March 2021 Oklahoma's Award-Winning Magazine for Parents & Families www.tulsakids.com

tulsakids

FOR PARENTS. FOR FAMILIES. FOR LIFE.



QUESTIONS YOU NEED TO ASK BEFORE YOU SEND YOUR CHILD TO

Summer Camp

WHAT KIND OF PARENT ARE YOU?
HOW TO UNDERSTAND YOUR PARENTING STYLE

CAN YOUR KIDS PLAY ALONE?
TIPS TO FOSTER INDEPENDENT PLAY

BOYS AND ANOREXIA:
WHAT YOU NEED TO KNOW

SPECIAL SECTION:
2021 SUMMER CAMPS & ACTIVITIES GUIDE

PARENTING MEDIA ASSOCIATION 2020 GOLD Award Winner Editorial Awards Competition

PARENTING MEDIA ASSOCIATION 2020 GOLD Award Winner Digital Media Awards Competition

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New Preschool to Offer High-Quality Early Learning for Children and Families in Broken Arrow

It's a fact: children start learning from the moment they are born, and the brain develops faster in the first five years of life than at any other time. That knowledge can create a lot of pressure on parents to choose the right early education and care provider for their child!

Opening soon, Primrose School of Broken Arrow will serve the children and families in the Broken Arrow community, providing an unparalleled early learning experience through the Primrose®-exclusive Balanced Learning® approach. *Balanced Learning* is created from the best early education wisdom and is based on the belief that who children become is as important as what they know. The result is an approach that nurtures intellectual, creative, physical and social-emotional skills to promote the development of well-rounded children who have a strong foundation for learning and life.

Balanced Learning builds off of children's natural curiosity by blending play with guidance and direction from teachers to take learning to the next level. Concepts like language, science, math and art, along with physical activity, character development and life skills are integrated into children's daily classroom experiences. The curriculum; classroom equipment, materials, books and toys; and school-home connection are all intentionally aligned to engage children in developmentally appropriate learning.

Since the curriculum is provided to Primrose teachers, they are able to spend their time engaging in meaningful interactions with each child rather than developing lessons. Every teacher, School Leadership Team member and Franchise Owner is passionate about providing the best early learning experience possible for children. They are committed to creating and maintaining trusted relationships with every Primrose family, and they all share the Primrose vision: To deliver the best and most trusted early education and care for children and families across America.

"We understand that choosing a child care provider is one of the most important and nerve-wracking decisions a parent makes," said Gia Patel, Franchise Owner of Primrose School of Broken Arrow. "We can't wait to open our doors and provide the families of Broken Arrow with early education and care that they not only feel good about, but also trust to give their child the best early learning experience possible."

High-Quality Preschool Experiences Lead to Future Success in School and Life

PRIMROSE SCHOOLS Balanced Learning®

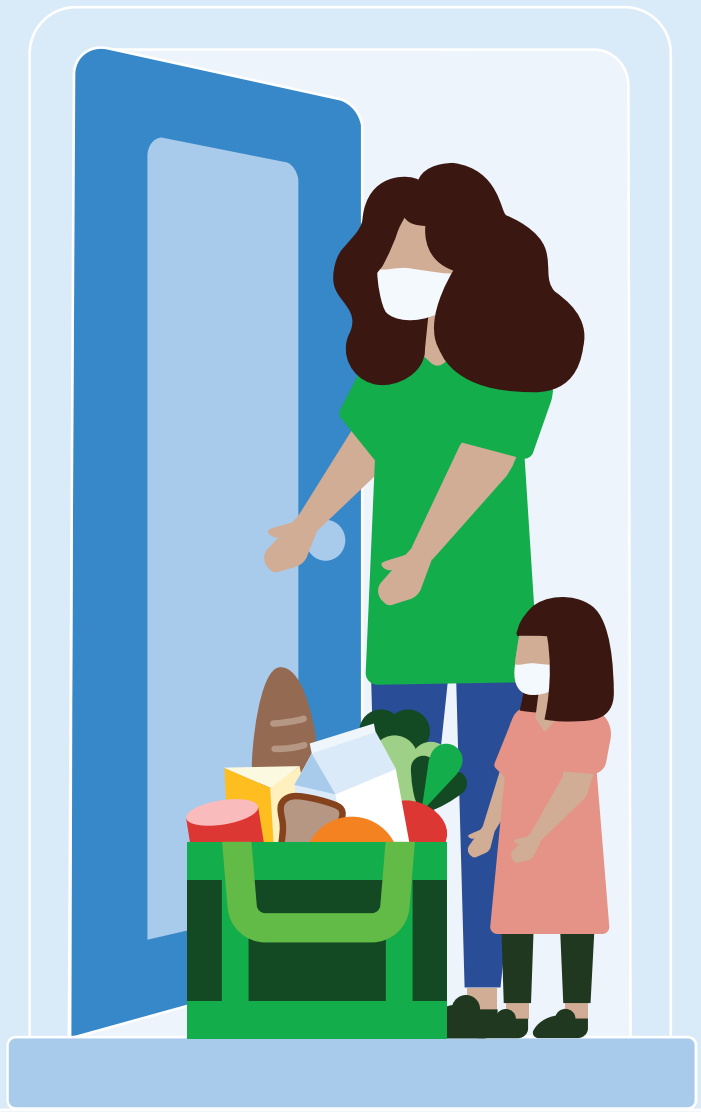




Learn about the **Primrose Schools *Balanced Learning* approach** and Primrose School of Broken Arrow by visiting PrimroseBA.com or calling 918-355-6827.

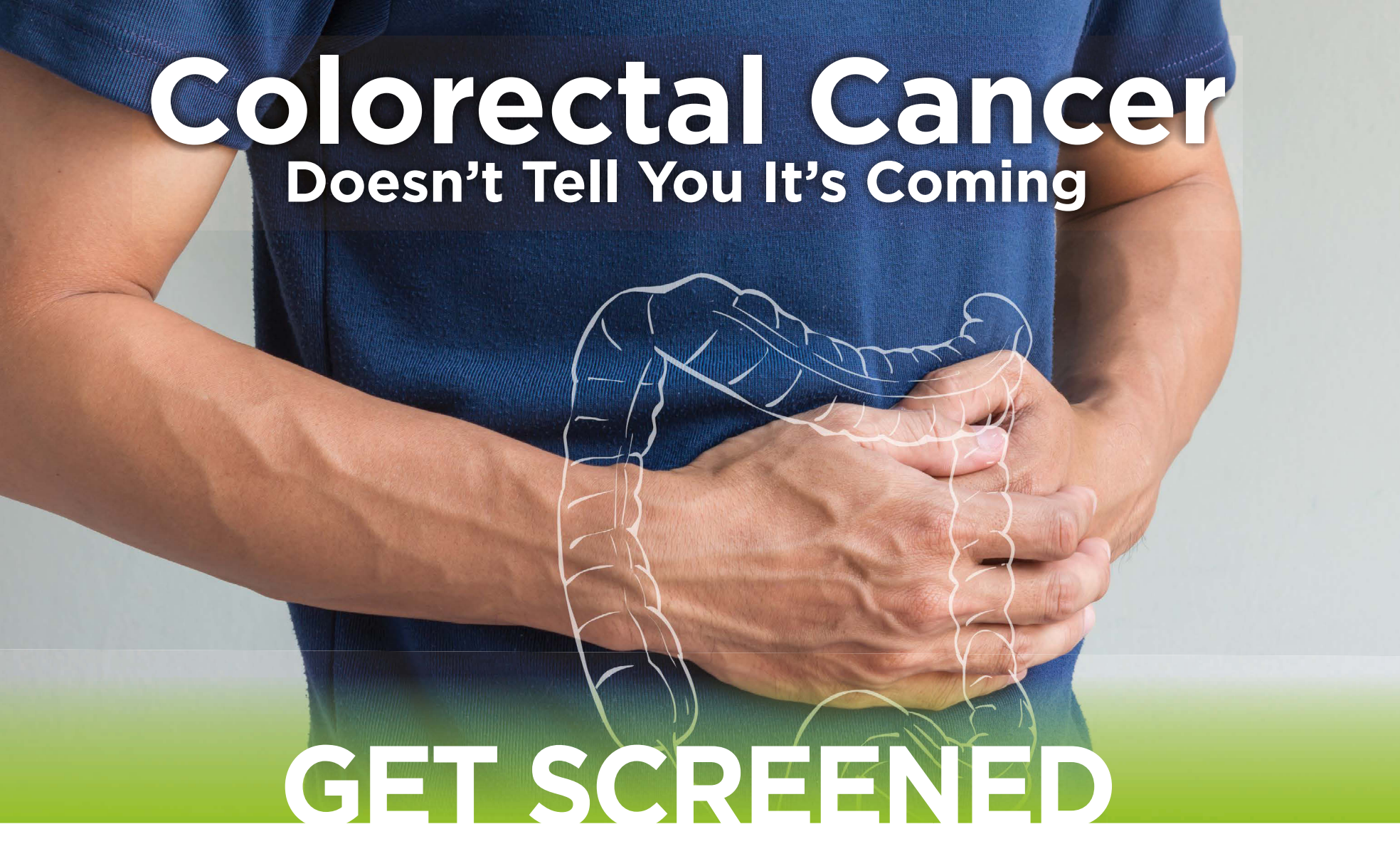
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Colorectal Cancer
Doesn't Tell You It's Coming



GET SCREENED

Colorectal cancer is treatable and preventable. When it's not caught early, it can also be deadly.

Important colorectal cancer facts:

- Your estimated lifetime risk of developing colorectal cancer is 1 in 23.
- It is the second leading cause of cancer-related deaths in the U.S. for men and women combined.
- A 30-minute colonoscopy could save your life.

Screening for colorectal cancer should begin by age 45. African Americans and those with a family history of colorectal cancer should talk to their doctor about starting earlier.

Our board-certified gastroenterologists offer screenings at eight hospitals across the region.

- No referral necessary
- No office visit required
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March 2021

what's inside

Volume XXXIV, Number 3

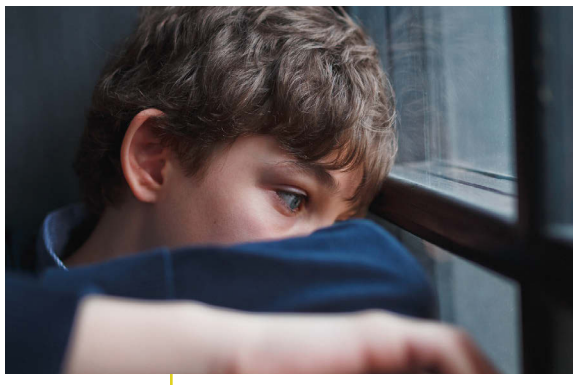
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QUESTIONS YOU NEED TO ASK BEFORE YOU SEND YOUR CHILD TO Summer Camp

BY PAM MOORE

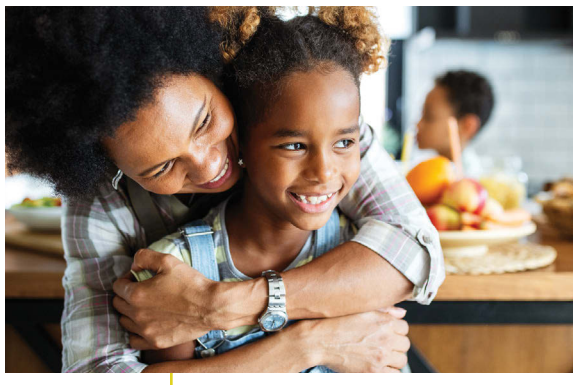
26-27



16-17 Male Eating Disorders Are Often Underdiagnosed—and Dangerous



20-21 Simple Recipes for a Kids' Baking Day



14-15 What Type of Parent Are You?



36 American Indian Festival of Words

SHORTS

9 **NEWS & NOTES**

FEATURES

26–27 **COVER STORY**
Questions You Need to Ask Before You Send Your Child to Summer Camp
By Pam Moore

28–29 **COMMUNITY**
Fostering Hope: How Your Family Can Serve Kids Through The Foster Care System
By Lauren Miers

IN EVERY ISSUE

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

12 **STAGES: BABIES & TODDLERS**
How to Foster Independent Play
By Kiley Roberson

14–15 **STAGES: SCHOOL AGE**
What Type of Parent Are You?
By Mary Beth Ritchie, LCSW

16–17 **STAGES: TWEENS & TEENS**
Male Eating Disorders Are Often Underdiagnosed—and Dangerous
By Julie Wenger Watson

18–19 **BOOKS**
Take An Imagination Vacation! One trip to the library for a million trips around the world
By Laura Raphael

20–21 **GET COOKING**
Simple Recipes for a Kids' Baking Day
By Natalie Mikles

22 **A CAPITOL DAD'S VIEW**
Where are the Teachers? Keeping Career Teachers and Cultivating New Ones
By Rep. John Waldron

24–25 **GREEN COUNTRY GROWN-UP**
Carissa Miller: Encouraging others to get uncomfortable
By Nancy A. Moore

32–36 **COMMUNITY CALENDAR**
By Tara Rittler

37–45 **SPECIAL SECTION**
2021 Summer Camps & Activities Guide

46 **I'M A TULSA KID**
By Sheeba Atiqi

editor's note

March. If there's ever a time to appreciate warmer weather, this is it. I hope that all of you made it through the arctic blast with pipes and sanity intact. We've certainly been challenged in unprecedented ways in the past year.

For almost 30 years, TulsaKids' March and April issues have been devoted to Summer Camps & Activities. We know at this time of year many of you are planning ahead for the summer. I wish I could predict what the summer will bring (I hope not a swarm of locusts). In planning this issue, we asked camp and care providers what they would be offering in the months ahead. As you will see, many are going to offer the same experiences as in years' past. Some are taking a "wait and see" approach, some are limiting what they offer and some are holding off another month. With that in mind, we made the decision to publish our annual Summer Camps & Activities Guide in both March and April to provide as many options as possible. The local ads in TulsaKids are great resources for families, so look for those, not just in March and April, but going into the summer months as well. And, as with all of our guides, the Summer Camps & Activities Guide can be found online whenever you are ready.

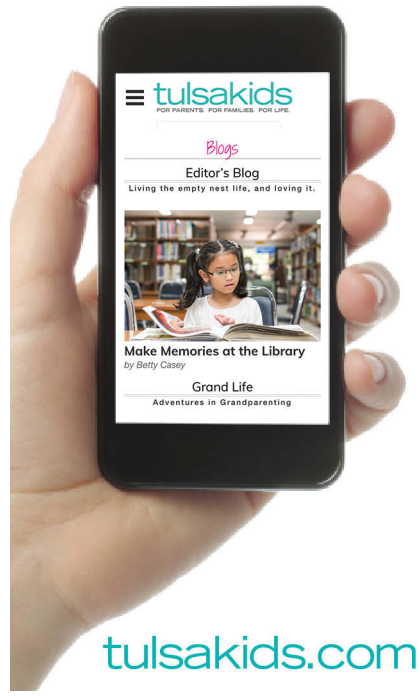
Articles this month include a piece by a mom in Boulder, Colorado, who realized that she wasn't asking enough questions before sending her daughters to a summer day camp that involved a lot of water activities. Read about her experience and what she learned from it.

If you're a parent, no doubt you've wished many times that your children would entertain themselves. This is especially true during the pandemic when we're all at home together. Sometimes you need to work. Or take a shower. Some kids are better at playing alone than others, but there are things you can do to encourage independent play. Read Kiley Roberson's column for some tips.

You'll find plenty of useful information, interesting reads and places to start planning your child's summer in these pages.

As always, thank you for reading, sign up for our e-newsletter and follow us on social media!

