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

tulsakids

FOR PARENTS. FO ES E.



It's Berry Picking Season!

Family Favorites
Final Ballot Inside!
Cast Your Vote Today!

Every Person Is Worthy of Dignity and Respect:

Mom & son's children's books invite learning

What to Do When Kids Lie

You Have a Story to Tell: An Interview with Award-Winning Writer Jayson Reynolds

PARENTING MEDIA ASSOCIATION 2020 GOLD Award Winner Editorial Awards Competition

PARENTING MEDIA ASSOCIATION 2020 GOLD Award Winner Digital Media Awards Competition

PARENTING MEDIA ASSOCIATION 2020 GOLD Award Winner Design Awards Competition

Before all the baby talk, let's talk babies

Ascension St. John care teams listen to you as a woman and an expecting mom. We take the time to understand the care you need, including any special care your baby needs. Then, together we create a care plan that's right for you, your baby, and your new family. We're maintaining strict precautions to keep you and your family safe in our care.

Visit **StJohnTulsaBaby.com**



Ascension St. John

© Ascension 2021. All rights reserved.

SUMMER PROGRAMS

HOLLAND HALL





Spend the summer at Holland Hall

With more than 150 one-week classes and camps designed for both fun and education, Holland Hall has tons of options for 3-year-olds to adults.

PROGRAMS INCLUDE:

• academics • sports • music • games • ACT prep
• philanthropy • cooking • driver's ed • acting
• science • arts & crafts • robotics
• computers • much, much more!





PLAY



9 One-Week Camp Sessions
June 1-July 30, 2021
9am - 12pm & 12:30pm - 3:30pm

Choose between morning or afternoon sessions … or sign up for both and stay all day!

Registration Now Open

CREATE





Register online and view camp schedules and descriptions at
hollandhall.org/summer

EXPLORE







(918) 481-1111
5666 East 81st Street
Tulsa, Oklahoma 74137

MEASLES WON'T WAIT.

YOU SHOULDN'T EITHER.

We get it—life gets in the way sometimes.
But your child's immunization schedule
is crucial to their health and development.
Plus, it protects our community from preventable
diseases like measles, mumps and rubella.

THD
TULSA HEALTH
Department

Learn more about immunizations at tulsa-health.org/vaccines

We'd like to give you

ONE NIGHT ON US!

ENJOY A NIGHT ON US!

Plan a getaway to Springfield, Missouri, between April 1 and June 27, 2021 and we'll pick up the bill for one of your hotel nights!

Participation is simple and is designed to fill your trip with some of the best food and fun that Springfield has to offer.

HOW IT WORKS:

Visit the local attractions and food and drink establishments participating in this program between April 1 and June 27, 2021. Then, make a qualified purchase at THREE (3) attractions, THREE (3) food & drink establishments and spend at least TWO (2) nights in a participating hotel, and we will pay for one of your nights! *Hotel rooms must be reserved 48 hours before you plan on arriving.

*Limited to the first 3,000 participants.

Springfield

EXPLORE SPRINGFIELD AT

SPRINGFIELDMO.ORG

Point your smartphone camera at this QR code to go to the registration page on our website or go to ***springfieldmo.org/night-on-us***

Be sure to check out the Terms and Conditions so you know exactly how to get your free night.



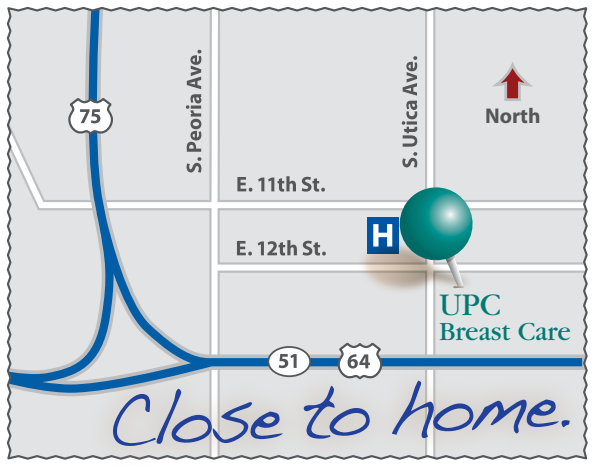
COMPREHENSIVE BREAST CARE

Utica Park Clinic breast surgeon Dr. Tara Wilson is known for her comprehensive and collaborative approach to breast care. She provides patient-focused care and unparalleled surgical expertise for the treatment of both benign and malignant breast disease. At Hillcrest, patients are cared for by Dr. Wilson and a multidisciplinary team dedicated to personalized breast care in a compassionate environment.

Dr. Wilson's caring, reflective and empathetic bedside manner has earned her positive feedback from colleagues and patients alike. Recent Google reviews include:

"Dr. Wilson is dedicated to make sure I remain in remission... and that's what matters the most." ***Shelly H.***

"We are so lucky to have an amazing surgeon in Tulsa! Thank you Dr. Wilson and Hillcrest for saving my life!" ***P & CB***



hillcrest

utica park clinic

1245 S. Utica Ave. • Tulsa • 918-268-3626 • uticaparkclinic.com/breast

tulsakids
May 2021
what's inside
Volume XXXIV, Number 5
www.tulsakids.com

Every Person Is Worthy of Dignity and Respect

BY KESHIA PAVEY

33-35





20-21 Take the Kids to Local Berry Farms



56 Emma Plunkett: Mayfest Youth Artist Inspired by Nature



22-23 The Myth of the Failing School



36-40 Community Calendar

SHORTS

7–8 **NEWS & NOTES**

26 **EDUCATION**
Christ United Methodist Church ELC Celebrates 50 Years
By Staff

43–55 **FAMILY FAVORITES**
2021 Runoff Ballot

FEATURES

33–35 **COVER FEATURE**
Every Person Is Worthy of Dignity and Respect
By Keshia Pavey

28–29 **INTERVIEW**
You Have a Story to Tell: Jason Reynolds on Writing, Race and Respectful Parenting
By Tara Rittler

IN EVERY ISSUE

9–10 **TULSAKIDS.COM**
What's Going On(line)?

12 **STAGES: INFANTS & TODDLERS**
Here Comes the Sun: Protect Your Kids from Harmful Rays
By Kiley Roberson

14–15 **STAGES: SCHOOL AGE**
What to Do When Children Lie
By Mary Beth Ritchie, LCSW

16–17 **STAGES: TWEENS & TEENS**
What Parents Need to Know about Teens and Porn
By Julie Wenger Watson

18–19 **BOOKS**
Sing More Songs!
By Tori Hamilton

20–21 **GET COOKING**
Take the Kids to Local Berry Farms
By Natalie Mikles

22–23 **A CAPITOL DAD'S VIEW**
The Myth of the Failing School
By Rep. John Waldron

24–25 **GREEN COUNTRY GROWN-UP**
Teresa Forehand Shares Mom Hacks
By Nancy A. Moore

36–40 **COMMUNITY CALENDAR**
By Tara Rittler

56 **I'M A TULSA KID**
Emma Plunkett: Mayfest Youth Artist Inspired by Nature
By Sheeba Atiqi

editor's note

HAPPY MOTHER'S DAY!

My mom is 92. Despite her age and a slipping memory, she still wants to take care of me. When I visit her, she toddles over to the refrigerator. "Let me get you something to eat," she says. "Let's see. I have some cheese. I can make you an egg. Or let's get us something. Let me get my purse." What usually happens is that I cook some scrambled eggs and toast. She likes the way I can make the eggs fluffy. I'll put the plates down, and she'll want to get back up to get me something to drink. Since that act could take 15 minutes or so, I hop up and pour myself some water.

My mom may not be able to actually do the cooking, serving or even make the decision on what we will eat, but it's in her DNA to take care of me. I do the same with my kids, who are not children, but adults. I'm sure that if I make it to age 92, I'll be shuffling across the kitchen to pull something out of the refrigerator to try to serve them.

It's not always easy to be a mom. Children are human beings with all the messiness, hurt and heartbreak that that entails, but we're there for each other.

We're also there for the fun and laughter. My mom and I still enjoy laughing together, often at ourselves, even though she may not remember what she's laughing about.

On our cover this month is a beautiful mom with her son. Keith. I enjoyed getting to know them, and learning about their interesting avocation—they write books together. Talk about an inspiring mom! Read Keshia Pavey's interview with Dr. Tamecca Rogers in this issue.

Also in this issue, you'll find our Family Favorites ballot with the nominees that you, our readers, chose. Now it's time to choose. Check out the ballot and then go to our website to cast your votes.

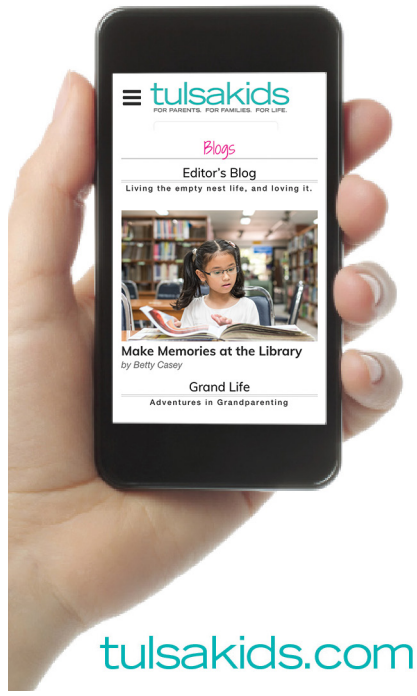
Every month, TulsaKids celebrates families, moms—and dads—who do the enjoyable, difficult and important work of raising children.

We hope that in some small way we can be there to support you, serve you and cheer you on.

This month, we say, "GO, MOMS!" Thank you for all you do.



Betty Casey
associate publisher and editor in chief



tulsakids.com

@tulsakidsmagazine
@tulsakids
@tulsakids
@tulsakids

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:

DR. TAMECCA ROGERS, DIRECTOR OF DIVERSITY, INCLUSION AND EQUALITY FOR TULSA TECHNOLOGY CENTER, WITH HER SON KEITH ROSS.

tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.

Publisher	Charles Foshee
Associate Publisher & Editor In Chief	Betty Casey
Treasurer & Comptroller	Debbie Talley
Web Editor	Tara Rittler
Advertising Sales	Brandi Moore
	Lindsey Copes
Production	Charles Foshee
	Annie Tyndall
Distribution	Joan Perez
Editorial & Special Projects Assistant	Danielle Hill
Contributing Writers	Keshia Pavey
	Tara Rittler
	Kiley Roberson
	Mary Beth Ritchie, LCSW
	Julie Wenger Watson
	Tori Hamilton
	Natalie Mikles
	Rep. John Waldron
	Nancy A. Moore
	Sheeba Atiqi

TK PUBLISHING inc.

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

©TK Publishing, Inc. 2021.
All Rights Reserved.

Volume XXXIV, Number 5

Publisher
publisher@tulsakids.com

Editor-In-Chief
editor@tulsakids.com

Calendar
(submit by 10th of the month prior)
calendar@tulsakids.com

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

MEMBER OF
PMA
PARENTING MEDIA ASSOCIATION



JENKS STUDENTS WIN VIDEO AWARDS

Jenks High School students were awarded prizes in C-SPAN's national 2021 StudentCam competition. Zane Smith and Gabriel Tiong (pictured) will receive $3,000 as first-prize winners for the documentary, "Not a Victimless Crime," about online piracy.

Rori Johnson and Jolie Abdo were awarded second prize for "The Line Between Us," about redlining and discriminatory housing policy.

Leviathan Lee and Mason Chow were second-prize winners for "The Broken Promised Land" about Native American sovereignty and jurisdiction.

Lauren Cargal and Sophia Smith won third place for "Breaking the Fee-Forward Cycle" about teen substance abuse.

Jacob Shaddock and Eli Gavrilko were third-prize winners with "The Oligopoly Problem" about limited competition in markets in the United States.

WEEKENDS ON MAIN RETURNS TO DOWNTOWN TULSA

Weekends on Main, an outdoor dining experience located on Main Street between Reconciliation Way and Cameron Street in Downtown Tulsa, returned starting in April. Participating businesses, including Antoinette Baking Company, Chimera, The Hunt Club and The Tavern, will offer expanded outdoor seating options the first and third weekends of each month to provide a safe, physically distanced dining opportunity.

The event hours are Friday from 5 to 10 p.m., Saturday from 9 a.m. to 10 p.m. and Sunday from 9 a.m. to 4 p.m. Individual business hours may vary.

Guests can enjoy live music on Friday and Saturday nights from 6 to 9 p.m. In addition to the outdoor restaurant dining, the Weekends on Main Market will take place on Saturdays from 10 a.m. to 3:30 p.m. featuring local vendors. The market and vendors are organized by Ida Red on Main Street.

For more information about the event, visit facebook.com/weekendsonmain.

TCC FINALIST FOR TWO AWARDS

Tulsa Community College has been named a finalist for the American Association of Community Colleges 2021 Awards of Excellence in the Community College Safety Planning and Leadership Category and the Student Success Category. These awards recognize exceptional work among the nation's two-year colleges.

The American Association of Community Colleges will recognize the finalists and announce the winners this month.



TULSA SPOTLIGHT THEATER REOPENS

The historic Tulsa Spotlight Theater is reopening on May 1, 2021, resuming performances of the legendary production of The Drunkard and the Olio.

Prior to the COVID-19 pandemic, the 19th century melodrama, The Drunkard, was America's longest-running play, taking the Spotlight stage almost every Saturday night since November 14, 1953. The production is directed by Tony Award-nominated writer and actor Joe Sears, best known for his co-creation of the Greater Tuna stage trilogy.

The theater, located along the Arkansas River at 1381 Riverside Dr. in Tulsa, OK, was originally The Riverside Studio and Tulsa Spotlight Club. It was built in 1928 and designed by architect Bruce Goff, landing the theater on the U.S. National Register of Historic Sites.

On May 1, doors open at 7 p.m. and the show begins at 7:30. Tickets for table seating are available at tulsaspotlighttheater.com or by phone at 918.587.5030. Servers will be available for concessions. Tulsa Spotlight Theater will be adhering to the following COVID-19 safety protocols: masks required, limited capacity and social distancing.

The riverfront theater will also be reopening with newly renovated dressing rooms and a robust plan for the Spotlight Children's Theatre and new adult production programming. Tulsa Spotlight Theater is also available for event rentals.

IRONMAN TULSA 2021 NEEDS VOLUNTEERS

The Certified Piedmontese Ironman Tulsa 2021 is seeking volunteers during and after race day on May 23, 2021. Finish Line workers, athlete registration, bike/run/water volunteers and volunteers at Guthrie Green and OSU-Tulsa are all needed. Families can sign up to volunteer together. For more information, go to https://ironman.volunteerlocal.com/volunteer.

ENTER THE 2021 LEMON-AID T-SHIRT CONTEST

Tulsa area students are invited to submit a design for the Lemon-Aid t-shirt that will be worn by volunteers, staff and sponsors across Tulsa during Labor Day Weekend, Sept. 3-6, 2021.

The deadline to submit a design is Friday, June 25, 2021. For information, visit thelemonaidproject.org.

BY ERIN RAMSEY



LESLIE HOYT PHOTOGRAPHY

My Son Will Be Hurt by Outsourcing Medicaid

Some may remember my son Jack, who was featured on the cover of TulsaKids back in the fall. Jack has autism and is nonverbal. He receives SoonerCare through the Tax Equity and Fiscal Responsibility Act or TEFRA. He is one of the hundreds of thousands of Medicaid recipients who will be affected by the governor's plan to outsource Medicaid health care to private insurance companies. The legislative session, which ends in late May, is the only hope of stopping the governor's plan.

As the parent of a child who is chronically ill, nothing could be more terrifying than leaving his future care in the hands of for-profit insurance companies. Since the age of 2, Jack has been hospitalized more than 20 times for vomiting and severe dehydration. He has seen a number of specialists and undergone a wide range of testing to help determine the cause. Jack is 7 now, and we still do not have a diagnosis.

In a privatized-Medicaid plan, Jack could be viewed as a financial loss. Vomiting and dehydration are not life-threatening issues, but he is only getting worse, and we still do not have answers. His doctors are working on it, but it can take years to diagnosis a rare genetic disorder, which they suspect he has.

We trust the expertise of Jack's medical team, but for-profit insurance companies may not. Denials in medical treatment and delays under privatized Medicaid could be detrimental to Jack and so many others who rely on it.

Today, if I felt Jack's care was being compromised under SoonerCare, which is currently operated by the Oklahoma Health Care Authority, I could talk to my state legislators, who have some oversight. We give that up under the governor's plan, which hands over patient care and more than $2 billion in annual state taxpayer funding to insurance companies.

As a mother, I will never stop fighting for Jack. Although Oklahoma's elderly, blind and disabled populations are not targeted by the initial rollout of privatized Medicaid, it is our understanding that all Medicaid recipients ultimately will be affected. I'm asking fellow Oklahomans and especially our legislators to fight for Jack and so many other Oklahomans on Medicaid by stopping privatized managed care from moving forward.

Contracts with insurance companies are already in place, but those contracts contain provisions that give the Legislature veto power. Our legislators can choose not to appropriate funding for the contracts or they can prohibit the contracts all together.

On behalf of Jack and the nearly 1 million Oklahomans who depend on Medicaid, please call your legislators today and ask them to stop managed care. Lives are on the line, and they are the only ones who can come to the rescue.

To find your legislator, go to www.oklegislature.gov

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

CONTESTS + GIVEAWAYS

Find links to all of the following giveaways at tulsakids.com/contests.

Vote for Your Family Favorites!

TULSA VISITTULSA.COM

Our Family Favorites Runoff Ballot will be open from May 1-15! Complete at least 75% of the ballot for a chance to win a Staycation Package courtesy of Visit Tulsa! This package includes:

- a one-room night with two double beds at a downtown hotel
- four passes to Tulsa Botanic Garden
- $100 McNellie's Group gift card!



$1500 Staycation Sweepstakes

Enter to win $1,500 that can be used to plan a relaxing staycation for yourself or your entire family! Entry is open May 3-31. This is part of a national sweepstakes, so there may or may not be a local winner.

Camp Loughridge Giveaway (Last Chance!)

Through May 5, enter to win a 2-week camp registration at Camp Loughridge! This registration is for a child ages 6–13.

About Camp Loughridge: 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.





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



Springfield Giveaway

From May 13-26, enter to win a Springfield, Missouri vacation package courtesy of the Springfield Missouri Convention & Visitors Bureau! This package includes: 2 tickets to Wonders of Wildlife, a $20 gift card to Andy's Frozen Custard, a $25 gift card to Bass Pro Shops and a $25 gift card to Andy B's Social. Plan your next Springfield vacation at springfieldmo.org.



