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TEACHING MONEY Management with an $ALLOWANCE$$

When HIGH IQ and ADHD Collide

SUMMER CAMPS + ACTIVITIES guide INSIDE!



yay! IT'S PIZZA NIGHT

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tulsakids
April 2021

what's inside

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Financial Literacy

Giving Your Kids an Allowance Helps Teach Money-Management Skills

BY TANNI HAAS, PH.D.

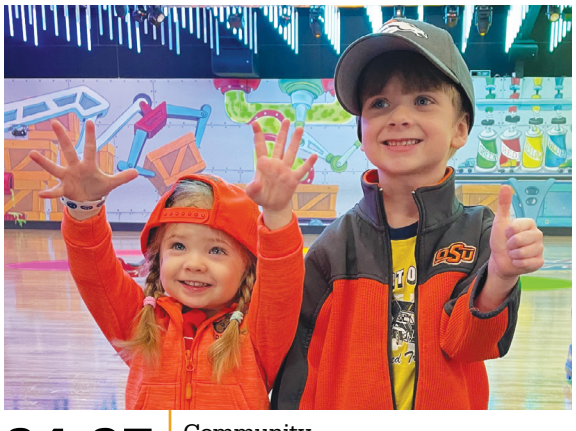
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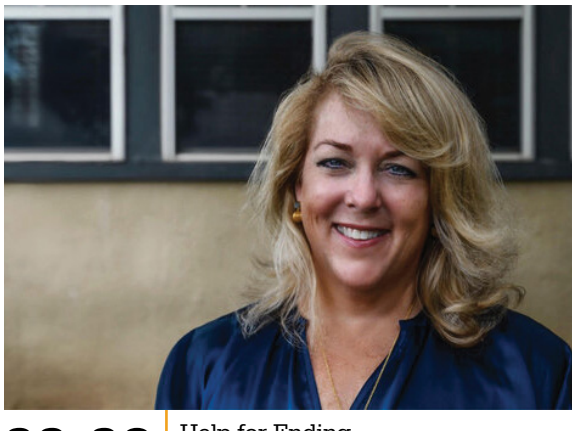
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ALLOWANCES, PIZZA AND SUMMER CAMPS

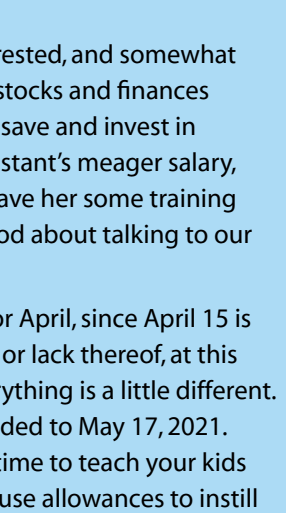
My daughter is visiting us and I've been interested, and somewhat amused, by her and my husband discussing stocks and finances every day. I don't know how she manages to save and invest in IRAs and the stock market on a graduate assistant's meager salary, but she's smart and frugal. At least her dad gave her some training somehow, because I don't think I was too good about talking to our kids about money.

I usually plan some type of financial article for April, since April 15 is tax day and we're usually thinking of money, or lack thereof, at this time. But this year, due to the pandemic, everything is a little different. Federal income tax filing day has been extended to May 17, 2021. Either way, any day, month or year is a good time to teach your kids some financial smarts. Our article on how to use allowances to instill those lessons is a good place to start.

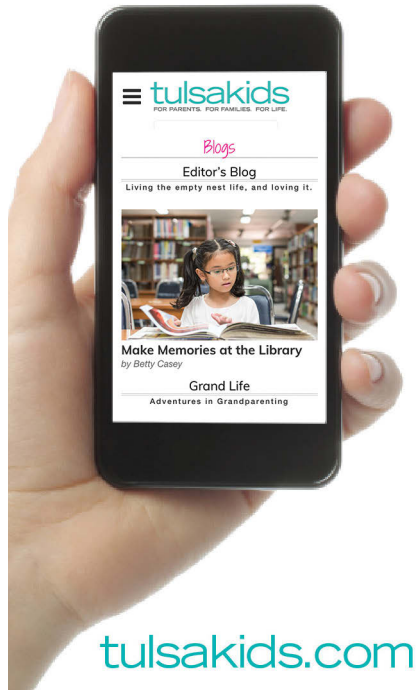
Who doesn't love a good pizza? During the pandemic, my husband and I have been doing some serious research on the best carry-out pie in town. Believe me, there are some amazing choices. We have a slight disagreement on crusts, but we don't let that get in the way of ordering from every pizza restaurant, from old favorites to new entries. And, I do enjoy making my own creation from a homemade crust to toppings every now and then. Natalie Mikles has some great ideas for your family's pizza night in her column this month. I plan to try her crust recipe.

This month is also National Child Abuse Prevention Month. Pre-Covid-19, I had attended several informative presentations by a new child abuse prevention organization that is focused on the prevention of Munchausen by Proxy, or medical child abuse, at the invitation of Donna Boswell, a local therapist and co-founder of the organization. It was eye-opening and heart-breaking to hear about children whose parents (usually the mother) were harming their children by making up illnesses and disabilities. Read Lauren Miers' feature on this form of abuse, find out how to recognize it and what the new non-profit is doing to prevent it.

If you missed our Summer Camps & Activities Guide in last month's issue, we're re-running it with even more options this month. As always, I hope you enjoy reading this issue. You can also find more content, contests and connections online, in our e-newsletter, on Instagram and Facebook.



Betty Casey
associate publisher and
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.

ON THE COVER:

TULSAKIDS' COVER KID WINNER PEYTON IS READY FOR SPRING FUN. CLOTHING COURTESY OF LOLLY GARDEN CHILDREN'S CLOTHING IN UTICA SQUARE.

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TPS TO OFFER EXPANDED LEARNING OPPORTUNITIES

Tulsa Public Schools (TPS) announced plans for expanded learning opportunities and support for all students across the next 18 months.

Superintendent Deborah Gist also said that with the support of federal stimulus funding, TPS will expand its before- and after-care program to all elementary schools and provide those services to families free of charge during the 2021-2022 school year.

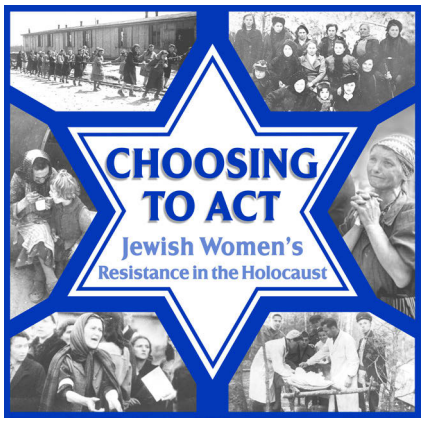
The expanded learning opportunities will include spring, summer, and fall options available to all Tulsa Public Schools families, including the following: High school seniors in the district will have access to one-on-one support to fulfill graduation requirements and "Senior Bootcamps" to help with credit recovery; high school juniors and seniors can attend TPS's Twilight Academy, a flexible evening learning option for students looking to make up missed credits; and targeted Care and Connect services will continue on Wednesdays to provide small group, in-person academic, social and emotional support.

From June to Aug., TPS will partner with organizations to provide summer enrichment activities as well as providing meals to children ages 18 and younger.

From July 6-30, every school will provide summer day camps free of charge. To pre-register for camps, go to www.tulsaschools.org/summer.

During the 2021-22 school year, TPS students will have expanded out-of-school time activities and free tutoring. In addition, all elementary schools will provide before- and after-care free of charge.

2021 INTERFAITH HOLOCAUST COMMEMORATION



Reflecting on the question regarding Jewish resistance during the Holocaust, Holocaust survivor Elie Wiesel once said, "The question is not why all the Jews did not fight, but how so many of them did. Tormented, beaten, starved, where did they find the strength—spiritual and physical—to resist?"

Join the Jewish Federation of Tulsa and Tulsa Council for Holocaust Education at the 23rd Annual Yom HaShoah/Interfaith Holocaust Commemoration as they examine Wiesel's words in the context of those female Jewish resistors who fought not only in the forests, but in the homes, ghettos and concentrations camps to save the lives and dignity of their families, friends and fellow victims of Nazi persecution. Held in partnership with the Tulsa City-County Library and Circle Cinema, the commemoration will take place virtually via Zoom at 7 p.m. on Thursday, April 22. Sheri Rosenblum, director of development and outreach, Jewish Partisan Educational Foundation, is the keynote speaker and will address the topic "Choosing to Act: Jewish Women's Resistance in the Holocaust."

The commemoration also will include performances by the Tulsa Opera Children's Choir and opera singer Elliott Wulff, followed by a candle lighting ceremony featuring notable Tulsa women honoring Jewish women who resisted in the Holocaust.

To obtain the Zoom link or for more information about the commemoration, contact Nancy Pettus, director of Holocaust education, Jewish Federation of Tulsa, at npettus@jewishtulsa.org. `

GATHERING PLACE NAMED BEST CITY PARK

Gathering Place is adding "Best City Park" to their list of national accolades in winning the USA Today's 10Best Readers' Choice 2021 Best City Park award. On Friday, February 26, USA Today announced Gathering Place as the unanimous champion of their 6.6 million reader's choice.

Gathering Place triumphed over 19 other national contenders from metropolitan cities across the country. "Gathering Place being named the country's Best City Park is monumental for not only the Park, but equally for the city of Tulsa," Executive Park Director Tony Moore said. "It was a very big deal for us to have won the 2019 Readers' Choice as the number one new attraction in America, but this is equally significant, because this competition was against our industry peers. It is so gratifying to see a Tulsa attraction voted as the top city park in the nation."

In addition to winning two of USA Today's 10Best Awards, Best City Park 2021 and Best New Attraction 2019, Gathering Place has claimed eight national and international awards over the last two years.



FORMER GOV. BRAD HENRY



REV. LERON G. WEST

DR. MARTIN LUTHER KING, JR. COMMEMORATION EVENT

The public is invited to an event to commemorate the death of Dr. Martin Luther King, Jr. sponsored by The Christian Ministers Alliance. The ceremony is planned for Sunday, April 11, 2021, at 6 p.m., Gilcrease Hills Baptist Church under the leadership of Rev. LeRon G. West. The church is located at 2001 West Newton.

In addition to a message by Rev. West, there will be music by All Tribes choir. Former Gov. Brad Henry will be among the honorees at the event.

The public is welcome to attend the service. For more information or sponsorships, call Rev. W. R. Casey, president of The Christian Minister's Alliance, at 918.902.1374.

2021 PINNACLE AWARD WINNERS

YWCA Tulsa in partnership with the Mayor's Commission on the Status of Women announced the winners of the 2021 Pinnacle Awards honoring exception women of Tulsa. **The Winners are:**



ANNA C. ROTH LEGACY AWARD: JANE A. MALONE

Jane is a resilient advocate for a more inclusive and equitable Tulsa. For six decades she held prominent leadership roles with Neighborhood Housing Services, the NAACP, the Greenwood Chamber of Commerce and the Oklahoma Jazz Hall of Fame. Even through her own experiences of racial discrimination, her spirit and heart for community have remained strong.



ARTS AND HUMANITIES: JERICA WORTHAM

Jerica works as the Project Director for the Greenwood Art Project. As a Tulsa native and poet, she has a history of advocating for all voices to be heard. In addition to starting her own magazine, and publishing two poetry collections, Jerica is a business coach, humanitarian, and philanthropist.



COMMUNITY SERVICE: VANESSA HALL-HARPER

Vanessa is the Tulsa City Council Chair. A shining example of public service, Hall-Harper, continues to serve Tulsa County District One, improve health outcomes for Tulsans as the Program Manager for the Tulsa Health Department's Healthy Living Program, and educate students as an Adjunct Professor at Tulsa Community College.



CORPORATE BUSINESS: ASHLEY PHILLIPSEN

Ashley serves as the Senior Director of Engagement & Advocacy at ImpactTulsa. She is a policy and non-profit leader with 14 years of experience in creating organizational infrastructures, Pre-K–12 education, and supporting individuals and organizations to create meaningful change through engaging curriculum. Ashley serves as the Commemoration Sub-Committee Chair, for 1921 Tulsa Race Massacre Centennial Commission.



EDUCATION: JENNETTIE MARSHALL

Jennettie has an extensive list of volunteer experiences from the Tulsa Board of Education to establishing the North Tulsa Community Education Task Force. Steeped in her resolve to serve the better angels of our community, she is also the Pastor of Cummings Cole C.M.E. Church in addition to being duly elected to the largest district school board.



ENTREPRENEUR: CHERYL COHENOUR

With more than 32 years of small business ownership in Tulsa, Cheryl has also supported Native American firms as a business consultant and community volunteer. Additional volunteer experience includes serving as President and founder of Tulsa's Family Safety Center, and Chairman of the City of Tulsa's Greater Tulsa Area Indian Affairs Commission.