Betty Casey
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editor in chief



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

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COVID AND CAMPS

Parents and summer camp directors are making decisions about how COVID-19 impacts summer camps and activities. The American Camp Association (acacamps.org), an independent accrediting organization for camps, offers the following questions that parents should ask a camp director about COVID-19:

1. What is your camper drop-off/pickup policy? Drop-off and pickup might look different this year than it has in years past. To limit exposure, your camp may have implemented a new policy regarding how many people can be at camper drop-off/pickup. Make sure to ask if there have been any changes.

2. Are you changing your staff time-off policies? Previously, summer camp staff would be able to go off-premises during their time off and between sessions. Ask your camp director if any changes have been made to those policies to help minimize exposure risk.

3. What conversations are you having with your staff around what will be different this summer? Most camp directors are looking at ways they can reduce exposure this summer, which may include limited group activities, changes to mealtimes, and more.

4. What are some things you aren't doing this summer that you have done in the past? Some special camp events may not be possible this year due to local restrictions or safety concerns.

For more information like this, visit acacamps.org.

FREE VIRTUAL SUMMER CAMP ACTIVITIES



If you can't enroll your kids in a camp, they can still do fun activities by registering for CAMP@HOME, created by UNICEF. CAMP@HOME has more than 75 short videos (sports, crafts, cooking, campfire songs and more) where lively camp "counselors" demonstrate an activity, and then encourage kids to "go play" off-screen. Kids can learn and practice new skills any time, and parents can use the videos to get ideas for activities to do with their kids.

To get started, go to unicefkidpower.org/camp/.



BEST WATER BOTTLES FOR KIDS

No doubt your kids will need a water bottle for sports, outdoor activities or summer camp. Here are some top picks reviewed by The New York Times (nytimes.com/wirecutter).

For younger kids, Wirecutter reviewers chose the steel Thermos Funtainer Stainless Steel Water Bottle with Straw, calling it "simplest for younger kids to open and close by themselves, least likely to leak, and among the easiest to clean…"

For older kids, the Takeya Actives Kids Insulated Water Bottle with Straw Lid was the reviewers' top pick for steel water bottles. This one "holds a little more liquid, has a faster-flowing spout, and looks a bit more grown-up..."

The top choice for plastic water bottle was CamelBak Eddy+ Kids, described by reviewers as "a breeze to take apart for cleaning and simple for young kids to use."

ADVERTISER IN THE NEWS

PRIMROSE SCHOOL BREAKS GROUND IN BROKEN ARROW

Primrose School, an early learning center focusing on a trademarked Balanced Learning approach, broke ground for a school to open in Broken Arrow. Franchise owners are Manish and Gia Patel, who say they were drawn to Primrose because of its balanced meals, balanced approach to curriculum and strong devotion to character development.

"As parents of two little girls, living in Broken Arrow, we are very excited to bring a family-oriented business to our community and offer a welcoming space for children and their families to come every day."

The Balanced Learning approach blends "purposeful play with nurturing guidance from teachers to encourage curiosity, creativity, confidence and compassion."

The school will have 12 classrooms, four age-appropriate playgrounds and can serve up to 230 children. It is located at 1701 W. Albany St. in Broken Arrow. For information about enrollment, job opportunities or information, visit www.PrimroseBA.com or call 918.355.6827. A virtual brochure is available at primroseschools.com/virtualbrochure.

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

CONTESTS AND GIVEAWAYS

It's Time to Nominate Your Family Favorites!



Nominate your Family Favorites from March 1-15! TulsaKids' Family Favorites contest is a great way to support local businesses and professionals—and to help local parents connect with valuable community resources! Plus, everyone who fills out our Family Favorites Nominations Survey is automatically entered to win a $100 gift card! Find the link at tulsakids.com/contests.

Home Improvement Giveaway



Could your home use some extra love? Enter our $5,000 Home Improvement Giveaway! This is part of a national sweepstakes, so one winner will be chosen out of a national pool of entrants to receive a $5,000 check! This giveaway will be open March 8-April 5. Enter at tulsakids.com/contests.

Just Between Friends—Tulsa Giveaway

JBF Tulsa is returning to Expo Square March 25-28! Go to tulsakids.com/contests for details about a special giveaway we'll be offering courtesy of Just Between Friends, and go to tulsa.jbfsale.com for sale details.

SUMMER FUN

TulsaKids' Summer Camps + Activities Guide is available year-round at tulsakids.com/guides! Here, you can also find our other resource directories, including our School Guide, Enrichment Guide, Party Planner and more!

GET SOCIAL!

Follow us on social media for even more family fun! And subscribe to our mailing list at tulsakids.com/newsletter to receive our weekly eNewsletter and special offers from local partners.

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MEET OUR NEW BLOGGER



We've got a new blog! Lynn Hernandez worked as a rock radio DJ at Tulsa's KMOD for 16 years before losing his job due to pandemic budget cuts. Now, he's focusing on volunteering and raising his two kids! In his blog, Dads Rock!, Lynn writes about life as a single dad and shares information about local nonprofits. Find his posts at tulsakids.com/dads-rock. And let Lynn know if you have a favorite nonprofit you'd like him to feature!

Thank you to everyone who entered our
"Hug the One You Love" Photo Contest!

Here are just a few of the incredibly sweet entries, including our winners!



SPRING GAMES FOR KIDS? NOW YOU'RE CHALKING!

3 FUN & EASY WAYS TO STAY ACTIVE

HOP-TO LEARN: Write the alphabet. Call out a letter for them to hop over to. Keep the game going with sight words or numbers.

THE GROUND IS LAVA: Draw flowing rivers of red-hot lava. Include some chunks of safe and cool rocks. In a daring rescue, have your kids hop from one safe rock to safety!

OFF TO THE RACES: Draw a series of objects or animals. Spaceships? Giraffes? Dream big! Name the object for your kids to run to. Off they go!

This spring, adventure starts right outside your door!
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BY KILEY ROBERSON

how to foster **independent play**

Raising young children during a global pandemic is no picnic. Schools and daycares may be closed, playgroups and playdates might be canceled, and that leaves a lot of one-on-one caregiver time. While spending time with your little one is always a blessing, sometimes you also have to get stuff done. Dishes, laundry, work, and maybe just some you time…the point is, we can't be all the things to everyone and our kiddos. So how do we help our littles find ways to entertain themselves? The experts say, independent play is the way to go.

Fostering independent play in young children takes time and patience. Some children are naturally more content with their own company, but for others, playing independently can be a struggle, particularly if they have been entertained frequently as infants or had play done for them in the early stage of their toddler life. Here are some ways you can help your kiddo build their imagination while you build in time for other things.



YOUR CHILDREN REALLY CAN PLAY ON THEIR OWN WITHOUT PRAISE OR HOVERING FROM YOU.

SET UP THE RIGHT TYPE OF PLAY SPACE

Passive toys encourage active play. So ditch the battery operated singing-dancing-lights-flashing extravaganza in favor of the tried and true blocks, dolls, kitchen toys, etc. and see what your child can create with their own fascinating scenarios and imagination.

TRY TO SEPARATE PLAY FROM SCREENS

I'm definitely not anti-screens—especially in the day of virtual learning. But passive watching can discourage active play, especially when a TV is on in the background, or a game is available right there. Perhaps having screens available at a separate time or in a separate space than the play area can counterbalance their allure.

CREATE A SPACE WHERE CHILDREN CAN BE ALONE

Make sure their play space is childproof and they are safe to be left alone. If you are constantly hovering and watching that they don't bump their head or play with a plug, you will be interrupting their play and not allowing them into the flow of play. This will also allow you to go put in a load of laundry or take a shower, once they are immersed in play, without worrying (although best to always be within earshot and to make sure your child knows where to find you).

USE STORAGE THAT YOUR CHILD CAN MANIPULATE

If your toy storage is too heavy, too big, or too cumbersome for your children to manage alone, they will inevitably be calling you over for help all the time. Make sure your children "own" their play space so that they can navigate it with mastery, without help.

TREAT PLAY AS THE NATURAL BIRTHRIGHT—NOT A CHORE OR PUNISHMENT!

Be cautious about your tone of voice and the words that you choose when you discuss play. Instead of making a whole long speech: "Now I'm busy, you need to go play by yourself, don't disturb me…" try to keep it as light and airy as possible. "You can play now!" Just something that is an easygoing thing, a choice that the child has control over.

DON'T PRAISE, COMMENT OR EVALUATE

Praise inhibits intrinsic satisfaction and meaning. Which means that if you tell your child that they're "playing so beautifully," that is actually going to minimize their interest in playing alone. Do not praise it, do not reward it, certainly don't punish it. This is not an emotional exchange. This is a birthright that your child has, and you just need to allow it to happen without disrupting it.

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BY MARY BETH RITCHIE, LCSW

what type of parent are you?

What is your parenting style? How does your style affect your children as they grow up? There are four predominant parenting styles. People do not generally fit perfectly into one category. They will usually have characteristics from a combination of these categories, but one will usually be dominant. Additionally, our styles may change with our moods and life circumstances; however, making a conscious effort to use the most effective parenting style can give your children self-confidence and security as adults. The four styles most commonly referred to in child-development literature are Authoritative, Authoritarian, Permissive and Uninvolved. Where do you see yourself?



ADJUSTING YOUR PARENTING STYLE CAN HELP YOU RAISE SELF-CONFIDENT, HAPPY ADULTS.

CHARACTERISTICS OF AUTHORITATIVE PARENTING

- Expresses warmth and nurturance
- Encourages independence, while providing resources and support
- Administers fair and consistent discipline and consequences
- Considers unique behaviors of each child
- Listens to children
- Exhibits flexibility and high expectations

AUTHORITATIVE

It is widely accepted that the Authoritative style is the one that's most ideal. Authoritative parents strive to achieve healthy relationships with their children. They have clear rules and high expectations which are discussed with their children. Input from the children is allowed and even valued. The reasoning behind the rules is explained. Consequences are used in rule enforcement, but positive reinforcement, such as praise and rewards, are also used. These parents work to prevent behavior problems before they arise. Although Authoritative parents value input from the children, they do remain ultimately in charge.

Children raised by Authoritative parents tend to be happy, successful and confident. They openly express their opinions. These children feel secure in measuring the risk involved in their decisions. They become more self-disciplined, responsible and are able to think for themselves.

AUTHORITARIAN

Authoritarian parents don't value input from the children. These parents set the rules, and there is no room for discussion or negotiation. Authoritarian parents may use phrases such as, "Because I said so!" These parents don't help their children learn to make better choices. Instead, they rely on punishment to make their children regret their poor decisions. Authoritarian parents are often described as "strict," and they are not known for being very nurturing.

Children raised in an Authoritarian home often do grow up to follow the rules. They also frequently suffer from low self-esteem because they don't believe their opinions are valued. These children sometimes grow up to be more aggressive than children whose parents use more positive child-rearing approaches. They also become very good liars, because they have learned to lie in order to avoid punishment.

PERMISSIVE

Permissive parents are very lenient, and they allow their children to do mostly whatever they want. These parents can be very warm and nurturing. Permissive parents may establish rules, but they rarely enforce them. Expectations are minimal. These parents often don't get involved until a problem becomes quite serious. They attempt to be friends with their children rather than parents to them.

Children of Permissive

parents often suffer from more cavities and even obesity because their parents struggle with limiting sweets and establishing routines, such as regular teeth brushing or sleep schedules. These children frequently report being sad and suffering from low self-esteem. They don't respect authority and rules, so they frequently exhibit behavior problems.

UNINVOLVED

Uninvolved parents give their children a lot of freedom. Some make the choice to parent with this style. Others are either disinterested or just don't know how to parent. Uninvolved parents don't spend much time with their children. They rarely know what is being learned in school, and they don't look at their child's homework. Some of these parents don't seem to have an understanding of the basic needs of children. It is not uncommon for mentally ill or drug-addicted parents to fall into this category. Parents who need to work two or three jobs in order to make ends meet may also fall into this category because they simply don't have the energy for their children. There are little or no expectations of children, and little nurturing is provided.

The children of uninvolved parents often struggle academically and behaviorally. Children of Uninvolved parents are often left to raise themselves. They are frequently unhappy and suffer from low self-esteem.

Research indicates that children raised in an Authoritative Parenting environment turn out to be the happiest and most successful adults. Therefore, parents should strive to fall into this category as much as possible. Don't worry if you sometimes find yourself in the other categories. This happens to even the best parents sometimes. The aim is to reach for this goal, not to be a perfect parent.

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APRIL 21 @ NOON
National Poetry Month: How Poetry Amplifies Marginalized Voices

MAY 19 @ NOON
How to Talk to Kids About Trauma



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BY JULIE WENGER WATSON

male eating disorders are often underdiagnosed – and Dangerous

Over the past several decades, the general public has become aware of eating disorders and their profound mental and physical consequences. Eating disorders have the second highest mortality rate of all mental disorders (surpassed only by opioid addiction). While increased recognition of these disorders has helped advance their study and treatment, most people continue to associate them with adolescent females, when, in fact, research shows males represent a significant percentage of the affected population. As a result, adolescent males who struggle with these disorders are frequently undiagnosed and untreated, often with dire consequences.



Males represent 25 percent of individuals with anorexia, and are at a higher risk of dying than females.

Studies show that young people between the ages of 15 and 24 with anorexia have 10 times the risk of dying compared to their peers. Males represent 25 percent of individuals with the disorder, and they're at a higher risk of dying than females—in part because they're often diagnosed later, or not at all. "Subclinical" eating disorder behaviors, those that aren't severe enough to be easily recognized as symptoms, are nearly as common in males as they are among females.

"Most of the work defining eating disorders has been done among Caucasian populations of females," says Alison Field, chair of epidemiology at Brown University. Field's research focuses on classifying eating disorders and identifying their causes and consequences.

"We know with many disorders, depending on gender, it can look really different. We know for heart attacks, for example, presentation could be different between men and women," she says. "I'm very interested in how these disorders look in men, and how do we better capture and assess them. From our work, it looks like the consequences are just as severe for men as for women."

According to Field, these differences mean that male eating disorders often go undetected by parents and healthcare workers.

"The stereotypical image is a thin, white woman, but actually the majority of eating disorders aren't thin white women," she explains. "We know that they're actually more likely to occur among people who are larger. What we really understand about what's going on in males is that they have that same preoccupation with weight and shape. It's just not to be very, very thin. It might be to have very low body fat and be more muscular."

According to Field, one of the things both males and females have in common when it comes to eating disorders is using unhealthy ways to control weight. However, generally speaking, these methods differ by gender. For example, females predominantly use vomiting and laxatives in their quest to grow smaller, while males might use steroids, growth hormones and supplements - many of which are unregulated, adulterated and potentially harmful, especially during a time of peak growth - to achieve a lower level of body fat and gain muscle. In addition, males with eating disorders are more likely to exhibit impulsive behaviors, like using drugs and binge drinking.

Usually, disordered eating behaviors tend to appear later in males than in females.

"Boys hit puberty later than girls, about two years later on average," she notes. "What we see is the shifting of behaviors so that they start a little later, which I definitely think does reflect the different pubertal timing. With boys, it's really later adolescence and young adulthood that we see this."

As harmful as eating disorders can be, Field believes there are numerous challenges to recognizing and treating them, including lack of funding for research as compared to other psychiatric disorders and even disagreement as to how to categorize them. It's her opinion that eating disorders should be approached more like autism. In other words, look at the disorder as a spectrum, with the knowledge that early intervention can produce a better outcome.

"This captures a range of kids from those who are not very affected to those who are severely affected," she says. "For most psychiatric disorders, the bar is very high for what is considered a disorder. I think it's more of a continuum. Try to see what would happen if we intervene early. Would it be incredibly advantageous?"