Tulsa Ballet Center for Dance Education Giveaway

Do you have a young dancer in your family? Don't miss these giveaways courtesy of Tulsa Ballet Center for Dance Education! If you have a child ages 7-9, enter to win a FREE Summer Youth Intensive registration ($400 value)! Or, if you have a child ages 3-6 or 10-12, enter to win one of three FREE summer class registrations. These giveaways will be open May 24-June 6.

SUMMER FAMILY FUN GUIDE

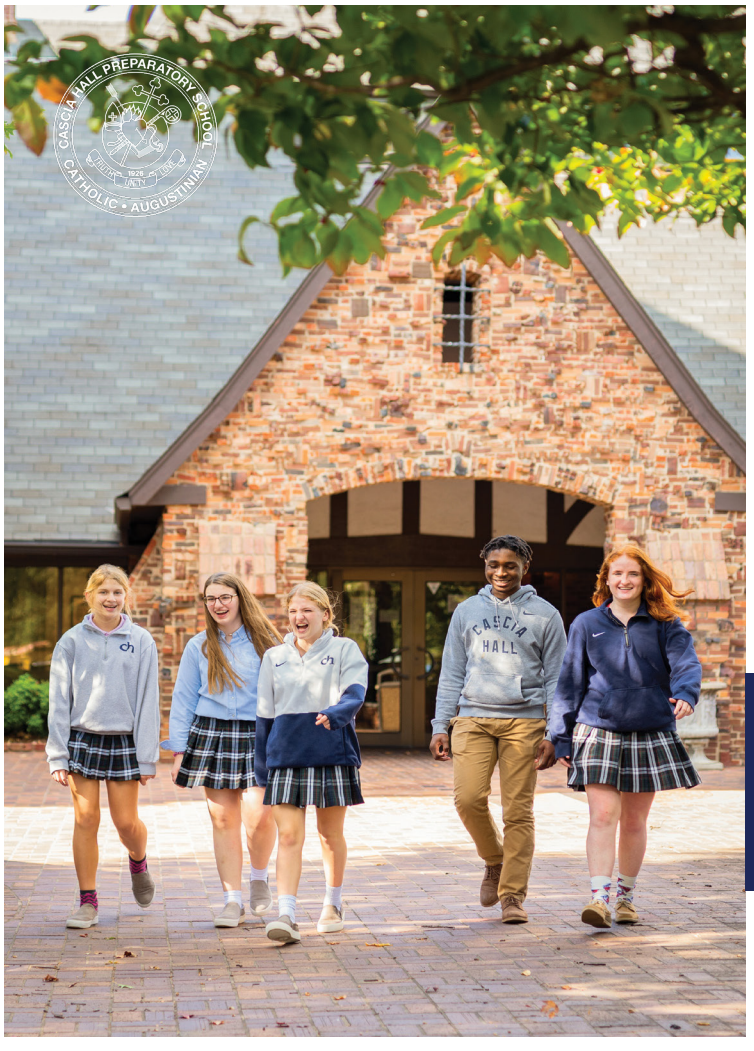
Sign up for our eNewsletters or follow us on social media so you don't miss the release of our 2021 Summer Family Fun Guide!

Facebook:
@tulsakidsmagazine

Instagram:
@tulsakids

ENewsletter:
tulsakids.com/newsletter





CASCIA HALL

OUR TRADITION DEFINES US AND WE LIKE IT THAT WAY

Tradition is the foundation of all aspects of life at Cascia Hall. Honoring tradition teaches students that a respect for the past can inspire excellence.

2020 GRADUATE STATISTICS

64	$7.2M	33	8,115	59	99%
AP Scholars	Merit-based College Scholarships Offered	Oklahoma Academic Scholars	Caritas Service Hours Performed (Over three years)	National Honor Society	of Students Matriculated to a College or University

Learn more at casciahall.com/admissions

That's Dancing! Studio

SUMMER DANCE fun!



Entirely NEW Summer Dance Camps & Classes!

Register Today!

www.thatsdance.com | 918-408-6226

HERMAN & KATE KAISER YMCA



BY KILEY ROBERSON

here comes the sun:
PROTECT YOUR KIDS FROM HARMFUL RAYS

I am blessed to be the mother of the sweetest little freckle faced, red-headed boy ever. Okay, so maybe I'm a little biased. What mother wouldn't be? But that awry little toothless smile of his melts my heart every time. While I absolutely adore his speckled little cheeks and strawberry locks, the sun doesn't. Summertime for my little guy can be quite dangerous without all the right UV-blocking gear. One afternoon without sunscreen reapplication can spell disaster. Just ask his father, who has equally light skin and recently had to have skin cancer surgically removed. Yikes! The sun is nothing to play around with for anyone.

According to the American Academy of Dermatology (AAD), too much unprotected exposure to the sun's ultraviolet (UV) rays can cause skin damage, eye damage, immune system suppression and skin cancer. UV rays react with a chemical called melanin that's found in skin. A sunburn develops when the amount of UV exposure is greater than what can be protected against by the skin's melanin. The risk of damage increases with the amount and intensity of exposure. A tan is itself a sign of skin damage and does not help protect the skin.

The AAD agrees that every child needs sun protection. The lighter someone's natural skin color, the less melanin it has to absorb UV rays and protect itself. The darker a person's natural skin color, the more melanin it has. But both dark- and light-skinned kids need protection from UV rays because any tanning or burning causes skin damage.



So how can we let our littles enjoy that Oklahoma sunshine while also protecting their skin? Here are the key ways to help keep your kiddos safe this summer:

USE SUNSCREEN

The AAD recommends that all kids older than 6 months—regardless of their skin tone—wear sunscreen with an SPF of 30 or higher. Whatever sunscreen you choose, make sure it's broad-spectrum (protects against both UVA and UVB rays) and, if kids are in or near water, is labeled water-resistant. Apply a generous amount and re-apply often. Use a sunscreen with zinc oxide or titanium dioxide to avoid irritating your baby's skin.

AVOID THE STRONGEST RAYS OF THE DAY

Try to stay in the shade when the sun is at its strongest, usually from 10 a.m. to 4 p.m. If kids are in the sun during this time, apply and reapply sunscreen—even if they're just playing in the backyard. Most sun damage happens from exposure during day-to-day activities, not from being at the beach. Remember that even on cloudy, cool, or overcast days, UV rays reach the earth. This "invisible sun" can cause unexpected sunburn and skin damage.

COVER UP

One of the best ways to protect skin is to cover up. To test if clothes offer enough protection, put your hand inside garments to make sure you can't see it through them. Swimsuits with long-sleeved rash guards are a perfect solution for sunny days outside. Hats, sunglasses and protective clothing are the best protection for babies younger than 6 months if they must be in the sun.

WEAR SUNGLASSES

Sun exposure damages the eyes as well as the skin. Even one day in the sun can lead to a burned cornea (the outer clear membrane layer of the eye). Sun exposure over time can cause cataracts (clouding of the eye lens, which leads to blurred vision) later in life. The best way to protect eyes is to wear sunglasses that provide 100% UV protection. Let kids pick their own pair—many options are fun, with multicolored frames or cartoon characters.

Don't forget that your kids learn from you. So be a good role model by always using sunscreen, wearing sunglasses, and limiting your time in the sun too. You'll reduce your risk of sun damage and teach your kids good sun sense.

Brain Balance®
ACHIEVEMENT CENTERS



Get a Fresh Look at Your Child's Development

Call to schedule your assessment

Our personalized, drug-free program has helped over 40,000 kids move beyond challenges to achieve greater success and lasting change.

- GREATER FOCUS
- STRENGTHENED SOCIAL CONFIDENCE
- ELEVATED ACADEMIC PERFORMANCE
- IMPROVED BEHAVIOR

FIND OUT MORE: (918) 488-8991
BrainBalance.com

Brain Balance of Tulsa
6022 S Yale Ave, Tulsa, OK 74135

Individual results may vary. © 2019 Brain Balance Achievement Centers.
All Rights Reserved. Balance Achievement Centers are independently owned and operated.

MONTE CASSINO

Come see what a Monte Cassino education can do for your family.



STEM
FRENCH, SPANISH, LATIN
FINANCIAL ASSISTANCE
ADVANCED MATH
DRONE CLUB
ROBOTICS TEAMS
PERSONAL FINANCE
MUSICAL THEATER CLUB
ROCKETRY CLUB
ACADEMIC SUPPORT
CODING CLUB
ATHLETICS
TINKER CAD
FAITH FORMATION
CHEER
ACADEMIC BOWL
STUDENT LEADERSHIP
GLOBAL PERSPECTIVES

NOW ENROLLING FOR MIDDLE SCHOOL'21-'22



Be a Saint.

TO SCHEDULE A TOUR, CONTACT
BROOKE JONES 918-746-4238

montecassinoschool
@MonteCassinoSchool
2206 South Lewis, Tulsa
www.montecassino.org

LOUGHRIDGE
ClassicCamps
Conferences & Retreats

WEEKLY SESSIONS
JUNE 7-JULY 30

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

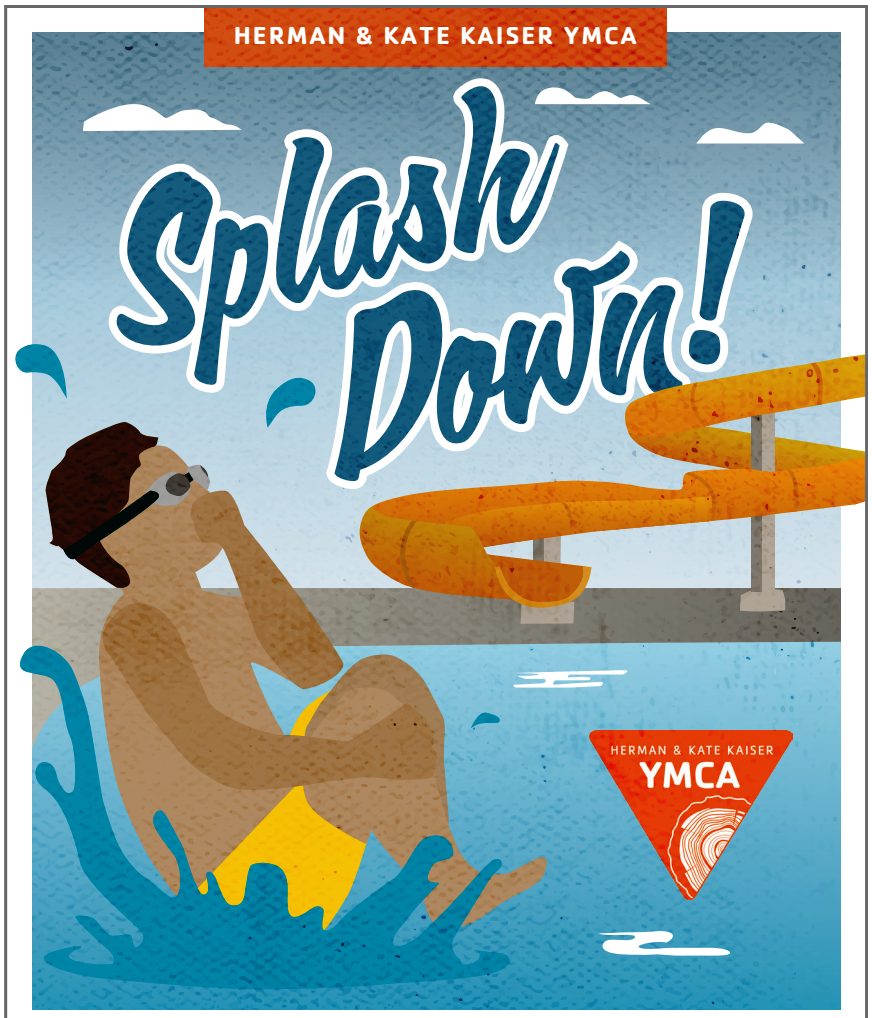
CLASSIC CAMP ACTIVITIES AND CHRISTIAN VALUES
WITH A PROVEN TRACK RECORD OF SAFETY DURING THE PANDEMIC
LOCATED JUST 5 MINUTES FROM TULSA HILLS





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

HERMAN & KATE KAISER YMCA



BY MARY BETH RITCHIE, LCSW

what to do when children lie

All children tell lies sometimes. How should parents respond? There is not a simple answer to this question. Many factors need to be considered, including the type of lies being told and how frequently this behavior is occurring. As parents, we obviously want to discourage our children from lying. There are some actions we can take to encourage our children to be more truthful.

There are a variety of reasons that children lie. Some of the most common reasons include circumventing consequences and avoiding doing things they don't want to do. Children sometimes lie in order to seek attention, while at other times they may be attempting to avoid it.

A child might come home with an exaggerated story about something that happened to her at school that day. This grandiose story might make it sound like she is the smartest, most beautiful, or most athletic at school. When children tell these types of lies, it may be an indicator of low self-esteem. Children who suffer from anxiety or depression may claim they are doing fine in order to escape unwanted attention. In both cases, parents may want to involve a children's therapist.

The attention-seeking lies might be best addressed by not giving them much attention. If the child doesn't receive the desired response, there isn't much incentive for him to continue. If this doesn't correct the problem, a parent may try gently confronting the behavior. There are two important things to keep in mind. First, do not label your child as a liar. This is harmful to the child's perception of himself. Separate this unwanted behavior from the child as a person. Second, offer opportunities for the child to correct his story.



LYING IS PART OF GROWING UP, BUT THERE ARE WAYS TO HANDLE THE BEHAVIOR.

There is also a developmental component to lying. When children begin telling lies, they may just be experimenting with a new behavior. This can happen when the child is around 3 or 4 years old. Sometimes an older child, who has been mostly honest in the past, will begin lying. They may be testing this new behavior to see how it may benefit them. Will they get caught? Will they be able to avoid chores, gain attention, or get something they want?

Children with ADHD (Attention Deficit Hyperactivity Disorder) frequently struggle with telling lies. One of the core characteristics of ADHD is impulsivity. These children will often speak before they think. They may tell a lie before considering the consequences of their actions. It's especially important to give children with ADHD the opportunity to correct their stories.

When my sons were young, we spent a lot of time reading books. They were familiar with "The Boy Who Cried Wolf." This led to discussions about how they wanted to be believed and trusted. I also shared a personal story of my own with them. It involved a time in elementary school when I was unfairly accused of something by teachers and the principal. I hadn't done it. My family believed me because I didn't have a pattern of lying. I was truly innocent, and it felt wonderful to be believed at home. You might want to think of similar personal stories you can share with your children.

Parents may also wish to have separate consequences for lying. This needs to be understood by all parties in advance. There is a consequence for the original offense, and an additional consequence for lying about it. If a child didn't do his homework, there is a consequence for not doing the

homework. If she told you she had done the homework, there is an additional consequence for the lie. This strategy may help to encourage your child to be more honest.

Another way to encourage truthfulness is to allow for a second chance. When you believe your child has lied to you, you may want to discuss the importance of honesty. Tell your child you will leave the room for 10 or 15 minutes to give the child a chance to think about things and correct their story. If they do, be sure to praise their honesty.

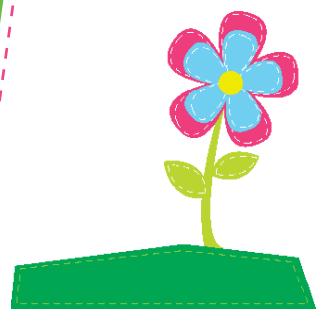
We actually teach children to tell "white lies" in order to avoid hurting the feelings of others. For example, we would not want our child to tell his grandmother how much he doesn't like visiting her home. This would only hurt Grandma's feelings. We would discourage this form of truth telling as we teach social skills. This can complicate things as we teach our children to be truthful.

When parents are inevitably confronted with this behavior from their children, it is important to consider the situation carefully. Has the lying become pervasive? Does there seem to be a pattern in the type of lies being told? What does that pattern tell you?

Parents want to encourage their children to be honest and trustworthy. Remember that lying is part of growing up, and all children will experiment with it. Be careful not to label children as liars. This is a bad behavior you want to help your child correct, but it does not mean your child is a bad person.



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 •

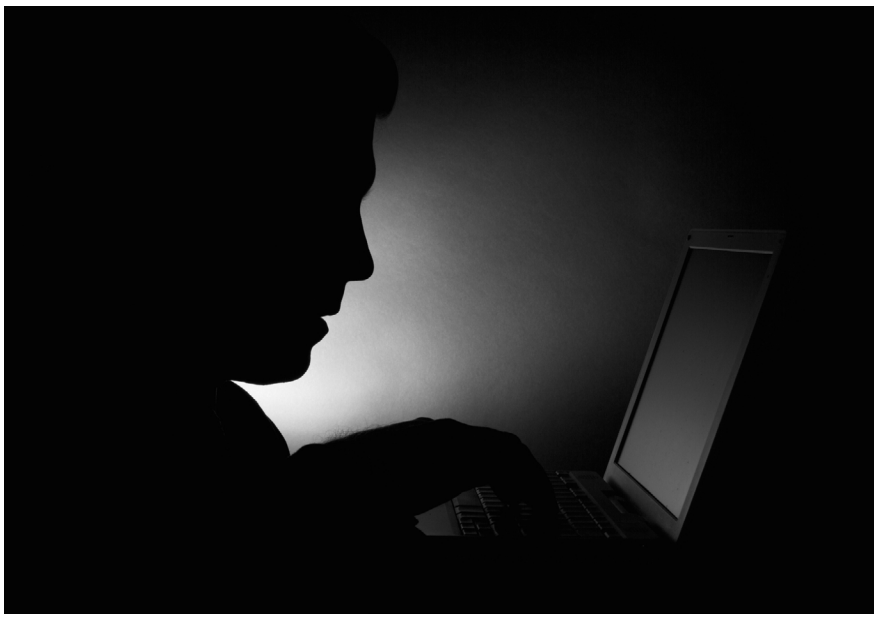




BY JULIE WENGER WATSON

what parents need to know about teens and porn

As technology continues to explode, so does the potential for its misuse and abuse. The same tech that allows us to share photos and videos with friends, livestream concerts and shop for pet supplies has been a boon to the pornography industry. Well beyond the simple transmission of still photos, online porn has grown to include "cam girls," "sexting," and the illicit use of mainstream social media sites. Pornography of all types is now more affordable, accessible, violent and anonymous than ever before. For a generation of children raised in a digital world, exploitation may be just a click away.



NEGATIVE CONSEQUENCES

Life in a porn-saturated world can have negative consequences, especially for kids. Whether its consuming or producing, pornography has adverse social, emotional and cognitive effects on teens. Studies show that the earlier boys view porn, the more likely they are to experience anxiety, depression, poor academic performance, addictive behavior and unhealthy relationships. In addition, they also exhibit lower empathy for rape victims and a higher likelihood of committing sexual assault.

Girls who use social media for sexualized selfies leave themselves vulnerable to bullying, extortion, harassment, and even suicide. Studies also suggest that exposure to sexualized images online can lead to body shame, anxiety about appearance, eating disorders and low self-esteem.