HEALTH & WELLNESS: DR. MANJU KAUL

Dr. Kaul has been a clinical psychologist in Tulsa for more than 22 years, and served this community through a variety of different boards including Tulsa Area United Way and South Tulsa Community House. As an immigrant she believes that it is imperative to give back to the community that has allowed us to flourish and achieve success while celebrating our heritage and diversity.



RISING STAR: JANEL PASLEY

Having served Tulsa as a community coalition builder, Janel has advocated through the North Tulsa Community Coalition since 2016. Professionally she has worked toward improving health outcomes and community engagement at the Tulsa Health Department. Janel is also a published author, passionate mentor, and social entrepreneur.



CORPORATE CHAMPION: TULSA AREA UNITED WAY

Since its inception in 1924, Tulsa Area United Way has been a community champion, raising nearly $850 million dollars to build a social safety net for the most vulnerable. TAUW strives to break barriers for women and people of color by sharing stories of need, hope, and resilience, uniting people and resources to ensure that all community members flourish and thrive.

"This event was originally designed to help elevate the voice of women and the incredible contributions that women have made and continue to make that impacts lives in Tulsa and around the world," said Julie Davis, chief executive officer for YWCA Tulsa.

Each honoree upholds the legacy of the Pinnacle Awards, which is reflected in women who are role models in their professions, take risks on behalf of others, perform community service, and advocate for women's issues.

Winners will be honored on Thursday, April 29, 2021 with a blended virtual event. To sponsor the Pinnacle Awards or get more information about this event, visit www.ywcatulsa.org.

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What's Going On(line)?



CONTESTS AND GIVEAWAYS

$5,000 HOME IMPROVEMENT SWEEPSTAKES!

Time is running out to enter our Home Improvement Sweepstakes! Get the entry link at tulsakids.com/contests through April 5. This is part of a national sweepstakes.

TULSAKIDS.COM/ CALENDAR

When you're at a loss for things to do, check out the TulsaKids calendar! You'll find events for kids of all ages, both virtual and in-person, every day of the month!

SUMMER CAMPS + ACTIVITIES GUIDE

If you lose this month's copy of TulsaKids Magazine, don't panic: You can find our Summer Camps + Activities Guide online year-round at tulsakids.com/guides. Complete with links to websites, camp photos and more!

COMING MAY 2021: TULSAKIDS' SUMMER FAMILY FUN GUIDE

We're gearing up for summer! Keep an eye out for TulsaKids' 2021 Summer Family Fun Guide, coming late May 2021! This will be a digital-only publication, available for download at tulsakids.com/summer.



DISMANTLING RACISM: FB LIVE SERIES

We love our monthly Dismantling Racism events and we always learn so much from our panelists and moderator, Quraysh Ali Lansana. Watch past discussions at www.tulsakids.com/dismantling-racism-facebook-live-series-with-quraysh-ali-lansana, and follow @tulsakidsmagazine on Facebook so you don't miss upcoming events!



BY KILEY ROBERSON

can you hear me now?

HOW TO GET KIDS TO LISTEN

Remember that adorable chatty child who not long ago hung lovingly on your every word and considered you her number-one pal? Now she often seems like a glassy-eyed pre-tween who's turned ignoring you into an art form and has made even the simplest request like "Please put your socks in the hamper" into an exercise in mind-numbing repetition.

Your child isn't deliberately trying to drive you insane (successful though she may be), and her maddening new behavior has more to do with her sense of self than how she feels about you. According to the American Academy of Pediatrics (AAP), preschoolers are constantly experiencing an increasing sense of control over their own lives, and they're focusing more than ever before on the outside world and the interesting things going on there, like school, friends and sports. Their selective deafness is one way of testing the limits of their growing independence.

So how can we get our kids to actually listen? The AAP says it's in the delivery. Try these tips to break your child's sound-free barrier.



TOO LITTLE OR TOO MUCH INFORMATION CAN CAUSE VERY YOUNG CHILDREN TO TUNE OUT.

STOP THE INFORMATION OVERLOAD

A child's brain can only process so much. Hit them with too many details—"Turn off the TV, then go upstairs, get changed, brush your teeth and comb your hair"—and they won't be able to recall anything past step one or two. Be too vague—"Get ready for bed"—and they won't take your request seriously. Instead, try splitting your request into two parts. Start with something like, "When this show is over, it's time to turn off the TV and get ready for bed." Then once the TV is off, continue with, "Okay, honey, pj's and toothbrushing are next." Then you can even throw in a choice like "Do you want to skip or hop into the bathroom?" to make the task more fun.

BE DIRECT

When you dwell on a topic for too long, your child will tune out. For instance, if you say, "Honey, we're meeting Julius in the park and you'll want to climb at the playground. So you have to change out of your sandals before we leave home," it's unlikely that he'll change into appropriate shoes. Instead, be concise and make the request up front: "Honey, put on your sneakers now because we're going to the playground."

WORK ON DELIVERY

Your child will listen better if you engage more than just her sense of hearing. A visual approach (looking her in the eye) combined with a tactile one (placing your hands on her shoulders) can help her focus better on what you're saying.

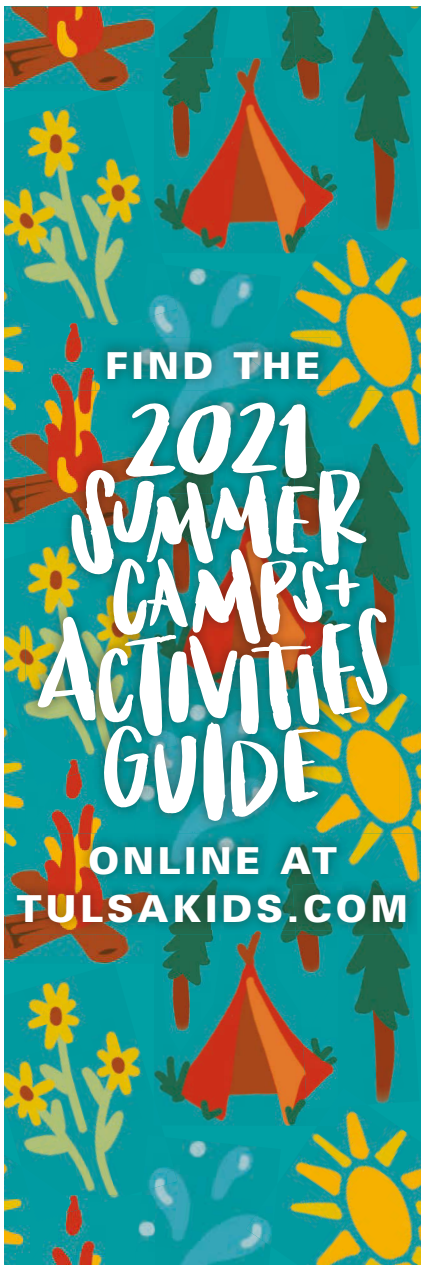
DON'T SOUND LIKE A BROKEN RECORD

If you feel like you're saying the same things over and over, stop. Kids can become conditioned to wait to respond until you've said something for the fifth time. Your words become nothing but background noise. Your child will be more inclined to do what's asked of him if he understands that his actions have clear, enforceable consequences. Give him specific instructions no more than twice,

and be sure to follow through with appropriate disciplinary actions if he doesn't comply. On the flip side, acknowledge when he does follows directions the first time. Saying something like "Thanks for being a good listener" will reinforce his desire to pay attention.

GIVE YOUR FULL ATTENTION

You may think that you're able to listen to your child while watching the news or texting your BFF. But what your child sees is a parent who is only half listening. And if you're not paying attention, why should she? Of course, not everything your child has to say is a show-stopper. Still, try to give her your attention, make eye contact, acknowledge what she's saying and ask questions. After all, they learn their listening skills from us.



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BY MARY BETH RITCHIE, MSW

when high IQ and ADHD collide

What happens when a child with a high IQ also has ADHD (Attention Deficit Hyperactivity Disorder)? Will one mask the other? Will having a high IQ make dealing with ADHD easier or more difficult?

I can tell you firsthand that this does occur. Children with exceptionally high IQ scores can also have ADHD. Both of my sons qualified for the Gifted/Talented program in school based on their high intelligence test scores. Both were also given the diagnosis of ADHD.

As a mother, I was concerned that their high intelligence might be masked by the ADHD symptoms, and that their teachers wouldn't recognize their academic abilities. I was relieved to find out that, at the time, all second graders were tested for intellectual abilities, so that despite the ADHD diagnosis, teachers also were aware of their high academic potential.

While ADHD may mask a child's academic abilities, the opposite may be true as well. Very bright children may hide symptoms of ADHD. They generally do better in school than those children with average or low IQ who also struggle with ADHD. Therefore, these children, unfortunately, often go without a diagnosis and miss receiving beneficial treatment.

TRAITS OF GIFTEDNESS

The National Association for Gifted Children asserts that "no gifted individual is exactly the same… There are many traits that gifted individuals have in common," but not every child exhibits every trait. For a full list go to nagc.org.

Here are a few cognitive, creative, affective and behavioral traits:

- Interest in problem-solving
- Voracious and early reader
- Keen sense of humor
- Intensely focused on passions
- Highly energetic—needs little sleep or down time
- Critical thinker
- Diverse interests and abilities
- Impulsive, eager and spirited
- High expectations of self and others, often leading to frustration
- Sensitivity and empathy for others
- Volatile temper, especially related to perceptions of failure
- Non-stop talking/chattering

Source: National Association for Gifted Children

ADHD affects individuals of all intellectual abilities. One might think that children with a high IQ would be able to better manage the struggle with ADHD symptoms. Instead, they may have their own unique struggles. Children with ADHD are often socially behind their peers. They are most comfortable with children several years younger. On the other hand, exceptionally bright children are often most comfortable with children several years older. The child with both ADHD and a high IQ may be comfortable with both older and younger children, but will likely be socially awkward with peers.

Children who are intellectually gifted usually do recognize that they are smart. When they are young, school is often quite easy for them, and they may do exceptionally well in the early grades. Parents and teachers also recognize their intelligence, and they hold these children to high expectations. As school becomes progressively more difficult, the ADHD symptoms become more of a problem. As a third-grade teacher, I can tell you that this may be the year that children and parents begin to notice problems. By third grade, school becomes more challenging and students are expected to be more independent. Academics may begin to suffer and progressively become worse during the next years. This may be confusing to the child who has found that things came so easily in the past. Children might begin to doubt themselves, which may lead them to experience anxiety. Parents and teachers may become disappointed in the child. They may attribute the lack of scholastic success to laziness, boredom or lack of effort when, in fact, the ADHD symptoms may be contributing to academic difficulties.

Misdiagnosis is not uncommon when high IQ and ADHD collide. Very bright children who are also highly active are sometimes misdiagnosed with ADHD. On the other hand, some highly intelligent children with ADHD can focus on things that interest them for an extended period of time, which can lead to misdiagnosis as well. The result is that these children often don't receive the treatment they need.

How can you tell if your child is intellectually gifted, has ADHD, or both? This can be a

challenge because the two share some commonalities. Children in both groups often have high energy levels and a low tolerance for boredom. They are frequently curious, creative and may enjoy high-risk activities. Both can also display a resistance to authority. Albeit for different reasons, both groups may struggle academically. Children in both groups may also seem uncomfortable with same-age peers.

There are some signs to look for if you are wondering if your child has a significantly high IQ. Did your child begin to lie by the age of 5? Lying involves clever skills which many children haven't developed by that age. Did you have trouble getting your child to go to sleep at a reasonable hour around the age of 8? Does your child love to read? These can all be signs of high intelligence in children. If you suspect your child may be intellectually gifted, the best way to find out for sure is to have them tested. While a psychologist can do this for you, it is also commonly done in schools. I suggest you request that the school administer the test. If you're wondering whether your child has ADHD, consult a child therapist, developmental-behavioral pediatrician or other professional who specializes in treating ADHD. Armed with the information from the testing and the therapist, you will know if your child has an exceptionally high IQ, ADHD, or both. You will then be able to support your child by attending to his or her specific needs.

TRAITS OF ADHD

According to information at mayoclinic.org, diagnosing ADHD is best done by a specialist such as a developmental-behavioral pediatrician. Check with your child's doctor if you are concerned, since "most healthy children are inattentive, hyperactive or impulsive at one time or another. It's typical for preschoolers to have short attention spans…" and the same can be true in older children or teens. "Young children are naturally energetic…some children naturally have a higher activity level than others do." Children with ADHD have a pattern of behavior that negatively affects life at home, school and with relationships.

Some traits include:

- Fail to pay close attention to details or make careless mistakes
- Have trouble focusing in tasks or play
- Appear not to listen
- Avoid or dislike tasks that require focused mental effort, such as homework
- Forget to do daily activities
- Fidget, tap or squirm; in constant motion
- Have trouble playing or doing quiet activities
- Talk too much
- Blurt out answers
- Interrupt or intrude on others' games or conversations

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

jason reynolds, cool uncle!