Often it can be difficult to tell where healthy behavior ends and unhealthy obsession begins.

"We have this problem of excessive exercise in men and women. We want Americans to be more active, and most Americans don't get enough activity," she says. "Unfortunately, among those who do, we have a nontrivial number who get too much, who aren't very good at moderation. It can be tricky to figure out what's excessive exercise. Certain sports require a lot of training."

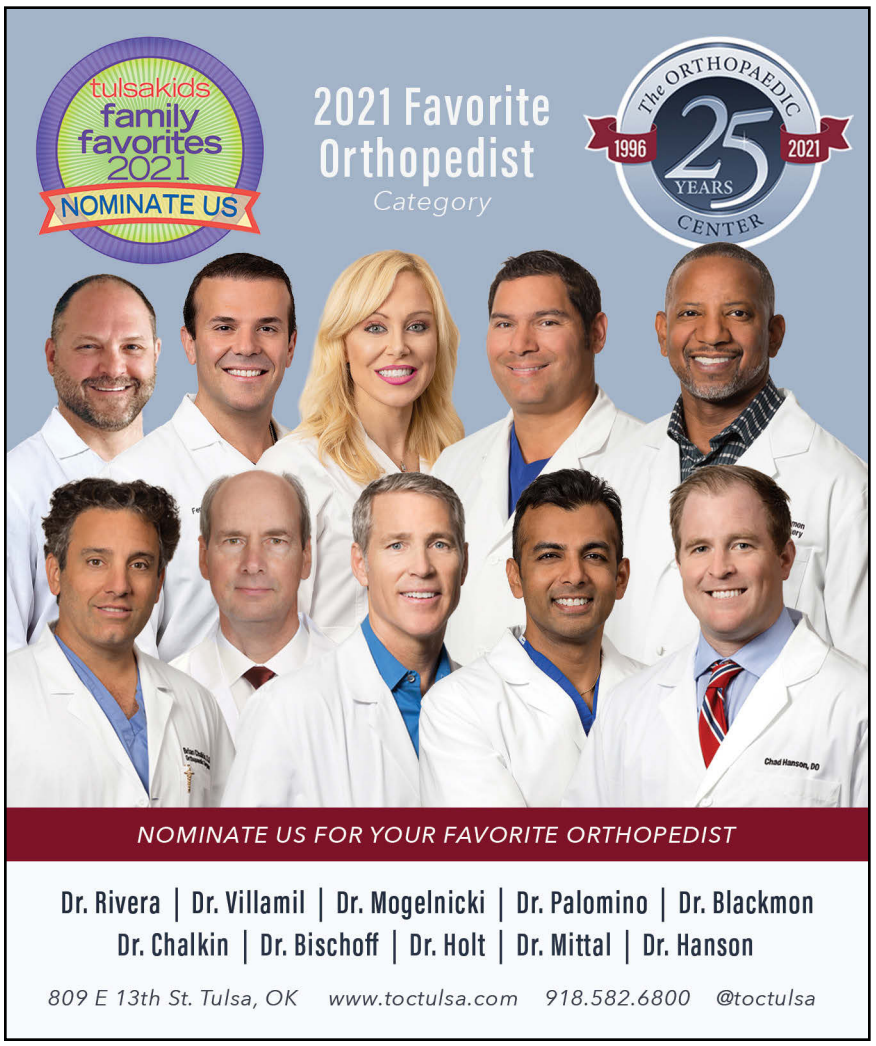
While a national focus on healthy eating and maintaining a healthy weight would seem to be a good thing, this, too, can be complex.

"There's been so much concern about obesity that people think being concerned about your weight is a good thing, that it's going to keep you from gaining weight," Field observes. "It's actually not the case. People who are very concerned about their weight, at least in women—we haven't looked at men—tend to gain more weight and are more likely to pick up unhealthy behaviors like binge eating. So, shaming people about their weight as a way to encourage weight loss normally doesn't work. It really backfires."

For parents who are worried about their child's attitude towards his or her eating, but don't know what to do, Field offers some suggestions.

"One thing I would do, and I think it's true for girls as well as boys, is really listen," she says. "Ask your son if he has a goal and what he thinks will happen when he reaches his goal. A lot of times people will think that things are really going to change in their life, or they have unrealistic expectations. If he seems to be taking extreme measures or is radically changing how he wants to eat, you might want to suggest talking to his pediatrician or someone with nutrition expertise to give you a plan. If you have an adolescent medicine specialist, that's all the better. They're really good at talking to teens. If you're seeing rapid changes, or suddenly your child wants to make really large changes in how they're living their life, it could be healthy or it could be unhealthy, but it's something to dig a little deeper into."

For more information about eating disorders, visit **www.nationaleatingdisorders.org**.



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

take an imagination **vacation!**

ONE TRIP TO THE LIBRARY FOR A MILLION TRIPS AROUND THE WORLD

Last month marked National Plan Your Vacation Day, and I'm not going to lie, I got a little melancholy about it. And then mad. And then inspired.

Sure, the coronavirus has done a number on all of us, and things like planning vacations, much less actually going on vacation, is a mirage fever dream of the future.

But sometimes, isn't dreaming the dream the best part of vacation, anyway?

What if, instead of grumping and boo-hoo-ing, we sit our children down and visit a million beautiful places through books and other materials?

As always, the library can help with that.

Here are some of my favorite books for kids and adults to help your family take an "imagination vacation"—visit a place you will probably never go in person but can explore in words and pictures and questions and what ifs.

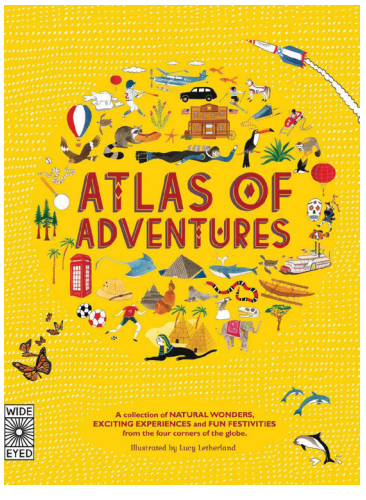


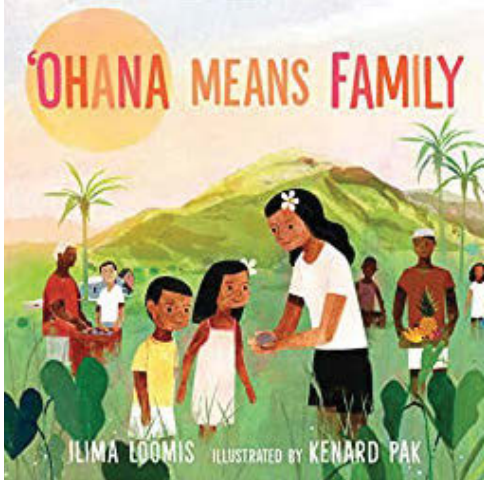
Theodore Roosevelt National Park

GEOGRAPHY, MAPS & ATLASES

The first category of "imagination vacation" books involve reference books about the actual places in the form of atlases and other nonfiction books related to geography and maps.

Atlas of Adventures. A veritable smorgasbord of adventures around the world! Travel to all seven continents through challenges and activities that help you imagine dancing in Brazil, traveling Venice in a gondola, or popping in on the penguins of Antarctica.





Australia to Zimbabwe: A Rhyming Romp Around the World to 24 Countries. Poetry plus photos plus maps, plus activities makes this adventure guide to 24 unique places a family "trip" worth taking!

Places To Amaze You! Amazing facts and photos about amazing places such as the Grand Canyon, the Great Barrier Reef and more.

PICTURE BOOKS THAT TAKE YOU THERE

Another way to travel to faraway lands in your imagination? Picture books!

A Lion in Paris. A lion gets bored and decides to visit the "wilds" of Paris. A wonderful way to introduce your child to iconic Parisian landmarks without having to spend a Euro.

'Ohana Means Family—Hawaii. The beautiful landscape of Hawaii is a second main character in this story of a Hawaiian family preparing for a luau. Rhyming and sequencing in the style of "The House That Jack Built" make this a fun story to visit again and again.

Natsumi's Song of Summer. Put yourself in the shoes of an American child visiting a cousin in Japan for a summer! Lovely details help readers see the similarities and differences between the two countries.

TRAVEL GUIDES & SPECIALTY GUIDES

Don't forget straightforward travel guides and videos, including specialized places to visit, when you plan your imaginary getaway!

Fodor's Travel guides and videos can be found in both physical formats to pick up at your library and digital formats on Hoopla!

Other travel guides include **Forbes** and **Mobil**—for nearly every place you might want to visit in the world!

A Manga Lovers' Tokyo Travel Guide. Do you have any Manga lovers in your family? Visit Tokyo vicariously for sites specifically chosen for their connections to the graphic novel style.

Art Travel Guide. Visit some of the greatest artworks in the world without leaving home!







BY NATALIE MIKLES

simple recipes for a kids' baking day

In the year since COVID changed our lives, we have spent more time than ever at home.

Keeping kids engaged and active, whether during down-time from virtual school or on long weekends void of birthday parties, sleep-overs and fun, can be exhausting. And even though some parents are especially great at being the ultimate cruise directors — finding new parks, day trips and outdoor adventures — even they sometimes just want a day of rest.

That's where having fun in the kitchen can be a great way to spend time with your kids. If you plan ahead a little, the rewards will be even greater.

Consider one of our recipes, which are kid-tested and approved, and have everything sitting out and ready to go before you call the kids in to cook. Rather than calling them helpers or telling them they're going to help you in the kitchen, give them responsibility and a title. "You are going to be a chef today!" (Chefs' hats and aprons will give you bonus points.)

One fun thing my kids have loved is playing Chopped Jr. in our kitchen. We keep it simple, giving each kid a cake mix, and then they use whatever they can find in the kitchen to decorate their cakes. They love presenting their cakes to the very discerning judges — mom and dad.



CHOCOLATE GRAHAM CRACKERS ARE AN EASY RECIPE FOR KIDS. PHOTO CREDIT: WEELICIOUS

Cooking with kids doesn't have to be as elaborate as making layered cakes, though. Letting kids learn how to make their first scrambled eggs or bowl of oatmeal is important, too.

Another fun and simple recipe great for kids to make is biscuits. Only a few ingredients are needed, they're simple to roll and pat together, and the results are delicious, especially with butter and honey.

Here are a few good recipes for a baking day with your little chefs.

What's better than snickerdoodle cookies? How about one giant snickerdoodle cookie! This recipe, inspired by an idea from the Food Network, is fun to make and even to decorate once it's cooled. If you're giving it away to a friend who needs cheering up, transport it in a pizza box just for fun.

GIANT SNICKERDOODLE

- 1 cup plus 2 tablespoons all-purpose flour
- 1 teaspoon ground cinnamon
- ¾ teaspoon cream of tartar
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 7 tablespoons unsalted butter, room temperature
- ½ cup plus 2 tablespoons granulated sugar
- 2 tablespoons packed dark brown sugar
- 1 large egg
- ½ teaspoon vanilla extract

1. Preheat oven to 400 degrees. Whisk the flour, ½ teaspoon cinnamon, cream of tartar, baking soda and salt in a medium bowl until combined.
2. Beat the butter, ½ cup granulated sugar and the brown sugar in a large bowl with a mixer on medium-high speed until light and fluffy, about 3 minutes. Beat in the egg and vanilla until well combined. Reduce the mixer speed to low. Add the flour mixture and beat until just combined.
3. Combine the remaining 2 tablespoons granulated sugar and ½ teaspoon cinnamon in

a small bowl. Pat the dough together into a ball. Roll in the cinnamon sugar until well coated, sprinkling the cinnamon sugar on the dough as you go. Put the dough in the center of an unlined baking sheet. Press into an 8-inch round, about ½-inch thick. Sprinkle any remaining cinnamon sugar over the dough.

4. Bake until the cookie is cracked in the center and light golden brown around the edges, 10 to 12 minutes. Transfer the pan to a rack and let the cookie cool completely on the pan. Cut into wedges.

OLD-FASHIONED BUTTERMILK BISCUITS

Bake these biscuits in a cast-iron skillet for nice color.

- 3 ½ cups all-purpose flour
- 2 tablespoons sugar
- 1 tablespoon kosher salt
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- 1 ½ cups cold unsalted butter, cubed
- 1 cup cold buttermilk

1. Preheat oven to 425 degrees. Line a baking sheet with parchment paper.
2. In a large bowl, whisk together flour, sugar, salt, baking powder and baking soda. Using a pastry blender or two forks, cut in cold butter until mixture is crumbly. Stir in cold buttermilk until a shaggy dough forms.
3. Turn out dough onto a lightly floured surface. Pat dough into a 10-by-8-inch rectangle, and cut into fourths. Stack each piece on top of each other, and pat or roll into a rectangle again. Repeat procedure three more times. Pat or roll dough to ¾-inch thickness. Using a 2 ½-inch round cutter dipped in flour, cut dough. Reroll scraps as necessary, and place on pan. Freeze until cold, about 10 minutes.
4. Place biscuits in a 12-inch cast iron skillet. Bake until golden brown, 15 to 20 minutes. Serve warm.

CHOCOLATE GRAHAM CRACKERS

We love this recipe from Weelicious. Cut the graham crackers into shapes using your favorite cookie cutters.

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- ½ cup unsweetened cocoa powder
- ½ cup dark brown sugar, packed
- ½ teaspoon kosher salt
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- ½ cup butter, chilled and cubed
- ¼ cup honey
- ¼ cup water

1. Preheat oven to 350 degrees.
2. In a food processor or mixer, combine the first seven ingredients. Add butter to the mix and pulse until it resembles coarse meal. Add honey and water, and continue to mix until it all combines.
3. Remove and shape the dough into a flat disk, and place between two pieces of parchment paper. Roll dough out until it is ¼-inch thick. Cut into crackers or shapes with cookie cutters.
4. Place cookies on a parchment-lined baking sheet, and bake for 15 minutes. Cool and serve.

OK, this recipe is so easy it's almost embarrassing. But it's one that kids will absolutely love to make and eat.

MINI BROWNIE BITES

Makes 4 dozen

- 1 package fudge brownie mix (for a 9-by-13-inch size)
- 48 chocolate kisses

1. Prepare brownie mix according to package directions for fudge-like brownies. Fill paper-lined miniature muffin cups two-thirds full.
2. Bake at 350 degrees for 18-21 minutes or until a toothpick inserted in the center comes out clean.
3. Immediately top each with a chocolate kiss. Cool for 10 minutes before removing from pans to wire racks to cool completely.

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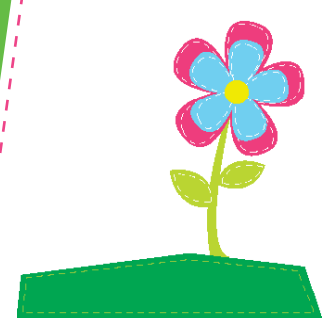
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BY REP. JOHN WALDRON

where are the teachers?

KEEPING CAREER TEACHERS AND CULTIVATING NEW ONES

We're facing a decades-long crisis in education. It's so old in fact that you can be forgiven for assuming crisis is our normal condition. I'd like to take a long view of one part of the problem: the teacher shortage, from my perspective as a career teacher, and now, a member of the Oklahoma State Legislature. Traditionally, our teacher corps was drawn from the ranks of the American middle class. Men and (especially) women became teachers in our public schools, where they educated generations of Americans and helped produce the explosion of economic and cultural creativity of the last several decades. Many of these teachers worked for their entire career in education, often at the same school.