On top of all of these deleterious effects, underage porn, as broadly defined, can also leave teens on the wrong side of the law.

LEGAL CONSEQUENCES

In addition to pornography's potential for emotional and developmental harm, child pornography is illegal under state and federal law. Child pornography laws are broad in both scope and definition. In Oklahoma, it's illegal to have, produce, download, or distribute any nude or sexual images, videos or depictions of anyone under the age of 18. It's also illegal to encourage a minor to participate in its production.

In other words, anyone, who possesses a sexually explicit image of a person under 18 could be guilty of possession of child pornography, even if the subject of the image willingly sent the picture, and even if the recipient is a minor, too. For example, an underage girl who sends a nude photo to her boyfriend, the boyfriend who received the photo, or a teen who asks another teen for a nude photo are all in violation of this law.

According to Lieutenant Jeremy Nolan of the Tulsa Police Cyber Crimes Unit, although technically violating child pornography laws, cases involving two minors sending explicit images to each other are normally handled by the school system or by the juvenile division. Similarly, minors who produce sexually explicit or nude photos of themselves are rarely charged with a crime.

"We don't typically charge someone who's produced because a lot of the time, the kid has been coerced, or isn't capable of making an informed or good decision about that," he notes.

TECHNOLOGY & PORN

The days of a Playboy magazine hidden under the mattress seem quaint by comparison to what is readily available with a few electronic swipes today. While most social media platforms prohibit "adult content," numerous online businesses have developed to facilitate, manage and monetize the production of porn, linking an innocuous "teaser" account on Snapchat, Facebook, Twitter and other social media to pornographic accounts or redirecting them to Pornhub,

the major pornography site. On Instagram, porn is easily hidden behind hashtags and emojis, enabling searches leading directly to pornographic accounts.

The difficulty of policing this ever-evolving technology leaves the gate open for the proliferation of child pornography, too, with all of the potential for abuse and exploitation. Although one can debate the definition of "voluntary," in many instances, underage individuals are "choosing" to participate for reasons as diverse as money and Internet fame, with little thought for the long-term consequences. Sites like OnlyFans allow "adult entertainers" to provide paid content to their subscribers. Although these types of platforms are ostensibly restricted to adults, the reality is different, and it's not difficult for minors to participate, as well. The Internet is prized for its anonymity.

"It changes every day," Nolan says. "There are so many platforms and so many applications that keep popping up. There are so many dating sites where you can pretend to be whoever you want. Online, we've had kids pretending to be adults."

WHAT CAN PARENTS DO?

It's easy to feel helpless when faced with concerns about your child's use of, or participation in, porn. However, there are some basic things parents can do to help. First and foremost, look at your own behaviors. Studies consistently show that parents' use of pornography negatively impacts children, both directly and indirectly.

"I think so much of it stems from what we all see on TV, and what parents are doing," Nolan says. "I think there are a lot of influences that aren't helping. We focus a lot here on education. It's important to talk to your kids about this stuff."

Research suggests that the average age to first view porn is between 10 and 12 for boys and 11 to 12 for girls, so experts recommend starting the conversation early. Keep the conversation calm, using a neutral tone of voice and expression. The goal is to create and maintain open lines of communication. Reassure them that curiosity is natural. Shaming and secrets only shut down discussion. Help kids understand that porn is not reality and not a healthy way to learn about sex. It's an industry for profit, not for spreading accurate information. Take the opportunity to remind them that they make choices about their own bodies.

Without a doubt, these conversations can be tough, awkward and even embarrassing for all parties involved, but they're an important place to start. As technology continues to evolve, new avenues for the creation and distribution of porn will develop alongside. It's not an issue that is going away soon. As parents, it's essential to stay informed. For more information and resources, visit internetsafety101.org.



ANNUAL
Chuck Wagon
FESTIVAL

MEMORIAL DAY WEEKEND
MAY 29 – 30
10:00 A.M. – 4:00 P.M.

Join us for a fun-filled family weekend.
For more information, visit
nationalcowboymuseum.org/chuckwagon

CHILDREN 12 & UNDER FREE
$15 Admission • Children 12 & Under Free

NATIONAL COWBOY & WESTERN HERITAGE MUSEUM
1700 Northeast 63rd Street • Oklahoma City, OK 73111
(405) 478-2250 • nationalcowboymuseum.org/chuckwagon
PRESENTING SPONSOR DOGWOOD FOUNDATION CHUCK WAGON SPONSOR paycom

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

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



Christian Montessori Academy ◇ www.montessorilearning.org ◇ 918.628.6524

#1 RANKED CHEERLEADING AND TUMBLING GYM IN OKLAHOMA!
WORLD & NATIONAL CHEER AND POWER TUMBLING CHAMPIONS!
TIME TO TRYOUT FOR
SHOUTER CHEER!
2021-2022 CHEER TEAM TRYOUTS START IN MAY! SIGN UP TODAY!
TWIST & SHOUT
Competitive & Non-Competitive Cheer & Tumble Classes and Teams
Age 4 & Up All Levels • Birthday Parties • Summer & Holiday Camps
SHOUTERSPIRIT.COM
Edmond 405-775-9491 • Norman 405-573-9974 • Tulsa 918-622-5867

BY TORI HAMILTON, CHILDREN'S LIBRARY ASSOCIATE, GLENPOOL LIBRARY

sing more songs!

MAKE THIS MAY A MUSICAL MONTH TO INCREASE FUN AND LITERACY

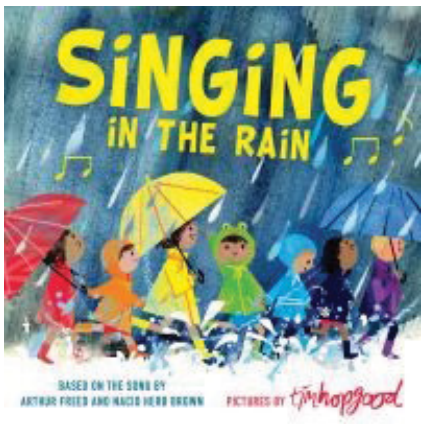
In the pre-Covid days, when I was mentoring a new children's librarian through one of her first storytimes, she asked me, "What do I do if I've planned a bunch of toddler books and my audience turns out to be only babies?"

"Sing more songs," I told her.

In my years as a guitar-strumming, musical children's librarian, I've found you can never go wrong with that plan. Hans Christian Anderson once said, "Where words fail, music speaks."

Not only are songs great for enrapturing nonverbal babies and toddlers but experts agree that music is important to children's developing brains. For one thing, songs tend to slow down speech, breaking words into smaller parts that are easier for new language learners (of all ages!) to hear.

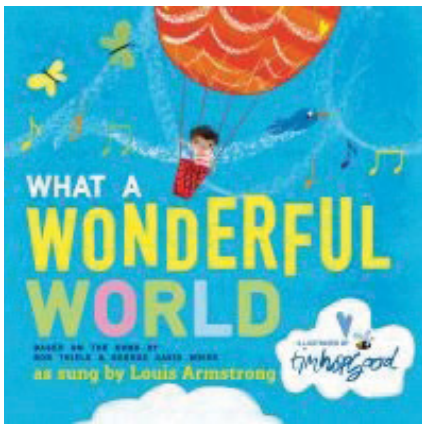
But with children, this experience later helps them to break down words on their own when they are learning to sound things out as they read. One great way to get a jump start on your child's reading practice is to read books with them that can be sung. Here are a few of my favorites.

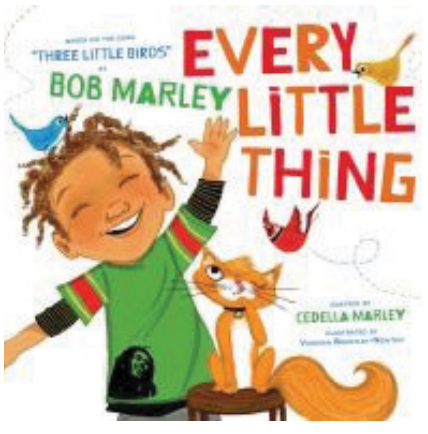


Singing in the Rain by Arthur Freed, as illustrated by Tim Hopgood

This catchy, happy tune receives a colorful treatment by award-winning illustrator Tim Hopgood, featuring children in rainbow-colored raincoats playing in puddles and dancing with umbrellas as the gentle spring rain calls forth a garden of flowers. Whether in picture books or nonfiction, Hopgood's illustrations never fail to please. I also recommend Hopgood's versions of "What a Wonderful World" and "Walking in a Winter Wonderland."







Twinkle Twinkle Little Star, as illustrated by Jane Cabrera

While Jane Cabrera has illustrated more than a dozen children's songs, including "Baa Baa Black Sheep" and "The Wheels on the Bus," my favorite is her version of Twinkle Twinkle Little Star. Featuring new verses accompanied by Cabrera's illustrations of sleepy animals dozing off under the stars in different habitats all over the world, the book has plenty of fascinating things for little fingers to point out. Is your child not the gentle lullaby sort? Check out Cabrera's "Ten in the Bed" instead.

The Record Spins series by Lucy Bell

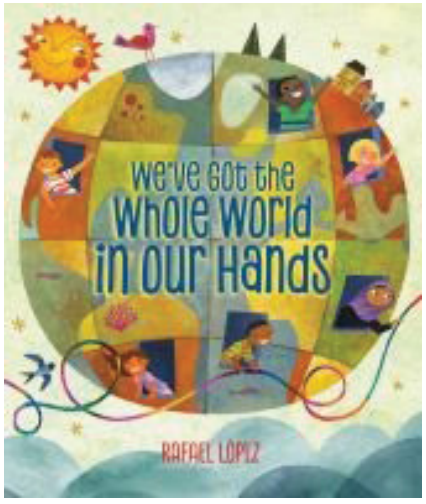
This set of board books is perfect for babies. Each features a classic children's song accompanied by simple, cartoon illustrations that are perfect for two- to three-year-olds. Large fonts will help parents point out the texts as you practice sight reading with your little ones. While my favorite titles in this series are "The Itsy Bitsy Spider" and "A Sailor Went to the Sea, Sea, Sea," all of these books are stellar additions to your child's song book collection.

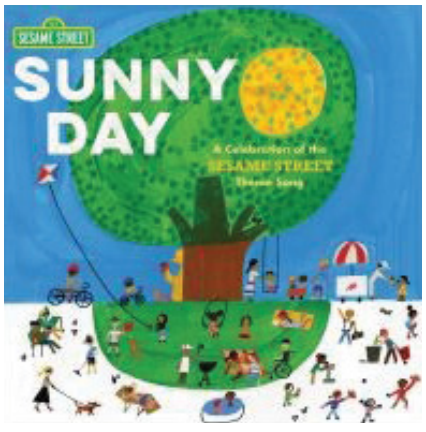
Every Little Thing: based on Bob Marley's Three Little Birds by Cedella Marley

Children and adults will love this board book version of the classic reggae hit. With happy illustrations showing a small boy accompanied through his day by three adorable birds and with the repeating message that "every little thing is gonna be alright," this book is great for calming down overwhelming emotions.

We've Got the Whole World in our Hands by Rafael Lopez

Much like Disney's It's a Small World ride, but without the theme park's ticket price,





this slightly modified version of an old spiritual song shows children from cultures around the world celebrating our beautiful planet. Children of all backgrounds will enjoy seeing themselves in these pages while parents will find ample opportunities for teachable moments discussing those who are different.

Sunny Day by Joe Raposa and illustrated by Christian Robinson

In this picture-book adaptation of Sesame Street's beloved theme song, Dan Santat, Emily Winfield Martin, and many other children's book illustrators (18 altogether!) each tackle one line of the song in lovely two-page spreads. As Big Bird and friends appear throughout, even the smallest Sesame Street fans will be delighted by the details.

America the Beautiful by Katherine Lee Bates, illustrated by the author's great-great-grandnephew, Chris Gall

Finally, just in time for Memorial Day, this is my favorite picture-book adaptation of a patriotic song. No matter how you feel about politics, America is still a beautiful land, and this book shows her in all of her glory from sea to shining sea. Every page features a different American landscape, showing the diversity of lifestyles from Midwestern farms to coastal fishing towns and everything in between. An index at the back of the book explains the illustrator's inspirations for each scene, opening the way for more research on these places.

Is singing just not your thing? That's all right. You don't have to sing well in order for your children to gain benefits: it's the practice of singing, listening to music, and learning songs that helps with brain development, not the quality of parental voices!

Additionally, the library also has CDs of children's songs available for checkout, as well as downloadable albums through our digital services such as Freegal and Hoopla that are free to access with your library card. Even if you have a permanent frog in your throat, you can still put a song in your child's heart, sharing the joy of music with the next generation.

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


WHERE YOUR CHILD IS MORE THAN A NUMBER!

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.



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

OKLAHOMA AQUARIUM
SPLASH



INTO SUMMER
Learn about our camps, encounters, and more at
OKAQUARIUM.ORG

BY NATALIE MIKLES

take the kids to local berry farms

BERRY PICKING IS THE MOST DELICIOUS ADVENTURE YOU'LL HAVE THIS SUMMER.



Our summer bucket list always includes berry picking, and it's something our family looks forward to each year. This year, I expect we will leave with a few gallons of blueberries or blackberries since I have three sets of very capable hands to help.

When our children were very little, it was much more about the experience than the berries. We let the kids drop berries into their buckets, repeating the lines from the classic children's book *Blueberries for Sal*— "kuplink, kuplank, kuplunk." We sometimes left with more green berries than blue, but it was always one of our favorite summer memories.

There are small berry farms across Tulsa, and it's great to support those local farmers who open their farms to us during this short season. Berry farming is certainly a labor of love, as the season is super short. And growing berries in the Oklahoma extremes of cold and heat can make for temperamental plants.

Talking to the kids about what goes into the planting, care and picking of the fruit is part of the knowledge gained from a fun summer outing.

Here are some great spots to find berries this summer. Call ahead or check their websites for availability. Typically, strawberry season is in April and May, blueberries in June and blackberries following shortly behind.

ENDICOTT FARMS
Blueberries and blackberries
211th St. South between Lewis Ave. and Harvard Ave. (Liberty-Mounds)
endicottfarms.com or 918-344-4582

JOE'S FARM
Strawberries
12811 S. Sheridan in Bixby
joesfarmok.com or 918-740-1171

MAPLE CREEK BERRY FARM
Blueberries
33423 Pleasant Valley Road in Poteau
oklahomablueberries.com or 918-658-9139

OUTBACK FARM
Blueberries
4163 E. 470 Road in Pryor
outbackfarm.org or 918-519-2148

OWASSO CHRISTMAS TREE AND BLACKBERRY FARM
Blueberries and blackberries
11039 N. 129th East Ave. in Owasso
owassotreefarm.com or 918-272-9445

THUNDERBIRD BERRY FARM
Blueberries
7515 S. Hansen Road (321st East Ave.) in Broken Arrow
thunderbirdberry.com or 918-398-3317

BLUEBERRY BUNDT CAKE

- 2 cups all-purpose flour
- 1 ½ teaspoon baking powder
- ¼ teaspoon baking soda
- 2 teaspoons cinnamon
- 1 cup sour cream
- 2 teaspoons vanilla extract
- 1 ½ cups (3 sticks) unsalted butter
- 1 ¼ cups granulated sugar
- 1 cup light brown sugar
- 6 large eggs
- 1 cup blueberries

1. Preheat oven to 325 degrees. Butter or spray a 10-cup Bundt pan with cooking spray.
2. Place flour into a medium bowl. Add baking powder, and add baking soda and cinnamon. Whisk to combine flour mixture and set aside.
3. Place sour cream in a small bowl. Add vanilla extract and set aside.
4. Place butter in a mixing bowl or the bowl of a stand mixer. Add granulated and brown sugar. Beat until light and fluffy and scrape down sides of bowl as needed. Add 6 eggs, 1 at a time, and allow each egg to fully incorporate before adding the next egg.
5. Add one-third of flour mixture and beat just until combined. Do not over mix. Next add half of the sour cream mixture, rotating flour mixture and sour cream mixture, beating between each addition, just until combined.
6. Crush ¼ of the blueberries, and add to batter. Fold in remaining whole blueberries. Pour batter into Bundt pan, smoothing the surface with a spatula.
7. Bake 50 to 60 minutes or until a toothpick comes out clean. Allow cake to cool 20 minutes in pan. Invert onto cooling rack.

This one is also great with strawberries or blackberries.

BLUEBERRY AND RASPBERRY OVERNIGHT OATS

Serves 1-2

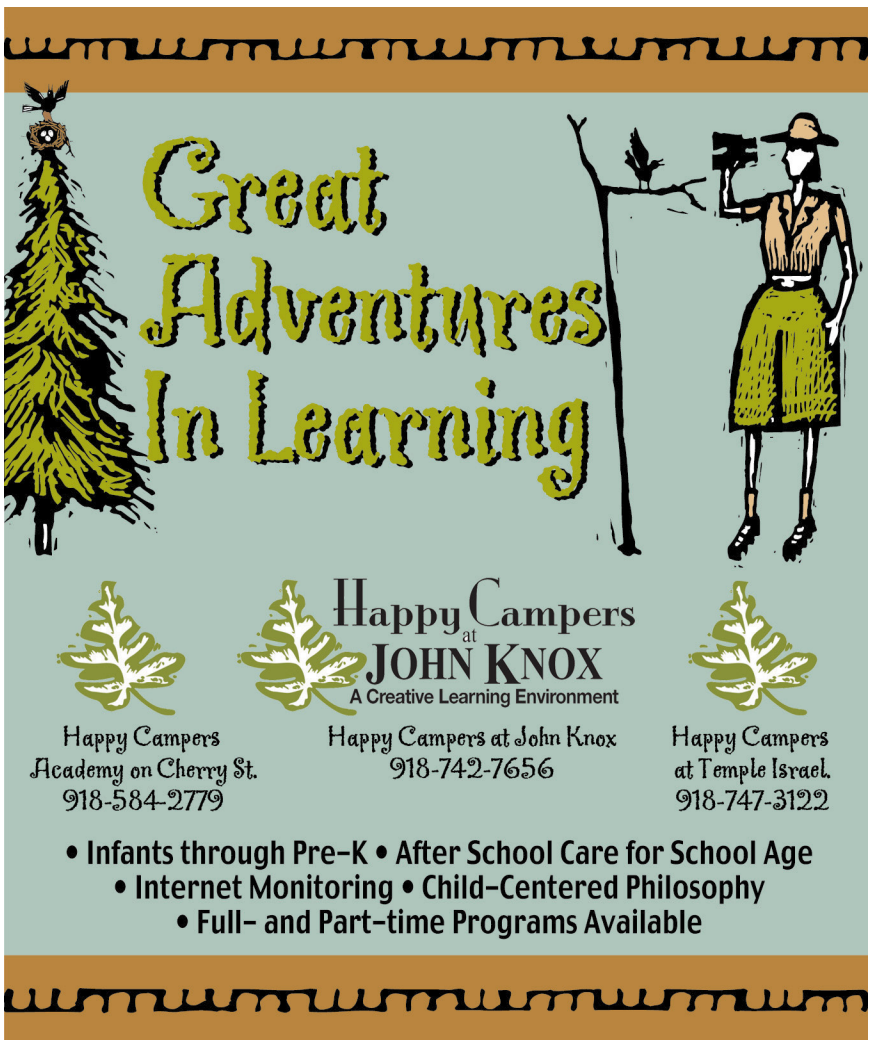
- ¾ cup raspberries, divided
- ½ cup milk
- 1 tablespoon maple syrup
- ½ cup old-fashioned oats
- 1 teaspoon chia seeds
- 1/3 cup blueberries.