WINNER OF ANNE V. ZARROW AWARD FOR YOUNG READERS' LITERATURE WANTS KIDS TO HAVE BIG LIVES, FORTIFY IMAGINATIONS

Every year, the Tulsa City-County Library honors an outstanding writer for young readers and crowns him or her the winner of the Anne V. Zarrow Award for Young Readers' Literature. The bonus is a big public celebration the first week in May, when the author talks directly to young people and awards the cash prizes to the top winners of the library's annual Young People's Creative Writing Contest.

This will be the second year in a row that the public celebration and presentation are online (Thursday, May 6 at 7 p.m. live-streaming on the library's YouTube page, www.youtube.com/tulsalibrary), but expect to be delighted nevertheless, because the 2021 Zarrow Award winner is the incomparable Jason Reynolds, and that guy is amazing.

No, I mean it. REALLY amazing. His books—a burst of them in the last seven years, emotionally rich (and funny) middle grade novels, extraordinarily beautiful free verse Young Adult stories, adventurous Spiderman novels and even a Young Adult "remix" of an adult nonfiction award-winner about the history of racism—almost immediately engage and transfix tweens and young adults.

And in person, he's a real deal kid magnet. After he speaks, kids linger for hours, wanting to talk to him, to ask him questions, to just stand next to him and be in his presence.



JASON REYNOLDS IS ZARROW YOUNG READERS' HONOREE. PHOTO CREDIT: JAMES J. REDDINGTON

Why does he think he has this effect? It's his "Cool Uncle" vibes, for sure.

In a recent interview with Jason Reynolds in The Washington Post, the reporter asked about his famous connection to young people: "You've said your aim isn't to teach, necessarily, but rather to observe and kind of document young people's lives—do you think that's one of the reasons your books resonate with them?"

Jason Reynolds answered: "That's it. I'm not interested in teaching. I think young people have enough teachers in their lives. My job is to be the cool uncle. Right? I'm here to give you a nickname and throw an arm around your shoulder and go on that walk with you. And let you say whatever you want to say — without telling your mama and daddy. That's it. Bear witness to your life, to the bigness of your life. Nobody wants to hear what their mother and father has to say. But everybody wants to hear what their cool uncle and auntie has to say, even if it's the exact same information."

A SHORT GUIDE TO THE BEST OF JASON REYNOLDS: MY TOP 5

Here are five of my absolute favorite books by Jason Reynolds. Last spring I read through his entire back catalog, though I did not intend to do so. Like his young readers, I discovered that his charm is impossible to resist. And as with certain potato chips where you can't eat just one, when it comes to books by Jason Reynolds, I discovered that it's impossible to read just one.

As Brave As You: Reynolds has admitted that this middle-grades novel (appropriate for kids ages 9-12, and 7-8 years

if being read together with an adult) is his most autobiographical. It tells of two brothers who come from the big city to spend a summer with their southern grandparents and learn more about themselves and life. It's funny but will also make you cry (OK, it made me cry), involves a bird named Michael Jackson, and has a truly sweet ending.

Ghost (really, the entire Track series): This is the first in a trilogy that follows different middle school students who run track. (The series is called, appropriately, "Track.") Ghost is used to running for all the wrong reasons—mostly to get away from an abusive father—but learns to love running track and being part of a team.

Look Both Ways: These are interconnected short stories following characters, block by block, after school lets out. The first page tells you that a bus falls from the sky, and by the last pages, you understand exactly what that means.

Long Way Down: This one is really for older teens because of the sensitive topic: gun violence and the social norm that when a loved one is shot, you must take revenge and shoot the shooter. Told in free verse, this simply beautiful work follows the main character Will as he descends in an elevator, floor by floor, on his way to take revenge on the shooter of his beloved brother. At each elevator stop, he is visited by a different person from his past who has been killed by guns. Powerful and thought-provoking.

Stamped: Racism, Anti-Racism, and You: In 2016, Dr. Ibram Kendi wrote the award-winning *Stamped from the Beginning: The Definitive History of Racist Ideas in America*. Not long after, he invited Jason Reynolds to write a Young Adult version. After refusing three times, Reynolds finally agreed and wrote this completely new "remix" of the adult nonfiction book—using Dr. Kendi's research but writing a whole new book aimed at young readers. In an interview for the radio show "On Being with Krista Tippett," Reynolds explained his interest in writing this book: "I love kids, and if you love kids, you have to tell them the truth, even when they are hard truths." This doesn't look away from the hard truths of racism in this country, but it does temper it with context, humor and guidance about how to combat racism every day.







BY NATALIE MIKLES

yay! it's pizza night!

Friday night is pizza night at our house. This is for a few reasons. One, everyone, from my husband to the kids to the dog, likes pizza. Two, the kitchen is my happy place, but it's closed on Fridays. Third, do you know how easy it is to clean up after a pizza dinner? On particularly slovenly nights, we might all hover around the cardboard box, no dishes to wash and not even a paper plate to throw away.

You would think we would be sick of pizza, especially since Friday is also pizza day at my kids' school. But pizza for lunch and pizza for dinner doesn't detract my kids.

Even after all that pizza, we're always on the lookout for more. My ears perk up when I hear about a new pizza restaurant or read a good recipe for pizza dough.

Sometimes we have fun making our own pizza. We've made big pizzas on a pizza stone, pizza on the grill and mini pizzas that the kids can make themselves. We even like simple English muffin pizzas, which are great in a pinch.

If making a pizza crust sounds like too much work, you might give it a try just to get a feel for it. If it's still not your thing, there are some good ready-made or almost ready-made crusts out there. Trader Joe's pizza dough balls are great for homemade pizza nights. Or try the pizza crusts at Whole Foods.



For an even easier homemade pizza night, pick up a pizza kit at Andolini's, where you can get the dough and everything you need to toss, top and bake your own pizza. Watch a quick video on how to toss your dough before you begin. This is such fun for the whole family.

No matter if you make your pizza from scratch or have it delivered, enjoy it with the little people you love most.

BASIC PIZZA CRUST

Makes 1 (12-inch) pizza

- 1 (.25 ounce) package active dry yeast
- 1 teaspoon white sugar
- 1 cup warm water (110 degrees)
- 2½ cups bread flour
- 1 teaspoon salt
- 2 tablespoons olive oil

1. Preheat oven to 450 degrees. In a medium bowl, dissolve yeast and sugar in warm water. Let stand until creamy, about 10 minutes.
2. Stir in flour, salt and oil. Beat until smooth. Let rest for 5 minutes.
3. Turn dough out onto a lightly floured surface and pat or roll into a round. Transfer crust to a lightly greased pizza pan dusted with cornmeal. Spread with favorite toppings and bake in preheated oven for 15 to 20 minutes or until golden brown.

ENGLISH MUFFIN PIZZAS

Serves 4

- 4 English muffins, split
- ½ cup pizza sauce
- 2 cups shredded mozzarella cheese
- 16 slices pepperoni

1. Preheat the oven to 375 degrees.
2. Place the English muffins onto a baking sheet. Spoon some of the pizza sauce onto each one. Top with mozzarella cheese and pepperoni.
3. Bake for 10 minutes or until the cheese is melted and browned on the edges.

NO-COOK PIZZA SAUCE

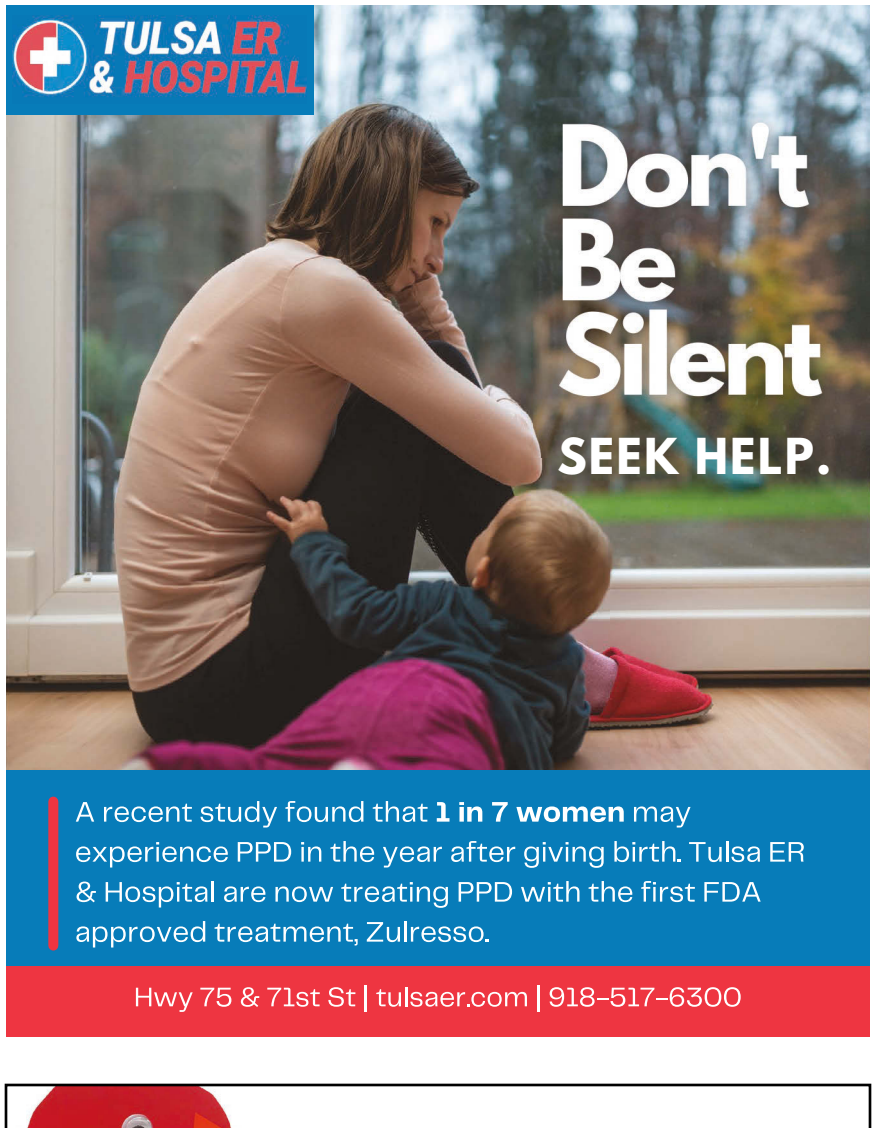
Makes 2 cups

- 1 (28-ounce) can diced tomatoes, drained
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon dried oregano
- Handful of fresh basil
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- Pinch of sugar

1. Place all ingredients in a blender or food processor; process until you reach the smoothness you like.

5 FAVORITE LOCAL PIZZAS

1. **Maui Magic**—This sweet pizza at the Hideaway is a favorite of kids. It starts with red sauce and mozzarella, and is topped with Canadian bacon, pineapple and mandarin oranges. Tell the kids it's Moana's favorite pizza and they'll love it even more.
2. **BBQ Chicken**—Andolini's BBQ Chicken pizza is another kid favorite. Smoked apple barbecue sauce, mozzarella, chicken breast and crispy onion strings top this one. Some kids may want to pass on the onion strings. That's OK, it will leave more for mom.
3. **All Meat**—The All Meat pizza at La Roma is a favorite of teenagers and meat-loving kids. La Roma piles it with two types of sausage, ground beef, Canadian bacon and pepperoni.
4. **Queen Margherita**—Just a few ingredients make this pizza from East Village Bohemian Pizza simply perfect. San Marzano tomato sauce, roasted tomatoes, basil, buffalo mozzarella and an olive oil drizzle make this a pizza kids and parents love.
5. **Pickle Pizza**—This pizza from Elgin Park is fun to eat and will likely get some laughs from the kids. An Alfredo sauce base is topped with dill pickles, fresh dill and chile flakes.







BY REP. JOHN WALDRON

the school choice debate

Is it time to rethink public schools? The Oklahoma legislature is debating a number of bills that could dramatically change the way kids get an education. Some of them focus on change within the public school system, including two bills that make it easier for parents to transfer children to other districts and for the money to follow the student. Others would allow parents vouchers to take public funding and apply it to private school tuition. Taken together, they constitute a significant challenge to the status quo. But would they make our schools better, or fulfill Oklahoma's promise of a quality public education to every child? That's the question of our times.

