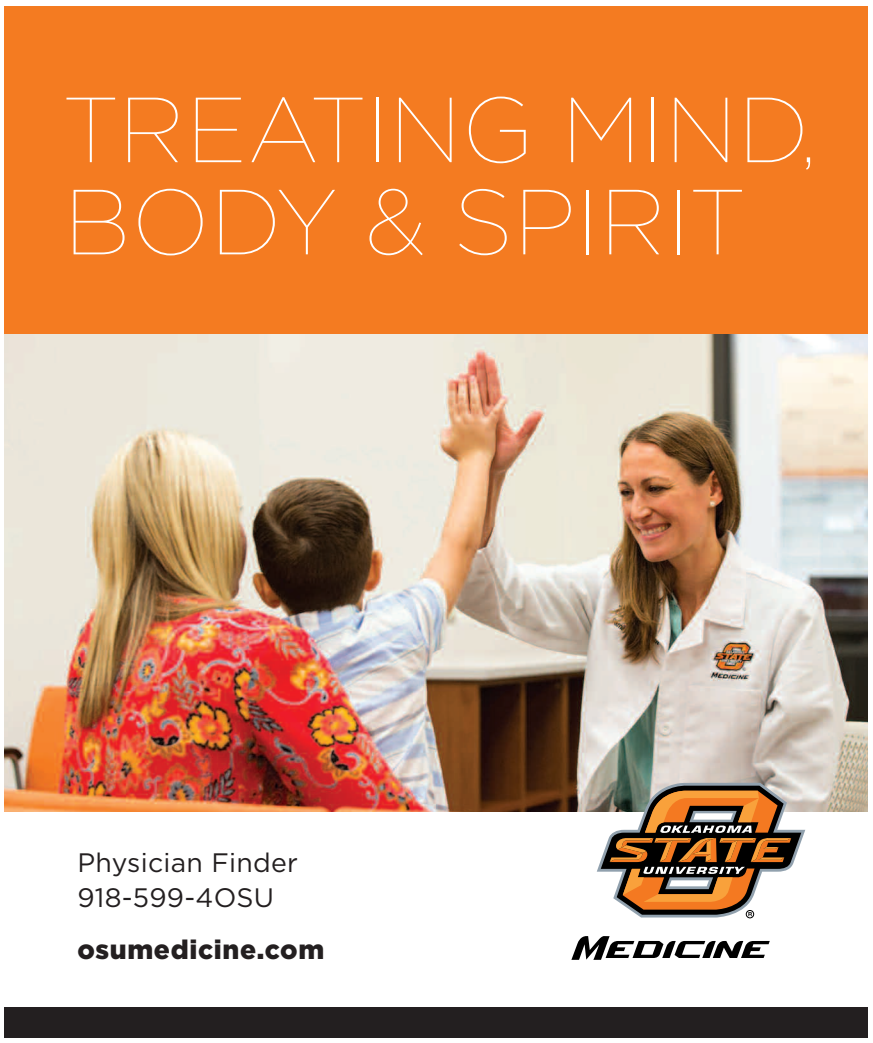
THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME
When: May 17-18, 24-25, 8 p.m; May 19 and 26, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
The show that's taken New York and London by storm is coming to a Tulsa local theatre stage for the first time! After a neighbor's dog is found dead, an autistic teenager seeks to investigate – but discovers more than he could have imagined! Presented by Theatre Tulsa. tulsapac.com

MUSIC IN THE PARK
When: May 24, 7 p.m.
Where: Charley Young Event Park, 50 W. Dawes Ave., Bixby
Enjoy an evening of live music in Bixby! Food trucks will open at 6:30 p.m.; the show will start at 7 p.m. facebook.com/BixbyCity

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

SUNDAY CONCERT SERIES AT GUTHRIE GREEN
When: Each Sunday in May, 2:30-6:30 p.m.
Where: Guthrie Green, 111 E. M.B. Brady St.
Enjoy an afternoon with great weather, friends, food, and free live music. guthriegreen.com





BY STEPHANIE HUAMAN, CHILDREN'S LIBRARY ASSOCIATE, MARTIN REGIONAL LIBRARY

read across the world

GREAT BOOKS TO LEARN ABOUT OTHER CULTURES

A Storytime Down Under

At the most recent National Take Your Child to the Library Day (which is celebrated every year on the first Saturday in February), my colleague Jocelyn and I decided to share a little piece of Australian culture. We held a special storytime that featured koala and kangaroo puppets, vegemite on toast — and books sent all the way from our friends at the Sunshine Coast Libraries down under!

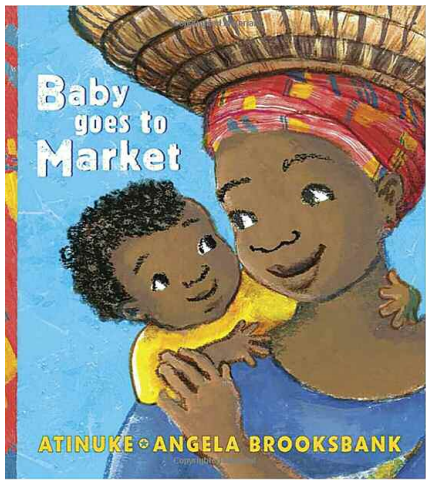
It made me appreciate how books can help us travel to places we have never been, meet new people and learn about different cultures.

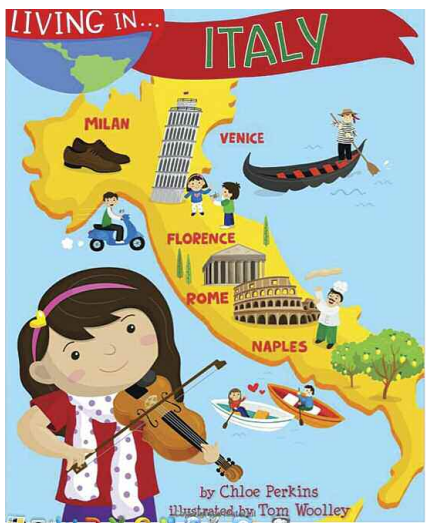
In that spirit, here are some excellent books that introduce countries outside of the U.S. for you to share with your children. You can find them all at the library, of course!

Australia

Possum Magic by Mem Fox

Pay attention to the native animals from Australia that Fox presents – and the special relationship of Grandma Poss and Hush as they travel around Australia for that special magic. At the end of the book there is a map of Australia and a quick description of the "magic" items that are local to Australia. This will guarantee a trip back to the library to learn even more about





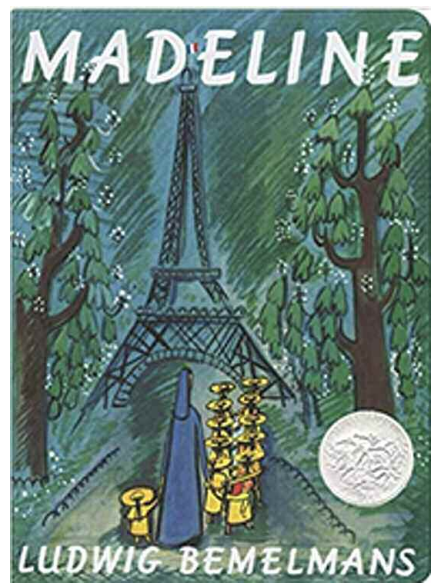
this beautiful country!