1. Place half of the raspberries into a small bowl. Mash raspberries until puréed. Pour raspberry purée into bottom of a pint jar.
2. Combine milk and maple syrup in a small bowl. Set aside.
3. Place oats in a small bowl and add chia seeds. Pour half of oat mixture into jar.
4. Drop half of remaining whole raspberries into jar and reserve second half of remaining whole raspberries in refrigerator.
5. Pour remaining oat mixture into jar and pour milk mixture into jar. Seal jar with lid or cover tightly with plastic wrap. Refrigerate overnight or at least 5 hours.
6. Unseal jar and place reserved whole raspberries onto oatmeal. Place blueberries onto oatmeal. Serve immediately or store in refrigerator up to 2 days before serving.

If you plan ahead, you can make the berry experience even more enjoyable.

1. Don't forget the sunscreen. It's hard to find much shade at the berry farms, so be sure to pack sunscreen, wear a hat and bring water.
2. Talk to the kids before you go. Let them know to only pick the berries that are ripe and ready. Show them how to look under the leaves, and in the high and low places, to find some of the best—and untouched—berries.
3. Bring a picnic blanket and lunch. Check before you go, but some of the farms allow you to set up a spot for a picnic lunch, which is great fun after a morning of berry picking.
4. Look for recipes. Let the kids look with you through cookbooks or online to find a recipe for cobbler, muffins, pie or a smoothie that would be delicious with your just-picked berries.
5. Have a talk about where food comes from. Remind them that all the fruits and vegetables they eat are grown and picked by farmers. Meeting local farmers is a good way for kids to make that connection.





BY REP. JOHN WALDRON

the myth of the failing school

There's an old saying: "legislation is like sausages. It's better not to see them being made." One of the reasons for this is the ingredients. Sometimes, a law begins with bad ingredients. We see a lot of this in education. One of the basic ingredients in much education legislation is the myth of the failing school. It goes like this: students, especially Black and brown students, are trapped in bad public schools that don't meet their needs. This message is sustained by an A-F report card system that uses a particular set of data to highlight particular problems. For example, it uses "chronic absenteeism" as one of five progress indicators. Chronic absenteeism is a much greater problem in poor neighborhoods, where families might face greater problems with housing, transportation, health and trauma. A poverty map of Tulsa shows a close correlation with low-performing schools. In recent years Oklahoma City had no A schools, while more affluent Edmond had no F schools.

Now, it's true that inequity is one of the greatest challenges facing our public school system. Income disparities are at the highest levels in a century, and persistent problems of racial injustice weigh heavily on all



American institutions. These problems are reflected in our public schools, which are obligated to take every child and meet their needs every day. The A-F system does a better job of showing the problems than it does addressing them. That's because there's only so much schools can do with the problems children bring with them into the school building. My wife Krista, for example, works with students who have been involved in the criminal justice system. Many are products of multi-generational trauma and face massive barriers to advancement, including juvenile and criminal records. When I taught at the more affluent Booker T. Washington High School, one of my jobs was to help students get into the best colleges. Her job was often focused on keeping kids from going to prison. Both jobs are important, but should we be comparing her school to mine? Isn't her job just as useful to society as mine was?

But this is one of the basic ingredients of much education reform these days. The argument goes that it is the schools that are the root problem, not the larger social conditions. These children need programs such as charter schools and vouchers to get them out of failing schools and into better programs. This of course means less investment in those "failing" public schools and continues a downward cycle. The trouble with this approach is that the myth is simply a means to a desired end: opponents of the public school system find it a convenient way to justify their end goal, reduced investment. And even if private schools could expand to fit every child, would their models meet every need and serve every kid like the public schools? Would they, for example, provide busing, free lunch, special education services? Or would they screen out students or expel kids who didn't fit their model?

This year we have seen a number of education bills advancing through the legislature. SB 783 allowed for "open transfers" under the argument

that parents should not be trapped in failing schools by their zip code. But it doesn't provide transportation, so only students with means will be able to benefit. HB 2078 changes the funding formula under the argument that "the money should follow the child." But by reducing the planning time schools have to adjust for population shifts, it makes staff hiring much harder for rural and urban schools with declining enrollment. It was argued in committee that we shouldn't reward failing schools, but what this will do is reduce investment in our most stressed school districts.

We would do well to consider policies that deal with the root problems: investments in public housing, expansion of health care access including mental health, criminal justice reform and raising the minimum wage. Kids dealing with evictions, addiction problems in the family, criminal records and difficulty affording food and clothing are just as valuable as every other student, but who face greater challenges. Children in poverty are much more likely to succeed if we remove the day-to-day institutional barriers holding back their natural development. But we continue to blame the schools themselves because it helps us avoid looking at the problems of inequity in our own society. And that's a shame. Maybe it's time to reexamine the myth.





EASY BBQ GRILLED CHICKEN

SERVES 4-8 | 40 MINUTES

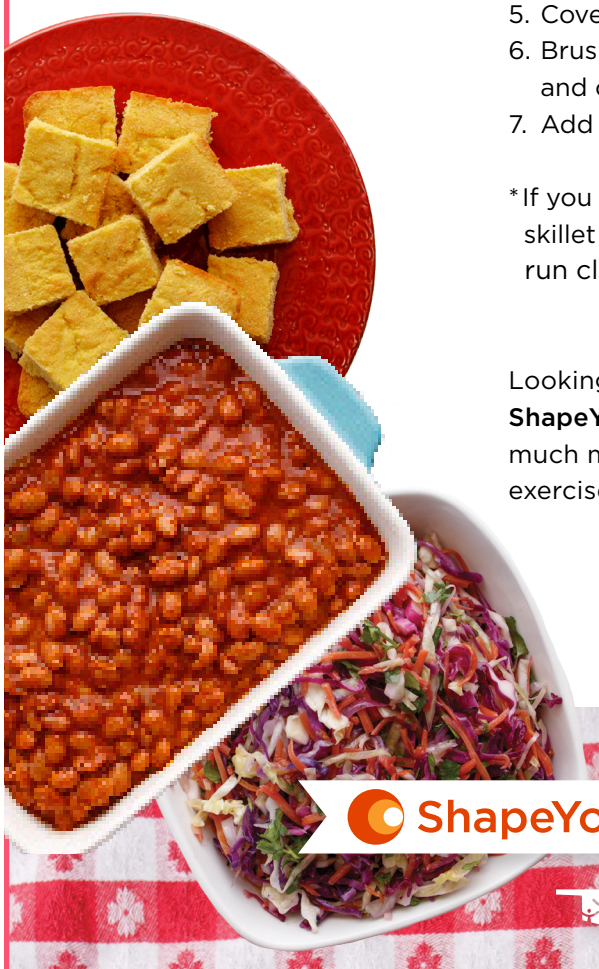
INGREDIENTS

- 4 pounds of chicken (legs, thighs, wings or breasts) with the skin on
- 1 cup of BBQ sauce
- Salt
- Olive oil

INSTRUCTIONS

1. Prepare grill* — one side on high vheat, one side on low.
2. Coat chicken in olive oil and sprinkle with salt on all sides.
3. Sear both sides of chicken on hot side of grill for 10-12 minutes.
4. Move chicken to the other side. If you are using a gas grill, turn to low heat.
5. Cover and cook for an additional 10 minutes.
6. Brush meat with barbecue sauce on all sides and continue to cook until juices run clear.
7. Add remainder of barbecue sauce to serve.

*If you do not have a grill, you can cook chicken in a skillet on medium-high heat until done and juices run clear.



Looking for healthy twists on classic side dishes? **ShapeYourFutureOK.com** has them all — and so much more! Get tons of healthy tips, including fun exercise ideas for the whole family!

ShapeYourFutureOK.com
A Program of TSET

BY NANCY A. MOORE

teresa forehand shares mom hacks

In honor of Mother's Day, we are spotlighting Teresa Forehand, one incredible mom who not only works in a caring profession, but is interested in helping others on a larger scale through a podcast she and her husband, Cody, created called The Parent Hack! This podcast is for parents and caregivers with kids of all ages, which focuses on a variety of trending topics and current events in their household. Teresa is the first to admit that she doesn't have it all figured out—but she is willing to be vulnerable in sharing what she has learned. Along with the podcast, she works full-time, runs a health and fitness group, and has two kids under the age of 4. It's a busy life, but she wouldn't have it any other way!

TK: Tell us about yourself:

Teresa: I'm from Tulsa and met my husband in college. We've been married for six years. Our oldest will be 4 in a couple of months and our littlest is 1 ½. In addition to the podcast, I am a Physician Assistant in long-term care and I also do health and wellness coaching. Both enable me to utilize my degree in Nutritional Sciences.

TK: What do you enjoy doing as a family?

Teresa: We're really big on using all that Tulsa has to offer. When we're not at home, we love going to the Gathering Place.



TERESA AND CODY FOREHAND WITH THEIR CHILDREN.
PHOTO CREDIT: SHEEBA ATIQI

TK: What inspires you?

Teresa: I am very passionate about helping women live fulfilled lives—whatever that means to them. The journey of motherhood has taught me that it's easy to get caught up in what other people are doing or worrying about the things we should be doing. Something I've really learned as a mom is to focus on what my core values are and doing the things that I want my children to remember.

TK: Tell us where the idea began for The Parent Hack podcast?

Teresa: This last year we spent a lot of time at home together. We try not to watch a ton of TV, which led to conversations that Cody and I would have after putting the kids down for bed at night. We both know that parenting is hard and were constantly questioning if we were doing it right. I would think, 'I have these two babies that I love so much, I want to raise them to be good people.' Those conversations led to a lot of research and personal development. It was through that process that Cody realized that others could learn from what we were going through—it was his idea to start the podcast.

TK: What are your top three "parent hack" tips?

Teresa: My top tips are:

1. When it comes to motherhood, don't be afraid to ask for help. It doesn't make you 'less than' to ask for or accept help.
2. When it comes to marriage, don't be afraid to talk to your spouse about the hard things. It's important to communicate and share your feelings with your spouse.
3. One of our most popular podcasts was about our personal budget. Talking through those values and goals with your spouse keeps you both focused on what you want in life.

TK: How do you decide what topics to discuss on the podcast?

Teresa: A lot of our subjects come from what we are currently struggling with in life. A recent challenge may spark an idea. We also love hearing from our listeners and what they want us to talk about. Our goal is to serve our audience and give them what they need.

TK: How do you stay focused on taking care of yourself?

Teresa: Taking care of myself is really important. That doesn't mean just fitness, although fitness and nutrition are huge components of that. Thinking about my time, when I am presented with another opportunity, I look at it as a choice and how it's going to serve me. I consider if it is something that is going to help me become better or whether is it going to drain my energy. This last year has helped me figure out how to prioritize my time.

TK: Can you share one of your superpowers?

Teresa: I'm really good at maximizing my time—that's how I've always been wired. My mom is like that. She worked full time and had four kids and seemed to be able to do it all. The negative side of that is that I have a hard time just sitting still. It's something I'm working on…I'm getting a little better at it.

TK: How do you personally maximize your time?

Teresa: I know we're all busy—but we all have the same 24 hours in a day. We all get to decide how we spend our time. I tell people who feel like they don't have any extra time to do an audit of their day to figure out where they're really spending their time. A few minutes on social media or tv time in the evenings all adds up. Remember, it's ok to ask for help!

TK: What is something you know now that you wish you would have known earlier in life?

Teresa: I am somebody that can overcommit myself, I am an achiever, but what I have learned is that just being busy and hustling all the time is not necessarily going to make you happy. And if what you thought was going to make you happy isn't making you happy, it's ok to look into other things. I think so often we think we're stuck in a certain situation, but it's ok to pivot and change. Think about where you can make some changes to live a life that is more balanced or fulfilled. It's ok to change your mind and not look at it as failure. Give yourself grace and be ok with changing things.

TK: Do you feel like you're living the life you imagined?

Teresa: I am living a life that is more than I imagined. Cody and I are at a great place in our marriage—it has come with a lot of work, but it's the best work. Being a wife and mom, there are so many days that I think, 'am I doing anything right?' But it's the most fulling work even though it's the hardest work. It's definitely worth it.

TK: What do you appreciate about your spouse?

Teresa: Cody is definitely the risk taker, he's the entrepreneur and investor. He loves to dream big, and I've always been the one to play it safe. He's brought that out in me a lot more. I've seen what that can do with your life if you're willing to step out of your comfort zone a little bit and dream a little bigger, work a little smarter and not give up on your dreams. Most people aren't willing to do the work. So many people give up on your dreams when it gets a little bit hard. Those are some of the most defining moments of your trajectory and where life takes you.

TK: What's next for you?

Teresa: For now, I'll just say that this year is going to have a lot of changes as far as how my time is spent! We'll be working more on our podcast and maybe think about having another baby! I'm looking forward to watching my kids and marriage continue to grow.

Check out weekly episodes of The Parent Hack Podcast on Apple Podcast and Spotify. Also, on Instagram @the_parenthack.

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



BY STAFF

christ united methodist church's ELC celebrates 50 Years

Christ United Methodist Church's Early Learning Center (CUMC ELC) is celebrating its 50th year, and Lynn Coye has been a part of the preschool's history as a parent, a teacher and now as the school director.

Coye attributes the longevity of the ELC to consistent care and teaching.

"We are unique because we consider ourselves as partners with the parent in the education of their children and consider each child as unique," she says.

Over the years, CUMC ELC's mission has remained the same—"to provide a safe, happy Christ-centered environment for the young child to thrive and learn." The preschool currently is focusing on young children through a program called "Three and Me" for children ages 3 months to 3 years. They meet three days a week, Mon., Wed. and Fri. from 9:30 a.m. to 2:30 p.m.

Coye's own children attended the ELC years ago.

"My son Taylor is 30 years old and started going to the ELC when he was 4 years old," she says. "Once our daughter Olivia turned 3, she started attending, and I started as a teacher at the same time. Olivia is now 28 years old."

Coye says being a teacher at the ELC "has been the most fun job I've ever had. There's nothing like looking at life through the eyes of a young child as you watch them learn. Last year, my grandson Benjamin attended until we were forced to close due to Covid-19," she added.



LYNN COYE IS THE NEW DIRECTOR AT CUMC'S ELC, WHICH RE-OPENS JUNE 7.

Many families have similar stories about generations of association with the preschool. One of the teachers at the ELC was a student in Coye's 4-year-old class.

While the school's mission to care for and educate children has remained the same, Coye has observed changes in families' situations over the years, especially regarding working parents and single parents.

"With the cost of living continuing to rise, there are more families with both parents working, as well as many single parents," Coye says. "Finding the right preschool, especially for the first time, is of the utmost importance. A parent should feel at ease knowing their child is being loved and cared for as well as learning something each day."

Coye offers some tips for parents as they search for a preschool for their child. She says friends and family may have recommendations. But parents also should look at how long the school has been open, the reputation, class environment and daily lesson plans. Parents should feel comfortable with the school environment and the teachers, including observing how they treat the children and how the staff and teachers have been trained.

When the pandemic hit, CUMC ELC, like many schools, was forced to close temporarily in Oct. 2020. At that point, the long-time director, Laurie Pearn, chose to retire after 36 years. As the school looked to reopen, Coye was offered the job and stepped in as the new director in March 2021.

"We reopen June 7," Coye says, "and will continue through the summer and into the school year. As we have done in the past, we are offering a class for school-age children up to age 8."

Coye says the church has used some of the downtime to paint and repair, and to make way for the new playground.

"It's an exciting time for us," Coye says. "I loved teaching so much and getting to know the children and their families. Now as director, I'll be working more closely with our teachers and will still be able to interact with the children and their families. I'm blessed all around."

TULSABALLET.ORG/CLASSES

SUMMER DANCE



tulsa ballet
CENTER FOR DANCE EDUCATION

CLASSES FOR AGES 3 - ADULT
SEE WEBSITE FOR DATES & MORE DETAILS
HARDESTYCDE@TULSABALLET.ORG
918.872.6414

MINI FLORAL LANDSCAPES

May 20-23

April showers bring May flowers. The warm, rainy weather brings about growth and life which creates beautiful blossoms. Paint your own floral landscape based on *Landscape* by Brummett Echohawk with flowers that you see blooming in your own garden and neighborhood.

Supplies are limited, reserve your **free** kit today at **gilcrease.org/events.**

GILCREASE MUSEUM
Thomas Gilcrease Institute of American History and Art

Get excited about learning at University School!

918-631-5060 • UTULSA.EDU/USCHOOL
PREK - 8TH GRADE GIFTED CHILDREN

THE UNIVERSITY OF TULSA
University School



BY TARA RITTLER

you have a story to tell: jason reynolds on writing, race and respectful parenting

A group of Tulsa students in in-school suspension convinced Jason Reynolds to write "Miles Morales Spider-Man." At the time, Reynolds was on the fence about whether to take on the project. However, once he explained that the protagonist would be a Black Spider-Man, the students' enthusiasm helped him realize the kind of impact this book could have.

"These young men, who are in suspension, this is what they want," Reynolds says. "They want to see themselves as superheroes."

Jason Reynolds will return to Tulsa—virtually—as winner of the Anne V. Zarrow Award for Young Readers' Literature. He will speak about his life and writing process and announce the winners of the library's Young People's Creative Writing Contest. Watch the presentation live on May 6, 7 p.m., on Tulsa City-County Library's YouTube page, youtube.com/tulsalibrary.

FINDING YOUR STORY

A goal of the award is to encourage children and teens to read and write. This dovetails perfectly with Reynolds' role as the National Ambassador for Young People's Literature.

However, he wants to do more than just simply tell kids that they should read and write.



PHOTO CREDIT: DAYO KOSOKO, 2020

Instead, Reynolds aims to have meaningful engagement with young people so that they realize they have stories worth telling.

"I've been doing all this work in rural communities and small towns," Reynolds says. "So let's say I'm in Iowa. And a kid is asking me questions about my life and where I live and how I grew up. I also have the opportunity to ask that child, 'Well, if I come to your neighborhood, where would you take me? Where would we go eat? What do you like to do? Where should I hang out?' And when that happens, intrinsically, they start talking about what they love about their town. A town that everybody is overlooking, that no one is thinking about. And then they're getting excited about what they've taken for granted all these years because everybody is under the assumption that there's no story to tell. But there is!"