A recent catalog of teacher certifications issued for 2020 shows that only 1,751 of 4,353 were for teachers with degrees in education. Almost 1,000 were given for alternative certificates—for those with relevant subject degrees but without training from accredited colleges of education. More than 1,500 were issued on an emergency basis—meaning the candidate had no formal background in the subject taught. The average such candidate teaches for only three or four years. This is the tragedy of modern education.

We're on the verge of transforming teaching from a career to a gig, something you might do for a few years between other jobs. And that's a problem for Oklahoma. You might consider three forces at work in America: markets, bureaucracy and relationships. Markets include not just business activity but also the capitalist spirit behind them. Bureaucracy represents not just government but all the fixed rules by which our society is organized. And relationships represent the web of family and friends and personal associations that shape our day-to-day lives. All three forces exist in tension with one another, and our public school system is shaped by these forces.

We're on the verge of transforming teaching from a career to a gig, something you might do for a few years between other jobs.

Market forces in American politics have promoted a low-tax business friendly system. Oklahoma schools have been in chronic budget crisis for years because we can't seem to raise enough revenue to match neighboring states in per-pupil spending. Further, recent pro-market education reforms have pushed charter schools (where teachers are not protected by negotiated contracts), vouchers (which divert public funds to private schools) and for-profit online education (where private management companies shield millions of public dollars from public scrutiny). Meanwhile, state and local bureaucracy has embraced testing and data-driven management of education, in the form of standards and teaching styles. While there are good arguments for these trends, none of them promote the concept of teaching as a career.

The third force, relationships, is critical to education. Teaching and learning depend on relationships among students and school faculty and staff. Think about the teachers that mattered to you. Didn't you work hardest and learn the most from the teachers who let you know they cared about you as a person, and created learning environments accordingly? As a career teacher, two of my greatest joys came from teaching the younger siblings of former students, and teaching the children of former students.

I didn't teach for 25 years to get a pension and a contract, but I valued that security. I appreciated the purpose of testing and standards, but I lived for the moments of sudden and unexpected discovery, based on classroom relationships forged between teacher and students. We would do well to remember this third force, because it's the one that draws the bright young minds of the next generation into teaching. We can't let the pressures of modern education reform, embodied in the forces of market and bureaucracy, crowd out the vital third force.

John Waldron is a former Tulsa Public School teacher, husband, dad and State Representative.

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BY NANCY A. MOORE

Carissa Miller: Encouraging others to get uncomfortable

Carissa Miller believes in taking chances. A little over four years ago, a seed was planted in her heart and she felt a shift that resulted in a decision to pivot from a successful photography business to a full lifestyle brand. Admittedly, her leap of faith was scary but resulted in exponential growth both personally and professionally in the Home Décor and Lifestyle Brand, CC and Mike Creative, that she and her husband, Mike, have built together.

Carissa's outgoing and vibrant personality shines through her social media feed, which is full of real-life parenting of their tween and teens, easy recipes, budget-friendly fashion, and of course, beautifully curated home design.

In addition to all the success, there have been plenty of failures along the way. But, she has embraced those by learning lessons and pivoting their business to scale dramatically in a span of four years all because she took a chance, stepped out of her comfort zone and got uncomfortable!

TK: Tell us about your family:

CC: I'm married to my high school sweetheart, Michael, and we have three amazing kids.

TK: How did your company, CC and Mike Creative, get started?



CARISSA AND MICHAEL MILLER WITH THEIR CHILDREN.

CC: Four years ago, I updated my Instagram account, and that started this incredible journey. I was feeling a shift to rebrand and take the word photography out of my business name and become more of a lifestyle brand. My husband and I had always designed and built our own homes, so I decided to post a photo of our bedroom. After sharing that photo, everything took off!

TK: What feelings did you have related to your rebranding?

CC: I felt inspired to share a lot of different things, but was very nervous about how it was all going to turn out. I really didn't have a plan other than putting myself out there. I pushed through the doubt and took action! I am so passionate about sharing this message. If a seed is planted, you can't just let it lay dormant and expect something to happen. You have to take action! There is a part of us who seeks others approval, especially from those we love. I had all those thoughts of failure and embarrassment, but I just did it anyway! You have to push through the fear!

TK: Share a little about how you approach your role as mom to your three kids:

CC: I think I'm strong; always challenging my kids to be the best version of themselves: to be honest, self-aware, and fearless and to go after their goals and dreams. I tell my kids that failure is just an opportunity to learn. When you look at it like that, you don't have to be so afraid of it. Our kids have been a huge part of this transition of growing and scaling our businesses; they've been in the trenches. I talk very openly with my kids about the struggles and the successes.

TK: What do you enjoy most and what do you find most challenging about being a mom?

CC: I enjoy encouraging them in their goals and dreams. I just helped my daughter start her own business, EmmyM Designs. I will admit, the challenging part of helping her took a huge amount of time and energy on our part. The easier thing to do would have been not

to encourage this endeavor, but I know in the long run that this is a seed that is going to grow into something beautiful for her.

TK: What is your favorite thing to do as a family?

CC: We have an RV that we've renovated. Some of our best family memories are jumping in our RV and taking off; we've been all over! We also love going to Oklahoma State University football games and events!

TK: Do you have a personal mission statement? If so, what is it?

CC: Great things never come from comfort zones—get uncomfortable! I tell that to my kids! We just renovated our teenage son's room and painted those words on his wall. He's at an age where I just want to encourage him to take that step and take action! Don't worry about failure!

TK: Why does this message resonate so strongly with you?

CC: I'm so passionate about this message! It's something I want to talk more about and eventually write about in the future. If any part of sharing my story could be that piece of the puzzle that can help someone take their next step, just think where that journey can lead! I think there's so many people out there not living out their passion and not doing what they are created to do because they are stuck in their comfort zone. You've got to get uncomfortable!

TK: What do you consider is key to making a "happy" home?

CC: There are so many things! That's why I enjoy DIY and look for less because it's not about what you spend. Strip it down and think about surrounding yourself with what you love and makes you feel at peace.

TK: If you won the lottery tomorrow, what would you do with your life?

CC: I would be traveling and writing and doing exactly what I'm doing now. I think it would be so cool to take our family on the road to do more travel projects. We have people who contact us from around the nation, so we're starting to travel to build custom dream homes.

TK: What do you enjoy most about your work?

CC: The reveals—seeing my vision come to life!

TK: Where do you find your inspiration?

CC: I have some designer friends who I enjoy following on Instagram. But I'm creative by nature, so without a doubt, I've learned when I walk into a space and trust my vision for what I see and go with it!

TK: What have you been most surprised by in your business?

CC: To know that I'm inspiring what people are doing in their own homes and being tagged on Instagram. To even be mentioned is very special and humbling to me. When I started this four years ago, I couldn't even have imagined what this has turned into.

TK: How do you let yourself be vulnerable enough to share your life on social media?

CC: I don't know any other way. Honesty, to me, is everything. It doesn't feel right not to share the struggles. It's just easier to be authentic.

TK: What's next for CC and Mike Creative?

CC: We're working on some very high-end, custom projects including one in Arkansas. We are also teaming up with two sponsors, HGTV and Delta Faucet, as we work on a home in South Tulsa.

To connect with CC and Mike: Instagram: @ccandmike-creative & Facebook: CC and Mike

www.ccandmike.com and www.ccandmiketheshop.com

To listen to the full interview, check out the Sharing Passion and Purpose Podcast by Nancy Moore on Spotify, iTunes, Apple Podcasts, I Heart Radio and Amazon Music.

SHARING Passion and PURPOSE with Nancy Moore



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QUESTIONS YOU NEED TO ASK BEFORE YOU SEND YOUR CHILD TO

Summer Camp



By Pam Moore

MOST SUMMER CAMPS HAVE SAFETY IN MIND, BUT PARENTS SHOULDN'T BE AFRAID TO ASK QUESTIONS, ESPECIALLY REGARDING WATER SAFETY MEASURES.

My kids could not have been happier as they splashed in the water, playing with their friends.

I felt like I was going to throw up.

I'd dropped them off at their first day of summer camp that morning, thrilled to have four hours to myself. When I'd enrolled them in the camp run by the gym where I work out and teach group fitness, I asked about the ratio of adults to kids in the pool. They told me it would be two adults with a maximum of 15 kids, plus a lifeguard.

"Isn't that kind of a low ratio?" I'd asked. The camp was for kids ages 2 ½ and up. The pool has an infinity edge that gradually extends to a depth of three feet. The camp director, a mom herself, assured me they'd always done it this way and it had been fine. She encouraged me to sit by the pool and watch if I wanted. Perhaps I was being overly protective, I thought. Obviously, the other parents didn't seem to have a problem with it.

My kids are 3 and 5 years old and neither of them can swim well. Though I pride myself on being a pretty hands-off (read: lazy) parent, when it comes to water safety, I don't take chances. On the first day of camp, I sat poolside and watched during swim time. My initial feeling of, "I can't see how this is going to work" progressed to, "Oh my god this is a total disaster" to, "I don't know how much longer I can watch before I start hyperventilating."

There were 13 campers, many of them under 5 years old, two adults, and zero lifeguards. Plus there were kids with their parents who were not attending camp swimming. I could hardly keep my eyes on my own two kids through the sea of people. At times, one camp staffer would take a kid to the restroom, leaving one adult in charge of 12 kids.

I waited for them to blow a whistle and have the kids buddy up like we used to do at summer camp when I was a kid. That never happened. I waited, my

eyes darting wildly to keep track of my girls until, finally, they took the kids out of the water. At that point, I gathered my things, went to the locker room, sequestered myself in a bathroom stall and exhaled. Tears of frustration and anxiety spilled out while I choked back a little sob.

Was I overreacting? I didn't think so. But when I brought my concerns to one of the administrators of the gym, they were brushed off. I was offered only reassurance that the staff was extremely responsible. "I'm sure they are," I countered. "I just don't think there are enough of them for all of the kids to be safe in the pool."

Is the camp ACA-accredited?

To meet the American Camping Association's (ACA) standards, camps must adhere to minimum staff ratios, which pertain to overall supervision, but not specifically to aquatic supervision. While these ratios vary according to age, requirements change according to whether the children are on land or in the water is at each camp's discretion. ACA-accredited day camps require a minimum ratio of 1-to-6 for children ages 5 and younger, 1-to-8 for children ages 6 to 8, and 1-to-10 for children ages 9 to 14. Ratios are slightly higher for overnight campers: 1-to-5 for children ages 5 and younger, 1-to-6 for children 6 to 8, and 1-to-8 for children ages 9 to 14. ACA accreditation is completely voluntary, however. If a camp has the credential, they have gone through a rigorous, costly accreditation process, and will typically display proof of certification on their website and/or in their office.

Does the camp have state licensure?

While the ACA accreditation is a valuable credential, it is no replacement for doing your homework. According to Becca Mack, the executive director of camping at Colorado's Boulder Valley YMCA, ensuring that your child's camp follows state licensing guidelines and provides adequate staff training is just as important as the ACA stamp of approval, if not more so. Whether or not they're accredited by the ACA, camps must meet certain minimum standards set by their state.

In Oklahoma, Oklahoma Admininstrative Code 340:110-275, says that camps and child-care facilities must adhere to specific ratios dependent on the children's age. In mixed age groups, facilities are to honor the guidelines for the youngest child in the group. Three-year-olds should have 1:6 supervision, 4- and 5-year-olds should have 1:7 supervision, and children age 6 and older should have 1:10 supervision. These regulations do not apply when children are in a swimming lesson with a certified instructor. Additionally, the law states parents must grant permission for school-age children to participate in swimming, and children must be supervised at all times. Additionally, there must be a lifeguard and a staff member who are trained in CPR/first aid present.

Is the staff well-trained?

Mack recommends parents talk directly to camp administrators to find out how they train their staff to manage swim time and make sure they know and adhere to their state's licensing standards.

Sarah Kinnison Clavin with Miller Swim School in Tulsa and Jenks, which has been teaching swim lessons and promoting water safety for over 40 years, says that Red Cross Lifeguard regulations recommend a 25:1 lifeguard to swimmer ratio.

"However," Clavin says, "25 novice or beginner swimmers can be quite overwhelming. As a parent myself, I would feel much more comfortable with a lower ratio, knowing that even an experienced swimmer is not exempt from a water accident. For water safety experts, the general rule of thumb is the more eyes on swimmers in the water, the better."

What are the camp's swim safety policies?

While the ACA standards dictate that camps must institute a system to quickly account for all campers involved in aquatic activities, it is at the camp's discretion to decide which system to employ. While there is an app for nearly everything, they still haven't come up with one to replace the Buddy System, a common water safety check that has not changed much, if at all, since my youth, whereby the lifeguard blows a whistle signaling campers to pair up with a pre-designated swim buddy.

There are other safety measures that parents should consider regarding water safety.

Clavin recommends that parents not only ensure that their children have a solid foundation in swimming and water safety skills, but should be aware of where the children will be swimming – a pond or lake is much different from a pool.

"For camps, there should be no distractions," Clavin says. "Water Watchers should be pre-designated and have eyes on the water only – not be distracted by other counselors, phones or activities."

Clavin would also look for camps that separate the experienced swimmers from the novice swimmers, and that they allow for separate swim times, which makes it easier for lifeguards to know what type of accident they may be seeing.

"Obviously," Clavin says, "creeks, ponds and lakes should be checked for exposed branches, tree limbs, rocks and other hazardous materials. Since these waters are darker, a limb hidden under the water's surface can pose deadly dangers."

Beyond my casual questions about the swimming situation at my kids' camp, it never occurred to me to explore my state's licensing requirements or to ask about other water safety concerns until I witnessed the swim program firsthand. I admit, my main camp selection criteria were convenience and price. After my poolside near-panic attack, though, my concern was safety.

And rightly so, according to experts like Dr. Sanjay Gupta, senior medical correspondent at CNN Health. In an article posted there, he says toddlers are at a relatively huge risk of drowning, even in water as shallow as one inch, due to their top-heavy bodies: "Children 4 and under actually have the single highest drowning death rate according to the National Safety Council." And according to Alan Steinman, MD, former director of health and safety at the U.S Coast Guard, drowning is a highly inconspicuous event. It happens quietly, without any arm flailing or cries for help.

Though I hated to break my kids' little hearts, I felt I had no choice but to pull them out of camp. And next time I have to make a choice about camp, I know what questions I'll ask ahead of time.

Pam Moore is a freelance writer based in Boulder, CO.

More Questions to Ask Camp Directors

1. How are counselors trained and what are their ages?
2. What is the turnover of counselors from year to year?
3. Is there a nurse or medical professional on staff?
4. How do you handle homesickness?
5. What is your camp's philosophy and focus (does it match your parenting philosophy)?
6. How does the camp handle discipline?



fostering hope:

how your family can serve kids through the foster care system

BY LAUREN MIERS

Mindy and Jeffrey Wiggins always knew they wanted to be a foster family. They discussed it on their first date, though they didn't begin the process until they had been married for six years.

Now, nine years later, the Wiggins family has fostered 13 children aging from two days old to 12 years old. Two of the children have found a permanent home in the Wiggins family.

"I wanted to be part of a community that helps children feel like they have a sense of family and to help families that could stay together, stay together," Wiggins says. "If families needed a little extra help, I wanted to be part of that help."

Right now, Oklahoma's foster care system needs your help. There are about 7,000 Oklahoma children in foster care. Around 1,200 of them are in the Tulsa area. These children need the support of a temporary, loving family in their home community while their parents get the help they need. Staying in their own communities allows children to stay close to their families for visitation and keeps kids in their own schools and close to those who are important to them.