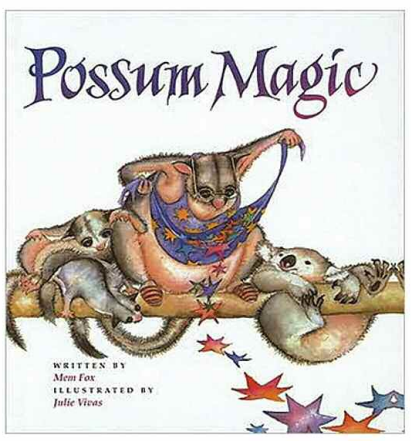
China

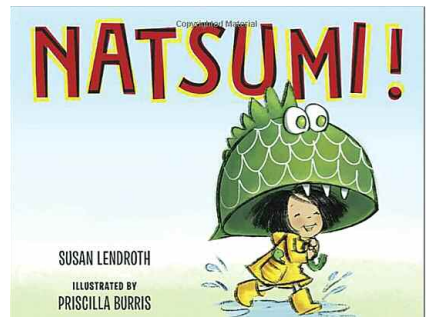
Thanking the Moon Celebrating the Mid-Autumn Moon Festival by Grace Lin

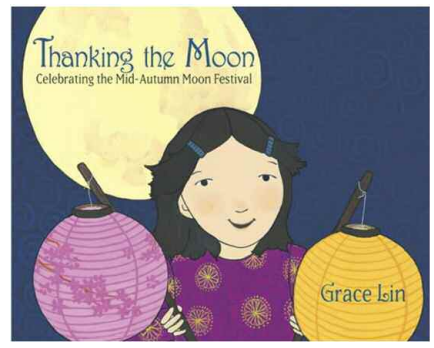
Come thank the moon and

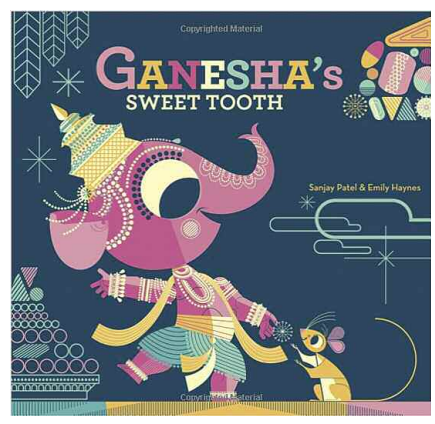












make a secret wish in this beautifully illustrated book. This story starts with a family going out to

continued next page

celebrate the Mid-Autumn Moon Festival. Pretty quickly we learn how the family celebrates this occasion and which family member helps with certain tasks, even if there is a little goofing off. If you enjoy this, Lin has also recently written and illustrated a continuation describing the moon festival, *A Big Mooncake for Little Star*, which includes a recipe worth replicating!

Japan

Natsumi! By Susan Lendroth

I enjoy this book because we are sometimes like Natsumi in some ways: we have our big personalities and talents. Sometimes it's hard to find the things we are good at, and that one person to help us find that thing. Natsumi discovers her talents and surprises everyone at her town's Japanese art festival.

India

Ganesha's Sweet Tooth by Sanjay Patel

This is a story about the Hindu God Ganesha and how he broke his tusk on a jawbreaker. Ganesha feels like his tusk is worthless until he meets a friend who gives him confidence about his broken tusk. This story is not an actual retelling of the Hindu God, but an adaption. I love this book because it gives others a chance to enjoy a character from another land and from another culture.

Mexico

Día de los Muertos by Roseanne Greenfield Thong

A holiday that is very close to my heart and became even more important as I grew older and began to experience loss in my family. Día de los Muertos is not a sad holiday but a holiday to remember our loved ones who have passed on. This book explains the holiday and has wonderful illustrations to make you feel like you are in Mexico during Día de los Muertos.

West Africa

Baby Goes to Market by Atinuke

I love this book for so many reasons! The illustrations are so lovely and capture the energy and vitality of an outdoor market in Africa. It is also a good introduction to counting and learning more about foreign foods. Fair warning — you will want to seek out and eat the treats that baby collects on his journey!

France

Madeline by Ludwig Bemelmans

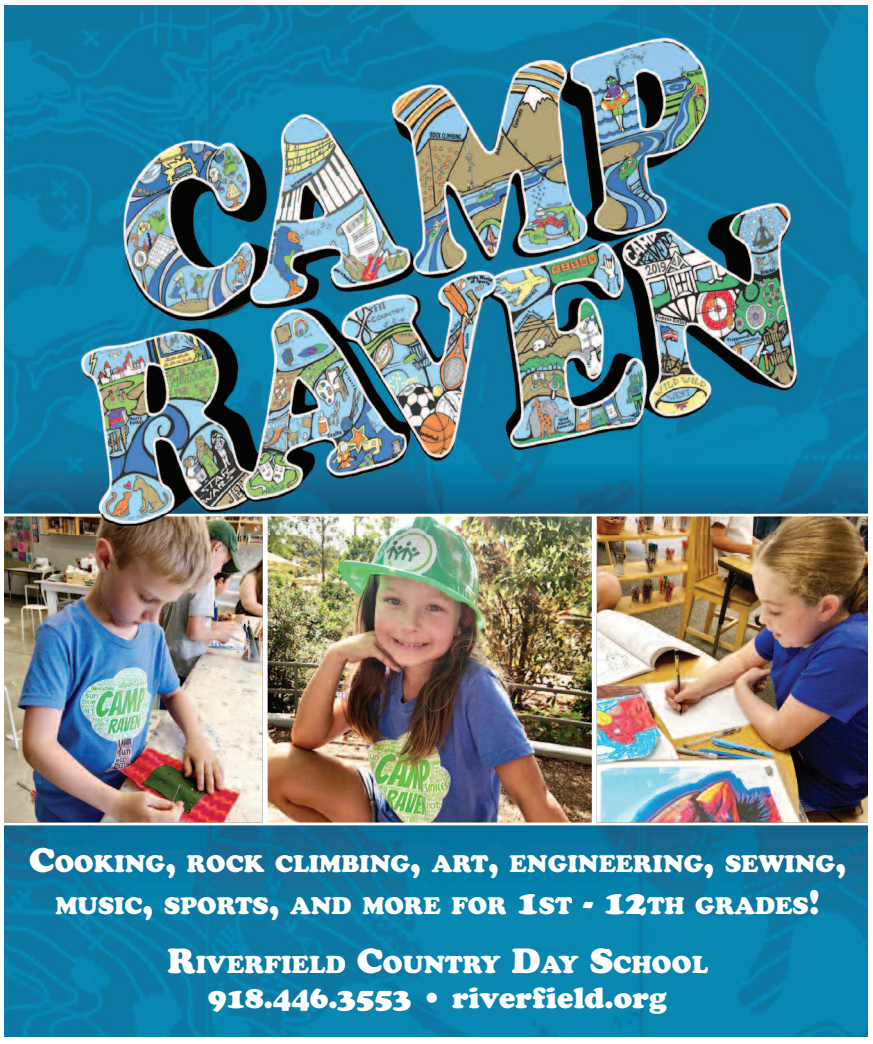
This book was one of my favorites growing up! The iconic cover with the Eiffel Tower in the back with the French flag waving from the top is so memorable. This is a great book to talk about the iconic French structures in the book. Bonus: the last page lists all of the structures you might have forgotten since your 10th grade French class. This book is a great way to walk around France without leaving Tulsa.

Finally...

A great series from Ready to Read is something called "Living in..." It gives young readers a taste of what it's like in another country for children around their age. They can range from topics of geography in their country, history, schooling, holidays and more. Countries include Australia, South Korea, South Africa, Russia, Italy, China, Mexico, India and Brazil, all by Chloe Perkins, and *Living in Russia* by Jesse Burton.

Read Out of This World at the Summer Reading Program!