COMING FALL 2021

Fans of Captain Underpants will love Jason Reynold's upcoming "Stuntboy, In the Meantime," about a young boy with a big imagination. The book will be illustrated by Raúl the Third.

"Stuntboy, In the Meantime," will be Reynolds' first work written for this younger age category. His goal is to combine irreverent humor and quirky characters with a layer of emotional depth.

RESPECTFUL PARENTING

Since he's not a parent himself, Reynolds is wary about giving parenting advice. However, he looks to his own parents as good models.

"[My parents] really, really pushed that I was a whole person, even as a child," Reynolds says. "It was never a household where it was a 'do as I say' kind of thing, even though I had to do what they said. But I got to say, 'I'm going to do it, but let me just express the way I feel in this moment."

His parents offered a good balance of high expectations and a willingness to admit when they were wrong. Reynolds also was free to let his parents know what was going on in his life without fear of judgment or getting in trouble.

"It was powerful," he says. "And that's the reason now as an adult, when I'm around kids, instead of judging them, I'm like, 'Help me understand. What's going on in your mind and in your body to make you make these decisions or feel the way that you feel?' Because if I understand you, I can figure out how to love you in a way that is effective." Despite this, some parents may hesitate to let their kids read Reynolds' books, as they include themes such as gun violence and racism. In his own words, "I've been banned a million times." But based on his experience talking with students, Reynolds says, they can handle tough topics and want to have these deeper conversations.

"You write stuff that's hard because there are kids who are living hard lives," explains Reynolds. "And if you don't want your kids to read about it, that's fine, but your kids should also know that those kids exist, and that they're going to know those children…Parents have an opportunity and an obligation and responsibility to provide you with some resource to know that the world is bigger than your suburban bubble."

JASON REYNOLDS WRITING PROMPTS:

1. How would you describe "love" to a 5-year-old?
2. What does the sky smell like?

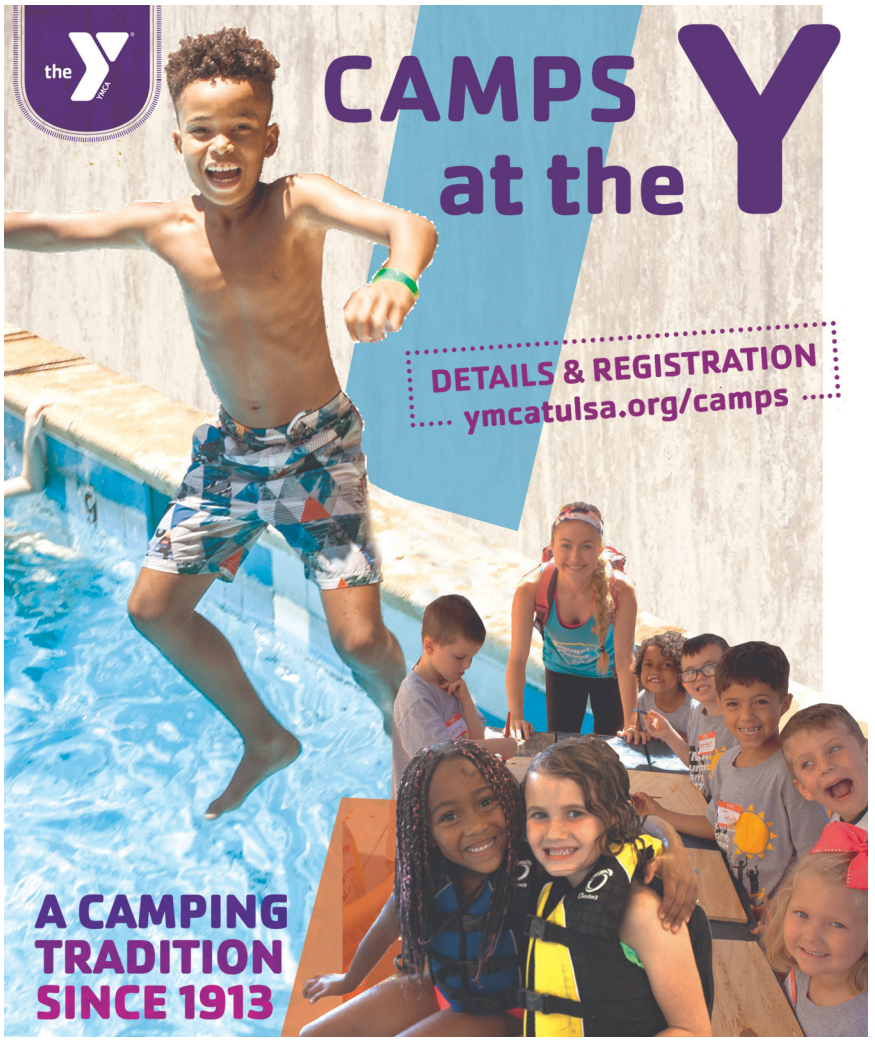
TULSA'S GROUND ZERO

For Tulsa parents in particular, the 100th anniversary of the 1921 Tulsa Race Massacre provides the opportunity to have conversations about race and racism. Reynolds visited Greenwood on a previous trip to Tulsa and believes that should be a yearly field trip for students.

Reynolds' biggest regret about the "Stamped" remix, a YA book about the history of racism based on Ibram X. Kendi's best-selling "Stamped from the Beginning," is that it doesn't include the Tulsa Race Massacre, due to space constraints. However, he believes it to be one of the most important moments in American history.

"Stamped" is still a valuable resource for parents and older students. The point of this book, says Reynolds, is to encourage readers to ask themselves some hard questions.

"This book is meant to give you all the historic context so we can start living examined lives," says Reynolds "So that we can start to see where racism is hiding and how it is harming people in ways that we cannot even imagine."



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



ASK THE EXPERTS

Miller Swim School | Sarah Clavin



Q. National Water Safety Month—What does it mean for us?

A. May is National Water Safety Month, and the American Red Cross wants to ensure that every member of your family becomes water competent, parents and children alike. This means being water smart, having swimming skills and knowing how to help others. Children and adults should learn to swim so they at least achieve the skills of water competency. They should be able to enter the water, get a breath, stay afloat, change position, swim a distance and then get out of the water safely. Layers of protection to help prevent drowning include:

- Provide close and constant attention to children you are supervising in or near water.
- Fence pools and spas with adequate barriers, including four-sided fencing.
- Children, inexperienced swimmers, and all boaters should wear U.S. Coast Guard-approved life jackets and swim in lifeguard-approved areas.

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

HTR Pediatric Therapy | Ashley Dozier, PTA



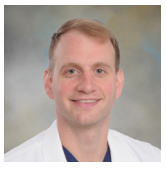
Q: I read an article that said being barefoot is the best option for toddlers. Is this true?

A: While being barefoot can have some benefits for your kiddos, such as sensory development, strengthening and balance, it is not always the best choice. Some babies and toddlers begin developing irregularities in the formation of their feet early on, such as pronation (flat feet), supination (excessively high arches), internal rotation (pigeon toe) or toe walking. Allowing your child to walk around barefoot will not typically correct foot development irregularities that could be corrected with use of orthotics or shoe inserts. Once a child reaches the age of 7, the bones and muscles of the foot are completely formed, not allowing much room for correction, which in turn can contribute to ankle, knee, hip, and back pain later on.

If you notice your kiddo is displaying signs of flat feet, high arches, pigeon toe, or walking on their toes, contact HTR at (918) 806-0106 to talk to a Physical Therapist and find out if orthotics or inserts are right for your child!

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

Eastern Oklahoma Ear, Nose and Throat | Jeremy Foon, MD, MPH



Q: My daughter was recently recommended to have ear tubes placed? What are ear tubes and why would she need them?

A: Ear tubes are tiny grommet shaped tubes that are surgically placed in the eardrum. They relieve pressure in the ear and help to drain any persistent fluid that may be built up behind the eardrum. Common causes for these issues include recurrent ear infections, enlarged adenoids, or allergies. While ear tubes do not eliminate ear infections altogether, they tend to significantly decrease the frequency and severity of infections. They also help restore normal hearing that may be compromised from fluid behind the eardrum. Ear tube placement is one of the most common procedures performed on children as young as 6 months old. It is a very safe procedure that generally takes 10-15 minutes to perform with a typical 1-day recovery.

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: How has COVID affected the mental health of children?

A: May is Mental Health Awareness month. The stress that our children have been under during the COVID pandemic has been immense. Whether due to proximity to someone ill, fear of spreading illness, or schooling from home, children have felt the changes in their environments. Rates of depression, anxiety, and suicide have risen. A variety of symptoms can be indicative of mental health concerns. Your child's pediatrician is trained to help guide your family to the appropriate resources and treatments. Reach out to your support system and encourage open communication with your children.

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. I've noticed that your office signs at 61st and Memorial are gone. Have you relocated?

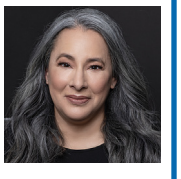
A. Yes! After 15 years at the Triad Center in South Tulsa, World Travel has a new home in the heart of downtown Tulsa's growth and development district. We look forward to welcoming you to:

110 South Hartford Avenue, 3rd Floor, Tulsa, Oklahoma 74120.

Make no mistake though. A change of space does not change our face. We are the same team ready to support you—only now, when visiting us, you'll enjoy a view of some art deco architecture and maybe grab a bite at a trendy new restaurant. And, World Travel has the same phone numbers, web and email addresses. However, we are refreshing our brand and will soon introduce you to it, along with our updated user-friendly website. Watch for exciting announcements on this and more in the coming weeks. As always, we are honored to be your guide in the new age of travel.

World Travel Service
918.743.8856 | WorldTravelToday.com

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



Q: We keep seeing signs of dyslexia. Our son spells his father's name with the right letters, but in the wrong order. He spells the word "feeling" as "fleeing." He may verbalize the correct spelling, but in writing, he does not get it right. Does this reversal of consonants suggest a mild form of dyslexia worthy of testing?

A: Letter reversals could be due to a variety of reasons. For example, eye teaming, or eye muscles not working together, could cause difficulties in processing what is being seen because it may appear as if the letters are shaking or moving. This is different than visual acuity. Visual acuity is the measure of the distance a person can see an object in focus. Another reason could be impairment of visual perceptual skills. In this case, the eye muscles are working together, but what he sees is not what you see.

Dyslexia is a language processing disorder. A person can have the visual challenges listed above but not necessarily have dyslexia. A person can have both. We can test to determine what is causing the reversals and develop a plan to increase those skills for learning success.

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



Experience the great outdoors in Springfield at area lakes, rivers, parks and Ozark Greenways trails. Be sure to head to the original and largest Bass Pro Shops® Outdoor World® to get all the supplies you need for your weekend adventure! While you're there, venture next door to Johnny Morris' Wonders of Wildlife National Museum & Aquarium, voted America's Best Aquarium by USA Today.

EXPLORE SPRINGFIELD AT

SPRINGFIELDMO.ORG

Point your smartphone camera at this QR code to find out more about things to do in Springfield.

GUTS CHURCH PRESENTS

JUNE 7TH – 10TH

DIG

seed time harvest

FROM 9AM – 12PM

A SUMMER 2021 VACATION BIBLE SCHOOL

AGES 3 YEARS THROUGH 5TH GRADE

*MUST BE POTTY TRAINED

$40 IF ENROLLED BEFORE 5/24

$60 AFTER 5/24

GUTS CHURCH
9120 E BROKEN ARROW EXPY
TULSA, OK 74145

VISIT GUTSCHURCH.COM/VBS OR SCAN THE QR CODE TO ENROLL

Janell Whitby school of music



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

We specialize in helping your child fall in love with music!

Students who start learning to read music by age 4 or 5 have exponentially higher math and science scores.

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







2ND–12TH GRADE

WWW.NEWLIFERANCH.COM

Every Person Is Worthy of Dignity and Respect

BY KESHIA PAVEY



DR. TAMECCA ROGERS, DIRECTOR OF DIVERSITY, INCLUSION AND EQUALITY FOR TULSA TECHNOLOGY CENTER, WITH HER SON KEITH ROSS.

ANDREA MURPHY PHOTOGRAPHY

When Dr. Tamecca Rogers' young son Keith wanted dreadlocks, Rogers' immediate response was "no!" She didn't want Keith to be unfairly judged because of his hairstyle choice. Having been through the hair discussion with one of her older sons, who is now 24, Rogers felt the familiar protective fear that mothers of Black sons feel.

"I think as a mom, I've done a lot of growing over the years," Rogers said. "So with Ian, my first baby, he wanted dreadlocks, and I said 'They're going to judge you if you wear dreadlocks. You have to have a clean cut at all times.'"

When Ian was looking for a job, Rogers told him that an employer wouldn't look at him twice. "I know when I was looking for jobs, I would wear straight hair," Rogers reflected. "That's how we talk, and we pass that along to our kids. And a lot of that is fear, but it's not unjustified fear."

With 10-year-old Keith, Rogers faced her fears and allowed Keith to wear his hair the way he wanted to wear it.

"I have grown," she said. "It was a fear of mine that he would be judged and portrayed a certain way. I just didn't want that stereotype on him just because of a hairstyle."



For now, Keith is "the cool guy" at school, Rogers says. "He loves it and takes pride in it. It's a part of him."

That learning process was the impetus for Rogers' first children's book, "Momma, May I Be Me" by Dr. Tamecca S. Rogers and Keith Ross; illustrated by K-Shaniece M. Smith. Written in English and Spanish, the book is a conversation between a mother and son about the son's wish to grow his hair long and get dreadlocks. The book includes some history of dreadlocks and, armed with information, how the son comes to his ultimate decision.

Dr. Rogers is a Tulsa native, a mother of three boys, and the Director of Diversity, Inclusion, and Equality for Tulsa Technology Center. She served five years as a hospital corpsman in the United States Navy and a combined six years as a high school instructor and college enrollment counselor.

"I have called Tulsa my home for 38 years," Rogers said. "I am a proud mom of Ian, 24, Chazen, 19, and Keith, 10. Ian is my oldest son and he is responsible, confident, and a hard worker. Chazen is my middle son, and he is caring and typically the peacemaker. Keith is my youngest son, and he is outgoing and dances to his own beat."

"Momma, May I Be Me" was the first of seven books for children that Rogers has written, all but one with her son Keith.

Rogers uses the books as an opportunity to educate both children and adults through storytelling. At the same time, the projects allow her to learn along with Keith.

One recent book, "Now You're It: Journaling to Perseverance," is an interactive book packed with projects, inspiring quotes and brief biographies of famous Black figures throughout history. It includes writing prompts that encourage children to think about their own identities.

In the past year, due to the COVID-19 pandemic, like most families, Rogers and Keith had extra time together. They spend a portion of this time researching and writing about the Tulsa Race Massacre.

May 31, 2021 will mark 100 years since the destruction of the once vibrant and prosperous neighborhood of Greenwood in the then segregated city of Tulsa. This neighborhood was the hub for black businesses, schools, stores, and more. The neighborhood flourished despite the Jim Crow laws of the time. The neighborhood was so influential, it was referred to as Black Wall Street. Due to an accusation by a young white woman about a young Black man in an elevator on May 30, 1921, the entire community was gone. In less than 48 hours it was burned and pillaged by angry white residents, leaving most of its Black residents with nothing.

Many history courses do not address the Tulsa Race Massacre even though it is a turning point in the history of the city. It is common to hear an Oklahoma native say they never heard of the massacre, and that includes people born and raised in Tulsa. Most Tulsa natives learned of the horrific event for the first time within the last decade. That means so much time has passed with such a historical and tragic event going unrecognized by many of its residents.

"My children did not learn about the Tulsa Race Massacre in school and neither did I," Rogers said. "I recently learned about it a few years ago and I was absolutely shocked. I couldn't understand why we weren't taught this in school, especially since it is mandatory to take and pass Oklahoma History."

Rogers seized the opportunity to teach Keith about Black Wall Street and the Tulsa Race Massacre.

"My son asked questions that were hard to answer," she said, "not only because of the devastation that happened, but because of the disappointment and disbelief in his face. He looked at me and said, 'Momma, I think everyone should learn about this.'"

Keith's interest and his questions prompted them to write "A Promised Deferred: The Massacre of Black Wall Street," a children's book that describes the events of the massacre of Black Wall Street. The book is designed to engage children, parents and



If you're a parent wanting to speak with your child about the Tulsa Race Massacre, The Greenwood Cultural Center is a good place to start. Also, there are several books available including the one mentioned in this article by Dr. Tamecca Rogers. All of Dr. Rogers and Keith Ross's books are available on Amazon. If you are in the area of downtown Tulsa, consider taking your children by the John Hope Franklin Reconciliation Park to read the plaques and learn of some of the good work that occurred in the Tulsa community after the tragic events of May 2021. TulsaKids also keeps a list of resources at www.tulsakids.com.

educators in conversation. It promotes critical thinking, diversity and inclusion.

The many incidents involving police brutality that occurred or resurfaced in 2020 have stirred the conversations about race relations in America. To some it may seem like a new exchange of ideas, but to others it may seem like much of the same. Navigating this climate of race and human rights can be overwhelming. This task could be twice as difficult for parents. Rogers hopes her books will help provide a starting point for direct and meaningful conversations.

While Rogers says she loves Tulsa, she also sees that the citizens of the city have a lot of work ahead of them to improve life for all Tulsans.

"If I am being perfectly honest," she said, "Tulsa has a lot of work to do pertaining to diversity, equity, and inclusion. I remember when I decided to move back to Tulsa from California, after serving my country for five years, to be close to family. I was excited to come back home. I figured I would be able to land a job quickly. At the time, I had a master's degree, I was a veteran, and I had medical experience."

Rogers said she sent out "tons" of resumes, but never received one call for an interview.

"I had a feeling that it was my name," she said. "I have an ethnic name and, therefore, when my name is the first thing some people see on a resume, they tend not to call back for an interview."

To test her name theory, Rogers changed the name on her resume from Tamecca to Tammy.

"I sent my resumes out to the same companies," she said, "and within a few days, I received several callbacks for interviews. With that being said, I didn't get hired at the time, but I did get interviews."

She said that, even with her education and qualifications, it took several months to land a job, one for which she was overqualified with low pay and undesirable hours.

"I have struggled with my views of Tulsa because it's bittersweet," she said. "I have an amazing family and great friends, but it is clear that discriminatory policies and systematic racism still exist."

Not long after she had returned from California, Rogers said she and a friend were stopped by police just for driving to pick up some food. She also experienced on-going racism when she was teaching at a school district outside of Tulsa. She was the only Black teacher, and there were only two Black students. Some of her students would call her derogatory names and exhibit other racist behaviors. When Rogers reported the incidents to the administration, nothing was done. Because of the toxic, disrespectful environment, Rogers said she cried going to work every day, but she had children to support, so she kept the job for two years.