Children under 18 years old end up in foster care due to abuse, neglect or abandonment. Becoming a foster family means welcoming children in the system into your home as they seek reunification with their family or adoption.

"We have many children in foster care, not just in Oklahoma but across the U.S., and we have more than enough people to meet the need," says Comfort Keidel, an OKDHS foster care recruiter and foster and adoptive parent. "We're not meeting the need, but we could meet the need many times over if people could find it in their hearts to step up, accept a challenge and a beautiful outcome."

Finding the right family to support each foster child is essential. Keidel says OKDHS needs parents who are understanding of trauma because the removal and separation of a child from their biological family is a trauma itself. Many children in the foster care system have experienced things most would consider unthinkable.

"It's so important to match children with parents that are understanding and patient," Keidel says.

Additionally, there's a need for homes that are willing to support teens, large sibling groups, children with behavioral health needs or who are medically fragile as well as families who are LGBTQ+ affirming. To Wiggins, participating in this work means being able to give that sense of family to children that may not have completely experienced that before.

"We just want them to know that they are loved and they are safe, and they can grow and create and be whoever they would like to be," she says.

For Wiggins, the most rewarding part of being a foster family is seeing children start to think ahead and imagine their future. Her oldest daughter, who was adopted, now dreams of becoming a police officer.

"When you can see them start to think, 'I could really be something,' that's the best part," Wiggins says.

To begin fostering, interested families start by applying online, after which a recruiter, like Keidel, will reach out. Naturally there's some paperwork and an assessment to insure the home is safe for children. A home study dives into who the family is and examines their fitness to be foster parents.

The core of the process is a 27-hour online or in-person training. Wiggins says all the information in the class can feel overwhelming at first, but it's really very informative. It offers information on some of the things the children might have faced and prepares families for what they might see in their home.

Once a family is fully approved to begin fostering, they'll start receiving phone calls about children in foster care who need a temporary home. Keidel says placement duration is always a case-by-case basis, with placements lasting as long as they need to. Ideally it ends with the child reunified with their parents. If that isn't possible, then adoption is the next option.

Even if a family can't open their home to foster children, there are ways for everyone to get involved. Keidel says it's about being a village for the family.

"Likely everybody knows at least one person who is fostering right now," Wiggins says. "I would encourage people to do things like bring meals to foster families that you know or help with school supplies."

Several local organizations assemble backpacks for the first night of a placement. The kit can include essentials, a new outfit and hair care items. These backpacks allow a child who may have arrived with nothing to at least leave with a little something that belongs to them.

Respite care, which provides short term care for foster parents that may have a family emergency, are going on vacation or just need a break, is another way to get involved. Interested families follow the same process as those applying to be a foster family.

"If you're considering [fostering], then deep down you really want to do it, but you're concerned about the mechanics of it," Wiggins says. "If you have a heart for this, you know that. If your heart is in it, then anything else can be overcome."



THE WIGGINS' FAMILY HAS FOSTERED 13 CHILDREN AND ADOPTED TWO.



ASK THE EXPERTS

Miller Swim School | Sarah Clavin



Q: My child had a total meltdown before swim class. I am so embarrassed, we don't want to go back!

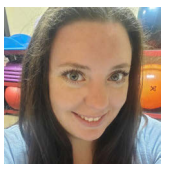
A: First, give yourself some grace, mama! This has happened to most parents that have come through our program. Other parents are very sympathetic, and your instructor has seen it all before! New environments can be hard for kids, so here are a few tips to help prevent and work through future meltdowns:

1. Properly Prepare: Familiarize your child with the water prior to class. Set expectations about what will happen in the class and what type of behavior you expect from them.
2. Label Emotions and Avoid Planting Seeds: If your child is frustrated or fearful, validate their feelings then move toward de-escalation. Avoid giving them "reasons" for their behavior such as, "You must be scared of the deep water!"
3. Go with your Gut: You know your child best. Give all the hugs and cuddles they need, while encouraging them to try new things.
4. Don't Give Up!: No matter what happens, we are rooting for your family's success in the pool. Having a rough week? Try again next week.

Take a deep breath, mama, you've got this!

Miller Swim School
6415 S. Mingo Rd., Tulsa | 525 W. 91st St. S., Jenks
918.254.1988 | MillerSwimSchool.com

HTR Pediatric Therapy | Stephanie Whitney, COTA/L



Q: How can occupational therapy help with my child's behaviors?

A: Behaviors can manifest as impulsive, emotional, and sensory, and should be simultaneously addressed. A child may exhibit one or multiple of the following behaviors: hitting/biting; throwing objects; tantrums/meltdowns; self-harm; seeking/avoiding; and impulse control.
Skilled OT interventions that incorporate motor and sensory input have been shown to reduce undesired behaviors such impulsivity and meltdowns, while increasing attention. Interventions to address undesired behaviors could include: sensory diet protocol; scheduled breaks; timers; weighted vests/blankets; exercise ball/wiggle seat; yoga; obstacle course; and turn-taking activities.
Developing and creating a visual rewards system, such as sticker chart or rewards marble jar, can facilitate and reinforce desired behaviors. A skilled OT practitioner can assess and create a treatment plan to address the behaviors in collaboration with the child and parents for to use at home. It is important that children feel they are a part of their own treatment plan for optimal participation and change.

HTR Pediatric Therapy
6715 E. 41st St., Tulsa, OK
918.806.0106 | HTRPediatrics.com

Eastern Oklahoma Ear, Nose and Throat | David W. White, MD Otologist



Q. Sometimes my child does not seem to hear me when I speak to them. How can I tell if they are not listening or are truly unable to hear me?

A: Hearing loss in children can have many causes. It could be as simple as the presence of ear wax or from fluid behind the eardrum: which can be easily treated by your child's PCP. IF there is no obvious reason for a suspected hearing loss, your child will need a hearing test by an audiologist, and subsequent medical evaluation by an ENT physician. Hearing loss in older children often goes undetected if routine hearing screens are not done by the school or PCP. Talk with your child's PCP and if the cause of hearing loss remains uncertain, then a formal evaluation is necessary from an otolaryngologist/ENT physician.

Eastern Oklahoma Ear, Nose and Throat
5020 E 68th St., Tulsa | 9343 S Mingo Rd., Tulsa
918.492.3636
EOENT.com

Premier Pediatrics of Bixby | Dr. Morgan, MD, FAAP



Q: What can I do to help my child with her allergies?

A: Seasonal allergies can be bothersome to many children, especially in Oklahoma. There are several things you can do to help decrease the allergens in your child's environment. Vacuum carpeted surfaces frequently, use hypoallergenic covers over pillows, wash bedding every 1-2 weeks, and change the air filter in the home monthly. Some children may have triggers from freshly cut grass or from pet dander so these things should be avoided. If your child's symptoms persist despite these measures, contact her pediatrician for possible medication management.

Premier Pediatrics of Bixby
7814 E. 121st St. Bixby
918.943.5777
Premier–Pediatrics.com

World Travel Service | Alex Eaton, President

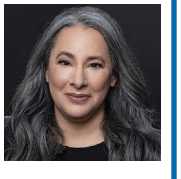


Q: With international travel still questionable, is there someone at World Travel who can help our family see the USA?

A: You don't have to leave the USA for a fabulous getaway. And our travel advisors don't just help clients create international itineraries or make cruise arrangements. They help with domestic vacations in a big way, too, customizing travel packages as unique as the clients and building trips that match individual preferences and budgets. Rent a car to admire Bryce Canyon. Fly to San Francisco to explore Muir Woods. Take a weekend jaunt to a Branson resort. We can assist with finding the best airline, hotel and car rental options, secure dining choices, shows and tours and even identify unique lodging as an alternative to hotel stays. The options are still endless. We do it all — adding value and saving our clients' money along the way. Let us be your guide in the new age of travel.

World Travel Service
7645 E. 63rd Street, Tulsa, OK 74133
918.743.8856 | WorldTravelToday.com

Dyslexia Center of Tulsa | Dr. Penny Stack, Founder & Owner



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

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

Dyslexia Center of Tulsa
8988 S. Sheridan Rd #D1, Tulsa OK 74133
918.313.5518 | DyslexiaTulsa.com



Who has your family's stamp of approval?

We want to know what you love the MOST about our community!

Nominate your Family Favorites
from
March 1-15
for a chance to win a
$100 gift card!

Get the link at
tulsakids.com/contests.

The top 5 nominees in each category will appear on the Family Favorites Runoff Ballot in TulsaKids' May issue!







YOU "OTTER" GO TO TULSA ZOO'S WEDNESDAY MORNING STORY TIME!

***Please note: The information here is correct to the best of our knowledge. However, details may change due to COVID-19 or other factors. Please check the organizer's website to confirm information.**

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

March 1 Monday

AQUARIUM RUN [ONGOING]
With this year's virtual Aquarium Run, the world is your starting line. Walk or run at your own pace in a location of your choice—whether in your neighborhood, at the park, or on a treadmill—and you'll receive a 2021 Aquarium Run medal for your registered event. Complete your event any time between now and April 3, 2021. Learn more and register at okaquarium.org.

TO-GO ACTIVITY: KIDS READ—BUGS ARE BEAUTIFUL/ HONEYCOMB PAINTING [FREE]
Fly into Rudisill Regional Library to pick up this buzzy to-go activity kit, while supplies last. This kit comes with all you need to make a bubble-wrap honeycomb painting and little bee friends to fly around it! Kits are available for curbside pickup while supplies last. For preschoolers to elementary students. Rudisill Regional Library, 1520 N. Hartford Ave. tulsalibrary.org

March 2 Tuesday

ARTIST DEMO: CHEROKEE NATIONAL TREASURE JANE OSTI [FREE]
Join Gilcrease Museum and Cherokee National Treasure Jane Osti to learn about Cherokee pottery. Broadcast via Facebook Live, this event will take a closer look at her artwork and how she creates these beautiful pottery pieces. 12 p.m. facebook.com/gilcreasemuseum

NOS APOYAMOS! [FREE]
This is a support group for Spanish-speaking parents of children with developmental disabilities. For more information, contact Hannah Chaboya at The Arc of Oklahoma, at 918-582-8272. thearcok.org

March 3 Wednesday

STORYTIME AT TULSA ZOO [W]
Meet for Storytime at the Tulsa Zoo every Wednesday at 10 a.m.! The exact location within the zoo may change depending on weather, so ask at the check-in counter when you arrive! Storytime is included with admission; advance tickets required. Tulsa Zoo, 6421 E. 36th St. N., 10 a.m., tulsazoo.org

TEEN TECH MONTH: AMONG US GAMING HOUR [FREE, W]
Can you sus out the imposter? Register online at www.tulsalibrary.org/events to reserve your spot in the space station! Participants will meet in Zoom where the code for a private game will be revealed. Crew member positions are limited so register for your spot today! You may also email ZR@tulsalibrary.org before Wednesday to request the Zoom link. For ages 10-18. 4-5 p.m.

March 4 Thursday

TEEN TECH MONTH: BRISTLEBOTS TO-GO CRAFT KIT [FREE]
Create a small robot by combining a toothbrush head with a vibrating motor, and then watch as it scoots around. Pick up your kit from the Brookside Library all month while supplies last! For ages 10-18. Brookside Library, 1207 E. 45th Pl. Repeats March 1-31. tulsalibrary.org

March 5 Friday

SIGNATURE SERIES 2021—TULSA BALLET
Tulsa Ballet is offering both virtual and socially distanced in-person performances of its 2021 Signature Series. Signature Series will feature three stunning pieces by three different choreographers. Multiple showtimes are available from March 5-14, with virtual performances on March 6 and 14. Visit tulsaballet.org for details.

TEEN HANGOUT PRESENTED BY SOUTH BROKEN ARROW LIBRARY [FREE]
Visit each other virtually to play games and master trivia questions. Contact heather.lozano@tulsalibrary.org for the Zoom link. For ages 12-18. 5-6 p.m.

FIRST FRIDAY ART CRAWL
Visit facebook.com/livingartsoftulsa for details about their First Friday plans! 6-9 p.m.

March 6 Saturday

SATURDAY MORNING BIRDING [FREE]
Enjoy some birding at Oxley! All skill levels are welcome. Bring binoculars if you have them. No registration required. Oxley Nature Center, 6700 Mohawk Blvd., 8-9:45 a.m. oxleynaturecenter.org

March 7 Sunday

Find more events at TulsaKids.com/calendar.

March 8 Monday

BUILD A READER STORYTIME: BILINGUAL/CUENTOS BILINGÜES [FREE]
Enjoy stories, songs and activities in English and Spanish. Join here: www.facebook.com/tulsalibrary. // Cuentos, canciones y actividades en inglés y español. 10:30-10:50 a.m. Repeats March 1 and 22.

March 9 Tuesday

JENKS PLANETARIUM SHOW: COMPASS, CALENDAR & CLOCK (AGES 4 & UP)
As our ancients learned, the sky is not just a thing of beauty... it's the ruler for the position of our planet. Understanding how our planet is aligned with the distance stars allows anyone to use the sky as a compass, a calendar and a clock. Come learn how to use the sky yourself! For more information and to purchase tickets go to: jenkscommunityed.com or call Jenks Community Education at 918.298.0340. Jenks Planetarium, 201 E. B St., Jenks, 6:30-7:30 p.m. jenkscommunityed.com

BETWEEN THE PAGES [FREE]
Talk about your favorite graphic novels and play some games. Don't forget to bring your own snacks! Register online at www.tulsalibrary.org/events with your email address to receive the Zoom link. For ages 10-12. 6-7 p.m.

March 10 Wednesday

BUILD A READER STORYTIME: FAMILY [FREE, W]
Tune in for this 0-5 storytime and grow that love of reading! Enjoy simple songs and books for little ones and more interactive stories and activities for older children. Join here: www.facebook.com/tulsalibrary. Can't make it live? All storytime videos will be saved on Facebook and Tulsa City-County Library's YouTube page for your children to enjoy later! 10:30-11 a.m.

LUNCH & LEARN FINANCIAL LITERACY SERIES: COLLEGE—GETTING THERE FROM HERE [FREE]
Join financial advisor Erica Camp to discuss establishing a college savings goal, strategies to achieve the goal, and features and benefits of 529 savings plans. Register online at www.tulsalibrary.org/events for Zoom webinar link. Erica Camp is a registered representative with Edward Jones and has a passion to see people reach their goals within their financial stories. For adults and teens. 12-12:45 p.m.

March 11 Thursday

KIDS CONNECTION [FREE]
This is a social group for children, grades K-5, with high-functioning autism. For more information, contact Sherilyn Walton or Steve Pitts at 918-582-8272. thearcok.org

March 12 Friday

Find more events at tulsakids.com/calendar.

March 13 Saturday

JUNIOR NATURALISTS FOR AGES 8-12
Each month join the Junior Naturalists at Oxley Nature Center for a morning of adventure and nature connection! Guided by the changing seasons and their own curiosity, participants will hike, journal, tell stories, play games, craft, learn wilderness skills and practice good park stewardship. Come to all meetings or the one that fits your schedule. Preregistration is required. Free for members; $5 per session for non-members. Call 918.596.9054 for information or to register. Please register 48 hours in advance. Oxley Nature Center, 6700 Mohawk Blvd., 10:30 a.m.-12:30 p.m. oxleynaturecenter.org

SECOND SATURDAY SILENTS [FREE]
Join Circle Cinema for a virtual silent movie screening, complete with organ accompaniment. Find details at facebook.com/circlecinema.

#MMIW PANEL DISCUSSION: GIVING A VOICE TO THE MISSING [FREE]
Throughout the United States and Canada there are a disproportionate number of Native women and girls who go missing and/or are murdered. Oklahoma is rated as one of the top 10 states with the highest number of these incidents in the U.S. Missing and Murdered Indigenous Women (MMIW) is a movement to bring recognition to this epidemic affecting Native women and girls.