Starting on May 28, come by any of the Tulsa City-County Library's 24 branches and bookmobile and sign up for the 2019 Summer Reading Program. Children who read 8 books and visit the library 4 times between May 28 and August 3 will receive a special medal and coupon book for food and fun. Read 12 more books and kids can earn a special bonus prize! For more information, see www.tulsalibrary.org or call 918.549.7323(READ).





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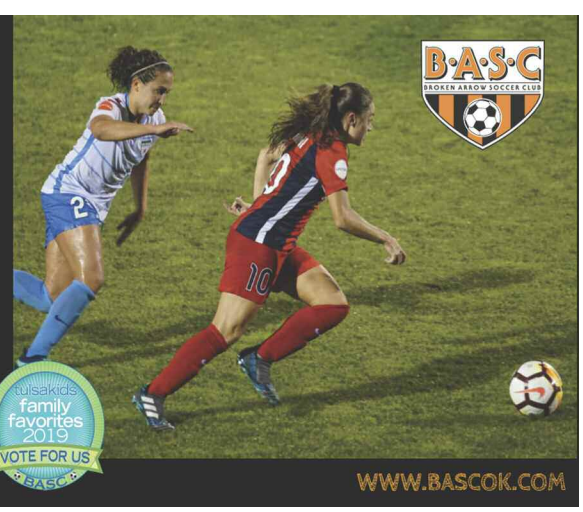
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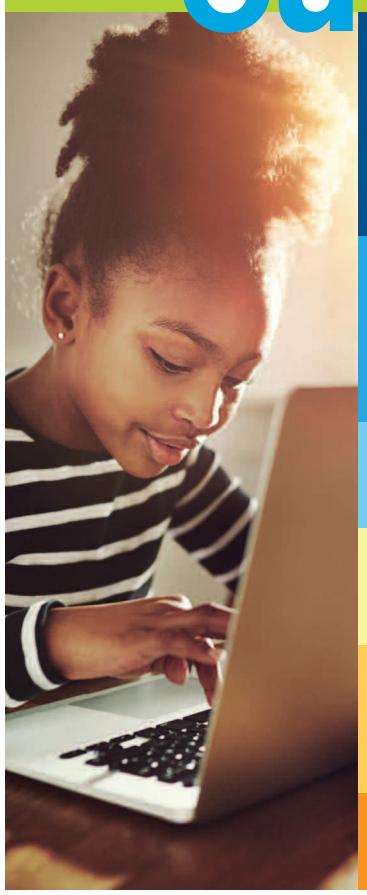
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BY BRANDON SCHMITZ

Gilcrease Museum renovation aims to improve experience for kids and families

Since its founding in 1949, Gilcrease Museum has become one of Tulsa's premiere cultural destinations. Determined to keep its status as a local treasure, the museum is set to undergo a $75 million renovation – the largest one yet in the institution's 70-year history.

An architect is expected to be hired by July, with designs taking anywhere from 18 months to two years to complete. Following that, construction itself will likely take another two years. 2023 just can't get here fast enough, right?

"What's important is how we treat our visitor experience, from the time they arrive up until when they leave," said Susan Neal, executive director at Gilcrease Museum. "As we change the museum itself, our whole brand – including our website – must reflect that."

The renovation will boast a dedicated education and programming space for both children and lifelong learners.

"Considering that our event space hasn't been updated since 1987, we want an area that feels up-to-date and modern for the community," Neal said. "Any center or museum that is going to continue to be a vital destination needs to be re-invested in."

Throughout this past decade, especially, technology has changed the way in which people learn and communicate with one another. As a result, Neal hopes to accommodate this new era of students.

"It's as relevant today as when it was first brought together," she said. "We need to tell stories that are important to today's generation."

This educational space is said to be big enough to host a large class, as well as movable walls to divide the area up by age.

"Gilcrease is Tulsa's most valuable asset, as we have visitors from around the world," Neal said. "We want this to be a place where people not only learn, but also feel welcome."

To that end, the executive director expressed her excitement about engaging people at all corners of the community.

"Although the renovation is still early in its development, our programs are already starting to reflect that theme," she said. "We've definitely been getting a more diverse range of visitors."

For students specifically, museums are more than just an excuse to go on a field trip – they bring something to the educational process that a classroom simply can't provide.

"It's more fun to learn about history when you see a piece of it firsthand, rather than reading about it in a textbook," Neal said. "It's not just our Tulsa story or even just Oklahoma history – we've got 12,000 years of history across all of North America."

Similarly, Neal discussed her desire for people to see Gilcrease as more than just the "cowboy museum."

"We will always make opportunities to showcase our Western collection, but Gilcrease goes way beyond that," she said. "It covers a wide, rich timespan – geographically, we've got stuff from the Panama all the way to the Arctic, which allows us to tell broader stories about our changing America."

With some of the renovation's finer details still be ironed out, the specifics of the museum's day-to-day operations throughout this process are still unclear.

"We may have schematics by the end of this year, but there's a chance that – at some point throughout all of this – we'll have to close down for a few months," Neal said. "We're getting impatient, too, because we're just so excited to see these changes come to fruition! Trust me, though – it'll be worth the wait."

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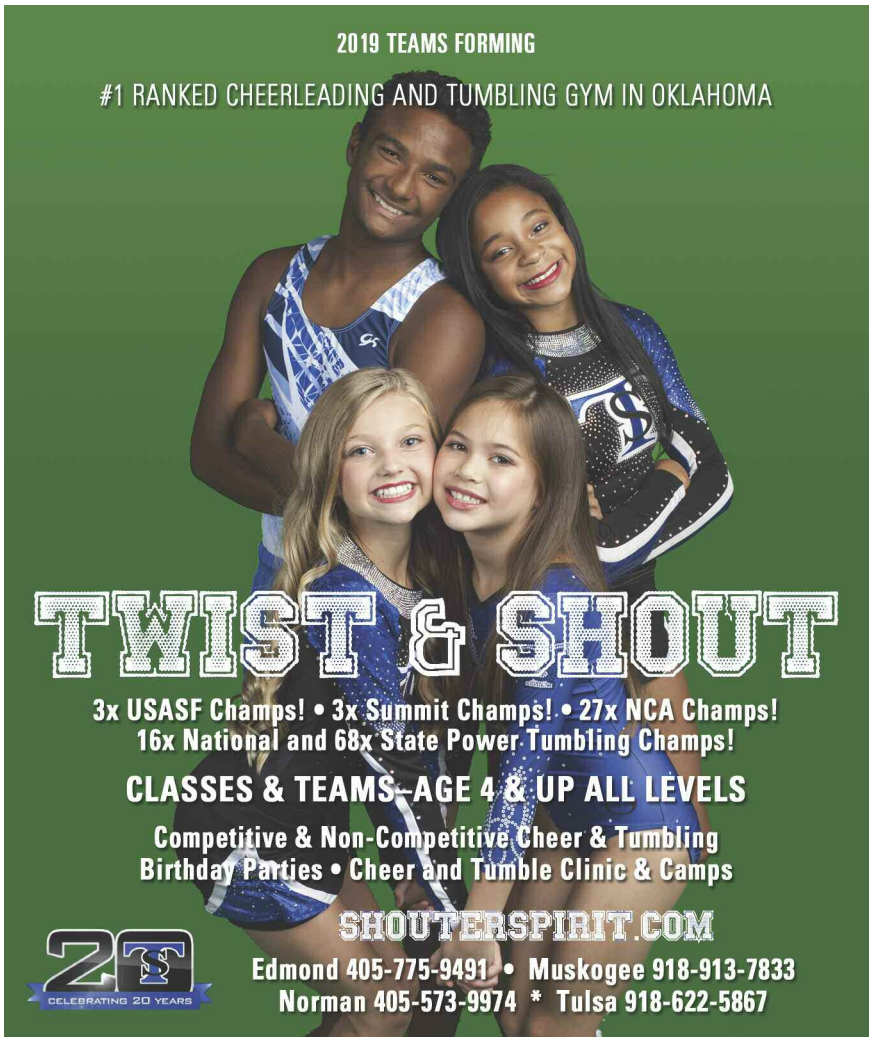
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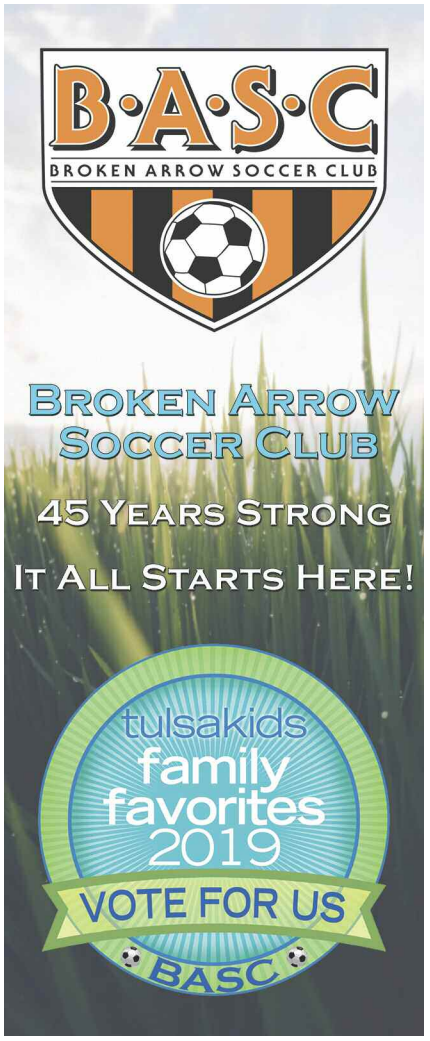
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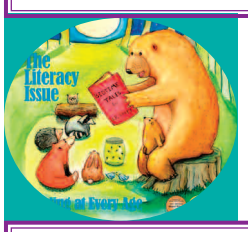
Grand Life by Diane Morrow-Kondos