Her two older children have also experienced racism. One son expressed frustration in math class at not getting a question answered after having his hand up for some time. He took his glasses off and flung them on his desk, a gesture most would consider mild. The movement was not directed at anyone. The teacher, however, felt the act was aggressive, called Rogers, and referred her son to anger management counseling.

Even though Rogers thought the punishment was extreme, her son complied. At the time she warned him, "Know that your moves and your actions can be considered as aggressive because you are a Black boy."

While her two older sons have had experiences with racism, she is thankful that Keith has not, at least to her knowledge. She does, however, wonder when Keith will stop being the "cute" boy that everyone sees. At what age will he, like her other sons, grow tall, have a lower voice and perhaps be perceived as a threat.

"Unfortunately, it's an experience that we expect and sometimes become numb to," Rogers said. "As a mom, it's hard raising Black young men. I worry about their safety. I have to give them 'the talk' about how they can be perceived as a threat, although they are loving children. I must talk to them about the importance of making it home safe. It's hard for them to understand, and it's hard for me to talk about."

As the anniversary of the Tulsa Race Massacre approaches, Rogers hopes the future can be instructed by the lessons of the past.

"I hope that the Tulsa community could commit on every level to end systemic racism in all forms," Rogers said, "to ensure that my sons and other minority children can grow up in a community that values them as full human beings worthy of dignity and respect.



BIRD IS THE WORD! HEAD TO OXLEY NATURE CENTER ON THE FIRST SATURDAY OF EACH MONTH FOR SATURDAY MORNING BIRDING! PICTURED: HAWK FLEDGLING, PHOTO BY BRYAN TAPP

***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

May 1 Saturday

SATURDAY MORNING BIRDING [FREE]

Start the month with a hike at beautiful Oxley Nature Center! What birds can you find? Bring binoculars if you have them; all ages and skill levels welcome. No pre-registration required. Oxley Nature Center, 6700 Mohawk Blvd., 8-9:45 a.m. oxleynaturecenter.org

JENKS AMERICA FOOD TRUCK FESTIVAL

The Craig Bowman Farmers Insurance sponsored Jenks America Food Truck Festival features a variety of popular food trucks and other vendors across the region. Main Street Jenks, 11 a.m.–6 p.m. facebook.com/jenkschamber

MOM & ME NATURE HIKE [FREE]

Take the mother figures in your life out for a hike! Head to the Ray Harral Nature Park for a fun afternoon outdoors! This year's hike is self-guided. Check in at the Nature Center to get a special Mother's Day scavenger hunt and visit their selfie station! A food truck will also be in attendance. This event is FREE and for ALL AGES. Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, 11 a.m. facebook.com/rayharralnaturecenter

May 2 Sunday

ZUMBA WITH ARIANE [FREE, W]

Enjoy a total body workout combining all elements of fitness—cardio, muscle conditioning, and balance and flexibility—and leave with boosted energy and healthy positivity! Guthrie Green, 111 E. Reconciliation Way, 10:30 a.m. guthriegreen.com

CITIZEN SCIENCE WITH DISCOVERY LAB [FREE]

Discovery Lab is teaming up with

the National Oceanic and Atmospheric Administration for a Citizen Science project to track Extreme Precipitation in the Tulsa area.
STEP 1
Build your own backyard rain gauge using the activity sheet or videos below.
STEP 2
Report your weekly rain through May 24. (Be sure to empty your rain gauge after submitting your weekly total.)

Learn more at discoverylab.org/programs/citizen-science.

May 3 Monday

GILCREASE GARDENS SCAVENGER HUNTS [FREE, ONGOING]

Bring your family to enjoy fresh air and sunshine and participate in free scavenger hunts in the gardens and adjacent Stuart Park.

The Gilcrease Gardens and Stuart Park are open daily from 6:00 a.m. to 11:00 p.m. Download one of the scavenger hunts at gilcrease.org/gardens or print them out at home. Gilcrease Museum, 1400 N. Gilcrease Museum Rd.

May 4 Tuesday

ONLINE AQUA TOTS STORYTIME [FREE]

Join the Oklahoma Aquarium for Online Aqua Tots Story Time! Our education team will be reading "Bee Frog" by Martin Waddell in front of our beautiful Polynesian Reef exhibit. 9:30 a.m. Watch at facebook.com/okaquarium

COMMUNITY LISTENING SESSION [FREE]

Join the Tulsa Board of Education for a virtual listening session to share feedback on the development of the new district strategic plan. Spanish interpretation will be available. Visit tulsaschools.org/joinus to attend. 12 p.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. thearcok.org

May 5 Wednesday

LITTLE GARDEN EXPLORERS [W]

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

May 6 Thursday

MEET AUTHOR JASON REYNOLDS: 2021 ANNE V. ZARROW AWARD FOR YOUNG READERS' LITERATURE [FREE]

Meet author Jason Reynolds, winner of the Tulsa Library Trust's 2021 Anne V. Zarrow Award for Young Readers' Literature, during a live virtual presentation on YouTube. Reynolds is the New York Times bestselling author of "All American Boys" and other works for young adult and middle-age audiences. "As a Black man and White man, both writers and educators, we came together to co-write a book about how systemic racism and police brutality affect the lives of young people in America, in order to create an important, unique and honest work that would give young people and the people who educate them a tool for having these difficult but absolutely vital conversations," said Reynolds about his book "All American Boys," co-written with Brendan Kelly.

See the live award presentation here: www.youtube.com/tulsalibrary.

Announcement of the 2021 Young People's Creative Writing Contest winners will held after the award presentation. Visit www.tulsalibrary.org/zarrowaward for more details. For all ages. 7-8 p.m.

May 7 Friday

TULSA MAYFEST [FREE]

Tulsa's iconic spring festival will take place outside in the Tulsa Arts District and Historic Greenwood. As always, Mayfest will feature juried artists from across the country, local artists, bands, and musicians, and traditional festival food. We're all ready for a fun, enriching creative outlet, and we need your help to keep Mayfest safe this year! You can read all about the festival details, including Mayfest's pandemic safety plan, at www.TulsaMayfest.org. May 7-9

THE STUDIO @ MAYFEST [FREE]

This year, Mayfest's KidZone becomes THE STUDIO @ Mayfest. Ahha Tulsa is bringing the ahha STUDIO to the festival, and it means hands-on creativity for all Mayfest guests - not just kids! THE STUDIO @ Mayfest invites visitors of all ages to think like artists through open-ended creative exploration and discovery. In this space, you can select your own materials from those provided and use your imagination to create a work of art. What you create is entirely up to you: the possibilities are endless. If you'd like help getting started, select a "creative challenge" to help spark your imagination. Tulsa Arts District, May 7-9. tulsamayfest.org

TULSA RACE MASSACRE CENTENNIAL PROJECT: FIRST FRIDAY OPENING [FREE]

Register for your free ticket to view Living Arts' Tulsa Race Massacre Centennial Project, opening during First Friday. The project will be on view May 7-June 19, 2021. Living Arts does not charge admission to view their exhibitions. Find their opening hours at livingarts.org. Living Arts of Tulsa, 307 E. Reconciliation Way, 6-9 p.m. Find the Eventbrite ticket link on their First Friday event page at facebook.com/livingartsartsoftulsa.



BE A SUPERHERO BY PARTICIPATING IN CHILD ABUSE NETWORK'S ANNUAL SUPERHERO CHALLENGE! REGISTRATION CLOSES MAY 12. VIRTUAL AND IN-PERSON OPTIONS AVAILABLE. CANSUPERHEROCHALLENGE.ORG

May 8 Saturday

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

WILL'S BARTER BASH
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

CINCO DE MAYO FIESTA [FREE]
The Rose District, in partnership with Vega & Treviño Consultants and Supermercados Morelos, Oklahoma's largest Hispanic grocery chain soon to open in Broken Arrow, is bringing back its Cinco de Mayo Fiesta! Enjoy a celebration of Hispanic culture. There will be authentic Mexican food, dancing, music, shopping, a kid's zone, and more! Mark your calendars for a day full of family fun! Broken Arrow Rose District, 2-9 p.m. facebook.com/rosedistrict

May 9 Sunday

HAPPY MOTHER'S DAY FROM TULSAKIDS MAGAZINE!
Find some homemade Mother's Day gift ideas at tulsakids.com/fun-for-kids.

May 10 Monday

CRAFT CLUB: BOOKBINDING [FREE]
Come by Central Library (curbside service, 400 Civic Center) to pick up a free bookbinding kit (1 per household) while supplies last. Then join on Zoom and learn the basics of bookbinding and make your own simple book. Register online at www.tulsalibrary.org/events or email cas@tulsalibrary.org to sign up for the Zoom crafting hangout. For adults and teens. 6:30-7:30 p.m.



DOWNLOAD A SCAVENGER HUNT AT GILCREASE.ORG/GARDENS, THEN HEAD TO GILCREASE MUSEUM FOR SOME SPRINGTIME FUN! GARDEN ADMISSION IS FREE DAILY.

May 11 Tuesday

STORYTIME AT ELEANOR'S BOOKSHOP [FREE, W]
Enjoy storytime at Eleanor's Bookshop every Tuesday-Sunday at 11:30 a.m.! Eleanor's Bookshop, 1102 S. Lewis Ave., Suite D, 11:30 a.m. eleanorsbookshop.com

PLYOJAM FITNESS [FREE, W]
PlyoJam's innovative workout combines cutting-edge dance moves with short, intense plyometric-inspired movements that tone, shape and transform the body. PlyoJam Dance Fitness is brought to you by Jenn Tatum with Barre & Co. Gathering Place, 2600 S. Riverside Dr., 6-7 p.m. gatheringplace.org

TCCL REMEMBERS: COMMEMORATING TULSA'S 1921 RACE MASSACRE; FRIENDSHIP MATTERED THEN! FRIENDSHIP MATTERS NOW! COMMUNITY READ EVENT: A TALK WITH AUTHOR CLIFTON TAULBERT [FREE]
Join via Zoom for an inspiring presentation from Clifton Taulbert, author of "Eight Habits of the Heart: Embracing the Values That Build Strong Communities." For 36 hours in 1921, friendship lost its way. Great harm was done to people and property. Black Wall Street disappeared in billowing clouds of smoke. Dreams were shattered and some forever. According to Clifton Taulbert, the embrace of genuine friendship cannot restore the lost past, but it can ensure a different future…one where 1921 will not be repeated and where all are respected, affirmed and included. "Over the past few months of this year, the history of Tulsa 1921 has been revisited as scores of people… writers, young people, dancers, lawyers, movies, books, students and librarians all lending their voices as history to be taught and lessons to be learned. We are all in search for that more perfect union—a way of living together that requires friendship. We must not allow friendship to lose its way." 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 all ages. 6-7:30 p.m.

May 12 Wednesday

PAWS FOR READING: READ TO A DOG OVER ZOOM PRESENTED BY BROKEN ARROW LIBRARY [FREE]
Registered therapy dogs are excellent listeners even over Zoom. Kids ages 6-11 are invited to read their favorite books to a furry, four-pawed friend. Register online at www.tulsalibrary.org/events for Zoom link. 3:30-4:30 p.m.

May 13 Thursday

KIDS CONNECTIOIN [FREE]
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. 4:30-5:30 p.m. thearcok.org

BOOTCAMP WITH COACH SPRENKEL [FREE, W]
SweatClub Boot Camp is a fun and friendly class. Participants will use their bodies and a variety of formats to get moving each week! You can expect Tabata, intervals, strength and cardio for a full-body sweat every time! Gathering Place, 2600 S. Riverside Dr., 6-7 p.m. gatheringplace.org

May 14 Friday

FROZEN JR. PRESENTED BY THEATRE TULSA ACADEMY
The magical story that has enchanted millions around the world is now presented by Theatre Tulsa Academy's most talented young people. Don't miss the adventures of Elsa, Anna, Olaf and the entire gang. Featuring "Do You Want To Build A Snowman", "For The First Time In Forever" and "Let It Go!" Tulsa PAC, 110 E. 2nd St., 7:30 p.m. Additional showtimes available. tulsapac.com

May 15 Saturday

LAST DAY TO VOTE FOR YOUR FAMILY FAVORITES!

Vote for your Family Favorites for a chance to win a Staycation Package from Visit Tulsa—and to show your support for local businesses and professionals! Find the entry link at tulsakids.com/contests. Voting closes at 11:59 p.m. on May 15.

BUTTERFLY WALK [FREE]

Hunt for butterflies at Oxley Nature Center! No registration required. Bring a hat and binoculars if you have them. No experience is necessary. Oxley Nature Center, 6700 Mohawk Blvd., 10:30 a.m.-12 p.m. oxleynaturecenter.org

BOOKED UP FOR SUMMER CELEBRATION [FREE]

Make plans to attend Reading Partners' Booked Up for Summer Celebration at Fulton Street Books & Coffee for a day of food trucks, storytimes, and performances by Hot Toast Music Co. The event is free and open to the public. Donations can be made to support Reading Partners in supplying each student in their program with Summer Learning Packets. Donations can be made at BookedUpForSummer.org or you can purchase books at Fulton Street Books & Coffee and donate them directly to Reading Partners. Ensuring students have at-home literacy resources this summer is more critical than ever before as students face a year of unprecedented unfinished learning. Learn more at BookedUpForSummer.org. Fulton Street Books and Coffee, 210 W. Latimer St.

FAMILY DAY AT WILL ROGERS MUSEUM

Take a step back in time and join the Will Rogers Memorial Museum for a fun-filled Saturday exploring the Victorian era of Will's life! Come out and enjoy a High Wheel demonstration with Bob Allen from Bike About Bicycles. Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, 1-3 p.m. willrogers.com

May 16 Sunday

CAN SUPERHERO CHALLENGE

Do you have the speed, agility, balance, strength and focus to complete the annual Superhero Challenge benefiting the Child Abuse Network? After crawling, jumping, swinging and scrambling your way across the finish line, collect your medal and celebrate victory on the grounds of POSTOAK with food, activities, music and more at the Superhero Village. Virtual race options are also available for those wanting to participate from home.

COVID-19 precautions will include limiting the number of attendees at the event, limiting the number of children per heat, sanitization of high-use areas, sanitizing stations and masks required indoors while not eating or drinking. Registration deadline is May 12. POSTOAK Lodge & Retreat,
5323 W. 31st St. N., 11 a.m.-4 p.m.
cansuperherochallenge.org

May 17 Monday

ELL CONVERSATION CIRCLES [FREE, W]

Practice your English speaking and listening skills in this fun and friendly Zoom class. Register online or contact the Adult Literacy Office at 918-549-7400 or email literacy@tulsalibrary.org. For adults. 1-2:30 p.m. Also on Tuesdays, 3-4:30 p.m. and Wednesdays, 10-11:30 a.m.

May 18 Tuesday

YOGA FOR EVERY BODY [FREE, W]

Join Tulsa City-County Library 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.

May 19 Wednesday

Find more events at tulsakids.com/calendar.



ATTEND READING PARTNERS' BOOKED UP FOR SUMMER EVENT MAY 15 FOR KID-FRIENDLY FUN AND THE OPPORTUNITY TO HELP PROVIDE SUMMER LEARNING PACKETS TO LOCAL STUDENTS! BOOKEDUPFORSUMMER.ORG. PHOTO COURTESY OF READING PARTNERS

May 20 Thursday

MISTAKES TO MASTERPIECES: PAINT ALONG [FREE]

Join this family-friendly paint-along on Zoom as attendees meet to create fun, original acrylic paintings one step at a time! Tulsa City-County Library offers free take-and-make kits at Pratt Library (3219 S. 113th Ave. W., Sand Springs) that contain the needed supplies: one canvas; one set of paints including red, blue, yellow, black and white; and two different paint brushes. Register online at www.tulsalibrary.org/events to reserve your space. Invite your friends! For elementary-aged kids to adults. 5-5:30 p.m.

SPRING FEVER CARNIVAL [FREE]

Hicks Park is having a carnival! Enjoy outside carnival games, booths, and more focused on sexual health, healthy relationships, and general wellbeing. Young adults can get everything needed to feel empowered to make healthy and informed decisions around sexuality. Oh, and did we mention there are prizes to win. Don't miss out! Pre-register by May 13. Hicks Park, 3443 S. Mingo Rd., 5:30-6:30 p.m. cityoftulsa.org

May 21 Friday

TULSA IN HARMONY [FREE]

Tulsa in Harmony is a congregation of national gospel artists and local community choirs, lending their voices in one accord. They sing of their hopes and their faith and aspirations for a more unified community and a more unified Tulsa. This inspirational two-night event of music and dance will showcase local and nationally acclaimed Gospel singers coming together to share their love of music and the gift of harmony at Gathering Place. Gathering Place, 2600 S. Riverside Dr. Repeats May 22.
See website for more details, gatheringplace.org

EXHIBIT OPENING: SONGS OF CONSCIENCE, SOUNDS OF FREEDOM

Songs of Conscience, Sounds of Freedom, the newest exhibit set to open at the Woody Guthrie Center®, examines the role of music in informing and inspiring social consciousness throughout American history, featuring an array of musicians across decades and genres, all using their art to push toward a more equitable world. Learn more at woodyguthriecenter.org. Woody Guthrie Center, 102 E. Reconciliation Way

May 22 Saturday

CREATIVE TRUTHS: A HISTORY BOOK DISCUSSION [FREE]
Join librarians Mark and Sarah on Zoom to discuss books about the Tulsa Race Massacre. Email HK@tulsalibrary.org for the list of recommended titles and/or for the Zoom link. Recommended titles are: "Events of the Tulsa Disaster" by Mary E. Jones Parrish, "Riot on Greenwood: The Total Destruction of Black Wall Street" by Eddie Faye Gates, "Tulsa 1921" by Randy Krehbiel and "Death in a Promised Land: The Tulsa Race Riot of 1921" by Scott Ellsworth. For adults. 9-10 a.m.

May 23 Sunday

IRONMAN NORTH AMERICAN CHAMPIONSHIP TULSA
Cheer for athletes participating in the Tulsa Ironman! The swimming and cycling portions of the race will take place near Keystone Lake. The running portion begins at OSU-Tulsa and ends at Guthrie Green. Learn more at ironman.com/im-tulsa

OPEN SWIM AT MILLER SWIM SCHOOL [W]
Bring your family and friends to Miller Swim School for their open swim time! First come, first served. $5 for non-Miller members; $2 per person for current members (ages 3+). Open Swim is offered at Miller Swim School's Tulsa location every Saturday and Sunday. From 4-6 p.m., and at Miller's Jenks Location on Saturdays from 1:15-3:15 p.m. millerswimschool.com

May 24 Monday

CELEBRATE: NATIONAL SCAVENGER HUNT DAY
Grab a Garden Scavenger Hunt at gilcrease.org/gardens, then head to Gilcrease Museum for some scavenger hunt fun! Or make your own Tulsa Scavenger Hunt and see how many landmarks you can visit in a day!