PARENT CHOICE

As a public school teacher turned Democratic legislator, I've always considered it my mission to fight for our public schools. Oklahoma has a poor record on public school funding, whether Democrats or Republicans have been in control of the state legislature. So I try to be objective when I examine the problem. Here's my concern about the first initiative: "parent choice," which are open transfers where "the money follows the student." Currently, about 25,000 transfers are requested each year. All but 2,000 are approved. The others are often declined because of the student's attendance or discipline record, something that would not change under the proposed legislation. What would change would be the timing. Parents would be able to request a transfer each quarter, rather than once in a year. In theory, a parent could move their kid four times. That kind of population instability makes it very hard for districts to plan their staffing needs for the year, so potentially you could see districts give up guaranteed annual contracts, one of the key aspects of teacher employment conditions. And this at a time when teachers are leaving the workforce at alarming rates. And under a second bill, districts that currently gauge student counts based on the highest total of the previous two years and the first nine weeks of the current, a measure designed to stabilize funding, would have only the previous year and the first nine weeks of the current year. This could make it much harder to predict sudden drops in funding. We can imagine students leaving depressed rural and urban areas for the suburbs—up to a point. School districts still get to declare themselves at capacity and stop taking in transfers.

> Everyone knows we underinvest in our public schools, and that poor kids pay the price for it. Rearranging the deck chairs is never going to solve the root problem.

VOUCHERS

The second measure, vouchers for private schools, also raises problems. By sending taxpayer dollars to private schools, it reduces funding available for public schools. And since only about five percent of Oklahoma kids attend private schools, either we must see a dramatic expansion of private schools or we face the same problem above—that school choice is available only where the option exists. Otherwise parent choice is really school choice—the choice of the receiving public school district or private school to accept the student. And do we really believe that we can make enough options available for poor rural and urban kids to give each one a private and/or suburban school berth?

The fundamental issue goes back to investment. Everyone knows we underinvest in our public schools, and that poor kids pay the price for it. Rearranging the deck chairs is never going to solve the root problem. Eventually, we have to realize that if we want a more educated society, we're going to have to invest more in education for all.

ASK THE EXPERTS

Miller Swim School | Sarah Clavin



Q. I want to start a family conversation about water safety and drowning, but it's such a scary topic! Where do I begin?

A. Statistics tell us that drowning is still the leading cause of unintentional injury-related death among children between one and four years of age. This means we have to make pool safety and water safety a key point of focus in our conversations with our kids. Here are a few tips to get the conversation started:

- Be truthful about danger: Be honest, but age-appropriate. Share facts rather than emotionally-charged stories. Let them know how quickly drowning can happen, and that even if they're a strong swimmer, they could still slip near a pool and be in danger.
- Discuss family rules: Keep your rules short and memorable. Talk about them prior to any event near water. It can be easy for children to get caught up in fun and forget safety guidelines, so talk about them often.
- Enroll in swim class: An important line of defense for your children is having the ability to swim on their own. If your kids are not already enrolled in swim class, there's no better time than the present to get them started.

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

HTR Pediatric Therapy | Kelly Williams, PTA



Q: My friend is taking her young daughter to physical therapy because she has issues with constipation and urinary incontinence. My teenage son has the same issue. Is that really something physical therapy can help with?

A: Yes! HTR Pediatric Therapy has therapists who have undergone advanced specialized training to treat Pediatric Incontinence and Pediatric Gastrointestinal Disorders. We have treated boys and girls, ages 4 to 18, who have issues with leaking urine during the day, bedwetting, constipation and/or fecal leakage. This treatment involves looking at many different factors, including the strength and tone of the child's pelvic floor, bowel and bladder habits, toileting posture and diet. We also assess for any sensory issues such as toilet avoidance. Constipation and urinary incontinence/fecal leakage usually go hand in hand. As you can imagine, children with these issues tend to shy away from social events and often have a poor self-image. Parents are often frustrated after feeling like they have tried everything with no results. At HTR, we have been successfully treating these issues since 2016 and have found it so rewarding to help families conquer this issue once and for all! If you have questions or would like more information, please email kelly@htrpediatrics.com.

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

Eastern Oklahoma Ear, Nose and Throat | David Hall, MD



Q: My 4 year old has trouble eating meat, and can only eat chicken if it is cut into small pieces. The pediatrician says it is because of her large tonsils. Is that true?

A: Yes, your pediatrician is right. Large tonsils can cause significant problems eating certain solid foods, even to the point of causing delays in growth and weight gain. Typically these children will also have some other signs of tonsil and adenoid enlargement, including snoring, restless sleep, and mouth breathing. When we evaluate children with enlarged tonsils we include questions about all of these factors to determine if they meet established criteria for tonsillectomy and adenoidectomy. Studies have shown that the difficulty eating almost always resolves with surgery when these criteria are met.

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: Should I give my baby Tylenol before vaccines?

A: It is not recommended to give Tylenol before vaccines. Reducing the inflammatory response prior to giving a vaccine may decrease the effectiveness of the vaccine. If your baby has symptoms after vaccination, such as high fever or fussiness, you can consider giving medication. Fever is a normal and expected response to vaccines as the immune system begins working and does not always need to be treated with medication. Your pediatrician can help determine the appropriate dosage of medication to give your baby.

Danielle Morgan, MD
Premier Pediatric and Adolescent Care of Bixby
7814 E. 121st St. Bixby
918.943.5777
Premier–Pediatrics.com

World Travel Service | Alex Eaton, President

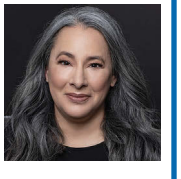


Q: My family wants to take a long-overdue, multi-generational vacation. We aren't sure how to satisfy everyone's wishes. Some lean toward a kid-focused experience while others hunger for Europe. What do you recommend?

A: Actually, there's a great way to get the best of both worlds on an AmaWaterways Adventures by Disney river cruise. Depending on which European cities intrigue you most, you can cruise along the breathtaking Danube, Rhine or Seine River, stopping at cities and villages along the way. Plus, itineraries can be customized for individual preferences, including visits to enchanting castles and museums, teen-oriented expeditions, wine tasting dinners, Disney movies on-board and seasonal stops at Christmas markets. Another really cool thing about these cruises is that you get to check off several bucket list destinations in one singular vacation. AmaWaterways is planning to start cruising again later this year. Just have one of our experienced travel advisors assist with finding the best timing and fit. And let World Travel 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. Is it possible for my child to have dyslexia if it does not run in our family?

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

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

BY NANCY A. MOORE

katie king ruley: queen of numbers

Raising kids can be difficult. They are unique individuals deserving of unconditional love and acceptance from parents, even when their personalities may be at odds with our own. Katie King Ruley believes the key to loving our children better is by understanding ourselves first.

Katie juggles several roles, including wife and mother of four kids ranging from middle school to college age. In April 2020, when the world was shutting down due to the global pandemic, Katie launched her life coaching business, EnLighten Enneagram. Her first business opportunity was pandemic appropriate—leading an online workshop over Zoom.

TK: Tell us about yourself.

Katie: My husband and I grew up in Tulsa and met when we were 14 years old at Bishop Kelley High School. We both attended college at the University of Oklahoma and got married shortly thereafter. Following my master's degree in Human Relations, I went on to have four children in seven years. We currently have two children in college, one in high school and one in middle school. I have spent the past 25 years involved in endeavors related to counseling, teaching and leading others to be their best self.



PICTURED: KATIE RULEY WITH HER CHILDREN.
PHOTO CREDIT: COURTESY OF KATIE RULEY

TK: Can you share a little about your background?

Katie: I've been passionate about all things related to psychology since my junior year of high school when I took my first class. I went to college knowing exactly what I wanted to pursue, the field of psychology. Following graduation, I moved back to Tulsa and continued on with my education, earning a master's degree. I have always been fascinated with understanding myself and others better. My first job was in Human Resources at St. John's Hospital where I led orientation for their new hires. Since then, I have had numerous leadership roles over the years, ranging from organizing local women's conferences to pre-marital counseling for engaged couples.

TK: Tell us what the Enneagram is:

Katie: The Enneagram is an amazing tool for spiritual, relational, and personal growth. The Enneagram represents 9 different personality types and how they interact with each other. These nine types are numbered simply to tell them apart and have no greater than or less than value. How the Enneagram is different from other personality tests is that it is much more fluid than say, Myers Briggs or the DiSC profile. It gives you something to do with the information that you learn. It is a lifelong journey that continues to reveal insights about your inner motivation and why you do what you do. These motivations are: Integrity, Love, Worth, Authenticity, Competency, Security, Satisfaction/Freedom, Autonomy, and Peace.

It is an insightful tool that brings astonishing clarity to our hearts' motivations. In short, it helps us wake up to our unconscious, repetitive patterns that direct our beliefs, emotions and behavior so that we can live life more fully and have a more satisfying life experience.

TK: What resonates with you about the Enneagram tool?

Katie: Learning Enneagram wisdom captured my heart. It gave me language for myself that I had never heard before. And as one of my mentors, Suzanne Stabile, says, "You can't change what you can't name." Enneagram descriptions can feel like someone read your diary…

dug into the inner parts of your soul. The Enneagram is often referred to as a journey of discovery, and it truly is. Figuring out your "type" or number can take a couple of hours for some, but for others months, even years! The investment is so worth it.

TK: What life events contributed to your decision to pursue opening a business at the beginning of a pandemic?

Katie: I have always been passionate about helping people be more successful in life, both emotionally and spiritually. After experiencing the gifts that the Enneagram brought to my life and my family members' lives, I wanted to share this amazing gift with the world. When I found out about the Enneagram, I dove into learning as much as I could about it. I read every book I could find, listened to podcasts and participated in a workshop under Suzanne Stabile, a 30-year veteran in the field. I already have the educational background in psychology and human relations combined with spending hundreds of hours researching the Enneagram. I was on the road to a coaching career, but it took someone asking me to lead a workshop to put the wheels in motion to officially open my business.

TK: How can understanding an Enneagram number help someone?

Katie: When you understand yourself better, it helps you grow in compassion for others. Becoming more self-aware helps us understand how and why we do what we do. When we become more accepting of ourselves, we also are more accepting of others. When we realize that there are nine different ways of seeing in the world, it greatly affects how we approach life. We learn to respect and honor that we are all uniquely created, each having something special to bring to the world.

TK: How do you see the Enneagram benefitting people?

Katie: It has brought incredible enlightenment to my parenting—a true game changer. It has helped save my relationship with my younger daughter by allowing me to love her for who she is and not for who I want her to be. As parents, we are so eager to understand our children better and would love to get them "typed." Enneagram research says that children should be 14 or older before looking into their Enneagram type.

TK: Why is it important to avoid "typing" others?

Katie: I would caution people, whatever you do, do not attempt to try to type others. This is an individual journey. Parents can guide, but please avoid labeling. Labeling is a very dangerous path when it comes to our children. Once your child is fourteen or older, you can work with an Enneagram coach or research together to learn about where your child lands. This knowledge can bring tremendous value to your relationship. You will learn how to better love and provide for your child's emotional needs. Each of the nine types experience love in a different way, and the Enneagram gives language and insight for how to do that.

TK: Tell us how you can help people in their journey to discovery?

Katie: I coach individuals, couples, corporate clients and groups of any size. When it comes to figuring out your Enneagram type, it is best to work one-on-one through what we call a 'Typing Session.' Working with engaged and married couples is another one of my favorite ways to coach because Enneagram knowledge will give them tools to better understand their spouse, which will benefit them throughout their entire marriage. Such a gift! The Enneagram can truly improve any situation, from individuals to couples to even corporate settings, where teamwork is an important value.

TK: What resources can people utilize to figure out their number?

Katie: I have listed numerous resources on my website—including books and podcasts. I would caution people who complete online assessments as they have a low percentage of accuracy. For the Enneagram to be beneficial, people need to be certain they have found their true type. Using a coach is the most recommended route to discovering your type.