@lilly_en_oklahoma_vlog

Lilly en Oklahoma Vlog by Liliana Sproul



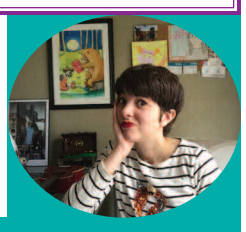
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Editor's Blog by Betty Casey

@peppermint_squeak

Spaghetti on the Wall by Tara Rittler



@tulsakids

TULSAKIDS MEDIA RECEIVES 14 AWARDS FROM PARENTING MEDIA ASSOCIATION



MARY BETH RITCHIE



ABIR SAMI WOOD



SHEEBA ATIQI



DIANE MORROW-KONDOS



JULIE WENGER WATSON

The Parenting Media Association (PMA). PMA is a professional trade organization for parenting media across the United States.

This year PMA received 586 entries for magazines and digital products. Professor Reuben Stern of the University of Missouri's School of Journalism oversaw the judging by faculty at the university.

"Entries in this year's contest demonstrate the impressive quality and ongoing commitment among these publications to provide parents across the country with important local resources and to entertain, inform and build community," Stern said.

TulsaKids awards included:

BRONZE: CALENDAR OF EVENTS; TARA RITTLER

GOLD: FAMILY MATTERS: "STAGES: SCHOOL AGE"; MARY BETH RITCHIE, WRITER

SILVER: CHILD DEVELOPMENT & PARENTING ISSUES: "BABIES AND TODDLERS"; KILEY ROBERSON, WRITER

GOLD: FAMILY FUN: "GET COOKING"; NATALIE MIKLES, WRITER

BRONZE: PERSONAL ESSAY: "MY CHILDHOOD AS A BULLYING VICTIM"; ABIR SAMI WOOD, WRITER

SILVER: PROFILE: "MELANIE GILLMAN HOPES GRAPHIC NOVELS PROMOTE UNDERSTANDING"; JULIE WENGER WATSON, WRITER

GOLD: INVESTIGATIVE FEATURE: "TEACHERS CAN'T FIND THE NURTURER IN NO NONSENSE NURTURER"; BETTY CASEY, WRITER

SILVER: SPECIAL SECTION WITHIN A PUBLICATION: "HALLOWEEN"; TARA RITTLER

SILVER: FRONT COVER ILLUSTRATION: BETTY CASEY, ILLUSTRATOR

SILVER: SINGLE PAGE DESIGN: "I'M A TULSA KID"; SHEEBA ATIQI, WRITER/PHOTOGRAPHER

GOLD: BEST BLOG-BLOGGER: "SPAGHETTI ON THE WALL"; TARA RITTLER, WRITER

SILVER: BEST BLOG-BLOGGER: "GRAND LIFE"; DIANE MORROW-KONDOS, WRITER

GOLD: BEST E-NEWSLETTER: "TULSAKIDS E-NEWSLETTER"; TARA RITTLER. WRITER

SILVER: BEST USE OF SOCIAL MEDIA; TARA RITTLER

2019 FAMILY FAVORITES RUNOFF BALLOT

Fill out our Family Favorites Ballot online from May 1-15 for a chance to win a Family 4-Pack ($200 value) to RIVERSPORT™ OKC! Get the ballot link at tulsakids.com/contests. The top 3 winners in each category will be revealed in our July issue!

1. FAVORITE CULTURAL SPOT

- ❑ Gilcrease
- ❑ Greenwood Cultural Center
- ❑ Philbrook
- ❑ Tulsa Zoo
- ❑ Tulsa Performing Arts Center

2. FAVORITE LIVE FAMILY-FRIENDLY PERFORMANCE OF 2018

- ❑ Crayons Improv
- ❑ Disney on Ice
- ❑ Paw Patrol Live
- ❑ Tulsa Ballet's "Nutcracker"

3. FAVORITE FAMILY FRIENDLY FESTIVAL

- ❑ Blue Dome Arts Festival L
- ❑ Mayfest
- ❑ Oktoberfest
- ❑ Rooster Days
- ❑ Scottish Festival

4. OKLAHOMA SPORTS TEAM

- ❑ Oklahoma City Thunder
- ❑ OSU Cowboys
- ❑ OU Sooners
- ❑ Tulsa Drillers
- ❑ Tulsa Oilers

5. FAVORITE LOCAL PARK

- ❑ Bentley Park (Bixby)
- ❑ Gathering Place
- ❑ Hunter
- ❑ LaFortune
- ❑ Woodward

6. FAVORITE STATE PARK

- ❑ Greenleaf State Park
- ❑ Keystone State Park
- ❑ Robber's Cave
- ❑ Sequoyah State Park
- ❑ Tenkiller State Park

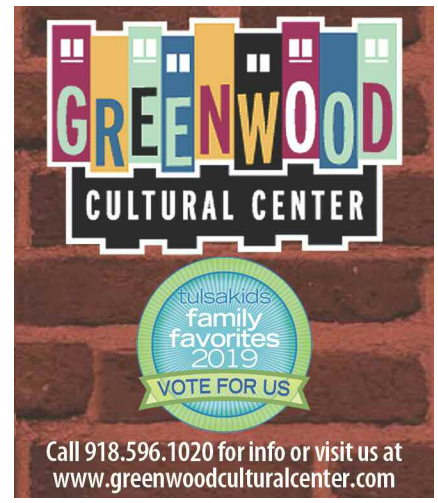
7. FAVORITE PLACE TO CAMP IN OKLAHOMA

- ❑ Broken Bow
- ❑ Grand Lake
- ❑ Keystone State Park
- ❑ Robber's Cave
- ❑ Skiatook Lake