May 25 Tuesday

Find more events at tulsakids.com/calendar.

May 26 Wednesday

JOHN HOPE FRANKLIN NATIONAL SYMPOSIUM
The theme of the 12th Annual Reconciliation in America National Symposium is "The Future of Tulsa's Past: The Centennial of the 1921 Tulsa Race Massacre and Beyond." Learn from celebrated authors, activists, educations and journalists, who will discuss the Tulsa Race Massacre and "how we can work toward the intentional journey of reconciliation." Register to attend virtually or in-person at jhfnationalsymposium.org. Scholarships available. May 26-29, 9 a.m.-7 p.m.

GREENWOOD ART PROJECT UNVEILING [FREE]
The official unveiling of the Greenwood Art Project held at Tulsa City Hall. Later that evening at the historic drive-in movie theater, The Admiral Twin, there will be a world premiere of films made with and featuring many of the art projects. More information available at tulsa2021.org/calendar/greenwood-art-project-unveiling. Tulsa City Hall, 175 E. 2nd St., 1-8 p.m.

May 27 Thursday

TEEN CONNECTION [FREE]
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. 4:30-6 p.m. thearcok.org

May 28 Friday

OUT-LIT: YA BOOK CLUB [FREE]
Do fun activities and chat about "You Brought Me the Ocean" by Alex Sanchez. Jake Hyde doesn't swim—not since his father drowned. Luckily, he lives in Truth or Consequences, New Mexico, which is in the middle of the desert, yet he yearns for the ocean and is determined to leave his hometown for a college on the coast. But his best friend, Maria, wants nothing more than to make a home in the desert, and Jake's mother encourages him to always play it safe. There's nothing "safe" about Jake's future—not when he's attracted to Kenny Liu, swim team captain and rebel against conformity. And certainly not when he secretly applies to Miami University. E-book, e-audio and physical copies are available for request at www.tulsalibrary.org. Register online at www.tulsalibrary.org/events to receive the Zoom link. For ages 12-18. 4:30-5:30 p.m.



KIDS AND ADULTS WILL LOVE CREATING ORIGINAL WORKS OF ART AT THE STUDIO @ MAYFEST. AHHA TULSA WILL PROVIDE MATERIALS—YOU PROVIDE THE CREATIVITY! TULSAMAYFEST.ORG PHOTO COURTESY OF AHHA TULSA

May 29 Saturday

ANNUAL CHUCKWAGON FESTIVAL
Join the National Cowboy & Western Heritage Museum for a two-day, adjusted fun-filled family weekend showcasing chuck wagon and Native food samples, artisan demonstrations, live music, Western reenactors, and photos with a longhorn. Stop by socially distanced craft stations and pick up take-and-make activities including bandanas for coloring, butter making with Ag in the Classroom, and more! Explore Liichokoshkomo', the Museum's premier outdoor education experience and playscape and learn about the diverse cultures of the West. Limited capacity. Masks required, enhanced sanitation and social distancing will be in place. Programming subject to change. Admission purchased at the door: $15 per person, free for children 12 & under. Free for Museum members. National Cowboy & Western Heritage Museum, 1700 Northeast 63rd St., Oklahoma City, 10 a.m.-4 p.m. Repeats Sunday, May 30. nationalcowboymuseum.org

May 30 Sunday

CANDLELIGHT VIGIL [FREE]
This is a solemn event commemorating the start of the 1921 Tulsa Race Massacre. Learn more at tulsa2021.org/calendar/candlelight-vigil. 10:30-11:30 p.m.

May 31 Monday

REMEMBER + RISE [FREE]
This is a nationally televised event to commemorate the 1921 Tulsa Race Massacre Centennial. There will be key speakers, musicians and special guests. Learn more at tulsa2021.org/calendar/remember-and-rise. 6:21-11:21 p.m.

The youngest minds deserve the greatest attention.



Primrose School of Broken Arrow
1701 W. Albany St. | Broken Arrow, OK 74012
918.355.6827 | PrimroseBA.com

Opening Late Summer 2021

Call today to learn more and schedule a tour. The first 50 founding families will receive a complementary $175 towards their first week of tuition. Pre-Enroll today to secure your spot once we open!

Each Primrose School is a privately owned and operated franchise. Primrose Schools is a registered trademark of Primrose School Franchising SPE, LLC. ©2021 Primrose School Franchising SPE, LLC. All rights reserved.

soccercity TULSA



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



2021 SUMMER CAMP DATES:
June 7 – 12 | July 12 – 16
August 16 – 20

9AM – 12PM
Ages 5 – 13 years

tulsakids family favorites 2020 WINNER

THANK YOU, READERS, FOR VOTING US THE BEST SOCCER PROGRAM/ATHLETIC LEAGUE IN GREATER TULSA SINCE 2013!

tulsakids family favorites 2021 VOTE FOR US

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







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



> “Thank you for finding ways to introduce money-saving tips and products to us as a family.”
>
> – Megan, parent, Hoover Elementary School

POWERING THE PRESENT. EDUCATING THE FUTURE.



Students, teachers, and parents love PSO’s education program for a reason—it’s a fun way to teach kids about energy efficiency, while giving families the tools to save energy and money. We’re investing in our communities, and providing free lesson plans, educational materials, activity books, and Energy Savings Kits to 5th grade students across Oklahoma. At PSO, we’re working towards a sustainable, reliable energy future for us all – and it starts in the classroom.

To learn more about our energy efficiency education program, visit **PowerForwardWithPSO.com/education**

PUBLIC SERVICE COMPANY OF OKLAHOMA℠

An AEP Company

POWER FORWARD™



VOTE FOR YOUR FAMILY FAVORITES MAY 1-15 FOR A CHANCE TO WIN A STAYCATION PACKAGE COURTESY OF VISIT TULSA!

This package includes an overnight stay in a double bed room at the downtown Hyatt Regency hotel, four passes to Tulsa Botanic Garden, and a $100 McNellie's Group gift card! Learn more about Visit Tulsa at visittulsa.com.

Find the online ballot at tulsakids.com/contests.

FAMILY FUN + TRAVEL

FAVORITE MUSEUM
ahha Tulsa
Discovery Lab
Gilcrease Museum
Philbrook Museum
Tulsa Air and Space Museum & Planetarium

FAVORITE LOCAL ATTRACTION
Gathering Place
GolfSuites
Joe's Farm
Oklahoma Aquarium
Tulsa Zoo

FAVORITE SPORTS TEAM
FC Tulsa
OKC Thunder
Tulsa Drillers
Tulsa Oilers

FAVORITE LOCAL PARK/PLACE TO GET OUTSIDE
Chandler Park
Gathering Place
Haikey Creek Park
Joe's Farm
Turkey Mountain











Let Us Give You A Reason To Smile!

Midtown: 4444 S. Harvard Ave.
South Tulsa: 8222 E. 103rd St.

Learn more about our specialized pediatric dental care and orthodontic services.

onthecuspdds.com
918.921.6778



FAMILY FUN + TRAVEL

FAVORITE STATE PARK
Greenleaf State Park
Keystone State Park
Natural Hills State Park
Osage Hills State Park
Robbers Cave State Park

FAVORITE PLACE TO CAMP IN OKLAHOMA
Broken Bow
Keystone State Park
Robbers Cave State Park
Sequoyah State Park
Wichita Mountains Wildlife Refuge

FAVORITE WEEKEND GETAWAY
Branson, MO
Broken Bow, OK
Eureka Springs, AR
Homma Camp Co.
Oklahoma City, OK

FAVORITE HOTEL IN TULSA
Ambassador Hotel Tulsa
DoubleTree — Warren Place
Hard Rock Hotel and Casino
Renaissance Tulsa Hotel & Convention Center
Stoney Creek Hotel and Conference Center

FAVORITE PLACE TO BUY AN RV
Bob Hurley RV
Camping World of Tulsa
Dave's Claremore RV
Tulsa RV

FAVORITE PLACE TO PLAY INDOORS
Adventure Ave.
Discovery Lab
Main Event
My Little Dollhouse
SkyZone Trampoline Park

FAMILY DINING

FAVORITE PLACE TO GET PIZZA
Andolini's Pizzeria
East Village Bohemian Pizza
Hideaway Pizza
Savastano's
Uncle Vinny's New York Style Pizzeria

FAVORITE PLACE TO GET ICE CREAM
Andy's Frozen Custard
Baskin-Robbins
Braum's
Marble Slab Creamery
STG Gelateria



FAMILY DINING

FAVORITE PLACE TO GRAB A BURGER
Arnold's Old Fashioned Hamburgers
Fat Guy's Burger Bar
Ron's Hamburgers & Chili
Smitty's Garage Burgers & Beer
Society Burger

FAVORITE ETHNIC RESTAURANT
Char Char
Desi Wok
India Palace
Laffa
Lanna Thai

FAVORITE HEALTHY EATING RESTAURANT
Char Char
Ediblend Superfood Café
Jason's Deli
Taziki's Mediterranean Café
Zoe's Kitchen

FAVORITE KID'S MEAL
Charleston's Restaurant
Chick-fil-A
Chimi's Mexican Restaurant
McAlister's Deli
The Brook

FAVORITE DELIVERY SERVICE
Door Dash
GrubHub
Instacart
Shipt
Uber Eats

FAVORITE FAMILY MEAL DEAL
Charleston's
Fresh Market
KFC
Taziki's Mediterranean Cafe
Ted's Café Escondido

FAVORITE COFFEE SHOP
Coffee House on Cherry Street
DoubleShot Coffee Co.
Rocket Brothers
Shades of Brown
Ziggi's Coffee

FAVORITE PLACE TO EAT BREAKFAST
BBD
Bramble Breakfast & Bar
Neighborhood JA.M.
Tally's Good Food Café
The Big Biscuit

FAVORITE PLACE TO PURCHASE DOUGHNUTS
Big Baby Rolls & Donuts
Daylight Donuts
Hurts Donut Tulsa
Krispy Kreme
OK Country Donut Shoppe, Ltd.

FAVORITE FOOD TRUCK
Andolini's Pizzeria
Tacos El Trompo Food Truck
Tacowasso
The Dog House Tulsa
Waffle That!

All Saints Catholic School

ALL SAINTS CATHOLIC SCHOOL

THANK YOU FOR NOMINATING US FOR

FAVORITE PRESCHOOL
FAVORITE ELEMENTARY
&
FAVORITE MIDDLE SCHOOL

tulsakids family favorites 2021 VOTE FOR US



(918)-251-3000
299 South 9th St.
Broken Arrow, OK 74012
allsaintsba.com

soccercity TULSA
Northeastern Oklahoma's Only State-of-the-Art Indoor Soccer Facility!
tulsakids family favorites 2021 VOTE FOR US
Open Enrollment, Sign up today!
918.249.0044
www.soccercitytulsa.com



2021 FAMILY FAVORITES

BIRTHDAY PARTIES

FAVORITE KID'S PARTY ENTERTAINER
Balloon Man Neil
Dustin the Balloon Guy of Tulsa Balloons
Next Level Balloons
Once Upon a Crown Princess Parties and Events
Tippi Toes Tulsa

FAVORITE BIRTHDAY PARTY VENUE
Adventure Avenue
AR Workshop
Lavender's Bleu Literacy Market
My Little Dollhouse
The Little Gym of SE Tulsa

FAVORITE LOCALLY OWNED PLACE TO BUY CHILDREN'S GIFTS
Kathleen's Kids
Kiddlestix Toy Store
Lavender's Bleu Literacy Market
Learning Express Toys
Tulsa Toy Depot

FAVORITE LAWN DÉCOR BUSINESS
B.A. Yard Greetings
Curb Confetti
Issazii Creates and Invites
Sign Gypsies South Tulsa
Yard Love

PREMIER PEDIATRIC AND ADOLESCENT CARE
DANIELLE MORGAN, MD



tulsakids family favorites 2021 VOTE FOR ME
PREMIER PEDIATRIC AND ADOLESCENT CARE OF BIXBY
7814 E. 121ST ST. BIXBY
918.943.5777
PREMIER-PEDIATRICS.COM

FAVORITE LOCALLY OWNED PLACE TO BUY PARTY TREATS
All Things Cake
Barbee Cookies
Candy Castle Ice Cream and Soda Shoppe
Kupcakz Bakery
OKCookieMomster

SHOP LOCAL

FAVORITE LOCALLY OWNED PLACE TO BUY CHILDREN'S CLOTHES
Children's Orchard
Kathleen's Kids
Lolly Garden
Once Upon a Child
Sweet Pea Couture

FAVORITE LOCALLY OWNED MOM'S BOUTIQUE
Black Sheep Boutique
Donna's Fashions
J. Spencer
Rags & Riches Lifestyle Boutique
YellowHouse Market & Boutique



SHOP LOCAL

FAVORITE CONSIGNMENT SHOP OR SALE
Bearlee New Clothing
Children's Orchard Tulsa
Just Between Friends
Once Upon a Child
Rhea Lana's

FAVORITE FLORIST
Art in Bloom
Mary Murray's Flowers
Penelope and Lu
Stems, LLC
Toni's Flowers & Gifts

FAVORITE LOCALLY OWNED BOOKSTORE
Eleanor's Bookshop
Fulton Street Books & Coffee
Gardner's Used Books & Comics
Lavender's Bleu Literacy Market
Magic City Books

FAVORITE SHOPPING MALL OR DISTRICT
Brookside
Rose District
Tulsa Hills Shopping Center
Utica Square
Woodland Hills Mall

FAVORITE LOCALLY OWNED GIFT SHOP
Amber Marie & Co.
Ida Red
J. Spencer
Made: The Indie Emporium Shop
Vintage Pearl

ALL ABOUT BABY

FAVORITE PRE-NATAL/POST-PARTUM CLASSES
Ascension St. John
Breathe Birth and Wellness
Hillcrest Medical Center
Saint Francis Hospital
Tulsa Prenatal Yoga

FAVORITE MIDWIFE
Kim Kmita, Breathe Birth and Wellness
Regina Kizer, Breathe Birth and Wellness
Ruth Cobb, Special Delivery Birth Center
Sarah Tilford CPM, Modern Village Midwifery
Shaun Baranowski, OSU-Tulsa Midwives

FAVORITE PLACE TO HAVE A BABY
Ascension St. John
Breathe Birth and Wellness
Hillcrest Medical Center
Saint Francis Hospital
Special Delivery Birth Center

UKPSYCH
RESPECT. COMPASSION. HONESTY
DR. KATRINA CRADER
tulsakids family favorites 2021 VOTE FOR ME
Your mental health is a priority
We are skilled in treating anxiety, depression, trauma, PTSD, personality disorders, autism spectrum disorders, ADHD, bipolar, schizophrenia, OCD, & LGBT issues.
UK Psych offers psychodynamic therapy with two therapists on staff.
Welcoming new patients.
UKPSYCH
SOUTH TULSA & MIDTOWN
970.834.8610
UKPSYCH.COM

tulsakids family favorites 2021 VOTE FOR ME

Dr. Brian Chalkin
FOR YOUR FAVORITE ORTHOPEDIST!



VOTE MAY 1ST-15TH FOR DR. BRIAN CHALKIN AS TULSAKIDS FAMILY FAVORITE ORTHOPEDIST FOR 2021!

(918) 582-6800
www.toctulsa.com



2021 FAMILY FAVORITES

ALL ABOUT BABY

FAVORITE PLACE TO BUY BABY GIFTS
Kathleen's Kids
Kiddlestix
Lolly Garden
Peek A Boo Baby
The Steel Horse

FAVORITE NEWBORN PHOTOGRAPHER
Taryn Starkey, The Photo Doula
Jennifer Dubler Photography
Meagan Ready Photography
Catie Lawrence Photography
Amber Gregg Photography

EDUCATION + ENRICHMENT

FAVORITE CHILDCARE
Ave Maria Child Development Center
Managed by Bright Horizons
Crosstown Learning Center
Happy Campers Academy
Mingo Valley Christian
Rhema Child Development Center

FAVORITE PRESCHOOL
All Saints Catholic School
Asbury Preschool
Kirk of the Hills
Lake Hills Montessori
Mingo Valley Christian

FAVORITE PRIVATE ELEMENTARY
All Saints Catholic School
Kids in Motion Academy
Legacy Christian Academy
Metro Christian Academy
Mingo Valley Christian
Miss Helen's Private School

FAVORITE PRIVATE MIDDLE SCHOOL
All Saints Catholic School
Lincoln Christian School
Metro Christian Academy
Mingo Valley Christian
Monte Cassino School
Wright Christian Academy

FAVORITE PRIVATE HIGH SCHOOL
Bishop Kelley High School
Holland Hall
Lincoln Christian School
Metro Christian Academy
Mingo Valley Christian
Wright Christian Academy

FAVORITE IN-STATE SUMMER CAMP
Camp Fire Green Country
Camp Loughridge
Camp Patriot at Metro Christian Academy
Camp Tallchief, Girl Scouts of Eastern Oklahoma
New Life Ranch

FAVORITE OUT-OF-STATE SUMMER CAMP
Camp Ozark
Camp War Eagle
Kanakuk
Philmont Scout Ranch
Pine Cove



EDUCATION + ENRICHMENT

FAVORITE YOUTH THEATER
Clark Youth Theatre
Spotlight Children's Theatre
Tapes Fine Arts
Theatre Arts
Theatre Tulsa

FAVORITE GYMNASTICS/CHEER/DANCE
Destiny Dance
Raise the Barre Performing Arts
South Tulsa Dance Co.
The Little Gym of SE Tulsa
Tippi Toes Tulsa

FAVORITE MARTIAL ARTS STUDIO
Apollo's Martial Arts
Christian Karate Academy
Golden Dragon Taekwondo
Martial Arts Advantage
Midtown Athletics

FAVORITE PLACE TO LEARN SOCCER
City of Tulsa Parks & Recreation Department
I9 Sports
Soccer Shots
SoccerCity Tulsa
Turning Point Soccer

FAVORITE SOCCER CLUB
Bixby Soccer Club
Broken Arrow Soccer Club
Metro Tulsa Soccer Club United
Tulsa Soccer Club
West Side Alliance

FAVORITE MUSIC PROGRAM OR LESSONS
Anthem Road Academy
Midtown School of Performing Arts
Music Together of South Tulsa
Saied Music Co.
The bART Center for Music

FAVORITE ART PROGRAM OR LESSONS
ahha Tulsa
AR Workshop Tulsa
Philbrook Museum of Art
Tulsa Art Center
WaterWorks Art Center

FAVORITE SWIM LESSONS
Denise Westfall, ORU
Jenks Trojan Aquatic Center
Miller Swim School
SafeSplash + SwimLabs Tulsa
SwimTulsa Swim Team and
SwimAmerica Lessons

FAVORITE TUTORING
Brain Balance Center of Tulsa
Kumon
Launch Academy
Lavender's Bleu Literacy Market
Mathnasium

FAVORITE PLACE FOR STORY TIME
Barnes & Noble
Eleanor's Bookshop
Lavender's Bleu Literacy Market
Tulsa City-County Library
Tulsa Toy Depot





Balanced Pelvic Health & Physical Therapy
4158 S Harvard Ave
Suite E-1 Tulsa, OK
918-486-9977
ThePelvicMechanic.com



Serving Children 2–6 Years Old In A Safe, Loving And Stimulating Environment Where Individuality Is Celebrated

Lake Hills Montessori
5130 E. 101st St. | 918-296-9936
LakeHillsMontessoriTulsa.com

VOTE METRO

METRO CHRISTIAN ACADEMY IS PROUD TO BE NOMINATED IN THESE FOUR CATEGORIES.