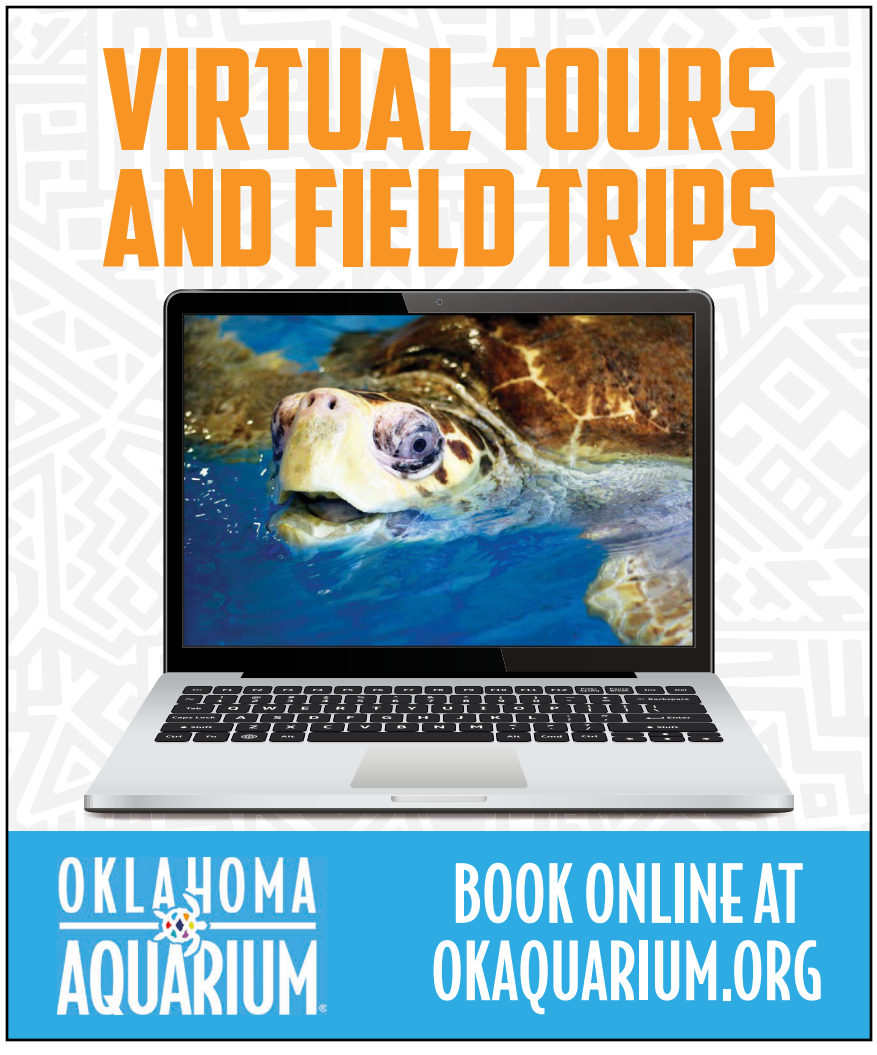
TK: What's the bottom line?

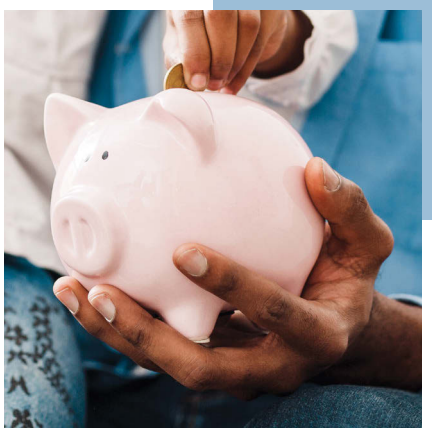
Katie: As parents, we are all so eager to understand and love our kids and spouse better, but I would encourage people to start with understanding themselves. That's the key—once you become self-aware, you open yourself up to loving yourself and others better. You learn to let your children be who they are designed to be and love them for who they are. Your children will be able to detect how emotionally healthy you are, and it will serve as a gift to them and your relationship. "The beginning of LOVE is always understanding," Ian Cron (author of *The Road Back to You*).

For additional Enneagram resources or to contact Katie, visit https://enlightenenneagram.com

To listen to the full interview, check out the Sharing Passion and Purpose Podcast by Nancy Moore on all major podcasting platforms.







Financial Literacy

Giving Your Kids an Allowance Helps Teach Money-Management Skills

BY TANNI HAAS, PH.D.

April is Financial Literacy Month, a great occasion to consider how you can use an allowance to teach kids important money management skills. What are the most important dos and don'ts when it comes to giving your kids an allowance?

COMMUNICATE CLEAR EXPECTATIONS FOR SPENDING, SAVING AND GIVING

It's important to communicate clear expectations to your kids about how to handle their money. Experts agree that if you want to teach them about the value of money and also encourage them to become caring human beings, then show them how to divide the allowance into three parts: spending, saving, and giving. "This is an excellent way to expose them to the three most important things they can do with their money," says Brad Munson, a personal finance expert, "and it's a lesson that can last a lifetime."

Come to a mutual agreement about how much money your kids are allowed to spend, how much they are supposed to save, and find a charity that they truly care about. As Susan Borowski, the author of "Money Crashers" puts it, having kids "choose the charity of their choice will make them more likely to set aside the money. Just like we give to charities that matter to us, children also need to give to a charity that matters to them, or they won't be motivated to do it."



USE THE ALLOWANCE TO INSPIRE REGULAR CONVERSATIONS ABOUT MONEY MANAGEMENT

Think of the allowance not primarily as a means of making money available to your kids, but rather as a way to inspire regular conversations with them about money management. Kimberly Palmer, the author of "Smart Mom, Rich Mom," says to "worry less about how much you give than that you use the allowance as a chance to talk to your children about money. The whole point," Palmer says, "is to get them used to handling and talking about money so it's not

so much the amount as the conversation around it that matters."

Personal finance expert Neale Godfrey, the author of more than two dozen books on financial literacy, writes: "Talking to your kids about allowance and money is just as important as giving it." Research shows that the more kids discuss money management with their parents as they grow up, the better they become at managing their own finances as adults.

BE CONSISTENT – BUT REGULARLY REVIEW YOUR ALLOWANCE POLICIES

However you decide that your kids should allocate their allowance, be consistent about your allowance policies and only change them if you have very good reasons to do so, like if you simply can't afford the current amount or your kids are not adhering to the agreed-upon expectations. As child psychologist Dr. Mary Kelly Blakeslee says, "Nothing bothers kids more than unfairness. If you change the rules without a good reason, you're reneging on a contract. While children need to learn that life isn't always fair, you can still respect your children's feelings by explaining why you have to decrease their allowance or postpone payment and let them know you can understand their annoyance or disappointment."

Munson writes that consistency from parents "builds trust, reduces bargaining, and encourages planning for the future."

DON'T USE THE ALLOWANCE AS PUNISHMENT OR REWARD

An allowance should be used to teach kids money management and not as punishment or reward. An allowance, says Munson, "is supposed to develop greater trust and better communication and cooperation, so using it as an unexpected disciplinary tool will just make you look cruel and arbitrary in the eyes of your children (no matter how much they might seem to deserve it). Find another way to make your point while living up to the original bargain."

Financial planner Nevin Martell agrees: Using money "as a yo-yo — 'I don't like this or I don't like that, so I'm going to cut your allowance' — is not going to help them form a healthy relationship with money."

Similarly, don't use the allowance to reward your kids for unrelated accomplishments. "Giving your kids money as a reward," says Joseph Hogue, a certified financial planner, "establishes the mentality that you only need to do things if you're getting paid." Instead, Hogue suggests "let[ting] them pick the family outing for the week or just tell them how proud you are of their accomplishment."

DON'T TIE THE ALLOWANCE TO THE PERFORMANCE OF REGULAR HOUSEHOLD CHORES

Finally, while some parents tie the allowance to regular household chores, consider the following before doing so: It defeats the idea that being part of a family entails that one has certain responsibilities; it encourages your kids to bargain every time you ask them to do something around the house; and your kids may even stop doing their chores once they feel they have enough money.

Instead, offer your kids extra money for tasks you otherwise would have paid someone else to do such as mowing the lawn or painting the house. Godfrey suggests that parents carefully distinguish between what he calls "citizen-of-the-household chores," for which they shouldn't get paid, and "work-for-pay chores," for which it makes sense to give them some extra money.

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


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4 entry times for social distancing
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all tickets include access to the village with:
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MEDICAL CHILD ABUSE: **HELP FOR ENDING** MUNCHAUSEN BY PROXY

BY LAUREN MIERS

Mother and child sit side-by-side in a sterile, colorfully decorated pediatric exam room. The ailment? A persistent stomachache so bad, mom says, that her child won't eat. The doctor checks the patient's vitals and orders tests. The results are normal.

Yet, the child continues to drop weight. Several more doctor visits ensue. The pediatrician makes a referral to a specialist, who offers the diagnosis of failure to thrive. A feeding tube is placed, its intent to save the child's life. More tests are ordered.

Family and friends rally around this newly medically fragile child. "That poor mother. So strong in the face of such hardship," they say.

It's a sad situation, and a plausible one. The only problem? The illness is fabricated. This mother is starving her child.

"Munchausen by Proxy is one of the most lethal forms of child abuse," says Donna Boswell, LCSW and co-founder of Child Impact Projects, an organization working to bring awareness to this abuse and help to impacted children.

Medical child abuse—known as Munchausen by Proxy—involves inducing, exaggerating or fabricating symptoms of an illness in order to intentionally mislead medical professionals into providing treatment for a child. The perpetrators operate with a great deal of deception and manipulation, making the cases very difficult to recognize and prosecute. Oftentimes, the perpetrator is the child's mother presenting as a concerned parent.



DONNA BOSWELL, LCSW AND CO-FOUNDER OF CHILD IMPACT PROJECTS

"I think it's really hard for anyone to wrap their head around the fact that a mother would deliberately harm their child," Boswell says.

This gaze aversion makes it challenging to raise awareness about medical child abuse. Psychologically it's difficult to understand how or why this could happen. But medical child abuse is happening—a lot. Around 1,250 cases of medical child abuse are reported annually but as many as six times that—7,500 cases per year—go unreported.

Detective Mike Weber specializes in medical child abuse investigations in Tarrant County, Texas. He recalls a Texas hospital that implemented a program to early identify overuse of medical systems by patients in their care. The program saw 56 reports of suspected abuse over an 18-month period. Weber says this resulted in 14 removals by child protective services and criminal charges in three cases. Yet, the program ended because the staff, who reviewed cases in addition to their regular duties, was overwhelmed.

In 2009, Weber worked his first medical child abuse case. In the following six years, he investigated 16 more cases and filed criminal charges on four. Since 2018, he reviewed 15 more allegations of this abuse and filed criminal charges on six.

"This is just in one county in Texas," Weber says. "This is far more prevalent than people realize."

In the past, if someone wanted to commit this type of crime, it required a trip to the library to research what conditions and symptoms to mimic. Now, it's just an Internet search away.

Perpetrators often seek attention; they want to be the heroic parent caring for an ill child. Social media fuels this fire and makes it easy for parents to gain both sympathy and attention. Weber says in one case he investigated, the perpetrator sought attention from Facebook friends. These online friends didn't even know her in real life.

"With these cases, we have no way to measure them, no way to track them, and we aren't even good at catching them," Weber says. "That all works into the problem."

Confirming suspected abuse is challenging. But with medical child abuse, it's a time-intensive, uphill battle.

An extensive medical record review is the only way to verify medical child abuse. Oftentimes records from birth to present must be reviewed. If the case involves a 10-year-old child who is constantly seeing a doctor, there can be upwards of 70,000 pages of medical records. The review isn't cheap, and it's specialized work that very few are trained to do.

Boswell says a careful review will oftentimes reveal the child's symptoms changing depending on the specialist they're presented to. Sometimes investigators will find it written in the record that "the mother is reporting symptoms, but we aren't seeing them represented in the office today."

Weber says perpetrators pick ailments that aren't easily tested for. When the child's reported medical history is taken out of the calculation, the test results begin to look more gray; the results could indicate something big or nothing at all.

"If you think about it, every time mom gives a medical history for a child, that history is noted in medical records," Weber says. "It becomes a self-fulfilling prophecy."

To put it plainly, a false medical history will result in a false diagnosis. We're culturally conditioned to believe that parents, especially mothers, have their children's best interest at heart.

This assumption causes trouble when medical child abuse cases reach family court. In several instances, Weber says the court gives the child back to the mother, even though abuse is ongoing. He cites one Texas case in which the perpetrator was out on bond and slept in the same house as her victim during the trial. Boswell says it's almost as if parental rights supersede those of the child.

Criminal convictions don't have anything to do with custody. Family court and criminal court can have very different outcomes. Because of the deception and manipulation, Boswell says it's very difficult for court professionals to understand the magnitude of the situation and the danger to the child.

"It is the easiest form of abuse to commit and get away with — even after it's reported — in the United States," Weber says.

Child Impact Projects is trying to change that.

The organization has approached the Texas State Legislature with "Alyssa's Law," legislation seeking to make it a third degree felony for a caregiver to intentionally provide a false medical history to a medical provider to obtain an otherwise unneeded medical intervention or procedure. Another portion of the law implements a continuous physical abuse statute that mirrors the one on the books for sexual abuse: Two acts outside of 30 days would be a second degree felony.

"We're super focused on aggressive and proactive measures and intervening in medical child abuse cases," Boswell says.

When Boswell encountered one of the most complicated and difficult cases of her career, it turned out to be medical child abuse. She had received training on this type of abuse two decades prior but was surprised to discover how few professionals were aware of medical child abuse. Seeing the need, Boswell acted.

"My bottom line is children's rights matter," Boswell says. "That's why I'm here doing what I'm doing. These children are defenseless to these crimes. They can't fight for themselves."