8. FAVORITE WEEKEND GETAWAY

- ❑ Branson, MO
- ❑ Broken Bow, OK
- ❑ Dallas, TX
- ❑ Eureka Springs, AR
- ❑ Grand Lake, OK
- ❑ Oklahoma City, OK







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9. FAVORITE GROCERY STORE
- ❑ Aldi
- ❑ Reasor's
- ❑ Sprouts
- ❑ Trader Joe's
- ❑ Walmart

10. FAVORITE PLACE TO GET PIZZA
- ❑ Andolini's Pizzeria
- ❑ Hideaway Pizza
- ❑ Mazzio's Pizza
- ❑ Savastano's

11. FAVORITE PLACE TO GET ICE CREAM (OR OTHER FROZEN TREAT)
- ❑ Andy's Frozen Custard
- ❑ Baskin Robbins
- ❑ Braum's
- ❑ Marble Slab Creamery
- ❑ Rose Rock Microcreamery
- ❑ STG Gelateria

12. FAVORITE PLACE TO GRAB A BURGER
- ❑ Fat Guy's
- ❑ Five Guy's
- ❑ Freddie's Hamburgers
- ❑ Ron's Hamburgers & Chili
- ❑ Smitty's Garage Burgers & Beer

13. FAVORITE ETHNIC RESTAURANT
- ❑ Desi Wok
- ❑ India Palace
- ❑ Lanna Thai
- ❑ Ri Le's
- ❑ Taziki's Mediterranean Café
- ❑ Ted's Café Escondito

14. FAVORITE HEALTHY EATING RESTAURANT
- ❑ Jason's Deli
- ❑ Panera Bread
- ❑ Salata
- ❑ Subway
- ❑ Zoë's Kitchen

15. FAVORITE KID'S MENU
- ❑ The Brook Restaurant and Bar
- ❑ Charleston's
- ❑ Chick-Fil-A
- ❑ Chili's
- ❑ Hideaway Pizza

16. FAVORITE CHILDREN'S PARTY ENTERTAINER
- ❑ Balloon Man Neil
- ❑ Dustin The Balloon Guy of Tulsa Balloons
- ❑ Sunderful Superheroes
- ❑ Tiny Things by Bowen

2019 FAMILY FAVORITES RUNOFF BALLOT

17. FAVORITE BIRTHDAY PARTY VENUE
- ❑ BounceU
- ❑ Incredible Pizza
- ❑ Main Event
- ❑ Sky Zone Trampoline Park
- ❑ The Little Gym of SE Tulsa
- ❑ Urban Air Trampoline and Adventure Park

18. FAVORITE PLACE TO BUY PARTY TREATS
- ❑ Ludger's Bavarian Bakery
- ❑ Merritt's Bakery
- ❑ Not Your Grandma's Cupcakes
- ❑ OK CookieMomster
- ❑ Reasor's

19. FAVORITE LOCALLY OWNED PLACE TO BUY CHILDREN'S GIFTS
- ❑ Kiddlestix
- ❑ Learning Express
- ❑ Tulsa Toy Depot
- ❑ Kathleen's Kids
- ❑ Decopolis

20. FAVORITE LOCALLY OWNED PLACE TO BUY CHILDREN'S CLOTHES
- ❑ The Children's Orchard
- ❑ Just Between Friends
- ❑ Once Upon a Child
- ❑ Kathleen's Kids
- ❑ Lolly Garden

21. FAVORITE LOCALLY OWNED MOM'S BOUTIQUE
- ❑ Amaranth Collection
- ❑ Beau & Arrow
- ❑ Black Sheep Boutique
- ❑ J. Spencer
- ❑ Stash Apparel & Gifts
- ❑ YellowHouse Market & Boutique

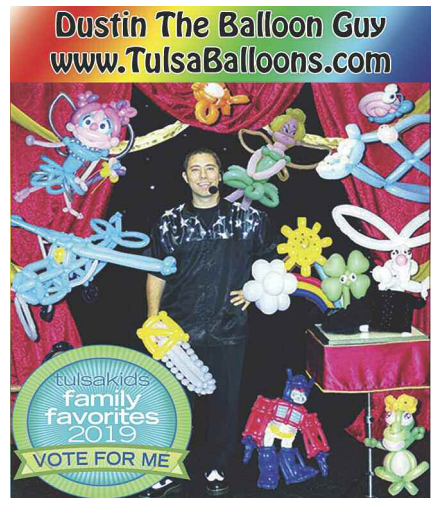
22. FAVORITE CONSIGNMENT SHOP OR SALE
- ❑ Children's Orchard
- ❑ Echo Shop
- ❑ Goodwill
- ❑ Just Between Friends
- ❑ Once Upon a Child
- ❑ Rhea Lana's

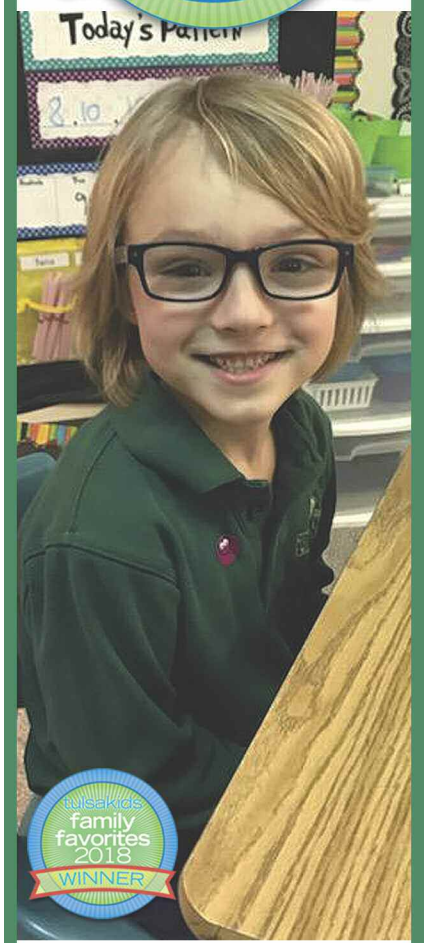
23. PRE- AND POST-PARTUM CLASSES
- ❑ Hillcrest
- ❑ Mind Body Mama
- ❑ Saint Francis Hospital
- ❑ St. John
- ❑ Tulsa Family Doulas
- ❑ Katherine Taylor—Bradley
- ❑ Emily Landry—Birth with Confidence

24. FAVORITE PLACE TO HAVE A BABY
- ❑ Hillcrest
- ❑ Saint Francis Hospital
- ❑ Special Delivery Birth Center
- ❑ St. John
- ❑ Tulsa Birth Center







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2019 FAMILY FAVORITES RUNOFF BALLOT

25. FAVORITE LOCALLY OWNED PLACE TO BUY BABY GIFTS

- ❑ IdaRed
- ❑ Lolly Garden
- ❑ Kathleen's Kids
- ❑ Kiddlestix
- ❑ Peekaboo Baby

26. FAVORITE NEWBORN PHOTOGRAPHER

- ❑ Ashley Noelle (Ashley Noelle Photography)
- ❑ Kristen Mackey (Son Kissed Photography)
- ❑ Meagan Ready (Meagan Ready Photography)
- ❑ Taryn Starkey (The Photo Doula)