Join Gilcrease for a panel discussion with MMIW experts, artists and policy-makers about the current issues surrounding MMIW. As part of a series of exhibition programming for "Weaving History into Art: The Enduring Legacy of Shan Goshorn," this virtual panel will be moderated by Cherokee Nation First Lady, January Hoskin. Advanced registration is required. 2 p.m. gilcrease.org

March 14 Sunday

DAYLIGHT SAVINGS TIME BEGINS: DON'T FORGET TO SPRING FORWARD!

March 15 Monday

BUILD A READER STORYTIME: BABIES & TODDLERS [FREE]
Ready, set, READ! This beginning storytime focuses on helping your baby or toddler develop important literacy skills while emphasizing the fun of reading. Join here: www.facebook.com/tulsalibrary. 10:30-10:50 a.m.

March 16 Tuesday

BUILD A READER STORYTIME: PRESCHOOL [FREE, W]
The best in children's literature, songs, games, finger plays, rhymes and other reading-related activities are shared with your preschooler. Join at www.facebook.com/tulsalibrary. 10:30-11 a.m.

TEEN BOOK CHAT [FREE]
Join on Zoom as to about the Sequoyah Book Award nominee "Birthday" by Meredith Russo. Register online at www.tulsalibrary.org/events with your email address to receive Zoom link. Visit https://tccl.bibliocommons.com/item/show/4388073063 to find a print or electronic copy today. Synopsis: Two best friends. A shared birthday. Six years ... Read the book to find out more! 6-7 p.m.

March 17 Wednesday

LITTLE GARDEN EXPLORERS
Spark wonder at Little Garden Explorers, an easygoing play invitation designed for children under 5. Drop in anytime on Wednesdays between 9:30 and 11:30 a.m. to play–and let Philbrook take care of the mess! Advance registration required. Philbrook Museum, 2727 S. Rockford Rd., 9:30-11:30 a.m. Repeats March 24 and 31.philbrook.org

DISMANTLING RACISM: WOMEN'S HISTORY MONTH [FREE]
Join TulsaKids Editor Betty Casey, OSU-Tulsa Professor Quraysh Ali Lansana and a panel of local women to celebrate Women's History Month. This discussion will take place on Facebook live. Follow @tulsakidsmagazine for updates. 12-1 p.m. facebook.com/tulsakidsmagazine

March 18 Thursday

VIRTUAL TRIVIA NIGHT
Join Oklahoma Aquarium for an evening of mind-melting, brain-busting trivia fun on Zoom! Virtual Trivia Night guests will test their knowledge of sea creatures, pop culture, history and more. This fun night of facts and fishes will include a chance to win fin-credible prizes. All ages are welcome, but trivia questions will be geared toward adults. Cost: $5. 7 p.m. Register at okaquarium.org.

BANDS & BLOOMS: FINNEGAN'S AWAKE
Unwind with an evening in the Garden! Experience the vibrant colors of spring flowers and the soulful music of Finnegan's Awake in the Garden. MASA Food Truck will have tasty dinner options. Cash bar with beer and wine will be available at 5:30pm. Bring a blanket or chairs. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 6-8 p.m. tulsabotanic.org

March 19 Friday

FANDOM FRIDAY TRIVIA: DR. WHO [FREE]
Grab your Sonic Screwdriver and stock up on jelly babies, because it's time to hop in the TARDIS for a night of time-traveling trivia with your fellow Whovians! Register online at www.tulsalibrary.org/events to receive a Zoom meeting invite. Questions? Email Ellen.Nole@tulsalibrary.org. Allons-y! For adults. 6:30-8 p.m.



TULSA CITY-COUNTY LIBRARY OFFERS VIRTUAL STORYTIMES THROUGHOUT THE YEAR. FIND THIS MONTH'S LINEUP AT TULSAKIDS.COM/STORYTIMES.

March 20 Saturday

EXPLORE THE GILCREASE GARDENS [ONGOING]
The Gilcrease Gardens and neighboring Stuart Park are open daily from 6 a.m.-11 p.m. Admission is free. Find scavenger hunts for visitors of all ages at gilcrease.org/gardens. Gilcrease Museum, 1400 Gilcrease Museum Rd.

March 21 Sunday

VISIT DISCOVERY LAB [ONGOING]
Kids will love exploring the world around them at Discovery Lab! Discovery Lab is open Monday through Wednesday from 9:30 a.m.-12 p.m.; Thursday through Saturday from 9:30 a.m.-12 p.m. and 1:30-4 p.m.; and Sunday from 1:30-4 p.m. (Please note that Mondays are for members only.) Advance tickets required. Discovery Lab, 560 N. Maybelle Ave., discoverylab.org

March 22 Monday

BOOKS SANDWICHED IN: "AMERICAN PRINCESS" [FREE]
Join Friends of the Tulsa City-County Libraries for this lunchtime book talk series and discover your next read or dive deeper into a latest bestseller. Mona Easterling, assistant professor of biology at Tulsa Community College, will discuss "American Princess: A Novel of First Daughter Alice Roosevelt" by Stephanie Marie Thornton. Email Friends@TulsaLibrary.org for the Zoom link. For adults. 3:30-4:30 p.m.

March 23 Tuesday

YOGA FOR EVERY BODY [FREE, W]
Join via Facebook Live for a free beginner-friendly yoga class taught by certified yoga instructor Beth Richmond. To access this class, visit www.facebook.com/tulsalibrary. For all ages. 6-7 p.m.

March 24 Wednesday

VIRTUAL SYMPHONY BY THE SEA
Experience a virtual aquatic field trip in the arts and sciences through a partnership with the Tulsa Symphony Orchestra. Students will learn about different aquatic animals and habitats while enjoying selected musical ensembles—like sharks and strings! This program is open to K-12 students, homeschool students, and EPIC students. Teachers can register their school groups online only. Once registered, you will receive a link to the pre-recorded virtual performance by Tulsa Symphony Orchestra. The link will only work between March 24-30, 2021. During that time, you will have unlimited views. Register at okaquarium.org.

March 25 Thursday

TEEN CONNECTION [FREE]
This is a social group for middle and high school students with high functioning autism. For more information, contact Sherilyn Walton or Steve Pitts at 918-582-8272. 4:30-6 p.m. thearcok.org

JUST BETWEEN FRIENDS—TULSA
JBF Tulsa's annual Spring and Summer Sale will take place March 25-28 at Woodland Hills Mall, 7021 S. Memorial Dr. See tulsa.jbfsale.com for a complete schedule.

March 26 Friday

HIKE AT KEYSTONE ANCIENT FOREST [FREE, W]
Keystone Ancient Forest is open from Thursday-Sunday, 8 a.m.-2 p.m. Multiple trails available. Dogs are allowed on the 1st and 3rd Sunday of each month. Keystone Ancient Forest, 160 Ancient Forest Dr., Sand Springs, 8 a.m.-2 p.m. sandspringsok.org

OUT-LIT: YA BOOK CLUB [FREE]
Do fun activities and chat about "Like a Love Story" by Abdi Nazemian. Register online at www.tulsalibrary.org/events to receive Zoom link. E-book, e-audio, and physical copies are available for request at www.tulsalibrary.org. It's 1989 in New York City, and for three teens, the world is changing. This is a bighearted, sprawling epic about friendship and love and the revolutionary act of living life to the fullest in the face of impossible odds. For ages 12-18. 4:30-5:30 p.m.

March 27 Saturday

SUPERFUN SATURDAY: MARVELS, WONDERS, AND WORDS, OH MY!
Marvel at the wonders of springtime in the Philbrook Gardens on this Super Fun Saturday as we get up close and personal with the natural world. Don't miss an exciting day of collaboration with local Tulsa artist and creative crystallization extraordinaire, Tyler Thrasher. Advance tickets required. Philbrook Museum, 2727 S. Rockford Rd., 9:30 a.m.-2 p.m. philbrook.org

ZOORUN [VIRTUAL]
Tulsa Zoo's 51st annual ZooRun will be virtual this year—you can race from anywhere! The race kicks off on March 27, and participants will have from March 27-April 30 to complete their race. Choose from a 1-mile fun run, 5K or 10K. Race proceeds will go toward funding the zoo's upcoming African Wilds: Carnivores Complex. Learn more at tulsazoo.org/zoo-events/zoorun.

March 28 Sunday

TULSA SYMPHONY RADIO BROADCAST [FREE]
The Tulsa Symphony will be broadcasting a performance on Public Radio Tulsa on March 27, 8 p.m. and March 28, 4 p.m. The program will include "Overture to the Flying Dutchman" by Richard Wagner, "Scottish Fantasy" by Max Bruch and "Symphony No. 4" by Johannes Brahams. Tune in at publicardiotulsa.org.

FULL WORM MOON WALK
Enjoy a walk beneath the Full Worm Moon. All ages invited. $3 for members, $5 for non-members. Registration required by 4:30 p.m. two days before the walk. Call 918.596.9054 to register. Oxley Nature Center, 6700 Mohawk Blvd., 7-8:30 p.m. oxleynaturecenter.org

FULL MOON NATURE HIKE
Take a self-guided night hike to experience the sights and sounds along a nature trail through native prairie and forest. Wear comfortable walking shoes and bring a flashlight for this 1.5-mile hike on mowed path and rocky trail. Hot cider, s'mores kits, and beer and wine will be available for purchase before or after your walk and fire pits will be located nearby. TICKETS: $10 per person for Garden members; $15 for non-members. Spaces are limited and advance tickets are required. Get tickets and details at tulsabotanic.org. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 7:30-9:30 p.m

March 29 Monday

Find more events at tulsakids.com/calendar.



OKLAHOMA AQUARIUM PRESENTS A VIRTUAL SYMPHONY BY THE SEA FROM MARCH 24-31! PREREGISTER AT OKAQUARIUM.ORG. PHOTO COURTESY OF OKLAHOMA AQUARIUM.

March 30 Tuesday

TULSA MATER GARDENERS LUNCH & LEARN: HERBS [FREE]
Join on Facebook for tips from the expert Tulsa Master Gardeners on herb gardening. Bring your questions! Join here: www.facebook.com/tulsalibrary. For all ages. 12-1 p.m.

COMMON GROUND: A COURAGEOUS COMMUNITY CONVERSATION—TULSA'S PAST, PRESENT AND FUTURE/TERRENO COMÚN: UNA CONVERSACIÓN PARA EMPODERAR A LA COMUNIDAD—EL PASADO, PRESENTE Y FUTURO DE TULSA [FREE]
Courageous Community Conversations is a reading and discussion program designed to give participants an opportunity for authentic and transformative dialogue about challenging issues. Using Hannibal B. Johnson's "Black Wall Street 100" as a catalyst, we will discuss the impacts of racial trauma and the actions necessary for meaningful growth and healing. Participants will have the opportunity to share ideas for fostering a more inclusive and equitable Tulsa. Register online at www.tulsalibrary.org/events or email Outreach.Services@tulsalibrary.org to receive a Zoom invite for this event. // Conversaciones para Empoderar a la Comunidad es un programa de lectura y discusión diseñado para darle a los participantes la oportunidad de un diálogo auténtico y transformador sobre temas desafiantes. Usando Es mi turno por Ilia Calderón como catalizador, discutiremos los impactos del trauma racial y las acciones necesarias para crecimiento y curación. Los participantes tendrán la oportunidad de compartir ideas para promover un Tulsa más incluso y equitativo. Regístrese en línea en www.tulsalibrary.org/events o envíe un correo electrónico a Outreach.Services@tulsalibrary.org para recibir una invitación de Zoom para este evento.

March 31 Wednesday

STORYTIME AT TULSA ZOO [W]
Meet for Storytime at the Tulsa Zoo every Wednesday at 10 a.m.! The exact location within the zoo may change depending on weather, so ask at the check-in counter when you arrive! Storytime is included with admission; advance tickets required. Tulsa Zoo, 6421 E. 36th St. N., 10 a.m., tulsazoo.org



CRYSTAL HANNA. PHOTO COURTESY OF TULSA CITY-COUNTY LIBRARY.

AMERICAN INDIAN FESTIVAL OF WORDS: MARCH 8-31

AMERICAN INDIAN FESTIVAL OF WORDS WRITERS AWARD
Saturday, March 6, 10:30-11:30 a.m.
Tommy Orange, bestselling author of "There, There," will receive the 2021 American Indian Festival of Words Writers Award during a virtual presentation streamed from TCCL's YouTube channel, www.youtube.com/tulsalibrary. The program will feature an interview with Orange by three-time U.S. Poet Laureate Joy Harjo. Sponsored by the American Indian Resource Center and Tulsa Library Trust. For all ages.

AMERICAN INDIAN FESTIVAL OF WORDS: NATIVE CULTURE ARTS—CHEROKEE POTTERY
Join potter Crystal Hanna for a virtual demonstration of how to make Cherokee pottery. Watch on TCCL's YouTube channel, www.youtube.com/TulsaLibrary. Video will be available March 8-31. For all ages.

AMERICAN INDIAN FESTIVAL OF WORDS: STORYTELLING WITH CHOOGIE KINGFISHER
Enjoy traditional storytelling of the Kituwah Cherokee along with flute music and good ole laughter. View on the library's YouTube channel, www.youtube.com/tulsalibrary. Video will be available March 8-31. For all ages.

AMERICAN INDIAN FESTIVAL OF WORDS: DISCOVER LEDGER ART
Join TCCL to explore the history of Native American ledger art and demonstrate the various ways of creating your own inspired work. View on the library's YouTube channel, www.youtube.com/tulsalibrary. Video will be available March 8-31. For all ages.

AMERICAN INDIAN FESTIVAL OF WORDS: NATIVE CULTURE ARTS—NATIVE PATCHWORK
Learn the basics for sewing Native American patchwork with Mike Deo. View on the library's YouTube channel, www.youtube.com/tulsalibrary. Video will be available March 8-31. For all ages.

AMERICAN INDIAN FESTIVAL OF WORDS: PLAINS INDIAN SIGN LANGUAGE WITH MIKE PAHSETOPAH
Learn sign language by fifth-generation signer Mike Pahsetopah. View on the library's YouTube channel, www.youtube.com/tulsalibrary. Video will be available March 8-31. For all ages.

AMERICAN INDIAN FESTIVAL OF WORDS: PUZZLE 'N LEARN ACTIVITY KIT
Learn about traditional and heritage crops within American Indian communities. Pick up an activity kit at your local Tulsa City-County Library branch while supplies last. Kits are available March 8-31. For all ages.



KJM EQUESTRIAN SUMMER CAMP

Contact: Shawn McCorkle
9801 S. Sheridan Rd.,
Tulsa, OK
918.299.9283
www.kjmequestrian.com
Ages: 7–13
Dates: June 7–11, June 14–18, June 21–25, June 28–July 2, July 5–9, July 12–16, July 19–23, July 26–30 Time: 9:00 a.m.–4:00 p.m.

Conveniently located in South Tulsa, KJM's week-long summer camps include daily riding, an intro to horsemanship, games, horse-related arts and crafts, plus a Friday finale horse show and cook-out. Our facilities include large riding arenas in addition to shaded and open riding areas that are perfect for a trail ride. Safety on and around horses is a major objective of our riding program, and our counselors are well versed in educating beginner riders.