Since its establishment in 2019, Child Impact Projects has hosted several trainings in Tulsa and in Fort Worth, Texas. Boswell says all kinds of professionals have attended to learn about identifying the abuse and proactive measures that can be taken. Locally, several organizations and professionals have participated in a Child Impact Projects training: Tulsa Police Department, Broken Arrow Police Department, Oklahoma State Bureau of Investigation, U.S. Attorney's Office, prosecutors, therapists, hospital administrators, CPS workers, attorneys and local foundations.

Weber, who works with Child Impact Projects, says there isn't mandated medical child abuse training for front-line professionals — pediatricians, law enforcement, child protective services, court prosecutors, attorneys or judges — in most states. Boswell emphasizes an interdisciplinary effort is essential to removing children from abusive environments in a timely manner.

"Once doctors start recognizing [medical child abuse] cases and understand that they're not going to be held accountable for something that's not their fault, they feel more comfortable reporting them," Weber says. "And not only that, they know something will be done. They won't just be ignored. You start to see a lot more of these getting reported."

Child Impact Projects supports ongoing medical child abuse cases. Boswell says she's receiving calls from all over the country — Massachusetts, Pennsylvania, Arkansas, Colorado, Texas, New Jersey — asking for help in medical record reviews or expert testimony in trials.

Once a child is removed from an abusive situation, the hard work of recovery begins. Enduring medical child abuse is physically and emotionally devastating to a child. Imagine a healthy child regularly being told they're sick, only to start believing it, or a child who understands that their mother is poisoning them. Boswell says children endure compounding traumas and PTSD with lifelong effects, such as drug use and depression.

Weber says victims of medical child abuse contact him seeking help as adults, but he doesn't have anywhere to direct them. He says counselors don't know what to do with this abuse because they haven't been trained. There isn't long-term help available for victims.

"Kids have a right to live a life of peace without fear and without compounding traumas," Boswell says. "I think it's time we engage in a meaningful conversation about a difficult subject."

SIGNS TO WATCH FOR, HOW TO REPORT, SUPPORT REFORM

Warning Signs:

- Symptoms over multiple body systems that don't make medical sense.
- Hindsight 2020: Weber says oftentimes adults close to the affected child say, "The mother said the kid was sick, but the child never seemed to be sick around me." Take note if what you're seeing doesn't match what you're being told.
- Parents who continue to seek treatment and care even after receiving normal test results for their child.
- Children who have an excessive number of doctor's visits and hospitalizations early in life.
- Children who have been to numerous health care professionals without a resolution or even sustained improvement.
- A parent who refutes or is angered by negative test results or other negative findings, is noncompliant with treatment, or is disruptive on the ward.

Reform: Texas State House Bill 1773 is currently pending a hearing in the Criminal Jurisprudence Committee of the Texas House of Representatives. If this bill is signed into law, it would be the first criminal law to specifically address this abuse in the United States. The bill includes co-authors from both the Democrat and Republican parties.

Learn: Are you a front-line professional who could help recognize and stop medical child abuse? Contact Child Impact Projects, www.childimpactprojects.com, to learn more about training opportunities. Training has largely been put on hold due to COVID-19, but Boswell says she looks forward to resuming trainings later this year.



NEW STORYTIME ALERT! ELEANOR'S BOOKSHOP NOW HOSTS WEEKLY STORYTIMES EVERY SATURDAY MORNING AT 11 A.M. FOLLOW THEM ON SOCIAL MEDIA FOR DETAILS AND THE SIGNUP LINK.

***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

April 1 Thursday

VIRTUAL AQUARIUM RUN
Time is running out! While you can still register for Oklahoma Aquarium's Virtual Aquarium Run, all runs must be completed by April 3. Fun Run, 5K, 10K and Half-Marathon options available. Learn more and register at okaquarium.org/178/Aquarium-Run.

EASTER BUNNY AT WOODLAND HILLS MALL
Get your photo taken with the Easter Bunny through April 3! Social distancing will be observed, and reservations are encouraged. Register at bunnyphoto.splashthat.com. Woodland Hills Mall, 7021 S. Memorial Dr.

April 2 Friday

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

April 3 Saturday

O'BRIEN PARK EASTER EGG DRIVE-THRU [FREE]
Take a drive through the park and grab a goodie bag from the Easter Bunny by the rec center. Quantities limited. All ages welcome. O'Brien Park, 6149 N. Lewis Ave., Tulsa, 11 a.m.-12 p.m. facebook.com/tulsacountyparks

OPTIMIST CLUB EASTER EGG HUNT [FREE]
Join the Will Rogers Memorial Museum as they team up with the Claremore Optimist Club to put on the annual Easter Egg Hunt! Don't be late, as the Hunt will be over in about 3 minutes. Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, 11:30 a.m. willrogers.com

April 4 Sunday

KEYSTONE ANCIENT FOREST HIKE DAYS [FREE, W]
Keystone Ancient Forest is open for hiking Thursdays through Sundays in 2021. Hike amid centuries-old cedar and post oak trees and keep an eye out for other wildlife! Keystone Ancient Forest, 160 Ancient Forest Dr., Sand Springs, 8 a.m.-2 p.m. sandspringsok.org

April 5 Monday

BUILD A READER STORYTIME: 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 April 12.

VIRTUAL SUPPORT GROUP FOR PARENTS [FREE]
Working from home? Virtual schooling? Quarantine? Financial dread? Stressed? Exhausted?

You don't have to feel like you're doing it alone. Join OSU-Tulsa's Al Carlozzi Center for Counseling for a free virtual support group for parents that strives to create a space for you to reconnect to yourself and find fresh ideas for connecting with your kids.

Questions or need more information? Contact Petra Russell at petra.russell@okstate.edu.

Join the virtual group on Zoom at http://bit.ly/3pwcCzn. 6-7 p.m.

MONDAY NIGHT TINY TOTS
Kids ages 6 and younger are invited to Wheels and Thrills for a special play time just for them! Enjoy riding toys, skate rental, a play zone and more! Wheels and Thrills, 10637 N. Garnett Rd., Owasso, 6-8 p.m. wheelsandthrills.com

April 6 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 here: www.facebook.com/tulsalibrary. 10:30-11 a.m.

NOS APOYAMOS! [FREE]
This is a support group for Spanish-speaking parents of children with developmental disabilities. For more information, contact Hannah Chaboya at TARC, at 918-582-8272. 6-7:30 p.m. thearcok.org

April 7 Wednesday

STORYTIME AT TULSA ZOO [W]
Enjoy storytime at the Tulsa Zoo every Wednesday morning! This will take place in the Lost Kingdom Elephants Demonstration Yard. Advance, timed tickets required. Tulsa Zoo, 6421 E. 36th St. N., 10 a.m. tulsazoo.org

PAWS FOR READING: READ TO A DOG OVER ZOOM PRESENTED BY THE NATHAN HALE LIBRARY [FREE]
Registered therapy dogs are excellent listeners. Elementary students are invited to read a book to a furry, four-pawed friend and our special Nathan Hale PAWS dogs! Register online at www.tulsalibrary.org/events and provide an email address to receive your Zoom link and reserved time slot. 4-6 p.m.

April 8 Thursday

KIDS CONNECTION [FREE]
This is a social group designed for children, grades K - 5, with high-functioning autism For more information, contact Sherilyn Walton or Steve Pitts at 918-582-8272. 4:30 p.m. thearcok.org

TCCL REMEMBERS: COMMEMORATING TULSA'S RACE MASSACRE WITH UNITE TULSA [FREE]
Join TCCL to commemorate the Tulsa Race Massacre Centennial by sparking a conversation about race relations in Oklahoma, with particular emphasis on the themes of empathy, education and healing. Join Unite Tulsa for this forum for residents of Tulsa County to share the ways they're working to make our community a better, more inclusive place to live. Selected speakers will have five minutes to talk about their chosen topic. Register online at www.tulsalibrary.org/events or email register@tulsalibrary.org to receive a Zoom invite for this event. Sponsored by the Tulsa Library Trust. For adults. 7-8:30 p.m.

April 9 Friday

SPRINGFEST TO-GO! [FREE]
This popular springtime event lets gardening enthusiasts shop from a variety of plant vendors while supporting educational programs at Tulsa Garden Center! For more information, go to www.tulsagardencenter.org/springfest. Tulsa Garden Center, 2435 S. Peoria Ave., 9 a.m.-4 p.m. Also Saturday, April 10, 9 a.m.-3 p.m.

April 10 Saturday

IDEA LAB WORKSHOP: CRAFTED STANZAS
The words of Ralph Ellison come alive in this workshop. Pair Ellison's or your own words and phrases with artwork. Create an illuminated text to inspire hope or change for the world to come. Learn more at philbrook.org/calendar. Advance tickets required. Philbrook Museum, 2727 S. Rockford Rd., 10 a.m.-2 p.m.

JUNIOR NATURALISTS
Each month join the Junior Naturalists at Oxley Nature Center for a morning of adventure and nature connection! Guided by the changing seasons and people's 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. Oxley Nature Center, 6700 Mohawk Blvd., 10:30 a.m.-12:30 p.m. oxleynaturecenter.org



RELEASE THE VEGGIES!

Farmers Market Start Dates

Rose District Farmers Market
Opening Day:
April 3, 8 a.m.
Location:
418 S. Main Street,
Broken Arrow

Tulsa Farmers Market
Opening Day:
April 3, 7-11 a.m.
Location:
1 S. Lewis Ave.,
Tulsa

SECOND SATURDAY SILENTS [FREE]
Join Circle Cinema on the second Saturday of each month for Second Saturday Silents! Bill Rowland will provide live organ accompaniment. Watch on Circle Cinema's YouTube page, and find additional details on Circle Cinema's Facebook page. 11 a.m. facebook.com/circlecinema

WILL'S BARTER BASH [FREE]
Clear out your closets and bring a blanket to set up beside the sunken gardens with plenty of space! Every 2nd Saturday of the month through October! No registration required. Kids can trade toys, games or other fun items. No money, all bartering. Tons of fun! Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, 1-3 p.m. willrogers.com



SKATE, RIDE, BOUNCE! KIDS AGES 5 AND UNDER CAN ENJOY A SPECIAL PLAYTIME AT WHEELS AND THRILLS' TINY TOTS TIME EVERY THURSDAY! WHEELSANDTHRILLS.COM

April 11 Sunday

TULSA BOTANIC BLOOMS
Tulsa Botanic BLOOMS is one of the largest spring floral festivals in the region with a kaleidscope of color as over 120,000 tulips, daffodils, hyacinths, crocuses and other spring-flowering bulbs burst to life. Mother Nature has the final word on when the bulbs will show their stuff, but we plan lots of activities to get out and enjoy! Find additional details at tulsabotanic.org. Tulsa Botanic Garden is open Tuesday-Sunday, 10 a.m.-5 p.m. Open till 8 p.m. on Thursdays. Tulsa Botanic Blooms repeats through April 18. Advance, timed entry required. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

April 12 Monday

VIRTUAL ZOORUN
The 51st annual ZooRun will take place in a brand-new virtual format in 2021. You can race virtually anywhere, just make sure you complete your race by April 30! Available distances: 1-mile Fun Run, 5K and 10K. Learn more at tulsazoo.org/run.

April 13 Tuesday

TULSA MASTER GARDENERS: POLLINATORS [FREE]
Join the experts from the Tulsa Master Gardeners for tips on gardening for the birds, bees and butterflies. Be sure to bring your questions! Join here: www.facebook.com/tulsalibrary.
For all ages. 12-1 p.m.

BETWEEN THE PAGES [FREE]
Join to talk about your favorite science fiction and fantasy worlds! There will also be some fun activities. Register online at www.tulsalibrary.org/events with your email address to receive the Zoom link. For tweens ages 9-12. 6-7 p.m.

April 14 Wednesday

FAMILY DAY AT AHHA
Join ahha Tulsa for an afternoon of hands-on learning for families with children of all ages! Parents/caregivers and their children and teens will enjoy interactive activities in THE GALLERY, time to explore THE EXPERIENCE, and a variety of materials to create with in THE STUDIO—including our once-a-month special medium, clay!

Good to know:
All activities are drop-in—stay for as little or as long as you like

Recommended ages are 3–13, but children and teens of all ages are welcome

The pre-registration price ($7 per adult and child) is available only online; full ahha admission will be charged at the door

Adults are responsible for chaperoning their children, who must be accompanied by a ticketed adult (no more than 5 children to one adult)

ahha Tulsa, 101 E. Archer St., 12-3 p.m.

April 15 Thursday

TINY TOTS AT WHEELS AND THRILLS [W]
Kids 6 and under are invited to Wheels and Thrills every Thursday morning! Skate, play, ride and jump! Wheels and Thrills has riding toys, a skating rink, bouncy houses, concessions and more! Wheels and Thrills, 10637 N. Garnett Rd., Owasso, 10 a.m.-1 p.m. wheelsandthrills.com

PAWS FOR READING: READ TO A DOG OVER ZOOM PRESENTED BY THE GLENPOOL LIBRARY [FREE]
Registered therapy dogs are excellent listeners. Elementary students are invited to virtually read their favorite books to a furry, four-pawed friend on Zoom. Register by emailing Glenpool.Library@tulsalibrary.org. 4-6 p.m.