27. FAVORITE PRESCHOOL

- ❑ ABC Preschool (Fellowship Bible Church)
- ❑ Bethany Community School
- ❑ Immanuel Lutheran Christian Academy
- ❑ Kirk of the Hills Preschool
- ❑ Lord's Little Army Preschool
- ❑ Mingo Valley Christian
- ❑ Monte Cassino School

28. FAVORITE PRIVATE ELEMENTARY

- ❑ Immanuel Lutheran Christian Academy
- ❑ Holland Hall
- ❑ Mingo Valley Christian
- ❑ Miss Helen's Private School
- ❑ Monte Cassino School

29. FAVORITE PRIVATE MIDDLE SCHOOL

- ❑ Immanuel Lutheran Christian Academy
- ❑ Holland Hall
- ❑ Metro Christian Academy
- ❑ Mingo Valley Christian
- ❑ Monte Cassino School

30. FAVORITE PRIVATE HIGH SCHOOL

- ❑ Bishop Kelley High School
- ❑ Cascia Hall
- ❑ Immanuel Lutheran Christian Academy
- ❑ Holland Hall
- ❑ Mingo Valley Christian

31. FAVORITE IN-STATE SUMMER CAMP

- ❑ Camp Loughridge
- ❑ Camp Egan
- ❑ Falls Creek
- ❑ New Life Ranch
- ❑ YMCA of Greater Tulsa Summer Camps

32. FAVORITE OUT-OF-STATE SUMMER CAMP

- ❑ Camp Ozark (Arkansas)
- ❑ Kanakuk (Missouri)
- ❑ Pine Cove Christian Camp (Texas)
- ❑ Sanborn Western Camps (Colorado)

33. FAVORITE YOUTH THEATRE

- ❑ Clark Youth Theatre
- ❑ Spotlight Children's Theatre
- ❑ Theatre Tulsa
- ❑ Tulsa Theatre Arts

2019 FAMILY FAVORITES RUNOFF BALLOT

34. FAVORITE GYMNATICS/CHEER/DANCE:
- ❑ Aim High Academy
- ❑ The Little Gym of SE Tulsa
- ❑ Oklahoma XTreme Cheer
- ❑ SSB Kids!
- ❑ Tulsa Dance Company

35. FAVORITE MARTIAL ARTS STUDIO
- ❑ Apollo's Martial Arts
- ❑ Christian Karate Academy
- ❑ Golden Dragon Taekwondo
- ❑ Kang's Institute of TaeKwon-Do
- ❑ Midtown Martial Arts
- ❑ Triton Fight Center

36. FAVORITE PLACE TO LEARN SOCCER
- ❑ Almighty Sports (First Baptist)
- ❑ SoccerCity
- ❑ Soccer Shots
- ❑ YMCA of Greater Tulsa

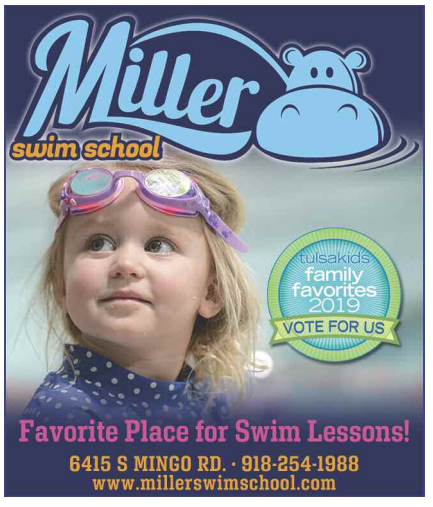
37. FAVORITE SOCCER CLUBS
- ❑ Broken Arrow Soccer Club
- ❑ Metro Tulsa Soccer Club
- ❑ SoCo Soccer Club
- ❑ West Side Alliance

38. FAVORITE MUSIC PROGRAM OR LESSONS
- ❑ Janell Whitby School of Music
- ❑ Midtown School of Performing Arts
- ❑ Music Together of South Tulsa
- ❑ Over Edukated Music & Arts
- ❑ Preslar Music
- ❑ Saied Music
- ❑ Sistema Tulsa

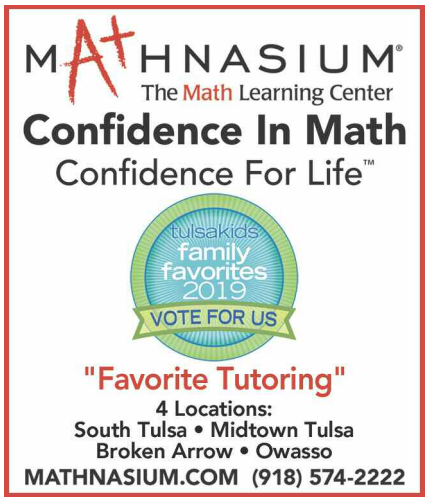
39. FAVORITE ART PROGRAM/LESSONS
- ❑ ahha Tulsa
- ❑ Philbrook
- ❑ Pinot's Palette
- ❑ Tulsa Art Center
- ❑ Tiny Things by Bowen
- ❑ Waterworks Art Center

40. FAVORITE SWIM LESSONS
- ❑ Health Zone at Saint Francis
- ❑ Infant Swimming Resource
- ❑ Miller Swim School
- ❑ ORU-Denise Westfall
- ❑ Tandy Family YMCA

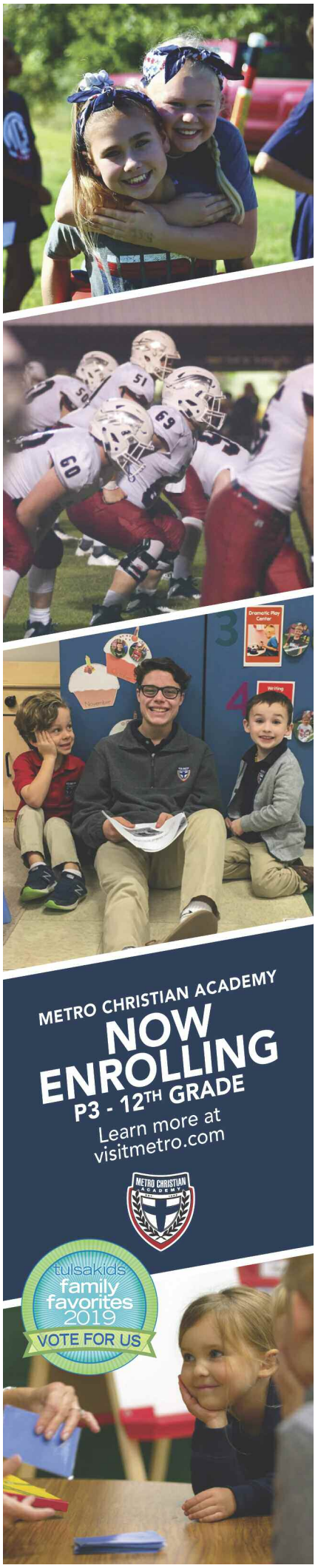
41. FAVORITE TUTORING
- ❑ Brain Balance Center of Tulsa
- ❑ Huntington Learning Center
- ❑ Kumon
- ❑ Mathnasium
- ❑ Sylvan Learning











2019 FAMILY FAVORITES RUNOFF BALLOT

42. FAVORITE FAMILY FRIENDLY GYM
- ❑ 10Gym
- ❑ Climb Tulsa
- ❑ Health Zone at Saint Francis
- ❑ Life Time Fitness
- ❑ Sky Fitness & Wellbeing
- ❑ YMCA of Greater Tulsa

43. FAVORITE FAVORITE SALON
- ❑ Bella Vita Spa and Salon
- ❑ Ihloff Salon and Day Spa
- ❑ Berkshire Salon and Day Spa
- ❑ Orr Salon