FAVORITE PRIVATE ELEMENTARY



FAVORITE PRIVATE MIDDLE SCHOOL



FAVORITE PRIVATE HIGH SCHOOL



FAVORITE IN-STATE SUMMER CAMP



METRO CHRISTIAN ACADEMY EST. 1963

LEARN MORE ABOUT OUR FULLY ACCREDITED, COLLEGE PREPARATORY SCHOOL SERVING STUDENTS IN PRE-K THROUGH HIGH SCHOOL AT

METROCA.COM

6363 S. TRENTON AVE | TULSA, OK 74136
918.745.8765



2021 FAMILY FAVORITES

FAMILY LIFE

FAVORITE GROCERY STORE
ALDI
Reasor's
Sprouts Farmers Market
Trader Joe's
WinCo Foods

FAVORITE FAMILY FRIENDLY GYM
Genesis Health Clubs
Health Zone at Saint Francis
Life Time Fitness
YMCA
YWCA

FAVORITE SALON
Berkshire Salon and Day Spa
Hobbs Salon + Med Spa
Ihloff Salon & Day Spa
Sterling Salon Tulsa
Clary Sage Salon & Spa

FAVORITE CAR DEALERSHIP
Jackie Cooper
South Pointe Honda
Jim Norton Toyota
Don Carlton Honda
Bill Knight Ford

FAVORITE CHILDCARE SERVICE
E-Nanny
Playtime(+)
SeekingSitters
The Hangout—Tulsa's Premier Childcare Center
Tulsa's Elite Nanny Agency

FAVORITE DATE NIGHT RESTAURANT
Charleston's
Fleming's Prime Steakhouse & Wine Bar
Mahogany Prime Steakhouse
The Melting Pot
Nola's Creole & Cocktails
Redrock Canyon Grill

FAVORITE PLACE FOR A GIRLS' NIGHT OUT
Pinot's Palette
Shady Keys Piano Bar
The Melting Pot
The Succulent Shop
Vintage Wine Bar

FAVORITE BANK/CREDIT UNION
Arvest Bank
BancFirst
Bank of Oklahoma
First Oklahoma Bank
TTCU Federal Credit Union

FAVORITE BREWERY/BREW PUB
American Solera
Broken Arrow Brewing Company
Cabin Boys Brewery
Dead Armadillo Craft Brewing
Marshall Brewing Company
NEFF Brewing
Nothing's Left Brewing Co.
Welltown Brewing



FAMILY LIFE

FAVORITE AUTO INSURANCE
AAA
Farmers Insurance
Rosburg and Associates Custom Insurance Solutions
Shelter Insurance
State Farm Insurance

FAVORITE HOME INSURANCE
Farmers Insurance
Murphy & Associates Insurance Agency, Inc.
Rosburg and Associates Custom Insurance Solutions
State Farm Insurance
Tulsa Insurance Guy

FAVORITE LAW FIRM
Brian Crain
Elias & Hjelm
Oath Law (Rod Yancy)
Sherwood, McCormick & Robert
Wes Casey Family Law

FAVORITE DRY CLEANING SERVICE
Brookside Cleaners
Fox Cleaners
LaMode Quality Cleaners of Tulsa Dry Cleaning
River Stone Dry Cleaning & Laundry
Yale Cleaners

FAVORITE VETERINARIAN
Care Animal Hospital
Forest Trails Animal Hospital
Good Shepherd Veterinary Hospital
Harvard Avenue Veterinary Hospital
River Trails Animal Hospital and Pet Lodge

FAVORITE DOG GROOMING
Muddy Paws
Pooches
Sloppy Dog Wash
U Dirty Dawg
Wagz & Wigglez Grooming

FAVORITE PET BOARDING
Care Animal Hospital
Lynn Lane Boarding Kennels
Noah's Bed & Biscuit
River Trails Animal Hospital and Pet Lodge
Woodland West Pet Resort

FAVORITE PLACE TO BUY PET SUPPLIES
Dog Dish
PetCo
PetSmart
Southern Agriculture
Westlake Ace Hardware

FAVORITE PET RESCUE
Animal Aid of Tulsa
Humane Society of Tulsa
Legacy of Hope Dog Rescue
Skiatook Paws & Claws Animal Rescue, Inc.
Tulsa SPCA





EASTERN OKLAHOMA ENT

Serving Oklahoma Since 1975



Anthony E. Loehr, MD
Stephen M. Brownlee, MD
William P. Sawyer, MD
David W. White, MD
David W. Hall, MD
Atul M. Vaidya, MD
Christopher R. Siemens, MD
Evan R. Moore, MD
Jeremy G. Foon, MD
Landon J. Massoth, MD

tulsakids family favorites 2021 VOTE FOR US

68th & Yale
93rd & Mingo
918.492.3636
www.eoent.com

2021 FAMILY FAVORITES

HOME IMPROVEMENT

FAVORITE LOCALLY OWNED APPLIANCE STORE
Appliance Solutions
Hahn Appliance Center
Metro Appliances & More
True Value Midtown Hardware Tulsa
Westlake Ace Hardware

FAVORITE INTERIOR DESIGNER
Bailey Austin Design
Emily Davis
Heather Miller — The Home Connection
Huntington Interior Design
Michelle Harrison with Luxe Tulsa

FAVORITE FURNITURE STORE
Ashley HomeStore
Bob Mills Furniture
Luxe Furniture & Design
Mathis Brothers Furniture
Sunshine Furniture

FAVORITE RENOVATOR
Affordable Remodeling Services Inc
Emmons Construction
Grand Homes LLC
ReHome Remodeling & Construction
Rossi Brothers Company

FAVORITE HOME CLEANING SERVICE
Clean Freaks of Tulsa
Maids of Tulsa Essential Oil Cleaning
Merry Maids of Tulsa
Sparkle Squad Cleaning Services
Tulsa Clean Team

FAVORITE HEATING & AIR
Air Assurance Co.
Airco Service
Air Solutions
Harp
Hendrick Heat & Air

FAVORITE PEST CONTROL
West Termite, Pest & Lawn
Mother Nature's Pest & Lawn
Guardian Angel Exterminating
Brewer Russel
EnviroGuard Pest Control

FAVORITE LAWN & GARDEN CARE
Southwood Landscape & Garden Center
TruGreen Lawn Care
Fairway Lawns
GreenPro, LLC
Loose Leaf Lawn Care

FAVORITE PLANT NURSERY
Riddle Plant Farm
Southwood Landscape and Garden Center
Stringer Nursery
Under the Sun
Worley's Greenhouse & Nursery, Inc.

FAVORITE HOME SECURITY
ADT Security Services
Advance Alarms, Inc.
Alert 360 Home Security
Cox Homelife
Vivint Security



HOME IMPROVEMENT

FAVORITE ELECTRICAL SERVICE
Amhara Electric, LLC
Harp Services
Mister Sparky Electrician Tulsa
Quick Electric LLC
Tulsa Electric LLC

FAVORITE PLUMBING SERVICE
Allied Plumbing
Dale & Lee's Service, Inc.
Mullin Inc.
Williams Plumbing & Drain Service
York Plumbing

STAYING HEALTHY

FAVORITE PEDIATRICIAN
Birth & Beyond Pediatrics
Dr. Danielle Morgan, Premier Pediatrics of Bixby
Dr. Sarah Hayden (Practices at Patrick J. Daley, MD)
Dr. Stacy O'Sullivan, Pediatric Specialists of Tulsa
Tulsa Pediatric Group

FAVORITE FAMILY DOCTOR
Dr. Dustin Cupp, Ascension St. John
Dr. Martin Davis, Utica Park Clinic
Dr. Stephanie D. Burleson, Saint. Francis
Dr. David Kondos, Utica Park Clinic
Dr. Keith A. Jesiolowski, Saint Francis

FAVORITE OB/GYN
Dr. Cole Nilson, Tulsa Women's Health Care
Dr. Grant Cox, OB/GYN Specialists of Tulsa
Dr. Jennifer Butler, The Women's Health Group
Dr. Jennifer Donnelley, Tulsa OB-GYN Associates
Dr. Sarah Shepherd, OB/GYN Specialists of Tulsa

FAVORITE OPTOMETRIST
Dr. James Ronk, Tulsa Eye Associates
Downtown Tulsa Eye Care
Harrel Eye Care
Dr. Jeff Long's Children and Family Eye Care
Twenty Twenty Eye Care

FAVORITE KID-FRIENDLY DENTIST
Dr. Jenni Burkitt
Fox Broermann
Morrow, Lai, Kitterman
On the Cusp Pediatric Dentistry
Super Smiles

FAVORITE ORTHODONTIST
Carter Higgins Orthodontics
Dr. Clint Emerson, Emerson Orthodontics
Dr. Wayne Wyatt, Wyatt Orthodontics
Kirkpatrick & Lai
On the Cusp Pediatric Dentistry

FAVORITE ALLERGIST
Dr. Evan Moore, Eastern Oklahoma ENT
Dr. James T. Love, Allergy Clinic of Tulsa
Dr. Kathryn Brown, Allergy Clinic of Tulsa
Dr. Lodie G. Naimeh, Allergy Clinic of Tulsa
Dr. Lynn Wiens, Saint Francis Hospital





MISS HELEN'S
PRIVATE SCHOOL
Providing Peace of Mind for Families since 1954
VOTE FOR US
MAY 1–15!
tulsakids family favorites 2021 VOTE FOR US



tulsakids family favorites 2020 WINNER

Director: "Miss Jayme" Wingo-Baker,
director@misshelens.com
918-622-2327
www.misshelens.com
4849 South Mingo, Tulsa

2021 FAMILY FAVORITES RUNOFF BALLOT

STAYING HEALTHY

FAVORITE ENT
Dr. Atul Vaidya, Tulsa Spine & Specialty Hospital
Dr. Evan Moore, Eastern Oklahoma ENT
Dr. Spencer Voth, Saint Francis Hospital
Dr. Steven Dyer, Saint Francis Hospital
Dr. William H. Hawkins, Tulsa Spine & Specialty Hospital

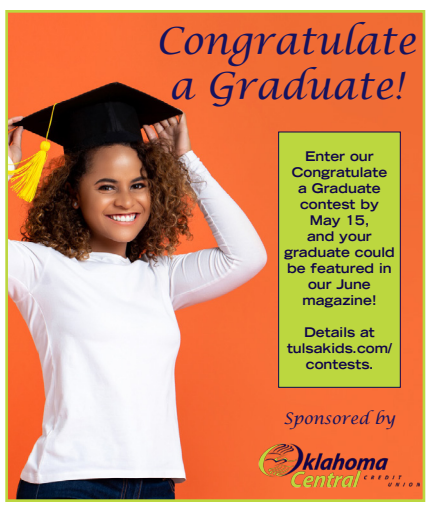
FAVORITE THERAPIST (PHYSICAL THERAPY)
Dr. Whitney Ellsworth, Balanced Pelvic Health & Physical Therapy
HTR Pediatric Therapy
Physical Therapy of Tulsa
Speech and Beyond Pediatric Therapy
TherapyTown
TherapyWorks

FAVORITE THERAPIST (MENTAL HEALTH)
Cristy Tucker Counseling
Dr. Scott Moseman, Saint Francis Hospital
Dr. Katrina M. Crader, UKPsych
Dr. Bea Keller-Dupree
Dr. Lisa Hart, Counseling Services of Tulsa

FAVORITE ORTHOPEDIST
Dr. Brett Barrick, Saint Francis Hospital
Dr. Brian Chalkin, The Orthopaedic Center
Dr. Caleb Nunley, Tulsa Bone & Joint
Dr. Chad Crawley, Utica Park Clinic
Dr. Jason Griffin, Tulsa Bone & Joint

FAVORITE CHIROPRACTOR
Cassidy Meredith, Thrive Chiropractic Clinic
Dr. Doug Newcomb, Newcomb Chiropractic Clinic
Dr. Fallon Long, Lumos Chiropractic
Dr. Ryan Marshall, Marshall Chiropractic
Free Spirit Chiropractic

FAVORITE HOSPITAL
Ascension St. John
Hillcrest Medical Center
Oklahoma Surgical Hospital
Saint Francis Hospital
Tulsa ER & Hospital









LIVING ARTS
NEW ARTS CAMP 2021
New Arts Camp is a four-session camp where students are able to participate in a specific genre of contemporary art during each session. Students will participate in disciplines ranging from work created from found objects and STEAM processes to abstract creation and clay.
Dates: Camp sessions will run biweekly from June 8 – July 23
Ages: 4-17 years old. Varies by camp session.
Contact Jessica Dewey, Programming & Development Manager at education@livingarts.org or call 918.585.1234 with any questions.
ENROLL AT WWW.LIVINGARTS.ORG

REGISTER NOW!
EBC SUMMER BALLET
INTENSIVE 2021
Encore Ballet CONSERVATORY
June 14- June 25th Ages 9-18
Call:918.513.2332 or
email:ebconservatory@gmail.com
FOR MORE INFO

SUMMER IS MEANT FOR ADVENTURE
REGISTRATION OPENS MID-MARCH
SESSIONS BEGIN JUNE 1 · · · · 06.01.21
SESSIONS END JULY 30 · · · · 07.30.21
CAMP PATRIOT 2021
OUT OF THIS WORLD
HALF DAY+ FULL DAY options
Programming for students entering
PRE-K thru 12TH GRADE
camppatriot@metroca.com
WWW.CAMPPATRIOTTULSA.COM
Contact: Leann Cherry
918.745.9868 EXT. 141
METRO CHRISTIAN ACADEMY • 6363 S. TRENTON AVE. • TULSA, OK

I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI

EMMA PLUNKETT: MAYFEST YOUTH ARTIST INSPIRED BY NATURE



Talent, creativity and drive are three words that describe 18 -year-old Emma Plunkett. The Union High School Senior's artistic skills have earned her a showcase in the Mayfest Youth Gallery. Her unique sculpture, "Bleached Coral," is on view at ahha Tulsa, located at 101 E. Archer in Tulsa.

TK: Congratulations on being featured in the Mayfest Youth Gallery. How did it feel when you found out you won?
Emma: It was such a wonderful feeling to have professionals appreciate my work. I had worked so hard on that piece, and I was rewarded for that hard work. Years of practicing something I love has paid off. I was elated to have placed in Mayfest for the third year in a row! In 2019 I won second place. In 2020 I won Best in Show.

I'd also like to add I won another contest with my coral artwork last weekend. The Sutton Aviation Research Center holds an art contest each year. This year the Sutton Art award committee awarded me with first place in the 3D category and $1000. I was so honored to have won and to have a professor to affirm all of my hard work. I also had to write an essay about coral conservation to go with my artwork.



TK: How did you come up with the concept behind your sculpture?
Emma: My classroom got a bunch of plaster hump molds. They are usually used for bowls and such. But I saw it and wanted to sculpt on top of it. I eventually came to the idea of doing coral. I originally planned on entering it into the Sutton Art Contest, so I chose to focus on the conservation aspect of coral.

TK: Tell me a little about your sculpture.
Emma: Art title: Bleached Coral. The significance of this artwork is to show the detrimental effects global warming has on coral reefs. When the ocean water becomes too warm, the algae get stressed and leave the coral. The coral needs the algae to live. So once the algae abandon the coral, the coral turns a white/ grey color. If the algae does not return to the coral the coral dies and withers away. This is why my piece is unglazed, to show the bleached nature of the coral.

TK: How long have you been sculpting?
Emma: I have been sculpting on and off since I was 4 years old. My elementary school teacher, Mrs. Shinn, gave us lots of opportunities to work with clay and other sculpture mediums. This year I am in an AP sculpture class with Miss Smart as my teacher. She has let me explore different ways to work with clay.

TK: Who inspires you?
Emma: In art I am more inspired by places, experiences and things rather than people. But in life, I am most inspired by my mom. She is so strong, hard-working and she has touched so many lives in a positive way.

TK: Where is your favorite place in Tulsa to draw creativity from?
Emma: I draw my inspiration from nature. So places in Tulsa like Woodward Park, the Gathering Place, Philbrook, other gardens and places where nature comes to life.

TK: What other hobbies do you have?
Emma: I enjoy many other forms of art. I love to paint with acrylics, knit and crochet, and use small pieces of paper in an art style called quilling. Also, I am a Drum Major in the Renegade Regiment. This is the highest leadership position possible in our band program. On a normal non-COVID year we average 25+ hours a week working on a marching band show to take to competitions.

I enjoy camping, hiking, off-roading and rappelling. My family and I often travel to Utah and Arizona to go camping.

TK: What do you want to be when you grow up?
Emma: I want to be able to combine my love for space, geology, art and travel and possibly become an expeditionary artist. I'd love to travel with other scientists and illustrate the environments, plants and animals we observe.

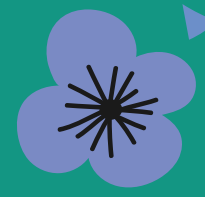
TK: What advice do you have for others who want to learn to sculpt?
Emma: I would tell them that sculpture is so much more than just working with clay. For young artists, you can use recyclable things around your house, coat hangers, cardboard, metal cans and make something beautiful out of them. It's as simple as that. Sculpture doesn't have to be complex to be beautiful. Find new ways to express emotions, stories and experiences; use those feelings to make your art.

TK: What is a fun fact about you?
Emma: I am left-handed!

Summer Camps are BACK!







Sign up today at

tulsazoo.org/camps

TULSAZOO

PUBLIC SERVICE COMPANY OF OKLAHOMA®
An AEP Company

POWER HOURS℠





THE SAVINGS ADD UP

When You Sign Up For Power Hours

$110 Value To Start

Claim a free ENERGY STAR® certified Wi-Fi thermostat (with $110 rebate) when you enroll.

+ Earn Automatic Bill Credits

Earn up to $40 per thermostat, per year through the Direct Load Control program.

+ Save Up To 30% With Off-Peak Rates

Get special, lower rates all summer when you shift your energy usage with the Time of Day program.

To learn more, visit psoklahoma.com/powerhours.