April 16 Friday

FANDOM FRIDAY TRIVIA: SHERLOCK HOLMES [FREE]
The game is afoot! Join TCCL to test your knowledge on Sherlock Holmes in all his film, television and literary iterations. Come at once if convenient. If inconvenient, come all the same. Register online at www.tulsalibrary.org/events to receive a Zoom meeting invite. For adults. 6:30-8 p.m.

April 17 Saturday

SAND SPRINGS HERBAL AFFAIR
Celebrate all things spring and green at the Sand Springs Herbal Affair! Visit their Facebook event page for updates. Masks required. Sand Springs, 8 a.m.-4 p.m. facebook.com/herbalaffair

STORY TIME AT ELEANOR'S BOOKSHOP [FREE, W]
Join Eleanor's Bookshop for storytime every Saturday morning at 11:30 a.m.! Space is limited, so you must preregister. Follow @eleanorsbookshop on social media for signup details! Eleanor's Bookshop, 1102 S. Lewis Ave., Suite D, 11:30 a.m. eleanorsbookshop.com

FAMILY DAY
Head to the Will Rogers Memorial Museum to explore candy from Will's time in the 1920s. Rocky Mountain Chocolate Factory will be on site for chocolate making demonstrations and samples! Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, 1-3 p.m. willrogers.com

April 18 Sunday

Find more events at TulsaKids.com/calendar.

April 19 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. Repeats April 26.

April 20 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.

April 21 Wednesday

DISMANTLING RACISM: NATIONAL POETRY MONTH—HOW POETRY AMPLIFIES MARGINALIZED VOICES [FREE]
TulsaKids Editor Betty Casey and poet and OSU-Tulsa Professor Quraysh Ali Lansana will be joined by others to talk about how poetry can amplify marginalized voices. This event will be broadcast to Facebook live. Viewers are invited to add to the discussion by adding questions or comments in the chat box. 12-1 p.m. facebook.com/tulsakidsmagazine

DAY OF THE CHILD: BILINGUAL STORYTIME/CUENTOS BILINGÜES; EL DIA DE LOS NIÑOS/LIBROS [FREE, W]
Enjoy a bilingual storytime in honor of Day of the Child. Join here: www.facebook.com/TCCL-hispanicresourcecenter. // Únase a nosotros todos los miércoles a las 12:00 pm para una nueva hora de cuentos bilingüe en honor al Día del Niño en abril. El programa se transmitirá a Facebook a través de la página del Centro Hispano. 12-1 p.m.

April 22 Thursday

CELEBRATE: EARTH DAY
Find 7 ways to celebrate Earth Day with kids—both on April 22 and all year long—at tulsakids.com/7-earth-day-activities.

MISTAKES TO MASTERPIECES [FREE]
Join TCCL's paint-along on Zoom to create fun, original acrylic paintings together, step-by-step. Register online at www.tulsalibrary.org/events for Zoom link. For ages 5 to adult. 5-6:30 p.m.

April 23 Friday

CELEBRATE: NATIONAL TAKE A PICNIC DAY
Pack a picnic and head to your backyard or a local park for a fun lunchtime twist!

April 24 Saturday

JENKS HERB AND PLANT FESTIVAL
Get your garden ready at the Jenks Herb and Plant Festival! Downtown Jenks, 8 a.m.-4 p.m. jenksgardenclub.com

STORYTIME AT LAVENDER'S BLEU LITERACY MARKET [FREE, W]
Head to the storytime corner at Lavender's Bleu Literacy Market every Saturday at 11 a.m.! Storytime will be socially distanced, and attendees over 9 years of age should wear a mask. Lavender's Bleu Literacy Market, 8210 S. Harvard Ave., 11 a.m. lbliteracymarket.com

April 25 Sunday

Find more events at TulsaKids.com/calendar.

April 26 Monday

CELEBRATE: KIDS AND PETS DAY!
Pet your pets a little extra today!

April 27 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.

April 28 Wednesday

WHAT TO READ NEXT [FREE, W]
Join at www.facebook.com/tulsalibrary. Write a comment telling the library what you last read and liked, a favorite author or three words describing what you'd like to read, and then let them know if you prefer an e-book or e-audio. A librarian will respond with two personalized suggestions! For all ages. 2-3 p.m.

TEEN CONNECTION [FREE]
This is a social group for middle and high school students with high functioning autism. Activities include board and video games where they can practice positive social skills with others that have similar interests. For more information, contact Sherilyn Walton or Steve Pitts at 918-582-8272. 4:30 p.m. thearcok.org

April 29 Thursday

BATTLE OF THE BANDS
Join the Food Bank's Junior Ambassadors for their annual Battle of the Bands competition, held this spring at the Admiral Twin Drive-In. Talented young musicians will compete for the chance to win exciting prizes and career-building opportunities. For more information, contact Jenny Berry at jberry@okfoodbank.org. Admiral Twin Drive-In, 7355 E. Easton St., 7-11 p.m. okfoodbank.org

TCCL REMEMBERS: COMMEMORATING TULSA'S RACE MASSACRE; PANEL DISCUSSION: WHO WATCHES THE WATCHMEN? [FREE]
Join TCCL for a Zoom discussion with several writers from HBO's "Watchmen" series, as well as the comics' curator from OKPOP. The panel will discuss the show and its relation to the Tulsa Race Massacre. The "Watchmen" is based on Alan Moore's graphic novel of the same name. "Set in an alternate timeline where masked vigilantes are treated as outlaws, 'Watchmen' embraces the nostalgia of the original groundbreaking graphic novel ... while attempting to break new ground of its own," according to HBO. Register online at www.tulsalibrary.org/events or email register@tulsalibrary.org to receive a Zoom invite. Sponsored by the Tulsa Library Trust. 7-8:30 p.m.

April 30 Friday

OUT-LIT: YA BOOK CLUB [FREE]
Do fun activities and chat about Kacen Callender's "Felix Ever After," a revelatory YA novel about a transgender teen grappling with identity and self-discovery while falling in love for the first time. Register online at www.tulsalibrary.org/events to receive the Zoom link. E-book, e-audio and physical copies are available for request at www.tulsalibrary.org. For ages 12-18. 4:30-5:30 p.m.

MOVIE NIGHT AT THE WILL ROGERS MEMORIAL MUSEUM [FREE]
Enjoy Movie Night in the newly renovated Will Rogers Theatre for a fun night of classic movies. This month's feature is Buster Keaton in 'Cops' and 'One Week'. Admission is FREE, but tickets must be reserved as seating is limited. Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, 6:30 p.m. willrogers.com.



ROCK OUT WITH TALENTED YOUNG MUSICIANS AT THE COMMUNITY FOOD BANK OF EASTERN OKLAHOMA'S ANNUAL BATTLE OF THE BANDS!

B·Sew Inn
Sewing • Quilting • Embroidery

Project Sew

LEARN. FUN. INSPIRE.

Summer Camp

July 5-9 or July 12-16 or July 19-23 or July 26-30

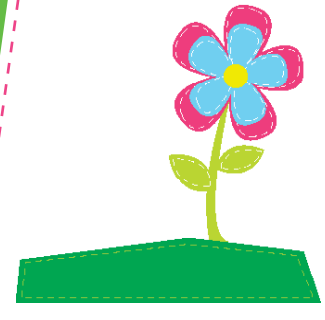
Two Sessions each week
Session One 9am-12pm | Session Two 2pm-5pm



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

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

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



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

KAMP KJM TULSA, OK

KJM Equestrian Summer Camp

8 one-week camp sessions • June 7 through July 30
Monday - Friday • 9:00 am - 4:00 pm

Activities include:
- Daily riding
- Horse-related arts & crafts
- Intro to horsemanship
- Games
- Friday horse show and cook-out

Enroll now at:
https://kjmequestrian.com/camps.html

For more information:
Phone: 918-299-9283
Text: 508-782-8453
Email:
office@kjmequestrian.com

Also available: Pony Parties • Riding Lessons • Gift Certificates

Great Adventures In Learning

Happy Campers at JOHN KNOX
A Creative Learning Environment

Happy Campers Academy on Cherry St.
918-584-2779

Happy Campers at John Knox
918-742-7656

Happy Campers at Temple Israel
918-747-3122

• Infants through Pre-K • After School Care for School Age
• Internet Monitoring • Child-Centered Philosophy
• Full- and Part-time Programs Available

tk

Stay in touch with TulsaKids!

Sign up for our newsletter at tulsakids.com/newsletter.

You'll receive our Weekend Event Roundup, links to our latest blog posts, giveaway reminders and more every Thursday!



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.

AHHA TULSA

Contact: Aleks Kitchens **918.584.3333**
101 E. Archer St. **akitchens@ahhatulsa.org**
Tulsa, OK **ahhatulsa.org**

Keep your kids creative this summer at ahha Tulsa, your go-to place for unique camps you can't find anywhere else! Our philosophy is "everyone is welcome, everyone is creative." Help your young person flex their creative muscles in an environment like no other!

Children who have completed grades K-12 can enjoy both half-day and full-day camps at the state-of-the-art ahha Hardesty Center in a range of media. From jewelry making to fashion and sewing, game design, and Arte en Español, there's something to spark creativity in all your young ones.

Camps are divided by age group depending on what grade children have recently completed: K–2nd, 3rd–5th, 6th–8th, and 9th–12th.

Half-day camps run from 9:00 a.m.–12:00 p.m. or from 1:00–4:00 p.m. Full day camps run from 9:00 a.m.–4:00 p.m. with a lunch break from 12:00–1:00 p.m. Before and/or after care is not provided.

Schedule:
Elementary Camps: June 14–18, June 28–July 2, July 12–16, July 26–30
Secondary Camps: June 7–11, June 21–25, July 5–9, July 19–23
Registration opens April 16 at www.ahhatulsa.org/creative-camps.

AIM HIGH ACADEMY GYMNASTICS AND NINJA SUMMER CAMPS

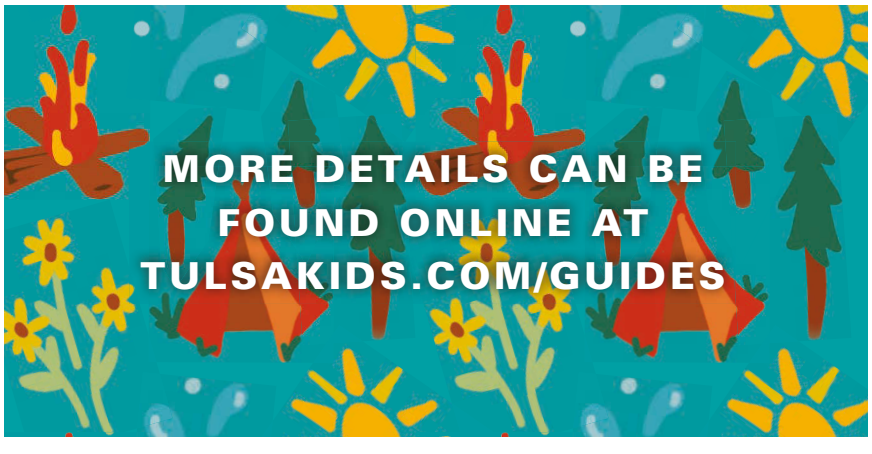
Contact: Michelle Holmes **michelle@tulsagymnastics.com**
7020 E. 38th St., Tulsa, OK **www.aimhighgym.com**
918.664.8683 **Ages: 4–13**

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.

B-SEW INN'S PROJECT SEW SUMMER CAMP 2021

Farm Shopping Center **918.664.4480**
5235 S. Sheridan, Tulsa, OK **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.



YOUR SUMMER OF DISCOVERY STARTS HERE!

SENSEational Exploration
Brick Build-It
Culinary Chemistry
Starship Discovery
Engineering with Bricks
Is it Magic or is it Science?
Ozobot Coding Camp Level 1
Ozobot Coding Camp Level 2
Flying Machines
Mysterious Planet

Camps are for ages 4-12 and range from half-day to full week.
Space is limited. Register today at discoverylab.org!



discovery LAB

560 North Maybelle Ave // 918-295-8144

LOUGHRIDGE
ClassicCamps
Conferences & Retreats

WEEKLY SESSIONS
JUNE 7-JULY 30

DAY CAMP (9AM-4:45PM)
FOR AGES 6-13

CLASSIC CAMP ACTIVITIES AND CHRISTIAN VALUES
WITH A PROVEN TRACK RECORD OF SAFETY DURING THE PANDEMIC
LOCATED JUST 5 MINUTES FROM TULSA HILLS





LEARN MORE & REGISTER AT CLCAMPS.ORG OR 918-446-4194



CAMP CHAMPIONS

775 Camp Rd, Marble Falls, TX 78654
www.campchampions.com
info@campchampions.com
830.598.2571

Camp Champions is one of the top overnight camps in Texas, offering 1-, 2-, and 3-week sessions for campers aged 5–17.