44. FAVORITE CAR DEALERSHIP
- ❑ Bill Knight Ford
- ❑ Don Carlton Honda
- ❑ Ferguson
- ❑ Jackie Cooper Imports
- ❑ Jim Norton Toyota
- ❑ Nelson Nissan

45. FAVORITE CHILDCARE
- ❑ Children's Learning Adventure
- ❑ E-Nanny
- ❑ KinderCare
- ❑ Lords and Ladies Child Development Center
- ❑ Polliwog's Playground
- ❑ Seeking Sitters

46. FAVORITE DATE NIGHT RESTAURANT
- ❑ Amelia's
- ❑ Charleston's
- ❑ Mahogany Prime Steakhouse
- ❑ Red Rock Canyon Grill
- ❑ The Melting Pot

47. FAVORITE BANK/CREDIT UNION
- ❑ Arvest
- ❑ Bank of Oklahoma
- ❑ Chase Bank
- ❑ MidFirst Bank
- ❑ TTCU Federal Credit Union

48. FAVORITE HOME CLEANING SERVICE
- ❑ Blue Jay Cleaning Services
- ❑ ICleanIt
- ❑ MaidPro Tulsa
- ❑ Merry Maids
- ❑ Total Care Housekeeping Services

49. FAVORITE PEDIATRICIAN
- ❑ Alka Sood, Birth and Beyond Pediatrics
- ❑ Elizabeth Dunlap, South Tulsa Pediatrics
- ❑ Kristin Stevens, Tulsa Pediatric Group
- ❑ Stacy O'Sullivan, Pediatric Specialists of Tulsa
- ❑ John Knippers, Saint Francis Hospital
- ❑ Umang Sood, Birth and Beyond Pediatrics

50. FAVORITE OB/GYN
- ❑ Cole Nilson, Tulsa Women's Health Care
- ❑ Kim Kmita, Utica Park Clinic
- ❑ Nathaniel Rapp, Tulsa Women's Health Care
- ❑ Robert Sterling, Tulsa Women's Health Care
- ❑ Tracey Lakin, The Women's Health Group

2019 FAMILY FAVORITES RUNOFF BALLOT

51. FAVORITE OPTOMETRIST
- ❑ Jeff Long, Dr. Jeff Long's Children & Family Eye Care
- ❑ Monte Harrel, Harrel Eye Care
- ❑ Robert Zoellner, Dr. Robert H. Zoellner & Associates
- ❑ Stephen Groves, His Vision Eye Care & Eye Wear
- ❑ Ted Hill, Bixby Vision

52. FAVORITE KID-FRIENDLY DENTIST
- ❑ Fox Broerman Pediatric Dentistry of Tulsa
- ❑ James Owens, Drs. James & Samuel Owens Pediatric Adolescent Dentistry
- ❑ Jenni Burkitt, DDS
- ❑ Morrow, Lai, & Kitterman Pediatric Dentistry
- ❑ Ryan Roberts, On the Cusp Pediatric Dentistry & Orthodontics

53. FAVORITE ORTHODONTIST
- ❑ Blake Henry, Henry Orthodontics
- ❑ Clint Emerson, Emerson Orthodontics
- ❑ Kelly Kontz, On the Cusp Pediatric Dentistry & Orthodontics
- ❑ Kevin Duffy, Duffy Orthodontics
- ❑ Kirkpatrick & Lai Orthodontics
- ❑ Cooper Chockley Misner Orthodontics

54. FAVORITE ALLERGIST
- ❑ James Love, Allergy Clinic of Tulsa
- ❑ Jane Purser, Allergy Clinic of Tulsa
- ❑ Kathryn Brown, Allergy Clinic of Tulsa
- ❑ Timothy Nickel, Allergy Clinic of Tulsa

55. FAVORITE ENT
- ❑ Atul Vaidya, Eastern Oklahoma ENT
- ❑ Chris Siemens, Eastern Oklahoma ENT
- ❑ David Hall, Eastern Oklahoma ENT
- ❑ Evan Moore, Eastern Oklahoma ENT
- ❑ William Hawkins, Ear, Nose & Throat Specialists of Tulsa

56. FAVORITE THERAPIST
- ❑ Greenhouse Pediatric Therapy
- ❑ Let's Talk LLC
- ❑ Speech and Beyond, LLC
- ❑ TherapyWorks Tulsa
- ❑ Tulsa Sunshine Center

57. FAVRORITE ORTHOPEDIST
- ❑ Brian A. Chalkin, The Orthopaedic Center
- ❑ Casey Smith, Warren Clinic
- ❑ Gregory Holt, The Orthopaedic Center
- ❑ Jeff A. Fox, Central States Orthopedics
- ❑ Mark Macguire, Warren Clinic
- ❑ Mark Steven Schwartz, Warren Clinic
- ❑ Randall Hendricks, Central States Orthopedics
- ❑ Steven Hardage, Eastern Oklahoma Orthopedic Center
- ❑ T. Jeffrey Emel, Eastern Oklahoma Orthopedic Center

58. FAVORITE HOSPITAL
- ❑ Hillcrest
- ❑ Oklahoma Surgical Hospital
- ❑ Saint Francis Hospital
- ❑ St. John
- ❑ Tulsa Spine & Specialty Hospital

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David W. Hall, MD
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Evan R. Moore, MD
Jeremy G. Foon, MD

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FAMILY FAVORITES RUNOFF BALLOT

From May 1-15, vote for your Family Favorites for a chance to win a Family 4-Pack ($200 value) to RIVER-SPORT™ OKC! Get more information at riversportokc.org, and get the survey link at tulsakids.com/contests!

PHOTO COURTESY OF RIVERSPORT™ OKC



MOTHER'S DAY GIVEAWAY PACKAGE

From April 24-May 7, go to tulsakids.com/contests to enter to win the following items:

- $100 gift card to Society Burger
- A "Mommy and Me" photo session with Kylea Wares Photography (www.kyleawaresphotography.com)
- 4 Guest Passes, a The EXPERIENCE T-Shirt and buttons/stickers from ahha Tulsa

PHOTO CREDIT: KYLEA WARES PHOTOGRAPHY



WIN A FAMILY 5-PACK TO "THE LIGHTNING THIEF: THE PERCY JACKSON MUSICAL" COURTESY OF CELEBRITY ATTRACTIONS!

From May 10-24, enter to win a family 5-pack to the May 31 (7:30 p.m.) of "The Lightning Thief," coming to the Tulsa PAC May 31-June 1! Get the link at tulsakids.com/contests.

PHOTO CAPTION: SARAH BETH PFIEFER. PHOTO BY JEREMY DANIEL



FATHER'S DAY GIVEAWAY PACKAGE

FROM MAY 29-JUNE 11 ENTER TO WIN:

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

GUEST BLOGGER: CHRISTINE JACKSON, CHAPTER LEADER FOR THE OKLAHOMA CHAPTER OF MOMS DEMAND ACTION

In May, Christine Jackson with Moms Demand Action will be blogging for TulsaKids about MDA's BeSMART program, which teaches parents about the importance of safe storage and responsibility with guns around kids. Find her posts at tulsakids.com/blog.

About Moms Demand Action: Moms Demand Action for Gun Sense in America (www.momsdemandaction.org) is a grassroots, non-partisan movement of Americans fighting for public safety measures that can protect people from gun violence and keep our families safe. Moms Demand Action has a chapter in every state and it is part of the nation's largest gun violence prevention organization, Everytown for Gun Safety, with more than 5 million supporters. Moms Demand Action works with survivors, mayors, law enforcement officers, faith leaders, educators, gun owners, doctors and communities across the country who know there is more we can do to prevent gun vi-olence. We do this work because every day 100 Americans die from gun violence and hundreds more are wounded.