AIM HIGH ACADEMY GYMNASTICS AND NINJA SUMMER CAMPS

Contact: Michelle Holmes
7020 E. 38th St., Tulsa, OK
918.664.8683
michelle@tulsagymnastics.com
www.aimhighgym.com
Ages: 4–13

Aim High Academy's Main location will be offering Gymnastics and Ninja camps. Students will have fun with gymnastics and ninja activities as well as crafts and other great activities. Aim High Academy combines fitness and faith to build bright futures.

CAMP LOUGHRIDGE

Contact: Loren Pirtle
4900 W. Oak Leaf Dr., Tulsa, OK
918.446.4194
lpirtle@camploughridge.org
www.camploughridge.org
Ages: 6–16

Classic camp activities and Christian values, with a proven track record of safety during the pandemic. Located just 5 miles from Tulsa Hills. Weekly sessions June 7–July 30. Day camp (9 a.m.–4:45 p.m.) for ages 6–16. Learn more at CLCAMPS.ORG or 918.446.4194.

B-SEW INN'S PROJECT SEW SUMMER CAMP 2021

5235 S. Sheridan
Farm Shopping Center, Tulsa, OK
918.664.4480
www.bsewinn.com
Ages: 9–16. Sewing lessons for boys and girls
Dates: July 5–9 or July 12–16 or July 19–23 or July 26–30.
Space is limited, so sign up today.

B-Sew Inn's Project Sew Summer Camp is one week and has two sessions each day. Session 1 is 9 a.m.–Noon, and Session 2 is 2–5 p.m. With the camp fee of $299, attendees will get a Starter Sewing Kit, printed instructions, fabric kits and supplies. Plus, upon completion of camp, each participant will receive a sewing machine, valued at $199. Learn a life skill today. B-Sew Inn is the world's largest Baby Lock dealer. B-Sew Inn has been in business for 30-plus years.

CAMP GET CENTERED

Contact: Kelly Evans, CTRS/L, Youth Services Program Coordinator
815 S. Utica Ave.,
Tulsa, OK
918.794.4526
kevans@tulsacenter.org
www.tulsacenter.org
Ages Served: 6–17

The Center for Individuals with Physical Challenges plans to host Camp Get Centered for youth ages 6- to 17-years-old in person this summer.

Camp Get Centered is a summer day (full-day) camp for children and adolescents with physical challenges providing recreational activities, adaptive sports, relaxation and cooperative games while building a social network with peers.

Campers must have a primary diagnosis of a physical disability and have independent skills of daily living, including feeding and toileting or have the assistance of a provided caregiver.

Camp Get Centered is taking COVID-19 precautions, including requiring masks to be worn at all times except during designated eating times, physical distancing, daily temperature checks and weekly screenings. All camp participants must be capable of following the COVID-19 policies. Scholarships are available.

CAMP LUTHERHOMA

23197 E. 742 Rd.
Tahlequah, OK
918.458.0704
www.lutherhoma.com
Ages: 7–18, and Family Programs
Dates: June 13–July 30, One-Week Programs
Cost $430—Discounts and Camperships Available

Camp Lutherhoma is a Christ-centered camp with the mission to nurture discipleship in Jesus Christ in outdoor settings. Campers stay in bunk cabins with a counselor and fellow campers, at a ratio of one counselor for every eight campers. Each cabin group stays together throughout the day while enjoying fun activities, including swimming, hiking, crafts, archery, tomahawks, sports, games, and much more. Nine- to eighteen-year-old campers select full-day Adventure Options on Wednesday and Thursday: mountain biking, rafting, kayaking, fishing, rock climbing, challenge course, or wilderness. These activities are led by trained summer counselors. Every day also includes singing, skits, Bible study, devotions and night campfire.





New this year is Summer Family Camp July 4–8, for families to experience camp together and enjoy all the camp activities, assisted by a host counselor who helps plan their days. Make new family memories!

Camp Lutherhoma is located on the East side of the Illinois River, with 120 acres of forest, hills, and river views. Counselors and staff have First Aid and CPR certification, background checks, and reference checks. All buildings are climate controlled. COVID-19 policies and procedures are in place to ensure health and safety for all.

CAMP PATRIOT AT METRO CHRISTIAN ACADEMY

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

Welcome to Metro Christian Academy's Camp Patriot…where summer is meant for adventure! With more than 40 camp options, Camp Patriot has something for everyone. One-week camp sessions begin June 1 and continue through July 30 and are open to the Tulsa community. Children four years old through 12th grade can choose between morning and afternoon sessions or stay all day! Camp Patriot is designed with students in mind. Campers will enjoy a relaxed, supportive, healthy Christian environment promoting creativity, learning, and personal growth. All camps begin enrolling in mid-March! For more information, email camppatriot@metroca.com or go to camppatriottulsa.com.

CASCIA HALL PREPARATORY SCHOOL

Contact: Makala Welsh
2520 S. Yorktown Ave.,
Tulsa, OK
918.746.2604
mwelsh@casciahall.com
www.casciahall.com

Cascia Hall is offering summer camps in both sports and the performing arts. Receive expert instruction by Cascia Hall faculty and varsity coaches on the school campus. Everyone is welcome, and there is something for students of all ages. Register at www.casciahall.com.

CHRIST CHURCH EARLY LEARNING CENTER

Contact: Lynn Coye, Director
3515 S. Harvard Ave., Tulsa, OK
918.743.7673
lcoye@cumctulsa.com
www.cumctulsa.com
Ages: 3 months–8 years

We offer a "Three and Me" program for ages 3 months to 8 years old on Monday, Wednesday and Friday. Hours are 9:30 a.m. to 2:30 p.m. Our program is all about having fun and building self-esteem.

CHRISTIAN MONTESSORI ACADEMY

3702 South 90th E. Ave., Tulsa, OK
918.628.6524
www.montessorilearning.org
schoolnews@montessorilearning.org



Every year, Christian Montessori Academy offers an educational summer camp in June and July. This year, our theme is "Come LAND at CMA." The first week we will study how landforms are created. Each week thereafter, we delve deep into the different types of landforms. To see the schedule broken down by week, and the application and pricing, please visit our website. We provide a fun, safe, and hands-on learning environment. A Summer Camp T-shirt and a taste of a Montessori education are included. Students from all schools, 3–12 years old, are welcome. Please join us for an expedition of a lifetime!

ENCORE BALLET CONSERVATORY

Contact: Stephanie Murrish
6124 E. 51st Pl. #D, Tulsa, OK
918.5132332
ebconservatory@gmail.com
www.ebconservatory.com
Ages Served: 3–18

Encore Ballet Conservatory is committed to providing quality classical ballet training!

We offer Vaganova Training technique, Gymnastica, Character, and Modern with the best teachers in town.

Dare to dream and dance with us!

HOLLAND HALL SUMMER PROGRAMS

Contact: Debbie Almohandis
Director of Auxiliary Operations
5666 E. 81st St., Tulsa, OK
918.879.4716
www.hollandhall.org/summer
Dates: June 1, 2021–July 30, 2021

With more than 150 one-week camps and classes designed for both fun and education, Holland Hall has options for everyone! Programs are structured as one-week sessions that include academic, athletic, artistic, and "just for fun" activities. Join us for Culinary Creations, Cheer, Ballet, Bite-Size Broadway, Lost in Space and more. Choose between morning and afternoon sessions or sign up for both and stay all day! Participants in Holland Hall summer programs will experience educational and enrichment opportunities in an atmosphere dedicated to fostering mental, physical, and creative growth. Classes are available for ages 3-years to adult and are open to Tulsa and the surrounding communities. Online registration to launch Wednesday, April 1, 2021. See you this Summer!

HAPPY CAMPERS AT JOHN KNOX

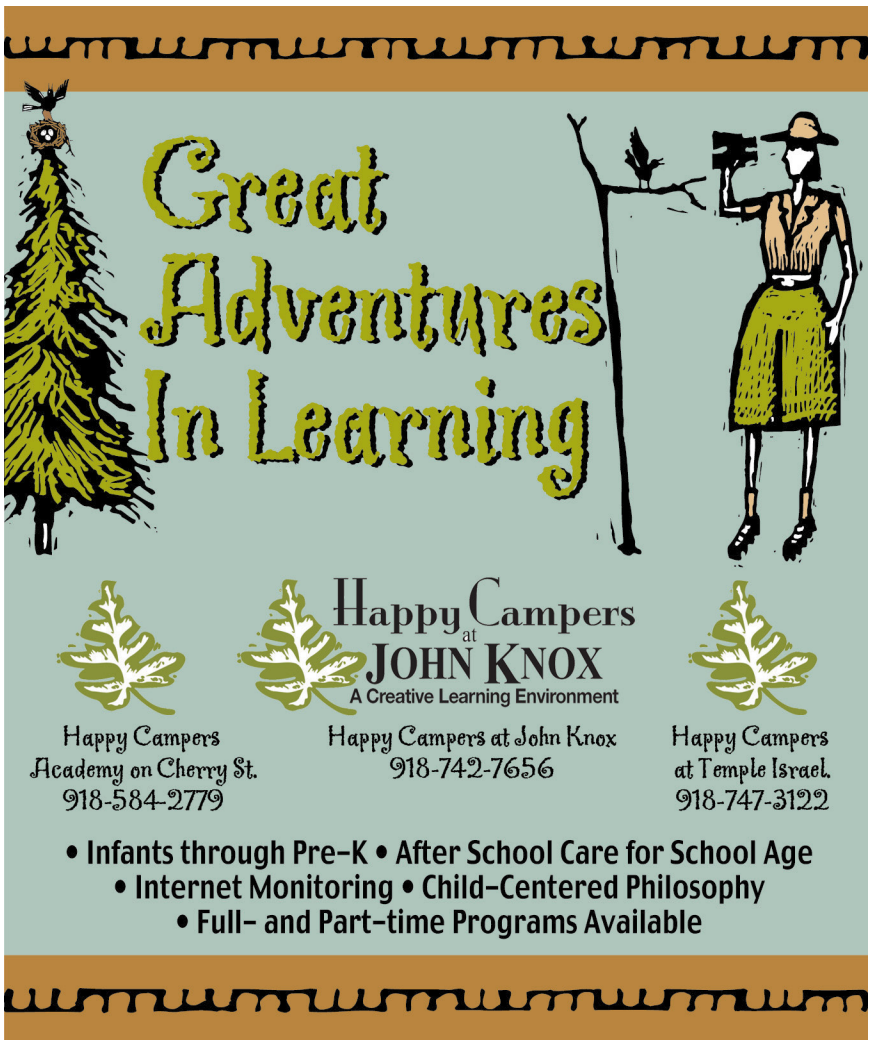
2929 E. 31st St., Tulsa, OK
www.happycampersacademy.com
Ages: 5–12 years old
Times: Monday through Friday 7 a.m.–6 p.m.

If you are looking for a fun and exciting summer camp for your school-age child, Happy Campers at John Knox is your place! Day campers will enjoy weekly field trips and visitors. Campers will also enjoy arts, crafts, and STEM activities to keep them engaged and learning. We will be participating in the summer reading program and also enjoying many of the free programs that Tulsa provides. We will have a fun and exciting balance between learning and fun! Come and have an adventurous summer with us!













HOPE'S CROSSING CAMP

Contact: Bob Degan
P.O. Box 4423,
Tulsa, OK
918.855.0817

hopescrossingcamp@gmail.com
hopescrossingcamp.org
Ages Served: 9–16
Dates: July 6–9

Hope's Crossing Camp is a FREE one-week day camp in Tulsa for kids with disabilities such as cerebral palsy, Down syndrome, heart disease, cancer, and spina bifida. Each camper is matched one-to-one with a volunteer counselor. Activities include swimming, fishing, canoeing, archery, basketball, soccer, arts and crafts and a zip line! Counselors receive up to 50 volunteer hours. APPLY NOW at www.hopescrossingcamp.org. JOIN US!

JANELL WHITBY SCHOOL OF MUSIC

Contact: Janell Whitby
5147-D S. Harvard, Tulsa, OK

918.743.4339
www.janellwhitby.com

If your child loves music, this two-week course offered in June and early July is perfect! Your child will enjoy making music with rhythm instruments, movement, singing, ear training and keyboard songs. The introductory small-group class is built on parent participation with individual keyboards provided for every child. Try the Discovering Music class and learn the impact of music on the brain. It's a fun opportunity for 4- and 5-year-olds! Celebrating its 40th year, Janell Whitby School of Music has a proven curriculum that progresses through the 12th grade. Invest two weeks and start your child with the lifetime gift of music. Call now—classes fill up fast!

KIRK OF THE HILLS PRESCHOOL SUMMER CAMP

Contact: Marybeth Alley
4102 E. 61st St.,
Tulsa, OK

malley@thekirk.com
www.thekirk.com/preschool
Ages: 12 months–6 years

The Kirk Preschool Summer Camp is known for its structured play-based learning, featuring water activities along with art activities that foster individual creative expression, all centered around summertime themes.

12-month to 2-year-olds enjoy water play, song and movement, Bible story time and play-based learning fun.

3–5-year-old Campers enjoy water play, Creation Art Station, Praise and Worship, scripture stories, read aloud, exercise and movement, and social interaction, to name just a few.

Our long and successful presence in the Tulsa community has earned us a reputation for excellence and fun in a loving, Christian environment.

LAFORTUNE PARK GOLF COURSE

Contact: Jason Mink, PGA
5501 S. Yale,
Tulsa, OK 74135

918.496.6200
www.lafortuneparkgolf.com/jr-golf/



Junior Golf Camp:
Cost: $150/ Session (Sibling Discount: $135/child)
Ages: 5–17
Dates:
Session 1: March 15–18
Session 2: June 14–17
Session 3: June 28–July 1
Session 4: July 12–15
Session 5: July 26–29
Spring & Summer Camps are Monday–Thursday, from 9:00 a.m. until 12:00 p.m. each day.

Every junior will receive hours of valuable instruction each day on different aspects of the game including full swing, putting, chipping, bunker play, and pitching, accompanied by skills challenges and on-course instruction.

PGA Jr. League
Spring Season (March 20–April 30) and Summer Season (June 1–July 15)
Recreational Golf League for 13 and Under.
Cost: $225/child

Includes weekly practices (Monday and Thursdays) with their coach and matches (Saturdays or Sundays) against other local teams at LaFortune. Practices and matches will be at LaFortune Park Golf Course. Price includes: 2 golf polos (Home and Away), PGA Jr. League hat, drawstring backpack, practices and matches. Sign up at: www.pgajrleague.com/program-search

LIVING ARTS OF TULSA NEW ARTS CAMP

Contact: Jessica Dewey, Programming and Development Manager
education@livingarts.org
918.585.1234

www.livingarts.org
Ages: 4–18 years old.
Varies by camp session.
Dates: June 8–July 23

New Arts Camp is a four-session camp where students are able to select a specific genre of contemporary art to explore during each session! Disciplines ranging from performing arts and digital creation to site-specific art and storytelling will be available. Follow us on social media for the camp lineup, dates and pricing, which will be announced in March! Virtual camp options will be available for specific camps.

COME *Land* AT CMA
SUMMER CAMP 2021
June 1st-July 30th
Come explore in a fun, innovative, hands-on learning environment!

Get ready to become a Geomorphologist. We will learn about mountains & valleys, islands & archipelagos, plateaus & canyons, and much, much, more. Students from all schools, 3-12 years old, are welcome.



Christian Montessori Academy ◇ www.montessorilearning.org ◇ 918.628.6524

Janell Whitby school of music



- Two week summer trial classes with parent
- Personalized small classes
- Keyboard and piano instruction
- Start PreK4 or K5, and may continue through the 12th grade

We specialize in helping your child fall in love with music!
Students who start learning to read music by age 4 or 5 have exponentially higher math and science scores.