What sets Camp Champions apart? In addition to exciting activities and an outstanding facility, Camp Champions (1) builds strong kids, (2) has the best staff, and (3) operated COVID-free in 2020.

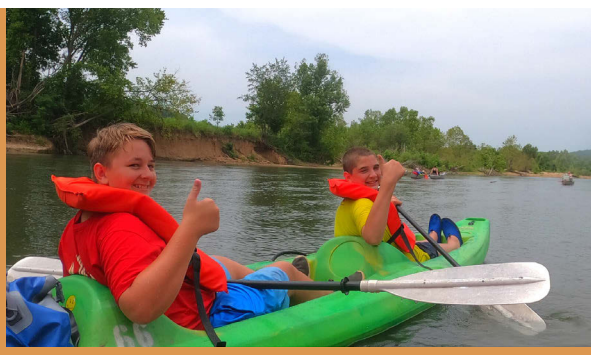
1. Camp Champions builds strong kids. When we talk about "building strong kids", we mean campers who have grown the skills to excel in school, build strong friendships, and become good decision-makers. We are one of just four camps in the country to be named an Exemplar Program by the Partnership for 21st Century Learning.

2. Camp Champions has the best counselors. There are two things we do differently to develop the best staff: First, Camp Champions counselors commit to not drinking alcohol for the duration of the summer, including on off time. Second, our counselors have a full two week orientation, the longest training of any camp we know of.

3. Camp Champions was COVID-free in 2020. Camp Champions had a successful Summer 2020, operating for 9 weeks with zero cases of COVID. We continue to look forward with preparations for 2021.

Video Gallery: https://www.campchampions.com/prospective-families/video-gallery





CAMP LUTHERHOMA

Outdoor Adventures
Christ-Centered Community
Ages 7-18 and Family Programs
Week Long Sessions June 13-July 30

Lutherhoma.com
918-458-0704
Tahlequah, OK



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 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.

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

Our "Three and Me" program is for ages 3 months to 3 years. We are offering a class for older students up to 8 years old for summer only!

We are 3 days/week Monday Wednesday and Friday 9:30 a.m.–2:30 p.m. Our program is all about having some summer 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!









DISCOVERY LAB

Contact: Kirsi Williams
560 N. Maybelle Ave.
Tulsa, OK
539.867.1480
discoverylab.org
Ages: 4–12

Discovery Lab is offering a variety of summer camps, covering topics such as engineering, chemistry, coding, and more! Camps are for ages 4 to 12 and range from half-day to full week. Members receive a 10% discount.

Space is limited. Register today at discoverylab.org!

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, Gymnastics, Character, and Modern with the best teachers in town.

Dare to dream and dance with us!

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!

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.



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: 4–17 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!
Session 1: eARTh Camp with Miss Rainbow (June 8–11)
Session 2: Color and Emotion with Scott Taylor (June 22–25)
Session 3: Exploration in Clay with Yusef Etudaiye (July 6–9)
Session 4: Exploring Art: The Artist's Journey with Shannon Eddington (July 20–23)

Enroll in camp today on our website!



MILLER SWIM SCHOOL

MILLER SWIM SCHOOL TULSA
6415 S. Mingo Rd.
Tulsa, OK
918.254.1988
millerswimschool.com

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 2–6) at New Life Ranch Frontier Cove and Senior Camp (going into grades 7–12) at New Life Ranch Flint Valley.

PHILOSOPHY: A MODERN ACADEMY

7104 S. Sheridan Rd., #10a
Tulsa, OK
918.209.5741

academy@philosophytulsa.com
www.philosophytulsa.com

This may be your student's most important summer ever. Work through the regression of academics caused by the pandemic. Philosophy: A Modern Academy will offer a variety of tutoring and classes this summer between 9 a.m. and 6:00 p.m. each day. Parents can customize their schedule.

In addition to Philosophy being a year-round learning academy, they also offer ACT, SAT, PSAT prep, credit recovery, and offer tutoring services from 1st grade through college. An array of core subjects, as well as electives, are taught. Services, such as Spanish tutoring, are also offered year-round and during the summer. Each program is built around the unique needs of every student and their family.

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.

SafeSplash Swim School

SafeSplash offers:

- Learn to swim classes
- Warm water, indoor pool
- Small class sizes
- Certified instructors

Visit safesplash.com or call us at (918) 221-8587 for more info!



ENROLL TODAY!

SAFESPLASH + SWIMLABS – TULSA
7820 101st Street
Tulsa, OK 74133



SwimLabs
Swim School COMPETITIVE | TRIATHLETE

SwimLabs offers:

- Competitive & Triathlete lessons
- Warm water Endless Pools
- Instant stroke feedback using underwater cameras & mirrors
- Certified instructors

Visit safesplash.com or call us at (918) 221-8522 for more info!

Est. 1971
Early Learning Center
ELC
CHRIST UNITED METHODIST CHURCH

3 MONTHS - 3 YEARS
M-W-F 9:30a - 2:30p
www.cumctulsa.com
3515 SOUTH HARVARD AVENUE - 743.7673

YOUR CHILD IS DEPENDING ON YOU. ARE YOU PREPARED?

When you're starting your family, you have a million things other than tackle the difficult questions that surround estate planning. But think about the alternative: the court making the decisions for you. Your child is depending on you to make decisions now that will set him or her up for a secure future, even if the worst happens. Allow me the privilege of helping you with your estate plan.



BRIAN A. CRAIN
ATTORNEY

Call for your complimentary consultation: (918) 627-4400
www.brianacrain.com

Get the Party Started...

with TulsaKids' Party Planner!

Your guide to the best party entertainers, venues and more in the Tulsa area!

tulsakids.com/guides



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
Times: 9 a.m.– 2 p.m.
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

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.

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!

tulsakids family favorites 2020 WINNER

Thank You, Readers, for Voting Us the BEST Soccer Program/ Athletic League In Greater Tulsa Since 2013!

soccercity TULSA

Spring Lil Kickers Now–June 5th

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

REGISTRATION NOW OPEN!



DATES WILL BE ANNOUNCED SOON!

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

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

5817 S. 118th East Ave. • 918.249.0044
www.soccercitytulsa.com

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!



TULSA YMCA SUMMER DAY CAMPS

Tulsa, Owasso and Bixby
918.446.1424
www.ymcatulsa.org/camps
Ages: 5–15

This summer, the YMCA of Greater Tulsa will host four summer camp options across Tulsa County including the brand-new Herman & Kate YMCA, Tandy Family YMCA, Daily Family YMCA, and the Owasso Family YMCA. The Y believes all kids have great potential and deserve the opportunity to discover who they are and what they can achieve. YMCA camp provides kids with a safe, familiar, and fun-filled environment for them to explore the outdoors, build confidence, develop skills and make lasting friendships and memories, so they can grow as individuals and leaders. All camps will offer swimming, outdoor adventure activities, games, crafts, and character development activities and open to kids ages 5–15.

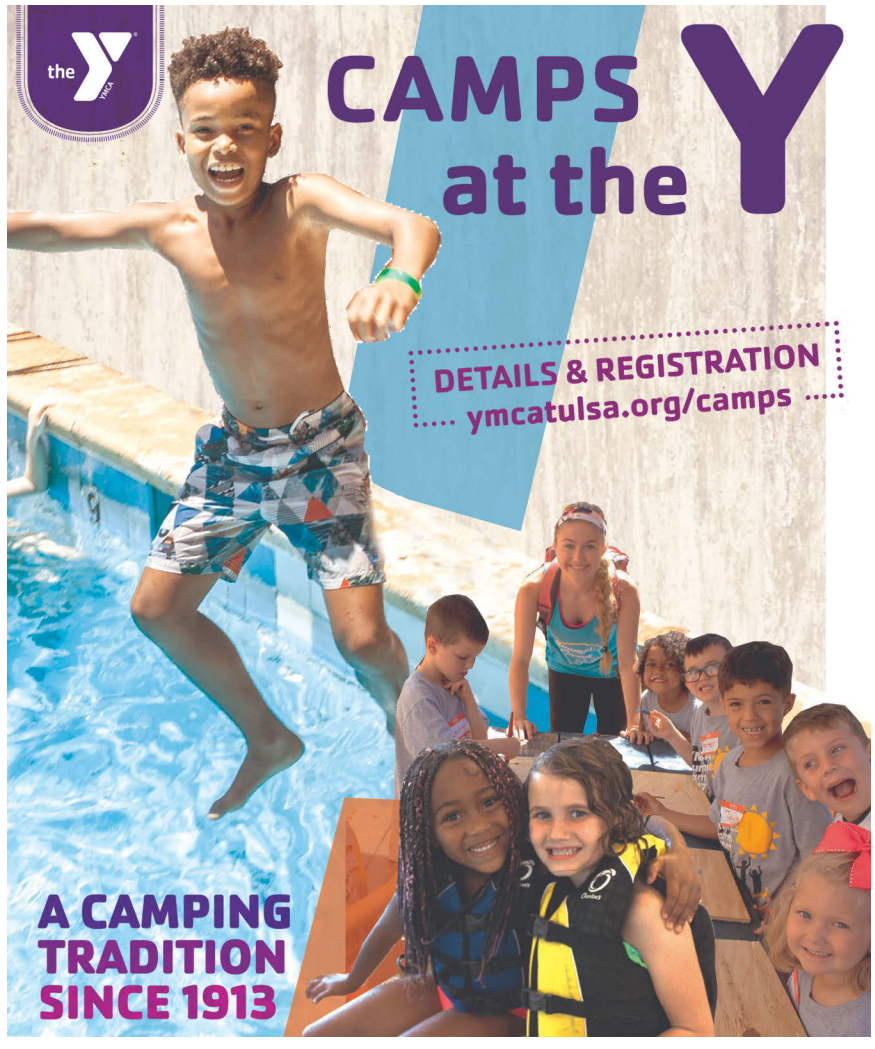
TWIST AND SHOUT TRAINING CENTER

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







LAST WORD

BY SARAH LYONS



WHAT HAPPENED WHEN I TOOK AWAY THE SCREENS

A few months ago, my family unintentionally started an eye-opening experiment that magnified just how addicted to screens we are. Although we had time limits on electronics for our kids, even the small amount of time spent on them had a negative effect on my son. His grades slipped, his attitude changed, and his overall work ethic suffered. After some warning and discussion between the three of us, my husband and I decided we would take his electronics away until his grades improved. Grudgingly, my son handed them over for a three-month period and the change in him was hard to dismiss.

Perhaps the most obvious change that happened when his screen time was taken away was the simple fact that he found other things to fill his time. Suddenly my son, who hadn't touched his Legos in months, started rebuilding all the broken Lego sets, building his own creations, and he even (gasp) cleaned his room. I found him reading books that had been collecting dust on shelves, playing with his younger siblings, and he started journaling and sketching more than usual. These were things he enjoyed before but now he had more time and less distractions to enjoy them.

After spending time doing his rediscovered hobbies like writing, reading, art, and creating, he seemed to have a total turnaround with his attitude and overall mood. He would spend time talking to us and his siblings and even invited us to play board games with him. While we played games, we snacked on popcorn, laughed and chatted without looking at our phones or checking in on social media.

One day he decided to ride his bike through the neighborhood to explore streets he had never been down, and he later came home and drew a map just for fun. He admitted to me that he was bored and missed playing video games but that he had found something fun to do anyway.

Over time his attitude improved and his grades rose. He seemed more rested and reported better sleep. It was time to make the decision to return his electronics. He had put in his time, improved in the areas he had been asked to, and earned their return. Shorter time limits were set and they were handed over. Since that day I have noticed a difference when he has gone over his time limit, even accidentally, and he realizes the hold the screens can take on you. I also notice that when the warning is given to set them aside, he does so more willingly because he has become less reliant on them for his entertainment.

We have a constant wealth of information at our fingertips and access to social media for keeping up with family and friends. But at what cost? I am ashamed to admit that I, too, am addicted to screens just as much as my son is. They affect my attitude and distract from my responsibilities. Most of all they take away from time spent with family. They make me impatient and I feel a loss when I don't have them in the palm of my hand. What fun would I seek out if I didn't have my phone? What would I create? What hobby would I rediscover if I put my phone down? What would rejuvenate me and elevate my mood if I had time to fit it into my day? What about you? What would you do if your screens were removed? Now that the pandemic has forced most children to adopt screen learning, what changes have you noticed?

Sarah Lyons is a mom of six children, including 3-year-old triplets. She wrote this essay pre-pandemic.



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