About Christine: Christine Jackson is the Chapter Leader for the Oklahoma Chapter of Moms Demand Action. She and her husband Neal are parents to two young sons. She was inspired to do the work of helping to end gun violence when she was seven months pregnant with her first son and the tragedy at Sandy Hook happened. She knew then that Mothers like her needed to get involved. She hopes that we will someday get to a place in this country where this work is no longer needed, but will keep going as long as it is.

TULSAKIDS LIVE! PARENTS MEET-UP WITH MEG MYERS MORGAN

When: Wednesday, May 22, 6-7:30 p.m.
Where: Southminster Presbyterian Church, 3500 S. Peoria Ave.

Join us for a discussion with Dr. Meg Myers Morgan! This event is free and open to the public—plus, there will be free childcare and snacks!

About Dr. Meg Myers Morgan:

Dr. Meg Myers Morgan is an expert in career development and advancement for women. Her latest book, Everything is Negotiable (Seal Press, 2018), offer tactics to help women negotiate for more in work and life. In its first week, the book hit the Oklahoma Best Seller List and has since been translated in five languages. Meg gave a TED Talk, "Negotiating for Your Life", for TEDxOU in 2016. Her collection of essays, Harebrained, won the gold medal for humor from the Independent Publishers Book Awards (2015). She is an assistant professor at the University of Oklahoma and leads the graduate programs in Public Administration and Nonprofit Management on the OU-Tulsa campus.



I'M A TULSA KID

TEXT AND PHOTOGRAPHY BY SHEEBA ATIQI

Maya Gabriella Jacob: Shape Your Future Recipe Contest Winner

As part of their mission to educate Oklahomans to make healthy choices, Shape Your Future (shapeyourfutureok.com) partnered with TulsaKids for a contest to seek out a young chef who could create a healthy, delicious recipe packed with fruits or vegetables. Shape Your Future encourages everyone to fill half their plate with fruits and vegetables at each meal, and 13-year-old Maya Jacob's creation hit the mark. Her recipe for Moroccan Grilled Chicken Kebabs with Edamame Brown Rice is a winning combination of lean protein, whole grains and colorful veggies that is delicious, healthy and visually appealing.

Young people like Maya can lead the way in creating a bright future for Oklahoma. The state is ranked 48th nationally for health, and has some of the highest child and adult obesity rates in the U.S. Shape Your Future wants to change that statistic by educating all Oklahomans about making healthy choices. They want families to know that besides eating fresh fruits and veggies and drinking plenty of water, kids need 60 minutes of physical activity per day, and adults need 30 minutes per day. And, of course, staying tobacco-free is always the best choice for a healthy lifestyle. With Maya's yummy dinner recipe on the table, making the healthy choice is easy!

Q: What is Shape Your Future and how did you get involved?
A: I discovered Shape Your Future through TulsaKids. I like to visit Shape Your Future's website for great tips, healthy recipes and the articles they post about exercise and health are super fun to read and informative.

Q: How did you learn to cook?
A: Watching cooking shows, watching my parents cook and YouTube videos.

Q: Do you cook with your parents?
A: Yes, I enjoy watching their enthusiasm for cooking. I love how they create new, flavorful dishes and always allow me to help them in the kitchen and just be a part of the whole process from start to finish.

Q: How did you learn about healthy recipes?
A: I became interested about four years ago with Michelle Obama's healthy school lunch initiative.

Q: What are your favorite foods?
A: Chicken fried rice, steak and turkey burgers.

Q: What else do you do to have a healthy lifestyle?
A: I make sure I go outside, get fresh air, ride my bike, play basketball, and I make sure I don't eat too much fast food or soda.

Q: How would you encourage other kids to be healthy?
A: Make healthy choices, don't eat too much sugar or soda, and go outdoors often, even just to walk a few minutes. Be active and drink lots of water! Get involved in some type of sport, yoga or weekly exercise routine.

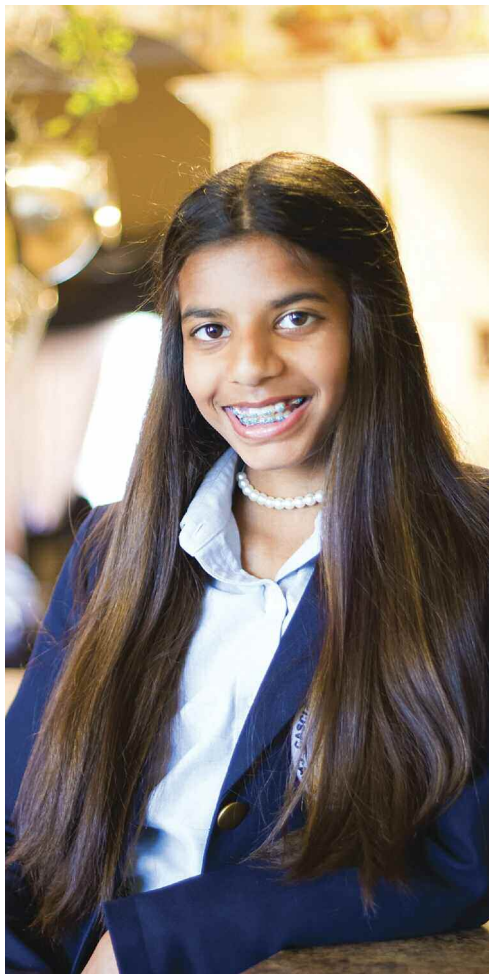
Q: What are some healthy options where you like to eat out in Tulsa?
A: I enjoy Zoe's Kitchen, All about About Cha and PF Chang's.

Q: Who inspires you?
A: My parents, grandparents and my special needs twin brothers.

Q: What do you want to do in the future?
A: I want to be a pediatrician.

Q: Tell me a fun fact about you?
A: I've climbed to the top of one of the Egyptian pyramids, and I've met and had lunch with Michelle Obama.

Shape Your Future is funded through the Oklahoma Tobacco Settlement Endowment Trust (TSET) and the Oklahoma State Department of Health. We proudly support the Oklahoma Health Improvement Plan and its mission to increase the overall health and wellness of Oklahomans.



Maya's Moroccan Grilled Chicken Kebabs with Edamame Brown Rice
(serves 4-6)

Ingredients
- 3-4 boneless skinless chicken breasts cut into 1-inch cubes
- 3 large bell peppers (I like to use one green, one yellow and one red for the bright colors it adds to food presentation)
- 1 tsp minced garlic
- 1/4 cup lemon juice
- 1/2 tsp turmeric
- 1/2 tsp saffron
- 1 tsp cumin
- 1 tsp paprika
- 1/2 tsp white pepper
- 1 cup edamame
- 1 cup sliced carrots
- 2 cups brown rice
- 4 cups water
- nonstick olive oil cooking spray
- wooden skewers (soak in cold water for 30 minutes before using)

Preparation
In a bowl, mix together the chicken, garlic, lemon juice, turmeric, saffron, cumin, paprika and white pepper. Marinate for at least 30 minutes in the refrigerator, or I prefer overnight for more flavor.

In a large stockpot, combine the water with the brown rice and bring to a boil over medium-high heat. Reduce heat to low, cover and simmer 35 minutes. Add edamame and sliced carrots to rice and cook an additional 10 minutes or until rice is tender. Set aside.

Cut bell peppers in 1-inch square pieces. Remove chicken from marinade and thread the chicken and bell peppers onto wooden skewers. Turn grill on medium heat and spray with nonstick cooking spray. Place kebabs on grill and cook for 9 minutes on each side, turning once or until thoroughly cooked.

Serve with brown rice.



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