(918) 743-4339 • Country Club Plaza • 51st & Harvard
Limited Spots, Classes Fill Fast.
www.janellwhitby.com
www.facebook.com/JanellWhitbySchoolofmusic















MILLER SWIM SCHOOL

MILLER SWIM SCHOOL TULSA
6415 S. Mingo Rd.
Tulsa, OK

MILLER SWIM SCHOOL JENKS
525 W. 91st St. S.
Tulsa, OK 74132

Miller Swim School is the expert provider of swim lessons and water safety education in the greater Tulsa area. We can't wait for you to join us in the pool this summer!!

Swimming lessons are not only a fun activity but a life-long, life-saving skill. Did you know that the chances of drowning for a child ages 1–5 is reduced by 88% when they participate in a formal, comprehensive swim program? Swimmers not only learn life-preserving skills but are able to gain self-discipline, coordination, and improve their balance and cognitive processes. Studies have also shown that swimming lessons help children grow socially and intellectually.

At Miller Swim School, students are grouped according to both age and swimming ability in the water. Classes are offered year-round, both morning and evening at both our Tulsa and Jenks facilities and SUMMER classes are offered at both Tulsa and Jenks locations as well as at our outdoor pool in Owasso. Three different types of sessions are offered to work around busy family schedules!

2 Week Sessions (swim camp)
Session 1: May 17–27
Session 2: June 1–10
Session 3: June 14–24
Session 4: July 4–14
Session 5: July 19–29
OR
Mon/Wed or Tues/Thurs for June or July
OR
Once a week for both June + July on Friday, Saturday or Sunday

Miller Swim School also offers party packages and open swim times for families and friends to enjoy the pool year-round! Check out our website for a comprehensive list of programs at www.millerswimschool.com and follow us on Facebook and Instagram for the latest news and specials.

MISS HELEN'S PRIVATE SCHOOL

Contact: Miss Jayme, Director
4849 S. Mingo,
Tulsa, OK

918.622.2327
www.misshelens.com
Ages: 3 years–5th grade

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



NEW LIFE RANCH SUMMER CAMP

Frontier Cove: 2nd–6th Graders (Fall 2021)
Dates: One-week sessions, June 6–July 31
Cost: $715-$785 (Scholarships available!)
Flint Valley: 7th–12th Graders (Fall 2021)
Dates: One-week sessions, June 6–July 24
Cost: $715–$785 (Scholarships available!)
Register: www.newliferanch.com

New Life Ranch is a Christ-focused summer camp with the mission to proclaim the Gospel of Jesus Christ and equip believers for ministry! Campers have epic fun while riding horses, canoeing, rock climbing, launching off the blob, and worshipping God. More important than the fun, though, are the relationships campers will build with peers, counselors, and ultimately Jesus Christ.

Our Summer Camps are split into Junior Camp (going into grades–26) at New Life Ranch Frontier Cove and Senior Camp (going into grades 7–12) at New Life Ranch Flint Valley.

OKLAHOMA AQUARIUM CAMP—MARINE BIOLOGIST FOR THE DAY

Contact: Alyssa Rodriguez
300 Aquarium Dr.,
Jenks, OK
918.296.3474
education@okaquarium.org
www.okaquarium.org/263/Marine-Biologist-for-a-Day
Ages: 12–16

Splash into summer and discover what it takes to be a marine biologist at the Oklahoma Aquarium! Junior biologists will spend the day alongside aquarium staff to get a hands-on learning experience like no other. They'll learn how to take care of marine animals and their habitats, feed the animals on exhibit, learn how to test water quality, and experience other aquatic fun throughout the aquarium. Campers will go on a comprehensive behind-the-scenes tour above our shark tank, behind the sea turtle tank, and to our quarantine areas where juvenile bull sharks and other animals live prior to going on exhibit. To finish the day, the group will dissect a shark together and examine tissues under a microscope. See website for pricing and available dates.

RIVER RUN FARM SUMMER CAMP

Contact: Susan Cravens
9300 S. 51st W. Ave.,
Tulsa, OK
918.855.5032
www.riverrunfarmok.com
Ages: 2 years and Up
Dates: Weeks of June 7–11, June 14–18, June 21–25, June 28–July 2, July 5–9, July 12–16, July 19–23, July 26–30 and August 2–6
Little Boots Pony Camp dates May 25 & 26, May 27 & 28, June 1 & 2, June 3 & 4; Times: 9 a.m.–2 p.m.

Located in a magical setting of 40 acres of wooded and tame pastureland with three ponds, River Run Farm is an escape to a









Virginia-style farm with a variety of summer camps for all ages. Little Boots Pony Camp, ages 2–4, is an age-appropriate introduction to size-appropriate miniature horses; Chaps & Britches Camp, ages 5–7, provides a unique learning environment for young equestrians; Horsin' Around Camp gives horse lovers 8 and up a chance to learn all aspects of horse ownership. The weeklong camp includes daily riding and fun activities, covering all aspects of our equine friends with an emphasis on safety and fun with the horses. Each camp includes new, fun activities. Visit the website or call for camp schedules. Come out, check us out, and meet our horses. Also check out our popular Pony Parties—a memorable way to celebrate birthdays, end of school, team parties, or family reunions!

SAFESPLASH SWIMJAMS

Contact: Christian Cox
7820 E. 101st St., Tulsa, OK
918.221.8587
www.safesplash.com
christian@safesplashswimlabs.com
Ages: 6 Months–Teens

SafeSplash + SwimLabs Swim School is the premier learn-to-swim facility in Tulsa with our state-of-the-art, year-round indoor warm-water pool and two endless pool tanks with video stroke and technique technology to provide the best instruction and improvement opportunity in Tulsa.

Throughout the summer, we will hold our weekly "SwimJam" camps to provide a fun and effective approach to accelerating your child's swimming safety and competency. Please visit our website at www.safesplash.com and watch our Facebook page, SafeSplash + SwimLabs Tulsa, for updates on schedule!

SOCCERCITY TULSA SUMMER CAMPS

Contact: Dustin Knight
5817 S. 118th E. Ave., Tulsa, OK
918.249.0044
www.soccercitytulsa.com

Want your kids to have some fun and stay active this summer? We have your solution…Bring your kids to one of SoccerCity's 2021 Summer Camps!!

Summer Camps: Registration will be open by April 1. All camps are from 9 a.m.–12 p.m. and for ages 4–15 years. Drop off as early as 8:45 a.m. with pick-up right at noon. Comfy clothes and tennis shoes are all that are required. Please send your child with a snack or snack money, we will take a 10–15-minute break around 11 a.m. each day.

Spring Break Camp: March 15th–19th

Summer Lil' Kickers: Dates to be announced

*Waiting until the week of camp to register does have a risk of showing up to a FULL/UNAVAILABLE Camp. NO More Registration will be taken once a camp is FULL, online or walk-in.

For more information, please contact dustin@soccercitytulsa.com

To register, please visit www.soccercitytulsa.com and click on the camps tab.



SOUTH LAKES GOLF COURSE

9253 S. Elwood,
Jenks, OK

918.746.3760
www.southlakesgolf.com

Lil Hooks Junior Golf Program
Cost: $125 per student
Ages: 5–13
Dates: Spring Session: March 21st–May 9th
Sundays: 1:00–2:00pm; 2:15–3:15pm; 3:30–4:30pm
Summer Session: June 22nd–July 21st
Wednesdays: 9:00–10:00am; 10:15–11:15am; 11:30am–12:30pm
Fall Session: August 21st–October 9th
Sundays: 2:00–3:00pm; 3:15–4:15pm; 4:30–5:30pm

Week 1: Introduction and Fundamentals of the Golf Swing
Week 2: Putting
Week 3: Chipping and Pitching
Week 4: Sand Traps
Week 5: Long Irons/Hybrids
Week 6: Driver
Week 7: Practicing with a Purpose
Week 8: Time to Play Some Golf!

South Lakes Summer Golf Camp
Cost: $150 per student
Ages: 5–13
Dates: June 1st, 2nd, 4th, and 5th (Monday, Tuesday, Thursday, Friday)
August 2nd, 3rd, 4th, 5th (Monday, Tuesday, Wednesday, Thursday)
Times: 9:00 a.m.–12:00 p.m

Local PGA Apprentice Instructors Austin Osburn and Quinn Jamrok lead future golf stars from Tulsa in activity-filled junior golf programs that aim to set a new standard in fun for Oklahoma junior golf! Each student receives a special gift pack at the end of the camp. Don't miss a chance to hook a kid on golf!

SSB KIDS! CAMP

1700 N. Redbud Pl.,
Broken Arrow, OK
918.258.5437

info@ssbkids.com
www.ssbkids.com
Ages: 3–11

SSB Kids! provides an indoor/outdoor camp (weather permitting) experience in a nurturing and safe environment. Each camp is filled with tumbling, trampoline, themed activities such as Ninja Warrior and Lego, sports, Red Cross swim lessons and swim time (summers only), inflatable jumping, arts and crafts, team building, character building, devotion time, music, and more.

THAT'S DANCING! STUDIO

Contact: Kara Ritchie
4427 E. 31st St.,
Tulsa, OK

(On 31st between Harvard & Yale)
918.408.6226
www.thatsdance.com

Join us at That's Dancing Studio for an exciting summer filled with Dance! So many fun camps and classes to choose from. Pre-School, Hip-Hop, Musical Theatre, & Intensive Camps. Something for everyone!

THERAPYTOWN SUMMER CAMPS

Contact: Tammy Quick
3223 E. 31st St.,
Tulsa, OK

918.250.7093
www.therapytown.com
tquick@therapytown.com

TherapyTown provides exceptional comprehensive speech, occupational and physical therapy services, and nutritional counseling, to children from birth–18 years of age. Our Tulsa location offers an impressive 18,000 square feet of child-friendly treatment options, including a full sensory gym with a ball pit, swings, sensory slides and much more. Patients love the outdoor treatment area, and TherapyTown also offers a vegetable garden where patients can plant and pick vegetables! This summer TherapyTown will host multiple camps for ages 0-18. See full camp descriptions in TherapyTown's listing in TulsaKids' Summer Camps & Activities Guide, available at tulsakids.com/guides.

2021 Camp Offerings:
Awesome Articulation (Ages 0–18)
Eat the Rainbow! Healthy Eating Cooking Classes for Kids (Ages 7–11)
Finger Play—Precursor to Writing Camp (Ages 4–6)
Food Explorers Camp (Ages 4–8)
Friendship Club—Social Skills Classes (Ages 8–12)
Handwriting Without Tears Camp (Ages 0–18)
Lively Letters Reading Camp (Ages 0–18)
Ninja/Jiu Jitsu Camp (Ages 0–18)
Sensory Stretch Yoga Classes (Ages 0–18)
Summer Book Club (Ages 0–18)

TULSA BALLET CENTER FOR DANCE EDUCATION

Contact: Colleen Lahti
1212 E. 45th Pl.,
Tulsa, OK

918.712.5327
education@tulsaballet.org
www.tulsaballet.org/classes

Tulsa Ballet Center for Dance Education (TBCDE) offers dance training for children age 3 years to adults. Our children's classes consist of Creative Movement, Ballet, Tap, Jazz and Contemporary dance, and we offer an Intensive Program for students beginning at age 9. Classes are offered at both our Brookside Campus and our Broken Arrow Campus during the summer and school year.

TBCDE is proud to have a team of highly trained and experienced professionals, committed to each and every student having the opportunity to explore dance of the highest caliber in a nurturing and inspiring environment. We want you to know that we are committed to provide you with the best in dance education and to share our passion for this beautiful art form in every way it can be enjoyed.

Visit www.tulsaballet.org for information about our upcoming summer classes, camps and intensive programs!

TWIST AND SHOUT TRAINING CENTER

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

918.622.5867
www.shouterspirit.com

Twist and Shout was established in 1996. We train all levels of athletes in Tumbling & Cheer throughout Oklahoma in Tulsa, Edmond and Norman for ages 4 and up! Our goal is to teach all level of athletes to progress in sport and character!

Our program offers:
Competitive & Recreational Cheerleading
Competitive & Recreational Tumbling
PowerTumbling—Competing in tumbling on a spring floor
Summer Tumbling & Cheer camps—June 1–July 29 offered Mon.–Thurs., 2 hrs. each day.
Monthly Tumbling clinics—one Saturday each month for 2 hrs. throughout the year.
Open Gym—Come tumble around on your own one hour a week.
Birthday parties

I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI

MAHRIYA CADDY CRAWFORD: COOKIE SALES ENTREPRENEUR EXTRAORDINAIRE

The Girl Scouts offer leadership development experience for girls around the world. That is precisely why 17-year-old Mahriya Caddy Crawford joined the Girl Scouts. Mahriya's time with Girl Scouts has given her the opportunity to travel the world, along with helping her build leadership skills as a cookie entrepreneur!

TK: How old were you when you joined the Girl Scouts?
Mahriya: I was 5 years old when I first joined Girl Scouts.

TK: What is your favorite thing about the Girl Scouts?
Mahriya: My favorite thing about Girl Scouts is having the opportunity to travel all over the world, and being able to go camping.

TK: What have the Girl Scouts taught you?
Mahriya: Girl Scouts has taught me leadership skills, people skills, goal-setting, and business ethics.

TK: What kind of travel group are you a part of?
Mahriya: I'm a part of the Council travel troop, which gives girls the opportunity to pick and plan out their next adventure/trip.

TK: What advice do you have for others who would like to follow in your footsteps?
Mahriya: Advice that I would give others is to always set goals for yourself and dream big, and if you are a Girl Scout, the possibilities are endless on what you can accomplish.

TK: Where's your favorite place to travel?
Mahriya: My favorite place to travel is Europe, and I absolutely love Disney World and Branson. These were just a few of the trips that I have been able to go on through Girl Scouts, all paid by my cookie business.

TK: Who inspires you?
Mahriya: My mother is the person who inspires me the most. She is my #1 cheerleader and has supported me in everything that I do.

TK: What other hobbies do you have?
Mahriya: I really love shopping, making crafts and watching movies on Netflix.

TK: What do you want to be when you grow up?
Mahriya: I really want to work in the medical field. I would like to be a nurse just like several people in my family. I also have a huge passion for business marketing/management.

TK: What is a fun fact about you?
Mahriya: Well, a fun fact about me is that I am a part of the world's largest girl–led entrepreneurial program in the world. With this platform and my cookie business, I have sold over 26,000 boxes of cookies in my Girl Scout career and have turned in over $105,000.



Summer Fun begins at TherapyTown!

Build your skills at our summer camps and classes with the best therapists in town!



Visit our website www.therapytown.com for information on our 2021 TherapyTown Summer Camps & Classes:

- Awesome Articulation
- Lively Letters Reading Camp
- Friendship Club-Social Skills Classes
- Summer Book Club
- Sensory Stretch Yoga Classes
- Eating the Rainbow — Healthy Eating Cooking Classes for Kids
- Food Explorers for Picky Eaters Camp
- Finger Play-Precursor to Writing Camp
- Handwriting Without Tears Camp
- Ninja/Jiu Jitsu Camp

3223 East 31st Street

TherapyTown.com | 918-250-7093

SPEECH THERAPY • OCCUPATIONAL THERAPY • PHYSICAL THERAPY • NUTRITIONAL COUNSELING

FIND THE

2021 SUMMER CAMPS+ ACTIVITIES GUIDE

ONLINE AT TULSAKIDS.COM

ZOO RUN

VIRTUAL

1 MILE 5K 10K

MEDALS & SWAG AT TULSAZOO.ORG/RUN

TulsaZoo

SPECIAL THANKS TO THESE ZOO PARTNERS FOR BUILDING A BETTER ZOO THROUGH THEIR CONTINUED SUPPORT

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MARCH 2021